

 HIMALAYAN INSTITUTE®

program guide

40th
Anniversary
40 years of service

yoga
meditation
wellness



 HIMALAYAN
INSTITUTE®

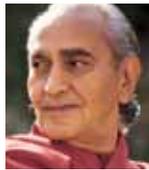
952 Bethany Turnpike
Honesdale, PA 18431
800.822.4547
HimalayanInstitute.org

Winter/Spring 2012

Find inner healing and lasting change in our troubled world as you experience the spiritual heritage of the living Himalayan tradition. Join our worldwide community of seekers as we commence the ancient practice of *akbanda japa* (uninterrupted year-long group meditation) in preparation for our 2013 pilgrimage to the Kumbha Mela near our Allahabad, India, campus. Every 12 years, millions of sages and aspirants gather at the banks of the river Ganga with the shared intention of healing. Akbanda japa is known to infuse the collective consciousness with peace and harmony, bring about transformation at the individual level, and exert a positive influence on the entire web of life.

Recognized as a leader in the fields of yoga, meditation, spirituality, and holistic health, the Himalayan Institute offers 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



Sri Swami Rama
Founder



Pandit Rajmani
Tigunait
Spiritual Head

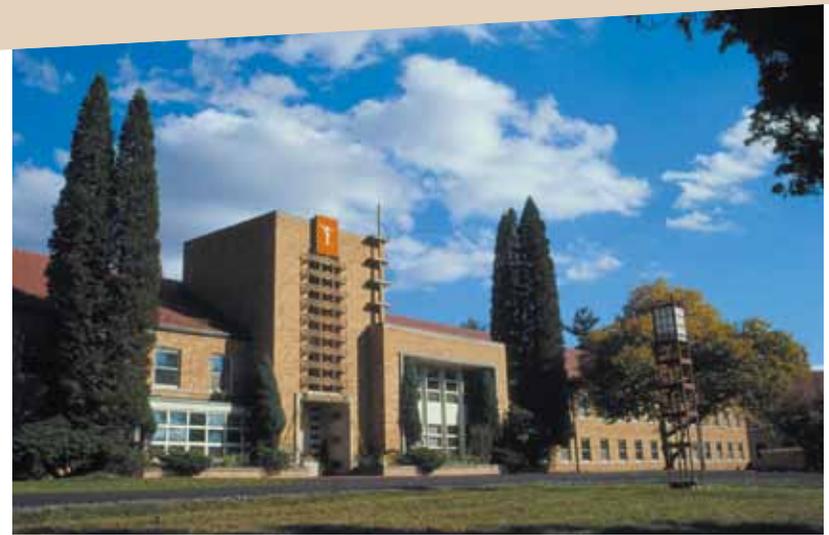
Our Total Health Lab produces a full line of holistic and ayurvedic supplements and remedies, including the original Himalayan Institute Neti Pot and other natural health products.

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. With just \$5, you can support our recently launched microfinance campaign at TreesForTibet.org.



Deepen Your Practice

In honor of our Year-Long Group Meditation (YLG), we are pleased to announce new ways to study with us—here, online, and at home. We have scheduled 12 core programs on meditation, yoga, and tantra; each will run twice at our main campus. For the cost of one seminar, you will gain access to all programs* throughout the year.

Introducing Premium Membership

You can attend all programs* here throughout the year, gain access to YLGM online content, and receive print and digital subscriptions to our award-winning magazine, *Yoga International*—all for the cost of one program.

Look for this icon:

PREMIUM MEMBERSHIP	YEAR-LONG GROUP MEDITATION
	ALL ACCESS PASS
	<ul style="list-style-type: none"> • Tuition-free all 12 core seminars in-person at HI & online • Unlimited access to ongoing weekend seminars at HI* • One year subscription to <i>Yoga International</i> magazine <p>All for the cost of one seminar—\$299</p>

Join Us Online at Our New Website
HimalayanInstitute.org.



And, to learn more about the pilgrimage of a lifetime, please visit KM2013.com.

*Excludes some premium programs, like teacher training. Space is limited. Accommodations not included.



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Winter/Spring 2012

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By Topic

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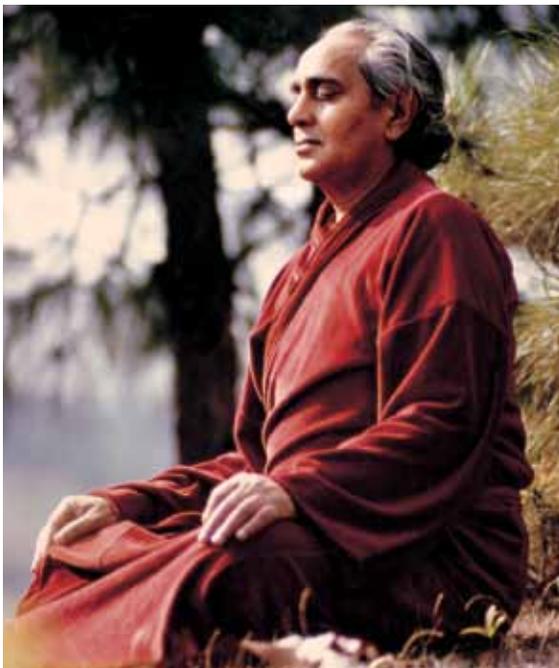
REGISTRATION
& GUEST
INFORMATION

HIMALAYAN INSTITUTE®
 year-long group
 meditation (akhanda japa)



In the presence of the unwavering sacred flame, the meditation hall of the Himalayan Institute will be the locus of an around-the-clock group meditation from November 11, 2011, to November 12, 2012.

We invite you to join this worldwide healing movement. Simply make a commitment to practice every day at a specific time—whether here in the Institute’s meditation hall or at home—with the intention of creating a vibrant collective consciousness. Then attend our core programs in person or study online from the comfort of your own home.



Here in Honesdale, you will benefit from meditating with skilled practitioners and can also participate in inspirational workshops; daily classes on hatha yoga, relaxation, and meditation; and receive personal instruction.

Every weekend program will offer an opportunity to learn to meditate or refresh your skills during the Saturday morning session, *Introduction to Meditation*, which includes group practice in the meditation hall.

Practicing at home? Visit us online for help with your practice of asana, pranayama, and systematic relaxation.

Year-Long Group Meditation (YLGM) Akhanda Japa 2011–2012 (All dates 2012 unless noted.)		
Karma and Reincarnation: Reshaping Our Destiny <i>with Pandit Rajmani Tigunait</i>	November 11–13, 2011	September 7–9
Fire and Ice: Yoga to Balance the Extremes <i>with Shari Friedrichsen</i>	December 9–11, 2011	August 24–26
Bringing Daily Meditation to Life <i>with Rolf Sovik</i>	January 27–29	July 20–22
Tantra Basics: A Foundation for Tantric Practice <i>with Sandra Anderson</i>	February 17–19	August 3–5
The Mystery and Power of Mantra <i>with Rolf Sovik</i>	February 24–26	July 27–29
Discover the Chakras: Subtle Centers of Meditation <i>with Rolf Sovik</i>	March 9–11	September 21–23
Yoga, Yoga Therapy, and Yoga Sadhana <i>with Pandit Rajmani Tigunait</i>	April 20–22	August 31–September 2
The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom <i>with Rod Stryker</i>	April 27–29	October 19–21
Breath of Life: Yoga and the Five Prana Vayus <i>with Sandra Anderson</i>	May 18–20	September 14–16
The Mystery of Willpower and Trustful Surrender: A Study of the Tripura Rahasya <i>with Pandit Rajmani Tigunait</i>	May 25–27	October 12–14
The Healing Art of Meditation <i>with Rolf Sovik</i>	June 8–10	November 2–4
Kundalini: Inner Healing for a Troubled World <i>with Pandit Rajmani Tigunait</i>	June 29–July 1	November 9–11

YLGM Programs

- Twelve core programs on meditation, yoga, and tantra taught by Pandit Rajmani Tigunait, Rolf Sovik, Rod Stryker, Sandra Anderson, and Shari Friedrichsen
- Offered both in person and online
- A variety of additional weekend programs to support your study and practice

YLGM All Access Pass

- Tuition-free access to all 12 core programs at the Himalayan Institute
- Premium online access to all 12 core programs plus bonus content
- Unlimited access to all on-campus weekend programs
- Attend as often as you wish, tuition-free during the entire 12-month practice!*

Ten-Day Immersions

Choose any two consecutive weekend programs, stay with us for 10 days, and receive 20% off your accommodations. The same discount applies for stays longer than 10 days. See next page for suggested 10-Day Immersions.



* All for the cost of one seminar—\$299. Some exclusions apply. Accommodations not included.

Suggested YLGM 10-Day Immersions	
What is a YLGM 10-Day Immersion?	
Choose any two consecutive weekend programs, stay with us for 10 days, and receive 20% off your accommodations. The same discount applies for longer stays.	
December 9–18, 2011	Fire and Ice: Yoga to Balance the Extremes <i>with Shari Friedrichsen</i>
	The Practice of <i>Pratyahara</i>: Pathway to Meditation <i>with Sandra Anderson</i>
January 20–29, 2012*	Asana for Meditators: Solutions for the Hips, Knees, and Low Back <i>with Mary Cardinal</i>
	Bringing Daily Meditation to Life <i>with Rolf Sovik</i>
February 3–12*	Dynamics of Meditation <i>with HI Faculty</i>
	The Healing Power of Chakras and Asanas <i>with Shari Friedrichsen</i>
February 17–26	Tantric Basics: A Foundation for Tantric Practice <i>with Sandra Anderson</i>
	The Mystery and Power of Mantra <i>with Rolf Sovik</i>
March 2–11*	Dynamics of Meditation <i>with HI Faculty</i>
	Discover the Chakras: Subtle Centers of Meditation <i>with Rolf Sovik</i>
April 20–29	Yoga, Yoga Therapy, and Yoga Sadhana <i>with Pandit Rajmani Tigunait</i>
	The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom <i>with Rod Stryker</i>
May 18–27	Breath of Life: Yoga and the Five <i>Prana Vayus</i> <i>with Sandra Anderson</i>
	The Mystery of Willpower and Trustful Surrender: A Study of the Tantric Masterpiece <i>Tripura Rahasya</i> <i>with Pandit Rajmani Tigunait</i>

*good for beginning meditators



Andrea Kilian



Pandit Rajmani Tigunait, PhD 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 living and 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, PsyD 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.



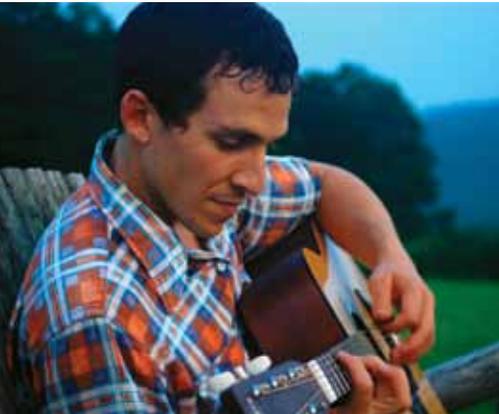
Sandra Anderson A senior teacher and resident at the Himalayan Institute headquarters, Sandra Anderson was initiated into the Himalayan tradition in 1988. She teaches yoga and meditation, is a senior editor at *Yoga International* magazine and the co-author of the award-winning book *Yoga: Mastering 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 a member of the 500-hour teacher training faculty at 8 Limbs Yoga in Seattle, Washington. 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 each posture.

HIMALAYAN INSTITUTE® core programs

Immerse yourself in a community of people devoted to personal growth, selfless service, and the ongoing humanitarian projects of the Himalayan Institute.



Self-Transformation Program™

December 1–27, January 5–31
February 2–28, March 1–27
March 29–April 24, May 3–29

Learn and practice proven techniques for transforming your habits and creating a healthier lifestyle in this powerful four-week residential program. Attend our popular weekend seminars, participate in daily yoga classes, and take part in progressive study sessions on the body, breath, mind, and spirit. Become an integral part of the community and learn to maintain your practice in the midst of everyday life by performing four hours a day of *karma yoga* (selfless service).

> **Cost:** \$850

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. Begin with the four-week Self-Transformation Program, included in the cost.

> **Cost:** \$3,000 for one year. Internships of three to nine months are also available; cost is \$300 per month after the Self-Transformation Program.

Ten-Day Residential Program

This program includes two weekend seminars, four hours of karma yoga on weekdays, and daily yoga classes and practicums. Begin on any Friday and stay through the following Sunday.

> **Cost:** \$500

All residential programs are by application only. Cost includes accommodations and vegetarian meals. To apply or learn more, call 570-253-5551 x3018 or e-mail Residential@HimalayanInstitute.org.



Meditation Retreats

A meditation retreat with time for reading, walking in the woods, or maintaining silence as you see fit. While this program does not include participation in other lectures or seminar activities, you can attend asana classes, take advantage of hiking trails, schedule a massage, or simply enjoy the peaceful campus environment. You may choose to participate in weekday karma yoga activities. When you meditate, you will be joining other meditators participating in the Year-Long Group Meditation (YLGm). Sit as often as you like in the deep quiet of our meditation hall where your meditation will be nourished by the ongoing practice of the community.

> **Cost:** Accommodations only.

Holiday Meditation Retreats

December 23–25
April 6–8

Join us for the holidays! A golden opportunity to reflect on these sacred times of year and deepen your practice in our spiritually vibrant community.

> **Cost:** Accommodations only.

GUITAR PLAYER: Mukti Brnner, CLASSROOM: Andrea Killam

Dynamics of Meditation®: The Inward Journey

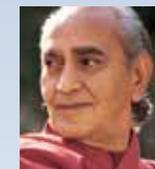
December 2–4,
January 6–8,
February 3–5, March 2–4,
March 30–April 1, May 4–6
with HI Faculty

In our flagship seminar, begin to get in touch with your physical vitality, free the forces of your mind, sharpen your intellect, and allow your innate spiritual self to unfold. You will learn how to:

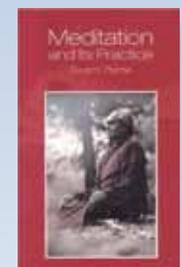
- Sit, breathe, relax, and concentrate in preparation for meditation
- Assess physical, mental, and energetic capacities
- Curb the roaming tendencies of the mind
- Meditate on the breath and the primordial sound

> **Cost:** PREMIUM \$125. Add 2 nights' ALL ACCESS accommodations.

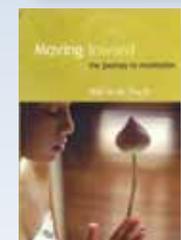
> **Text:** *Meditation and Its Practice* by Swami Rama; *Moving Inward: The Journey to Meditation* by Rolf Sovik



Sri Swami Rama



Rolf Sovik



**Dynamics of Meditation®:
 The Inward Journey**

 **December 2–4, 2011**
 See page 11.

**Manifest Your Life:
 The Yoga of Intention**

 **December 2–4, 2011**
 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? Tantra may have the answer and hold the key to creating the life we truly want. 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. We will:

- Practice yoga techniques to harness subtle forces of intention and manifestation
- Unveil your heart's deepest desire
- Create a "power resolution" and set a course of action to see your dreams come true

> **Cost:**

PREMIUM
ALL ACCESS

 \$125. Add 2 nights' accommodations.

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

**Fire and Ice: Yoga to
 Balance the Extremes**

 **December 9–11, 2011**
 with *Shari Friedrichsen*



Temper your emotions with asana, pranayama, and meditation. Learn to thaw frozen and unconscious habit patterns, soothe fiery emotions, and calm the inflammatory reactions that trap you in fear, anger, and sadness. Our practices include specific subtle body awareness and ways to internalize compassion and kindness exactly where they are most needed. During this weekend of self-healing through asana, we will:

- Practice strengthening, balance, and flexibility in postures
- Explore cleansing and nourishing pranayama practices
- Cultivate techniques for a richer and deeper meditation practice

As we heal ourselves, our sense of well-being and discernment reflects outward through our attitudes, relationships, and perspectives.

> **Cost:**

PREMIUM
ALL ACCESS

 Add 2 nights' accommodations.

> **Text:** *Yoga and Psychotherapy* by Swami Rama, et al.

Shari Friedrichsen, see page 9.

Encore presentation:

August 24–26, 2012



**The Practice of Pratyahara:
 Pathway to Meditation**

 **December 16–18, 2011**
 with *Sandra Anderson*



Pratyahara, the re-directing of sensory awareness inward, is the doorway between the outer world of work and play and the inner world accessible through meditation. We will explore mindful engagement of the senses and learn to consciously disengage the mind from sensory awareness. Join us to dial down the noise, tap into the reservoir of deep inner silence, and awaken your meditative mind.

- Enjoy yoga, contemplation, and discussion
- Learn mental exercises to unveil the nature of thoughts
- Practice deep relaxation
- Move beyond thought and sensory awareness

> **Cost:**

PREMIUM
ALL ACCESS

 \$199. Add 2 nights' accommodations.

Sandra Anderson, see page 9.

Holiday Meditation Retreat

December 23–25, 2011

See page 11.

*The Institute's Flagship Month-Long Residential Program:
 Now in a weekend format!*

**Inner Healing and
 Empowerment**

**A Weekend of
 Self-Transformation**

 **December 30, 2011–
 January 1, 2012**
 with *Pandit Rajmani Tigunait
 and Faculty*



The time-tested techniques of the Himalayan tradition combined with recent scientific discoveries offer solutions for physical distress, mental anguish, and spiritual affliction. A blend of theory and practice will empower you to assess your lifestyle and goals, as well as your physical health and emotional well-being. Healed within and equipped with clear vision, we are able to bring positive changes in our personal, family, and social lives.

Join us for a weekend of inner healing and empowerment, and take home tools for your continued transformation.

- Examine your strengths and weaknesses at every level
- Make a realistic plan for healing and transformation
- Free yourself from the grip of unhealthy habits
- Access and intensify the healing force of prana
- Understand your mind and find an inner anchor of well-being

> **Cost:**

PREMIUM
ALL ACCESS

 \$250. Add 2 nights' accommodations.

Pandit Rajmani Tigunait, see page 9.

**Dynamics of Meditation®:
 The Inward Journey**

January 6–8, 2012
 See page 11.

**The Overnight Diet:
 Reset Your Metabolism**

January 6–8, 2012
 with Susan Taylor



In this life-changing workshop, achieve enduring metabolic balance and launch into 2012 happy, full of energy, and worry-free. The

Overnight Diet has been scientifically proven to restore your energy and mental clarity. Learn to nourish mind, body, and spirit so as to invite longed-for and lasting changes. We will:

- Learn why diets do and don't work
- Develop life skills that support healthy metabolic functioning
- Explore the set-point theory of weight management
- Study nutritional energetics and metabolism-boosting herbs
- Work together to create a personal metabolism-boosting plan to establish and maintain balance in your own body and mind

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

For more details and to register, please visit DrSusanTaylor.com/Programs or call 978.255.1379. To reserve accommodations, call the Himalayan Institute at 800.822.4547.

**25 Natural Products
 You Should Know**

January 13–15, 2012
 with James "Slim" Miles



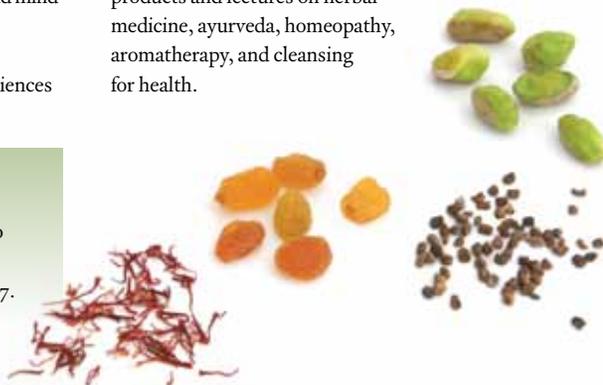
Learn in-depth profiles of 25 products to improve your health and well-being. Take this knowledge with you to enhance your energy

level and immunity. Topics include:

- Herbs: learn botanical preparations that cleanse, nourish, and rejuvenate
- Dietary supplements: discover the most effective beneficial supplements for you
- Homeopathy: learn about this system of natural medicine for acute and chronic illness, simple first aid, and to balance your constitution
- Essential oils: enhance mood and overall well-being with aromatherapy and massage
- Nasal irrigation: cleanse the sinuses to help prevent colds, flu, and allergies
- Foods: augment your current diet with these common underappreciated foods

> **Cost:** **PREMIUM** \$99. Add 2 nights' **ALL ACCESS** accommodations.

James "Slim" Miles formulates HI products and lectures on herbal medicine, ayurveda, homeopathy, aromatherapy, and cleansing for health.



**Asana for Your Meditation
 Pose: Solutions for the
 Back, Hips, and Knees**

January 20–22, 2012
 with Mary Cardinal



A skillful asana practice is the best medicine for reshaping the body and creating a stable inner environment suitable for spiritual practice. Join

us to refine your personal meditation pose with yoga practice that alleviates common discomforts in the lower and upper back, hips, and knees. We will:

- Practice a sequence to stabilize and strengthen the abdomen, pelvis, and spine
- Explore modifications of common asanas to address personal needs and injuries
- Learn simple restorative poses to neutralize challenging postural habits
- Cultivate a balance of flexibility and strength to support asana and meditation practice
- Refine your meditation pose to meet the needs of longer meditation sessions

> **Cost:** **PREMIUM** \$125. Add 2 nights' **ALL ACCESS** accommodations.

Mary Cardinal has served as the coordinator for both the yoga therapy program and the teacher training program at the Himalayan Institute.



SEASONINGS: Jagati; ASANA: Andrea Killam

**Bringing Daily
 Meditation to Life**

January 27–29, 2012
 with Rolf Sovik



Are you striving to cultivate a daily meditation practice? Have you tried meditation but need more work on the

fundamentals of practice? Reinforce your meditation skills and gain the confidence to meditate at home. Learn to observe your mind; cultivate a mental focus; and meditate with self-assurance and self-acceptance. Take the next step toward a satisfying home meditation practice. We will:

- Rehearse the many facets of sitting, breath awareness, and concentration
- Refine your awareness of breath using the serene methods of *prana dharana*
- Weave a strong thread of awareness through *japa* (mantra repetition)
- Learn to guide the inner dialogue that arises during meditation

> **Cost:** **PREMIUM** Add 2 nights' **ALL ACCESS** accommodations.

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

Rolf Sovik, see page 9.

Encore presentation:
 July 20–22, 2012



Dynamics of Meditation®: The Inward Journey



February 3–5

See page 11.

The Healing Power of Chakras and Asanas



February 10–12

with Shari Friedrichsen



By experientially understanding the body, emotions, mind, and chakra system, we can begin to move toward an inner healing that is deep and abiding. We can look at ourselves as being sacred, not sick, and invoke spiritual energy to be more present in our daily lives, leading us toward health and happiness. We have a reservoir of energy that is dormant in us. Dip into that well of healing and bring it to where it is most needed. We will:

- Practice asanas, *bandhas* (locks), and pranayama that strengthen vital energy and clear negative emotions
- Invoke compassion and friendliness in relation to ourselves
- Calm the mind, revitalize the body, and turn toward inner strength and healing

All sessions will include asana practice.

> **Cost:** PREMIUM \$199. Add 2 nights' ALL ACCESS accommodations.

Shari Friedrichsen, see page 9.

Andrea Kilian

Tantra Basics: A Founda- tion for Tantric Practice



February 17–19

with Sandra Anderson



Understanding and practicing tantra can empower your life and your spiritual practice by enabling you to activate your inner life force.

Discover how your yoga practice is related to the esoteric, exotic, and comprehensive world of tantra and take your practice to the next level. In discussion groups and practice sessions, explore the key concepts and practices of *Living Tantra*, including the pivotal role of *prana shakti* in tantra and in yoga practice. Topics include:

- Gaining access to the *manipura* and *ajna* chakras—why and how
- Understanding key concepts like *apurva*, *kundalini*, *karmashaya*
- Practical practices for working with prana and kundalini
- Refining your hatha practice to facilitate *prana dharana*
- Understanding rituals and how they are related to yoga

> **Cost:** PREMIUM Add 2 nights' ALL ACCESS accommodations.

> **Text:** *Tantra Unveiled* by Pandit Rajmani Tigunait

Sandra Anderson, see page 9.

Encore Presentation: August 3–5

The Mystery and Power of Mantra



February 24–26

with Rolf Sovik



Mantras serve as prayers, resources for contemplation, and pure sounds linking awareness to higher states of being. Learn

how mantras act as forces for healing and as supports for collecting and concentrating the energies of the mind. Explore the meaning of various mantras used in the Himalayan tradition and cultivate a deeper relationship with the mantra you use for meditation. We will:

- Gain a clearer understanding of the role of mantra in your meditation practice
- Discover how mantras become spontaneous outpourings of sound
- Clarify which mantra is appropriate for you and, if you like, receive a personal mantra
- Use mantra meditation to purify your mind and sharpen your intellect

> **Cost:** PREMIUM Add 2 nights' ALL ACCESS accommodations.

> **Text:** *The Power of Mantra and the Mystery of Initiation* by Pandit Rajmani Tigunait

Rolf Sovik, see page 9.

Encore Presentation: July 27–29

Dynamics of Meditation®: The Inward Journey

 **March 2-4**
See page 11.

Conquer Fatigue: Mind/Body Practices to Restore Energy

 **March 9-11**
with Susan Taylor



The ordinary stresses of daily life undermine mental clarity, memory retention, and creative vitality. Restorative energy practices utilize

Eastern and Western science to reduce stress, eliminate obstacles, and overcome fatigue. Regain your crucial resources for a vibrant and healthy life. We will:

- Practice simple restorative yoga designed to restore body and mind
- Learn a five-step sequence to bring mindfulness into focus and assess and seal your energy leaks
- Build a powerful energy container
- Learn secrets to create abundant energy
- Take home skills to maintain this vital energy

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

For more details and to register, please visit DrSusanTaylor.com/Programs or call 978.255.1379. To reserve accommodations, call the Himalayan Institute at 800.822.4547.

Discover the Chakras: Subtle Centers of Meditation

 **March 9-11**
with Rolf Sovik



Chakras, centers of subtle energy along the spinal column, play a dynamic role in the practice of meditation.

They govern regions of human anatomy; embody themes of spiritual development; and symbolize various forces of divinity, manifesting in mantric sounds and yantric geometrics. Chakras serve as reference points in meditation practice—enabling you to explore new dimensions of inner life. We will:

- Identify the chakras and explore the levels of meaning in their symbolism
- Systematically practice *bbuta shuddhi*, a core method of tantric self-purification
- Use the chakras as reference points for systematic relaxation practice, restoring energy, and overcoming symptoms of stress
- Establish awareness of the column of vital energy within and settle on one of the chakras for daily meditation

> **Cost:**  Add 2 nights' accommodations.

> **Text:** *Yoga and Psychotherapy* by Swami Rama, et al.

Rolf Sovik, see page 9.

Encore Presentation:

September 21-23

Exploring the Use of Sound in Asana, Pranayama, and Meditation Practice

 **March 16-18**
with Kathy Ornish



Incorporating sound in your yoga practice is a means to expand and deepen your self-understanding. Explore practices that integrate mantra and chanting with asana, pranayama, and meditation. Experience how sound can connect you to the *koshas*—the five dimensions of your being—and facilitate self-transformation. We will:

- Explore asana practices that incorporate sound and chanting
- Review the panchamaya kosha model in theory and practice
- Learn the cognitive, emotional, energetic, and symbolic effects of sound

> **Cost:**  \$125. Add 2 nights' accommodations.

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

LOTUS CANDLE: Jagati



Yoga for Strength and Stamina: Enhance Your Meditation Practice

 **March 23-25**
with Luke Ketterhagen



Maximize your yoga routine to develop muscle tone and add long lean muscle mass. Learn proper alignment for functional strength and increased flexibility, which shortens recovery time from sports and weight lifting. See how a healthy body is ultimately the foundation for a healthy mind and for a steady seated meditation practice. We will:

- Learn specific yoga postures, sequences, and breathing practices to build stamina and strength
- Develop endurance without repetitive exercises that can cause stress fractures and chronic pain
- Build strength without weights, which can shorten muscles, impede circulation, create "rounded" postures, and cause joint problems
- Experience how strength and stamina enhance your life
- Learn how to make regular meditation practice your next step to total health

> **Cost:**  \$99. Add 2 nights' accommodations.

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

Dynamics of Meditation®: The Inward Journey

 **March 30-April 1**
See page 11.

Holiday Meditation Retreat

 **April 6–8**
See page 11.

Vibrant Aging: The Art of Yoga for 50+

 **April 13–15**
with *Deborah Willoughby, Carrie Demers, MD, and Shari Friedrichsen*



The changes that come in the second half of life are an opportunity to awaken inner awareness. Our trio of talented teachers will help you discover how to enhance your physical health, mental clarity, and spiritual purpose as you master the art of aging. We will:

- Examine and reconsider our ingrained beliefs about aging
- Explore the ayurvedic approach to enhancing vitality and tempering the negative effects of time
- Practice yoga techniques for increasing flexibility, improving digestion, and awakening inner strength and purpose
- Learn how to make this the most fruitful time of life for inner exploration

> **Cost:**

PREMIUM
ALL ACCESS

 \$199. Add 2 nights' accommodations.

Deborah Willoughby is the founding editor of *Yoga International* and served as HI President from 1994 to 2008.

Shari Friedrichsen, see page 9.

Carrie Demers, MD, see page 25.

Yoga, Yoga Therapy, and Yoga Sadhana

 **April 20–22**
with *Pandit Rajmani Tigunait*

Capture the spirit of yoga to increase your healing potential!

The goal of yoga is to eliminate the threefold suffering: physical distress, mental anguish, and spiritual affliction. Pandit Tigunait 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 of removing physical, mental, and spiritual suffering. We will look at the full spectrum of yoga practice, including asana and breathwork, yoga therapy as a healing modality, and yoga sadhana as a means for inner healing and personal enlightenment. Main topics include:

- Yoga in the light of traditional wisdom and modern science
- The yogic model of inner healing and personal transformation
- The psycho-spiritual dimension of yoga and its relationship to ayurveda and tantric methods of healing
- The four states of consciousness—waking, dreaming, sleeping, and *turiya* (the transcendental state)—and the yogic approach to integrating and healing ourselves at all four levels
- Techniques for inner purification and revitalization to overcome the healer's own emotional depletion

> **Cost:**

PREMIUM
ALL ACCESS

 Add 2 nights' accommodations.

> **Text:** *Yoga and Psychotherapy* by Swami Rama et al.

Pandit Rajmani Tigunait, see page 9.

Encore Presentation:
August 31–September 2





Guru Parampara: Empowering the Teacher

A ParaYoga® Master Training



Guru Parampara will guide you in refining your skill and capacity, both as a teacher and advanced practitioner. Enjoy twice daily asana and meditation practices, wide-ranging lectures, and case studies, as well as opportunities to review your teaching skills and practice teaching with group and individual presentations. We will:

- Explore the science of diagnosis and design practices to meet individual needs
- Grow your authority as a teacher
- Address the physical, emotional, and psychic limitations of your students
- Learn the art of communication and intuition in one-on-one teaching
- Practice the art of teaching meditation

> **Prerequisites:** Completion of six ParaYoga® Master Trainings.

For more information and to register, please visit ParaYoga.com. For accommodations call the Himalayan Institute at 800.822.4547.

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



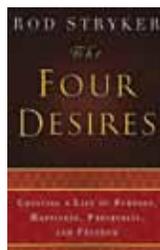
The Yoga of Fulfillment® is a profound and practical course in living your best possible life—a life that is rich spiritually and materially, your unique gift to yourself and the world. Discover the step-by-step process to achieve the life of your dreams. Through daily yoga and meditation practices, journaling exercises, deep relaxation, and visualization, you will:

- Learn the role of desire in spiritual life
- Access intuition and self-awareness
- Undo the beliefs and tendencies that sabotage fulfillment
- Transform through *yoga nidra* (deep relaxation) and new life-affirming intentions
- Use all life experiences for greater freedom

> **Cost:** PREMIUM Add 2 nights' accommodations.
ALL ACCESS

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

Encore Presentation: October 19–21



Yoga's supreme objective is to awaken an exalted state of spiritual realization, yet the tradition also teaches you how to live and how to shape your life with a commanding sense of purpose, capacity, and meaning. In the end, yoga has less to do with what you can do with your body and more to do with the happiness that unfolds from realizing your full potential.

— *The Four Desires*

HIMALAYAN INSTITUTE®

may

Dynamics of Meditation®: The Inward Journey



Introduction to ParaYoga®: Personal Power Through Practice



Join Karina for an introduction to Rod Stryker's ParaYoga. Drawing from classical yoga, ayurveda, and tantra, ParaYoga offers

students of all levels access to the complete range and sacred power of yoga. Our focus this weekend derives from a basic teaching of tantra: by understanding how to change our internal energy, we are empowered to change our experience of the world. We will:

- Learn the ParaYoga “blueprint” for yoga practice (including the sequence of the six categories of yoga poses, systematic relaxation, pranayama, and meditation)
- Apply the science of energetic transformation through the use of *bandha* (lock), *mudra* (gesture), mantra, and imagery
- Understand the three energetic effects of practice: *langhana* (calming), *brahmana* (energizing), and *samana* (assimilating)

> **Cost:** PREMIUM \$125. Add 2 nights' accommodations.
ALL ACCESS

Karina Ayn Mirsky, see page 12.

Breath of Life: Yoga and the Five *Prana Vayus*



Inner healing and awakening begin with accessing the life force, *prana shakti*. Explore the five aspects of prana shakti, the *prana vayus*

(winds), and discover how they are related to the structure of the body, the chakras, and mental/emotional patterns. 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 practices) to direct the flow of specific pranas, and concentrate and intensify prana with pranayama. Topics include:

- Relationship of three bandhas and *granthis* (knots) to the physical body and vayus
- *Vajra yogini mudra* and other yoga practices to mobilize prana
- Practice of asanas, pranayamas, and six *shat kriyas* (cleansing actions) for the five vayus

> **Cost:** PREMIUM Add 2 nights' accommodations.
ALL ACCESS

Sandra Anderson, see page 9.

Encore Presentation:
September 14–16

may programs (continued)



The Mystery of Willpower and Trustful Surrender:

A Study of the Tantric Masterpiece
Tripura Rahasya

 **May 25–27**
with Pandit Rajmani Tigunait



The *Tripura Rahasya* records a dialogue between two great masters, Dattatreya and Parashurama, who embody a vast range of human experience.

Their dialogue addressed such compelling questions as: Why do some succeed in life while others do not? Why do some of our intentions bear fruit while others remain barren? Why do only some of us meet a teacher and receive reliable guidance? 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?

This scripture explains how to discover the divinity within us and infuse our inner and outer worlds with divine light so we can live with purpose and meaning.

Major topics include:

- Ancient masters and their experiences in a modern context
- How the sage Parashurama met his master; learned the art of forgiveness and letting go; disciplined his thought, speech, and action; and eventually became established in his pure being
- The art of cultivating willpower and determination without falling prey to ego and possessiveness
- The art of cultivating trustful surrender without falling prey to inertia and carelessness
- 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

> **Cost:**

PREMIUM
ALL ACCESS

 Add 2 nights' accommodations.

> **Texts:** *Shakti Sadhana* and *From Death to Birth* by Pandit Rajmani Tigunait

Pandit Rajmani Tigunait, see page 9.

Encore Presentation:
October 12–14

TOTAL HEALTH CENTER: Mick Grady; GANESH: Mukti Broner

HIMALAYAN INSTITUTE® 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 selfhealing 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 supervised by Medical Director Carrie Demers, MD. A holistic



physician, board-certified in internal medicine, Dr. Demers incorporates modern medicine and holistic approaches to health, including ayurveda, herbs, homeopathy, yoga, diet, and lifestyle changes.

Pancha Karma

 **January 18–22**
February 8–12, 22–26
March 7–11, 21–25
April 11–15, 25–29
May 9–13, 16–20

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 our holistic physician

- 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

Space is limited to four participants and fills quickly.

> **Cost:** \$1,250. Add \$500 for 4 nights' private accommodations. A \$500 deposit is required at the time of registration.

HIMALAYAN INSTITUTE® teacher certification



Rolf Sovik



Sandra Anderson



Shari Friedrichsen



Inherit the Wisdom of a Living Tradition

Dedicated to excellence in teaching for 35 years, the Himalayan Institute offers comprehensive and systematic training in classical yoga drawing on the wisdom of a 5,000-year-old tradition. We teach yogic techniques for body, breath, mind, and spirit in 200-hour and 500-hour certification programs. Our programs include asana instruction, meditation, training in pranayama and relaxation techniques, yoga philosophy and psychology, and therapeutic dimensions of yoga.

We are a registered school with Yoga Alliance, meeting the requirements for national registration at both levels. For more information and an application, visit hita.org or call 800-822-4547 (press 2).



200-Hour Yoga Teacher Certification Program

July 13–August 5

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

Includes the practice and teaching of asana, pranayama, and relaxation; yoga philosophy; anatomy and physiology; the theory and practice of meditation; and the study of sacred texts.

> **Cost:** Tuition \$2,400; application fee and HI membership \$100 (nonrefundable); accommodations \$50/night.

> **Note:** This training includes *Teaching Methods*, July 4–7, and *Yoga and Ayurveda*, July 7–10; exclusive to teacher training participants.

500-Hour Yoga Teacher Certification Program

Spring:

March 23–April 1, 2012

Summer:

August 10–19, 2012

Fall:

September 28–
October 7, 2012

with Rolf Sovik, Sandra Anderson, Shari Friedrichsen, and HI Faculty

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

SPRING

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

- The Art of Observation and Assisting
- Refining Your Teaching Skills
- Breathing, Relaxation, and Meditation: Techniques and Teaching
- In-depth Study of the Yoga Sutras
- Sanskrit, Prayers, and Chants

SUMMER

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

- Asana and Chakras
- Pranayama and Subtle Body Anatomy
- The Art of Sequencing
- The *Bhagavad Gita* and Upanishads
- Advanced Meditation Techniques

FALL

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

- Breath and Pranic Energy in Healing
- Yoga Psychology and Philosophy to Support Mental Health
- Mental Strategies for Coping with Pain and Suffering
- Yoga for Common Structural Complaints
- Therapeutic Approach to Specific Illnesses
- Restorative Sequences and Application

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

> **Cost:** Tuition \$1,000 per segment; application fee and HI membership \$100 (nonrefundable); accommodations \$50/night.



FLOWER: feimda / istock.com

HIMALAYAN INSTITUTE® advanced training for yoga teachers



FLOWER & CANDLE STILL LIFE: Natalia Klenova / istock.com; FLOWERS IN BOWL: Jagati

Himalayan Institute Certified Ayurvedic Yoga Specialist Advanced Training

with Kathryn Templeton



Expand your capacity as a yoga teacher with this in-depth study of ayurvedic principles. Graduates will be able to integrate ayurveda

into group yoga classes, private sessions, and their own daily practice to maintain physical and emotional health. 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 postures and pranayama to kindle our agni and better circulate prana for efficient energy management

- The alchemy of yoga along with diet and lifestyle adjustments to adapt to daily, seasonal, and stage-of-life changes
- How to identify typical constitutional imbalances and address them through diet, cleansing, lifestyle, asana, pranayama, and meditation

Students must be certified yoga teachers at the 200-hour level or above and have a personal practice with a working knowledge of asana, pranayama, and meditation. Some knowledge of Sanskrit will be useful. Each session will start and end with yoga practice, combining information from lectures and homework.



Session #1: The Macrocosm and Microcosm of Ayurveda and Yoga

May 4–6

- Philosophy: understanding *purusha* (pure consciousness) and *prakriti* (universal nature)
- Elements manifest in the body: *koshas* and *doshas*
- Ayurvedic clock: hour, season, life stages

Session #2: Psychology of Ayurveda and the Physiology of Yoga

August 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* imbalances

Session #3: Improving Our Digestion of Foods, Thoughts, and Actions

September 20–23

- Practices to regulate agni and digestion
- The six tastes and proper diet
- Developing clinical awareness of asana, pranayama, meditation, and diet/lifestyle

Session #4: Clinical Use of Ayurveda and Yoga

December 6–9

- Yoga and ayurvedic psychology, *dinacharya* (daily routine), cleansing, and the *nadis* (energy channels)
- Introduction to tongue and pulse diagnosis
- Working with private clients using yoga and ayurveda; individual prescriptions

> **Cost:** \$299 per individual session, or \$999 for all 4 sessions. Add 3 nights' accommodations per session.

> **Note:** Sessions 1 to 3 can be taken as independent workshops. All four sessions are required for certification. All dates 2012.

> **Texts:** *Textbook of Ayurveda, Volume One: Fundamental Principles* by Dr. Vasant Lad; *Yoga & Ayurveda: Self-Healing and Self-Realization* by David Frawley

Kathryn Templeton is an ayurvedic consultant, psychotherapist, yoga therapist, and certified ParaYoga teacher through Rod Stryker. She is a graduate of the Kripalu School of Ayurveda where she studied with Dr. David Frawley, Dr. Vasant Lad, Dr. Robert Svoboda, and Dr. Claudia Welch.

Additional Ayurvedic Training The Energetics of Sequencing: Balancing the Doshas through Asana

 **January 27–29, 2012**
with Kathryn Templeton;
Katy Knowles

Practical application for teaching and integrating into your own personal practice.

Visit HimalayanInstitute.org for more details.

AYS Offered at a location near you!

YogaHome; Cincinnati, OH
YogaHome.net

PranaYoga; Miami, FL
PranaYogaMiami.com

Midtown Yoga; Memphis, TN
MidtownYoga.com

Devanadi Yoga; Minneapolis, MN
DevanadiYoga.com

HIMALAYAN INSTITUTE® registration & 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.

Himalayan Institute Total Health

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

For group rates, please call our Programming Sales Coordinator at 570-647-1524.

Room Descriptions/Pricing

Housing Options	Per night
Dormitory: Separate dorms for men & women feature bunk beds & a shared bath	\$65
Double: Double occupancy room with a shared bath	\$75
Single: Room with twin bed, sink, and a 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 with sleeper sofa	\$210
Guest house two-bedroom apartment with kitchenette: (sleeps 6 comfortably): We ask that families with children please call for specifics.	\$240

Rates valid through May 31, 2012.

Introducing Our New Café and Bookstore:

Browse our collection of yoga books and media, accessories, attire, and products from our Total Health line, while enjoying fresh juice, organic coffee, authentic chai, tea, and homemade snacks and baked goods.

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.

Premium Membership PREMIUM ALL ACCESS

We are pleased to announce a new way to study with us, the All Access Pass, a benefit of our new premium membership. For about the cost of one seminar, you can attend all YLGM seminars and our other weekend workshops tuition-free plus the cost of accommodations. See page 3 for more details.

Visit HimalayanInstitute.org/Membership and join today.

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HI Humanitarian Initiatives

- Himalayan Institute Community Centers in India, Africa, and Mexico
- Scholarships supporting education, vocational training, and sustainable microenterprise
- Energy Farming—sustainable agricultural development

FACULTY

Sri Swami Rama

Founder

Pandit Rajmani Tigonait, PhD

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Rolf Sovik, PsyD

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Ishan Tigonait

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