

# THE DEEPER STUDIES *Meditation & Yoga*

## The Deeper Studies of Meditation and Yoga 2016 - 2017 Training Calendar

200 Hour Yoga Alliance Registered Program

Accepted applicants will begin training at Still Point Yoga Center  
on Thursday, September 15th from 6:30 - 9:30pm

### Thursday 6:30 - 9:30pm

September 15, 29  
October 20, 27  
November 3, 10, 17  
December 1, 8, 22  
January 5  
February 23  
March 2, 9, 16, 23, 30  
April 6, 13, 20  
May 11

### Saturday 1:00 - 6:00pm

September 17  
October 1, 8, 15, 29  
November 5, 12, 19  
December 3, 10  
January 7  
February 4, 11, 18, 25  
March 4, 11, 18, 25  
April 1, 8, 15, 22  
May 13 Graduation Day

### Meditation Evenings led by Dr. Bhagwan Awatramani

09/21 Wednesday 7:30pm - HF    09/22 Thursday 7:00pm - SP

12/14 Wednesday 7:30pm - HF    12/15 Thursday 7:00pm - SP

#### **Makeup Dates (approval required)**

05/17 Wednesday 7:30pm - HF    05/18 Thursday 7:00pm - SP

**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 15, 2016, less a \$50 processing fee.

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

### **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 - TBA

Additional hours not listed above include: meditation classes, yoga classes, student observations, practice teaching, assisting, student projects, and homework. Sunday, October 23, 2016 Special Required Anatomy elective Cost TBD.

