

A
110-hour
Training Course
for Yoga Teachers
and Advanced Students
with
K o f i B u s i a

Monday August 13th to Sunday August 19th 2012 (Modules I-III)

Monday February 11th to Sunday February 17th 2013 (Modules IV-VI)

Held in Santa Cruz, California

COURSE OUTLINE

Principles and aims

There is a certain effortlessness to our ability to select words and produce sentences whenever we have something to say. We also immediately know how to produce the sounds required. For example, the ‘e’ sound at the end of the word ‘the’ in ‘the bed’ when spoken by a native speaker is very different from the ‘e’ sound at the end of the same word in ‘the apple’. In Sanskrit this principle is known as **sandhi**. Yet without knowing that such a thing as sandhi exists, and also without knowing anything about the rules by which it operates, we can freely produce the appropriate sound in the appropriate context. This comes from a deep familiarity with our language—something which seems to go beyond instinct. A principal aim of this yoga teachers’ training course is to create that same kind of easy familiarity with the principles, effects, and methodology of yoga, and more specifically with the asanas and pranayama of hatha yoga.

Two parts: West and East

The course of tuition that makes up the 110-hour programme will combine both theory and practice. Some of the training sessions will have a slightly more theoretical bias, others a slightly more practical one. Additionally, Part I will tend to concentrate slightly more on investigating the workings and possibilities and potentiality of yoga from a somewhat more Western-analytical and atomistic vantage point; while Part II will concentrate somewhat more on an Eastern-metaphysical and holistic one. Some issues and concerns to be studied in detail in Part II will be initially approached, in Part I, from a slightly more Western viewpoint. When the same issues are later approached from the more Eastern perspective to be adopted in Part II, the differences can be more easily appreciated. Similarly, some issues that were previously dealt with in detail using the Western approach of Part I will be revisited in Part II from a somewhat more Eastern vantage point.

Six modules

The programme is divided into six modules. Modules I–III make up Part I; while Modules IV–VI make up Part II. It is perhaps the more appropriate if all six modules are studied in order; but they do have a certain degree of independence and can in fact be studied in any order, or in any combination, and at any time. The programme will be taught over two 7-day Intensives. One will be held Monday to Sunday August 13th to 19th, 2012; the other Monday to Sunday February 11 th to 17th, 2013 to complete the programme.

Part I, Modules I–III, will be taught in the August Intensive, Part II, Modules IV–VI in the February one.

Nine subject areas

As detailed in the syllabus attached, the course is divided into nine subject areas. All the subject areas will feature in all the modules, although each particular module will concentrate on its specialized area of concern.

Themes and subthemes

Each of the six modules has two principal themes and a variety of sub-themes. The two principal themes, which will be explored across all the six modules, are the subject areas “A. The Eight Subdivisions” and “B. Western anatomical/physiological systems”.

The two principal themes

According to Ancient Indian and Sanskrit philosophy, the complete individual, as also the complete society, should have a thorough knowledge and a practical understanding of eight distinct branches of knowledge, these being ethics, religion, cosmology, psychology, the nature of being, the nature of reality, the nature of knowledge, and teleology or the reasons for the existence of things. Yoga contains these eight. Each module will take one (sometimes two) of these branches as a principal and guiding theme. Students on the course will be encouraged to place yoga in both its social and individual psychological context both with respect to its ancient and traditional practice in India, but also with respect to an appreciation of its setting in modern day society through such works as Machiavelli’s *The Prince*, Kautilya’s *Arthashastra*, the life of Asoka and Gandhi, the world’s great epics and spiritual literature such as *Gilgamesh* and similar.

The complete yoga teacher should also, of course, have a thorough knowledge of their own society as it relates to yoga in general, and asana and pranayama in particular. Western anatomy and physiology divide the body up into a variety of systems such as “the nervous system”, “the glandular system”, “the skeletal system” and the like. Although the more holistic perspective of yoga prefers not to divide the human being up in this way, the Western approach nevertheless provides a most useful—and indeed a necessary—framework. Each module will therefore take, as its second principal theme, the study of one or more of these accepted Western systems. Every such system will always, however, be related to all the others, and always bearing in mind that they cannot really be isolated. This Western scientific

tradition will be presented from a largely historical perspective so that its aims and principles can be the more easily grasped.

The subthemes

All modules will also take, as one of the subthemes, some particular “condition” or “ailment” that yoga teachers are prone to meet in their work. Those conditions will be either directly or indirectly related to the Western anatomical system being reviewed. The purpose of the review is not to learn how to provide a “cure”. Some of the conditions are serious, and sometimes genetic, and they do not, from the Western perspective, have any known cure. More or less common conditions such as asthma, lupus, sciatica, “infertility”, carpal tunnel syndrome and the like will be reviewed. Each given module will discuss the underlying causes of its selected conditions from both a yoga and a Western scientific point of view, so that the aims and possibilities of the yoga approach can be more clearly explicated. An analysis from both perspectives will be undertaken. The maladies and conditions are selected with the broader aims of the course in mind, and do not therefore necessarily “fit” with the Western anatomical system under which they are being reviewed. For example, Parkinson’s disease is a disorder of the central nervous system, being caused by a degeneration in the pigmented neurons of the *substantia nigra*. However, yoga teachers usually meet sufferers because those sufferers want assistance with the trembling that frequently accompanies the condition—a symptom that not all sufferers in fact exhibit. With that context, it can be helpful to approach the condition proprioceptively, and so as a manifestation of a difficulty with the sensory system—which is in itself an integrated and vital part of the nervous system. Parkinson’s is therefore included in Module II ... which also reviews the Sankhya philosophy and the role played by perception and the senses in the construction of the manifest universe. Other cosmological and religious approaches are studied in the same module. Similarly, respiratory difficulties such as asthma are often best approached from the perspective of pranayama or the theory of breath. This is a part of antaranga sadhana, the “outer quest” of the astanga yoga presented by Patanjali in the *Yoga Sutras*. This is also studied in the same module.

The aim of the subthemes will be to show how the knowledge embedded in yoga can be used to design a beneficial programme not only for the particular condition being considered, but also for other related “maladies”, and more broadly for the person with the condition. Course participants will be able to understand not only what the knowledge gained by West and East is, but also how and why it was derived. They will thus understand more clearly what its underlying principles are; will be able to make a more

informed judgement of what its likely helpfulness is; and so will be able to apply it more fruitfully.

The other subthemes to be studied in each module will be selected from the remaining seven subject areas. Each module will contain an overview of traditional, and essential, concepts from yoga and Indian philosophy. There will be an abundance of knowledge dispensed regarding the practice, philosophy, psychology, mythology and ancient texts and such like of yoga. The four *Vedas*, the ten principal (and many minor) *Upanishads*, the *Bhagavad Gita*, the *Mahabharata*, the *Ramayana*, the *Hatha Yoga Pradipika*—and of course the *Yoga Sutras*—will all be covered. There will be a review of the essentials of Ayurveda. Also introduced will be the essentials of Sanskrit, its pronunciation, its grammar and so forth. The primary darsanas or schools of Indian thought will also be presented.

Building a personal vision

Whilst studying these various themes and subthemes, course participants will be encouraged to learn how to “see” their yoga, their practice, and their students from both the Western scientific and the yoga-ayurvedic perspectives and to build up their own integrated understanding, using their own personal interests as a foundation.

Who may attend

Overall, this course will concentrate on giving useful and practical information to both working yoga teachers and those still in training, and that they can incorporate directly into their teaching, giving it a broader and a deeper background. However, the course will also be of great value to those long-standing yoga students who simply want to imbibe yoga more deeply into their lives.

110-hour Yoga Teachers' Training Course 2012-13 with Kofi Busia

Part I

Part II

Module I

Module II

Module III

Module IV

Module V

Module VI

August 7-Day Intensive

February 7-Day Intensive

Weekdays 1

Weekdays 2

Weekend1

Weekdays 3

Weekdays 4

Weekend 2

Monday Aug 13 to Wednesday Aug 15

Wednesday Aug 15 to Friday Aug 17

Sat 18 to Sun 19

Monday Feb 11 to Wednesday Aug 13

Wednesday Feb 13 to Friday Aug 15

Sat 16 to Sun 17

Day 1 to Day 3 (am)

Day 3 (pm) to Day 5

Day 6 to Day 7

Day 8 to Day 10 (am)

Day 10 (pm) to Day 12

Day 13 to Day 14

A. The Eight Divisions

Teleology Ethics

Religion Cosmology

Ontology

Psychology/Mind

Metaphysics

Epistemology

B. Western anatomical/physiological systems

Skeletal
Immune Integumentary

Digestive Sensory
Respiratory

Muscular

Nervous
Urinary

Reproductive
Circulatory

Endocrine
Lymphatic

Low back pain; tendinitis; osteoarthritis; rheumatoid arthritis; osteoporosis; carpal tunnel syndrome; hyperparathyroidism; systemic lupus erythematosus; "allergies"; "autoimmune disorders"; AIDS; atopic dermatitis; contact dermatitis; "nail problems"; alopecia areata; psoriasis.

Gastritis; peptic ulcer; hernia; Crohn's disease; constipation; diarrhoea; age-related macular degeneration; ear infection; conjunctivitis; tinnitus; nose bleeds; sinusitis; Meniere's disease; Parkinson's disease; vertigo; asthma; bronchitis; emphysema.

Fibromyalgia; chronic fatigue syndrome; "back pain"; gastroesophageal reflux disease; "muscle strains"; "muscle sprains"; "sports injuries".

"Headaches"; "migraines"; "chronic pain"; sciatica; Alzheimer's disease; epilepsy; anxiety and panic; depression; "psychosomatic disorders"; "somatoform disorders"; bipolar disorder; "muscle weakness"; urinary tract infections; kidney stones; pruritis ani; cystitis.

"Menstrual problems"; yeast infection; menopause; infertility (male and female); impotence; prostatitis; high and low blood pressure; heart and strokes; anaemia; varicose veins; atherosclerosis; Reynauld's disease; Reynauld's phenomenon.

Diabetes; gall stones; thyroid nodules and cancers; hyper- and hypo-thyroidism; Hodgkin's disease; hepatitis.

C. Esoteric anatomy of yoga

Chakras Nadis Kosas Shariras

Bandhas kriyas mudras vayus
satkarmas dhautis netis

Kundalini Sakti

D. Foundational knowledge

Sanskrit

Ayurveda

E. Classic yoga texts

Bhagavad Gita

Pradipika

Yoga Sutras

Samhitas

F. Eight limbs of yoga

Bahiranga sadhana

Antaranga sadhana

Antaratma sadhana

G. Classic Indian texts

Vedas

Puranas

Upanishads

H. Indian schools of thought

Indian and Western philosophy: comparisons and differences.

Sankhya and Yoga

Nyaya and Vaisesika

Purva Mimamsa and Vedanta

I. You and ...

... other healing systems

... other styles of yoga

110-hour Yoga Teachers' Training Course 2012-13 with Kofi Busia

Part I

Module I

August 7-Day Intensive / Weekdays 1

Monday August 13 through to Wednesday August 15

Day 1 through to Day 3 (am)

Mon 7:00 am–11 am, 1:00 pm–4:00 pm, 6:00 pm–8:00 pm; Tue 7:00 am–11:00 am, 12:30 pm–4:30 pm; Wed 7:00 am–11:00 am

A. The Eight Divisions

Teleology Ethics

B. Western anatomical/physiological systems

Skeletal, Immune and Integumentary Systems. Back axial, front axial, extremities, skull and neck, upper and lower appendicular bones. Ossification, reconstruction. Joints, articulation. Bone marrow. Innate, acquired immunity. Immunotransmitters, lymphocytes, leucocytes. Neutrophils, monocytes, macrophages ..., antigens, antibodies. Epidermis, dermis, subcutaneous layer, hypodermis. Hair, nails. Sudoriferous, sebaceous glands. Keratinocytes, melanocytes, Langerhans', Merkel cells. Homoeothermy. Nociceptors, endorphins.

Low back pain; tendinitis; osteoarthritis; rheumatoid arthritis; osteoporosis; carpal tunnel syndrome; hyperparathyroidism; systemic lupus erythematosus; "allergies"; "autoimmune disorders"; AIDS; atopic dermatitis; contact dermatitis; "nail problems"; alopecia areata; psoriasis.

C. Esoteric anatomy of yoga

D. Foundational knowledge

Sanskrit I The Sanskrit alphabet. Devanagari and transliteration. Pronunciation. The 5 mouth positions. Breath intonation, rhythm. Chanting the Sanskrit alphabet. Sandhi—combining of vowels, visarga and consonants. Correct pronunciation and learning deep meanings of alphabet, words, asanas, deities and principal ideas and characters.

E. Classic yoga texts

Bhagavad Gita I. Read, chant and discuss various chapters, slokas and their characters, themes and meanings.

F. Eight limbs of yoga

Bahiranga sadhana. Yama (ahimsa, satya, asteya, brahmacarya, aparigraha); Niyama (sauca, santosha, tapas, svadhyaya, isvara pranidhana); Asana.

G. Classic Indian texts

Vedas. Mantra Samhitas, Brahmanas, Aranyakas. Kalpa Sutra. Rig Veda, Sama Veda, Yajur Veda, Atharva Veda. Shrautasutras, Grihyasutras and Dharmasutras.

H. Indian schools of thought

Indian and Western philosophy: comparisons and differences. Also, the non-orthodox schools.

I. You and ...

110-hour Yoga Teachers' Training Course 2012-13 with Kofi Busia

Part I

Module II

August 7-Day Intensive / Weekdays 2

Wednesday August 15 through to Friday February 17

Day 3 (pm) through to Day 5

Wed 2:00 pm–6:00 pm; Thu 7:00 am–12:00 pm, 2:00 pm–6:00 pm; Fri 9:00 am–1:00 pm, 2:30 pm–6:30 pm

A. The Eight Divisions

Religion Cosmology

B. Western anatomical/physiological systems

Digestive, Sensory, and Respiratory Systems. Lumen, viscera, gastrointestinal tract. Ingestion, digestion, absorption. Throat, mouth, oesophagus, stomach, small intestine, large intestine, rectum. Liver, stomach, pancreas. Proprioception. Perceptual, mental, motor, and motivational integration. Nose, lungs, diaphragm. Thyroid cartilage, bronchus, trachea, plura. Abdominal, diaphragmatic and thoracic breathing. Nasal laterality.

Gastritis; peptic ulcer; hernia; Crohn's disease; constipation; diarrhoea; age-related macular degeneration; ear infection; conjunctivitis; tinnitus; nose bleeds; sinusitis; Meniere's disease; Parkinson's disease; vertigo; asthma; bronchitis; emphysema.

C. Esoteric anatomy of yoga

D. Foundational knowledge

Sanskrit II More Sandhi. Nouns, verbs, participles. Simple expressions. Correct pronunciation and deep meanings of famous sayings, mantras etc.

E. Classic yoga texts

Bhagavad Gita II. Continue reading, chanting and discussing various chapters, slokas and their characters, themes and meanings.

F. Eight limbs of yoga

Antaranga sadhana. Pranayama, Pratyahara

G. Classic Indian texts

Puranas. The 18 major Puranas. Their five topics: creation of universe, destruction and recreation of universe, major gods and preceptors, manvantaras, history of Suryavanshi and Chandravanshi kings. Their three deities: Brahma, Vishnu, Siva. The 18 Upapuranas or subsidiary Puranas.

H. Indian schools of thought

Sankhya and Yoga. Basic ideas and features of the schools.

I. You and ...

110-hour Yoga Teachers' Training Course 2012-13 with Kofi Busia

Part I

Module III

August 7-Day Intensive / Weekend 1

Saturday August 18 through to Sunday August 19

Day 6 through to Day 7

Sat 8:00 am–12:00 pm, 2:00 pm–6:00 pm; Sun 8:00 am–11:00 am

A. The Eight Divisions

Ontology

B. Western anatomical/physiological systems

Muscular System. Skeletal/non-skeletal muscles. Muscle types. Types of contraction. Innervation, vascularization. Cellular action. Major front upper muscles; major rear upper muscles; major front lower muscles; major rear lower muscles. Flexors, extensors, abductors, adductors, rotators, scapular stabilization.

Fibromyalgia; chronic fatigue syndrome; “back pain”; gastroesophogal reflux disease; “muscle strains”; “muscle sprains”; “sports injuries”.

C. Esoteric anatomy of yoga

D. Foundational knowledge

E. Classic yoga texts

Hatha Yoga Pradipika

E. Eight limbs of yoga

Antaratma sadhana. Dharana, dhyana, samadhi.

G. Classic Indian texts

H. Indian schools of thought

I. You and ...

... other healing systems. Knowing about other methods of healing and their aims, methods and beliefs will help put you and your yoga in context. A quick overview of ... acupuncture, tai chi, homoeopathy, chiropractic, osteopathy, reflexology, shiatsu, massage, herbalism, Bach flower remedies, Feldenkrais, Pilates, Alexander technique, ... etc ...

110-hour Yoga Teachers' Training Course 2012-13 with Kofi Busia

Part II

Module IV

February 7-Day Intensive / Weekdays 3

Monday February 11 through to Wednesday February 13

Day 8 through to Day 10 (am)

Mon 7:00 am–11 am, 1:00 pm–4:00 pm, 6:00 pm–8:00 pm; Tue 7:00 am–11:00 am, 12:30 pm–4:30 pm; Wed 7:00 am–11:00 am

A. The Eight Divisions

Psychology/Mind

B. Western anatomical/physiological systems

Nervous, Urinary Systems. Central and peripheral nervous systems. Brain, spinal cord. Brainstem, diencephalon, cerebral hemispheres. Bihemispherical laterality, "Forebrain", "midbrain", and "hindbrain". Sympathetic, parasympathetic, enteric. Axons, neurons, myelin sheaths. Sensitization, habituation. Synapses, synaptic connection. Limbic system. Memory. Kidneys, ureter, bladder, sphincters. Ion concentration, pH.

"Headaches"; "migraines"; "chronic pain"; sciatica; Alzheimer's disease; epilepsy; anxiety and panic; depression; "psychosomatic disorders"; "somatoform disorders"; bipolar disorder; "muscle weakness"; urinary tract infections; kidney stones; pruritis ani; cystitis.

C. Esoteric anatomy of yoga

Chakras, Nadis, Kosas, Shariras. The 7 major chakras": muladhara, svadhistana, manipura, anahata, visuddhi, sahasrara; plus 12 (or so) minor ones. The 5 sheaths or koshas: annamaya, pranamaya, manomaya, vijñanamaya, anandamaya. The 3 shariras: sthula, sukshma, karana. The kanda. The 14 principal nadis (ida, pingala, sushumna, but also gandhari, alambusha, sarasvati and others), Their structure, meanings, interconnections.

D. Foundational knowledge

Ayurveda I. Background/overview. Ashtanga hrdaya: the 8 cikitsa or treatments. The panchabhutas or five elements. The 6 tastes. The 7 dhatus or tissues. The gurvadi gunas or 10 pairs of opposites. The tridosha theory. The prakriti or constitution.

E. Classic yoga texts

Yoga Sutras I. Read, chant and discuss various sutras, chapters, and their themes, definitions and meanings.

F. Eight limbs of yoga

G. Classic Indian texts

Upanishads. Overview. Yajnavalkya. Early Upanishads. Isha, Kena, Katha, Mundaka and Taittiriya.

H. Indian schools of thought

Nyaya and Vaisesika. Basic ideas and features of the schools.

I. You and ...

110-hour Yoga Teachers' Training Course 2012-13 with Kofi Busia

Part II

Module V

February 7-Day Intensive / Weekdays 4

Wednesday February 13 through to Friday February 15

Day 10 (pm) through to Day 12

Wed 2:00 pm–6:00 pm; Thu 7:00 am–12:00 pm, 2:00 pm–6:00 pm; Fri 9:00 am–1:00 pm, 2:30 pm–6:30 pm

A. The Eight Divisions

Metaphysics

B. Western anatomical/physiological systems

Reproductive, Cardiovascular Systems. Ovaries and testes. Pineal gland. Follicle releasing and luteinizing releasing hormones. Testes, accessory glands and ducts. Uterus, uterine tubes, vagina, vulva. Menstrual cycle. Fertilization, pregnancy. Oestrogen, progesterone, testosterone. Penile and clitoral activity. Prostate. Heart. Arteries, arterioles, capillaries, venules, veins. Baroreceptors. Hydrostatic pressure. Vasoconstriction, vasodilation, hypertension.

“Menstrual problems”; yeast infection; menopause; infertility (male and female); impotence; prostatitis; high and low blood pressure; anaemia; varicose veins; atherosclerosis; Reynauld’s disease; Reynauld’s phenomenon.

C. Esoteric anatomy of yoga

Bandhas kriyas mudras vayus satkarmas dhautis netis. Five internal vayus: udana, prana, samana, apana, vyana; and five external vayus: naga, kurma, krkara, devadatta, dhanainjaya. Trayabandha: uddiyana, jalandhara, mula. Kriyas: ajna, tratak, kapalabhati, jivhanirlekan. Nauli, dhauti, neti. Jihva, ajna, nabhi, hri, paramananda, vajoli, asvini and other major mudras.

D. Foundational knowledge

Ayurveda II. The sthana or residences of the doshas. The tridosha lakshanas: symptomology of the doshas. Chaya and kopa. Doshagati: the doshas as moved by the gunas. Dinacharya and rutacharya, the daily and the seasonal practices. Nidana, the causes of disease. Pariksha, diagnosis. Dravyguna, pharmacology. The principles of treatment.

E. Classic yoga texts

Yoga Sutras II. Continue reading, chanting and discussing various sutras, chapters, and their themes, definitions and meanings.

F. Eight limbs of yoga

G. Classic Indian texts

Upanishads. Later Upanishads. Prashna, Mandukya, Aitareya, Brihadaranyaka, Chhandogya. Themes of remaining 108 (?) Upanishads.

H. Indian schools of thought

Purva Mimamsa and Vedanta (or Uttara Mimamsa). Basic ideas and features of the schools.

I. You and ...

110-hour Yoga Teachers' Training Course 2012-13 with Kofi Busia

Part II

Module VI

February 7-Day Intensive / Weekend 2

Saturday February 16 through to Sunday February 17

Day 13 through to Day 14

Sat 8:00 am–12:00 pm, 2:00 pm–6:00 pm; Sun 8:00 am–11:00 am

A. The Eight Divisions

Epistemology

B. Western anatomical/physiological systems

Endocrine, Lymphatic Systems. Endocrine and eccrine glands. Hormones, hormone regulation. Circadian and ultracircadian rhythms. Hypothalamus, pituitary, pineal, thyroid, parathyroid, thymus, adrenal, pancreas, gonads. Lymph. Lymphatic nodes and channels. Spleen, thymus, tonsils.

Diabetes; gall stones; thyroid nodules and cancers; hyper- and hypo-thyroidism; Hodgkin's disease; hepatitis.

C. Esoteric anatomy of yoga

Kundalini Sakti

D. Foundational knowledge

E. Classic yoga texts

Samhitas. The Gheranda and Siva Samhitas.

E. Eight limbs of yoga

G. Classic Indian texts

H. Indian schools of thought

I. You and ...

... other styles of yoga. Knowing about other methods of yoga and the aims, methods and beliefs of their founders, principal teachers and practitioners will help put you and your yoga in context. A quick overview of ... Astanga, Vinyasa, Anusara, Desikachar, Jivamukti, White Lotus, Bikram, Integral, Phoenix Rising, ISHTA, NIA, Power yoga, Forrest yoga, Tri yoga, Sivananda,

Costs and Payments

In order to gain the full benefit of this programme, the first part of the programme's cost is that participants should be maintaining a strong and regular home practice. It will also be of the greatest benefit if that practice recognizes the basic elements of the "Iyengar" method of yoga.

The second part of the programme cost is financial and offers four payment plans. A place will only be reserved when the payment for the relevant plan has been made.

A. Payment in full

(1) The course cost (6 modules spanning the two 7-day Intensives is \$2,190 due on application. (2) If an applicant withdraws from the course on or before close of business (6pm) on Friday July 27th. 2012, then they will receive a full refund less a \$60 administration fee. (3) If an applicant withdraws from the course after close of business on Friday July 27th. but before the course begins, then they will receive a full refund less a \$200 administration fee. (4) If an applicant withdraws from the course after a module has begun then they will forfeit the cost of that module, and will also be charged a \$200 administration fee to be deducted from the balance. (5) No refunds will be given on any account after Module V (in the February 7-day Intensive) has begun.

B. Separate payments for August & February Intensives

(1) The cost of each 7-day Intensive if paid separately is \$1,170. (2) Priority will, however, be given to those applying under Plan A above. (3) The payment for the August Intensive is due on application. (4) If an applicant withdraws from the August Intensive on or before close of business on July 27th. 2012, then they will receive a full refund less a \$60 administration fee. (5) If an applicant withdraws from Part I after July 27th., but before the course begins, then they will receive a full refund less a \$160 administration fee. (6) If an applicant withdraws from the course after Module I has begun then they will forfeit the cost of that module. They will also be charged a \$100 administration fee to be deducted from the balance. (7) No refunds will be given after Module II has begun. (8) In order to benefit from the discounted price, the full cost of the August Intensive, \$1,170, must be paid on or before 11:00 am on Sunday August 19th. 2012. If payment is not made in time then the applicant will revert to one of Plans C or D underneath for the remainder of the course. (9) If an applicant then withdraws from the February Intensive on or before close of business on Friday January 25th. 2013, then they will receive a full refund less a \$60 administration fee. (10) If an applicant withdraws from the February Intensive after January 25th. but before Module IV has begun, then they will receive a full refund less a \$100 administration fee. (11) If an applicant withdraws from the course after Module V has begun then no refund will be given (unless they wish to

book make-up time on a succeeding Teachers' Training Course with Kofi Busia in which case they will be charged a \$60 fee for the transfer).

C. Payment on a module by module basis

(1) The cost of Modules I, II, IV and V is \$498 each. The cost of Modules III and VI is \$249 each. (2) Priority will be given to those paying under Plans A and B above. (3) In order to achieve the 'per module' price at least two modules must be paid for upon application. (4) If two modules have been paid for (e.g. Modules I and II), and the applicant desires to continue with a third at the same 'per module' rate (e.g. they wish to continue with Module III), then payment for that next module is due before the first of the two modules already paid for has been completed (in this case—Module I). And if the applicant then desires to continue with a further module (e.g. Module IV), then payment for that further module must be made before Module II has been completed, etc. In other words, two full modules must always be kept paid for. (5) If the payments referred to in (4) are not made in time then the 'per module' price is forfeit. The applicant will revert to Plan D underneath and will be placed on the waiting list for any sessions of tuition desired. (6) If an applicant withdraws from a module by the close of business 8 days before that module commences, then the cost of that module, along with any others that have been prepaid, will be refunded less an administration fee of \$60. (7) If an applicant withdraws from a module less than 8 days before that module begins then the cost of that module is forfeit unless a substitute can be found (... or unless they wish to book make-up time on a succeeding Teachers' Training Course with Kofi Busia, in which case they will be charged a \$60 fee for the transfer). Any substitutes to be found will be drawn from a maintained waiting list as specified in D underneath. Additionally, a \$60 administration fee will be deducted from the balance of any remaining modules that have been paid for. (8) There will be no refunds for any given module once that module has started.

D. Payment on a session by session basis

(1) The cost of tuition for any weekends, modules, days, or sessions of tuition desired will be \$30 per hour. (2) Priority will always be given to those paying under Plans A, B and C above. Spaces for modules, weekends, days or individual sessions will be allocated on a strictly first come-first served basis from a maintained waiting list. (3) Students may apply and pay for a particular module, weekend, day or session at any time ... but to be placed upon the waiting list and receive priority the application and the fee must be received by the close of business 8 days before the commencement of the session(s) in question. (4) If a space is ultimately denied to an applicant who has paid in full for any session, and who has been placed on the waiting list, then the full cost of the sessions booked will be refunded.

(5) Applications and payments received later than 8 days before the training concerned are made at the applicant's own risk and will only be honoured if space is available. Additionally, a \$15 premium will be levied. The full sum must be paid before the session commences. (6) If a session has been paid for in advance but the applicant withdraws before the close of business 8 days before, then the cost of the sessions will be refunded less a \$15 administration fee. (7) If a session has been paid for but the applicant withdraws after the 8-day period, then the cost of the session(s) will only be refunded if a replacement can be found from the maintained waiting list to take their place less a \$20 administration fee. (8) No proposed replacements found at the applicant's own initiative, and who are not on the maintained list, will be acceptable as substitutes.

If a course, module or class is cancelled for any reason, then a full refund of all outstanding balances will be given.

Kofi Busia, as the instructor of the 110-hour programme, is a long-time and dedicated student of Sri BKS Iyengar. Kofi has studied many times in Pune, Maharashtra, directly under BKS Iyengar, and was awarded an Advanced Certificate by him over 30 years ago. Therefore the material in the course relating to the practice of asana, pranayama and yoga therapeutics will be presented according to Kofi's best endeavours to instruct within the style and methodology of his Guruji's teachings. Therefore: in order to get the best benefit of this programme, applicants should have a thorough familiarity with "the Iyengar method" of yoga.

For the purpose of clarification however:

Please note that although Kofi Busia is a member of both the Iyengar Yoga National Association of the USA and the BKS Iyengar Yoga Teachers' Association of the United Kingdom, there is no possibility of using the information or training garnered under this programme towards the assessment or certification of that Association. This training course is not approved or authorised to pass on the teachings and methods of BKS Iyengar, or of these Associations approved of by him.

THE MODULAR SYSTEM

This 110-hour Teachers Training programme is run on a modular basis. The whole programme consists of six modules. Each module has been designed so that it has a certain degree of independence, but they nevertheless share a certain organic and thematic unity. The programme may arguably have its most consistent flavour when the six modules are studied in sequence ... but they have been especially designed so that they can be studied in any order. Since they do not have to be studied consecutively, it is therefore possible (as long as space is available) to join the course at any time; to begin the programme of study with any specified module; and to take the modules in whatever order—and also at whatever locations—may prove to be the most convenient. Besides the Santa Cruz, CA, dates listed in this information booklet, the Teacher Training is also being run on the dates and in the locations listed underneath. As long as space is available, and as long as the modules concerned have been paid for, then the course can be continued and completed in any other location and at any other time. Negotiations are currently under way to run the course in New York through the latter part of 2012 and into 2013:

110-hour Yoga Teachers' Training Course with Kofi Busia

Registration and Application Form

Please decide which payment plan you would like:

A. Payment in full

\$2,190 due on application.

B. Payment for separate Intensives

\$1,170 for August 2012 Intensive (Modules I-III).

\$1,170 for February 2013 Intensive (Modules IV-VI).

C. Payment on Module by Module basis

Modules I, II, IV and V are \$498 each.

Modules III and VI are \$249 each.

Two modules must be bought and paid for in advance.

Payments for both due at least 8 days prior to the earlier Module purchased.

Payments for any subsequent modules are due as specified in the cost schedule.

D. Payment on a Session by Session basis

All sessions are costed at \$30 per hour. Fees are due on application. Please indicate clearly which sessions you are applying for and enclose the relevant fees:

Mon Aug 13 7:00a \$120; Mon Aug 13 1:00p \$90; Mon Aug 13 6:00a \$60; Tue Aug 14 7:00a \$120;

Tue Aug 14 12:30p \$120; Wed Aug 15 7:00a \$120; Wed Aug 15 2:00p \$120; Thu Aug 16 7:00p \$150;

Thu Aug 16 2:00a \$120; Fri Aug 17 9:00p \$120; Fri Aug 17 2:30p \$120; Sat Aug 18 8:00a \$120;

Sat Aug 18 2:00 p \$120; Sun Aug 19 8:00 p \$90

Mon Feb 11 7:00a \$120; Mon Feb 11 1:00p \$90; Mon Feb 11 6:00a \$60; Tue Feb 12 7:00a \$120; Tue Feb 12 12:30p \$120;

Wed Feb 13 7:00a \$120; Wed Feb 13 2:00p \$120; Thu Feb 14 7:00p \$150; Thu Feb 14 2:00a \$120;

Fri Feb 15 9:00p \$120; Fri Feb 15 2:30p \$120; Sat Feb 16 8:00a \$120; Sat Feb 16 2:00p \$120; Sun Feb 17 8:00a \$90

All cheques should be made out to **Kofi Busia**. If you would prefer to pay by credit card (Visa, Mastercard, American Express, Discover), you can do so on-line at: www.kofibusia.com.

If you prefer to apply by post (or in person!) then please fill in the other half of this application form and then return it to:

**Yoga Center Santa Cruz; 428-C Front Street;
Santa Cruz; CA 95060. (831) 423-6719**

Name:

Address:

City:

Zip:

Telephone 1:

Telephone 2:

Cell:

Email Address:

Please circle the payment plans and options you are applying for:

A. I am applying for the whole course

and enclose payment details for \$2,190.00.

B. I am applying for August 7-Day Intensive / February 7-Day Intensive

and enclose payment details for \$1,170

C. I am applying for the following two modules:

Module I / Module II / Module III / Module IV / Module V / Module VI

and enclose payment details for those modules.

D. I am applying for the sessions indicated and enclose my payment details:

Please either enclose a cheque for the relevant amount made out to **Kofi Busia**; or if you would like to pay by credit card then fill in the details and mail it to or else call Yoga Center Santa Cruz.

Card Type:

Card Number:

Expiration Date:

If your contact details given above are different from your credit card billing details, then please also give us the street, city, state, zip, and telephone number of the address where your card is billed or we will not be able to process the payment. Thank you.