



Course Fees 2015

Residential and Non Residential Options and Packages

COURSE	RESIDENTIAL	NON-RESIDENTIAL
Level 1 Yoga Studies	\$1750	\$1350
Level 1 Teacher Training	\$3500	\$2700

\$500 DEPOSIT SECURES A PLACE IN ALL COURSES
 Balance due at course commencement
 To re-sit sections/full courses the rate is \$300 per week of study.
 All notes for courses will be given electronically.
 Printed handbooks can also be arranged at an additional cost.

Contact Shanti Mandir (845)778-1008
 shantipezet@gmail.com
 www.shantimandir.com
 51 Muktananda Marg, Walden, New York, 12586



Enrollment Form

NAME _____

(please check box below)

Yoga Studies Level 1 Residential

Non-Residential

Teacher Training Level 1 Residential

Non-Residential

Deposit Payment \$500

or Full Fee Payment (amount) \$

DATES

Please inform us of your arrival dates to and from the Ashram and your flight details

Arrival date _____

Flight _____

Arrival Time _____

Ashram Arrival _____

Departure date _____

Flight _____

Departure date _____

Ashram Departure _____

CONTACT DETAILS

Address _____

Email _____

Confirm Email _____

Home Phone _____

Cell/Mobile _____

Work Phone _____

How did you hear about the courses?





Payment Details

SEND ALL ENROLMENT FORMS TO:

By Post: Shanti Mandir
51 Muktananda Marg
Walden NY 12586

By Email: shantipezet@gmail.com

PAYMENT OPTIONS:

AUSTRALIA / NEW ZEALAND

By Direct Deposit

Shanti Mandir Inc

BSB 063 100

Acc 10063885

Please ask the bank to register your name as a reference with direct deposit

By Credit Card

Type of Card

Name on Card

Card Number

Expiry Date

By Cheque or money order

Make out to Shanti Mandir Inc and post to above address.

Payment Options

LATIN AMERICA

All applicants in Mexico, Central and South America please contact: nityeshwari@shantimandir.com

PAYMENT OPTIONS:

USA / EUROPE / UK

By Direct Deposit

Shanti Mandir

Account 6800033622

ABA incoming 021000021

Swift CHASUS33

Please ask the bank to register your name as a reference with direct deposit

By Credit Card

Type of Card

Name on Card

Card Number

Expiry Date

By Cheque or money order

Make out to Shanti Mandir and post to

Shanti Mandir Walden

51 Muktananda Marg

Walden, NY 12586, USA

All General Inquiries to

Shanti Mandir

Email: shantipezet@gmail.com

Phone: +1 (845) 778-1008

Testimonials

"If you want to give yourself one of the greatest gifts of your lifetime, I would encourage you to enrol in the The Living Path of Yoga Study program. The program was much more than I ever could have imagined or anticipated. We were equal parts challenged and nurtured every step of the way. Every aspect of the program: from the Asana practice, to the well thought out lessons, selections of reading materials and audio visual supplements was done with great care. I read and re-read my notebooks from our study sessions on a daily basis. It would not be an understatement to say The Living Path of Yoga has been a once in a lifetime experience that I will strive to carry deeply within and throughout every aspect of my life."

Marianne Murray, New Paltz, New York

The effort I've put into yoga in the passed 3 years has transformed my life. However the work I've done with Sadhana and Keval in the passed year has deepened my practice to a level I didn't foresee reaching in this stage. The knowledge they put forth is coming from 2 lifetimes of direct experience and gives you a comprehensive understanding of not just yoga, but yourself.

Danielle Martino, Brooklyn, New York

This course covered the breadth of the ancient practice of YOGA. Interesting to the beginner and to the longtime yogi or yogini. We learned of the sacredness of this tradition, the various limbs of Yoga and its vast influence on other traditions throughout time.

During these weeks, we fully immersed ourselves in the study of philosophy and the practices of chanting, meditation and hatha yoga. I found the hatha yoga to be especially helpful. Even though I was in the modified posture class, there were benefits like a sense of physical 'well being' and inner 'rest'.

As we surrendered to the daily rhythm of the routine, an inner transformation occurred. This seemed to be personally tailored to each of our own needs. Individually, we received just what was called for at this point in our life, even if we didn't know what that should be. It was truly an experience of the 'restorative and life balancing' aspects of Yoga and Grace.

If you want to take some time for yourself, to step out of daily 'doing' and into daily 'being' -this is the course for you!! If you want to spend some time to focus on such questions as, "Who am I? Why am I really here?"-this is the course for you! If you want to experience inner harmony-this is the course for you!

Nandita, Walden New York

"There are few experiences in our life that we can truly pin-point as life changing. I chose to seek out a yoga instructors course in the hope of getting some direction in my life but what I received from the Shanti Darshanam course held at Shanti Mandir in India is truly impossible to put into words. I am so grateful to have been involved in such a traditional and holistic training program full of integrity and authenticity. It is saddening to see the way Western society has appropriated yoga from the East, so much of the philosophy and meaning behind this ancient tradition has been left behind. Participation in this course in Australia, the US and India will open your body, mind and soul to the intended experience of yoga in its entirety and completeness and help you to become not only the best teacher you can be but also the best person. The experience of the course at the ashram in India is unparalleled to anything I have experienced before, an experience that would be impossible to regret!"

Hanna Bevan, Adelaide Australia

"This study course gives such a deep and rich living experience of the Yogic philosophical content. The feeling and insight is profound and I am so thankful to have found myself being awakened to that place of natural inner stillness and joy again and again and again."

Chamunda Greenberg, Adelaide Australia

