



HIMALAYAN
INSTITUTE®

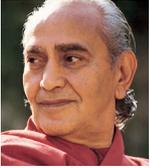
Program Guide



June-December 2012



Welcome!



Sri Swami Rama
Founder



Panditji
Spiritual Head

As we prepare for our 2013 pilgrimage to Kumbha Mela, let us all join in *akhanda japa* (uninterrupted year-long group meditation) to infuse the collective consciousness with peace and harmony. Simply commit yourself to practice every day at a specific time—whether here or at home. Then, attend our programs in person or online. Here in Honesdale, you can meditate with skilled practitioners in our newly established Sri Vidya Shrine and participate in inspirational workshops, daily classes on hatha yoga, relaxation, and meditation, and receive personal instruction. Practicing at home? Visit us online for help with your practice of asana, meditation, pranayama, and relaxation.

More about Us

Recognized as a leader in the fields of yoga, meditation, spirituality, and holistic health, we offer a refuge from the stress of today's fast-paced world at our serene wooded campus in the Poconos of rural northeastern Pennsylvania. Through our founder, Swami Rama of the Himalayas, and his successor, Pandit Rajmani Tigunait, the Institute is a living link to the ancient yoga tradition of the Himalayan masters. From this deep wisdom, we offer such life-changing programs as:

- Seminars and workshops for practitioners of all levels in asana, pranayama, meditation, tantra, and ayurveda
 - Comprehensive training and certification for yoga teachers and therapists
 - Immersive self-transformation and residential programs
 - Experiential holistic health programs like Ayurvedic Rejuvenation and Pancha Karma
- We also produce the original Neti Pot™ and other natural health products.

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Membership

Inherit the wisdom of a living tradition with your membership. Your support funds our world-class educational programs as well as our global humanitarian projects.



Premium Members receive everything in the Digital and Basic memberships plus **free tuition** to all programs marked with the “P” icon (24 programs!). Our best deal.

\$299



Digital Members receive **24/7 access** to our on-demand content. They also receive a digital and a print subscription to our award-winning magazine, *Yoga International*.

\$199



Basic Members receive a digital subscription to our award-winning magazine, *Yoga International*.

Free

Visit HimalayanInstitute.org/Membership to join!

Icons: Navigating Our Program Guide

This icon shows you how many nights' accommodations you'll need at a minimum. You can always stay longer though! Accommodation information and rates can be found on page 32. Please book in advance as space is limited.



This icon shows you when a program is available to watch on-demand on our website. Premium and Digital Members can watch these videos anytime! Most programs will launch online 6-8 weeks after the live event. Check online for release dates.



Note: Look for the Premium Membership icon in the Programs section of this guide. This lets you know what programs are included!

Senior Faculty



Panditji Chairman and Spiritual Head of the Himalayan Institute, Pandit Rajmani Tigunait is the successor to Sri Swami Rama. His family heritage and the years he spent studying with diverse spiritual masters gave him access to the vast range of spiritual wisdom preserved in both the written and oral traditions. He is fluent in both Vedic and classical Sanskrit and has an encyclopedic

knowledge of the scriptures. Pandit Tigunait holds two doctorates: one in Sanskrit from the University of Allahabad and the other in Oriental Studies from the University of Pennsylvania. The author of 14 books, he has lectured worldwide for more than 30 years.



Rolf Sovik President and Spiritual Director of the Himalayan Institute and a clinical psychologist in private practice, Rolf Sovik has studied yoga in the United States, India, and Nepal. He holds degrees in philosophy, music, Eastern studies, and clinical psychology. Co-director of the Himalayan Institute of Buffalo, NY, he began his practice of yoga in 1972 and was initiated as a pandit in

the Himalayan tradition in 1987. He is the author of *Moving Inward*, co-author of the award-winning *Yoga: Mastering the Basics*, and a columnist for *Yoga International* magazine.



Rod Stryker The founder of ParaYoga®, Rod Stryker is widely recognized as one of the country's leading authorities on the ancient traditions of yoga, tantra, and meditation. Rod's teaching weaves together his depth of understanding, experience, and ability to make the ancient teachings and practices accessible to students of all levels. Rod has trained teachers for over 25 years

and leads retreats, workshops, and trainings worldwide. He lives in the mountains of Colorado with his wife and four children.



Sandra Anderson A senior teacher and resident at the Himalayan Institute headquarters, Sandra Anderson was initiated into the Himalayan tradition in 1988. She teaches yoga and meditation, is a senior editor at *Yoga International* magazine, and the co-author of the award-winning book *Yoga: Mastering the Basics*. She has a special interest in tantra studies.



Shari Friedrichsen Teaching yoga for more than three decades, Shari Friedrichsen is a key facilitator of the Himalayan Institute teacher certification program and trains teachers nationwide. Shari has studied asana and meditation with Pandit Rajmani Tigunait, Amma Sri Karunamayi, B.K.S. Iyengar, and Judith Lasater. An expert in subtle anatomy, her unique style integrates breath,

alignment, and visualizations to draw the student into the inner experience of yoga.

Programs

“Forgetting the true nature of the Self is what makes human beings subject to timidity, weakness, fear, and insecurity.”

—Panditji

Programs



Dynamics of Meditation®: The Inward Journey

June 1-3, July 6-8, Aug 10-12, Sep 7-9,
Oct 5-7, Nov 2-4, Nov 30-Dec 2

with Himalayan Institute faculty

Everything you need to cultivate a meaningful happy life is already within you. This seminar has been helping people understand the practice and benefits of meditation for the past 30 years. Learn to cultivate a comfortable sitting posture, establish a breathing pattern that quiets the mind, and explore the source of mental chatter and how to minimize it. Then develop a personal plan for sustaining and deepening your meditation practice.

Suggested Study: *Meditation and Its Practice* by Swami Rama; *Moving Inward: The Journey to Meditation* by Rolf Sovik

“ I believe that all of us left the seminar ready to meet ourselves on our cushions. ”

-Liz
Dynamics of
Meditation
Participant

The Healing Power of Meditation: Where Heart and Science Connect

June 1-3

with Susan Taylor, PhD

In the time it takes to watch a TV show, you can deepen your understanding of yourself and strengthen your mind-body connection. Studies show that half an hour of daily meditation can bring us greater peace and inner strength. Combine evidence-based meditation with nutrient science, breathing and relaxation techniques, and step onto the path of inner strength and vitality.

Susan Taylor, PhD, is a nutritional biochemist who has trained in yoga sciences for the past 30 years.

Please visit DrSusanTaylor.com/Programs or call 978.255.1379 for pricing and registration. Call the Himalayan Institute at 800.822.4547 to reserve accommodations.



The Healing Art of Meditation

June 8-10, Nov 2-4

with Rolf Sovik

Meditation and its companion practices restore internal balance, remind us of our spiritual priorities, and offer a wide variety of techniques to help us regain our innate sense of hope and optimism. Explore the fundamental concepts of sickness and health; learn to utilize the powerful tools of relaxation, breath, cheerfulness, and mental clarity; recognize lifestyle habits that will support healing and help prevent mental and physical imbalances; and explore the role of prayer, music, and mantra in the healing process.

Suggested Study: *Moving Inward: The Journey to Meditation* by Rolf Sovik; *The Healing Power of Mind* by Tulku Thondup



Kundalini Research Network Conference

June 15-17

Kundalini shakti can create profound changes in the structure of your physical, mental, emotional, and spiritual life, and lead to greater spiritual understanding. This conference will focus on evidence of individual and group awakening through traditional and non-traditional means, scientific research on yogic and meditative disciplines, and working with the challenging aspects of intense kundalini processes.

For more details and an updated list of presenters and topics, please visit KundaliniNet.org.

Programs



Awake Yet Asleep: The Practice of Yoga Nidra

June 22–24

with *Rolf Sovik*

In 1987 in his ashram in Nepal, Swami Rama taught his personal practice of yogic sleep, or *yoga nidra*. Rolf was one of the fortunate few who were there, and who has continued to practice. This course marks the first time Rolf has shared yoga nidra in a workshop setting. Achieve extraordinary rest and self-awareness with yoga nidra. This practice combines distinctive relaxation and meditation techniques with an unusual approach to yogic exercise—*exercise without movement*—to relax the heart and skeletal muscles, systematically reduce stress, and achieve deep and conscious rest. These techniques are excellent for practitioners of all ages (although some tension/relaxation techniques are not recommended for those with untreated high blood pressure). Each session will include systematic practice.



Yoga as Medicine: The Yogic Path for Health, Healing, and Personal Transformation

June 24–28

with *Timothy McCall, MD*

For those times when Western medicine does not have every answer, yoga can provide a wide array of tools adaptable for each of us. Join physician, author, and yogi Dr. Timothy McCall to discover the healing potential of yoga for everything from depression to infertility to heart disease. Practice assessing students structurally, energetically, ayurvedically, psychologically, and spiritually in order to plan appropriate therapeutic programs. This five-day intensive is for yoga students of all levels, yoga teachers, and health-care professionals.

Timothy McCall, MD, is a board-certified internist, the medical editor of Yoga Journal, and the author of Yoga as Medicine: The Yogic Prescription for Health and Healing.



Kundalini: Inner Healing for a Troubled World

June 29–July 1, Nov 9–11

with Panditji

The violence and strife in our lives and the world around us arise from inner pain and unrest. But deep within each of us lies an inexhaustible source of healing, nourishment, vitality, and joy. By making skillful use of *prana shakti*, we can tap into this primordial pool of dormant consciousness, *kundalini shakti*, and heal the negativity and pain in our hearts and minds. Expand your understanding and experience of *prana shakti* and learn to clear the karmic impurities that keep kundalini dormant. Learn how hatha practices, lifestyle choices, prayer, service, and meditation affect the awakening of kundalini shakti.

Suggested Study: *Living Tantra Series: Digital Access Pass* (includes all 22 DVDs, online access, course manual) now available for \$499. Visit LivingTantra.com for more info.



Guru Purnima: Annual Celebration in Honor of the Tradition

June 30

On this special date, students of the tradition return to their spiritual home to honor their teachers and receive deeper instruction on their unique journey. Celebrate with members of your extended spiritual family!

Programs



Saundaryalahari: Wave of Beauty, Wave of Bliss

July 6-8

with Panditji

Panditji will interpret and guide you through one of the most profound tantric texts of the Himalayan tradition, *Saundaryalahari*. Despite the many commentaries on this influential scripture, the deep meaning of the mantras, and especially their application, require guidance from a master teacher. Panditji will share the science of mantra, the risks and benefits of tantric meditation on the second chakra, the heart, and the eyebrow chakra; and how to design your practice in the light of Sri Vidya, the embodiment of tantra, as illuminated in this essential text.

Prerequisite: *Living Tantra Series: Digital Access Pass* (includes all 22 DVDs, online access, course manual) now available for \$499. Visit LivingTantra.com for more info.



Sweat to Bliss: A Yoga Retreat

July 13-15

with Luke Ketterhagen

Amplify your practice! An intense asana practice can be a gateway to inner nourishment and quietude, relieving weariness and stress. Awaken lasting change with this weekend of vigorous asana, balancing pranayama, deep relaxation, and guided meditation to draw the mind inward and experience the bliss of the heart.

Luke Ketterhagen teaches at Santa Monica Yoga Center and conducts national teacher training programs and weekend workshops.



Bringing Daily Meditation to Life

July 20–22

with Rolf Sovik

Grocery lists, when to pick up the kids, next week's fundraiser, a mounting pile of dishes in the sink. . . there is always more to clutter your mind. Trying to find time for daily meditation can be challenging. A satisfying home meditation practice begins by learning to observe your mind, cultivating a mental focus, and meditating with self-assurance and self-acceptance. This course will reinforce your meditation skills by rehearsing the many facets of sitting, breathing, and concentration; refining your awareness of breath with *prana dharana*; and weaving a strong thread of awareness through mantra repetition.

Suggested Study: *Meditation and Its Practice* by Swami Rama; *Moving Inward: The Journey to Meditation* by Rolf Sovik



The Mystery and Power of Mantra

July 27–29

with Rolf Sovik

Mantras serve as prayers, resources for contemplation, and pure sounds linking awareness to higher states of being. They act as forces for healing and help collect and concentrate the energies of the mind. Explore the meaning of various mantras, learn which mantra is appropriate for you, and cultivate a deeper relationship with the mantra you use for meditation. You may receive a personal mantra, if you like.

Suggested Study: *The Power of Mantra and the Mystery of Initiation* by Panditji

Programs



Tantra: A Foundation for Practice

Aug 3-5

with Sandra Anderson

Understanding and practicing U tantra can empower your life and spiritual practice by activating your inner life force. Discover how your yoga practice relates to the world of tantra and take it to the next level. Explore the pivotal role of *prana shakti* in tantra, gain access to the *manipura* and *ajna* chakras, refine your hatha practice to facilitate *prana dharana*, and learn how rituals are related to yoga.

Suggested Study: *Living Tantra Series: Digital Access Pass* (includes all 22 DVDs, online access, course manual) now available for \$499. Visit LivingTantra.com for more info.



From Fear to Freedom: Exploring the Dynamics of Backbends & Inversions

Aug 17-19

with Greg Capitulo

I nvigorate your yoga practice with newfound joy as you move into the unknown and experience the tremendous benefits of these postures. We will systematically explore alignment and anatomy essentials, energetic and sequencing principles (including preparation and counter-posing), and the use of props to practice these posture groups safely and confidently.

Greg Capitulo has studied hatha yoga and meditation for over 15 years; currently a senior yoga teacher and the Director of Finance.

Suggested Study: *The Anatomy of Hatha Yoga* by David Coulter; *Yoga: Awakening The Inner Body* by Donald Moyer



Fire and Ice: Yoga to Balance the Extremes

Aug 24–26

with Shari Friedrichsen

Riding an emotional roller coaster? If you have ever felt paralyzed by doubt or sadness or regretted lashing out in anger, this is the workshop for you. Learn to thaw out frozen unconscious habit patterns, soothe fiery emotions, and calm the inflammatory reactions that trap you in fear, anger, and sadness by utilizing specific subtle body awareness. Explore ways to internalize compassion and kindness exactly where they are most needed. As we heal ourselves, our sense of well-being and discernment reflects outward through our attitudes, relationships, and perspectives.

Suggested Study: *Yoga and Psychotherapy* by Swami Rama et al.



Yoga, Yoga Therapy, and Yoga Sadhana

Aug 31–Sep 2

with Panditji

Yoga can heal at every level. We will explore the full spectrum of yoga, including asana and breath work, yoga therapy as a healing modality, and yoga sadhana as a means for inner healing and personal enlightenment. Expand your understanding of yoga practice at the four levels of consciousness—waking, dreaming, sleeping, and the transcendental state (*turiya*)—with a practitioner of rare accomplishment and experience. Panditji will share his understanding and experience of yoga *sadhana* (practice) and how it has strengthened his conviction in the necessity of fulfilling yoga's most fundamental goal—the elimination of three-fold suffering: physical distress, mental anguish, and spiritual affliction.

Suggested Study: *Yoga and Psychotherapy* by Swami Rama et al.

Programs



Karma & Reincarnation: Reshaping Our Destiny

Sep 7-9

with Panditji

Understanding the dynamics of karma is the foundation for using our present circumstances to shape a joyful future. The key lies in the doctrine of *apurva*—the science of removing the karmic consequences of the past and creating a space for a new reality to emerge. This is an opportunity to refine your knowledge of the dynamics of karma, the role of the mind in creating karma, and the part karma plays in rebirth.

Suggested Study: *From Death to Birth: The Pursuit of Power and Freedom* by Panditji

“ You are the **architect** of your life and you decide your **destiny**. ”
—Swami Rama



Meditation Specialist™ Teacher Training

Sep 12-16

with Susan Taylor, PhD

Imagine all the latest knowledge on the art and science of meditation at your fingertips—learning about the latest developments in the medical field as they relate to meditation. With the growing interest in meditation throughout the United States, there is an increasing demand for qualified and competent teachers and therapists. This unique evidence-based approach prepares graduates to strategically plan for teaching special populations, bring meditation into schools, and offer the skills and practices of meditation and stress reduction.

Susan Taylor, PhD, is a nutritional biochemist who has trained in yoga sciences for the past 30 years.

Please visit DrSusanTaylor.com/Programs or call 978.255.1379 for pricing and registration. Call the Himalayan Institute at 800.822.4547 to reserve accommodations.

Suggested Study: *Healing Power of Meditation CD Series* by Susan Taylor, PhD



Breath of Life: Yoga and the Five Prana Vayus

Sep 14-16

with *Sandra Anderson*

The mysterious breath of life holds the secret to inner healing and personal empowerment. By learning how the *prana vayus* are related to the structure of the body, the chakras, and mental and emotional patterns, we can awaken self-knowledge and self-mastery. Practice asanas as *yantras*—powerful forms that activate and transform the pranic body to sustain our physical structure and mental life. Refine *bandhas* (locks) and *kriyas* (cleansing actions) to direct the flow of specific pranas, and concentrate and intensify prana with pranayama. Learn to work with the prana vayus and unfold the full potential of yoga in your life.



Discover the Chakras: Subtle Centers of Meditation

Sep 21-23

with *Rolf Sovik*

Chakras (centers of subtle energy along the spinal column) govern regions of human anatomy, embody themes of spiritual development, and symbolize various forces of divinity. Chakras serve as reference points in meditation practice—enabling you to explore new dimensions of inner life. Learn to use the chakras as reference points for systematic relaxation practice, restoring energy, and overcoming symptoms of stress.

Suggested Study: *Yoga and Psychotherapy* by Swami Rama, et al.

Programs



Yoga for Anxiety: Soothing the System and Cultivating Harmony

Sep 28-30

with *Kathy Ornish*

It is 5:30 pm on a Wednesday and you're tired, impatient, and waiting in line at the supermarket so that you can go home and fix dinner. What can we do about the tension, restlessness, and agitation that arise in our everyday lives? How do we bring balance, clarity, and connection to our lives? Learn the therapeutic techniques of Viniyoga, through lecture and practice, to decrease muscular tension, improve mood, gain self-awareness, affect thought patterns, examine lifestyle choices, and cultivate self-discipline to change negative habits and support healthy behaviors.

Kathy Ornish is a certified yoga therapist and teacher through Gary Kraftsow's American Viniyoga Institute.



The Mystery of Willpower and Trustful Surrender: A Study of the Tantric Masterpiece Tripura Rahasya

Oct 12-14

with *Panditji*

Why do some succeed in life while others do not? Why do some of our intentions bear fruit while others remain barren? Why do some of us have a clear mind, sharp intellect, indomitable will, and unwavering conviction in Divine Providence while others lack these essential tools? These are some of the questions explored in the *Tripura Rahasya*. This scripture explains how to discover the divinity within ourselves. We will discuss the important balancing act between cultivating willpower and determination without falling prey to ego and possessiveness; cultivating trustful surrender without falling prey to inertia and carelessness; and the tantric model for designing a lifestyle that will make us vibrant, productive, self-confident, and fearless on one hand, and humble, generous, and compassionate on the other.

Suggested Study: *Shakti Sadhana and From Death to Birth* by Panditji



ParaYoga® Vinyasa Krama: The Energetics of Sequencing Master Training

Oct 14-19

with Rod Stryker

Each time we step onto the mat or in front of a class, our needs are a little different. *Vinyasa krama* (wise progression) is a vital thread of the yoga tradition, referring to the intelligent linking of postures that informs a complete practice suited to the needs of the individual. Part of the ParaYoga Master Training program, this workshop explores the specific physical, mental, and energetic effects of a variety of yogic asana and pranayama from the sublime wisdom of tantra, yoga, and ayurveda. The training is designed to empower committed practitioners and teachers of all levels with knowledge to heighten the effects and benefits of their own and their students' yoga.

Please visit ParaYoga.com for pricing and registration. Call the Himalayan Institute at 800.822.4547 to reserve accommodations.



The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom

Oct 19-21

with Rod Stryker

Live the life of your dreams. A life that is rich spiritually and materially is your unique gift to yourself and the world. The Yoga of Fulfillment® is a profound and practical course in living your best possible life—discover the step-by-step process to get there. Through daily yoga and meditation practices, journaling exercises, *yoga nidra* (deep relaxation), and visualization, you will learn the role of desire in spiritual life, how to access intuition and self-awareness, and how to use all your life experiences for greater freedom.

Suggested Study: *The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom* by Rod Stryker

Programs



Igniting Agni: Your Pranic Fire for Spiritual Growth

Oct 26-28

with Sarah Goddard

Ignite the catalyst within and accelerate your transformation by infusing your yoga practice with agni. Practice specific postures, pranayama, and meditation techniques to awaken the digestive and healing force of agni. Each two-hour session begins with a brief discussion followed by experiential practice. Leave with detailed sequences and a practice plan to continue your agni development at home.

Sarah Goddard is a senior yoga teacher at the Himalayan Institute and serves as the Professional Education Manager.

Prerequisite: 6 months' prior yoga experience



The Ayurvedic Kitchen: Prepping, Cooking, Serving, and Enjoying

Nov 16-18

with Kathryn Templeton & Marc Demers

In ayurveda, food is seen as daily medicine for both the body and the mind. Get your daily dose with Himalayan Institute chef Marc Demers and ayurvedic practitioner Kathryn Templeton as they turn our demo kitchen into your ayurvedic laboratory and provide a tasty meal. Learn a framework for designing meals with the six tastes, the basics of ayurvedic spicing, choosing and prepping foods, and arranging your kitchen for the most efficiency and ease of use. Includes cooking demonstrations, blessing and enjoying meals, plus take-home recipes.

Kathryn Templeton is a psychotherapist, a master teacher in the field of drama therapy, an E-500 RYT, NAMA-registered ayurvedic practitioner, and a professor of human development and general psychology.



Meditation and the Yoga Sutras

Dec 7-9

with *Rolf Sovik*

In striking clarity, the *Yoga Sutra of Patanjali* provides a brilliant and comprehensive summary of the aims and methods of yoga and meditation in a way that is still relevant today. It can be read again and again, each time offering new insights into yoga's extraordinary vision of life. Explore the underlying philosophy of yoga practice and the concept of trustful surrender and how it can remove mental impurities. We will also practice the cave of the heart meditation.



Manifest Your Life: The Yoga of Intention

Dec 14-16

with *Karina Ayn Mirsky*

In today's society, we hear a lot of talk about desire, intention, and manifestation. Millions of people set New Year's resolutions and read best-selling books on intention-setting. Why don't our intentions always come to fruition? We will discuss the yogic perspective on the nature of our desires and what sabotages us from fulfilling them. Learn tools to change unwanted habits, prevent burnout, and attract love and success.

Karina Ayn Mirsky is a certified ParaYoga teacher through Rod Stryker and Director of Sangha Yoga in Kalamazoo, MI.

Programs



New Year's Retreat: A Yoga & Meditation Immersion Weekend

Dec 28-30

*with Rolf Sovik; Carrie Demers, MD;
Sandra Anderson*

A finely tuned blend of asana practice, meditation, lecture, and free time amidst a peaceful woodland setting will bring you into the New Year with a rested mind and improved personal wellness at every level. Our community of like-minded yogis will re-energize you and your own yogic goals, while lectures will explore the development of a personal meditation practice and spell out how meditation and meditative lifestyles lead to inner balance and health. Bring fresh ideas and inspiration home to begin the New Year with vitality and enthusiasm.



Holiday Meditation Retreats

Nov 22-25; Dec 21-25

Snow glitters and crunches underfoot while the stars sparkle in the clear night sky. Enjoy the beauty and warmth of the holiday season with your spiritual family. Take this opportunity to reflect on these sacred times of year and deepen your practice in our spiritually vibrant community.

Program Name (alphabetical)	Non-Premium Member Cost	No Cost for Premium Members	On-Demand # Nights	See Page
<i>Awake Yet Asleep</i>	\$199	●	2	10
<i>The Ayurvedic Kitchen</i>	\$199	●	2	20
<i>Breath of Life</i>	\$299	●	●	2 17
<i>Bringing Daily Meditation to Life</i>	\$299	●	●	2 13
<i>Discover the Chakras</i>	\$299	●	●	2 17
<i>Dynamics of Meditation</i>	\$149	●		2 8
<i>Fire & Ice: Yoga to Balance the Extremes</i>	\$299	●	●	2 15
<i>The Four Desires</i>	\$299	●	●	2 19
<i>From Fear to Freedom</i>	\$99	●		2 14
<i>Guru Purnima</i>	Free	●	0	11
<i>The Healing Art of Meditation</i>	\$299	●	●	2 9
<i>The Healing Power of Meditation</i>	\$225			2 8
<i>Holiday Meditation Retreats</i>	Free	●		2 22
<i>Igniting Agni</i>	\$99	●		2 20
<i>Karma & Reincarnation</i>	\$299	●	●	2 16
<i>Kundalini: Inner Healing for a Troubled World</i>	\$299	●	●	2 11
<i>Kundalini Research Network Conference</i>	\$149			2 9
<i>Manifest Your Life</i>	\$99	●		2 21
<i>Meditation & the Yoga Sutras</i>	\$199	●		2 21
<i>Meditation Specialist™ Teacher Training</i>	\$749			5 16
<i>The Mystery and Power of Mantra</i>	\$299	●	●	2 13
<i>The Mystery of Willpower & Trustful Surrender</i>	\$299	●	●	2 18
<i>New Year's Retreat</i>	\$199	●		2 22
<i>ParaYoga® Vinyasa Krama</i>	\$695			5 19
<i>Saundaryalahari</i>	\$199			2 12
<i>Sweat to Bliss</i>	\$99	●		2 12
<i>Tantra: A Foundation for Practice</i>	\$299	●	●	2 14
<i>Yoga as Medicine</i>	\$450			4 10
<i>Yoga for Anxiety</i>	\$99	●		2 18
<i>Yoga, Yoga Therapy, & Yoga Sadhana</i>	\$299	●	●	2 15

Have you thought about Membership? See page 5 or visit HimalayanInstitute.org/Membership and join today.

Professional Development & Certification

For Yoga Teachers & Health Professionals

“There seem to be many traditions within the long tradition of yoga; but in reality there is only one—the tradition of the highest truth.”

—Panditji

200

200-Hour Yoga Teacher Certification Program

July 13–Aug 5

with Rolf Sovik; Sandra Anderson;
Shari Friedrichsen; Carrie Demers, MD

Dive into a life-changing course of study to deepen your understanding of yogic traditions with the support and bonds of other eager students setting out on a shared journey. The Himalayan Institute's 200-Hour Yoga Teacher Certification includes the practice and teaching of asana, pranayama, relaxation, yoga philosophy, anatomy and physiology, the theory and practice of meditation, and the study of sacred texts.

Tuition: \$3,999

Includes a non-refundable application fee of \$108, all books and materials, accommodations including meals and housing, and Premium Membership. Payment plans are available.

Note: *This training includes Teaching Methods, July 30–Aug 2; and Yoga and Ayurveda, Aug 2–5; exclusive to teacher training participants.*



Registered Yoga School

500

500-Hour Yoga Teacher Certification Program

with Rolf Sovik; Sandra Anderson;
Shari Friedrichsen; Carrie Demers, MD

We are pleased to offer advanced teacher training in three ten-day segments.

SUMMER | Aug 10–19

Awakening Vital Energy:
Chakras, Pranayama, and Sacred
Yogic Texts

FALL | Sep 28–Oct 7

Yoga as a Healing Art: Physical
and Psychological Strategies for
Cultivating Peace and Health

SPRING | April 19–28

Advanced Teaching Methods:
Exploring the Heart of Yoga
Technique and Philosophy

Prerequisite: *200-hour certification from any tradition. Begin with any segment and take up to three years to complete all three.*

Tuition: \$1,599/session

Includes a non-refundable application fee of \$108, all books and materials, accommodations including meals and housing, and Premium Membership. Payment plans are available.



Registered Yoga School

Professional Development



Ayurvedic Yoga Specialist (AYS) Training

with Kathryn Templeton

Expand your capacity as a yoga teacher with this in-depth study of ayurvedic principles. Learn to craft a dosha-balancing yoga practice, use food with awareness, and develop a basic lifestyle plan for yourself and your clients based upon individual needs and goals. You will be prepared to offer basic ayurvedic consultations and teach Ayurveda 101. You will be able to share with your students:

- How *prana* and *ojas* (deep vitality) can be cultivated to regulate and support *agni* (digestive fire) for optimal health
- A deeper knowledge of the ayurvedic maps: *doshas* (constitutions), *gunas* (psychological tendencies), *vayus* (winds or movement of prana), and *koshas* (sheaths)
- How to adapt asana and pranayama to kindle *agni* and circulate prana for efficient energy management
- The alchemy of yoga and ayurveda along with diet and lifestyle adjustments to adapt to daily, seasonal, and stage-of-life changes
- How to identify typical constitutional imbalances and address *vikruti* (imbalances) through asana, pranayama, deep relaxation, meditation, diet, cleansing, and lifestyle adjustments

The Macrocosm and Microcosm of Ayurveda and Yoga

May 3–6

- Yoga and ayurvedic philosophy: understanding *purusha* (pure consciousness) and *prakriti* (universal nature)
- The elements manifest in the body: *koshas* and *doshas*
- The ayurvedic clock: the hour, season, and stages of life

Improving Our Digestion of Foods, Thoughts, and Actions

Sep 20–23

- *Agni*, *ama*, and digestion according to the *panchakosha* model
- The six tastes and proper diet
- Internal and external practices to regulate *agni*
- Developing clinical awareness of asana, pranayama, meditation, and diet and lifestyle as it relates to digestion and assimilation
- Learn how to make ghee, kitchari, medicinal oils, and teas. Demonstrations, samples, and recipes included.

Tuition: \$299/session or \$999 for complete program taken at the Himalayan Institute. *Add 3 nights' accommodations per session. Includes course manual and materials.*

Suggested Reading: *Textbook of Ayurveda, Volume 1: Fundamental Principles* by Dr. Vasant Lad and *Yoga & Ayurveda: Self-Healing and Self-Realization* by David Frawley

ment & Certification

Psychology of Ayurveda and the Physiology of Yoga

Aug 23–26

- The architecture of the mind and the gunas, scientific use of asana, pranayama, and meditation
- Subtle essences: prana, *tejas* (fire of intelligence), and ojas
- Circulation of prana via the vayus; practices for seasonal changes and vata imbalance

Clinical Use of Ayurveda and Yoga

Dec 6–9

- Working with private clients, practicing client interaction, and making individual prescriptions
- Practical application of yoga and ayurvedic psychology, *dinacharya* (daily routine), cleansing, asana, pranayama, and meditation
- The *nadis* (energy channels)
- Introduction to tongue and pulse diagnosis

Note: *Clinical Use segment only available to those eligible for certification.*

Note: This program has been recognized and listed with the National Ayurvedic Medical Association. This advanced training is available to dedicated yoga students and teachers. Certification will be given to those who hold accredited 200-hour yoga teacher certifications and complete all four AYS sessions. Sessions 1, 2, and 3 may be taken as independent workshops.

Case Study Sessions

Aug 5, Sep 16, Nov 18

with Kathryn Templeton

Graduates of the AYS program can participate in case study sessions. Graduates should bring their cases and questions to these supervision sessions. Various treatment goals/interventions/outcomes will be explored.

Cost: \$75

Partner Locations

The AYS program is offered at locations all around North America. For the most current location information, please check HimalayanInstitute.org or KathrynTempleton.com.

Anne Arundel Community College
Arnold, MD EmbraceYoga4Life.com

yogahOMe
Cincinnati, OH YogaHome.net

Open Space Yoga
Honolulu, HI YogaOpenSpace.com

Midtown Yoga
Memphis, TN MidtownYoga.com

Prana Yoga
Coral Gables, FL PranaYogaMiami.com

Devanadi Yoga
Minneapolis, MN DevanadiYoga.com

108 Yoga
Halifax, NS, Canada 108Yoga.ca

Immerse yourself in a community of people devoted to personal growth, selfless service, and our ongoing global humanitarian projects.

Self-Transformation Program™

May 31–June 26, July 5–31, Aug 9–Sep 4, Sep 6–Oct 2,
Oct 4–30, Nov 1–27, Nov 29–Dec 25

Our flagship four-week residential program teaches proven techniques for transforming your habits and creating a healthier lifestyle. Attend our popular weekend seminars, participate in daily yoga classes, and take part in progressive study sessions focusing on the body, breath, mind, and spirit. Become an integral part of our working community and learn to maintain your practice in the midst of everyday living.

Cost: \$850. *Also available in a 10-day option; call for details.*

Residential Internship

If you wish to make a long-term commitment to self-transformation and service, join our vibrant community of spiritual seekers. As a resident, you will enjoy numerous educational opportunities, share in daily karma yoga, support our humanitarian efforts, and practice time-tested yoga disciplines. The four-week Self-Transformation Program is included in the cost.

Cost: \$3,000 for one year. *Also available in 3 to 9 month options; call for details.*

Meditation Retreats

Quiet your mind with long walks amidst the tall white pines, and experience your inner power and stillness in the deep silence of our meditation hall. Turn your attention inward and grow your practice at your own pace. While this program does not include participation in lectures or seminar activities, you are welcome to attend daily asana classes, schedule a massage, or simply enjoy the peaceful campus environment.

Cost: Accommodations only.

Residential Programs

Organic Gardening Apprenticeship

May-Sep 2012

Each spring, as the ground thaws, the hillsides of the Poconos come alive. What better place to learn and practice the art and science of organic gardening? This five-month residential apprenticeship provides hands-on training and encourages participation in the full range of our educational programs and community activities. Focusing on organic methods for everything from composting and mulching to greenhouse techniques and plant selection, you will gain the practical skills necessary to manage your own garden and to teach others the basics of organic horticulture. The program begins with our month-long Self-Transformation Program, included in the cost. For those unable to commit to the full five months, a two-month program option may be available. Call for details.

Cost: \$1,350. *Scholarships may be available for qualified students.*

Total Health Center

For over 30 years, our programs have combined Western medicine with Eastern systems of healing in an integrated approach to holistic health. We offer tailored in-house rejuvenation and cleansing programs based on ayurvedic principles to promote the inherent self-healing qualities of the mind and body.

- Regain youthful vigor and boost your immune system
- Relieve symptoms resulting from chronic conditions
- Restore your psycho-physical balance when experiencing symptoms of anxiety and stress
- Prevent stress-induced compromises which may interfere with your sense of balance, wellness, and immunity
- Recover from prescription drug treatment, surgery, or prolonged illness

The Ayurvedic Rejuvenation and Pancha Karma programs are administered by holistic medical professionals, supervised by Medical Director Carrie Demers, MD, a holistic physician, board-certified in internal medicine. All staff incorporate modern medicine and holistic approaches to health, including ayurveda, herbs, homeopathy, yoga, diet, and lifestyle changes.

Pancha Karma

May 30–June 3, June 6–10, July 11–15 & 25–29, August 15–19 & 22–26, Sep 12–16 & 26–30, Oct 3–7 & 24–28, Oct 31–Nov 4, Nov 28–Dec 2, Dec 5–9

Ayurveda's quintessential cleansing and rejuvenation treatment, Pancha Karma, heals and renews by eliminating toxins and restoring the free flow of energy in the body.

The four-day program includes:

- Ayurvedic consultation with one of our holistic health practitioners
- Daily ayurvedic massage, oil treatments, and steam therapy
- Daily hatha yoga and meditation instruction and evening lectures on ayurveda, cleansing, and meditation
- One biofeedback session
- Light cleansing diet and various ayurvedic cleansing techniques, as prescribed
- Concluding consultation with personalized lifestyle recommendations

Cost: \$1,750. *Includes 4 nights' private accommodations. A \$500 deposit is required at the time of registration.*

Note: *Space is limited to four participants and fills quickly.*

Guest Information

Register Online:

HimalayanInstitute.org

Or by Phone:

800.822.4547

Monday–Friday, 9 am–5 pm EST

Accommodations

In the tradition of retreat-style housing, our accommodations are modest without the interruptions of television, telephone, and radio, and include vegetarian meals, hatha yoga classes, and full use of guest facilities. Please make reservations at least two weeks in advance.

Guest Facilities

Wireless Internet:

Access available in public areas.

Total Health Center:

Please visit HimalayanInstitute.org/THC for a description of services offered.

Wellspring Homeopathic Pharmacy:

Features a wide array of natural health-care products, remedies, extracts, and supplements.

Hiking Trails:

Our peaceful campus is surrounded by 400 acres of woods, meadows, and scenic trails.

Cancellations/Refunds

More than 24 hours prior to arrival date:

Full refund, less a \$75 processing fee.

Cancellation within 24 hours of arrival, failure to attend, or early departure:

Not subject to refund.

Getting Here

The Himalayan Institute is located in northeast Pennsylvania at:

952 Bethany Turnpike
Honesdale, PA 18431

For travel options, visit HimalayanInstitute.org/Directions.

Membership

There are new ways to study with us! For about the cost of one seminar, you can attend more than 20 weekend workshops tuition-free plus the cost of accommodations. See page 5 for more details or visit HimalayanInstitute.org/Membership and join today.

Connect with Us Online!

You can find us on Facebook at facebook.com/HimalayanInstitute We're also on Twitter at twitter.com/HimalayanOrg.



Room Descriptions/Pricing

Housing Options	Per Night
Dormitory: Separate dorms for men and women feature bunk beds and shared baths.	\$65
Double: Double occupancy room with shared bath.	\$75
Single: Room with twin bed, sink, and shared bath.	\$115
Deluxe: (Single occupancy rates listed. \$65 per night per additional guest. Limit 2 occupants per room.)	
Sink in room; semi-private bath	\$150
Private bath	\$180
Suite with full bed, private bath, sitting area, and sleeper sofa	\$210
Guest house two-bedroom apartment with kitchenette:	\$240
Sleeps 4 comfortably. We ask that families with children please call for specifics.	
Facility use fee: For guests staying off campus—covers all meals, hatha yoga classes, course materials, and maintenance of facilities and grounds.	\$40/ weekend

Rates valid through December 31, 2012.



Our Global Outreach

As a non-profit organization, we are dedicated to serving humanity through worldwide educational, spiritual, and humanitarian programs.

Yoga in action—our humanitarian mission works systematically at the grass-roots level to empower communities with the knowledge and tools they need for lasting social healing and transformation. Our community centers in India, West Africa, and Mexico focus on rural empowerment and environmental regeneration.

FACULTY

Sri Swami Rama
Founder
 Pandit Rajmani Tigunait, PhD
Spiritual Head

Sandra Anderson
 Greg Capitolo
 Mary Cardinal
 Carrie Demers, MD
 Shari Friedrichsen
 Sarah Goddard
 Michael Grady
 Steve Harris
 Michelle Head, DC
 Luke Ketterhagen
 Karina Ayn Mirsky
 Keith Morgan, PhD
 Kathy Ornish
 Irene (Aradhana) Petryszak
 Mary Gail Sovik
 Rolf Sovik, PsyD
 Rod Stryker
 Kathryn Templeton
 Ishan Tigunait
 Deborah Willoughby



"The Kumbha Mela is a significant step toward changing the world, first within us and then around us. I invite you to join us for this history-making event."

Pandit Rajmani Tigunait
Spiritual Head, Himalayan Institute

DON'T MISS OUT!

Kumbha Mela 2013

*A 21-Day Pilgrimage
Allahabad & Khajuraho, India*



THREE TOUR OPTIONS: JANUARY 18 - FEBRUARY 7 · FEBRUARY 1-21 · FEBRUARY 15 - MARCH 7

Pilgrimage of a Lifetime.



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CALL FOR LATE REGISTRATION OPTIONS

Registration and inquiries: 800-822-4547 (press 4) or 570-253-5551 (press 4)
email: excursions@HimalayanInstitute.org www.KM2013.com



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