

Hari OM!
Dear Teacher:

Thank you for your interest in the San Francisco Integral Yoga Institute's Raja Yoga Teacher Training Program. This is a graduate-level program for teachers who have completed a Yoga Alliance-certified 200-hour Teacher Training program.

This is a rare opportunity to receive thorough training in the philosophy and psychology of Yoga through the in-depth study of *The Yoga Sutras of Patanjali*. This study, known as Raja Yoga, is a comprehensive system for purifying and strengthening all aspects of the individual - physical, mental, social, and spiritual. It is the science of self-mastery, and a guide to higher consciousness.

To give you the ability to share the teachings of Raja Yoga with your students, we will also focus on the skills needed to teach this material. This includes how to prepare lectures; public-speaking skills; leading group discussions; using stories and humor in your presentations, and more. We will also discuss the relationship between Yoga and other major scriptures, and how to incorporate Raja Yoga into all of the Yoga classes you teach.

The total cost for the program is \$900, or \$850 for active S.F. Integral Yoga Teachers. The course runs from Monday, January 10 to Monday, March 2, 2011. We will meet on Mondays and Wednesdays from 6:00pm to 9:00pm, and Saturdays from 1:00pm to 5:00pm. Upon completion of the program you will receive 90 Yoga Alliance hours and a certificate to teach Raja Yoga.

Please return the completed application along with a \$50 non-refundable deposit before the application deadline of Monday, December 20, 2010. Please feel free to call or email me if you have any further questions. May your life always be filled with peace and joy, love and light!

OM Shanthi,



Rev. Jivana Heyman
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training@integrallyogasf.org

Name _____

Address _____

_____ Phone _____

Email address _____

Occupation _____ Date of birth _____

Are you an active S.F. Integral Yoga Institute teacher? _____

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

What classes are you currently teaching? _____

Health and Diet Restrictions: _____

Non-refundable deposit of \$50 enclosed (cash or check only)

In case of emergency, please notify:

Name: _____

Phone: _____

Please explain why you are interested in taking the Raja Yoga 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).*

Agreement: *I wish to apply as a Teacher Trainee and I agree to assume full responsibility for any injuries to me that may occur during the training. I am in good health and any physical illnesses or ailments are clearly stated above. Also, acceptance into this program does not assume that I will be certified.*

Signature _____ Date _____