



200 & 500 Hours Yoga Alliance Registered Yoga School  
Recognized by IAYT - International Association of Yoga Therapists  
Home of Anusara® Yoga in the Hamilton-Niagara Region, Ontario  
Coordinator for Anusara Yoga Canada

## **100 HOURS ANUSARA YOGA IMMERSION & TEACHER TRAINING**

### **APPLICATION-REGISTRATION**

#### Welcome

Dear Participant,

Welcome to the Heaven on Earth Yoga Institute. Thank you for your application to attend the 100 hour Anusara Immersion program with Karen Heaven Claffey. We are delighted that you have chosen our program at this time in your life to explore all the possibilities of Anusara Yoga.

Becoming a yoga teacher is one of the noblest professions and highest forms of service in this life. It is a journey of diving deeply inside and discovering the inner treasures within our true nature.

If you have any further questions, please do not hesitate to contact us. We look forward to seeing you soon.

Warm wishes and bright blessings,

Karen



## Anusara Yoga Immersion/Teacher Training - Application-Registration Form

PLEASE PRINT CLEARLY.

Today's Date \_\_\_\_\_

### I. PERSONAL INFORMATION:

Name \_\_\_\_\_ Preferred name (if different) \_\_\_\_\_

Occupation \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Tel (Home) \_\_\_\_\_ Tel (Bus) \_\_\_\_\_ Tel (Cell) \_\_\_\_\_

E-mail \_\_\_\_\_ Web Site \_\_\_\_\_

### I. YOGA EXPERIENCE:

How long have you practiced yoga? \_\_\_\_\_

How many years have you been practicing Anusara Yoga? \_\_\_\_\_

If different from above, what style(s) of yoga have you practiced in the past? \_\_\_\_\_

Have you previously taken any classes, workshops or programs with Karen Claffey? \_\_\_\_\_

If so, which one(s) \_\_\_\_\_

### 2. TEACHING EXPERIENCE:

Are you currently teaching yoga? \_\_\_\_\_ If yes, how long have you been teaching? \_\_\_\_\_

How many classes per week: \_\_\_\_\_ What tradition/style? \_\_\_\_\_

Are you certified in any other methods of Yoga? If so, which styles? \_\_\_\_\_

### 3. MEDITATION EXPERIENCE:

Do you already practice meditation? \_\_\_\_\_ If yes, how long have you practiced meditation? \_\_\_\_\_

Where, when & with whom? \_\_\_\_\_

### 4. ANUSARA YOGA EXPERIENCE:

Please list the Anusara Yoga teachers that you have studied with. Please include how often and how long you have studied with them. (Attach a separate page if necessary.) \_\_\_\_\_

Why do you want to attend this Anusara Yoga Immersion? \_\_\_\_\_

Are you interested in becoming a certified Anusara Yoga teacher? If so, what is your current status? \_\_\_\_\_



5. Have you taken any other in-depth yoga study programs before? If so, with whom & when?

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6. Is there anything else you'd like Karen to know about you? \_\_\_\_\_

7. How did you find out about this teacher-training program? \_\_\_\_\_

### 8. HEALTH INFORMATION:

Pregnant? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, how many weeks? \_\_\_\_\_ Comments: \_\_\_\_\_

**Medical Questions:**  Check if any of the following conditions apply.

- Under medical treatment or supervision for any condition.
- Current psychotherapy, counseling, psychiatric treatment, hospitalization for psychiatric care.
- Chronic physical limitations/physical handicaps (i.e., vision, hearing, movement, etc.).
- Prescription medications and/or natural remedies
- Serious illness or major surgery within the last 5 years (i.e. cancer, heart problems, etc.)

- Arthritis
- Osteoporosis, osteopenia
- Communicable diseases.
- Drug or alcohol addiction?
- Eating disorder?
- Other \_\_\_\_\_

If you selected any of the medical conditions above, please describe your condition, and/or nature and extent of limitation: \_\_\_\_\_  
\_\_\_\_\_

### 9. EMERGENCY CONTACTS:

In case of emergency, please contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
\_\_\_\_\_ Phone: \_\_\_\_\_

I hereby declare that the above information is true to the best of my knowledge. I understand that misrepresentation of this information is unethical and constitutes grounds for revocation of certification.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

*Number of Participants: To ensure the highest level of quality instruction and personalized attention each program is limited to 20 participants. Participants are accepted upon a 'first come first served' basis.*

*Please complete and return pages 2-4 only. Include your deposit of \$150.00 + tax (\$169.50) payable to Heaven Studio. Your deposit will only be processed upon your acceptance into the program; we do not keep any portion of this amount if you are not accepted. You will be notified promptly by email regarding your acceptance to the Heaven on Earth Yoga Institute Yoga Therapy Training Certification Program.*



## Anusara Yoga Immersion/Teacher Training - Payment Contract

Participant's Name (print) \_\_\_\_\_ Today's Date \_\_\_\_\_

Program you are registering for: \_\_\_\_\_

Check which tuition fee you are paying below.

### Tuition Fees:

*Tuition fees are plus tax; amounts shown in parentheses (include 13% HST).*

### Immersion:

#### Price per Part:

Early Bird Discount 60 Days Prior: \$625 + HST (\$706.25)  
Registration Deposit \$150 + HST (\$169.50)  
Balance 60 days prior to 1<sup>st</sup> day of each Part: \$475 + HST (\$536.75)

Regular Price: \$675.00 + HST (\$762.75)  
Registration Deposit \$150 + HST (\$169.50)  
Balance 1st day of each Part: \$525 + HST 68.25 (\$593.25)

#### Special Price for Full 3-Part Immersion:

Early Bird Discount 60 Days Prior: \$1800 + HST (\$2034.00)  
Registration Deposit \$150 + HST (\$169.50)  
Balance 60 days prior to 1st day of Part 1: \$1650 + HST (\$1864.50)

Regular Price: \$1900 + HST (\$2147.00)  
Registration Deposit \$150 + HST (\$169.50)  
Balance 1st day of Part 1: \$1750 + HST (\$1977.50)

### Teacher Training:

Early Bird Discount 60 Days Prior: \$1900 + HST (\$2147.00)  
Registration Deposit \$150 + HST (\$169.50)  
Balance 60 days prior to 1st day of Part 1: \$1750 + HST (\$1977.50)

Regular Price: \$2150 + HST (\$2429.50)  
Registration Deposit \$150 + HST (\$169.50)  
Balance 1st day of Part 1: \$2000 + HST (\$2260.00)

### Tuition Payment Methods

- CHECK payable to: Karen Heaven Inc. / US personal checks payable to: Karen Claffey. Exchange rates apply according to the date that your payment is processed. Discrepancy is the sender's responsibility.
- INTERAC directly from your online banking to: info@heavenstudio.ca.
- WIRE from your bank account to our bank account; contact us for details.
- CREDIT CARD payments may be made online on Pay Pal. Note: with Pay Pal add 3% for CAD; or 4% for USD to the amount of your payment. Our PayPal account to Send Money is: info@karenheaven.com

Check if you wish to reserve any options below:

### Accommodations On-Site:

*Optional/extra; taxes applicable. For details and rates see page 7.*

- Studio-Dorm/Camping: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Semi-Private: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Compact Private: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Private Room: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Deluxe Private Sngl Bed: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Deluxe Private Dbl Bed: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

*Payment for Private & Semi-Private Accommodations: is due 50% with registration to reserve your space; balance is due with balance of tuition. Room availability is on first come first serve basis.*

*Payment for Camping/Studio-Dorm Accommodations: is due 1<sup>st</sup> day of the program.*

### Organic Vegan Meals Prepared For You:

*You may reserve your meals in advance, such as at time of registration, or you may decide once you are here. Please give notice and payment 1 day prior.*

- Breakfast \$11.50 + tax (\$13.00) x # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- Lunch \$16.50 + tax (\$18.65) x # of days \_\_\_\_\_ = \$ \_\_\_\_\_
- B & L \$28 plus tax (\$31.64) x # of days \_\_\_\_\_ = \$ \_\_\_\_\_

*There is a **kitchen on-site** for students to prepare their own meals. For full details see page 8.*

I hereby declare that the above information is true to the best of my knowledge. I understand that misrepresentation of this information is unethical and constitutes grounds for revocation of certification.

I have read, understand and agree to the terms and conditions explained in the Heaven Studio and Heaven on Earth Yoga Institute Application Form, Payment Form, Curriculum (subject to change), Required Books & Materials, Homework Assignments, Attendance/Certification policies, terms and conditions in these eight (8) pages included above and below.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_



## Anusara Yoga Immersion - Curriculum

### The Anusara Yoga Immersion Covers These Topics:

#### Part One Immersion:

*Prerequisite: 30 hours of Anusara Yoga experience*

- In-depth exploration of the Universal Principles of Alignment, Loops, and Spirals
- Refinement of all poses of Anusara's Level 1 Syllabus
- Introduction to some of the auxiliary principles of alignment
- Anusara philosophy and vision, the 3 A's, studentship, introduction to Tantrik cosmology & the 36 Tattvas, the 5 Elements
- Basic principles of the breath and pranayama techniques
- Practice and exploration of meditation techniques, chanting, contemplation, and journal writing
- Basic Anatomy & Anatomy of the breath

#### Part Two Immersion:

*Prerequisite: Completion of any Part 1 Immersion, or by teacher's permission*

- Review and deepening of the UPA's, Loops, and Spirals
- Continuation of the Level 1 Syllabus of poses and an introduction to the Level 2 Syllabus
- Deepening of Anusara philosophy and vision, Tantra cosmology & the 36 Tattvas, 5 acts of Shiva, the Malas, Samkhya tattvas, 3 yogic world views, brief history of yoga
- Exploration of Patanjali's Yoga Sutras (with a Tantric view) and the Eight-Limbed Path
- Refinement of the Breath principles and practices
- Continued exploration of meditation, chanting, contemplation, and journaling
- More detailed discussion of kinesiology and anatomy

#### Part Three Immersion:

*Prerequisite: Completion of any Part 1 and 2 Immersion, or by teacher's permission.*

- Complete review and further exploration of the UPA's, Loops, and Spirals including all auxiliary principles
- The art of sequencing Anusara style
- More Anusara philosophy and vision, the Bhagavad Gita, Bhakti, Jnana, and Karma paths
- Subtle Body Anatomy (Kundalini, Prana, Chakras, Nadis, and Koshas)
- Intermediate/advanced pranayama techniques and experiences
- Deepening the practice of meditation, chanting, contemplation, and journaling
- More detailed discussion of kinesiology and anatomy

#### Prerequisites

1. A minimum of 1 year regular practice of yoga is suggested with 30 hours of yoga study with a licensed Anusara teacher.
2. You must be in sound physical, mental, and emotional health. This is an intensive training program designed to challenge you on all levels in order to support you in reaching your highest potential.
3. Equally important, you must have a sincere desire to learn, open, grow, and develop on all levels – body, mind, heart, and spirit – and be willing to integrate the teachings and practice of yoga and meditation into daily life.
4. Experience and basic understanding and proficiency in Sun Salutations, asanas, pranayama and meditation is required.
5. Acceptance into the program is based upon approval of your application.

#### Course Materials to Prepare for the Immersion

- Anusara Yoga Immersion Manual by John Friend. *Available at Heaven on Earth or through the Anusara [www.anusara.com](http://www.anusara.com).*
- The Anusara Yoga Teacher Training Manual by John Friend
- The Anatomy of Movement by Calais/Germain
- Part 2: The Yoga Sutras – recommended BKS Iyengar's Light on the Yoga Sutras, or other translation.
- Part 3: Bhagavad Gita - recommended Winthrop Sargeant's or Stephen Mitchell's, or other translation.

Specific reading assignments will be provided.



## Anusara Yoga TT - Curriculum

### The Anusara Yoga Teacher Training Covers These Topics:

- The seat of the teacher: qualities of a good teacher, teacher-student relationship, the responsibilities of a teacher, ethical guidelines
- Preparing to teach: classroom set up and organization, how to create sacred space, classroom, creating a class plan, sequencing
- Teaching a class: teaching a pose systematically, verbal instructions, linking, instructing with the breath, connecting to the heart of the student, active and passive instructions, directionality
- Putting Attitude into Action: integrating heart themes into postural instructions, metaphors and functional imagery, personalizing your theme – your story
- Observation & Adjustments: verbal adjustments, physical adjustments
- Use of Props
- Demonstration
- Practice Teaching: teaching in groups with positive and constructive feedback
- Refining your teaching skills
- Observing/Assisting Karen's classes
- Therapeutics
- Meditation, contemplation and sharing, Q & A. The postures include the Anusara Level I syllabus.

### Homework:

Participants will be required to complete reading and written assignments between sessions, (attend at least one class per week with Karen for those living within driving distance), and practice teaching a minimum of once per week.

### Prerequisites

1. Completion of the 100 Hours Anusara Yoga Immersion.
2. You must be in sound physical, mental, and emotional health. This is an intensive training program designed to challenge you on all levels in order to support you in reaching your highest potential.
3. Equally important, you must have a sincere desire to learn, open, grow, and develop on all levels – body, mind, heart, and spirit – and be willing to integrate the teachings and practice of yoga and meditation into daily life.
4. Regular practice (sadhana) including Sun Salutations, asanas, pranayama and meditation is required.
5. Acceptance into the program is based upon approval of your application.

### Course Materials

- [Anusara Yoga Immersion Manual by John Friend](#). Available at Heaven on Earth or through the Anusara head office 888-398-9642 or [www.anusara.com](http://www.anusara.com)
- Heaven on Earth Yoga Institute Yoga Teacher Training Manual

*Note: The above books and manuals are extra cost and are available directly from Heaven on Earth Yoga Institute at group rates.*

## What to Bring to Class

- Bring your own yoga sticky mat (optional mat rental \$2 per class/day)
- Bring writing materials for note taking
- Water bottle - we have filtered water
- Wear comfortable clothing
- Meditation cushion for sitting if desired (optional, you may sit on blankets provided)

Our studio supplies: blankets, straps, blocks and bolsters.



## Policies

### Attendance Policy

Full attendance is required. The director and/or teachers of Heaven on Earth Yoga Institute have the right to dismiss a participant with no refund who is not exhibiting full commitment to the program, has not been truthful on their application, and/or who is not meeting the above requirements at any time during the training period.

In the case of extenuating circumstances that cause incomplete attendance for some portion of the training you are registered for you may retake the missed portion of the program, in a subsequent program, providing space is available. Making up missed portions of any training is fully the responsibility of the participant.

### Cancellation/Refund Policy for Tuition & Accommodations

In the event that you must cancel your participation in the program you are registered for: up to one month (30 days) prior to first day of the program, you are eligible for a full refund of your payment minus \$75.00 cancellation fee. Up to two (2) weeks prior to the first day of the program, you are eligible for a refund only if we can fill your space from our waiting list, minus the \$75.00 cancellation fee. Within one to two (1-2) days prior to the first day of the program, no portion of your payment will be refunded. Special consideration may be extended for extenuating circumstances.

### Veteran Discount Policy

We offer a discount on the price of tuition to students who have already attended, completed and graduated from a program, and wish to retake the program for the purposes of review and/or to deepen and hone their skills: 50% discount applies to any part of the training taught by Karen Heaven Claffey.

## Accommodations

We look forward to serving you. Enjoy your stay.

### Accommodations On-Site (optional/extra)

Note: Private and semi-private rooms fill up early. Room availability is first come first serve. Register in advance to ensure availability.

*Rates effective Nov 8, 2012; subject to applicable taxes. Use amounts in parentheses including 13% HST:*

Type of Accommodation:	Per Night	Special Discounted Rate for Modules of 5 Days or More:
Studio-Dorm (BYOB) or Camping (BYOT):	\$25 (28.25)	\$19 (21.47)
Semi-Private Single Beds P/P	\$35 (39.55)	\$29 (32.77)
Compact Private Room Single Bed	\$45 (50.85)	\$33 (37.29)
Private Room Single Bed	\$49 (55.39)	\$39 (44.07)
Deluxe Private Room Single Bed	\$59 (66.67)	\$49 (55.37)
Deluxe Private Room Double Bed	\$69 (77.97)	\$59 (66.67)

**Accommodations/Common Area** is available to all participants staying in our accommodations on-site. A/C Area includes:

- kitchen, dining area
- lounge area with satellite TV, holistic library, wireless internet
- 2 bathrooms with shower (1 in a/c area, 1 on studio level)
- Laundry room (with direct access to back-yard, deck and hot-tub.)

### About the Rooms:

- Studio-Dorm is on the floor of the yoga studio which becomes dorm by night. There is space provided in the A/C area to keep your luggage. This is also a space for you to store your blow-up mattress during the day; this way you can keep your mattress inflated.
- Private and Semi-Private Rooms (with single bed) are downstairs in the accommodations/common area.
- Deluxe Private Rooms each have a bright window, and are larger than the regular private rooms.

### Rooms Include/What to Bring:

- Studio-Dorm: Bring your own: sleeping mat or blow up mattress; sheets and/or sleeping bag, pillow, bath towels and wash cloths, etc. Blankets are provided.
- Private / Semi-Private sheets, blankets, and pillow are included. Bring your own bath towels and wash cloths.



#### Payment for Accommodations:

- Studio-Dorm: is due 1<sup>st</sup> day of the program.
- Private/Semi-Private Rooms: 50% payment is due with registration to reserve your space; balance is due with balance of tuition.

*\*\*Note: We offer accommodations at very affordable rates to our participants. In order to maintain our inexpensive rates, participants are kindly asked to clean up after themselves and contribute to maintaining the cleanliness of the space during their stay. \*\**

#### Local Lodging (listed in order of proximity)

##### Hotels:

Comfort Inn / Distance 5.8 km  
183 Centennial Parkway North, Stoney Creek, ON L8E 1H8  
www.choicehotels.ca / (905) 560-4500  
Comfort Inn offers our participants special rates \$89 + HST  
(regular rate \$109 + HST)

Holiday Inn Express Hotel Hamilton / Distance 7.5 km  
51 Keefer Court, Hamilton, ON L8E 4V4  
www.hiexpress.com / (905) 578-1212

For more hotels nearby contact us or go to:

[http://www.google.ca/search?q=stoney+creek+hotels&rls=com.microsoft:en-ca:I-E-Address&ie=UTF-8&oe=UTF-8&sourceid=ie7&rlz=117ADFA\\_enCA447&redir\\_esc=&ei=vofKTtbRleTs0gHKorWOBg](http://www.google.ca/search?q=stoney+creek+hotels&rls=com.microsoft:en-ca:I-E-Address&ie=UTF-8&oe=UTF-8&sourceid=ie7&rlz=117ADFA_enCA447&redir_esc=&ei=vofKTtbRleTs0gHKorWOBg)

##### B & B's:

Rose Arden Bed & Breakfast / Distance 13.3 km  
266 Mountain Park Avenue, Hamilton, SK L8V 1A5  
www.rosearden.com / (905) 387-2000

Rutherford House Bed & Breakfast / Distance 18.3 km  
293 Park Street South, Hamilton, ON L8P 3G5  
www.rutherfordbb.com / (905) 525-2422

A Tranquility Base Bed & Breakfast / Distance 26.1 km  
110 Abbey Close, Ancaster, ON L9G 4K7  
www.tranquilitybase.on.ca / (905) 648-1506 / (877) 649-9290

Ridgemoor Bed & Breakfast / Distance 27.4 km  
902 Shaver Road, Ancaster, Hamilton, ON L9G 3K9  
www.ridgemoor.ca / (905) 648-0116

## Meals On-Site

#### Student's Kitchen

There is a kitchen on-site for students who opt to prepare their own meals. The kitchen is equipped with: fridge with freezer on top (and there is an additional fridge/freezer in the utility room); 4-burner gas stove, toaster oven, toaster; cutlery and/or chopsticks; dishes, glasses, cups; cooking utensils; pots and pans; kettle (plug-in). Note: We do not have a microwave for health reasons.

*\*\*On the last day of a program students are kindly asked to remove all remaining food and clean the fridge and kitchen as in the condition that you found it.\*\**

**There are grocery and health food stores as well as a variety of restaurants within driving distance.**

#### Organic Vegan Meals Prepared for You (optional / extra)

You have the option to have delicious breakfast and/or lunch skillfully and lovingly prepared by Chef Sylvia Hamilton Claffey, Karen's mother. (Prepared dinners are not available.)

##### Bountiful Breakfast consists of:

- Orange Juice
- Fresh fruit (seasonal)
- Hot Oatmeal or Cream of Wheat
  - With EdenSoy Original and/or Almond/Rice Milk
  - Toppings: raisins, chopped nuts, pure maple syrup...
- Cold Cereals: Muesli, Puffed Rice, Shredded Wheat
- Whole grain toast
  - With various spreads: jam, almond butter or peanut butter

##### Healthful Lunch consists of:

- Dishes below are prepared in a variety styles and ethnic flavors!*
- Whole grains: brown and/or white rice (basmati, jasmine, short grain), quinoa, millet, cous cous, etc
  - Or Whole Grain Pasta dishes (gluten free brown rice pasta available upon request)
  - May include tomato and/or vegetable based sauces
- Protein dishes: tofu, tempeh, seitan or beans
- Variety of vegetables and/or salads (seasonal)
- In warmer months: Green salad with house dressing
  - Fresh seasonal fruit
- In cooler months: Mom's (aka The Soup Queen) Hearty Soup

**Breakfast & Lunch Fees:** (use amounts in parentheses including tax).

Breakfast \$11.50 plus tax (\$13.00)

Lunch \$16.50 plus tax (\$18.65)

Breakfast & Lunch \$28.00 plus tax (\$31.64)