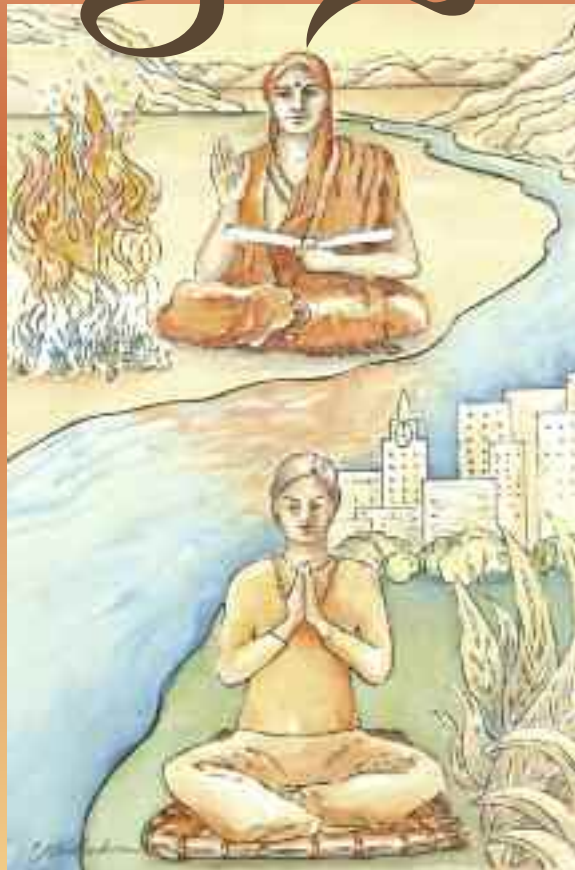


Svaroopa® Yoga Conference 2011

# श्रुत तन्त्रप्रणय पुण्ड्र

A MODERN  
IMMERSION  
IN YOGA'S  
TIMELESS  
TEACHINGS



OCTOBER  
21-23 2011

+ PRE-CONFERENCE  
WORKSHOPS ON  
OCTOBER 21  
& POST-CONFERENCE  
WORKSHOPS ON  
OCTOBER 23 & 24

EXTENDED TEACHER  
TRACK BEGINS  
OCTOBER 20

PHILADELPHIA PA

Take the free airport shuttle  
directly to the conference at the  
Renaissance Airport Hotel

*Choose the Conference Track That's Right for You*

**STEP-BY-STEP YOGA**

EXPLORE THE CLASSICAL  
EIGHT LIMBS OF YOGA

**LIVING YOUR YOGA**

INCORPORATE THE  
PRACTICES OF YOGA  
INTO YOUR LIFE

**DEEPENING YOUR  
YOGIC STATE**

DISCOVER METHODS FOR  
DEEPENING & MAINTAINING  
A DEEP YOGIC STATE

**THE POWER OF SVAROOPA®  
YOGA: TEACHERS' TRACK**

REFINE AND EXPAND YOUR TEACHING  
SKILLS IN A LONGER FORMAT THAT  
INCLUDES EXTRA WORKSHOPS ON  
THURSDAY, FRIDAY AND SUNDAY

# WELCOME

*Yoga's teachings and practices stretch back into pre-history, and yet here we are in the 21st century doing more yoga! Join members of the Svaroopā® yoga community from all over as we explore the ancient roots of yoga and discover yoga's purpose and value in our lives.*

*Experience first-hand why yoga has endured over thousands of years (hint: it's because it works!). The teachings are timeless, offering simple and practical techniques for modern day living. Yoga inspires us, transforms our relationships and deepens our experience of ourselves and of the world.*

*Take advantage of a full weekend of healing spinal release, blissful chanting, deep meditation, techniques for managing your mind and modern guidance based on ancient teachings. All of your workshops are taught by premier teachers of Svaroopā® yoga including Master Teacher and Svaroopā® yoga originator, Swami Nirmalananda Saraswati.*

*One of the most amazing aspects of the conference is the chance to come together as a kula. Kula is a Sanskrit word for clan, family or community. The Svaroopā® yoga kula is like no other, and at the conference we are in our truly supportive, enthusiastic form!*

*Spend a weekend exploring a modern immersion in the teachings of yoga.*

- Give yourself a retreat and discover the resting place within the Self.
- Enjoy the rare occasion of Master Yoga's premier teachers all under one roof.
- Bring a loved one and share the bliss.
- Shop for exclusive items to support your yoga practice.
- Experience yoga in community & let the support propel you forward.

*I look forward to seeing you in October to experience the depth of teachings and the Svaroopā® yoga community as only the conference can provide. It only happens once every two years, and you don't want to miss it!*

*Kelly Sharp*

Conference Coordinator

**From teacher to student, the eternal teachings of yoga are carried through time. The sage depicted here is a beacon of the yoga tradition. The fire signifies the inner radiance that glows within a yogi. The river represents the teachings themselves, flowing through time from thousands of years ago to the present moment. The teachings remain the same but are offered according to the circumstance – in the mountains of Ancient India or in 21st Century urban North America. Yoga passes through the millennia because each teacher submerges in the river and extends the teachings to the next generation.**



**Thank you to Barbara Goss Anderson for the original painting and to Kaya Mindlin for the description – both image and words implementing Swamiji's vision. Your love and generosity is deeply appreciated by all the Svaroopā® yoga community.**

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*While the divine is present in everything that exists, the human being has the capacity to experience it most fully. You are the human who can experience and express the divine fully. That's what this human life is for. —Swami Nirmalananda*

**DESIGN A PERSONALIZED YOGA**

**EXPERIENCE THAT IS JUST RIGHT**

**FOR YOU!** Fill your weekend with choices from over fifty workshops with Svaroop® yoga's premier teachers. Whether you are new to yoga, an experienced practitioner or a teacher you'll find workshops that meet you where you are and take you deeper.

We're reaching into both ends of the time spectrum, from the modern day-to-day life of the 21st Century all the way back to the ancient sages and teachings of yoga, to experience yoga's

profound relevance today. You'll leave more inspired, more open and more connected to both ends of the time spectrum than you imagined possible.

**CHOOSE ONE OF OUR FOUR TRAINING**

**TRACKS AND DIVE INTO A CAREFULLY**

**DESIGNED EXPERIENCE** that carries you elegantly from one workshop to the next, culminating in a final workshop that you've been preparing for all weekend. Within your track you'll be able to make some specific selections. Read the workshop descriptions below and envision all the ways to expand your experience of yoga!

**VEGETARIAN YOGI MEALS!** Enjoy

nourishing and delicious meals that support you, included in your weekend of deep opening. Join your yoga buddies to rest and refuel with food prepared especially for the yogi's palate. Your registration includes: Friday evening dessert, Saturday breakfast, Saturday lunch buffet, Saturday dinner buffet, Sunday breakfast, and Sunday lunch. Plus, vegetarian buffets for both Friday lunch and dinner will be available for your individual purchase at the hotel.



# CHOOSE THE TRACK THAT'S RIGHT FOR YOU...

## STEP-BY-STEP YOGA

**YOU ARE NEW TO YOGA OR NEW TO SVAROOPA® YOGA AND WANT TO KNOW MORE OR YOU ARE EXPERIENCED AND WANT TO REVISIT THE ESSENTIAL TEACHINGS OF YOGA**

Experience yoga's timeless tools for your body, mind and life. Get support every step of the way in a rich process that gives you a thorough experience of the yogic path. You'll begin your weekend with *Svaroopaa*® yoga's most essential poses and then continue through the classical Eight Limbs of Yoga – a powerful progression laid out in the ancient Yoga Sutras of Patanjali. Whether you're new to yoga, new to *Svaroopaa*® yoga, or revisiting the basics, you'll go home on a first-name-basis with yoga's most essential practices.

**Prerequisite: none**

## LIVING YOUR YOGA

**YOU ARE SEEKING PRACTICAL METHODS FOR LIVING A YOGIC LIFE**

Give yourself a personalized weekend retreat. Gain practical skills for weaving yoga into your life in a multiplicity of ways. This track offers the most variety with choices in every time slot so you can tailor your weekend to your specific needs and goals. Choose workshops on yoga poses, self-inquiry practices, meditation, yogic tools for all aspects of your life from digestion to relationships and more. You can focus on one aspect of yoga or mix it up. Ultimately, whatever choices you make, you'll learn ancient tools that help you to access and live in openness in the midst of your modern daily life!

**Prerequisite: none**

## DEEPENING YOUR YOGIC STATE

**YOU WANT TO DEVELOP YOUR YOGIC STATE, IN MEDITATION AND BEYOND**

Deepen your meditation and your inner state. Explore ancient techniques that help you to work with your mind to open into profound inner levels of your own being. You'll begin with the breath as a doorway inside and traverse through workshops on meditation, poses that support your expanding inner experience, Vichara (guided self-inquiry), japa (mantra repetition) and yoga philosophy. Culminate your weekend with a profoundly deep hour-long meditation. You'll leave illumined with a deep inner state and equipped with traditional tools that support you in living in your own divine essence all the time.

**Prerequisite: Completion of one of the following: Meditation Made Easy, Meditation Weekend, Meditation series with your local Svaroopaa® style teacher, or Meditation Retreat with a Master Yoga teacher.**

## TEACHERS' TRACK: THE POWER OF SVAROOPA® YOGA

**YOU ARE A TEACHER WHO WANTS TO EXPAND AND REFINE YOUR SKILL – IN THIS TRACK YOU GET AN EXTRA 1-1/2 DAYS OF WORKSHOPS**

Develop your teaching techniques in an extended weekend just for teachers. Get pre and post workshops with the Conference at the heart of your experience. Join your peers to benefit from the powerful teaching skills of *Svaroopaa*® yoga's teacher trainers. Learn new poses, get the most up-to-date teaching protocols, tackle drift, get re-inspired, and enhance your business skills so you can reach more people with the yoga you love. This track fulfills Continuing Ed requirements for SATYA, YTT, ATT & Yoga Alliance.

**Prerequisite: Foundations of Svaroopaa® Yoga, plus current with your continuing education.**

*\*You must be current with your continuing education in order to register for the continuing education track. Contact our Enrollment Advisors to check your status at [programs@masteryoga.org](mailto:programs@masteryoga.org) or (866) 588-9642 x 5 (Toll Free within the US) or (610) 363-9642 X 5.*



## TEACHERS' TRACK: THE POWER OF SVAROOPA® YOGA

Refine and expand your teaching skills, maintain your current standing with continuing education and deepen your relationships with other teachers. Sign up for the Teachers' Track if you are a:

- Foundations Grad • YTT Teacher-in-Training
- Certified *Svaroopa*® Yoga Teacher • ATT Teacher-in-Training

Get an extra day and a half of classes and community this year! Arrive a day earlier than the other tracks for more bonding with your community and more training with our skilled teacher trainers. The changes to the continuing education track were prompted by your feedback at the last conference. You asked for a more substantial and focused experience to better build your knowledge. While contemplating this request, Swamiji realized you were right! She expanded and re-designed the teachers' track, to give you a more comprehensive experience, with the depth of compulsory courses as well as opportunities to make choices to tailor the conference according to your needs.

### THE POWER OF SVAROOPA® YOGA SCHEDULE AT A GLANCE

Double your time with Master Yoga's Teacher Trainers! More time allows us to sustain the integrity of the teachings of *Svaroopa*® yoga, as we carefully address your needs and provide the highest quality teachings. Get the depth and focus that teachers love with the conference for everyone embedded into your experience.

**THURSDAY OCTOBER 20TH 7PM – 9PM** Welcome and Talk  
from Master Teacher  
Swami Nirmalananda Saraswati

**FRIDAY OCTOBER 21ST 7AM-5:30PM** Teachers' Workshops

**FRIDAY 6PM – SUNDAY 12PM** Teachers' Workshops

**SUNDAY AFTERNOON 2PM-6PM** Teachers' Workshops

**For detailed Teachers' Track Schedule, see pages 10-13.**

*Please see page 16 for tuition rates for the Teachers' Track, including special early registration rates.*

*Please note: The prerequisite requirements is Foundations, plus you must be current with your continuing education in order to register for the Teachers' Track. Contact our Enrollment Advisors to check your status at [programs@masteryoga.org](mailto:programs@masteryoga.org) or (866) 588-9642 x 5 (Toll Free within the US) or (610) 363-9642 x 5.*

## PRE-CONFERENCE WORKSHOP FRIDAY OCTOBER 21 9 AM – 5 PM

### Staying Open In Life

*Vidyadevi Stillman*

How do you keep the openings you get from your yoga practice? It can be challenging to stay open, when life tightens you back up again. In fact, it is not the physical activities you do that causes this dilemma – it is your own mind. Learn how to deal with your mind so the openings you get from your yoga practice spread into your whole life. Learn how to stay open no matter what comes your way. This day-long workshop includes asana, vichara (guided self-inquiry), sutras (ancient teachings) and quick-fixes for staying open or re-opening when you tighten up. What a profound way to live your life – open, open, open!

*Please note: There is an additional charge for this workshop.*



# CONFERENCE WORKSHOP SCHEDULE

## main conference

## session 1 one

### KEY

- STEP-BY-STEP YOGA
- LIVING YOUR YOGA
- DEEPENING YOUR YOGIC STATE
- TEACHERS' TRACK: THE POWER OF SVAROOPA® YOGA

### FRIDAY EVENING OCTOBER 21

6PM - 7PM

- Welcome Reception & Dessert
- Settle in and start your weekend by gathering with other conference participants and teachers and enjoy delicious desserts to sweeten your mouth, mind and heart.
- Find your yoga buddies and teachers from past classes, workshops and trainings and make new friends as you shift gears toward an entire weekend dedicated to you and your yoga.

7:30 PM - 8:30 PM

- Opening Event
- Delve into an easeful, enlivening and illuminative chant and meditation to ground your weekend in bliss. Then step into the fun of a silent auction and opportunities for shopping and socializing with your old and new buddies.

### SATURDAY, OCTOBER 22

SATURDAY MORNING  
6 AM - 7 AM

- Chant & Meditation with Swamiji
- Begin your day with the traditional yogic practices of chanting and meditation. Discover the power of basing your day in stillness and bliss. Swamiji will explain the meaning of the Sanskrit words in the chant, lead you in chanting the lyrics and melody and then guide you into meditation.

7 AM - 7:45 AM

- Yogi's Breakfast
- In the Atrium on the first floor.

SATURDAY 8AM - 9:30AM

- Poses for Daily Practice  
*with Polly DiBella*  
Start your morning with a reliable, simple and effective sequence of poses for deep spinal release. Release your core spinal muscles from tail to top and benefit from our teaching approach that utilizes repetition to support your ability to do the poses at home! You'll learn important details about how to get the deepest effects from the poses plus some tips to deepen your practice. Leave with a sequence of poses that will lay the foundation of your home practice. **1A**
- Lower Spinal Release  
*with Addie Alex*  
Get deep opening where it matters most! Start your day with deep and reliable release that benefits your body, mind and more. Begin the profound process of reaching inside by starting at your tailbone – the pivot point of your whole body – and throughout your pelvis. Experience some of the most beloved poses of *Svaroopa®* yoga for a complete experience that opens your entire spine. **1B**
- Breath & Mind:  
● Ujjayi Pranayama  
*with Kris Montigny*  
Experience the direct relationship between your breath and your mind. Delve deeply inside with an extended practice of Ujjayi Pranayama, the breathing practice of *Svaroopa®* yoga. Lecture, experiential exercises and discussion with other students illuminate your experience of what the ancient texts stated as the effects of your breathing on your inner state. You'll leave inspired in your Ujjayi practice, having reached a new level of experience and awareness. **1C**

SATURDAY

● **Poses for Yogic Surrender**  
*with Yogeshwaree (Lissa) Fountain*

Develop the ancient art of yogic surrender – an important tool for the modern yogi! Learn to meet your body’s tensions and let go into what is. Explore how *Svaroopā*® yoga’s forward bend poses release core tensions, open your heart and cultivate an attitude of serenity and letting go. Discover the bliss that is waiting for you as you peel away the layers and abide in the deep surrender. **1D**

session **2** two

**SATURDAY 10AM - 12 NOON**

● **Yama & Niyama**  
*with Vidyadevi Stillman*

Explore yoga’s lifestyle practices! Study the first two limbs\* of yoga, which offer tangible and practical guidelines for living a yogic life. Learn the yogic approach for how to deal with the world (yama) and how to deal with yourself (niyama). You’ll be inspired by the rich material offered in this course and discover how these ancient lifestyle teachings are relevant to your modern life.

*\*The Eight Limbs are yoga’s classical step-by-step system for discovering the essence of your being.* **2A**

● **Sit! Stay! Perfecting Your Meditation Pose**  
*with Yogeshwaree (Lissa) Fountain*

Perfect your seated pose and discover steady meditation. Explore the true meaning of Patanjali’s description, *sthira-sukham-asanam* – the pose should be steady and sweet. You’ll experience the capacity of a well-aligned seated pose to propel you more quickly and more deeply inward into sweet meditation. **2B**

● **Seated Twists**  
*with Addie Alex*

Get profound changes along your whole spine and cultivate a profound bliss that prepares you for meditation. Start at the tailbone and carry your openings into seated poses, where you’ll get even more openings with seated twists. The seated twists take you into inner bliss while they prepare you to establish yourself into an even deeper experience of the seated poses. This class opens you up for deep and easy meditation. **2C**

● **Vichara: Deprogramming Your Mind**  
*with Swamiji*

Unravel the hidden tangles in your mind that keep you wound up and bound up! Learn to treat your mind differently, honoring and working with it in a mutually beneficial relationship. Use vichara, a guided self-inquiry process, to listen to your mind, rather than struggle with it. Dissolve mental and emotional programming and uncover your own inner radiance and the source of joy within. As you deprogram the needs, fears and desires of your mind you’ll discover the ability to life more fully alive and fully embodied than ever. **2D**

**12 PM - 1:45 PM**

● **Yogi’s Lunch Buffet**  
In the Atrium on the first floor.



# CONFERENCE WORKSHOP SCHEDULE

## session 3 three

SATURDAY 2 PM - 3:30 PM

### ● Pranayama

● with Vidyadevi Stillman

Explore the fourth limb\* of yoga – pranayama. Delve into a blissful and extended practice of Ujjayi Pranayama – the essential breathing practice used in *Svaroopā*® yoga. Learn the ancient and modern perspectives on the value and benefits of this powerful healing and transformative practice and discover the most important truth of this practice, that it is all prana: the enlivening force of the universe and of you! You'll leave inspired to continue a dedicated practice of Ujjayi Pranayama when you go home.

\**The Eight Limbs are yoga's classical step-by-step system for discovering the essence of your being.* 3A

### ● The Power of Mantra

● with Rukmini (Maria) Abbruzzzi

Discover the power of mantra through your own direct experience. Learn from ancient teachings that describe the importance and effect of mantra and then be guided through the practice. If you have a japa-mala (traditional beaded necklace used for japa) bring it with you – or purchase one available at the conference shop. Experience how mantra japa works on multiple levels to purify your mind and change your body. Learn how to use this ancient practice to infuse your modern life with yogic vibration. 3B

### ● Digesting it All

● with Kris Montigny

Build a strong digestive fire that is essential for health and happiness. Find out about yoga's teachings on the importance of inner fire for digesting your life experiences as well as your meals. Learn poses and practices that give you the ability to digest, absorb and assimilate anything. Explore the internal processes of your own digestion and leave inspired to improve your digestive system with yoga. 3C

## session 4 four

SATURDAY 4 PM - 6 PM

### ● Dharana: Yoga for Your Mind

● with Swamiji

Embark on the yoga of the mind! Learn how to harness and cultivate your mind's capacity for inward exploration with the traditional practice called dharana – yoga's sixth limb\*. You'll use yoga poses to expand your ability to use your mind at a more subtle level. Experience immediately, in the practice of dharana, how the physical openings clear your mind and take you deeper into your own spiritual process.

\**The Eight Limbs are yoga's classical step-by-step system for discovering the essence of your being.* 4A

### ● Poses for Finding Center

● with Addie Alex

Develop your ability to find center – in your body and in your life! Focus on poses that take you from spinal release and lead you into and through standing and balancing. Experience some of yoga's most challenging and rewarding poses and explore the relationship between your body and your life as you learn to abide in center with ease. You'll discover a portable inner quality that can pervade and yogify your whole life. 4B

### ● Being Shiva, Seeing Shiva

● with Vidyadevi Stillman

Explore ancient teachings from the Shiva Sutras, a central text of Kashmir Shaivism. Let the teachings and discussion clarify your capacity for being Shiva – experiencing yourself as Shiva, and seeing Shiva – seeing everyone and everything in the world as Shiva – which is you! Hear descriptions of the inner experience described in the ancient texts and the practices designed to get you there. 4C

#### KEY

- STEP-BY-STEP YOGA
- LIVING YOUR YOGA
- DEEPENING YOUR YOGIC STATE
- TEACHERS' TRACK: THE POWER OF SVAROOPA® YOGA

SUNDAY

● Yogic Relationships  
● Through Meditation  
with Rukmini (Maria) Abbruzzi

Develop new relationship patterns through meditation! Learn how your yoga practices transform you, your relationships and the person you are in relationship with, all at the same time. As a yogi in the modern world, most of your relationships are with non-yogis. Learn how to bring a different quality to your relationships than you are used to by becoming less reactive and more open. You'll have deeper and more profound relationships with the same people – because the one who has changed is you! 4D

**SATURDAY DINNER**  
6 PM – 7:30 PM

- Yogi's Dinner Buffet
- In the Atrium on the first floor.
- 
- 

**SATURDAY EVENING**  
7:45 PM – 9:30 PM

- East Meets West:
- Yoga in the 21st Century
- Keynote Address and Chanting
- with Swamiji

Swamiji will expand on our theme “21st Century Yogi” by weaving traditional teachings with a look at modern triumphs. As the East becomes westernized and the West becomes more oriented toward God and spirit, how do we embrace the best of both worlds? Your whole weekend will be more powerfully enlivened by Swamiji's capacity for humor, depth, light, love and sharp discernment. We will end with a chant and meditation that will allow the teachings presented to resonate in you at a whole new level.

**SUNDAY, OCTOBER 23 SUNDAY MORNING**  
6 AM – 7 AM

- Chant and Meditation
- with Swamiji

Go deeper and deeper inside. You've already done so much yoga! Now pick up where you left off the night before and set the yogic tone for the new day with chanting and meditation. Revel in the bliss of the chant, and use it to ease your way into your own divine essence. Once again, Swamiji will teach you the meaning of the Sanskrit words, lead you through the chant and guide your entry into meditation.

**SUNDAY BREAKFAST**  
7 AM – 7:45 AM

- Yogi's Breakfast
- In the Atrium on the first floor.
- 
- 



# CONFERENCE WORKSHOP SCHEDULE

## session 5 five

SUNDAY 8AM - 10AM

### ● Learn to Meditate

*with Rukmini (Maria) Abruzzi*

Learn to meditate – it's easier than you think! Begin with specific yoga poses that will prepare you for meditation, discover how to sit comfortably and be guided into meditation. Learn straightforward techniques that take you directly into meditation whether you are meditating for the first time or strengthening your existing practice. You'll leave ready to embark on deeper meditation experiences for the rest of the conference and beyond. **5A**

### ● Quantum Leap Inward

*with Swamiji*

Take a quantum leap inward in your meditation. Swamiji will offer teachings and techniques that propel you deeper into the experience of your inner essence – the bliss of your own true nature. Everything you've done so far this weekend has prepared you for this experience! **5B**

**Prerequisite: The Power of Mantra—Session 3**

### ● Vinyasa: Spinal Flow

*with Yogeshwaree (Lissa) Fountain*

Flow blissfully from pose to pose. Begin with a slow exploration of individual poses for spinal release and then string the poses together for a deep flow of movement and breath. Discover the strength and stamina that comes from core opening. As the culmination of everything you've been doing this weekend, this class gives you a direct experience of how to live your yoga by moving through life in openness. **5C**

## session 6 six

SUNDAY 10:30 AM - 12 NOON

### ● Deepening Your Meditation

*with Addie Alex*

Explore inner immersion into your own divine essence. You'll review seated poses and propping to support a comfortable and effective meditation practice. Experience a series of short meditations that get progressively deeper. The mini-meditations are designed to cultivate a longer meditation. Learn reliable techniques for accessing Samadhi, the deepest inside and the final limb of the 8 Limbs of Yoga laid out in Patanjali's Yoga Sutras. This class will assure your physical comfort in meditation and enhance your ability to go deep inside when you meditate on your own. *\*The Eight Limbs are yoga's classical step-by-step system for discovering the essence of your being.* **6A**

### ● Just Meditate!

*with Rukmini (Maria) Abbruzzi*

Do not pass up the opportunity to just meditate! This hour-long meditation is what you've been preparing for all weekend. Experience how powerful and deep meditation can be and gain greater insight with group discussion amongst your peers. Leave with the golden key that will open the doorway to the inner awakening described by the ancient sages. **6B**

### ● Redefining Strength

*with Yogeshwaree (Lissa) Fountain*

Experience how opening your spine makes you strong, steady and clear! Use spinal release to find and use your abdominal and leg muscles for standing, walking and "doing." Cultivate a foundation of openness that allows you to discover the strength that is already there and discover your capacity to live your yoga as well as practice more advanced poses. Explore poses that help you live your life with physical strength and mental clarity and experience how the bliss of your own essence gives you true strength on all levels. **6C**

#### KEY

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● **Vichara: Beyond Expectations**  
*with Vidyadevi Stillman*

Use your mind to blast through your mind's limiting expectations! Root out hidden mental and emotional residue with vichara, guided self-inquiry. Learn to live free of the baggage that you normally carry and enjoy relationships based on love, sharing appreciation, compassion and respect. Discover a new quality of relationship with the same old people – because the one who has changed is you, the yogi! Everything you've done this whole weekend has prepared you for this. Discover how you get in your own way and move beyond expectations – all the way to the ultimate state! **6D**

● **Bliss Class**  
*with Polly DiBella*

Dive deeply into the bliss of your own being with the most advanced level of *Svaroopa*<sup>®</sup> yoga. Dissolve the layers that block you from your natural illumined state with simple yet deep bliss practices, including Ujjayi Pranayama, poses and specially chosen contemplations. Discover how to really slow down, on all levels of your being, so that you can surrender to your own Self and allow your inner radiance to shine. **6E**

**SUNDAY LUNCH 12 PM – 2 PM**

● **Yogi's Vegetarian Buffet**

- Complete your weekend – or prepare to continue on with the post-conference workshops – with a vegetarian buffet, included
- in your conference tuition.



**POST-CONFERENCE WORKSHOPS**

**SUNDAY OCTOBER 23**

**AFTERNOON WORKSHOPS 2PM - 5PM**

● **Sunday Afternoon Bliss**

● *with Karobi Sachs*

- Okay, you've earned it – a lazy yoga class! Enjoy the deep rest and rejuvenation of an extra-extra long shavasana followed by roly-poly Bliss yoga poses and complete your afternoon with another long Shavasana. Now you are primed for easy entry into meditation. Once you wipe away the drool, you'll establish yourself upright and be guided into a delicious chant and meditation.

● **Meditation**

● *with Swamiji*

- Delve in deeply under Swami Nirmalananda's expert guidance. Swamiji will support and inspire you through a reliable meditation practice based in thousands of years of tradition and tailored for the present moment. Let all of your practices and experiences of the weekend culminate in this opportunity for inner illumination.

**MONDAY, OCTOBER 24TH FROM 9 AM – 4 PM**

**ALL-DAY IMMERSION**

● **Climbing Out of the Rut**

● *with Vidyadevi Stillman*

- Do you have habits that no longer serve you, that no longer take you where you really want to go? You may be aware of it, but you just can't help yourself. Every time you repeat that thought, choice or behavior, the rut deepens. As the rut deepens, it becomes harder and harder to climb your way out until eventually you give up on yourself. Learn how to dissolve those deeply ingrained patterns and behaviors. This day will include asana, vichara (self-inquiry) and sutras especially related to this age-old problem. Don't give up on yourself. Climb out of the pit and discover a life free of the rut!

*Please note: There is an additional charge for these workshops.*



# TEACHERS' TRACK: THE POWER OF SVAROOPA® YOGA

## teachers' track schedule

THURSDAY 7PM - 9PM

### What Do You Call It? *with Swamiji*

Gain deeper insight into how to describe *Svaroopa*® yoga. Swamiji answers the question, “What do you call it?” and gives you tools for explaining the unique practice of *Svaroopa*® yoga. You already know it’s not “gentle yoga”, “restorative yoga”, “lazy yoga”, “sleepy yoga”, “elder yoga” or “injury yoga” – so what is it? Learn to explain *Svaroopa*® yoga in person to students and loved ones as well as in brochures, fliers or website. Start the Teacher track with the language and understanding you need to portray the yoga you love.

FRIDAY 7AM - 9:30AM

### The Power of Alignment

#### RELEASE ON THE FLOOR

*Janaki (Janet) Murray*

**Prerequisite: Foundations**

Begin your morning with chanting and meditation. Then open your spine with an experiential tune-up of reclined tailbone and sacrum pose alignments. Plus learn some new alignment information. **T1A**

#### SEATED RELEASE

*Polly DiBella*

**Prerequisite: YTT Level 1**

Begin your morning with chanting and meditation. Then open your spine with an experiential tune-up and deeper understanding of the alignments of key seated tailbone and sacrum poses. **T1B**

#### SEATED SOPHISTICATION

*Kris Montigny*

**Prerequisite: YTT Level 3**

Begin your morning with chanting and meditation. Then open your spine with an experiential tune-up and deeper understanding of the alignments of key seated tailbone and sacrum poses. Plus learn some more sophisticated alignments. **T1C**

FRIDAY 10AM - 12 NOON

### The Power of Props

#### ALTERNATE LEG AND ALTERNATE LEG DIAGONAL

*Janaki (Janet) Murray*

**Prerequisite: Foundations**

Explore more spinal release and teaching skills with Alternate Leg and Alt Leg Diagonal. Fine-tune your ability to zero in on the spine with the right props for individual needs. Plus complete your morning by opening the rest of your spine. **T2A**

#### KURMASANA & BADDHA KONASANA

*Polly DiBella*

**Prerequisite: YTT Level 1**

Get more spinal opening and teaching skills with a deeper propping variation on Kurmasana. Move into Baddha Konasana for your sacrum. Explore the difference between using propping or variations for extra opening. Complete your morning with poses to open the rest of your spine. **T2B**

#### SLO MO AND PIGEON

*Karobi Sachs*

**Prerequisite: YTT Level 3**

Release your Tailbone and Sacrum more, and learn to help others with deeper and more fine-tuned propping in Slow Motion Dive and Pigeon. Complete your morning with reliable upper spinal release. **T2C**

FRIDAY 2PM - 3:30PM

### Forum: The Power of Perception *with Swamiji*

Swamiji will guide you through a process and discussion of the relationship between perception and understanding. Learn how perception and understanding – both essential to *Embodiment*® Yoga Therapy – mutually empower one another. Through tailbone opening, first-hand experience, open discussion and a teaching on the traditional levels of perception as seen through yoga’s guru-student relationship, your perception of perception will be transformed!



FRIDAY 4PM - 5:30PM

The Power of Touch

**A TEACHER'S TOUCH**

*Karobi Sachs*

**Prerequisite: Foundations**

Learn the five stages of touch, taught in YTT Level 1. Gain theoretical and experiential understanding of the importance of hands-on alignments and adjustments. Learn the most effective process for giving your students the most benefit—through hands-on teaching. **T3A**

**NECK & SHOULDERS**

*Polly DiBella*

**Prerequisite: YTT Level 1**

Explore and refine key alignments and adjustments for the upper spine. Work with partner pairs to build your skill and confidence. Experience the profound effect of these teacher techniques that can be applied to a number of poses to transform your students' experience of their body. **T3B**

**THEY WANT TO MELT**

*Kris Montigny*

**Prerequisite: YTT Level 3**

Delve into delicious and powerful hands-on adjustments that make students melt! With a focus on tailbone and heart opening, you'll review key adjustments as well as learn a new hands-on technique that will open new pathways of inner melting and bliss for your students. **T3C**

FRIDAY 7:30PM - 8:30PM

Opening Event

See the regular conference section for details

SATURDAY 6AM - 7AM

Chant & Meditation *with Swamiji*

SATURDAY 7AM - 7:45AM

**YOGI'S BREAKFAST**

Served in the Atrium on the first floor.

SATURDAY 8AM - 9:30AM

The Power of Breath

**MAGICAL SOUND**

*Janaki (Janet) Murray*

**Prerequisite: Foundations**

You'll dive inside with an extended Ujjayi Pranayama practice in partner pairs. Then experience the direct effect of the breath on your spine. Leave re-energized in your personal practice and in your ability to teach Ujjayi Pranayama to others. **T4A**

**AMAZING BREATH**

*Karobi Sachs*

**Prerequisite: YTT Level 1**

Explore Vidyalasana I – Cat & Cow and the impact of Ujjayi pranayama on spinal release. Fine-tune the teaching elements of Cat & Cow, with special emphasis on coordinating breath with movement for deep opening, expanded energy, and quiet mind. **T4B**

**ALL THE ELEMENTS**

*Vidyadevi Stillman*

**Prerequisite: YTT Level 4**

Experience first-hand the natural unfoldment of all of the elements of Ujjayi Pranayama, as one element leads spontaneously into the next. Your ability to teach the elements will be transformed by your direct knowledge. **T4C**

SATURDAY 10AM - 12 NOON

The Power of Adjustments

**HALF FROG ADJUSTMENTS**

*Polly DiBella*

**Prerequisite: Foundations**

Get lots of opening and lots of experience practicing and receiving the thigh twist and Sacrum Press plus Thigh Twist. This is your opportunity to finesse these adjustments and become adept. Get key tips for students' alignment and your body mechanics that ensures great adjustments. **T5A**

**SHAVASANA ADJUSTMENTS**

*Kris Montigny*

**Prerequisite: YTT Level 1**

Refine the gateway to all other adjustments – Shavasana adjustments. Work in partner pairs to fine-tune your skills and improve your own body mechanics. Plus learn a new and simple adjustment that will make a big difference for your students. You'll also gain more understanding of the importance of Shavasana adjustments and the practicalities of getting to the students who need it most. **T5B**

**THE KNOT BEHIND YOUR HEART**

*Karobi Sachs*

**Prerequisite: YTT Level 4**

Learn how to use adjustments to help students open the knot behind the heart. You'll use Sphinx Pose and Cobra Pose to reach in deep – getting lots of opening in your own upper spine and building your skills for helping your students open levels they can't get on their own. **T5C**

SATURDAY 12 PM - 1:45PM

**YOGI'S LUNCH BUFFET**

Served in the Atrium on the first floor.



# TEACHERS' TRACK: THE POWER OF SVAROOPA® YOGA

## teachers' track schedule

### SATURDAY 2PM - 3:30PM

#### The Power of Words

##### DIRECTION OF MOVEMENT

*Karobi Sachs*

##### Prerequisite: Foundations

Talk students through poses with the least confusion possible. Directions can be misinterpreted in a yoga class. For example, "up" is different if you are seated, lying on your back or lying on your belly. Rather than geographical directions related to the room, learn body-based directions based on anatomy. **T6A**

##### JUST TELL THEM

*Janaki (Janet) Murray*

##### Prerequisite: Foundations

Just tell students what to do! Learn to take command with clear, direct and effective language. Let go of the tendency to be timid, coy or nervous in your communication. Explore straightforward language that gets students directly into opening and supports them with clarity and confidence. **T6B**

### SATURDAY 4PM - 6PM

#### The Power of Stages

##### FINESSE

*Janaki (Janet) Murray*

##### Prerequisite: Foundations

Get direct experience of the importance of doing poses in the right sequence. This powerful and fun process re-invigorates your awareness of the power of stages. **T7A**

##### FINDING BALANCE

*Kris Montigny*

##### Prerequisite: YTT Level 2

Experience key stages of standing and balancing. Both direct inner experience and working in partner pairs will develop your first hand knowledge of stages and your ability to share the process with others. **T7B**

##### TARGETING THE SPINE

*Karobi Sachs*

##### Prerequisite: YTT Level 3

Utilize a deep forward bend to explore the difference between ignoring the stages, over-emphasizing them or doing it "just right." This is the Goldilocks experience of Paschimotanasana! **T7C**

### SATURDAY 6PM - 7:30PM

#### YOGI'S DINNER BUFFET

Served in the Atrium on the first floor.

### SATURDAY 7:45PM - 9:30PM

#### East Meets West: Yoga in the 21st Century **KEYNOTE ADDRESS** *with Swamiji*

See the regular conference section for details.

### SUNDAY 6AM - 7AM

#### Chant & Meditation *with Swamiji*

### SUNDAY 7AM - 7:45AM

#### YOGI'S BREAKFAST

Served in the Atrium on the first floor.

### SUNDAY 8AM - 10AM

#### The Power of Repetition

##### DO IT AGAIN!

*Kris Montigny*

##### Prerequisite: Foundations

The Magic Four is the simplest and most reliable daily practice for your students. They can do it again and again, and you can teach it again and again. To do this successfully, you must practice teaching it... again and again! **T8A**

##### GETTING GOOD AT IT!

*Polly DiBella*

##### Prerequisite: Level 2

Sacrum alignments and adjustments make a big difference in students' experience. Explore the importance of and differences between sacrum lifts in seated poses, and giving them a sacrum press in Sphinx Pose to lengthen their spine. Along the way, you'll get really good at it! **T8B**

##### THE POWER OF TAILBONE RELEASE

*Vidyadevi Stillman*

##### Prerequisite: Level 4

Get deep opening and explore your ability to find and feel the deepest layers inside. Through repetition, you'll develop your first-hand knowledge and your skill in sharing one of the most blissful poses with your students. **T8C**

SUNDAY 10:30AM - 12 NOON

The Power of Experience

**DISCOVER YOUR TAILBONE**

*Bhakta (Lelie) Johnson*

**Prerequisite: Foundations**

You'll be guided through deep opening and a fun process of learning how opening your spine makes you a better teacher! **T9A**

**EMBODIMENT® - WHAT IS IT?!**

*Kris Montigny*

**Prerequisite: Embodiment®**

**Yoga Therapy Training**

Get an *Embodiment®* and more. Explore how receiving *Embodiment®* sessions makes you a better yoga therapist and a better salesperson – so you can have more clients and do more sessions! **T9B**

**DECODING TRIKONASANA**

*Karobi Sachs*

**Prerequisite: Level 4**

Be guided through one of the most powerful poses for simultaneous strength and opening. Learn how receiving hands-on alignments and adjustments make you a better teacher. Then discuss what to do if you're the only teacher in town. **T9C**

SUNDAY 12PM - 1:45PM

**YOGI'S LUNCH BUFFET**

Served in the Atrium on the first floor.

SUNDAY 2PM - 3:30PM

The Power of Understanding

**SVAROOPA® YOGA ANATOMY**

*Janaki (Janet) Murray*

**Prerequisite: Foundations**

Re-examine the essential anatomy that relates to spinal tension and spinal release. Ask your questions and get the review you need to empower your teaching and your personal practice with knowledge. **T10A**  
\*Anatomy Coloring Book Required

**VERTICAL SHAVASANA**

*Kris Montigny*

**Prerequisite: Level 2**

Re-examine the alignments and adjustments of Shavasana and Tadasana. Explore the relationship between these two essential and ancient poses of the yoga tradition. Explore the purpose of the props in Shavasana and the potential to develop a "Shavasana quality" while standing in Tadasana. **T10B**

**FREE MARKETING: BE A SUCCESSFUL YOGA TEACHER WITH COMMUNITY RESOURCES**

*Donna Criscuolo*

Learn to expand your yoga business! Join Master Yoga's executive director and marketing maven as she guides you through the free resources available to you in your local community. **T10C**

SUNDAY 4PM - 6PM

The Power of Sitting

**COMFORT COUNTS**

*Janaki (Janet) Murray*

**Prerequisite: Foundations**

Explore the relationship between your body, the props and the condition of your mind. Delve into deeper understanding of Sukhasana, its props and its purpose. Your experience will deepen your understanding of the true purpose of *Svaroopa®* yoga's seated poses. **T11A**

**IDA-PINGALA**

*Polly DiBella*

**Prerequisite: Foundations**

Explore Sukhasana's subtle effects. Gain more understanding of the nadis (pranic channels) that intersect along your spine. Learn what the poses are really all about. Complete your experience with a brief meditation that can lead you into the direct experience for which the poses can prepare you. **T11B**

**THE MOST IMPORTANT SEATED POSE**

*Vidyadevi Stillman*

**Prerequisite: Level 4**

Experience and compare the practical and subtle differences of three key seated poses. Take time to experience the bhava (quality) of each and then learn about seated poses from the ancient text on asana – the Hatha Yoga Pradipika. Complete your experience with a brief meditation. **T11C**



# FACULTY

## MASTER YOGA'S TALENTED CONFERENCE FACULTY



Swami Nirmalananda Saraswati, formerly named Rama Berch, is the originator and heart of *Svaroopaa*® yoga, and the Master Teacher of Master Yoga Foundation. She is a swami (yoga monk) in the ancient order of Saraswati. She teaches yoga in a modern context but according to the ancient tradition – as a path that leads you to svaroopaa – the bliss of your own being. Her life is dedicated to service, passing on the extraordinary gifts she has received and guiding others to discover their own inner vastness.



**Vidyadevi Stillman**  
CSYT  
RYT 500  
E-RYT 500



**Karobi Sachs**  
CSYT  
RYT 500  
E-RYT 500



**Kris Montigny**  
CSYT  
RYT 500  
E-RYT 500



**Polly DiBella**  
CSYT  
RYT 500  
E-RYT 500



**Janaki  
(Janet) Murray**  
CSYT



**Yogeshwaree  
(Lissa) Fountain**  
CSYT  
RYT 500



**Addie Alex**  
CSYT  
RYT 500



**Rukmini  
(Maria) Abbruzzi**  
CSYT  
RYT 500



**Donna Criscuolo**  
CSYT  
RYT 500

For more information about each of these wonderful teachers, visit the Faculty page for our conference, at [www.svaroopayoga.org](http://www.svaroopayoga.org)

## CONFERENCE EXTRAS!

### SEVA

Join the seva team and experience the conference in a whole new way! Come to the conference imbued with a true sense of service – as a member of a team that will come to the conference simply to do seva. Your participation in the shop, at the registration desk and in supporting our teachers and facilitating a smooth experience of our schedule of workshops is what makes this conference successful.

This year we are looking for a team of yogis interested in immersing themselves in the practice of seva for the entire event! As a member of the seva team, your meals and admittance to the community events (opening event on Friday night, keynote address on Saturday night and the early morning chant and meditations with Swamiji) will be gifted to you by Master Yoga.

For more information or to apply, contact Julie Barry, our seva team captain at [sevateam@masteryoga.org](mailto:sevateam@masteryoga.org)

*Seva is a different way to practice yoga. So much has been given to me and I just wanted to be able to give back. Being on the other side of things was a very different experience for me. Little did I know that I would receive gifts that were far beyond anything that I could have ever asked for, not that I wanted anything in return. Just by offering my services whenever and wherever needed something began to happen...I began to fill up with the purest form of love, joy and grace. My body was not big enough to hold it and it began to spill out and over into my process of being able to give even more. It left me in tears because this experience was so beautiful. I highly recommend this form of yoga practice – you will never know how this will change your life and the way we live everyday until you try.*

– Julie Barry

Seva Team Captain

(on doing seva at the Master Yoga Conference)

### YOGA STORE

Visit your shop for everything that *Svaroopa*® yoga has to support and inspire your yoga practice. Find DVDs, CDs, posters, books, tee shirts and NEW exclusive items only available at our conferences. Opening at 6pm on Friday October 21 – and closing at 1pm on Sunday October 23.

## LOGISTICS

### LOCATION AND LODGING

Renaissance Philadelphia Airport Hotel  
500 Stevens Dr,  
Philadelphia, PA 19113  
1-610-521-5900

<https://www.marriott.com/hotels/travel/phlar-philadelphia-airport-marriott/>

You can link directly to the hotel from the conference page at

[www.svaroopayoga.org/21st-centuryyogi.asp](http://www.svaroopayoga.org/21st-centuryyogi.asp)

Our conference is at the Renaissance Philadelphia Airport Hotel. If you're flying in, you'll be able to take a quick complimentary shuttle from the Philadelphia Airport directly to the *Svaroopa*® Yoga Conference.

**Reserve your hotel room by October 1, and mention the Master Yoga Conference to get the discounted room rate of \$119.00 a night.**

You can link directly from [www.svaroopayoga.org/21st-centuryyogi.asp](http://www.svaroopayoga.org/21st-centuryyogi.asp) to book your hotel room online, or call the hotel at 1-610-521-5900 for your reservation.

### DIRECTIONS

The Philadelphia Renaissance Airport Hotel is located one mile south of the Philadelphia airport on Rt. 291.

Complimentary shuttle service is available from the airport. Customized driving directions are available on the hotel website at [www.marriott.com](http://www.marriott.com)



# REGISTER NOW!

To get our early registration rates you must register by **September 1, 2011.**

To guarantee your accommodations and the discounted room rates you must reserve your hotel room by **October 1, 2011.** (you can link to the hotel reservation page directly from the conference page at [www.svaroopayoga.org](http://www.svaroopayoga.org)).

The reservation link for the hotel is:

<http://www.marriott.com/hotels/travel/phlbr?groupCode=maymaya&app=resvlink&fromDate=10/19/11&toDate=10/25/11>

## CHOOSE FROM THREE EASY WAYS TO REGISTER:

**WEB:** Visit [www.svaroopayoga.org/21st-centuryyogi.asp](http://www.svaroopayoga.org/21st-centuryyogi.asp) to register on our secure site (and find the link for your hotel reservation on our website's 2011 Conference page)

**FAX:** If you are paying by credit card, you can fax your completed registration form to: 610-363-6143

**MAIL:** Send your completed form with payment to:  
Master Yoga Foundation  
Attn: 2011 Conference  
363 Lincoln Highway East, Ste 200  
Exton, PA 19341

If you have any **questions**, please e-mail them to: [conference@svaroopayoga.org](mailto:conference@svaroopayoga.org) or phone Kelly at: 610-363-1535. Registration is on a first-come, first-serve basis, so register early to guarantee your space in the workshops you want. Send your payment in full with your registration.

*Make sure to get your form postmarked by the **September 1 deadline** in order to qualify for the early registration rates.*

*Your hotel room reservations must be made by **October 1** in order to guarantee **Master Yoga's special rate.***

## REFUNDS

If you cancel your registration for any reason, you may apply your prepayment to another Master Yoga program in Exon PA or YTT training in another location, or you may obtain a refund. If you notify us by September 15, 2011, there is a \$25 processing fee for changing your enrollment to another program of equal or greater value. There is a \$100 processing fee for a refund. You must submit your request in writing (fax, snail mail or email). A check will be issued within one month. For a cancellation after September 15, 2011, there is a \$125 processing fee in order to apply your payment to another program or receive a refund.

## CONTINUING EDUCATION CREDITS

If you are a *Svaroop*® Yoga Teacher, at any level of certification, both Master Yoga and Yoga Alliance recognize your Continuing Ed hours through your participation in the Teacher's Track. If you are a teacher in a different style, enroll in the Step-by-Step Yoga conference track for your Yoga Alliance Continuing Ed credits. We will be happy to send you a transcript, simply request it at: [info@svaroopayoga.org](mailto:info@svaroopayoga.org).

CONFERENCE FEES	EARLY TUITION*	STANDARD TUITION**
<b>PRE-CONFERENCE WORKSHOP</b> Staying Open in Life with Vidyadevi Stillman	\$125.00	\$125.00
<b>TEACHERS' TRACK:</b> <b>SPECIAL TRACK HOURS :</b> <b>THURSDAY 7PM – SUNDAY 6PM</b> Includes dessert reception on Friday evening, breakfast & lunch on Saturday & Sunday; and dinner on Saturday.	\$625.00	\$695.00
<b>MAIN CONFERENCE BY TRACK:</b> Includes dessert reception & all activities on Friday evening, meals and classes all day Saturday & Sunday through lunch.	\$525.00*	\$595.00**
<b>FULL CONFERENCE A LA CARTE:</b> Includes meals dessert reception & all activities on Friday evening, meals and classes all day Saturday & Sunday through lunch. <i>If you are attending only part of the conference, call Kelly for personal help with your A La Carte choices and cost.</i>	\$650.00*	\$720.00**
<b>POST-CONFERENCE: SUNDAY AFTERNOON</b> Meditation Course with Swamiji Sunday afternoon Bliss with Karobi	\$ 95.00 \$ 65.00	\$ 95.00 \$ 65.00
<b>POST-CONFERENCE: MONDAY</b>	\$125.00*	\$125.00**

\*Registered on or before Sept. 1, 2011

\*\*Registered after Sept. 1, 2011

## REGISTER A LA CARTE

*(Does not apply if you have chosen a Track)*

Phone Kelly for personal help with this option (610-363-1535). We will make every effort to place you in your first choice, though some classes have limited capacity, especially the asana classes. Enrollment is on a first-come, first- served basis with preference given to those registering for tracks.



# REGISTRATION

## ATTENDEE

Name (Please Print) \_\_\_\_\_

Phone \_\_\_\_\_

Street Address \_\_\_\_\_

Email Address \_\_\_\_\_

City State Zip \_\_\_\_\_

### PROP SUPPORT

Yes, I can bring my own props (6 blankets and 2 blocks)

## REGISTER BY TRACK

**CHOOSE YOUR TRACK:** ● STEP-BY-STEP YOGA ● LIVING YOUR YOGA ● DEEPENING YOUR YOGIC STATE ● TEACHERS' TRACK: THE POWER OF SVAROOPA® YOGA

Each track includes six sessions (time slots), some of your sessions have a required workshop for your track; others give you several options to choose from within your track. List your choices for each session below, using the workshop code (see pages 4-9). We will make every

effort to place you in your first choice. Enrollment is on a first-come, first serve basis, with preference given to those registering for tracks over those registering a la carte. *Register early to have the best selection.*

### MAIN CONFERENCE REGISTER BY TRACK ONLY

COURSE CODE:	1ST CHOICE	2ND CHOICE	3RD CHOICE
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#### SATURDAY OCTOBER 22 (Track Registration only)

session 1 see pgs. 4-5			
session 2 see pg. 5			
session 3 see pg.6			
session 4 see pg.6			

#### SUNDAY OCTOBER 23 (Track Registration only)

session 5 see pg. 8			
session 6 see pgs. 8-9			

### TEACHERS' TRACK REGISTRATION ONLY

COURSE CODE:	1ST CHOICE	2ND CHOICE	3RD CHOICE
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#### FRIDAY OCTOBER 21 see pgs. 10-11

7AM - 9:30AM			
10AM - 12 NOON			
4PM - 5:30PM			

#### SATURDAY OCTOBER 22 see pgs. 11-12

8AM - 9:30AM			
10AM - 12 NOON			
2PM - 3:30PM			
2PM - 3:30PM			

#### SUNDAY OCTOBER 23 see pgs. 12-13

8AM - 10AM			
10:30AM - 12 NOON			
2PM - 3:30PM			
4PM - 6PM			

## REGISTER FOR WORKSHOPS

PRE AND POST CONFERENCE WORKSHOPS: CIRCLE THE COURSE NAME TO SELECT

FRIDAY OCT 21 9AM - 5PM STAYING OPEN IN LIFE	SUNDAY OCT 23 2 - 5PM CHOOSE ONE: SUNDAY AFTER- NOON BLISS OR MEDITATION	MONDAY OCT 24 9AM - 5PM CLIMBING OUT OF THE RUT

## CHECK OUT *Must be received by September 1 for the early registration discount.*

PRE-CONFERENCE FEE: \$ \_\_\_\_\_ FULL CONFERENCE A LA CARTE FEE: \$ \_\_\_\_\_

TEACHERS' TRACK FEE: \$ \_\_\_\_\_ POST CONFERENCE SUNDAY FEE: \$ \_\_\_\_\_

MAIN CONFERENCE FEE: \$ \_\_\_\_\_ PRE-CONFERENCE MONDAY FEE: \$ \_\_\_\_\_

### MASTER YOGA FOUNDATION DONATION (optional)

\$15  \$30  \$75  Other \$ \_\_\_\_\_

TOTAL PAYMENT: \$ \_\_\_\_\_

### YOU CAN PAY BY CREDIT CARD

Visa  MasterCard  American Express  Discover

Credit Card Number \_\_\_\_\_

CVV Code (three digit code from the back of the card) \_\_\_\_\_

Expiration Date \_\_\_\_\_

Name on Card (Please Print): \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Or pay by check, payable to: Master Yoga Foundation



CHANGE SERVICE REQUESTED

# 21st century yogi

**OCTOBER 21-23 2011**

**PHILADELPHIA PA**

**TEACHERS' TRACK THURSDAY, OCTOBER 20 - SUNDAY, OCTOBER 23**

**PRE-CONFERENCE WORKSHOP FRIDAY, OCTOBER 21**

**CONFERENCE WELCOME & OPENING EVENT FRIDAY, OCTOBER 21 6PM - 8:30PM**

**MAIN CONFERENCE SATURDAY & SUNDAY, OCTOBER 22 - 23**

**POST-CONFERENCE WORKSHOPS SUNDAY, OCTOBER 23 & MONDAY, OCTOBER 24**