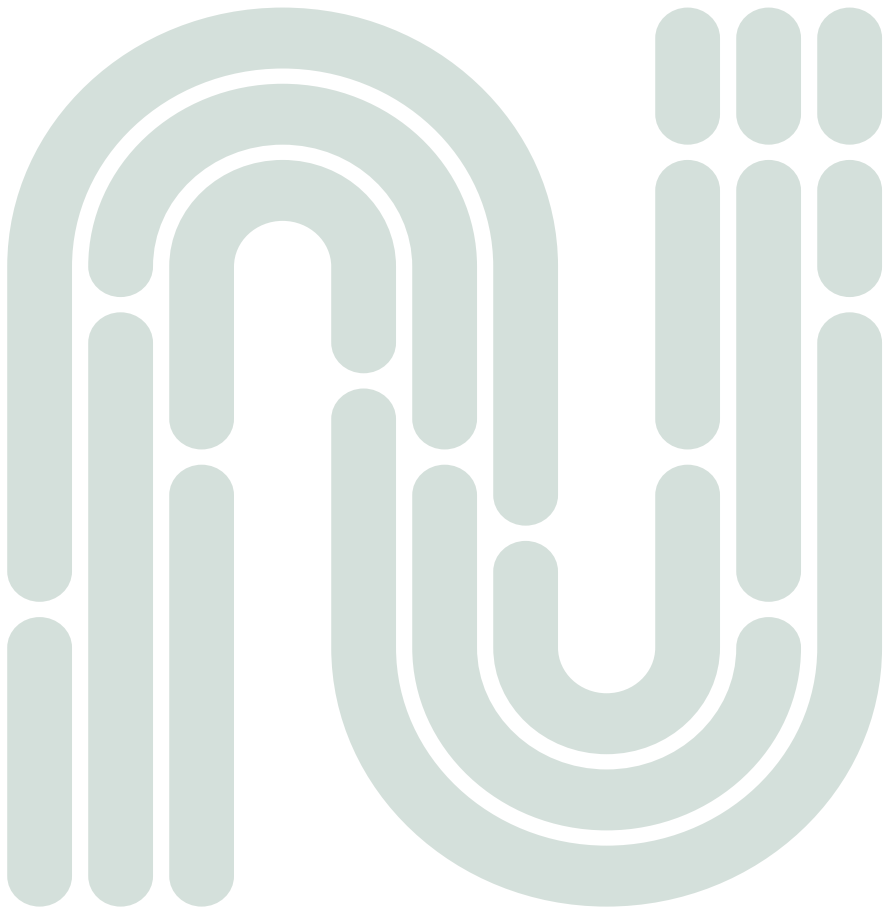


WINTER 2010 CATALOG
VOL 1.0



Breath & Body Sport Yoga

Teacher Certification Program



Namaste

Welcome to Breath and Body Sport 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 led by Breath and Body Sport Yoga's Founding Teacher and Proprietor, Desirae Pierce. Desirae is a 200-Hour ERT with Yoga Alliance as well as a Certified Baptiste Teacher. Desirae personally assists Baron Baptiste on workshops, teacher trainings and works professionally with BPYI on projects. We invite you to learn 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.baronbaptiste.com>.

Yoga Alliance and Breath and Body Sport Yoga

The demand for well-trained Certified Yoga Teachers is exponential! According to the most recent article in the **New York Times**, an estimated 20 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 since 2004. Knowing this fact, Breath and Body Sport 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>.



Breath and Body Sport Yoga

SCHOOL CATALOG

Vol. 1.0, Winter 2010

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Breath and Body Sport Yoga

Teacher Certification Program:

Desirae Pierce

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Studio Hours of Operation:

Mon- Thurs 8:00 am - 8:00 pm
Friday 8:00 am - 6:00 pm
Saturday 8:00 am - noon
Sunday 9:30 am - 6:00 pm

School Hours of Operation:

Wednesday 6:00 pm - 10:00 pm
Friday 6:00 pm - 10:00 pm
Saturday 8:00 am - 4:00 pm
Sunday 9:30 am - 6:00 pm

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APPENDIX- Winter 2010 Class Schedule

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 in 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 Breath and Body Yoga from acceptance to completion of certification.
2. 20% discount on all retail purchases through training

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
Owner



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 and soul. We are devoted in 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.

History

Desirae began practicing in 1997, when she first discovered Bikram Yoga. Yoga created a sanctuary from the hectic world of corporate marketing. She discovered how to get in touch with her own body, mind and spirit on her mat. Her practice led her to the Vinyasa style of Baron Baptiste, Iyengar with Manuso Manos and Anusara with Christina Sell. In 2004 she left the corporate world of advertising and design and followed her passion, yoga. After numerous teacher trainings, she opened Breath and Body Yoga, in Austin, Texas. She enjoys teaching the Anusara alignment in combination with Power Vinyasa. It is here that she encourages students to grow, to experience life to its fullest, and connect to themselves. She is currently working towards her certification in Anusara yoga while assisting Baron Baptiste with his boot camps and teacher trainings.

Facilities

Breath and Body Yoga is located at 4800 Burnet Road Suite D-440, Austin, Texas 78756. The studio's phone number is 512-374-1021. The studio consists of one large heated practice space that is 750 square feet. The studio is equipped with one rest room and storage for students' bags. Mats are available for rent for \$2.00.

The studio will also supply

- 20 Cork Yoga Bricks- 6 X 9
- 20 Yoga Straps- Cotton Straps 8 & 10 feet long
- 20 Yoga Blankets- India Wool Blankets
- Breath and Body Yoga holds 36 people
- Teacher: Student Ratio is 10:1

Key Staff

Desirae Pierce is the Director and Instructor of the Breath and Body Sport Yoga Teacher Certification Program. She also is the owner, and Director of Breath and Body Yoga. Christina Sell is the certified Anusara teacher that will lead the Anusara component of the training.

About Desirae Pierce

Desirae is an avid yoga practitioner that believes in the technique and alignment of Iyengar tradition combined with the power of vinyasa flow. She began dancing ballet at the age of three and was accepted to the New York City ballet at nine. Her parents denied her request to move to NYC at a young age, but she relentlessly pursued a practice of well being through daily physical exercise. After graduating from the University of Texas at Austin, she followed a creative marketing path and in 1993 opened her own graphic design studio called American Pie Design, Inc. To relieve stress she took her first yoga classes in 2001 and immediately knew that yoga was the path to healthy living. "It was the yoga that lead me down a path of well-being. I felt great, both physically and mentally." Desirae completed the 200-hour certification in Correlation Vinyasa Yoga and is a Experienced Registered Yoga Teacher (E.R.Y.T.) with Yoga Alliance. She has completed level one and two with Baron Baptiste and is also a Certified Baptiste Yoga Teacher. In 2008 she discovered Anusara Yoga with Christina Sell and is currently working on her Anusara Certification. Desirae was also selected in August of 2007 by Lululemon as an ambassador for the Austin area. At present she is also sponsored by Manduka mat company and serves on Austin's Mayors Fitness Counsel. Desirae also works with the Baptiste Power Yoga Institute. She travels with Baron Baptiste and assists the boot camps and teacher trainings around the world. Desirae is the President of American Pie Design, Inc and the owner and Director of Breath and Body Yoga.

About Christina Sell

Christina Sell has been practicing yoga since 1991. She is a certified Anusara Yoga instructor. Anusara Yoga is a unique method of hatha yoga which integrates biomechanical principles of alignment with the celebration of the heart and spirit. Developed by John Friend in 1996, Anusara Yoga offers a dynamic synthesis of asana technique, yoga philosophy, and good company. Christina's classes are fun, inspiring, challenging. They are dedicated to helping people of all ages, sizes and abilities discover the joys of yoga practice and conscious living. In 2001 Christina founded Prescott Yoga, a yoga school in Prescott, Arizona dedicated to the practice and teaching of Anusara Yoga. In addition to a full weekly schedule of classes, Prescott Yoga hosted seminars with senior teachers, teacher training workshops and became a leader in the local yoga community. Now under the directorship of Rachel Peters, Prescott Yoga continues to be a thriving community of dedicated practitioners, and fabulous teachers. Christina directed Prescott Yoga until June 2006, when she and her husband relocated to San Marcos, Texas. Once in San Marcos, Christina founded The San Marcos School of Yoga and joined the teacher training faculty of YogaYoga in Austin, Texas. In 2009 Christina moved to Austin, Texas where she maintains an active teaching local and national teaching schedule.

Christina is the author of **Yoga From the Inside Out- Making Peace with**

Your Body Through Yoga. She studies ongoing with John Friend and master teachers from all traditions. Her active teaching schedule includes local, national and international classes and workshops in asana, teacher training and principles of dharmic living. Christina lives in Austin, Texas with her husband, Kelly, their retired greyhound and four cats. She and her furry family enjoy long walks, bicycle rides, dinner parties with friends and hanging out on the river.

Employment Opportunities

The demand for well-trained certified yoga teachers has grown exponentially. It is estimated that 15.8 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	115 hours
Teaching Methodology	30 hours
Anatomy and Physiology	25 hours
Philosophy/Ethics/Lifestyle	30 hours

Definitions:

- **001- T Techniques:** includes asanas, pranayamas, kriyas, chanting, and meditation. Hours in this category include both training and practice of the techniques.
- **002-TM Teaching Methodology:** principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.
- **003-A&P Anatomy and Physiology:** includes both physical anatomy and physiology (bodily systems, organs, etc.) and astral/energy/subtle anatomy and physiology (chakras, nadis, etc.)
- **004- PLE Philosophy/Ethics/Lifestyle:** study of yoga scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, 'living the life of the yogi', etc.

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 (R.Y.T.) Registered Yoga Teacher. Following graduation, students will be assisted in completing applications for registration.

Grading Scale

The following grades are given for work completed:

Excellent 94-100% = A

Very Good 93-88% = B

Satisfactory 87-81% = C

Unsatisfactory Below 80% = F

Requirements for Graduation

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.

Make up class fees are \$45 per hour. Credits will not be given for previous educational schools. No transfers of other programs are allowed. No more than 5% of the total course time hours for a program may be made up. The maximum time for completion of the program is 12-weeks.

Probation, Dismissal, and Readmittance

Students who have an average grade below C or 80% will be considered to be on academic probation. Students who are on academic probation and continue to fail one more month will be dismissed from the program.

For all unresolved grievances, please refer to:

**Texas Workforce Commission
Career Schools and Colleges, Room 104T
101 East 15th Street
Austin, Texas 78778-0001**

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 will be 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 handled 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 a 12-month calendar period, a student may have no more than one leave of absence for a total of 15 calendar days.

Attendance and Tardiness

One hundred percent attendance is asked of each student. Any missed hours will have to be made up before graduation, but no more than 10 clocked hours may be made up. All hours will 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.

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 is necessary.

Students will be terminated if they miss more than 25% or 10 consecutive days. Students will be terminated if the student fails to return as scheduled from an approved leave of absence.

In a 12-week calendar period, a student may have no more than one leave of absence or 15 calendar days. A written leave of absence will need to be submitted by the student and approved by the Director of Breath and Body Sport Yoga. This will go into the student's final records. Students whose enrollment are terminated for violation of the attendance policy may not reenter before the start of the next grading period.

Satisfactory Progress

Students will be tested every 4-weeks with a written exam. 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 that will lift the grade. Students who are on academic probation and continue to receive below an 80% over the next 4-week session will be dismissed from the program.

Students terminated from the program for unsatisfactory progress may not reenter until they have completed 6-months of continued yoga practice.

Every 4-weeks a written exam will be taken over the material presented. The exam will be graded that day, and the student will be given the test back with a score. This score covers the exam grade. After the exam, the student will also be evaluated by the Director, and the combination of attendance, student participation and exam grade will be given. A complete evaluation form will also be handed to the student informing them of their progress. Any incompletes, withdrawals or deficiencies will be discussed verbally and clarified. A course of action will be determined for a student to lift their grade. No more than 10 clock hours may be made up.

Incompletes & Withdrawals

Students may request a "incomplete" if the student withdrawals for an appropriate reason unrelated to the student's academic status. Students may reenroll in the next program within 12-months period following the date the student withdrawals and completes the incompleted subjects without payment of additional tuition.

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.

Tuition, Fees and Refunds

Application Registration Fee:\$100.00 will only be nonrefundable only after the cancellation period has passed.

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

Registration Fee \$100 + Tuition \$3000 = \$3100 Total Program Price

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

Cancellation Policy

A full refund will be made to any student who cancels the enrollment contract within 72 hours (until midnight of the third day excluding Saturdays, Sundays and legal holidays) after the enrollment contract is signed and a tour of the facilities and inspection of the equipment is made by the prospective student.

Refund Policy

1. Refund computations will be based on scheduled clock hours of class attendance through the last date of attendance. Leaves of absence, suspensions, and school holidays will not be counted as part of the scheduled class attendance.
2. The effective date of termination for refund purposes will be the earliest of the following:
 - (a) The last day of attendance, if the student is terminated by the school;
 - (b) The date of receipt of written notice from the student; or
 - (c) Ten school days following the last date of attendance.
3. If tuition and fees are collected in advance of entrance, and if after expiration of the 72 hour cancellation privilege the student does not enter school, not more than \$100 shall be retained by the school.
4. If the student who enters a residence or synchronous distance education course of not more than 12 months in length terminates or withdraws after the expiration of the 72 hour cancellation privilege, the school may retain \$100 of the tuition and fees and the minimum refund

of the remaining tuition and fees will be:

- (a) During the first week or one-tenth of the course, whichever is less, 90 percent of the remaining tuition and fees;
- (b) After the first week or one-tenth of the course, whichever is less, but within the first three weeks or one-fifth of the course, whichever is less, 80 percent of the remaining tuition and fees;
- (c) After the first three weeks or one-fifth of the course, whichever is less, but within the first quarter of the course, 75 percent of the remaining tuition and fees;
- (d) During the second quarter of the course, 50 percent of the remaining tuition and fees;
- (e) During the third quarter of the course, 10 percent of the remaining tuition and fees; or
- (f) During the last quarter of the course, the student may be considered obligated for the full tuition and fees.

5. The student will not be required to purchase instructional supplies, books and tools until such time as these materials are required. Once these materials are purchased, no refund will be made.

6. For residence or synchronous distance education courses more than 12 months in length, the refund shall be applied for each 12 month period paid, or part thereof, separately.

7. The length of a course for purposes of calculating refunds owed, is the shortest scheduled time period in which the course may be completed by continuous attendance of a full-time student;

8. A full refund of all tuition and fees is due and refundable in each of the following cases:

- (a) An enrollee is not accepted by the school;
- (b) If the course of instruction is discontinued by the school and this prevents the student from completing the course; or
- (c) If the student's enrollment was procured as a result of any misrepresentation in advertising, promotional materials of the school, or representations by the owner or representatives of the school.

9. REFUND POLICY FOR STUDENTS CALLED TO ACTIVE MILITARY SERVICE.

A student of the school or college who withdraws from the school or college as a result of the student being called to active duty in a military service of the United States or the Texas National Guard may elect one of the following options for each program in which the student is enrolled:

- a) if tuition and fees are collected in advance of the withdrawal, a pro rata refund of any tuition, fees, or other charges paid by the student for the program and a cancellation of any unpaid tuition, fees, or other charges owed by the student for the portion of the program the student does not complete following withdrawal;
- (b) a grade of incomplete with the designation

“withdrawn-military” for the courses in the program, other than courses for which the student has previously received a grade on the student’s transcript, and the right to Reenroll in the program, or a substantially equivalent program if that program is no longer available, not later than the first anniversary of the date the student is discharged from active military duty without payment of additional tuition, fees, or other charges for the program other than any previously unpaid balance of the original tuition, fees, and charges for books for the program; or

(c) the assignment of an appropriate final grade or credit for the courses in the program, but only if the instructor or instructors of the program determine that the student has:

- (1) satisfactorily completed at least 90 percent of the required coursework for the program; and
- (2) demonstrated sufficient mastery of the program material to receive credit for completing the program.

10. Refunds will be totally consummated within 60 days after the effective date of termination.

BREATH AND BODY SPORT YOGA

Teacher Certification Program

Program Outline

#1 Program Description:

Breath and Body Sport Yoga Teacher Certification Program

Once you have completed this program you will have the skills to teach Vinyasa Yoga. From the beginner student to the advanced practitioner you will know how to sequence poses, set the pace for class, assist students, read their alignment and adjust students appropriately. This is a 200-hour hands-on program approved by the Yoga Alliance and Texas Workforce Commission. The skills taught here will prepare you to teach private one-on-one teaching sessions, large group yoga classes and smaller more intimate yoga sessions. You will know how to set up and teach a 45, 60, and 90 minute classes to anyone with any body type interested in yoga.

You will be certified to teach public classes in yoga studios and private company settings. Job postings can be found with large corporations, gyms, fitness clubs, wellness centers, yoga studios, small schools, hospitals, and even in your home. Yoga is for everyone and every body. With over 20 million practicing yoga in the United States each year, the demand for yoga teachers is rising.

Overview

- Learn to design and teach a challenging power vinyasa yoga class.
- Learn basic anatomy and physiology.
- Learn the breakdown, alignment, modifications, and sequencing of postures.
- Learn how to assist, evaluate bodies physically, emotionally and prevent injuries.
- Learn Ujayii and Pranayama breathing techniques to incorporate into your class.
- Learn Yoga's roots or beginnings and compare/contrast Eastern and Western practices.
- Learn the lifestyles and ethics for yoga teachers.
- Learn effective presentation and communication skills to teach to different levels.
- Learn the business of yoga and how to run your own studio.

Subject with Identifying Number

001-T Techniques	115 Clock hours • 60/30/25/115
002-TM Teaching Methodology	30 Clock hours • 15/5/10/30
003-A&P Anatomy/Physiology	25 Clock hours • 15/5/5/25
004-PLE Philosophy/Ethics/Lifestyle	30 Clock hours • 15/5/10/30

This is a 200-hour program and 9-week intensive study.

Credit Hours do not apply to this program only clock hours.

x = Contact Theory, Y= Contact Lab, Z= Externship, T= Total Credit Hours

BREATH AND BODY SPORT YOGA

Teacher Certification Program

#1 Subject Description

001-T Teaching Technique- Student will learn over 40 poses, plus how to teach the poses, how to sequence poses based on the Baptiste Power Yoga Institute sequence. The student will also learn how to assist the practitioner with verbal cues, hand cues, and demonstrations. The student will learn how to theme a class, carry the class with energy and voice tone. The student will learn how to give and receive feedback. Additionally they will be able to conduct a class from beginners to advance practitioners with the knowledge of teaching techniques. Includes reading assignments, reports and exam time.

#2 Subject Outline

Week 1: Finding Tadasana In Every Pose
Week 1: Teaching Sun Salutations
Week 1: Baptiste Power Vinyasa Yoga & Assisting
Week 2: Anusara Immersion Techniques
Week 3: Anatomy of Yoga
Week 3: Teaching Warrior Sequence & Crescent Sequence
Week 3: Teaching Standing Balancing Poses
Week 4: Teaching Twists & Triangle Sequence
Week 5: Teaching Back bends
Week 5: Teaching Abs, Hips & Final Rest
Week 6: Teaching Arm Balancing Part 1
Week 6: Working with People with Injuries
Week 7: Working with Pregnant Yogis
Week 8: Assisting Level 2
Week 9: Teaching Arm Balancing Part 2

TOTAL HOURS: 115 Clock hours • 60/30/25/115

There is no prerequisite for each subject.

#3 Weekly Outline

Week 1: Finding Tadasana In Every Pose:

The student will learn how to stack the bones and the joints of the body. This is the most important pose in any yoga practice. You begin by learning the correct alignment and how to get a student into the correct alignment. You will learn how to get the student to breath and feel the bone and the joints.

Week 1: Teaching the Sun Salutations:

The student will learn how to teach Sun Salutation A & B. They will learn how to project their voice, designate a rhythm and begin to bring a theme. The students will learn how to assist the practitioner in their Sun Salutations. Each student will teach both Sun A & Sun B and begin to give feedback to the teacher and how to receive feedback from the other practitioners.

Week 1: Baptiste Power Vinyasa & Assisting

The student will learn the base sequence from the Baptiste Power Yoga Institute. This is the first introduction into sequencing poses. We start with an Integration series that consist of anywhere from 4-8 poses. The the student will learn how to read the class so the Sun Salutations warm the practitioners. The students will learn the Balancing sequence, the Triangle sequence, the Back bending sequence, the Abdominal sequence, the Hip Opening sequence and the final resting sequence. The student will learn to transition the practitioner from pose to pose as well as basic assists for each pose.

Week 2: Anusara Immersion Techniques

Students will be introduced to the Universal Principles of Alignment from John Friend's Anusara yoga. The student will be immersed into these alignment tools that will help a new practitioner to an advanced yoga practitioner. The student will also learn to teach a yoga class without using heat and the Sun Salutations to warm the body.

Week 3: Anatomy of Yoga

Students will learn basic anatomy including the major bones, muscles, ligament and joints of the body. Students will learn to inform the students of where the bones are located and how the muscles support the bones to move the body.

Week 3: Teaching Warrior Sequence & Crescent Sequence

Students will learn what poses fall into this sequence, how to sequence and how to assist this sequence. Students will also learn how to give the practitioner modifications for the poses in this sequence.

Week 3: Teaching Standing Balancing Poses

Students will learn what poses fall into this sequence, how to sequence and how to assist this sequence. Students will also learn how to give the practitioner modifications for the poses in this sequence.

Week 4: Teaching Twists & Triangle Sequence

Students will learn what poses fall into this sequence, how to sequence and how to assist this sequence. Students will also learn how to give the practitioner modifications for the poses in this sequence.

Week 5: Teaching Back bends

Students will learn what poses fall into this sequence, how to sequence and how to assist this sequence. Students will also learn how to give the practitioner modifications for the poses in this sequence.

Week 5: Teaching Abs, Hips & Final Rest

Students will learn what poses fall into this sequence, how to sequence and how to assist this sequence. Students will also learn how to give the practitioner modifications for the poses in this sequence.

Week 6: Teaching Arm Balancing Part 1

Students will learn what poses fall into this sequence, how to sequence and how to assist this sequence. Students will also learn how to give the practitioner modifications for the poses in this sequence.

Week 6: Working with People with Injuries

We will discuss the types of injuries that occur when good alignment is not taught in the poses. We will also discuss the types of illnesses and injuries that practitioners bring into the studio and on the mat. The student will learn how to deal with injuries, illnesses, allergies, and how to teach modifications.

Week 7: Working with Pregnant Yogis

Students will learn how to teach women that are pregnant that come into open level yoga classes. Yoga is very beneficial for women while pregnant, however the student will learn what poses to teach and what poses not to teach. The student will be required to bring a pillow that they will use under their shirt to mimic a pregnant women. We will go through the sequence and teach how to modify each pose.

Week 8: Assisting Level 2 Poses

Students will learn how to deepen the practitioner into their practice and poses. This assisting class is very hands on.

Week 9: Teaching Arm Balancing & Inversions Part 2

Students will learn how to safely teach arm balancing poses and inversions.

BREATH AND BODY SPORT YOGA

Teacher Certification Program

#1 Subject Description

002-TM Teaching Methodology- This includes principles of demonstration, observation, assisting, instruction, teaching styles, quality of a teacher, the students process of learning and the business aspects of teaching yoga.

#2 Subject Outline

Week 1: Finding Tadasana In Every Pose
Week 1: Teaching Sun Salutations
Week 1: Baptiste Power Vinyasa Yoga & Assisting
Week 3: Teaching Warrior Sequence & Crescent Sequence
Week 3: Teaching Standing Balancing Poses
Week 4: Teaching Twists & Triangle Sequence
Week 5: Teaching Backbends
Week 5: Teaching Abs, Hips & Final Rest

TOTAL HOURS: 30 Clock hours • 15/5/10/30

There is no prerequisite for each subject.

#3 Weekly Description

Week 1: Finding Tadasana In Every Pose:

The student will learn how to find their own voice. Students will learn how to read a student and select the correct words for teaching this pose.

Week 1: Teaching the Sun Salutations:

Students will learn how to give and receive feedback on the “magic carpet.” The carpet allows students to watch others flow and teaches how to choose the correct words to move a student.

Week 1: Baptiste Power Vinyasa & Assisting

Students will learn how to pace the flow and the timing on each of the Baptiste Power Yoga sequences.

Week 3: Teaching Warrior Sequence & Crescent Sequence

Students will learn how to pace the flow and the timing on each of the Baptiste Power Yoga sequences.

Week 4: Teaching Twists & Triangle Sequence

Students will learn how to pace the flow and the timing on each of the Baptiste Power Yoga sequences.

Week 5: Teaching Backbends

Students will learn how to pace the flow and the timing on each of the Baptiste Power Yoga sequences.

BREATH AND BODY SPORT YOGA

Teacher Certification Program

#1 Subject Description

003-A&P Anatomy & Physiology- The student will learn both human physical anatomy and physiology (bodily systems, organs, etc) and energy anatomy and physiology. Includes both the study of the subject and application of its principles to yoga practice (benefits, contra indications, healthy movement patterns).

#2 Subject Outline

Week 1: Anatomy of Breath and Bandas
Week 2: Anatomy of Forward Bends
Week 3: Anatomy Backbends
Week 4: Anatomy of Sidebends and Twists
Week 5: Anatomy of Balances & Inversions

Hours: 25 Clock hours • 15/5/5/25

There is no prerequisite for each subject.

#3 Weekly Outline

Week 1: Anatomy of Breath and Bandas

Students will learn the muscles and organs associated breathing the locks within the body. They will learn how to breath and different breathing techniques.

Week 2: Anatomy of Forward Bends

Students will learn the muscles, bones and organs associated with forward bending. They will learn what muscles contract and what muscles expand. They will learn how to keep the muscles safe in deep forward folds.

Week 3: Anatomy Backbends

Students will learn the muscles, bones and organs associated with backbending. They will learn what muscles contract and what muscles expand. They will learn how to keep the muscles safe in deep back bends.

Week 4: Anatomy of Sidebends and Twists

Students will learn the muscles, bones and organs associated with sidebending and twists. They will learn what muscles contract and what muscles expand. They will learn how to keep the body safe while detoxifying the organs in deep backbends.

Week 5: Anatomy of Balances & Inversions

Students will learn the muscles, bones and organs associated with balancing and inversions. They will learn what muscles contract and what muscles expand. They will learn how to keep the practitioner safe in balances and inversions.

BREATH AND BODY SPORT YOGA

Teacher Certification Program

#1 Subject Description

004- PLE Philosophy/Ethics/Lifestyle- The students will study yoga scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, 'living the life of the yogi'.

#2 Subject Outline

Week 1: Bhagavad Gita
Week 2: History & Yoga Philosophy
Week 3: Chakra System
Week 7: Sanskrit Terms
Week 8: The Living Yogi
Week 9: Tree of Yoga

Hours: 30 Clock hours • 15/5/10/30

There is no prerequisite for each subject.

#3 Weekly Outline

Week 1: Anatomy of Breath and Bandas

Students will read the Bhagavad Gita, known as the oldest scripture known to yoga. The students will also write a 200-word paper on how this book relates to their modern day life, war and family conflicts.

Week 2: History and Yoga Philosophy

Students will learn the history of yoga from 5000 BC until the present day. They will understand the religious aspects of yoga as well as the different styles of yoga.

Week 3: Chakra System

Students will that yogis believe there is an energy system that contains 7 wheel of energy that run through the body. This wheels of energy allow us to stay grounded as well as soar high. These wheels have colors, smells, deficient properties and balanced properties associated with each one.

Week 7: Sanskrit Terms

Students will learn over 60 Sanskrit terms associated with yoga poses and the philosophy of yoga. We will break down the language and the meaning of these concepts.

Week 8: The Living Yogi

How does one exist in a world that is filled with war, commercialism, capitalism and greed. We will discuss how to live and teach yoga in the post-modern era.

Week 9: The Living Yogi

Students will read the Tree of Yoga, written by B.K.S. Iyengar. The students will also write a 200-word paper on how this book relates to their practice and life.

BREATH AND BODY SPORT YOGA TEACHER CERTIFICATION PROGRAM

STATEMENT:

Version 1.0

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

Approved and Regulated by the Texas Workforce Commission, Career Schools and Colleges, Austin, Texas

(Signature of School Official providing the information)

_____ (Date) _____



BREATH & BODY SPORT YOGA

Teacher Certification Program

APPENDIX: Class Schedule

Version 1.0 / Winter 2010

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. Exact dates to be determined.

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:

1/6/2010	Wednesday 6:00 - 10:00 pm
1/8/2010	Friday 6:00 - 10:00 pm
1/13/2010	Saturday 8:00am - 4:00 pm
1/15/2010	Sunday 8:00 am - 4:00 pm
1/16/2010	Wednesday 6:00 - 10:00 pm
1/17/2010	Friday 6:00 - 10:00 pm
1/20/2010	Wednesday 6:00 - 10:00 pm
1/22/2010	Friday 6:00 - 10:00 pm
1/23/2010	Saturday 8:00 am - 4:00 pm
1/24/2010	Sunday 8:00 am - 4:00 pm
1/27/2010	Wednesday 6:00 - 10:00 pm
1/29/2010	Friday 6:00 - 10:00 pm
1/30/2010	Saturday 8:00 am - 4:00 pm
1/31/2010	Sunday 8:00 am - 4:00 pm

We will break from 2/3/2010 until 2/10/2010

**BREATH AND BODY SPORT YOGA
Teacher Certification Program**

Class Schedule

Classes Dates are the following:

2/10/2010 Wednesday 6:00 - 10:00 pm
2/12/2010 Friday 6:00 - 10:00 pm
2/13/2010 Saturday 8:00 am - 4:00 pm
2/14/2010 Sunday 8:00 am - 4:00 pm

2/17/2010 Wednesday 6:00 - 10:00 pm
2/19/2010 Friday 6:00 - 10:00 pm
2/20/2010 Saturday 8:00 am - 4:00 pm
2/21/2010 Sunday 8:00 am - 4:00 pm

We will break from 2/22/2010 until 3/10/2010

3/10/2010 Wednesday 6:00 - 10:00 pm
3/12/2010 Friday 6:00 - 10:00 pm
3/13/2010 Saturday 8:00 am - 4:00 pm
3/14/2010 Sunday 8:00 am - 4:00 pm

3/17/2010 Wednesday 6:00 - 10:00 pm
3/19/2010 Friday 6:00 - 10:00 pm
3/20/2010 Saturday 8:00 am - 4:00 pm
3/21/2010 Sunday 8:00 am - 4:00 pm

We will break from 3/21/2010 until 4/10/2010

4/10/2010 Saturday 8:00 am - 4:00 pm (written final)
4/11/2010 Sunday 8:00 am - 4:00 pm (teaching final)

Graduation is on Sunday 4/11/2010 at 6:00 pm

**BREATH AND BODY SPORT YOGA
TEACHER CERTIFICATION PROGRAM**

STATEMENT:

Version 1.0

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

Approved and Regulated by the Texas Workforce Commission, Career Schools and Colleges, Austin, Texas

(Signature of School Official providing the information)

_____ (Date) _____