

Jivamukti® Yoga Teacher Training

300-Hour Residential Program – Course # 0626-249

April 27–May 23, 2008

Omega Institute for Holistic Studies, Rhinebeck, New York

- Study with Sharon Gannon and David Life, founders of Jivamukti Yoga.
- Additional faculty include highly qualified specialists in Sanskrit and anatomy.
- Become a certified Jivamukti Yoga teacher, one of the most effective and popular forms of yoga today.
- Spend three weeks on the beautiful Omega campus with a dedicated and hard-working group of yogis.

About the Program

Become a certified Jivamukti Yoga instructor with Sharon Gannon and David Life, founders of Jivamukti Yoga, and experts in the studies of Sanskrit, chanting, and anatomy. Gannon and Life are cofounders and directors of the Jivamukti Yoga Center in New York City. This training program is the only one they will offer in the United States in 2008.

This intensive course is three and a half weeks total, with 21 full days of training. The days include asana practice, chanting lessons, scripture study, anatomy classes, Sanskrit study, readings, discussions, the history of yoga, the Jivamukti class structures, vegetarianism, and the observation of Jivamukti classes.

This certification course will certify you as a Jivamukti Yoga teacher.

Jivamukti Yoga is one of nine internationally recognized styles of hatha yoga. Developed in 1986 by Gannon and Life, its distinct style integrates chanting, asanas, music, meditation, and practices of devotion into a vigorous physical practice with a foundation in the ancient mystic philosophies of the East. Jivamukti Yoga incorporates these yoga practices into the modern lifestyle, without losing sight of the universal goal of the practices: liberation. Jivamukti is Sanskrit for “living liberated” or being enlightened while still living. It serves as a blueprint for incorporating the physical and spiritual aspects of yoga into our modern lives, and because of its focus on a non-dualistic view of life, awakens in the practitioner a need to protect the environment and all the animals and plants that share the planet with us.

Jivamukti Yoga features five tenets, which are incorporated into every class:

- Scripture: study of the ancient yogic teachings, including Sanskrit chanting.
- Bhakti: acknowledgment that God realization is the goal of all yoga practices.
- Ahimsa: a nonviolent, compassionate lifestyle that emphasizes ethical vegetarianism and animal rights.
- Nada Yoga: the development of a sound body and mind through deep listening.
- Meditation: connecting to an eternal unchanging reality within.

A special segment of this month-long teacher training will include full participation in a "Weekend of Ecstatic Chant," held from May 9-11. We join some of the Western world's leading devotional singers, including David and Sharon, Jai Uttal, Snatam Kaur, Donna De Lory, Dave Stringer, Shyamdas and special guests in an exploration of transcendent musical prayer (kirtan), yoga and meditation. The weekend includes an extraordinary all-night Saturday session. Attendance will be counted among the hours towards Jivamukti certification.

Faculty

Sharon Gannon

Sharon Gannon was born in Washington, D.C. Her interest in spirituality was nourished by her Catholic upbringing. Her university degree is in dance. She has studied ballet, modern, classical, and Indian dance, music, and Eastern philosophy. During the 1980s, she was a vocalist and violinist for the jazz/rock band Audio Leter. She views art as a means for uplifting the soul. Through artistic pursuits she sought to give back to the community something that was not only inspirational but also educational, and which spoke of the spiritual quest for deep happiness that is shared by all. "The success and happiness that we enjoy is a direct result of the kindness we have shown toward others," she says. Sharon is an animal rights activist and an outspoken advocate of ethical vegetarianism, and the author of *Cats and Dogs Are People Too*. Since 1976, she has studied yoga with many teachers around the world, including Shri Brahmananda Saraswati, Swami Nirmalananda, Shri K. Pattabhi Jois, Swami Shankarananda, Shyam Das, and Bhagavan Das. In 1984, she shifted her emphasis away from the performing arts and toward the teaching of yoga hoping to give practical methods that might benefit people more directly and immediately. With David Life, she developed Jivamukti Yoga. They are coauthors of *Jivamukti Yoga: Practices of Liberated Living for Body and Soul*. She lives in New York City and codirects the Jivamukti Yoga Center.

David Life

David Life was born in Michigan. His college degree is in art, with minors in poetry and psychology. Throughout his life, David has been interested in metaphysics and spirituality. His Catholic upbringing inspired devotion to Christian mystics like St. John of The Cross and Theresa of Avila. David has lived in New York City since 1979, where he pursued his art career while owning and operating Life Café, a Manhattan hot spot for music, art, and poetry. He has studied yoga around the world with many teachers since 1984, including certification in the advanced Ashtanga series from Shri K. Pattabhi Jois. His interest in yoga is supported by his artistic, literary, and metaphysical studies. He imbues his classes with metaphor, musicality, and spirituality, spiced with humor, vigor, and spontaneity. David has taught all over the world and is a respected and popular teacher.

What others say about David Life and Sharon Gannon and Jivamukti Yoga

Famed New York City-based yoga mavens Sharon Gannon and David Life occupy a deservedly prominent position in the American yoga community, having not only done a great deal to help foster the burgeoning popularity of yoga but also done that as a by-product of decades-long study (with a veritable pantheon of contemporary masters) and profoundly devoted practice. —Phil Catalfo, *Yoga Journal* (July/August 2002)

His classes are demanding physically and emotionally, in keeping with Life's intention to re-spiritualize what the West was teaching as a purely physical exercise. —Connect Hong Kong

David Life and Sharon Gannon just blow away the competition. —New York Magazine

The full package, more than just exercise. —Christy Turlington, *Allure Magazine*

Gabriela Bozic, MA: co-teaching with David and Sharon

is cofounder and codirector of the Jivamukti Yoga Centers in Munich, Germany. She holds a master's degree in linguistics and advanced certification in Jivamukti Yoga. Bozic leads workshops internationally and is an established presenter at the Yoga Conference Germany. She has been featured in many German magazines and in the DVD *Yoga with Ralph Bauer*. She is coauthor, with Patrick Broome, of *Yoga for Life: Reconnecting to Mother Earth with Jivamukti Yoga*

Special Guest Faculty

Kriota Willberg: expert in anatomy

Kriota Willberg has taught anatomy and massage since 1987, and has been practicing yoga for 10 years. She is the former Western massage department chairperson at the Swedish Institute of Massage. Her clients include a wide range of people, from Broadway stars to members of the

New York Giants football team. She maintains a clinical massage practice at the Integrative Care Center affiliated with the Hospital for Special Surgery in New York. Kriota has taught yoga anatomy and injury prevention workshops in New York, Washington, D.C., and other parts of the country, and to dancers at Bard College and New York University. She is the director/choreographer of the dance company Dura Mater.

Manorama: expert in Sanskrit studies

Manorama (Thea D'Alvia) teaches Sanskrit, meditation, and yoga philosophy at Ananda Ashram, Jivamukti Yoga Center, Integral Yoga Institute, and the Himalayan Institute. She leads workshops nationally and abroad. Manorama studied Sanskrit, meditation, and yoga philosophy with Shri Brahmananda Sarasvati, who is coauthor of *The Textbook of Yoga Psychology* and *The Fundamentals of Yoga*. She worked as one of Shri Brahmananda Sarasvati's assistants, and has continued teaching since he took his maha-samadhi in 1993. She is a certified Sanskrit instructor for American Sanskrit Institute. For more information on Manorama, visit www.sanskritstudies.org

Ruth Lauer-Manenti: Yoga Sutra program teacher

Ruth first started practicing yoga twenty years ago as an alternative to physical therapy after spending a year in bed because of a near fatal car accident. As a student and teacher of yoga she embraces a challenging daily practice. Her studies of Sanskrit and scripture in India and the US is informed, insightful, and inspirational. She is also an artist and has a MFA from Yale where she has taught painting and printmaking.

Jai Uttal is a pioneer in the world music community. A student of India's National Living Treasure, Ali Akbar Khan, and master teacher Ustad Ali Akbar Khan, Jai's eclectic East meets-West sound has put his music at the forefront of the world fusion movement. His many albums include *Beggars and Saints*, *Shiva Station* and the Grammy-nominated *Mondo Rama*.

Snatam Kaur is a Sikh Peace Ambassador and a renowned devotional singer in English and Gurmukhi, the ancient language of the Sikhs. A disciple of the late Sikh master Yogi Bhajan and also Bhai Hari Singh, she grew up playing *kirtan* with her mother in Sikh temples. Her most recent album is *Grace*.

Donna De Lory is a famed spiritual singer, dancer and songwriter. Her voice can be heard on albums by Madonna, Carly Simon and Santana. She has toured with Madonna and her most recent album is *The Lover and the Beloved*, with lyrics in English and Sanskrit.

Dave Stringer has been profiled in *Time*, *Billboard*, *In Style*, and *Yoga Journal* as a leader of the new American *kirtan* movement. Dave first started chanting mantras when a film editing project brought him to the ashram of Swami Muktananda in India. After the project ended, he continued his studies of yogic tradition under the guidance of Swami Chidvilasananda. His special style of singing *kirtan* has brought rave reviews all over North America.

Shyamdas has written and translated more than 20 books on Bhakti Yoga and the Path of Grace. He specializes in classical Dhrupada music and the mystic poets of North India. He combines ecstatic *kirtan* with stories and teachings from India.

Additional Faculty

Each of you will be part of a small work group with a mentor. Various Jivamukti teachers from around the world will be mentoring your small group experiences. They have each been especially chosen for their leadership and expertise in yoga.

A Sample Daily Schedule

7:00-7:45 a.m.Breakfast
8:00 a.m.-12:00 p.m.Class time
12:30-1:30 p.m.Lunch
1:45-6:00 p.m.Class time
6:00-7:15 p.m.Dinner
8:00-10:00 p.m.Class time

Curriculum

Techniques: 104.5 Hours

Techniques of the Jivamukti Yoga Method

JM Class Sequences

Kriya Yoga

Shat Karma

Pranayama

Teaching and practicing meditation

Sequencing and vinyasa krama

Restoratives and props

Basics focus sessions for: standing poses, forward bends, twists, backbends, inversions, balances

Satsang

Chanting

Teaching privately and special needs

Basic Sanskrit Alphabet: 23 Hours

The Jivamukti Yoga® teaching method, The 5 tenets and the 14 requirements

Teaching Methodology: 23.5 Hours

The Jivamukti teaching method

The five tenets of Jivamukti Yoga: Ahimsa; Scripture; Nada; Bhakti; Meditation

The 14 requirements

Adjustment and assisting for: standing poses, forward bends, twists, backbends, inversions, balances

Anatomy & Physiology: 20 Hours

Anatomy and physiology: basics of skeletal, muscular, respiratory, and cardiovascular systems and injury and recovery

Esoteric anatomy, including chakras, nadis, prana, bandha

Anatomy of adjustment

Scripture, Philosophy, Ethics & Lifestyle: 10 Hours

Basic yoga philosophy, Yoga Sutras of Patanjali. Bhagavad Gita, Hathayogapradipika, 3 types of karma, 7 Bhoomikas, 3 kinds of teachers and students - the pitfalls and ethics of being a yoga teacher.

Group Practicum: 22 Hours

Includes student teaching as well as observing and assisting in classes taught by others, class transcriptions focusing on sequencing, theme, and music; oral presentation skills.

Peer Review & Practicum: 23 Hours

Classes that you teach in a small group setting to hone your skills.

Month Overview

Monday 4/28	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Tuesday 4/29	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Wednesday 4/30	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Thursday 5/1	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Friday 5/2	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Saturday 5/3	OFF		
Sunday 5/4	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Monday 5/5	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Tuesday 5/6	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Wednesday 5/7	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Thursday 5/8	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Fri 5/9	8:00AM-12:00PM	1:45PM-6:00PM	
Friday 5/9	8:00 PM–12:00 AM Chant		
Saturday 5/10	9:00 AM–12:00 PM	2:30 PM-5:30 PM	8:00 PM-2:00AM Chant
Sunday 5/11	9:00 AM-12:00PM Chant		
Sunday 5/11		1:45PM-6:00PM	8:00PM-10:00PM
Monday 5/12	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Tuesday 5/13	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Wednesday 5/14	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Thursday 5/15	OFF		
Fri day 5/16	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Saturday 5/17	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Sunday 5/18	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Monday 5/19	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Tuesday 5/20	OFF		
Wednesday 5/21	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Thursday 5/22	8:00AM-12:00PM	1:45PM-6:00PM	8:00PM-10:00PM
Friday 5/23	No Scheduled Hours / Class Ends		

Requirements

Before your arrival at Omega you need to submit full payment. ONE MONTH BEFORE YOUR ARRIVAL (March 27, 2008), you need to submit 5 book reports, a signed Ethical Guidelines form, and a signed Teacher Certification Agreement to Sarah Yanosh Yonnetti at Omega. All book reports and additional forms to be mailed AFTER MARCH 27, 2008 must be sent directly to Carlos Menjivar at Jivamukti. Experience in teaching yoga and/or experience with the Jivamukti Yoga® method is preferred. You must be familiar with The Jivamukti Balancing class (volume 6) and The Jivamukti Back bending class (volume 7), found in the Jivamukti CD/DVD Portable collection and available at our website and other retailers. The course is designed to prepare you to teach the Jivamukti Yoga style and is not a retreat. It is suggested that you have a daily practice.

Book Reports

5 Reports are due to Sarah Yanosh Yonnetti at Omega one month prior to the start date of this training. Please mail (not email) to Omega. Format: 1000 words typed, Arial or Times New Roman font, 12-point, double-spaced, not bolded, on plain white 8x10 paper, paper clip all 5 together.

Books available from www.jivamukti.com/boutique/ or call 1-877-I AM YOGA (1-877-426-9642).

Read each of the 3 books listed below and write one report for each book. Choose one of these report format options:

- Overview of whole book (or)
- Summary of one chapter (or)
- Elaboration on one point

1. *Jivamukti Yoga*, by Sharon Gannon and David Life
2. *Autobiography of a Yogi*, by Paramahansa Yogananda
3. You may choose from the following 4 books to do one of the 3 book reports:
 - *Diet for a New America*, by John Robbins
 - *Dominion*, by Matthew Scully
 - *The World Peace Diet: Eating for Spiritual Health and Social Harmony*, by Will Tuttle

The three chosen above should be read cover to cover.

Also, elaborate on one sutra from each of the following 2 books, and write a report on each:

4. *Hathayogapradipika*, by The Bihar School of Yoga
5. *Textbook of Yoga Psychology*, by R. Mishra, Brahmananda Sarasvati

[4 and 5 are reference books that will be used in the course. You are not required to read them cover to cover, but you need to have an overview and basic knowledge of each. You are only required to bring books #1 and #5 to the course.]

Ethical Guidelines Form

This form is a requirement of Jivamukti Yoga and the Yoga Alliance certification. It calls your attention to important ethical considerations in the teaching of yoga and asks for your pledge to act correctly and responsibly.

Teacher Certification Agreement

This form details the parameters for your future use of the Jivamukti Yoga® name and method.

Medical Information Form

This form gives your personal medical needs and history for the confidential use of the staff and presenters.

What will you need to bring?

Books you must bring to Omega:

Jivamukti Yoga Book
Textbook of Yoga Psychology
Anatomy Coloring Book by Wynn Kapit and Lawrence M. Elson

Also bring:

Mat
Firm prop blanket
Block (foam or wooden)
Belt (6-8 feet)
Massage lotion
Notebook, pens, pencils
Any special medications/
treatments you may need
Casual clothes
Yoga clothes
A couple of footwear options
Bathing Suit (optional)
Camera (optional)

Computer (optional)
Tape recorder (optional)

Questions You Might Have

Are there any prerequisites?

Anyone with a sense of adventure and eagerness to learn is welcome to participate. Experience in teaching yoga and/or experience with Jivamukti Yoga is preferred. We ask that you simply wish to enlighten, uplift, and inspire others with the knowledge you will gain in becoming a Jivamukti Yoga teacher. Be aware that this is a teacher training, not a yoga vacation. The program is not suited for beginners in yoga. We recommend a daily practice before the course to help avoid soreness.

What is the application process?

There is no formal application process, but registration is limited. Please register early to reserve a place. Call Omega Registration at 800-944-1001 (845-266-4444 outside the USA).

Are there any scholarships offered?

There are no scholarships available for this program.

What is the payment and refund policy?

A \$1,500 deposit is required for the training tuition and 50% of the total housing fee. This will hold your place. The balance is due by March 27, 2008 (cancellation deadline). Refunds are available (less a \$100 processing fee) up to March 27; between March 27–April 12 you can get a nonrefundable credit on your account (less a \$100 processing fee). After April 12 all fees are nonrefundable. There is no refund if you leave the training early.

What does the fee include?

The program fee includes the course content, teaching manual, the Kriya Yoga devices (tongue scraper, neti pad, skin brush, etc.), and a certificate of completion. Books and accommodations are additional.

Do I have to stay at Omega? Can I commute to the campus every day?

It is not required that you lodge at Omega. You may commute; however, you must be on time for the day's beginning and stay through to the end of the day. Please see the commuter fee under Fees/Housing Information below.

Who should I contact for licensing programs?

The licensing program will be available after the Teacher Training program is complete, and the correct application forms are filled out.

After I get certified can I automatically open my own Jivamukti Yoga Center?

Licensing to teach Jivamukti Yoga is at the discretion of David Life and Sharon Gannon and will be given to those they believe meet their qualifications.

Does participation in this training program automatically confer certification as a teacher of Jivamukti Yoga?

If for some reason David Life and Sharon Gannon feel that you have not attained the proper training to become a Jivamukti Yoga teacher, you will not get certified.

If I fail to get certified will I get a refund?

All fees for this training, including tuition and accommodations, are nonrefundable 14 days before the program begins.

Meals at Omega

Meals are a highlight at Omega. They are prepared with both health and pleasure in mind. Omega serves mostly vegetarian food and every meal has a vegan option. The food is fresh and

locally and organically grown when available. Each breakfast, lunch, and dinner is served buffet-style. Lunches and dinners include a fresh salad bar.

Fees

Jivamukti Month-Long Training Program fee is \$6,650.

Omega accommodations are additional, please see below. Space is limited, so please register early.

Omega Accommodations

All housing fees include meals. Omega housing is simple and comfortable but not air-conditioned. Please see housing descriptions below.

Housing Information

- **A Housing** Type A housing is a room you share with a roommate with a private bath in the room. If you do not register with a roommate, Omega will assign you one. Bed linens, pillow, blanket, and towels are provided. You may wish to bring extra towels or blankets. These cabins are heated. Handicapped accessible Type A housing is available. \$3,068.
- **B Housing** Type B housing is a room you share with a roommate, and you share the bath with one adjoining room. If you do not register with a roommate, Omega will assign you one. Bed linens, pillow, blanket, and towels are provided. You may wish to bring extra towels or blankets. These cabins are heated. \$2,548.
- **Dorm Single** A dorm single is a small private room in a cabin with the bathroom shared by a total of 8–12 guests. Omega does not provide linens for dorm singles. You must bring your own sheets or sleeping bag, blankets, towels, and pillows, or you may rent these from Omega for a small fee. Dorms are located uphill from mid-campus. Dorms are heated, but can be chilly. We make every effort to house guests in single gender dorms; however, depending upon enrollment, some dorms may be coed. Handicapped accessible dorm singles are available. Dorm Single \$1,664. Dorm Deluxe \$1,820.
- **Commuter/Facility Fee** If you are a commuter not staying in Omega housing, there is a non-optional fee that covers Omega's overhead costs, meals, and use of the facilities, including optional classes, evening performances, sampler classes (during the week), the lake, walking trails, parking, and all guest services. An off-campus housing referral list is available. \$520.

Call Omega Registration at 800-944-1001 (845-266-4444 outside the USA) for more information.

About Omega Institute

Omega is the nation's largest holistic education provider and is highly regarded for its pioneering work in holistic health, meditation, yoga, transformational psychology, bodywork, spirituality, world music, and art. We offer workshops, retreats, and wellness vacations at our 195-acre Rhinebeck, New York campus, and at sites in the Caribbean and Costa Rica. Founded in 1977, Omega fulfills its mission to provide learning environments that awaken the best in the human spirit through its broad-based curriculum and unique community spirit.

Omega Institute for Holistic Studies, Inc. is qualified as a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code.

Jivamukti Yoga® Teachers Code of Professional Standards (Ethical Guidelines)

SECTION 1: Statement of Purpose

The teachers at Jivamukti Yoga Center recognize the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to ensure a safe and protected environment in which a student can grow physically, mentally and spiritually.

SECTION 2: Principles

In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers, we agree to accept the following foundational principles:

1. To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
2. To stay abreast of new developments in the field of yoga through educational activities and study.
3. To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
4. To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts.
5. To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence.
6. To establish and maintain appropriate professional relationship boundaries.
7. To cultivate an attitude of spirituality in our teaching, we dedicate our work to a force greater than our egoic selves.
8. To promote and adhere to principles of ahimsa we will do all we can to alleviate the suffering of all others including nonhuman animals and incorporate conscious principles of vegetarianism into our teaching and our lives.

SECTION 3: Professional Practices

In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

1. We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
2. Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
3. We may at times render service to individuals or groups in need without regard to financial remuneration.
4. We neither receive nor pay a commission for referral of a student.
5. We conduct our social affairs with due regard to recognized business and accounting procedures.
6. We are careful to represent facts truthfully to students, referral sources and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
7. We do not malign colleagues or other professionals.

SECTION 4: Student Relationships

It is our responsibility to maintain relationships with students on a professional basis.

1. We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
2. We make only realistic statements regarding the benefits of yoga.
3. We show sensitive regard for the moral, social and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the Yoga class.

4. We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
5. We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
6. All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement. Sexual behavior is defined as, but not limited to, all forms of overt and covert seductive speech, gestures and behavior as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures, or physical contacts of a sexual nature.
7. We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a student.

SECTION 5: Confidentiality

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction process.

1. All records kept on a student are stored or disposed of in a manner that assures security and confidentiality.
2. We treat all communications from students with professional confidence.
3. When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
4. We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
5. We obtain written consent of students before audio and/or video taping or recording or permitting third party observation of their sessions.
6. When current or former students are referred to in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

SECTION 6: Assistant, Student, and Employee Relationships

As yoga teachers, we have an ethical concern for the integrity and welfare of our assistants, students, and employees. These relationships are maintained on a professional and confidential basis. We recognize our influential position with regard to both current and former assistants, students and employees, and avoid exploiting their trust and dependency. We make every effort to avoid dual relationships with such persons that could impair our judgment or increase the risk of personal and/or financial exploitation.

1. We do not engage in sexual or other harassment of current assistants, students, employees or colleagues.
2. All forms of sexual behavior, as defined in Section 4.6, with our assistants, students and employees are unethical.
3. We advise our assistants, students, and employees against offering or engaging in, or holding themselves out as competent to engage in, professional services beyond their training, level of experience, and competence.
4. We do not harass or dismiss an assistant or employee who has acted in a reasonable, responsible and ethical manner to protect, or intervene on behalf of, a student or other member of the public or another employee.

SECTION 7: Interprofessional Relationships

As yoga teachers, we relate to and cooperate with other professional persons in our immediate community and beyond. We are part of a network of health care professionals and are expected to develop and maintain interdisciplinary and interprofessional relationships.

1. Knowingly soliciting another teacher's students is unethical.
2. Speaking of other teachers with disrespect is unethical.

SECTION 8: Advertising

Any advertising, including announcements, public statements and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices.

1. We do not misrepresent our professional qualifications, affiliations and functions, or falsely imply sponsorship or certification by any organization.
2. Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions and other agencies, but to prospective individuals students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
3. We do not make public statements, which contain any of the following:
 - a. A false, fraudulent, misleading, deceptive or unfair statement.
 - b. A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
 - c. A statement implying unusual unique, or one-of-a-kind abilities, including misrepresentation through sensationalism, exaggeration or superficiality.
 - d. A statement intended or likely to exploit a student's fears, anxieties, or emotions.
 - e. A statement concerning the comparative desirability of offered services.
4. Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training and experience of the provider involved are to be appropriately specified.

IN WITNESS WHEREOF, the parties have caused this Agreement to be executed as of the ____ day of _____, 20____.

Signature: _____

Print Name: _____

Acknowledged and Accepted:

JIVAMUKTI YOGA CENTER, INC.

By: _____

Name:

Title:

Return this form to:

By March 27, 2008: Omega Institute, Attn: Sarah Yanosh Yonnetti, 150 Lake Drive, Rhinebeck, NY 12572

After March 27, 2008: Jivamukti Yoga School, Attn: Carlos Menjivar, 841 Broadway, 2nd Floor, New York, NY 10003

Jivamukti Yoga® Teachers Code of Professional Standards (Ethical Guidelines)

SECTION 1: Statement of Purpose

The teachers at Jivamukti Yoga Center recognize the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to ensure a safe and protected environment in which a student can grow physically, mentally and spiritually.

SECTION 2: Principles

In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers, we agree to accept the following foundational principles:

1. To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
2. To stay abreast of new developments in the field of yoga through educational activities and study.
3. To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
4. To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts.
5. To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence.
6. To establish and maintain appropriate professional relationship boundaries.
7. To cultivate an attitude of spirituality in our teaching, we dedicate our work to a force greater than our egoic selves.
8. To promote and adhere to principles of ahimsa we will do all we can to alleviate the suffering of all others including nonhuman animals and incorporate conscious principles of vegetarianism into our teaching and our lives.

SECTION 3: Professional Practices

In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

1. We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
2. Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
3. We may at times render service to individuals or groups in need without regard to financial remuneration.
4. We neither receive nor pay a commission for referral of a student.
5. We conduct our social affairs with due regard to recognized business and accounting procedures.
6. We are careful to represent facts truthfully to students, referral sources and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
7. We do not malign colleagues or other professionals.

SECTION 4: Student Relationships

It is our responsibility to maintain relationships with students on a professional basis.

1. We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
2. We make only realistic statements regarding the benefits of yoga.
3. We show sensitive regard for the moral, social and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the Yoga class.

4. We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
5. We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
6. All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement. Sexual behavior is defined as, but not limited to, all forms of overt and covert seductive speech, gestures and behavior as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures, or physical contacts of a sexual nature.
7. We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a student.

SECTION 5: Confidentiality

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction process.

1. All records kept on a student are stored or disposed of in a manner that assures security and confidentiality.
2. We treat all communications from students with professional confidence.
3. When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
4. We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
5. We obtain written consent of students before audio and/or video taping or recording or permitting third party observation of their sessions.
6. When current or former students are referred to in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

SECTION 6: Assistant, Student, and Employee Relationships

As yoga teachers, we have an ethical concern for the integrity and welfare of our assistants, students, and employees. These relationships are maintained on a professional and confidential basis. We recognize our influential position with regard to both current and former assistants, students and employees, and avoid exploiting their trust and dependency. We make every effort to avoid dual relationships with such persons that could impair our judgment or increase the risk of personal and/or financial exploitation.

1. We do not engage in sexual or other harassment of current assistants, students, employees or colleagues.
2. All forms of sexual behavior, as defined in Section 4.6, with our assistants, students and employees are unethical.
3. We advise our assistants, students, and employees against offering or engaging in, or holding themselves out as competent to engage in, professional services beyond their training, level of experience, and competence.
4. We do not harass or dismiss an assistant or employee who has acted in a reasonable, responsible and ethical manner to protect, or intervene on behalf of, a student or other member of the public or another employee.

SECTION 7: Interprofessional Relationships

As yoga teachers, we relate to and cooperate with other professional persons in our immediate community and beyond. We are part of a network of health care professionals and are expected to develop and maintain interdisciplinary and interprofessional relationships.

1. Knowingly soliciting another teacher's students is unethical.
2. Speaking of other teachers with disrespect is unethical.

SECTION 8: Advertising

Any advertising, including announcements, public statements and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices.

1. We do not misrepresent our professional qualifications, affiliations and functions, or falsely imply sponsorship or certification by any organization.
2. Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions and other agencies, but to prospective individuals students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
3. We do not make public statements, which contain any of the following:
 - f. A false, fraudulent, misleading, deceptive or unfair statement.
 - g. A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
 - h. A statement implying unusual unique, or one-of-a-kind abilities, including misrepresentation through sensationalism, exaggeration or superficiality.
 - i. A statement intended or likely to exploit a student's fears, anxieties, or emotions.
 - j. A statement concerning the comparative desirability of offered services.
5. Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training and experience of the provider involved are to be appropriately specified.

IN WITNESS WHEREOF, the parties have caused this Agreement to be executed as of the ____ day of _____, 20____.

Signature: _____

Print Name: _____

Acknowledged and Accepted:

JIVAMUKTI YOGA CENTER, INC.

By: _____

Name:

Title:

Keep this form for your records

Jivamukti Yoga® Teacher Certification Agreement

This Teacher Certification Agreement sets forth (i) the terms and conditions under which I will attend and participate in certain Jivamukti Yoga® teacher certification and training programs presented by Jivamukti Yoga Center, Inc., a New York corporation (“JYC”), and (ii) the terms and conditions governing my use of the Jivamukti Yoga trademarks, service marks, methods, techniques, systems, procedures and proprietary written and recorded materials.

I UNDERSTAND THAT BY SIGNING THIS AGREEMENT, I AM ENTERING INTO A LEGALLY BINDING CONTRACT, AND WILL BE BOUND BY THE PROVISIONS SET FORTH BELOW.

A. I understand and agree that, in order to become a certified Jivamukti Yoga teacher:

1. I must attend, fully participate in, and successfully complete a 200-hour certification course presented by JYC (the “Jivamukti Yoga Teacher Training Program”), as more fully described in the course description materials available on the JYC website at www.jivamuktivyoga.com/fms/teach.fm.html.

2. Whether I have successfully completed the Jivamukti Yoga Teacher Training Program will be determined by JYC, at its sole discretion, based on my demonstrated command of the skills necessary to teach Jivamukti Yoga classes.

B. I understand and agree that, if and when I become a certified Jivamukti Yoga teacher:

1. I am entitled to teach yoga classes in the method and style taught in the Jivamukti Yoga Teacher Training Program.

2. I may refer to myself as a “certified Jivamukti Yoga teacher.”

3. Each month that I teach Jivamukti Yoga classes, I will teach the “focus of the month” for that month.

4. If I teach the classes at any business, facility or location other than an authorized Jivamukti Yoga Center, I will not use, nor permit to be used, the words “Jivamukti” and/or “Jivamukti Yoga” in connection with such business, facility or location. Classes taught by me strictly in the Jivamukti Yoga method and style may be identified as “Jivamukti Yoga classes” in any schedules, calendars and other promotional materials used solely for internal purposes by such business, facility or location only if I have obtained the prior written consent of JYC, which consent may be withheld at JYC’s sole discretion.

5. I am entitled to apply for the right to own and operate a Jivamukti Yoga Center under the terms and conditions of the JYC partnership/licensing program. A limited number of certified Jivamukti Yoga Teachers will be selected to own and operate Jivamukti Yoga Centers under the JYC partnership/licensing program. My acceptance into the JYC partnership/licensing program is at the sole discretion of JYC, and my application will only be considered following my completion of a partnership/licensing program application, business plan and personal interview.

C. In addition to the foregoing, I understand and agree that:

1. The policies and requirements of JYC set forth in this Agreement may be supplemented from time to time by the policies and requirements of facilities owned by parties other than JYC that may be used for the Jivamukti Yoga Teacher Training Program, and I agree to abide by all such third-party policies and requirements as a condition of my participation in such programs.

2. All materials provided in connection with the Jivamukti Yoga Teacher Training Program or otherwise provided by JYC, including without limitation, written or printed documents, photographs, audio and video recordings and software programs, and all copies and derivative works relating thereto (the “Jivamukti Yoga Materials”), are and will remain the sole and exclusive property of JYC, and I have only a limited, non-exclusive right to use the Jivamukti Yoga

Materials to the extent necessary to teach Jivamukti Yoga classes during the period for which I am a certified Jivamukti Yoga Teacher.

3. I will not offer, provide or conduct any teacher training or instruction relating to Jivamukti Yoga classes, methods, techniques, systems or procedures.

4. "Jivamukti Yoga®" (the "Trademark") is a registered trademark of JYC, and I have no right to use it in connection with any product, merchandise or service, except as expressly allowed in section B.4 above.

5. I will, at my own expense, defend, indemnify, and hold harmless JYC and its owners, directors, officers, employees, agents and representatives from and against any and all liabilities, claims, causes of action, suits, damages, including without limitation, suits for personal injury or death of third parties, and expenses, including reasonable attorneys' fees and expenses, for which JYC becomes liable, or may incur or be compelled to pay by reason of my activities or my breach of the terms of this Agreement.

6. I acknowledge the ownership of the Trademark by JYC and agree that I will do nothing inconsistent with such ownership, and that all use of the Trademark and all goodwill arising out of any use of it by me will inure solely to the benefit of JYC. I will not use any confusingly similar name or mark without the prior written approval of JYC, and will include all notices and legends with respect to the Trademark as are or may be required by applicable federal, state and local laws or which may be requested by JYC. I acknowledge and understand that nothing in this Agreement gives me any right, title or interest in the Trademark. The nature and quality of all services I perform in connection with the Trademark will conform to standards set forth in the Jivamukti Yoga Teacher Training Program and as otherwise established from time to time by JYC.

7. I am not, and will not hold myself out to be, an employee, subcontractor, representative or agent of JYC, and nothing herein constitutes or implies the existence of a partnership, joint venture or grant of a franchise between me and JYC. Any rights granted to me hereunder are personal in nature, and may not be transferred or assigned.

8. This Agreement will terminate, and all rights granted to me hereby will automatically terminate, upon the first to occur of: (a) my failure to successfully complete the Jivamukti Yoga Teacher Training Program; (b) my failure to comply with any of the terms and conditions of this Agreement; (c) my use of the "Jivamukti" name in any manner not expressly permitted by this Agreement or (d) my failure to adhere to the standards established by JYC from time to time for certified Jivamukti Yoga teachers. Immediately upon the termination of this Agreement for any reason, I will return all Jivamukti Yoga Materials in my possession or control to JYC.

Notwithstanding anything to the contrary contained herein, the provisions of sections C.3, C.5, C.10 and C.11 will survive any termination of this Agreement:

9. JYC HEREBY DISCLAIMS ANY REPRESENTATIONS OR WARRANTIES REGARDING THIS AGREEMENT, THE PRODUCTS, SERVICES OR TRANSACTIONS CONTEMPLATED HEREBY, INCLUDING (WITHOUT LIMITATION) ANY IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE OR NON-INFRINGEMENT OR IMPLIED WARRANTIES ARISING OUT OF COURSE OF DEALING, COURSE OF PERFORMANCE OR USAGE OF TRADE.

10. JYC WILL BE NOT BE LIABLE (WHETHER IN CONTRACT, WARRANTY, TORT (INCLUDING, BUT NOT LIMITED TO, NEGLIGENCE, PRODUCT LIABILITY OR OTHER THEORY), TO ME OR ANY OTHER PERSON OR ENTITY FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF THIS AGREEMENT, EVEN IF THE JYC HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH COSTS OR DAMAGES.

11. Any dispute concerning the terms of this Agreement will be resolved in accordance with laws of the State of New York, without regard to its principles of conflicts of law.

12. This Agreement sets forth the entire agreement between the JYC and me concerning its subject matter and supersedes any understandings or agreements to the contrary, including any oral representations or other statements. The failure of JYC to enforce any provision of this Agreement will not constitute a waiver of any such provision or any other provision.

IN WITNESS WHEREOF, the parties have caused this Agreement to be executed as of the ____ day of _____, 20____.

Signature: _____

Print Name: _____

Acknowledged and Accepted:

JIVAMUKTI YOGA CENTER, INC.

By: _____

Name: _____

Title: _____

Return this form to:

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Medical Information

Yoga practices are intended as a personal growth experience and should not be used as a substitute for therapy. It can involve dramatic experiences, accompanied by strong emotional and physical release. Therefore, this training program is not appropriate for pregnant women or for people with cardiovascular problems, severe hypertension, mental illness, recent surgery or fractures, acute or infectious illness. If you have any questions about whether you should participate, please consult your physician or therapist, as well as Jivamukti, before entering into the training program.

Please check if:

- you are pregnant
- you have ever been hospitalized for psychiatric or medical reasons (note details on reverse)
- you are taking any medications. Which? _____
- you are currently in therapy or any support group
- there were complications at your birth (Caesarian, anesthesia, multiple births, etc.)
- you have attempted or seriously considered suicide (note details on reverse side.)

Do you have any history of the following:

- Cardiovascular disease or heart attack
- Family history of strokes
- Severe mental illness
- Physical illness or injury
- Recent/current communicable disease
- Glaucoma or retinal detachment
- HIV+
- Asthma (IF YES, BRING INHALER)
- Alcohol or drug abuse
- Headaches
- High blood pressure
- Aneurism
- Epilepsy
- Diabetes
- Osteoporosis
- Recent surgery
- Recreational drug use in last three days

IF YOU ANSWERED "YES" TO ANY OF THESE QUESTIONS, PLEASE EXPLAIN ON THE OTHER SIDE OF THIS SHEET.

I hereby confirm that I have read and understood the above information and have answered all the questions completely and honestly and have not withheld any information. My general health, other than as noted, is good. I will not use alcohol or recreational drugs during the retreat. I agree to hold Jivamukti Yoga® Inc. and its agents harmless against all loss, damage, liability or expense arising out of, or in connection with anything owned or controlled by Jivamukti Yoga® Inc. or resulting from any acts, failure to act, or negligence of Jivamukti Yoga® Inc. or its agents.

I agree that my use of the premises, facilities and equipment of the Omega Institute is accepted at my own risk, and that the Omega Institute and Jivamukti Yoga® Inc. are absolved and discharged from all liability for any loss or damage I may incur of my personal property.

Signature

Print Name Date

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Personal History

Please make a copy for your records

(For confidential use of staff and your facilitators)

Name _____

Hometown _____

Occupation _____

Age _____

If arriving by car:

Make/model _____ Plate# _____

Other mode of transportation, if not a car _____

Nearest friend or relative who will be available in the event of an emergency:

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

MEDITATION EXPERIENCE

Is this your introduction to meditation? _____

IF NOT, list how many and what types of meditation sessions you have had:

JIVAMUKTI YOGA

Is this your first experience? _____

IF NOT, list how many and what other types of yoga sessions you have had:

If you answered "YES" to any of the questions on the other side of the sheet, please explain here.

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