

Advanced Teacher Training



Master Yoga FOUNDATION



2011 CATALOG

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Welcome to the Complete Practice of *Svaroopa*[®] Yoga!

Become one of the most elite yoga teachers and yoga therapists in the world by embarking on the most comprehensive advanced yoga study available. Dive deep into our full-spectrum training, where you'll explore the depth of the ancient texts and the deepest levels of *asana*.

Master Yoga's Advanced Teacher Training (ATT) begins where most professional yoga trainings end — adding on to your 685 hours already completed for your CSYT. Yet you can begin with the first ATT courses after your YTT Level 2.

Choose among 19 advanced certifications!

Choose Advanced Teacher Certifications, interweaving yoga philosophy into your classes, along with an expanded knowledge of the body and more advanced poses. Choose Yoga Therapy Certifications, utilizing personalized spinal release and self-inquiry techniques in private sessions with your clients to dramatically impact the healing process. Choose to be a Foundations Teacher Trainer, teaching the principle poses and practices of *Svaroopa*[®] yoga with students who want to deepen their experience or share yoga with others.

Reach out to more students, including elder yogis, people with chronic pain, pregnant moms, experienced yogis who want to go deeper into bliss and future teachers. See your professional and personal dreams come true!



Master Yoga

FOUNDATION



Dear Advanced Svaroopi,

Your **Advanced Teacher Training 5 year calendar** is finally here! Thank you for your patience as we took the time to lay out Master Yoga's 5 year strategic plan.

You will notice a few changes to the 2009 published ATT calendar. The new 2011 calendar is more in line with Master Yoga's strategy of creating more Trainers, growing our Foundations programs and continuing to build our 500 hour Yoga Teacher Training Program.

Master Yoga made the conscious choice to reallocate our Premier Trainers, Vidyadevi Stillman and Karobi Sachs, to focus on training and interning more Foundations Trainers. Unfortunately, this makes them less available to teach ATT courses in the short term. In the long term, it means that Master Yoga's future is insured.

Our strategy is simple. More trainers means more Foundations Programs which builds YTT which then feeds ATT. The more CSYT's that are out in the world teaching weekly classes, the more people there will be practicing *Svaroopa*® yoga. This will translate into more people coming in for Weekend Workshops, Foundations and Teacher Training. You see, Master Yoga's future relies on you, the local teacher.

We also took a look at how you move through your ATT track based on the survey that went out in early 2010. We scheduled the core curriculum to be more in line with how you take these deep and transformative Advanced courses. Your input and feedback is vital to how Master Yoga schedules ATT courses. Master Yoga understands that the depth of study at this level takes time to integrate. We also realize that at this point in your teaching career you are busy and it becomes more challenging to come in for trainings.

Master Yoga is here to serve you. I sincerely hope that this new ATT 5 year calendar does just that. I am also asking you to be a part of Master Yoga's long term growth. Please consider becoming a Foundations Trainer and spread the teachings of *Svaroopa*® yoga on a much larger scale.

Please feel free to contact me with your valuable input and feedback at donna@masteryoga.org. Again, thank you for your patience and continued support of Master Yoga Foundation.

Namaste,

Donna Criscuolo, CSYT RYT500

Executive Director

Master Yoga Foundation

ATT Courses

Read about each individual ATT Course plus use the dates to map out your study and future mastery. Tuition for each individual course is listed here, along with the prerequisites for each level of study.

Prerequisites include successful completion of coursework and accompanying homework for each course.

ATT 75

Yoga Business Skills — Defining Your Vision

To be held in 2013 & 2015

All three Yoga Business Skills courses must be completed in the same year.

Develop clarity about where you want to go, why you want to do it and how to get there. Swamiji guides you in visioning your future and grounding it in reality. This course is essential for yogis who want to integrate the principles of yoga into their professional life. Blossom in five days of Swamiji's careful nurturing, as she guides you to base your business plan in yoga. Study ancient *sutras* and experience empowering yoga practices as you apply this ancient wisdom to envision the business life you want.

Prerequisite: none

Member's Tuition:

\$750 early registration, \$820 late registration

Non-Member's Tuition:

\$790 early registration, \$865 late registration

Materials Fee: \$15

* Prerequisites include successful completion of courses along with accompanying homework.

ATT 76

Yoga Business Skills — Planning Your Success

Phone Course

To be held in 2013 & 2015

All three Yoga Business Skills courses must be completed in the same year.

This course is a series of three conference calls (not recorded). Team up with Swamiji and your classmates from ATT 75: "Defining Your Vision" to plan and implement your vision in tangible ways. This phone course with Swamiji empowers you to take your plans into practicality and move through the important first steps of making your vision a reality.

Prerequisite:* ATT 75

Member's Tuition:

\$135 early registration, \$145 late registration

Non-Member's Tuition:

\$140 early registration, \$150 late registration

(plus you are responsible for your long-distance phone fees)

ATT 77

Yoga Business Skills — Attaining Your Goals

To be held in 2013 & 2015

All three Yoga Business Skills courses must be completed in the same year.

You are almost ready to go! Gain the practical skills that will take your plan to the next level. Swamiji leads you through defining your goals and setting specific strategies for attaining them. Learn how to handle matters of money, time planning, supervising staff and marketing — according to both business and yogic principles. Polish your tools to envision, create and manage a highly successful business life as a yogi.

Prerequisites:* ATT 75 & 76

Member's Tuition:

\$485 early registration, \$525 late registration

Non-Member's Tuition:

\$510 early registration, \$555 late registration

Materials Fee: \$35



*I have clarity of vision,
confidence and a new
sense of purpose. ”*

—Sandy P., Yoga Business Skills

ATT 221

Twists

August 24 –30, 2011 • Exton PA

To be held again in 2013, 2015

Discover the extraordinary power of twists! Expand your knowledge of YTT-level twists, learn new twists, new variations and advanced adjustments. Develop your ability to dive deeper into the bliss of your own being as you learn how to teach your students from that deep inner state. Study tantric shortcuts to the ultimate state in the *Vijñana Bhairava*. Learn to weave your new teaching tools into your Continuing or Deeper Yoga classes.

Prerequisites:*

YTT Level 2 & *Embodiment*® Yoga Therapy Training

Member's Tuition:

\$1,195 early registration, \$1,300 late registration

Materials Fee: \$35

ATT 262

Yoga Therapy — Treating Pain

January 19 – 25, 2011 • Exton PA

This course is held every year.

Learn how to treat private clients who are in pain, regardless of its cause, with profound therapeutic techniques that take you beyond your *Embodiment*® training. Develop your understanding of the medical profession's approach to pain and study ancient sutras that explain the cause and treatment of pain from a yogic perspective. Gain a profound sense of confidence to bring to clients, based on this comprehensive training in how to treat pain and rapidly advance the healing process.

Prerequisites:*

YTT Level 2 & *Embodiment*® Yoga Therapy Training, plus you must have given at least 50 *Embodiments*® in the 6 months prior to this course

Member's Tuition:

\$1,195 early registration, \$1,300 late registration

Materials Fee: \$35

ATT 402

Deeper Practice

To be held in 2012, 2013, 2014, 2015

Take key *Svarooopa*® yoga poses to their full potential through deeper variations and new adjustments that reveal their true potential. Experience deeper openings in your own body, which forms the foundation for your ATT trainings. Begin your detailed study of *Patanjali's Yoga Sutras* and learn to share the sutras in your classes.

Prerequisite:* YTT Level 4.

Member's Tuition:

\$1,195 early registration, \$1,300 late registration

Materials Fee: \$50

“

The insights into asana work were most meaningful, as I now am recharged to work with my students in improved ways. ”

— Pat W., ATT 221 – Twists

ATT 403

Lower Spinal Release

March 23 – 29, 2011 • Exton PA

To be held again in 2013 & 2015

Develop a more complete understanding of the effects of each spinal release by experiencing them more deeply in your own body. Learn to teach Pregnancy Yoga, with special poses, propping and information on anatomy for the childbearing year. These skills also prepare you to help infertile couples. This course, along with the homework that follows, completes your:

Pregnancy Yoga Teacher Certification

Continue your study of the *Yoga Sutras* and further develop your ability to share the teachings with your students.

Prerequisites:*

Level 4 & ATT 402, plus approval of your ATT application which includes successful completion of your Teaching Review

Member's Tuition:

\$1,195 early registration, \$1,300 late registration

Materials Fee: \$50

ATT 411

Upper Spinal Release

To be held in 2012, 2014 & 2016

Delve into heart openers like never before! Learn new poses, adjustments and variations that make significant changes through your upper spine and dissolve the knot behind your heart, which heals your neck and shoulders. Go back to your students with supported and active poses for this problem area. Dive into the second half of *Patanjali's Yoga Sutras*, which describe how to maximize the inner experience, as well as how to avoid the potholes along the path. Most importantly, you'll gain tools for opening the connection between head and heart.

Prerequisites:* YTT Level 4 & ATT 402

Member's Tuition:

\$1,275 early registration, \$1,390 late registration

Materials Fee: \$50

ATT 412

Gentle Yoga

To be held in 2012, 2014 & 2016

Integrate all of your previous training into the mastery you need to teach gentle yogis and people who have back pain. Study the final *sutras* from Patanjali, including his descriptions of the final stages before enlightenment. Learn new poses, adjustments, variations and protocols that meet the needs of gentle yogis, students in pain and students with “deceptive flexibility.” You’ll also learn how to work with the mindset these students bring with them. This course, along with the homework, completes three certifications simultaneously:

Deeper Yoga Teacher — Level 1 Certification
Gentle Yoga Certification
Yoga for Your Back Certification

Learn how to inspire students to reach for new goals — taking them beyond mere maintenance to the possibility of real improvement, which cultivates their life-long commitment to yoga.

Prerequisites:* ATT 75, 76, 77, 402, 403 & 411

Member’s Tuition:
\$1,275 early registration, \$1,390 late registration

Materials Fee: \$50

“
*Everyone we encounter
is in pain of some kind.
I now not only have
the tools to help them
with their pain—I
understand the source.*”

— Beth H., ATT 262 Yoga Therapy – Treating Pain

ATT 463

Yoga Therapy — Neck & Shoulders

To be held in 2013 & 2016

Learn new therapeutic techniques for neck and shoulder problems, including specialized *Embodiment*® techniques, new poses and advanced adjustments. Further your understanding of the healing process and the underlying map of existence through deeper study of the *Pratyabhijñahridayam*. Help your clients understand the mental and emotional components of their pain by including *vichara* techniques in their sessions. Increase your private clientele and the benefits you provide them through these deeper techniques and your expanded confidence in them.

Prerequisites:*
YTT Level 4 & ATT 262, plus approval of your ATT application which includes successful completion of your Teaching Review

Member’s Tuition:
\$1,195 early registration, \$1,300 late registration

Materials Fee: \$35

ATT 464

Yoga Therapy — Spine, Knees & Feet

June 11 – 17, 2011 • Exton PA

To be held again in 2013 & 2016

Become a *Svaroopa*® Yoga Therapist! Prepare yourself to handle clients with more challenging conditions, as well as experienced students and clients who want to go deeper. Learn more about the medical perspective on anatomy, as well as how *Svaroopa*® yoga works on the spine, knees and feet. This course, along with the homework that follows, completes your:

***Svaroopa*® Yoga Therapist Certification**

Develop a whole new set of therapeutic tools and skills, including specialized poses and adjustments for the ever-tricky knees. Complete your study of the *Pratyabhijñahridayam* and deepen your ability to support your clients in both their physical and emotional re-patterning.

Prerequisites:*
ATT 75, 76, 77, 402, 403, 411, 412, 262 & 463

Member’s Tuition:
\$1,275 early registration, \$1,395 late registration

Materials Fee: \$35

* Prerequisites include successful completion of courses along with accompanying homework.

ATT 522

Beginners Bliss

To be held in 2012 & 2015

Introduce the most advanced level of *asana* practice in *Svaroopā*® yoga. Your bliss classes will propel students of any level into a profound experience of inner bliss and help them maintain their inner experience when they open their eyes and go back to life. This course, along with the homework that follows, completes your:

Beginners Bliss Certification

Ultimately this course focuses on your bliss — because the effectiveness of a bliss class depends on your ability to be in bliss while teaching. This course radically expands your own inner experience and teaches you how to function while you're in that state. Begin your study of *Narada's Bhakti Sutras*, continue your study of the *Vivekachudamani* and experience yoga's traditional pujas honoring the divine in the formless and in form. Begin learning the most profound level of opening, called "the sweet surrender." Clarify the true purpose and potential of *Svaroopā*® yoga for both advanced and new students.

Prerequisites:*

ATT 75, 76, 77, 221, 402, 403, 411 & 412

Member's Tuition:

\$1,365 early registration, \$1,510 late registration

Materials Fee: \$50

ATT 523

Advanced Bliss

To be held in 2013 & 2016

Complete your certification as a bliss teacher and learn to teach Bliss Weekends. Deepen your own state of bliss and your ability to carry that state into your teaching. This course, along with the homework that follows, completes your:

Advanced Bliss Certification

Bliss Yoga Weekend Certification

Complete your study of *Narada's Bhakti Sutras* and delve into more of the *Vivekachudamani*. Explore the most advanced techniques for Ujjayi Pranayama and how to use them with your most advanced students. Learn to take your students deeper into bliss, and teach them how to live with bliss as the internal foundation of their being. Take your most experienced students to the most advanced level of practice, and increase your income along the way with Bliss Workshops designed just for them.

Prerequisites:*

ATT 75, 76, 77, 221, 402, 403, 411, 412, & 522

Member's Tuition:

\$1,365 early registration, \$1,510 late registration

Materials Fee: \$50

ATT 531

Abdominals

To be held in 2013 & 2016

It's a shock to discover that you only thought you knew about your abdominals! Everything you have found before is now preparation for much more clarity about your abdominal muscles and your spinal muscles. Discover the power of "hollowing" and its healing effect on your digestion. Carry your new clarity into more challenging poses. Plus this course, along with the homework that follows, completes your:

Half-Day Workshops Certification

Combined with the beginning of your study of the *Shiva Sutras*, this clarity will easily extend into your life and your ability to lead students through the empowerment that deeper abdominals provides.

Prerequisites:*

ATT 75, 76, 77, 402, 403, 411 & 412

Member's Tuition:

\$1,365 early registration, \$1,510 late registration

Materials Fee: \$35

“

*It's the next level —
the deepest level of what
Svaroopā® yoga is all
about.*”

— Polly D., ATT 522 – Beginner Bliss

ATT 532

Backbends

To be held in 2014

Begin your mastery of the most important poses — backbends. These are the hardest poses and they are also the most significant poses for bringing yoga into your life. Explore selective use of the muscles that support spinal opening both in challenging poses and in challenging life circumstances. Unravel the tensions that cause your body to crunch forward as you age. Explore the *Shiva Sutras* and how to share these profound teachings in the midst of your classes.

Prerequisites:*

ATT 75, 76, 77, 402, 403, 411, 412 & 531

Member's Tuition:

\$1,365 early registration, \$1,510 late registration

Materials Fee: \$35

ATT 541

Forward Bends

April 16 – 22, 2011 • Exton PA

To be held again in 2015

Expand your ability to lead students in poses that provide the deepest and most significant changes. Forward bends provide radical and integrated transformations. This week first develops your mastery of advanced forward bends and then turns those forward bends upside down for more challenging poses — advanced inversions. These poses combine with your continued study of the *Shiva Sutras* to take you into the yogic experience of surrender. Take these poses and teachings home to your students, to open their spines more deeply than ever before and to see their lives and themselves from a new point of view. More than any other practices, forward bends and inversions give an interwoven body-mind-emotions-consciousness experience that radically alters your understanding of the ultimate attainment that yoga offers.

Prerequisites:*

ATT 75, 76, 77, 402, 403, 411, 412 & 531

Member's Tuition:

\$1,365 early registration, \$1,510 late registration

Materials Fee: \$35

ATT 551

Weekend Workshops

November 2 – 8, 2011 • Exton PA

To be held in 2016

Integrate the poses and *sutras* you've developed in all the ATT courses you have already completed to get to this point! Delve further into poses that provide the deepest physical openings and changes, learn to teach weekend workshops and complete your study of the *Shiva Sutras*. Along with the homework that follows this course you'll complete your:

Weekend Workshops Certification

Deeper Yoga – Level 2 Certification

Learn how to create inspiring workshop titles and themes, how to give presentations on yoga philosophy that help students explore their inner discoveries and how to select poses to help people experience the teachings of yoga philosophy. While much of your advanced training has been giving you teachings for advanced practitioners, your weekend workshops can be offered to students of any level. Teach workshops in your own hometown or anywhere — retreat centers, spas or someone's weekend home in the woods. You'll kindle students' love for yoga with deep immersion while you significantly boost your income and have a lot of fun!

Prerequisites:*

ATT 75, 76, 77, 402, 403, 411, 412, 522, 531, 532 & 541

Member's Tuition:

\$1,365 early registration, \$1,510 late registration

Materials Fee: \$35

ATT 561

Medical Yoga A

Dates to be determined.

Get ready to integrate *Svaroopa*® Yoga Therapy into the medical paradigm. This course dramatically increases your knowledge of anatomy and disease, while it develops your ability to communicate with and gain the trust of medical professionals and clients. Understand anatomy and physiology as the medical profession understands it and go beyond that paradigm. Gain powerful skills for communicating with others about the correspondences and differences between yoga and medicine. We'll go through each and every medical condition that a student or client is likely to come in with and explain what is going on from both the medical and *Svaroopa*® yoga perspectives. Develop your ability to establish relationships with physicians who will refer their patients for Yoga Therapy or to work in medical environments (such as a hospital, physical therapy office or wellness center). Your study of the *Ashtavakra Gita* will refine your understanding of the true nature of Self and the true source of healing — the divine reality of yourself and your clients.

Prerequisites:*

ATT 75, 76, 77, 221, 402, 403, 411, 412, 262, 463, 464, 522 & 523

Member's Tuition:

\$1,365 early registration, \$1,510 late registration

Materials Fee: \$35

ATT 562

Medical Yoga B

Dates to be determined.

Continue the process you began in Medical Yoga A and get to the point where you can do what Swamiji does — track ailments to their source! With this course, you further develop and practice your communication skills and complete two certifications:

Medical Yoga Therapist Certification

Yoga Pain Clinic Certification

You'll be able to lead the community program "Yoga Pain Clinic" — the greatest tool to inspire people to do *Svaroopa*® yoga. Get people shaking their heads in amazement, as they understand the body as never before. Bring in tremendous numbers of new students and clients.

Prerequisites:*

ATT 75, 76, 77, 221, 402, 403, 411, 412, 262, 463, 464, 522, 523 & 561

Member's Tuition:

\$1,365 early registration, \$1,510 late registration

Materials Fee: \$35

* Prerequisites include successful completion of courses along with accompanying homework.

Svaroopa® Yoga Vinyasa Trainings

ATT 611

Vinyasa: Opening Vinyasa and Lower Spinal Release

Dates to be determined.

ATT 621

Vinyasa: Neck & Shoulders, Abdominals and Classical Poses

Dates to be determined.

ATT 622

Vinyasa: Balance & Inversions and Lotus & Twists

Dates to be determined.

ATT 631

Vinyasa: Forward Bends, Upper Spinal Release and Backbends

Dates to be determined.

ATT 632

Vinyasa: Standing Poses and Surya Namaskar

Dates to be determined.

ATT 643

Vinyasa: Warrior Vinyasa

Dates to be determined.

Experience the marriage of movement with deep inner experience. Learn 13 different vinyasas (a flow of connected poses) — one for each theme of *Svaroopa*® yoga. Vinyasa classes allow you to work with two challenging kinds of students simultaneously: 1) blissed-out yogis who are addicted to rolling around on the floor and can't stay open when they go back to life, and 2) perpetual-motion people who would not do *Svaroopa*® yoga because they can't stay still. The vinyasa class level is key to helping both groups literally move through the blockages that prevent them from going deeper in yoga and in life. The skills you've attained as a teacher up to this point form the foundation of your vinyasa trainings. In each course, you learn two new vinyasas along with new poses. You also delve deeply into the study of the *Bhagavadgita* — the text that most beautifully summarizes how to live your life as a yogi. The first three vinyasa trainings earn your:

***Svaroopa*® Yoga Vinyasa Teacher Certification.**

The last three trainings complete your:

Advanced *Svaroopa*® Yoga Vinyasa Teacher Certification

Vinyasa classes are journeys of slow, moderate and fast paced movements that combine deep spinal release with challenging poses. They can give more opening than your students have ever experienced. The ultimate goal is to help them develop the ability to find bliss and freedom in the midst of daily life.

Text studied: *Bhagavadgita*

Prerequisites:*

ATT 75, 76, 77, 221, 402, 403, 411, 412, 522, 523, 531, 532, 541, 551, 611, 621, 622, 631 & 632*

Additional prerequisites also apply as follows (along with the homework from each prior course):

ATT 621: prerequisite ATT 611

ATT 622: prerequisite ATT 611

ATT 631: prerequisite ATT 611, 621 & 622

ATT 632: prerequisite ATT 611, 621 & 622

ATT 643: prerequisite ATT 611, 621, 622, 631 & 632

Member's Tuition for each course:

\$1,455 early registration, \$1,610 late registration

Materials Fee: \$50 per course

Advanced Yoga Therapy Trainings

ATT 661

Advanced Yoga Therapy A

Dates to be determined.

ATT 662

Advanced Yoga Therapy B

Dates to be determined.

Take your clients on a journey in their private sessions with powerful “Phase 2” yoga therapy techniques. You are already an accomplished yoga therapist — a Medical Yoga Therapist who

can lead Yoga Pain Clinics and can treat anybody with pain or medical conditions. Yet not everyone coming to yoga therapy is in pain. Many of your clients simply want to go deeper! These trainings give you specialized yoga therapy techniques for clients who are beyond taking care of aches and pains — they really want to go to the next level. Support your most advanced students and clients, including other *Svaroopa*® yoga therapists and teachers, who use yoga therapy to go more deeply into consciousness. Take both courses and complete the homework to earn your:

Advanced Yoga Therapist Certification

Prerequisites:

ATT 75, 76, 77, 402, 403, 411, 412, 262, 463, 464, 561 & 562* You must complete ATT 661 and the homework before continuing on to ATT 662.

Member's Tuition for each course:

\$1,455 early registration, \$1,610 late registration

Materials Fee: \$50 per course

TTT Courses

Carry *Svaroopa*® yoga to the next generation of teachers, by becoming a Certified Teacher Trainer. These courses allow you to teach Foundations courses in your hometown, or anywhere! Place yourself in a position of knowledge of leadership, and spread the bliss!

TTT A

Secondary Foundations Teacher

November 26 – December 2, 2011 • Exton PA

PLUS your personal apprenticeship

Learn to lead students in partner-pairs and develop total clarity about the teaching protocols of *Svaroopa*® yoga's most essential poses. You'll also learn to lead group chanting and meditation, as well as give talks on *karma* yoga and learn how to teach and support assistants during Foundations courses.

Following the 7-day course, you set up two Foundations courses — in your hometown or anywhere, to apprentice in. This means you can earn income as the host while you receive personal support and coaching from our experienced Master Yoga faculty. If you need additional support to qualify, you may apprentice in additional Foundations courses. As the Secondary Teacher you'll present 40% of the course, in 3–5 hours of teaching each day, partnering with a qualified Primary Teacher.

Prerequisites:

CSYT, Teaching Review within the last 18 months, TTT Application, current on Continuing Ed standards, *SATYA* Member.

Member's Tuition:

For the 7-day training – \$1,450 early registration, \$1,710 late registration and \$750 per apprenticeship (2 are required).

TTT B

Primary Foundations Teacher

10 Phone Calls

PLUS a 6-day, in-person Course

PLUS your personal apprenticeship

Your training as a Primary Foundations Teacher includes three components — a phone course (10 calls), a 6-day, in-person course and a personal apprenticeship where you use your new skills under the support and guidance of Master Yoga's most experienced faculty. Learn to present the Foundations talks on consciousness and anatomy, as well as give the long, guided *Shavasana*. In addition, you'll be able to teach Foundations-level lesson planning, give a talk on YTT, and learn how to more deeply support the students and other teachers during Foundations.

You'll apprentice in various aspects of being a Primary Teacher in three Foundations course, while you earn your income as the Secondary Teacher and get one-on-one coaching from the most highly trained Teacher Trainers.

As a Primary Teacher, you can teach the course on your own, or partner with a Certified Secondary Teacher. You can teach Foundations in your hometown or anywhere in the world as a 5-day intensive or in a weekly-format by registering it with Master Yoga.

Prerequisites for the 6-day course:

Foundations Secondary Teacher Certification, Meditation Teacher Training, *Vichara* Training, Certified *Svaroopa*® Yoga Therapist – Level 1, Teaching Review within the last 6 months, Current on Continuing Education Standards, *SATYA* Membership.*Some of your prerequisites can be taken concurrently with this training — contact our Enrollment Advisors to plan your training calendar.

Member's Tuition:

\$2,100 early registration, \$2,400 late registration and \$470 per apprenticeship (three are required).

Advanced Certifications

Earn a new certificate at each level of mastery, building your credibility in professional settings and among yoga teachers and students.

A single course can take you toward several new certifications simultaneously. Read below about the different certifications and chart the stair-steps of your future learning according to the prerequisites as well as the calendar.

Living Yoga — Business Certification

Do the work you love, in the way you want to do it — and make the money you want to make. Weave yoga’s wisdom into matters of work and money. Swamiji’s guidance and mentoring nurtures the spark of your own expanded potential, freeing you from the boundaries of self-limiting doubts and fears. Whether you are running a yoga business or applying yoga’s wisdom to any profession, you’ll be empowered by this course. Discover a comprehensive approach to pure clarity. Learn to live success, as a yogi in the world.

ATT Courses: 75, 76, 77
(no prerequisites for this Certification)

Texts Studied:
Bhagavadgita & Patanjali’s Yoga Sutras

Foundations Secondary Teacher Certification

Co-teach independent Foundations courses with a Primary Foundations Teacher. You’ll be able to present 40% of the course — teaching Foundations in your own area or anywhere, as an independent teacher. Lead group chanting and meditation, guide participants in their partner-pairs and develop your own total clarity about the pose protocols along the way.

ATT Courses: TTT A plus apprenticeships

Prerequisites:
CSYT, Teaching Review within 18 months of the training, TTT Application, current on Continuing Ed Standards, SATYA Membership

Pregnancy Yoga Certification

Teach mothers-to-be, as well as those hoping to conceive. Offer Pregnancy Yoga classes and be prepared to serve pregnant mothers in your regular classes with specialized teaching protocols. Make pregnant moms more comfortable during their pregnancy and significantly ease their labor, delivery and recovery. Teaching pregnancy yoga is a heart-opening experience — for both teacher and mother-to-be.

ATT Courses: 402, 403

Prerequisite for ATT 402: YTT Level 4

Prerequisite for ATT 403:
ATT 402 and completed ATT Application

Text Studied: *Patanjali’s Yoga Sutras*

Deeper Yoga — Level 1 Certification

Offer Deeper Yoga classes to your most dedicated students, the ones who already “get it” and are ready for more. Teach powerful new poses and variations, as well as learn amazing new adjustments. Offer contemplations directly from *Patanjali’s Yoga Sutras*, significantly expanding your students’ understanding of yoga and of themselves. Take your continuing level students to new depths. Inspire your more dedicated students in new ways.

ATT Course: 412

Prerequisites: 75, 76, 77, 402, 403, 411

Text Studied: *Patanjali’s Yoga Sutras*

You earn this certificate simultaneously with Gentle Yoga and Yoga for Your Back.

Gentle Yoga Certification

Serve students outside the ‘bell-curve’ by offering specialty Gentle Yoga classes. Learn how to adapt poses to meet their needs when they attend your regular classes. Bring home specialized poses, propping and variations for those who are ill, recovering from an injury and dealing with genetics and age. Learn to transform gentle yogis into continuing level yogis, moving them to doing things in yoga and in life that they never imagined possible!

You earn this certificate simultaneously with Deeper Yoga — Level 1 and Yoga for Your Back.

ATT Course: 412

Prerequisites: 75, 76, 77, 402, 403, 411

Text Studied: *Patanjali’s Yoga Sutras*

Yoga for Your Back Certification

Offer a “Yoga for Your Back” course for people with back, neck and shoulder pain. Learn to handle their physical needs and how to help them with their mind that is so lost in the pain cycle. Learn techniques that help them get beyond mere maintenance to the possibility of true healing.

You earn this certificate simultaneously with Deeper Yoga — Level 1 and Gentle Yoga.

ATT Course: 412

Prerequisites: 75, 76, 77, 402, 403, 411

Text Studied: *Patanjali’s Yoga Sutras*

Svaroopa® Yoga Therapist Certification

Offer private sessions with a comprehensive range of therapeutic techniques and watch your clients heal! The specialized poses and *Embodiment*® techniques are significantly empowered by the way you engage their mind in their healing, using *vichara* techniques while they are in the poses. Help clients get out of pain within a few sessions and support dedicated students in reaching new levels of inner opening. Gain a profound understanding of the healing process and how to guide them through it smoothly and easily.

ATT Courses: 262, 463, 464

Prerequisite for ATT 262:
YTT Level 2 and *Embodiment*® Yoga Therapy Training

Prerequisite for ATT 463:
CSYT, ATT 262, and ATT Application

Prerequisite for ATT 464:
ATT 75, 76, 77, 402, 403, 411, 412, and 463

Texts Studied:
Patanjali’s Yoga Sutras, Pratyabhijñahridayam

Foundations Primary Teacher Certification

Be a Primary Foundations Teacher. Present the Foundations talks on consciousness, anatomy, lesson planning and give the long, guided *Shavasana*. You can co-teach Foundations with a Secondary Teacher or present the course on your own! Teach Foundations in your hometown or anywhere

ATT Courses:

TTT B in-person course, phone course and apprenticeships

Prerequisites:
Foundations Secondary Teacher certification, Meditation Teacher Training, Vichara Training, Certified *Svaroopa*® Yoga Therapist

Beginners Bliss Yoga Certification

Dive into the most advanced level of *Svaroopa*® yoga — Bliss yoga, beginning with the first phase, Beginners Bliss. Ignite your students’ experience of the bliss of the Self with a specialized class format, *asana* variations and advanced adjustments. Develop and sustain your own yogic state while you are teaching. Support your students’ transformation with contemplations from the *Vivekachudamani*.

ATT Courses: 221, 522

Prerequisites for ATT 221:
YTT Level 2, *Embodiment*® Yoga Therapy

Prerequisites for ATT 522:
75, 76, 77, 221, 402, 403, 411, 412

Texts Studied:
Vijñana Bhairava, Vivekachudamani, Narada’s Bhakti Sutras

Advanced Bliss Yoga Teacher Certification

Lead students deeper into bliss than ever. Further your teaching skills and your ability to guide others while you are in your own state of inner bliss. Transform your students’ minds and hearts by opening their bodies, minds and hearts simultaneously. Further develop their yogic state with poetic and beautiful passages from the *Vivekachudamani* that describes this inner experience.

ATT Course: 523

Prerequisites:
75, 76, 77, 221, 402, 403, 411, 412, 522

Texts Studied:
Vivekachudamani, Narada’s Bhakti Sutras

You earn this certificate simultaneously with Bliss Yoga Weekend Certification.

Bliss Yoga Weekend Certification

Introduce students of all levels to the bliss of their own Being in your weekend workshops of Bliss Yoga. Even brand new students can begin at this advanced level when they devote a full weekend under your guidance and support. Enjoy an increase in your income potential while you offer immersion opportunities to your students for their depth and transformation.

You earn this certificate simultaneously with Advanced Bliss Yoga Teacher Certification.

ATT Course: 523

Prerequisites:

75, 76, 77, 221, 402, 403, 411, 412, 522

Texts Studied:

Vivekachudamani, *Narada's Bhakti Sutras*

Half-Day Workshops Certification

Lead your students deeper than ever before with your expanded understanding of *Svaroopa*® yoga's more challenging poses. Expand your income potential by offering Half-Day Workshops for new, as well as experienced, students. Teach them the intricacies of the primary poses, as well as new poses and variations. Learn new adjustments, as well as specific lesson planning protocols for 3- and 4-hour workshops. Offer them a deepening of the familiar themes or create new themes and titles of your own. Guide your students to a more meaningful understanding of the experience of *Svaroopa*® yoga.

ATT Courses: 531, 532

Prerequisites:

75, 76, 77, 402, 403, 411, 412)

Text Studied: *Shiva Sutras*

Deeper Yoga — Level 2 Certification

Teach your students more challenging poses and how to maintain and even increase their spinal opening. Motivate sedentary students to action and meet overly active students where they are with this more challenging level of *Svaroopa*' yoga practice. Teach deeper poses and variations in the following themes: Abdominals, Backbends, Forward Bends, Neck & Shoulders, Inversions and Classical Poses. Begin to support your students' active yogic lifestyle.

You earn this certificate simultaneously with Deeper Yoga Weekend Workshops Certification.

ATT Courses: 532, 541, 551

Prerequisites:

75, 76, 77, 402, 403, 411, 412, 531

Text Studied: *Shiva Sutras*

Deeper Yoga Weekend Workshops Certification

Teach Weekend Workshops in a wide variety of themes, to expand your students' experience of yoga and deepen their knowledge. Apply your Deeper Yoga teaching skills and weave important sutras through your weekend programs. Expand your students' inner experience as you expand your income possibilities and your professionalism.

You earn this certificate simultaneously with Deeper Yoga — Level 2.

ATT Courses: 532, 541, 551

Prerequisites:

75, 76, 77, 402, 403, 411, 412, 531

Text Studied: *Shiva Sutras*

Medical Yoga Therapist Certification

Understand the medical terminology your students and clients bring to you. Learn to communicate within a medical environment. Be able to meet medical professionals with a sense of professionalism by using the language that bridges the gap between yoga and medicine. Be part of your client's medical team, using powerful therapeutic skills that support her or his healing process.

You earn this certificate simultaneously with Yoga Pain Clinic Certification.

ATT Courses: 561, 562

Prerequisites:

75, 76, 77, 221, 402, 403, 411, 412, 262, 463, 464, 522, 523

Text Studied: *Ashtavakra Samhita*

Yoga Pain Clinic Certification

Offer the public program “Yoga Pain Clinic” and give practical solutions to each individual for their aches and pains. Use this educational program to illuminate the power of opening the spine with *Svaroopa*® yoga. Inspire participants to do more yoga, in your classes or in private sessions with you. Know how to answer questions when students asks about themselves or a friend, or a caller wants to know “...if yoga will help?” Your in-depth knowledge and consistent success rate with your therapy clients will inspire their enthusiasm and commitment.

You earn this certificate simultaneously with Medical Yoga Therapist Certification.

ATT Courses: 561, 562

Prerequisites:

75, 76, 77, 221, 402, 403, 411, 412, 262, 463, 464, 522, 523

Text Studied: *Ashtavakra Gita*

Advanced *Svaroopa*® Yoga Therapist Certification

Take your private clients on a journey that is deeper than mere healing. Learn specialized adjustments that serve your long-time yoga therapy clients who are ready for “the next step.” Create the radically deeper openings that pull them deeper inward. Expand your *vichara* questions to bring their inner opening through their minds, so they can take their inner experience into their life.

ATT Courses: 661, 662

Prerequisites:

75, 76, 77, 221, 402, 403, 411, 412, 262, 463, 464, 522, 523, 561, 562

Text Studied:

Ashtavakra Gita, Vijñana Bhairava

Svaroopa® Yoga Vinyasa Teacher Certification

Teach 5 different *Svaroopa*® yoga vinyasas (moving series of connected poses) in these themes: Opening Vinyasa, Lower Spinal Release, Neck & Shoulders, Abdominals, Classical Poses, Balance & Inversions and Lotus & Twists. Understand and communicate the principle of spinal release in the midst of movement. Use the *Bhagavadgita* to teach your students to live in the world as a yogi.

ATT Courses: 611, 621, 622

Prerequisites:

75, 76, 77, 221, 402, 403, 411, 412, 522, 523, 531, 532, 541, 551

Text Studied: *Bhagavadgita*

Advanced *Svaroopa*® Yoga Vinyasa Teacher Certification

Learn all the remaining vinyasa themes in *Svaroopa*® yoga, adding these to your professional skills: Forward Bends, Upper Spinal Release, Backbends, Standing Poses, Surya Namaskar and Warrior Vinyasa. Learn new poses, adjustments and variations that enhance the vinyasas. Develop your students’ experience of the full spectrum of *Svaroopa*® yoga with the marriage of continuous movement and deep inner experience. Transform their body, mind and life in the world.

ATT Courses: 631, 632, 643

Prerequisites:

75, 76, 77, 221, 402, 403, 411, 412, 522, 523, 531, 532, 541, 551, 611, 621, 622

Text Studied: *Bhagavadgita*

ATT Application

You may take a number of ATT courses without submitting your formal application, but to continue to more advanced levels you will need to complete this application process. Whether a course requires an approved application is listed in the prerequisites for each course.

A Teaching Review is part of your ATT application — you will need to plan ahead by one or two months to complete this. This means that you should begin your application process at least 3 months before the course begins (ATT 403 and ATT 463). Sorry, we are not able to process incomplete or late applications.

To apply, submit the following at least two months before you plan to begin ATT 403 or ATT 463:

Teaching Review

In person with a qualified Leading Teacher or by video submission. The fee for your Teaching Review is \$190. Please contact our Enrollment Advisors at 866-588-9642, extension 5, to arrange and pay for your review, which must be submitted at least eight weeks before your first ATT course.

Plus, submit all of the following items at least one month before you plan to begin ATT 403 or 463:

Photocopy of your Certified Svaroopa® Yoga Teacher certificate

If you are currently completing requirements for DTS 4, please tell us where you are in the process.

Class Report List

A summary of your teaching of Svaroopa® yoga, including while you were in YTT & DTS.

Asana Report Form

List any poses from YTT that you have NOT yet taught and comments about why (for each one).

Brochure, Calendar or Schedule

Issued by the facility/facilities where you are currently teaching.

Your Résumé

List other educational and professional information.

Cover Letter

Why are you interested in the program? Which trainings do you plan to do over what period of time?

A non-refundable application fee of \$100

This will be applied to the first ATT course you take within 12 months of your application.

Course Payment

Early Registration

Enroll 4 weeks prior to the course to receive the early registration rate.

ATT package price eligibility

Students who owe Master Yoga a balance for previous programs attended are not eligible for package pricing discounts.

Refund Policy for Special ATT Packages

If you withdraw from a certification package that has multiple courses, you will be charged for the course(s) that you attended and you will be refunded the difference between the per-course fee for the training(s) you have attended and the amount you paid, less \$100 change fee for each course.

ATT Homework

Your completion of classroom hours alone does not guarantee your certification. Through your homework, you clarify and demonstrate your mastery of the course material by its practical application. Homework varies based on the course material and full details and the time frame are given in each course. Course homework generally requires that you apply the material that you've learned in your teaching and/or private sessions.

We assign homework in every ATT course for two reasons:

1. To help you consolidate what you learned during your training. Homework allows you to review and use what you have been taught as soon as you return home.
2. To give you another way to demonstrate what you have learned — in a format other than the ATT classroom hours through your written assignments and/or reports.

Homework assignments are a vital part of your training. If you do not successfully complete your homework, you do not get credit for the course, you are not eligible for the corresponding certification and you cannot go on to the next course in the series. Without the homework, your training will not appear on your transcript and does not count toward your hours of professional training, even if you received a "Pass" on the training itself.

If there are circumstances affecting your ability to complete your homework within the time frame allotted, you may apply for an extended due date for your homework. Email a request before the due date to karobi@masteryoga.org. We may want to talk with you about it, to understand the situation you are dealing with, as well as to support you in completing your homework effectively. If an extension is granted, under no circumstances will more than an additional 3 months be allowed.

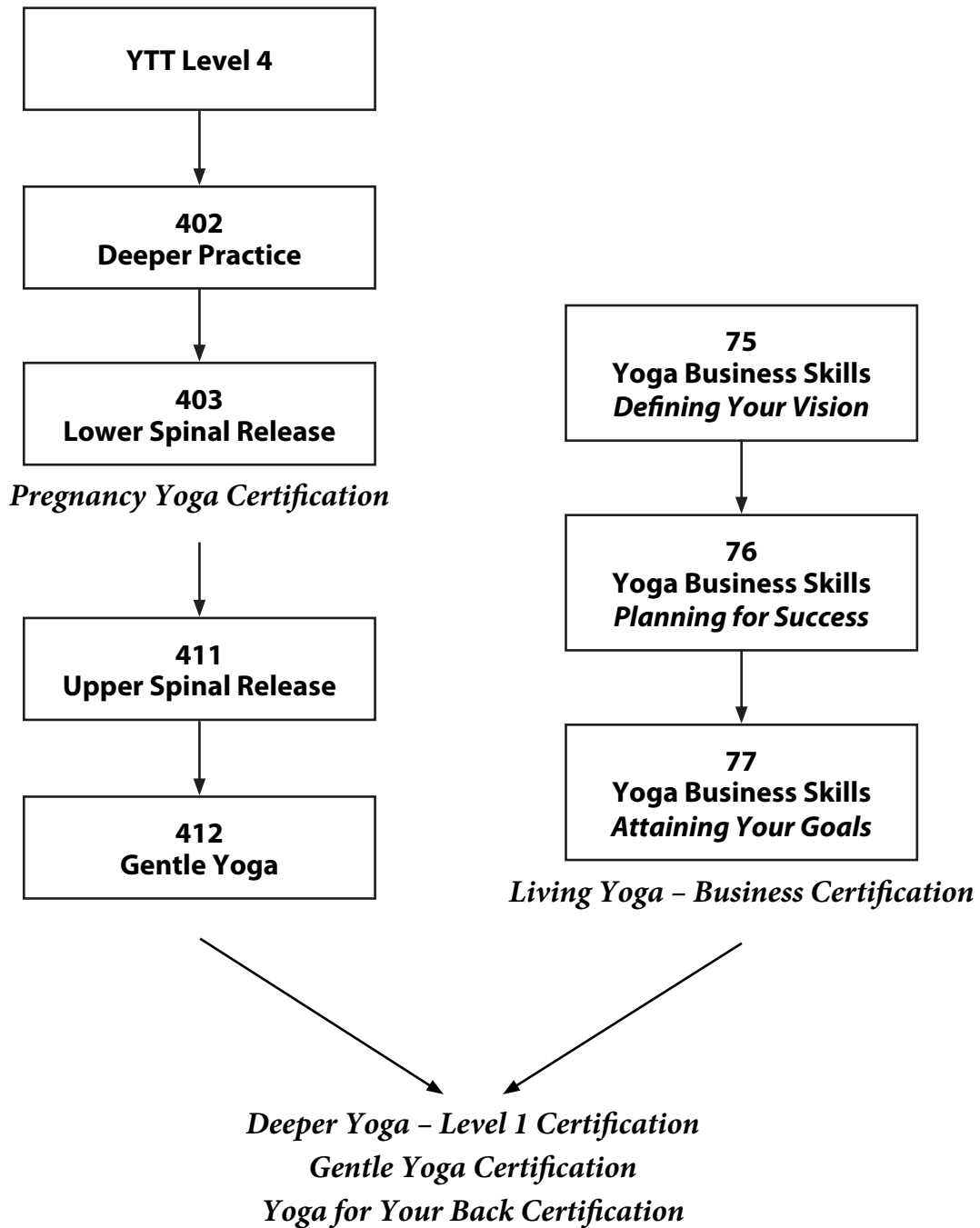
Continued on page 13

You receive a grade for both your training and your homework. Most ATT students do very well and easily get a grade of “Pass” on their homework. If you receive a “Pass with Conditions,” we have determined that you need additional study support through another course or mentorship. These “Conditions” must be met within 3 months from the date of that grade. If you receive a grade

of “No Pass,” we will recommend a Personal Study Plan to help you fill in any gaps in your knowledge, and you must re-take the course successfully to receive credit. It is our intention to support you in becoming skilled at the levels where you want to work and we commit to being creative and flexible in helping you meet those requirements.

ATT COURSE	TITLE	HOMEWORK — COURSES OR SESSIONS
75	YBS – Defining Your Vision	None
76	YBS – Planning Your Success	Create a Press Release
77	YBS – Attaining Your Goals	None
221	Twists	Incorporate advanced twists in your Continuing Yoga classes; practice dharanas from the text and report on them monthly for 4 months
262	Yoga Therapy – Treating Pain	Yoga Therapy sessions on multiple clients, plus cultivate one client who will do 15 sessions over a period of 16 weeks
402	Deeper Practice	Deeper Yoga classes; comment on sutras in your Deeper Yoga classes
403	Lower Spinal Release	Deeper Yoga classes, Yoga for Pregnancy classes; comment on sutras in your Deeper Yoga classes
411	Upper Spinal Release	Deeper Yoga classes; comment on sutras in your Deeper Yoga classes
412	Gentle Yoga	Deeper Yoga classes, Gentle Yoga Classes, Yoga for Your Back classes; comment on sutras in your Deeper Yoga classes
463	Yoga Therapy – Neck & Shoulders	Yoga Therapy sessions on multiple clients
464	Yoga Therapy – Spine, Knees & Feet	Yoga Therapy sessions on multiple clients, conduct 2 “Intro to Yoga Therapy” programs
522	Beginner Bliss	Beginners’ Bliss classes; comment on sutras in your Bliss classes
523	Advanced Bliss	Advanced Bliss classes, Bliss Yoga Weekend; comment on sutras in your Bliss classes and Bliss Weekend
531	Abdominals	Teach 2 Half-Day Workshops, Deeper Yoga classes in the theme; comment on sutras in your Deeper Yoga classes
532	Backbends	Teach 4 Half-Day Workshops, Deeper Yoga classes in the theme; comment on sutras in your Deeper Yoga classes
541	Forward Bends & Inversions	Teach Deeper Yoga classes in the theme; comment on sutras in your Deeper Yoga classes
551	Weekend Workshops	Teach 2 Weekend Workshops; comment on sutras in your workshops
561	Medical Yoga A	Yoga Therapy sessions on multiple clients, write report on 1 medical condition, conduct 2 “Intro to Yoga Therapy” programs
562	Medical Yoga B	Yoga Therapy sessions on multiple clients, write report on 2 medical conditions, conduct 2 Yoga Pain Clinics

Your Guide to Core Certifications



Unfold Your Future!

Plan ahead and watch your future as an advanced Teacher or Yoga Therapist unfold!

Our Enrollment Advisors, **Rukmini Abbruzzi** and **Caroline Kennedy**, love to help you map it out. Email them at programs@masteryoga.org or phone them at 619.718.9642 extension 5.

2011 ATT CALENDAR

- 221 Twists
- 262 Yoga Therapy — Treating Pain
- 403 Lower Spinal Release
- 464 Yoga Therapy — Spine, Knees & Feet
- 541 Forward Bends

2012 ATT CALENDAR

- 262 Yoga Therapy — Treating Pain
- 402 Deeper Practice
- 411 Upper Spinal Release
- 412 Gentle Yoga
- 522 Beginners Bliss
- 551 Weekend Workshops

2013 ATT CALENDAR

- 75 Yoga Business Skills: *Defining Your Vision*
- 76 Yoga Business Skills: *Planning for Success*
- 77 Yoga Business Skills: *Attaining Your Goals*
- 221 Twists
- 262 Yoga Therapy — Treating Pain
- 402 Deeper Practice
- 403 Lower Spinal Release
- 463 Yoga Therapy — Neck & Shoulders
- 464 Yoga Therapy — Spine, Knees & Feet
- 523 Advanced Bliss
- 531 Abdominals

2014 ATT CALENDAR

- 262 Yoga Therapy — Treating Pain
- 402 Deeper Practice
- 411 Upper Spinal Release
- 412 Gentle Yoga
- 432 Backbends

2015 ATT CALENDAR

- 75 Yoga Business Skills: *Defining Your Vision*
- 76 Yoga Business Skills: *Planning for Success*
- 77 Yoga Business Skills: *Attaining Your Goals*
- 221 Twists
- 262 Yoga Therapy — Treating Pain
- 402 Deeper Practice
- 403 Lower Spinal Release
- 522 Beginners Bliss
- 541 Forward Bends

2016 ATT CALENDAR

- 262 Yoga Therapy — Treating Pain
- 411 Upper Spinal Release
- 412 Gentle Yoga
- 463 Yoga Therapy — Neck & Shoulders
- 464 Yoga Therapy — Spine, Knees & Feet
- 523 Advanced Bliss
- 531 Abdominals
- 551 Weekend Workshops

Master Yoga's Premier Teachers



Swami Nirmalananda Saraswati

CSYT, E-RYT 500

The originator and heart of *Svaroopa*® yoga, Swamiji teaches yoga according to the ancient tradition — as a direct path to *svaroopa* — the bliss of your own being. Her unique approach to working with the body emerged from a “cosmic download,” an initiation which awakened *MahaKundalini*, moving her body into spontaneous yoga poses, and revealed to her the workings of the spine as a conduit of consciousness. This inner awakening continues to unfold, enlivening her understanding of both the body and of ancient texts and teachings. She communicates with great insight and compassion, weaving ancient wisdom with a concrete understanding of modern life. Swamiji is the founder of Master Yoga Foundation and served as the founding president of Yoga Alliance. She travels extensively to teach internationally, passing on the extraordinary gifts she has received and guiding others to discover their own inner vastness.



Vidyadevi Stillman

CSYT, E-RYT 500

Svaroopa® yoga's premier teacher trainer, Vidyadevi has been studying and teaching directly with *Svaroopa*® yoga originator Swami Nirmalananda (Rama Berch) for 19 years. Her experience with students on several continents and direct support from Nirmalananda imbues her teaching with vast experience. Her previous work as a research scientist enlivens her understanding of the science of yoga. She travels extensively to lead retreats and trainings in both yoga and meditation. She communicates with ease, skilled in merging depth, clarity, lightness and humor. Her travels to India and personal retreats deepen her understanding and experience of the promise of yoga.



Karobi Sachs

CSYT, E-RYT 500

Karobi began exploring yoga in the late 1970's. She became a *Svaroopa*® yoga teacher in 2000, joined the teacher training team in 2002 and left her nursing job to devote herself full time to Master Yoga in 2004. Karobi brings a compassionate and accepting presence to the classroom. She enjoys demonstrating how *Svaroopa*® yoga benefits and supports people from a vast range of ages, abilities and body types.

Master Yoga Foundation

Founder and Master Teacher

Swami Nirmalananda Saraswati,
CSYT, E-RYT 500

Faculty

Teacher Trainers

Vidyadevi Stillman, CSYT, E-RYT 500

Karobi Sachs, CSYT, E-RYT 500

Kris Montigny, CSYT, E-RYT 500

Polly DiBella, CSYT, E-RYT 500

Janaki (Janet) Murray, CSYT

Tish Roy, CSYT, RYT 500

Bhakta (Leslie) Johnson, CSYT

Adeline Alex, CSYT, RYT 500

Yogeshwaree (Melissa) Fountain,
CSYT, RYT 500

Administrative Staff

Executive Director:

Donna Criscuolo, CSYT

Director of Programs:

Vidyadevi Stillman, CSYT, E-RYT 500

DTS Coordinator &

Program Coordinator:

Karobi Sachs, CSYT, E-RYT 500

Executive Assistant:

Cheryl Davis

Bookkeeper & Executive Assistant:

James Sweet

Enrollment Advisors:

Caroline Kennedy

Rukmini (Maria) Abbruzzi, CSYT

Operations Manager:

Kelly Sharp, CSYT

Master Yoga Extension (MYX)

Programs Coordinator:

Helene Gibbens, CSYT

"Tadaa!" Editor:

Marlene Gast

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Sally Broadhurst, CSYT

Kelly Goss

Sandra Joubert Amiel, CSYT

Catalog Design

Kemm Sarver, CSYT

Membership

community... support... connection

BECOME A KEY part of our mission to cultivate conscious community. Master Yoga Members are connected to Swami Nirmalananda and our other Teacher Trainers with the latest information and publications, as well as discounts on our courses and programs. Belong to the organization that is the source of *Svaroopa*® yoga. Your financial support helps ensure that more and more people discover the bliss of their own being through the yoga you love.

Master Yoga Membership

**For Supporters, Friends,
Deeper Yogis and Beginners**

YOUR PARTICIPATION MATTERS! When you become a member of Master Yoga Foundation, you support the future of *Svaroopa*® yoga programs and teachers. Your membership makes a tangible statement that yoga matters to you. Belonging to Master Yoga is a way to develop conscious community by supporting the inner opening that *Svaroopa*® yoga provides! Thank you for your love and support.

Member Benefits

- Email delivery of monthly Contemplation Article by Swami Nirmalananda
- 5% member discount on all programs at our main campus

Annual Membership Levels

- Individual Yogi: \$60
- Couple/Family: \$90
- Dollar-a-day: \$365
- Supporter: \$1,000 or more

To enroll: email member@masteryoga.org or call 619.718.9642, extension 9

Support Master Yoga

Make a Donation

IN THE SAME WAY we open the spine, by beginning at the tailbone, our fundraising efforts began with “*Rebuilding from the Ashes*” — right after the fire. Our first step was creating a new location and stabilizing the foundation of our organization. Now our continued efforts will develop Master Yoga so it can spread its wings to achieve its vision and mission. Help us climb the spine with your loving generosity. Your gift is a way to provide support to us — we rely on you in our powerful relationship of mutual support. Your contribution is an essential part of Master Yoga’s ability to support you and thousands of other *Svaroopis*, as well as reach out to new students and communities with the yoga you love.

To make a donation, visit us at www.svaroopayoga.org/donation.asp or contact Cheryl Davis at cheryl@masteryoga.org 619.718.9642, extension 14

SATYA Membership

**For Foundations Grads, YTT Students
and Certified Svaroopa® Yoga Teachers**

YOUR MEMBERSHIP IN SATYA — *Svaroopa*® Association of Teachers & Yogis provides you with a continuous flow of community connection, deeper teachings, stories and clarifications in your practice and teaching. *SATYA* Members receive more support than is offered by any other yoga organization. Beyond the benefits of basic Master Yoga Membership (Member Discount on programs and monthly Contemplation Articles), *SATYA* members also receive listing on our website, Tadaa! Newsletters with pose and practice updates, Q&As in which Swami Nirmalananda writes responses to members’ personal and practical questions, monthly theme quotations, exclusive *SATYA* member email news and updates, discounted rates on professional liability insurance, and *SATYA* E-group membership, and a 40% discount when repeating YTT courses at our campus.

SATYA Member Fees

\$180 per year (or \$15 per month)

Master Yoga Foundation



Our Vision

As the source of *Svaroopa*® yoga education, Master Yoga cultivates and supports conscious community.

Our Mission

- ▼ To improve individuals’ physical, mental and emotional health and well-being.
- ▼ To provide comprehensive education and training in *Svaroopa*® yoga.
- ▼ To maintain the integrity of the *Svaroopa*® yoga teachings.
- ▼ To empower and support graduates of Master Yoga programs.
- ▼ To lead the way with efficient organizational activity and financial responsibility.