



Dear Level Two Teacher Training Student,

Namaste. We look forward to seeing you at the upcoming HYT Teacher Training Retreat at the University of St. Thomas in St Paul, Minnesota, July 17 to July 31, 2011.

As in Level One, your program includes an extensive home study component that will soon be supported by our private web site. Please review the updated HYT Integrated Practice Curriculum for all levels of the 600-Hour Program and a preliminary version of the 600-Hour Level Two manual. A printed bound copy of the Level Two manual will be provided at the Retreat. Send an email to creatingjoy@hyt-ttp.com to receive an electronic version of these documents.

As a Level Two student you will be asked to teach during the program and to assist with some of the concurrent programs. Mary Bowman-Cline and Barbara Aschettino will be guiding you and ensuring that you are prepared and comfortable with this aspect of the program.

- During the morning sessions of the first week (July 18 through July 21), Level Two students will assist with the Anatomy & Physiology component of the Prana Vidya I program. Please review the Prana Vidya I Handouts for more details.
- During the second week of the retreat the Level Two students will teach the morning Hatha classes. In addition, the Level Two students will follow the Prana Vidya II program (from the evening of July 26 to the afternoon of July 29). Please review the Prana Vidya II handouts for more details.
- Please review the 2011 Congress Ashram Retreat Schedule (below) to review the daily schedule. A more detailed schedule will be provided at the Retreat.

All TTP students will be checking into the University of St Thomas on July 17. If you can arrange your schedule to be on campus by early afternoon, we would like to arrange a short interview between you and a faculty member (1:30 to 5:30 PM). Please include a preferred interview time in the itinerary confirmation email that you send to Carolyn Hodges (creatingjoy@hyt-ttp.com).

We are looking forward to greeting you on July 17.

Yours in Service,

The HYT-TTP Staff

Himalayan Yoga Tradition

2011 Congress Ashram Schedule

*McNeely Hall – Grand Hall
University of St. Thomas- St. Paul, MN
HYT-TTP 600-Hour Level One & 200-Hour
July 17 – July 31, 2011*

Daily Schedule:

05:00 Rise with AtmaTattvalokanam
05:30-05:45 Prayers – Ma Radha
05:45-07:10 Hatha Yoga & Pranayama –Mary Bowman-Cline & others
07:10-08:00 Meditation – Ma Radha and other Swamis
08:00-09:00 Breakfast
09:15-09:30 Contemplative Walk – Ma Radha
10:00-11:45 AM Session
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 PM Session #1
3:30-3:45 Break
3:45-5:45 PM Session #2
5:45-6:00 Pranayama Practice
6:00-7:00 Light Supper
7:30-9:00 Evening Program – Swami Veda, Dr Alkalay, Swami Nitya, Stoma,
Paul Emerson, & others
9:00-: Evening Prayers – Stoma Parker and Peter Fabian
Special
Events: July 23: Family Picnic at The Meditation Center
July 29: Kirtan at O'Shaughnessy Center (UST)
July 30: Peace on Earth Meditation (POE) with Swami Veda
at O'Shaughnessy Center (UST)

Note: Sessions TTP AM, TTP PM #1, TTP PM #2, may be held in a different room, most joint sessions with all 2011 Congress Retreat participants will be held in McNeely - Grand Hall.

*The retreat schedule is subject to change, please check daily