

THE DEEPER STUDIES *Meditation & Yoga*

The Deeper Studies of Meditation & Yoga 201+ - 201, Training Calendar

200 Hour Yoga Alliance Registered Program

Accepted applicants will begin training at Still Point Yoga Center
on Thursday, September 21st from 6:30 - 9:30pm

Thursday 6:30 - 9:30pm

September 6-10
October 13-17
November 20-24
December 27-31
January 3-7
February 14-18
March 21-25
April 28-31
May 3, 17

Saturday 1:00 - 6:00pm

September 10-14
October 14-18
November 18-22
December 24-28
January 7-11
February 18-22
March 25-29
April 11-15
May 5, 19 is Graduation

Meditation Evenings led by Dr. Bhagwan Awatramani

Q&A at Haddonfield

12/1H Wednesday 7:30pm

05/09 Wednesday 7:30pm

Meditation at Still Point

12/1 Thursday 7:00pm

05/10 Thursday 7:00pm

Tuition: \$2,750 (payment plan available)

\$250 deposit is required when submitting your application. Once the program begins refunds will not be given. The deposit will be refundable prior to September 21, 2017, less a \$50 processing fee.

Program Directors: Darlene DePasquale and Cathy Landschoot **Anatomy Instructor:** Nita Speilberg

Required Materials (to be purchased by student):

Kripalu Yoga On and Off the Mat by Richard Faulds

The Breathing Book: Vitality & Good Health Through Essential Breath Work by Donna Farhi

Anatomy Book - *The Concise Book of Yoga Anatomy: An Illustrated Guide to the Science of Motion* by JoAnn Staugaard-Jones

Additional hours not listed above include: meditation classes, yoga classes, student observations, practice teaching, assisting, student projects, and homework. Sunday, November 19th, 12-4pm Special Required Anatomy elective Cost: \$50.