

**Amrit Method of Yoga Nidra  
Personal & Professional Training**  
with Kamini Desai and Yogi Amrit Desai

Dates: Friday, November 6, 7:00pm. to Sunday, November 15, **2009** 10:30am  
Location: Holy Cross Abbey, Canon City, Colorado (45 miles SW of Colorado Springs)  
http:www.canoncitychamber.com/

Tuition: \$2200\* covers the ten day training and includes vegetarian meals, manual, practice CD, Amrit Method Yoga Nidra Script Cards and access to our secure web site.

**Optional Lodging on Campus Available:**

Lodging— Double \$20 each person, each night or Single \$30 each night

A deposit of \$500 (\$250 non- refundable) submitted with your application will hold your place in this workshop until October 1, 2009 when the full amount becomes due. Please make checks payable to Amrit Yoga Institute, and send with registration to

Att: Charlotte, Amrit Yoga Institute, P.O. Box 5340 Salt Springs, Florida 32134

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**REGISTRATION**

Please register me for the 10 day Professional Training at Holy Cross Abbey. Attached is my deposit for \$500 (check or money order—call for credit card payments). I have checked any option I am reserving.

Tuition \$2200\* \_\_\_\_\_

Optional housing on campus

Double \_\_\_\_\_ \$20 per night x 9=\$180

Single \_\_\_\_\_ \$30 per night x 9=\$270

Total \_\_\_\_\_

I have attached my application. If my application is not accepted, I will receive a full refund.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_ Email(optional) \_\_\_\_\_

For further information contact: email: [info@amrityoga.org](mailto:info@amrityoga.org) or call 352-685-3001

Website: [www.amrityoga.org](http://www.amrityoga.org)