

ENROLLMENT

Once you have decided to deepen your study of ParaYoga, the next step is to enroll in the PYMT program. All students are strongly encouraged to enroll by submitting an Enrollment Application. Once your enrollment application has been received and your enrollment fee of \$150 has been paid, you will receive the ParaYoga Essentials USB drive or dropbox link. This includes six ParaYoga Blueprint Practices, two meditation practices and the systemic approach to mantra meditation. You will also receive tracks for learning the Gayatri, Maha Mritunjaya and ParaShakti (AparaYoga) Mantras.

Once you are enrolled, your coursework and personal practice requirements can be regularly submitted (as required under the guidelines for certification) and will be kept on file in the ParaYoga office. Please submit your application to katayoun@parayoga.com.

Are You Ready To Commit To Your Own Transformation?

"The journey of a thousand miles begins with a single step." – Lao Tzu

Why should I enroll in the ParaYoga Master Training Program?

When you enroll in the ParaYoga® Master Training program (PYMT), you are taking the first, single step toward creating a life of skillfulness, clarity and freedom. We invite you to become a part of this sacred lineage and to empower yourself with these life-changing teachings.

Who is the ParaYoga Master Training program for?

- Anyone who desires to ignite the full force of personal practice or teaching by tapping into an authentic and authoritative wisdom of Yoga, Tantra and Vedanta.
- New and seasoned yoga students who wish to embark on an in-depth yoga journey to attain increasing levels of self mastery in their practice and in their lives.
- Certified teachers who wish to deepen their understanding, refine their teaching skills and take their personal practice to a higher level to positively impact their students and the world.

What is the structure of the program?

The PYMT program consists of nine 5-day trainings modules (online offerings to be released in spring of 2015). These trainings provide a seamless and accessible sequencing of in-depth experience and skills acquisition. The time it requires to complete our program is up to you, but typically it takes 3 to 4 years. This format allows the teachings to seat themselves deeply into students' practice, teaching and life.

What will ParaYoga do to support me once I enroll?

- We will give access to members-only to video teachings from Yogarupa Rod Stryker

- We will invite you to a community of like-minded ParaYoga students and teachers within a private Facebook group. Here, you can share ideas, post questions, and stay connected.
- We will send you a recording (via drop-box or USB) of the ParaYoga Essentials practices, compendium of techniques, stick figure drawings and other supportive tools that will assist you as you grow and evolve into the teachings.

How do I enroll?

- Submit your New Student Enrollment Application and \$150 application fee.

218 E. Valley Rd, suite 104, PMB 346, Carbondale, CO 81623 Ph: (970) 704-0255 •Email:
rod@parayoga.com •www.parayoga.com