



Dear Yoga Friends,

Namaste and welcome to the 2011 Himalayan Yoga Tradition Congress, “Creating Joy: The Art and Science of Yoga”. Swami Veda and his esteemed faculty will be unfolding the perennial teachings of the Himalayan Yoga Tradition at the beautiful St. Paul campus of the University of St. Thomas in St. Paul, Minnesota. As we complete our preparations to bring you this exciting event, there are several things we would like you to know that will facilitate your journey and add to your comfort at the Congress. We also are requesting final confirmations of your plans. Please read this letter carefully.

Travel Itinerary

For those coming from out of town, please let us know your complete travel itinerary including flight information and expected arrival time at UST. We will be at Koch Commons on the UST campus to greet you and help you get registered and settled in.

In addition, please confirm the dates you will be in residence at UST.

If you will be commuting to campus, let us know when you will be arriving on campus for the first time and if you will be eating meals in the UST dining hall – more about that below.

Write to creatingjoy@hyt-ttp.com in care of Carolyn Hodges with your details and any questions or concerns. You can also call Carolyn at 651-500-3102.

Getting to the University of St. Thomas

If you are flying to the Congress you will arrive at the Minneapolis/St. Paul (MSP) International Airport. From Baggage Claim follow the signs to “Ground Transportation”. These signs will lead you to the desk of Super Shuttle, a service offering door-to-door shared rides directly to your destination. Book a ride to the University of St. Thomas, **St. Paul Campus**. The cost of the trip will be \$19 one way. Ask the driver to leave you off at 2115 Summit Avenue or Koch Commons. There will be signage directing you to Koch Commons where you will find the registration desk. Here you can pick up your registration packet and your room key. You will need to make a reservation for your return trip, as well. You can arrange your booking online at <http://www.supershuttle.com>.

If you are driving, you can find driving directions and campus maps on the UST website at the link below. You may park in the Morrison Ramp. Follow the signage to Koch Commons to pick up your registration packet and room key.

For non-residential participants, you can park in any surface lot on the St. Thomas campus, as well as in the Morrison Ramp. You can pick up your registration packet at

McNeely Hall, our seminar venue located on the corner of Summit and Cleveland Avenues.

Click here for directions and a map of the St. Thomas Campus:
<http://www.stthomas.edu/campusmaps>.

Housing

Residential participants will be staying in Morrison Hall. Rooms are arranged in groupings of four pods with four single rooms in each pod. Each pod also has a common area with a kitchenette with refrigerator, microwave, and sink, and two private bathrooms. The bathrooms contain a toilet and shower while the sink and vanity are outside the bathroom. The kitchen is not furnished. Each single room has a phone for local calls.

Each grouping of four pods has a laundry facility. Wireless internet service is available throughout the St. Thomas campus.

Residential participants will also have access to a computer room and exercise room in Koch Commons. You must show your room key for access. You can also use the campus swimming pool during open swim times, as your schedule permits.

The campus also has a bookstore, post office, and copy service in the Murray-Herrick Center. These facilities are not open on Sunday.

Commuters

Commuters will be responsible for a \$10/day facility fee. This fee allows us to use the campus facilities and classrooms for our programming. This fee is already figured into the daily rate for overnight residents. Commuters can combine this cost with a meal plan as explained below.

Meals

The food service staff at UST will be providing us with nutritious and tasty vegetarian breakfasts, lunches and dinners. Our meals will be served in the centrally located Murray-Herrick dining hall.

Meals are included in residential fees and residents will receive their meal pass in their registration packets.

The commuter meal plans also include the \$10 facility fee. We strongly recommend that commuters take advantage of this opportunity. Classes start at 5:30am and finish at 9:30pm. With such a full day, having meals provided is one less distraction in an already packed schedule. The meal plan for commuters is \$40/day which includes breakfast, lunch, dinner and the daily facility fee.

Single meal pricings (which include the daily facility fee) are as follows:

Breakfast	\$15.00
Lunch	\$20.00
Dinner	\$20.00

Please let us know your plans before by July 10th. Payments can be made when you pick up your registration packets.

Yoga Props

A limited amount of blankets and pillows will be available at the conference. We highly recommend that you bring your own yoga mat, blanket, and sitting cushion. Mats and cushions will be on sale at the Congress Bookstore.

Schedules

Your schedule will be emailed to you and a paper copy included in your welcome packet. Schedules will also be posted. Please check the posted schedules every day for any changes.

We are looking forward to greeting you soon!

Your Yoga Congress planning team

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 AtmaTattvavalokanam
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