



**INTEGRAL YOGA®  
RESTORATIVE YOGA TEACHER TRAINING  
APPLICATION LETTER  
June 19 - 26, 2011**

Greetings of Peace from Yogaville!

Thank you for your interest in our RESTORATIVE YOGA 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. After reading this material, if you have any questions or require additional information, please feel free to 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 reconnect with deeper and more subtle aspects of being. Our comprehensive certification programs provide 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 fosters the teacher's sensitivities to help create a safe environment for their students that allow them to realize their potential, gain self respect and learn to be of greater service to others.

The Integral Yoga system of Hatha Yoga is utilized by the Commonweal Cancer Help program and Dr. Dean Ornish in his book, *Dr. Dean Ornish's Program for Reversing Heart Disease*.

**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 to present the necessary tools that will enable you 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 Sunday, June 19, starting with registration at 2 pm, and ends at lunch on Sunday, June 26.

**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 6:00am, 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 eight days and seven nights a week. You are expected to stay at the Ashram for the entire time to successfully complete the program.

**CURRICULUM**

The Integral Yoga Teaching Academy is pleased to offer the first Integral Yoga Restorative Yoga Teacher Training Course. Restorative Yoga is the practice of placing the body into a particular asana using the support of props such as; bolsters, pillows, blankets, chair or other. During this practice a deeply rejuvenating experience is created by these gentle, supported asanas that literally hold and support the body as one lets go of all the tensions, mentally and physically. In the supported state, the asana can be held for a longer time which elicits a state of deeper relaxation. This state of deep relaxation allows the innate intelligence of the body to return and reintegrate the system to its natural state of balance and peace.

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)

The restorative yoga poses can be offered as an alternative to regular asanas, when one is low in energy, during times of particular stress either mental or physical, as well as during a time of physical illness, healing or crisis. The supported poses enable one to receive the benefit of the asana without exerting muscular effort.

In this Teacher Certification Program you will learn and experience:

- How to use props: what props to use and when
- How to care for the props and guide students in their proper use
- Balanced sequences of supported poses
  - For general relaxation and rejuvenation
  - For special needs
- How to incorporate restorative poses into a regular hatha yoga practice or class
- Experience in your own body the rejuvenating effects of restorative poses
- How to lead and support students, friends, loved ones into restorative poses
- Yoga Nidra: supported relaxation poses
- Supported poses for enhancing breathing and pranayama practice
- Other healing Aspects of Yoga Practice

All props will be supplied for your use and practice during the course.

Due to the nature of the practice, enrollment will be limited to 20 students.

### **FACULTY**

Satya Greenstone has been a student of Sri Swami Satchidananda for over 38 years. Throughout this time she has shared the Teachings of Integral Yoga in many diverse settings with students of all ages and backgrounds. In 1978 she and her husband started the Yogaville Vidyalayam- Temple of Learning, an elementary school for the ashram community children. For 17 years they taught the children, developing a full academic curriculum based on the principles and teachings of Yoga.

Since 1999, she has been a primary teacher for the Basic Yoga Teacher Training Program. While serving as Teacher Training Coordinator, she helped to develop and teach the Gentle Yoga Teacher Training Program. She has been practicing and teaching restorative yoga for many years. She gently adapts the yoga practices to any individual needs, always finding a way to encourage and inspire the students.

### **PREREQUISITES**

The course is available to all certified Integral Yoga teachers with teaching experience. Yoga teachers trained in other traditions with a minimum of six months teaching experience may also apply and will be considered by the instructor. We recommend that all teachers 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. (Locations of IY Institutes, teaching centers and teachers are available from the IY Teachers Association at [www.iyta.org](http://www.iyta.org) or 434-969-3121 ext. 177.) If you are unable to find an IY teacher near you, you may come to the Ashram three days before the program to familiarize yourself with Integral Yoga before the program begins. You may also practice Integral Yoga Hatha with the video/DVD *Yoga With A Master*, or the audiotope *Integral Yoga Hatha I*, available from IY Distribution at 1-800-262-1008 (outside US call 1-434-969-1049). Also recommended is the CD or audiotope *Guided Relaxation* by Sri Swami Satchidananda.

### **CERTIFICATION**

Integral Yoga may award approximately 55 hours towards 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. You may also bring your own tent and camp at one of our tent sites. If you choose dorm accommodation, you will board in our modern dormitory, Vivekananda Vihar, conveniently located near classrooms and the meditation and dining halls. 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 accommodation choice, we recommend securing your reservation by applying early, especially during the summer season.

## COURSE COSTS

The tuition for this course is \$1240. The prices for our various accommodations are as follows:

Tent (own)	\$320	Dormitory	\$470
Private Room/Shared Bath	\$600	Private Room/Private Bath	\$700

**\*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; Tel: 434-969-3121 ext 153 or email [iytt@iyiva.org](mailto:iytt@iyiva.org)

## TO APPLY

Please mail or fax your application with health form and your preferred payment option by May 19 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 3, 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

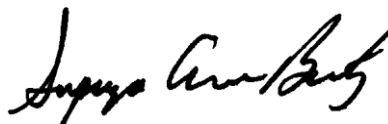
Please direct questions about the course to the Teacher Training Department at 434-969-3121, ext. 153 or [iytt@iyiva.org](mailto:iytt@iyiva.org). Please direct questions concerning accommodations, travel arrangements and payment to the Ashram Reservation Center (ARC) at 1-800-858-9642 or 434-969-2048 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,



Lilavati Eberle  
Teacher Training Administration  
Tel: 434-969-3121, ext.153  
Email: [iytt@iyiva.org](mailto:iytt@iyiva.org)



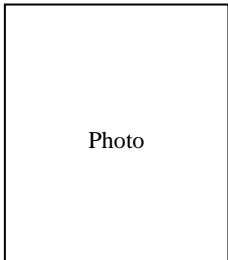
Supriya Anne Butz  
Teacher Training Administration  
Tel: 434-969-3121, ext.139  
E-mail: [supriya@iyiva.org](mailto:supriya@iyiva.org)



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

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**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.



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)

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Acceptance letters can be sent by: E-mail attachment  OR regular mail  (Please choose)

		<i>Office use only</i>			
	<i>Date</i>	<i>Initials</i>		<i>Date</i>	<i>Initials</i>
<b>Received:</b>	_____	_____	<b>ARC:</b>	_____	_____
<b>Approved:</b>	_____	_____	<b>Email:</b>	_____	_____
<b>Sent to ARC:</b>	_____	_____	<b>Reg. Mail:</b>	_____	_____

**PAYMENT DETAILS FOR  
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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 RESTORATIVE YOGA TEACHER TRAINING Course is: \$1,240

**PLEASE CHOOSE YOUR ACCOMMODATION**

<input type="checkbox"/> Tent: (\$320)	<input type="checkbox"/> Dorm (\$470)
<input type="checkbox"/> Private room/shared bath (\$600)	<input type="checkbox"/> Private room/private bath (\$700)
Total Costs: Tuition (\$1,240) Plus Accommodations: \$ _____	
Less Discount Requested (Discount given off total cost for tuition & accommodations) \$ _____	
<b>TOTAL PAYMENT DUE:</b> \$ _____	

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

<b>OPTION 1:</b> <input type="checkbox"/> I am enclosing <b>payment in full for tuition and accommodation</b> \$ _____
<b>OPTION 2:</b> <input type="checkbox"/> I am enclosing <b>\$500 initial payment, and I agree to pay in full by May 19, 2011.</b>
<b>OPTION 3:</b> <input type="checkbox"/> I am enclosing a <b>\$500 initial payment, 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.</b>
Signature _____

- 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) When and where did you begin your Yoga practice?
- 2) When and where did you take your basic Integral Yoga Teacher Training?
- 3) Who was/were your teacher trainer(s)?
- 4) Please list any other Integral teacher trainings that you have completed, including dates and teachers.
- 5) If you have not taken Integral Yoga teacher training what Yoga teacher training have you had? Please explain in detail.
- 6) What is your experience of teaching Yoga?
- 7) What is your experience with Sri Swami Satchidananda and the teachings of Integral Yoga?
- 8) Please list and describe any Integral Yoga programs or retreats you have taken.
- 9) In what other types of Yoga classes, trainings and practices have you participated?
- 10) Do you have a regular meditation practice? If so, please describe when you began the practice and what it consists of?
- 11) What is your current daily Yoga practice?
- 12) Do you have any dietary or health restrictions?
- 13) Is English your primary language? If not, what is?
- 14) What other languages do you speak fluently?
- 15) Do you practice Gentle or Restorative yoga yourself? If yes, please give some details of your practice, including any personal physical challenges.
- 16) Why do you find the practice beneficial?

***(Please continue with application)***

**On a separate sheet of paper please answer the following:**

- 1) Please tell us why you want to take this Restorative Yoga Teacher Training program?
- 2) What is your personal experience in working with and practising Restorative Yoga?
- 3) Are there particular special needs groups you are interested in serving?
- 4) How do you plan on using this training?
- 5) What do you hope to bring into your own life and into your service to others?
- 6) What do you think is the most important aspect of Yoga to share and why?
- 7) How do you plan to share this?

***(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 \_\_\_\_\_