

Live your Life Awake

Oct 2008 – March 2009

“Enlightenment is simply learning how to be human, how to bear reality”

~ Stephen Cope

Live your Life Awake is an in depth study of yoga philosophy that can help you apply yogic teaching to your daily life in practical ways. Glean the wonder of yoga in a 6 month commitment to yourself.

2008-2009 Program Dates:

Oct 10, 11, 12

Nov 7, 8, 9

Dec 5, 6, 7

Jan 9, 10, 11

Feb 13, 14, 15

March 13, 14, 15 (held at Camp Amnicon)

*April 3, 4, 5 (snow makeup weekend if needed)

Program Includes:

Finding Contentment

Karma

Core Health

Inversions

Exploring Edges

Supporting Home Practice

Breath & Stress Reduction

Eating for Health & Vitality

Meditation

Astanga- The 8-fold Path

Relaxation

Chanting

The Chakra System

Koshas: Veils of Illusion

Kleshas: Veils of Ignorance

Polarity Mapping & Shadow

Life's Guidelines

Creating Discipline

Plus: morning practices, guest lecturers, cost of March weekend retreat

Our goal at Yoga North is threefold. The first is to insure a comfort level with yogic postures and a freedom of expression in your body. The second is a comprehensive knowledge of yogic philosophy and the ability to relate this understanding to life. Our third goal rests on our strong belief that the basis of growth and freedom is to know oneself; thus our intention is for each of you to leave with a much deeper understanding of yourself.

Enroll to deepen your practice, to deepen your learning and to Live Your Life Awake!

Program Details

Length of Program:

6 weekend commitments

Location:

Yoga North Studio, 4628 Pitt St. Suite 208, Duluth MN 55804

Meals & Lodging:

Participant is responsible for meals and lodging. Please note that some members of the Yoga North community have opened their homes to trainees for lodging at little or no cost. You may inquire with the Yoga North office as to the availability of this option. Water and tea are provided at the studio. A refrigerator and microwave are available for use.

How to Register:

Submit your application and a \$50 non-refundable deposit. You will be notified by mail of your acceptance into the program. Submit your application by September 15th and receive a complimentary book.

Program Cost:

Cost of the program is \$1500, with \$500 due upon acceptance into the program, and the balance of \$1000 due on the first weekend. The cost of \$1500 includes all course offerings, access to the core teaching faculty, and March weekend retreat. The course fee does not include non-refundable \$50 application fee. If preferred, a payment plan may be chosen with \$500 due upon acceptance into the program and 4 more installments of \$275 due the first of each consecutive month for a total of \$1600. Master Card and Visa are also payment options.

Cancellation Policy:

For cancellations less than 30 days before the start date, Yoga North will retain \$500 (plus \$50 registration fee) unless you are able to find a replacement for your reserved space, in which case Yoga North will issue a full refund (less \$50 registration fee). Yoga North reserves the right to cancel any program, and you will be issued a corresponding refund in full. No refunds once training has begun.

Live Your Life Awake

Your teachers at Yoga North are committed to your systematic development in postures, breath, meditation, and towards the goal of knowing yourself. Yoga North Studio provides quiet reflective space for this self-study and exploration.

Our Philosophy:

At Yoga North we share the ancient yogic science, which provides tools and guidance to adjust your life to the true essence and evolution of your soul, allowing you the opportunity to "*Live Your Life Awake*".

Our philosophy rests in the Himalayan Tradition of Sri Swami Rama, a tradition rich in the teachings of the 8-fold Astanga path, encouraging personal and social awakening and transformation.

All classes at Yoga North are offered in support of the awakening and transformation of each student.

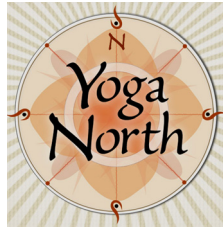
Faculty

Deborah Adele, eRYT 500, owner of Yoga North studio since March 1999, holds 2 masters degrees as well as KRI certification in Kundalini Yoga and IHT certification in Hatha Yoga. Initiated into the Himalayan Tradition and a long-time student of Yogiraj Achala, Deborah has done intensive studies in Yogic philosophy. She has also held a teacher/staff position with 10th Dot Transformations. She has worked extensively with Miick & Associates, combining the concept of body and breath with organizational development skills to improve leadership and management in various businesses around the country. Deborah is author of an upcoming book on Yogic Ethics, as well as a wellness columnist for the Duluth Tribune.

Ann Maxwell, eRYT 200, owner of Yoga North studio since December 2001, holds a masters degree as well as certification in Hatha Yoga with studies in Ashtanga (power) yoga. Initiated into the Himalayan Tradition, Ann is a student of Yogiraj Achala and a disciplined practitioner of yoga living. An experienced wilderness adventure guide, Ann brings the spirit of adventure and curiosity to her expertise as a yoga instructor and business owner, grounding her ability in the practicality and expertise of the body.

Guest Speakers and Adjunct Faculty

LIVE YOUR LIFE AWAKE APPLICATION:



Yoga North
4628 Pitt St Suite 208
Duluth MN 55804
218-722-YOGA/888-722-YOGA
www.yoganorthduluth.com

Name:

Address:

Phone:

Email (will be kept confidential):

\$50 non-refundable deposit enclosed _____

On a separate sheet please answer the following:

- Tell us about yourself in 100-200 words.
- What influences and experiences have led you to want to explore your own depth and transformation more fully?
- What appeals to you about this program?
- What do you hope to gain from this experience?
- How did you learn about this opportunity?

I have read and understand the agreements in the Live your Life Awake application.

Signature:

Date: