



The **Integral Yoga 200-hour Teacher Training** here at Integral Yoga Institute, Fair Lawn, NJ is a five month-long non-residential program consisting of over 200 class hours.

This comprehensive Yoga teacher certification provides a strong foundation for personal and spiritual development, a space for nurturing your own practice, and the skills necessary to become a knowledgeable Yoga teacher. You will learn to teach each portion of the Integral Yoga Beginners' class, including *asanas* (Yoga poses), deep relaxation, *pranayama* (breathing practices), chanting, and meditation.

Additionally, you will explore:

- Classes in vegetarian diet
- Instruction in basic anatomy and physiology
- Chanting instruction—for personal practice and class settings
- Raja Yoga (the science of the mind and yogic lifestyle)
- Jnana Yoga (the study of Self-inquiry)
- Bhakti Yoga (the path of devotion; including chanting, worship, and self-surrender)
- Karma Yoga (the practice of selfless service)

Teacher Training Orientation Meeting
Sunday, January 27, 2019 11am

Program Cost: \$3,295.00
(paid in installments)

Teacher Training Schedule

Saturdays

February 2, 9, 16, 23,
April 6, 13, 20, 27
June 1, 8, 15

10:45am – 4:00pm

March 2, 9, 16, 23, 30
May 4, 11, 18

Mondays

February 4, 11, 18, 25
April 1, 8, 15, 22, 29
June 4, 11, 18

6:30pm – 9:30pm

March 4, 11, 18, 25
May 6, 13, 20

Sunday Intensives

February 10

8:00am – 4:00pm

March 10

April 7

**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 16 1–3

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**

**Graduation: Wednesday July 10 8:30pm
(projected)**

The Instructors

Rev. Jagadish Ruttler

is a Senior Instructor with over 22 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 almost 50 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 Kulivinskas, Smoky Santillo and Dr. Ralph Alan Dale.

Rev. Premajothi Devi

is a certified Integral Yoga Instructor for Cardiac, Children's, Prenatal, 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 programs in NJ, but he started his teaching career here in Fair Lawn!

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