



**Arsha Vidya Gurukulam**  
*Institute of Vedanta, Sanskrit, and Yoga*

**Level I/II Yoga Retreat**  
*with*  
**Bobbie Fultz**  
**April 27-29, 2018**

Primary yoga asanas and the basic actions those asanas require will be the focus during this weekend program. Although the syllabus of poses is the beginning level, the depth of subtle approach and mental focus can be as advanced as the capacity of the students attending. Each session is tailored to that particular group of students. This is not intended as an immersion initiation for those with no yoga experience.

The Friday night and Saturday morning classes are most appropriate for students without previous yoga training, but not the entire 10 hour course. Saturday afternoon and Sunday morning classes require previous hatha yoga training in order to participate. Practitioners and teachers of other styles of yoga who are interested in the Iyengar method are invited. Young people should be at least 16 years old.

The weekend will include a full 10-hour schedule, but registration for individual classes is permitted. A limited number of appointment times on Friday morning and Sunday afternoon are available for individual sessions.

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## Teacher

Bobbie Fultz was the resident yoga teacher and Yoga Director at Arsha Vidya Gurukulam for 8 years. She is currently based in Santa Fe, New Mexico with her own studio Yoga Vidya Santa Fe. Bobbie is a CIYT (Certified Iyengar Yoga Teacher) at the Junior Intermediate II level and C-IAYT (Certified Yoga Therapist by the International Association of Yoga Therapists). She has studied 7 times in Pune with the Iyengar family and began teaching yoga in 1991. Bobbie leads workshops for students nationally and internationally with a specialization in structural and spinal issues. Bobbie brings a depth of knowledge in the use of props of the classical Iyengar method and a sharp eye in the classroom for the individual students.

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## Location

Arsha Vidya means "knowledge of the Rishis." Founded by Swami Dayananda Saraswati in 1986, Arsha Vidya Gurukulam is a unique facility in the West dedicated to the traditional teaching of Vedanta and Sanskrit. The ashram is located on 68 wooded acres in the Pocono Mountains. Facilities include a lecture hall connected to a traditional Hindu temple, a fully equipped yoga studio, residential housing for 120, and a dining hall. Vegetarian Indian meals are served. An extensive bookstore offers AVG publications and recordings, a massive selection of Indian publications, and a comprehensive collection of Western titles.

Saylorsburg is located in Eastern Pennsylvania between Stroudsburg and Easton, just off Route 33. The closest public bus service from NYC is Martz Trailways to Delaware Water Gap and Transbridge Bus Line to Easton. The nearest airport is located in Allentown.

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## Class schedule and fees

Friday class 5-7 pm \$ 35

Saturday classes 9:30-12:30 & 4-6 pm \$ 85

Sunday class 9:30-12:30 \$ 50

Full weekend \$160

An administrative fee of \$30 will be charged for cancellations. No refunds after April 20th.

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## Housing per night

Standard: \$50 double occupancy,

\$80 single occupancy

Deluxe: \$60 double, \$100 single

Suite: \$60 triple, \$80 double.

For further information and registration, contact Bobbie at 505-629-6805 (mountain time zone) or [bobbie.fultz@gmail.com](mailto:bobbie.fultz@gmail.com).

Meals are prasadam; therefore there is no charge. Commuting students are welcome to take meals with the other students.

Please notify us ahead of time if you have food allergies or dairy intolerance to allow the kitchen time to accommodate your needs.

To register, mail form and check payable to AVG or charge to:  
Bobbie, Yoga Registration, PO Box 1059, Saylorsburg, PA 18353.

Telephone registrations directly with Bobbie can be accepted with a credit card. Please do not include credit card information in emails.

**Registration Form**  
**Level I/II Yoga Retreat**  
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**April 27-29, 2018**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

Full weekend \_\_\_\_\_

Housing (night/s + amt) \_\_\_\_\_

Roommate? \_\_\_\_\_

My course fees of \_\_\_\_\_ are enclosed.

-or-

VISA, MC, AMEX, or DISCOVER

(circle one)

Credit card#: \_\_\_\_\_

Exp date: \_\_\_\_\_

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