



HIMALAYAN INSTITUTE®

programs

spring 2011

- 78 program calendar
- 80 program highlights
- 82 yoga practice
- 84 yoga philosophy
- 85 meditation
- 86 teacher training
- 87 ayurveda and health
- 89 total health center
- 90 residential programs
- 91 registration and guest information
- 92 meet our faculty

Welcome to the

Himalayan Institute, the premier center for yoga, meditation, spirituality, and holistic health. Our vibrant community sits on a peaceful 400-acre campus in the rolling hills and verdant forests of Pennsylvania's Pocono Mountains. The Institute provides the perfect setting for seminars and retreats, residential programs, holistic health services, and outdoor activities like hiking, biking, and bird watching. Join students from all over the world in discovering the path to a balanced, integrated, and fulfilling life.

Our diverse programs explore hatha yoga, meditation, ayurveda and wellness, stress reduction, and yoga and tantra philosophy. We also offer yoga teacher trainings, spiritual excursions, meditation retreats, and self-transformation residential programs.



PHOTO: ANDREA KILLAM; MODEL: JOSE REYES

PROGRAM HIGHLIGHTS

Members' Homecoming Program

June 17-26

Tap into the resources of our vibrant spiritual community and deepen your yoga practice. Rise early for group meditation and yoga, participate daily in five hours of seasonal tasks, and attend these weekend seminars: "25 Natural Products You Should Know," June 17-19, and "Bhuta Shuddhi: A Practice for Inner Purification," June 24-26. Open to Himalayan Institute members only.

> **Cost:** Members \$300, including 9 nights' accommodations (based on double occupancy; see page 91 for rates).

Kundalini Research Network Annual Conference

Perspectives on Kundalini: Clinical, Research, and Traditional Views

June 10-12

This conference affords the rare opportunity to gather and discuss the powerful impact that yoga and meditation practices, spiritual emergence, transcendent experiences, and the transformative power of *kundalini* (dormant potential) have on individuals.

Through keynote presentations and panels of experts, we will explore what the process of transformation and change looks like from clinical, research, and traditional spiritual and yogic perspectives.

For more details, please visit www.kundalininet.org/html/events.html.

> **Cost:** \$150; \$125 early registration on or before March 15, 2010. Add 2 nights' accommodations (based on double occupancy; see page 91 for rates).

Upcoming Teacher Spotlight



Luke Ketterhagen graduated from Marquette University with a degree in Biomedical Sciences and immersed himself in the study of yoga. He completed his yoga teacher certification at the Himalayan Institute and began teaching classes and workshops

specializing in hatha, meditation, diet and nutrition, and stress reduction. Luke also wrote the Asana Basics column for *Yoga International* magazine. Inspired by the yogic lifestyle he experienced at the Himalayan Institute, Luke founded Uptown Yoga in Dallas and later became the principal teacher at East West Yoga in New York City. He currently teaches at Santa Monica Yoga Center and throughout the United States, conducting yoga teacher training programs and weekend workshops.

Yoga for Strength and Stamina
April 8-10

For more details, see page 83.



Jill Miller is a fitness and yoga therapy expert with more than 25 years of expertise in the moving arts of yoga, modern dance, pilates, bodywork, and shiatsu. Her ground-breaking format, *Yoga Tune Up*®, playfully integrates the nuts and bolts of human movement with profound yogic philosophy. Her innovative techniques have made her a sought-after leader in the field of mind-body fitness and pain-relief wellness.

Jill has been featured in *Self*, *Prevention*, *Redbook*, *Yoga Journal*, *Women's Running*, ABC and NPR; the *LA Times* calls her "kinetically arresting." She is a contributing expert at GaiamLife. Jill's critically acclaimed DVD series and self-care therapy products include *Yoga Tune Up*®, the Pranamaya® produced *Yoga Link*, and Gaiam's® *Yoga for Weight Loss*.

The Core of Yoga: A Total Abdominal Awakening
June 3-5

For more details, see page 83.

For more details, see page 83.

NEW! Advanced Training for YOGA TEACHERS!

Himalayan Institute Certified Ayurvedic Yoga Specialist Training (A Four-Part Series): An Advanced Training for Certified Yoga Teachers (200-hour minimum)



with Kathryn Templeton

The tantric traditions explicitly weave yoga and ayurveda to create powerful, protective practices to guide us toward our fullest potential. 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* (life force) 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 know how to address them through diet, cleansing, lifestyle, asana, pranayama, and meditation

Students need to be certified yoga teachers at the 200-hour level or above, and have a personal practice and a working knowledge of asana, pranayama, and meditation. Sanskrit will not be taught, but some background knowledge will be useful. Each session will start and end with yoga practice, combining information from lectures and homework. This experiential model helps develop a strong understanding of how to sequence asana, pranayama, and meditation in a wise progression for constitutional balance.

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

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

May 12-15

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

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

July 21-24

- 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 22-25

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

Session #4: Clinical Use of Ayurveda and Yoga

October 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 required for certification.

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



YOGA PRACTICE

Yoga for 50+: Returning to your Deepest Self March 11–13

with Deborah Willoughby, Shari Friedrichsen, and Carrie Demers, MD

Skillful use of the changes that come with the second half of life is the key to a fruitful and joyous future. Take this opportunity to reflect on the gifts of maturity. Discover how to live purposefully and meaningfully, and how to enhance your physical health, mental clarity, and inner peace. We will:

- Examine fresh spiritual and psychological perspectives on this stage of life
- Explore the ayurvedic approach to enhancing vitality and tempering the negative effects of aging
- Practice yoga techniques to increase flexibility, improve digestion, and awaken inner strength and purpose
- Learn how to take advantage of the neurological and psychological changes that make this the most fruitful time of life for spiritual practice

> **Cost:** Members \$199; non-members \$225. Add 2 nights' accommodations.

Coming Home to the Body: Asana and Pranayama in the Yoga Sutra March 18–20

with Sandra Anderson

Explore asana and pranayama in the context of the *Yoga Sutra*, the authoritative text for yoga practice. Three verses of the *Yoga Sutra* address asana and invite us to explore stability and ease in inner and outer alignment, surrender into effortlessness, and transcend the limitations of physical awareness. We will:

- Thoroughly examine the verses addressing asana and pranayama and their place in the *Yoga Sutra*
- Explore the play of opposites in asana as a means of perfecting alignment and creating inner space
- Investigate core strength in standing and sitting postures and bring this stability and ease to other asanas

- Empower awareness of the body's inner space through pranayama
- Draw parallels between asana practice and other aspects of mental and emotional alignment

> **Suggested Reading:** *Yoga Sutra*; recommended translations are by Edwin Bryant or Swami Hariharananda Aranya

> **Cost:** Members \$199; non-members \$225. Add 2 nights' accommodations.



The Art of Self-Care: Discover the Healing Power of Yoga March 25–27

with Rolf Sovik

See Page 87 for details.

Tuition FREE for Members

Yoga for Strength and Stamina April 8–10

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 to reduce recovery time from sports and weight lifting. 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

> **Cost:** Tuition-free for members; non-members \$225. Add 2 nights' accommodations.

Awaken the Power of Hatha Yoga: Asana, Bandha, Mantra and Mudra A ParaYoga Weekend April 29–May 1

with Karina Ayn Mirsky

Unlock the true power of hatha yoga practice in this ParaYoga seminar. Explore *asana* (postures), *bandha* (internal energy locks), *mantra* (sacred sounds), and *mudra* (seals within the

body and in the hands). We will use this knowledge to bring awareness to the *chakras* (energy centers along the spine) and facilitate the awakening of *kundalini shakti* (dormant potential). With both lecture and practices, we will:

- Draw guidance from classical texts, such as the *Hatha Yoga Pradipika*
- Practice asana, bandha, and mudra to access our subtle energy body
- Release into systematic relaxation and deepen our meditation practice

> **Cost:** Members \$99; non-members \$125. Add 2 nights' accommodations.

Healing the Healer: A Retreat for Caregivers and Healing Professionals (Three-Day or Five-Day Option) Choose May 13–15 or May 13–17

with Karina Ayn Mirsky

How do we prevent ourselves from burning out when we give so much? How can we, as caregivers, awaken to deep joy? How can we stay connected to that joy in our daily lives?

This retreat is aimed to support anyone in a caregiver role at home as well as healing professionals. Rejuvenate and reconnect to your internal healing resources that are so important in helping you to help others. We will:

- Create and welcome the time and space to care for ourselves deeply
- Practice techniques including restorative yoga, partner yoga, and specific sequences designed to restore vital energy
- Engage in group dialogue using Genpo Roshi's Big Mind/Big Heart process
- Experience healing mantra and ancient circle songs, such as the “Dances of Universal Peace”

- Identify potential sources of burnout and how to avoid them
- Journal and craft a *sankalpa* (spiritual goal setting) for lifestyle management

> **Cost:** Members \$125 (three-day) or \$175 (five-day); non-members \$275. Add 2 nights' accommodations.

The Core of Yoga: A Total Abdominal Awakening June 3–5

with Jill Miller

In this program of experiential anatomy, access your body's core and find your authentic center of balance. Awakening your core can dissolve layers of physical and mental tension. We will focus on precise abdominal and pelvic work, *asana* (postures), *pranayama* (breath work), *bandha* (internal energy locks), joint explorations, tranquilizing relaxations, and therapeutic self-massage. We will:

- Strengthen and tone with movements from the Core Integration series
- Accurately experience subtle anatomy through Yoga Tune Up® exercises
- Sharpen the quality of backbends, inversions, and overall coordination
- Improve breathing, digestion, and sleep
- Learn simple self-massage routines with the Yoga Tune Up® therapy balls

Get to know your own anatomical landscape, revive your relationship to your core, and transform your practice.

> **Suggested Reading:** *Anatomy of Hatha Yoga* by H. David Coulter and *The Second Brain* by Michael Gershon

> **Cost:** Members \$199; non-members \$225. Add 2 night' accommodations plus a \$10 materials fee.

YOGA PHILOSOPHY

Living
TANTRA™

with Pandit Rajmani Tigunait

**Bhuta Shuddhi:
A Practice for Inner Purification**
June 24–26

with Sandra Anderson

Bhuta shuddhi is a *sukshma sadhana* (subtle body discipline) that develops the body and mind for deeper practice, and links the physical level of practice with the subtle body and the mental level of practice. An elegant and powerful tool, bhuta shuddhi combines pranayama with the tantric practices of *yantra* (sacred symbols) and mantra meditation for purification of the physical, energetic, and mental levels of being. Like a complete wash for the energy system—the *nadis* (energy channels) and *chakras* (energy centers along the spine)—bhuta shuddhi rejuvenates the physiological processes and dispels mental and emotional tensions. The healing energy it releases resolves inner conflicts and heals the forces shaping the body and emotions. Topics include:

- What are the *bhutas* (elements)? How are they related to us and to the world around us?
- Chakras and nadis—the key to awakening and directing *prana shakti* (energy of the life force)
- Yantra visualization and meditation to gain access to the chakras
- *Bija* mantra meditation to activate dormant potentials of the mind
- Asana and pranayama to increase the flow of prana
- Take home practice

> **Cost:** Members \$199; non-members \$225. Add 2 nights' accommodations.

**Living Tantra Series (Part 5 of 6):
Tantra and the Lotus of the Heart**
April 15–17, May 27–29

In every tradition, the lotus of the heart is seen as the sacred home of God. In the Indian tradition, *Brahma*, the Creator, is born from a lotus. The great deities, *Maha Vairochana* of Tibetan Buddhism and *Dainichi Nyori* of Shingon Buddhism make this lotus their abode. Yet many of us experience this sacred home as a tangle of thorns. This experiential seminar takes us to the very core of tantra. We will learn the tantric method of meditating on the heart and discover why it destroys the clouds of fear and grief that engulf so many. This unique meditation technique is based on the *Lotus Sutra of Buddha* and the *Yoga Sutra of Patanjali* and is augmented by techniques from the tantric scriptures. We will study tantric techniques for:

- Calming our critical mind and retraining it to hear and heed the voice of the heart
- Transforming our self-demeaning habits into a passion for spiritual unfoldment
- Infusing the heart with *prana shakti* (energy of the life force) and healing the wounds caused by betrayal, fear, and grief
- Creating sacred space in the heart and filling it with love and compassion, determination, and trustful surrender

> **Cost:** \$300; add 2 nights' accommodations.

**Living Tantra Series (Part 6 of 6):
Sri Vidya: Embodiment of Tantra**
July 15–17

Sri Vidya, the most sublime and rewarding of all tantric paths, leads to a direct experience of ourselves as a wave of beauty and bliss arising from the ocean of pure consciousness. Awaken an understanding of your body as a living shrine, and the chakras as altars in that shrine. Learn how every thought, word, and action is an avenue for spiritual experience. These sessions will empower you to integrate all the practices of yoga and meditation into the fulfilling worldview of Sri Vidya, and to discover which of the chakras is the most suitable center of practice for you. We will study tantric techniques for:

- Uniting the navel center, the heart center, and the eyebrow center to experience the power and joy unique to this sublime path
- Connecting yourself with the divinity at any shrine belonging to any spiritual tradition
- Restoring, reviving, and reawakening abandoned shrines—those in the external world and the inner shrine of the human heart
- Infusing both our own lives and the natural world with *saundarya'labari* (the wave of beauty) and *ananda'labari* (the wave of bliss)—the ultimate service to ourselves and our Creator

> **Cost:** \$300; add 2 nights' accommodations.

MEDITATION

Holiday Meditation Retreat
April 22–24

Join us for the holidays! It's a golden opportunity—join other committed seekers to reflect on the spiritual meaning of this special season and to deepen your practice. See below for more details.

> **Cost:** Accommodations only.

Meditation Retreats

Come anytime and stay as long as you like! Enjoy our beautiful, 400-acre, wooded campus; meditate in the presence of the sacred flame; and create a program of renewal and spiritual practice that is right for you. We provide a quiet room, meals, hatha yoga classes, videotaped lectures, and suggestions to make your stay here enjoyable. Book a wellness service at the Total Health Center for an additional fee. Weekend seminars not included.

> **Cost:** Accommodations only.

**Dynamics of Meditation®:
The Inward Journey**
March 4–6, April 1–3,
May 6–8, June 3–5

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. We will learn:

- How to sit, breathe, relax, and concentrate in preparation for meditation
- How to assess physical, mental, and energetic capacities
- How to curb the roaming tendencies of the mind
- How to meditate on the breath and the primordial sound

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

> **Cost:** Members \$125; non-members \$150. Add 2 nights' accommodations.

GAIN MASTERY OF YOUR MIND AND
MINIMIZE AFFLICTIONS THAT CREATE
OBSTACLES IN YOUR PATH.

PHOTO: ANDREA KILLAM; MODEL: RACHEL CAMA; TOP: MODEL'S OWN; PANTS: PRANA

For accommodation rates and registration details, see page 91.



TEACHER TRAINING PROGRAMS

Dedicated to a tradition of excellence in teaching for 35 years, the Himalayan Institute offers yoga teachers comprehensive and systematic training in classical yoga. We teach yogic techniques for body, breath, mind, and spirit in 200- and 500-hour certification programs. We are a registered school with Yoga Alliance and meet the requirement for national registration at both levels.

Topics include systematic meditation training, asana instruction, training in pranayama and relaxation techniques, therapeutic yoga, yoga philosophy and psychology, anatomy, diet, and lifestyle.

200-Hour Yoga Teacher Certification Program Three-Week Training Intensive June 17–July 10

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

Includes theory and practice of all aspects of yoga, teaching techniques, introduction to Sanskrit, anatomy and physiology, stress management, and mantra meditation. Additional requirements: assigned reading, home study, exams, meditation journal, and a teaching evaluation. See hita.org for more information on course content. Participation is by application only.

> **Note:** This training includes Teaching Methods, July 4–7, and Yoga and Ayurveda, July 7–10.

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



500-Hour Yoga Teacher Certification Program Spring Segment: April 1–10 Summer Segment: August 12–21 Fall Segment: October 14–23

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

We are pleased to offer advanced teacher training in a new format: three 10-day segments (spring, summer, fall). All contact hour requirements for training are included in these segments.

The program includes advanced studies in teaching methods, asana, pranayama, meditation and mantra, Sanskrit, subtle body anatomy, yoga texts such as the *Bhagavad Gita* and *Yoga Sutra*, and a new segment on the healing and therapeutic applications of yoga. See hita.org for more details.

> **Prerequisites:** 200-hour certification and a regular practice. Open to students of all traditions. Participation is by application only.

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



How to apply: To download an application, visit hita.org. For more information and to reserve your accommodations, call 800-822-4547 (press 6).

BLEND IMAGES / ALAMY

AYURVEDA & HEALTH

Pancha Karma

March 2–6, March 23–27,
April 6–10, April 27–May 1,
May 11–15, June 1–5, June 22–26

Enjoy ayurveda's quintessential cleansing and rejuvenation treatment. Pancha karma promotes healing and renewal 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
- A biofeedback session
- A light cleansing diet
- Various ayurvedic cleansing techniques, as prescribed
- Evening lectures on ayurveda, cleansing, and meditation
- Concluding consultation with personalized life-style recommendations

Relax in a chalet-style guest house surrounded by peaceful wooded grounds. The program begins on Wednesday afternoon and concludes at noon on Sunday. Space is limited to four participants and fills quickly; reserve in advance through the Himalayan Institute Total Health Center, 570-647-1500.

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

The Art of Self-Care: Discover the Healing Power of Yoga March 25–27

with Rolf Sovik

Learn how the mindful practice of yoga can lead from suffering to healing and from healing to self-fulfillment. Cultivate yogic strategies to support your health and well-being in times of sickness, injury, or emotional imbalance. Develop your own self-care program to complement other medical treatments for acute and chronic conditions and bolster your health against future illnesses. We will:

- Explore theory and techniques to create and maintain personal health and well-being
- Strengthen your spirit of optimism even during times of ill health
- Awaken and expand your inherent healing energy with asana practice and deep relaxation methods
- Recognize emotional imbalances and inspire self-acceptance
- Explore the role of healing mantras and the positive potential of illness
- Turn toward trustful surrender

> **Cost:** Members \$199; non-members \$225. Add 2 nights' accommodations.

Total Detox Reclaim Your Vital Energy and Focus

March 31–April 3

with Carrie Demers, MD, Shari Friedrichsen, and James (Slim) Miles

Feel firsthand the rejuvenating effects of a balanced, systematic process of detoxification. Learn how to optimize the functioning of your five major cleansing organs: colon, kidneys, liver, lungs, and skin. In this three-day experiential program, you will learn how to incorporate the best ayurvedic and yogic cleansing and renewal techniques into your daily life, so you can feel and perform at your best.

This practical program format incorporates carefully planned exercise, relaxation, self-reflection, self-massage, juicing, and an herbal extract and dietary regimen to facilitate thorough cleansing and detoxification.

> **Added Bonus:** All participants of the Total Detox Program will receive a free massage from our Total Health Center.

> **Note:** Space is limited. This program is not open to participants in any of the Himalayan Institute Residential Programs including the Self-Transformation Program.

> **Cost:** Members \$450; non-members \$500. Add 3 nights' accommodations.

For accommodation rates and registration details, see page 91.



AYURVEDA & HEALTH

For accommodation rates and registration details, see page 91

The Power of Cleansing: An Experiential Weekend May 19–22

with Carrie Demers and
James “Slim” Miles

In our fast-paced, consumer-oriented world, we have lost sight of the need to clear toxins from our minds and bodies. The foods we eat, the constant sensory input, and the mental impressions from the world around us are stored in our cells and memories. This accumulated burden runs us down physically and mentally and can often lead to illness. Cleansing techniques remove this toxic debris and free our vital energy. Gain tools for cleansing to use throughout your life. Participants will be led through a juice fast and an optional complete intestinal cleanse. We will learn:

- Effects of cleansing on consciousness
- Benefits of juicing
- Specific herbs for cleansing the blood, liver, and intestines
- *Kriyas* (yogic cleansing practices)
- A cleansing diet and the pros and cons of fasting
- Types of enemas and their uses

This program begins on Thursday evening and concludes at noon on Sunday.

> **Note:** Enrollment is limited. All participants will undergo a brief health screening to determine that these cleansing practices are safe for them. This program is not suitable if you are pregnant or have gastritis, ulcers, or inflammatory bowel disease.

> **Cost:** Members \$250; non-members \$300. Add 3 nights' accommodations.



Upcoming Programs with Susan Taylor

We often depend on outside forces to stimulate our vital energy, and forget the art of cultivating it from within. Join Dr. Susan Taylor, a nutritional biochemist who has trained in yoga sciences for the past 30 years, as she leads you on a personal journey to health and vitality.

Summit the Soul™: Ascend the Pinnacle of Health and Vitality March 24–27

Use nutrition, diet, self-reflection, relaxation, and meditation to craft a whole-body, whole-life plan and access your full potential. We will:

- Crack the code of fatigue
- Overcome the effects of stress on the mind and body
- Work with self-destructive emotions, like fear and anger
- Learn how to eat for endurance and strength and discover which foods contribute to a positive mood and energy level

Continuing Education Program
for Health Care Professionals

Detox Your Mind™: Overcome Physical and Mental Fatigue April 29–May 1

Offered Through Gannet Education

Ever wonder why some people are energized with life and others are not? Why do some 90-year-olds thrive, while some 40-year-olds barely have the energy to get through the day?

To achieve the maximum energy for health requires more than knowing what to eat and what supplements to take. It is also vital to cleanse and nourish the mind.

During this innovative retreat, we will explore the latest research on diet, nutritional energetics, and supplements, including herbs, vitamins, and minerals to support the mind. Leave with a clear personal plan for mental cleansing and nourishment.

Secrets for a Well-Nourished Brain: Strengthen Your Personal Vitality June 9–12

Discover proven techniques for breaking the biological cycle that creates stress and fatigue. Reinforce vitality with good nutrients and healthy mental habits. We will:

- Learn how to build a foundation through diet and nutrition for a healthy brain
- Learn restorative breathing and movement practices designed to promote a vital mind
- Address the causes of inflammation in the brain and nervous system
- Create your own Personal Vitality Planner™

To learn more or to register for these programs, call 978-255-1379 or visit drsusantaylor.com. To reserve accommodations, call the Himalayan Institute at 800-822-4547.

25 Natural Products You Should Know June 17–19

with James “Slim” Miles

Spend a weekend learning the in-depth profiles of 25 natural products to improve your health and well-being with our head of research and development. Incorporate this knowledge into your daily routine to naturally enhance your quality of life, energy level, and immunity. Topics include:

- Herbs: learn the botanicals and variety of preparations that can build immunity, cleanse, nourish, and rejuvenate
- Dietary supplements: discover which are most effective and beneficial
- Homeopathy: understand this system of natural medicine which can be used for acute and chronic illness, simple first aid, and your individual constitution
- Essential oils: learn how to enhance mood and overall well-being with aromatherapy and massage
- Nasal irrigation: learn various techniques to keep sinuses clean and healthy beyond preventing colds, flu, and allergies
- Foods: augment your current diet by adding common foods which are typically underappreciated

> **Cost:** Members \$149; non-members \$200. Add 2 nights' accommodations.



Total Health Center

Specializing in Ayurvedic and Yogic Techniques

For over 35 years, the Total Health Center has combined Western medicine with Eastern systems of healing in an integrated approach to holistic health. Our therapeutic treatments are designed for accelerated healing, preventive care, and long-lasting vitality. Join us for a comprehensive ayurvedic health program, such as Pancha Karma, Total Detox, or Ayurvedic Rejuvenation; or choose from a wide range of à la carte services, including:

- Therapeutic massage and body treatments
- Biofeedback
- Holistic chiropractic care
- Individualized yoga therapy
- Consultation with an ayurvedic physician

Ayurvedic health programs are supervised by Carrie Demers, MD, medical director of the Total Health Center for the last 12 years. A holistic physician, board-certified in internal medicine, Dr. Demers integrates modern and holistic approaches to health, including ayurveda, herbs, homeopathy, yoga, nutrition, and lifestyle changes.

Our combined approach to wellness will help you re-establish your natural state of ease and wholeness, and restore harmony between body and mind.

For a complete list of services, visit himalayaninstitute.org/totalhealthcenter. Call ahead to book your appointment, 570-647-1500.



TOP LEFT: ANDREA KILLAM; BOTTOM: JAGATI



RESIDENTIAL 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™
March 3–29, March 31–April 26,
May 5–31, June 2–28

Learn and practice proven techniques for transforming your habits and creating a healthier lifestyle in this powerful four-week residential program. Attend the Institute's 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 to five hours a day of *karma yoga* (selfless service).

> **Cost:** Members \$750; non-members \$825.

All residential programs are by application only. Cost includes accommodations and vegetarian meals. To apply or learn more, call 570-253-5551 ext. 3018 or e-mail residential@HimalayanInstitute.org.

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 month-long 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.

10-Day Residential Program

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

> **Cost:** Members \$400; non-members \$440.

Organic Gardening Apprenticeship Spring 2011 May 5–September 30

Learn and practice the art of organic gardening as part of our Residential Program. This five-month apprenticeship provides hands-on experience and training in organic gardening techniques as well as the full range of educational programs and community activities available to Institute residents. The program begins with the month-long Self-Transformation Program, included in the cost. Scholarships are available to qualified applicants.

> **Cost:** \$1,200 for five-month program.

Sustainable Farming Apprenticeship: Service Experience in Mexico July 18–August 14

The Himalayan Institute is excited to announce its first service-oriented farming program at our humanitarian center in Mexico. Join us in the lush environment of the Sierra Norte mountains for this multifaceted immersion experience.

At the HI Mexico center and living classroom in rural Jonotla in the state of Puebla, you will:

- Gain knowledge and practical skills of sustainable organic agricultural techniques
- Immerse yourself in the culture of the Sierra Norte with language classes, cooking lessons, and numerous sight-seeing excursions
- Help strengthen community in the village of Jonotla by volunteering on local service projects
- Deepen your personal growth with yoga classes and meditation

> **Cost:** \$1,500 includes room, board, and tuition. Transportation not included.

REGISTRATION & GUEST INFORMATION

Register Online at

HimalayanInstitute.org
 Visit us online to learn more about group discounts, financial aid, international humanitarian projects, and our branch centers and affiliates.

Or by Phone

800-822-4547
 Monday–Friday, 9 a.m.–5 p.m. EST

Accommodations

In the tradition of retreat-style housing, our accommodations are modest and lack the interruptions of television, telephone, and radio. Accommodations include vegetarian meals, hatha yoga classes, and full use of guest facilities. Please make your reservations at least two weeks in advance.

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

Facilities

Wireless Internet: Access available in public areas.

Himalayan Institute Total Health Center: See page 89 for full description of services offered.

Bookstore and Humanitarian trAID Bazaar: An extensive collection of yoga media, accessories, and attire; products from our Total Health line; and our gallery-style bazaar, featuring unique gifts crafted by artisans from around the world who are connected to the Institute through our global humanitarian projects.

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, 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

Visit HimalayanInstitute.org/
 Directions to learn all travel options.

Room Descriptions/Pricing

Housing Options	Members (per person)	Non-Members (per night)
Dormitory: Separate dorms for men and women feature bunk beds and a shared bath	\$65	\$75
Double: Double occupancy room with shared bath	\$75	\$95
Single: Room with twin bed, sink, and shared bath	\$115	\$150
Deluxe: (Single occupancy rates listed; \$65 per add'l guest) Double occupancy; sink in room; semi-private bath	\$150	\$180
	\$180	\$210
Double occupancy; private bath	\$210	\$240
Suite with full bed, private bath, sitting area with sleeper sofa	\$240	\$270
Guest House chalet-style two-bedroom apartment with kitchenette: (sleeps 6 comfortably): We ask that families with children please call for specifics.	\$240	\$270

Become a Member

For \$60 a year, full members receive discounts on all of our services and a subscription to *Yoga International* magazine.

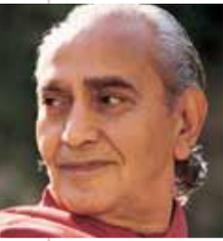
Visit HimalayanInstitute.org/
 Membership and join today!





meet our faculty

Sri Swami Rama Founder



One of the greatest adepts, teachers, writers, and humanitarians of the 20th century, Swami Rama is the founder of the Himalayan Institute. Although he left his body in 1996, his teachings live on in his students and in his books.

Pandit Rajmani Tigunait, PhD Spiritual Head



Chairman and Spiritual Head of the Himalayan Institute, Pandit Rajmani Tigunait is the successor to Sri Swami Rama. Family tradition gave him access to a vast range of spiritual wisdom preserved in both the written and the oral traditions. As a young man, he lived and studied with renowned adepts before meeting his spiritual master, Swami Rama of the Himalayas. Pandit Tigunait is fluent in both Vedic and Classical Sanskrit and has an encyclopedic knowledge of the scriptures. He holds a doctorate in Sanskrit from the University of Allahabad and another in Oriental Studies from the University of Pennsylvania. He has written 14 books and has lectured and taught worldwide for more than 30 years.

Sandra Anderson

Co-author of the award-winning *Yoga: Mastering the Basics* and a senior editor for *Yoga International*, Sandra Anderson's work draws on her studies of traditional yoga texts and her extensive visits to India, where she conducts an annual yoga teacher training program. Sandra holds a degree in geology and began her studies in yoga while working in the environmental protection field. Initiated into the Himalayan tradition in 1988, she lives at HI and teaches all aspects of yoga.

Greg Capitolo

Greg Capitolo began practicing hatha yoga and meditation in 1994. He studied with several experienced yoga teachers while working in accounting, finance, and IT. After completing the Himalayan Institute's teacher training program in 2005, Greg began teaching yoga classes at corporations such as Oracle and Sybase. In 2006, Greg took residence at HI where he currently serves as the Director of Finance and Information.

Mary Cardinal

A yoga teacher and educator specializing in therapeutic yoga, Mary Cardinal serves as the yoga therapy coordinator for the Total Health Center. She is the

former coordinator of the Himalayan Institute Teachers Association and holds degrees and certification in both traditional and Montessori education.

Carrie Demers, MD

Board-certified in internal medicine, Carrie Demers, MD, is a holistic physician who blends modern medicine with traditional approaches to health. After receiving her medical degree from the University of Cincinnati, Dr. Demers went on to study massage, homeopathy, nutrition, herbal medicine, yoga, and ayurveda. She has been the Director of the Himalayan Institute Total Health Center for the last 12 years. Widely recognized for her expertise in holistic health, Dr. Demers has been interviewed by numerous magazines and newspapers. She lectures nationally on holistic health and ayurveda.

Shari Friedrichsen

Shari Friedrichsen has been teaching yoga for over three decades. She is a key facilitator at the teacher training programs at Santa Monica Yoga and the Himalayan Institute. Shari has studied asana and meditation with respected teachers like Pandit Rajmani Tigunait, Amma Sri Karunamayi, B.K.S. Iyengar, and Judith Lasater. As a subtle anatomy expert, her unique style integrates the

breath, proper alignment, and visualizations to draw the student deep into the inner experience of each posture.

Sarah Goddard

Sarah Goddard earned a master's degree in materials engineering and completed an eight-year career prior to joining the Himalayan Institute in 2004. A student of yoga for over 10 years, she has taught yoga in corporate, clinical, and studio settings. Sarah currently serves as the Program Manager for HI.

James (Slim) Miles

An herbalist and natural health consultant, Slim Miles has worked in the natural foods industry for almost 20 years. He served as the Director of Production and National Herbal Education at Gaia Herbs before coming to the Himalayan Institute in 1998 where he teaches herbal medicine, ayurveda, homeopathy, aromatherapy, and cleansing for health. As HI Head of Research and Development, Slim customizes herbal supplements and formulates Himalayan Institute products.

Karina Ayn Mirsky

A certified teacher of Rod Stryker's ParaYoga, Karina Ayn Mirsky is the director of Sangha Yoga in Kalamazoo, MI. She draws on her experience as a performance artist, massage therapist, and cancer survivor to convey yoga as a therapeutic science and catalyst for personal transformation. Karina was featured in the March 2008 issue of *Yoga Journal* as one of 21 teachers under the age of 40 who are shaping the future of yoga in America.

Kathy (K.O.) Ornish

Kathy Ornish is a certified yoga therapist and teacher through Gary Kraftsow's American Viniyoga Institute (AVI), a certified ParaYoga teacher, and has studied in the Iyengar and Himalayan Institute traditions. She is a consultant at the Preventative Medicine Research Institute in California and is a program assistant in the Foundations for Yoga Therapy program at AVI. K.O. has a yoga therapy practice and teaches group classes in East Lansing, Michigan.

Irene (Aradhana) Petryszak

A senior editor of *Yoga International*, Irene Petryszak served as the Chairman of the Himalayan Institute from 1996 to 2008. She holds a master's degree in Eastern studies and has studied and practiced yoga for 30 years in the United States and India under the guidance of Swami Rama and Pandit Rajmani Tigunait. She teaches meditation and yoga philosophy at HI.

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*.

Mary Gail Sovik

Co-director of the Himalayan Institute in Buffalo, NY, Mary Gail Sovik has studied yoga since 1973 under the guidance of Swami Rama and Pandit Rajmani Tigunait. She holds a master's degree from the University of Notre Dame in guidance counseling. She teaches meditation and guides women's spirituality groups in Buffalo.

Ishan Tigunait

Son of Pandit Rajmani Tigunait, Ishan Tigunait received his first spiritual lessons from Swami Rama. He earned a degree in computer engineering and worked for IBM before returning to the Institute to head the Energy Farming initiative which provides sustainable rural empowerment for communities in developing countries. Ishan now serves as Director of Strategic Development for the Himalayan Institute and spearheads the expansion of the Institute's humanitarian projects around the world.

Deborah Willoughby

The founding editor of *Yoga International*, Deborah Willoughby holds a master's degree in English literature from the University of Virginia. After a career in Washington, DC, as a writer and editor, she turned her attention full-time to the study and practice of yoga. She has studied with Swami Rama and Pandit Rajmani Tigunait in both the United States and India and served as President of the Himalayan Institute from 1994 to 2008. She currently teaches meditation, yoga philosophy, and Vedanta at the Honesdale campus.



Sandra Anderson

Greg Capitolo

Mary Cardinal

Carrie Demers

Shari Friedrichsen

Sarah Goddard

James (Slim) Miles



Karina Ayn Mirsky

Kathy (K.O.) Ornish

Irene (Aradhana) Petryszak

Mary Gail Sovik

Rolf Sovik

Ishan Tigunait

Deborah Willoughby