

Classes in May - August, 2012



Institute of the Himalayan Tradition

Summertime

CLASSES, SEMINARS, WORKSHOPS, & RETREATS in hatha yoga, meditation, wellness, and personal growth are offered often.

SATSANG (“the company of saints to strengthen one’s awareness of the divine”) is every Thursday evening when we meet together to share inspiration, learning, and meditation. It is open to all. We begin with a lecture or chanting and then meditate together. Main floor. 7:30 - 8:45 PM. Donation.

PRAYERS & MEDITATION are held each morning at 6:30 AM and each evening at 10:00 PM. Main classroom. Come five minutes early to begin on time.

TEACHER CONSULTATIONS are available by appointment. To meet with resident faculty members call 651-645-1291. Donation.

TEACHER TRAINING in Hatha Yoga and Meditation will be offered for beginning and intermediate levels in the future. Keep track of the courses you have taken if you wish to be a teacher in the tradition.

PRIVATE RETREATS are available for all seekers. IHT offers guidance in personal retreats of any length with the assistance of the spiritual directors. Call for a retreat brochure or ask to speak to a spiritual director.

BED & BREAKFAST is available for out-of-towners wishing to attend seminars and classes at IHT. Cost is \$54.00 per night. Call for room availability.

BETAR is the ultimate relaxation machine! It can take you to depths of unimaginable quiet and joy as it removes stress from your muscles. Call the office to schedule a “BETAR ride” for 30-60 minutes. Cost is \$1.00 per minute.

IHT BOOKSTORE has books from Yes International Publishers and others, CDs and DVDs on health and spirituality, meditation shawls, scarves, Indian malas, handmade meditation cushions, breathing sandbags, eye pillows, hatha yoga notecards, greeting cards, hatha mats, and bags. Yes website: www.yespublishers.com.

E-MAIL NEWSLETTER has reminders of events, wisdom from the teachers, and special announcements. Sign up on our websites: www.yes@yespublishers.com and www.ihtyoga.org.

REGISTER FOR CLASSES. Classes, including hatha yoga classes, will be cancelled with an insufficient number of students. To register, call 651-645-1291 and leave a message with your name and phone number and the class you wish to attend or send an email to: info@ihtyoga.org.



Institute of the Himalayan Tradition
1317 Summit Avenue
Saint Paul, MN 55105-2602
651-645-1291 www.ihtyoga.org

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Summer Hatha Yoga

IHT teaches the ancient, pure, classic form of yoga from the Himalayas. Classes are 75 minutes, 8 weeks. Cost \$90.00 / \$85.00 if pre-registered.

GENTLE YOGA

For maturing and recuperating bodies and absolute beginners. Lots of fun!

Wednesday, May 2 - June 20, 6:00 - 7:15 P.M. —Lorraine
Wednesday, July 11 - August 22 — 6:00 - 7:15 P.M. — Lorraine
Friday, May 4 - June 22, 10:30 - 11:45 A.M. —Nandini
Friday, July 6 - August 24, 10:30 - 11:45 A.M. — Nandini

BEGINNING YOGA I

Classic yoga course for those just beginning yoga. Includes nasal wash.

Monday, April 30 - June 25, 6:00 - 7:15 P.M. — Tanya
Monday, July 2 - August 20, 6:00 - 7:15 P.M. — Tanya

BEGINNING YOGA II

Continuing classes in postures, breathing, sequences, and extensions.

Saturday, May 5 - June 30, 6:00 - 7:15 P.M. — MC
Saturday, July 7 - August 25, 6:00 - 7:15 P.M. — MC

MULTI-LEVEL

For those who completed Beginning I and cannot attend the evening classes.

Wednesday, May 2 - June 20, 10:00 - 11:15 A.M.— Julia
Wednesday, July 11 - Aug. 22, 10:00 - 11:15 A.M. — Julia

INTERMEDIATE YOGA I

For those who have completed at least six months of Beginning II.

Tuesday, May 1 - June 19, 6:00 - 7:15 P.M. — Kate
Tuesday, July 3 - August 21, 6:00 - 7:15 P.M — Kaitlin

INTERMEDIATE YOGA II

Continuing practice with new challenging postures, breathing, variations.

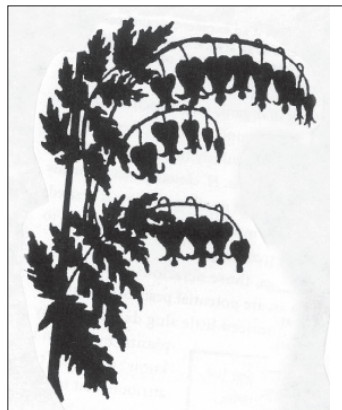
Wednesday, May 2 - June 20, 6:00 - 7:15 P.M. — Ma Devi
Wednesday, July 8 - August 26, 6:00 - 7:15 P.M. — Ma Devi

ADVANCED YOGA

For those who have taken classes for at least two years. Expands abilities!

Thursday, May 3 - June 21, 6:00 - 7:15 P.M. — Vaishalee
Thursday, July 5 - August 23, 6:00 - 7:15 P.M. — Dena

Summer Events



The Flower Team: Gardening

Saturdays in Summer
10:00 AM - Noon

All those flower lovers who wish to help keep our Institute grounds beautiful will meet every Saturday morning (except the day of a major seminar) to do a little work and have fun together. Bring your own gloves, if you can. Swamiji promises to keep us full of juice and water!

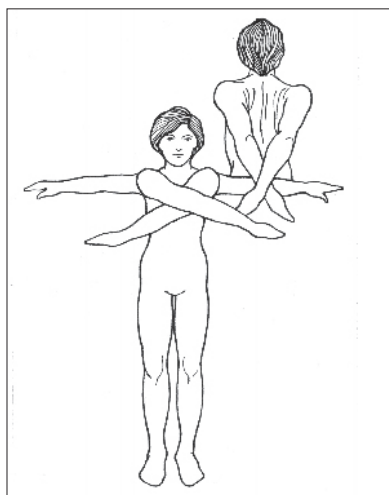
SUPERCONSCIOUS MEDITATION I

Meditation is the finest tool for physical, mental, and spiritual growth. It is the instrument for the art of living and being. This workshop teaches you how to meditate. It systematically guides you through the essential first steps for entering states of inner awareness. You will learn the hows and whys of meditation postures, the importance of breath and how to regulate it, and how to calm your mind while expanding your awareness. All the basics of the science of meditation are taught in this two-and-a-half-hour class. Cost: \$40.00 / pre-registration \$35.00 TT2

June 9, Saturday Morning, 10:00 A.M. Taught by Ma Devi

July 21, Saturday Morning, 7:00 P.M. Taught by Swami Jaidev

August 18, Saturday Morning, 10:00 A.M. Taught by Ma Devi



The Yoga Approach to Aches and Pains

Swami Jaidev

Saturday, June 23, 10:00 AM-Noon

Who says it's too late?

Let's learn to mind our bodies.

Let's learn to use discomfort to stay ahead of it.

Let's learn to grow older without aging.

This is a hands-on, feet-on, and head-on workshop.

Come from anywhere and learn to reinvent painless living.

Cost: \$25.00 / pre-registration \$20.00.

GURU PURNIMA

The Commemoration of the Himalayan Tradition

Wednesday Evening, July 4, 6:00 PM.

This day we celebrate the presence in our lives of the Himalayan Sages.

We honor them for bringing the wisdom that reminds us who we are.

These men and women guide us to the realization of the pure teacher within.

All initiates and students of the Himalayan Tradition are invited to attend a pot-luck picnic followed by a service and meditation.



Fire of the Heart A New Look at the Yogic Path of Love

Ma Devi

Saturday, July 14, 10:00 AM - Noon

Some of the great ones in spirituality say that love is really the only path to God. Others insist that love is the only God as well! We will take another look at this ancient path of love in yoga—as well as the vision of God as Lover given in the Bhagavad Gita—and decide what to do about it. How does it affect me? What are the benefits?

Cost: \$25.00 / pre-registration \$20.00.

