

## **Module 6: Ayurveda Fall Rejuvenation & Yoga: From Periphery to the Core**

Learn how to build immunity through Ayurvedic Self-Care Techniques including pulse taking, nutrition, rejuvenation therapies, herbology, and cold flu prevention. We will deepen our practice as asana transforms from a series of skeletal-muscular movements to a state of absorption and release. As we reflect on yoga sutras, we learn to let go of external desires, which can calm our mind and bring us closer to our own true nature: bliss.

### **Graduation Ceremony & Puja:**

After students have completed Modules 1-6 they can attend graduation which will be conducted over a special weekend of celebration and sacred ceremonial puja.

### **Prerequisites:**

The 500-hour program is open to students who have received a 200-hour certification from any Yoga Alliance registered school.

**Tuition:** *Please see insert for latest tuition prices* (YOGAspirit® Studios offers flexible monthly payment plans.)

## **500-Hour Faculty**

### **Core Studies:**

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

### **Elective Studies:**

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

## **YOGAspirit® Studios**

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Email: [info@yogaspiritstudios.com](mailto:info@yogaspiritstudios.com)

YOGAspirit®  
STUDIOS



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## *500-Hour Core Studies Yoga Therapist Certification*



*Taking your teaching to the  
next level and educating  
you in yoga therapeutics.*

**Tel: 978-927-0099**

## The Core Studies

YOGAspirit® Studios 500-hour certification is a natural progression from our 200-hour certification. 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 therapeutics, posture assessment, meditation, and contemplation techniques to deepen their own practice and enable them to guide their clients and students.

Through integrating YOGAspirit® Mind-Body Therapeutic Techniques and YOGAspirit® Subtle Body Pranic Healing Methods into your private practice, you begin to facilitate multidimensional changes in your clients and students.



Working with clients one-on-one

### Course Format for 500-hour:

To receive 500-hour certification from YOGAspirit® Studios, students must attend Modules 1-6, each of which are one-week intensives at retreat centers throughout New England. The modules do not have to be taken in order, but you must complete Modules 1-3 before attending Module #4. Modules 5 and 6 are open to the general public, and your space in these two modules will be reserved as an enrolled 500 hour student. After completing all 4 Modules, students are invited to attend the Graduation Ceremony Puja.

### Module Descriptions:

#### Module 1: Asana: Biomechanics, Assists & Language

In this week we will explore YOGAspirit® Studios' Advanced Asana list in order to work with the visible changes in the seasoned practitioner. As our students advance, we have the opportunity to use subtler language cues in order for their practice to penetrate the deeper layers of their being.

#### Module 2: Tantra Yoga: Living the Yogic Life

This course expands upon the teachings from YOGAspirit® Studios Sacred Life philosophy course. Studying yogic scriptures, such as The Hatha Yoga Pradapika and Patanjali's Yoga Sutras, we will focus on bringing the yogic teachings into daily life. Part of our study will also be on the physiological and spiritual changes of the Samyama process and understanding the 4 Aims of Life. Ayurvedic concepts will also be discussed. Along with introduction to YOGAspirit® Subtle Body Pranic Healing.

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

Creating a yoga therapy practice can be a rewarding endeavor for yoga teachers. In this course Kim Valeri will share her wealth of knowledge from her years of private practice, working with individu-

als using YOGAspirit® Mind-Body Therapeutic techniques & YOGAspirit® Subtle Body Pranic Healing. We will examine the holistic assessment and evaluation process, varied therapeutic applications, and the development of monitored home practice plans. Ayurvedic assessment tools will also be discussed. Case studies will be used to discuss documentation, consultations, and working with clients who have complex histories.

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

Through group exercises, peer-sharing and hands-on teaching, teachers will get a chance to try their hand at teaching from YOGAspirit® Studios advanced asana syllabus. Using the 8-week practicum series designed by Kim Valeri, students will come away with creative sequencing tips and ways to assist and modify the student in a multi-level classroom. Students must complete Weeks 1-3 before attending Week 4.

#### Module 5: Ayurveda Spring Cleanse & Yoga: Finding Your Voice as a Teacher

Ayurvedic Spring Cleanse is a 5-phase program that eliminates specific foods and incorporates a juice fast and other traditional Ayurvedic Cleansing treatments. We will bring toxins from the tissues of the body to the digestive system, rebuild strength and vitality by establishing appropriate diet (food, herbs, & spices) based on your individual constitution, and establish a rhythm for lifestyle change. Your voice is a vehicle to bring your knowledge, feeling, and understanding of yoga to your students. We will learn to build technical proficiency and let your teaching and asana practice unfold.

## 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**

November 9-11, 2007 and February 29-March 2, 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: TBA

#### **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

o Massachusetts

o Connecticut

o Maine

500-Hour

o 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. What styles of Yoga do you teach?
  
  
  
  
  
  
  
  
  
  
6. Who do you consider to be your teachers in the field of Yoga? Please describe their impact on your practice and your teaching.
  
  
  
  
  
  
  
  
  
  
7. How has teaching yoga informed your own practice?
  
  
  
  
  
  
  
  
  
  
8. What do you find most challenging about teaching yoga? What do you find most rewarding about teaching yoga?
  
  
  
  
  
  
  
  
  
  
9. Why do you want to take this training? What are your expectations of it and how will you utilize your Certification?
  
  
  
  
  
  
  
  
  
  
10. Are you certified in other areas? If so, which ones and what is your accreditation?
  
  
  
  
  
  
  
  
  
  
11. 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:

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

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Any other surgery/procedures:

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Prescription medications:

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Drug or alcohol addictions:

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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?

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## 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 not 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