

*SYI* invites you...

to let the beauty of what you  
love, be what you do



**2012 YOGA U • JANUARY - MAY**

## 1 Ignite Your Soul

The party gets started and your inner desires get stoked. Learn the key aspects of hatha yoga, pranayama (breathing), meditation and yoga's philosophies.

100+ hours of practice and study in:  
Alignment and Forms of over 60 asanas.  
Meditation and Pranayama.  
Yoga's history: Veda, Buddhism and Tantra.  
Anatomy and Kinesiology  
Certificate of Completion

### FEE:

\$1800 +tax (4 weekends) Pat 1 only  
\$2995 +tax (7 weekends) Parts 1 & 2

### Dates:

January 28-29      March 3-4  
February 11-12    March 30-April 1



## 2 Share Your Passion

The best part begins now, sharing what you know. Learn the skills to put your practice into words.

100+ hours of practice and study in:  
Teaching Skills & Practice Teaching  
Adjustments  
Indian Myth, Bhagavadgita and Tantra  
Sequencing  
Sanskrit for Yoga Teachers  
Certificate of Completion

### FEE:

\$1400 +tax (3 weekends) Part 2 only\*\*  
\*\* need to have completed Part 1  
\$2995 +tax (7 weekends) Parts 1 & 2

### Dates:

April 7-8                      May 19-20  
April 28-29



Why take Saraswati's Yoga Joint's Teacher Training program? Only because it is one of the most thorough and effective teacher training programs in the country. Organized and led by internationally known teacher, Mitchel Bleier, with the Joint's two leading ladies, Donna Jackson and Tracy Bleier, you get the expertise of three incredible yogins with over 30 years of combined experience. At Saraswati's Yoga Joint, yoga in all its varied forms has a celebrated place. What makes Saraswati's distinctive is its ability to draw on a spectrum of great yogas. Saraswati's Yoga Joint encourages the thoughtful application of a needed yoga, rather than a blindly prescribed yoga. In that way, teachers are asked to be accountable, and know why they are making the choices they are making. At The Joint the yoga classes mirror life's yoga, where you are asked to engage in situations appropriately and optimally knowing that there is never just one way or one response.



The training is designed for serious students interested in becoming teachers; current teachers wishing to refine their craft; or students wanting to expand their practice and understanding of all aspects of the practice of yoga. This training is Yoga Alliance registered and will immensely deepen your understanding and practice of yoga, empower you to live to your highest potential and lead you to share this profound practice with others.

## Your Co-Learners

We're a bit quirky, or a lot, but we certainly know our yoga (and a few other things like mixing a cocktail, applying make-up, shopping, and wait a second back to yoga), but you see to us living life is yoga, and frankly that's what we do best. We may not be the best corporation out there, but Tracy, Donna and Mitchel are great yogis, sages, seers, teachers out there. We cherish the opportunity to lead, but really learn together during the Yoga U experience, and we promise it will be an experience that you never forget. If you need our credentials then just take a class or ask us a question. If you need a resume then sorry we don't have any - to corporate for us. We have taught 100's of yoga teachers all around the world, but you all are still our favorites.

