

Hari OM! Dear Yoga Teacher:

Thank you for your interest in the Integral Yoga Advanced Teacher Training Program. The course is available to all certified Integral Yoga teachers who have completed our Intermediate Teacher Training. A minimum of one-year teaching experience is recommended.

Yoga teachers from other traditions may apply and will be considered by the instructor. We require that all teachers not trained through *Integral Yoga* familiarize themselves with the *Integral Yoga* method of teaching Hatha Yoga by taking classes at the Integral Yoga Institute or from an IY teacher. If this is not possible, you may purchase the DVD *Yoga with a Master* and the *Integral Yoga Hatha I* audio CD from www.Shakticom.org, or IY Distribution at 1-800-262-1008.

The training will be led by Swami Asokananda, who is one of Integral Yoga's most senior teachers. The program will provide you with the opportunity to further update your teaching skills, deepen your practice, and expand your services by learning how to teach a Hatha Level III class.

Advanced asanas and variations, as well as advanced pranayama practices will be presented. The study of *Patanjali's Yoga Sutras* will deepen your understanding and practice of Raja Yoga. You will expand your grounding in the universal teachings of Yoga for personal development and deepening your understanding for teaching.

The course will be run as a split session. Trainees attend both sessions and continue their study between them. The first session is Monday, January 4, - Monday, February 1, 2010. The second session is Monday, August 2 – Monday, August 30, 2010. We will meet on Mondays and Wednesdays from 6:00pm to 9:00pm, and Saturdays from 9:00am to 5:00pm.

The program will also include our annual Teacher's Conference which will be on "Adjustments" with Kristie Home. The dates of the conference are Feb. 5-7, 2010. This is an intensive weekend program that lasts from Friday to Sunday afternoon.

Upon completion of the program you will receive 130 Yoga Alliance hours. The total cost for the program is \$1500 or \$1400 for active S.F. Integral Yoga Teachers. Please return the completed application along with a \$100 non-refundable deposit before the application deadline of Monday, December 14,

2009. Please feel free to contact me if you have any further questions. May your life always be filled with peace and joy, love and light!

OM Shanti,

A handwritten signature in cursive script that reads "Rev. Jivana Heyman".

Rev. Jivana Heyman
Director of Teacher Training
(415) 821-1117 x375
training@integralyogasf.org

Name _____ Date _____

Address _____

_____ Home phone _____

Email address _____

Occupation _____

Business address _____

_____ Cellphone _____

Age _____ Date of birth _____

Please list all Yoga Teacher Training you have completed, including dates.

What classes are you currently teaching? _____

Do you practice meditation regularly? _____ Since when? _____

Please explain why you are interested in taking the Advanced Teacher Training, and how you intend to use the knowledge gained here. Include any other information that you think might be useful. *(If necessary, use back of page or another piece of paper).*

Om Shanthi, Thank you.