

ॐ **DHARMA MITTRA YOGA** ॐ

Life of a Yogi Teacher Training Immersion

APPLICATION PROCESS

To apply to the Dharma Mittra Yoga Life of a Yogi 200 hour Teacher Training Immersion at Omega Institute, you will first need to register with Omega Institute and pay the \$110 application fee. You should then submit your application to Dharma Mittra Yoga within 7 days of registration with Omega Institute. You may submit an application online, snail mail, or by fax. Once your application is received, Omega Institute will notify you of your application status within 10 business days. Upon acceptance, full payment is due, payable to Omega Institute. Acceptance is on a first-come first-served basis. The deadline for applications is August 7, 2009.

COST

1. \$110 non-refundable application fee (to be paid at time of initial registration with Omega Institute)
2. Complete 11 Day Immersion \$3,608
3. Various Room and Board Packages thru Omega

APPLICATION REQUIREMENTS

1. Completely fill out application form
2. Answer essays questions
3. Send photo of yourself

ELECTRONIC APPLICATION PROCESS

Fill out application online at http://www.dharmayogacenter.com/loay/loay_ap.php
Email essay questions and photo to loay@dharmayogacenter.com

SNAIL MAIL APPLICATION PROCESS

Fill out application questions listed below
Answer essay questions listed below
Include photo

Mail to:
Dharma Yoga Center
Attention: Lily Cushman
297 Third Ave. 3rd Fl.
New York City, New York 10010

FAX APPLICATION PROCESS

Fill out application questions listed below
Answer essay questions listed below
Include photo

Fax to:
Dharma Yoga Center
Attention: Lily Cushman
(212) 889-1047

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APPLICATION FORM

Name:
Address:
Home Phone
Cell or Work Phone:
Email:
Date of Birth:
Country of Origin:

Allergies:
Medical Conditions:
Any medications you are currently taking:
(Doctor's note to be mailed in)
How long you have been practicing Yoga:

Emergency Contact:
Address:
Phone:
Cell or Work Phone:
Email:
Relationship to you:

ESSAY QUESTIONS

Please answer the following essay questions to complete your application form. 100 word minimum per question.

1. How has practicing Yoga affected you and your relationship to the world around you?
2. Who has influenced you on your Yoga path, and why have you chosen this training?
3. In brief tell us your life history and your profession, and what you would like to improve upon in the future.
4. Do you anticipate any issues that may arise during this Teacher Training immersion?

TERMS AND CONDITIONS

Upon acceptance, your program payment is to be sent to Omega Institute. All fees are non-refundable after July 30, 2009. By completing this application, you are ensuring you are in good health, and have consulted with a physician before beginning the program. You are required to submit a note from a doctor or health practitioner certifying you are in good health. During the teacher training you take full responsibility for your well-being and any pain or injuries arising from participation in classes, physical exercise, and postures done on the premises and also in private or public areas where the training occurs. Participants hold neither the Dharma Yoga Center, nor Dharma Mittra, nor any of its onsite instructors, nor Omega Institute responsible for any injuries or disturbances that they may experience during the training.

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WHAT TO BRING

DMY LOAY Manual (you will receive your manual on the first day)

The Bhagavad Gita

The Yoga Sutras

Asanas 608 Yoga Poses

Anatomy Chart

Mat

Blanket (as needed for personal use)

Foam or wooden block (as needed for personal use)

Straps or Rings (as needed for personal use)

Personal Small towel (for sweating in class)

Notebook, Pen or Pencil

Journal Book

Prayer Shawl

Mala Beads

Neti Pot

Water Bottle (as needed for personal use)

Any special medications/treatments (as needed for personal use)

Modest, Casual Clothes

Yoga Clothes (comfortable, modest preferred)

REQUIRED MATERIALS

BOOKS

The Bhagavad Gita	Nikhilananda Pocket version	\$12.50
Patanjali Yoga-Sutras	Swami Satchidananda	\$16.95
Light on Yoga	B.K.S. Iyengar	\$18.00
Asanas 608 Yoga Poses	Dharma Mittra	\$21.95
Autobiography of a Yogi	Paramahansa Yogananda	\$7
Anatomy: The Most Comprehensive All-In One Anatomy Chart		\$8
The Science of Pranayama	Swami Sivananda	\$12

DVDS

Maha Sadhana Level I	Dharma Mittra	\$29.99
Maha Sadhana Level II	Dharma Mittra	\$29.99

ADDITIONAL MATERIALS

Neti Bowl	Ceramic or Plastic	\$18
Mala Beads	Rudraksha or Tulsi (Sandalwood at higher cost)	\$29
Mediation Shawl	Various Deities, Colors: Orange, White, Purple	\$25

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HIGHLY SUGGESTED READING (optional)

The Bhagavad Gita	Nikhilananda Large version with commentary	\$17.50
Yoga & Yogic Powers	Yogi Gupta (out of print, thru DMY)	\$40
Yoga & Long Life	Yogi Gupta (out of print, thru DMY)	\$29.50
Self- Knowledge	Swami Sivananda	\$18
Kundalini Yoga	Swami Sivananda	\$18
Sadhana	Swami Sivananda	\$25
The Ramayana	Ranchor Prime	\$16.95
Anatomy Coloring Book	Wynn Kapit, Lawrence M. Elson	\$20.99
Master Yoga Chart of 908 Postures	Dharma Mittra (Wall Chart)	\$30
Any books by Swami Sivananda, Paramahansa Yogananda or B.K.S. Iyengar		

COMPLETE REQUIRED MATERIALS PACKAGE

Complete Supplies Package 10% discount off list price (does not include suggested reading)		\$205
	NYS tax applies	Plus S/H

All required materials are available through Dharma Mittra Yoga for a 10% discount off the list price. You may purchase individual items or the complete package. Orders can be shipped worldwide. To place an order through Dharma Yoga Center, call (212) 889-8160 Monday through Friday 9am to 6pm Eastern Standard Time. For more information on items, visit <http://www.dharmayogacenter.com/shop/shop.php>

PRE-PROGRAM HOMEWORK

Write two papers (minimum of 500 words each) on the following topics.

1. Yama: (of your choice) Ahimsa, Satya, Asteya, Bramacharya or Aparigraha
2. Karma: What is karma according to the system of classical Yoga? What is your personal understanding of Karma in today's culture?
(Include a bibliography of your sources (books, websites, etc) for each paper)

Watch *Maha Sadhana Level I & II* DVDs (including all discourses)

Read *Asanas 608 Yoga Poses*

Read *The Yoga Sutras of Patanjali* (Books One and Two)

Familiarize yourself with *The Bhagavad Gita*

Start reading *Autobiography Of A Yogi*

Read Chapter 1 of *The Science of Pranayama*

To receive credit for homework assignments (5 hours), you will need to turn in a hard copy of the papers on the first day of the training at the latest, as well as emailing an electronic copy to loay@dharmayogacenter.com by the program start date.

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CERTIFICATION INFORMATION

Upon completion of the Life of a Yogi Teacher Training Immersion at Omega Institute, you will receive a Dharma Mittra Yoga completion certificate for 165 hours. For those wishing to complete the 200 Hour Program, you are required to complete an additional 40 Hour internship. The internship requirements vary slightly depending on whether you are interested in becoming a Registered Yoga Teacher through Yoga Alliance. All internships are overseen by a Personal advisor.

DHARMA MITTRA YOGA 200 HOUR INTERNSHIP

35 hours of any of the following:

Teaching

Taking class from a certified Dharma Mittra Yoga Teacher

Practical internship

YOGA ALLIANCE 200 HOUR INTERNSHIP

15 hours of teaching

20 hours of taking class from a certified Dharma Mittra Yoga Teacher

Upon completion of the internship, you are invited to attend our Graduation Ceremony at DMY New York Center with Sri Dharma Mittra. All internship guidelines and graduation details will be gone over prior to the end of the course.