



# Kali Natha Yoga

## Teacher Training

**200 & 500 Hour**

**RYT**

### Trainings

Become  
a Yoga Alliance Certified  
Kali Natha Yoga Teacher



www.kashi.org  
772.589.1403

## Kashi School of Yoga

### Who We Are

The Kashi School of Yoga is located at Kashi Ashram. We are a Yoga Alliance Registered Yoga School (RYS®) at the 200 and 500-hour levels.

The School is a place of personal growth and learning. We offer a wide variety of classes, programs and workshops that focus on yoga, health and wellness, and spirituality. During the year we offer intensives, retreats and holistic programs with world-renowned teachers.

Founded in 1976, Kashi Ashram is an interfaith spiritual community dedicated to educate, serve and enlighten. We also have Ashrams located in New York, Los Angeles, and Atlanta, with several small centers and thousands of associated individuals around the world. Kashi offers intensives and holistic programs, as well as weekly Yoga, meditation and chanting classes.

We believe an aware person becomes a catalyst to make a difference in the world.

Through its network of volunteers, the Kashi Foundation touches the lives of over 300,000 people worldwide annually.



### Ma Jaya Sati Bhagavati

Ma Jaya Sati Bhagavati, the founder of Kashi, developed the practice of Kali Natha Yoga. For over 35 years, Ma has guided spiritual seekers from around the globe to wake up to who they are.



In the tradition of her guru, Neem Karoli Baba, and her teacher, Swami Nityananda, Ma Jaya teaches a mystical path of union with God. Ma's teaching is that God, though ultimately beyond words and without form, manifests in countless ways to lead us to liberation.

A spiritual teacher, yoga master, AIDS activist, author and artist, Ma is a passionate teacher who awakens seekers to experience a deeper awareness through yoga, spiritual practice and service. Ma has inspired thousands to serve humanity. Ma and her students have served the AIDS community since the pandemic began. She founded the River Fund, our service organization, which is dedicated to helping those in need.

*"Kali Natha Yoga opens us to become self-aware as we begin to understand our deeper selves and life around us. It gives us the strength as well as the ability to listen. Yoga teaches us to be in harmony with our daily life. Be open like a vessel and yoga will flood you. The breath is the key. It is the yoga that will liberate you."* - Ma

## Application, Payment and Discounts

Please submit your application, available at the Kashi office or apply online at [www.kashi.org](http://www.kashi.org) with your reservation deposit on or before December 31, 2009. Applications will be approved as they are received. We reserve the right of admittance. Once your application is approved and accepted, all payments are non-refundable, non-transferable and non-extendable.

If accepted, you will be notified in writing. If you have any other questions, please contact us!

### Please check Program Interested in:

#### 200-Hour RYT Training

( ) **Program A: Weekends, February through July, 2010. Some 4-day weekends are included. Check website for schedule.**

( ) **Program B: 2- ten-day sessions, June 11-20, & November 5-14, 2010.**

**Full Tuition** charge is \$2150. Payment in full by cash or check entitles you to a \$50 discount.

**Early Payment Discount** is \$100 off tuition paid in full by December 31st. A minimum \$500 deposit must be included with this application.

Check amount included with this application:

\$ 2,150	Full Tuition
1,100	Room & Board (optional, Residential Program only)
- 100	Early Payment Discount (in full by December 31)
- 50	Cash or Check Discount
_____	Total (please fill in amount)

**If you are interested in lodging options for the Weekend Program, please call us.**

Cash \_\_\_ Check \_\_\_ MC \_\_\_ Visa \_\_\_  
CC# \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

## Kali Natha Yoga Certification

You can learn to be a Kali Natha Yoga Instructor. Our Teacher Training is deeply engaging, exciting, and alive with energy. The student is immersed in the depths of the ancient and mystical practice of yoga.



This course is designed for students who have a deep desire to be certified to teach yoga or wish to deepen and broaden their own personal yogic practice. Our programs are designed to teach participants how to teach and bring the depth of yoga and spirituality to others.

Kali Natha Yoga ignites the flame of self-awakening. The practice of Kali Natha Yoga incorporates pranayama, mantra, mudra, meditation and traditional asana into numerous flow series. Each asana series is a sacred flowing dance that immerses you into the essence of that particular series. This system of yoga, developed by Ma Jaya Sati Bhagavati, is a profound tool that awakens kundalini energy, increases flexibility and strength, reduces stress, creates peace of mind and opens the yogic channels, enabling practitioners to become more aware.

Students learn in a sacred Ashram environment. Kashi is a special oasis, reminiscent of ancient India where temples from many traditions abound; the sacred Ganga pond holds the antiquity of the holy Ganges River, and the saints of India come alive.

## Our Program & Curriculum

Our courses qualify you to become a Registered Yoga Teacher with the Yoga Alliance. Upon successful completion of the Level 1 or 2 Training you will receive a certificate from the Kashi School of Yoga, as a registered Yoga Teacher at the either the 200 or 500 hour level.

Our trainings are dynamic, energetic and filled with spiritual depth. Programs include experiential anatomy, yogic philosophy and theory, an in-depth study of traditional yoga asanas and the practice of Kali Natha Yoga. The student will gain an understanding of the path of Yoga.

We offer three teacher training opportunities. Our staff consists of Senior Kali Natha Yoga instructors, Swamis, Pujaris and Kirtan wallas, most of whom have over 30 years of yogic experience. In addition, students have an opportunity to study with Ma Jaya Sati Bhagavati, a living master.

Our Teacher Trainings also include presentations from world-renowned guest speakers and teachers.



## 200-Hour RYT Training Program

We offer two 200-hour RYT programs for your convenience:

**Program A** is offered in six weekend sessions, beginning in February and ending in July. Our program includes lectures, experiential sessions, and yoga training. Required reading and other coursework are also included in your curriculum.

**Program B** is comprised of two ten-day sessions, the first from June 11-20, and the second from November 5-14. Lodging at Kashi is available during this program.

These advanced teacher trainings can also be used towards CEUs for your 200 RYT renewal while you are in the process of working toward your 500-hour certification.



## 500-Hour RYT Training Program

We are pleased to introduce a 500-hour Advanced Yoga Teacher Training. This course is designed to be completed at your own pace.

We have designed one day, weekend, and five day Advanced Teacher Training modules available throughout the year. In addition, independent study can be credited toward required hours. This advanced training is open to anyone who currently holds a 200-hour RYT from any Yoga Alliance Registered Yoga School.

Please call us for schedule and information.

## Requirements, Registration, & Tuition

Becoming a yoga teacher is a commitment you make to yourself. It is a commitment to live a yogic lifestyle with a great awareness of yourself and those around you. Being a teacher is a great responsibility. You will be asked to participate fully in this program, which includes attendance at all classes and completion of all assignments.

Space is limited; applications are considered as they are received. **A \$500 deposit must be submitted with your application.** If you are not eligible, your deposit will be refunded. Upon acceptance, your deposit will be applied to your tuition, and you will receive an orientation packet that will include details about the curriculum, schedules, books used during the course, and other pertinent information. The balance of all tuitions must be paid by January 15, 2008.

### Tuition:

**200 RYT:** \$3,250 including room and board, or \$2150 without lodging. Payment is due by January 15, 2010.

**500 RYT:** There is a \$500 non-refundable registration fee for this program. Advanced Training Modules are charged per course.

For more information, call **772-589-1403**, or email us at [kashiinfo@kashi.org](mailto:kashiinfo@kashi.org)



Senior Kali Natha Yoga Instructors