

Integral Yoga has been training instructors for over 30 years and was developed under the guidance of Sri Swami Satchidananda.

Integral Yoga is a comprehensive program that will instruct and prepare you with all the skills necessary to teach Integral Yoga Hatha Beginners 1 classes. You will also be taught how to apply these teachings to live a more easeful, peaceful life.

Integral Yoga guides students to experience a deeper level of physical and mental well being and relaxation to promote flexibility, strength and vitality for the entire system.

Taught by senior Integral Yoga staff members. Upon completion of our program, graduates are eligible to become an (RYT) Registered Yoga Teacher with the Yoga Alliance.

CURRICULUM WILL INCLUDE:

- ***Yoga Asana, Pranayama, & Chanting***
- ***Yoga Philosophy***
- ***Meditation Instruction***
- ***Yoga Kriyas***
- ***Yogic Diet***
- ***Anatomy & Physiology (A & P)***
- ***And More . . .***

**APPLICATIONS & INTERVIEWS
NOW AVAILABLE**

PRE-REQUISITE FOR TEACHER TRAINING

Participation in a Minimum of 8 (Eight)
Integral Yoga Hatha Classes prior to Training

Teacher Training Orientation Meeting

Sunday, March 26 11am

Program Cost: \$3,195.00
(paid in installments)



Teacher Training Schedule

Saturdays 9:30am – 3:00pm
April 1, 18, 15, 22, 29 May 6, 13, 20
October 7, 14, 21, 28

Sundays 11:00am – 3:00pm
June 4, 11 July 30, August 13, 27 Sept 10, 17, 24

Sunday Intensives 8:00am – 5:00pm
April 2 May 7 October 1

Mondays 6:30pm – 9:30pm
April 3, 10 17, 24 May 1, 8, 15, 22
June 5, 12, 19, 26 July 24, Aug 28
Sept. 11, 18, 25 Oct. 2, 9, 23, 30

Anatomy & Physiology with Russell Ditchfield-Agboh

Sundays to be announced 1-5pm

Nutrition with Margabandhu

1 Saturday to be announced

Raja Yoga with Rev Jaganath Carrera

Mondays 6:30 – 9:30pm

To be announced

Mentoring: 6 hours scheduled w/mentor

Attend 1 Meditation Class & 1 Kirtan

Exams & Qualifying Classes

during the Mondays and Saturdays in October

Graduation to be announced

Tuition includes all necessary books and Hatha classes to be taken during the Teacher Training Program.

Certification will be given upon the satisfactory completion of All Training requirements.

- Taking required Yoga classes
- Teaching required Yoga classes
- Completion of written exam
- Completion of tuition payments

For additional information call:

(201) 796-7585



His Holiness Sri Swami Satchidanandaji Maharaj (Sri Gurudev) (1914–2002) founded Integral Yoga® in 1966, the worldwide Integral Yoga® Institutes, and Satchidananda Ashram-Yogaville®, a dynamic community. He is regarded by many as an apostle of peace and served as a living example of the teachings of Yoga and its goal of self-realization. Dedicated to the principle that "Truth is One, Paths are Many," his teachings bring together people of all backgrounds and beliefs so that they can learn to respect all different paths and realize their common spirit and the universality of their spiritual goals. Sri Gurudev served on the advisory boards of numerous peace and interfaith organizations and authored many books, including To Know Your Self, The Living Gita, and The Golden Present. Among the many awards and honors he received are the Albert Schweitzer Humanitarian Award, the Humanitarian Award of the Anti-Defamation League of B'nai B'rith, the Juliet Hollister Interfaith Award, and the U Thant Peace Award.

Integral Yoga® is the complete Yoga, which integrates all aspects of life and maintains our natural condition of an easeful body, peaceful mind, and useful life. It combines various methods of Yoga, including physical postures, breathing practices, and relaxation techniques (Hatha Yoga), selfless service (Karma Yoga), devotion and prayer (Bhakti Yoga), meditation techniques (Raja Yoga), mantra repetition (Japa Yoga), and self-inquiry (Jnana Yoga). The practices and principles of Integral Yoga® are the foundation of Dr. Dean Ornish's landmark work in reversing heart disease and Dr. Michael Lerner's noted Commonweal Cancer Help program.