

Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

How long have you been studying/practicing yoga?: _____

Write a description of your yoga experience (past & present):

How often do you attend yoga classes? _____

What styles of yoga do you practice/have you practiced?

Are you currently teaching yoga? If so, for how long and where?

Do you have/have you had a personal yoga practice (outside of class)?

How often? _____

Please list any injuries or medical conditions you have. Include current medications and recent surgeries.

Please include your deposit to secure your space.

THE YOGA & MOVEMENT CENTER



Advanced Studies Teacher Training Program VI March 2014–February 2015



Mission Statement

Upon completion of the Advanced Studies/Teacher Training Program, students will be deeply grounded in the Iyengar tradition while expanding their knowledge of yoga as therapy. Students will leave the program with a strong base in the therapeutic aspects of both teaching and practicing yoga.

This course is designed as a rich exploration of self-discovery, self-awareness, and health taught in a supportive and friendly environment.



Registered Yoga School

Program Description

The Yoga & Movement Center offers a 200-hour, Yoga Alliance- registered program that will help deepen your personal or teaching practice. This year-long curriculum is based on the therapeutic techniques and philosophy specific to the teachings of BKS Iyengar. His method focuses on anatomical alignment and detail, which results in inner strength and balance.

Training Schedule and Location

Students will meet Saturdays and Sunday afternoons 12:30pm-6:30pm, one weekend a month for 12 months. This year-long intensive study will incorporate asanas, discussions, lectures, experiential sessions and home practices. The program is formulated to give students a workable schedule that is time-sensitive to the demands of our busy lives.

March 22-23	September 20-21
April 26-27	October 18-19
May 17-18	November 15-16
June 21-22	December 13-14
July 19-20	January 24-25, 2015
August 23-24	February 21-22, 2015

All trainings take place at The Yoga & Movement Center, 1379 Locust St., Walnut Creek, California.

Therapeutic Focus

You will be learning a therapeutic style of yoga that minimizes injury and stress to the body. Upon graduation, students will receive their internationally recognized reaching certification.

Course Outline

Anatomy & Physiology	Foundations of Yoga and Asana
Meditation	Pranayama
Restorative	Sanskrit
Ayurveda	Yoga Sutras

Instructors

Diane Valentine and Dennis Eagan are the primary teachers for the training.



Dennis was certified by Rodney Yee at Piedmont Yoga and teaches with an Iyengar-influenced style, combined with breath awareness of vinyasa and an emphasis on yoga as an energy practice. www.wildyoga.com

Diane's teaching style derives from her Iyengar- influenced training with Judith Lasater in the therapeutic aspects of yoga, and her training as a Guild Certified Feldenkrais practitioner. www.dianevalentine.com



Together Dennis and Diane's backgrounds prove a powerful combination that will provide a broad and exciting learning experience for all students.

Guest teachers include Connie Habash and JoAnn Lyons.

Tuition

Early Registration: \$2750 non-refundable payment in full 2 months prior to start date

Regular Registration: \$2950 divided into three payments. \$1150 non-refundable deposit one month prior to program start date. Two payments of \$900.

Late Registration (after Registration Deadline): \$3050 divided into three payments. \$1250 non-refundable deposit. Two payments of \$900.

Tuition includes one weekly class with Diane Valentine at The Yoga & Movement Center.

All payments are non-refundable unless training is canceled.

Questions

Please contact Diane Valentine at diane@yoga-movement.com or 925-938-9642 with any questions about this program.