

THE YOGA BARN ADVANCED STUDIES PROGRAM

This Advanced Studies Program is intended as an educative and practical study for any student of yoga who would like to develop a deeper understanding of the philosophy and practice of yoga beyond the basic asana class. The program is designed to direct each individual toward developing his or her own practice and facilitating growth on all levels: physical, mental and spiritual. Teachings will be based on Patanjali's Yoga Sutra, and embodied through asana, pranayama, meditation, chanting, and personal inquiry. Teachers and students of all traditions will find this program an engaging, challenging and transformative process.

The Advanced Studies Program took me to my edge and often beyond...my self-confidence blossomed and with it my understanding of the art and science of yoga.

- Roy De Leon, Yoga Instructor

The Advanced Studies Program was beyond awesome. I'm happier; more engaged in life and I am beginning to feel truly present. Robin's knowledge of the various yoga practices and teachings, and ability to clearly transmit that information in a personally meaningful way made all the difference. Looking back, I know how lucky I am to have discovered the Yoga Barn.

-Joanmarie, Yoga Instructor



The Yoga Barn

To Register contact Robin at:
Essential Yoga Therapy
425-222-6350

info@essentialyogatherapy.com



The Yoga Barn

Advanced Studies Program

March-July, 2010



... yoga from the heart

*In the Viniyoga
tradition...*

*deep and true to the
spirit of Patanjali's
teachings...*

www.essentialyogatherapy.com

About Robin Rothenberg



Robin L. Rothenberg is an internationally acclaimed yoga therapist and director of Essential Yoga Therapy and The Yoga Barn studios located in Issaquah and Fall City, Washington. Robin is known as a "Teacher's Teacher". She is well-versed in yoga philosophy and uses

the eastern wisdom to lend guidance and light to her students.

Robin has been training teachers at the 500 hr. level for years and is currently developing a 1,000 curriculum for a comprehensive training program in yoga therapy. She has helped develop the protocols for three NIH-funded scientific studies examining the therapeutic benefits of yoga and has presented on yoga therapy nationally and in Canada.

Robin believes in developing a strong foundation in yoga practice and philosophy before stepping into the role of teacher. It was this concern for maintaining the integrity of the precepts of yoga—the mastery of the Self—that led Robin to develop The Advanced Studies Program as a pre-requisite course for her Teacher Training Program.

The Advanced Studies Program was a profound experience in my life. As I look back on the series, I continue to discover ways to integrate what I learned on every level of my life. As a physician, yoga student and currently a yoga teacher in training, I recommend Robin's program with my whole heart.
- Dr. Lynn Hughes, psychiatrist, D.O., Yoga Instructor

The Advanced Studies was a safe environment for me to work deeply on the journey to finding my true self. The tools I have learned have improved my relationships with everyone in my life. The Advanced Studies Program is a must for anyone interested in learning the balance of caring for yourself first—then creating the opening to relate to others through your heart.

- Debby Gallie-Miller, Mother, Teacher & Horsewoman

Advanced Studies Program Spring March - July 2010:

Times for all weekend practices:
Fri—Sun. 10-5

Kriya Yoga - *tapas, svadhyaya, isvara pranidhana*:

March 19-21 The practice of yoga as stated by Patanjali is comprised of three elements: *tapas*, (effort or commitment to growth); *svadhyaya*, (self-evaluation or reflection); and *isvara pranidana*, (a sense of confidence or faith that links us that which is highest in ourselves.) This weekend will involve discussion and practice of how we can incorporate these three elements in every aspect of our life, thus fulfilling our own potential.

Ashtanga Yoga - The 8-Limbs:

April 23-25 The eight limbs of yoga are a common reference point for modern day yoga practitioners. But, what are they really? According to Patanjali, before we roll out our mat, there are five universal and five individual precepts (the *yamas* & *niyamas*) that must be understood in order for our practice to embody the teachings of yoga. Beyond *asana* and *pranayama* there are meditative practices that further cultivate our attention and increase our capacity for mental clarity (*pratyahara, dharana, dyana & samadhi*).

The Pancha Maya - The Five Koshas:

May 14-16 According to the yoga texts, we are comprised of five bodies or sheaths, not just one. The physical body is the outer core, but within it lies the energetic or vital body; the mental field; the personal; and the spiritual heart. This weekend will provide an exploration into the five bodies, deepening your understand and connection to yourself and cultivating your awareness for self-healing.

The Chakras:

June 11-13 Hatha yoga is based on the science of the *nadis*, a complex and subtle web of energy channels that circulate through the right and left sides and converge in the central channel at 7 primary points called *chakras*. These points house the energy from the *pancha maya*, and can be accessed to help open or free us of dis-ease. This weekend is a journey of awakening as we explore each *chakra* center, incorporating all the tools of yoga.

**Included: One Individual Private Sessions
with Robin to develop personal practice.**

9 - day intensive - TAPAS:

Sat. July 17 - Sunday July 25, 2010 We will begin this intensive with a study of the *kleshas*, the seeds of suffering: ignorance, ego, attachment, aversion and fear and how they manifest in our lives. Throughout the week we will be examining our own conditioned patterns which perpetuate suffering for ourselves and others. We will be actively engaging *tapas* and *svadhyaya* (effort and self-reflection), to override our conditioning and create new, more healthy patterns of response. Practice will include challenging *asana* & *pranayama* sequences combined with deep meditation. This immersion requires daily journaling, and a commitment to abstaining from habitual use of stimulants such as caffeine, sugar and alcohol for the duration of the intensive.

The Advanced Studies Program is a pre-requisite for The Yoga Barn Teacher Training. This series is also appropriate for teachers and students who want to intensify their practice and develop a deeper understanding of yoga and themselves. This program will count towards Yoga Alliance certification hours for those working towards their 200 and 500 hour certificate.

The cost of the Series is \$2,500. Payment plans are available. Non refundable deposit of \$500 for the program is due: Jan. 31, 2010. All classes held at the Fall City studio. *Space is limited to 12.*



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