



**INTEGRAL YOGA®**  
**STRESS MANAGEMENT TEACHER TRAINING**  
**APPLICATION LETTER**  
**July 22 – 31, 2011**

Greetings of Peace from Yogaville!

Thank you for your interest in our Stress Management 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.

The goal of Integral Yoga Stress Management is threefold:

- To relieve the negative past effects of stress through Yoga practice, creating health & wellness
- To prevent negative stress responses through centering, correct attitude, and yogic lifestyle
- To develop the necessary coping skills to remain balanced in daily life

Recent graduates of the Integral Yoga Stress Management Teacher Training have found employment in medical, educational and corporate settings. There is a great need to make these teachings accessible to a wide spectrum of people. This course is designed to give you the competence and confidence you need to bring the yogic teachings into a variety of professional settings.

### **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 Friday, July 22, starting with registration at 4pm, and ends at lunch on Sunday, July 31.

### **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 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**

The Stress Management Teacher Training program provides a strong foundation in understanding the nature of stress (physiological and psychological). It shows how the Yoga practices can help individuals respond more skillfully to “stressful” situations and create more balance in their lives. It’s not a matter of escaping our lives, but of understanding what changes we can realistically make with Yoga providing the foundation and guiding principles. This is also an excellent opportunity to meet and spend time with other Yoga teachers and to find solutions to any challenges you encounter in teaching.

Our approach to stress management is based on a Yoga model, with references to medical and other models as useful and necessary.

The curriculum will include:

- Adapting asanas, pranayama, meditation and deep relaxation to be presented in different settings as stress management and/or wellness techniques.
- Presenting skillful ways Yoga philosophy can deal with some of the most negative aspects of stress and illness.
- Outlines of “stress management” and “mind-body” wellness programs that will be responsive to the needs of your students in different time frames and different settings.
- What to say to different potential employers, whether it’s a hospital/HMO, private/corporate, or non-profit organization.
- How to make presentations to groups (public speaking) and to facilitate group discussions about stress management and wellness with your students.
- Marketing strategies: how to set up a Yoga/stress management practice, including publicity, fees and promotion.

## **FACULTY**

Swami Ramananda is the director of the New York Integral Yoga Institute. He formerly served as director of the San Francisco Integral Yoga Institute and was a manager at Satchidananda Ashram-Yogaville. Swami Ramananda is a senior Hatha Yoga Teacher and conducts Teacher Training Certification Programs for beginning, intermediate and advanced Hatha Yoga and Raja Yoga.

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.

Jaymie Meyer is a certified stress management and Yoga Therapist, teaching at IYI for 10 years. Through her business, Resilience for Life®, she teaches customized programs to reduce stress in the workplace. Partial client list includes: IBM, Martha Stewart Living, ING, Citicorp, Harris Rothenberg, and Lather Spa. Her articles have appeared in Yoga Therapy in Practice, Integral Yoga Magazine, NSA’s Health and Wellness Newsletter, and NAMASTE. She makes regular TV and radio appearances.

## **PREREQUISITES**

This program is open to all certified Integral Yoga instructors with at least one year teaching experience. For special consideration, qualified instructors from other Yoga traditions are asked to contact Swami Ramananda at; email: ramananda@iyiny.org; street address: Integral Yoga Institute, 227 West 13th Street, NY, NY 10011. 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 DVDs *Yoga with a Master* and the *Integral Yoga Hatha I* thirty minute CD from the Integral Yoga Multimedia Centre (Shakticom) at [www.shakticom.org](http://www.shakticom.org) Tel: 434-969-1347.

## **CERTIFICATION**

At the end of the course, graduates receive a diploma certifying them to teach Integral Yoga as Stress Management. (Integral Yoga may award approximately 80 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 \$1260. The prices for our various accommodations are as follows:

Tent (own)	\$415	Dormitory	\$605
Private Room/Shared Bath	\$775	Private Room/Private Bath	\$900

**\*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 complete and mail or fax your application with health form and your preferred payment option by June 22 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 July 8, 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  
E-mail: [iytt@iyiva.org](mailto:iytt@iyiva.org)



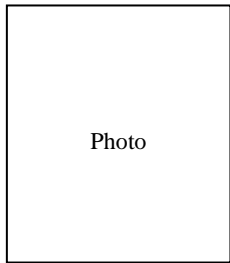
Supriya Ann Butz  
Teacher Training Administration  
Tel: 434-969-3121, ext.139  
E-mail: [supriya@iyiva.org](mailto:supriya@iyiva.org)



"The goal of Yoga is an easeful 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)

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>	_____	_____

*(Please continue with application)*

**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 Stress Management Teacher Training Course is: \$1,260

**PLEASE CHOOSE YOUR ACCOMMODATION**

<input type="checkbox"/> Tent: (\$415)	<input type="checkbox"/> Dorm (\$605)
<input type="checkbox"/> Private room/shared bath (\$775)	<input type="checkbox"/> Private room/private bath (\$900)
Total Costs: Tuition (\$1,260) 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 for tuition and accommodation</b> \$ _____</p> <p><b>OPTION 2:</b> <input type="checkbox"/> I am enclosing <b>\$500 initial payment, and I agree to pay in full by June 22, 2011.</b></p> <p><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></p> <p style="text-align: right;">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) When and where did you begin your Yoga Practice?
- 2) Describe your current regular Hatha Yoga practice
- 3) When and where did you complete Basic Integral Yoga Teacher Training? Who were the teacher trainer(s)?
- 4) If you have not completed the Basic Integral Yoga Teacher Training Program, what Yoga Teacher Training have you completed and when?
- 5) What is your experience with Sri Swami Satchidananda and the teachings of Integral Yoga?
- 6) Please describe any Integral Yoga programs or retreats in which you have participated.
- 7) In what other types of Yoga classes, training programs and practices have you participated?
- 8) How many years have you taught Yoga? How many classes do you teach weekly? What population do you serve?
- 9) Do you have a regular meditation practice? If so, please describe when you began and of what it consists.
- 10) Do you have any dietary or health restrictions?
- 11) Is English your primary language? If not, what is?
- 12) What other languages do you speak fluently?

Briefly, please tell what you expect from this Stress Management Teacher Training program. What do you hope to do with this training in your own life and in your service to others?

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