



Jivamukti® Yoga Teacher Training

300-Hour Residential Program – Course # 0626-978

April 25–May 21, 2010

Omega Institute for Holistic Studies, Rhinebeck, New York

- Study with Sharon Gannon and David Life, founders of Jivamukti Yoga.
- Additional faculty include highly qualified specialists in Sanskrit and anatomy.
- Become a certified Jivamukti Yoga teacher, one of the most effective and popular forms of yoga today.
- Spend four weeks on the beautiful Omega campus with a dedicated and hard-working group of yogis.

About the Program

Become a certified Jivamukti Yoga instructor with Sharon Gannon and David Life, founders of Jivamukti Yoga, and experts in the studies of Sanskrit, chanting, and anatomy. Gannon and Life are cofounders and directors of the Jivamukti Yoga Center in New York City. This training program is the only one they will offer in the United States in 2010.

This intensive course is three and a half weeks total, with 21 full days of training. The days include asana practice, chanting lessons, scripture study, anatomy classes, Sanskrit study, readings, discussions, the history of yoga, the Jivamukti class structures, vegetarianism, and the observation of Jivamukti classes. This certification course will certify you as a Jivamukti Yoga teacher.

Jivamukti Yoga is one of nine internationally recognized styles of hatha yoga. Developed in 1986 by Gannon and Life, its distinct style integrates chanting, asanas, music, meditation, and practices of devotion into a vigorous physical practice with a foundation in the ancient mystic philosophies of the East. Jivamukti Yoga incorporates these yoga practices into the modern lifestyle, without losing sight of the universal goal of the practices: liberation. Jivamukti is Sanskrit for "living liberated" or being enlightened while still living. It serves as a blueprint for incorporating the physical and spiritual aspects of yoga into our modern lives, and because of its focus on a non-dualistic view of life, awakens in the practitioner a need to protect the environment and all the animals and plants that share the planet with us.

Jivamukti Yoga is grounded in five tenets, which are incorporated into every class:

- Scripture: study of the ancient yogic teachings, including Sanskrit chanting.
- Bhakti: acknowledgment that God realization is the goal of all yoga practices.
- Ahimsa: a nonviolent, compassionate lifestyle that emphasizes ethical vegetarianism and animal rights.
- Nada Yoga: the development of a sound body and mind through deep listening.
- Meditation: connecting to an eternal unchanging reality within.

A special segment of this month-long teacher training will include full participation in a "Spring Ecstatic Chant," held from May 7-9. We join some of the Western world's leading devotional singers, including David and Sharon, Jai Uttal, Shyamdas, Donna De Lory, Sruti Ram and Ishwari, David Newman (Durga Das) and Mira, and Gaura Vani and special guests in an exploration of transcendent musical prayer (kirtan), yoga and meditation. The weekend includes an extraordinary all-night Saturday session. Attendance will be counted among the hours towards Jivamukti certification.

Faculty

Sharon Gannon

Sharon Gannon was born in Washington, D.C. Her interest in spirituality was nourished by her Catholic upbringing. Her university degree is in dance. She has studied ballet, modern, classical, and Indian dance, music, and Eastern philosophy. During the 1980s, she was a vocalist and violinist for the jazz/rock band Audio Letter. She views art as a means for uplifting the soul. Through artistic pursuits she sought to give back to the community something that was not only inspirational but also educational, and which spoke of the spiritual quest for deep happiness that is shared by all. "The success and happiness that we enjoy is a direct result of the kindness we have shown toward others," she says. Sharon is an animal rights activist and an outspoken advocate of ethical vegetarianism and the author of *Cats and Dogs Are People Too*. Since 1976, she has studied yoga with many teachers around the world, including Shri Brahmananda Saraswati, Swami Nirmalananda, Sri K. Pattabhi Jois, Swami Shankarananda, Shyam Das, and Bhagavan Das. In 1984, she shifted her emphasis away from the performing arts and toward the teaching of yoga hoping to give practical methods that might benefit people more directly and immediately. With David Life, she developed Jivamukti Yoga. They are coauthors of *Jivamukti Yoga: Practices of Liberated Living for Body and Soul*. She lives in New York City and co-directs the Jivamukti Yoga Center there.

David Life

David Life was born in Michigan. His college degree is in art, with minors in poetry and psychology. Throughout his life, David has been interested in metaphysics and spirituality. His Catholic upbringing inspired devotion to Christian mystics like St. John of The Cross and Theresa of Avila. David has lived in New York City since 1979, where he pursued his art career while owning and operating Life Café, a Manhattan hot spot for music, art, and poetry.

He has studied yoga around the world with many teachers since 1984, including certification in the advanced Ashtanga series from Sri K. Pattabhi Jois. His interest in yoga is supported by his artistic, literary, and metaphysical studies. He imbues his classes with metaphor, musicality, and spirituality, spiced with humor, vigor, and spontaneity. David has taught all over the world and is a respected and popular teacher.

What others say about David Life and Sharon Gannon and Jivamukti Yoga

Famed New York City-based yoga mavens Sharon Gannon and David Life occupy a deservedly prominent position in the American yoga community, having not only done a great deal to help foster the burgeoning popularity of yoga but also done that as a by-product of decades-long study (with a veritable pantheon of contemporary masters) and profoundly devoted practice. —Phil Catalfo, Yoga Journal (July/August 2002)

His classes are demanding physically and emotionally, in keeping with Life's intention to re-spiritualize what the West was teaching as a purely physical exercise. —Connect Hong Kong

David Life and Sharon Gannon just blow away the competition. —New York Magazine

The full package, more than just exercise. —Christy Turlington, Allure Magazine

Special Guest Faculty

Manorama: expert in Sanskrit studies

Manorama (Thea D'Alvia) teaches Sanskrit, meditation, and yoga philosophy at Ananda Ashram, Jivamukti Yoga Center, Integral Yoga Institute, and the Himalayan Institute. She leads workshops nationally and abroad. Manorama studied Sanskrit, meditation, and yoga philosophy with Shri Brahmananda Saraswati, who is the author of *The Textbook of Yoga Psychology* and *The Fundamentals of Yoga*. She worked as one of Shri Brahmananda Saraswati's assistants, and has continued teaching

since he took his maha-samadhi in 1993. She is a certified Sanskrit instructor for American Sanskrit Institute. For more information on Manorama, visit www.sanskritstudies.org

Ruth Lauer-Manenti: Yoga Sutra program teacher

Ruth first started practicing yoga twenty years ago as an alternative to physical therapy after spending a year in bed because of a near fatal car accident. As a student and teacher of yoga she embraces a challenging daily practice. Her studies of Sanskrit and scripture in India and the US are informed, insightful, and inspirational. She is also an artist and has a MFA from Yale where she has taught painting and printmaking.

Dr. Lori Zucker, anatomy teacher

Dr. Lori Zucker is a physical therapist in Livingston, NJ. She holds degrees in clinical practice from Washington University in St. Louis, New York University, and University of Medicine and Dentistry in New Jersey. Lori has been a clinician for the past 25 years and an adjunct professor at University of Medicine and Dentistry for the past 15 years. Lori began her exploration of yogic practices in 2001 and has been a serious student of yoga since then. She is a member of the International Association of Yoga Therapists and integrates yoga into her physical therapy practice. Lori has been teaching anatomy to yoga instructors for the past 5 years and most recently lectured in Israel on injury prevention and common injuries yoga instructors will encounter.

Gabriela Bozic, MA, is cofounder and codirector of the Jivamukti Yoga Centers in Munich, Germany. She holds a master's degree in linguistics and advanced certification in Jivamukti Yoga®. Bozic leads workshops internationally, is an established presenter at yoga conferences worldwide, and teaches at Jivamukti Yoga® Teacher Trainings in the United States and Germany. She has been featured in many German magazines and television shows, and is co-author (with Patrick Broome) of the book *Yoga for Life: Reconnecting to Mother Earth with Jivamukti Yoga*, which is published in German, Italian, and Czech.

Jeffrey Cohen, cofounder and codirector of Jivamukti Yoga Charleston, is an advanced certified Jivamukti teacher who infuses his classes with spontaneity, spirit, and music. He has taught workshops and retreats worldwide, and his video and radio projects include collaborations with Russell Simmons and Martha Stewart.

Spring Chant Faculty

Jai Uttal is a pioneer in the world music community. A student of India's National Living Treasure, Ali Akbar Khan, and master teacher Ustad Ali Akbar Khan, Jai's eclectic East meets-West sound has put his music at the forefront of the world fusion movement. His many albums include *Beggars and Saints*, *Shiva Station* and the Grammy-nominated *Mondo Rama*.

Shyamdas has written and translated more than 20 books on Bhakti Yoga and the Path of Grace. He specializes in classical Dhrupada music and the mystic poets of North India. He combines ecstatic *kirtan* with stories and teachings from India.

Donna De Lory is a famed spiritual singer, dancer and songwriter. Her voice can be heard on albums by Madonna, Carly Simon and Santana. She has toured with Madonna and her most recent album is *The Lover and the Beloved*, with lyrics in English and Sanskrit.

Sruti Ram and **Ishwari** have gained fans and accolades for their passionate, heart-opening kirtan and their debut CD, *Fire of Devotion*. Both classically trained musicians, Sruti Ram has sung kirtan as his personal practice and in temples for 35 years while Ishwari has written and performed her own music for 30 years. Together they weave harmonies that create a haunting, hypnotic effect that uplifts the soul.

David Newman (Durga Das) travels extensively singing kirtans and offering workshops on the healing power of sound and the devotional aspects of the yogic path known as Bhakti Yoga. Newman has released the CDs Soul Freedom, Lotus Feet, Leap of Grace, and Love, Peace, Chant, as well as the CD/DVD set Into the Bliss. He is founder of Yoga On Main in Philadelphia and author of Merging with Grace.

Mira, a dedicated practitioner of Bhakti Yoga and singer of kirtans worldwide, is acclaimed by LA Yoga magazine as, "in her zone when she sings to God." Also an accomplished percussionist, she has toured with Bhagavan Das and has released the CD, A Living Prayer.

Gaura Vani's musical roots are deeply planted in both Western and Eastern musical styles. At the age of six, Gaura Vani left the United States to study sacred music in Vrindavan, India. Twenty-five years later, he continues to share sacred music worldwide with his kirtan ensemble, As Kindred Spirits. The group has released two CDs, Ten Million Moons and Nectar of Devotion.

Additional Faculty

Each student will be part of a small work group with a mentor. Various Jivamukti teachers from around the world will be mentoring the small group experiences. They have each been especially chosen for their leadership and expertise in Jivamukti yoga.

A Sample Daily Schedule

7:00-7:45 a.m.Breakfast
8:00 a.m.-12:00 p.m.Class time
12:30-1:30 p.m.Lunch
1:45-6:00 p.m.Class time
6:00-7:15 p.m.Dinner
8:00-11:00 p.m.Class time

Curriculum

A. Techniques and Practice of Jivamukti Yoga... 52.5 hours

Learn to teach 2 full Jivamukti Yoga® class sequences (practice and memorization), kriyas, teaching and practicing meditation and chanting, teaching basics, and teaching mixed level classes (the "open class")

B. Basic Sanskrit Alphabet... 14 hours

Learn the Sanskrit alphabet in Devanagari script. You will be able to read and pronounce Sanskrit words, as well as some grammar, and you will explore the role of Sanskrit in a yoga practice.

C. Teaching Methodology... 38.5 hours

The Jivamukti Yoga® teaching method; the 5 tenets of Jivamukti Yoga® and the 14 requirements of Jivamukti Yoga® open classes; adjustments and assists for standing poses, forward bends, twists, backbends, inversions, and balances; the art of sequencing, energetics of assists and vinyasa krama; ethics of teaching yoga, including the types of teachers and students; teaching Jivamukti Yoga® sequences.

D. Anatomy and Physiology... 12 hours

Anatomy and physiology: basics of skeletal, muscular, respiratory, nervous and cardiovascular systems; injury and recovery; esoteric anatomy, including chakras, nadis, prana, granthi, and bandha.

E. Scripture, Philosophy, Ethics, & Lifestyle... 24 hours

Includes basic philosophy, Yoga Sutra of Patanjali, Bhagavad Gita, Hathayogapradipika, Karma, 7 Bhumikas.

F. Group Practicum... 12 hours

Includes class observation and transcriptions focusing on adjustment, sequencing, theme, and music.

G. Small Group Peer Review and Practicum... 14 hours

These are classes that you teach in a small group setting to hone your skills. Includes student teaching as well as observing and assisting in classes taught by others, oral presentation skills.

H. Satsang... 83.5 hours

Satsang combines many of the subjects of the course including chanting, meditation, japa and mantra, nada yoga and music, community responsibility, ahimsa, vegetarianism, philosophy and practical skills for conducting satsang. 24 hours will be spent in the "Weekend of Ecstatic Chant". Course quizzes, including a midterm and final test, are conducted as part of the satsang.

I. Pranayama principles and practice... 5.5 hours

This includes the principles and theory of pranayama, practical training in samavritti and visamavritti pranayama, including teaching methods.

Daily Homework... 20 hours

Each day includes a homework quiz to be completed and checked by mentor

Month Overview

Sunday 4/25	8:00PM-11:00PM	Intro Night Satsang: Orientation	
Monday 4/26	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Tuesday 4/27	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Wednesday 4/28	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Thursday 4/29	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Friday 4/30	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Saturday 5/1	OFF		
Sunday 5/2	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Monday 5/3	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Tuesday 5/4	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Wednesday 5/5	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Thursday 5/6	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Friday 5/7	8:00AM-12:00PM	1:45PM-6:00PM	
Friday 5/7	8:00 PM-12:00 AM Chant		
Saturday 5/8	9:00 AM-12:00 PM	2:30 PM-5:30 PM	8:00 PM-2:00AM Chant
Sunday 5/9	9:00 AM-12:00PM Chant		
Sunday 5/9	12:00PM-end of day OFF		
Monday 5/10	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Tuesday 5/11	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM

Wednesday 5/12	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Thursday 5/13	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Friday 5/14	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Saturday 5/15	OFF		
Sunday 5/16	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Monday 5/17	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Tuesday 5/18	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Wednesday 5/19	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-11:00PM
Thursday 5/20	8:00AM-12:00PM	1:45PM-6:00PM	7:00PM-11:00PM
Friday 5/21	No Scheduled Hours / Departure by lunch time		

Requirements

Before your arrival at Omega you need to:

- Have or establish a daily asana practice (preferably for at least 2 years)
- Submit full payment
- Complete the required reading and submit 5 book reports (see below)
- Submit a signed Ethical Guidelines form, a signed Teacher Certification Agreement and a signed Medical Information Form.
- Memorize the Jivamukti Balancing class (volume 6) and the Jivamukti Back Bending class (volume 7), found in the Jivamukti CD/DVD Portable collection and available at our website and other retailers. You may want to transcribe these classes and bring your transcriptions with you to the course.

Experience teaching yoga and/or experience with the Jivamukti Yoga® method is preferred. The course is designed to prepare you to teach the Jivamukti Yoga style; it is not a yoga "retreat."

Required Reading and Book Reports

Required reading and guidelines for reading and book reports:

BOOK	BOOK REPORT
1. Jivamukti Yoga by Sharon Gannon and David Life	Read whole book & (1) write overview of the whole book OR (2) write summary of one chapter OR (3) elaborate on one point; 15 hours to read book + 5 hours for report = 20 hrs total
2. Yoga and Vegetarianism by Sharon Gannon	Read whole book & (1) write overview of the whole book OR (2) write summary of one chapter OR (3) elaborate on one point; 15 hours to read book + 5 hours for report = 20 hrs total
3. Autobiography of a Yogi by Paramahansa Yogananda	Read book & (1) write overview of the whole book OR (2) write summary of one chapter OR (3) elaborate on one point; 15 hours to read book + 5 hours for report = 20 hrs total
4. Textbook of Yoga Psychology (Patanjali Yoga Sutra) by Ramamurti Mishra (Shri Brahmananda Sarasvati)	Read for an overview and basic knowledge of the book; no need to read cover-to-cover; write an essay elaborating on one sutra (do not write a general summary or overview of the whole book);

	5 hours to review book + 5 hours for report = 10 hours total
5. Hathayoga Pradipika by Swami Muktibodhananda of the Bihar School of Yoga	Read for an overview and basic knowledge of the book; no need to read cover-to-cover; write an essay elaborating on one verse (do not write a general summary or overview of the whole book); 5 hours to review book + 5 hours for report = 10 hours total

Each report should be submitted before or on the first day of training and must be:

1. Length: 500 words minimum, 1000 maximum
2. Font: Arial or Times New Roman, 12 point, double-spaced, not bolded
3. Print on plain 8.5 x 11 paper (or closest standard size for international students)
4. **Include your name on the top of each page**
5. Please retain a copy for your own records

Book reports can be submitted in person on the first day of training or mailed to Omega at Omega Institute, 150 Lake Drive, Rhinebeck, NY 12572, phone: (845) 266-4444. Please do not mail your reports to Omega unless you are sure they will arrive before the first day of training.

All the books are available from [www.jivamuktಿಯoga.com/boutique/](http://www.jivamuktியoga.com/boutique/) or call 212-353-0214. ext 0.

Bring books #1 and #4 (Jivamukti Yoga and Textbook of Yoga Psychology) with you to Omega for the course; you do not need to bring the other books.

Recommended Reading (not listed in any particular order)

You do not need to read these books before the course or bring them with you, but they will elaborate on some of the topics to be studied in the course and thus can provide a good background for the course, as well as a resource after graduation.

The Anatomy Coloring Book (3rd ed.) by Wynn Kapit & Lawrence M. Elson
A Garland of Forest Flowers by Swami Nirmalananda
An Unnatural Order by Jim Mason
Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati
Be Here Now by Ram Dass
Cats & Dogs are People Too! by Sharon Gannon
Diet for a New America by John Robbins
Dominion by Matthew Scully
Fundamentals of Yoga by Ramamurti S. Mishra (Shri Brahmananda Saraswati)
Foundations of Tibetan Mysticism by Lama Anagarika Govinda
Gita Wisdom by Joshua Greene
Light on Yoga by B.K.S. Iyengar
Thanking The Monkey by Karen Dawn
The Art of Yoga by Sharon Gannon and David Life
The Bhagavad Gita by Winthrop Sargeant
The World Peace Diet by Will Tuttle
The Yoga Sutras of Patanjali by Sri Swami Satchidananda
The Yoga Tradition by Georg Feuerstein
The Myths and Gods of India by Alain Danielou
Yoga Mala by Sri K. Pattabhi Jois
Your Right To Know by Andrew Kimbrell
The Diamond Cutter by Geshe Michael Roach
Tibetan Meditation by Lama Christie McNally
The Life of Milarepa by Lobsang P. Lhalungpa

Ethical Guidelines Form

This form is a requirement of Jivamukti Yoga and the Yoga Alliance certification. It calls your attention to important ethical considerations in the teaching of yoga and asks for your pledge to act correctly and responsibly.

Teacher Certification Agreement

This form details the parameters for your future use of the Jivamukti Yoga® name and method.

Medical Information Form

This form gives your personal medical needs and history for the confidential use of the staff and presenters.

What will you need to bring?

Books you must bring to Omega:

- *Jivamukti Yoga Book*
- *Textbook of Yoga Psychology*

Also bring:

- Mat
- Firm prop blanket
- Block (foam or wooden)
- Belt (6-8 feet)
- Cloth napkin or face towel
- Oil-free massage lotion (no massage oil please)
- Notebook, pens, pencils
- Any special medications/treatments you may need
- Casual clothes (you may wish to bring white articles of clothing for satsang in the evenings)
- Yoga clothes
- A couple of footwear options
- Tape recorder (recommended for recording lectures)
- Camera (recommended)
- Bathing Suit (optional)
- Camera (optional)
- Computer (optional)

Questions You Might Have

Are there any prerequisites?

Yes, before your arrival at Omega you need to submit full payment, a signed Ethical Guidelines form, a signed Teacher Certification Agreement and a signed Medical Information form. Experience in teaching yoga and/or experience with the Jivamukti Yoga® method is preferred. Memorization of Jivamukti Yoga Classes "Balancing" (Vol. 6) and "Backbending" (Vol. 7) is required. You may want to transcribe these classes before the course and bring your transcriptions with you to the course. Also, you must submit 5 required book reports on or before the first day of the course.

What is the application process?

There is no formal application process, but registration is limited. Please register early to reserve a place. Call Omega Registration at 800-944-1001 (845-266-4444 outside the USA).

Are there any scholarships offered?

Partial scholarships for this training are available. See Omega's Scholarships page or call 845.266.4444, ext. 120 for more information.

What is the payment and refund policy?

A \$1,500 deposit is required for the training tuition and 50% of the total housing fee. This will hold your place. The balance is due by March 26, 2010 (cancellation deadline). Refunds are available (less a \$100 processing fee) up to March 26; between March 26–April 10 you can get a nonrefundable credit on your account (less a \$100 processing fee). After April 10 all fees are nonrefundable. There is no refund if you leave the training early.

What does the fee include?

The program fee includes the course content, teaching manual, the Kriya Yoga devices (tongue scraper, neti pot, skin brush, etc.), and a certificate of completion. Books and accommodations are additional.

Do I have to stay at Omega? Can I commute to the campus every day?

It is not required that you lodge at Omega. You may commute; however, you must be on time for the day's beginning and stay through to the end of the day. Please see the commuter fee under Fees/Housing Information below.

After I get certified can I automatically open my own Jivamukti Yoga Center?

Successful completion of the program will certify you to teach Jivamukti Yoga. In order to open a Jivamukti Yoga center, you must have received advanced certification, which is not offered through this program. In addition, licensing to open a Jivamukti Yoga center is at the discretion of David Life and Sharon Gannon and will be given to those with advanced certification whom they believe meet their qualifications.

Does participation in this training program automatically confer certification as a teacher of Jivamukti Yoga?

If for some reason David Life and Sharon Gannon feel that you have not attained the proper training to become a Jivamukti Yoga teacher, you will not get certified.

If I fail to get certified will I get a refund?

All fees for this training, including tuition and accommodations, are nonrefundable 30 days before the program begins.

Meals at Omega

Meals are a highlight at Omega. They are prepared with both health and pleasure in mind. Omega serves mostly vegetarian food and every meal has a vegan option. The food is fresh and locally and organically grown when available. Each breakfast, lunch, and dinner is served buffet-style. Lunches and dinners include a fresh salad bar.

Fees

Jivamukti Month-Long Training Program fee is \$6,650.

Omega accommodations are additional, please see below. Space is limited, so please register early.

Omega Accommodations

All housing fees include meals. Omega housing is simple and comfortable but not air-conditioned. Please see housing descriptions below.

Housing Information

- **A Housing** Type A housing is a room you share with a roommate with a private bath in the room. If you do not register with a roommate, Omega will assign you one. Bed linens, pillow, blanket, and towels are provided. You may wish to bring extra towels or blankets. These cabins are heated. Handicapped accessible Type A housing is available. \$3,198.
- **B Housing** Type B housing is a room you share with a roommate, and you share the bath with one adjoining room. If you do not register with a roommate, Omega will assign you one. Bed linens, pillow, blanket, and towels are provided. You may wish to bring extra towels or blankets. These cabins are heated. \$2,678.
- **Dorm Single** A dorm single is a small private room in a cabin with the bathroom shared by a total of 8–12 guests. Omega does not provide all linens for dorm singles. You must bring your own sheets or sleeping bag and towels, or you may rent these from Omega for a small fee. Dorms are located uphill from mid-campus. Dorms are heated, but can be chilly. We make every effort to house guests in single gender dorms; however, depending upon enrollment, some dorms may be coed. Dorm Single \$1,794. Dorm Deluxe \$1,950.
- **Commuter/Facility Fee** If you are a commuter not staying in Omega housing, there is a non-optional fee that covers Omega's overhead costs, meals, and use of the facilities, including optional classes, evening performances, sampler classes (during the week), the lake, walking trails, parking, and all guest services. An off-campus housing referral list is available. \$650.

Call Omega Registration at 800-944-1001 (845-266-4444 outside the USA) for more information.

About Omega Institute

Omega is the nation's largest holistic education provider and is highly regarded for its pioneering work in holistic health, meditation, yoga, transformational psychology, bodywork, spirituality, world music, and art. We offer workshops, retreats, and wellness vacations at our 195-acre Rhinebeck, New York campus, and at sites in the Caribbean and Costa Rica. Founded in 1977, Omega fulfills its mission to provide learning environments that awaken the best in the human spirit through its broad-based curriculum and unique community spirit.

Omega Institute for Holistic Studies, Inc. is qualified as a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code.

Jivamukti Yoga® Teachers Code of Professional Standards (Ethical Guidelines)

SECTION 1: Statement of Purpose

The teachers at Jivamukti Yoga Center recognize the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to ensure a safe and protected environment in which a student can grow physically, mentally and spiritually.

SECTION 2: Principles

In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers, we agree to accept the following foundational principles:

1. To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
2. To stay abreast of new developments in the field of yoga through educational activities and study.
3. To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
4. To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts.
5. To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence.
6. To establish and maintain appropriate professional relationship boundaries.
7. To cultivate an attitude of spirituality in our teaching, we dedicate our work to a force greater than our egoic selves.
8. To promote and adhere to principles of ahimsa we will do all we can to alleviate the suffering of all others including nonhuman animals and incorporate conscious principles of vegetarianism into our teaching and our lives.

SECTION 3: Professional Practices

In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

1. We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
2. Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
3. We may at times render service to individuals or groups in need without regard to financial remuneration.
4. We neither receive nor pay a commission for referral of a student.
5. We conduct our social affairs with due regard to recognized business and accounting procedures.
6. We are careful to represent facts truthfully to students, referral sources and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
7. We do not malign colleagues or other professionals.

SECTION 4: Student Relationships

It is our responsibility to maintain relationships with students on a professional basis.

1. We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
2. We make only realistic statements regarding the benefits of yoga.

3. We show sensitive regard for the moral, social and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the Yoga class.
4. We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
5. We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
6. All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement. Sexual behavior is defined as, but not limited to, all forms of overt and covert seductive speech, gestures and behavior as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures, or physical contacts of a sexual nature.
7. We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a student.

SECTION 5: Confidentiality

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction process.

1. All records kept on a student are stored or disposed of in a manner that assures security and confidentiality.
2. We treat all communications from students with professional confidence.
3. When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
4. We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
5. We obtain written consent of students before audio and/or video recording or permitting third party observation of their sessions.
6. When current or former students are referred to in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

SECTION 6: Assistant, Student, and Employee Relationships

As yoga teachers, we have an ethical concern for the integrity and welfare of our assistants, students, and employees. These relationships are maintained on a professional and confidential basis. We recognize our influential position with regard to both current and former assistants, students and employees, and avoid exploiting their trust and dependency. We make every effort to avoid dual relationships with such persons that could impair our judgment or increase the risk of personal and/or financial exploitation.

1. We do not engage in sexual or other harassment of current assistants, students, employees or colleagues.
2. All forms of sexual behavior, as defined in Section 4.6, with our assistants, students and employees are unethical.
3. We advise our assistants, students, and employees against offering or engaging in, or holding themselves out as competent to engage in, professional services beyond their training, level of experience, and competence.

4. We do not harass or dismiss an assistant or employee who has acted in a reasonable, responsible and ethical manner to protect, or intervene on behalf of, a student or other member of the public or another employee.

SECTION 7: Interprofessional Relationships

As yoga teachers, we relate to and cooperate with other professional persons in our immediate community and beyond. We are part of a network of health care professionals and are expected to develop and maintain interdisciplinary and interprofessional relationships.

1. Knowingly soliciting another teacher's students is unethical.
2. Speaking of other teachers with disrespect is unethical.

SECTION 8: Advertising

Any advertising, including announcements, public statements and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices.

1. We do not misrepresent our professional qualifications, affiliations and functions, or falsely imply sponsorship or certification by any organization.
2. Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions and other agencies, but to prospective individuals students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
3. We do not make public statements, which contain any of the following:
 - a. A false, fraudulent, misleading, deceptive or unfair statement.
 - b. A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
 - c. A statement implying unusual unique, or one-of-a-kind abilities, including misrepresentation through sensationalism, exaggeration or superficiality.
 - d. A statement intended or likely to exploit a student's fears, anxieties, or emotions.
 - e. A statement concerning the comparative desirability of offered services.
4. Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training and experience of the provider involved are to be appropriately specified.

ACKNOWLEDGED AND ACCEPTED:

Signature: _____

Print Name: _____

Date: _____

Bring this form signed on the first day of the program or sign and return to: Omega Institute, Attn: Jivamukti Training Coordinator, 150 Lake Drive, Rhinebeck, NY 12572. Send the form to Omega only if it will arrive prior to the first day of the program. You will not be allowed to participate in the program without submitting this form signed by the first day of the program. Please make a copy of this form for your records.

Teacher Certification Agreement Jivamukti Yoga®

This Teacher Certification Agreement sets forth (i) the terms and conditions under which I will attend and participate in certain Jivamukti Yoga® teacher certification and training programs presented by Jivamukti Inc., a New York corporation (“JYC”), and (ii) the terms and conditions governing my use of the Jivamukti Yoga trademarks, service marks, methods, techniques, systems, procedures and proprietary written and recorded materials.

I UNDERSTAND THAT BY SIGNING THIS AGREEMENT, I AM ENTERING INTO A LEGALLY BINDING CONTRACT, AND WILL BE BOUND BY THE PROVISIONS SET FORTH BELOW.

A. I understand and agree that, in order to become a certified Jivamukti Yoga teacher:

1. I must attend, fully participate in, and successfully complete a 300-hour certification course presented by JYC (the “Jivamukti Yoga Teacher Training Program”), as more fully described in the course description materials available on the JYC website at www.jivamuktiyoga.com.
2. Whether I have successfully completed the Jivamukti Yoga Teacher Training Program will be determined by JYC, at its sole discretion, based on my demonstrated command of the skills necessary to teach Jivamukti Yoga classes.

B. I understand and agree that, if and when I become a certified Jivamukti Yoga teacher:

1. I am entitled to teach yoga classes in the method and style taught in the Jivamukti Yoga Teacher Training Program.
2. I may refer to myself as a “certified Jivamukti Yoga teacher.”
3. Each month that I teach Jivamukti Yoga open-level classes, I will teach the “focus of the month” for that month.
4. If I teach the classes at any business, facility or location other than an authorized Jivamukti Yoga Center, I will not use, nor permit to be used, the words “Jivamukti” and/or “Jivamukti Yoga” in connection with such business, facility or location. Classes taught by me strictly in the Jivamukti Yoga method and style may be identified as “Jivamukti Yoga classes” in any schedules, calendars and other promotional materials used solely for internal purposes by such business, facility or location only if I have obtained the prior written consent of JYC, which consent may be withheld at JYC’s sole discretion. Further, I understand that if I teach more than four scheduled Jivamukti Yoga classes per week at any such business, facility or location, a fee will be payable to JYC.
5. I am entitled to apply for the Jivamukti Teacher Apprentice Program, which offers an 800-hour certification. I am also entitled to apply to take the Advanced Certification Board Exam, which, if passed, would qualify me as an Advanced Certified Jivamukti Yoga Teacher.

6. I must complete a Teacher Certification Continuing Education Session at least once per year in order to maintain my status as a certified Jivamukti Yoga teacher. A “Teacher Certification Continuing Education Session” is a yoga class, session, workshop, lecture, retreat, or meditation class taught by Sharon Gannon, David Life or their designee, anywhere in the world. The cost of each such session will vary according to the type of session, location and timing.

C. In addition to the foregoing, I understand and agree that:

1. The policies and requirements of JYC set forth in this Agreement may be supplemented from time to time by the policies and requirements of facilities owned by parties other than JYC that may be used for the Jivamukti Yoga Teacher Training Program, and I agree to abide by all such third-party policies and requirements as a condition of my participation in such programs.

2. All materials provided in connection with the Jivamukti Yoga Teacher Training Program or otherwise provided by JYC, including without limitation, written or printed documents, photographs, audio and video recordings and software programs, and all copies and derivative works relating thereto (the “Jivamukti Yoga Materials”), are and will remain the sole and exclusive property of JYC, and I have only a limited, non-exclusive right to use the Jivamukti Yoga Materials to the extent necessary to teach Jivamukti Yoga classes during the period for which I am a certified Jivamukti Yoga Teacher.

3. I will not offer, provide or conduct any teacher training or instruction relating to Jivamukti Yoga classes, methods, techniques, systems or procedures.

4. “Jivamukti Yoga[®]” (the “Trademark”) is a registered trademark of JYC, and I have no right to use it in connection with any product, merchandise or service, except as expressly allowed in section B.4 above.

5. I will, at my own expense, defend, indemnify, and hold harmless JYC and its owners, directors, officers, employees, agents and representatives from and against any and all liabilities, claims, causes of action, suits, damages, including without limitation, suits for personal injury or death of third parties, and expenses, including reasonable attorneys' fees and expenses, for which JYC becomes liable, or may incur or be compelled to pay by reason of my activities or my breach of the terms of this Agreement.

6. I acknowledge the ownership of the Trademark by JYC and agree that I will do nothing inconsistent with such ownership, and that all use of the Trademark and all goodwill arising out of any use of it by me will inure solely to the benefit of JYC. I will not use any confusingly similar name or mark without the prior written approval of JYC, and will include all notices and legends with respect to the Trademark as are or may be required by applicable federal, state and local laws or which may be requested by JYC. I acknowledge and understand that nothing in this Agreement gives me any right, title or interest in the Trademark. The nature and quality of all services I perform in connection with the Trademark will conform to standards set forth in the Jivamukti Yoga Teacher Training Program and as otherwise established from time to time by JYC.

7. I am not, and will not hold myself out to be, an employee, subcontractor, representative or agent of JYC, and nothing herein constitutes or implies the existence of a

partnership, joint venture or grant of a franchise between me and JYC. Any rights granted to me hereunder are personal in nature, and may not be transferred or assigned.

8. This Agreement will terminate, and all rights granted to me hereby will automatically terminate, upon the first to occur of: (a) my failure to successfully complete the Jivamukti Yoga Teacher Training Program; (b) my failure to comply with any of the terms and conditions of this Agreement; (c) my use of the "Jivamukti" name in any manner not expressly permitted by this Agreement or (d) my failure to adhere to the standards established by JYC from time to time for certified Jivamukti Yoga teachers. Immediately upon the termination of this Agreement for any reason, I will return all Jivamukti Yoga Materials in my possession or control to JYC. Notwithstanding anything to the contrary contained herein, the provisions of sections C.3, C.5, C.10 and C.11 will survive any termination of this Agreement:.

9. JYC HEREBY DISCLAIMS ANY REPRESENTATIONS OR WARRANTIES REGARDING THIS AGREEMENT, THE PRODUCTS, SERVICES OR TRANSACTIONS CONTEMPLATED HEREBY, INCLUDING (WITHOUT LIMITATION) ANY IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE OR NON-INFRINGEMENT OR IMPLIED WARRANTIES ARISING OUT OF COURSE OF DEALING, COURSE OF PERFORMANCE OR USAGE OF TRADE.

10. JYC WILL BE NOT BE LIABLE (WHETHER IN CONTRACT, WARRANTY, TORT (INCLUDING, BUT NOT LIMITED TO, NEGLIGENCE, PRODUCT LIABILITY OR OTHER THEORY), TO ME OR ANY OTHER PERSON OR ENTITY FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF THIS AGREEMENT, EVEN IF THE JYC HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH COSTS OR DAMAGES.

11. Any dispute concerning the terms of this Agreement will be resolved in accordance with laws of the State of New York, without regard to its principles of conflicts of law.

12. This Agreement sets forth the entire agreement between the JYC and me concerning its subject matter and supersedes any understandings or agreements to the contrary, including any oral representations or other statements. The failure of JYC to enforce any provision of this Agreement will not constitute a waiver of any such provision or any other provision.

IN WITNESS WHEREOF, the parties have caused this Agreement to be executed as of the ___ day of _____, 2010.

Signature: _____

Print Name: _____

Acknowledged and Accepted:
JIVAMUKTI YOGA CENTER, INC.

By: _____

Name:

Title:

**Bring this form signed on the first day of the program or sign and return to:
Omega Institute, Attn: Jivamukti Training Coordinator, 150 Lake Drive,
Rhinebeck, NY 12572. Send the form to Omega only if it will arrive prior to the
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copy of this form for your records.**

Medical Information

Yoga practices are intended as a personal growth experience and should not be used as a substitute for therapy. It can involve dramatic experiences, accompanied by strong emotional and physical release. Therefore, this training program is not appropriate for pregnant women or for people with cardiovascular problems, severe hypertension, mental illness, recent surgery or fractures, acute or infectious illness. If you have any questions about whether you should participate, please consult your physician or therapist, as well as Jivamukti, before entering into the training program.

Please check if:

- you are pregnant
- you have ever been hospitalized for psychiatric or medical reasons (note details on reverse)
- you are taking any medications. Which? _____
- you are currently in therapy or any support group
- there were complications at your birth (Caesarian, anesthesia, multiple births, etc.)
- you have attempted or seriously considered suicide (note details on reverse side.)

Do you have any history of the following:

- | | |
|---|---|
| <input type="checkbox"/> Cardiovascular disease or heart attack | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Family history of strokes | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Severe mental illness | <input type="checkbox"/> Aneurism |
| <input type="checkbox"/> Physical illness or injury | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Recent/current communicable disease | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Glaucoma or retinal detachment | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> HIV+ | <input type="checkbox"/> Recent surgery |
| <input type="checkbox"/> Asthma (IF YES, BRING INHALER) | <input type="checkbox"/> Recreational drug use in last three days |
| <input type="checkbox"/> Alcohol or drug abuse | |

IF YOU ANSWERED "YES" TO ANY OF THESE QUESTIONS, PLEASE EXPLAIN ON THE OTHER SIDE OF THIS SHEET.

I hereby confirm that I have read and understood the above information and have answered all the questions completely and honestly and have not withheld any information. My general health, other than as noted, is good. I will not use alcohol or recreational drugs during the retreat. I agree to hold Jivamukti Yoga® Inc. and its agents harmless against all loss, damage, liability or expense arising out of, or in connection with anything owned or controlled by Jivamukti Yoga® Inc. or resulting from any acts, failure to act, or negligence of Jivamukti Yoga® Inc. or its agents.

I agree that my use of the premises, facilities and equipment of the Omega Institute is accepted at my own risk, and that the Omega Institute and Jivamukti Yoga® Inc. are absolved and discharged from all liability for any loss or damage I may incur of my personal property.

Signature

Print Name Date

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Personal History

(For confidential use of staff and your facilitators)

Name _____
Hometown _____
Occupation _____
Age _____

If arriving by car:

Make/model _____ Plate# _____

Other mode of transportation, if not a car _____

Nearest friend or relative who will be available in the event of an emergency:

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

MEDITATION EXPERIENCE

Is this your introduction to meditation? _____

IF NOT, list how many and what types of meditation sessions you have had:

JIVAMUKTI YOGA

Is this your first experience? _____

IF NOT, list how many and what other types of yoga sessions you have had:

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