

Other Faculty:

200-Hour

Tammy Begin-LeBlanc—Anatomy & Physiology
Melissa LePage—Beginner Basics

500-Hour

Annie Hoffman—Advanced Yoga Asana
Marie-Josée Carriere—Ayurveda Concepts
Jerry Hyman—Advanced Anatomy Concepts

YOGAspirit®
STUDIOS



YOGAspirit® Studios

- 200-Hour
- 500-Hour

Teacher Certification Program

with
Kim Valeri, RYT

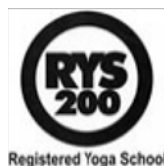
A School dedicated to the training,
support, and development of certified
yoga teachers.

Tel: 978-927-0099

YOGAspirit®
STUDIOS

P.O. Box 2337
S. Hamilton, MA 0182

Phone: 978-927-0099
Fax: 978-283-7071
Email: info@yogaspiritstudios.com



About YOGAspirit® Studios and Kim Valeri

YOGAspirit® Studios provides an atmosphere of safety, compassion, and respect bringing forward a learning environment to meet each individual's needs. The YOGAspirit® philosophy educates our students on how to live by true yogic principles by integrating Hatha, Tantra, Ayurveda, and Surat Shabda Yoga teachings. YOGAspirit® students experience expanded consciousness and self-realization producing a feeling of deep connectedness, inner peace, and stability. These inner changes enable each student to take action with initiative, navigate through life with clarity, and utilize their yogic principles.

YOGAspirit® Studios focuses on biomechanics and Iyengar-style asana to bring you YOGAspirit® FORM, connecting movement with breath offering you YOGAspirit® FLOW, and integrating strength and energy vinyasa to introduce YOGAspirit® POWER. These three styles, along with the study of Ayurvedic principles, support each individual's needs and uniqueness. This supportive and grounding environment allows our students to experience their own individual transformation and awakening of Kundalini Shakti.

Kim Valeri is a compassionate, understanding, and experienced soul sharing a wealth of knowledge from a generous heart. She completed her Iyengar Teacher Training with Patricia Walden and is certified in Kundalini Yoga. Kim has studied with Kali Ray and many other international Astanga teachers in her 20 years of practice. Kim is a dedicated teacher who uses body alignment, contemplation, and a lighthearted spirit to unfold the awareness of her students' spiritual nature. She treats Yoga as a healing science and is regarded as a catalyst for healing energy. Kim also maintains a private yoga and healing practice with a national client base.



Kim Valeri, RYT,
Director and Founder of
YOGAspirit® Studios

YOGAspirit® 200-Hour

The YOGAspirit® 200-hour Teacher Certification goes beyond the basics providing teachers with the tools and techniques to instruct a variety of levels, students, and yoga styles.



Classroom Teaching Techniques

Through our YOGAspirit® Sacred Life™ philosophy course, our student teachers are inspired to look within themselves to their true nature. Balancing the physical, mental, emotional, karmic, and spiritual levels using Hatha, Tantra, Ayurveda, and Surat Shabda YOGA, student teachers can experience wholeness, grace, and clarity. This clarity allows our student teachers to communicate their knowledge to each of their own students in a safe and supportive way.

200-Hour Curriculum

- YOGAspirit® FORM (*Iyengar-style*)
 - 36 asanas
 - 6-week lesson plans
- Purification Sadhana
- Educational tools and teaching materials
- Pranayama, meditation, Surat Shabda teachings
- YOGAspirit® Sacred Life™ Course
- Basic Anatomy & Physiology
- Basic principles of Ayurveda
- Teaching yoga to special populations (injuries, remedial, restorative, children, and prenatal)
- DanceYOGA™, YOGAspirit® FLOW, YOGAspirit® POWER

Yoga Alliance

YOGAspirit® Studios is a registered school of the Yoga Alliance. For more information, go to www.yogaalliance.org

Course Formats and Locations

Programs throughout New England.

Format 1: Weekly. Students meet for in-class instruction once a week for 3-5 hours over 12 months. There are also 3-4 weekend class times. Classes in Massachusetts, Maine.

Format 2: One weekend per month for 12 months. Classes in Connecticut, Maine.

Tuition: *Please see insert for latest tuition prices.* YOGAspirit® Studios offers flexible monthly payment plans. For more information, contact our office at 978-927-0099.

YOGAspirit® 500-Hour

YOGAspirit® Studios 500-hour certification is a natural progression from our 200-hour program. The supportive environment offers the professional teacher the opportunity for an exchange of ideas and peer-support. This program trains the teacher to use yoga theapeutics, posture assessment, meditation and contemplation techniques to deepen their own practice and enable them to guide their clients and students.

This program influences the person you are, progresses your yoga practice, and enhances your teaching ability by deepening your spirituality.



Working with clients one-on-one

By Integrating YOGAspirit® Mind-Body Therapeutic Techniques and YOGAspirit® Subtle Body Energy Healing, you begin to facilitate change in your clients and students.

500-Hour Curriculum

- Advancing your Sadhana through asana, pranayama, meditation, & contemplation
- Strategies for teacher self-care
- YOGAspirit® Mind-Body Therapeutic Techniques
- Bhakti Yoga and Devotional practices
- In-depth Ayurveda concepts
- Business & Professional Skills

Course Format for 500-Hour

To receive 500-hour certification from YOGAspirit® Studios, students must attend the core studies at Modules 1-6, each of which are one-week intensives at retreat centers throughout New England. Call our office for the latest schedule.

Prerequisites

The 500-hour program is open to students who have received a 200-hour certification from any Yoga Alliance registered school. Module 1 is a prerequisite for Module 4. Modules 5 & 6 are open to the general public.

Tuition:

Please see insert for latest tuition prices.

YOGAspirit® Studios offers flexible monthly payment plans. For more information, contact our office at 978-927-0099.

YOGAspirit® Studios 2007-2008 Start Dates

200-Hour Yoga Teacher Certification Courses

Auburn, ME

Start Date: December 1, 2007—December 7, 2008

Time: Sat. 11:30 AM -6:30 PM

Sun. 9:00 AM - 6:00 PM

Location: The Yoga Center of Maine, Auburn, ME

Format: Meets one weekend a month for 12 months

Gloucester, MA

Start: On-Going Segments Enrolling

Next Segment Starts: December 11, 2008

Time: Thursdays: 6:00 PM - 9PM

Location: Yoga for Health, Gloucester, MA

Format: Meets most every Thursday evening for 12 months and several scheduled weekends.

Hamden, CT

Start: March 15, 2008—March 8, 2009

Time: Sat. 11:30 AM -6:30 PM

Sun. 9:00 AM - 6:00 PM

Location: **Your Community Yoga Center** (formerly The Connecticut Yoga Center, Hamden, CT)

Format: Meets one weekend a month for 12 months

Hanson, MA

Start: On-Going Segments Enrolling

Next Segment Starts: April 3, 2008

Time: Thursdays: 10:30 AM - 1:30 PM

Location: Hanson Holistic Center, Hanson, MA

Format: Meets most every Thursday morning for 12 months and several scheduled weekends.

500-Hour Yoga Therapy Certification Course

Core Studies - Five-day intensives at various retreat centers throughout New England. Course includes 36 hours of class instruction. *Modules do not have to be taken in any specific order. However, Module #4 may only be attended after Module #1 has been completed.*

Pre-requisites: *Modules 1, 5 & 6 are available to anyone interested in taking these modules. Modules 2, 3 & 4 may be taken by any graduate of a 200 Hour Yoga Teacher Training Program certified by the National Yoga Alliance. CEU's are available and a Certificate is given upon completion of the module. This certificate may apply towards 500 Hour Certification through YOGAspirit® Studios.*

Module #1: Asana: Biomechanics, Assists & Language

June 13-15, 2008 and July 25-27, 2008

Location: Your Community Yoga Center (YCYC)

Module #2: Tantra Yoga: Living the Yogic Life

May 23-25, 2008 and August 8-10, 2008

Location: Your Community Yoga Center (YCYC)

Module #3: Yoga Therapy: Establishing a Private Client Practice

February 29-March 2, 2008 and October 17-19, 2008

Location: Hanson, MA and Wakefield, MA

Module #4: Advanced Practicum: Advancing the skill level of your students

April 6, 2008 Practicum and EAYP Dates TBA

Location: Various New England Locations **Pre Requisite:** Module #1

Module #5: Ayurvedic Spring Cleanse & Yoga: Finding your voice as a teacher

April 9-13, 2008—5-day intensive

Location: Angels' Rest, Leyden, MA

Module #6: Ayurvedic Fall Rejuvenation & Yoga: From periphery to the core.

September 24-28, 2008—5-day intensive

Location: TBA

Please note: *Students should register at least 4 weeks in advance for their preferred Module to guarantee that they will have enough time to complete Module Study Packets and Home Study Guides. To ensure this, a \$100.00 non-refundable deposit is due to hold your place within Module and will apply towards tuition costs. Once registered you will receive your packet in the mail and will have it completed to bring with you during the Module along with any other required books or materials (varies according to module content.)*

YOGAspirit® STUDIOS Information Request Form

Name:

Address:

City:

State:

Zip:

Tel. (Day):

(Eve.):

Email:

Please send information on the following YOGAspirit® programs:

200-Hour

Massachusetts

Connecticut

Maine

500-Hour

Modules #1-6

Tuition Price List (effective Dec. 2007)

YOGAspirit® 200-Hour \$2,850.00

Book/Materials Fee \$225.00

YOGAspirit® STUDIOS requires a non-refundable \$500.00 deposit to secure this rate and your spot in one of our programs. We provide all students with the option for a non-interest based flexible payment plan.

YOGAspirit® 500-Hour \$600.00 per module

(Tuition does not include room & board or book fees which vary per module)

Module #1: Asana: Biomechanics, Assists &

Language

Module #2: Tantra Yoga: Living the Yogic Life

Module #3: Yoga Therapy: Establishing a Private

Client Practice

Module #4: Advanced Practicum: Advancing the skill

level of your students

Module #5: Ayurvedic Spring Cleanse & Yoga: Finding

your voice as a teacher

Module #6: Ayurvedic Fall Rejuvenation & Yoga: From

periphery to the core

5. Are you currently teaching Yoga? If so, number of classes per week? What traditions, styles and for how long?
6. What does Yoga mean to you, and how has it affected your life?
7. Why do you want to take this training? What are your expectations of it and how will you utilize your Certification?
8. Are you certified in other areas?
9. In your opinion what does a Yoga teacher provide for his/her students? What would you like to be able to provide to your students as a Yoga teacher?
10. How did you hear about YOGAspirit Studios training program?
- Internet search
 - Alumni of YOGAspirit® Name?: _____
 - Mailing
 - Email Broadcast
 - Printed advertisement
 - Yoga Journal
 - Spirit of Change
 - Sacred Pathways
 - Other: _____
 - Other: _____

YOGAspirit® Studios: Health Information Form and Waiver

Are you currently under medical treatment or supervision for:

Chronic Physical Limitations/Physical challenges (e.g. vision, hearing, movement, high blood pressure, asthma, etc.) Please describe the nature and extent of limitation(s) if any:

Serious illness or surgery within the last five years (e.g. heart, cancer, diabetes, etc.) Condition and date(s):

Any other surgery/procedures:

Prescription medications:

Drug or alcohol addictions:

Are you currently pregnant?

- Yes
- No

If yes, number of months at start of program? _____

Have you ever been hospitalized for anxiety/panic attack, emotional/mental condition?

YOGAspirit® Studios: Health Information Form and Waiver

Emergency Contact Information: *Please provide us with an Emergency Contact person*

Name

Telephone #

Address

Relationship

Physician: _____
Name

Telephone #

DECLARATION OF DISCLOSURE AND ACCEPTANCE OF TERMS:

I hereby declare the above information is true to the best of my knowledge. I understand that misrepresentation of this information constitutes grounds for revocation of Certification. I have enrolled in a Teacher Training Program of physical activity including, but not limited to various yoga and meditation exercises offered by YOGAspirit® Studios. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program. I release YOGAspirit® from any liability now, or in the future, including but no limited to: heart attacks, muscle strains, pulls, tears and broken bones, shin splints, heat prostration, knee, lower back or foot injuries and any other illness, soreness or injury, however caused, occurring during or after my participation in this program.

I understand that I am entitled to no refunds, credits or adjustments resulting from my failure to complete the certification requirements or to uphold any of these conditions.

Signature

Date