

bInspired and Inspire Others

Yoga Alliance Registered 200 Hour Program Teacher Training Certification Curriculum

*A vision is not just a picture of what could be, it is an appeal to our better selves,
a call to become something more ~ Rosa Beth Moss Kantor*

Commit yourself to the study and practice of yoga in a community that will take you further than ever imagined.

Arrive, become present and ignite your personal power; learn to hold onto nothing and hold nothing back!

bInspired and learn to Inspire others! bCalm Power Yoga's in-depth teacher training and study is an 8 weekend intensive program of transformation and inspiration created to help you live to your fullest potential with intention and authenticity. This program is for you whether you are a student ready to evolve into a teacher, a teacher ready to discover a new and impactful way of teaching, or a student ready to dive deeper into your yoga practice.

Curriculum

Based upon the world-class teachings of Baron Baptiste and registered with Yoga Alliance, bCalm's 200 hr teacher training certification program will give you the tools you need to live and teach authentically and powerfully. Experience personal transformation and learn to inspire others.

bCalm teacher training will teach you to guide a spirited yoga class from a place of strength, power, truth, honesty and compassion. This program will be led by Lesley Reilly, owner of bCalm Power Yoga, a Yoga Alliance registered yoga school and 500 hr Baptiste Certified Instructor along with guest teachers.

During this training, we will build upon our existing strengths in a nurturing and supportive environment through: discussion, conversation, contribution, personal involvement, community building and hands-on coaching, assisting and practice teaching.

bInspired teacher training places significant emphasis on personal awareness and the ability to teach from a place of truth.

Elements of our 200-Hour Teacher Training

- 170 contact hours (in classroom), 30+ non contact hours (out of the classroom)
- In classroom contact hours will be spanned over 8 intensive weekend intensives,
 - Jan 14-15, Jan 28-29, Feb 11-12, Mar 4-5, Mar 25-26, Apr 8-9, Apr 29-30, May 13-14
 - Class observation and live assisting.
- Non-contact hours include: reading, journaling, essays, community leadership and outreach programs, classroom assisting and evaluations.

Requirements:

- Attend all eight weekend intensives (students who miss any part of training will have make-up work)
- Observe 3 classes, assist 5 classes with designated instructors
- Maintain daily journal (outline will be provided)
- Maintain a consistent and disciplined weekly personal practice at bCalm.

Reading List

- Journey into Power, Baron Baptiste - *mandatory*
- Being of Power, Baron Baptiste - *mandatory*
- The Essential Yoga Sutra: Ancient Wisdom for your Yoga; Geshe Michael Roach and Lama Christie McNally
- Light on Life: The Yoga Journey to Wholeness, Inner Peace and Ultimate Freedom by BKS Iyengar
- Living Your Yoga, Judith Lasater, Ph.D., P.T - *mandatory*
- Key Muscles of yoga, Ray Long

Program Fee:

Register before November 20th, pay discounted price of \$2745.00. Save 250.00!
Full Tuition \$ 2995.00!

Please submit application with \$ 500.00 non-refundable deposit.

Payment plans available upon request.

Weekend Dates/ Hours

Dates: Jan 14-15, Jan 28-29, Feb 11-12, Mar 4-5, Mar 25-26, Apr 8-9, Apr 29-30, May 13-14
Saturday 8:00 am – 6:00 pm; Sunday 8:00 am – 6:00 pm (1 hour for lunch each day)

Register:

Register and application online at www.bcalmpoweryoga.com



bCalm Power Yoga is a Certified & Registered Yoga Alliance Elite!