

The Center for Happiness presents INTEGRATION YOGA...read more at [www.centerforhappiness.com](http://www.centerforhappiness.com) and remember to register early with [Jen@centerforhappiness.com](mailto:Jen@centerforhappiness.com) to secure your place in the program!

## INTEGRATION YOGA® Teacher Training and Advanced Study Program 2009

**TREAT YOURSELF**...to one evening and one day a month of health, exploration, learning, and growth. A retreat from the world at a gentle pace...a chance to INTEGRATE yoga styles in experience and study...the opportunity to go deeper with your yoga experience and knowledge in several disciplines.

**EXPAND YOURSELF**...as a student at *any* level...as someone perhaps looking to explore teaching yoga...as a yoga teacher seeking to differentiate yourself from the crowd...with a program that offers opportunities and benefits seen only at the Center for Happiness, offered only to you, offered for the first time anywhere.

**INTEGRATE**...to new levels of practice and understanding...INTEGRATE different types of yoga...INTEGRATE the benefits of other approaches and teachers into your primary practice...INTEGRATE a realistic, doable class schedule into your busy life...INTEGRATE a reasonable price for an outstanding program...

### ***INTRODUCING INTEGRATION YOGA!***

We are delighted to premiere INTEGRATION YOGA, a unique opportunity to study, explore, and compare yoga styles as a teacher or student in a Kundalini-based program of educational enrichment.

INTEGRATION YOGA® is a program of in-depth study of multiple yoga disciplines that also the optional opportunity for teaching certification. Helena Raghbir teaches every program day.

INTEGRATION YOGA is only offered at the Center for Happiness, and debuts in 2009! Space is limited to allow students optimal learning.

**INTEGRATION YOGA® blends Kundalini, Hatha, Iyengar, Vinyasa, Fitness, and Naam Yogas with contemplative awareness (Yoga Healing), Western Anatomy, and sound therapy yoga.**

INTEGRATION YOGA® respects each distinct tradition of yoga, and provides you with the opportunity to understand, integrate, and use each modality of yoga appropriately, safely, and with maximum effectiveness in your personal practice and for your students.

As a student of INTEGRATION YOGA®, you will learn how different modalities of yoga influence and draw from one another, and what distinguishes these modalities in personal practice and in teaching. Find the perfect yoga practice and path for you!

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Emerge with an integrated perspective on the yoga available today, knowing and having experienced the benefits of many traditions, the blessing of a global approach to yoga's wellness and healing powers, and the understanding of how to use each style of yoga to enhance your enjoyment of life, healthy body, and spiritual integration.

**INTEGRATION YOGA® offers students to chance to *GO GREEN!* in their yoga practice! Support our amazing local teachers!**

Featuring, honoring, and supporting the rich excellence of our local yoga teachers, INTEGRATION YOGA® will amaze you with the varied and exceptional resources available in your own backyard. Helena Raghurir, the program lead, is passionate to support the teaching talent we have here at home, for your great benefit as students!

Feel great knowing you're "shopping local and organic" in your yoga studies. This is yoga with the instructors who can teach to and from the perspective of our home base. No fuss, no fancy divas, just wholesome and excellent "yoga with the face of the Midwest!"

**INTEGRATION YOGA® offers lots of student support, small classes, and class size limits to support students in connecting with teachers.**

Register early to secure your spot in the weekend or weekends of your choice.

Class size is small, allowing you to get to know these jewels of instructors in your midst.

**INTEGRATION YOGA® gives you the chance to gain your first yoga teacher certification, or add a certification if you are already teaching.**

Certification students receive discounts on classes and workshops at CFH throughout the year, and will need to complete limited additional requirements. Certification is optional!

**You can take part in INTEGRATION YOGA®...as any level student.**

Beginners, intermediate, and advanced students are welcome.  
You can have great teaching ambitions, or none at all.

Come with questions about how yoga works, or just a simple curiosity and desire to learn more, and to experience the best the Midwest has to offer you in yoga teaching, yoga healing, and yoga community.

**INTEGRATION YOGA understands that you have a life, many commitments, family and friends...that you are busy and that you need balance in your schedule.**

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We offer you a program that unfolds gracefully over the course of a year, one Friday evening and one weekend day per month.

We also offer the opportunity to select elements of the program.

You may attend every minute of this beautifully constructed program, or select only those weekends that interest you, at a pro-rated discount.

Come and go as *you* please!

### **INTEGRATION YOGA® Offers Exciting Benefits for Students Including:**

- Maximizing the time you spend in yoga by applying the best fit of practice to meet your goals
- Understanding and experiencing the difference between yoga modalities
- Blending healthy body alignment with energy yoga boosts
- Learning how to use yoga to heal yourself, change mental patterns, work with and when appropriate change physical limitations, address specific health concerns
- Increase strength, tolerance, prosperity, beauty, longevity, radiance, overall health, through yoga
- Improve relationships through yoga
- Use yoga to enhance creativity and mental power
- Becoming a yoga “citizen of the world” with a sophisticated understanding of yoga modalities
- Becoming a wise yoga consumer, understanding the benefits of many modalities and choosing those that work best for you at different times
- Learning when you can and can’t blend yoga modalities for optimum health
- Enhancing your yoga experience as a yogic cross trainer

### **INTEGRATION YOGA® Offers Many Additional Benefits for Yoga Teachers, Including:**

- Certification as a teacher of Integration Yoga from the Center for Happiness and Yoga Alliance
- Understanding how to teach different modalities
- Knowing how to address students’ interest in different yoga forms
- Enhancing your marketability by offering multi-disciplinary courses
- Improve your hire-ability by being able to teach in different environments
- Knowing when you can and can’t blend yoga modalities for optimum student experience
- Round out your practice as a student, which makes you a better teacher
- Enhance your primary teaching modality with the wisdom of other forms
- Respect for the cross-cultural market and makeup of the yoga community
- Sophisticated understanding of how yoga works

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## INTEGRATION YOGA® STAFF

Helena Raghbir, The Center for Happiness CEO and Director of Education, will teach during EVERY DAY of INTEGRATION YOGA®!

Each weekend will also feature an excellent topic instructor, guiding you through experiences, discussion, lecture, and answers for a weekend journey of discovery.

Our staff members are hand-selected teachers of excellence and passion who have proven themselves committed to a particular area of yoga. They will teach what they love, and inspire that flame of interest in you as they share the aspect of yoga they love most.

All of these teachers have been through many advanced training and study programs in yoga. Some of our INTEGRATION YOGA® staff are senior teachers at CFH.

We have chosen teachers who have demonstrated exceptional teaching skills and commitment to ongoing development as teachers and as students of yoga.

## INTEGRATION YOGA® PROGRAM STRUCTURE

INTEGRATION YOGA® is offered in two groups to keep class-size small.

One group meets Friday night and Saturday, one weekend a month for a year. The Saturday group is co-ed.

The other group meets Friday night and Sunday, one weekend a month for a year. The Sunday group is women's only.

An additional optional morning meditation program, or Sadhana, is offered alternating Saturday/Sundays. Sadhana is offered once per month, and is open to all students regardless of day.

## INTEGRATION YOGA® PROGRAM HOURS

Friday 4—9:30—both groups attend

- 4—5.30 teaching Q and A with certification staff
- 5.30—7 Kundalini Yoga experience with Helena Raghbir
- 7.15—9:30 workshop with topic teacher of the month

Saturday—co-ed group only attends

- 9.30—10 check in and questions with certification staff
- 10—11.30 Kundalini Yoga experience with Helena Raghbir
- 11.30—12.30 bag lunch Q and A with Helena Raghbir
- 12.30—5 workshop with topic teacher of the month

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Sunday—women's group only attends

- 10—10.30 check in and questions with certification staff
- 10.30—noon Kundalini Yoga experience with Helena Raghubir
- Noon—1 PM bag lunch Q and A with Helena Raghubir
- 1—5.30 workshop with topic teacher of the month

Optional sadhana morning meditation, all students may attend regardless of day:  
4.30 AM—7 AM, offered alternating Saturday or Sunday

## YOGA FORMS offered in INTEGRATION YOGA

Kundalini Yoga as taught by Yogi Bhajan is the yoga of awareness, and the core yoga form of Integration Yoga. Kundalini Yoga combines active movement with breath, meditation, strength training, music, mantra (chant), and energy enhancement. Kundalini Yoga is said to be doable by and safely challenging to almost anyone! Heal mental patterns, explore the peace of shunias or stillness, chant, move, sing, and enjoy this ancient yoga of tools to enhance your body, mind, relationship to self and others, and prosperity.

**Helena Raghubir's Yoga Experiences and Q and A sessions with you every day of the program will center on Kundalini Yoga.** Helena Raghubir is the director in chief and head of education at the Center for Happiness, author of numerous books on wellness, and decorated healer in contemplative awareness/yoga healing and other healing modalities. Her warm, rational approach to yoga and life reaches students of many walks of life. Get to know her better as a teacher over the course of a year as you benefit on every level from her deep and experienced understanding of Kundalini Yoga.

The program will also feature daily Q and A how-to-teach opportunities with certification staff, and the following amazing monthly intensive workshops:

January 9, 10, 11, Sadhana offered Saturday

**Mary Bridget O'Brien, Kundalini Yoga Essentials and Purification.** Learn how to use Kundalini Yoga basics in daily life. Explore essential and beneficial tools of Kundalini active yoga to handle stress and detoxify, the "health musts" of modern life. Experience and learn to teach yoga for mental concerns, e.g. breaking addiction and phobia, finding peace, and opening the heart to happiness. Mary Bridget frequently says, "Kundalini Yoga saved me from my own issues!" Learn how to rescue yourself with yoga tools. An international teacher who has led classes of hundreds in Africa, Mary Bridget works with great passion to uplift diverse communities via yoga.

February, 6, 7, 8, Sadhana offered Sunday

**Nirmal Kaur, Western Anatomy and the balance of Kundalini and Fitness Yoga as applied to physical optimum health.** Explore yoga kriyas and stretches to benefit specific organs, conditions, and tendencies in the body, as well as specific western anatomical lecture and discussion. Learn the influences of Fitness Yoga on yoga postures that appear cross-disciplinary in many forms of yoga. Did you know that in addition to her yogic excellence, Nirmal is also a massage therapist with anatomy focus and deep

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interest in the study of anatomy? Capacity to communicate the benefits of anatomy is rare to find in a yoga teacher, and can really deepen your awareness of why and how your practice works...as well as helping you to choose what yoga style or set to practice to address your physical concerns, changes, and goals.

**March, 6, 7, 8, Sadhana offered Saturday**

**Ted Roseen, Alignment through Iyengar Yoga.** Ted possesses a unique skill set of being able to communicate alignment through gentle yet athletic yoga experience. His students from absolute novices to master yoga teachers report that Ted brings them SAFELY to a new and profound understanding of how to stabilize, stretch, and use a pose for balance, strength, and really “getting” what each aspect of a pose can bring to us. Get in and out of poses safely and get benefits you never would have believed possible. Ted studied yoga in extremely rigorous programs in India and brings his expertise to you in a kind and humorous approach that will touch your heart. Find out why Ted is the yoga teacher sought by Helena Raghbir when *she* wants to be realigned—go for the best!

**April 3, 4, 5, Sadhana offered Sunday**

**Nirmal Kaur, Kundalini Yoga Sadhana and Japji Intensive.** Explore the benefits of Sadhana, which means morning yoga or yoga commitment, as group and personal practice in Kundalini Yoga. Learn and understand Sadhana mantras or chants. Deep, enriching experience of Japji, the Song of the Soul, a yoga mantra/chant that encapsulates spiritual teaching in 40 stanzas and can be used for many meditative awareness and healing purposes. Emerge with a new understanding of this beautiful and powerful poetic yoga expression, and of life itself. Active yoga and meditation integrate in smooth balance in this uplifting weekend! Nirmal is a passionate teacher and meditator of Japji who teaches Kundalini and Fitness yoga in many locations in MN and abroad.

**May 1, 2, 3, Sadhana offered Saturday**

**Guru Sandesh Kaur, Kundalini Yoga Prosperity and The Yoga of Breath.** Expand your repertoire of the hugely successful and *easy* to use prosperity teachings of Kundalini Yoga that deliver jaw-dropping prosperity results. Add your stories to the list of “it really works” yoga prosperity miracles! Learning to use breath in active yoga and meditation can deepen yoga experience and enhance results in myriad ways. Breath is the foundation of all yoga practice—but even many experienced practitioners don’t know how to use it! Breath can purify, bring energy up, calm and cool you, oxygenate, release pent-up stress and emotions, and boost overall health. Some studies say that we release 70% of excreted toxins through the breath! Learn breath techniques for radiant, glowing health, and explore the breath as an essential element of practice. A mom of two youngsters, international yoga teacher and retreat leader, and businesswoman, Guru Sandesh is a breath-giving example of the success of yoga technology in action!

**June, 5, 6, 7 Sadhana offered Sunday**

**Jen Cheng, Nutrition and Self-Care from the Yogic perspective.** Explore the restorative secrets of Hatha (Sun-Moon) yoga that reveals its excellence as a practice in delivering balance in the body, and in life through posture sequences and techniques for rejuvenation. Learn diet and nutrition tips for glowing health from the wealth of the ancient yogis—we literally have seen these techniques save lives or quality of life, and

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you'd be well-advised to add yoga healing to your medicine chest. Use how to use yoga to restore and maintain yourself for a lifetime of radiant health, balance, peacefulness, and good choices. Jen approaches her teaching of yoga from the perspective of a Shiatsu and Thai massage healer, and has traveled internationally to study healing and wellness.

**July 10, 11, 12, Sadhana offered Saturday**

**Ted Roseen, Knowing in the Flow of Vinyasa Yoga.** What is a Vinyasa? Find the flow in yoga and life! Explore the beautiful experience of Vinyasa yoga, a flow of breath and postures that, if taught with expertise, can feel amazing in the body and the mind. Build strength in upper and lower body, balance your spine, and discover the relationship of poses to one another. Access the flow state in which you offer little resistance to life and enjoy a greater ease of creativity and resources. Feel the vast difference in state of engaging in of a flow of postures rather than held or static postures...what is it like to return to a posture many times in the course of a class or a practice over time? How does it change, and change you? Ted again is masterful at leading a class and an individual to safe exploration of strength, knowing and testing limits, and healthy vitality in Vinyasa.

**August 1, 2, 3, Sadhana offered Sunday**

**Tonya Leholn Knuttila, Balancing Yin and Yang perspectives on Yoga.** Learn the yogic humanology approach as taught by Yogi Bhanjan for balancing men and women's different needs and bodies through specific Kundalini yoga kriyas, and for balancing relationships. Explore yoga for longevity, reproductive health, potency, creativity, and fertility for both genders, and receive an introduction to how yoga works during pregnancy (*very important safety weekend for yoga teachers, since pregnant students attend non-pregnancy yoga classes!*). Also work with the concept of Sun Salutations in Hatha Yoga as a building block for yoga practice and general balance. Tonya studied with Gurmukh, often considered the world expert in pregnancy yoga, and has a great love for using yoga to restore balance and health. She is a very well-schooled yoga teacher from numerous disciplines, so this is a great weekend to bring your questions about how to use different forms of yoga in balance with each other, and when not to blend styles.

**September 11, 12, 13, Sadhana offered Saturday**

**Patty Nieman, Kundalini Yoga Movement and Mantra.** Explore the beauties and benefits of sound current for meditation, elevation, motivation, and having more fun with your yoga practice. Practice integrating sound and movement in yoga as a practitioner and as a teacher—when does it enrich the yoga experience? Learn mantra meanings and pronunciations and take away a set of mantra tools to apply in life for healing, reversing negativity, protection, power, love, attracting what/who you want, overcoming fears, and more! Patty, a great singer and known vocalist throughout the Twin Cities, loves to explore mantra, and has a beautiful voice to share with you. Celebrate and learn with some of the most pleasurable yoga sounds available today, new recordings, and more.

**October 2, 3, 4, Sadhana offered Sunday**

**Leanne Zeppa, Naam Yoga.** Naam Yoga is a unique merging and refining of the powerful esoteric traditions. It is a spiritual science and art that merges the crowning yoga practices of the East with the unparalleled esoteric tradition of the West, Universal Kabbalah. The result is powerful distillation of the world's major teachings. Naam Yoga

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is a symbol of energy, and energy is the symbol of the magnetic field. Naam yoga can turn you into a center of radiance and magnetic energy, giving a very cleansing, beautifying, and heart-opening effect. It can bestow upon you a luminous aura and give you the capacity to heal others with your presence, your touch and your words. Naam Yoga is a powerful tool for the removal of mental, physical and spiritual suffering. By practicing Naam, you begin to live from your heart instead of your head. We're excited to welcome Leanne from Duluth, her home base for her many locations of teaching Naam Yoga!

**November 6, 7, 8, Sadhana offered Saturday**

**Brenda Griffen-Wagner, Kundalini Yoga Happily Active and Deeply Meditate.** Learn powerhouse Kundalini techniques to optimize your body, boost your metabolism and keep your glands tip-top: glands are considered the guardians of your youthful health in yogic anatomy. Then dip into the many wellness applications of Kundalini meditation, which Yogi Bhajan considered to be in upcoming years the core of our yoga practice. This is the weekend of your future in yoga. Kundalini Yoga contains a wealth of over 10,000 meditations. Explore meditation as tools to maintain health and happiness for the rest of your life. But believe us, you'll be moving plenty this weekend, too! Brenda is a great athlete and a favorite among CFH students who consider her highly motivating.

**December 4, 5, 6, Sadhana offered Sunday**

**Teaching Intensive and Graduation!** Jen Cheng with help of her fellow certification staffers Mary Bridget and Guru Sandesh will present a final weekend of HOW-TO-TEACH and HOW-TO-PRACTICE. Yoga teachers are made as well as mission-driven, and this weekend will give you supervised experience in what it's like to try teaching in different yoga disciplines. Bring your questions and get ready to experience teaching yoga, which is considered by many teachers to be not only the best way to learn yoga, but also an unparalleled healing experience for the teacher's body, mind, and heart.

## **INTEGRATION YOGA® Course Cost**

- **DISCOUNT!! All Twelve of these amazing weekends, prepaid by October 15, 2008: ONLY \$2200!**
- All Twelve Weekends, paid in full by the first day of the course: \$2400
- Any Four Weekends (to secure your registration, specify the weekends): \$900
- Single Weekend (to secure your registration, specify the weekends): \$275

Note that to receive certification, all twelve weekends must be attended.

Note that spaces in the program are granted first-come, first-serve, and are reserved as soon as payment clears in full. Reservation requests accompanied by full payment are the only requests that will be honored. Space is limited. A waiting list will be created once the course is full.

Payments for this program are non-refundable and non-transferable after January 15, 2009. No refund requests will be considered after this date for any reason.



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Payments for this program may be refunded less a non-refundable \$600 deposit if written request for refund is received through [Jen@centerforhappiness.com](mailto:Jen@centerforhappiness.com) on or before January 14, 2009.

For students who have graduated from Teacher Training *through CFH* only, the following discounts apply:

- TT Discount All Twelve Weekends, prepaid by October 15, 2008: \$2000
- TT Discount All Twelve Weekends, paid in full by the first day of the course: \$2200
- TT Discount Any Four Weekends (to secure your registration, specify the weekends): \$840
- TT Discount Single Weekend (to secure your registration, specify the weekends): \$225

## INTEGRATION YOGA® REQUIREMENTS

**Non-certification students** may come and go as they please!

Students who are taking the program for personal or professional development without seeking a yoga teacher certification are required only to cover the fees necessary to attend the portion of the course they wish to attend.

No additional requirements!

Homework or hours regulations do NOT apply to non-certification students.

**Certification students** must attend, or must do approved make-up work to cover the following:

- All weekend hours for their group
- 6 sadhanas over the course of the year
- White Tantric Yoga (not included in course cost)\* = 8 hours
- An additional 40 hours of yoga classes from certified teachers (not included in course cost)\*\* , \*\*\*

Certification Students also must complete:

- 10 hours of approved community service, 5 of which are to be served at CFH
- One 40-day personal yoga practice of minimum 31 minutes per day
- Approx 15 hours reading as assigned by CFH

\*White Tantric will be offered in MN on October 24, 2009. Certification students may choose to take this course on any day of White Tantric Yoga between January 1, 2009, and January 31, 2010. Note that White Tantric is not included in course cost.

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**\*\*40 additional hours for CERTIFICATION STUDENTS ONLY** may be comprised of any combination of the following. Note that these classes are not included in program cost:

- 60- or 90-min regular yoga classes at CFH
- CFH workshops in yoga or yoga-related material
- additional sadhanas at CFH or elsewhere (FREE)
- approved yoga DVDs (some can be borrowed from CFH for FREE)
- yoga healing sessions with Helena Raghbir
- individual yoga sessions with Mary Bridget or Guru Sandesh
- yoga therapy sessions
- yoga classes from a certified teacher at other yoga center, gym, fitness center, workplace, etc.

**\*\* CERTIFICATION STUDENTS** only will receive 10 % off selected workshops at CFH in 2009, 10% off two yoga healing (SNR) sessions with Helena Raghbir in 2009, and will receive 10% off two ten-class passes at CFH to be used in 2009. These discounts are non-transferable and expire January 31, 2010.

To receive certification, student must complete all hours as listed above and as approved by CFH registration staff on January 31, 2010. Materials turned in after this date will not be considered for certification.

Note that non-certification students do NOT receive discounts on class passes or workshops via CFH. These discounts will only be granted to students who have paid for the program in full by the first day of class and who demonstrate honest effort and intent to be certified as an INTEGRATION YOGA® Teacher.

**Certification for approved students will be granted as an INTEGRATION YOGA® TEACHER by The Center for Happiness and Yoga Alliance.**

**Throughout 2009, fabulous WORKSHOPS will be offered at CFH at discounts for INTEGRATION YOGA Certification Students!**

These workshops will include as scheduling permits...

Helena Raghbir, Sat Nam Rasayan (SNR) Contemplative Awareness  
Guru Dev Singh, Master of SNR, Sat Nam Rasayan and Yoga  
Mahan Kirn, Bound Lotus  
Sat Santokh, Emotional Healing  
Nirvair Singh Khalsa, Selected Topics  
...and as many more as we can schedule!

Note that certification students also receive a 10% discount on two CFH class passes to be used in 2009, and on one healing session with Helena Raghbir to be used in 2009.

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## INTEGRATION YOGA® Program Size

The Saturday group will be limited to 30 students.

The Sunday group will be limited to 30 students.

This includes students attending the entire program and those attending selected weekends.

Once 30 has been reached for a given group on a given weekend, a waiting list will be created.

Payment in full before the cut-off number assures your place in the program.

Note that Friday night, the groups will be combined.