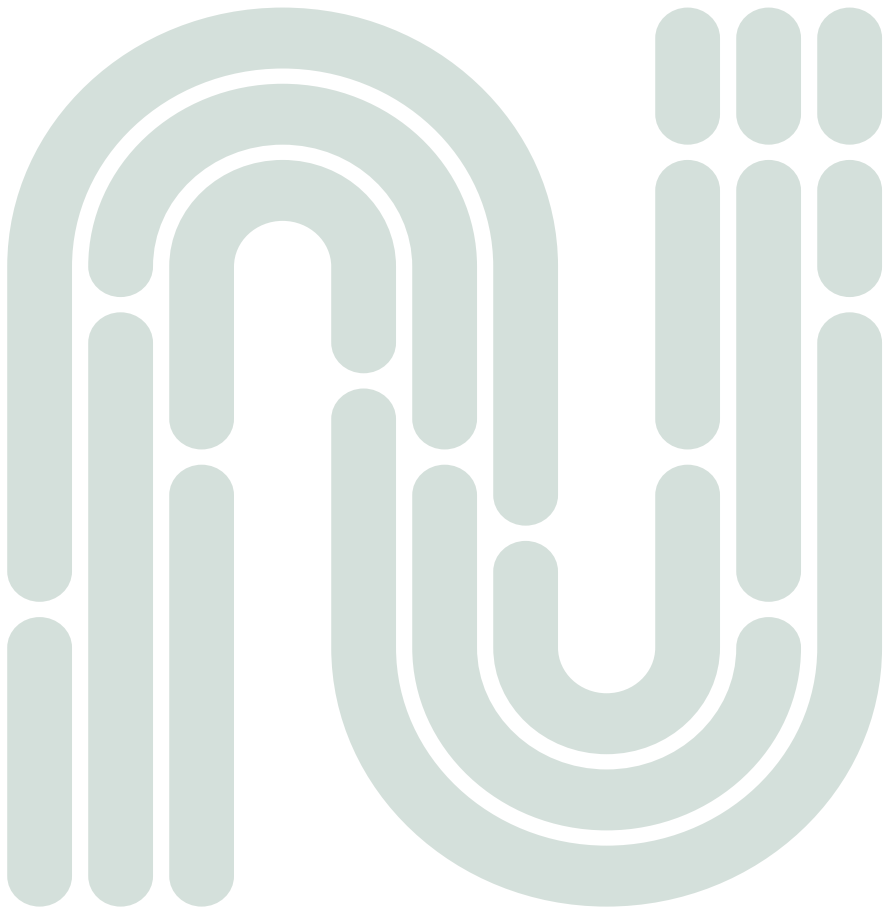


WINTER 2010 CATALOG
VOL 1.1



Breath & Body Sport Yoga

Teacher Certification Program



Namaste

Welcome to Breath and Body Yoga's world-class teacher certification program. Are you ready to share the world of yoga with others? If so, this program is designed to give you the tools, hands-on experience and confidence needed to teach a dynamic and challenging Power Vinyasa Yoga class based upon the teachings of Baron Baptiste. If you practice Power Vinyasa and are ready to take your practice to the next level, this program is designed to give you the tools needed to tap even further into your power. This program will focus on all aspects of teaching including asanas, sequencing, philosophy, anatomy and living the principles of yoga within a contemporary context and language. Don't miss this opportunity to contribute to your own growth as a teacher and as a person. Yoga is for life.

This comprehensive teacher certification program will be lead by Breath and Body Yoga's Founding Teacher and Proprietor, Desirae Pierce. Desirae is a 200-Hour ERT with Yoga Alliance as well as a Certified Baptiste Teacher. Breath and Body Yoga earned the title of Affiliate Baptiste Studio in 2006. Desirae has personally assisted Baron Baptiste on workshops and works professionally with BPYI on projects. We invite you to experience learning how to teach Power Vinyasa Yoga at a whole different level. Take your yoga teacher training at Breath and Body Yoga - a studio that is affiliated with one of the top yoga studios and training institutes in the world. For more information on Baron Baptiste, visit here: <http://www.baron-baptiste.com>.

Yoga Alliance and Breath and Body Yoga

The demand for well-trained Certified Yoga Teachers is exponentially! According to the most recent article in the **New York Times**, an estimated 15.8 million Americans are practicing yoga today and one third of them have practiced less than a year. This number of people interested in yoga has tripled from 2004. Knowing this fact, Breath and Body Yoga has become an accredited Yoga Alliance Teacher Training School following the newly established guidelines recently mandated by Yoga Alliance for a 200-hour teacher certification program. For more information on Yoga Alliance and the newly revised standards, visit here: <http://www.yogaalliance.org>



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Welcome from the Director

On behalf of Breath and Body Sport Yoga, it is an honor to welcome you to our teacher-certification program. We are honored you are offering us the opportunity to assist you in fulfilling your personal and professional goals. We look forward to sharing our enthusiasm about the program with you and are delighted that you have made the commitment to participate.

We want you to know that our program is more than taking classes and attending monthly weekend workshops. We are here to support you. We are available to answer your questions, assist you in any way we can, and our commitment to you will not end after certification. Our objective is to help you take the rewarding step from student to teacher. We will be here to assist you in getting started as a teacher, opening a center, and continuing your education if you so choose.

The transition from student to teacher is a rewarding one. If we pass on even a fraction of joy and satisfaction we have found through yoga, this program will be a great blessing to you, to your students, and to your students' students. We cannot stress how important your practice will be. It is the key to fully understanding the Baptiste Power Vinyasa Yoga system and being able to teach with confidence and insight.

To help facilitate your studies the following benefits are included in your BBSY Teacher Certification Program:

1. Complimentary classes at BBSY from acceptance to completion of certification.
2. 20% discount on all retail purchases through final weekend intensive.

If there is anything we can do to enhance the program and make the process more meaningful and compatible to you, we would like to know. We would also appreciate receiving your impressions of the course as the program goes on. We know you will find the BBSY Teacher Certification program to be of tremendous value on every level of your life, and we look forward to working with you and getting to know you better.

Namaste,

Desirae Pierce
Director





Mission

Our mission is to transform, to heal, to love, and to serve. It is our deepest desire that as you travel along your unique life path, we can help you envision your own limitless possibilities in body & soul. We are devoted to helping you better understand the power of your body, mind and spirit connection to both your inner and outer universe. We are honored that you are taking time to visit us on your journey to healing and self-discovery. Our greatest reward is your personal transformation.

Employment Opportunities

The demand for well-trained certified yoga teachers has grown exponentially. It is estimated that 20 million Americans are practicing yoga today. The school cannot guarantee employment after completion of certification. Continuing education and employment postings will be offered as an ongoing service.

Program Curriculum 200-Hour Level

Techniques	100 hours
Teaching Methodology	20 hours
Anatomy and Physiology	24 hours
Philosophy/Ethics/Lifestyle	24 hours
Practicum	10 hours
Homework and Exams	18 hours
One-On-One Meeting	4 hours

Definitions:

- **Techniques** Includes asanas, pranayamas, kriyas, chanting, and meditation. Hours in this category include both training in the techniques and practice of them.
- **Teaching Methodology** Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.
- **Anatomy and Physiology** Includes both physical anatomy and physiology (bodily systems, organs, etc.) and astral/energy/subtle anatomy and physiology (chakras, nadis, etc.)
- **Philosophy/Ethics/Lifestyle** Study of yoga scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, 'living the life of the yogi', etc.



- Practicum Includes student teaching as well as observing and assisting in classes taught by others.

Admission Requirements:

1. Be at least 18 years of age.
2. Hold a high school diploma or its equivalent.
3. Submit a \$100.00 non-refundable application fee.
4. Complete application for admission. Application to the program does not guarantee acceptance. Candidates are evaluated for academic and physical ability, personal character, motivation and ability to manage time and meet financial obligations for tuition.
5. Have practiced yoga for at least two years.
6. Complete admission interview by scheduling an appointment with the school director.

Admission requirements must be completed prior to first day of class. Notification of admission will be by letter, e-mail or phone.

Certification and Registration

Our yoga teacher certification is designed to fulfill the requirements necessary to become a Yoga Alliance (RYT) Registered Yoga Teacher. Following graduation, students will be assisted in completing applications for registration.

Grading Scale

The following grades are given for work completed at BBY:

Excellent 94-100% = A

Very Good 93-88% = B

Satisfactory 87-81% = C

Unsatisfactory Below 80% = F

To graduate, a student must complete all requirements with a cumulative grade of 80% or above. Grading criteria includes: class participation, exams, hands-on techniques, written and practical assignments, homework, special extra credit projects, attendance and timely completion of all assignments. Grades will be given after each test, quiz and practical exam. Students who are not meeting the standards of practical experience will be notified and will meet with the director to explore methods of improving performance.

Students are required to make up all class hours missed, both excused and unexcused, by making arrangements with the director.

Make up class fees are \$45 per hour.



Probation, Dismissal, and Readmittance

Students who have an average grade below C or 80% will be considered to be on academic probation. Student may submit an additional essay assigned by the director to be lifted from probation. Students who are on academic probation and continue to fail one more month will be dismissed from the program.

Student's Records

Student records will be kept for a period of seven years. Records are accessible to students by appointments only. The school maintains confidentiality by keeping records locked. Students may obtain transcripts by sending \$10.00 with a request in writing. Any student who is dismissed may not reapply for one year. Following one year, students may reapply for the next term. Fees will apply.

Student Conduct

Students are required to follow all school rules and procedures. Students will be expected to behave in a professional manner at all times. Standards of conduct policies include, but are not limited to:

1. No sexual harassment of any type or form will be allowed.
2. No substance use or abuse during school hours will be accepted.
3. No smoking allowed on school property.
4. No breach of confidentiality will be tolerated.

Professional appearance and personal hygiene will be maintained at high standards. Failure to comply with the standards of conduct will be handles by the director. Failure to comply will lead to the following ramifications: Conduct warning, or dismissal.

Leaves of Absence

Due to medical disability, a leave of absence will be granted. In the event of a leave of absence, the student will have to reapply for the next available session and pay the difference, if any, of any remaining tuition.

Attendance and Tardiness

One hundred percent attendance is required. Any missed hours will have to be made up before graduation. All hours must be documented accurately. If the instructor must spend extra time with the student to make up information missed, the student will be assessed a \$45.00 per hour fee due at time of make up. Students who fail to keep make up times and/or who fail to pay the fee will be dismissed.

Tardiness will not be tolerated and will result in dismissal. All



classes will start on time and students are expected to be present and ready to participate at the appointed starting time.

Students are expected to notify school if they intend to withdraw from the program. Any student who fails to attend a weekend intensive without communication is assumed withdrawn.

Cancellation of classes due to weather may occur. It is the student's responsibility to call the school to find out if class has been cancelled. Additional Saturdays, or weekends would be added near the end of the program if a cancellation was necessary.

Student Complaints

Each month, time will be allotted to discuss any concerns they may have regarding the program. Complaints may be presented to the director, at which time it may be decided to meet to address the issue. The final decision will be made by the director.

12. Tuition, Fees and Refunds

Application Registration Fee:\$100.00 nonrefundable fee due at time of application.

Regular Payment \$3000.00 (does not include application fee): Payment in full prior to 2 weeks before training starts.

All fees are payable by cash, personal check or credit card (MC, VISA, AMEX).

Incidental Administration Charges:

Application Fee \$100
Transcript Request \$10
Check Return (NSF) \$25
Practical Retake \$45
Make up Sessions \$45/hr.
Water \$1.00

Refunds:

1. The application fee of \$100.00 is nonrefundable except in the case of a declined application.
2. The student will receive a full refund if they cancel within three business days before classes begin.
3. The student, who withdraws after beginning instruction, but prior to 60% of course completion, shall receive a pro-rated refund based upon program length.
4. No refunds will be made after 60% of the program is complete.



5. Students will receive their refund within 40 days after dismissal or notification or withdrawal.

Financial aid is unavailable at this time.

Thank you for your interest in the Breath and Body Yoga Teacher Certification Program. We look forward to providing you a transformational experience. We will be constantly improving as we evaluate our programs with input from our students. We hope you join us for the beginning of this exciting journey! Feel free to contact us with any questions you have about our program.

The information in this catalog is true and correct to the best of my knowledge.



BREATH AND BODY SPORT YOGA

Teacher Certification Program Class Schedule

Enrollment is continuously open. Please send an email to desiraepierce@gmail.com for an enrollment form and to request a complete catalog.

Fall session begins September 2010.

Breath & Body Yoga

The studio is open Monday - Friday from 7:45 am - to 8:30 pm. Group classes are held:

Monday - Wednesday	8:15 am - 9:30 am 12:00 - 1:00 pm 4:30 - 6:00 pm 6:30 - 8:00 pm
Friday:	8:15 am - 9:30 am 12:00 - 1:00 pm 4:30 - 6:00 pm
Saturday:	8:15 am - 9:30 am 10:00 - 11:30 am
Sunday:	10:00 - 11:30 am 4:30 - 6:00 pm

Breath & Body Sport Yoga Classes will be held:

Wednesday:	6:00 pm - 10:00 pm
Friday:	6:00 pm - 10:00 pm
Saturday:	8:00 am - 4:00 pm (break between 11:30 - 12:00)
Sunday:	8:00 am - 4:00 pm (break between 11:30 - 12:00)

Classes Dates are the following:

September

9/15/2010	Wednesday 6:00 - 10:00 pm
9/17/2010	Friday 6:00 - 10:00 pm
9/18/2010	Saturday 8:00am - 4:00 pm
9/19/2010	Sunday 8:00 am - 4:00 pm
9/22/2010	Wednesday 6:00 - 10:00 pm
9/24/2010	Friday 6:00 - 10:00 pm
9/25/2010	Saturday 8:00 am - 4:00 pm
9/26/2010	Sunday 8:00 am - 4:00 pm
9/29/2010	Wednesday 6:00 - 10:00 pm

October

10/01/2010	Friday 6:00 - 10:00 pm
10/02/2010	Saturday 8:00 am - 4:00 pm
10/03/2010	Sunday 8:00 am - 4:00 pm
10/13/2010	Wednesday 6:00 - 10:00 pm
10/15/2010	Friday 6:00 - 10:00 pm
10/16/2010	Saturday 8:00 am - 4:00 pm
10/17/2010	Sunday 8:00 am - 4:00 pm
10/27/2010	Wednesday 6:00 - 10:00 pm
10/29/2010	Friday 6:00 - 10:00 pm
10/30/2010	Saturday 8:00 am - 4:00 pm
10/31/2010	Sunday 8:00 am - 4:00 pm

November

11/03/2010	Wednesday 6:00 - 10:00 pm
11/05/2010	Friday 6:00 - 10:00 pm
11/06/2010	Saturday 8:00 am - 4:00 pm
11/07/2010	Sunday 8:00 am - 4:00 pm
11/10/2010	Wednesday 6:00 - 10:00 pm
11/12/2010	Friday 6:00 - 10:00 pm
11/13/2010	Saturday 8:00 am - 4:00 pm
11/14/2010	Sunday 8:00 am - 4:00 pm

December

12/01/2010	Wednesday 6:00 - 10:00 pm
12/03/2010	Friday 6:00 - 10:00 pm
12/04/2010	Saturday 8:00 am - 4:00 pm
12/05/2010	Sunday 8:00 am - 4:00 pm
12/08/2010	Wednesday 6:00 - 10:00 pm
12/09/2010	Friday 6:00 - 10:00 pm
12/10/2010	Saturday 8:00 am - 4:00 pm
12/11/2010	Sunday 8:00 am - 4:00 pm
	(Graduation)