



INTEGRAL YOGA®
BASIC HATHA YOGA TEACHER TRAINING
APPLICATION LETTER
18 October - 15 November 2009

Dear Friend,

Greetings of Peace!

Thank you for your interest in our Basic Hatha Yoga Teacher Training program. For more than 30 years, students from all over the world have come to participate in our residential Teacher Training programs. This letter contains the program information: curriculum, daily schedule, accommodations and an application form. After reading this material, if you have any questions or require additional information, please feel free to contact us.

You will receive instruction in the Integral Yoga approach to teaching Hatha Yoga. You will be taught how to: 1) give clear, concise instructions for each of the core postures (with the benefits), breathing practices, chanting and meditation, and 2) lead students in deep relaxation. You will also study and practice the different aspects of Integral Yoga, including meditation, breathing practices, chanting, selfless service, Yoga philosophy, and more. When you graduate, you will have the necessary knowledge and experience to stand before a group and teach a class with confidence and ease. If you have any questions regarding recommended prerequisites provided in this letter, please do not hesitate to call.

WHAT MAKES INTEGRAL YOGA® UNIQUE?

Integral Yoga is a complete science that cultivates and maintains the physical, mental, emotional and spiritual health of the individual. The non-competitive approach and meditative exploration of the Integral Yoga practices create an indrawn awareness that allows each student to reconnect with deeper and more subtle aspects of being. Our comprehensive certification programs provide a strong foundation for personal and spiritual development, an appreciation for nurturing a personal practice and the skills to become a knowledgeable and professional Yoga teacher. The Integral Yoga training process fosters the teacher's sensitivities to help create a safe environment for their students that allows them to realize their potential, gain self respect and learn to be of greater service to others.

The Integral Yoga system of Hatha Yoga is utilized by the Commonweal Cancer Help program and Dr. Dean Ornish in his book, *Dr. Dean Ornish's Program for Reversing Heart Disease*.

WHY A RESIDENTIAL PROGRAM?

The most effective teaching comes from direct experience. Our residential programs are designed to offer you the experience of living the teachings of Yoga and to present the necessary tools that will enable you to pass these great teachings on to others. During your stay, you will immerse yourself in the yogic lifestyle and transform your body, mind and spirit. Our residential programs offer a supportive and nurturing environment for practice and study away from the distractions of everyday life.

PROGRAM DATES

The program begins on 18 October, starting with registration at 4PM, and ends at lunch on Sunday, 15 November.

DAILY SCHEDULE

The daily schedule is very full; it is designed to help you fully realize the benefits of the Yoga practices and to offer you the optimum environment in which to study and learn. Each day begins with meditation at 6:00 a.m., followed by a Hatha Yoga class. During the day, you will have training courses, workshops, practice sessions, a noon meditation at the beautiful LOTUS Temple and some free time. This schedule covers six days and five nights a week. You are expected to stay at the Ashram for the entire time to successfully complete the program.

CURRICULUM

The curriculum includes the following:

- o Instruction in teaching the Yoga postures, deep relaxation and breathing techniques
- o Guidance in your personal Yoga practices
- o Monitored teaching practice
- o Classes in vegetarian diet
- o Instruction in basic anatomy and physiology
- o Meditation workshops focusing on a variety of effective meditation techniques
- o Instruction and practice in chanting – both for personal practice and teaching
- o An in-depth course in Raja Yoga: The philosophy and psychology of Yoga covering such topics as the nature of the mind, the science of meditation, and yogic lifestyle guidelines
- o Study and practice of the other branches of Integral Yoga:
 - o Jnana Yoga: The path of discrimination or self-analysis, inquiry into the nature of the Self, and witnessing the mind
 - o Bhakti Yoga: The path of devotion, which includes chanting, worship, and self-surrender
 - o Karma Yoga: The path of dedicated action and selfless service
 - o How to set up, publicize, and conduct classes

FACULTY

Swami Divyananda is one of Integral Yoga's senior monastics and foremost teachers. Over the years she has served as the director of the Integral Yoga Institutes in Los Angeles, San Francisco, and Coimbatore, India and as the Ashram Manager of Satchidananda Ashram-Yogaville® in Virginia. In addition to teaching at these centers, she has taught Yoga and meditation on special retreats, in corporations and universities, at the Commonweal Cancer Center and for the Dr. Dean Ornish Heart Disease Programs. In India and at Yogaville, she is one of our primary Basic Hatha Yoga teacher trainers.

PREREQUISITES

Regular practitioner of Hatha Yoga for 6 months, preferably one year.

We recommend that all students not trained through Integral Yoga familiarize themselves with the Integral Yoga method of teaching Hatha Yoga by taking classes at an Integral Yoga Institute or from an IY teacher. Information on Integral Yoga teachers in your area can be obtained from the online Teachers Directory at www.iyta.org or by contacting the Integral Yoga Teachers Association at 434-969-3121, ext. 177. If this is not possible, you may purchase the videos *Yoga with a Master* and the *Integral Yoga Hatha I* audiotape from IY Distribution at 1-800-262-1008 (outside US, call 1-434-969-1049).

CERTIFICATION

At the end of the course, graduates receive a diploma certifying them to teach Integral Yoga Hatha Beginners Level I. Integral Yoga is a registered school of the Yoga Alliance, a voluntary alliance of organizations and teachers dedicated to uphold the integrity of Yoga, establish voluntary national standards for Yoga teachers, and provide support for the Yoga professional in the United States.

Integral Yoga may award 200 toward Yoga Alliance registration with the completion of this course.

ATTENDANCE

Attendance is required for all sessions – from the program orientation on the first day through the coursework on the last day. This includes all morning and afternoon practices of Hatha Yoga and meditation.

DIET

You will enjoy three healthy vegetarian meals daily, served buffet style, with a salad bar. The diet includes simple, deliciously prepared fresh vegetables, whole grains, legumes, tofu and some dairy. No meat, fish or eggs are served.

ACCOMMODATIONS

Accommodation choices vary and include dorm, private room with shared bath and private room with private bath. You may also bring your own tent and camp at one of our tent sites. If you choose dorm accommodation, you will board in our modern dormitory, Vivekananda Vihar, conveniently located near classrooms and the meditation and dining halls. Men and women are housed separately. We have rooms that accommodate up to six people. Generally, we are able to arrange accommodations so that the smaller rooms house two or three people and the larger rooms house four or five people. Private rooms are available at an additional price. Please keep in mind that private rooms are limited. If a private room is your accommodation choice, we recommend securing your reservation by applying early, especially during the summer season.

COURSE COSTS

The tuition for this course is \$1700. The prices for our various accommodations are as follows:

Tent (own)	\$1160	Dormitory	\$1640
Private Room/Shared Bath	\$2280	Private Room/Private Bath	\$2600

*See payment page for available discounts.

Because of the rigorous daily schedule, we are unable to grant any work scholarships in lieu of payment for the course. Also, we are not able to accommodate children.

FINANCIAL AID

Limited partial scholarships are available for students who can demonstrate financial need. Those wanting aid must submit a scholarship application with the program application. Please contact the Teacher Training Administrator for further details and a scholarship application.

TO APPLY

Please complete and mail or fax your application with health form and a \$500 deposit by 18 September to:

Teacher Training Administrator
Satchidananda Ashram—Yogaville
108 Yogaville Way
Buckingham, VA 23921
Fax: 434-969-1303

When your application is received, you may be contacted for additional information. Upon approval, you will receive an acceptance letter, along with more detailed information on what to bring, travel directions, additional accommodation information, ashram lifestyle, etc.

LATE REGISTRATION

After 18 September, full payment should be made with your application. All applications must be received by 18 September.

CANCELLATIONS

If you cancel 45 days or more prior to the first day of the training, you will receive a refund less \$150. If you cancel between 30 and 45 days prior to the first day, you will receive a refund less \$300. If you cancel less than 30 days prior to the start date, you will forfeit the \$500 deposit.

You may transfer the amount paid (less a \$25 transfer fee) to another program within a 12-month period.

No refund will be given after the start of the program.

FURTHER INFORMATION

Please direct questions about the course to the Teacher Training Department at 434-969-3121, ext. 153 or iytt@iyiva.org. Please direct questions concerning accommodations, travel arrangements and payment to the Ashram Reservation Center (ARC) at 1-800-858-9642 or 434-969-2048 or by email at arc@iyiva.org.

Thank you for your interest in this Integral Yoga Teacher Training Program. We are enclosing an application form, and we look forward to hearing from you soon. Please feel free to contact us if you have any questions.

Ever Yours in Yoga,


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INTEGRAL YOGA®
Basic Hatha Yoga TEACHER TRAINING
SATCHIDANANDA ASHRAM - YOGAVILLE
18 October - 15 November 2009

PLEASE NOTE: The application form consists of four pages. Your application will be processed upon receipt of all four completed pages. Please use additional sheets of paper, if necessary.

NAME _____ (Name you prefer to be called, if different) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____ COUNTRY _____

BUSINESS ADDRESS (if applicable) _____

PHONE (home) () _____ (work) () _____

E-MAIL ADDRESS _____

AGE _____ MONTH/DAY/YEAR OF BIRTH _____ Gender ____ M ____ F

MARITAL STATUS _____ OCCUPATION _____

Is this your first program at Satchidananda Ashram Yogaville? Yes No

Level of your personal Hatha Yoga practice: Hatha I Hatha II Hatha III

Level of your personal meditation practice: Beginner Experienced

Please tell us where you heard about us: (Friend, Internet, Yoga Journal, Yoga+ Joyful Living, Advance magazine, Yoga Teacher) _____

Please indicate whether you would like your acceptance letter sent as an email attachment **OR** by regular mail

(Please continue with application)

		<u>Office use only</u>	
	<i>Date</i>	<i>Initials</i>	
Received:	_____	_____	Acceptance letter:
Approved:	_____	_____	Email:
Sent to ARC:	_____	_____	Reg. Mail:

PLEASE POST
PHOTO HERE

Please answer the following questions; use additional sheet(s) of paper if necessary:

- 1) When and where did you begin your Yoga practice?
- 2) Describe your current regular Hatha Yoga practice.
- 3) Have you taken Hatha Yoga classes at an Integral Yoga Institute, or Teaching Center, or from an Integral Yoga teacher? If so, where and when?
- 4) What is your experience with Sri Swami Satchidananda and the teachings of Integral Yoga?
- 5) Please describe any Integral Yoga programs or retreats you have participated in.
- 6) What other types of Yoga classes and practices have you participated in?
- 7) Do you have a regular meditation practice? If so, please describe when you began the practice and what it consists of.
- 8) Do you have any dietary or health restrictions?
- 9) What are your special talents, skills, hobbies and interests?
- 10) Is English your primary language? If not, what is?
- 11) What other languages do you speak fluently?

On a separate sheet of paper, please describe briefly: Your personal spiritual background that has led you to apply for this teacher training program. Also, briefly describe your family, educational and occupational background and why you are interested in becoming a Yoga teacher.

(Please continue with application)

**PAYMENT DETAILS FOR
Basic Hatha Yoga TEACHER TRAINING
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Note: You have the option of returning your payment by mail and including the following information on this page, or you can call in your credit card payment to the Ashram Reservation Center at 1-800-858-9642 (outside US, call 434-969-2048).

DISCOUNTS (PLEASE CHECK DISCOUNTS THAT MAY APPLY. DISCOUNTS WILL BE CONFIRMED UPON APPLICATION APPROVAL.)

- 10% International Residents
 10% Senior Citizen
 10% Student Discount
 5% IYTA member
 \$100 Early Bird Special [full payment 90 days in advance]
 IYI employee (If you are employed by an Integral Yoga Institute please check with your IYI manager for details regarding a discount for this program.)

LATE REGISTRATION

All applications should be received one month prior to the start date of the program. After that date, please check with the Teacher Training Administrator for availability before applying.

PLEASE CHOOSE YOUR ACCOMMODATION

<input type="checkbox"/> Tent: (\$1200)	<input type="checkbox"/> Dorm (\$1680)	<input type="checkbox"/> Private room/shared bath (\$2280)
<input type="checkbox"/> Private Room/private bath (\$2660)	<input type="checkbox"/> Discount Requested _____	
plus <input type="checkbox"/> Tuition (\$1700)		

PLEASE CHOOSE ONE OF THE FOLLOWING PAYMENT OPTIONS

OPTION (1)

I am enclosing payment in full of \$ _____	<input type="checkbox"/> Check enclosed payable to SAYVA.
	<input type="checkbox"/> Please charge my credit card below.

OPTION (2)

I am enclosing a \$500 deposit, and I agree to pay the balance due before 18 September.	
<input type="checkbox"/> Check enclosed payable to SAYVA.	<input type="checkbox"/> Please charge the deposit to my credit card below.
<input type="checkbox"/> I authorize the balance of payment to be automatically processed to the credit card listed below two weeks prior to the start date of the program.	
If you choose this option, your signature is required: _____	

- Visa
 MasterCard
 Discover

Acct. No. _____ Exp. Date _____

Name on credit card _____ Signature _____

(Please continue with application)

HEALTH RECORD

The following information is requested in order to better serve you and the Yogaville staff:

If you answer yes to any of the following questions, please use a separate page for complete explanation.

- Are you under medical treatment for any physical or psychological condition? Yes ___ No ___
- Are you currently pregnant or trying to get pregnant? Yes ___ No ___
- Have you ever been treated or hospitalized for a psychiatric condition? Yes ___ No ___
- Do you have any long-term medical conditions? Yes ___ No ___
- Do you have any chronic physical limitations or disabilities? Yes ___ No ___
- Have you had a serious illness or major surgery within the last 5 years? Yes ___ No ___
- Do you have a communicable disease? Yes ___ No ___
- Do you snore? Yes ___ No ___
- Do you have any dietary or health restrictions? Yes ___ No ___
- Are you in recovery from a drug/alcohol addiction or eating disorder? Yes ___ No ___
- Do you have any hearing difficulties or vision impairment? Yes ___ No ___
- Describe your weekly alcohol consumption & or non-prescription drug use:

On a separate page, please list any prescription medication you are taking (indicate dosage and frequency of intake; we do not need to know about birth control or cosmetic prescriptions). Also please describe in detail any “yes” answers you provided above.

Emergency Contacts In case of emergency, please contact:

Name _____ phone # _____

My relationship to the person above: _____

Physician _____ phone # _____

Therapist _____ phone # _____

AGREEMENT

I wish to learn the teachings of Sri Swami Satchidananda and experience the yogic way of life as taught at Satchidananda Ashram – Yogaville. Therefore, I agree to abide by the Ashram guidelines, which include following a vegetarian diet and refraining from the use of alcoholic beverages, cigarettes or recreational drugs *both on and off Ashram grounds for the duration of the program*. I realize that if I do not comply, I may be asked to leave. I certify that I am in good health and have no physical or mental ailments, except as may be indicated on this application. I further agree to assume full responsibility for any injuries or damages that might occur to my property or me during my stay.

Signature _____ Date _____