

August 6 – 23, 2016

Sun, Aug 6 – Arrival, Orientation & Opening Ceremony

5:56am Sunrise

3:30-5:30pm.....	Arrival & Check-in	General Store
5:30pm	Welcome & Stonehouse Introductions	Windmill Fire Pit
6-7pm	Dinner	Dining Tent
7-8pm	Opening Circle	Workshop Area
8-9pm	Opening Puja Ceremony	Sacred Fire Circle

8:06pm Sunset

[Lotus Rising Women's Celebration ends Sunday morning]

Mon, Aug 7 – Day 2

5:57am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent
7:30-8am	Meditation (.5 hr)	Pavilion
8-10:30am.....	Practice (2.5 hrs)	Pavilion
11am-12pm	Brunch	Dining Tent
12-5:30pm.....	Training (5 hrs) Lessons 1-2	Pavilion
3-3:30pm	Tea & Snacks.....	Dining Tent
6-7pm	Dinner	Dining Tent
7:30-8:30pm.....	Full Moon Ceremony (1 hr)	Fire Circle

8:05pm Sunset

Cumulative Hours: 9

Tue, Aug 8 – Day 3

5:58am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent
7:30-8am	Meditation (.5 hr)	Pavilion
8-10:30am.....	Practice (2.5 hrs)	Pavilion
11am-12pm	Brunch	Dining Tent
12-5:30pm.....	Training (5 hrs) Lessons 3-4	Pavilion
3-3:30pm	Tea & Snacks.....	Dining Tent
6-7pm	Dinner	Dining Tent
7:30-8:30pm.....	Satsang (1 hr).....	Dining Tent

8:04pm Sunset

Cumulative Hours: 18

Wed, Aug 9 – Day 4

5:59am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent
7:30-8am	Meditation (.5 hr)	Pavilion
8-10:30am.....	Practice (2.5 hrs)	Pavilion
11am-12pm	Brunch	Dining Tent
12-5:30pm.....	Training (5 hrs) Lessons 5-6	Pavilion
3-3:30pm	Tea & Snacks.....	Dining Tent
6-7pm	Dinner	Dining Tent
7-8pm	Satsang (1 hr).....	Dining Tent (or Fire Pit)

8:03pm Sunset

Cumulative Hours: 27

Thu, Aug 10 – Day 5

6:00am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
7:30-8am	Meditation (.5 hr)	Pavilion	
8-10:30am.....	Practice (2.5 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-5:30pm.....	Training (5 hrs) Lessons 7-8	Pavilion	
3-3:30pm	Tea & Snacks.....	Dining Tent	
6-7pm	Dinner	Dining Tent	
7pm	Optional Sweat Hut	Dining Tent (or Fire Pit)	+8
8:01pm Sunset		Cumulative Hours:	35

Fri, Aug 11 – Day 6

6:01am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
7:30-8am	Meditation (.5 hr)	Pavilion	
8-10:30am.....	Practice (2.5 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-3pm	Training (3 hrs) Lessons 9-10	Pavilion	
3-3:30pm	Tea & Snacks.....	Dining Tent	
3:30-6pm	Freetime.....	Stonehouse Farm	
4-5:20pm	Intro to Ashtanga with Kirk (1.5 hrs)	Pavilion	
6-7pm	Dinner	Dining Tent	
7-7:30pm	Moon Day Philosophy with Evan (.5)	Pavilion	
7:30-9pm	Moon Day Practice with Evan (1.5).....	Pavilion	
9pm	Campfire.....	Beach Fire Pit	+9.5
8:00pm Sunset		Cumulative Hours:	45

Sat, Aug 12 – Day 7 [Open day for trainees to participate in the Ashtanga Immersion]

6:02am Sunrise

7:58pm Sunset

Cumulative Hours: +9.5
54

Sun, Aug 13 – Day 8 [Ashtanga Immersion ends Sunday afternoon]

6:03am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
8-11am	Morning Workshops (3 hrs).....	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-12:50pm.....	Practice as a Refuge Wisdom Talk (1 hr)	Dining Tent	
1:30-5:30pm.....	Training (3.5 hrs) Lessons 11-12	Pavilion	
3-3:30pm	Tea & Snacks.....	Dining Tent	
6-7pm	Dinner	Dining Tent	+9.5
7:57pm Sunset		Cumulative Hours:	64

Mon, Aug 14 – Day 9

6:04am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
7:30-8am	Meditation (.5 hr)	Pavilion	
8-10:30am.....	Practice (2.5 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-5:30pm.....	Training (5 hrs) Lessons 13-14	Pavilion	
3-3:30pm	Tea & Snacks.....	Dining Tent	
6-7pm	Dinner	Dining Tent	
7:30-8:30pm.....	Satsang (1 hr).....	Dining Tent (or Fire Pit)	+9
7:56pm Sunset		Cumulative Hours:	73

Tue, Aug 15 – Day 10

6:05am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
7:30-8am	Meditation (.5 hr)	Pavilion	
8-10:30am	Practice (2.5 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-5:30pm	Training (5 hrs) Lessons 15-16	Pavilion	
3-3:30pm	Tea & Snacks	Dining Tent	
6-7pm	Dinner	Dining Tent	
7pm	Satsang (1 hr)	Dining Tent	+9
7:54pm Sunset		Cumulative Hours:	82

Wed, Aug 16 – Day 11

6:06am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
7:30-8am	Meditation (.5 hr)	Pavilion	
8-10:30am	Practice (2.5 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-5:30pm	Training (5 hrs) Lessons 17-18	Pavilion	
3-3:30pm	Tea & Snacks	Dining Tent	
6-7pm	Dinner	Dining Tent	+9.5
7:53pm Sunset		Cumulative Hours:	90

Thu, Aug 17 – Day 12

6:07am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
8-10am	Video Taping (2 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-5:30pm	Review & Critique (5 hrs)	Pavilion	
3-3:30pm	Tea & Snacks	Dining Tent	
6-7pm	Dinner	Dining Tent	+7
7:51pm Sunset		Cumulative Hours:	97

Fri, Aug 18 – Day 13 [Silent Retreat begins Friday afternoon]

6:08am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
8-10am	Video Taping (2 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-5:30pm	Review & Critique (5 hrs)	Pavilion	
3-3:30pm	Tea & Snacks	Dining Tent	
6-7pm	Dinner	Dining Tent	+7
7:50pm Sunset		Cumulative Hours:	104

Sat, Aug 19 – Day 14 [Open day for trainees to participate in the Silent Retreat]

6:09am Sunrise

7:48pm Sunset

		Cumulative Hours:	+8 112
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Sun, Aug 20 – Day 15 [Silent Retreat ends Sunday morning]

6:10am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
7:30-8am	Meditation (.5 hr)	Pavilion	
8-10:30am	Practice (2.5 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-3:30pm	Training (5 hrs) Review	Pavilion	
3-3:30pm	Tea & Snacks	Dining Tent	

3:30-6pm	Freetime	Stonehouse Farm	
6-7pm	Dinner	Dining Tent	+6
7:47pm Sunset		Cumulative Hours:	118

Mon, Aug 21 – Day 16

6:11am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
7:30-8am	Meditation (.5 hr)	Pavilion	
8-10:30am.....	Practice (2.5 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-5:30pm.....	Training (5 hrs) Lessons 19	Pavilion	
3-3:30pm	Tea & Snacks.....	Dining Tent	
5-6pm	Freetime.....	Stonehouse Farm	
6-7pm	Dinner	Dining Tent	
7-8pm	New Moon Sweat & Ceremoney (Part 2).....	Dining Tent	+8
7:45pm Sunset		Cumulative Hours:	126

Tue, Aug 22 – Day 17

6:12am Sunrise

7-7:30am	Fruit & Yogurt	Dining Tent	
7:30-8am	Meditation (.5 hr)	Pavilion	
8-10:30am.....	Practice (2.5 hrs)	Pavilion	
11am-12pm	Brunch	Dining Tent	
12-5:30pm.....	Teaching Skills (5 hrs) Lessons 20	Pavilion	
3-3:30pm	Tea & Snacks.....	Dining Tent	
6-7pm	Dinner	Dining Tent	
7:30-8:30pm.....	Orientation – Part 2 (1 hr)	Sweat Hut Village	+10
7:44pm Sunset		Cumulative Hours:	136

Wed, Aug 23 – Day 18

6:13am Sunrise

7-8am	Fruit & Yogurt	Dining Tent	
8-9am	Practice Class (1 hr)	Pavilion	
9-11am	Closing Ceremony (2 hrs)	Pavilion	
11am-12pm	Closing Brunch (1 hr)	Dining Tent	
12-1pm	Check-out.....	Pavilion	
Optional Program...			
1-5pm	Seva.....	General Store	
6-7pm	Dinner for those staying for Seva	Dining Tent	+4
7:42pm Sunset		Cumulative Hours:	140

Cumulative Hours Total:	140
Practice & Training:.....	105
Video Review:.....	14
Workshops & Events:	18
Anatomy:.....	3
Balance of Hours:.....	60

Notes:

- Topics and times subject to change
- Trainees must be present for the entire training, including the closing ceremony on Wed, Aug 23rd
- Additional requirements to become certified are required – see certification checklist.

FALL: Anatomy for Yogi's

September 14 - November 17, 2017

Register online by **August 23**.

Thu, Sept 14	6:30-9:30pm	3	3	Class #1	MWB/A
Thu, Sept 21	6:30-9:30pm	3	6	Class #2	MWB/A
Thu, Sept 28	6:30-9:30pm	3	9	Class #3	MWB/A
Thu, Oct 5	6:30-9:30pm	3	12	Class #4	MWB/A
Thu, Oct 12	6:30-9:30pm	3	15	Class #5	MWB/A
Thu, Oct 19	6:30-9:30pm	3	18	Class #6	MWB/A
Thu, Oct 26	6:30-9:30pm	3	21	Class #7	MWB/A
Thu, Nov 2	6:30-9:30pm	3	24	Class #8	MWB/A
Thu, Nov 9	6:30-9:30pm	3	27	Class #9	MWB/A
Thu, Nov 16	6:30-9:30pm	3	30	Class #10	MWB/A
Fri, Nov 17	6:30-9:30pm	--	--	Make-up	MWB/A

Apprenticeships

Register by **August 31** for apprenticeship #1 and **November 15** for apprenticeship #2.

Apprenticeship #1 ... Sept/Oct/Nov due November 30, 2017

Apprenticeship #2 ... Dec/Jan/Feb due February 28, 2018

Write a short review of your experience and email homework@mokshayoga.com by the due date.

WINTER: Thesis & Additional Coursework

Master Teacher Workshop: Leeann Carey (required)

Dec 1-4, 2017 at Moksha Riverwest – check the website for more details.

Thesis *Book a space at Moksha by October 15, 2017.*

Contact carly@mokshayoga.com to schedule your workshop class in Dec, Jan, or February if you plan to use one of our studios for your event. Attend 2 other thesis workshops of your peers.

Additional Coursework Deadline...

March 1, 2018

Includes completion of 1 private, 1 charity class, 6 karma/community, book review "Fire of Love", homework, seva, and thesis. *Please plan on paying the \$100 extension fee to submit any work after March 1, 2018.*

Thesis Presentations

March 18, 2018, Sunday, 4-6pm, MWB/C *new time

Speak about your thesis for 5-10 minutes. Submit your write-up and report by September 1.

Closing Circle Ceremony

March 20, 2018, Tuesday, 6-7:30pm Final Practice & 7:30-9:30pm Closing Ceremony

Receive your certificate at this ceremony (if everything submitted by March 1, 2018); wear an article of white, bring a poem or favorite sutra; and a piece of fruit or seeds/nuts to share. Ceremony combined with other spring group.

Join us for these cool events at Stonehouse Farm Eco-Retreat next season...

Moksha Satsang 2017

June 2-4 (Fri-Sun)

Stay in a tent, yurt or cabin; attend classes and workshops; community and ceremony.

Silent Retreat 2017

August 18-20 (Fri-Sun)

Learn both Vedic and Buddhist approaches to meditation.

5th Annual Sukhava Bodhe Yoga & Music Festival 2017

Sept 1-4 (Fri-Mon) Labor Day Weekend

Hundreds of colorful and inspiring classes, workshops and events throughout the weekend.

Contacts

Carly Brink, Teacher Training Manager, carly@mokshayoga.com

Daren Friesen, Director & Instructor, daren@mokshayoga.com

312.942.9642 (office)

Facilities

MWB – Moksha West Bucktown, 2528 West Armitage, 60647 – 773.235.9642 (door entry *2500)

MWR – Moksha Riverwest, 700 North Carpenter, 60642 – 312.942.9642 (main office)

SHF – Stonehouse Farm, 3719 Suydam Road, Paw Paw, IL, 60518 – 815.246.6673 (1.5hrs from downtown)
