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Whether you’re brand new to yoga or looking to deepen your existing practice, Baptiste Power Yoga is a transformative style that meets you exactly where you are. Through our Baptiste Power Yoga online classes, you’ll build strength, increase flexibility, and develop a deeper awareness of your body and mind. Most importantly, you’ll connect with a like-minded community of students and teachers who are here to support your growth, on and off the mat. If you’re ready to start your journey into power, our virtual Baptiste Power Yoga classes are the perfect entry point. Baptiste Vinyasa Yoga is built on a strong foundation of physical and mental practices, guiding you through the five pillars that shape the Baptiste methodology: Drishti (gaze), Ujjayi (breath), Bandhas (energetic locks), Tapas (heat), and Vinyasa (flow). With our structured program, you’ll be guided through the five pillars that underpin Baptiste methodology, gaining insights into your practice and advancing your technique. All you need is your mat, your breath, and the willingness to show up. From there, everything begins to shift. Gain valuable insights into your yoga practice and continuously advance your technique, all from the comfort of your own home. Practice Baptiste Power Yoga class online with us today. Baptiste yoga classes are rigorous power practices that blend the physical, mental, and spiritual aspects of yoga into a transformative flow. Baron Baptiste’s Journey into Power is the basis of this strong flow of 53 foundational postures divided into 11 sections, with each preparing the body and mind for the next pose. We combine asana (physical postures), meditation, and inquiry to help you break through limitations and create meaningful change. The beauty of Baptiste Power Yoga classes online lies in its adaptability. While the Journey into Power sequence is the core framework, it’s not a rigid practice. Through the introspective nature of this Power Vinyasa practice, Greg and Susan invite a unique idea or thought that threads through each practice and encourages us to aspire to a deep physical and mindful blossoming of what is possible not only in your practice but more so throughout your life. Accessible from anywhere, our online membership packages allow you to bring the heat of Baptiste Power Yoga into your home on your schedule. Whether you’re joining us for a powerful 60-minute flow or a shorter targeted session, you’ll feel strong, grounded, and more connected to yourself by the end. The five pillars of Baptiste Yoga Our Baptiste Power Yoga classes are focused on being energizing and intentional and are designed to challenge your edge while holding space for personal growth. The Yoga Holmes Baptiste Power Yoga classes are supported by five key pillars that guide the body, mind, and spirit through the practice: Drishti (gaze) — Focused vision to help you stay grounded and present. Ujjayi (breath) — A deep, rhythmic breathing technique to energize the body and calm the mind. Bandhas (energetic locks) — Physical and energetic engagement to create stability and control. Tapas (heat) — Generating internal heat to build strength and facilitate detoxification. Vinyasa (flow) — The continuous movement that links breath with each pose, creating a dynamic and powerful practice. Each pillar reinforces the others. Your gaze sharpens focus, your breath fuels presence, your core engages stability, your discipline builds consistency, and your movement becomes a meditation. In our Baptiste Power Yoga online classes, we guide the body, mind, and spirit through this challenging vinyasa series. Unlike set sequence practices, the Journey into Power flow encourages a variety of asana. Yoga Holmes has been the number-one platform for hundreds of yogis across the country. With over 20 years of experience as practitioners and instructors, our team is passionate about bringing a slice of tranquility to your day, while empowering you to feel calmer and stronger with each move. Our Baptiste Power Yoga online classes are accessible to everyone, regardless of experience. Whether you have recently started yoga and have a basic understanding of vinyasa or are an advanced practitioner, Baptiste Yoga meets you where you are in your practice. Beginners will learn the fundamentals of Power Vinyasa, while more advanced yogis can explore deeper variations of postures and fine-tune their technique. Take our online Baptiste Yoga classes for a journey of self-discovery. Push your boundaries and grow in both your physical practice and mental awareness. In addition to Baptiste Yoga, explore our other online classes, including Vinyasa, Power Vinyasa, Yin Yoga, Yoga Nidra, and Partner Yoga. Sign up now for our Baptiste Vinyasa or Power Yoga classes by contacting Yoga Holmes today. Join us at any of our many online Baptiste yoga classes provided on Yoga Holmes TV or join us for our live classes at one of the Las Vegas, NV TruFusion Studios or at our next Yoga Retreat. Heat is used in our Baptiste Yoga class online to loosen up muscles, making them more malleable, and encouraging practitioners to focus on their Drishti (gaze) and Ujjayi (breath) to focus through the heat and challenging aspects of a virtual yoga class. The ideal temperature for a Baptiste power yoga online class is between 90 and 95 degrees. While practicing in a heated environment is ideal for Baptiste Yoga, it’s not mandatory. You can still enjoy the benefits of the practice without added heat, but if possible, try to practice in a warm room to replicate the traditional experience. You don’t need much beyond a yoga mat. However, blocks, straps, and a towel can be helpful for added support during challenging poses. A bottle of water is essential to stay hydrated, especially if you’re practicing in a heated environment. While Baptiste Power Yoga is designed to be challenging but also easily adaptable to yogis of all levels. For those who love a challenge, our Baptiste yoga classes online offers a satisfying and varied practice. Baptiste Yoga is focused on power, hardening heat, and focusing energy. The three main themes of Baptiste methodology are the physical aspect (asana), the aspect of meditation or contemplation (dhyana), and the aspect of positive duties and observances (niyama). There are 53 foundational poses that make up the Baptiste Yoga practice. These are further divided into 11 sections. Each section prepares the body and mind for the next pose, creating a strong sense of flow throughout virtual yoga classes. Our online Baptiste Yoga classes typically last between 60 and 75 minutes. This allows enough time to move through the full Journey into Power sequence, which includes 53 postures that challenge both your body and mind. 2023 Registration is now open for the Lit From Within 300-Hour Training!Our Faculty has over 30 years of experience leading trainings and what we have discovered over the past year of leading virtual trainings is... our programs work to develop extraordinary teachers and leaders - and in fact, our virtual platform is highly successful in creating enriched learning experiences that allow for precision; oftentimes, not fully realized in live training settings. What is most astounding is the connectivity and instant network that has been created by joining from all over the planet. We believe the difference is Lit From Within. Access yoga classes, guided meditations, self empowerment videos and the Baptiste Methodology anytime, anywhere. Get Baptiste Yoga at your fingertips. Choose a monthly subscription or pay per course. GET STARTED Access audio and video yoga classes and workshops taught by Baron Baptiste and Certified Baptiste Teachers. There is something for everyone—from the beginner to the experienced practitioner. Access audio and video guided meditation sessions led by Baron Baptiste and Certified Baptiste Teachers. Choose from various audio and video meditation lengths to suit your schedule and your needs. Access audios and videos that inspire and empower you to discover what's holding you back from creating a life you love. Learn about the Baptiste Methodology and how to apply it on the mat and off. This course will inspire and empower you to create and experience a profound relationship with your practice and your whole life. It's based on Baron Baptiste's New York Times bestselling book, Perfectly Imperfect: The Art & Soul of Yoga Practice. The 40 sessions contain videos of Baron explaining his approach to yoga both on and off the mat, and each session will invite you to journal on a specific topic to create the space for insight and discovery. Purchase this course for $99 and access it anytime, anywhere! Stay in the loop with occasional updates about our latest online content and more. We know how full your inbox can get so we promise to send minimal communication that is important to you and your Baptiste Yoga online learning experience.

"},"autoCenter":true,"maxZoom":false,"minZoom":false,"customCenter":false,"customZoom":11,"popupPreloader":false,"querySeparator":"?","markerClustering":true,"clusterMaxZoom":"","clusterRadius":"","popupOpenOn":"click","centeringOnOpen":true,"zoomOnOpen":false,"advanced":{"zoom_control":"auto"},"styles":[{"elementType":"geometry","stylers":[{"color":"#f5f5f5"}]},{"elementType":"labels","stylers":[{"visibility":"off"}]},{"elementType":"labels.icon","stylers":[{"visibility":"off"}]},{"elementType":"labels.text.fill","stylers":[{"color":"#616161"}]},{"elementType":"labels.text.stroke","stylers":[{"color":"#f5f5f5"}]},{"featureType":"administrative","elementType":"geometry","stylers":[{"visibility":"off"}]},{"featureType":"administrative.land_parcel","elementType":"labels.text.fill","stylers":[{"color":"#bdbdbd"}]},{"featureType":"administrative.neighborhood","stylers":[{"visibility":"off"}]},{"featureType":"landscape","stylers":[{"color":"#e86800"},{"lightness":65},{"visibility":"on"}]},{"featureType":"poi","stylers":[{"visibility":"off"}]},{"featureType":"poi","elementType":"geometry","stylers":[{"color":"#eeeeee"}]},{"featureType":"poi","elementType":"labels.text.fill","stylers":[{"color":"#757575"}]},{"featureType":"poi.park","elementType":"geometry","stylers":[{"color":"#e5e5e5"}]},{"featureType":"poi.park","elementType":"labels.text.fill","stylers":[{"color":"#9e9e9e"}]},{"featureType":"road","stylers":[{"visibility":"off"}]},{"featureType":"road","elementType":"geometry","stylers":[{"color":"#ffffff"}]},{"featureType":"road","elementType":"labels.icon","stylers":[{"visibility":"off"}]},{"featureType":"road.arterial","elementType":"labels.text.fill","stylers":[{"color":"#757575"}]},{"featureType":"road.highway","elementType":"geometry","stylers":[{"color":"#dadada"}]},{"featureType":"road.highway","elementType":"labels.text.fill","stylers":[{"color":"#616161"}]},{"featureType":"road.local","elementType":"labels.text.fill","stylers":[{"color":"#9e9e9e"}]},{"featureType":"transit","stylers":[{"visibility":"off"}]},{"featureType":"transit.line","elementType":"geometry","stylers":[{"color":"#e5e5e5"}]},{"featureType":"transit.station","elementType":"geometry","stylers":[{"color":"#eeeeee"}]},{"featureType":"water","stylers":[{"color":"#ffffff"},{"visibility":"on"}]},{"featureType":"water","elementType":"labels","stylers":[{"visibility":"off"}]},{"featureType":"water","elementType":"labels.text.fill","stylers":[{"color":"#9e9e9e"}]}]}} data-listing-source=posts data-queried-id=105|WP_Post>

THIS BAPTISTE SCHOOL ONLINE PROGRAM PROVIDES: CEU’S/HOURS OF CONTINUING EDUCATIONAL DEVELOPMENT TO SUSTAIN AND QUALIFY FOR PROFESSIONAL CERTIFICATES. CERTIFICATIONS. SKILLS SETS OF TRAINING OFFERED INCLUDE YOGA, YOGA WITH WEIGHTS FITNESS, MIND BODY TECHNIQUES, CUEING, CLASS ROOM STRUCTURE,TEACHING METHODOLOGY, WORKING WITH SPECIAL POPULATIONS, YOGA WITH WEIGHTS, ADDING WEIGHT RESISTANCE, MEDITATION, BREATHING, ALSO 101 INTRO TO RECORDING YOUR SESSION AND ZOOMING. Yoga with Weights Online Course: Starts January 29, 2022 (Register space is limited to 15 participants) Unlike many online courses and workshops, Sherri Baptiste’s Yoga with Weights™ fully engages each student in theory, practice and reflection in a realistic timeline that leads to certification. Here, not only will you find a professional online training, but you will also have access to Sherri directly. Sherri Baptiste honors each of her students with very personal one-to-one feedback regularly. She becomes intimately involved in your personal and professional development as a yogi and yoga instructor. If you are unfamiliar with online training, you will also have access to Julie Sawyer, who not only is certified through Yoga Alliance as E-RYT 200 and YACEP, but who also is an expert at online instruction and student engagement. This course is an investment in your development as an instructor and is priced very competitively. All of the course materials are downloadable so that you can always refer back to them after your certification. Yoga with Weights™ will support your own well-being while offering you a niche in the fitness, health professionals and yoga instruction world. Are you looking for a better way to achieve overall fitness and personal well-being—physically, mentally, and spiritually? Yoga With Weights: Baptiste Method Take this course for: • Personal Practice Certificate of Completion   or Optional • Teachers Track Yoga with Weights Instructor Level I Certification The modern, western version of weighted yoga was started by Sherri Baptiste, the daughter of power yoga and physical culture pioneer Walt Baptiste. Yoga with weights is an excellent way to increase muscle mass and bone density while still retaining the mental and relaxation benefits of traditional yoga. Join Sherri Baptiste, author of Yoga With Weights for Dummies, for this 12 module online learning program. During the 12 modules you’ll learn how to build core stability and improve balance as you exercise, tone, and shape your body. Maximize your workout potential and bring home an inspiring practice that restores energy and keeps you looking and feeling your best. Online Learning Course - Yoga with Weights: Baptiste Method Registration now open for Online Program: Program Start Date January 29, 2022! Contact for more info: Baptiste Power of Yoga 888-804-9642 or Email info@powerofyoga.com The 12 module course is an opportunity for all levels of ability, householders, everyday people, men, women, athletes, yoga teachers, yoga students, fitness students and instructors (both experienced and new to yoga and or working with weights) some of the many ways to enrich and refine their current personal practice and/or physical fitness regimen with the Yoga With Weights™ exercise program, regardless of their location. Yoga With Weights™ System teaches: anatomy of movements integration of breath and movements holistic attention to attitudes, diet, and self care both on and off the mat therapeutic adaptations with diverse populations, including pregnant women and older people with structural limitations adaptations to support a wide variety of athletic endeavors sequencing of practice and class sessions Course Purpose: The purpose of this on-line learning course is to offer an opportunity for all all levels of ability, householders, everyday people, men, women, athletes, yoga teachers, yoga students, fitness students and instructors (both experienced and new to yoga and or working with weights) some of the many ways to enrich their current personal practice and/or physical fitness regimen with the Yoga With Weights™ program, regardless of their location. Students in the course will have access to Sherri Baptiste’s expertise, while exploring the postures and sequences on their own. Students will learn ways to achieve overall physical fitness and personal well-being by combining specific alignment principles, breath work, and strength training utilizing small weights. For more info on the learning course please contact: Baptiste Power of Yoga info@powerofyoga.com Students in this course will learn several workouts that will demonstrate how to: develop postural alignment refine and lengthen muscles build core stability, bone density, and balance release tension in muscles strengthen concentration through use of breathing, pacing, alignment, and meditation techniques sequence poses for a highly-effective personal practice stay motivated and committed to holistic self-care Through the slow, controlled practice of Yoga With Weights, you: Stimulate metabolism through active breath, increased weight bearing, and movements Increase strength, flexibility, and stamina Exercise, tone, and shape your body Maximize your workout potential for quicker results Throughout the 12 module on-line learning course you learn warm-up exercises, seated exercises, standing exercises, and floor exercises. You’ll learn yoga with weights as an inspiring practice that will be supportive to restore your energy, help you relax, and keep you looking and feeling your best. No experience with yoga or weights is necessary and people of all fitness levels are welcome to apply for the on-line 12 module learning course. Equipment needed in this system includes a yoga mat, handheld weights (1–3 pounds per hand for women and 5–8 pounds per hand for men) and ankle weights (2–3 pounds for women and 3–5 pounds for men). Manual Required for On Line Training: Yoga with Weights for Dummies by Sherri Baptiste (Hardcover or Digital format) Faster Impact - Quick Results Benefits From Yoga with Weights: On its own, yoga is a great strength and flexibility workout; add weights and it becomes an express ticket to sleek, defined muscles and increased stamina. While the weights require added exertion, they also act as guides, engaging the correct muscle groups and forcing your limbs to work together to balance. Practicing yoga with weights instills an awareness of how your body is meant to move. Supports Healthy Bone Density Encourages Lean Muscle Mass Stimulates Metabolism Engages Muscles in New Ways Improves Range of Motion Improve Sports Performance Experience Improved Strength Enhance Balance and Coordination Assists in Injury Prevention Help Prevent Obesity Tone and Define the Body Improve Energy Levels Develop Better Breathing Habits Practice Becomes a Moving Meditation Strength, Flexibility, Stamina Maximized Workout Potential Exercises will Tone, and Shape the Body Improve Mental Focus Longevity This online course is an independent tutorial with guidance and pacing from an instructor. Students will progress through the modules and homework at their own pace. This program will teach participants about Yoga with Weights™ and how to confidently practice a safe and challenging multi-level Yoga with Weights™ class of your own. This first level is for all levels of ability. This program is for the novice and/or the fitness, yoga or health professional who wants to add Yoga with Weights™ to their own personal practice or program of yoga, health and fitness. 12-modules fully online course students, will receive a Level 1 Certificate of Completion. CARE OF STUDENTS WHILE TRAINING: Through conscious care provided to each participant, students will be skillfully mentored through the 12 module online training. Each module provides a detailed format to follow, with weekly homework, and video clips to support the learning process. The students will receive individual guidance as needed. FACULTY: Online Learning Yoga with Weights: Baptiste Method SHERRI BAPTISTE – BAPTISTE POWER OF YOGA™ Sherri Baptiste is an inspirational yoga teacher at the forefront of training in America. She offers approachable training, that shows real people the depth and benefits of mind•body•breath practices and how best to incorporate the best of yoga, fitness and wellness into their busy lives. She is the daughter of America's yoga pioneers and master teachers Magana and Walt Baptiste. Founder of Baptiste Power of Yoga, she offers classes, workshops, retreats and teacher training. Her retreats and teacher training programs provide an empowering, peaceful oasis in a hurried world, a place where students can find within themselves the tools and knowledge to support and maintain a happier, healthier and more spiritual lifestyle. The Baptiste Family is recognized for their insight into the rich spiritual heritage and great wisdom teachings of India, while also integrating the very best of Western fitness practices. Teaching the concept of a sound mind in a sound body Baptiste Yoga is taught as a Lifestyle holding aloft the authentic yogic ideal of harmonious Self-development, emphasizing the need for integrating the physical, mental and the deep spiritual dimension into every day living while realizing your deepest potential in Life. She is the Author of Yoga with Weights for Dummies also Yoga All in One for Dummies (2015 Wiley Publishers). Sunflower Wellness Cancer Recovery Programs also provides Sherri Baptiste’s Yoga with Weights Classes, as part of their weekly class schedule to promote healing and well-being while helping their clients gain control through their recovery process. JULIE SAWYER: Online instructor for 5 universities, including Northeastern and UMass Teaching fully online since 2006 Ed.D. in educational leadership and inclusive practices Certified in Best Practices for Online Pedagogy Specializes in online student engagement Founder of Focused Yoga, Mindfulness, and Nutrition Yoga Alliance E-RYT 500 and YACEP KATE VOGT: Baptiste Yoga Teacher Training Program Educator since 2005 YACEP and IAYT-Certified Author, Our Inherited Wisdom: 54 Inspirations from Nature and Poetry; Mala of Love: 108 Luminous Poems; Mala of the Heart: 108 Sacred Poems Faculty, Yoga Teacher Trainings in Yogic Lifestyle, Ethics, Philosphy, and History Founder of “Living Wisdom Every Day,” reconnecting our inner and outer ecologies. Community Educator and Presenter, College of Marin Two degrees, M.B.A., B.A. Individualized Tutor: wisdom lifestyle, therapeutic yoga, yoga with weights ENROLLMENT PROCESS: Please complete fully, and attach all required documentation. Registration must be received, with full payment by January 28, 2022. Program Semester begins January 29, 2022: While BPY (Baptiste Power of Yoga) staff will send an email confirmation of receipt, incomplete or late applications after the start of the program will not be considered for review. CREATE A YOGA WITH WEIGHTS BAPTISTE METHOD COMMUNITY: ORGANIZE A TRAINING GROUP, GROUPS OF 10 OR MORE WILL RECEIVE A 10% DISCOUNT. ALSO: With ten students or more, Sherri Baptiste will travel to your studio (within the US) to provide a one day master Yoga with Weights class workshop. Date will be decided during your training process. REGISTRATION FORM and most commonly asked questions about the program: Download this file and mail in completed form - Registration Form COURSE FEE: Online Learning Yoga with Weights: Baptiste Method 12 Module Course Payment Early Bird Full Payment: $1,495 Full Payment (cashiers check or money order). ($1,595 regular price) *Pay Pal Option available - registrant/payer will incur additional PayPal fees added to prices above of 3% Early bird registration ends at midnight on January 23, 2022!   Earlybird Payment: $1,538 ($1,495 + $43 PayPal fees) Regular Payment: $1,641 ($1,595 + $46 PayPal fees) **Affiliate Program Available SATISFACTION GUARANTEE: If after ‘module one’ of the online learning program, you decide this program is not for you, a tuition refund will be given (minus a $195 office fee). A request for refund must be sent in writing to Baptiste Power of Yoga. NO REFUNDS AFTER MODULE ONE. *Please note that if you have paid by PayPal your refund will be minus the $195 office fee, plus any and all fees incurred and paid to PayPal. Both Office Fee and fees paid to PayPal will be subtracted from your tuition refund. Info and Registration Visit: Baptiste Power of Yoga - www.powerofyoga.com Yoga with Weights: Baptiste Method - www.yogawithweights.com Email: info@powerofyoga.com or Call: 888-804-9642 MEDICAL DISCLAIMER: Our programs are educational experiences and are not to be mistaken for long-term therapy or cure. Some people may find some programs to be too psychologically or physically challenging. We recommend that you consult a physician or trusted counselor if you have any doubt. “A fight is going on inside me,” he said to the boy." “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.” He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.” The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?” The old Cherokee simply replied, “The one you feed.” The first time I wrote about becoming a registered yoga school with Yoga Alliance, it was me writing the content and creating the curriculum, but I was not in charge of filling out the online application with Yoga Alliance. I am now going through the process of becoming my own registered yoga school and as a result, I have new information on how the process works and how I can make the process easier for you in your journey towards becoming a registered yoga school.The first step is to ensure that your total number of hours is 200. The Yoga Alliance outline omits 15 hours from its calculations (as you can see below from its guidelines). I assume they're leaving this block of time for you to put toward your Elective subject? I can't say for sure.Yoga Alliance Core Curriculum CompetenciesTECHNIQUES, TRAINING, PRACTICE – 75 HOURS Asana: Historical context Asana: Poses specific to RYS's lineage—must include sukhasana and savasana Asana: Complete sequencing (asana, pranayama, meditation) to achieve particular effect safely Asana: Shared anatomical and alignment principles plus contraindications Pranayama & Subtle Body: Historical Context Pranayama & Subtle Body: Effects of pranayama on anatomy and subtle body Pranayama & Subtle Body: Complete sequencing of pranayama safely, including alternatives and adaptations Pranayama & Subtle Body: Ujjayi, Nadi Shodhana, Kapalabhati, among others Pranayama & Subtle Body: Koshas, kleshas, chakras, nadis and prana vayus Meditation: Key Meditation terms Meditation: Meditation methods by lineage Meditation: Ability to practice school's chosen meditation practice Meditation: Chanting, mantras, and mudrasElectiveANATOMY & PHYSIOLOGY – 30 HOURS (20 of which can be online)Anatomy: Major BonesAnatomy: Types of JointsAnatomy: Major muscles involved in asanaAnatomy: Types of contractionPhysiology: Nervous system, incl. ‘fight, flight, freeze’ stress response, vagal theory, overall mind-body connection Physiology: Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice Physiology: Respiratory system, incl. muscles that affect breathing, involuntary vs voluntary breath, how air enters and leaves body Biomechanics: Types of joint movementBiomechanics: Joint stabilizationBiomechanics: Safe movement as it pertains to balancing, stretching, awareness, and physical limitationsBiomechanics: Contraindications, misalignment, adaptationsElectiveYOGA HUMANITIES – 30 HOURS (20 of which can be online)History: Term 'yoga'History: School's lineage, style and methodologyHistory: Dates and key ideas such as the Vedas, Vedanta, Hatha, Colonial, ModernPhilosophy: Definition of yoga and key termsPhilosophy: Relationship between asana, pranayama, meditation per school’s approachPhilosophy: Familiarity w/ major yogic texts (i.e., Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika)Philosophy: Self-reflection on how philosophy relates to practiceEthics: Awareness of Yoga Sutras or similar yogic ethical preceptsEthics: Relationship to Yoga Alliance’s Ethical CommitmentEthics: Comprehension of and responsibility to increase equity in yogaEthics: Accountability measuresEthics: Self-reflection on how yoga ethics relate to practice and teachingElectivePROFESSIONAL ESSENTIALS – 50 HOURSProfessional EssentialsTeaching Methodology: SequencingTeaching Methodology: PaceTeaching Methodology: EnvironmentTeaching Methodology: Cueing (verbal, visual, physical)Teaching Methodology: Class managementProfessional Development: Yoga-related professional organizations, including the Yoga Alliance Credentialing ProcessProfessional Development: Ethical Commitment, including Scope of Practice, Code of Conduct, and Equity Position StatementProfessional Development: Lifetime of learning and continuing educationProfessional Development: General professionalism, including timeliness, consistency, cleanlinessProfessional Development: Marketing and promotionProfessional Development: Liability insurance, waivers, invoicingPracticum (Practice Teaching): Knowledge, skills, experience across 12 key competenciesPracticum (Practice Teaching): Mentorship component, incl. apprenticeship, feedbackElectiveI added 10 hours to TECHNIQUES, TRAINING, PRACTICE and 5 hours to PROFESSIONAL ESSENTIALS to get a total of 200 hours.TECHNIQUES, TRAINING, PRACTICE – 85 HOURS ANATOMY & PHYSIOLOGY – 30 HOURS (20 of which can be online)YOGA HUMANITIES – 30 HOURS (20 of which can be online)PROFESSIONAL ESSENTIALS – 55 HOURS Then I took the content Yoga Alliance indicates can be done online (remotely) and used that block of time to create a video conferencing schedule during the week, totaling 40 hours over the course of the YTT, and then worked out the Saturday & Sunday start/end times to get to a total of 200 hours of training.For the coursework to be done online via video conferencing, Yoga Alliance requires this content to be led by the trainer. This means giving your students a YouTube video playlist does not meet this requirement. I plan to use the time as an open discussion to cover these topics:ANATOMY & PHYSIOLOGY – 20 hours onlinePhysiology: Nervous system, incl. ‘fight, flight, freeze’ stress response, vagal theory, overall mind-body connection Physiology: Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice Physiology: Respiratory system, incl. muscles that affect breathing, involuntary vs voluntary breath, how air enters and leaves body Biomechanics: Types of joint movementBiomechanics: Joint stabilizationBiomechanics: Safe movement as it pertains to balancing, stretching, awareness, and physical limitationsBiomechanics: Contraindications, misalignment, adaptationsYOGA HUMANITIES – 20 hours onlineHistory: Term 'yoga'History: School's lineage, style and methodologyHistory: Dates and key ideas such as the Vedas, Vedanta, Hatha, Colonial, ModernPhilosophy: Definition of yoga and key termsPhilosophy: Relationship between asana, pranayama, meditation per school’s approachPhilosophy: Familiarity w/ major yogic texts (i.e., Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika)Philosophy: Self-reflection on how philosophy relates to practiceI will be structuring the training around the Pilgrimage To Power asana sequence and as such, I will be focusing on the sequence in sections, building the training layer by layer of the sequence. Practice teaching, feedback and mentorship is a large portion of the training I'm outlining. The students will have ample practice leading Pilgrimage To Power, learning how to offer hands-on assists and how to lead specialized classes like the "Block Class", "The Blindfold Class" and how to lead a physical focused class like "The Drishti Class."The most challenging part of filling out the online Yoga Alliance form is having all your data in one place so that you can copy/paste it in quickly and easily and know that your hours add up before you begin the application process.Make a copy of this Google sheet and begin filling out the explanation for your RYS. How will you deliver the core competency information to your students? What is the content you're covering? YA RYS Application Template 2025For example: Core Competency Poses specific to RYS’s lineage—must include sukhasana and savasana. What poses specific to your lineage (in addition to sukhasana and savasana) will you cover? How will you cover these poses?I took the list of all the poses in Pilgrimage To Power, removed the redundant ones, and created a comma-separated list of the poses that will be taught as part of my YTT.We will cover the following poses by practicing the shape of the poses, discussing the anatomical alignment of the poses and training the students on how to offer hands-on assists during the yoga practice. List of poses: Child’s Pose, Ragdoll, Extended Mountain, Forward fold, Half Lift, High Plank, Low Plank, Upward Facing Dog, Downward Facing Dog, Chair, Warrior 1, Flip Dog/Side Plank, Eagle, Standing Leg Raise, Airplane, Standing Splits, Half moon, Dancer, Tree, Triangle, Side Facing Wide Leg Forward Fold, Goddess Squat, Skandasana, Tripod Headstand, Pyramid, Twisting Triangle, Revolved Half Moon, Locust, Floor Bow, Half Bow, Upward Facing Dog, Camel, Half Camel, Bridge, Wheel, Reclined Butterfly, Happy Baby, Scissor Legs, 60/30 Lift, Abdominal Twists, Boat, Half Pigeon, Lizard, King Pigeon, Mermaid, Double Pigeon, Easy Seat, Seated Figure Four, Frog, Half Frog, Seated Single Leg Extension, Seated Forward Fold, Reverse Table Top, Reverse Plank, Fish, Waterfall, Headstand, Shoulder Stand, Plow, Ear Pinning Pose, Supine Twist, Reclined Butterfly, Savasana.For each of the files in the YA RYS Application Template 2023, fill it out with an explanation for your RYS. You can copy this information and paste it into your online application as you fill it out.When you create your online application, you will need to upload the following documentation: Save yourself time by creating it ahead of time and having it ready to upload. The Guidebook to RYS Application PDF has samples to pull from.Anti-Harassment Policy.pdfAnti Retaliation Policy.pdfSample YTT CERTIFICATE.pngRequired Reading List YTT.pdfYoga Alliance Letter of Intent.pdfAs you build your RYS online, you add Training Areas for each of the four major Core Curriculum Competencies. I recommend titling each Training Area with the Title of the Core Curriculum Competency. I see no reason to name it anything other than the competency being conveyed. I think the Training Area Title is redundant, and the YA should just have you select which core competency you're inputting the "how and why" instead.Fun fact: The formatting for the amount of time you're submitting for each Core Competency is in HOURS DECIMAL. There is a minimum requirement of .50 hours for any/all Core Competency subcategories. You will also need to write up an explanation of how you intend to verify that your trainees have learned what you've taught:Please select the assessment method(s) used to test trainees’ competency in this Educational Category. Check all that apply. Other (Please Explain Below)Describe how you assess trainees' competency in this Educational Category.I created a plain text document (Notepad [Windows] / TextEdit [Mac]) and had it populated with all of the written content (the explanation of my RYS, how I will verify the information has been learned) and simply copied and pasted this content into the online Yoga Alliance form. I pulled the HOURS DECIMAL time from my spreadsheet, uploaded my pre-made policies, letters, and sample certificates, and was able to complete the Yoga Alliance online RYS application in about 40 minutes from start to finish. The best online yoga classes need dedicated yogis to instruct you as you learn through your practice. Our committed instructors, headed by Susan and Greg Holmes, will support you throughout your yoga journey. Undertaking online yoga doesn’t mean you’ll be practicing alone. Throughout your yoga journey, whether you’re a beginner, intermediate or advanced yogi, feel connected to a community that’s here to support you throughout your yoga journey. At Yoga Holmes, we offer a variety of yoga classes to give you plenty of diversity. You can choose from Vinyasa, Power Vinyasa, Baptiste, Yin, and Yoga Nidra classes. No matter where you are on your yoga journey, our online yoga classes are the perfect way to continue your practice and find your center. Join today and become a part of a worldwide community. 14-Day Free Trial INew Content Weekly 450+ Yoga Classes All Class Types & All Levels }450+ Hours of Guided Yoga Instruction 24/7 Access on Desktop & Mobile Devices iOS & Android App iNo Contract, Cancel Anytime NMultiple yoga styles to choose from, and classes for ALL level yogi's N24+ Years of Experience Teaching NAll classes can be accessed anywhere, anytime in full HD NTeachers with over 7,000 classes taught Pay via credit card or Paypal without incurring additional fees. The payment transaction will be secure every time.Your credit card will not be charged when signing up. You will be charged after your 14-day free trial. Our Vinyasa yoga class is a continuous movement through postures (asanas) with breath. Often described as flow, the practice moves the body continuously, guided by each inhale and exhale. Each practice is unique and invites new discovery into the body as it is challenged with varying entries, exits and combinations of asana. Our Power Vinyasa yoga class is a vigorous flow through strength building postures (asanas) with breath. Each practice is unique and invites discovery into the body’s potency and endurance as it is challenged with strong postures, challenging entries, exits and combinations of asana. Baptiste yoga classes are rigorous power practices most noted by the three guiding practices and techniques of the physical aspect of asana, the meditational aspect of dhyana and the inquiring aspect of niyama. Baron Baptiste’s Journey into Power is the basis of this strong flow of 53 foundational postures divided into 11 sections with each preparing the body and mind for the next pose. Yin classes quiet the mind and improve your flexibility and range of motion regardless of whether you have never practiced yoga or are an advanced yoga practitioner. Each position helps to release stiffness in the parts of your body that are tight due to stress, repetitive physical habits, working at desks or hunched over your computer. Your improved flexibility will get you back doing the things you love to do. Our Vinyasa yoga class is a continuous movement through postures (asanas) with breath. Often described as flow, the practice moves the body continuously, guided by each inhale and exhale. Each practice is unique and invites new discovery into the body as it is challenged with varying entries, exits and combinations of asana. Our Power Vinyasa yoga class is a vigorous flow through strength building postures (asanas) with breath. Each practice is unique and invites discovery into the body’s potency and endurance as it is challenged with strong postures, challenging entries, exits and combinations of asana. Baptiste yoga classes are rigorous power practices most noted by the three guiding practices and techniques of the physical aspect of asana, the meditational aspect of dhyana and the inquiring aspect of niyama. Baron Baptiste’s Journey into Power is the basis of this strong flow of 53 foundational postures divided into 11 sections with each preparing the body and mind for the next pose. Yin classes quiet the mind and improve your flexibility and range of motion regardless of whether you have never practiced yoga or are an advanced yoga practitioner. Each position helps to release stiffness in the parts of your body that are tight due to stress, repetitive physical habits, working at desks or hunched over your computer. Your improved flexibility will get you back doing the things you love to do. Teachers, are you ready to power up your vinyasa yoga classes? Join the Holmes and discover the keys for effective power sequencing! Be the instructor whose classes build strength, flexibility and most of all, inspiration through intelligent and one-of-a-kind sequencing. Want to offer physical yoga adjustments but not sure where to begin? Deepen your connection to students with our proven techniques for safe and alignment-based Hands On Assists. This is a transformational opportunity for you to be the instructor no one wants to miss! Are you ready to invite vibrancy and joy, resiliency and grace, and ignite your inspiration? Join Greg and Susan Holmes on our international yoga retreats this upcoming year to invigorate your body, mind and soul to its meant-to-be bliss of being. “I love Yoga Holmes TV for their positive spirits and dedication to yoga. Susan and Greg pay attention to each practitioner, making yoga practice seem in-person rather than virtual.” Jackie Pias Carlin “I’ve been taking classes w/ Greg & Susan Holmes for nearly 5 years, their online yoga classes push you just as much as they do in-studio. They are extremely passionate about their yoga teaching and as a pair, they are truly second to none. Practice when you want, where you want and for these prices… with THESE instructors? This is a steal.” Bradley M. “Yogaholmes’ zoom yoga classes have been a godsend throughout this pandemic. My husband and I would never have taken the risk of going to a yoga studio or gym. We were so happy to get our “yoga fix” five days a week in our own living room.” Ann Bullis “They know how to push yourself to be the best that you can be, and also to test your limits which is always great. We’ve gotten stronger and more flexible… it really helps with man, it helps with those kinks and backaches.” Isabel M. & Scott K. “I love Yoga Holmes TV for their positive spirits and dedication to yoga. Susan and Greg pay attention to each practitioner, making yoga practice seem in-person rather than virtual.” Jackie Pias Carlin “I’ve been taking classes w/ Greg & Susan Holmes for nearly 5 years, their online yoga classes push you just as much as they do in-studio. They are extremely passionate about their yoga teaching and as a pair, they are truly second to none. Practice when you want, where you want and for these prices… with THESE instructors? This is a steal.” Bradley M. “Yogaholmes’ zoom yoga classes have been a godsend throughout this pandemic. My husband and I would never have taken the risk of going to a yoga studio or gym. We were so happy to get our “yoga fix” five days a week in our own living room.” Ann Bullis “They know how to push yourself to be the best that you can be, and also to test your limits which is always great. We’ve gotten stronger and more flexible… it really helps with man, it helps with those kinks and backaches.” Isabel & Scott Embarking on online yoga classes with Yoga Holmes gives you access to on-demand expert guidance, allowing you to progress at a comfortable rate and revisit sessions at your leisure. Generally, our classes range between 45 minutes to an hour, with a warm-up and wind-down portion to help you relax into practice and reset for the day ahead. We also have shorter, bite-sized videos that focus on particular poses and techniques to improve your practice. With the experienced guidance of our yogis, you’ll always be taken through the right techniques and safe poses to increase your strength and overall mobility. It’s just one of the ways we ensure our membership offers the best online yoga classes to our clients. Yes! The only difference with an online yoga class is that you can progress at a pace that suits you and take part in classes wherever you are. Our programs are designed to keep you motivated and progress on your yoga journey, so you’ll get the same health benefits as attending a studio in person. As part of our membership, you’ll get access to all of our varied styles of yoga classes and free access to our live Zoom classes. As well as new weekly content, you’ll be able to access over 100 yoga classes from yogis with decades of experience. We are Sarah Evans & Leslie Williams, and Baptiste Power Yoga brought us together. This practice transformed who we are and how we show up in the world. We are creating a community to bring the mental, physical and emotional benefits of Baptiste Yoga to our city. We believe the power of this practice changes lives both on and off the mat. Sarah brings a lifelong yoga practice, a background in massage therapy and critical care nursing experience. Leslie brings 10 years of yoga experience, a background in law and psychology, a love of health and wellness, and a passion for cultivating community. Together we welcome you to join us and be a part of Power Yoga Fort Wayne. "My powerful takeaway from Level One was learning how to teach yoga and not be doing yoga. Level One empowered me to really see the students who are in the room and teach to what is actually happening in the moment." Jennifer H "This training was life changing. It opened my eyes to where I see my life going and how I can be in constant creation of how to get there." Morgan B "I never even considered getting certified until I came to Level Two. Now that is a new goal of mine. It is my honor and I truly feel my duty to continue to share the magic of Level Two and Baptiste Yoga so I am able to fully share and inspire others in my community." Shelley R "Quite simply, my Level One experience was the most impactful week I have ever had." Melissa D "What else can I say other than the programs are worth every penny spent, mile traveled, and time away from life. The programs have shown me a way to live a lighter, fuller and more meaningful life." Darin F "I strongly think that this program should be taken by everyone even if they are not planning on teaching. It is so much more." Daniel V "I believe this training is perfect for everyone at all levels in their practice and in life. It really forces you to open up to identify who you really are." Steve A "Since Level three ...I have fulfilled my goal of completing the Unstoppable Facilitator training, and I’m leading my first training this month. ...I am embodying my “why” in my workplace and in my personal life, and am able to sense when I’m out of alignment with my own integrity or actions around what I say I want- and am therefore able to take concrete steps to “right the ship”. ...I am even more grateful for the worldwide connection of teachers and students of this powerful practice. WE are making change on and off our mats thanks to Baptiste Power Yoga." Jodi F "This was the most transformational week of my life! I have so much momentum to continue teaching/sharing/creating, but I've also opened up in a whole new way. There are so many new possibilities and doors open to me now." Kelly K "The best decision of my life was attending this program. Entering the program I felt incomplete as a person, leaving the program I feel complete. It has opened me up and empowered me to create a new way of being, which is full of possibilities.a" Tim K