

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 2307-891, "Classical Yoga Teacher Training The Next Level for Yoga Teachers & Practitioners" with Beryl Bender Birch on June 25-July 2, 2010.

Please note that there is a special schedule for this course:

Schedule:	Friday	8:00 P.M. – 9:30 P.M.	Workshop
	Saturday	6:30 A.M. - 8:00 A.M. 9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Optional Workshop Workshop Workshop
	Sunday	6:30 A.M. - 8:00 A.M. 9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Optional Workshop Workshop Workshop
	Monday	7:30 P.M. – 9:00P.M. 6:30 A.M. - 8:00 A.M. 9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Workshop Optional Workshop Workshop Workshop
	Tuesday	6:30 A.M. - 8:00 A.M. 9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Optional Workshop Workshop Workshop
	Wednesday	7:30 P.M. – 9:00 P.M. 6:30 A.M. - 8:00 A.M. 9:00 A.M. - 12:00 P.M.	Workshop Optional Workshop Workshop
	Thursday	6:30 A.M. - 8:00 A.M. 9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	Optional Workshop Workshop Workshop
	Friday	6:30 A.M. - 8:00 A.M. 9:00 A.M. - 12:00 P.M.	Optional Workshop Workshop

Faculty asked us to convey that the workshop hours from 6:30 A.M. – 8:00 A.M. are **entirely optional** and will not affect your workshop participation if you are unable to attend. **Participants are required to attend ALL sessions (including hours listed as optional) in order to receive credit for the 67 hours of training. Participants will only be credited with the number of hours they actually attend.**

The Children's Program will be available during the non-optional extended hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

Faculty also asked us to pass along the following message:

Hi everyone,

We are looking forward to seeing you all at Omega at the end of June for Teacher Training with Beryl Bender Birch.

Awakening the Best in the Human Spirit

Please plan to do the following prior to the training:

1. Please make sure that all the yoga clothes you bring along have been washed in **unscented** laundry detergent. Many students are allergic to or sickened by the smell of the artificial fragrances in commercial detergent.
2. Please – not required but very important – try to find time to read *Omnivore's Dilemma*, or *In Defense of Food*, or *Food Rules* (all by Michael Pollen). Also, important reading: *Three Cups of Tea* or *Stones Into Schools*, both by Greg Mortenson. Do the best you can.

Please remember to bring the following:

1. You should be familiar with Beryl's books, *Power Yoga*, *Beyond Power Yoga*, and her latest, *Boomer Yoga*. Bring your favorite to have on hand for reference and maybe one of the others. We refer to them. You can buy them at Omega if you are missing a copy.
2. Don't forget to bring your favorite translation of the *Yoga Sutra* by Patanjali – if you are driving and can afford the extra "weight", please take an extra copy if you have one. Many translations are available at the Omega bookstore.
3. A colorful "sacred" wrap, shawl, sweater, or robe for morning or evening meditation or for our Council circles.
4. A personal totem or talisman-type item, with special meaning for you, but one that you would be willing to burn or give away for the *Celebrate Impermanence* ritual. This item could represent something you have lost in your life or wish to change or let go of.
5. A bit of **unscented** laundry soap for washing out clothes during the week (if you so choose).
6. Yoga mat, flashlight, umbrella or raincoat.
7. A couple of small towels for use during asana practice. You may also choose to bring an extra bath towel as well.

See you soon – safe travel.

Warmest Regards,

Lori Klein, Executive Assistant for Beryl Bender Birch
The Hard & The Soft Yoga Institute

We look forward to seeing you this summer!

Sincerely,

The Omega Staff