



## MEDITATION FACILITATOR TRAINING PROGRAM 2009 2010 SCHEDULE

### 2009 FALL SESSIONS SPIRITUAL UNFOLDMENT INTENSIVE

DATE	TIME	PROGRAM	CLASS
Sept 9	7:30 – 9:00	SUI & MFTP	Wednesday Eve Classes Begin
Sept 27	9:00 – 5:00	SUI & MFTP	Full Day Retreat
Oct 25	9:00 – 6:00	SUI & MFTP	Silent Day Retreat
Nov 8	9:00 – 5:00	SUI & MFTP	Full Day Retreat
Dec 6	9:00 – 5:00	SUI & MFTP	Full Day Retreat
Dec 9	7:30 – 9:00	SUI & MFTP	Wednesday Eve Classes End (14 Weeks)

**50 Hours SUI & MFTP**

**+ 13.5 Hours Hatha Yoga Classes (TBA)**

### 2010 WINTER AND SPRING SESSIONS YTT AND MFTP

DATE	TIME	PROGRAM	CLASS
Jan 6	7:30 – 9:00	MFTP	Wednesday Eve Classes Begin
Jan 10	12:00 – 4:00	YTT & MFTP	History of Yoga / Hindu Mythology
Jan 24	12:00 – 4:00	YTT & MFTP	Sanskrit Language and Mantras
Feb 7	12:00 – 4:00	YTT & MFTP	The Yoga Sutras of Patanjali and Meditation I
Feb 21	9:00 – 5:00	MFTP	Full Day Retreat
Feb 28	12:00 – 4:00	YTT & MFTP	The Yoga Sutras of Patanjali and Meditation II
Mar 7	9:00 – 6:00	MFTP	Silent Day Retreat
Mar 14	12:00 – 4:00	YTT & MFTP	The Bhagavad Gita and Meditation I
Mar 21	9:00 – 5:00	MFTP	Full Day Retreat
Mar 28	12:00 – 4:00	YTT & MFTP	The Bhagavad Gita and Meditation II
Apr 11	12:00 – 4:00	YTT & MFTP	Chakra Study, Symbolism and Meditation I
Apr 18	9:00 – 5:00	MFTP	Full Day Retreat
Apr 25	12:00 – 4:00	YTT & MFTP	Chakra Study, Symbolism and Meditation II
Apr 28	7:30 – 9:00	MFTP	Wednesday Eve Classes End (16 Weeks)
May 2	9:00 – 6:00	MFTP	Silent Day Retreat
May 9	12:00 – 4:00	YTT & MFTP	Spiritual Leadership I
May 30	12:00 – 4:00	YTT & MFTP	Spiritual Leadership II
Jun 13	12:00 – 4:00	YTT Only	Spiritual Leadership III

**63 Hours MFTP**

**40 Hours YTT & MFTP**

**+ 13.5 Hours Hatha Yoga Classes (TBA)**

**180 Hours Total**