

INSPIRE OTHERS, BECOME A YOGA TEACHER

200-HOUR POWER VINYASA YOGA
TEACHER TRAINING

BREATHE YOGA
LAKE COMO, ITALY



PART 1 : MAY 21-27, 2011 (100 HOURS) PART 2 : OCTOBER 17-23, 2011 (100 HOURS)

breath 
body yoga

BAPTISTE POWER VINYASA YOGA
AFFILIATE STUDIO

www.breathandbodyyoga.com



Registered Yoga School



Registered Yoga School



baptiste
power vinyasa yoga
AFFILIATE STUDIO

200-HOUR POWER VINYASA YOGA
TEACHER TRAINING CATALOG



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 lead 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

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Breath and Body Sport Yoga

Teacher Certification Program:

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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 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.

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.

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 Christiane Piano

When Christiane met yoga through a video of Baron Baptiste in her New York apartment 15 years ago, she didn’t know she was at the start of a journey into growing her own power. Having lived for extensive periods of time on three continents - the Americas, Asia and finally Europe, she has repetitively received many invitations to share her yoga practice but has politely thanked for them until the demands for her to teach increased and she finally listened to the voices of the universe. Christiane has been teaching yoga since 2005 and brings a richness of life experiences to her teaching, transforming many people’s lives across cultures and boundaries. That in itself was powerful but not sufficient: her spirit yearned for instilling that power within others. She decided to take Baron Baptiste’s workshops in London in Spring 2009, which put her on the journey to complete the Level 1 teacher training in August 2009, Level 2 teacher training in May 2010 and a certified Baptiste Power Vinyasa Yoga Teacher in October 2010.

Her personal transformation quickly spun out to her local community, leading by example with a clear and directional message to “be the change you want to see in the world”. Leveraging her position as the Italian Ambassador of the Africa Yoga Project, a non-profit organization founded by the Baptiste teachers in support of youth in Kenya, Christiane’s message

is given a global context. Christiane is determined to carry the spirit of yoga for a community forward expanding her footprints globally, starting off with Europe and joining forces with yoga teachers from other disciplines and continents, all with the focus and heart to take the personal transformation she has experienced with yoga to a global level, creating a powerful global community with yoga.

Employment Opportunities

The demand for well-trained certified yoga teachers has grown exponentially. It is estimated that 15.8 million Americans are practicing yoga in the United States. 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 or 75 EU 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 one year.
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-days 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-day 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-day 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 or 75 EU will only be nonrefundable only after the cancellation period has passed.

Pricing

- Part 1 (100 Hours) of Teacher Training at Breathe Como
- Teacher Training Manual, **Journey Into Power** by Baron Baptiste and **Light on Yoga**, by B.K.S. Iyengar
- No housing option

Total Costs = 2000 EU

All fees are payable by cash, personal check, paypal or credit card (MC, VISA, AMEX) to **breathandbodyyoga.com**.

Incidental Administration Charges:

Application Fee \$100

Transcript Request \$10

Check Return (NSF) \$25

Practical Retake \$45

Make up Sessions \$45/hr.

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. 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
Program Outline

Schedule May 21-27, 2011 (100 Hours)

Part 1

Class 1: Practice, Structure of Program, History of Yoga, Bhagavad Gita, Tadasana

Class 2: Practice, Tadasana, Sun Salutations, Assisting, Baptiste Principles

Class 3: Practice, Warrior Sequence, Alignment of Warriors & Crescents

Class 4: Practice, Practice, Standing Balancing, Alignment of Balancing

Class 5: Practice, Triangle Sequence, Alignment of Triangle

Class 6: Practice, Backbending, Alignment & Chakras

Class 7: Practice, Hip Opening Poses & Arm Balancing & Alignment

Class 8: Practice & Graduation

Schedule October 17-23, 2011 (100 Hours)

Part 2

Class 9: Practice, Setting Themes for Class, Universal Principles of Alignment

Class 10: Practice, Sequencing and Assisting Workshop

Class 11: Practice, Techniques for Teaching: Teaching Form, Action & Alignment

Class 12: Practice, Teaching Athletes, Injuries & Pregnant Yogis

Class 13: Practice, Teaching Inversions & Arm Balancing Part 2

Class 14: Practice & Magic Carpet

Class 15: Practice & Magic Carpet

Class 16: Practice & Graduation

namaste

**Thank You For Considering
200-Hour Power Vinyasa Yoga
Teacher Training**

To apply go to:

**www.breathandbodyyoga.com
click **Class Schedule** then the **Teacher Training** tab**

<https://clients.mindbodyonline.com/ASP/adm/home.asp?studioid=9669>

email: desiraepierce@gmail.com