



The Center for Happiness Presents

INTEGRATION YOGA® Teacher Training and Advanced Study Program 2009

The Center for Happiness / www.centerforhappiness.com
2645 SE 4th Street Box 10 Minneapolis, MN 55414

SIGN UP NOW TO RESERVE YOUR SPACE IN THE VERY FIRST INTEGRATION YOGA TEACHER TRAINING AND ADVANCED STUDY PROGRAM AT CFH!

For more info contact jen@centerforhappiness.com -- please note that **SPACE IS LIMITED**

Introducing INTEGRATION YOGA, a Kundalini-based Yoga Enrichment Exploration!

We are delighted to premiere INTEGRATION YOGA®, a unique opportunity to study, experience, compare, and integrate yoga as a teacher or student. INTEGRATION YOGA® is an in-depth study of multiple yoga disciplines that offers the optional opportunity for teaching certification. INTEGRATION YOGA is only offered at the Center for Happiness and debuts in 2009! Every day of the program offers the internationally renowned Kundalini Yoga teaching of Helena Raghbir and features a stellar quest instructor teaching his or her topic of passionate interest each month.

INTEGRATION YOGA® offers students to chance to GO GREEN! in their yoga practice!

Featuring, honoring, and supporting the rich excellence of our local yoga teachers, INTEGRATION YOGA® will amaze you with the varied and exceptional yogic resources available in your own backyard. Feel great knowing you are "shopping local and organic" in your yoga studies. This is yoga with the instructors who can teach to and from the perspective of Midwesterners. No fuss, no fancy divas, just wholesome, excellent, and elevating "Yoga with the Face of the Midwest!"

INTEGRATION YOGA® PROGRAM STRUCTURE

INTEGRATION YOGA® is offered in two groups.

- One group meets Friday night and Saturday, one weekend a month for a year. The Saturday group is co-ed.
- The other group meets Friday night and Sunday, one weekend a month for a year. The Sunday group is women's only.

An additional optional morning meditation program, or Sadhana, is offered alternating Saturday/Sundays. Sadhana is offered once per month, and is open to all students regardless of day.

INTEGRATION YOGA® PROGRAM HOURS

Friday 4–9:30—BOTH groups attend

- 4–5.30 how to teach Q and A with certification staff
- 5.30–7 Kundalini Yoga experience with Helena Raghbir
- 7.15–9:30 material with topic teacher of the month

Saturday—co-ed group only attends

- 9.30–10 check in and questions with certification staff
- 10–11.30 Kundalini Yoga experience w/ Helena Raghbir
- 11.30–12.30 bag lunch Q and A with Helena Raghbir
- 12.30–5 workshop with topic teacher of the month

Sunday—women's group only attends

- 10–10.30 check in and questions with certification staff
- 10.30–12 Kundalini Yoga experience w/ Helena Raghbir
- Noon–1 PM bag lunch Q and A with Helena Raghbir
- 1–5.30 workshop with topic teacher of the month

Optional sadhana morning meditation for expansion:
4.30 AM–7 AM, offered alternating Saturday or Sunday

INTEGRATION YOGA® Course Cost

- **DISCOUNT!! All Twelve Weekends, prepaid by NOVEMBER 30 (extension!), 2008 only \$2200**
- All Twelve Weekends, paid in full by the first day of the course: \$2400
- Any Four Weekends (to secure your registration, specify the weekends): \$900
- Single Weekend (to secure your registration, specify the weekends): \$275
- Note that to receive certification, all twelve weekends must be attended.

READ THE FULL HANDOUT including COMPLETE SCHEDULE with INSTRUCTORS and EXCITING WEEKEND WORKSHOP TOPICS!!

2009 SCHEDULE

January 9, 10, 11
February 6, 7, 8
March 6, 7, 8
April 3, 4, 5
May 1, 2, 3
June 5, 6, 7
July 10, 11, 12
August 1, 2, 3
September 11, 12, 13
October 2, 3, 4
November 6, 7, 8
December 4, 5, 6

REGISTRATION IS LIMITED: SMALL CLASS SIZES ensure loads of individual attention!

Register now to secure your spot in the very first INTEGRATION YOGA Teacher Training and Advanced Study Program at the Center for Happiness!

For more info and to register, contact jen@centerforhappiness.com