

The Instructors

Rev. Jagadish Ruttler

is a Senior Instructor with over 15 years experience. He is certified in Raja Yoga and Meditation as well as holds certifications in Beginner, Intermediate and Advanced levels of Hatha Yoga. Along with his commitment to sharing the teachings of Integral Yoga, Jagadish is a Certified practitioner of Acupressure, Reflexology and Reiki (Master/Teacher).

Margabandhu Martarano

has served as Director of the New Jersey IYI, at the request of Sri Swami Satchidananda, for over 35 years when classes first began and a food co-op opened in Garfield, NJ. Margabandhu is a Senior Certified Integral Yoga Instructor, proficient in all aspects of Yoga, having learned directly from Gurudev in the early years. Professionally, Margabandhu has a BA in Education and is a Certified Massage Therapist, specializing in Acupressure and Reflexology, and a Master Herbalist, having studied with many experts over the years including: Viktoras Kulivinskis, Smoky Santillo and Dr. Ralph Alan Dale.

Rev. Premajyothi Devi

is a certified Integral Yoga Instructor for Cardiac, Children's, Pre-natal, Post-Partum, Raja Yoga and Beginner Hatha Yoga. On August 19, 2006, she deepened her commitment to Integral Yoga by becoming an Integral Yoga Minister, dedicated to serving all the needs of our community.

Rev. Jaganath Carrera

is a senior Disciple of Sri Swami Satchidananda and an Integral Yoga Minister with over 30 years teaching experience in the various branches, practices and theories of Yoga. He has been a principle speaker and coordinator of many Integral Yoga Teacher Training Programs in Hatha Yoga, Raja Yoga and Meditation. He currently is the founder and director of the Yoga Life Society, sharing the teachings of yoga throughout New Jersey.

Russell Ditchfield-Agboh, PT

is a Certified Integral Yoga Instructor. A Graduate of Daemen College with a BS in Physical Therapy, with a minor in Biology. He has 5 years as a PT at the New York University Medical Center. Russell is also Certified in Structural Integration (Rolfing). His engaging lectures have made him a popular Anatomy & Physiology Instructor for several yoga teacher trainings.

INTEGRAL YOGA INSTITUTE
21-03 MAPLE AVENUE
FAIR LAWN, NJ 07410

HATHA YOGA TEACHER TRAINING

FEB – JUNE 2018



Integral Yoga
Institute

21-03 Maple Avenue

Fair Lawn, NJ 07410

201-796-7585

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: \$3,295.00
(paid in installments)



Teacher Training Schedule

Saturdays 10:00am – 4:00pm
February 9, 23, March 9, 23, June 1
April 20*, 27 May 4, 18

Sundays 8:00am – 12pm
February 3, 17, March 3, 17, 31 April 14

Sunday Intensives 8:00am – 4:00pm
April 28 May 12 June 2, 16, 30

Mondays 6:30pm – 9:30pm
February 4, 11, 18, 25 March 4, 11, 18, 25
April 1, 15, 22, 29 May 6, 13, 20 June 10

**Anatomy & Physiology
with Russell Ditchfield-Agboh
Tuesdays Feb 5, 12, 19 6:30m- 9:30pm**

**Special Raja Yoga Talk
with Reverend Jaganath Carrera
Monday, March 25, 2019**

**Nutrition with Margabandhu
Saturday March 23 1pm-3pm**

**Day Retreat
*Saturday, April 20, 2019 7am – 4pm**

**Mentoring: 6 hours scheduled w/mentor
Attend 1 Meditation Class & 1 Kirtan**

**Exams & Qualifying Classes
during the Mondays and Saturdays in June**

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.