



HIMALAYAN  
INSTITUTE®

200- & 500-  
Hour Programs

yoga  
teacher  
training  
in  
*India*



February 4–March 5, 2011

Allahabad

Banares

Khajuraho

Chitrukut

HITA.org



# Yoga teacher training in India

**IMMERSE YOURSELF** in the spirit of yoga on the banks of the Ganga in Allahabad, the “City of God,” where the sages have gathered and practiced for centuries. Imbibe the wisdom of an unbroken spiritual lineage in its homeland. Two levels of certification training run concurrently at our garden campus in Allahabad. The training program also features visits to sites of spiritual practice and significance in the yoga tradition.

**THE 200- AND 500-HOUR PROGRAMS** provide comprehensive, systematic training in classical raja yoga. For details on each program please see our website or email [hita@himalayaninstitute.org](mailto:hita@himalayaninstitute.org).

**COST:** Registration rate includes tuition for yoga teachers training; round-trip airfare from New York to India; air, bus, or rail travel, accommodations, and all meals while in India.

Regular registration by November 8, 2010 \$5,995

Late registration after November 8, 2010 \$6,300

**TO APPLY:** Download an application and tour participant agreement at [www.HITA.org](http://www.HITA.org).



▼ **KHAJURAHO**





◀ **ALLAHABAD** Home of the  
Himalayan Institute India  
Retreat Center

**ALLAHABAD**— Embraced by the sacred rivers Ganga, Yamuna, and Sarasvati; Allahabad is the site of the Kumbha Mela; the home of numerous temples, Sanskrit schools, and monasteries; and the refuge of saints and sages from the dawn of time.



**BANARAS**—The City of Eternal Light and famous destination of pilgrims, Banaras is one of the oldest and holiest cities in the world. We'll also visit Sarnath, the auspicious site where the Buddha set the wheel of his teaching in motion.

▲ **BANARAS**

**KHAJURAHO**—A stronghold of sages, yogis, and especially tantric masters for untold ages, more than twenty-two magnificent temples located between two rivers make Khajuraho the crest jewel of central India.



**CHITRAKUT** ▶

**CHITRAKUT**—Where Lord Rama lived in exile studying at the feet of the sages and intensifying his spiritual practice.





## HIMALAYAN INSTITUTE®

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**ROLF SOVIK, PsyD**, is the President and Spiritual Director of the Himalayan Institute and a clinical psychologist in private practice. Dr. Sovik has studied yoga since 1972 in the United States, India, and Nepal, and holds degrees in philosophy, music, Eastern studies, and clinical psychology. He is the author of *Moving Inward*, co-author of the award-winning *Yoga: Mastering the Basics*, and a columnist for *Yoga International* magazine.



**SANDRA ANDERSON, E-RYT**, is co-author of the award-winning *Yoga: Mastering the Basics* and senior editor for *Yoga International* magazine. Her work draws on her studies of traditional yoga texts, Sanskrit, and her extensive visits to India. Initiated into the Himalayan tradition in 1988, she lives at the Himalayan Institute and teaches all aspects of yoga.