



Prana Vidya II Workshop for Hatha Yoga & Meditation Teachers

*July 24 to July 29, 2011
McNeely Hall – Grand Hall
University of St. Thomas- St. Paul, MN*

Preparation for Contemplative Walking – NJ Retreat 2011

Prana Vidya, the Himalayan Yoga Tradition's (HYT) style of Hatha Yoga, emphasizes the subtle and meditative aspect of the hatha-yoga practice in order to bring about mindful awareness of the prana-body and development of the flow of prana at all times and in every movement.

This retreat is recommended for those wishing to deepen their personal practice and yoga teaching. It provides Yoga Alliance continuing education units (CEUs) and credits for the Yoga Alliance Registered HYT Teacher Training Programs. For students in the 600-Hour HYT - TTP this retreat will satisfy their Level Two Three-Day Silence requirement.

The Prana Vidya II Retreat will take the participants on a journey inwards utilizing the ancient wisdom practices of the Himalayan Yoga Tradition. This experiential workshop will provide an opportunity for Yoga Teachers to deepen their personal practice, be guided to a deeper state, and learn how to support their students from this deeper state. The program, based on Swami Veda Bharati's books, "The Song of Silence" and "Daily Schedule of a Sadhaka", will highlight HYT Level 2 Practices. These include Silence, Intermediate Hatha, *Surya Namaskar* with Bija Mantras, Intermediate *Pranayama* (*Kapalabhati*, *Bastrika*, *Bhramari*, *Sitali*, *Sitkari*, 108 *Nadi Shodhanam*), 4 Primary *Bandhas*, *Nauli*, *Kunjar Kriya* (upper wash), Subtle Body Practices (31 Point, 61 Point, *Om Kriya*, *Shithili-karana*), Intermediate Meditation, Contemplation Practices (*Mahavakya*), Inner Dialogue, and *Sankalpa Shakti* Practices for the teacher and their students.

Our program begins with Sunday dinner (July 24 at 6:00 PM) at the University of St Thomas Dinning Hall and then moves to McNeely Hall for our first lecture. Each day the program follows the Congress ashram retreat schedule including specific Prana Vidya II practicums and lectures. The attendees are encouraged to participate in these programs in silence from Tuesday breakfast through Friday lunch. Please review the attached daily schedule for more details.

In preparation for the Retreat (or as a review at the completion of the retreat), a collection of documents are provided (see below). Please print any or all of these and place in a binder. Also a packing list is provided for your assistance. If you have any questions please feel free to send a message to: creatingjoy@hyt-ttp.com.

We look forward to greeting you at the University of St. Thomas!

What to pack:

1. Swami Veda's Book "Song of Silence: Subtleties in Sadhana" – available for purchase at the retreat.
2. A binder of the printed documents
3. A journal (or some blank pages in your binder) for reflection, notes and internal dialogue
4. Pad of post-it-notes for questions after silence begins.
5. Small alarm clock
6. Neti Pot & non-iodized salt
7. Toiletries
8. Yoga Mat
9. Meditation Cushion/Blanket/Shawl
10. Light blanket to cover the body during subtle body practices also an eye pillow or dark cloth to cover eyes
11. Comfortable clothing including warmer clothing for river walks and rain gear.
12. Sunscreen, sun glasses, and sun hat.

Pre-requisite Material: send an email to creatingjoy@hyt-ttp.com for electronic copies.

1. HYT 2011 Congress Ashram Schedule
2. Daily Schedule of a Sadhaka
3. *Atma Tattvavalokanam*: continual awareness of our essential nature
4. Bowel Health and Digestive Breathing
5. *Shat Kriyas*
6. Alternate Nostril Breathing - Nadi Shodanan
7. Solar Salutation as Worship
8. *Om Kriya*
9. HYT Integrated Practices – All Levels

Prana Vidya II - Practicum and Lecture Schedule:

Sun Evening: *Atma Tattvavalokanam & Shat Kriyas*
Mon AM: Sun Salutation as Worship, Intermediate Pranayama
Mon PM#1: 5 Pillars of *Sadhana* - deepening meditation
Mon PM#2: Silence Orientation and review plan for Tue-Fri
Mon Evening: Philosophy of *Prana Vidya Hatha Yoga*
Tue AM: 108 Breath *Nadi Shodhanam* and Silent Meditation
Tue PM#2: 108 Breath *Nadi Shodhanam*, Sun Salutation as Worship & Silent Meditation
Tue Evening: Systems within the Human Personality and the Four S's: *Seva*, Silence, Subtle Body Practices, and *Sangha*
Wed AM: *Agni Sara*, *Bandas*, and Intermediate *Pranayama*
Wed PM#2: Self-Inquiry, Internal Dialogue, *Mahavakya*, *Sankalpa*
Wed Evening: *Yoga Nidra*: Can Consciousness be Measured?
Thu AM: 108 Breath *Nadi Shodhanam*, Sun Salutation as Worship & Silent Meditation
Thu PM#2: Song of Silence Subtleties of *Sadhana*
Thu Evening: The 5 Elements
Fri AM: Acceptance and Forgiveness / *Chitta-Prasadana*
Fri PM#1: Integrating Silence Into Daily Life
Fri PM#2: Program Conclusion

Himalayan Yoga Tradition

2011 Congress Ashram Schedule

*McNeely Hall – Grand Hall
University of St. Thomas- St. Paul, MN
Prana Vidya II Workshop for Yoga Teachers
July 18 – July 22, 2011*

Faculty: *Dr. Stephen Parker (Stoma), Barb Aschettino, Ma Radha, Mary Bowman-Cline, others. Early morning and evening sessions will be joint sessions with other 2011 Congress participants.*

***Daily Schedule:** (Silence from Tuesday Breakfast through Friday Lunch)

05:00 Rise with AtmaTattvavalokanam
05:30-05:45 Prayers – Ma Radha
05:45-07:10 Hatha Yoga & Pranayama –Mary Bowman-Cline & others
Optional: Tues-Thurs: Upper Wash, Relaxation
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 Prana Vidya AM – Dr. Stephen Parker (Stoma)
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 Prana Vidya PM #1: Stoma (Tues – Thurs Personal Silence)
3:30-3:45 Break
3:45-5:45 Prana Vidya PM #2: Stoma, Ma Radha, others
5:45-6:00 Pranayama Practice
6:00-7:00 Light Supper
7:30-9:00 Evening Lecture: Stoma and Swami Nitya
9:00-: Evening Prayers: Stoma and Peter Fabian

*Schedule subject to change, please check daily.

**Conscious Relaxation will include 31 Points, 61 Points, *Om Kriya*, and Sweeping Breath (*Shithili-karana*) on different days.