

Listen to the Song of Silence

2009 HIMALAYAN YOGA TRADITION CONGRESS

ST. PAUL, MINNESOTA • JULY 17 – AUGUST 1, 2009



In July 2009, Swami Veda Bharati will bring his Yoga Academy to the University of St. Thomas in Saint Paul, Minnesota to lead the 2009 Himalayan Yoga Tradition Congress.

Learn from Swami Veda, inspired and loving teacher, prolific author and poet known for his ability to guide audiences to calm states of meditative silence. Join Swamiji, his acclaimed faculty, and Russill Paul, Yoga of Sound master and recording artist, at the 2009 Congress.

The “Listen to the Song of Silence” Congress will include: Yoga Teacher Training, Yoga Nidra Weekend, Prana Vidya for Hatha Teachers, Spirituality Weekend, Lecture Series, and Silence Sessions.

Immerse yourself in the “Song of Silence.”

All retreat guests are invited to follow the daily Ashram schedule to deepen and regulate their personal practice. According to Swami Veda, there is no point to philosophy without practice. "It is only through regularity, frequency, length, depth, and surrender" in one's practice that life's purpose, self-realization, is obtained.

Register for one of the concurrent retreats:

1. Teacher Training and Continuing Studies
2. Yoga Teacher Continuing Education
3. Spiritual Seeker

The Meditation Center (TMC)
in partnership with The Association of
Himalayan Yoga Meditation Societies (AHYMS)
is proud to host the 2009 Congress.
All participants will have an opportunity
to experience the “Song of Silence.”

Listen to the Song of Silence

Sing your silence,

that silence may sing to you.

May you be a song,

may silence ever sing you.

From "Serenade God with a Song of Silence"

by Swami Veda Bharati

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Himalayan Yoga Tradition Teacher Training Program (HYT-TTP)

The Himalayan Yoga Tradition Teacher Training Program and Continuing Studies, HYT-TTP, offers an integrated program of self-transformation leading to self-realization in the authentic tradition of Swami Rama of the Himalayas. Our parent organization, AHYMSIN, Association of Himalayan Yoga Meditation Societies International, is dedicated to making available the teachings of Swami Rama.

Our comprehensive curriculum is offered through a web-based home study, mentoring, and ashram retreats scheduled in India, St. Paul, Minnesota, and other International locations.

We welcome all seekers from the aspiring to the experienced teacher. For those wishing to deepen their personal practice, we offer a Continuing Education program that will lead to initiation. For those wishing to become teachers, we offer both a 200-hour and 600-hour program that is registered with Yoga Alliance (RYS).

Faculty Members Include:

Swami Veda Bharati, D. Litt., Mahamandaleswara
Swami Ritavan Bharati, M.A., ERYT-500
Swami Ma Radha, M.A.
Maya Balog, B.Sc.N., ERYT-500
Stoma Parker, Psy. D., ERYT-500
Jim Nelson, M.A., M.A.T.
Linda Billau, RYT-500
Michael Smith, M.A., ERYT-500
Paul Emerson, Ph.D.
Peter Fabian, P.T., C.F.P.

HYT-TTP FEES:

600-Hour RYT Program (Three Years)
Tuition: \$2400 (\$800 per year) plus Retreat

200-Hour RYT Program (One Year)

Tuition: \$1400 plus Retreat

Teacher Training Retreat: July 18- Aug 1, 2009

Retreat Lodging & Meals: \$1750.00 (14 nights)

Retreat Early Bird: \$1576 by 5/1, \$1662 by 6/1

FOR MORE INFORMATION:

Register Online: www.HYT-TTP.com

Call: 888-YOGA TTP (964-2887) or

Email: info@HimalayanYogaTradition.com

Ashram Retreats and Inspired Training for Yoga Teachers and Spiritual Seekers

Whether you are aiming to deepen your Yoga practice, further your education, or planning a spiritual journey, you will be delighted with the opportunities awaiting you at the 2009 Himalayan Yoga Tradition Congress.

Follow a daily Ashram schedule (Swami Veda's Indian Ashram schedule) including daily silent meditations, hatha yoga, contemplative walks, morning and evening prayers, and more.

Learn the silent, subtle, and meditative nature of the Himalayan Tradition's yogic practices at the following Congress events:

Yoga Nidra Weekend: July 17 to July 19

Yoga Nidra cannot be taught; it can only be transmitted. This weekend intensive gives one the skills and the opportunity to experience the Power of Conscious Sleep with Swami Veda.

Prana Vidya for Hatha Yoga Teachers: July 19 to July 24

Prana Vidya is the meditative style of performing asanas that reveals a new depth of self-knowledge, vitality and self-purification. This workshop is recommended for those wishing to enhance their yoga teaching skills.

Spirituality Weekend: July 24 to July 26

Spiritually experience the unifying single stream flowing through all religions. Join Swami Veda, Russill Paul, and other spiritual leaders as they explore the unifying concept of Peace through kirtan, meditation and other spiritual practices.

Silence Sessions: select 4, 5, 6, or 10 days July 18 to Aug 1

Immersing oneself in Silence provides a window to witness with deepening awareness the nature of one's own mind. Over several days, the subtlety of that awareness moves one beyond the mind to reveal one's inner teacher – the Inner Guru.

Take advantage of any or all of these program events and design a retreat from 2 nights to 15 nights. Yoga Teachers will receive Yoga Alliance Continuing Education Units.

RETREAT FEES:

An accommodation fee of \$125.00/day covers lodging and meals. Each event has a separate event fee. Weekend specials are available until 6/1 and Early Bird savings apply to all retreats that are at least 5 days. Register by 5/1 for 10% savings or by 6/1 for 5% savings. The online registration process will calculate retreat fees based on the check-in and check-out dates, events selected, and applicable specials.

FOR MORE DETAILS and TO REGISTER:

www.HimalayanYogaTradition.com/stpaul.html

