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# Sacred Lasya

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Welcome Packet





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# 1

## Welcome

Thank you for your consideration of Sacred Lasya as a journey to evolve your practical teaching skills and your ability to more fully live yoga out in the world! We welcome your gifts and talents as part of this dynamic voyage.

In the following pages you will find pertinent information about our training.

Please read this packet fully and jot down any questions you have.

Ensure that any and all communication are sent to [da@dannyarguetty.com](mailto:da@dannyarguetty.com).

Facebook emails will not receive a reply.

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## For the Traveler

Every time you leave home,  
Another road takes you  
Into a world you were never in.

New strangers on other paths await.  
New places that have never seen you  
Will startle a little at your entry.  
Old places that know you well  
Will pretend nothing  
Changed since your last visit.

When you travel, you find yourself  
Alone in a different way,  
More attentive now  
To the self you bring along,  
Your more subtle eye watching  
You abroad; and how what meets you

Touches that part of the heart  
That lies low at home:

How you unexpectedly attune  
To the timbre in some voice,  
Opening in conversation  
You want to take in  
To where your longing  
Has pressed hard enough  
Inward, on some unsaid dark,  
To create a crystal of insight  
You could not have known  
You needed  
To illuminate  
Your way.

When you travel,  
A new silence  
Goes with you,  
And if you listen,  
You will hear  
What your heart would  
Love to say.

A journey can become a sacred thing:  
Make sure, before you go,



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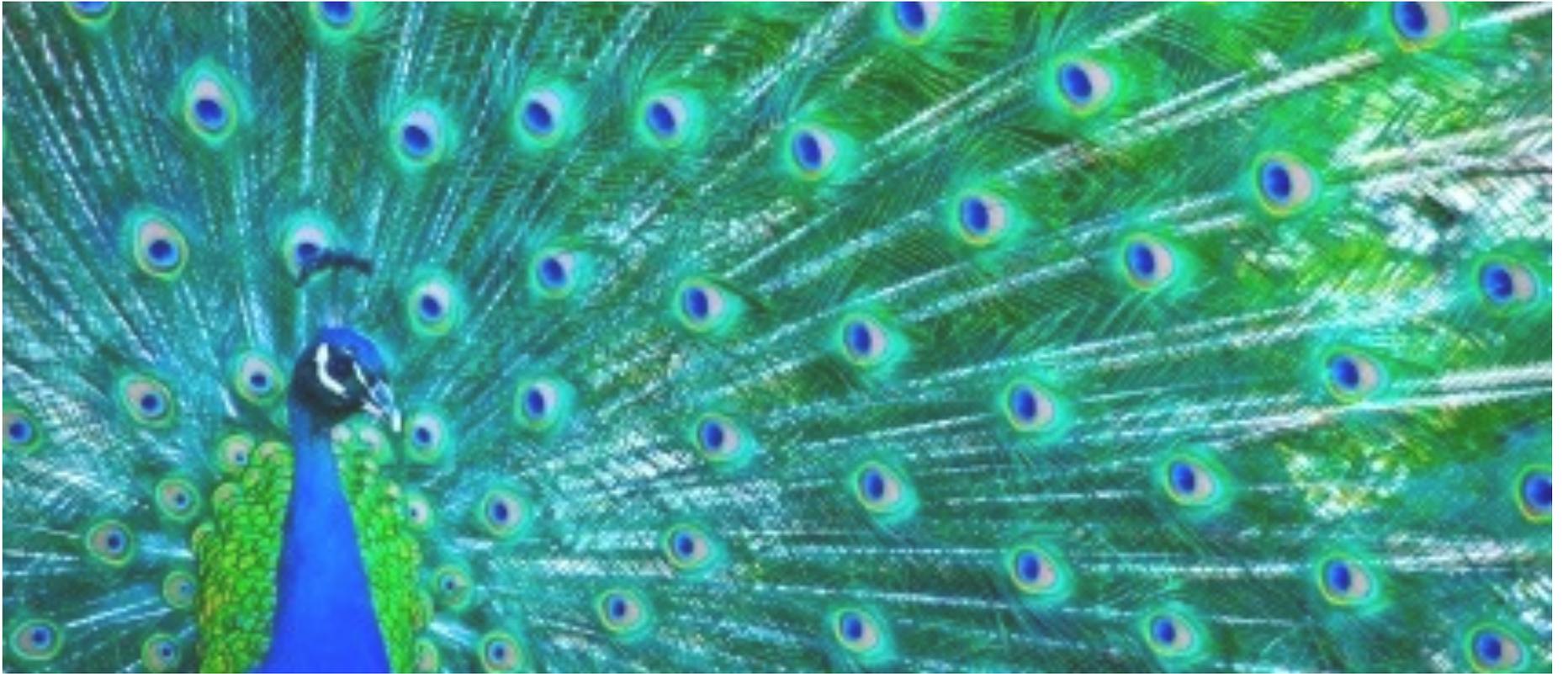
### For the Traveler

To take the time  
To bless your going forth,  
To free your heart of ballast  
So that the compass of your soul  
Might direct you toward  
The territories of spirit  
Where you will discover  
More of your hidden life,  
And the urgencies  
That deserve to claim you.

May you travel in an awakened way,  
Gathered wisely into your inner ground;  
That you may not waste the invitations  
Which wait along the way to transform you.

May you travel safely, arrive refreshed,  
And live your time away to its fullest;  
Return home more enriched, and free  
To balance the gift of days which call you.

--John O'Donohue



# 2

## Program Structure

Sacred Lasya adds an additional **300** hours of training to your basic **200**-hour certification and is broken down into three training components:

**Pre-Assignments:** 35 hours of home study that include readings, videos, self-reflection, a 15-day committed practice, and exploration of Sanskrit. Hours need to be completed before you arrive in India. *You will receive a separate detailed file after your deposit has been made.*

**India Intensive:** 200 hours of intensive study in India over three weeks.

### Week 1: Grounding Essence

- History of Yoga & Sacred Altars
- Main Teachings of Classical Tantra
- Shakta Tantra Evolution
- Basic Tantric Streams of Study
- Mantra Theory
- Local Town Excursion
- Class Design & Vinyasa Sequencing
- Siva Nataraja Myth & Iconography
  
- The Rasas
- Advanced Language and Themes
- Backwater Boat Tour
- Posture Clinics

### Week 2: Fluid Flow

- Vayus
- Teachings of the Goddess/Shakti/Devi

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## Program Structure

- Ganesha Myth & Iconography
- Temple Visit
- Intelligent Energetic Alignment
- Assisting Review & Fluid Assists
- Creative Intelligent Sequencing
- City Day Trip
- Posture Clinics
- Practice Teaching

### Week 3: Expansive Offering

- Mantra and Mudra Practice
- Kerala Nature Day Excursion
- Posture Clinics
- Practice Teaching
- Integration
- Taking it Home
- Celebration!!!

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## Program Structure

**Electives:** An additional 65 hours of study to be taken either before or after your time in India. The following are suggested teachers to study with. However, Yoga Alliance requirements are pretty spacious. If you have other teachers you wish to study with, self-study, specific online education or taking classes with 500hour certified teachers, simply come up with a plan and let Danny know. \*\*Hours need to be completed by March 1st 2018.

Coby Kozlowski, Any Program  
<http://cobyk.com>

Katie Brauer, Any Program  
<http://katiebrauer.com>

Leslie Kaminoff, Anatomy  
<http://www.yogaanatomy.org/>

Lorin Roche, Any Program  
<http://www.lorinroche.com/events/upcoming.html>

Camille Maurine, Any Program  
<http://www.camillemaurine.com/events.html>

Douglas Brooks, Any Program  
<http://www.rajanaka.com/schedule.html>

Toni Bergins, Journey Dance  
<http://journeydance.com/events>

Todd Norian & Ann Greene, Any Program  
<http://ashayayoga.com>

Daniel Tucker/Jai Uttal/Dave Sringer, Kirtan Workshop  
[http://kripalu.org/presenter/V0006810/daniel\\_tucker](http://kripalu.org/presenter/V0006810/daniel_tucker)  
<http://jaiuttal.com/events/>  
[http://davestringer.com/?page\\_id=52](http://davestringer.com/?page_id=52)

Doug Keller, Yoga Therapy  
<http://www.doyoga.com/>

Sudha Carolyn Lundeen, Any Program  
<http://www.kripalu.org/presenter/V0000164/>

Ashton Szabo  
<http://yogawithashton.com>

Lora Heiner, Any Program  
<http://www.loraheiner.com>



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# 3

## Faculty

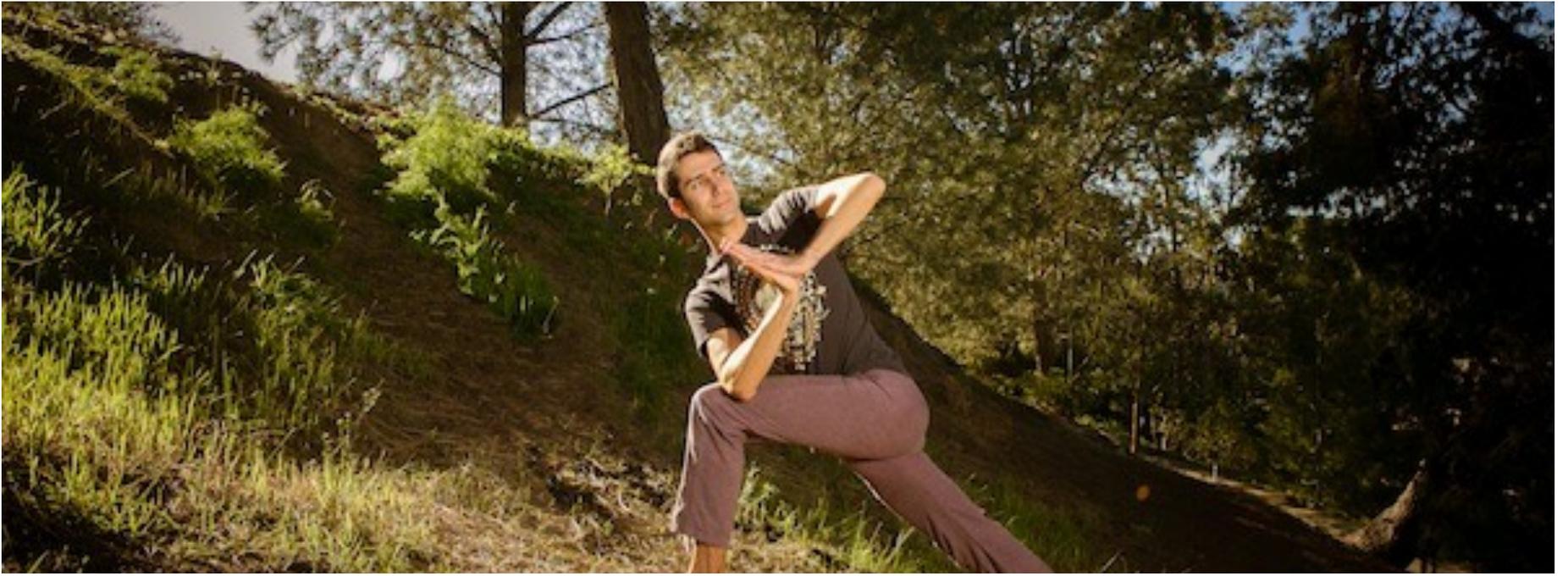
Sacred Lasya was co-founded by Coby Kozlowski ([www.cobyk.com](http://www.cobyk.com)) & Danny Arguetty with the support and input of Katie Brauer ([www.katiebrauer.com](http://www.katiebrauer.com)) in 2012.

Our desire was to create a stellar advanced training which not only supports teachers in honing their teaching skills, but allows them to see the teachings come to life in the richness of the Indian culture.

In 2014 Lora Heiner joined Sacred Lasya and has put forth her immense skills and talents in anatomy, yoga philosophy, and creative vinyasa flow.

Danny Arguetty, M.A., E-RYT, is a yoga teacher trainer, nutrition and health counselor, wellness educator, and lover of the environment. He is the author of *Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga* and *The 6 Qualities of Consciousness: Practical Insights from the Tantric Tradition of Yoga*.

Danny is passionate about supporting people to flourish in our modern-day world through wellbeing education. He guides workshops throughout the



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**Danny Arguetty**  
first TWO weeks of training  
[www.dannyarguetty.com](http://www.dannyarguetty.com)

United States, leads yoga teacher trainings at Yoga Six, is a faculty member at Kripalu Center for Yoga & Health, and was adjunct faculty at Williams College.

Arguetty continues to dedicate his time to further study with his primary teacher Dr. Douglas Brooks, one of the leading scholars on Tantra in the West.



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**Lora Heiner**

all **THREE** weeks of training

[www.inhaleyogaandfitness.com](http://www.inhaleyogaandfitness.com)

Lora Heiner is an E-RYT-500/E-RYT-200 yoga instructor and owner of Inhale Yoga & Fitness in Del Mar, CA. Lora is a former corporate scientist who led teams in drug discovery research in San Diego for over 15 years.

After her introduction to yoga in 2009, Lora realized her true calling was to share yoga within her community. She has studied with respected teachers Danny Arguettey, Katie Brauer, Lorin Roche, Christopher Tompkins, John Friend, Shiva Rea, Duncan Wong and Josh Vincent.

Lora has co-led both 200 & 500 hr teacher trainings both in the US and in India. Her unique background as a molecular biologist, personal trainer and yoga teacher allows her to weave anatomy, physiology and yoga philosophy skillfully into her classes.

During her free time, Lora loves to be active; she is a black belt in Tae-Kwon Do, is an avid fly-fisherwoman and a passionate downhill skier.



# 4 Tuition

**Total Tuition is \$3,800**

**Payment Plan 1:**

Initial deposit to reserve spot: **\$1,000** non-refundable

March 1, 2016: **\$2,800**

**Payment Plan 2:**

Initial deposit to reserve spot **\$1,000** non-refundable

March 1, 2016: **\$700**

July 1, 2016: **\$700**

September 1, 2016: **\$700**

December 1, 2016: **\$700**

**\*Purchasing your flight ticket can count as your deposit. If you choose this at least \$1,000 still needs to be paid before you land in India.**

**Payment Plan 3:**

If you need a more flexible payment plan, please contact Danny directly.

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## Tuition

### Payment Options:

#### **Old Fashion Check**

Make checks out to Danny Arguetty

Mail to: New Resource Bank

P.O. Box 192630

San Francisco, CA 94119

#### **Credit Card:**

Credit card option is available for a 2.75% added fee to cover processing

For example, for \$1000 you would be charged \$27.50.

<https://squareup.com/market/nourish-your-light/sl-india-deposit>

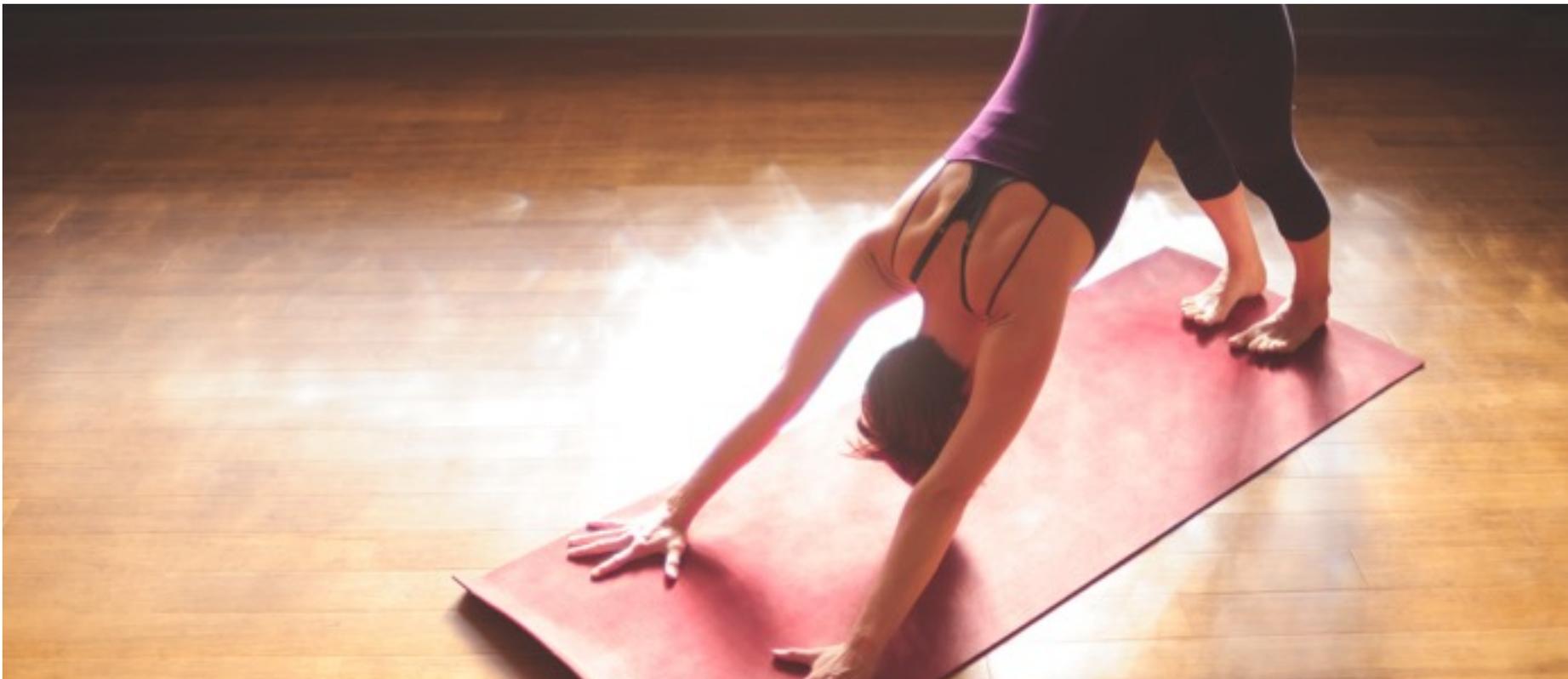
### Cancellation Policy:

If you cancel for any reason your initial deposit of **\$1,000** is non-refundable.

**However**, if you find a replacement for your spot no later than February 15 2016, your deposit will be refunded minus a processing fee, once we have received the full deposit from your replacement.

Furthermore, if you withdraw from the program while in India at any point during the training you will still be responsible for full room & board expenses and either partial (*anytime on or before March 9th, 2016*) or full tuition (*anytime after March 9th, 2016*). In addition, if for specific reasons it is deemed that you are unfit (*i.e. violating responsibility agreement, sexual harassment, psychological imbalance*) to participate in the training program and are asked to leave early, you will still be responsible for full room & board expenses and either partial (*anytime on or before March 9th, 2016*) or full tuition (*anytime after March 9th, 2016*).

\*note that many trip insurances (including the one we recommend below) have a trip cancellation policy which would most likely but not guaranteed provide reimbursement for your deposit form the insurance company, if your cancellation falls under their guidelines and criteria. Please check with insurance company for full details.



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## Logistics

Sacred Lasya takes place @ Somatheeram Ayurvedic Resort in Kerala, South India. <http://www.somatheeram.org/>

March 2 - March 23, 2016

### **Sample Daily Schedule**

6 Days of Training Each Week

6:30am – 8am: Morning Practice

9:30am – 12:30pm: Morning Session

12:30pm – 2:30pm: Lunch

2:30pm – 3:30pm: Integration & Study

3:30pm – 7pm: Afternoon Session including Practice

7pm – 8pm: Dinner

8pm – 9pm: Integration & Study

1 Day of Integration:

Optional excursions and day trips

Study and assignments



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## Accommodations

**Shared Cottage** inside Somatheeram grounds  
*included in tuition, non-A/C*

**Private Cottage** inside Somatheeram grounds  
*additional cost, non-A/C*

**Shared Room** @ Samana Hotel 3 minute walk to Somatheeram grounds  
*included in tuition, A/C*

**Private Room** @ Samana Hotel 3 minute walk to Somatheeram grounds  
*additional cost, A/C*

Click Below Photos of Samana Hotel

<http://www.somatheeram.org/en/somatheeram/rooms/samana-ayurveda-hotel>



## Packing List

### **Required**

Yoga Mat  
2 Blocks  
1 Yoga Strap  
Journal  
Pens  
Alarm Clock/Watch or SmartPhone  
Clothes for Movement  
Water Bottle  
Picture of self as child  
Altar items  
1 Pack non-toxic crayons or colored pencils  
Art scissors  
Recycled construction paper

### **Highly Suggested**

Loose light weight pants and long sleeve shirts (can also be made in India)  
Toiletries  
Bathing Suite  
Ear Plugs  
Sunglasses  
Camera  
Non-Toxic Sunscreen  
Insect Repellent  
Anti-Itch Cream  
Day pack, small bag for day trips

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## Packing List

### Optional

Pillow

Eye Cover Mask *can bring from plane*

Rain Gear

Bandanas

Aloe Gel

Lip Balm

Witch Hazel

Power Converter *every room has converter outlets*

### Helpful Links

Non-toxic sunscreen

<http://www.ewg.org/2014/sunscreen/>

Non-toxic insect repellent

<http://www.thedailygreen.com/environmental-news/latest/natural-insect-repellents-460608#fbIndex1>

Anti-itch

<http://www.healthsuperstore.com/p-anti-itch-cream.htm>

<http://www.ecrater.com/p/2944083/itch-dr-natural-soothing-cream-for>

<http://www.bonanza.com/listings/GRANDMA-S-RASH-REMEDY-Anti-Itch-Treats-Exzema-Soothe-Dry-Skin-Natural/72364471>

Non-toxic crayons

<http://www.amazon.com/Clementine-Art-Natural-Crayons-Color/dp/B002ZPRUJC>

Recycled/reclaimed colored pencils

<http://poketo.com/shop/stationery/Reclaimed-Branch-Colored-Pencils>

Recycled construction paper

<http://www.officedepot.com/a/products/105470/Riverside-Groundwood-100-percent-Recycled-Construction-Paper/>



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## India Logistics

### Visa

From the 2nd of February you can apply for a Visa on Arrival. The fee is \$60 plus a credit card charge. Visit this website and thoroughly read all of the requirements for your visa so you are prepared to apply.

<https://indianvisaonline.gov.in/visa/tvoa.html>

Note that if you are going to travel pre/post training and your stay in India is over 30 days you will need to apply for a regular tourist visa (*which has higher fees*). <https://indianvisaonline.gov.in>

If asked on either application please indicate that you are traveling for Holiday/Vacation. Do not mention anything in regards to yoga training, as this will only add confusion.

If asked for contact info write down:  
Somatheeram Ayurvedic Health Resort  
Chowara P.O., South of Kovalam  
Trivandrum - 695 501,  
Kerala, India  
Phone: +91 471 22 665 01

### Insurance

Please purchase trip/medical insurance, which will cover you for unexpected cancellation, emergency medical treatment, and emergency evacuation.

<http://www.worldnomads.com/>

It is important to sign up for 4 weeks of coverage, as 3 weeks of coverage will expire a few days prior to your departure from India.

### **Immunizations**

For travel to India you want to be up to date with basic immunizations.

Follow this link to view the most common shots taken when traveling to India. <http://wwwnc.cdc.gov/travel/destinations/india.htm>

### **Malaria Medication**

Malaria is only a concern if there is an outbreak (usually during monsoon, when it is wet). We are going to be there in the dry period before monsoon season.

Many people experience extremely negative side effects from malaria medication.

If you contract the disease there are available treatments. In addition to avoid bites it is best to use insect repellent, long sleeves, and nets (*provided at the retreat center*) when you sleep.

If medication will offer you mental ease and/or if you have low immunity speak to your doctor.

Read more at <http://globetrooper.com/notes/do-i-need-anti-malaria-tablets/>

### **Dengue Fever**

Dengue is another mosquito related disease that is only a problem when there is a local outbreak.

Still it is important to get familiar with the symptoms, as you will be responsible for monitoring your health while in India.

Read more at <http://wwwnc.cdc.gov/travel/notices>

Prior to our travels and while in India we will be checking the above website and keep you up to date of any reported outbreaks.

### **Staying in Touch with Family While Away**

There is a WIFI internet connection that is available at the front desk area at Somatheeram. When you are on the internet you can make free calls to US numbers through Google voice or have Skype/FaceTime conversations.

If you are not bringing a computer, iPhone or iPad please look into calling cards if you wish to make phone calls outside of India.

**Money Conversion**

It is best to wait until you arrive at the retreat center to change over any money. Airport rates tend to be more expensive.

It is safe and easy to bring cash and convert it there.

There is an ATM down the road from the retreat center but your bank will most likely charge you a fee.

If you are traveling on your own before or after the training ends DO NOT carry a large amount of cash. Use traveler's checks instead.



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## Flights, Arrival, & Departure

You need to arrive at Thiruvananthapuram (TRV) latest on Wed March 2. This means you must book your ticket to depart on Monday Feb 29 if traveling from N. America.

### **1st Option**

Flights from North America that stop in the Middle East (*Qatar, United Arab Emirates*) and then fly directly into Trivandrum.

### **2nd Option** *usually more expensive and longer transit times*

Flights from North America that stop in Europe and then continue on to a major city in India like Delhi, Mumbai, or Chennai. From the major city you will need to take another flight to Trivandrum.

Expect about 48 hours of travel to get to India (*including time change*). To arrive on time you will need to leave N. America two days before. Most flights arrive at 3-4am.

### **Average Pricing:**

From East Coast & Midwest U.S. from **\$950-1100**

From West Coast U.S. from **\$1150-1200**

Our opening session will be on a Wed at 5:30pm so you will have ample time to settle and adjust from the early morning arrival.

Our final session will take place in the morning on a Wed, which means you will have the majority of the day to pack and prepare for departure on Thursday, which is the earliest departure date.

Most flights depart early in the morning around 3:30-5am.

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## Flights, Arrival & Departure

### Airline Links:

<http://www.qatarairways.com>

<http://www.etihadairways.com>

<http://www.emirates.com>

<http://home.airindia.in>

<http://www.jetairways.com>

Once you have finalized and booked your flights please email your itinerary to [da@dannyarguetty.com](mailto:da@dannyarguetty.com)

You will be met at the airport and driven to Somatheram.

If you wish to arrive to India a few days earlier or stay a few days after the training, Somatheeram will extend our group discount to you based on double room occupancy. This means it is vital you get on the Facebook group and find someone else, unless you are willing to pay the single occupancy price until your roommate arrives/departs. *All additional days must be paid for on your own once you arrive and are not part of any payments you make to Sacred Lasya.*

Please indicate early arrival/late departure and roommate arrangements with your itinerary email. We will set up the extra days for you. Do not contact Somatheeram directly in order to keep communications easeful.



## Cultural Etiquette

Please keep in mind that many of these ideals are going to be much more loose at Somatheeram. However, when we go on excursions or if you are traveling in India on your own these are important.

### **Clothing & Footwear**

Women are usually dressed in salwars.

Men usually wear loose fitting pants like khakis and short sleeve button up shirts.

Shorts and tank tops are not common.

Although it is fine to have sneakers, sandals tend to be much easier to take on and off. Exposed shoulders and tight fitting clothing are not common unless you are watching a bollywood film :)

### **Using Your Right Hand**

The left hand is used for toilet functions and although it is always washed it is not used. In most places it is ideal to eat only with your right hand.

Any exchange of any physical object should be done with the right hand. This means both giving and receiving. Hands at heart greetings are preferred to hand shakes.

### **PDA**

Touching and other displays of affection in public with the opposite sex are considered inappropriate.

### **In the Temples**

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## Cultural Etiquette

Women dress in Salwars or Saris and put their hair up.

Men wear a dhoti/lungi which are a long wrapped cloth.

You might see men on the ground laying face down with arms extended above head in a full body prostration in front of a deity or fire. Women bow on their knees.

If offered prasad (*blessed food*) take whatever is given to you (*flower, fruit*) as it is not appropriate to leave these gifts.

Do not touch the priests. In some temple rituals priests may put kum-kum or vibhuti (*ash*) on your forehead, but most often they will give it to you to apply to yourself.

Receive it with your right hand. Place it in your left hand and use your right fingers to apply it to your forehead.

If offered ritual water take the water in the palm of your right hand and pass it in front of your mouth, over the face and behind your head where you can release it. This allows you to honor the ritual without drinking the water.

If seated do not extend your feet towards, altar, fire pit, temple deity, or priest.

Women traditionally do not go to temple if they are on their period. We will not be adhering to this tradition. Food



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## Food & Water

### Food

The majority of our meals will be eaten at the retreat center and are mostly vegetarian Indian dishes. There are eggs for breakfast, fish sometimes for dinner, and chicken soup at some meals.

India is really not a place for chicken or meat, it is best to stick to the vegetarian options, eggs, and seafood.

If you are wheat sensitive or gluten intolerant there are certain dishes that are made with rice flour. If you ask a dining hall staff about a dish, ask if it has “wheat flour” and consult more than one individual. There is a labeling system for GF dishes, however it is best to ask just in case.

If you are vegan or dairy sensitive you will have to consult the kitchen staff as well. There are many dishes made with vegetable oil and coconut milk, however there are also dishes that have ghee and some other form of dairy.

The dining hall at Somatheeram has freshly made fruit juices, papaya, pineapple, watermelon, oranges, apples, and bananas.

Although the general recommendation when traveling within India is to avoid all raw or uncooked food out on the streets, it is safe to eat raw veggies at the retreat center.

Masala tea or masala chai is how to order chai tea in Kerala.

Ready Made tea is code for black tea with milk and sugar.

South Indian coffee is code for locally grown coffee.

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## Food & Water

Three weeks of tasty Indian food is wonderful, and if you know you require other flavors pack healthy sealed snacks (*that will not attract bugs*) to bring with you.

Particularly in the first week of being in India be mindful of overconsumption of white rice, dairy, and fried foods which all can cause constipation.

Part of the fun of going to India is HEAT. Avoid overheating by consuming: *Coconut, dates, grapes, mango, oranges, pineapple, pomegranate, watermelon, cauliflower, cucumber, coriander, cumin, mint, dill, fennel, and turmeric.*

### Water

At Somatheeram all of the water that is used to shower, cook, and take care of the beautiful greenery is trucked in. Sacred Lasya is conscious of our environmental impact so we have devised a few strategies to create more ease:

When you take showers keep them short.

As an option if you feel inclined place the bucket you have been given to collect excess water. Immediately post shower empty the bucket outside to water the plants. *Do not keep water in the bucket in your room as this will attract mosquitoes.*

Somatheeram changes towels and sheets every single day. As a group we request that towels and sheets are refreshed twice a week. If you want clean sheets more often please speak to the front desk.

Somatheeram guests utilize their pool towel one time. To save on resources we ask that you take your pool towel, dry it outside your room, and use it again. Ideally take a fresh towel once or twice a week.

Somatheeram provides two water bottles daily per cottage. In order to reduce our environmental impact we have created an arrangement where you will only receive a total of 4 bottles for each cottage (*2 bottles per person*).

Please refill these bottles in the dining hall (*the water there is filtered*) for use in brushing your teeth. Utilize your glass or metal water bottle as your primary drinking container.

If for some reason you need more bottled water get them from the front desk or call reception from your room. *Do not ask for bottled water at the dining hall as they will charge.*

At the end of the training please crush up your 2 water bottles and pack them with you so you can recycle them back home. If you run out of room in your luggage give the bottles to someone else to take with them.

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## Food & Water

It is recommended to brush your teeth with the filtered water you collect from the dining hall. *Some people do not adhere to this and utilize the local water without getting sick. Brush at your own risk 😊.*



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### Additional Eco Considerations

If you order a special drink like lemon water, coconut or orange juice these are served with a straw.

Although it is nice to drink straight out of a coconut have it poured into a glass once the nostalgia has worn off.

With all other drinks remind the staff NO straw.

Laundry is offered at the retreat center but is on the expensive side. Feel free to experiment with washing your own clothes (*at least once*).

A laundry custom at Somatheeram is to use paper to fold clothes into. We ask that when you send clothes to the wash clearly write on the order paper in the comments/special instructions section NO PAPER.

Sacred Lasya will offset some of the carbon footprint of our training by donating \$ to organizations working hard to restore the health and vitality of our planet. We also give \$ to organizations working to build clean water wells in India.

<http://carbonfund.org/>

<http://www.charitywater.org/>



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## Money & Shopping

Credit cards are taken in some places but beware of extra international fees. The area we will be in has many European visitors who overpay even by foreign standards. The prices are inflated but its end of season so deals are possible

Be careful of beach merchants overpricing scarves & bed covers. A bed cover blanket should be at most 500 Rupees (\$10), they will try to sell for 2500 (\$50). Do not pay more than 150 (\$3) for scarves.

It is considered usual business practice to haggle. Make sure you feel good about the price you are paying. Obviously we as westerners will pay more but avoid being taken for a ride. Although it is easiest to shop near the retreat center we will be going to a big bazaar in town where you can save money.

### **General Pricing Guidelines**

Small Ganesha Statue: 100-150, (\$2-3)

Salwar: 600-800, (\$12-16)

Sari: 1200-1800, (\$30-36)

Men's pants and shirt from scratch: 300-500, (\$6-10)

Authorickshaw Soma to Trivandrum: 400-500, (\$8-10)



## Supplement Suggestions

When traveling abroad it is important to take precautions to protect your digestive and immune systems. Nature has always provided us with the most potent medicines. Over the counter medications, gels, and creams tend to have untested chemicals, many of which disrupt vital body systems and interfere with the body's natural ability to defend itself.

Especially if you are new to some of these supplements read up and remember to always listen to your body. *Discontinue to the use of any supplement if it is clear that your body is not responding well.*

### **Support Your Transition**

Landing in a different time zone can be challenging. Help the body out with adaptogenic herbs and natural sleep aids. Some of these can be found for less \$ on amazon and at <http://pureformulas.com/>

Ashwaganda <http://organicindiausa.com/ashwagandha/>

Natural Mood Stabilizer <http://organicindiausa.com/joy/>

Stress [http://www.gaiaherbs.com/products/by\\_condition/5/Stress](http://www.gaiaherbs.com/products/by_condition/5/Stress)

Sleep [http://www.gaiaherbs.com/products/by\\_condition/23/Sleep](http://www.gaiaherbs.com/products/by_condition/23/Sleep)

Sleep <http://www.calmsforte.com/home/>

B-Complex

<http://www.newchapter.com/targeted-vitamins-nutrients/coenzyme-b-food-complex>

**Worried about external bacteria?** Instead of conventional hand sanitizers (*that have been shown to disrupt hormone production, disrupt the immune system, and irritate the skin*) use:

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## Supplement Suggestions

A combination of witch hazel, lime, and tea tree oil

[www.justnaturalproducts.com](http://www.justnaturalproducts.com)

A mix of thyme, oregano, orange, and litsea (*killed 99.9% of germs in lab tests*),  
[www.cleanwellnesstoday.com](http://www.cleanwellnesstoday.com) (*they even have wipes*)

<http://www.naturesparadiseorganics.com/organichandsanitizer.html>

<http://www.burtsbees.com/natural-products/body-hands-feet-hand-soaps/>

**Concerned about unfriendly internal bacteria and intestinal worms?** Boost the body's ability to naturally kill off intestinal worms, & parasites with: (*easily found online, at wholefoods or coops*). Particularly if you are traveling pre/post training it is recommended to initiate a parasite cleanse of some sort when you return home.

Oregano, rosemary, or parsley oil capsules.

Grapefruit seed extract drops or capsules.

<http://www.pureformulas.com/internal-parasite-formula-150-vc-by-healthforce-nutritionals.html>

Wormwood & black walnut: *do not use for longer than two weeks (if taken daily)*

<http://www.avenabotanicals.com/default.aspx>

If constipation says hi respond with:

<http://www.pureformulas.com/intestinal-movement-formula-120-vc-by-healthforce-nutritionals.html>

If loose bowels visit your way try:

Clay, charcoal, and apple pectin

<http://www.renewlife.com/products/diarrhea-stop.aspx>

Drink coconut water to restore your electrolyte balance (*we will have fresh coconut water in India every day*)

Make a tea with ginger, fenugreek, turmeric, & fennel. Sip all day.

Use ginger root extract

<http://www.avenabotanicals.com/ginger-root-liquid-extract-sm-gin.aspx>

### **Boost your immunity on a daily basis:**

It is vital to keep your immunity up & running to ensure your body's natural ability to defend itself, explore:

Garlic: one of nature's most potent antibiotic substances

<http://www.pureformulas.com/>

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## Supplement Suggestions

Elderberry & Echinacea:

<http://www.avenabotanicals.com/single-herb-extracts.aspx>

Turmeric: if you have muscle/joint aches turmeric works just like Advil or Ibuprofen <http://www.pureformulas.com/>

Immune Support

[http://www.gaiaherbs.com/products/by\\_condition/8/Immune-System](http://www.gaiaherbs.com/products/by_condition/8/Immune-System)

Keep the bugs away:

<http://www.californiababy.com/natural-bug-blend-bug-repellent-spray-6-5-oz.html>

<http://www.quantumhealth.com/productgroups/itchandbite.html>

<http://www.allterrainco.com/ecommerce/natural-insect-repellents.html>

In recent year new research on DEET actually shows that it is not as horrible as we once thought...especially if you are stressed out about getting bitten or have a weaker immune system consider having a DEET spray with you.

[http://static.ewg.org/reports/2013/bug\\_repellents/2013\\_EWGs\\_Guide\\_to\\_Bug\\_Repellents.pdf](http://static.ewg.org/reports/2013/bug_repellents/2013_EWGs_Guide_to_Bug_Repellents.pdf)

Somatheeram has Ayurvedic doctors that will be able to offer you herbal supports for common conditions that are associated with travel to India.



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# 6

## Agreements

The following agreements are all copies for you to read over and keep.

You will receive a separate PDF to digitally sign (*or print out sign, scan and email back*) once you send in your deposit.

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## Requirements for Certification:

This program is intended to result in your certification as a 500-hour Sacred Lasya Yoga Teacher. Certified Sacred Lasya Yoga Teachers must possess a certain level of emotional and mental stability and the skills necessary to safely and competently teach the advanced aspects of yoga. Although the great majority of students who attend, complete and are certified, we reserve the right to withhold certification from any student who needs more time to develop the necessary skills.

Every attempt will be made to provide input throughout the program about teaching challenges that might impede certification. If it is determined that you have not successfully met the certification requirements, you will meet with Danny Arguetty & staff who will determine the appropriate steps needed to complete certification. If you are not able to complete the additional requirements within a year from the end date of the program, it will be necessary to repeat the training in order to be certified.

### Sacred Lasya Criteria for Certification:

- **Pre-Assignments:** Before we arrive to India you will need to complete, inquire, personal practice, projects and readings. All assignments must be turned in for certification prior to arrival in India as we will be discussing them there.
- **Practice Teaching:** Participation in all practice-teach sessions is mandatory for certification. During these sessions you must demonstrate your ability to teach methodologies presented in this training.
- **Elective Hours:** You must complete the additional 65 hours of electives to attain your certification.
- **Attendance:** We require 100% attendance. If you need to miss any session you are responsible for any course material missed and will need to make it up during your integration days and potentially post training depending on the circumstances.
- **Final Review:** Post India you will be required to take an online review that covers the basic methodologies taught during the training.
- **Professional Behavior and Ethical Conduct:** All students in the training program are required to adhere to the program guidelines as stated in this agreement and the Responsibility Agreement. These requirements are designed to create safety while maintaining a professional atmosphere. Failure to adhere could result in denial of certification.

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## **Responsibility Agreement:**

I am responsible for my experience during the Sacred Lasya Training. I understand that this training is a residential, immersion program and is demanding on every level. I understand that the study and practice of yoga is designed to integrate unresolved physical and psychological issues from the past.

I understand the practice of yoga often produces non-ordinary states of awareness and Sacred Lasya, Somatheeram Ayurvedic Health Resort, Danny Arguetty & Lora Heiner, cannot possibly know every student's personal needs. In addition, I understand the curriculum has been designed to create the optimal yoga education for the majority of students and each specific experience may have content that does not work for me, as an individual.

During this program I, alone, can monitor what is safe to me and I can stop my participation in any experience at any time. Although my attendance is required in each session for me to become certified 500-hr yoga teacher, my participation is NEVER required if I feel unsafe in any way. It is my responsibility to speak up, or take myself out of an experience, if I feel unsafe and not expect Danny & Lora to take care of my needs. I do not, and will not, hold Danny or Lora responsible for my physical and psychological well-being. Danny and Lora will not pay for, or reimburse me for, physical or psychological care during or after this program.

I understand that during this demanding educational program, I will be challenged physically and psychologically and encouraged to take personal risks. I acknowledge that only I can know what my boundaries and limits are and it is up to me to uphold these boundaries for myself. I understand that practicing yoga is often about exploring new boundaries and limitations and that Sacred Lasya, Somatheeram Ayurvedic Health Resort, and Danny & Lora are not responsible for any physical and psychological risk I choose to take in my education, exploration, and inquiry.

I understand that the study of yoga involves exploring and discussing different belief systems. These belief systems may be different from my own. I understand that Danny & Lora are not requiring me to change my beliefs in any way. I alone, choose what I want to believe.

I understand that Danny & Lora will support my physical and psychological well-being through time for personal sharing, co-listening exercises, personal checkins, and guided yoga. I agree to Maintain contact with loved ones and any health care providers I am currently being supported by during this program. I will not change or discontinue any prescribed medication without my doctor's approval.

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## SACRED LASYA

### ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

**Activity Trip Title:** Sacred Lasya 500hr Yoga Teacher Training INDIA

**Date of Departure:** March 2nd 2016

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN THIS ACTIVITY, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically and psychologically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: Sacred Lasya, Danny Arguetty, Lora Heiner, Mihal Arguetty-Coyle, Bella Arguetty, Isaac Arguetty, and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result

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of participation in this activity, whether caused by the negligence of release or otherwise. I acknowledge Sacred Lasya, Danny Arguetty, Lora Heiner, Mihal Arguetty-Coyle, Bella Arguetty, Isaac Arguetty, and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.