

# OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 4011-576, "Life of a Yogi: A Teacher Training Immersion" with Sri Dharma Mittra on August 23 – September 3, 2009.

Please note that there is a special schedule for this course:

|                       |                      |   |                        |
|-----------------------|----------------------|---|------------------------|
| Sunday, 8/23          | 7:30 PM – 9:15 PM    | Meet & Greet                                      |                        |
| Monday, 8/24-Wed, 9/2 | 7:15 AM – 8:00 AM    | Pranayama & Meditation                            |                        |
|                       | 8:00 AM – 9:00 AM    | Silent Breakfast                                  |                        |
|                       | 9:00 AM – 10:30 AM   | Dharmalogy: Yama & Niyama                         |                        |
|                       | 10:30 AM – 12:15 PM  | Master Class with Dharma Mittra                   |                        |
|                       | 12:15 PM – 12:30 PM  | Yoga Nidra with Dharrma Mittra                    |                        |
|                       | 12:30 PM – 1:45 PM   | Lunch   |                        |
|                       | 2:00 PM – 4:00 PM    | Afternoon Teaching Session: Assisting & Adjusting |                        |
|                       | 4:00 PM – 6:00 PM    | Small Group Teaching                              |                        |
|                       | 6:00 PM – 7:15 PM    | Dinner  |                        |
|                       | 7:15 PM – 8:30 PM    | Shiva Namaskar Vinyasa Level 1 Class              |                        |
|                       | 8:30 PM – 9:30 PM    | Satsang & Kirtan                                  |                        |
|                       | 9:45 PM – 10:00 PM   | End of day Journaling                             |                        |
|                       | Thursday, 9/3        | 7:15 AM – 8:00 AM                                 | Pranayama & Meditation |
|                       |                      | 8:00 AM – 9:00 AM                                 | Silent Breakfast       |
| 9:00 AM – 10:30 AM    |                      | Dharmalogy: Yama & Niyama                         |                        |
| 10:30 AM – 12:15 PM   |                      | Master Class with Dharma Mittra                   |                        |
| 12:15 PM – 12:30 PM   |                      | Yoga Nidra with Dharrma Mittra                    |                        |
| 12:30 PM – 1:45 PM    |                      | Lunch   |                        |
| 2:00 PM – 4:00 PM     |                      | Afternoon Teaching Session: Assisting & Adjusting |                        |
| 4:00 PM – 6:00 PM     | Small Group Teaching |   |                        |

The Children's Program will be available during the extended hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

We look forward to seeing you this summer!

Sincerely,  
*The Omega Staff*

Awakening the Best in the Human Spirit