

## Yoga Foundation Courses

### Yoga Foundation Course Level – 1: Beginner Level – 4 Week Course (8classes)

Step-by-step instruction in the theory and practice of Yoga, covering the basics of Yoga practice as taught by the Yoga Master Swami Vishnu-devananda. This course creates a solid foundation for a personal practice as well as a thorough preparation for new Yoga students who wish to participate in our ongoing drop-in classes.

Starting Date	Ending Date	Days	Time	Fee	Pre – Registration
07/20/2009	08/14/2009	Mon. & Fri.	8.00 am – 9.00 am	\$ 101	Required
08/17/2009	09/11/2008	Mon. & Fri.	8.00 am – 9.00 am	\$ 101	Required
09/14/2009	10/09/2009	Mon. & Fri.	8.00 am – 9.00 am	\$ 101	Required
10/12/2009	11/06/2009	Mon. & Fri.	8.00 am – 9.00 am	\$ 101	Required
11/09/2009	12/08/2008	Mon. & Fri.	8.00 am – 9.00 am	\$ 101	Required

Starting Date	Ending Date	Days	Time	Fee	Pre – Registration
07/21/2009	08/13/2009	Tues. & Thur.	4.00 pm – 5.00 pm	\$ 101	Required
08/18/2009	09/8/2008	Tues. & Thur.	4.00 pm – 5.00 pm	\$ 101	Required
09/15/2009	10/08/2009	Tues. & Thur.	4.00 pm – 5.00 pm	\$ 101	Required
10/13/2009	11/05/2009	Tues. & Thur.	4.00 pm – 5.00 pm	\$ 101	Required
11/10/2009	12/03/2008	Tues. & Thur.	4.00 pm – 5.00 pm	\$ 101	Required

### Yoga Foundation Course Level -2: Intermediate Level – 4 Week Course (8 classes)

The intermediate course continues from where the beginners course ends, and focuses on refining the basic postures, integrating variations into one's practice, structuring one's own home practice, and cleansing techniques. Anyone who's completed the beginner course or who has attended some of the ongoing classes is welcome to join.

Starting Date	Ending Date	Days	Time	Fee	Pre – Registration
07/20/2009	08/14/2009	Mon. & Fri.	9.00 am– 10.15 am	\$ 111	Required
08/17/2009	09/11/2008	Mon. & Fri.	9.00 am– 10.15 am	\$ 111	Required
09/14/2009	10/09/2009	Mon. & Fri.	9.00 am– 10.15 am	\$ 111	Required
10/12/2009	11/06/2009	Mon. & Fri.	9.00 am– 10.15 am	\$ 111	Required
11/09/2009	12/08/2009	Mon. & Fri.	9.00 am– 10.15 am	\$ 111	Required

Starting Date	Ending Date	Days	Time	Fee	Pre – Registration
07/21/2009	08/13/2009	Tues. & Thur.	5.00 pm - 6.15 pm	\$ 111	Required
08/18/2009	09/8/2008	Tues. & Thur.	5.00 pm – 6.15 pm	\$ 111	Required
09/15/2009	10/08/2009	Tues. & Thur.	5.00 pm - 6.15 pm	\$ 111	Required
10/13/2009	11/05/2009	Tues. & Thur.	5.00 pm - 6.15 pm	\$ 111	Required
11/10/2009	12/03/2009	Tues. & Thur.	5.00 pm - 6.15 pm	\$ 111	Required

### Yoga Foundation Course Level – 3 Advance Level – 4 week Course (8 Classes)

For those who have completed level -2 or have prior experience in the practice of yoga, would like to continue to develop and perfect the techniques which they have learned.

Starting Date	Ending Date	Days	Time	Fee	Pre – Registration
07/21/2009	08/14/2009	Tues. & Fri.	4.30 pm – 6.30 pm	\$ 121	Required
08/18/2009	09/11/2009	Tues. & Fri.	4.30 pm – 6.30 pm	\$ 121	Required
09/15/2008	10/09/2009	Tues. & Fri.	4.30 pm – 6.30 pm	\$ 121	Required
10/13/2008	11/06/2009	Tues. & Fri.	4.30 pm – 6.30 pm	\$ 121	Required
11/10/2008	12/04/2009	Tues. & Fri.	4.30 pm – 6.30 pm	\$ 121	Required

### Meditation Course: All Levels – 4 week course (8 classes)

Practice of meditation leads the practitioner from error to truth, from darkness to light, from pain to bliss, from restlessness to peace and from ignorance to knowledge.

Starting Date	Ending Date	Days	Time	Fee	Pre – Registration
07/21/2009	08/14/2009	Tues. & Fri.	6.30 pm – 8.00 pm	\$ 95	Required
08/18/2009	09/11/2009	Tues. & Fri.	6.30 pm – 8.00 pm	\$ 95	Required
09/15/2008	10/09/2009	Tues. & Fri.	6.30 pm – 8.00 pm	\$ 95	Required
10/13/2008	11/06/2009	Tues. & Fri.	6.30 pm – 8.00 pm	\$ 95	Required
11/10/2008	12/04/2009	Tues. & Fri.	6.30 pm – 8.00 pm	\$ 95	Required

## Open Classes: All Levels

Traditional meditative Yoga classes, which include breathing exercises for increasing and balancing our Prana (energy), Surya Namaskar (sun salutation) for warming up the muscles and spinal, a sequence of Yoga Asanas (postures) held for sometime in a meditative fashion, ending with relaxation and meditation. All Classes last for an hour and a half.

Time	Days	Fee
10.30 Am – 12.00 Noon	Mon. & Fri.	\$ 12 Single Class and \$ 20 for Two Classes (2 <sup>nd</sup> class to be used within 7 days.
6.30 Pm – 8.00 Pm	Mon. & Fri.	\$ 12 Single Class and \$ 20 for Two Classes (2 <sup>nd</sup> class to be used within 7 days.

### Yoga Teachers Training Course: Coming Soon (if you are interested please send us an email at [info@hariyoga.org](mailto:info@hariyoga.org))

A 8-week intensive course which covers all aspects of yoga in theory and practice. The course is a profound personal experience in which the student's daily life is fully integrated into the yoga training. By the end of the course the student will possess a firm foundation for teaching others as well as strengthening their own personal yoga practice. Among the many benefits are increased strength and flexibility, greater spiritual awareness, improved power of concentration, enhanced self-esteem and a new sense of self discipline. The course is based on the principle of the synthesis of yoga as taught by Swami Sivananda.

### Anatomy of Hatha Yoga: Coming Soon (if you are interested please send us an email at [info@hariyoga.org](mailto:info@hariyoga.org))

A 4 -Week course for yoga teachers and practitioners.

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8.00 am – 9.00 am	Yoga Foundation Course –Level 1				Yoga Foundation Course – Level 1		
8.00 am-9.30 am		Yoga @ UCSD		Yoga @ UCSD			
9.00 am – 10.15 am	Yoga Foundation Course – Level 2				Yoga Foundation Course – Level 2		
10.30 am– 12.00Noon	Open Class – All Levels				Open Class – All Levels		
11.30am-1.00pm						Yoga @ UCSD	
12.00Noon-1.00pm		Yoga @ UCSD		Yoga @ UCSD			
4.00pm-5.00pm	Yoga Foundation Course – Level 1				Yoga Foundation Course Level -1		
4.30 pm – 6.30 pm		Yoga Foundation Course – Level 3					Yoga Foundation Course – Level 3
5.00pm – 6.15pm	Yoga Foundation Course – Level 2				Yoga Foundation Course – Level 2		
6.30pm- 8.00pm	Open Class – All Levels	Meditation Course			Open Class – All Levels		Meditation Course