

Registration Form

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Email _____

Investment: \$295 \$355 (includes housing)

Payment method: Visa MC Cash

Check (Make checks payable to Yoga Academy of North America)

Card Number & Name on Card (print clearly)

Expiration _____ Security Code _____

Signed _____

Date _____

Refund Policy.

A \$45 non-refundable processing fee applies to each person registering. All requests for refund of remaining fees must be in writing and must be RECEIVED (not postmarked) 7 days before the course begins. No refunds thereafter. Refunds will be given as credit toward future YANA workshops or courses. Refunds or credit will not be given for late arrival, unattended events, early departure, or no-shows.

The instructors

Sannyasi Atmadarshan is an Accredited Level 2 teacher in Satyananda Yoga, assistant director of the Atma Center, and one of the primary instructors in the Academy courses. She teaches internationally on the Bhagavad Gita, using her humor and inspirational storytelling to make its ancient wisdom accessible to modern students.

Jignasu Nityatara is the Executive Director of Yoga Academy of North America. She is a yoga therapist and ERYT-500 hour yoga instructor.

The residential facility.

A spacious house with a small meditation garden, our residential facility is a dedicated center supporting those who wish to experience a simpler, more yogic lifestyle. No meat, alcohol, smoking or drugs are permitted on the premises. A residential manager lives on site. Accommodations are shared, or a private room may be booked, subject to availability, for an additional \$50.

Space is limited.

Group size is kept low to ensure more personal interaction with the teaching staff. Space is available on a first-paid basis.

CEUs for yoga teachers are available.

Yoga Academy of North America shall not discriminate on the basis of race, color, national or ethnic origin in administration of its educational policies, scholarship and loan programs, and athletic and other school-administered programs.

Artwork courtesy of The Bhaktivedanta Book Trust International, Inc. www.krishna.com.

Success in Yoga

*Chapter 6 of the
Bhagavad Gita*

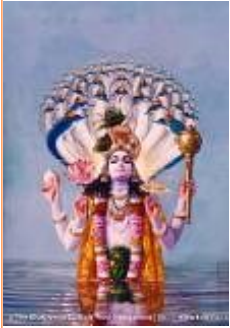
May 26-28, 2017



**Yoga
Academy of
North
America**

**Yoga Academy of North
America (216) 217-0691**

yogaacademyna.org



How can I make sure I get the most out of my yoga practice? What should be my goal in yoga? What if I make a mistake - is everything I've done a waste?

The Bhagavad Gita has been considered one of the premier works on yoga for centuries because it both addresses the theory behind this pursuit and gives practical, concrete direction for achieving its ultimate goals. Chapter 6 guides us in getting the most out of our own practice - and out of our life.

Join us for a special holiday retreat that will give you the ideas and inspiration to revitalize your yoga sadhana, as well as the confidence to access the Gita's peerless wisdom for years to come. Space is limited to ensure that you will receive the attention and support required for your practice to bloom.

This workshop is appropriate for students of all levels of yoga practice and physical ability. Wear comfortable clothing. Bring a yoga mat and any props you might need. All meals are vegetarian. All programming subject to change.

Friday

6-7 pm Arrival & Check-In
7-8:30 Introduction to the Gita

Saturday

7-8 am Morning Yoga Class (optional)
8-9 Breakfast (optional)
9-10:30 Review of Chapters 1-5:
Balancing Theory & Practice
10:30 Tea Break
11-12:30 Chapter 6: The Stages of
Yoga
12:30-2 Lunch & Reflection Time
2-3:30 Guidelines for Yoga
3:30-4 Tea Break
4:30-6 Chanting & Kirtan (optional)
6:30-7:30 Dinner (optional)
7:30-8 Evening Program (optional)
8 pm Silence & Sleep (residents)

Sunday

7-8 am Morning Yoga Class (optional)
8-9 Breakfast (optional)
9-10:30 The Signs of Success
10:30-11 Tea Break
11-12:30 No Effort is Wasted:
Questions & Final Meditation

Please complete the Registration Form (on reverse) and the Waiver below and bring it in or send to Yoga Academy of North America via snail mail (2319 Lee Road, Cleveland Heights, OH 44118), fax (216-371-9780), or email (info@yogaacademyna.org).

Waiver of Liability:

I understand that there are serious inherent risks with all physical activity, and that when doing yoga or engaging in any similarly strenuous pursuit, I may suffer minor or serious injury. I understand these risks, and assume responsibility for my own health, releasing YANA; Kurukshetra, LLC; & all their staff and volunteers from any liability. I further understand that I will be required to fill out a health questionnaire and disclose forms of treatment I am currently undergoing.

I have read the waiver of liability above and agree to the stated terms.

Print Name: _____

Signature: _____

Date: _____

A health questionnaire will be sent upon paid registration.

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