

HYT Schedule, Weeks 1 & 2

Color Code: ■Teacher Training ■Yoga Sutras Track ■Meditation Track

	Saturday, August 2		Sunday, August 3		Monday, August 4		Tuesday, August 5		Wednesday, August 6		Thursday, August 7		Friday, August 8	
6:00-7:30			Morning Prayers Guided Integrated Practice	Stoma/Peter	Morning Prayers Guided Integrated Practice	Stoma/Peter	Morning Prayers Guided Integrated Practice	Stoma/Peter	Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani
			Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff
7:30-8:20			Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
8:30-9:30			Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB
9:30-10:30			Lecture	SVB	Lecture	SVB			Lecture	SVB			Meditation Track Conclusion	SVB
9:30-9:50							Contemplative Walk	S Ma Radha			Contemplative Walk	S Ma Radha		
10:00-10:50							Joints & Glands	Peter			Joints & Glands	Peter		
10:30-10:50			Contemplative Walk	S Ma Radha	Contemplative Walk	S Ma Radha			Contemplative Walk	S Ma Radha			Contemplative Walk	S Ma Radha
11:00-12:30			Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh
12:00-2:00			Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
1:40-2:50			Digestive Breathing / Walk & Study	S Ma Radha	Digestive Breathing / Walk & Study	S Ma Radha	Digestive Breathing / Walk & Study	S Ma Radha	Digestive Breathing / Walk & Study	S Ma Radha	Digestive Breathing / Walk & Study	S Ma Radha	Digestive Breathing / Walk & Study	S Ma Radha
3:00-3:50			Intro Yoga: Art of Awareness	Maya	Anatomy of Breath	Peter	Sequence of Joints & Glands	Peter	Refining Breath: Kapalabhat / Ujjayi	Maya	Practice of Asana	Ashutosh	Asana & it's Sequence	Maya
			Art of Joyful Living	S Ma Radha A	Yoga Sutras	Salvatore L	Yoga Sutras	Salvatore L	Yoga Sutras	Salvatore L	Yoga Sutras	Salvatore L	Yoga Sutras-Track Conclusion	Salvatore L
4:00-4:50			Proper Sitting for Meditation	Peter	Diaphragmatic Breathing	Maya	Intro to Systemic Relaxation	Stoma	Yoga Ethics	Stoma A	Manas (Mind) & Emotions	Stoma	Anatomical relationships in Asana	Maya A
			Guided Relaxation	S Ma Radha A	Yoga of Love	S Ma Radha A	Concentration The Executive Tool	S Ma Radha A	Kirtan Satsang	Ragani	Preparation for Yoga Nidra	S Ma Radha A	Kirtan Satsang	Ragani
5:00-5:50	Orientation 4:30-6:15	Staff O	Anatomy / Awareness of Asana	Peter	Nadi Shodhanam	Peter	Sequence for Meditation in the HYT	Stoma	Sequence of Integrated Practice in HYT	Peter	Mantra & the Mind	Stoma L	Yoga Kriya, Intro to Cleansing Practice	Maya
6:00-7:30	Dinner		Dinner		Dinner		Silent Dinner		Dinner		Dinner		Dinner	
7:30-8:30	Lecture	SVB	Yoga Sutras	Salvatore	Philosophy of Hatha Yoga	Stoma	The Structure & Function of the Mind	Dr. Buegel	Spirituality in HYT	Stoma	Kirtan	Ragani	Yoga Sadhana	Stoma
8:30-9:20	Intro to Yoga in the HYT	Staff	Practicum for Meditation-BASICS	Peter	TTP Foundational Studies	Stoma	...lecture continues	Dr. Buegel	...lecture continues	Stoma	Kirtan	Ragani	Yoga Sadhana, cont'd.	Stoma
9:20-9:30	Evening Prayers		Evening Prayers	Stoma	Evening Prayers	Stoma	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers	Ragani

	Saturday, August 9		Sunday, August 10		Monday, August 11		Tuesday, August 12		Wednesday, August 13		Thursday, August 14		Friday, August 15	
6:00-7:30	Morning Prayers Guided Integrated Practice	Staff	Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani
			Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff
7:30-8:20	Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
8:30-9:30	Silent Meditation		Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB
9:30-10:30	TTP Methodology	Maya	Lecture	SVB	Lecture	SVB			Lecture	SVB			TTP & Meditation Conclusion	SVB
9:30-9:50							Contemplative Walk	S MaRadha			Contemplative Walk	S MaRadha		
10:00-10:50							Joints & Glands	Maya			Joints & Glands	Maya		
10:30-10:50	TTP Teaching J & G, pt1	Maya	Contemplative Walk	S MaRadha	Contemplative Walk	S MaRadha			Contemplative Walk	S MaRadha			Contemplative Walk	S MaRadha
11:00-12:30	TTP Teaching J & G, pt2	Maya	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh	Progressive HYT Asana	Ashutosh
Noon-2:00	Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
1:40-2:50	Self Study & Free Time		Digestive Breathing / Walk & Study	S Ma Radha	Digestive Breathing / Walk & Study	S Ma Radha	Digestive Breathing / Walk & Study	S MaRadha	Digestive Breathing / Walk & Study	S MaRadha	Yoga & The Five Elements pt.1	S Nitya	Yoga & The Five Elements pt.2	S Nitya
3:00-3:50	Self Study & Free Time		Teaching: Diaphragmatic Breathing	Peter	Teaching: Progression of Agni Sara	Peter	Teaching: Nadi Shodhana	Peter	Teaching: Prep for Meditation	Peter	Teaching: Relaxation, Variations	Stoma	Teaching: 2-minute Meditation	Stoma
			Yoga Psychology	Stoma L	Yoga Sutras	Salvatore L	Yoga Sutras	Salvatore L	Yoga Sutras	Salvatore L	Yoga Sutras	Salvatore L	Yoga Sutras-Track Conclusion	Salvatore L
4:00-4:50	Self Study & Free Time		Teaching: Components of Breath	Peter	Kundalini & Chakras	Stoma	Food Sadhana	Dr. Buegel	Pronouncing Postures	Stoma	Teaching: Asana	Ashutosh	Teaching: Basic Med Sequence	Stoma
	Orientation 4:30-6:15	O	Major Texts of the Himalayan Tradition	Dr. Buegel L	Preparation for Yoga Nidra	S MaRadha A			Art of Joyful Living	S MaRadha A	Sanskrit, Revelation of the Gods	Stoma L	Yoga of Love	S MaRadha A
5:00-5:50	Self Study & Free Time		Teaching: Kapalabhati	Maya	Progression of Cleansing Practices	Maya A	Teaching: 6 steps in Asana	Ashutosh	Teaching: Relaxation	Stoma A	Teaching: Asana, Pt. 2	Ashutosh A	Conclusion & Summary	Faculty
			Concentration, the Executive Tool	S MaRadha A	Kirtan Satsang	Ragani	Systematic Meditation	S MaRadha A	Kirtan Satsang	Ragani	Manas (Mind) & Emotions	Dr. Buegel L		
6:00-7:30	Dinner		Dinner		Dinner		Silent Dinner		Dinner		Dinner		Dinner	
7:30-8:30	Lecture	SVB	Yoga Sutras	Salvatore	Holistic Health	Dr. Buegel	Yoga Philosophy	Stoma	Yoga Practices & Use in Therapy Setting	Dr. Buegel	Kirtan	Ragani	FULL MOON MEDITATION	
8:30-9:20	Intro to HYT	Staff	Teaching: Med Asana	Peter	...continued	Dr. Buegel	...continued	Stoma	...continued	Dr. Buegel	continued	Ragani		
9:20-9:30	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers	Ragani		

CLASS LOCATION KEY: OG: Oak Grove A: Arroyo L: Library O: Olmecca. All other classes held in Oak Tree. All Contemplative Walks: Oak Grove.

HYT Schedule, Weeks 3 & 4

Color Code: ■Ayurveda ■Yoga Sutras Track ■Meditation Track ■SilenceTrack

	Saturday, August 16	Sunday, August 17	Monday, August 18	Tuesday, August 19	Wednesday, August 20	Thursday, August 21	Friday, August 22
6:00-7:30		Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani	Morning Prayers Guided Integrated Practice	Ragani
		Mindful Hike	Staff	Mindful Hike	Staff	Mindful Hike	Staff
6:30-7:30		Silence Orientation	Jim	Silence Orientation	Jim		
7:30-8:20		Breakfast		Breakfast		Breakfast	Breakfast
8:30-9:30		Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB
9:30-10:30		Lecture	SVB	Lecture	SVB	Lecture	Meditation Track Conclusion
9:30-9:50				Contemplative Walk	S MaRadha	Contemplative Walk	S MaRadha
10:00-10:50		Joints & Glands	Peter	Joints & Glands	Peter	3-D Breathing Awareness	Peter
10:30-10:50		Contemplative Walk	S MaRadha	Contemplative Walk	S MaRadha	Contemplative Walk	S MaRadha
11:00-12:30		Progressive HYT Asana	Maya	Progressive HYT Asana	Maya	Progressive HYT Asana	Maya
12-2:00		Lunch		Lunch		Lunch	Lunch
2:00-2:50		Ayurveda	L	Ayurveda	L	Seq. for Meditation in HYT	S Ma Radha
		Digestive Breath Deep, Concious Relaxation	S MaRadha	Digestive Breath Deep, Concious Relaxation	S MaRadha	Silence Beyond Polarity	Jim
3:00-3:50		Holistic Health	Dr. Buegel	Yoga Sutras	Salvatore	Yoga Sutras	Salvatore
		Preparation Sitting Meditation	Peter A	Movement Begins with Silence	S Ritavan A	Food Sadhana	Dr. Buegel A
4:00-4:50		Five Elements pt.1	S Nitya	Yoga of Love	S MaRadha	Five Elements pt.3	S Nitya
		Silence & Inner Dialog	Jim A	Silence & Primitive Urges	Jim A	Silence & Your Emotions	Jim A
5:00-5:50	Orientation 4:30-6:15	Staff O	Philosophy of Hatha Yoga	Maya	Kirtan Satsang	Ragani	Kirtan Satsang
		Theory & Practice of Meditation	S Ritavan A	Relaxing Into Silence	S A Ritavan	Enjoy Eating in Silence	Jim A
6-7:20	Dinner	Dinner	Dinner	Silent Dinner		Dinner	Dinner
7:30-9:00	Intro to Yoga in the HYT	SVB & Staff	Yoga Sutras	Salvatore	Five Elements pt.2	S Nitya	Consciousness & Dying
9:00-9:15	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers

	Saturday, August 23	Sunday, August 24	Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Friday, August 29
6:00-7:30		Morning Prayers Guided Integrated Practice	Pierre	Morning Prayers Guided Integrated Practice	Pierre	Morning Prayers Guided Integrated Practice	Pierre
		Mindful Hike		Mindful Hike		Mindful Hike	Staff
6:30-7:30		Silence Orientation	Jim	Silence Orientation	Jim		
7:30-8:30		Breakfast		Breakfast		Breakfast	Breakfast
8:30-9:30		Silent Meditation	SVB	Silent Meditation	SVB	Silent Meditation	SVB
9:30-10:30		Lecture	SVB	Lecture	SVB	Lecture	Meditation Track Conclusion
9:30-9:50				Contemplative Walk	S MaRadha	Contemplative Walk	S MaRadha
10:00-10:50		Joints & Glands	Peter	Joints & Glands	Peter	3-D Breathing Awareness	Peter
10:30-10:50		Contemplative Walk	S MaRadha	Contemplative Walk	S MaRadha	Contemplative Walk	S MaRadha
11:00-12:30		Progressive HYT Asana	Maya	Progressive HYT Asana	Maya	Progressive HYT Asana	Maya
12-2:00		Lunch		Lunch		Lunch	Lunch
2:00-2:50		Kirtan Satsang	Ragani	Digestive Breath Deep Concious Relaxation	Peter	Digestive Breath Deep Concious Relaxation	S Ma Radha
		Inner Dialog-Journaling into Silence	Jim N A	Silence & Primitive Urges	Jim N A	Refining Breath: Balance Nadi Shodhana	Maya A
3:00-3:50		Yoga Sutras	Salvatore	Ayurveda		Yoga Sutras	Salvatore
		Breathing Tools for Silence	S Ritavan A	Joints & Glands Movements	Peter A	Meditation Method of the HYT	S Ritavan A
4:00-4:50		Self Awareness pt.1	S Nitya	Self Awareness pt.2	S Nitya	Introspection & Forgiveness as Silence	Jim N
		Ayurveda	L	Yoga Psychology	Jim N A	Ayurveda	L
5:00-5:50	Orientation 4:30-6:15	O	Yoga: Use in Therapy Setting	Dr. Buegel L	Yoga Kriya: Cleansing Practice	Maya	Practicum for Meditation-BASICS
		Prayer, Meditation & Silence	S Ritavan A	Silence & Contemplative Walking	S Ma Radha	Entering the Cave of Silence	S Ritavan A
6-7:20	Dinner	Dinner	Dinner	Silent Dinner		Dinner	Dinner
7:30-9:00	Intro to Yoga in the HYT	SVB & Staff	Kirtan	Ragani	Yoga Sutras	Salvatore	Self Awareness pt.3
9:00-9:15	Evening Prayers	Ragani	Evening Prayers	Ragani	Evening Prayers	Pierre	Evening Prayers

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A BREATH OF THE HIMALAYAN YOGA TRADITION COURSE DESCRIPTIONS

WEEKS 1 & 2 AUGUST 2-16, 2008

3 Dimensional Breath Awareness: Peter Fabian, P.T., C.F.P.
Experience the many ways breath flows through the body. Breathing correctly is only one approach. Here we will explore your breath in a variety of positions. What you feel is more important than what you think in this breath exploration.

Anatomical Relationships in Asanas: Peter Fabian, P.T., C.F.P.
Our anatomy is a great map for learning the art of going inward. Explore your anatomy to gain an appreciation of what and where you are moving. Increase your movement and postural awareness. The sensitivity you develop of your personal map will lead your minds attention on its inward journey.

Asana Practice—Practicum: Peter Fabian, P.T., C.F.P.
We will explore a variety of asanas through the mind watching the body. Develop a way of organizing your perceptions to maximize your asana practice. Become more aware of how to turn on your sensing mind to lead you deeper into your asana work.

Asana Workshop: Ashutosh
Come together to explore in detail the hows and whys of doing postures. Experience a new awareness under the guidance of one of the true hatha experts in the HYT. We will utilize some of the classical or more popular postures. Working together in a fun environment for SELF improvement.

Balancing Breath and Meditation: Swami MaRadha
Swami Rama says the breath is the bridge between the body and mind. Breath awareness is the first step in the meditation. So the quality of the meditation is depends on the quality of breath.

Contemplative Walk: Swami MaRadha
It is a practice where we walk consciously with the awareness of breath, mantra. It is a practice in which one control the senses. So that it is called "Indriya gupti"

Digestive Breathing/Walk and Study: Swami MaRadha
Digestive breathing is a very effective and simple breathing practice which helps to digest the food and relax the body. In this practice one activate the solar energy then lunar and lastly one activate susumna. It is a practice which has been practiced in the cave monasteries of the Himalayas.

Evening Prayers: Ragani
Daily Sanskrit evening prayers, as sung by Swami Rama. Sanskrit prayers will include Saundaryalahari (from the text, Ocean of Bliss and Beauty).

Food Sadhana: Dale Buegel, M.D.
One of Ragani's band members once said, "Eat muffin, look like muffin." Much of what we can do to help ourselves develop in life can be influenced by the way we take the offerings of the world into our bodies. Come learn the process of how we begin to study our habits with food.

Foundational Studies: Stephen Parker, Psy.D.
This session explains the origins and history of the Himalayan Yoga Tradition from the Guru-Spirit through sages like Shankara and Patanjali, to Swami Rama. Linkages to diverse religious traditions will also be discussed as well as the importance of the guru-disciple relationship, initiation and the concept of adhikara.

Holistic Health: Dale Buegel, M.D.
Models of integrative medicine and complementary treatment modalities were long emphasized by Dr. Swami Rama in his advice regarding the assessment and treatment of medical conditions. Come explore how the various medical systems of the world view and work with the human organism.

Incorporating Meditation Into Life: Swami MaRadha
Charms and temptation and attachment makes the life stressful. This is because of unsteadiness of our mind. Meditation makes the mind focused and one pointed. It improves the daily life and gives a clear understanding. So it is very much essential to incorporate meditation into life.

Introduction to Agnisara: Peter Fabian, P.T., C.F.P.
'Agni' means fire and 'Sara' means essence. Because of this 'fire' all the actions in the world are happening. To know the essence of fire is the art of life.

Introduction to Systematic Relaxation: Swami MaRadha
In the relaxation exercises we move the consciousness through the whole body. There is a system and technique. Let's know the technique.

Joints and Glands: Peter Fabian, P.T., C.F.P.
A wonderful yoga approach to balancing your energy. Using simple movements that progress systematically through all the major joints and body areas. Emphasis is on the minds attention and the focus of the breath. Suitable for everyone and all levels. Come and enjoy the experience.

Kirtan: Ragani
Though it involves music, the practice of kirtan is not about musical ability or training, it is about the heart. This participatory experience utilizes ancient mantras and chants from India that contain powerful renewing and transformational energies that serve to reconnect us to the One that lies within us all.

Kirtan Satsang: Ragani
In this intimate and participatory Kirtan Satsang ("association with truth"), a brief devotional chant program and stories of the guru will be shared to touch that center of consciousness and love within the heart. A guided experience in Nada Yoga (yoga of sound) will be offered as a means for experiencing inner awareness and quieting the mind.

Kundalini and Chakras: Stephen Parker, Psy.D.
An introduction to the science of kundalini and the chakras from both a meditative and a psychological perspective with an emphasis on the paradoxical nature of experience with the chakras.

Major Texts of the Himalayan Tradition: Dale Buegel, M.D.
What were the texts of the Himalayan tradition that were emphasized by Swami Rama in his teachings? Dr. Buegel will discuss some of the principle lessons and uses of those texts in the Himalayan tradition.

Manas and Emotions: Stephen Parker, Psy.D.
An introduction to the functions of mind, particularly as a sensory organ and information processor, and it's relationship to emotion by way of the four instinctive fountains of mental energy: food, sleep, sex and self-preservation.

Mantra and the Mind: Stephen Parker, Psy.D.
An introduction to the use of mantra as a potent factor in the process of steadying the mind as an essential pre-requisite for the deepest meditation. We will discuss the nature of the mantric understanding of language and the central role of initiation in the effectiveness of mantra-sadhana.

Morning Prayers/Guided Integrated Practice: Ragani
Daily sessions will include guided sessions in Sanskrit prayers, hatha yoga/Joints and Glands, pranayama, and meditation practices. Morning Sanskrit prayers will include Prayer at Dawn by Sri Shankaracharya.

Nadi Shodhanam: Ashutosh
Learn one of the most powerful techniques for optimizing your health. This breathing technique is highly prized in the Himalayan Tradition for it's comprehensive effectiveness at many levels. It is applicable to all levels. You will be more centered after having balanced the right and left brain and pranic flows.

Philosophy of Hatha Yoga: Stephen Parker, Psy.D.
The Himalayan Tradition's philosophical approach and its emphasis on the subtle and meditative aspects of hatha-yoga practices will be examined with reference to the Yoga Sutras and the Hatha Yoga Pradipika.

Practicum for Meditation—Basics: Peter Fabian, P.T., C.F.P.
Learn the meditation of the Himalayan Tradition. Proper sitting leads to the effective and powerful flow of the prana and diaphragmatic breath. Practice how to organize the body, breath and mind for sitting meditation. Then experience how the mind can settle down and move into a state of deep calm.

Preparation for Yoga Nidra: Ashutosh
Nidra means sleep. Practice the art of preparing to sleep like a yogi. Deepening your capacity to fully let go of the body and move the mind to ever deeper levels of awareness. Tensions of the body, mind and emotions can be released with this basic technique of yoga nidra.

Preparation for Yoga Nidra: Swami MaRadha
Yoga nidra is like a relaxation practice. Here crossing all the state we focus our consciousness in the heart cave and reach the state of ecstasy. To reach the state preparation is most important.

Progressive HYT Asana: Ashutosh
An exciting introduction to the Himalayan Yoga Tradition style of asana. There will be a progression of classes over the week. Learn to emphasize the breath and the mind's focus while working to deepen your asana sadhana. Pace of the class starts slowly and moves to an easy intermediate level.

Refinements in Breath Awareness: Peter Fabian, P.T., C.F.P.
Develop your diaphragmatic breath. Experience the difference between belly breathing and diaphragmatic breathing. Increase your knowledge of the variations of the diaphragmatic breath. Learn both the basic and subtle characteristics of the breath flow. Appreciate the subtle art of establishing the breath flow leading the mind into its deepest states.

Restorative Yoga: Ashutosh
Feel the anxieties and tensions of the day just melt away. A gentle and fun class for putting back into your life what you might have overspent during the day. Using simple but powerful postures and breathing techniques to nurture and rebalance the body and mind.

Sanskrit, Revelation of the Gods: Stephen Parker, Psy.D.
An introduction to the beauty of Sanskrit as an operating system for your mind and a playful introduction to correct pronunciation.

Silence and Contemplative Walking: Swami MaRadha
Unless and until we know the secret of silence, no walk will be complete. We divide things for our own benefit but let us also remember our goal while walking in to the silence.

Spirituality in the Himalayan Yoga Tradition I: Dr. Stoma Parker
This session will survey spiritual practice as it is practiced in the Himalayan Tradition with it's emphasis meditation, mindfulness and approaching practice through the enjoyment of subtlety.

Systematic Meditation: Swami MaRadha
When the body is relaxed from head to the toes and from the toes to the head, all the systems in the body get relaxed.

The Five Elements: Swami Nitya
The Five Element are according to universal, ancient and modern wisdom - energyfields that build our universe (including ourselves). They play a major part in Yoga philosophy, as they are the manifestation of Prakriti. Contemplating them in nature, we can learn to read 'The Five fields', as we can read any book. From that observation, we extract the wisdom we need to understand ourselves i.e. our lives in health and illness. We learn from it to understand our personality, our relationships to others and the world at large; they even reveal wisdom about our personal, inherent spiritual path. The Five Elements provide a frame for us to know, grow and balance ourself into health and happiness for body mind and spirit; from the subtle levels right down to the yogic postures. (For further information see article on www.athayoga.info.)

The Structure and Function of Mind: Dale Buegel, M.D.
How do we think, feel, and remember? How do we develop ourselves to attain the intuitive knowledge of the mystics? Dr. Buegel will integrate modern psychological models of the mind with the ancient model of mind defined by yoga philosophy.

What is Meditation and What is Not? Swami MaRadha
Meditation starts the moment we are in stillness but most of the time our mind is engaged in all sorts of fantasies and day dreaming. Is there any way to know there is something beyond mind?

Yoga Ethics: Stephen Parker, Psy.D.
This session will entail an introductory examination of the ethics of teaching yoga from the perspective of the traditional texts and also an orientation towards professional ethics as it is practiced in Western healing traditions.

Yoga of Love: Swami MaRadha
Yoga of love is the highest form of yoga. It starts from the self. A seeker first tries to love himself then it expands to the universal. Raja yoga starts from the love. Ahimsa is the another meaning of Love.

Yoga Practices and Their Use in Therapy Settings: Dale Buegel, M.D.
Yoga practices have many applications in medical settings for improving one's medical problems. Bring your questions and learn some of the techniques applied to various health problems.

Yoga Philosophy I: Stephen Parker, Psy.D.
An introduction to the philosophy of yoga beginning from its essential relationship to the six systems of Indian philosophy and especially to the important metaphysical map of Sankhya.

Yoga Philosophy II: Stephen Parker, Psy.D.
A continuation of the introduction with an emphasis on understanding Yoga as a map of spiritual development for those who have not yet experienced the superconscious. Important differences between the Yoga and Vedanta systems which can create confusion will be explained.

Yoga Psychology: Stephen Parker, Psy.D.
This session will review the outline of yoga psychology based on the Yoga Sutras of Patanjali, the Upanishads and the Bhagavad Gita.

Yoga Sadhana: Pandit Vishnu
A sadhaka does yoga sadhana which helps the union of individual consciousness and universal consciousness through the awakening of the life force of the body. Then one become a siddha in the sadhana. This has to be done in a practical way under the guidance of a yogi guru.

Yoga Sutras, Wk 1, Lecture 1: Salvatore Zambito Patanjali's Roadmap: Part I - An Overview
Consider the possibility that The Yoga-Sutra is the heart of yoga. Patanjali hid several patterns in his Yoga-Sutra, apparently to discourage and frustrate us. The Roadmap of Consciousness reveal these patterns in sutras that answer, "Where are we?"; "Where are we going?"; "How are we going to travel to our destination?" and "What important information do we need to travel swiftly and well?"

Yoga Sutras, Wk 1, Lecture 2: Salvatore Zambito The Box: What is it and How Do We Get Out of it?
We often hear the phrase, "out of the box." What is the box we want to get out of? Salvatore will give you a guided tour of 'the box'. This talk will use a box to model the box we call the human mind. By identifying the box components we can find ways make our 'box' larger, more beautiful, and more comfortable. Once you know where you are, maybe you can find a way out of it! Or maybe stay in it!

Yoga Sutras, Wk 1, Lecture 3: Salvatore Zambito Language, Thought & Reality or Vikalpa: The Most Sinister Vrtti
The symbolic structure of language may have a more profound effect on our consciousness than generally supposed. Language, Thought and Reality will present foundational considerations in psycho-linguistics for Sutra study. These ideas may challenge us in unique ways and allow us fresh approaches to the sutras.

Yoga Sutras, Wk 1, Lecture 4: Salvatore Zambito Patanjali's Roadmap: Where are we now?
Patanjali hypothesized a progression of expansion of human consciousness from the ordinary scattered state to samadhi, or enlightenment. Several of his sutras deal with the clusters of obstructions to samadhi - what we call "the ego." This is the starting point for spiritual unfoldment - for most of us.

Yoga Sutras, Wk 2, Lecture 1: Salvatore Zambito Patanjali's Roadmap: Where are we going
Patanjali described several stages of enlightenment or samadhi, giving their characteristics. Is one of these your starting point?

Yoga Sutras, Wk 2, Lecture 1: Salvatore Zambito Patanjali's Roadmap: important traveling information
The Yoga-Sutra is full of important definitions and descriptions that support traversing the Path.

Yoga Sutras, Wk 2, Lecture 1: Salvatore Zambito Patanjali's Paradigm: the Vedic cultural world-view encoded in the Yoga-Sutra
Little Patanjali was born into a superbly sophisticated society. This lecture series examines the unspoken assumptions that formed and guided the Vedic Civilization and are encoded in the Yoga-Sutra. These include the Vedic vision of space, time and material reality; Vedic theory of personality; karma, dharma and reincarnation; modern science and ancient philosophy.



A BREATH OF THE HIMALAYAN YOGA TRADITION COURSE DESCRIPTIONS

WEEKS 3 & 4 AUGUST 16-30, 2008

3 Dimensional Breath Awareness: Peter Fabian, P.T., C.F.P.

Experience the many different ways the breath flows through the body. Breathing correctly is only one approach. Here we will explore your breath in a variety of positions. What you feel is more important than what you think in this breath exploration.

Art of Joyful Living: Swami Ma Radha Bharati

We all want inner peace and permanent happiness, yet we do not experience it in our lives. Learn a philosophy of positive living and about one's own role in creating a happy life. Some simple, practical methods for transforming habits and cultivating willpower will be presented.

Asana Practice—Practicum: Peter Fabian, P.T., C.F.P.

We will explore a variety of asanas through the mind watching the body. Develop a way of organizing your perceptions to maximize your asana practice. Become more aware of how to turn on your sensing mind to lead you deeper into your asana work.

Ayurveda Track: 8/17, Lecture 1

Purpose of Ayurveda; Living a long & purposeful life through Dharma, Artha, Kama and Moksha. Knowing five great elements and three doshas (Vata, Pitta and Kapha).

Ayurveda Track: 8/18, Lecture 2

Understanding the working and dynamics of Vata, Pitta and Kapha

Ayurveda Track: 8/19, Lecture 3

Understanding sub doshas (five sub doshas each of Vata, Pitta and Kapha) their location, functioning and imbalances

Ayurveda Track: 8/20, Lecture 4

Prakriti & Vikrati (Balanced & imbalanced Ayurvedic body types)

Ayurveda Track: 8/21, Lecture 5

Different doshas and their influence on human body. Manas prakriti or Psycho emotional constitution e.g satwa, rajas and tamas.

Ayurveda Track: 8/22, Lecture 6

Seven body tissues, their increase, decrease and imbalance. Question and answer session.

Ayurveda Track: 8/24, Lecture 7

Ayurvedic Dincharya, (Ayurvedic life style planning). Getting up, personal care, cleaning the body, Ayurvedic care of eyes, nose and face.

Ayurveda Track: 8/25, Lecture 8

Ayurvedic Dincharya, (Ayurvedic life style planning). Meditation, Yoga, Abhyanga or massage, exercise or vyayama, Ubtana or Ayurvedic body packs, bathing, eating habits.

Ayurveda Track: 8/26, Lecture 9

Sadvrata or the path of truth and enlightenment, Ratricharya or Ayurvedic planning for night. Ritu charya or Seasonal Ayurvedic planning.

Ayurveda Track: 8/27, Lecture 10

Ritu charya or seasonal Ayurvedic planning. Natural urges and their suppression.

Ayurveda Track: 8/28, Lecture 11

Introduction to Jyotish or Vedic astrology. Planets, signs and houses representing different aspects of life.

Ayurveda Track: 8/29, Lecture 12

Holistic health and art of awareness. Question and answer session.

Beyond Sleep: Silence: Swami Ritavan Bharati

The dream and sleep states of consciousness are examined through self-inquiry and the yogic practices of yoga nidra. Experience this deep state of restfulness in the awakened consciousness of the sleep state through self-observation and witness.

Concentration, the Executive Tool: Swami Ma Radha Bharati

It is only through concentration that the mind can fulfill its true potential. Yet our minds remain distracted most of the time. The practice of concentration in yoga science helps to still the disturbances by training both the conscious and unconscious minds. The reasons and methods will be explained.

Consciousness and Dying: Dale Buegel, M.D.

Swami Rama was very clear about the origin of a human being as well as departure of that being from the body. He taught the practices to know ourselves and to know our relationship to each other and with the divine. Science offers clues to the correctness of his teachings.

Contemplative Walk : Swami Ma Radha Bharati

It is a practice where we walk consciously with the awareness of breath, mantra. It is a practice in which one control the senses. So that it is called "Indriya gupti."

Creative Use of Emotions: Jim Nelson

Emotions can create many mental/emotional imbalances. But, emotions can also energize our spiritual journey and serve as springboards toward Enlightenment. Learning how to regulate, channel and, ultimately choose our emotions to enliven our joy, is the focus of this seminar.

Deep Conscious Relaxation: Swami Ma Radha Bharati

We all are stressed in this busy life and now we need to relax but we have to guided in to a proper way of relaxation.

Eight Steps to my-Self: Swami Ma Radha Bharati

The central teaching of yoga is that man's true nature is divine, perfect, and infinite. Raja yoga, or ashtanga yoga--the eightfold path, outlines the means of achieving self-realization. Understand how its methods systematically train the whole person from outer to inner, from gross to subtle to Self.

Enjoy Eating the Silent Way: Jim Nelson

Is it possible to eat food in silence? Yes! We are truly related to the food which we relish. The food makes you remain in silence.

Entering the Heart Cave of Silence: Swami Ritavan Bharati

All spiritual traditions recognize the essential purity of the Heart. Through the guided yogic symbolism of the psychic heart center meditation experience a profound inner peace and joy.

Evening Prayers: Ragani or Pierre

Daily Sanskrit evening prayers, as sung by Swami Rama. Sanskrit prayers will include Saundaryalahari (from the text, Ocean of Bliss and Beauty).

Final Test: Coming Out of Silence: Swami Ritavan Bharati

Tools for building a foundation and experience of silence are very important. Awareness in movement, relaxation, breathing, and meditation are the major practices of yoga for entering the consciousness of silence.

Five Pillars of Silence: Swami Ritavan Bharati

The five pillars of silence form the framework for spiritual renewal and self-transformation. Through the techniques of inner dialogue and meditation learn to create a firm foundation of peace and silence in your life.

Incorporating Meditation into Life: Swami Ma Radha Bharati

We all want to live a happy life and whatever is happening in our life is related to how we live. The moment we are feeling the real happiness, the meditation starts.

Inner Dialogue - Journaling Into Silence: Jim Nelson

Swami Rama said that Inner Dialogue is a requisite to deepening Meditation and Silence. He also asserted that it will "put an end to loneliness... and all other problems. Learn this essential practice along with meditation Journaling to enrich your spiritual journey.

Introspection and Forgiveness as Silence: Jim Nelson

We carry many regrets and even guilt about past actions and poor choices. We harbor resentments toward ourselves, and for those we feel transgressed against us. This seminar provided practical ways to bring forward, and heal those discordant energies that keep us stuck and limit our happiness.

Intro Systematic Relaxation: Swami Ma Radha Bharati

In the relaxation exercises we move the consciousness through the whole body. There is a system and technique. Let's know the technique.

Joints and Glands: Peter Fabian, P.T., C.F.P.

A wonderful yoga approach to balancing your energy. Using simple movements that progress systematically through all the major joints and body areas. Emphasis is on the mind's attention and the focus of the breath. Suitable for everyone and all levels. Come and enjoy the experience.

Kirtan: Ragani

Though it involves music, the practice of kirtan is not about musical ability or training, it is about the heart. This participatory experience utilizes ancient mantras and chants from India that contain powerful renewing and transformational energies that serve to reconnect us to the One that lies within us all.

Kirtan Satsang: Ragani

In this intimate and participatory Kirtan Satsang ("association with truth"), a brief devotional chant program and stories of the guru will be shared to touch that center of consciousness and love within the heart. A guided experience in Nada Yoga (yoga of sound) will be offered as a means for experiencing inner awareness and quieting the mind.

Living the Silent Way in a Busy Life: Jim Nelson

How do we meaningfully and mindfully bring Silence and tranquility into the stressful challenges of everyday life? Yoga Science and Silence provide many tools for directing and absorbing our mind into every moment of life.

Morning Prayers/Guided Integrated Practice: Ragani

Daily sessions will include guided sessions in Sanskrit prayers, hatha yoga/Joints and Glands, pranayama, and meditation practices. Morning Sanskrit prayers will include Prayer at Dawn by Sri Shankaracharya.

Opening Chakras into Silence: Swami Ritavan Bharati

Chakras as the psychic spiritual energy centers provide a treasure map for self-understanding and self-transformation. Experience the profound silence of yogic practices that align, balance and integrate the subtle body bringing tranquility and stillness.

Refinements in Breath Awareness: Peter Fabian, P.T., C.F.P.

Develop your diaphragmatic breath. Experience the difference between belly breathing and diaphragmatic breathing. Increase your knowledge of the variations of the diaphragmatic breath. Learn both the basic and subtle characteristics of the breath flow. Appreciate the subtle art of establishing the breath flow leading the mind into its deepest states.

Refining Breath Awareness: Swami Ma Radha Bharati

Mastery is achieved not by jumping to advanced techniques...but rather by going into the subtlety. Learn some of the most important subtleties in the practice of breath awareness. Breath awareness is used to lead the mind into flowing and then into a state of meditation.

Science of Breath in HYT: Swami Ma Radha Bharati

The breath is the bridge between the body and the mind. Learn why and how control of the external breath leads to control of the gross and subtle--physical and mental--aspects of our being. Good health is achieved and the student is led to subtler levels of awareness.

Sequence for Meditation in the HYT: Ma Radha Bharati

Learn a systematic point-to-point method of starting the practice that anyone at any age can do. The steps--which include making the body steady and relaxed; the breath deep, diaphragmatic and smooth; and the mind relaxed and inwardly attentive--lead one finally into a state of inner peace--meditation.

Silence and Contemplative Walking: Swami Ma Radha Bharati

Unless and until we know the secret of silence, no walk will be complete. We divide things for our own benefit but let us also remember our goal while walking in to the silence.

Silence and Inner Dialogue: Jim Nelson

Inner Dialogue is a process which allows conflicted aspects of our personality to communicate. You will learn experientially how to reveal and resolve often unconscious blocks that sabotage deeper levels of meditation and silence, ultimately increasing one's harmony and joy.

Silence and Primitive Urges: Jim Nelson

Unregulated primitive urges (food, sleep, sex, and self-preservation) are the underlying cause of our negative emotions and stress. They are the birthplace of our desires and attachments that spawn grief, fear and anger. This imbalance creates dis-ease disturbing the serenity of our mind and blocking the experience of our true and joyful self.

Silence and Your Emotions: Jim Nelson

Silence is the gateway to experience our more subtle and sublime emotions. In this seminar you will experientially learn how to use Silence as therapy. How Silence can heal old hurts, insecurities and fears allowing peace, harmony, compassion and a deep contentment to emerge.

Silence Beyond Polarities: Jim Nelson

Our personality is made up of polarities that seem in opposition but, are actually complimentary (good and evil etc.). When we identify with one side of these polarities or reject one, we suffer. You will experientially learn ways to integrate these polarities (your "dark side"), bringing a deeper harmony and Silence to ourselves.

Silence Orientation; How and Why: Swami Ritavan Bharati

Tools for building a foundation and experience of silence are very important. Awareness in movement, relaxation, breathing, and meditation are the major practices of yoga for entering the consciousness of silence.

Spiritual Source of Silence: Swami Ritavan Bharati

"Habits, Will-power and Silence" Through self-inquiry, inner dialogue and meditation, examine the role of the four primitive fountains and emotional purification and experience a profound stillness and silence.

Steps to Mastering Nauli and Agni Sara: Dale Buegel, M.D.

Learn the sequence of practices to master these two techniques that the yogis have used to enhance health and vitality.

The Five Elements: Swami Nitya

The Five Element are according to universal, ancient and modern wisdom - energyfields that build our universe (including ourselves). They play a major part in Yoga philosophy, as they are the manifestation of Prakriti. Contemplating them in nature, we can learn to read 'The Five fields', as we can read any book. From that observation, we extract the wisdom we need to understand ourselves i.e. our lives in health and illness. We learn from it to understand our personality, our relationships to others and the world at large; they even reveal wisdom about our personal, inherent spiritual path. The Five Elements provide a frame for us to know, grow and balance ourself into health and happiness for body mind and spirit; from the subtle levels right down to the yogic postures. (For further information see article on www.athayoga.info.)

The Final Test: Coming Out of Silence: Jim Nelson

Life is about gracefully dancing with the ebbs and flows of life and the transitional challenges that we all face. This seminar will not only facilitate the participants transition out of Silence, it also offers hints as to how to imbue our own life with that Sacred Silence.

The Structure and Function of Mind: Dale Buegel, M.D.

How do we think, feel, and remember? How do we develop ourselves to attain the intuitive knowledge of the mystics? Dr. Buegel will integrate modern psychological models of the mind with the ancient model of mind defined by yoga philosophy.

The Yoga Way To Silence: Swami Ritavan Bharati

Yoga is a systematic and profound program of self-awareness. Discover the beauty and joy of your true Self through silence.

Theory and Practice of Meditation in HYT: Swami Ma Radha Bharati

It is important to understand what meditation is and what it is not, where it leads, and why it is a necessary step in all paths. You will also learn about the major role of mind, the use of mantra and the need for a systematic practice in order to attain a state of meditation.

Transforming Loneliness Into Solitude: Jim Nelson

Loneliness is an epidemic cutting across cultures and creating tremendous suffering throughout the world. What are its roots from where the fear of loneliness grows? Does alone=loneliness? Can we be in solitude yet experience an expansive omnipresence connected to all life? The Yoga perspective on this crucial topic is the focus of this seminar.

Yoga of Love in Ahimsa: Swami Ma Radha Bharati

"Love all and exclude none." (Swami Rama) What must I do to love? How is it possible to love those I do not like? Yoga science makes the true meaning of love clear when it describes the practice of ahimsa (not harming, hurting, or injuring others).

Yoga Psychology: Jim Nelson

The beauty of Yoga Psychology is its expansive and holistic understanding of human nature. At the same time it is a wonderfully practical science for relieving and transcending human suffering. This seminar provides the framework and blueprint for deeper Self-understanding and the keys to build a joy filled life.

Yoga Sutras, Wk 3, Lecture 1: Salvatore Zambito

Patanjali's Roadmap: How do we get to our destination? Patanjali apparently recognized the varying requirements of individuals on the Path. Accordingly, he provided several meditation pathways, the best-known being the eight limbs of yoga. We will examine them all.

Yoga Sutras, Wk 3, Lecture 4: Salvatore Zambito

The Alchemy of Consciousness: Patanjali's Pathways to Transformation In The Alchemy of Consciousness, we will examine more key terminology and explore meditations imbedded in the Sutra.

Yoga Sutras, Week 4: Salvatore Zambito

Patanjali's Roadmap: Part IV
This week can cover elements that couldn't get attention in previous weeks.

Yogi in the Lab: Dale Buegel, M.D.

Swami Rama's work at the Menninger Foundation in the late 60's as well as the study of yoga practices in other settings has led to significant medical advances in the area of holistic health and complementary treatment modalities. Dr. Buegel will review some of that research and the associated stories.

