



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

**INTEGRAL YOGA®**  
**MEDITATION TEACHER TRAINING**  
**APPLICATION LETTER**  
**June 27 – July 10, 2011**

Greetings of Peace from Yogaville!

Thank you for your interest in our Meditation Teacher Training 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. If you have any questions or require additional information, please contact us.

**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 access the deeper and more subtle aspects of being. Our comprehensive certification program provides 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 cultivates the teacher's ability to create a safe environment in which their students can realize their full potential, gain self respect and learn to be of greater service to others.

**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 give you the tools you will need 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**

The program begins on Monday, June 27, starting with registration at 1:30p.m., and ends after lunch on Sunday, July 10.

**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 a.m., 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.

Satchidananda Ashram-Yogaville

108 Yogaville Way, Buckingham, Virginia 23921 Tel: 434.969.3121 ext. 153 [iytt@iyiva.org](mailto:iytt@iyiva.org) [www.integralyogaprograms.org](http://www.integralyogaprograms.org)

## **CURRICULUM**

This course trains you to teach a 6 week meditation course, which will provide your students with the information, experience, and motivation that a new meditator needs in order to begin and develop a regular meditation practice. Your curriculum includes instruction and training in the following:

- o Theory of meditation.
- o The principal techniques of meditation, including mantra, witnessing, and visualization.
- o Overcoming obstacles to meditation practice.
- o Answering questions about Yoga and meditation.
- o Maintaining a spiritual diary.
- o Developing a personal practice routine and a long-term practice plan.
- o Deepening and refining your own practice.
- o Integrating your meditation practice into daily life.
- o A syllabus for a 6-week meditation course.

## **FACULTY**

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.

## **PREREQUISITES**

The course is available to certified Yoga instructors of all traditions, who have had a regular daily meditation practice for at least six months.

We recommend that all students not trained through Integral Yoga familiarize themselves with the Integral Yoga method of teaching Hatha Yoga by taking 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* from the Integral Yoga Multimedia Centre (Shakticom) at [www.shakticom.org](http://www.shakticom.org) Tel: 434-969-1347.

Also recommended is the CD or audiotape Guided Relaxation by Sri Swami Satchidananda.

## **CERTIFICATION**

At the end of the course, graduates receive a diploma certifying them to teach Integral Yoga Meditation.

Integral Yoga may award approximately 80 credit hours toward 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. Or you may bring your own tent and camp at one of our sites. If you choose a dorm accommodation, you will board in our modern dormitory, Vivekananda Vihar, conveniently located near the classrooms, meditation hall and dining hall. 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 top choice, we recommend that you secure your accommodation by applying early.

## **COURSE COSTS**

The tuition for this course is \$1,440. The prices for our various accommodations are as follows:

Tent (own)	\$595	Dormitory	\$875
Private Room/Shared Bath	\$1115	Private Room/Private Bath	\$1300

\*See payment page for available discounts.

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.

#### **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**

Please complete and mail or fax your application with health form and your preferred payment option by May 27 to:

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

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

#### **LATE REGISTRATION**

In order for your application to be considered please submit no later than June 13, 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) at 1-800-858-9642 or 434-969-2048 or by email at [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,



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 APPLICATION LETTER  
 June 27 – July 10, 2011**

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	
<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  
MEDITATION TEACHER TRAINING  
June 27 – July 10, 2011**

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%       Military 10%       IYTA member 5%
- 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 Meditation Teacher Training Course is: \$1,440

**PLEASE CHOOSE YOUR ACCOMMODATION**

<input type="checkbox"/> Tent: (\$595)	<input type="checkbox"/> Dorm (\$875)
<input type="checkbox"/> Private room/shared bath (\$1,115)	<input type="checkbox"/> Private room/private bath (\$1,300)
Total Costs: Tuition (\$1,440) Plus Accommodations: \$ _____	
Less Discount Requested (Discount given off total cost for tuition & accommodations) \$ _____	
TOTAL PAYMENT DUE: \$ _____	

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

<p><b>OPTION 1:</b> <input type="checkbox"/> I am enclosing <b>payment in full</b> for tuition and accommodation \$ _____</p> <p><b>OPTION 2:</b> <input type="checkbox"/> I am enclosing <b>\$500 initial payment</b>, and I agree to pay in full by May 27, 2011.</p> <p><b>OPTION 3:</b> <input type="checkbox"/> I am enclosing a <b>\$500 initial payment</b>, 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.</p> <p style="text-align: center;">Signature _____</p>
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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 additional sheet(s) of paper if necessary:**

- 1) What Integral Yoga Teacher Training programs have you taken? Please indicate when, where, and who the trainers were.
  
- 2) What other teacher training programs offered by other individuals or groups have you taken? Please indicate when, where, and who the trainers were.
  
- 3) What is your experience with Sri Swami Satchidananda and the teachings of Integral Yoga? Please include any Integral Yoga programs or retreats you have taken.
  
- 4) Do you teach Yoga classes? Please describe your present schedule and any teaching you have done in the past.
  
- 5) Do you have a regular daily practice of Hatha Yoga? Please describe your practice.
  
- 6) Do you have a regular daily meditation practice? How long have you been meditating? Please describe your practice.
  
- 7) Why are you interested in taking this training?
  
- 8) Please briefly describe your family, educational, occupational, and spiritual background.

***(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 myself or my property during my stay.

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