

THE DEEPER STUDIES

Meditation & Yoga

The Deeper Studies of Meditation and Yoga 2012 - 2013 Training Calendar

200 Hour Yoga Alliance registered program

Question and Answer Sessions:

Saturday, August 25th at 4:00pm held at the Yoga Center of Haddonfield

Saturday, September 8th at 4:00pm held at Still Point Yoga Center

**Program Start date will be on Saturday, September 15th from 1:00 to 4:00pm
at the Yoga Center of Haddonfield.**

Thursday 6:30 - 9:30pm

September 27
October 11, 18, 25
November 8, 15, 29
December 6, 20, 27
January 3, 17, 24
February 21, 28
March 7, 14, 21, 28
April 4, 11, 18

Saturday 1:00 - 6:00pm

September 29
October 13, 27
November 10, 17, 24
December 8, 22, 29
January 19, 26
February 2, 16, 23
March 9, 16, 23, 30
April 13, 20

Meditation Evenings led by Dr. Bhagwan Awatramani

Choice of Thursday OR Friday Evening Meditation

09/20 Thursday 7pm - SP 09/21 Friday 7:30pm - HF
12/13 Thursday 7pm - SP 12/14 Friday 7:30pm - HF
02/07 Thursday 7pm - SP 02/8 Friday 7:30pm - HF

Tuition: \$2,750 (payment plan available see application for details)

\$250 deposit is required when submitting your application. Once the program begins refunds will not be given. The deposit will be refundable prior to September 15, 2012, less a \$50 processing fee.

Program Directors: Darlene DePasquale and Cathy Landschoot **Anatomy Instructor:** Nita Spielberg

Required Materials (to be purchased by student):

Kripalu Yoga On and Off the Mat by Richard Faulds

The Breathing Book: Vitality & Good Health Through Essential Breath Work by Donna Farhi

Anatomy Book - *The Key Poses of Hatha Yoga Vol. 2* by Ray Long MD

Additional hours not listed above include: meditation classes, yoga classes, student observations, practice teaching, assisting, student projects, and homework.

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Thank you for exploring the possibility of our program. Whether your intention is to become a yoga teacher or deepen your own practice, our hope is to inspire a full understanding and a complete experience of yoga.

Q & A Sessions: Saturday August 25th @ 4pm at Yoga Center of Haddonfield
Saturday September 8th @ 4pm at Still Point Yoga Center

Program Starts: Saturday September 15th @1pm-4pm at Yoga Center of Haddonfield

Program Dates: September 15, 2011 to April 20, 2012
Thursday Evenings 6:30 - 9:30pm
Saturday Afternoons 1:00 - 6:00pm

Program Locations: Yoga Center of Haddonfield
20 North Haddon Avenue - Haddonfield, NJ 08033
Still Point Yoga Center
1 Kelly Drivers Lane - Laurel Springs, NJ 08021

Program Directors: Darlene DePasquale & Cathy Landschoot

This comprehensive 200+ hour yoga teacher training includes:

- Traditional Hatha Yoga with emphasis on consciousness
- Self Inquiry Meditation is the essence of the program, 6 hrs by Dr. B. Awatramani
Practice of Self Inquiry Meditation throughout the program
- 8 limb path of Patanjali
Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
- Teaching Methods – Assisting in Alignment
- Yoga Anatomy & Physiology
- Practical Yoga Lifestyle - Yoga Teacher Ethics, Student/Teacher Relationships
- Mantras, Mudras, and Subtle Anatomy
- Special Interest Classes – Restorative, Prenatal, Partner Yoga, and Yogassage
- Business Skills and Professional Development
- Certification and placement upon successful completion

Tuition: \$2,750– A deposit of \$250 is required when submitting the application. The deposit is refundable before September 15th, less a \$50 processing fee.

Early Registration \$50 off Tuition - Submit Application and Deposit by September 8th

Pay in Full \$100 off Tuition - Pay tuition by cash or check in full by September 15th

Payment Plan: \$1,000.00 due Orientation (*\$25 charge for payments made after the due date*)
\$750.00 due promptly on or before Nov 10th
\$750.00 due promptly on or before Dec 8th

Refund policy: No Refunds after the start of the program, September 15th 2012