

# *Himalayan Yoga Tradition: Continuing Studies and Teacher Training Retreat*

***July 18 – August 1, 2009: McNeely Hall – Grand Hall***

***University of St. Thomas - St. Paul, Minnesota***



*The Himalayan Yoga Tradition (HYT) Continuing Studies and Yoga Teacher Training Program (TTP)* is recommended to all serious students of the tradition. It is a multifaceted and complete training of Yoga Meditation as taught by Swami Rama of the Himalayas. This program has been designed to pass on the essential principles and practices of the Tradition, which fosters personal development on all levels. For the aspiring as well as the experienced teacher, the program presents all aspects of yoga/meditation in a spiritually inspiring context.

This unique program of ongoing spiritual guidance and home study is for anyone who seriously seeks self-transformation in this lifetime. By drawing from the ancient wisdom of sages such as Patanjali, Shankara, Swatmarama and Swami Rama, students will develop philosophies and skills, which can be applied to workplace situations, personal relationships, and mental and emotional conditions. Our practical, experiential approach to teacher training encourages students to incorporate these skills into their daily lives.

All participants must be accepted into this program. Please complete an application found at <http://www.himalayanyogatradiation.com/progression.html> and read more about the program. The 2-week retreat is the cornerstone of our program. It is centered on satsanga and meditation, and includes a comprehensive roster of classes in hatha yoga, pranayama, meditation and other facets of yoga science and philosophy with a highly qualified teaching staff (see HYT Faculty Biographies separately listed on the web site). The lead teachers will be Maya Balog, Dr Stephen (Stoma) Parker, Peter Fabian, and Ma Radha. Please see sample schedule below.

Many components of the 2009 HYT Congress such as the Russill Paul Kirtan, Swami Veda Peace Meditation, and many of the Evening Lectures will be included in this retreat. In addition, you are invited to join Swami Veda's afternoon lecture and guided practice of Yoga Nidra, on July 18. If you wish to attend please plan to arrive at the University of St Thomas before 2:30 PM.



# *Himalayan Yoga Tradition*

## *2009 Congress Ashram Schedule*

*McNeely Hall – Grand Hall*

*University of St. Thomas*

*St. Paul, MN, USA*

*July 19 – August 1, 2009*

### Daily Schedule

05:00	Rise with AtmaTattvavalokanam
05:30-05:45	Prayers – Michael Smith
05:45-07:10	Hatha Yoga & Pranayama Practice – Maya Balog, Mary Bowman-Cline & others
07:10- 08:00	Meditation – Ma Radha and other Swamis
08:00-09:00	Breakfast
09:15-09:45	Contemplative Walk – Ma Radha
10:00-11:45	TTP AM: Maya Balog, Stoma Parker, Peter Fabian, others
11:45 - 12:00	Pranayama Practice
12:00 - 1:00	Lunch
1:00 -1:30	Digestive Breathing & Conscious Relaxation: Ma Radha
1:45 -3:30	TTP PM #1: Maya Balog, Stoma Parker, Peter Fabian, others
3:30-4:00	Tea
4:00-5:45	TTP PM#2: Maya Balog, Stoma Parker, Peter Fabian, others
5:45-6:00	Pranayama Practice
6:00-7:00	Light Supper
7:30-9:00	Evening Program: Swami Veda, Maya Balog, Stoma Parker, Peter Fabian, Mon-Thurs Evening Lecture Series, 7/24 Kirtan
9:00-:	Evening Prayers – Stoma Parker and Peter Fabian

Note: Sessions TTP AM, TTP PM #1, TTP PM#2, & Kirtan will be held in a different room, all other sessions will be joint sessions with all 2009 Congress Retreat participants. The retreat schedule is subject to change, please check daily.