

# THE DEEPER STUDIES

## Meditation & Yoga

The Deeper Studies of Meditation and Yoga teacher training is a registered Yoga Alliance 500 hour training program. The program meets on Tuesday and Sunday, September 2008 through September 2009. Sessions are held at either Still Point Yoga Center, located in Blackwood, or at The Yoga Center of Haddonfield. Training dates and locations are outlined below. Additional workshops and seminars will also be held. Contact either Center for scheduled dates and times.

Tuesday evenings sessions are from 7:30pm - 9:30pm  
Sunday afternoon sessions are from 1pm - 6pm

**Orientation:** September 9

### **Class Sessions:**

September: 16,21,23,28,30  
October: 5,7,14,21,28  
November: 2,4,11,16,18,25  
December: 2,7,9,14,16,19,21,30  
January: 4,6,13,18,27  
February: 1,3,10,17,24  
March: 1,3,8,10,24,31  
April: 7,26,28  
May: 3,5,12,17,19,26  
June: 9,14,16,23,28,30  
July: 7,14,19,21,26,28  
August: 2,4,25,30  
September: 1,6

**Tuition: \$4000** (\$3900 if payment is received by September 6.)

\$200 deposit required when submitting your application.

*The deposit will be refundable prior to training start date, less a \$50 processing fee.*

\$1800 due at program start date; \$2000 within 6 months of program start

Program Directors: Darlene DePasquale and Cathy Landschoot

Other Program Instructor: Nita Speilberg

### **Required Materials:**

Journal

Talks with Ramana Maharshi by Ramana Maharshi

Light on Yoga by BKS Iyengar

Yoga Mind, Body & Spirit- A Return to Wholeness by Donna Farhi

Yoga Anatomy by Leslie Kaminoff

This meditation and yoga advanced teacher training program is highly experiential in nature. You will study the Advaita/Vedanta philosophy, and practice the Art of Self Inquiry. Focus will be spent on basic and advanced asana, assisting and alignment, sequencing poses for the purpose of lesson planning, Yoga Nidra, relaxation techniques, working with special populations, business skills and ethics, and anatomy and physiology. Seminars and workshops hosted by subject matter experts, in the discipline of meditation, Sanskrit, learning how to create experiential workshops, Pranayama and more will be scheduled throughout the training.