

# Integral Yoga Teachers Association Newsletter

Volume XIII, No. 5 February 2008



## Spiritual Understanding for a Better World

by Sri Swami Satchidananda

We all have unity and, at the same time, diversity. Physically, mentally and materially we are all different. We do not think the same way. Although we sometimes say we are thinking alike, our thoughts are never one hundred percent the same. Even when we gather for a common purpose, our thoughts are still different. No mind is exactly the same as another mind. Nature never makes duplicates. Scientists say that not even two snowflakes are exactly alike. There is constant variety in creation. Mentally we are different; physically we are different. The only thing in which we are not different is our awareness, our consciousness, the light within—or, as the Bible calls it, the image of God. In that we are all one. The same light is shining through many different colored lamps.

That diversity is necessary because we all have to play different parts in this cosmic drama. Each one comes into the drama with different makeup and costumes. Unfortunately, we do not make up our minds to live up to the truth that we are really all one behind the costumes. That is the reason there is so much chaos in this world right now, even in the religious field. As many of you certainly know, more lives have been lost in the name of God and religion than for any other reason. All the political wars and natural calamities together have not killed as many people.

This shows that there is something terribly wrong in our approach. We are looking at the superficial side of religion and forgetting to go deep into its foundation. If we did, we would find that all the religions ultimately talk about the same God, the same Truth; but somehow we ignore that common base and continue to fight over the superficial aspects. It is time for us to recognize that Truth is one; there cannot be two truths. If we would only realize that, we could enjoy the

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## The Goal of Integral Yoga

The goal of Integral Yoga, and the birthright of every individual is to realize the spiritual unity behind all the diversities in the entire creation and to live harmoniously as members of one universal family.

This goal is achieved by maintaining our natural condition of a body of optimum health and strength, senses under total control, a mind well-disciplined, clear and calm, an intellect as sharp as a razor, a will as strong and pliable as steel, a heart full of unconditional love and compassion, an ego as pure as a crystal, and a life filled with Supreme Peace and Joy.

Attain this through asanas, pranayama, chanting of Holy Names, self discipline, selfless action, mantra japa, meditation, study and reflection.

Om Shanti, Shanti, Shanti,

Ever yours in Yoga,



## Letter From The Editor

Are you as weary as I am of all the political fighting these days?

Like everything else in life, it's a great lesson, a wonderful reminder of how easy it is to forget our essential oneness, focus on the differences and turn that into a fight.

As Yoga teachers we see every day how people are yearning for peace. And, of course, we share with them techniques that can help them to find it. We can also periodically search ourselves to find the areas where we create mental separation from others. Don't get discouraged when you find this in yourself. Even advanced yogis deal with this strong human tendency. So, be glad when you notice it in yourself; it means you have another opportunity to further purify your mind and heart and become a better example to others.

I've had the great blessing to be present as Sri Gurudev and other spiritual leaders discussed their different views and approaches. I was able to see their honestly affectionate expression of varied opinions. They honored one another; they listened to each other; they often laughed.

Can we all do the same thing? I believe we can. Certainly Integral Yogis—who have Sri Gurudev's vision of love and

## Integral Yoga® Teachers Association

Founder: Sri Swami Satchidananda

The Integral Yoga Teachers Association is a membership association open to all Integral Yoga teachers. Its mission is to provide mutual support and spiritual fellowship, to share information, to provide inspiration, and to conduct ongoing training and guidance.

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genuine respect for people of all persuasions as one of the primary teachings—can aim toward having this attitude in every area of our lives. Sri Gurudev's article in this issue is a beautiful inspiration for this goal.

On September 11, 2001, after the terrorist attacks on the United States, Gurudev met with all who could come together in Sivananda Hall. Amidst his gentle, comforting and loving guidance, he remarked how there were suddenly no political parties. Suddenly, all the political parties worked together with common understanding. All the separation was swept aside.

Of course, the thoughts of political separation came back all too soon. But it was a glimpse into life with people genuinely working together. If each of us can keep this at the forefront of all we do, perhaps it will be contagious. Perhaps future generations will enjoy political discussions that are considerate, respectful and, even, fun.



Om Shanti,

Rev. Prakasha Shakti



## Inspiration for 2008: Thou Art Divine

Sri Swami Sivananda

Thou art divine. Live up to it. Feel and realize thy divine nature. Thou art the master of your destiny. Do not be discouraged when sorrows, difficulties and tribulations manifest in the daily battle of life. Draw up courage and spiritual strength from within. There is a vast inexhaustible magazine of power and knowledge within. Learn the ways to tap the source. Dive deep within. Sink down. Plunge in the sacred waters of immortality. You will be quite refreshed, renovated and vivified when you go to the divine source and realize: I AM THE IMMORTAL SELF.

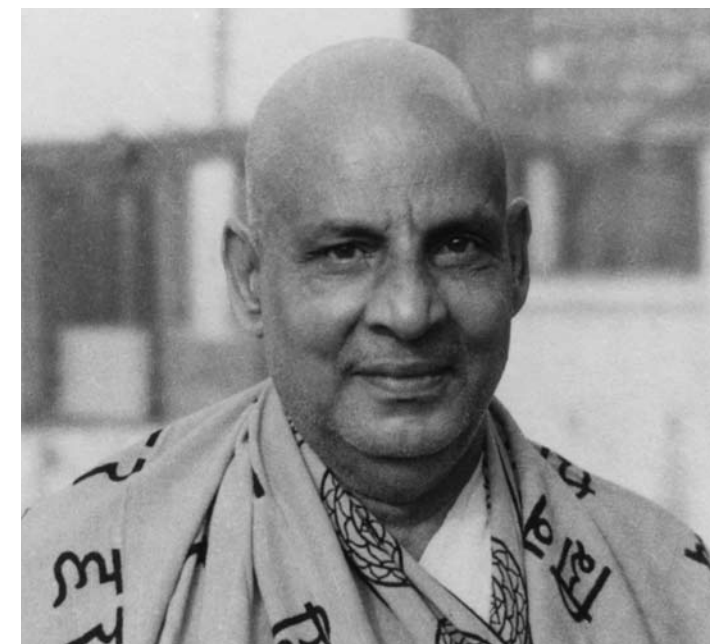
Understand the laws of the universe. Move tactfully in this world. Learn the secrets of nature. Try to know the best ways to control the mind. Conquest of mind will enable you to go to the source of Soul-Power and you then realize: I AM THE IMMORTAL SELF.

Do not grumble when troubles and sorrows descend upon you. Every difficulty is an opportunity for you to develop your will and to grow strong. Welcome it. Difficulties strengthen your will, augment your power of endurance and turn your mind toward God. Face them with a smile. In your weakness lies your real strength. Thou art invincible. Nothing can harm you. Conquer the difficulties one by one. This is the beginning of a new life, a life of expansion, glory and divine splendor. Aspire and draw. Grow. Expand. Build up all positive virtuous qualities such as fortitude, patience and courage that are dormant in you. Start a new life. Tread the spiritual path and realize: I AM THE IMMORTAL SELF.

Have a new angle of vision. Arm yourself with discrimination, cheerfulness, discernment, alacrity and understanding spirit. A glorious, brilliant future is awaiting you. Let the past be buried. You can work miracles. You can do wonders. Do not give up hope. You can change the unfavorable circumstances into best possible ones. You can nullify destiny. Many have done this. You can also do so. Assert! Recognize!! Claim thy birthright now!!! THOU ART THE IMMORTAL SELF.

Destiny is your own creation. You have created your destiny through thought and actions. You can undo the same by right thinking and action. Even if there is an evil or a dark antagonistic force to attack you, you can diminish its force by resolutely denying the existence of evil or resolutely turning your mind away from it. Thus you can disarm destiny. The one thought "I am the Immortal Self" will neutralize all evil forces. Wrong thinking is the root-cause for human sufferings. Cultivate right thinking and right acting. Work unselfishly in terms of unity with Atma Bhava (feeling that the one Self dwells in all). This is right action. The right thinking is when you think: I AM THE IMMORTAL SELF.

There is no such thing as sin. Sin is only a mistake. Sin is a mental creation. The baby-soul must commit some mistakes during the process of evolution. Mistakes are your best



teachers. The idea of sin will be blown in the air if you think: I AM THE IMMORTAL SELF.

Don't say: "Karma, Karma. My Karma has brought me like this". Exert. Exert. Do Purushartha (deliberate and conscious action). Do Tapas (austerities). Concentrate. Purify. Meditate. Don't become a fatalist. Don't yield to inertia. Don't bleat like a lamb. Roar "Om Om Om!" like a lion of Vedanta. . . What others have done, you can also do. There is no doubt of this. You can also do wonders and miracles if you apply yourself to spiritual Sadhana, Tapas and meditation. . . Be steady and systematic in your spiritual practices. Shine in your native, pristine Brahmic glory. Become a Jivanmukta (liberated being). Remember: THOU ART THE CHILDREN OF IMMORTALITY.

Feel that the whole world is your body, your own home. Melt or destroy all barriers that separate one person from another. Develop Viswa-Prem, all-embracing, all-inclusive love. Unite with all. Separation is death. Unity is eternal life. Feel that this body is a moving temple of God. Wherever you are—whether at home, office, etc.—know you are in the temple of God. Every work is an offering unto the Lord. Feel that all beings are images of God. Transmute every work into Yoga or an offering unto the Lord. Feel that God works through your hands, that One Power works through all hands, sees through all eyes, hears through all ears. You will become a changed being. You will have a new angle of vision. You will enjoy the highest Peace and Bliss!

from *Yoga Samhita* by Sri Swami Sivananda

For much more inspiration from Master Sivanandaji, visit: <http://www.dlshq.org/>

# Making a Life of Teaching Yoga

*Interview with Jai Luster by Nateswari*

Jai Luster has been practicing and teaching Integral Yoga for over three decades and presently runs an Integral Yoga Center in Highland Park, Illinois. Jai, who lived at Satchidananda Ashram in Connecticut between 1972 and 1979, now facilitates workshops on pranayama, meditation and the Yoga Sutras of Patanjali. He is certified in Phoenix Rising Yoga Therapy, Primary Thai Massage and Ayurvedic Deep Tissue Therapies. He has raised two children and lives with his wife Joy. For 18 years, Jai was a Senior Executive Director at Mesriow Financial, serving as an international money manager. Today, he is Executive Director of the Luster Learning Institute—a not-for-profit organization dedicated to using Yoga-based techniques to support increased self awareness, emotional stability and life success within schools serving Kindergarten through 12th grade students.

We interviewed Jai when he was last at Yogaville leading a weekend program. Jai is a charismatic and intelligent Yogi who has taken his Yoga off the mat and into the world to serve in a noble and ambitious way. We hope this interview will uplift and inspire you to balance your life and be all you can be as Yogi in the world, in the classroom or in the meditation hall.

## What drew you to Integral Yoga?

I was 22 years old when I first meet Gurudev and was introduced to Integral Yoga. Gurudev was speaking at the first Whole Earth Fair in 1971. Upon seeing his stature, gracefulness and hearing his voice, I knew I was seeing a man who was living the wisdom he espoused. A few days later I took my first Integral Yoga Hatha class from Asangan Binstock at the small Integral Yoga Institute in Boulder, Colorado. A deep spiritual connection occurred during that first experience. On top of that, the other students were friendly and looked sparkling clean and happy. I liked that the main focus was on spiritual and emotional well-being and not just on the physical. In those days IYI classes were given on a donation basis with no fee suggested. I really liked that the attitude was the teachings were freely given, and the simple unmarked donation basket at the door reflected that belief. After the first day I came back for Hatha class five days a week for the next six months. Finally, Gurudev visited the small candle making factory I had with a group of hippie friends. After a thorough inspection, and as we were leaving, he took me aside and said, “I came here today to see you not your friends. Leave these people and move to Yogaville.” Three months later, I packed up everything I owned in a van and moved to Yogaville in Pomfret, Connecticut – candle business, long hair and all.

## When did you do your teacher training in Integral Yoga?

Back in 1972 in Boulder.

## What was it like knowing Gurudev?

Meeting Gurudev was always a mystery and felt like a new adventure. This was true the first time I met him and the last time I saw him, shortly before he left his body. The connection was always highly energized; and my mind seemed to become clear and calm, while my heart opened beyond anything in my normal daily life. My senses were often enhanced in his presence or just from thinking about him. I felt as if I had known him forever and that I was in the presence of my father and protector. I remember having the privilege of driving Gurudev to one of the lectures he gave in Denver in the early 1970s. I had to introduce him to someone at the TV studio and mispronounced his name. Oops! He turned to me, looked directly into my eyes and said, “After so many lifetimes together, you still cannot get the name correct?” I looked at him and we both broke out in the biggest smiles. I knew I was home at last.

## What was life like at the Connecticut Ashram?

There were only a few dozen of us at the beginning. I arrived within six months of the Ashram opening in Connecticut. We were young, and it was fun and new to everybody. I remember Mataji, Asokanandaji and many of the people who are now at the Virginia Ashram arriving as very young people. It was like a family, and it was a socially uplifting experience. Everyone at the Ashram attended the weekly family meetings, where a mixture of impatience, fun, laughter and complete chaos reigned. I ran the candle shop and helped out with the Teacher Trainings as they began to develop. The winters were cold. The original Ashram building in Pomfret Center had an antiquated heating system, no insulation and thin drafty windows. We wore our down parkas day and night. You could see your breath in the mediation hall some mornings. We would have the most unusual visitors from all over the world; and, since there were so few of us and we all lived in one large building together, we were able to meet all of Gurudev’s guests. Gurudev might drop in to see us at any moment. This made life a little on the edge, to say the least. He was watching our group sadhana records from morning mediation and occasionally would scold the entire Ashram for not meeting the standards. Of course it would settle down soon afterward. It was a very personal time to be with Gurudev, and my life was completely transformed by the seven years I lived in his presence at the Connecticut Ashram.

## Why did you leave?

I decided that living a celibate life was not what I wanted, and the reclusive life of a monk brought up great loneliness for me. Although I was successful in my college years as a student, I felt the need to be successful out in the world of

competition and business. I grew up in a family that valued material success, and that early role modeling seemed to have a powerful influence as I reached my early 30s. So I decided to move out of the protected Ashram environment. Gurudev supported the decision and assured me that I would gain strength from finding success in the world. He said I would develop the same fortitude, intentionality and discipline that I would need for spiritual success.

## So where did you go and what did you do?

I got married at the Ashram and left with my wife and had two children. I got a demanding sales job in New York City working for an independent phone company that emerged after the break-up of AT&T and sold phone systems to large corporations. I walked in and applied and told them I could do the job, and they believed me. I bought my first suit at age thirty-one, put it on and went to work. I did very well and moved to Chicago and became an international money manager for Mesriow Financial, where we built an asset base of institutional customers. I worked at this for eighteen years and retired in 2000. The funds I started now manage over \$12 billion.

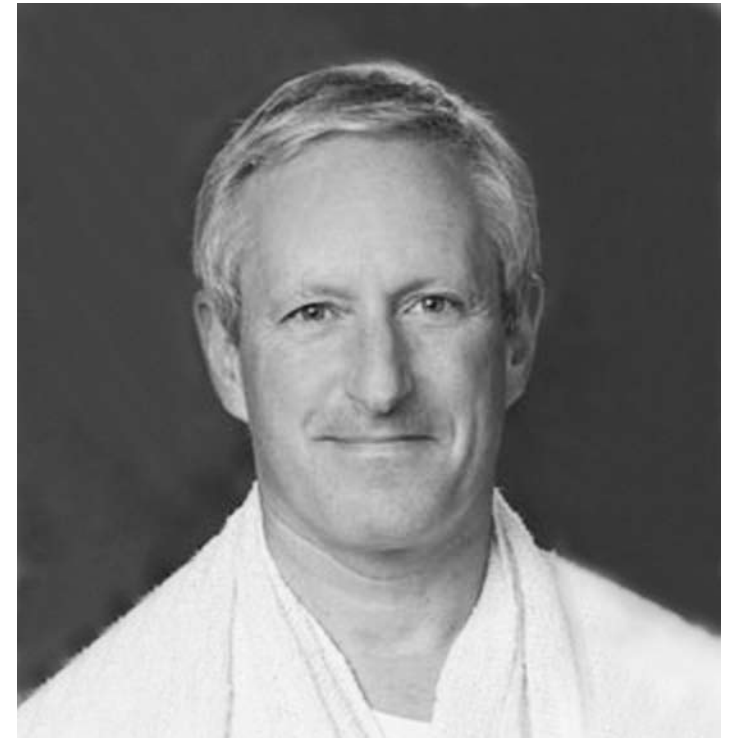
Throughout those 18 years, I taught two Yoga classes a week through the Parks and Recreation departments in my suburb of Chicago. I would get off airplanes from visiting customers and drive directly to teaching. For many years, I had 40–60 students in my classes. Within the last few years, attendance has dropped because people can take Yoga for free as part of their health club memberships and there are Yoga studios on every corner. I still teach the classes and have some students who have been with me for many years.

## What did you do after you retired?

Originally, I wanted to start a Yoga business offering Yoga classes in the corporate setting but quickly realized that this would not be the right environment. I wound up teaching a Yoga class at a teaching college. It was a very steady group of teachers and administrators, and they invited me to speak at a gathering for school principals. The principals then asked if I would teach the teachers how to lead Yoga for their students in the classroom.

## Was this the conception of the Luster Learning Institute?

Yes. Two years ago, I founded the Luster Learning Institute, which is a not-for-profit educational corporation. We have developed our own curriculum and training programs that empower K-12 grade school leaders and faculty to facilitate an organized system of techniques proven to reduce stress, bullying and lack of emotional control. We offer two programs: Calm Classroom and Yoga PE. Calm Classroom



trains teachers to instruct a series of self-regulatory exercises (seated backbends at the desk, ringing a bell followed by observing silence, breathing techniques to calm and quiet the mind) that are implemented in the classroom to help students remain focused, manage stress and effectively complete assignments. Yoga PE is a user-friendly style of Hatha Yoga that is part of the PE program that focuses on the physical benefits of traditional Yoga poses.

## How did you launch this ambitious program?

It has taken us almost two years to actually be ready to serve schools in Illinois. We had to do a lot of fund-raising and grant writing because schools just don’t have money for this kind of thing. I have had to fund our early operations with my own capital, but we are starting to see schools enroll in our trainings and wealthy individuals begin to donate funds for our continuing operations. I have been able to use my 18 years of business experience and my personal Chicago contacts to get an audience with school leaders to tell them about the program, and they have been receptive. You have to be a not-for-profit or they won’t even hear what you have to say.

Every school is concerned about anything that could be construed as religious, spiritual or mind control. So I had to strip out the chanting of OM and mantras and the use of Sanskrit and assure the leaders of these schools that these techniques are purely intended to relax the students and teachers, help them concentrate and control their emotions.

I also had to find a way to make the trainings work within the framework of the school schedule. Teachers are busy and generally do not have the time and energy to devote to after-school trainings; so we have to coordinate our on-site trainings into the school day and supplement the trainings with a DVD program that the teachers can actually use in the classrooms. All of this often leads to a one-to-two-year time frame to create the opportunity to actually give the training in a school. So far, we have given training to more than 2,000 students and their teachers. Amazing results have occurred. We have done studies that have shown that these practices work and it is our goal to have this program in every school in the country.

### Where are you on your spiritual path today?

There is still plenty of room for developing a more regular formal meditation and Hatha Yoga practice. I have the great fortune of being able to teach Yoga, pranayama and meditation three times a week, which I find leads me to my deepest inward journeys. I believe that Gurudev's grace and just the mystery of my past deeds must be graciously helping me grow spiritually in this life. On the level of my physical, social and psychological existence things that had disturbed my peace in the past seem not to cause as much turmoil within me. I smile more often. I am less tense in almost every situation and often have the common sense to limit my involvement with harsher realities whenever this is possible. I can more quickly take the cues from my environment that let me know if my mental outlook is contributing to creating or maintaining a negative environment. I love people more easily, and I criticize myself and others less often. A little less gossip seems to interest me.

### What is it like having a Yoga business?

It is perfect for me. I get to use my business skills and teach school teachers how to bring meditation and Hatha Yoga to their students. A special bonus is that I am getting to resolve some of my own childhood issues regarding social and emotional difficulties and resistance that I experienced while in the Chicago public school system. This work has been healing for me.

Do you have advice for anyone who is considering teaching Yoga in the schools?

If you are going to do something of this magnitude, you have to have strong business skills or get a partner who has them. You have to ask yourself the following questions: Do I really want to teach Yoga to kids? Do I really want to run a Teacher Training business? Do I have the capital it takes to wait out the two or three years it may take to get the business rolling? If you simply want to teach Yoga in the schools, then the standard after-school programs are the way to go. As we grow over the next two years we will be offering opportunities for teachers in cities throughout the country to work with us. If anyone is interested in pursuing this type of work, they can contact me at [Jai@lusterlearning.org](mailto:Jai@lusterlearning.org). I encourage everyone to check out our website: [www.lusterlearning.org](http://www.lusterlearning.org).

## An Invitation to Serve

from Swami Divyananda



Hari OM and greetings from blessed Yogaville!

Every year Yogaville is growing a little bit. New activities, new faces, new services and new additions to our sangha—and, every day there is a little more Peace.

Our core membership consists of nearly 100 people who are here year-round. All of us are conscious of the privilege of serving the mission of Sri Swami Satchidanandaji, and we reap the soul-satisfaction of making our small contributions. Some of us receive a stipend to cover expenses and support our households as required. Others are in a situation which allows them to serve purely as Karma Yogis.

Change being the nature of things, in the course of a typical year ten positions open up to be filled by new members—either because one of our members has moved on or because one of the departments has expanded.

Would you be interested in serving in this way? If so, we welcome your application and will notify you as openings occur. For the most part, we are interested in commitments of a year or more, but we also have seasonal positions throughout the summer months.

If you are interested, please contact:

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## Spiritual Understanding for a Better World

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variety in our expression of that Truth. Variety is the spice of life, no doubt. We need it for enjoyment. If we were all the same—looked the same, thought the same—I think this world would be a very boring place. The varieties add charm to our life.

Think about food for a minute. Each person likes something different. But even though our tastes may differ, we would not deny other people because of that. We do not cast them aside: “You are bread and butter people. Go away! I like salad. Everybody should eat salad. Anyone who eats something else is wrong.” Fortunately—so far at least—we have not started separating people in the name of food.

We know that there is only one purpose for eating, though we may eat many foods, and that is to satisfy our hunger. This is an excellent example of the unity in purpose and the variety in expression. Life should be like that. When we forget that unity, the variety is not fun anymore. It becomes a basis for fighting. If we could remember that unity always, we would find real peace, harmony, and joy in the world. There is nothing else to be done. It is the lack of this understanding that has created all the wars and the crisis that we are in now. Mere scientific discovery is not to blame. The scientists themselves are not to blame. The fault is in the way we use the scientific discoveries.

All these wars are created by human minds that seem to lack the proper understanding. My sincere wish and prayer is that one day we will all realize our essential oneness, enjoy our differences and live together as one universal family.

That is why we built the LOTUS (Light Of Truth Universal Shrine). It is one shrine dedicated to the light of all faiths and to world peace. I am finding that the LOTUS is much appreciated by everyone, everywhere I go. I tell them clearly, “If we want to put an end to all these worldly problems, whatever they are, we should go to the very root. The root cause for all this disharmony is the lack of spiritual understanding.” It is from ignorance of our spiritual oneness that we commit crimes, deny each other, kill each other, rob each other.

The cause of hunger in our world is the lack of spiritual understanding, and the solution is to see the same spirit in everyone. The same is true of all the crimes, whatever problem you look at. If I love you as my own Self, will I sell cigarettes and pollute your lungs just to get your money in my pocket? If there was this kind of love in the world, would we see so much pornography? Even young children are not spared. Why? For what? For money. Is it not so? It is such a shame.

The root of all these problems is this lack of spiritual understanding. That is why whatever we do to treat these problems will bring only temporary results. We can only eradicate the problem completely if we go to the very root of it and treat the cause. That is where spirituality comes in. Our spiritual or religious education should bring us together—respecting everyone's religion, race, culture and so on. It

should make us feel that we are one family, a world family. No matter what you are, where you are, what your faith is, you are my brother, my sister.

The LOTUS is only a beginning. Our aim is to educate people: “Let us not fight in the name of religion. Let us know that we are all one in spirit.” The moment that kind of understanding comes (the realization that we are all essentially one in spirit although we appear as many), all of our physical and material problems will be solved. Until then the problems will continue.

There is no shortcut to this end. We have been trying to solve our problems in many different ways, but we have not tried to treat the basic cause. Now the time is right. We are slowly beginning to understand the cause for all our health problems, and we are slowly beginning to change our eating and living habits. We are trying to eliminate all the poisons that come into our systems. More and more people have stopped smoking. More and more people have stopped taking meat, refined sugar, alcohol. Why? Because everyone is becoming aware that so many of our physical diseases and mental difficulties stem from wrong living and wrong eating.

In the same way, until and unless the basic cause for all our world problems is eliminated, all the relief our solutions bring will be temporary. It is like painkillers. You may have killed the pain, but you have not rooted out the cause. If you have weeds in your garden, do you simply pluck the stems and the leaves? No, you dig deep and take them up by the roots. Otherwise, they just keep coming back. If the root cause is there, the problem will still return.

And the root cause is that we do not see our own spirit. We are all one spiritual family, and we should all be taking care of each other. Anything that is done to bring this kind of understanding, to bring this knowledge to people is the greatest charity. There are charities that put food on tables today, and I am very happy about that. They perform a great service. But it is also important to eliminate the cause of starvation. If we eliminate the cause, there will no longer be starving people to feed.

Let us come forward to make this a reality. I am not talking just about the LOTUS, I am talking about making this understanding a reality. Wherever you go, talk to people. Tell them, “We may look different, even think differently; but we are all one in spirit. Hello, my sister. Hello, my brother.” Care and share, love and give. Apply it in your own life. Then you are carrying a LOTUS in your heart. And that LOTUS light will shine within and without. Please let us all do our share. Nobody is insignificant. Everybody, even a little child can do something. Let all the minds think in these terms and come forward to do something so that the entire creation may be filled with Peace and Joy, Love and Light. Om Shanthi.

from *Peace is Within Our Reach* by Sri Swami Satchidananda

## A Wonderful Way to Bring in the New Year!!!



Rev. Manjula Spears

Richard Panico, M.D.

This December 29th –January 1st marked the first of what will become an annual event sponsored by the Athens Regional Mind/Body Institute. MBI offered their first New Years Silent Retreat and to say it was a success is quite an understatement.

The retreat was held at the Center for New Beginnings nestled in the mountains of northwest Georgia near Dahlonega. Retreatants found themselves in a beautiful natural setting perfect for reflection and creating a clear vision for the New Year. The center is conveniently located about an hour and a half from Athens. The vegetarian fare far exceeded everyone's expectations with cheerful attention to accommodate all special dietary requests. We were provided with a classroom that was perfect for our needs.

Some quotes from participants:

*"The accommodations were very adequate; I appreciate the proximity to home, also the feeling of being away from it all."*

*"I never thought vegetarian could be so good."*

The daily schedule supported group spiritual practice, beginning with early morning meditation, gentle Hatha yoga and a program that included guided exercises designed for self inquiry and a deeper understanding of mindfulness. The retreat was designed to keep the group engaged in the meditative process even during the spaces provided to walk,

journal, reflect, explore, rest or read. The incredible Hatha yoga classes lead by Manjula Spears helped participants to make major breakthroughs in their practice. Each day was spacious, enhancing the experience of what it is like to be with oneself in silence. Evening programs were lighter and reserved for fun. This seemed to support the open heart created by the mindfulness exercises and the silence.

The participants were a marvelous blend of people with different levels of experience in the practices of yoga and mindfulness. Everyone met their goal of observing silence for this extended period of time. The result was a real sense of accomplishment as well as transformation. It took no time at all for the development of a deep sense of connection between the members of the group. Each person involved including the teachers and support staff reported a meaningful and transformative experience.

*"I am definitely leaving here with a better grasp of mindfulness and the desire to live with an open heart. I appreciate the spiritual growth and look forward to living it"*

*"The goals were stated clearly but who knew what would happen? The retreat more than met my goals. I feel a rising sense of transformation—who knows what, will happen and that is amazingly good!"*

*"I appreciated all I learned in Hatha Yoga—there were some real changes over the days in flexibility as I relaxed into the postures."*

A spontaneous reunion occurred at MBI on Wednesday (the day after the retreat ended) and the joy the participants felt in seeing each other was quite evident.

Learning with Rich and Manjula is wonderful. They have the ability to lead the participants into deep transformative places and at the same time make learning these principles so much fun.

*"I feel so lucky to live in Athens, able to take classes from Rich. He is a phenomenal teacher and I am grateful."*

*"Rich makes the process of meditation seem accessible... He is so encouraging that he makes me want to deepen my practice and open new vistas."*

*"Manjula is a breathlessly effective teacher. I am so lucky to have weekly classes with her."*

*"Hatha Yoga was a joy! Manjula was great teaching the movements and I appreciated her open loving kindness."*

*"Dr. Panico and Manjula were able to lead Yoga and guide meditation and mindfulness very effectively."*

*"This was more beneficial than what I anticipated. I would definitely recommend this program to other people."*

*"I feel like my focus is much clearer and I have a new vitality in my purpose."*

*"This retreat is a wonderful way to start the New Year."*

We want to thank Helene Santoshi Hendon, for her contribution to our experience. She was energetic and very effective. She also debuted as a yoga teacher providing a fun exercise to break the silence. We would also like to say thank-you to all the participants for making this a very special way to bring in the New Year.

If this program sounds interesting to you, let us know and we will be happy to make sure you receive information about our next retreat. Contact MBI @706-475-7330.

## Satchidananda Ashram Yogaville®

Enjoy fresh air and a serene country setting.

### March–May 2008 Programs



#### Yoga for People with Cancer Teacher Training (Part I)

Jnani Chapman, R.N.  
May 4–11, 2008

#### Mandala Blossoming of the Soul

Judith Cornell  
March 14–16, 2008

#### Anatomy of Hatha Yoga Intensive

Paul Grilley  
March 26–30, 2008

#### Spring Silent Retreat: Finding Your True Foundation

It's Not What You Do, It's Who You Are...

April 10–13, 2008

#### Laugh-A Yoga Certification

Combining the Joy of Laughter and the Bliss of Yoga

Bharata Wingham  
April 18–20, 2008

#### Yoga and Scoliosis

Elise Miller  
May 16–18, 2008

#### Inner Tantric Yoga

David Frawley  
May 23–26, 2008 (Memorial Day Weekend)

1-800-858-9642 [www.integralyogaprograms.org](http://www.integralyogaprograms.org)

# Bending Over Backward

by Lakshmi Sutter

My assignment this quarter was to write an asana article with the following in mind: "Opening to whatever is ahead, moving forward/forward movement, a fresh new year, adventure."

Of course, backward bends came quickly to this mind. Why? Undoubtedly, you've noticed that daily life-as-we-know-it often creates barriers. Emotionally, we build protective walls. Physically, our shoulders draw forward, the chest slumps and we hang our heads in despair. We all have a "flexion bias" – a movement toward a fetal position – that position where we spent the first months of our own development. It is a safe resting place – one that protects our vulnerable soft side. In my experience, backward bends are the least favorite types of poses for beginning students because they invite us to exist in a space so very different than the protective fetal position we know so well.

Backward bends invite us to expand that area of physical vulnerability (the chest and belly) to encourage us to open to events ahead of us. When we accept that exposure, we are able to move forward to accept fresh new adventures in the days, months and years ahead. If we can learn to embrace them, backward bends can help us to re-discover the relationship between an open heart and asanas, as well as the expression of fearlessness that so many great Yogis achieved.



Lakshmi Teaching Matsyasana

Teachers tend to focus on flexibility in asana, and especially in backward bends. Yogins are able to achieve flexibility most safely from a position of strength; joints are healthiest when they are both flexible and strong. Following are suggestions for how to begin incorporating strength building into your backward bends. Once the muscles supporting a joint are strong, flexibility is most safely achieved.

## Safety in Backward Bends

When practiced safely, backward bends encourage flexibility and strength in the spine. The primary movement of backward bending, called spinal extension, can be easy for some to do, especially in the cervical and lumbar spine. The thoracic spine – that area of the spine where our ribs attach – moves in this direction less easily. Because of our bony structure, it's important to keep some safety tips in mind.



## The Cervical Spine

The neck moves into extension rather easily, so it is always important to create space between the vertebrae before moving the neck into extension. This may be second nature to you by now, and it's important to help your students to also build that awareness. The facet joints within the cervical spine are a bit delicate, requiring that even this most basic of movements be approached with caution.

Consider your neck to be like a turtle, needing to lengthen to peek out before beginning its movement back in space. Once the imaginary turtle's head has peered out, then it's safer to lower the head backward or look up (depending on the starting position). Practicing this movement dynamically in a prone position, such as the preparatory position for Bhujangaasana (cobra), can build the musculature that safely supports this movement. Move slowly with the breath and exaggerate the lengthening movement before gliding into extension.



Bhujangasana Preparation

## Bhujangasana Execution



## The Thoracic Spine

The attachment of the ribs to the thoracic spine limits excessive spinal extension in the middle of the back. The spine naturally curves toward the posterior in this region, and we do not wish to reverse that direction. We do wish to encourage gentle movement between each vertebra to ensure that the joint remains healthy. To keep the spine strong and prevent a structural return toward the fetal position, many of us benefit by strengthening the space between the shoulder blades – the middle trapezius muscle.

One way to begin strengthening this area is to practice cow and cat with the awareness right between the shoulder blades as you move rhythmically with the breath. During spinal extension (cow), draw the shoulder blades together and down the spine – really squeeze them toward one another. It can be quite useful to have a fellow yogi place fingers lightly on this area until you can comfortably find the feeling when the shoulder blades touch. It is quite likely that your shoulder blades are further apart than you realize! During the cat part of this movement (spinal flexion), widen the area between the shoulder blades just as far as you comfortably can. It can be helpful to imagine holding onto a small object, such as a pencil during cow and encouraging it to roll off the back during cat.

## Kapotaasana 2



## The Lumbar Spine

Many of our bodies are quite "bendy" in the region of the lower back. Many Yogins will have great flexibility, but close examination shows that the bend is coming from a single joint or two – creating more of an "L" shape than a gentle rolling "C" throughout the lumbar spine. When moving the lumbar spine into extension such as in dhanuraasana or chakraasana, check that there is a continuous curve of the spine from the pelvis to the ribs (and, in fact, up the entire length of the spine). An extreme bend in such a limited area will often occur where the lumbar spine meets the sacrum and is not recommended.

If you find that your bend happens from a specific area rather than a full rounded curve, consider reducing the extension in your spine and work on strengthening the musculature around the joints of the entire low back such as is done during dynamic Salabasaana, or locust pose. Again, move slow and rhythmically with the breath. After a few dynamic rounds, hold the position for several comfortable breaths.



Setu bandhaasana

## Bringing Backward Bends into your Practice

We all know souls who bend over backwards to serve our every need. Backward bends are energizing and invigorating asanas that open our chests physically and our hearts emotionally. Try focusing on backward bends in your morning practice for a month to learn what happens for you. If journaling is a helpful practice to you, jot down anything you might be noticing in your life and see if there is a relationship to any change in your practice. After the month, review anything you may have learned about your own practice. Most of all, have fun with these invigorating asanas!

### Week One

Emphasize strength building in your regular practice of backward bends. Begin simply with awareness of the muscles that are contracting to bring you into the position. Note how this affects your asana experience, if at all.

## Week Two

Add a few more backward bends to your regular sequence. If time is an issue, after adding the extra backward bends, limit the other types of poses (forward bends, inversions, twists) practiced each day. Note how your body and mind adapt to additional backward bending.

## Week Three

Find aspects of backward bending in every asana that you practice – even as you approach the opposite – forward bends. For example, try bringing the spine into a mild extension before moving into a forward bend. Hold the forward bend at a point just before you lose the spinal extension. You might also practice kapotasaana (pigeon) as a backward bend before moving into a forward bend, or setu bandhaasana (bridge) as an inversion, etc. Is there a way you can gently encourage the spine toward extension as you move through your regular practice?

## Week Four

Find elements of spinal extension in all the asanas you practice within all the major categories. Note any differences in your practice. Keep what works for you as you continue to explore how what you practice on the mat every day is reflected in your daily life off the mat!

Happy bending!



*There is a vitality, a life-force,  
an energy, a quickening that is  
translated through you into action,  
and because there is only one of  
you in all of time, this expression is  
unique.*

*And if you block it, it will never  
exist through any other medium and  
it will be lost. The world will not  
have it.*

*It is not your business to determine  
how good it is nor how valuable  
nor how it compares with other  
expressions.*

*It is your business to keep it yours  
clearly and directly, to keep the  
channel open. You do not even have  
to believe in yourself or your work.  
You have to keep yourself open and  
aware . . .*

*Keep the channel open.*

*- Martha Graham*

# Back into the World as an Integral Yoga Teacher

A TT Graduation Address by Sharona

Hari OM. Good afternoon.

It is my deep honor and great privilege to be asked by you to speak to you, my classmates, and our friends and family on your behalf.

At first I was daunted by the task. How could I find words to express the frustration, the exhaustion, the confusion, the challenge, the transformation, the compassion, the depth, the breadth, the joy, and ultimately, the grace of these past 4 weeks? How can I, in just these few moments, express the intricate spell we cast as each of our unique journeys intersected, our strengths and weaknesses interwove, and we created a tapestry, a magic Yoga rug of sorts, which has lifted us all to loftier heights and wider perspectives?

And besides, how was I ever going to find the time?

We are a diverse group..... 30 individuals from 4 continents, 6 countries, 13 states, ages spanning almost 4 decades. In the All Faiths Hall at LOTUS there is a quote by Sultan Bin Salman al-Saud, grandson of the king of Saudi Arabia, and an astronaut on a 1982 voyage of the Space Shuttle Discovery. Looking back at the Earth from space, he said. "The first day or so, we all pointed to our countries. The 3rd or 4th day we were pointing to our continents. By the fifth day, we were only aware of one Earth." For this class, it seems the opposite is true. From the moment we came together, we were immediately bonded as ONE under the kind radiance of Swami Divyananda. Over the month, we gently explored our differences; and the reality of our separate villages that we must now return to is only beginning to dawn on us.

It is no coincidence that we all came together at this time in this amazing place. For myself, I know that each and every one of you has touched me in some unique and very special way, and I suspect you could all say the same. We've been taught that we need to "nirodahah our vritti" so that our mirrors reflect back to us an undistorted view of our True Selves. Working, living and playing so closely, we've all served as mirrors for each other, and each time we caught a sacred glimpse, some crack was mended, some distortion was ironed out, and we have become more of who we really are.

Lest our audience think we have only spent this time studying, cleansing our bodies, and purifying our hearts, they're right. And still, some of the most edifying moments came, as they always do, in between the schedule, in impromptu moments when our love and exuberance poured out in spontaneous floods.

I'm recalling our dance party in the laundry room after Satsang on the first Saturday.... The following Monday we were gently scolded by Swami Divyananda, who exhorted us to carefully guard the shakti built up in kirtan and satsang,

to use it mindfully, and—after mindful consideration—to fully enjoy the party!

In the women's dorm, we giggled away many evenings, sharing stories, songs, clothes, massages, asanas, manicures and pedicures. There were always shoulders to cry on, arms to be held in, and laughter to heal.

On behalf of all the new teachers in this fall training, we'd like to thank Sri Swami Satchidananda for his limitless vision and unfailing guidance. To all our teachers and assistants, we give our Love and a deeply felt OM SHANTI. And to the whole of the Yogaville Community, heartfelt THANKS for holding space and doing the myriad of tasks involved in feeding, housing and incubating fledgling teachers. We each came here with the intention of learning how to teach Hatha Yoga. We each leave here with the knowledge that our certificates are the most incidental of the many gifts we have received.

Just as each of us is taking away the love and learning we have been gifted, we are also leaving behind our indelible mark on the Ashram. Yes, they've seen numerous trainings, each unique and each blessed in its own way. Yet, we should not underestimate the love, the light and the shakti contributed by all of us. Because of us, in unquantifiable ways, ideas have been spawned, minds have been turned, people showed up in the right place at the right time, and all of existence has shifted by a small yet significant degree.

As we leave here and return to our worldly lives, we each wear an invisible bracelet that reads "WWGD—What would Gurudev do?" Some of us will follow this yogic path closely and carefully, and some will take side roads. Still, we will always carry the teachings, we will always know when, where and why we are "straying," and we will always know how to find our way OM.

To my classmates, go out and be inspirational teachers, give of yourselves, and know that all you give will come back one thousand-fold. In the words of Sri Swami Sivananda, "Do good and be good."

Know also that there is a new song in my heart for each of you, and I will rejoice in the times to come when we will sing it together.

Ultimately, there are only two words necessary to sum up our experience: GRACE and LOVE. It was GRACE that brought us all together here in this wonderful place in this spectacular autumn, and it is the nonstop LOVE of 30 beautiful new Yoga teachers, another 20 or so assistants, teachers, swamis, and our wonderful Swami Divyanandama that made this time so incredible.

OM SHANTI, SHANTI, SHANTI.

## IYTA Update

Hari OM! The only constant in nature is change! The Academy has shifted some of our duties to facilitate staff growth and more evenly distribute workload. Following is contact information to aid you in receiving the service you may require. These are the only individuals currently serving in the Academy, so please update your records.

—Lakshmi Sutter

### IYTA

#### Membership Services:

Membership subscriptions,  
Insurance,  
Continuing Education

Marien Villaman-Chodl  
434-969-3121 ext 177  
membership@iyta.org

#### Newsletter:

Article submissions,  
feature ideas, etc

Rev. Prakasha Shakti Capen  
434-969-4748  
IYTAnewsletter@gmail.com

### Teacher Training

#### Administrator

Scheduling TT Retreats,  
Supervisor of Long-term Support Staff

Supriya Butz  
434-969-3121 ext 139  
supriya@yogaville.org

#### Assistant to Administrator

Staff for Yogaville TTs

Radha Rogers  
434-969-3121 ext 197  
iyastaff@iyiva.org

#### Assistant to Administrator:

TT Applications

Jayalakshmi Hall  
434-969-3121 ext 153  
iytt@iyiva.org

#### Office Assistant

Duplicate Diplomas, Copies of Manuals

Sushila Bales  
434-969-3121 ext 194  
iyastaff2@iyiva.org

### Teacher Training (Therapeutic) Development

Lakshmi Sutter  
434-969-3121 ext 137  
iyta@iyta.org

### Vice President, Integral Yoga Academy

Ram Wiener  
434-969-3121 ext 123  
ram@yogaville.org

## Ten Program Highlights

### The Art of Teaching

*Kristie Dahlia Home & Lakshmi Sutter*

June 5–8, 2008

The wise presence of a hand here, a nudge there, or the right piece of information or imagination at just the right moment—these can send the bud of the student's awareness into blossom. Understanding how different techniques and tools suit different minds, settings, and subjects helps us to become wiser and more effective teachers. How can we approach the spiritual in a corporate setting? How do we help the literal-minded student find pranic awareness? How does knowing the structure of a joint unfurl the pranic body? How does one teach anatomy while maintaining a contemplative class? Correction, connection, imagination, alignment attunement...we will explore these ideas to expand your teaching toolkit. Some of the tools we may discuss and practice implementing are: the use of touch, partner work, palpation, anatomical descriptions, diagrams and models, imaginative instruction, structural instruction, mindful demonstration, and thoughtful sequencing. How can we add a variety of techniques to provide richness and depth, reaching students with different learning styles, interests, and physical abilities, while staying true to the heart of simplicity which allows the practice to shine? Come see!

*Kristie Dahlia Home's* desire to serve each student uniquely has led to a therapeutic emphasis in her extensive studies and full-time teaching practice. Her work includes sharing yoga for people with cancer at UCSF's Osher Center for Integrative Medicine, rolling on the floor with children to help them learn yoga and experiential anatomy, and a longstanding place on the faculty of the San Francisco Integral Yoga Institute's various Teacher Training Programs. Her book *Yoga: Natural Fitness for Body and Spirit* has been translated and published worldwide. For more information, see Kristie's website at [www.athayoga.com](http://www.athayoga.com). She is consistently astonished and thrilled to be alive.

*Lakshmi Sutter, eRYT500*, serves as Director of the Integral Yoga Teaching Academy where she directs Teacher Training and the IY Teachers Association. She is a trainer of IY Hatha Yoga at the basic and intermediate levels and enthusiastically shares her fascination with the human body during basic anatomy workshops. Her class approach ranges from gentle and restorative to energetic and challenging. Lakshmi's supportive instruction is suitable for a wide range of physical levels. Formerly an ecologist and founder of a Yoga studio, Lakshmi and her beloved canine companion, Cayman, call Yogaville home.

**Nursing CNE Hrs:** 20 (approximate)

**Yoga Alliance Hrs:** 20 (approximate) ★RYT 500

**Tuition:** \$195. Add three nights accommodation and meals

### Cardiac Yoga® T. T.

*M. Mala Cunningham, Ph.D. & Staff*

June 12–22, 2008

The Cardiac Yoga® Teacher Training is an internationally known program designed to educate and train certified Yoga teachers and medical personnel to work with cardiac patients and their spouses. Participants in this comprehensive training program learn to adapt basic concepts of Yoga and meditation to the special needs of the cardiac patient.

This training includes lecture and experiential components from respected experts in the fields of cardiology, exercise physiology, Yoga, meditation, spirituality and psychology. The overall goal of the program is to train and certify Yoga instructors to teach Yoga and stress management to cardiac patients in a medical or private setting.

#### Prerequisites

This course is available to certified Yoga instructors from all traditions and to medical personnel. Some exceptions for admittance may apply. Please direct your inquiries to the Academy Administration, 434-969-3121, ext. 139.

**VNA CNE Hrs:** 75 (approximate)

**Yoga Alliance Hrs:** 75 (approximate) HRYT 500

*M. Mala Cunningham, Ph.D.*, is Founder and Director of the Cardiac Yoga Teacher Training Programs and is President of Positive Health Solutions. Dr. Cunningham works as a psychologist in private practice in Charlottesville, VA. She has taught courses in complementary and alternative medicine for twelve years at the University of Virginia Medical School and has worked in the field of behavioral medicine for more than twenty-five years. She has been practicing and teaching Yoga and meditation for more than thirty years and has been featured in numerous radio, TV and print news sources.

**Tuition, text:** \$1,250

**Room, meals:** Dorm: \$590; Tent: \$415

Private Room/Shared Bath: \$790

Private Room/Private Bath: \$900.

### Adapting Yoga for Any Setting: Stress Management Teacher Training

*Swami Ramananda, Swami Vidyananda  
& Jo Jaya Applebaum*

June 13–22, 2008

This unique and innovative program trains Yoga teachers to adapt the full spectrum of Integral Yoga® practices to populations in many settings, including hospitals, schools, corporate workplaces and Yoga studios. You will learn how to re-frame the concepts and practices of Yoga to make them accessible and inspiring to individuals from many walks of life. This approach can be used in personal growth coaching, stress management and other mind/body wellness programs.

#### Prerequisite

The course is available to certified Yoga teachers of all



## Ten Program Highlights

traditions who have a minimum of six months of experience teaching Yoga.

**VNA CNE Hrs:** 75 (approximate)

**Yoga Alliance Hrs:** 75 (approximate) HRYT 500

**Tuition, text:** \$1,180

**Room, meals:** Dorm: \$530; Tent: \$375

Private Room/Shared Bath: \$710

Private Room/Private Bath: \$810;

**Swami Ramananda** is President of the New York Integral Yoga Institute and has been teaching Yoga for more than twenty-five years. He conducts Teacher Training Programs for Beginning, Intermediate and Advanced Hatha Yoga and Stress Management. He has taught many stress management workshops and courses and has managed two natural food markets. Swami Ramananda teaches and lectures internationally and at Yoga Journal and Omega Institute national conferences.

**Swami Vidyanda** is one of Integral Yoga's senior instructors and lecturers. She is a versatile teacher, specializing in workshops on Yoga and the Emotions and Stress Management. In addition to instructing Stress Management Teacher Training, she works in the Ashram audio-visual department producing videos on Yoga, including the best-selling Yoga with a Master with Sri Swami Satchidananda.

**Jo Jaya Applebaum** has been teaching Yoga and Stress Management in schools, universities, businesses, hospitals and one-on-one for ten years. She is a stress management instructor at the Center for Cardiac & Pulmonary Health at Beth Israel Medical Center in New York City. Jaya also teaches beginning, intermediate and advanced Hatha Yoga and pranayama at the New York IYI. She is currently working toward a Master's Degree in public health at Columbia University.

### Gentle Hatha Yoga T. T.

*Hamsa Spagnola*

June 22–29, 2008

This training program provides a solid foundation for Yoga instructors who would like to:

- Learn how to adapt the basic Yoga postures for students with physical limitations,
- Learn how to teach Gentle Yoga classes and
- Possibly specialize in teaching Gentle Yoga, Therapeutic Yoga or Restorative Yoga in special venues, such as hospitals and senior centers.

In this course, you will review the fundamentals of the asanas in the Integral Yoga Hatha I class and discover creative ways to modify poses for students with physical limitations. You will learn how to integrate restorative poses into your classes and use visualizations, pranayama and meditation for healing. You will also look at ways of incorporating yogic philosophy from Raja Yoga so your students can have a deeper, more meaningful experience of Yoga that they can apply to their daily lives.

**Judi Hamsa Spagnola** is a certified & Registered Yoga Teacher as well as a Traditional Reiki Master. In the past twenty-five years Hamsa has taught Yoga

for the National Multiple Sclerosis Society in New York and New Jersey and has taught Chair Yoga in senior centers and in assisted living communities. In 1989, Hamsa created a Gentle and Chair Yoga Teacher Training program for Yoga teachers at the Integral Yoga Institute in New York City, with the aim of making Yoga accessible to people of all ages, limitations and disabilities.

**VNA CNE Hrs:** 60

**Yoga Alliance Hrs:** 60 HRYT 500

**Tuition, text:** \$1,140;

**Room, meals:** Dorm: \$410; Tent: \$290

Private Room/Shared Bath: \$550

Private Room/Private Bath: \$630;

### Children's Hatha Yoga T. T.

*Kali Morse and Inga Ishwari Benson*

June 22–29, 2008

Learn to teach Yoga postures, deep relaxation and meditation to a population that can benefit and make a difference in the world: children aged 5-12. This course is based on the innovative curriculum that has been consciously constructed over the past thirty years at The Yogaville School (Yogaville® Vidyalayam). In this course, you will learn to:

- Adapt the basic Yoga poses for children
- Introduce optional postures that are great for kids
- Teach children how to relax and meditate
- Educate kids in yogic philosophy they can grasp and incorporate
- Teach children how to chant
- Develop stories with spiritual teachings and lessons
- Adapt yoga to various environments, including public schools, gyms, preschools and religious houses of worship (churches, synagogues, etc.)
- Teach kids ranging in age from preschool to elementary school

**Prerequisite:**

This course is open to certified Yoga teachers from all traditions. All applicants must be familiar with the Integral Yoga Basic Hatha Level I class.

**Kali Morse E-RYT** is the director of Teacher Training programs at Integral Yoga New York City where she has been practicing and teaching Yoga since the 1970s. Kali has taught Yoga to children in many different venues including public and private schools. IYI NY has recently initiated a very successful new program called Yoga at School. Yoga is slowly but beautifully unfolding as part of an integrated curriculum in the NY city public school system! Kali is the proud mother of two adult children and one granddaughter. She is also a labor support doula blessed with the opportunity to support the births of new souls coming into the world

**Inga (Ishwari) Benson, R.Y.T., M.A., D.T.R.** has been practicing Yoga since 1992 and uses Yoga and Dance to facilitate integration and healing. She is certified through Integral Yoga Institute in Hatha I, II, Pre-natal & Post-Partum

## Ten Program Highlights

Yoga and is also a Registered Dance Therapist. She enjoys working with a wide range of populations, including Children and Pre-Natal, and encourages sound movement principles, curiosity, & creativity – for all ages! She teaches Yoga in NYC, works as a Dance Therapist at Woodhull Hospital in Brooklyn, is an adjunct Professor of Yoga and Wellness at the College of New Rochelle, and is a trainer with Integral Yoga for Pre-Natal and Children's Yoga Teacher Trainings.

**VNA CNE Hrs:** 60 (approximate)

**Yoga Alliance Hrs:** 60 (approximate) HRYT 500

**Tuition, text:** \$1,140

**Room, meals:** Dorm: \$410; Tent: \$290

Private Room/Shared Bath: \$550

Private Room/Private Bath: \$630;

### Intermediate Hatha Yoga T. T.

*Swami Asokananda & Senior Staff*

July 6–27, 2008

Enrich your understanding of Integral Yoga® and enhance your development as an Integral Yoga instructor so you can offer your students more variety in classes and satisfy your own longing to go deeper into the practice. In our Intermediate Hatha Yoga T. T. (I.T.T.), you will learn many new and important asanas (such as headstand and peacock) and their benefits and how you can safely guide students in and out of them. You will learn how to make skillful sequencing choices that will enhance the class experience for you and for your students. In I.T.T., you will get a fuller understanding of the pranayama we instruct—particularly kapalabhati and nadi suddhi—and be able to teach them in greater detail. At this stage in your Teacher Training, you move beyond the physical body and start to explore the more subtle aspects of the pranic body, which prepares you for the intense inquiry offered in our Advanced T. T. In I.T.T., we give you more space for your personal practice to intensify your meditation. We also spend six engaging sessions diving into the Bhagavad Gita—a poetic and deeply beautiful yogic scripture not covered in our Basic Teacher Training. We take anatomy and physiology to a more complex level beyond the muscles and skeleton and into the major joints and soft tissues. Perhaps one of the greatest gifts of I.T.T. is the opportunity to be with other Yoga Teachers and share experiences. Finally, the I.T.T. allows you to step away from the busy-ness and distractions of your daily life and into the peaceful, easeful and conscious environment of the Ashram with one of Yogaville's most beloved teachers and adept yogis—Swami Asokananda.

**Prerequisite**

The course is available to all Integral Yoga teachers who have completed Basic Teacher Training at Satchidananda Ashram–Yogaville® or its equivalent at any Integral Yoga Institute or Integral Yoga Teaching Center and have six months of teaching experience. Certified teachers from other traditions may apply for consideration into this training.

**Swami Asokananda** is the President of Satchidananda Ashram-Yogaville and Integral Yoga International. He is one of Integral Yoga's foremost teachers, known for his warmth, intelligence and good humor. Asokanandaji is one of our primary instructors for Intermediate and Advanced Hatha Yoga Teacher Training. Before his current position, he served as President of the New York Integral Yoga Institute for seventeen years.

**VNA CNE Hrs:** 170 (approximate)

**Yoga Alliance Hrs:** 170 (approximate) HRYT 500

**Tuition, text:** \$1,375;

**Room, meals:** Dorm: \$1,230; Tent: \$870

Private Room/Shared Bath: \$1,650

Private Room/Private Bath: \$1,890;

### Raja Yoga T. T.

*Swami Karunananda*

July 7–27, 2008

Add another dimension to your Yoga practice and teaching with Raja Yoga. Raja Yoga is a comprehensive system for purifying, strengthening and harmonizing all aspects of the individual—physical, mental, social and spiritual. It is the science of self-mastery and a guidebook to higher consciousness, offering practical tools for self transformation. Raja Yoga Teacher Training provides a unique opportunity to study and learn how to apply these great teachings in your life. You will be trained in public speaking and teaching skills, so that you can effectively share these concepts and practices with others.

**Prerequisite**

This course is available to teachers who have completed Integral Yoga Basic Hatha Yoga Teacher Training and to certified teachers from other traditions who have taken an introductory Raja Yoga course.

The combination of a compassionate heart and razor-sharp intellect has made **Swami Karunananda** one of Integral Yoga's most popular teachers. Her many workshops and retreats focus on meditation, the philosophy and psychology of Yoga and pranayama for greater health and vitality. She also developed and teaches Teacher Training programs in Raja Yoga and in meditation. Swami Karunananda has served as President of Satchidananda Ashram-Yogaville® in Virginia and California, and as Director of the Integral Yoga Institutes of San Francisco and Santa Barbara. She served as contributing editor for The Breath of Life: Integral Yoga Pranayama and compiled and edited The Lotus Prayer Book and Enlightening Tales as told by Sri Swami Satchidananda.

**VNA CNE Hrs:** 125 (approximate)

**Yoga Alliance Hrs:** 125 (approximate) HRYT 500

**Tuition, text:** \$1,340

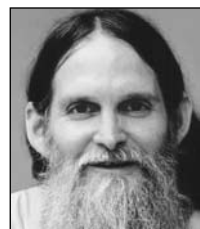
**Room, meals:** Dorm: \$1,175; Tent: \$830

Private Room/Shared Bath: \$1,575

Private Room/Private Bath: \$1,800;

## INTEGRAL YOGA SENIOR SPEAKERS' SCHEDULES

Please contact local representatives for times, costs, pre-enrollment requirements, schedule changes, etc.



### Swami Asokananda

March 1 -7, 2008 Yoga Vacation to Guatemala Contact: Satchidananda Ashram-Yogaville  
800-858-YOGA  
arc@iyiva.org

April 28 - May 4 European Reunion Conference Quinta Da Calma  
Portugal

Contact: Divyajyothi Kalmbach  
info@quintadacalma.com

May 4 - 27 European Tour (Gibraltar, Spain, Belgium, Germany, Italy, London)  
Contact: Rev. Padma Priya  
padma@computronx.com



### Swami Karunananda

February 22 - 24 Workshop: Getting Unstuck Satchidananda Ashram-Yogaville  
800-858-YOGA  
arc@iyiva.org

March 7 - 9 Teachers Conference San Francisco IYI  
415-824-9600  
www.integralyogasf.org

March 15 Santa Barbara Retreat

April 21 - May 1 Meditation Teacher Training and Public Workshops New York IYI  
212-929-0586  
www.iyiny.org

May 2 & 4 New Jersey Programs Fairlawn IYI  
201-796-7585  
iyiyoga@aol.com

May 15 - 18 Inside the Yoga Sutras Workshop Satchidananda Ashram-Yogaville  
800-858-YOGA  
arc@iyiva.org

## UPCOMING PROGRAMS AT YOGAVILLE

### February

15-17 Healthy Living, Healthy Heart

22-24 Transformation: How to Get Unstuck

29-Mar. 2 Mindful Stress Reduction

29-Mar. 2 Peaceful Weight Loss

### March

1-7 Yoga Vacation in Guatemala

4 Kirtan with Snatam Kaur

7-9 March Renewal Through Yoga

7-9 Thai Yoga Massage Introduction

8 Mahasivaratri

14-16 Osteoporosis, Yoga & Bone Building

14-16 Mandala—Blossoming of the Soul

21-23 Back to Basics: Introductory Yoga

23 Easter

26-30 Anatomy of Hatha Yoga Intensive

28-30 The Art of Healing

### April

3-13 Acupressure Certification Program Part 1

4-6 Guided From Within

10-13 Spring Silent Retreat

18-20 Laugh-A Yoga® Certification

18-20 Compassionate Honesty

20 Passover

20-May 18 Basic Hatha Yoga Teacher Training

22-27 Thai Yoga Massage 1 (Intensive I)

25-27 Pelvic Power!

### May

2-4 Heaven on Earth...A Retreat for Women

2-4 Release Your Tension

4-11 Yoga for People with Cancer T. T. -Part I

9-11 The Yoga of Forgiveness

15-18 Inside the Yoga Sutras

Check [www.integralyogaprograms.org](http://www.integralyogaprograms.org) for full list of programs offered after May 18th



Integral Yoga® Teachers Association  
108 Yogaville Way  
Buckingham, VA 23921

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