



200 & 500 Hours Yoga Alliance Registered School  
Home of Anusara® Yoga in the Hamilton-Niagara Region, Ontario, Canada  
Coordinator for Anusara Yoga Canada

## **100-Hour Anusara Yoga Immersion - 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.

Bright blessings and warmest wishes,

Karen



## 100-Hour Anusara Yoga Immersion - 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.)* \_\_\_\_\_

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

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



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

\_\_\_\_\_

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.*



## 100-Hour Anusara Yoga Immersion - 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).*

#### Price per Part:

☐ Early Bird 1 Month Prior: \$625 plus HST (\$706.25)

Deposit with registration \$150 + HST (\$169.50)

Balance due 1 month prior to 1<sup>st</sup> day of each Part: \$475 + HST (\$536.75)

☐ Regular Price: \$675.00 plus HST (\$762.75)

Deposit with registration \$150 + HST (\$169.50)

Balance due 1<sup>st</sup> day of each Part: \$525 + HST 68.25 (\$593.25)

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

☐ Early Bird 1 Month Prior: \$1800 plus HST (\$2034.00)

Deposit with registration \$150 + HST (\$169.50)

Balance due 1 month prior to 1<sup>st</sup> day of Part I: \$1650 + HST (\$1864.50)

☐ Regular Price: \$1900 plus HST (\$2147.00)

Deposit with registration \$150 + HST (\$169.50)

Balance due 1<sup>st</sup> day of Part I: \$1750 + HST (\$1977.50)

#### 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 full details and rates see page 7.*

☐ Camping: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

☐ Studio-Dorm: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

☐ Semi-Private: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

☐ Compact Private: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

☐ Private Room: \$ \_\_\_\_\_ X # of days \_\_\_\_\_ = \$ \_\_\_\_\_

☐ Deluxe Private Single 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.*

**Cancellation/Refund Policy:** 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.

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 \_\_\_\_\_



## 100-Hour Anusara Yoga Immersion - Curriculum & Policies

### The Anusara Yoga Immersion Covers These Topics:

#### **Part One Immersion:** *Follow Your Heart & Live Your Best Life!*

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:** *See Your Life from New & Miraculous Perspectives!*

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:** *Dive Sweetly & Deeply in the Heart of Your Practice!*

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

### Faculty

Principal Teacher & Director, Karen Heaven Claffey, Certified Anusara Yoga Teacher, and Yoga Therapist E-RYT-500

Anatomy Teacher: Beth Ruddy, Anusara-Inspired Yoga Teacher, RYT-200

### Materials & Props

Bring your own yoga-sticky-mat. Yoga blocks, straps and blankets are provided. You may bring a meditation cushion if you wish for sitting or use blankets. Wear comfortable clothing. Bring a water bottle and writing materials for note taking. *Blankets, blocks and straps are provided at our studio. Yoga mat rental \$2 per class/day.*

### Prerequisites

1. A minimum of 1-2 years 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. Experience with pranayama and/or meditation is suggested.
6. Acceptance into the program is based upon approval of your application.



### **Course Materials**

To prepare for the Immersion, please purchase the following texts through the Anusara Yoga office by calling them at 1-888-398-9642 or by visiting the website at: [www.anusara.com](http://www.anusara.com)

- The Anusara Yoga Teacher Training Manual by John Friend (Required)
- The Anusara Yoga Immersion Manual by John Friend
- The Anatomy of Movement by Calais/Germain

Level 2 students will need to pick up a translation of The Yoga Sutras. My personal favorite is BKS Iyengar's Light on the Yoga Sutras, but you are welcome to work off a different translation.

Level 3 students will need to pick up a translation of the Bhagavad Gita. My personal favorites are Winthrop Sargeant's or Stephen Mitchell's. Specific reading assignments will be sent out soon.

### **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
- Meditation cushion for sitting if desired (optional, you may sit on blankets provided)
- Wear comfortable clothing

Our studio supplies: Mexican blankets, yoga straps, and blocks.

- I. 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.

### **Attendance Policy**

Full attendance is required. See below in the case of Incomplete Attendance....

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.

### **Incomplete attendance**

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.



## Location, Amenities, Accommodations & Meals On-Site

### Heaven on Earth Wellness & Yoga Institute...

...is easily accessed directly off Upper Centennial Parkway/Highway 20. We are 20 minutes from Hamilton Airport; 60 minutes from Toronto/Airport; 45 minutes from Niagara Falls. Private shuttle service available - contact us to reserve your pickup.

We are situated in Karen Heaven Claffey's retreat-residence on 2.56 acres (3/4 of this is wooded) in peaceful Hamilton-Stoney Creek, Ontario. We are close to hiking trails, golf, drive-in movie theater, shopping, restaurants, and wineries.

### Conservation Area

We are situated in an agricultural zoned area of Stoney Creek. In addition, we are situated in a "Green Belt". Also, most of our land is conservation zoned. There is an abundance of trees surrounding us, including a variety of birds and small wild life, and deer in our neighborhood. Canada geese and hawk sightings are common in our area.

### Amenities On-Site Include:

- Yoga room with radiant heated floors
- Accommodations/Common Area for participants staying on-site, meals (see details below)
- Outdoor Hot Tub
- Large deck for outdoor eating/yoga weather permitting

### 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](http://www.choicehotels.ca) / (905) 560-4500

*Comfort Inn offers our participants special rate \$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](http://www.hiexpress.com) / (905) 578-1212

*For more hotels nearby contact us or go to:*

*(Key words: Stoney Creek Hotels)*

[http://www.google.ca/search?q=stoney+creek+hotels&rls=cm.microsoft:en-ca:IE-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=cm.microsoft:en-ca:IE-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](http://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](http://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](http://www.tranquilitybase.on.ca)  
(905) 648-1506 / (877) 649-9290 (toll free)

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

### Accommodations On-Site (optional)

**Note: Private and semi-private rooms fill up early. Register in advance to ensure availability.**

*Rates effective June 15, 2012; subject to applicable taxes. Use amounts in parentheses including 13% HST:*

Type of Accommodation:	Per Night	Special Discounted Student Rate Per Night for:		
		4-9-Day Modules	12-14-Day Modules	3-4-Week Intensives
Camping	\$19 (21.47)	\$18 (20.34)	\$15 (16.95)	\$13 (14.69)
Studio-Dorm (BYOB):	\$25 (28.25)	\$22 (24.86)	\$19 (21.47)	\$16 (18.08)
Semi-Private Single Beds P/P	\$35 (39.55)	\$29 (32.77)	\$28 (31.64)	\$22 (24.86)
Compact Private Room Single Bed	\$45 (50.85)	\$39 (44.07)	\$35 (39.55)	\$29 (32.77)
Private Room Single Bed	\$49 (55.39)	\$45 (50.85)	\$39 (44.07)	\$32 (36.16)
Deluxe Private Room Single Bed	\$59 (66.67)	\$54 (61.02)	\$49 (55.37)	\$39 (44.07)
Deluxe Private Room Double Bed	\$69 (77.97)	\$59 (66.67)	\$54 (61.02)	\$45 (\$50.85)





**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 Room #1 (with single bed) has a bright window, and is larger than the regular private rooms.
- Deluxe Private Room #2 (with double bed) is our largest and brightest room on the upper level.

#### Rooms Include/What to Bring:

- Private / Semi-Private sheets, blankets, and pillow are included. Bring your own bath towels and wash cloths.
- 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.

#### Payment for Accommodations:

- Private/Semi-Private Rooms: payment is due with registration to reserve your space. Room availability is 'first come first serve.'
- Studio-Dorm: is due 1<sup>st</sup> day of the program.

*\*\*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. \*\**

#### Car Borrowing Service

If you need to get around during your stay, my mother kindly allows participants to use her car for a fee of \$15 per hour, plus gas.

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

Delicious organic healthy gourmet vegan-macrobiotic meals are skillfully and lovingly prepared by Chef Sylvia Hamilton Claffey aka "Mom" (Karen's mother).

#### 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

*\*\* Extra: Large mug of fresh brewed coffee \$2.00 each*

#### 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

#### Meal Fees:

Breakfast \$11.50 plus tax (\$13.00)

Lunch \$16.50 plus tax (\$18.65)

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

*You may decide once you are here. Please give notice and payment 1 day prior.*

#### Kitchen On-Site

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.

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

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