



Arsha Vidya Gurukulam
Institute of Vedanta, Sanskrit, and Yoga

2010 Yoga Workshop Schedule

“By purging the body and mind with persistent practice and non attachment to things which occur directly or indirectly leads you to the light of knowledge which reveals to you the Truth of oneness and everlasting peace. This cannot be written in words but are experienced only.”

B.K.S. IYENGAR

April 9-14 Exploring Problems within Postures with Mira Mehta

Arsha Vidya Gurukulam is pleased to host Mira Mehta's annual course and only teaching given in this country. It's a rare opportunity to study with Mira, one of the most senior Iyengar yoga teachers in the world.

In this session, students will work toward developing their knowledge of yoga through understanding the underlying philosophy and practical principles. We'll explore groups of asanas and participants will be invited to share specific problems experienced in their own practice. Together students and teacher will seek out solutions with

the help of various yoga-related texts. A minimum of three years of experience with the Iyengar Method of Yoga is required for participation.

April 23-35 Level I/II Yoga Retreat with Bobbie Fultz

This course is specifically for yoga students with some prior training who wish to progress their understanding of the outlines and actions of the 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. The first two classes are most appropriate for students new to the Iyengar method. The Saturday afternoon and Sunday classes are more challenging and require some previous training.



May 7-8 Practice, Reflection, Devotion with Dean Lerner

According to Patanjali, practice, reflection and devotion are the Acts of Yoga. It is through practice that we purify and transform ourselves, through reflection that we guide the transformation correctly. And it is through devotion that this transformation is integrated into the whole of life. In the three classes of this workshop, Dean will guide you through the interplay between each of these three essential yogic principles. Inspire your practice, deepen your reflection and awaken your devotion in this exciting course of Iyengar Yoga offered by one of the most loved Iyengar teachers.

June 16-20 Summer Solstice with Janet MacLeod, Regina Brunig & Pat Layton

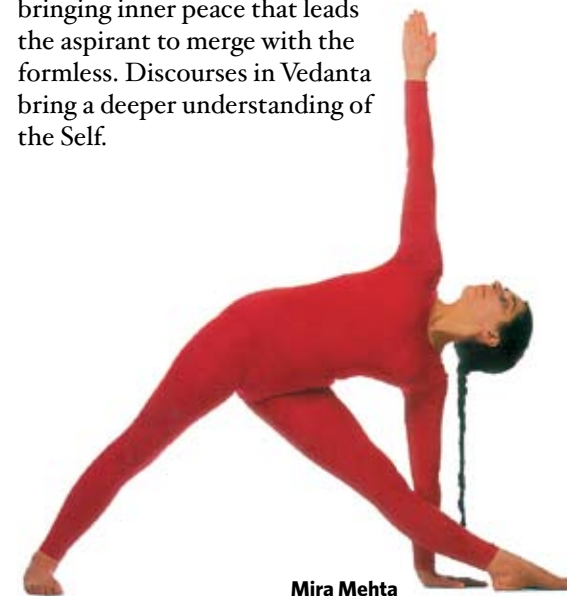
The changing of seasons should be reflected in one's practice of yoga so that the exterior environment and the interior environment interact harmoniously and bring peace and balance to daily living. In this 5-day workshop eclipsed by the solstice, Janet's skillful sequencing and use of props will help you reach new levels of awareness in your practice. Regina Brunig joins us again from California to offer her expertise in Sanskrit chanting, and Pat Layton will present *Tending the Fires of Summer: Ayurvedic Tips for Keeping Your Cool*.

August 20-22 Level I/II Yoga Retreat with Bobbie Fultz

*See description at left

September 8-15 Yoga & Sound: An Intermediate/ Advanced workshop with Ramanand Patel, Mukesh Desai, and Pujya Swami Dayananda Saraswati

Yoga & Sound is a tool for feeling the breath. Absorption into sound while in yoga poses enables the breath to flow more freely bringing inner peace that leads the aspirant to merge with the formless. Discourses in Vedanta bring a deeper understanding of the Self.



Venue

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 where vegetarian Indian meals are served. Our extensive bookstore and gift shop offer AVG publications, and recorded teachings, and a comprehensive selection of Indian publications as well as Western titles.

Saylorsburg is conveniently located in Eastern Pennsylvania between Stroudsburg and Easton, just off of Route 33. Students can be picked up by appointment from bus stations serving NYC, Philadelphia, the Newark airport or from the Lehigh Valley airport near Allentown. Shuttle service can be organized for large events.

Individual flyers with costs and registration form will be released 2-3 months before each event. Registration for those events will be accepted at that point in time. Preregistration and housing reservations are required for all these events. Please note the level of experience in the Iyengar method of yoga specified by event that is needed for each student's safety and enjoyment.

For further information visit our web site: arshavidya.org, or contact Diana Erney at 610-509-3677, or AVGyoga@gmail.com

For Ramandand Patel's workshop, please contact Ramanand directly at Yogirama@aol.com with any questions. Registration will be handled by Nila Patel who can be reached at nilasur@aol.com.

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Arsha Vidya Gurukulam Yoga

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