

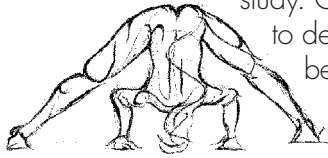
# m·BODY

yoga. massage. life.

## 2011 YOGA TEACHER TRAINING & ADVANCED STUDIES PROGRAM

**WITH PETER STERIOS & DISTINGUISHED FACULTY**

For the first time in San Luis Obispo, beginning in January 2011, we are offering a 200-Hour Teacher Training & Advanced Studies Program, with an internationally renowned faculty from diverse backgrounds and allied fields of study. Our program is designed for those interested in teaching yoga, and also those wanting to deepen their understanding and practice of yoga but who may not be interested in becoming an instructor. Requirements to apply: six months minimum yoga experience, basic yogic principals, and a commitment to further explore the traditions of yoga.



All classes will be at m·BODY in San Luis Obispo, CA ([www.mbodyslo.com](http://www.mbodyslo.com)).

Our 200-Hour Yoga Teacher Training Certification Program is approved by Yoga Alliance, and can be completed in nine months or spread out over longer periods. For certification, the required program must be completed within a three-year deadline. Our curriculum is designed with an initial 10-day main module, followed by eight 3-day weekend modules offered monthly. Each module is offered only once a year, and

we have created a program with elective modules, which allow program flexibility, depending on personal interests. There are four methods of payment, three of which offer substantial discounts — payment in full, early-bird payments, or payment in two installments. However, for those who are limited financially, we also have monthly payment plans which spread out the overall cost of the program.

**FULL TUITION: \$2700 • TWO INSTALLMENTS: \$1475 (2X) • MONTHLY INSTALLMENTS: \$450 (7X)**  
*For the full program, application deadline is December 15, 2010.*

**DROP-IN: MAIN MODULE 1 \$1075 (Early bird); \$1175 (less than 2 weeks)**  
**MODULES 2 THRU 9 \$300/Module (Early bird); \$350/Module (less than 2 weeks prior to class)**

If your goal is to deepen your understanding of yoga, without committing to the full program or gaining certification, you may take any of the courses, except Module 9, with an approved application.

<p><b>MAIN MODULE 1</b> Practical Applications Peter &amp; Tawny Sterios (10 Days): January 14-24, 2011</p>	<p><b>MODULE 4</b> Sanskrit/Yoga Sutras Shanta &amp; Indira Bulkin (3 Days): April 15-17, 2011</p>	<p><b>MODULE 7</b> Pranayama Richard Rosen (3 Days): July 22-24, 2011</p>
<p><b>MODULE 2</b> Subtle Anatomy James Bailey (3 Days): February 18-20, 2011</p>	<p><b>MODULE 5</b> Jyotish/Indian Astrology Linda Goldman (3 Days): May 20-22, 2011</p>	<p><b>MODULE 8</b> Ayurveda James Bailey (3 Days): August 26-28, 2011</p>
<p><b>MODULE 3</b> Physical Anatomy James Bailey (3 Days): March 18-20, 2011</p>	<p><b>MODULE 6</b> Indian Mythology/ Symbols/Philosophy Manoj Chalam (3 Days): June 17-19, 2011</p>	<p><b>MODULE 9</b> Teaching Arts Peter Sterios (3 Days): September 16-18, 2011</p>

For more information or to get an application for the 2011 Yoga Teacher Training & Advanced Studies Program, go to [www.petersterios.com](http://www.petersterios.com) or [www.mbodyslo.com](http://www.mbodyslo.com).

# 2011 YOGA TEACHER TRAINING & ADVANCED STUDIES PROGRAM

## FACULTY BIOGRAPHIES



**PETER STERIOS** is the co-founder of m-BODY and director of our teacher training Program. His teaching reflects over three decades of study and practice in the US and India. A writer and former contributing editor for Yoga Journal, he has been featured in their calendars, Beginner's Column, Master Class

Column, and website. He teaches workshops and retreats throughout North and Central America, Europe, and Southeast Asia. He is also the founder and lead ambassador of Manduka, a leading eco-yoga products company. His first yoga DVD "Gravity & Grace: Yoga for Finding Your Inner Teacher" was released in 2007 and was recently selected as "one of the top 15 yoga DVD's of all time" (R. Rosen, Yoga Journal). For more information about Peter's programs, visit [www.petersterios.com](http://www.petersterios.com)



**JAMES BAILEY, LAC, MATCM, MPH, Dipl Ayu** is a third generation healer, health educator, and CAM physician who has been living yoga and ayurveda for 22 years, providing naturopathic eastern medical practices since 1990 in Santa Monica, California. His clinic, Sevanti Wellness, is an integrative practice fusing

the best of acupuncture, Oriental Medicine, and Ayurveda, recognizing that every medical practice has a limited view on life and healing. By combining both disciplines, a broader range of practice is provided for each patient. James teaches ayurveda and yoga workshops worldwide, and has been a contributing editor and former columnist for Yoga Journal, Light on Ayurveda, LA Yoga and Ayurveda, and other wellness magazines.



**LINDA GOLDMAN** is a Vedic Astrologer from Los Angeles who has studied with world-renowned Vedic masters from India for many years. She is an acclaimed psychic intuitive and highly skilled in reading and assessing Vedic astrological charts. In addition to a diverse worldwide client base, Linda lectures on Vedic astrology throughout the US.



**TAWNY STERIOS** has a BS degree in Nutrition Science from Cal Poly San Luis Obispo and is a certified yoga teacher. She has taught at and led numerous yoga and raw food retreats. She has worked in kitchens with many of the top raw food chefs in America, and recently completed course work at the internationally

renown Living Light Culinary Institute in Northern California.



**INDIRA BULKIN** is co-founder, along with her husband Shanta, of the East West Sanskrit Institute in San Francisco, California. She began her intensive Sanskrit language studies in 1971 under the guidance of Shri Brahmananda Sarasvati, (formerly known as Dr. Ramamurti S. Mishra). Her studies continued at UC Berkeley,

earning an undergraduate degree in Sanskrit while taking graduate level classes, and with Dr. Ram Karan Sharma, one of the world's foremost Sanskrit scholars. She also has a Master's degree in Physical Therapy and maintains a clinical practice in the Mission District of San Francisco. Her personal interests include Yoga Vedanta texts, Sanskrit hymns, Paninian linguistics and Sanskrit poetry.



**SHANTA BULKIN** is co-founder of the East West Sanskrit Institute in San Francisco, California. He has been teaching entry level Sanskrit for the last 15 years in both private and group settings. Initially he studied with Shri Brahmananda Sarasvati in 1972, and has continued his Sanskrit studies for the last 12

years with world renowned Sanskrit scholar Ram Karan Sharma. Shanta has lived in the Ananda Ashram in New York state and Brahmananda Ashram in San Francisco. Following in the lineage of his teachers, Shanta uses the study of Sanskrit as a tool for meditation and shares the power of this approach with his students. He also has a career in construction, which began in 1975 with building of the temple at Brahmananda Ashram.



**RICHARD ROSEN** is the director of Piedmont Yoga. His practice of Hatha Yoga began in 1980, and from 1982 to 1985, he trained at the Iyengar Yoga Institute in San Francisco. In 1987, he co-founded Piedmont Yoga with Rodney Yee and Clare Finn. Richard is a contributing editor for Yoga Journal magazine;

writing feature articles, book reviews, and a variety of columns, including their audio/video reviews, and the author of three books, Be Yoga of Breath (Shambhala 2002), Yoga for 50+ (Ulysses 2004), and Pranayama Beyond the Basics (Shambhala 2006). Since 1989 he's been on the board of directors of the California Yoga Teachers Association, and also sits on the board of its grant-making wing, the Yoga Dana Foundation, which supports California yoga teachers working with underserved populations, such as at-risk and incarcerated youth and disabled students.



**MANOJ CHALAM** is an Indian-born scholar who is a regular faculty member at Yoga Journal conferences. He is also a scientist with a doctorate from Cornell University. From an early career of pursuing fame and fortune which initially consumed him, Manoj eventually realized that burnout was inevitable

and that his calling in life was to assimilate and teach spiritual practices and philosophy through the symbolisms of yogic Hindu art. He also imports cultural art and statues from India. Manoj has compiled a book on Hindu/Buddhist Symbolisms, and presents workshops on Yoga Mythology, Vedanta and Tantra at numerous conferences, retreats, universities, and trainings for Deepak Chopra, John Friend (Anusara Yoga), Sivananda Yoga Teacher Trainings.