



"The goal of Yoga is an easeful body,  
peaceful mind and useful life."  
— Sri Holiness Sri Swami Satchidananda, Founder

**INTEGRAL YOGA®**  
**BASIC HATHA YOGA TEACHER TRAINING**  
**SPLIT SESSION APPLICATION LETTER**  
(Part 1) **September 16 – 30, 2012**  
(Part 2) **March 17 – 31, 2013**

Greetings of Peace from Yogaville!

Thank you for your interest in our Basic Hatha Yoga Teacher Training (BTT) 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.

In our BTT, you will receive a carefully crafted education in the Integral Yoga approach to teaching Hatha Yoga. You will be taught how to give clear instructions and list the benefits for each of the core postures, breathing practices, chants and meditation in the classic sequence, and you will be able to lead students in the traditional style deep relaxation. You will study and practice the various aspects of Integral Yoga, including meditation, breathing practices, chanting, selfless service, Yoga philosophy and more. When you graduate, you will have the knowledge and experience to stand before a group and teach a class with confidence and ease.

#### **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 allow 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**

Part 1 begins on Sunday, September 16, 2012, starting with registration at 4pm, and ends after Hatha class, at 9:00am, on Sunday, September 30, 2012.

Part 2 begins on Sunday, March 17, 2013, starting with registration at 4pm, and ends after Hatha class, at 9:00am, on Sunday, March 31, 2013.

#### **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 6:00am, 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:

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

**PREREQUISITES**

Applicants should be regular practitioners 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 at least 10 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](http://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 DVD *Yoga with a Master* and the *Integral Yoga Hatha I* thirty minute CD from; Integral Yoga Multimedia Centre (Shakticom) at [www.shakticom.org](http://www.shakticom.org) Tel: 434-969-1347.

**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 hours towards 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 \$1875. The prices for our various accommodations are as follows:

Tent (own)	\$1260	Dormitory	\$1855
Private Room/Shared Bath	\$2350	Private Room/Private Bath	\$2740

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.

#### **DISCOUNTS**

An Early Bird discount of \$100 is offered for a **full payment 90 days or more** before the course start date. The following additional discounts are available: International 10%, Senior Citizen 10%, Student Discount 10% and Military 10%. If you are employed by an Integral Yoga Institute please check with your IYI manager for details regarding a discount for this program. **Please note:** There is a 20% discount limit per application.

#### **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**

You may visit [www.integralyogaprograms.org](http://www.integralyogaprograms.org) under Basic Teacher Training, to submit an electronic application or complete and mail or fax your application, with health form and your preferred payment option by August 16, 2012 to:

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

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

#### **LATE REGISTRATION**

In order for your application to be considered please submit no later than August 16, with full payment enclosed. After this date please check with Teacher Training Administration for availability before applying.

#### **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 receive a refund less \$500.

*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**

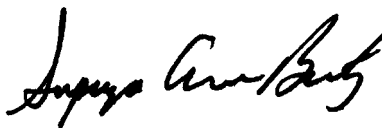
Please direct questions about the course to the Teacher Training Department at 434-969-3121, ext. 153 or [iytt@iyiva.org](mailto:iytt@iyiva.org). Please direct questions concerning accommodations, travel arrangements and payment to the Ashram Reservation Center (ARC) Tel: 1-800-858-9642 or 434-969-2048;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



Lilavati Eberle  
Teacher Training Administration  
Tel: 434-969-3121, ext.153  
E-mail: [iytt@iyiva.org](mailto:iytt@iyiva.org)

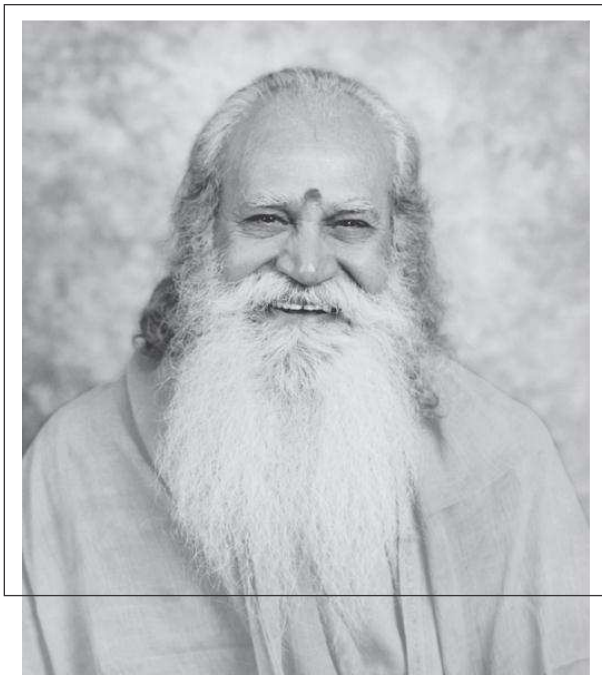


Supriya Anne Butz  
Teacher Training Administration  
Tel: 434-969-3121, ext.139  
E-mail: [supriya@iyiva.org](mailto:supriya@iyiva.org)



## ABOUT INTEGRAL YOGA

Integral Yoga is a complete Yoga that integrates all aspects of life and maintains our natural condition of an easeful body, peaceful mind and useful life. It encompasses the whole person: physical, mental, emotional and spiritual. Combining various methods of Yoga, Integral Yoga includes the physical postures, breathing practices (Pranayama), relaxation techniques (Yoga Nidra), selfless service (Karma Yoga), devotion and prayer (Bhakti Yoga), meditation techniques (Raja Yoga), mantra repetition (Japa Yoga), and Self-inquiry (Jnana Yoga).



SRI SWAMI SATCHIDANANDA  
(SRI GURUDEV)

Integral Yoga was founded by Sri Swami Satchidananda (Sri Gurudev), one of the most revered Yoga masters of our time. Regarded by many as an apostle of peace, Sri Gurudev served as a living example of the teachings of Yoga and its goal of Self-Realization. He founded the worldwide Integral Yoga Institutes and Satchidananda Ashram-Yogaville, a living Yoga community. Sri Gurudev never limited himself to any one faith, group or country. Dedicated to the principle that, "Truth is One, Paths are Many", his teachings bring together people of all backgrounds and beliefs so they can learn to respect all different paths and to realize their common spirit and the universality of their spiritual goals. Sri Gurudev served on the advisory boards of numerous peace and interfaith organizations. Among the many awards and honors he received are the Albert Schweitzer Humanitarian Award, the Humanitarian Award of the Anti Defamation League of B'nai B'rith, the Juliet Holister Interfaith Award, and the U Thant Peace Award. He attained Mahasamadhi (an enlightened soul's exit from the body) in August 2002.

# SATCHIDANANDA ASHRAM YOGAVILLE®

Satchidananda Ashram-Yogaville is a unique living Yoga community, situated on the banks of the James River in Virginia. Our members have come together from a wide range of different faiths, backgrounds and nationalities to live the simple yet profound teachings of Integral Yoga. Our goal is to realize the spiritual unity behind all the diversity in the world and to live harmoniously as one universal family while enjoying and honoring the differences.

At the heart of Yogaville is the Light Of Truth Universal Shrine (LOTUS). This shrine is dedicated to the universal teaching that "Truth is One, Paths are Many." Opened in July 1986, the LOTUS honors the Divine light, the One Truth, that is behind all the world's faiths. The shrine honors the diverse paths that humankind has taken to reach that One Truth. It embodies Sri Swami Satchidananda's efforts to foster peace and religious harmony throughout the world.

Yogaville's many services and facilities include Sivananda Hall for meetings and meals; Guru Bhavan, Chidambaram and LOTUS for meditation; the Integral Yoga Academy for Teacher Trainings, two dormitories with classrooms for weekend programs and retreats; a library with over 16,000 items including a wide variety of audio and videotapes; Integral Yoga Distribution for distribution of books, DVD, and spiritual products; the Lotus Conference Center for workshops, retreats and rentals; the Lotus Tea Shoppe for a comfortable atmosphere to relax over a cup of organic tea or coffee and healthy snacks; the Satchidananda Farm that produces organic food for our kitchen, and over 600 acres of woods and hiking trails.

## RESOURCES

You can learn more about Sri Swami Satchidananda and the teachings of Integral Yoga in the following publications:

### BOOKS BY SRI SWAMI SATCHIDANANDA:

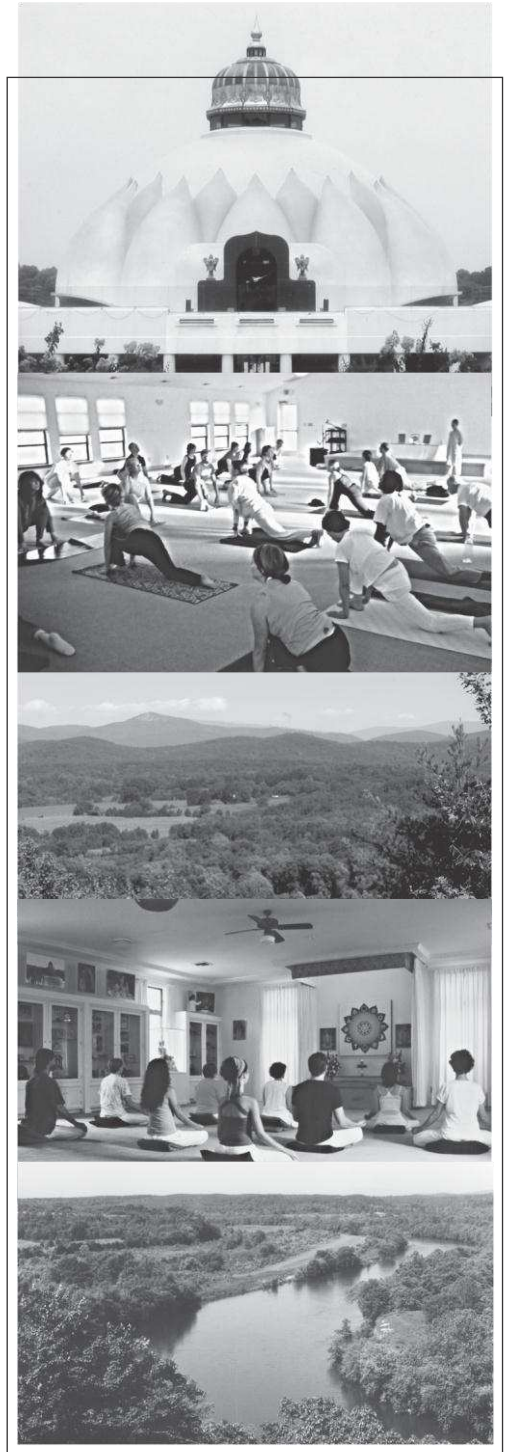
*Integral Yoga Hatha, The Yoga Sutras of Patanjali, The Living Gita, To Know Yourself, Beyond Words, The Golden Present, Apostle of Peace* (the Biography of Sri Gurudev)

### AUDIO AND VIDEO:

*Yoga With a Master*—DVD of an Integral Yoga Level 1 class with Sri Gurudev  
*Integral Yoga Hatha 1*—DVD of the Level 1 class with a senior disciple (1 ¼ hour)  
*Integral Yoga ½ Hour Class*—DVD of a half-hour version of the Level 1 class

Websites:

[www.IntegralYogaPrograms.org](http://www.IntegralYogaPrograms.org)  
[www.Yogaville.org](http://www.Yogaville.org)  
[www.SwamiSatchidananda.org](http://www.SwamiSatchidananda.org)  
[www.Lotus.org](http://www.Lotus.org)  
[www.Shakticom.org](http://www.Shakticom.org)







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**APPLICATION LETTER "SPLIT SESSION"**  
**September 16 – 30, 2012**  
**March 17 – 31, 2013**

**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.

Photo	NAME _____ (Name you prefer to be called, if different) _____
	ADDRESS _____
	CITY _____ STATE _____ ZIP CODE _____ COUNTRY _____
	BUSINESS ADDRESS (if applicable) _____

PHONE# home: \_\_\_\_\_ cell: \_\_\_\_\_ 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)

**Acceptance letters can be sent by: E-mail attachment ☐ OR regular mail ☐ (Please choose)**

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

**(Please continue with application)**

**PAYMENT DETAILS FOR "Split Session"**  
**BASIC HATHA YOGA TEACHER TRAINING**  
(Part 1) **September 16 – 30, 2012**  
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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.)

- ☐ International 10%      ☐ Senior Citizen 10% (65 +)      ☐ Military 10%
- ☐ Student Discount 10%. ID#: \_\_\_\_\_ Name of Institution \_\_\_\_\_
- ☐ Early Bird \$100.00 (offered for **full payment 90 days or more** before course start date.)
- ☐ 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.) **Please note:** There is a 20% discount limit per application.

**Tuition**

Tuition for the Basic Teacher Training Course is: \$1,875

**PLEASE CHOOSE YOUR ACCOMMODATION**

- ☐ Tent: (\$1,260)      ☐ Dorm (\$1,855)
- ☐ Private room/shared bath (\$2,350)      ☐ Private room/private bath (\$2,740)

Total Costs: Tuition (\$1,875) Plus Accommodations: \$ \_\_\_\_\_

Less Discount Requested (Discount given off total cost for tuition & accommodations) \$ \_\_\_\_\_

TOTAL PAYMENT DUE: \$ \_\_\_\_\_

**PLEASE CHOOSE ONE OF THE FOLLOWING PAYMENT OPTIONS**

**OPTION 1:**

- ☐ I am enclosing **payment in full for tuition and accommodation** \$ \_\_\_\_\_

**OPTION 2:**

- ☐ I am enclosing **\$500 initial payment**, and I agree to pay in full by August 16, 2012.

**OPTION 3:**

- ☐ I am enclosing a **\$500 initial payment**, and 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.

Signature \_\_\_\_\_

- ☐ Check enclosed payable to SAYVA.      ☐ Please charge full payment/initial payment to my credit card below.

- ☐ Visa      ☐ MasterCard      ☐ Discover

Acct. No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Credit Card \_\_\_\_\_ Signature \_\_\_\_\_

(Please continue with application)

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

- 1) Describe your current regular Hatha Yoga practice and include how long you have been practicing this way.
  
- 2) 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?
  
- 3) Please describe any Integral Yoga programs or retreats you have participated in.
  
- 4) What other types of Yoga classes and practices have you participated in?
  
- 5) Do you have a regular meditation practice? If so, please describe when you began the practice and what it consists of.
  
- 6) Please briefly describe your educational and/or occupational background.
  
- 7) Please briefly describe your personal and spiritual background and what has inspired you to apply for this teacher training program.

***(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 become 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 any dietary or health restrictions? Yes\_\_\_\_ No\_\_\_\_
- Do you have a communicable disease? Yes\_\_\_\_ No\_\_\_\_
- Do you snore? 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 (**no meat, fish or eggs**) 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 me or my property during my stay.

Signature \_\_\_\_\_ Date \_\_\_\_\_