



Ananda  
Seattle, Bothell & Lynnwood



## Raja/Hatha Yoga Intensive

Preregistration Information: January – April 2023

Dear Friend,

Thank you for your interest in this popular and comprehensive program — The Raja & Hatha Yoga Intensive. This course is held on Thursdays online on Zoom and in-person at the Blue Lotus Temple (if health mandates allow). The series begins on **Thursday, January 19, 2023**.

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 Bookshop in Seattle, or online — at [CrystalClarity.com](http://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 preregistration form ahead of time and sending it in, it will speed the registration and helps us be better prepared. You can return it to us by reply email ([friends@anandawa.org](mailto:friends@anandawa.org)). If you have any trouble getting the file, let us know. You can pick it up in person at Ananda, or, we can mail it to you.

We are 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.

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

The class starts at 6 p.m. and goes until 9:15 p.m.

### Organization of material presented.

The course begins with the practice of yoga postures including warm-ups and occasionally focuses on other aspects of the course such as healing or diet. Ending with deep relaxation, we then move seamlessly into guided meditation practices.

**What to wear?** Students will want to wear comfortable clothes suitable for yoga stretches or simple exercise — loose fitting or stretch fabrics.

**What to bring?** Yoga students should have a yoga (sticky) mat.<sup>1</sup> A blanket and yoga props are also helpful to have. 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.

**How much meditation will we do in class?** We will typically include 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.

**Breaks:** After the guided meditation segment which ends at about 7:50 p.m., there is a break before continuing into the evening's topic.

**Is there “homework?”** We know that you 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.)

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<sup>1</sup> Mats may be purchased at Ananda.

**Optional:** The Raja Intensive is also the foundation core course for the teacher training programs of the Ananda Institute of Living Yoga. Students who choose to enroll in the Institute (open enrollment is only during the first two Raja classes) have attendance requirements, homework and a take-home final. See Institute additional fees on the next page.

**Optional:** Successful completion of this course is also a prerequisite for those wanting to learn *Kriya Yoga*.<sup>2</sup> 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 provide audio recordings of the evening topic and post it on our website.

**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:** The course is taught by Murali Venkatrao and Sita Tocco.

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<sup>2</sup> Under certain circumstances this prerequisite can be waived. Please inquire.

## Course Details

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

### WINTER 2023:

#### **DATES:**

Bothell: 13 Thursdays, January 19 – April 13, 2022

#### **TIMES:**

6 p.m. to 9:15 p.m.

#### **LOCATION:**

Online on Zoom OR in person at Blue Lotus Temple (23305 Bothell-Everett Hwy, Bothell WA 9021)

#### **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](mailto: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. Prepay in full by December 18th, 2023 and save \$30!

**Optional Installment payments:** Students may choose to pay tuition in three installments: one-third the first night; one-third Feb 16th; one-third March 16th. There is a \$10 fee for 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 \$45 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:** There is 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:**

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:**

- 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