

Dharma Yoga

Life of a Yogi Immersions

Dharma Yoga Japan ~ Teacher Training May 2010

Go to: www.dharmayogacenter.com



DY LOAY TT 200 Hour Program includes:

In-depth hands on practicum of Dharma Gentle, Dharma I, and Dharma II, Shiva Namaskar Vinyasa Series, with a focus on learning sequences, teaching, techniques, adjusting and assisting..

Gentle Yoga, Sequencing of Postures, Partner Work, Yogic Lifestyle, Asana Alignment and Form, Purification Techniques, Kriyas, Psychic and Physical Anatomy and Physiology, Medical Conditions, Detoxing and Cleansing Breathings, Basic Meditation Techniques, Psychic Development Initiation, Use of Props, Seven Primary Chakras, Sacred Books of India, Yoga Philosophy and Ethics, Sattvic Ahara/Yogic Nutrition, Vegetarianism/Live Diet, Dharma Yoga for Pregnancy, and Teaching clearly and specifically; Adjustments, Assisting and Correcting.

*All participants will receive a DY LOAY Training Manual and a completion certificate upon successfully finishing the program. The curriculum encompasses 152 hours of training towards 200hr Yoga Alliance certification, with the remaining 48 hours to be supplemented through various assignments and internship opportunities.

*The program will be taught in both English and Japanese.

Teacher Staff:

Sri Dharma Mitra, Ismrittee Devi Om, Andrei Ram Om, Adam Frei, Takayuki Hosoe, Chikako Mizokami and additional DY certified teaching/mentoring staff.

General Information:

When: 05/11/2010 ~ 05/20/2010

Where: Hokkaido, Japan

Hokkaido is located in Northern Japan, approximately one and half hours away from Tokyo by plane.

Where to stay: Niseko Northern Resort, Hokkaido Japan



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<http://www.niseko-northern.com/english/index.php>

Please refer to the FAQ section of the hotel's website for information regarding the facilities, amenities, and transportation.

You will be sharing a room with 2 other trainees. If you prefer to book a private room, there will be an additional charge of \$80 (tax included) per day. The space is limited.

Meals are based on locally procured fresh vegetarian food.

Cost: \$6,300 (approx. ¥580,000) including tuition, accommodation and meals.

Upon being accepted to the program, you must pay the reservation deposit of \$1,500 (Your reservation will not be confirmed until the deposit is paid in full).

Early registration through March 8th --- Applicants will receive a \$300 discount when the remaining fee is paid in full by the early registration deadline. Applicants from HKG, Malaysia, and Singapore will receive a \$400 discount.

Final registration deadline is April 8th.

One-time application fee of \$100 is not refundable. You may apply online using our [Online Application Form](http://www.dharmayogacenter.com/loay/loay_ap.php) - http://www.dharmayogacenter.com/loay/loay_ap.php.

Program Schedule: 6:30am~9:30pm daily between 05/11~05/19, with program ending by 3pm on 05/20. Trainees should arrive at the hotel by 8pm on 05/10. There will be a pre-training informal study guide and a Q&A session from 3~6pm on 05/10 (attendance optional). Introduction to DLOY TT will be held at 8pm on 05/10.

* Sri Dharma Mittra is expected to teach during the last three days.



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What to bring~ Books Recommended by Sri Dharma Mittra and Mala and shawl may be purchased on line from Dharma Yoga Center. The Bhagavad Gita (by Nikhilananda), The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras (by Sri Swami Satchidananda), 608 Yoga Poses by Sri Dharma Mittra. Mala beads, Spiritual Shawl, Yoga clothes, Yoga Mat, Yoga Block (as needed), Yoga Strap (as needed), Athletic shoes (for hiking).

FAQ's:

For more on our teacher training programs, see our [Frequently Asked Questions Page](http://www.dharmayogacenter.com/loay/faq.php) - <http://www.dharmayogacenter.com/loay/faq.php>.

How To Apply:

Applications are accepted electronically via our [Online Application Form](http://www.dharmayogacenter.com/loay/loay_ap.php) - http://www.dharmayogacenter.com/loay/loay_ap.php

Japan Contact:

Kaname Abe, Yoga Shala at 011-618-0737 or 090-9188-5596

