

# catalog



**200 Hour Teacher Training  
Certification**

Since 1997, **Yogaspirit Studios®** has been a leader in the Wellness industry. Providing yoga education and services to the public, we strive to promote leadership and awareness in the holistic health field, providing the next generation of teachers with the necessary tools to be successful leaders.

We are pleased to offer a variety of certification programs covering the basics to professional yoga therapy. Whether you are a newcomer looking to improve your understanding of Yoga and Ayurveda, or you are a seasoned practitioner hoping to advance your career with holistic health training, we have the program for you!

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## **Yogaspirt® Studios Administrative Office**

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# *Mission, Purpose & Commitment*

**Our mission:** To guide students on the path of learning and connecting with the ancient wisdom from Yoga and Ayurveda to modern day society.

**Our Purpose:** We offer inspirational, natural solutions that support the evolution and healing of human consciousness, health and wellness across the globe in the modern day.

**We Believe:** As one person is transformed in health and well-being, their family, friends, community and the world benefits.

**Our Commitment:** Our commitment is to honor the uniqueness and the potential of each individual. As well, **Yogaspirit®** recognizes that we are all connected in the family of humanity and with respect we honor all yogic lineages and spiritual traditions. We are committed to sharing the teachings, principles and philosophies of **Yogaspirit®** for the benefit of generations to come.



## *Welcome to Yogaspirit® Studios:*

**Yogaspirit®** Studios invites you to take part in a journey through the world of Yoga and Ayurveda. With our carefully developed trainings, our students experience authentic Yogic teachings that enhance personal growth and transformation.

Designed for individuals young and old, newcomers or seasoned, our comprehensive programs are designed to instruct those who wish to lead a more sacred and spiritual life. The **Yogaspirit®** philosophy strives to educate on how to live by true, Yogic principles, integrating the Vedic teachings of Yoga and Ayurveda.

The practice and implementation of Yoga in the United States and other western countries has become increasingly popular within the past twenty years. Since 1997, **Yogaspirit®** Studios has served the public as a leader in Yogic traditions and methodologies. We have made it our priority to continue serving the public in Yoga and Wellness into the future.

Our goal is to continue to promote the most authentic and comprehensive Yoga and Ayurveda teachings in the United States and abroad in conjunction with our partner, Kerala Ayurveda® Academy. With our developed co-branded programs and strategic partnerships, **Yogaspirit®** Studios brings experienced faculty committed to providing the highest quality of education and services to our students and alumni.

The **Yogaspirit®** curriculum was developed by Founder, Kim Valeri, who was inspired by the fundamental teachings of BKS Iyengar through her teacher Patricia Walden, Renowned Senior Iyengar Teacher. **Yogaspirit®** philosophy is based on the foundation of the Yoga Sutras of Patanjali which follows the Raja Path of Yoga covering the Classical Eight Limbs of Yoga. Our community is comprised of individuals of all levels of practice. Our community includes everyone, from those who wish to take part in our courses for their personal growth

and/or teaching purposes, to seasoned professionals in the holistic/scientific/therapeutic industries wishing to strengthen their professional practices with new science and skills. **Yogaspirit®** Studios encourages you to become part of our growing network!

## *Yoga & Ayurveda:* *Preventative Lifestyle Methods*

### **Upon completion, graduates will be able to:**

- Sequence a variety of classes, formatted to the needs of various demographics of individuals
- Be certified to teach Yoga to beginners in classroom setting
- Gain confidence in directing in a public setting
- Be your own life coach

### **Testimonial**

“I recommend the **Yogaspirit®** 200 Hour Teacher Training to any individual interested in deepening their personal practice, wanting to learn compassionate and skillful teachings, and continuing to experience their connection to themselves more deeply and fully”

-K. Garvin

The World Health Organization (WHO) has defined health as “a state of complete physical, mental, and social well-being, and not merely the absence of disease.” At **Yogaspirit®**, our team believes that the key to physical, mental, and social well-being can be found within the world’s oldest and best documented wellness systems known as Yoga and Ayurveda.

Yoga (or *union*), is a system and discipline which brings the mind, body, emotional/social peace and harmony in balance through the practice of Yogic postures, breathing, exercises and meditation. The practice of Yoga has been proven to reduce stress, increase longevity, and purify the body. In many ways Yoga teaching and therapy has been used to restore and revitalize skeletal-muscular alignment.

Ayurveda, is a second system of healing and, in Sanskrit, *ayur* translates to “life” and *veda* translates to “knowledge.” Hence, Ayurveda has been defined as the “knowledge of living”, or the “science of longevity.” This practice strives to balance the body with the use of natural remedies and applications. Just as with Yoga, the adoption of Ayurveda in one’s lifestyle helps to bring balance to biological systems, as well as the mind. Ayurveda can also be used as a preventative path, acting as an indicator to healthy living for one’s unique body type.

Together, Yoga and Ayurveda act as sister sciences, which are the overall key to striking equilibrium between one’s health and wellbeing. Now, more than ever, is the opportune time to increase one’s ability to lead a successful, well-balanced life. Additionally, being able to assist friends, family, and/or clients with these practices helps your community lead healthier lifestyles.

The intention of Yoga and Ayurveda is to support the mind and body with preventative lifestyle methods adapted to the specific needs of each individual. Yoga and Ayurveda work well at identifying and working at the root cause level of a problem before there is even a symptom. In our modern world, Yoga and Ayurveda recognize the benefit of working alongside western medicine traditions for a complete model of wellness.

# Program Overview

## Yogaspirit® 200 Hour Teacher Certification

The **Yogaspirit®** 200 Hour Teacher Certification provides a consistent methodology from which the 800 –Hour Ayurveda Yoga Therapy Certification is built upon (serving as a prerequisite and component for meeting the 1000-Hour Yoga Therapy standard set forth by the International Association of Yoga Therapy ‘IAYT’).

The 200 Hour program is intended for those who wish to facilitate Yoga in a classroom setting. Providing an atmosphere of safety, compassion, and respect, **Yogaspirit®** creates a learning environment to meet each of our students’ individual needs. Within the **Yogaspirit®** 200 Hour Teacher Certification, students will learn to correctly align their physical bodies to find equilibrium, emotional balance and spiritual awakening. With this comprehensive immersion into Yoga teaching and training, our students will be able to find stronger professional and personal development as Yoga teachers and students.

Our program is divided into three segments, *Deepening Your Asana™*, *Sacred Life™*, and *Practical Applications™*. In order to accommodate our students’ diverse and demanding schedules, we allow our *Deepening Your Asana™*, and *Sacred Life™* segments to be taken alone, or as part of the entire certification program. However, the *Practical Applications™* course may only be taken upon completion of the first two segments.

At **Yogaspirit®**, we work with the natural strengths and desires of each student to help develop his or her own teaching style. Unlike other schools that may require students to memorize set sequences and scripted language, we provide our students with a skill set that allows them to teach in diverse ways. As part of the *Practical Applications™* course, **Yogaspirit®** provides its students with the proper skills for teacher training by offering methods of sequencing and formatting platforms. In the first platform, students focus on form and alignment biomechanics in asana to bring you **Yogaspirit®** FORM. As part of **Yogaspirit®** FLOW, students learn to connect movement with breath and create vinyasa-based lesson plans. Finally, students learn to integrate strength and energy vinyasa as part of **Yogaspirit®** POWER. These three styles, along with the study of basic Ayurvedic principles, support each individual’s unique needs. With our compassionate learning environment, our students will embark on an awakening personal transformation.

### Teaching Format

Each student receives a course manual with the description of the topic to be covered. This manual will act as a skeleton of the course program, which the teacher will follow to facilitate a proper and well-rounded understanding of the course material. Students will follow the teachings of the 200 hour reading list, paying attention to **Yogaspirit®** Course Curriculum Workbook, Flashcards and CD. All programs and associated materials held in the U.S. will be conducted in English, with translations for Sanskrit words, phrases and hymns as necessary.

### Program Structure

There are two standard formats for this course: 32 weekly sessions & 8-weekend intensives **OR** Monthly weekend intensives over the course of 13 consecutive months\*.

- New programs begin every year in Spring and Fall.
- Program will require students to apply skills acquired from program both at home and in class.
- \*(Specialized Retreat intensives and other customized formats are available upon request.)

Upon successful completion of the **Yogaspirit®** 200 Hour Teacher Certification, graduates will be honored with a Yoga Teacher certificate and the ability to apply their skills in a classroom setting as a properly certified **Yogaspirit®** Yoga Teacher. Additionally, graduates will be eligible to submit their certificate to receive the recognition of being a Registered Yoga Teacher (RYT200) with the Yoga Alliance.

## ***Prerequisites***

Candidates for the **Yogaspirit®** 200 Hour Teacher Certification are required to have at least 6 months experience practicing yoga.

## ***Course Curriculum***

With the **Yogaspirit®** 200 Hour Teacher Certification, students will develop an understanding of:

- History of Yoga
- Styles & Traditions of Today
- Margas & 8 Limbed Path of Patanjali
- Philosophy of Yoga-Classical, Samkhya, Tantra, Surat Shabda, Kundalini Shakti
- Yoga Sutras
- Introduction to Bhagavad Gita
- Introduction to Ayurveda
- Consciousness & Realization
- Deities
- **Yogaspirit®** Asana Syllabus
- **Yogaspirit®** Biomechanics & Alignment Principles
- **Yogaspirit®** Principles of Teaching
- The Art of Observation
- Assisting & Adjustments
- Verbal & Hands-on Adjusting
- Finding Your Voice as a Teacher
- Teaching Methodology
- Observation & Correction
- Practice Teaching & Feedback
- Inner Practices-Pranayama, Meditation, Mantra, Pratyahara
- Professional Guidelines & Ethics of Practice
- Professional Skills & Marketing in Yoga
- Bija Mantras
- Multidimensional Anatomy-Nadis, Shunya, Koshas, Chakras
- Bandhas and Kriyas
- Contradictions & Ailments
- Inversions Intensive
- Backbend Intensive
- Sequencing & Formatting
- Yoga for Women-Menstruation through Natal Year
- Restorative Yoga
- **Yogaspirit®**'s DanceYoga™
- Children's Yoga
- Partner Yoga
- 30-Day Home Practice Sadhana
- Dinacharya Practice
- Anatomy & Physiology

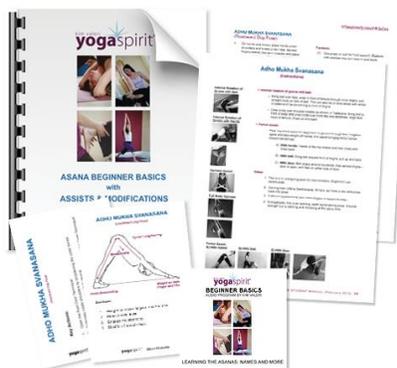
## Structure and Description of Course (by Segment)

- There are two standard formats available for the **Yogaspirit®** 200 Hour Teacher Certification:
  - **Format 1:** Weekly sessions, students gather for a weekly 3-hour program over the course of 45 consecutive weeks plus 5 weekends over the duration of the program.
  - **Format 2:** Monthly sessions, students gather for a monthly weekend intensive over the course of 13 consecutive months.
  - Specialized Retreat intensives and other customized formats are available upon request.

- **Segment A: Deepening Your Asana™:**

Commence your **Yogaspirit®** 200 Hour Teacher Certification with an introduction to the foundations of various elements of Yogic Practice. Topics will include:

- **Yogaspirit®**'s seven characteristics of a beginner body methodology
- **Yogaspirit®**'s 13 unique Asana (poses) Techniques
- Important Biomechanical functions in Asana
- Anatomical Landmarks in Asana
- Introduction to the **Yogaspirit®** approach to Asana
- Special Restorative Yoga postures
- **Yogaspirit®**'s 36 Foundational Asanas
- Become your own best teacher, and/or the best teacher you can be for others
- Develop a keen eye for Asana refinement
- Learn the "safety anchors" and key actions™ that unlock the pose within the practitioner
- Be introduced to the art of adjusting and modifying Asanas based on you and your students' specific needs from a point of safety



- **Segment B: Sacred Life™:**

This segment is designed to provide students with the principles of meditational practices and Yogic techniques. Students will learn to effectively maintain a calm mind, relieve stress, feel connected and purposeful while in pursuit of life's cherished endeavors. *This segment may have live streaming format option.* Topics will include:

- Experience the inner practices of Yoga: pranayama, pratyahara, dharna, dhyana and Samadhi.
- Develop a meditation home practice
- Understand your Ayurvedic Dosha
- Study the Yoga Sutras and learn what is essential to expand your conscious awareness and attain self-realization
- Explore how the ancient Yogic teachings can inform your modern day life and liberate personal relationships
- Teachings covered in this course exceed all Philosophy, Lifestyle and Ethics requirements set forth by the National Yoga Alliance.

- ***Segment C: Practical Applications™:***

This segment covers the final portion of **Yogaspirit® Studios** 200 Hour Teacher Certification and is a 21-week component offered to students who have completed the first two segments of training and would like to complete their teacher training certification. Along with a required Anatomy & Physiology Module, additional topics will include:

- Focus on the art of teaching, learning principles of correction, instruction, voice & language, and demonstration while gaining the practical experience of teaching in small groups
- Learn the art of sequencing and formatting group yoga classes in the styles of **Yogaspirit® FORM, FLOW & POWER**
- Learn how to modify and teach a safe yoga class for students with knee, lower back, neck, and shoulder injuries along with other contraindications to the practice
- Learn about the various niche markets of the yoga industry, as well as the business side of yoga
- A remedial research paper will be required upon completion of this program

## ***Home Study***

Throughout the program, students will be asked to complete a series of homework assignments as well as practice implementing skills and techniques covered in class during his or her designated home practice. During the first class of the program, students will be provided with a detailed syllabus outlining required readings, homework, and other assignments for the duration of the certification.

In addition, worksheets will be provided for students to chart and log his or her times, progress and inquiries that come up during the home practice.

## ***Special Projects & Examinations***

In order to graduate from the program, students will be expected to complete three interim quizzes and four examinations, along with a Final Exam, 30-day Sadhana & Dynacharya logs, teaching a sample practicum and writing a research paper.

Students will be provided with proper test prep materials, guidelines for their practicum (teaching a pose of aspect during a community yoga class), and assistance in outlining their research papers.

## *In-Class Program Breakdown*

### Yogaspirit® Studios Summary of YTT Schedules for 200 Hour Program

Category	Total Contact Hours with Experienced Registered Yoga Teacher (E-RYT)	Total Overall Contact Hours
Technique (T)	93.5	93.5
Methodology (TM)	25	25
Anatomy & Physiology (A&P)	27	27
Philosophy, Lifestyle & Ethics (PLE)	21	21
Practicum (PR)	15	15
Description of Non-Contact Hours	Category	Total Non-Contact Hours in Category
Open Electives	T	16
Business Skills Homework Packet	TM	5
Homework/Exams	A&P	5
Homework/Exams	PLE	5
Lifestyle Journals Sadhana Log	PLE	40
Teach Community Class	PR	2

## *Graduation Requirements*

Upon graduation from **Yogaspirit®** 200 Hour Teacher Certification, students will acquire the necessary skills and abilities to safely and competently teach a basic Yoga class. Students will reach this potential by successfully completing:

- 3 quizzes and 4 examinations
- Course practicum
- Oral final examination
- Home practice sadhana logs
- Research paper
- Full attendance with no more than 10 hours of makeup time
- Tuition paid in full

## Faculty

Yogaspirit®'s intent is to offer our students and alumni with detailed knowledge and understanding of the teachings of Yoga and Ayurveda. We strive to provide our network with qualified teachers and faculty members, working with those who are certified Yogic practitioners and Ayurvedic physicians/counselors who have a tenured career assisting clients in the local, national, and international community. Our skillfully selected team wishes to share their knowledge and help unleash their wisdom to future generations of Yogaspirit® leaders.

## Tuition & Fees

### Tuition and Fees for all Segments:

<b>Registration Fee (non-refundable, non-transferable)</b>	\$500.00 <i>(deducted from total tuition)</i>
<b>Total Tuition</b>	\$3,800.00
<b>One-time Books &amp; Materials Fee</b>	\$244.00

### Tuition by Segment\*:

<b>Deepening Your Asana™ Course</b>	\$2,100.00
<b>Sacred Life™ Course</b>	\$1,200.00
<b>Anatomy and Physiology Course</b>	\$300.00

\*Additional books & material costs and deposits will apply to each segmented course.

Note: Tuitions by segment will be applied if student transfers into full Certification program.

### Payment Plans for Program Certification Tuition\*

Payment Plan	Cost	# of Payments	Deposit	Total Cost
<b>Tuition in Full</b>	\$3,610.00	1 (5% discount)	N/A (full payment due upon enrollment)	\$3,610.00
<b>Half yearly</b>	\$1,650.00	2 (no finance charge/discount)	\$500	\$3,800.00
<b>Quarterly</b>	\$858.00	4 (finance charge applies*)	\$500	\$3,932.00
<b>10 Month</b>	\$369.00	12 (finance charge applies*)	\$500	\$4,196.00

\*\$500 deposit is due upon enrollment for all half yearly, quarterly and monthly payment plans. First installment payment and books & materials fee will be charged on the day of orientation and then monthly recurring payments will begin the following 1<sup>st</sup> of the month (half yearly and quarterly plans will be charged accordingly after first payment is made on the day of orientation).

\*\*Finance charges apply to total cost minus \$500 deposit.

# *Application Process*

Apply for the **Yogaspirit**® 200 Hour Teacher through Yoga Moves, Stoneham, MA [www.eyogamoves.com](http://www.eyogamoves.com)

## *Policies & Procedures*

### *Enrollment Policy*

Course will be conducted based on a minimum participation requirement.

### *Attendance Policy*

**Yogaspirit**® encourages 100% attendance at all sessions. However, we recognize that situations can arise making it difficult to attend every session. For these instances we offer the following:

- Students must be prepared to anticipate their absences and request approval in advance from the Program Director.
- Students are responsible for making up any course material missed during absence.
- Students will be asked to complete make-up time in the next session offered or arrange for private instruction from the Director or other qualified **Yogaspirit**® staff member.
- Students are not to exceed 10 hours of makeup class in order to graduate.

To allow for students to anticipate and request absences, **Yogaspirit**® provides students with detailed outline and syllabus of Certification Program on the first day of class.

The training staff of the Certification Program will note tardiness of students during class sessions. Students will also be asked to note their attendance at the beginning of each session (and specify whether he or she is attending the class for a make-up session). If a student is present in a session for make-up purposes, he or she will be asked to record the date and material being made up. Should a student acquire an excessive number of tardy marks, the student's graduation eligibility will be reconsidered by the Program Director.

### *Delayed Completion*

If for whatever reason a student fails to meet the above requirements by the end of the training, he or she will have 2 years from scheduled graduation date to make all necessary arrangements of makeup and completion of assignments in order to receive a certificate with his or her graduating class.

### *Class Cancellations*

In case of inclement weather, students should call their place of training on the day of class. The front desk or answering service will be able to inform students of whether or not there will be a cancellation. Your instructor may also choose to send out an e-mail the day before or day of to cancel class. If class is cancelled due to inclement weather, **Yogaspirit**® will make arrangements for a make-up class.

## ***Retaking Classes***

Students wishing for further instruction beyond hours already completed may attend another **Yogaspirit®** Studios training program to repeat material at a reduced retake fee.

## ***Private Session Rates***

For missed class hours or private student mentoring, students have the option to schedule a private makeup session(s) with qualified **Yogaspirit®** faculty. Private Instruction Fees are subject to current rates. Private and/or semi-private sessions may be prorated accordingly.

## ***Additionally For Graduation***

In order to acquire a graduation certificate, students must ensure the completion (and/or makeup) of the items listed below:

- Attendance (or make-up) for every session in the Certification, meaning student must have attended and completed work for all three courses of the Certification
- Completion of associated course material for each session
- All practicum, exams, and posture assessment sessions are mandatory for Certification

## ***Professional Behavior & Ethical Conduct***

During the Program, all students are required to adhere to moral and ethical behavior. Failure to adhere to such behavior could result in forfeiture of certification, as determined by the Program Director.

Certification as a Yoga teacher requires a certain level of physical, emotional, and mental stability as determined by the evaluation of the Program Director.

**Yogaspirit®** does not discriminate on the basis of race, color, religion, nationality, gender, age, marital status, disability, or sexual preference.

## ***Student Complaint Procedure***

Should a student come across any complaints he or she wishes to report during the **Yogaspirit®** 200 Hour Teacher Certification, please feel inclined to direct any discrepancy to the **Yogaspirit®** Director.

## ***Record Retention***

All records concerning **Yogaspirit®** Studios students will be kept for at least two years in paper copy. Paper records cannot be promised after this time, but online students records will be maintained beyond the two year limit.

Should a student need a replacement certificate, one may be ordered at any time (upon completion and graduation of Program). Alumni will be asked to pay a processing fee plus shipping and handling for the replaced certificate. A new certification will be issued and a copy made for the student's file at **Yogaspirit®** indicating that the certificate has served as a 'replacement' certificate.

# *Locations*

Locations for **Yogaspirit®** 200 Hour Teacher Certification are listed below:

**Massachusetts:**

Whitman Wellness Center – Whitman  
[whitmanwellnesscenter.com](http://whitmanwellnesscenter.com)

Yoga Moves – Stoneham  
[www.eyogamoves.com](http://www.eyogamoves.com)

*We congratulate you on your decision to become part of a growing  
Community of teachers, healers and leaders who have the passion,  
commitment and dedication to embrace Yoga & Ayurveda.*

***-The Yogaspirit® Team***

