



INTEGRAL YOGA®
TEACHING YOGA TO PEOPLE WITH CANCER TEACHER TRAINING
APPLICATION LETTER
MAY 8-15, 2011

Greetings of Peace from Yogaville!

Thank you for your interest in our Teaching Yoga to People with Cancer 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.

YCaTT is a three-part certification program designed to train experienced Yoga teachers to work safely with cancer patients at any stage of illness. The goal of this program is to enable Yoga teachers to adapt traditional Yoga practices to meet the physiological and psychological needs of cancer patients and to communicate effectively with medical personnel. At the completion of the program, Yoga teachers will be qualified to design and implement wellness/stress management-based classes for people with cancer.

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 May 8, starting with registration at 4:00PM, and ends after lunch on Sunday, May 15.

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, noon meditation and some free time. This schedule

Satchidananda Ashram-Yogaville

108 Yogaville Way, Buckingham, Virginia 23921 Tel: 43.969.3121 ext. 139 iytt@iyiva.org www.integralyogaprograms.org

covers six days and five nights per week. You are expected to stay at the retreat center for the entire time to successfully complete the program.

CURRICULUM

Part 1 is a weeklong residential program that provides an evidence-based experiential framework for adapting Yoga practices to the special needs of people with cancer.

Part 2 is a variable length (6 months - 2 years) practicum of extended supervision. The interns apply the principles learned in Part 1 as they conduct course classes and private Yoga therapy sessions to people with cancer in settings of their choice. Interns interview, assess, plan, perform, document, evaluate and report. Application and payment for the Part 2 internship is made directly to Jnani Chapman. The cost for the Part 2 internship is \$2000; partial scholarships or work exchange are available through Jnani.

Part 3 is a five-day symposium designed for teachers to expand their knowledge by sharing with peers who are also engaged in this work. Part 3 participants may also experience conducting and teaching for a Yoga retreat for people with cancer. Prerequisites for Part 3 are Part 1 completion and Part 2 internship enrollment. Application and payment for Part 3 is made directly to Jnani Chapman. The price is \$500 and includes tuition, housing and vegetarian meals.

PART 1 CURRICULUM INCLUDES:

Educating Yoga teachers about cancer by studying the pathophysiology of cancer, the different types of cancer, cancer staging and grading, metastases, psychosocial issues, cancer treatments (e.g., surgery, chemotherapy, radiation, immunotherapy, hormonal and other targeted therapies), and common side effects (e.g., lymphedema, fatigue, pain, drug induced menopause, etc.). The curriculum also includes:

- Reviewing and analyzing related research.
- Studying the Yoga Sutras of Patanjali as they apply to illness/disease, while simultaneously examining our personal relationship with death, dying and end of life issues.
- Exploring adaptations in Yoga postures and movement, breathing practices, relaxation techniques, imagery and meditation for people with cancer.
- Developing a professional voice and communication skills for working with medical personnel.

FACULTY

Jnani Chapman, RN, BSN, CYT, a Yoga teacher since 1975, is a Stress Management Specialist for the UCSF Osher Center for Integrative Medicine and the Cancer Center at the University of California, San Francisco. She worked for Dr. Dean Ornish's Program for Reversing Heart Disease from 1986-1999 and is a senior staff member and massage coordinator for the Commonweal Cancer Help Program in Bolinas, California and for the Smith Farm Cancer Help Program in Washington, D.C.

Lisa (Prema) Schneider, MS, LCPC, RYT, is Clinical Program Director at the Cancer Support Center in Southland Chicago. Her work focuses on the psychosocial issues of people with cancer and their caregivers. In addition to providing counseling for individuals, couples and groups, she teaches relaxation, guided imagery and Yoga for Cancer at the center. She is an instructor at the Chicago Temple of Kriya Yoga Hatha Yoga Teacher Training program. Her work comes from a decade of experience working with Hospice patients, cancer patients and their families.

Mary Lynn Tucker, RN, MSN, FNP, RYT, is a Family Nurse Practitioner in private practice in Roanoke, Virginia. She teaches Yoga to students at the Carillion Breast Care Center and the Jefferson College of Health Sciences. She also works with private students on their specific health-related needs to develop a lifestyle and Yoga practice that enhances their health and well-being

PREREQUISITES

A minimum of one year of teaching experience for certified Yoga teachers from any tradition or a minimum of three years of teaching experience for Yoga teachers without certification. Participants should have some familiarity with the branches of Yoga (Hatha, Raja, Jnana, Karma, Bhakti, and Japa) as well as the Yoga Sutras of Patanjali. 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 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 IY Distribution at 1-800-262-1008 (outside US, call 1-434-969-1049).

CERTIFICATION

Students will receive certification to teach Yoga to people with cancer after completing all three parts of this program. After completing Part 1, students will be ready to pursue their practicum with people with cancer working independently with a member of the faculty.

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 \$1215. 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

TO APPLY

You may visit www.integralyogaprograms.org under Basic Teacher Training, to submit an electronic application or complete and mail or fax your application with health form and a \$500 deposit by February 8 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 February 7, 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 forfeit the \$500 deposit. *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. 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.

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



Supriya Anne Butz
Teacher Training Administration
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"The goal of Yoga is an easeful body,
peaceful mind and useful life."
— Sri Krishnas Sri Swami Sachidananda, Founder

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PLEASE NOTE: The application form consists of three pages. Your application will be processed upon receipt of all three 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)

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

(Please continue with application)

**PAYMENT DETAILS FOR
TEACHING YOGA TO PEOPLE WITH CANCER
MAY 8 - 15, 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 Teaching Yoga to People with Cancer program is: \$1,215

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 (\$1,215) 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>OPTION 1: <input type="checkbox"/> I am enclosing payment in full for tuition and accommodation \$ _____</p> <p>OPTION 2: <input type="checkbox"/> I am enclosing \$500 initial payment, and I agree to pay in full by February 7, 2010.</p> <p>OPTION 3: <input type="checkbox"/> I am enclosing a \$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.</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)

Application Questions for Teaching Yoga To People with Cancer:

On a separate piece of paper, please answer the following questions:

- 1) When and where did you complete your Basic Yoga Teacher Training? Who was/were your teacher trainer(s)?
- 2) Have you completed any Integral Yoga Teacher Trainings? Please list.
- 3) What other Yoga training programs have you participated in? Please describe.
- 4) Do you have any food allergies, health and/or dietary restrictions?
- 5) What is your present job title and the nature of your work?
- 6) Please list any organizational affiliations you maintain.
- 7) Please describe your present work situations as a Yoga instructor.
- 8) How did you hear about this program?
- 9) How do you plan to implement the information presented in this program?
- 10) What percentage of your work is as a Yoga teacher?
- 11) What percentage of your work is with people with life threatening illness?
- 12) What do you anticipate is your greatest difficulty in teaching Yoga for people with life threatening illness?
- 13) What are your major sources of support, professional and otherwise, in teaching Yoga for people with life threatening illness?
- 14) Have you had any experience with significant illness, whether personally or among your family and friends? Please say as much as you wish about this.
- 15) Have you sought or experienced other alternative or complementary therapies for personal reasons? If so, please describe.
- 16) Describe other traditional or complementary therapies you are trained in or practice.
- 17) Please describe current or past participation in group therapy work or other support groups.
- 18) What is your intent in taking this course?
- 19) What are your expectations?
- 20) Do you have a spiritual practice? Please describe.
- 21) Is there anything more we should know to be sure that you would be comfortable at Yogaville?
- 22) Is there anything more you would like us to know about you before the program begins?

(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 me or my property during my stay.

Signature _____ Date _____