



**Arsha Vidya Gurukulam**  
*Institute of Vedanta, Sanskrit, and Yoga*  
Saylorsburg, PA

## Level I/II Yoga Camp *with* *Bobbie Fultz*

November 12-14, 2010

This course is specifically for yoga students with some prior training who wish to progress their understanding of the outline and actions of asanas from the beginner's syllabus of Iyengar Yoga. Each person will be directed according to their individual level of training and capacity to advance their practice.

The weekend will include a full 10-hour schedule, but registration for individual classes is permitted. The Friday night and Saturday morning classes are most appropriate for students new to the Iyengar method. Saturday and Sunday classes will be more challenging, requiring a minimum of one year of training in Iyengar yoga in order to participate.

Teachers from other methods who wish to study Iyengar Yoga in a workshop format are welcome. Young people should be at least 15 years old to attend.

### **Teacher**

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Bobbie Fultz was the resident yoga teacher and Yoga Director at Arsha Vidya Gurukulam for 8 years. She recently relocated to Denver, Colorado. Bobbie is a certified Junior Intermediate II level Iyenga Yoga Teacher and has studied 7 times in Pune with the Iyengar family. She has been teaching yoga since 1991 and leads workshops for students nationally and internationally. Her own back condition of scoliosis brings a certain "twist" to her teaching with a specialization in structural and spinal issues.

### **Location**

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Arsha Vidya means "knowledge of the Rishis." Founded by Swami Dayananda Saraswati in 1986, Arsha Vidya Gurukulam is a unique facility in the West dedicated to the traditional teaching of Vedanta and Sanskrit. The ashram is located on 68 wooded acres in the Pocono Mountains. Facilities include a lecture hall connected to a traditional Hindu temple, a fully equipped yoga studio, residential housing for 120, and a dining hall. Vegetarian Indian meals are served. An extensive bookstore offers AVG publications and recordings, a massive selection of Indian publications, and a comprehensive collection of Western titles.

Saylorsburg is located in Eastern Pennsylvania between Stroudsburg and Easton, just off Route 33. Pick up is available from bus stations serving NYC, Philadelphia, the Newark airport, or from the Lehigh Valley airport near Allentown with prior arrangement.

### **Class schedule and fees**

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Friday class	5-7 pm	\$ 30
Saturday classes	9:30-12:30 & 4-6 pm	\$ 75
Sunday class	9:30-12:30	\$ 45
Full weekend		\$150

Saturday evening will include a Q&A session after dinner or a yoga video screening. An administrative fee of \$20 will be charged for cancellations. No refunds after November 7th.

### **Housing per night**

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Standard: \$50 double occupancy,  
\$80 single occupancy

Deluxe: \$60 double, \$100 single

Suite: \$60 triple, \$80 double.

For further information, contact Shubha at 570-992-2339 ext. 241 or shubha78@hotmail.com

Please contact Shubha for information about bus schedules and to arrange pickup appointments.

Please notify us ahead of time if you have food allergies or dairy intolerance to allow the kitchen time to accommodate your needs.

To register, mail form and check payable to AVG or charge to:  
Shubha, Yoga Registration, PO Box 1059, Saylorsburg, PA 18353

Telephone registrations can be accepted with a credit card. Please do not include credit card information in emails

Registration Form  
Level I/II Yoga Camp

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Friday, November 12 \_\_\_\_\_

Saturday, November 13 \_\_\_\_\_

Sunday, November 14 \_\_\_\_\_

Full weekend \_\_\_\_\_

Housing (night/s + amt) \_\_\_\_\_

Roommate? \_\_\_\_\_

My course fees of \_\_\_\_\_ are enclosed.

-or-

VISA, MC, AMEX, or DISCOVER  
(circle one)

Credit card#: \_\_\_\_\_

Exp date: \_\_\_\_\_

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