



April 16–30, 2010 Friday–Friday

Dharma Yoga – Life of a Yogi: 200-Hour Teacher Training Immersion

Dharma Mittra

This soul-stirring training unfolds the ancient science of yoga through the masterfully designed, practical teaching techniques embodied in Dharma Yoga. Live the life of a yogi with every breath, establishing yourself in the deeply personal sadhana (spiritual practice) needed to become an accomplished teacher. You will be supported by a caring staff of certified teachers and mentors to grow at your own pace. By his example, Dharma Mittra will lovingly impart to you the highest state of reality and truth.

Each full day of this immersion will focus on the practical and esoteric aspects of the eight limbs, consisting of morning meditation and pranayama practice, scriptural discourses, a master class with Dharma Mittra, small-group teaching practicums, devotional satsang, kirtan, and time for questions. “Dharmalogy” programs will include in-depth teaching sessions on ethics, kriyas, subtle anatomy, the chakras, nadis, koshas, gunas, mouna, purification, psychic development, discourses on sacred yogic texts, yogic nutrition, physical anatomy, adjusting, assisting, alignment, the use of props, and deep-relaxation techniques.

Note Interested students are encouraged to register for the training with Kripalu in order to reserve a space, however, an application process is required in order to participate in the training. Applications can be found on the [Dharma Yoga Center website](#). All participants will receive a Dharma Yoga Manual and completion diploma. For Yoga Alliance certification, a 35-hour guided internship follows the program. **CE credits are available.**



Dharma Mittra, founder of the Dharma Yoga Center, has been a full-time devotee and teacher of spiritual disciplines since 1967. Known worldwide as the “Teacher’s Teacher” and the “Rock of Yoga,” he is the creator of the popular Master Yoga Chart of 908 Postures. His challenging Shiva Namasaka Vinyasa has been an inspirational practice to hundreds of thousands of people for nearly half a century. Dharma is the author of *Asanas: 608 Yoga Poses* and the *Maha Sadhana Level I* and *II* DVD set. He continues to teach daily and conducts Life of a Yogi certifications throughout the world. www.dharmayogacenter.com



exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

find out more ➔ kripalu.org • 800.741.7353