



Arsha Vidya Gurukulam

Institute of Vedanta, Sanskrit, and Yoga

Level I/II Yoga Retreat *with* **Bobbie Fultz** **April 17-19, 2020**

This yoga retreat has four classes thematically linked by creative use of yoga props, typically used in the Iyengar Yoga tradition, to focus on base forms and actions of a few primary asanas chosen for this particular course. Although the syllabus of poses is the beginning level, the depth of subtle approach and mental focus can be as advanced as the capacity of the students attending. The details of the approach are a useful exploration for students and yoga teachers of any level. Each class session is tailored to that particular group of students.

The weekend retreat is not intended as an immersion initiation for those with no yoga experience. The Friday night and Saturday morning classes are most appropriate for students without previous yoga training, but not the entire 10-hour course. Saturday afternoon and Sunday morning classes require previous hatha yoga training in order to participate. Practitioners and teachers of other styles of yoga who are interested in the Iyengar method are invited. Young people should be at least 16 years old.

Immersion in the entire 10 hours of training gives an opportunity to integrate all the information which

progressively builds with each class. But students may sign up for individual classes if that is all that will fit into their time schedule. A limited number of appointment times on Friday morning and Sunday afternoon are available for individual sessions.

Teacher

Bobbie Fultz was the resident yoga teacher and Yoga Director at Arsha Vidya Gurukulam for 8 years. She is currently based in Santa Fe, New Mexico with her own studio Yoga Vidya Santa Fe. Bobbie is a CIYT (Certified Iyengar Yoga Teacher) at the Junior Intermediate II level, which in the Iyengar system denotes qualification to teach therapeutic variations. She has studied 7 times in Pune with BKS Iyengar and Geeta Iyengar and began teaching yoga in 1991. Bobbie leads workshops for students nationally and internationally with a specialization in structural and spinal issues. Bobbie brings a depth of knowledge in the use of props of the classical Iyengar method and a sharp eye in the classroom for the individual students.

Location

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, Sanskrit, and Meditation. The ashram is located on 68 wooded acres in the Pocono Mountains. Facilities include a 2 lecture halls, a traditional Hindu temple, a uniquely designed Homa building, fully equipped yoga studio, library, residential housing for 120, and dining halls. Vegetarian Indian meals are served. An extensive bookstore offers AVG publications and recordings, a massive selection of Indian publications and music, and a comprehensive collection of Western titles.

Saylorsburg is located in Eastern Pennsylvania between Stroudsburg and Easton, just off Route 33. The closest public bus service from NYC is Martz Trailways to Delaware Water Gap and Transbridge

Bus Line to Easton. The nearest airport is located in Allentown.

Class schedule and fees

Friday class 5-7 pm \$40
Saturday classes 9:30-12:30 \$60; 4-6 pm \$40;
both classes \$100
Sunday class 9:30-12:30 \$60
Full weekend \$180

Individual session only by prior appointment \$75 an hour.

An administrative fee of \$30 will be charged for cancellations. No refunds after October 9th.

Housing per night

Budget: \$60 double occupancy,
\$90 single occupancy
Deluxe: \$70 double, \$110 single
Suite: \$75 triple, \$90 double.

For further information and registration, contact Bobbie at 505-629-6805 (mountain time zone) or bobbie.fultz@gmail.com.

Meals are prasadam; therefore there is no charge. Commuting students are welcome to take meals with the other students.

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: Bobbie, Yoga Registration, PO Box 1059, Saylorsburg, PA 18353.

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

Exp date: _____

Registration Form
Level I/II Yoga Retreat
with
Bobbie Fultz
April 17-19, 2020

Name: _____

Address: _____

Day Phone: _____

Evening Phone: _____

Email: _____

Friday _____

Saturday _____

Sunday _____

Full weekend _____

Housing (night/s + amt) _____

Roommate? _____

My course fees of _____ are enclosed.

-or-

VISA, MC, AMEX, or DISCOVER

(circle one)

Credit card#: _____

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