

The Himalayan Yoga Tradition Teaching Training Program (HYT-TTP) And The Meditation Center
Present the 2011 Yoga Congress

Creating Joy

The Art and Science of Yoga

July 14th – August 10th, 2011
University of St. Thomas, St. Paul, MN, USA

Retreats

Guru Purnima: Lineage of Samadhi and Shaktipat with Swami Ritavan
July 14 – 17, University of St. Thomas (UST)

5 and 10 Day Guided Silence Retreats
July 31– August 10
Dunrovin Retreat Center, Marine on St. Croix, MN

Teacher Training Program Retreats

all at the University of St. Thomas
July 17 – 31 HYT-TTP 200-Hour & Level I
July 17 – 31 HYT-TTP 600-Hour Level II
July 18 – 22 Prana Vidya I for Hatha Yoga & Meditation Teachers
July 25 – 29 Prana Vidya II for Hatha Yoga & Meditation Teachers
200-hour and 600-hour programs registered with Yoga Alliance (YA)
Prana Vidya programs provide YA-CEUs
See www.HimalayanYogaTradition.com for information and to enroll

Evening Lecture Series

Join Swami Veda and other esteemed guest lecturers for
this Monday through Thursday series
July 18 – 21 and July 25 – 28, University of St. Thomas

Creating Joy: The Art and Science of Yoga

Plan a day or weekend retreat at UST
Lectures, practicums, kirtan, Peace on Earth Meditation
July 28 – 31 University of St. Thomas



Swami Veda Bharati is a direct disciple of Swami Rama. He is an internationally renowned yoga meditation authority who has been sharing his vast reservoir of spiritual knowledge with students around the world for over 60 years. His openness, depth of calm, deep joy and insight are rare. Swami Veda will take a vow of silence in 2013.



Association of Himalayan Yoga Meditation
Societies International

Accommodations available July 14 – 31 at The University of St. Thomas St. Paul, MN, USA

For information write to creatingjoy2011@gmail.com
www.TheMeditationCenter.org
www.HimalayanYogaTradition.com