



Sewall House is located in a small village in northern Maine. You may view the rooms on our retreat page; they are roomy and comfortable, beautifully furnished. This environment gives the student teacher the opportunity to concentrate on the studies while living in a like minded community, then take the sessions home to integrate until the following session. By breaking it into 3 sessions instead of a month long retreat there is the opportunity to practice, study and integrate more. Each 9 day session will increase your knowledge and awareness. Your home-work will then help you incorporate and build what you have learned into your own practice, homework and potential as a teacher.

***It is important that you are able to commit to the 3 sessions when you decide to join the training. Please consider this carefully as there will be no refunds, though each session can be paid as you go along.*** (If you do not make the second or third session, you will still be charged once you have committed to your spot). Payment is by Visa, MC or personal check (if you are paying the full amount in one payment for reduced cost).

The nine days will each have approximately 8 hours of study, 8 am – 5pm on most days, with an hour for lunch and short breaks.



Sewall House offers a private personalized atmosphere. The teacher training will be limited to 5-7 participants. Each will have a private bedroom for rest and study. The sessions will be 9 days arriving on a Friday night and departing on a Monday morning. Each day the sessions will be 8 hours. There will be a total of 3 nine day sessions to meet all of the requirements of the 200 Hour training plus homework. This will give a comprehensive training that includes:

- Anatomy and Physiology, presented by Massage Therapist and nursing student Heather Walker and Donna.
- Philosophy, Ethics, Lifestyle, Teaching methodology and Techniques will be included.
- Mantra, Meditation, Asana, Pranayam will all be covered.

We will have the opportunity to study and enjoy the benefits of yogic eating as well as lifestyle information about various approaches to food and diet (raw, fasting, cleanses etc).

There will be an extended interest in Kundalini Yoga but the training will not be a Kundalini Yoga teacher training nor exclusive to Kundalini. Yamas and Niyamas as well as familiarity with the various forms and approaches to yoga will be covered. Other teachers may be brought in, to be announced, in other specialties and with other perspectives. Sequencing, forward and backbends, inversions and twists will all be covered, as well as meditation, breathing, relaxation techniques, Kundalini Yoga sets and meditations, as well as the Chakra Energy systems.

### **Requirements:**

Please fill out the application if interested. Please make clear your reason for taking the training as this is an important requirement. It is not about years of experience, though you are expected to have had some yoga experience. If you have only taken a few yoga classes you may not be a good candidate for this training but may still apply as the reasons for taking it are as important as your experience. If that is the case, you may be required to take a certain number of classes before the training.

You are expected to attend all sessions, do all work that is required, as well as practicums and work outside the classroom (home study/work). Completion of the exam at the end of the program.

### **Who will you be learning from? .**

Donna (Amrita) Davidge-Bonham (500 Hr Yoga Alliance E-RYT) has a well rounded background in yoga. Amrita has taught Kundalini Yoga in various 3HO settings (solstices, festivals, centers) for nearly 25 years and is best known in this community. She has tens of thousands of hours teaching in various settings, from corporations to health clubs to yoga centers, privately and at her own (Sewall House) and other yoga retreats/spas (Puravida Costa Rica, Nu-Age, Spannocchia Italy), as well as on radio, television and in print. Since 2003 she has also taught many hours of Hatha, Ashtanga Series One and Vinyasa Yoga based on her studies (since 1999) with Eddie Stern and Dharma Mittra in New York City. In the past few years she has added studies with Genny Kapuler, Iyengar based. Besides producing two audiocassettes, one booklet and two videos in the 1990's, she and her husband Kent Bonham produced two Kundalini Yoga DVDs in 2004. Many of Amrita's students have gone on to take the Kundalini Yoga teacher training.

Amrita's style of teaching is warm, welcoming, non judgmental, informative and safe. She approaches yoga as a lifelong lesson and journey of self study, as a way to better understand and explore your own mind, breath and physical body. This teacher training will give you that opportunity as well.



The teacher training should be viewed as a beginning rather than an endpoint. Amrita (Donna) will impart what she knows to start you on this path well equipped.

Tuition for the course is \$2700, which can be paid in three \$900 installments, except the first payment. The first payment will be \$300 deposit due when the application is approved, no later than October 1, 2009 with the balance due the day you arrive. If paid in full, the tuition is \$2500. If paid in cash/check, the charge is \$2400, paid in full. Room and Board are additional and include private room, 3 healthy mostly organic home-cooked (and acclaimed by our guests) vegetarian meals per day, yogi tea (all day) and coffee (morning only). No alcohol or recreational drugs are allowed at the retreat.

Dates of the program will be October 11-19, 2009. February 13-21, 2010 (Presidents Day's week) and May 29-June 6, 2010 (Memorial Day week). Please make sure the specific dates work for you and that you can arrange your schedule accordingly.

www.sewallhouse.com  
amrita@mindspring.com  
info@sewallhouse.com  
cell 646-316-5151  
toll free 888-235-2395



## RYT-200 Hour Yoga Alliance Teacher Training

### Sewall House Yoga Retreat



*"As a teacher, people come to you for many reasons. It is essential that we have tools at our fingertips to serve the unique needs of each person."*

*Yogi Bhanan*

Island Falls, Maine  
with  
*Donna Amrita Davidge*

*This is a unique opportunity to take a teacher training in a small residential Retreat Center.*