



Ananda
Seattle, Bothell & Lynnwood



Raja/Hatha Yoga Intensive

Preregistration Information – September - December 2019

Dear Friend,

Thank you for your interest in this popular and comprehensive program — The Raja & Hatha Yoga Intensive. There are two locations for the 3-month Intensive: Tuesdays at the East West Bookshop or Thursdays at the Ananda Meditation Temple.

The series in the East West Bookshop begins Tuesday, September 10, 2019, and the series held at the Ananda Meditation Temple in Bothell begins Thursday, September 12, 2019. One important advantage of running the program in two locations each week is that students who are unable to attend a class at their normal location may be able to go to the other location to make it up!

Many students like to obtain the text (“Art and Science of Raja Yoga” by Swami Kriyananda), in advance of the class. It’s available at Ananda, the East West Bookshops, or online — at CrystalClarity.com. Go ahead and read Step 1 History ahead of time. Otherwise you can purchase the text at the first class and get caught up that first week. Please let us know, however, if you will already have the text prior to the first class. Remember, no students are admitted after the second class and we don’t have a “come-for-the-first-class & see” policy. The Intensive is such a proven and popular course that we start in right away without hesitation!

By completing the attached “fill-in” preregistration form ahead of time and sending it in, it will speed the registration at the first night and helps us be better prepared. This form is in Microsoft Word. You should be able to fill it in on the screen and send it by reply email. If you have any trouble with using the file, let us know. You can pick it up in person at Ananda, or, we can mail it to you, or we can re-send it to you using the RTF file format. If you receive it close to the first class you can also just bring it filled in with you the first night.

I am happy to try to answer any questions you may have or help in any way I can. Questions relating to health restrictions and the practice of hatha yoga, I may re-direct to the appropriate teacher (Hailey Abbey in Bothell and Aditi Muir & Stanley Dombrowski in Seattle).

Blessings to you,

Ananda teachers & staff

Information about the Raja/Hatha Course

Prerequisites

There are no prerequisites to taking the Raja Yoga Intensive course. Meditation and/or yoga postures will be new for some students but others will be re-taking the course or otherwise have had prior experience. Students consistently find that this course is helpful whether as a new experience or as a renewal, for the simple reason that these practices and precepts help us “tune-in” to ourselves!

Registration for the first Class

We recommend you arrive a half hour before the first class. The class starts at 6 p.m. and goes until 9 p.m.

Parking

There's plenty of parking at the Meditation Temple in Bothell and, now that East West Bookshop in Seattle has moved across the street (above Whole Foods), parking there is now available, too. If you've never been to the location you are going to, be sure to call us ahead or obtain directions in advance. If you are delayed in arriving for a class, call ahead to let us know but just come anyway! In Seattle, the number at East West Bookshop is (206) 523-3726, and in Bothell it is (425) 806-3700.

Organization of material presented.

The course has two segments: Raja and Hatha. The **Raja** segment encompasses meditation practices and the precepts of Patanjali's famous 8-Fold Path from the Yoga Sutras. The **Hatha** segment focuses primarily upon practice of the classic yoga asanas (postures) in the style of Ananda Yoga. Breathing techniques are included as are warm-ups, and aspects of health, diet, and much more.

What to wear? Students will want to wear comfortable clothes suitable for yoga stretches or simple exercise — loose fitting or stretch fabrics. We ask that students also refrain from wearing scents, perfumes, or cologne.

What to bring? Yoga students should bring a yoga (sticky) mat.¹ We provide blankets and yoga props as needed. Do not eat a full meal before class. You might try a more substantial snack in the late afternoon and some fruit a half hour before class. Don't forget to drink water that afternoon and before class, too (see later on regarding snacks).

How much meditation will we do in class? During the Raja segment of the evening, we will typically conduct a guided meditation. This is a key part of the course experience. You do NOT need to be an experienced meditator to benefit and enjoy this part. While it may take 30 to 40 minutes, the time passes quickly because it will include some beginning, simple stretch movements followed by sitting meditation using chants, visualizations, affirmation, breathing techniques (pranayams), breath awareness, and/or mantra and always ending in a brief period of complete stillness and silence.

Is there time for questions? Your comments and questions are welcome and spontaneous discussions are common. We have a large amount of material to cover in class, thus some students find it convenient to call or email questions that can then be integrated into the presentation.

¹ Mats may be purchased at East West Bookshop or at Ananda.

Snacks and the break: After the guided meditation segment which ends at about 7:50 p.m., there is a snack break before continuing with the Raja segment. We invite you to take a turn(s) bringing vegetarian snacks to share with the other students. These should be simple snacks: such as crackers & cheese, fruit (cut), veggie sticks and dip, a soup, bread with butter, hummus or other spread, chips & salsa, or a treat (cookies etc.).

Set-up and clean-up. Another tradition is helping with set-up and break-down by helping to set up chairs (and put them away afterwards), bring out and return yoga supplies, and otherwise tidy up the room, snack table, and so on. We invite you to make this class yours by helping out.

Is there “homework?” We know that you probably have many other responsibilities and interests. Sometimes it is simply the right time to take this course even though it’s not the perfect time! On a relative scale, it is more important to engage in the practices than to only read about them! Continuing down the scale, it is usually better to take the course even if your time for personal practice and study is limited rather than waiting for some distant future when all other duties magically vanish! (Completion of homework and other prerequisites apply to those taking the course for credit in the Institute of Living Yoga. See below.)

Optional: The Raja/Hatha Intensive is also the foundation core course for the teacher training programs of the Ananda Institute of Living Yoga. Students enrolled in the Institute have attendance requirements, homework and a take-home final. See Institute additional fees on the next page.

Optional: Successful completion of the raja segment is also a prerequisite for those wanting to learn *Kriya Yoga*.² See website or speak to one of the instructors for more information on this. This is not a certification prerequisite, however, and while substantial participation is expected, completion of homework is NOT required for kriya training. See: <http://www.anandawashington.org/kriya-yoga/>

Certificate of Completion: Whether or not you are enrolled in the Institute or preparing for Kriya Yoga, all students who successfully attend and actively participate will be given a Certificate of Completion.

What if I miss a class? If you must miss a class for any reason, we appreciate it if you’ll let us know in advance (if planned absence) or call us that day (unplanned!). We audio-record the raja segment and post it on our website as an MP3 file.

Resources: You will have access to an archive of talks by Swami Kriyananda on Raja Yoga, plus a library of downloadable documents (including the weekly handouts) and other media with password accessible web page.

Your Instructors: At Ananda in Bothell, the hatha segment will be taught by Hailey Abbey; she will join her husband Zachary for the raja segment. At East West Bookshop, Aditi Muir & Stanley Dombrowski will teach the hatha and raja segments.

² Under certain circumstances this prerequisite can be waived. Please inquire.

Course Details

<http://www.anandawashington.org/classes/raja/>

FALL 2019:

DATES:

Seattle: 14 Tuesdays, September 10 – December 12.

Bothell: 13 Thursdays, September 10 – December 12, (no class on Nov 28) + 1 Saturday workshop on Oct 19.

TIMES:

6 p.m. to 9 p.m.

LOCATIONS:

Seattle: East West Bookshop, 6407 12th Ave NE, Seattle, WA 98115 (206) 523 3726

Bothell: Ananda Blue Lotus Temple, 23305 Bothell-Everett Hwy, 98021 (425) 806-3700

REGISTRATION & COSTS

Registration: You may preregister by completing the registration form by email, in person, or by post. To obtain the registration form call us (425) 806-3700, or email raja@anandawashington.org, or obtain it at the front desk at either location. It is also available online on our website (see above). Space is limited.

Costs: The complete course is \$395. Taken separately. Prepay the full course at least four weeks before the course begins and your text will be free. (\$30 value).

Optional Installment payments: Students may choose to pay tuition in three installments: one-third the first night; one-third October 8 (or October 10); one-third November 12 (or November 14). There is a \$10 fee for each of the segments paid for on the installment option. (Text does not qualify for installments.)

Required Text: **ART AND SCIENCE OF RAJA YOGA** by Swami Kriyananda.

Institute: Students enrolling in the Institute of Living Yoga for future teacher training certification have a \$50 nonrefundable application fee and a \$25 Institute documentation fee. Homework, attendance, and a final exam are part of the required documentation. Students must enroll in the Institute no later than the second raja class to receive credit for teacher training. Credit cannot be given retroactively. Unless arranged as part of initial installment payments at registration, Institute fees must be prepaid.

RETAKE POLICY All students who have initially paid full price for the course, are entitled to re-take the course for \$150.

Service Exchange Opportunities: Each location has a budget to exchange up to half the tuition for one student who qualifies for a service position, helping with set-up and take-down of the class each week. Please inquire. This position is offered conditional upon satisfactory personal interview and demonstrated financial need.

Course Description

<http://www.anandawashington.org/classes/raja/>

HATHA SEGMENT:

Each week's class includes:

- classic yoga postures (*asanas*)
- use of affirmations for higher awareness through each *asana*.
- an emphasis on inner awareness of subtle energy in the spine and chakras
- safe practice and correct spinal alignment, and individual modifications.
- yogic (vegetarian) diet and the qualities of foods
- pranayama practices (breathing exercises)
- healing aspects of yoga postures.

No prior experience in hatha yoga is required yet both beginners and serious yoga students will benefit from this classic approach and its emphasis on higher awareness in a calm, positive, and supportively meditative environment.

RAJA SEGMENT:

- weekly guided practice of meditation
- correct sitting posture
- chanting
- affirmation & visualizations
- mantra & chakra practices
- breath awareness
- pranayama (breathing exercises)
- 8-Fold Path of Patanjali, stages of enlightenment through:
- *yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, Samadhi*
- causal and astral plane
- qualities of consciousness and nature (*gunas*)
- discussions