

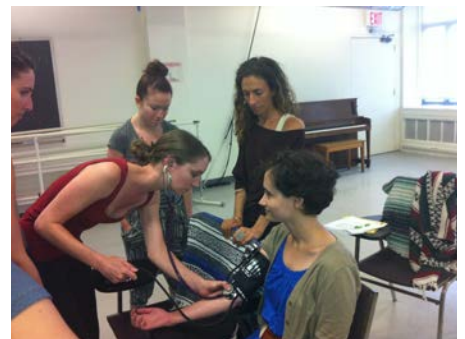
EDUCATION | THERAPEUTICS | HOLISTIC MEDICINE

ONGOING RESEARCH | INDEPENDENT STUDY | MENTORSHIP

YOGA AND MIND/BODY STUDY PROGRAMS DESIGNED WITH A FOCUS ON THE INDIVIDUAL

Tracks for new and experienced practitioners | Project support/community for mind/body professionals

2016-2017 | DIRECTOR: TARAMARIE PERRI



FOUNDATION COURSE | YOGA PEDAGOGY CERTIFICATION | INDEPENDENT STUDY | SELF-STUDY | REMOTE STUDY

A LETTER FROM TARAMARIE

Dear Prospective Students, Mind/Body Professionals, and Colleagues:

I am excited to report that the new course format rolled out in 2015 was a huge success! I hope the study options outlined below will bring forth rich and personal learning opportunities for each of you.

For nearly 20 years, I have been furthering my path of study and deepening my knowledge under the tutelage of my own beloved group of teachers in Yoga, Ayurveda, meditation, Buddhist philosophy, Reiki/integrated energy therapies, Tibetan Medicine, holistic medicine, healing arts, visual arts, and Western sciences. Through ongoing individual sessions with each of my mentors, they have shared countless lessons but also reinforced the importance of ancient wisdom passed down through lineage and tradition. The key to the success of this transmission is the focus on my personal interests and goals - as they grow and deepen in my modern day life.

Since 2004, I have been teaching others to apply yoga and mind/body practices to support their work and balanced living goals. The individualized focus I have experienced as a student has become central to my own teaching practice. Exploring a class discovery, answering a question, discussing a reading, offering a new challenge, or assisting in a career path or new project are often the most potent student-teacher moments.

I cannot imagine a better method of teaching than creating more one-to-one learning opportunities. This is why I created a new structure for our annual courses and independent study programs that integrates into my private practice, along with private practices of our faculty/advisors. Each student discovery will now have its own forum. Additionally, the format provides the foundation for you to create your own circle of mentors to maintain throughout your future, thus honoring the lineage and tradition of Yoga and related practices. We are proud of our grads as they allow their studies to continuously apply to teaching, creating, performing, parenting, practicing medicine, and serving community. Together, we honor a beautiful tradition by celebrating each individual.

I truly believe that we have the daily opportunity to teach and to learn from one another. I am eternally grateful for my teachers' care and support along my ongoing journey. I look forward to creating the space for you to receive similar benefits in mentorship and study - some that you seek and others that will be wonderfully unexpected. Wherever you are is where we begin!

Please feel free to reach out if you have any questions about which study path is right for you.

TaraMarie (info@perriinstitute.com)

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FOCUS ON THE INDIVIDUAL |

The study of Yoga was traditionally taught one teacher to one student. The wisdom was that each student needed to have knowledge instilled in a personal way. It was the responsibility of the teacher to guide, support, and provide new challenges along the student's path. The result of this one-to-one transmission is that each student will enjoy an authentic learning experience and discover new applications to work and life - as unique as he/she is!

While group learning modules and peer support are always part of each course of study, TaraMarie Perri has designed the yoga and mind/body courses to include required one-to-one learning opportunities. Each student, practitioner, or professional enrolled will have ongoing private sessions with TaraMarie and a faculty team of expert colleagues/advisors in related fields. We invite you to begin or deepen your study path of Yoga and mind/body practices.

Together, we will honor a beautiful tradition by celebrating each individual.





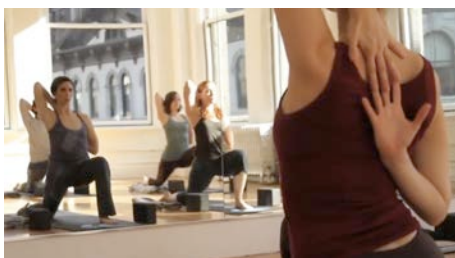
PROGRAM OVERVIEW

Each program option below includes a brief description and pre-requisites, if applicable. The following pages will provide more detail. The format only increases the quality of our courses and training programs. If you have any questions about which learning path is right for you, please feel free to email us directly with your inquiry:

info@perriinstitute.com.

Designed to create flexibility for each student while carving out a direction of study appropriate for his/her interests and goals, Foundation and Yoga Pedagogy Courses can be explored on their own or interface with an Independent Study for a more immersive experience.

The Independent/Self/Remote Study tracks are open to students and teachers, practitioners and professionals, and can be repeated on an annual basis to develop an educational or research pursuit, further a project in the arts and sciences, or pursue an entirely new field of inquiry in applied mind/body practices.



FOUNDATION COURSE

Immerse in yoga and mind/body practices; develop your personal practice; discover applications to your work and life

Format 140 hours + 8 private sessions

Pre-Requisites none



YOGA PEDAGOGY CERT/LICENSE

Study to teach yoga to various populations; Foundation Course hrs apply; addt'l Mind Body Dancer hrs for qualified candidates

Format 120/140 hrs + 5 private/5 semi-priv

Pre-Requisites Foundation Course



INDEPENDENT/SELF/REMOTE STUDY

Continuing education; practice-based research in education, therapeutics, holistic medicine, arts, sciences, and related fields

Format varies + private sessions

Pre-Requisites none except Adv Pedagogy

FOUNDATION COURSE |

Establish a foundation to develop your understanding of Yoga and mind/body practices. Begin a path toward teaching certification and licensing. Support careers in therapeutics, arts, sciences, or holistic medicine. Through immersive weekend lectures, guest lectures, group study, classroom exercises, private mentoring, written assignments, and assigned reading materials from comparative sources, you will be challenged to assimilate these concepts into your daily life/work and make your own connections for how the yoga practice can expand beyond the physical asana.

5 Weekends:

Yoga asana and alignment
Yoga physiology
Subtle body awareness
Yoga history and philosophy
Pranayama and breathing coordination
Meditation
Secular Buddhist philosophy
Ayurveda/Vedic philosophy
Sanskrit
+ 45 Institute Yoga classes
+ 8 Private Mentorship Sessions
+ Optional ISS/Independent Study (Student)

Foundation Course Calendar 2016-2017*

* dates and times subject to change

Dates	Time	Event
Sept 10 - 11	9am - 6pm	Weekend #1
Sept 12 - Nov 4	Ongoing	Study/Practice + 2 Private Sessions
Nov 5 - 6	9am - 6pm	Weekend #2
Nov 7 - Jan 20	Ongoing	Study/Practice + 2 Private Sessions
Jan 21 - 22	9am - 6pm	Weekend #3
Jan 23 - March 10	Ongoing	Study/Practice + 2 Private Sessions
March 11 - 12	9am - 6pm	Weekend #4
March 13 - May 5	Ongoing	Study/Practice + 2 Private Sessions
May 6 - 7	9am - 6pm	Weekend #5
May 8 - June 30	Ongoing	Foundation Course Project Completion
May 8 - Aug 31	Ongoing	Optional ISS/Independent Study (Student) Completion + 4 Private Sessions with Advisors
Begins Sept 2017	TBD	Yoga Pedagogy Certification Course + New Independent Study Cycle Begins



YOGA PEDAGOGY CERTIFICATION |

Prereq: Foundation Course

The Yoga Pedagogy Certification course will train graduates to safely and effectively teach yoga in a breath-focused, mindful style, incorporating precise alignment principles. They will be able to teach groups and private students of all levels and ages and in a variety of settings including yoga studios, gyms, dance studios, corporate offices and community projects. The training is grounded in a secular practice. This course is taught with a dedication to applying cutting edge teaching practices for working with Western bodies and minds in a mixed lecture/discussion/workshop setting.

Our pedagogy course is not a typical yoga teacher training course. Designed for serious candidates with a passion for teaching and an eye to ongoing study in related fields, this course is taught at a high level.

+ PI Curriculum License
+ 30 classes + In-Class Hrs
+ 5 Private Mentoring Sessions + Group Practice
+ Optional ISS/Independent Study (Student)



Yoga Pedagogy Certification Calendar*

*times and dates arranged with students enrolled each year and subject to change

Dates	Time	Event
Fall Semester	select dates/ times	Lectures/Study/Practice + Private Sessions
Spring Semester	select dates/ times	Lectures/Study/Practice + Private Sessions + MBD Curriculum
May - June	Ongoing	Yoga Pedagogy + MBD Curriculum Teaching Completion/Licensing
May - August	Ongoing	Optional ISS/Independent Study (Student) Project Completion + 4 Private Sessions with Advisors
Next Fall	Ongoing	New Independent Study Cycle Begins

INDEPENDENT STUDY | PROJECTS AND PATHWAYS

Designed to provide a continuing education platform for enrolled students, creatives, teachers, and mind/body professionals, we established an Independent Study Program called "Projects and Pathways." Each annual track will incorporate workshops and private sessions with advisors, and culminate in a presentation, publication, or project manifestation, as appropriate to the topic of study. A consultation will be set up with you at the start of the year to initiate Topic Identification and Research.

ISS (Student)

Concurrent with Foundation Course; related to other career interest, creative project, thesis or major, etc.

IST (Teacher)

Can be concurrent with Yoga Pedagogy Course; workshop development or continuing education for PI teachers, educators, or mind/body teaching professionals

IST (Teacher License)

For certified yoga teachers interested in pursuing PI/ MBD Curriculum Licensing

ISR (Research)

Open design; open to all

Independent Study Calendar 2016 -2017*		
* dates and times subject to change		
Dates	Time	Event
ISS (Student)		
Sept 2016 - May 2017	Concurrent with Foundation Course	ISS Topic Identification + Research
May - August 2017	Ongoing	4 Private Sessions with Advisors + ISS Project Completion/Presentation
IST (Teacher)		
Sept 2016 - May 2017	Varies	Advanced Workshops
Sept 2016 - May 2017	Ongoing	IST Topic Identification + Research
May - August 2017	Ongoing	Private Sessions with Advisors + IST Project Completion/Presentation
IST (Teacher License)		
schedule and hours vary per teacher	Ongoing	Consultation with TaraMarie to determine path of study for MBD license renewal
ISR (Research)		
schedule and hours vary per project	Ongoing	ISR Topic Identification + Research + Private Sessions with Advisors



SELF-GUIDED OR REMOTE STUDY |

Our students often ask us for more immersive study environments. If one of the course designs above is not right for you, then the Self-Guided Study model might be best. After the initial enrollment period, we will release the 2016-2017 workshop schedule for open enrollment and you can select your course of study.

Sample topics:

Seasonal Yoga and Mind/
Body Care events
Visual Art as Meditation
Thai Massage
Breathing Coordination
Meditation
Intro to Buddhist Philosophy
Ayurveda

+ Private Sessions

can be scheduled at any time
to facilitate deeper learning:

info@perriinstitute.com

If you do not live in the NYC
or Upstate NY area,
TaraMarie Perri now offers
both personal practice
guidance and mentorship/
research support hours via
phone, Skype or G-chat!
For students/colleagues/
researchers; contact her
directly to schedule your
session(s):

info@perriinstitute.com

Limited weekly availability



SAMPLE STUDY PATHS

Each student will embark on a path of study appropriate for their interests and goals. Students often develop a greater understanding of those interests through their first course of study. Please note that all course options include private learning segments for ongoing guidance and mentorship. Please reach out to us should you require guidance in determining how to begin or deepen your learning (info@perrinstitute.com):

Interested in deepening your knowledge of yoga and mind/body practices?

Apply for the Foundation Course

Also have an interest in combining your yoga studies with a double major or career interest or creative project, etc?

Apply for the Foundation Course + Enroll in ISS/Independent Study (Student)

Interested in becoming certified to teach yoga and mind/body practices?

Apply for the Foundation Course (2016-2017) + Yoga Pedagogy Course (2017 - 2018)

Already a yoga teacher and want to learn and become licensed to teach our curriculum?

Enroll in IST/Independent Study (Teacher License)

Are you a graduate of our programs and wish to develop a workshop or pursue a new path of application/research?

Enroll in IST/Independent Study (Teacher) or ISR/Independent Study (Research)

Are you a mind/body professional who is seeking structure and community support for a project or research study?

Enroll in ISR/Independent Study (Research)

Do you live outside of NYC or Upstate NY but wish to study with TaraMarie via a mentorship/guidance setting?

Book a group of private sessions that can be conducted via Skype or G-chat. Perhaps enrolling in ISR/Independent Study (Research) will also be of benefit if you have a specific inquiry for which you are seeking mentorship.

INDEPENDENT STUDY TOPICS EXAMPLES

The options for topics to explore via the applications of yoga and mind/body studies are truly limitless! Below are just a few examples of projects and pathways our graduates have completed over the years:

PROJECTS

- Writing a published article on applied yoga and mind/body practices
- Incorporating applied yoga into the creative process of completing a work of choreography or design
- Developing and selling a children's yoga curriculum to an afterschool program franchise
- Designing a morning ritual to be practiced by faculty within a children's mindfulness-based school curriculum

PATHWAYS

- Embarking on careers in medicine, physical therapy, and holistic medicine
- Applied yoga in running the operations of a sustainable farm and farm-to-table community project
- Pursuing yoga's benefits as central focus in coursework towards a Masters in Social Work
- Creating a line of essential oil products geared towards enhancing the therapeutic setting of classroom and private practice

MEET YOUR FACULTY/ADVISORS



TARAMARIE PERRI

Director and Founder

Faculty, NYU Tisch School of the Arts
M.F.A., New York University

Courses: All



MAGGIE GAVIN

Teachers and Training Coordinator

M.S.W. Candidate (Social Work)
Perri Institute Graduate: 2010

Courses: Foundation and Yoga Pedagogy



REBECCA DIETZEL

Guest Lecturer

M.S., Columbia University (Human Nutrition)
Wise Earth School and AYU (Ayurveda)

Modules: Anatomy through Asana,
Introduction to Ayurveda



ETHAN NICHTERN

Guest Lecturer

Shastri/Senior Teacher, Shambhala
Founder, Interdependence Project
Author, *The Road Home*

Modules: Meditation and Buddhist
Philosophy

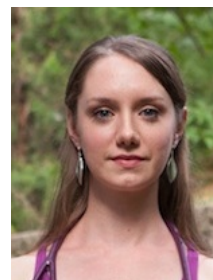


LYNN MARTIN

Guest Lecturer

Faculty, NYU Tisch School of the Arts
Former Director, The Carl Stough Institute of
Breathing Coordination

Modules: Principles of Breathing
Coordination, Teaching Voice



ALEXANDRE WEST

Guest Lecturer

M.D. Candidate, NY Medical College
Perri Institute Graduate: 2010

Modules: Yoga Physiology, Dissecting the
Science of Yoga: Medical Literature



KRISTIN DEISS

Guest Lecturer

M.F.A., NYU Tisch School of the Arts
M.A., UNC Chapel Hill
Perri Institute Graduate: 2012

Modules: Reiki and Integrated Energy
Therapy

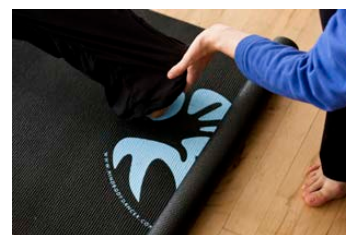


CARA SURICO

Guest Lecturer

Dance/Movement Specialist,
The Greenehill School, Brooklyn
Perri Institute Graduate: 2010

Modules: Teaching Methods for Children



PERRI INSTITUTE TEACHERS

Our teaching community is comprised of exceptional professionals who are dedicated to the profession of teaching and the pursuits of ongoing study in related fields.

Each teacher will guide students in the weekly classroom environment to develop a strong personal yoga practice.

ABOUT THE PERRI INSTITUTE FOR MIND AND BODY

The Perri Institute for Mind and Body is a community for teachers and students of Yoga. Together, we cultivate sustainable movement practices and mind/body wellness. Our research and education takes place in the arts and sciences.

Our Institute has been described as the “liberal arts of Yoga.” The Perri Institute for Mind and Body was founded with the shared philosophy that we have the daily opportunity to learn from and to teach one another. We honor **four Traditions**:

- Commitment to study, practice, and pathway
- Quest for knowledge and sharing wisdom
- Service to others inspiring wellness and holistic health
- Dedication to the spirit of creativity and collaboration

Today we have a strong community representing all walks of life. Many are dancers and performers. Many others are visual artists, writers, professors, corporate professionals, grad students, medical professionals, and educators.

Currently, the Perri Institute (based in NYC and Upstate NY) provides learning spaces “without walls,” in order to allow the connections we maintain across the miles with our teachers and students to grow and strengthen. Over the years, we have developed and maintained relationships with various institutions of learning and research around the world. As a result, **our teachers and curriculum have gained a trusted presence in the yoga, mind/body care, and performance-training environments.** The Perri Institute for Mind and Body is the official home of the Perri Institute and Mind Body Dancer yoga curriculum and teaching community.

PRESS AND TESTIMONIALS

We are proud of our contributions to mind/body education and research. [Learn more.](#)

We care about nurturing ongoing relationships with our students, clients, and colleagues. [Read](#) what our graduates, higher education professionals, and students are saying about our courses, curriculum, and teachers.

CONTACT

Site: www.perrininstitute.com | Blog: mindbodybrew.wordpress.com | Inquiries: info@perrininstitute.com



APPLICATION/ENROLLMENT PROCEDURES

The Perri Institute for Mind and Body supports quality in all learning environments. We limit the number of spaces per course so that each student receives individualized learning opportunities within the group classroom setting. Enroll early to secure your spot in our courses.

Foundation Course (+ optional ISS)

- Submit Foundation Course Application ([download](#))
- Schedule consultation/interview with TaraMarie
- If adding ISS, indicate on application and also attach the Independent Study Track application materials
- See fee schedule on the next page for deadlines
- You will receive an invoice with payment details, instructions, options once your application is received and accepted

Yoga Pedagogy Course

- Prerequisite: Enroll in Foundation Course for initial courseload hours
- Enroll Spring/Summer after Foundation Course is complete for Fall

Independent Study (Teacher, Teacher License, or Research) | Self-Guided | Remote Study

- Submit Independent/Self-Guided Study Application with indication of track or mentorship request ([download](#))
- Schedule consultation/interview with TaraMarie to discuss your path of study for the year
- If applying for IST (MBD License), please note you must have minimum 200-hour yoga teaching certification to apply
- Self-Guided study options, see the fee schedule for open enrollment date to register and secure your space
- Remote Study can begin at any time; contact info@perriinstitute.com to schedule your first session
- IST applicants, you will receive an invoice with payment details, instructions, options once your application is received and accepted
- ISR applicants, you will receive an invoice with payment details, instructions, options once your application is received and you have had a consultation with TaraMarie to discuss your study path

Questions? info@perriinstitute.com



FEES AND DEADLINES

NOTE: 2017-2018 FEES AND DEADLINES SCHEDULE WILL BE UPDATED IN SPRING 2017

In the meantime, feel free to email info@perriinstitute.com for any course fee estimate inquiries.

You will receive an invoice with payment instructions, options, and links once your application is received!

Early enrollment:

- Applications must be received 2 weeks prior to the early enrollment date to qualify for tuition discount
- Full tuition is required on the deadline date; regular tuition fees will apply if tuition is not paid on time

Regular enrollment:

- Applications must be received 2 weeks prior to the regular enrollment date
- A non-refundable deposit of \$500 is required within 10 days of enrollment
- Full tuition balance is due by September 1st.

Work/Study and Payment Plans:

- We do offer occasional work/study tuition partial credit when we require the assistance or if your skillset is required
- Payment plans can be arranged in rare circumstances. If you are experiencing a situation that requires it, discuss it during the consultation/interview with TaraMarie