



India Yoga Studies & Retreat

FEBRUARY 28 - MARCH 18, 2012

When yoga is practiced and understood holistically it brings harmony and balance to our lives, families and society – Yogi Vishvaji

Embrace the opportunity to travel to Northern India with a group and experience the rich history, philosophy and culture. Tour historical monuments and gain an additional 50 hours of teacher training in Rishikesh, one of the birthplaces of Yoga. Deepen your studies of the art and science of classical Yoga and Ayurveda.

Live in an ashram, attending yoga classes in the early morning hours, meditating, chanting and enriching your daily sadhana. Build meaningful connections and friendships by travelling with a spiritual community. Experience and live your yoga in India.

PROGRAM HIGHLIGHTS

- Receive certificate of completion from Langara Continuing Studies.
- 50 hours additional teacher training with expert trainers.
- Study and practice holistic yoga at Ananda Prakash Ashram founded by student manual authors—Yogi Vishvaji (PhD) and Chetana Panwar (MEd).
- Learn intermediated yoga techniques and teaching methodologies with Madhuri and Naseem.
- Visit Sri Ram Orphanage in Haridwar, founded by Sri Baba Hari Dass.
- Tour the Golden Triangle: Delhi (Lotus Temple, Red Fort, Gandhi Museum, Qutab Minar), Jaipur (Amber Fort, Jantar Mantar, Palace of Winds) and Agra (magnificent Taj Mahal).
- Explore temples, local cuisine, diverse culture, unique shops and artisan markets.

DATES & COST

February 28 - March 18, 2012*

\$2495 - flight costs are additional

Please see Registration Application for details. www.langara.bc.ca/cs

* dates are subject to change due to flight arrangements

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THE COLLEGE OF HIGHER LEARNING.