

2018 PROGRAM GUIDE  
**discover I AM**  
YOGA • YOGA NIDRA • YOGA THERAPY • WELLNESS

*Experience the mysterious power of  
Shaktipat Transmission*

Re-shape your life and re-design your destiny! Explore the miracles of self-discovery from a modern master revealing the mystery of the ancient tradition of energetic transmission. **p. 13**

**Become a certified  
I AM YOGA® TEACHER**

A prestigious certification that can change your life, developed by a world renowned yoga master. **p. 9**

*Yoga Nidra*

**THE ART OF NON-DOING**

For Health & Transformation  
by Kamini Desai PhD **p. 18**

**I AM YOGA THERAPY™**

Get started on an 800-hr curriculum to vitalize your career and change your life!  
**p. 23**



## *Welcome!*

The Amrit Yoga Institute is located in Salt Springs, Florida amidst the tranquil beauty of the Ocala National Forest, on spring-fed Lake Kerr. Our serene twelve-acre property features lush gardens, a full dock on which to relax and enjoy the tranquility of the lake, as well as stone decks and walkways nestled beneath the towering canopy of live oaks. Here, the riches of nature create a nurturing atmosphere where you can rest, relax and reconnect with Source; an ideal retreat for the practice of yoga and meditation.



# Transformative Education for Life Mastery

## Our Mission:

**We are a global community dedicated to embodying and transmitting the authentic wisdom and experience of yoga to further the evolution of humanity.**

## Our Vision:

**We hold a vision of humankind living in harmonious interaction with themselves, each other and the world.**

*“I had an overwhelming sense of being in the right place. I had no doubt that what I was doing was right although I can't put it into words. This experience has deepened my connection to yoga and the path I am being drawn to. I am so grateful for the opportunity to teach, learn and deepen this connection with my path.”*

*“Yoga is integrative. Ego is separative. Separation is at the core of all human suffering. Integrative yoga-is the ultimate solution.”*

*~ Amritji*

# Rest & Relaxation Retreat at AYI

## FEEL REVITALIZED, REGENERATED, RENEWED AND INSPIRED!

Our R&R program is a powerful way to restore your health and well-being. This is an amazing opportunity to step away from a stressful modern lifestyle and immerse yourself in our peaceful, calm surroundings. You will leave feeling balanced and inspired!

Amenities available during the R&R Program:

- Private Room (during non-program times)
- Create your own Schedule
- Lecture with Gurudev Shri Amritji (when in residence)
- Morning Yoga Classes (weekdays)
- Afternoon Yoga Nidra Guided Meditations (weekdays)
- Yummy Organic Vegetarian Food

## Schedule your retreat!

Visit us online: [amrityoga.org/rest-and-relaxation/](http://amrityoga.org/rest-and-relaxation/) or call 352-685-3001.

Schedule a Healing Arts service, and feel the tension melt away!

See page 24

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## I AM RETURNING TO WHOLENESS

I AM, or the Integrative Amrit Methods, are designed to empower you to live your life with more skill, peace, joy, grace, and less reactivity. We are here to help you build a life that serves your true fulfillment. The essential secrets of Yoga, Yoga Nidra, Yoga Therapy and Ayurveda reveal a channel to peace and vitality sourced from within – where body, mind, heart and soul move as One. Our unique insight and experience-based programs generate powerful internal shifts designed to transform every aspect of your life.

**Your Stay With Us: Please see p. 32 for information on our room and meal plans.**

23855 NE County Road 314 | Salt Springs, FL 32134

# I AM Welcome Weekend Retreats

Jan. 12-14, April 6-8, July 13-15, Oct. 5-7, & Dec. 7-9

Join us for a weekend of Relaxation, Regeneration and Self-Exploration!

"My experience - transformative!"

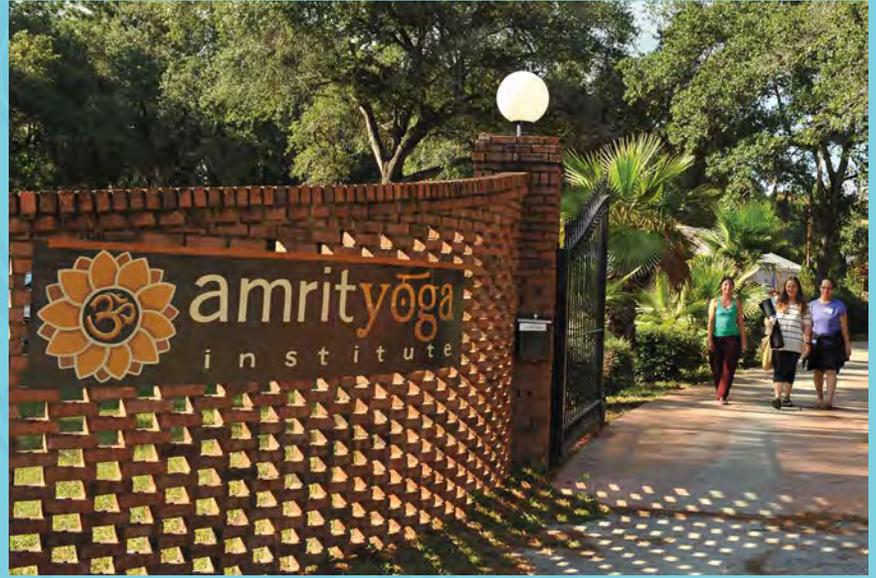
Through the integrative practices of I AM Yoga® & Yoga Nidra™ you will learn specific techniques to activate and maximize the healing wisdom of your body that will allow you to:

- Reduce stress
- Harness and harmonize the restless mind
- Enter the deepest levels of relaxation, tranquility and stillness
- Feel revitalized, regenerated and inspired

These unique practices empower you to skillfully handle challenges in your personal and professional life that create chronic stress and rob you of your creative vital life force.

I AM Yoga® is ideal for beginners, as well as seasoned practitioners looking for the perfect weekend retreat!

Tuition: \$249 plus room and meals



**New Student Special: Take \$50 off the regular price!**

Follow us on Facebook for an opportunity to win FREE tuition to Welcome Weekends throughout the year!



**Kamini Desai, PhD:**  
*Director of Education  
Yogeshwari*



**Chandrakant John Hiester:**  
*Senior Teacher  
Yogacharya*



**Malay Desai:**  
*General Manager*



**Abhay Scott Arena:**  
*CEO*



**Nirali Lauren McCrea:**  
*Assistant Director of  
Education & Development*



**Kalindi Edwina Hoffmann:**  
*Director of Relations*



**Indu Heather Eilering:**  
*I AM Teacher Relations  
and Special Projects*



**Garrett LaValley:**  
*Director of Media and  
Marketing*



**Gautam Alex Bierut:**  
*Asst. Media Director*



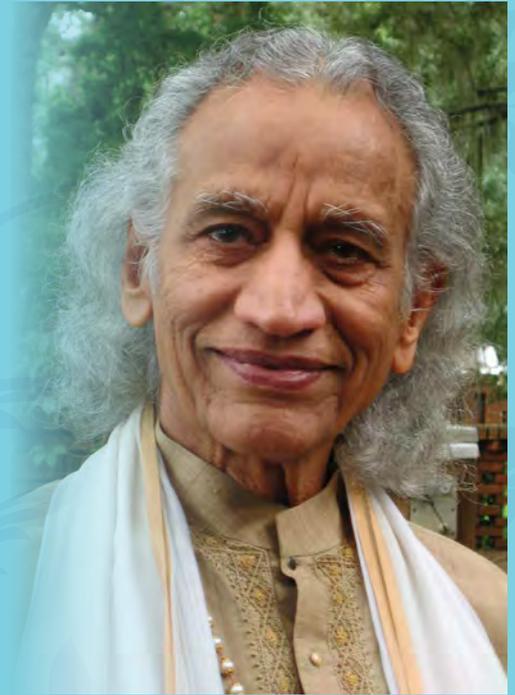
**Hari Amar:**  
*Director of Growth and  
Development*

# Impeccable Teaching Staff

Our teachers embody and transmit the essence of yoga. As a result of having lived what they share with you, their teachings are inspired rather than learned. They don't just communicate information, they bring heart, presence, compassion and clarity. They speak to the highest potential in you and nurture it with non-judgmental support. All of the I AM Yoga® teachers have been directly trained by Gurudev Shri Amritji and Kamini Desai, PhD, Director of Education.

## Study with a Master of Yoga

The historical origin of Yoga in North America started with the arrival of great Yogis such as Swami Vivekananda, followed by Paramahansa Yogananda. Gurudev Shri Amritji (Yogi Amrit Desai) followed in the footsteps of these great yogis and was the first Yoga Guru to bring his inner dimension of Hatha yoga to the West, now referred to as I AM Yoga®. A globally revered spiritual leader, Amritji has reached millions through his personal and on-line presence and has trained more than 10,000 certified Yoga and Yoga Nidra teachers in more than 40 countries around the world. He regularly gives lectures on Yoga and meditation while is is on campus at the Amrit Yoga Institute. Refer to p. 11 for more information.



**Craig Cavaluzzi:**  
*Head Chef*



**Phyllis Holzderber:**  
*Accounting*



**Teresa Bollinger:**  
*Registrations*



**Harry Luton:**  
*Office of Gurudev Amritji*



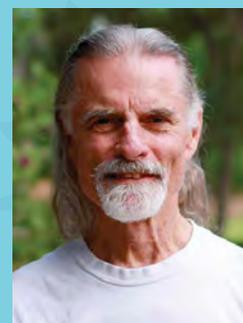
**Uchita Sonya Thomlinson:**  
*Programs*



**Harshad Jeff Thomlinson:**  
*Administrative Support*



**Eknath Kyle Bagnall:**  
*Facilities*



**Thomas Leahey:**  
*Maintenance*



**Eddy Rodriguez:**  
*IT Programmer*



**Arti Lexi Rabin:**  
*International Projects*



**Modini Lila Ivey:**  
*Assistant to Gurudev*



**Nicole Lopez:**  
*Assistant Kitchen Manager*

# What I AM

I AM YOGA



YOGA NIDRA



YOGA THERAPY



WELLNESS



## A UNIQUELY ACCESSIBLE EXPERIENCE OF AUTHENTIC YOGA

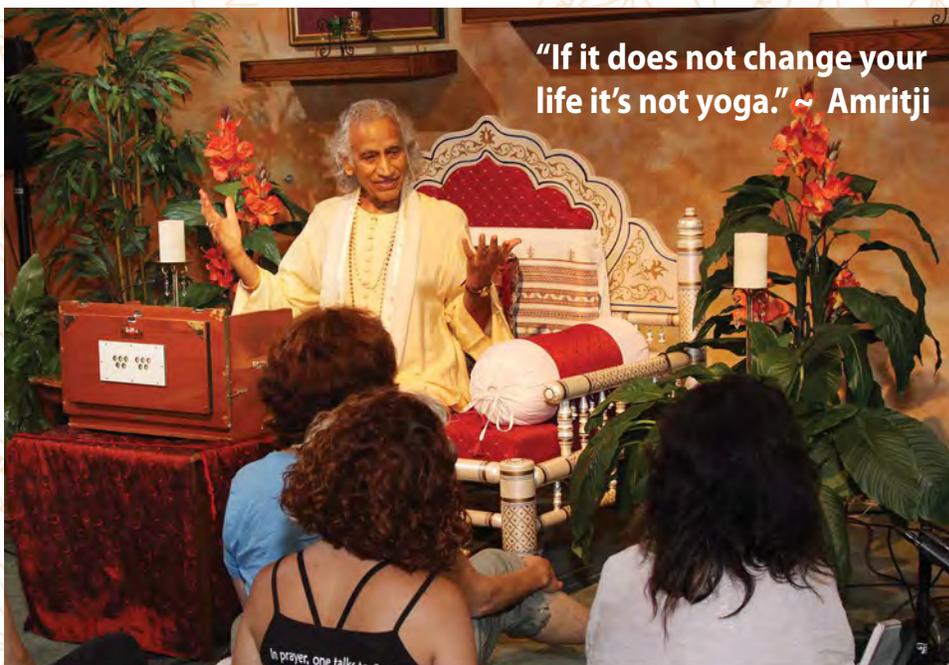
Most of Western yoga focuses on getting fit or being flexible. What most people don't realize is that these are secondary benefits of what could be an even deeper, richer experience of yoga.

If you are seeking a style of yoga and wellness lifestyle that not only promotes your health but will forever transform your relationship with your Self and with others, look no further than I AM or the Integrative Amrit Methods.

Whether a new or experienced yoga practitioner, I AM Yoga®, Yoga Nidra™, Yoga Therapy™ and Wellness™ allow anyone to gain the true benefits of yoga regardless of strength, ability or age. Ideal for brand new practitioners and experienced yogis, as well as health and therapy professionals alike; this is truly a practice of "Meditation in Motion" or stillness in action.

## LEARN FROM ONE OF THE ORIGINAL PIONEERS

The roots of I AM Yoga® derive from the authentic teachings of the great Kundalini Masters of India. Gurudev Shri Amritji is the carrier of the Lord Lakulish and Kripalu Shaktipat Lineage to the West. Amritji's awakening experience, which revealed to him the many secrets of Yoga, are built into all of our I AM Yoga based programs. Over the years his charismatic presence and powerful teachings of this Lineage of Prana Shakti have spread worldwide. His teachings through this Shaktipat Lineage ignited the fire that began the initial renaissance of the Inner Dimension of yoga in the 20th century. Today at 85 years of age, Amritji still heads the Institute with dynamism and "beginner's mind." This makes our I Am Training & Certification programs one of the most respected in the world.



**"If it does not change your life it's not yoga." ~ Amritji**

*Take this journey to the power of loving Presence that I AM within!*

It is a powerfully transformative inward journey that if you so choose, upon completion, you may then reveal to others as an I AM teacher.

## 200 HOUR CERTIFICATION

### I AM Yoga® Level 1 Posture of Consciousness Yoga Teacher Training

Our loving and expert staff will guide you on an internal journey of growth and Self-discovery that will leave you confident to skillfully lead others in the practice of I AM Yoga®.

See p. 15 for more details.



## 300 HOUR CERTIFICATION

### I AM Yoga Nidra™ & I AM Yoga® Level 2 Meditation in Motion

*Receive 10% off your tuition when you register for both together!*

Take your personal practice and your teaching to a whole new level. Grow your capacity to transmit the power of this ancient science of yoga while learning new skills.

**Yoga Nidra:** This 100-hour training provides you with the skill and experience to lead your students into the deep state of meditation known as Yoga Nidra. Learn how modern science demonstrates how this ancient technique can create profound shifts in your physical, mental, emotional and spiritual life. This training is suitable for both beginners and extremely experienced teachers and practitioners to deepen their studies and personal practice.

See p. 20 for more details.

**Meditation in Motion:** This 200-hour advanced yoga teacher training transforms physical yoga into energy yoga. Open to 200-hour certified teachers through Yoga Alliance. This 20-day training creates a map for you to understand the scriptures through knowledge and experience, thereby revealing the ancient truths to you firsthand.

Learn to live your life as a meditation in motion and expose this process to your students with skill and grace.

See p. 17 for more details.



## 500 HOUR CERTIFICATION

### I AM Yoga® Level 1: Posture of Consciousness I AM Yoga® Level 2: Meditation in Motion I AM Yoga Nidra™

All three of our core trainings create a roadmap for you to follow inward for exploration and discovery. Follow the I AM map from the beginning, and see what you uncover as you explore the territory of your own body, mind and soul.

**Huge savings!** Receive 10% off your tuition when you register for all three of the above programs together!

See pages 15, 17 and 20 for more details.



# Yoga Nidra Professional Training & Spiritual Pilgrimage Tour in India

**Yoga Nidra Training Dec. 29-Jan. 7**

**India Tour Jan. 8-20**

Join Gurudev Shri Amritji and Kamini Desai, PhD in bringing the next wave of spiritual seekers to India. Accompany them for I AM Yoga Nidra™ Professional Certification at Kripalu Samadhi Mandir and experience the authentic wisdom of the ancient masters of our lineage at their source. Then join us for the 12-day tour of India's sacred sites.

## Yoga Nidra Professional Training

**December 29, 2017 - January 7, 2018**

This curriculum is designed in two phases: Philosophy of Yoga followed by the Medical Applications of Yoga Nidra. The philosophy learned in the first phase is applied practically in the second phase.

What to expect:

- An immersive experience led by our senior staff, including Kamini, John V., and Nirali
- Multiple daily Yoga Nidra practices to restore and rejuvenate
- In-depth reflection and learning on the philosophical, biological and psychological foundations of Yoga Nidra
- Harness the power of Yoga Nidra to remove blocks, detoxify and initiate unprecedented life-shifts from beyond the thinking mind

**Who this is for:** This training is suitable for both beginners and extremely experienced teachers and practitioners to deepen their studies and personal practice. See p. 20 for more details on Yoga Nidra.

Tuition: \$2,495

## India Sacred Site Tour

**January 8-20, 2018**

Gurudev Shri Amritji and his son, Malay, will be your guides as you explore the ancient states of India. In each city, you will have the opportunity to explore the culture, the history, and the spirituality that comprises the foundation of India as you travel with Gurudev through his homeland.

- Visit the ancient Holy Sites, the colorful Bazaars, historical museums, and palaces.
- Immerse Yourself in the rich cultures, colors, and smells while connecting deeply within.

Explore the Lineage Sites. At the culmination of the training, we will take a day trip to visit the sacred sites of the Lord Lakulish Lineage including the Kayavarohan Temple, the site where Gurudev first met Bapuji, and the village where Gurudev spent his early childhood.

Tuition: \$2,995



**Visit [amrityoga.org/india2018/](http://amrityoga.org/india2018/) for more details and to register.**

## Gurudev Shri Amritji (Yogi Amrit Desai)

Over the past 57 years Shri Amritji founded some of the largest non-profit yoga centers in North America. The seeds of yoga he planted grew into the *Yoga Society of Pennsylvania*, founded in 1966. It became the largest of its kind by 1970. By 1983, the Kripalu Yoga Center founded in Massachusetts grew to be the largest Yoga and Health Center in North America. It became a thriving International Yoga Center with 350 full time residents and volunteer staff that accommodated more than 300 guests. Today there are more than 10,000 certified Yoga and Yoga Nidra teachers trained in his Inner Dimension of Yoga.

State University of New York published in 'Homegrown Gurus' 2013: "... (sic) Desai remains at the forefront of the English speaking Yoga Revolution in America for almost four decades ... He also exports his teaching of Yoga to more than 40 countries ... He has arguably been one of the most influential and sought-after figures in the development of Hatha Yoga in America over the last 40 years."

### Publications and Book Awards:

His recent books *Ancient Wisdom, Modern Master: Meditations on the Art of Living* (2012), *Love and Bliss: A Collection of Inspired Poetry* (2014) and *The Yoga of Relationships: A Practical Guide for Loving Yourself and Others* (2015) have earned a total of fifteen literary awards from esteemed book festivals held in London, Paris, New York, Southern California, Hollywood, CA, Florida, etc.

Amrijit's 1970 awakening experience revealed to him that the scriptures of Pantanjali's *Yoga Sutras* is a manual for the practice of what he calls Ashtanga Yoga rather than just a philosophy of yoga. Out of this realization, he designed a practice that integrates the core principles of *Yoga Sutras* into the practice of Ashtanga Yoga or a combined practice of Hatha and Raja Yoga. He calls it I AM Yoga Meditation in Motion. It represents the inner spiritual dimension through the practice of Hatha Yoga that is missing in the popular approaches to the practice of Hatha Yoga.

## GURUDEV'S INDIA & SALT SPRINGS PROGRAMS:

**December 29-January 7:**  
**Yoga Nidra in India**

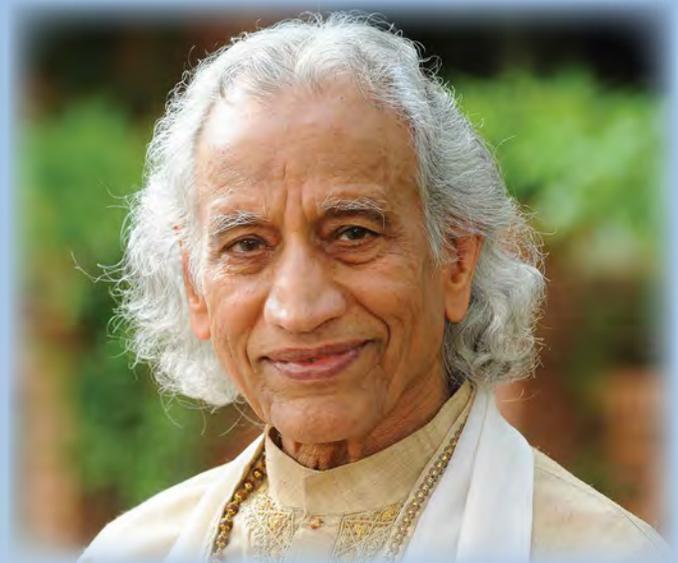
**January 8-20:**  
**India Tour (opposite page)**

**March 29-April 1:**  
**Awakening Christ Consciousness**

**August 22-26:**  
**Prana Awakening see p. 13**

**August 26-28:**  
**Lineage of Light Initiation see p. 13**

**Gurudev teaches in our I AM trainings in Salt Springs when he is in residence.**



**State University of New York,**  
published 'Homegrown Gurus' 2013

"Since the time of his arrival in the United States, February 1960 and to this day, he continues to make a significant impact on transforming the history of yoga in the western world. He is recognized as one of the greatest emissaries of India's ancient yogic heritage."

**Vishwa Yoga Ratna, 1987,** by the World Development Parliament of India, presented by the President of India.

**Pantanjali Award, 2010,** by Association of Ayurvedic Professionals of North America (AAPNA).

**Padma Vibhushan Nomination 1992** by the late Prime Minister, Shri Chandra Shekhar.

**International Yoga Grand Master, 2013,** by **Padma Shri** H.H. Jagat Guru Amrit Suryannandaji. This award has been previously given only to Padma Shri Dr. Nagendra of SVYASA University Bangalore and Shri B.K.S. Iyengar.

**Doctor of Yoga Science, 1974,** for outstanding contribution to humanity by H.H. Jagadaguru Shankaracharya of Dwarka, spiritual leader of Hinduism.

**Visit: [amrityoga.org/gurudev-amritji-desai/](http://amrityoga.org/gurudev-amritji-desai/)  
for more information.**

*Deepak Chopra said,*

*"Amritji is a pioneer in introducing yoga to the West, but more significantly through his unique style, his method of teaching draws upon the original spiritual depth that is missing in the popular practice of Hatha Yoga."*

Dr. Chopra is an author of 85 books on Ayurveda, Yoga and Integrative Medicine.

# A Lineage of Light

I AM Yoga® is the natural evolution of ancient yogic practices passed down from master to disciple, refined to be relevant and effective for Western culture today. The practices of I AM Yoga® have been developed by Gurudev Shri Amritji based on the ancient secrets of yoga, which he received directly from his guru, Swami Shri Kripalvanandji (Kripalu).

Swami Kripalu, lovingly known as Bapuji, was a rare being and is considered to be one of a handful of Indian saints who lived during the 20th century. A renowned master of Kundalini Yoga, Bapuji received his initiation into the mysteries of yoga from his Guru, Lord Lakulish (Dadaji), considered an incarnation of Lord Shiva.

Bapuji is recognized as one of the greatest yoga masters of the 20th century. His life is an amazing story of unwavering devotion marked by 30 years of sadhana, silence and meditation.

Gurudev Shri Amritji was just 16 years old when he first met Bapuji and has followed his teachings ever since. Although Amritji moved to the U.S. in 1960, he and Bapuji stayed in touch through a series of letters, which were turned into a book called *Letters from Swami Kripalu*. The special bond of love they shared brought Bapuji to America in the mid-1970s. For over four years, Bapuji blessed thousands in the U.S. with his loving presence.

## Energetic Transmission - Shaktipat

In 1969, Bapuji recognized Amritji by giving him the title of Yogi and in 1980 the title Yogacharya (Master of Yoga). Early on in Amritji's training, Bapuji transmitted the rare blessing of Shaktipat to his beloved disciple. This spiritual gift allows Amritji to instantly enter deep meditation outside the timebound dimension of body and mind.

Energetic transmission is vibrational expansion beyond the boundaries of the body and the mind. This synergistic energy field enfolds everyone in a palpable aura of stillness and peace and acts as a catalytic agent for metamorphosis to occur in one's energy field and consciousness. For eons, the yogis and sages of India have known the secret of Shaktipat, which initiates profound self-healing and transformative processes from within. This is the ancient technique from which Reiki, Tantra, Qigong and Pranic Healing systems have evolved.



**"Once you find your inner wealth, no one can take it away. Even if you offer it to others, yours will only double." ~ Amritji**

## Carrying the Lineage to the West

The energetic transmission Amritji received from Bapuji transformed his life and teachings. He was the first to carry the mystical lineage of Lord Lakulish and Swami Kripalu in the West. The inner dimension of Meditation in Motion shattered the notion of yoga as purely a physical discipline, integrating the notion of yoga as a process of consciousness liberation. Today, Amritji's *Inner Dimension* of Yoga practices are taught by more than 10,000 certified teachers in 40 countries.

*"Whatever you want at the end of a spiritual journey must be present from the very beginning in a seed form that is nurtured all along the way rather than expecting an end result through goal orientation."*  
~ Amritji

## DR. DAVID FRAWLEY STATED:

*Amritji revived the ancient teachings of the millennial old Shaivite Yoga, rooted in the Lakulish tradition from Kayavarohan in Gujarat, one of the greatest centers of India's older Yoga practices... Amritji made these secret teachings once more alive and relevant to the entire world. He has left an indelible influence on modern Yoga... Amritji has demonstrated a Prana Siddhi in which he can allow Universal Prana to move not only through his mind and body but also through his environment and into the audience around him, awakening their own inner Prana and spiritual intelligence.*

Dr. Frawley is the author of 30 books on Yoga and Ayurveda and India culture.



# Discover for Yourself the Power and Grace of Energetic Transmission

**FOLLOW THE PATHWAY TO AWAKENING YOUR OWN PHYSICAL, MENTAL, EMOTIONAL & SPIRITUAL HEALING POTENTIAL!**

## SADHANA OF PRANA

With Chandrakant  
January 19 – 21, May 11-13, September 28 - 30  
Tuition: \$249 plus room and meals

*Cultivate what you do on the yoga mat into a life of Meditation in Motion.*

This three-day intensive is an opportunity for yoga teachers, as well as experienced yoga practitioners of all traditions to reconnect and recharge. Join fellow yoga practitioners in four to five progressively deepening Yoga Sadhanas (practices) in order to cultivate your recognition of the innate intelligence of the body's vital life force, prana. By attuning the mind to naturally merge with prana, you cultivate the ability to live your life as a Meditation in Motion.

**Returning Student Discounts:** \$99 + R&B for students who have previously attended Sadhana of Prana.

## PRANA AWAKENING

With Amritji and Chandrakant  
August 22-26  
Tuition: \$795 plus room and meals

Renew and reinforce your commitment to deepen your spiritual growth and development.

Awakening prana dismantles the body of the self-image that blocks you from the Self that you are. Prana Awakening is geared toward the awakening of Prana Shakti to those who are ready and open through the ancient sacred gift of Prana Shakti Transmission from the Master to the recipient.

Energetic transmission is vibrational expansion beyond the boundaries of the body and the mind. This acts as a catalytic agent for metamorphosis to occur in your energetic field and consciousness. It dismantles the energetic psychosomatic barriers built into your old traumatic emotional wounds and painful memories of the past. Prana Shakti Transmission performs miracles which open the doors for you to move beyond the depression, anxiety, fear and addictions that prevent you from accessing love and fulfillment in your life.

This program is designed to empower you to:

- Interrupt the disease processes built into your mental and emotional bodies
- Access the healing potential hidden within you
- Release the energy that reconnects you to the source of love, bliss and peace that you are
- Free your body from being the abode of the false ego mind and discover your body is the temple of the Divine.
- Overcome self-limiting beliefs and personal biases
- Release the stress built into your body and mind, and you will spontaneously bring peace and harmony no matter where you go, what you do or who you are with

Prerequisite: Attendance at a Sadhana of Prana program or I AM Yoga® Meditation in Motion Immersion.

**Returning Student Discount:** Free room and board if you are a returning client to Prana Awakening.

## LINEAGE OF LIGHT INITIATION

With Amritji and Chandrakant  
August 26-28  
Tuition: \$108 plus room and meals

This program offers the opportunity to awaken trust in your own inner guru through your connection with an external Master and will provide a profound internal shift, bringing you closer to the Lineage and the light of consciousness within.

Initiations include:

- Mantra: Passed down from Dadaji, to Bapuji, to Gurudev, to you
- Name: Explore a new way of seeing yourself and the world around you

You will be given powerful tools and techniques to return to the loving presence of the Guru within.

Prerequisite: Prana Awakening



# Integrative Method I AM Yoga®

By Amritji

The purpose of the practice of yoga is to experience an integrative state of Oneness within. Patanjali says, "Yoga means witnessing the modifications of the mind" 1:2. It implies that each limb of Patanjali's 8-limbed Ashtanga Yoga must be accompanied without reaction but with meditative non-reactive awareness. When the practice of yoga is performed as physical exercise, the performer of the yoga posture is the ego-mind. The physical practice of asanas has many benefits. It can remove symptoms, such as tense muscles, stiff joints, obesity, or other health problems, that appear in the body, like the tip of an iceberg. But it cannot remove the invisible cause, the ego mind that is the submerged part of the iceberg. When your practice is combined with meditation, you withdraw from identifying with your thought forms as well as the reactive perceiver, the ego mind.

When you go from reactive perceiver to nonreactive witnessing presence you disengage from what is invisible which is much more dangerous than what is visible. The reactive perceiver can only see the effects of the ego-mind. It cannot see its cause. In I AM Yoga, meditative awareness opens a door to dive into an inner meditative dimension from where you can see the reactive perceiver ego mind that only interacts with the effects or symptoms that appear on the surface of the body. Meditation allows you to go beyond the boundaries and limitations that appear in the body/mind from where you can disengage from the invisible cause.

I AM Yoga treats both, inner and outer, cause and effect. It focuses on the invisible cause, but at the same time, it does not ignore the visible effects. In popular practice, you temporarily overcome the edge by flight or flight reaction. In I AM Yoga, you use the edge as a means to discover the cause. If you have ten symptoms and remove one of them,

all other nine survive. If you remove their root cause—the ego-mind—all ten symptoms begin wither away.

The Integrative Amrit Method of Yoga (I AM) is called *Meditation in Motion*. It is a unique approach to the practice of Patanjali's Ashtanga Yoga. It is designed to experientially explore the non-mental, integrative inner dimension of yoga that is currently missing in the popular practice of Hatha Yoga. When people practice the external physical discipline of asanas, internally their ego mind is engaged in conflict-creating self-talk, judgment and comparison. This is called body-mind conflict. Meditative awareness brings external and internal, physical and mental, Hatha and Raja Yoga to function in co-creation, as a holistic practice.

I AM Yoga has integrated Patanjali's core Sutras into the practice of Ashtanga Yoga. I AM Yoga provides powerful tools, techniques and insightful teachings to enter the authentic experience of Oneness that yoga is. When your practice of asanas and pranayama is combined with witnessing the modifications of thoughts and emotions, you are going beyond both the body and mind and yoga becomes a holistic practice.

Ego-mind operates in conflict-creating, dualistic, reactive interaction no matter where you go, what you do, or who you are with. It functions in beta brain waves. The purpose of yoga practice is to enter into the more relaxing, integrative alpha brain waves. The more integrated you are, the more you connect to your heart and intuitive centers that frees you from living in the prison of the past. Thus, you progressively enter into a deeper integrative state of zero-stress yoga zone.

Meditation in motion is an active shift from dualistic, conflict-creating, stress producing body-mind interaction, to a non-reactive intention for integration. Meditation can now become a way of life, rather than just an isolated practice on a Yoga mat. Each time you consciously disconnect from reactive perceptions and interactions of the ego-mind, you re-connect with the infinite source of energy, intelligence, and information that provides new insights that were blocked by fear, anger, self-rejection, guilt, blame and shame. What you practice on the yoga mat opens the doors to conscious living, where conscious interaction you develop with yourself, your body, and your mind performs miracles in your love life, work life, family life and social life.

**"Forgiveness is the first part of the posture of consciousness, and letting go of the forgiveness becomes the second half of the posture of consciousness. The difference between the forgive and forgiven melts into the Presence which accommodates everything as it is, holding it in the posture of compassionate consciousness." ~ Amritji**

# I AM Yoga® Level 1 Immersion & Professional Training The Posture of Consciousness

With Nirali Lauren McCrea

I AM Yoga® offers a dimension to yoga trainings you will not find anywhere else.

Most of Western yoga focuses on getting fit or being flexible. What most people don't realize is that these are secondary benefits of what could be an even deeper, richer experience of yoga.

If you are seeking a style of yoga that not only promotes your health but will forever transform your relationship with your Self and with others, look no further than I AM Yoga®. Whether a new or experienced Yoga practitioner, I AM Yoga® allows anyone to gain the true benefits of yoga, regardless of strength, ability or age.



## LEVEL I IMMERSION

May 18-27

Tuition: \$1300 plus room and meals

Open to all practitioners, this residential program is ideal for those seeking to take yoga to a deeper level. It provides 100 hours of training, which may be used as the basis for future training should you desire to certify as a yoga teacher. Under the direct guidance of senior teachers you will:

- Deepen your personal understanding and experience of yoga
- Use postures not just for exercise, but as a tool for self-study, transformation and Self-discovery
- Help discover and release behaviors that are affecting your health and well-being
- Understand the Integrative Amrit Method view of energy, anatomy, pranayama, meditation and Yoga Nidra.

## LEVEL I CERTIFICATION

July 20-29

Tuition: \$1300 plus room and meals.



This is a 200-Hour Yoga Alliance Certification. Transmit what you learn to those around you.

- Classical yoga and theory from ancient texts
- Teaching techniques to guide students safely and effectively through 28 dynamic postures of the Integrative Amrit Method sequence
- Applied anatomy, as well as assists and modification clinics to make poses optimally accessible for all body types and limitations
- One-on-one and group coaching to build personal empowerment and break through personal limitations

Tuition for Full Training: \$2400 plus room and meals

Prerequisite: Level I Immersion.

Visit us online for more information and early bird discounts!

For a full 500-Hour Yoga Alliance Certification join us for Yoga Nidra and Advanced I AM Yoga®.

## TESTIMONIALS

*I am back in my body, freer in my mind and happy in my spirit. –MY*

*This program taught the real truth and philosophy of yoga. I feel very prepared to teach. –SC*

*I achieved certification but the bigger bonus was how I deepened my practice and opened my heart in unexpected ways. – JT*

### Nirali Lauren McCrea

Nirali has served on the staff of the Yoga Teacher Training and Yoga Nidra Professional Training at the Amrit Yoga Institute since 2010, and currently works to enhance the quality, presence and delivery of its in-house teaching staff. Additionally, she has accompanied Yogi Desai and Kamini Desai, Ph.D. on domestic and international travels since 2009 as an assistant teacher during seminars. Today, she continues to deepen her education, exploration and practice of yoga and the art of integration at the Amrit Yoga Institute. Having completed two separate 500-Hour certification trainings, she skillfully blends intuitive insight with gentle humor to experientially guide students into the heart of yoga.



TEACHER TRAINING LEVEL I



## How Meditation in Motion Reveals the Inner Dimension of Yoga

### Gurudev Shri Amritiji's Awakening

One January morning in 1970 the life of Amritiji changed forever. "I performed my routine with special concentration that day, gradually becoming more absorbed, and entered a deep meditative state even as my body continued to move. My mind took a back seat, and my body spontaneously entered into a flow of movements from within that were emerging directly from bodily impulses. With no conscious effort on my part, my body was twisting and turning, flowing smoothly from one posture to the next. For the first time, I felt complete and total integration of body, mind, heart and spirit. It was an experience of meditation in motion."

- This great revelation took me into an expanded state of consciousness that permanently changed my life.
- My mind was freed from judgement or analysis of how things should be.
- I was able to perceive things around me with greater depth and precision.
- I discovered a whole new level of being kind and loving that took no effort at all.
- I saw that I didn't have to intervene in life's flow, but that it had its own special rhythm and purpose.
- I stopped waiting for deep sadhana to appear. Instead, I entered meditation in the moment and made it the prime focus of my life.

**Our Meditation in Motion programs listed below interweave the knowledge and experiences that led to Amritiji's awakening.**

### MEDITATION IN MOTION INTENSIVE

March 16-18

Tuition: \$149.00 plus room and meals

This 3-day personal sadhana Immersion reveals and cultivates an inner attunement to the natural intelligence of Prana to "consciously cross-over" from physical yoga into energy yoga, from sitting meditation into life as a Meditation in Motion. Open to all I AM Yoga® teachers, as well as 200-hour certified yoga teachers from all traditions and experienced yoga practitioners.



**"This was an absolutely beautiful experience!"**

### POSTURE OF CONSCIOUSNESS INTENSIVE

**RESTORE BALANCE BETWEEN YOUR INNER AND OUTER LIFE EXPERIENCES.**

March 14-16

Tuition: \$149.00 plus room and meals

**Level 1 Teachers:** Refresh and expand your understanding and teaching skills as an I AM Yoga® teacher and learn refinements in the teachings.

**Registered 200-Hour Teachers of any Tradition:** Learn new skills passed down from a living guru to layer I AM Yoga® techniques onto any yoga class. A required class for teachers registered for Advanced Amrit Yoga, Meditation in Motion.

- Understand the "energetic purpose" of the first and second halves of the posture
- Understand and cultivate "Witness Consciousness" to observe the subtle movement of "prana" in the body
- Learn how to engage Press Points and Energetic Extensions in any posture
- Understand the energetics of the "edge" — breaking the momentum of reactive physical, mental and emotional patterns
- Recognize experientially the "energetic physics" of energy following attention

**Check out our "On the Road" locations & dates on p. 29**

[www.amrityoga.org](http://www.amrityoga.org) • [admissions@amrityoga.org](mailto:admissions@amrityoga.org) • 352.685.3001

## Advanced I AM Yoga® Level 2 Immersion & Professional Training

### Meditation in Motion

With Chandrakant John Hiester

This advanced training builds on the I AM Yoga® Level 1 Posture of Consciousness format and enables you to “consciously cross-over” from the willful practice of postures to a dynamic blend of willful postures and spontaneous movements prompted by the inner urgings of prana.

### MEDITATION IN MOTION IMMERSION

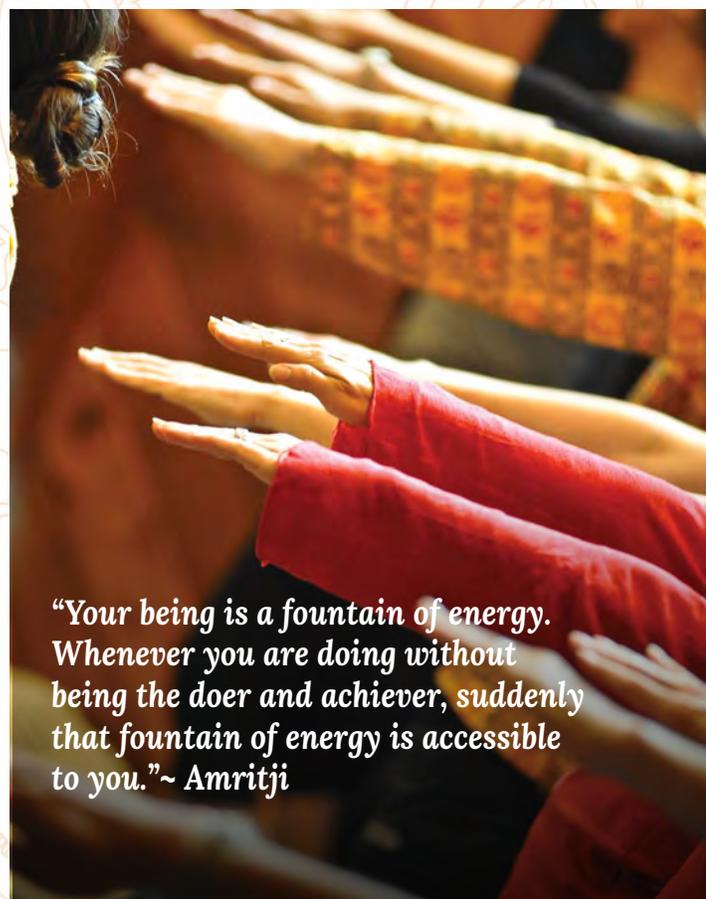
March 16-25

Tuition: \$1200 plus room and meals

This 10 Day personal sadhana Immersion is open to all Amrit Yoga teachers, 200 hr. certified yoga teachers from all traditions, and experienced yoga practitioners. This Immersion cultivates an inner attunement to Prana (the natural intelligence of the vital life force) to “consciously cross-over” from physical yoga to energy yoga, from sitting meditation to life as a Meditation in Motion.

This Immersion Includes:

- Two daily sadhana sessions
- Simple breathing techniques to cultivate an attunement to prana
- Specific techniques to help you connect with the natural intelligence of prana
- The tools to help you understand and experience the deeper energetic meaning of the yogic scriptures



*“Your being is a fountain of energy. Whenever you are doing without being the doer and achiever, suddenly that fountain of energy is accessible to you.”~ Amritji*

### MEDITATION IN MOTION CERTIFICATION

June 8-17

Tuition: \$1200 plus room and meals

This training provides a unique energetic group setting to support and nurture the cultivation of the attunement to prana experienced in the I AM Yoga® Meditation in Motion Immersion. It reveals the innermost depth of I AM Yoga® where you experience Pranakriya — the harmonious interplay between energy [prana] and the mind (chitta). The certification component provides the understanding, techniques and direct experience necessary to layer I AM Yoga® onto any style of Hatha yoga.

Reveal to your students what you have learned.

- Learn additional postures as “kriya starters” to initiate Pranakriya
- Learn how to guide your students into the direct experience of Pranakriya
- Learn how to guide the Quantum Breath Meditation Technique

**Prerequisite:** Meditation in Motion Immersion & I AM Yoga® Level 1. For 200-Hour certified yoga teachers from other traditions we require attendance at the 3-day Posture of Consciousness Intensive p. 16

**Both Immersion and Certification Tuition:**  
\$2000 plus room and meals

**Visit our website for Special Early Bird Pricing**

*For 300-Hours with Yoga Alliance join us for I AM YogaNidra™ along with Meditation in Motion.*

*For 500-Hours with Yoga Alliance join us for I AM Yoga® Level 1 & Yoga Nidra along with Meditation in Motion.*

#### Testimonials

"By far, this has been the most transformative program."

"Life Changing"

"This program is an incredibly rich and generous sharing/transmission of the profound truth yoga reveals."

#### Chandrakant John Hiester

Chandrakant is a preacher's son, a Vietnam era veteran and a graduate of Rutgers University. He has distilled four decades of practice and study with Gurudev into simple, engaging teachings designed to help you evolve from physical yoga into energy yoga. In 2008, Gurudev bestowed upon Chandrakant the title of Yogacharya, preceptor of Yoga. This is the same title Bapuji bestowed on Gurudev in 1972.



# Yoga Nidra: The Art of Non-Doing

There is a reason stress is at epidemic levels in the West and I believe this is why: we don't know how to stop. Our waking hours have taken over our sleeping hours. Even our sleep and rest is in service of doing more, rather than being more. We don't sleep to be rested, to revitalize and nourish ourselves, we sleep so we can get up and do more the next day. We haven't mastered the art of non-doing along with the art of doing. We haven't learned how to relax in action.

Yoga Nidra is an age-old practice of Yoga described in the ancient texts. It is not new. It is composed of a series of breath, body and awareness techniques designed to help you move into progressive states of relaxation, of non-doing. Though it is impossible to achieve relaxation with greater effort, you can enter a non-doing state where you are doing nothing and relaxation happens. The techniques of Yoga Nidra are active techniques that allow access to the non-doing state of being. The function of the technique is to do in such a way that you slip into a state of non-doing, so much so that the experience of the body and mind can disappear completely for a time. The result is a highly regenerative state where the energy normally burned by the mind is fully freed to heal and restore the body. This healing energy of the body, freed from the mind, can also become a spiritual force, unlocking inner guidance, knowing and insight into your true nature.

*"The result is a highly regenerative state where the energy normally burned by the mind is fully freed to heal and restore the body."*

Yogis state that 45 minutes of Yoga Nidra is as restorative as three hours of sleep. Yoga Nidra is regenerative, but it is more than a nap. It is a spiritual practice that, through a structured and conscious movement through sleep states, takes you to realms beyond the mind and into the fourth state of consciousness beyond waking, dreaming and deep sleep. Ancient Yogis knew that a vital, rested and restored body is a necessary first step toward

inner awakening. Yoga Nidra is a practice that can be used at many different levels, all of which serve our ultimate potentials as human beings and as evolving souls. It is up to us to determine how far we want to take the practice and for

what purpose. Its beauty is that it addresses the entire spectrum from the concrete to the most subtle.

The beauty of Yoga Nidra practice is that it can serve as a laboratory within which to practice the knowledge. Here, the teachings come alive. We have a chance not just to know them intellectually, but to experience how they work through our own body and mind. This merging of understanding, enhanced and deepened through personal practice, is a potent combination. The teachings are no longer something to "think" about, they become something we may embody and become.

Excerpts from Kamini Desai's book, *Yoga Nidra The Art of Transformational Sleep*, published by Lotus Press



Yoga Nidra enables you to access and eliminate the hidden cause of stress. Meditation based Yoga Nidra provides you with powerful tools, techniques and insightful teachings to empower you to remove the conflict-creating, stress-producing painful past. Research shows that regular practice of relaxation and meditation has beneficial effects on a number of physiological, psychological and emotional health problems such as: Insomnia Panic attacks Anxiety High blood pressure Arthritis Asthma Anger Diabetes Irritable bowel syndrome Depression Migraine Fatigue Headaches Menopause General pain

# I AM Yoga Nidra™ has changed the lives of thousands

"The Amrit Method of Yoga Nidra was a beautifully uplifting surprise. The only method of healing where you don't have to do anything, but lay back and breathe."

"I feel safer in myself and the world. I felt more courageous. I dropped the story and self hatred, and let the healer shine!"

"This has been a super transformative, life altering experience. I am so excited and honored to bring this out into the world. I feel like my light is shining brighter and clearer than ever before."

"This experience allowed me to come to the realization that "less is more." I am on the right path. Everything is as it should be."

"As a student of yoga for years, I thought I understood yoga. But taking the Yoga Nidra Professional Training at AYI opened up another dimension for me. Peace of mind and healing had become another task I was striving to achieve in my yoga practice. I could read about this stuff all day long and do a million yoga poses, but it wasn't happening for me. Yoga Nidra changed all that. It was during this training that I finally understood through my own experience that a natural state of relaxation and stillness is already always present. This was a huge turning point that re-oriented my entire practice. The skill, depth and love in which these teachings were delivered was incredible. Now I'm able to share this practice with others. I love that it doesn't require a certain level of physical ability and I get to witness people healing and understanding the essence of yoga in their own Yoga Nidra experiences regularly! What a gift!" -Nicole

## KAMINI DESAI, PHD

is the Education Director of the Amrit Yoga Institute. Over the past 25 years, Kamini, author of *Life Lessons, Love Lessons*, and *Yoga Nidra: the Art of Transformational Sleep*, has created an exciting and unique body of teachings incorporating Western psychology and Eastern philosophy.

Considered an expert in the science of Yoga Nidra, yoga therapy, relaxation, and artful living, her practical and accessible teaching style has been welcomed worldwide.

Her corporate clients have included Bahamas Princess Resorts, Kellogg's, KEDS, Sony, KPN Telecom and Mars Confectionary, as well as the Department of Defense and the Internal Revenue Service of the Netherlands.

In 2012, she was awarded the title *Yogeshwari* (woman of yogic mastery) for her keen ability to bring ancient illumination to the genuine challenges of the human experience.

Kamini has been featured on the cover of *Natural Awakenings*, in Dutch *Cosmopolitan*, *Fit and Healthy* magazine, and has published numerous articles in the United States and Europe.

For more information: [www.kaminidesai.com](http://www.kaminidesai.com).



# I AM Yoga Nidra™ Immersion & Professional Training

With Kamini Desai & John Vosler

Yoga Nidra is an ancient meditation technique where you access the same integrated state of Oneness as you do in deep sleep, but you do it consciously. You drop into a subconscious experience of Oneness below the ego mind.

Stress has reached epidemic proportions and is built into all facets of our lives. Yoga Nidra enables you to access and eliminate the hidden cause of stress by providing you with powerful tools, techniques and insightful teachings to empower you to remove the conflict-creating, stress-producing painful past.

We will also be exploring Yoga Nidra's healing effects on the following conditions:

- Stress
- Habits and Addictions
- Trauma and PTSD
- Insomnia, Depression and Anxiety

**Check out our "On the Road" locations & dates on p. 29**

## I AM YOGA NIDRA™ IMMERSION

**February 9-13 & August 31-September 4**

Tuition: \$1200 plus room and meals

Ideal for those who want to explore the power of Yoga Nidra, the Immersion provides in-depth information and personal experience of this transformative technique. Your Immersion includes:

- Multiple daily Yoga Nidra practices to restore and rejuvenate
- Information on the philosophical, psychological and biological foundation of Yoga Nidra and its practical applications in your life
- In-depth understanding and use of personalized intention
- Science and yoga-based exploration of the relationship between thoughts and health
- Development of a home study regimen
- A comprehensive Yoga Nidra manual

*"I spent tens of thousands of dollars on all kinds of therapies, treatments and modalities, yet always found that a cloud of heaviness remained. After this training and the Amrit Method of Yoga Nidra, it is gone."*

**-Jeanine, Marketing**



## I AM YOGA NIDRA™ PROFESSIONAL FACILITATOR TRAINING

**February 13-18 & September 4-9**

Tuition: \$1500 plus room and meals

**Prerequisite: Yoga Nidra Immersion**

For those who wish to share the Amrit Method of Yoga Nidra by becoming a certified facilitator, this in-depth training provides comprehensive tools that allow you to bring the power of Yoga Nidra to others. The Professional Facilitator Training includes:

- Current research on the therapeutic impact of entering the "Zero Stress Zone" state through Yoga Nidra
- How to use our unique Yoga Nidra approach to alleviate Stress, Depression, Anxiety, Insomnia, Trauma and addictive behaviors
- An explanation of the benefits of each component of the Amrit Method of Yoga Nidra
- Practice at tailoring Yoga Nidra for specific individuals and groups
- A six-week lesson plan, including a guide to lead classes and one-on-one-sessions
- Amrit Method Yoga Nidra manual and Script Cards
- Marketing tips from seasoned Amrit Method Yoga Nidra Facilitators

Both Immersion and Certification Tuition: \$2480 plus room and meals

**Early Bird Pricing Available. Visit our website today**



## Advanced Yoga Nidra Training

With Kamini Desai, PhD

October 9-15

Tuition: \$1600 plus room and meals

This Advanced Yoga Nidra Training builds on and deepens the understanding gained in Yoga Nidra Professional Training. Drawing on rare teachings of the Upanishads, the Yoga Sutras, and rare teachings from our Lineage, we will explore the original teachings of Yoga Nidra as an esoteric and ancient mystical practice. You will understand more about the anatomy of the koshas and how they relate to the wisdom body, the ego and the Self.

New techniques for yourself and your students include new body rotation, breath and awareness cards; kosha experiences; and prana/mother divine Yoga Nidra. You will also learn basics of Yoga Nidra as a form of yoga therapy, using protocols to aid those seeking emotional integration and solutions for trauma, PTSD and other forms of energetic blockages.

We will have a more in-depth look at visualizations and image techniques —understanding how they relate to the mental and wisdom body, when to use them, and how to deliver them so they do not bring in the thinking mind.



You can expect:

- In-depth study of Yoga Nidra through ancient texts
- Twice-daily Yoga Nidra to restore, rejuvenate and walk the path that the ancient teachings have laid out for you
- To learn to use Yoga Nidra for emotional integration and personal guidance
- Integral time to deepen and open to Self

**Prerequisite:** Yoga Nidra Professional Training

**Visit us online for Early Bird Discounts.**

### Testimonials

*"The heart and passion infused into every aspect of this experience and program teachings is beyond words." – NH*

*"I have to tell you I am completely blown away by the transformation and the beautiful energy that is flowing in me, through me, and all around me. This has seriously changed my life. I can even say SAVED my life!" – Shonda, Student*

## Yoga Nidra for Children and Schools

With Uchita and Harshad Thomlinson

April 20-24

Tuition: \$495 plus room and meals

We may learn to balance our checkbooks, but who teaches us to balance our mind? These are the tools every child needs to truly bloom in life. Yoga Nidra plants seeds that will serve a child for life.

Learn how to lead Yoga Nidra for Kids through a range of ages. Learn Yoga Nidra techniques and receive a Kids Yoga Nidra card deck that will enable you to effectively guide others. This training includes real-life guidance on how to bring Yoga Nidra and breath basics into schools.

Taught by Uchita Sonya Thomlinson and Harshad Thomlinson, who are currently in great demand for teaching these techniques in schools, you will learn exactly what they have done and see how easy it is to bring this work to your own community.



# YOGA THERAPY TRAINING

## Yoga Therapy: The Amrit Method of Body Psychology Training

With Kamini Desai, PhD and Chitra Marie Bailey Psy. D  
July 31-August 12

Life is energy. It is meant to flow through us, each time leaving us broader, richer and evolving us for having known it. When we experience more intensity than we can handle, we shut this process down and create blocks in the body.

The Amrit Method of Yoga Therapy is designed to not only treat visible physical symptoms, but is aimed at addressing the invisible mental and emotional blocks that contribute to them.

In this training you will learn how to give individualized yoga therapy sessions, as well as group yoga therapy classes. Using gravity-supported static poses held by the facilitator, or with the use of the wall or props, you will learn how to surface and release blockages held in body zones such as legs, buttocks, hamstrings, heart and shoulders. This rejuvenating and releasing experience enhances your understanding of the energetic aspects of yoga and how to use it for yourself and others as one of the most profound healing modalities you will ever encounter.

Tuition: \$2100 plus room and meals

**Please register by June 17th for Early Bird discounts**



### You will:

- Explore the anatomy of energy and how it becomes blocked
- Use a variety of prop and partner-assisted yoga postures to intensify energy flow and encounter energetic holding patterns
- Learn about the chakras as a map to our personal evolution and how yoga therapy poses can be used to open stagnant energies
- Discover how to healthfully integrate and release emotions for yourself and others
- Use various experiences to connect with and learn to listen to the energy of the body and what it is saying to you

This training can be used as a powerful tool for your own personal journey.

### Yoga therapy creates:

- The opportunity to re-program mental and emotional patterns that produce dis-ease
- Improved posture and range of motion
- Reduction of chronic pain and tension
- Long term restoration of body function after injury or surgery
- Increased energy, mental clarity, emotional balance and assistance to transform unhealthy thinking patterns

## 800 HOUR PROFESSIONAL YOGA THERAPIST

The Integrative Amrit Method of Yoga Therapy Training is a complete professional program designed to prepare students with the essential knowledge and skills to effectively access, design and teach Yoga Therapy sessions within a private or group setting.

**Module 1:** The Principles of Yoga Nidra in Yoga Therapy see p. 20

**Module 2:** Foundations in Yoga Therapy see p. 22

**Module 3:** I AM Wellness Lifestyle Consultant, Sept. 20-25

**Module 4:** Breath Therapy see p. 21

**Module 5:** Practicum

**Module 6:** Advanced Yoga Nidra see p. 21

**Module 7:** Yoga Nidra for Children and Schools, April 20-24 see p. 21

*"I am extremely grateful for the opportunity to release what I have not been able to successfully deal with for quite some time. And aside from feeling lighter (which is so pronounced) and centered, I feel that I am more capable now to help others. This is so powerful and awesome!"*

## INTRO TO YOGA THERAPY

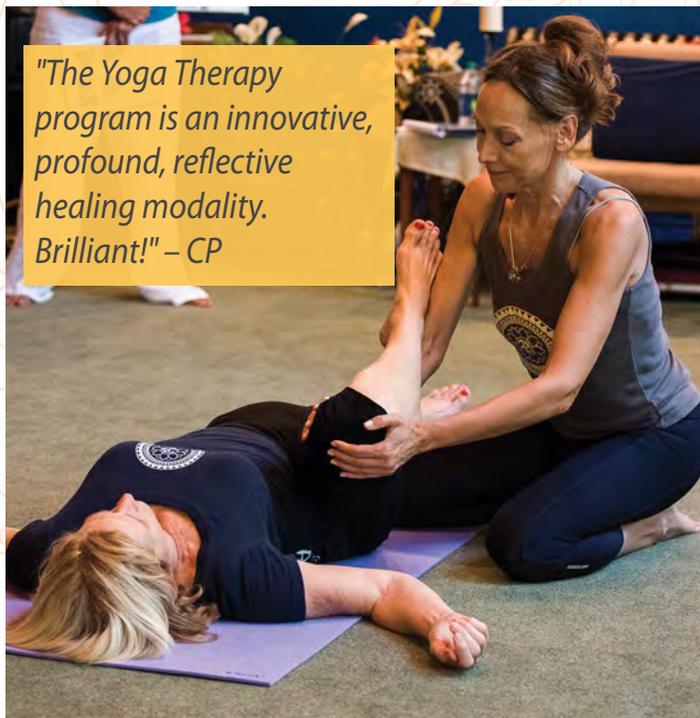
With Chitra Marie Bailey, Psy. D

**Date June 22-24**

Tuition: \$249 plus room and meals

This 3-day retreat is a perfect introduction to the tools and techniques of Yoga Therapy. You will go home with an understanding of the energetics of the practice and practical tools to use in your everyday life.

Gain a basic introduction to the yogic perspective on energy and the development of energy blocks. You will practice yoga therapy daily to release blockages and restore balance and peace of mind. This weekend is a good introduction for those who are considering taking our Professional Yoga Therapy Certification training.



*"The Yoga Therapy program is an innovative, profound, reflective healing modality. Brilliant!" – CP*

# I AM Wellness Center

## TRANSFORMATION INSIDE AND OUT!

The Amrit Health & Healing Arts Center located on the campus of the Amrit Yoga Institute is devoted to helping you achieve harmony and health in body, mind and spirit. Because each person is unique in constitution and health, our Center offers a wide range of healing modalities tailored to your specific needs. Our team includes highly experienced, world class practitioners who are skilled in many different types of healing services. We encourage you to try something new, and if you're unsure about what would benefit you most, simply ask. We are all here to serve you.

### OUR SERVICES INCLUDE:

#### AYURVEDIC BODY TREATMENTS

Ayurvedic body treatments are included in Panchakarma and our Mini-Detox but may also be enjoyed at any time to receive their healing benefits.

**Abhyanga Massage:** A rhythmic, full body massage with warm Ayurvedic oils that aids lymphatic drainage and arterial circulation. It incorporates the use of marma points, which are vital energy points for healing. A session of Abhyanga Massage is deeply nourishing, purifying and relaxing.

**Shirodhara:** A deeply stilling treatment using warm Ayurvedic oils poured in a gentle stream onto the forehead to soothe and calm the nervous system. By synchronizing brain waves, calming the mind and enhancing blood circulation to the brain, Shirodhara is considered a brain tonic. It also nourishes the hair and scalp and generally aids in the release of stress and tension.

*Treat Yourself with an Abhyanga/Shirodhara Combo!*

#### I AM YOGA THERAPY™

Release physical, mental, and emotional toxins in a treatment that is available to all bodies. Through the use of fully-supported yoga poses along with energetic techniques, you will relax into a restored body and refreshed mind.



Our Staff:  
*"Supportive, knowledgeable,  
heart-centered."*

#### MASSAGE THERAPY

Generally considered part of complementary and alternative medicine, it is an effective treatment for reducing stress, pain and muscle tension.

**Swedish Massage:** A gentle massage that relaxes muscles, flushes toxins from tissues and eases muscular aches and pains.

**Deep Tissue Massage:** Utilizes deep pressure to remove adhesions and restore function to specific muscle groups.

**Thai Massage:** A deeply calming and meditative massage performed fully clothed, on a Thai mat on the floor. This treatment incorporates a variety of yoga-like supported positions while receiving rhythmic pressure to meridian lines.

#### AYURVEDIC CONSULTATION

Through an in-depth evaluation of your health, lifestyle practices and physical attributes, your consultant will develop an understanding of your unique constitution, which will result in a report of findings and recommendations to start your path of healing. Consultations may be done in person or via Skype.

#### ACUPUNCTURE

A customized treatment to release any blockages in the acupuncture channels and balance the flow of qi, yin and yang. Excellent treatment for deepening relaxation, managing stress and reducing cravings and addictions.

#### CONSCIOUS LIFESTYLE CONSULT

An integrative approach to making positive changes for a harmonious life. Your transformation begins with an in-depth interview about your health, emotional and spiritual goals. Using the ancient sciences of Yoga and Ayurveda, a personalized Lifestyle Plan is created empowering you to live a healthy, vital and fulfilling life. Consultations may be done in person or via Skype.

#### THERAPEUTIC COUNSELING

Stuart Sovatsky, PhD, MFT Lic Therapist for forty-four years with nearly 6000 clients is available for consultations (in person at AYI or via skype worldwide) on marriage, family, child and relationship communication and emotional issues, drawing from a variety of Eastern and Western perspectives

Visit [amrityoga.org/healing-arts-center/to-schedule-your-appointment](http://amrityoga.org/healing-arts-center/to-schedule-your-appointment).

[www.amrityoga.org](http://www.amrityoga.org) • [admissions@amrityoga.org](mailto:admissions@amrityoga.org) • 352.685.3001

## Food as Medicine for Body and Mind with our World Class Cuisine

At the Amrit Yoga Institute we are proud to offer you meals prepared with locally-grown organic, farm-fresh produce prepared by our culinary chef, Craig Cavalluzzi, and our amazing team of I AM cooks.

Chef Craig has been studying yoga and meditation for over 40 years. He is devoted to combining his practice with his culinary gift by serving nutritious and delicious meals. He has worked in a variety of restaurants, large and small, and catered for a myriad of occasions with his own company, Healthy Meals Catering.

All our food is organic and we receive most of our veggies from our local organic farm, Crones Cradle, which is located on a 756-acre ecological preserve, of which they only use 100 acres of their land for farming. They provide quality and delicious organic produce while the rest of the land is preserved to conserve Florida's natural flora and fauna.



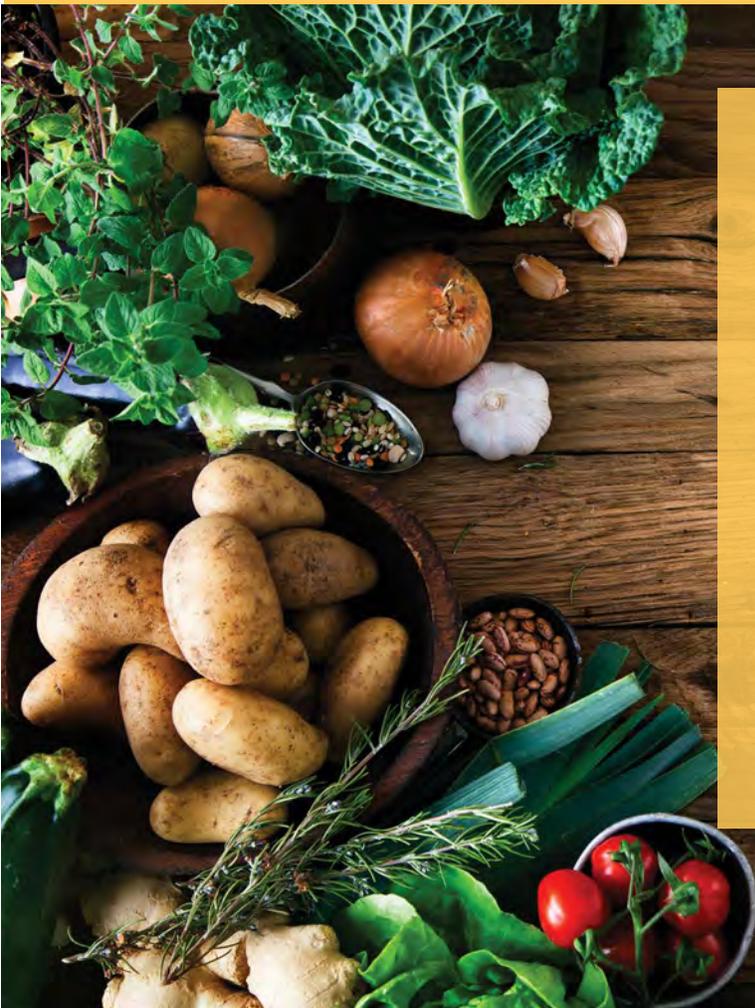
### Join Chef Craig for I AM Cooking: Vegetarian Conscious Cooking 3-Day Workshop

May 4-6 & November 9-11

Tuition: \$249 plus room and meals

Learn the skills you need to create food that serves your body, mind and spirit. The spiritual and energetic aspects of the food preparer will be explored as an imperative in the integrative cooking experience, and revealed as the true source of creativity. Included in this workshop:

- Knife Skills
- Essential Spice Basics
- Nutritional essentials
- Classic Indian Dahl preparation
- Vegetable Dishes made easy
- Menu planning



## Six-Day Physical, Mental & Emotional Master Detox

With Brian Healy, Doctor of Oriental Medicine & Indu  
January 23 - 28, May 29 - Jun 3, October 16 - 21

Tuition: \$1275 includes R&B

Research shows that 80% of all health problems are caused by stress. This program will address the emotional component of stress-related health problems and dis-ease.

Learn powerful tools to help you overcome compulsive self-destructive habit patterns. Your experience will include ancient techniques and detoxification therapies that focus on removing physical, mental and emotional blocks. These techniques are uniquely designed to awaken the healer hidden within you, allowing you to return to the self-healing, self-balancing, restorative, regenerative wisdom of your body.

An important part of this program is a personalized dietary plan. Participants will be provided with delicious, light vegetarian meals and will be offered the option of fasting during the middle of the program with the Master Cleanse Drink and herbal teas.

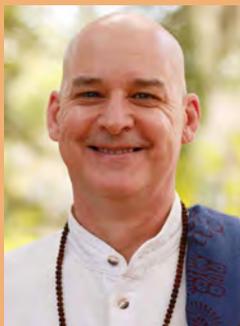
### These techniques and therapies help:

- Decrease anxiety and depression
- Enhance immune function
- Minimize joint and muscle soreness (Fibromyalgia) and increase mobility
- Alleviate fatigue and brain fog as well as improve sleeping patterns
- Improve your relationships

### This Cleanse will include the following:

- Daily health consultation with Brian Healy, DOM
- Individualized Care: A maximum of 10 participants are accepted per session
- Two personal sessions daily which may include:
  - Massage
  - Acupuncture
  - Yoga Therapy
  - Health Consultation
- Daily I AM Yoga® & Yoga Nidra™ Guided Relaxation
- Conscious Living Consulting
- Master Cleanse Drink
- Group Breath Therapy & more...

**Also included in the program:** Private room with shared bath, time for silence and reflection, journaling, optional nature walk and swimming at the Salt Springs (separate entry fee for springs). Post cleanse follow up via phone.



**Brian Healy AP, LMT, DOM AP #3241**

Brian Healy (aka Murari) is a licensed Doctor of Oriental Medicine, Acupuncture Physician and Medical Massage Therapist. He has been a holistic health professional for over twenty years and a yoga teacher and student of Yogi Amrit Desai's for 30 years. His

unique talents have helped many thousands of people lead happier, healthier and more fulfilling lives.



**Indu Heather Eilering E-RYT 500, C-IAYT, ALC**

Indu has devoted the last 11 years to support her students and clients in their quest to live healthy, vital, and fulfilling lives. Her previous experience owning a yoga studio and current role at the Amrit Yoga Institute has allowed her to utilize her skills as an Amrit Yoga Teacher, Yoga Therapy Practitioner, Yoga Nidra Facilitator,

Ayurvedic Lifestyle Consultant, and Energy Worker to skillfully and compassionately support her students and clients to transform their lives.

# I AM Ayurvedic Detoxification

Combine the complementary practices of I AM Yoga® and Ayurveda detoxification to transform your health and slow aging. Our Ayurvedic detox programs are based on specific protocols tailored to the individual's physical, mental and emotional constitution. Like I AM Yoga®, Ayurveda works at the root cause of all psychosomatic problems. It is a natural and holistic therapy that cleanses at the unconscious levels and opens channels, activating the free flow of prana.

## PANCHAKARMA

with Tom "Prasad" Stodghill, CAP, LMT, RYT & Brian "Murari" Healy, Doctor of Oriental Medicine, LMT

**April 11- 18, September 11 -18**

Tuition: \$2150 includes R&B

Panchakarma removes deeply held toxins in the neuroglandular system, organs of the body, and at cellular levels. It restores balance to return you to your natural state of optimal health and well-being. This is an eight-day residential cleanse that includes additional pre and post-cleanse protocol and consultation, making it a three-week detoxification.

## AYURVEDIC MINI DETOX

With Tom "Prasad" Stodghill, CAP, LMT, RYT

**November 28 - December 2**

Tuition: \$815 includes R&B

This program is being offered to anyone looking for a quick increase to their immunity through mini detoxification or clients who have already gone through intensive Panchakarma and need a boost.



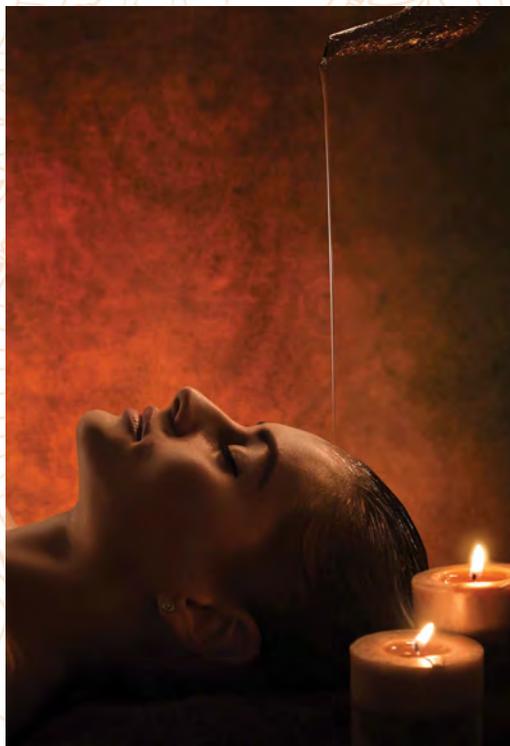
Tom "Prasad" Stodghill  
CAP, LMT, RYT  
MA#262734

## THE UNIQUENESS OF OUR AYURVEDIC DETOXIFICATIONS PROGRAMS:

- Professional Staff: Tom "Prasad" Stodghill, CAP, LMT, RYT and Brian Healy, DOM, LMT, AP
- Individualized Care: To provide highly individualized attention, a maximum of 10 participants are accepted per session.
- Personal Consultations: A full assessment is determined by pulse examination and interview. Your personalized detoxifying diet, lifestyle guidance and herbal treatments are prescribed according to your individual constitution and assessment.
- Ayurvedic detoxification and balancing of the neuroglandular system through the practice of I AM Yoga®, Yoga Nidra, and Quantum Breath Meditation creates a highly complementary approach to healing and transformation.
- Abhyanga - herbal oil massages performed simultaneously by two specially-trained therapists
- Pinda Swedana - rice poultices applied by one or two therapists
- Soothing steam baths to initiate deep bodily cleansing
- Nasya - herbal, infused oils to clean and clear the sinuses and head
- Virechana - controlled purgation
- Basti - medicinal cleansing and soothing enemas
- Evening lectures on Ayurveda and Integrative Amrit Method of Yoga. Topics include how to manage your diet, maintain a healthy lifestyle, and application of herbal remedies to continue your healing at home

### Daily Treatments may include:

- Private onsite consults with Prasad, who carefully selects all Ayurvedic treatments for your constitution (Dosha) to restore balance for accelerated healing
- Daily yoga, Yoga Nidra and meditation sessions
- Shirodhara - the calming stream of warm, medicated oil applied to the forehead to activate the third eye (the pituitary center) and help remove emotional blocks



### Accommodations:

Private rooms with a shared bath at the beautiful Amrit Yoga Institute. This program includes: all treatments, lodging, and the guided practice of meditation-based Yoga Nidra, Amrit Yoga and the Quantum Breath Meditation. A special Ayurvedic diet is prepared to enhance your detoxification and healing processes.

# I AM Specialty Programs

## Special Offer

Receive 5% off when you register online for full tuition. Use code: SAVE5ONLINE

## MARCH

Dancing as the Divine Feminine with Radha and Pallavi: **February 28 -March 4**

Awakening Christ Consciousness with Gurudev Amritji: **March 29-April 1**

## APRIL

Yoga Nidra for Children and Schools: **April 20-24**

Yoga Nidra Workshop Training: **April 25-29**

## MAY

I AM Cooking with Chef Craig: **May 4-6**

The Art of Spiritual Relationships: With Self & Others: **May 9-11**



**"Live only moment to moment,  
not tomorrow to tomorrow."  
~ Amritji**

## JULY

Kids Yoga Nidra Retreat (Ages 8-10): **July 6-8**

Kids Yoga Nidra Retreat (Ages 11-13): **July 9-12**



Discover the perfect retreat to  
renew, revitalize and realize!



## AUGUST

I AM Teacher Reunion: **Aug 17-21** See pg. 30



## SEPTEMBER

I AM Wellness Lifestyle Consultant Training Part 1: **Sept 20-25**

## OCTOBER

Goddess Retreat with Tara and Raksha: **Oct 25-28**

Yoga as Meaning, Purpose & Potential (For Millennials by Millennials): **Oct 26-28**

Enlightenment Intensive with Durga Patricia Carroll: **Oct 31-Nov 5**

## NOVEMBER

I AM Cooking with Chef Craig: **Nov 9-11**

Exploring your Energetic Anatomy with Dr. Brian Healy, DOM: **Nov 15-18**

## DECEMBER

Mahasamadhi: **Dec 28-30**



Visit [www.AmritYoga.org](http://www.AmritYoga.org) for full program descriptions and to register.

## Discover I AM Near You!

The Amrit Yoga Institute sends our extraordinary team of professional teachers all across the world! Visit us online for our up to date on the road programs.

### HERE'S A SMALL SAMPLE OF OUR ON THE ROAD TRAININGS IN 2018:

#### YOGA NIDRA

**India:** Immersion & Certification with Gurudev & Kamini  
December 29, 2017-January 7, 2018

**California:** Immersion with John & Renu,  
February 22-25 & September 20-23

Certification with John & Renu, October 31- November 4

**Rhode Island:** Immersion and Certification, Dates TBD

**Connecticut:** Immersion with John, April 12-15

**Vancouver, CA:** Immersion with John, May 2-5  
Certification with John, May 8-12

#### MEDITATION IN MOTION: ADVANCED I AM YOGA® LEVEL 2

##### Utah:

Immersion with Chandrakant, April 13-22  
Certification with Chandrakant, September 7-16

##### Rhode Island:

Immersion with Chandrakant, July 11-15, 18-22  
Certification with Chandrakant, October 3-7, 10-14

Contact us at 352-685-3001  
if you want to host an I AM  
program near you.



## Integral Breath Therapy Training

With Carol Lampman

Dates: **March 8-13, June 28-July 1**

Tuition: \$995 in March, \$800 in June plus room and meals

Integral Breath Therapy uses yogic-based breathing techniques to induce an expanded state of consciousness for healing and spiritual growth.

This altered state modality creates an environment for the natural, organic release of physical, psychological and emotional traumas. You will learn the skills to guide others in breathwork sessions, and as a student of the training you will practice on others, as well as participate in the exercises. Participants report receiving major transformation and healing in their own lives. Benefits of IBT:

- Accessing repressed memories
- Releasing body trauma (PTSD)
- Understanding emotional anatomy
- Finding the source of core beliefs and releasing them on a physical level
- Healing birth and other preverbal issues
- Direct spiritual experience

You may take this as an independent training or as part of our 800-hour Yoga Therapy Certification.

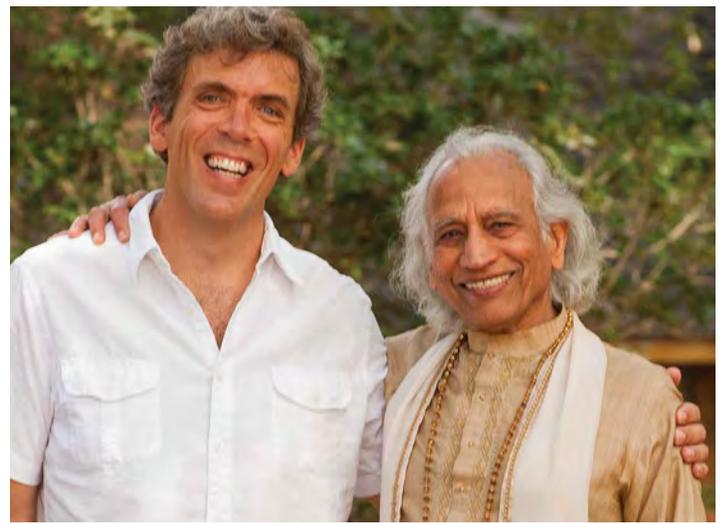


*We have experienced much progress this past year, and many exciting and vital projects are happening at the Amrit Yoga Institute! We have expanded our community and property in Salt Springs and are once again growing food. The growth of our teachers is truly inspiring, as programs are being taught around the United States and in several countries. More and more people are journeying to Salt Springs, and we are developing more of a presence in India!*

*What excites me the most is the people who come to the Amrit Yoga Institute. Everything about coming to the Amrit Yoga Institute is a journey; not only to get here, but to be here and continue on once you exit the gates. I believe it to be the highest journey one can take: the internal exploration, the path to the truth of who you are. It may not be climbing the highest mountain, but it's the ultimate extreme sport of your soul! When you embark upon this adventure, your whole Being experiences a major paradigm shift in growth, as does your life. Real happiness emerges as your constant state, rather than as a result of external circumstances. Each time you visit us, you grow, and in turn we grow. Each and every visit that you make to the Amrit Yoga Institute represents another facet of your personal growth.*

*I cannot imagine doing more important work during my lifetime than this, and I cannot thank you enough for what you represent to the Amrit Yoga Institute, our vision and our mission.*

*In loving service,  
Abhay Scott Arena, CEO*



**ABHAY, CEO & AMRITJI**

## I AM Teacher Reunion

**August 17-21**

**Consider staying on for Prana**

**Awakening August 22-26 & Initiation**

**August 26-28**

Join your fellow Amrit Yoga Teachers for a 5-day reunion retreat. Open to all I AM Yoga®, Yoga Nidra and Yoga Therapy Teachers. Our 2018 Teachers Reunion will be a FUN way for you spend time with your fellow teachers and Gurudev at AYI and polish your teaching skills. Here's your general daily schedule:

- Yoga, Yoga Nidra, Yoga Therapy
- Darshan with Gurudev
- Free time to enjoy the property, each other, the springs, exploration
- Elective Classes: You choose the electives that are pertinent to what you have trained in and are interested in refreshing
- Amazing cuisine cooked by Chef Craig with organic veggies from local farm, Crones Cradle
- Fun and Devotional Evening Sessions: Kirtan, Fire Ceremony, Rasa Dance...

**Pricing: The Reunion tuition is FREE, including Room & Board. Donations appreciated but not expected.**



# Volunteering & Spiritual Lifestyle Training at AYI



At the Amrit Yoga Institute, we are devoted to supporting the spiritual growth of our community and students. When you volunteer at AYI you embark upon our "Spiritual Lifestyle Training", which includes:

- Yoga
- Yoga Nidra
- Darshan with Gurudev (when in residence)
- A Mentor
- Meals & Accommodations
- Karma Yoga: service duties 6 hrs. per day, 6 days a week

## TRANSFORMATIONAL LIFESTYLE PROGRAM

This option is available to those volunteers who wish to have more unstructured time for inward focus and rejuvenation than Volunteer Seva allows. The cost of this program is \$600/month and the seva commitment is reduced to 3 hours daily. Areas of service will depend on the Institute's needs and your skill sets.

Those who visit AYI report feeling the impact of the love, service and devotion of our staff and volunteers. Because our volunteers provide amazing service, we are able to provide exceptional programs at a financially-affordable price. If you are interested in volunteering and discovering the depth of love and joy that arises within by serving, you may apply online at: [amrityoga.org/volunteer-career-opportunities/](http://amrityoga.org/volunteer-career-opportunities/).

*"Serve with a full heart. By making others happy, you make yourself happy. The key to your heart lies hidden in the heart of another." ~ Swami Kripalu (Bapuji)*

## ACCOMMODATIONS

We have different options to match your needs when you stay at the Amrit Yoga Institute. All prices listed below include our delicious organic meals. Also included are: sheets, blankets and pillows. Guests should bring their own towels, wash cloths and personal products. Laundry facilities are not available on campus. However, there is a public laundromat in nearby Salt Springs Village.

Shared Room & Shared Bath	\$50 during program \$80 for R&R
Semi Private Room & Shared Bath	\$100
Private Room & Shared Bath	\$125
Private Room & Private Bath	\$150

## GETTING TO THE AMRIT YOGA INSTITUTE

We do not provide transportation; however, you may visit our *AYI Ride Share* Facebook page to arrange a ride with others traveling to and from AYI.

## REGISTRATION AND PAYMENT

Enrollment is limited. We encourage you to register as soon as possible. Receive 5% off tuition when you register the full tuition online [amrityoga.org](http://amrityoga.org) using code: SAVE5ONLINE. You may also register by calling our main office at 352-685-3001. You will receive a receipt upon completion of the registration process. You will then receive a "Welcome Email" 2-3 weeks prior to the start of your program with information on what to bring, start and end times of your program, and transportation information.

All programs must be paid in full prior to the start of the program.

## CANCELLATIONS:

Amrit Yoga Institute may cancel a program at any time. If the Amrit Yoga Institute cancels a program for which you are registered, you will receive a full refund for your tuition (excluding any travel arrangements). You may choose to cancel your registration by contacting the main office during business hours Monday - Friday 9 - 5 EST. Please note cancellation fees do apply.



# amrityoga

i n s t i t u t e

23855 NE County Road 314

Salt Springs, FL 32134

www.amrityoga.org • admissions@amrityoga.org

352.685.3001

## Explore, Expand, Experience in 2018

### JANUARY

- Dec 29-Jan 7 I AM Yoga Nidra Training India  
8-20 India Sacred Site Tour  
12-14 I AM Yoga® Welcome Weekend Retreat  
19-21 Sadhana of Prana  
23-28 6-Day Physical, Mental & Emotional Cleanse

### FEBRUARY

- 9-13 I AM Yoga Nidra™ Immersion  
13-18 I AM Yoga Nidra™ Certification

### MARCH

- Feb 28- Mar 4 Dancing As the Divine Feminine  
8-13 Integral Breath Therapy w/ Carol Lampman  
14-16 Posture of Consciousness Intensive  
16-18 Meditation in Motion Intensive  
16-25 I AM Yoga® Advanced Training Immersion  
29-April 1 NEW! Awakening Christ Consciousness

### APRIL

- 6-8 I AM Yoga® Welcome Weekend Retreat  
11-18 Panchakarma: Ayurvedic Detox  
20-24 NEW! Yoga Nidra for Children and Schools  
25-29 NEW! Yoga Nidra Workshop Training

### MAY

- 4-6 I AM Cooking w/ Chef Craig  
9-11 Art of Spiritual Relationships: with Self & Others  
11-13 Sadhana of Prana  
18-27 I AM Yoga® Teacher Training Immersion  
29-June 3 6-Day Physical, Mental & Emotional Cleanse

### JUNE

- 8-17 I AM Yoga® Advanced Training Certification  
22-24 Intro to I AM Yoga Therapy™  
28-July 1 Integral Breath Therapy Part 2

### JULY

- 6-8 Kids Yoga Nidra Retreat (ages 6-8)  
9-12 Kids Yoga Nidra Retreat (ages 11-13)  
13-15 I AM Yoga® Welcome Weekend Retreat  
20-29 I AM Yoga® Teacher Training Certification

### AUGUST

- July 31-Aug 12 I AM Yoga Therapy™ Training  
17-21 I AM Teachers Retreat  
22-26 Prana Awakening  
26-28 NEW! Lineage of Light Initiation Program

### SEPTEMBER

- Aug 31-Sept 4 I AM Yoga Nidra™ Immersion  
4-9 I AM Yoga Nidra™ Certification  
11-18 Panchakarma: Ayurvedic Detox  
20-25 NEW! I AM Wellness Lifestyle Consultant Training Part 1  
28-30 Sadhana of Prana

### OCTOBER

- 5-7 I AM Yoga® Welcome Weekend Retreat  
9-15 I AM Yoga Nidra™ Advanced Training  
16-21 6-Day Physical, Mental & Emotional Cleanse  
25-28 Goddess Retreat  
26-28 NEW! Yoga as Meaning, Purpose and Potential (For Millennials By Millennials)

### NOVEMBER

- Oct 31-Nov 5 Enlightenment Intensive w/ Durga  
9-11 I AM Cooking w/ Chef Craig  
15-18 Exploring your Energetic Anatomy

### DECEMBER

- Nov 28-Dec 2 Ayurvedic Mini Detox  
7-9 I AM Yoga® Welcome Weekend Retreat  
28-30 Mahasamadhi



“I already can't wait to be back!" –KW  
"The most amazing program and committed staff I have ever encountered." –LD