

Registration Form

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Email _____

Investment: \$195 \$275 (includes housing)

Payment method: Check Charge Cash

Make checks payable to Yoga Academy of North America

Card number & name on card (print clearly)

Expiration _____ Security Code _____

Signed _____

Date _____

Refund Policy.

A \$45 non-refundable processing fee applies to each person registering. All requests for refund of remaining fees must be in writing and must be RECEIVED (not postmarked) 7 days before the course begins. No refunds thereafter. Refunds will be given as credit toward future YANA workshops or courses. Refunds or credit will not be given for late arrival, unattended events, early departure, or no-shows.

The instructor.

Sannyasi Atmadarshan is a Level 2 teacher in Satyananda Yoga, assistant director of the Atma Center, and one of the primary instructors in the Academy courses. She has a keen interest in global mythology and especially enjoys teaching yoga psychology and the Mahabharata. She has been a yoga instructor for 11 years and is a published author.

The residential facility.

A spacious house with a small meditation garden, our residential facility is a dedicated center supporting those who wish to experience a simpler, more yogic lifestyle. This program includes healthy vegetarian meals. A residential manager is on premises. Accommodations are shared, or a private room may be booked, subject to availability, for an additional \$50.

Space is limited.

Group size is kept low to ensure more personal interaction with the teaching staff. Space is available on a first-paid basis.

Yoga Alliance CEUs are available.

Yoga Academy of North America shall not discriminate on the basis of race, color, national or ethnic origin in administration of its educational policies, scholarship and loan programs, and athletic and other school-administered programs.

Artwork courtesy of The Bhaktivedanta Book Trust International, Inc. www.krishna.com.

The Stories Behind the Story: Chapter 1 of the Bhagavad Gita

May 25 - 27, 2012



SATYANANDA YOGA

**Yoga Academy of North
America (216) 371-9760**

yogaacademyna.org



The Bhagavad Gita, a classic of world and yogic literature, is used by millions as a guide to more spiritual living. Chapter 1 lists the names of many characters unfamiliar to Westerners, often leaving readers

confused and overwhelmed. Some even find that Chapter 1 of the Gita seems extraneous and distracts from the important messages of the later chapters. Nothing could be further from the truth!

Sannyasi Atmadarshan will explain the stories behind the lists of names - the tragedy of Shalya, the heroism of Abhimanyu - to give you a more profound enjoyment of the whole Gita. She will also explain how each of these characters represents a specific aspect of ourselves that must be honored in our own inner battles.

Sannyasi Atmadarshan regularly leads sessions on the Mahabharata and Bhagavad Gita. Her passion for these tales inspires others to deeper explorations of the classics and of themselves.

*Wear comfortable clothing. Bring a yoga mat and any props you might need. **All meals are vegetarian.** No meat or meat products are permitted. The premises are non-smoking; no alcohol or drugs permitted.*

Friday

- 6-7 pm Arrival & Check-In
- 7-8:30 Introduction to the Gita

Saturday

- 7-8 am Morning Yoga Class
- 8-9 Breakfast
- 9-10:30 Chapter 1 of the Gita: Who is Speaking?
- 10:30 Tea Break
- 11-12:30 The "Good Guys"
- 12:30-2 Lunch & Reflection Time
- 2-3:30 The "Bad Guys"
- 3:30-4 Tea Break
- 4:30-6 Chanting & Kirtan (AC)
- 6:30-8 Dinner
- 8-8:30 Evening Program
- 8:30+ Silence & Sleep

Sunday

- 7-8 am Morning Yoga Class
- 8-9 Breakfast
- 9-10:30 The Battlefield Within
- 10:30-11 Tea Break
- 11-12:30 Questions & Contemplation
- 12:30-1:30 Lunch
- 1:30-2:30 Feedback & Final Meditation
- 2:30 Departure

All programming subject to change.

Please complete the Registration Form (on reverse) and the Waiver below and bring it in or send to Yoga Academy of North America via snail mail (2319 Lee Road, Cleveland Heights, OH 44118), fax (216-371-9780), or email (info@yogaacademyna.org).

Waiver of Liability:

I understand that there are serious inherent risks with all physical activity, and that when doing yoga or engaging in any similarly strenuous pursuit, I may suffer minor or serious injury. I understand these risks, and assume responsibility for my own health, releasing YANA; Kurukshetra, LLC; & all their staff and volunteers from any liability. I further understand that I will be required to fill out a health questionnaire and disclose forms of treatment I am currently undergoing.

I have read the waiver of liability above and agree to the stated terms.

Print Name: _____

Signature: _____

Date: _____

A health questionnaire will be sent upon paid registration.

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