

# THE YOGA ROOM

2530 San Pablo Avenue, Suite D, Berkeley, CA 94702 • [YogaRoomBerkeley.com](http://YogaRoomBerkeley.com)

## ADVANCED STUDIES PROGRAM 2025/2026

Created in 1988 by Donald Moyer and Mary Lou Weprin, the Advanced Studies Program is a flexible, modular program that can be adapted to suit your individual needs and interests.

### YEAR 1:

#### **Personal Practice and Discovery Year**

The Personal Practice Year focuses on developing your understanding of yoga and cultivating a home practice. Do you have the desire to look more in-depth at the practices of yoga, enjoy subtle detail and study, and learn from the experience of longtime practitioners? Are you curious about the practice of asana and alignment? Join us to discover yoga in its many aspects: breath work, balanced practice for mind and body, wisdom studies, and yoga anatomy. Please have at least one year of experience.

### YEAR 2:

#### **Teacher Training and Steady Practice Year**

This Year emphasizes basic teaching and observation skills with in-depth asana studies. It is for those wanting to deepen and enliven their own relationship to asana while establishing a steady, ongoing practice. These offerings are

useful for more experienced practitioners even if teaching is not a goal.

#### **Tuition**

Tuition for the Advanced Studies Program, including the cost for required workshop hours, is approximately \$3,700 for the first year and \$3,980 for the second year, or about \$7,680 for the full 500-hour program. For those who want to ease this financial burden, we offer work-study.

Students will choose a primary teacher, who is a graduate or faculty member, who will serve as a mentor. Students will attend this teacher's advanced class (level 2-4 or 3-5) weekly throughout their time in the ASP. This cost is separate from the tuition amount.

#### **Fees**

Advanced Studies classes are typically held for 8 weeks. The cost for 8 weeks is \$280 and is prorated for shorter or longer modules. There is a one time application fee of \$75.

#### **Certification**

The Yoga Room will certify students who successfully complete all elements of the program. Graduates are eligible to join The Yoga Alliance at the 500-hour level

after being certified. Requirements:

- Successful completion of all 20 courses
- 10-month apprenticeship
- 4 months of practice teaching their own class
- 30 hours of workshops/intensive/seminars taken at The Yoga Room
- 4 times a week of home practice
- Weekly practice with your primary teacher for the duration of the program

#### **Continuing Education**

We offer Continuing Education workshops, intensives, and seminars for graduates. The Graduate Seminar Series classes offered each year can be taken for Continuing Education Units credit.

#### **FACULTY**



##### **Co-Directors:**

**Mary Lou Weprin / Gay White**

##### **Teachers:**

Rinat Fried  
Mary Ann Furda  
Phid Simons  
Betsy Weiss  
Mary Lou Weprin  
Gay White  
Sandy Zirulnik

## ABOUT THE YOGA ROOM

Founded in 1978, The Yoga Room is dedicated to the practice of hatha yoga as taught by B.K.S. Iyengar, author of *Light on Yoga* and *Light on Pranayama*. As a multi-generational community, we are concerned with encouraging proper alignment in the poses, maintaining a balance between strength and flexibility, and making yoga accessible to people of all ages, backgrounds and abilities.

For information contact Gay White | [info@YogaRoomBerkeley.com](mailto:info@YogaRoomBerkeley.com) | 510-926-0154

# ADVANCED STUDIES PROGRAM 2025/2026

## YEAR 1:

### What will you do in the Personal Practice Year?

- Attend the ASP 7-to-10-week learning sessions (in person).
- Choose a primary teacher (in your first 8 weeks).
- Attend their weekly asana class.
- Practice on your own 4 times a week.
- Write weekly about your practice.

## Classes

All classes are 5:45-7:15 pm

### SEPTEMBER/OCTOBER

#### Yoga Anatomy

Mondays; Sep. 8–Nov. 10 (Sandy/A)

#### Breathing Awareness

Tuesdays; Sep. 9–Oct. 27 (Gay/B)

### NOVEMBER/DECEMBER

#### Practice of Standing Poses

Tuesdays; Nov. 4–Dec. 16 (Betsy/B)

### JANUARY/FEBRUARY

#### Practice of Inverted Poses

Mondays; Jan. 5–Feb. 23 (Rinat/A)

#### Wisdom of Yoga

Tuesdays; Jan. 6–Feb. 24 (Phid/B)

### MARCH/APRIL

#### Yoga Anatomy II & Kinesiology

Mondays; Mar. 2–May 4 (Mary Ann/A)

#### Practice of Forward Bends

Tuesdays; Mar. 10–Apr. 28 (Betsy/B)

### MAY/JUNE

#### Practice of Backbends

Mondays; May 11–Jun. 29 (Gay/A)

#### Developing a Personal Practice

Tuesdays; May 12–Jun. 30 (Faculty)

## YEAR 2:

### Weekly Requirements

- Ongoing yoga class with primary teacher
- Home practice with writing

### Additional Requirements

- Workshops, intensives, and seminars (30 hours)
- Apprenticing (10 months)
- Practice teaching with observation (4 months)

## Classes

All classes are 5:45-7:15 pm

### SEPTEMBER/OCTOBER

#### Foundations of Asana

Tuesdays; Sep. 9–Oct. 28 (Mary Lou/A)

#### Basic Teaching Skills

Wednesdays; Sep. 10–Oct. 29 (Gay/B)

### NOVEMBER/DECEMBER

#### Teaching of Standing Poses

Tuesdays; Nov. 4–Dec. 23 (Mary Lou/A)

#### Introduction to Apprenticing

Wednesdays; Nov. 5–Dec. 17 (Gay/B)

### JANUARY/FEBRUARY

#### Teaching of Inverted Poses

Tuesdays; Jan. 6–Feb. 24 (Mary Lou/A)

#### Pranayama

Wednesdays; Jan. 7–Feb. 25 (Gay/B)

### MARCH/APRIL

#### Teaching of Backbends

Tuesdays; Mar. 10–Apr. 28 (Mary Lou/A)

#### Teaching Practice I

Wednesdays; Mar. 11–Apr. 29 (Gay/B)

### MAY/JUNE

#### Teaching of Forward Bends

Tuesdays; May 12–Jun. 30 (Mary Lou/A)

#### Teaching Practice II

Wednesdays; May 13–Jun. 24 (Gay/B)



## 2025/2026

### Graduate Seminars

#### Asanas with Advanced Studies Program Teachers

FIRST SATURDAY OF THE MONTH  
September 6, 2025 to May 3, 2026  
(no seminar in January 2026)

- **September 6** (Betsy) standings | trikonasana
- **October 4** (Rinat) backbends | pincha mayurasana
- **November 1** (Gay) forward bends | kurmasana
- **December 6** (Mary Lou) twists/seated bound arm poses
- **February 7** (Mary Lou) standing twists | ardha chandrasana
- **March 7** (Betsy) supported backbends | supta virasana
- **April 4** (Gay) inversions variations | headstand & shoulderstand
- **May 2** (Rinat) stability/range | hanumanasana

## Beyond Classes: Workshops, Seminars, and Intensives

Workshops and weekend/holiday intensives are scheduled throughout the year. Workshops are generally held on Saturday and Sunday afternoons for two to three hours. Intensives are held over multiple days with two classes per day.

### Advanced Practice Class

This class is led by Mary Lou Weprin and meets from 9:30-11:30 am Thursday mornings from September through June. Please contact Mary Lou at 510-236-0295.

### Pranayama

This is a weekly class with Gay White offered September through June. Please contact Gay at 510-926-0154 or [gay.yogagarden@email.com](mailto:gay.yogagarden@email.com).



## ASP GRADUATION CELEBRATION

Saturday, June 27, 2026

3:00 to 5:00 pm

Family and friends are welcome!