

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 2307-343, "The Deeper Dimension of Yoga: A Classical Yoga Intensive for Teachers & Practitioners" with Beryl Bender Birch on June 21- 28, 2013.

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

Schedule:	Friday	8:00 P.M. –9:30 P.M.	Workshop
	Saturday	9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Workshop Workshop
	Sunday	7:30 P.M. – 9:00P.M. 6:30 A.M. - 8:00 A.M.	Workshop Workshop
		9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Workshop Workshop
	Monday	6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Workshop Workshop
	Tuesday	7:30 P.M. – 9:00P.M. 6:30 A.M. - 8:00 A.M.	Workshop Workshop
		9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Workshop Workshop
	Wednesday	7:30 P.M. – 9:00 P.M. 6:30 A.M. - 8:00 A.M.	Workshop Workshop
		9:00 A.M. - 12:00 P.M. 2:30 P.M. – 5:30 P.M.	Workshop Workshop
	Thursday	6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Workshop Workshop
	Friday	7:30 P.M. – 9:00P.M. 9:00 A.M. - 12:00 P.M.	Workshop Workshop

Participants are required to attend ALL sessions in order to receive credit for the 67 hours of training. Participants will only be credited with the number of hours they actually attend.

The Children's Program will not be available during the 6:30 A.M.-8:00 A.M. sessions of this workshop. The above schedule is subject to change at the discretion of the faculty.

Faculty also asked us to pass along the letter below.

We look forward to seeing you this Summer!

Sincerely,

The Omega Staff

Awakening the Best in the Human Spirit

Hi everyone,

We are looking forward to seeing you all at Omega at the end of June for Teacher Training with Beryl Bender Birch.

Please plan to do the following prior to the training:

1. Please make sure that all the yoga clothes you bring along have been washed in **unscented** laundry detergent. Many students are allergic to or sickened by the smell of the artificial fragrances in commercial detergent.
2. An important aspect of this training is awareness of current social and environmental issues. In past trainings during the evenings we have watched documentaries (such as Flow, Addicted to Plastic, Forks Over Knives, Food Inc., Fat, Sick, and Nearly Dead, and The Cove) which help to raise our awareness of these pressing issues. You might want to familiarize yourself with some of these and other important films prior to the workshop.

Please remember to bring the following:

1. One or two of Beryl's books, *Power Yoga*, *Beyond Power Yoga*, *Boomer Yoga*, and her latest, *Finding Peace*. Bring your favorites to have on hand. We refer to them. You can buy them at Omega if you are missing a copy or need an extra as a gift.
2. Your favorite translation of the *Yoga Sutra* by Patanjali – if you are driving and can afford the extra "weight", please take an extra copy if you have one. Many translations are available at the Omega bookstore.
3. A colorful "sacred" wrap, shawl, sweater, or robe for meditation and rituals.
4. A personal totem or talisman-type item, with special meaning for you, but one that you would be willing to burn or give away for the *Celebrate Impermanence* ritual. This item could represent something you have lost in your life or wish to change or let go of.
5. A bit of **unscented** laundry soap for hand-washing out clothes during the week (if you so choose).
6. Yoga mat, flashlight, umbrella or raincoat. Important- afternoon thunderstorms are common this time of year.
7. A couple of small towels for use during asana practice. You may also choose to bring an extra bath towel and wash cloth as well.

See you soon – safe travel.

Warmest Regards,

Lori Klein, Executive Assistant for Beryl Bender Birch
The Hard & The Soft Yoga Institute