

# THE DEEPER STUDIES

# Meditation & Yoga

The Deeper Studies of Meditation and Yoga teacher training is a registered Yoga Alliance 200 hour training program. The program meets on Thursday and Saturday, September through April.

## Orientation:

9/10/11 1st Orientation  
Still Point 4:00 – 5:00pm

or

9/17/11 2nd Orientation  
Haddonfield 4:00 - 5:00pm

## Thursday 6:30 - 9:30pm

September 29  
October 6, 13, 27  
November 10, 17  
December 1, 8  
January 5, 12, 19, 26  
February 2, 16, 23  
March 8, 15, 22, 29  
April 12

## Saturday 1:00 - 6:00pm

October 1, 8, 22, 29  
November 12, 19  
December 3, 10  
January 7, 14, 21  
February 4, 18, 25  
March 3, 17, 24, 31  
April 14

## Three Meditation Evenings

### Choice of Thursday OR Friday Evening Meditation

|                         |                          |
|-------------------------|--------------------------|
| 09/22 Thursday 7pm - SP | 09/23 Friday 7:30pm - HF |
| 12/15 Thursday 7pm - SP | 12/16 Friday 7:30pm - HF |
| 02/09 Thursday 7pm - SP | 02/10 Friday 7:30pm - HF |

**Tuition: \$2,700** (payment plan available see application for details)

\$200 deposit is required when submitting your application. The deposit will be refundable prior to training start date, less a \$50 processing fee. Once the program begins refunds will not be given. The refund policy will be addressed at orientation.

**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

*Teaching Yoga: Exploring the Student Teacher Relationship* by Donna Farhi

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

This meditation and yoga teacher training program is highly experiential in nature. You will study the many dimensions of yoga asana's as well as the Art of Self Inquiry Meditation. Focus will be spent on learning, aligning and energetics of yoga asana, Patanjali's 8 Limb Path, Meditation, Teaching Methods, chanting, chakras, business skills, anatomy & physiology. In addition, special interest segments will be explored such as: Restorative Yoga, Yogassage, and Prenatal Yoga. Program hours not listed above also include, meditation classes, yoga classes, practice teaching, assisting, observing yoga classes, and student projects.

