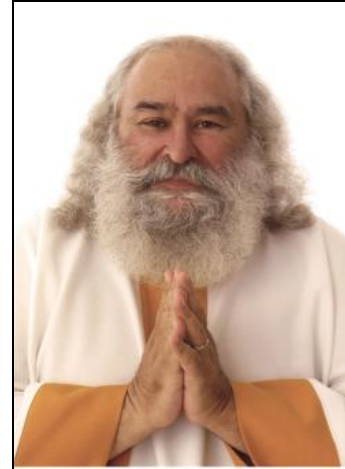




YOGA
LIFE
SOCIETY

**Meditation Teacher
Training
A Don't Miss Program!
Learn Directly from
Guruji
Reverend Jaganath
Carrera**



An opportunity like this doesn't come around very often.

The Yoga Life Society is excited to offer the best way to learn meditation: with a living master of meditation and Yoga philosophy - **Guruji Reverend Jaganath Carrera**. Not only will you learn all that you need to know to successfully teach meditation to others, but you will also receive personalized guidance for your own practice. Whether you intend to teach, or simply wish to deepen your own practice, this program is for you.

Meditation is the center of all Yoga teachings and practices. More than that, meditation is the direct path to experiencing the unshakable Peace and Joy that lie within as your True Nature. That is one reason why more and more students of Yoga seek to learn and incorporate meditation into their daily lives.

In this course, you will experience the benefits of apprenticing with a master, be challenged, deepen your understanding and practice of meditation, and have fun.

The course will include:

- Tips for making your own practice regular and deeper
- Opening the heart to deepen meditation
- The four main categories of meditation techniques: mantra/sound, inquiry, visualization, breath
- The theory behind meditation
- The important function of pranayama
- How to properly begin and end a meditation session
- How diet and daily activities affect success in meditation
- Meditation in daily life
- Overcoming obstacles in meditation
- Six attitudes shared by successful meditators

- What science has discovered about meditation
- Keeping your practice fresh
- Public speaking and teaching skills: structuring your presentation, answering questions, use of stories and analogies, leading discussions
- Preparing lesson plans for single classes, half and whole day workshops, and six week courses
- Leading guided meditations
- Understanding meditation experiences
- How to publicize your classes

Guruji Reverend Jaganath's Biography

Guruji has been a much sought after teacher of all aspects of Yoga for 35 years. He is the founder and spiritual head of the Yoga Life Society, and has developed the Meditation and Raja Yoga teacher training programs for Integral Yoga International. For more on Guruji, see the Yoga Life Society website. www.yogalifesociety.com

Hours/Requirements

Students should have completed a basic 200 hour teacher training or at least receive training in teaching deep relaxation (Yoga Nidra), and pranayama theory and practice.

The course begins on **Tuesday, September 7th, 2010 & concludes on Tuesday, November 30th.**

Classes meet every Tuesday, once per week for four hours (6 - 10pm).

Two full weekend days will also be required on Saturdays, September 25th and

November 20th. The total number of hours is between 60 and 70. In addition, students will need to make time for study and the preparation of their presentations.

To graduate, students cannot miss more than 9 hours of class time. They must pass a written exam, and successfully make six oral presentations. The exact date and time of graduation will be decided on by the group.

Location

Classes will be held at the **Integral Yoga Institute of Fairlawn. Fairlawn, NJ.**

If the distance to Fairlawn is a problem, most, but not all, classes can be attended via video conferencing.

Certification

All graduates will receive a certificate stating that they are qualified to teach meditation.

Required Reading

The Yoga Life Society Meditation Teacher Training Manual
Inside the Yoga Sutras, by Rev. Jaganath Carrera

Meditation, by Sri Swami Satchidananda
To Know Your Self, by Sri Swami Satchidananda

Cost

The fee of \$695.00 covers tuition, books, pamphlets, and any other instructional materials. \$100.00 deposit submitted with your application, will secure your place in the training. Included in the deposit is a \$35.00 nonrefundable administration fee.

Balance of \$595.00 due in full by 1 September, 2010

If needed, a payment plan can be arranged
\$100.00 – deposit submitted with application
\$200.00 - due on 15 July, 2009
\$200.00 - due on 15 August, 2010
\$195.00 - due on 1 September, 2010

To Apply

Please fill out the application form below and mail along with a \$100 deposit to Shanti Lemaire. Checks should be made payable to **Yoga Life Society**. If you prefer, you can fill out the application online at http://www.yogalifesociety.com/meditationtt_registration.html and pay by credit card.

Applications; mail or e-mail:

Shanti Lemaire

170 Belford Ave.

Rutherford, NJ 07070

Shanti@yogalifesociety.com

The balance of \$595 is due no later than 1 September, unless other arrangements have been made.

No refunds are possible after the start of the program.

See application on next page.

Yoga Life Society
Meditation Teacher Training Application, 2010

Last Name _____ First Name _____

Yoga Name _____ Date of Birth _____

E-mail _____

Home Phone _____ Business Phone _____ Cell Phone _____

Address _____

Did you graduate from a Yoga Teacher Training Program? _____

If so, When _____ What Level _____ Where _____

If you have not graduated from a Yoga Teacher Training Program, are you willing to take two or three classes to learn how to teach Yoga Nidra and pranayama _____

Have you read/studied the Yoga Sutras of Patanjali _____

How often do you meditate? _____

How long is a typical sitting _____

What meditation technique do you use _____

Do you include pranayama in your meditation sessions _____

Do you include chants, affirmations, or prayers in your meditation session _____

Which ones:

Are you currently teaching Hatha Yoga _____ If so, how often _____

Have you received initiation with (or are a disciple of) a master _____

If you received initiation, when was it _____

With who _____

Why do you wish to take this course you can use the back of the sheet, if needed):

Signature _____ Date _____

