

PATANJALI YOG PEETH

A message from the National Teacher Co-ordinator

Dear Teachers,
Om

I am pleased to advise you that PP Swami Ramdev Ji Maharaj will be conducting a Level 3 Training Course at Patanjali Yog Peeth, Haridwar, from 6th April to 12th April 2009 for International Assistant Yog Teachers. I would like to take this opportunity to invite all Assistant Yog Teachers to undergo this 7-day teacher training at the end of which they will gain qualification as Patanjali Yog Teachers. All those teachers who trained in Haridwar in 2005 and 2006 are also invited to participate in this course in order to refresh their knowledge. The inauguration of Phase II of Patanjali Yog Peeth takes place a few days earlier, on 3rd April, and you are all most cordially invited to take part in this historic event.

Sunita Poddar Ji, Trustee for Patanjali Yog Peeth (U.K.) Trust, has negotiated special fares with Citibond Travel on our behalf. There is limited availability of these specially-priced seats and I would advise you to contact Citibond Travel as soon as possible by phoning 0800 294 4239 or emailing yoga@citibond.co.uk quoting 'Yoga Group' stating which city you wish to travel from.

If you wish to travel in a group with other yog teachers, you will have to depart on 1st April (early flight) and return on 13th April (late flight). You also have the option with Citibond Travel, at no extra cost, to travel up to 2 weeks before 1st April and up to 2 weeks later than 13th April, to allow you to visit family etc. You may also travel after 1st April, if you do not wish to attend the Inauguration on 3rd April, but you must be in Haridwar by 5th April, in time for the teachers' course which starts early morning on the 6th.

THE ITINERARY IS AS FOLLOWS:

1st April 2009 - departure if you wish to travel with other teachers

2nd April - arrival in Haridwar

3rd April - Inauguration of Patanjali Yog Peeth Phase II

4th & 5th April - trips organised for sightseeing in Haridwar, Rishikesh and Dehradun -at cost price only

6th to 12th April - Teacher Training Course

13th April - group departure from Haridwar

For those travelling on 1st and 13th April only, transport by coach from New Delhi to Haridwar and back will be provided at cost price. Please note that flight bookings with Citibond Travel should be made by 30 November.

You can, of course, make your own private arrangements to fly to New Delhi and travel onward to Haridwar

The boarding and lodging during the training in Haridwar for you, and for your spouse if he/she is accompanying you, will be free. You may also take your children with you but there will be a minimal charge for their boarding and lodging. While you are training, your spouse will be able to take advantage of the Panchkarma, Shatkarma and other treatments which are available and for which the normal price will be charged. Trips have been arranged to Rishikesh, Dehradun, and sightseeing in Haridwar itself, and these will be available at cost price. Details of the accommodation at Patanjali Yogpeeth will follow soon.

An Enrolment Form for Level 3 Training in Haridwar is attached. Please complete the form and either return or post it to Patanjali Yog Peeth U.K. Trust, Lambhill Court, 40 Lambhill Street, Kinning Park, Glasgow G41 1AU or email it to info@pypt.org by 31 December.

LEVEL 2 TRAINING FOR ASSISTANT YOG TEACHERS - The course material for Level 2 Training consists of the 44 DVDs that PP Swamiji has prepared in respect of various ailments and diseases. These will be available at the end of November and will have to be collected by Assistant Yog Teachers from certain designated centres, details of which will be sent to you within the next 2 weeks. The charge for Level 2 Training is £51.00 and this will have to be paid when the DVDs are collected, either by cash or cheque. Cheques will have to be made payable to Patanjali Yog Peeth (U.K.) Trust.

The DVDs are about one-and-a-half hours long each. You will be required to complete a workbook which will contain basic questions about what you will have learnt by watching the DVDs. The workbook will be available at the end of the year. It will be available online for those with email addresses and the rest will receive a hard copy in the post. The questions you will be asked in the workbook will be very simple and you will be able to take as long as you like to answer them. Those working online will be able to email back their answers and those with hard copies will have to post the workbooks, once completed, to a given address. The pass mark has been set at 50% and if you don't get through the first time, you may re-take it as many times as you need to - the idea is that you assimilate basic knowledge about yog/pranayam. It is hoped that all Assistant Teachers will have successfully completed the workbook by 31 March 2009.

You need not worry about booking the Haridwar trip before passing Level 2. It is unlikely that people will fail, but if that is the case, you will be able to complete Level 2 later (after Haridwar).

I hope that as many of you as possible will take part in the training in Haridwar. It will be a worthwhile and memorable experience and the knowledge you will gain will enable you to take PP Swamiji's mission further by spreading the message of good health through yog and pranayam far and wide.

Finally, sending letters by post is both time consuming and adds to the Trust's costs. I strongly urge you to obtain access to email, even through a friend or family member, and provide details of your email address on the Enrolment Form.

With kind regards,

Pratibha Graham
UK National Teacher Co-ordinator