

## Certification Courses

**Raja Yoga Teacher Training**  
**3 March – 26 June**  
**Tuesday nights, 6pm – 10pm**  
**\$695**

There is a reason why the *Yoga Sutras of Patanjali* are commonly referred to as Raja Yoga, the Royal Yoga. The Yoga Sutras represents revolution in consciousness; they are a manual for transcending all artificial notions of self and the universe we live in. The *Yoga Sutras*, speak with clarity and authority on the inner workings of consciousness, the purpose of creation, and on suffering and means to transcend it. It is a step-by-step manual for attaining the unshakable peace that is your True Nature.

Deepen and clarify our understanding of these powerful teachings. Learn how to create lessons plans, answer questions, and use analogies, stories, and group discussion to communicate these principles clearly and enjoyably.

This course has helped transform the lives of many who have taken it. A don't miss opportunity even if you don't intend to teach Raja Yoga.

**Yoga Energetics and Healing**  
**Fall, 2012. Dates to be announced.**  
**\$495**

Taught by master herbalist and Yoga teacher, Margabandhu Martarano, this course offers a rare opportunity to explore the roots of Yoga. Learn Yoga in its fullness, as a vehicle for health and healing and a way to experience optimum peace and joy. Discover powerful healing herbs that enhance your practice. Become familiar with the basic meridians of acupressure and how they can deepen your experience of Hatha Yoga. Together, all these facets will bring you to a deeper experience of Yoga in your own practice while benefiting those you serve.

## Continuing Education Units (CEUs)

**The Rishikesh Series**  
~~28 August, 2011, 10am-5pm~~  
**7 & 8 January, 2012, 10am-5pm**  
**\$195**

Yoga tradition holds that there are 840,000 different Yoga postures. Of those, 84 are regarded as the most important. Of those 84, 12 that are considered to give the greatest benefit to the body, mind, and spirit for the effort expended. Those 12 postures constitute the Rishikesh series. They offer the practitioner optimum health and well being. Every part of the body is tended to, inside and out. The nervous system is balanced, the glands toned, the spine made strong and flexible, circulation benefited, immunity enhanced, the mind made serene and focused.

These two weekends will refine your practice of the basic asanas and pranayama techniques, and then expand them by adding more advanced postures and variations, developing the pranayama practices, and exploring the use of mudras, bandhas, and kriyas.

**The Full Force of Yoga**

**4-5 February, 2012**

**4 February, 2pm – 6pm (not open to public)**

**4 February, 7-9pm (open to public, \$20)**

**5 February, 12-6pm (open to initiates of Sri Guruji, by donation)**

Yoga is a holistic practice and way of life. Hatha Yoga is only one facet of a six-pronged approach to achieving health, peace, joy, good relationships, a compassionate heart, and Self-realization. We will spend the day exploring the nature and vital interrelationship of the six major branches of Yoga:

Hatha Yoga, Bhakti Yoga, Karma Yoga, Jnana Yoga, Raja Yoga, Japa Yoga.

**Diet, Kriyas, Fasting**

**28 July, 2012, 10am-5pm**

**\$125**

Today, many people think of Hatha Yoga as primarily consisting of asanas, and pranayama. But in reality, proper diet and cleansing are the foundations of Hatha Yoga. In this workshop we will review the essentials of the yogic diet and fasting, and explore and practice a number of kriyas.

**Bhagavad Gita**

**4 September – 25 September, Tuesdays, 6:30pm – 9:30pm**

**\$150**

The *Bhagavad Gita*, the Song of God, along with the *Yoga Sutras of Patanjali* constitute the two major sources of Yoga philosophy. A complete and balanced view of Yoga, it was the Gita that brought the ideal of Self-realization into every household – a potential that can be realized by anyone – even those whose lives are brimming with responsibilities and cares.

This course is open to the public.

**You can register online for any of these  
Certification Courses or CEU Courses at  
[www.yogalifesociety.com/certapp.html](http://www.yogalifesociety.com/certapp.html)**