

FALL 2022

# Deepen Your Yoga Program

PROGRAM GUIDE



YOGA WELL INSTITUTE

PROFOUND TEACHINGS FOR INSPIRED LIVING



# Welcome

At the Yoga Well Institute we strive to offer programming that will remain with you, indeed become part of you, in your ongoing journey. We take a profoundly holistic approach that brings together movement, breathing, attention, and sound which applies to practice on the mat and in daily life. We respect the teachings, and actively honor our teachers by continually striving to be authentic in our life and in our teachings.

The Deepen Your Yoga Program is both experiential (a broad-range of amazing experiences) and informational (a huge amount of information). It is a container designed to provide you with ample time and space to truly explore Yoga's ancient teachings, understand its foundational principles, and apply them in your life and body. It will transform both your Yoga and your life.

**It is indeed true that by practicing yoga  
we gradually improve our ability to  
concentrate and to be independent. We  
improve our health, our relationships,  
and everything we do.**

**T.K.V. Deśikachar**

Beyond merely teaching you the tools, principles & perspectives of Yoga, we aim to provide you the context and personalized support you need to actually apply them to you, your body, your life, and your relationships.

This is truly embodied learning that will ripple out into every aspect of your life. Through a commitment to long-term study, providing contextualizing principles, and personalized, one-to-one mentorship, the Deepen Your Yoga Program is designed as a container to help you understand and integrate all the different aspects of Yoga in a deep and lasting way.

# Empowering You

Yoga is more than just physical exercise. It addresses the health and vibrancy of every aspect of our being, and brings us into ever increasing authenticity. From the physical to the mental, to the behavioral, emotional and spiritual, it helps us to identify and change our patterns. Yoga tools help deepen our awareness of habits that are blocking us and provide a means of shifting them. Our behaviors change because of our Yoga, and so does our life!

Deepen Your Yoga is designed to explore the 'hows' and 'whys' of this process. We explain the authentic principles, goals, and aspirations of Yoga through detailed, yet easy to understand, exploration of Yoga texts. We describe how Yoga practices manifest those principles and are a place for working on them.

Moreover, we provide extensive instruction and individualization, through one-to-one mentoring, of a wide range of Yoga tools, including *āsana*, *prāṇāyāma*, meditation, and chanting.

You will both understand and experience how all these tools are interconnected aspects of a single, coherent path, with clear references from ancient texts.

Deepen Your Yoga describes the practice of Yoga from its ancient roots while making it unique and applicable to you. It opens perspectives that help you see beyond the physical aspects of Yoga and support every aspect of the whole of each individual. You will understand how the tools are applied in relationship to each individual's capacity, and how to bring yourself into increased states of balance. This program will show you how to support the goals and growth of your whole being, not just the body.

**In Yoga, you gain a lot of self awareness and a lot of self-empowerment, which you then use to let the source of your very being guide you around the world through your knowing and intuition.**

**Chase Bossart**



# The Viniyoga Tradition

The Yoga Well Institute is grounded in the teachings of Śri T. Krishnamacharya as transmitted through his son Mr. TKV Deśikachar and shared with his long-time student Chase Bossart. This authentic lineage of Viniyoga is rooted in the yoga of *Patañjali*, the *Āyurvedic* system of health & wellness, and the wisdom of the Vedas; it emphasizes the traditional Indian understanding of the human system and how it functions.

In Sanskrit, Viniyoga means “appropriate application.” It is a holistic healing discipline that addresses the entire person (body, breath, mind, behaviors, emotions, & spirit) in an interconnected way. In this tradition, the tools of Yoga: *āsana* (movement & body position), *prāṇāyāma* (breathing), mantra, Vedic chanting, meditation, and more are modified to meet the individual needs and capacities of each person.

As such, this discipline offers a broad range of tools for supporting health, promoting healing, and facilitating personal development and transformation.

This is the core of Viniyoga: that the tools of Yoga be adapted to meet each individual’s capabilities and needs. Over time, the tools and practices evolve to reflect the evolution of the student and their changing needs.

**Yoga is about authenticity. It is about you becoming you.**

**Chase Bossart**



# Program Details

The Deepen Your Yoga Program offers a cohesive and traditional Viniyoga path of study. This path is rooted in *Patañjali's Yogasūtra*, the Bhagavad Gītā, and other ancient texts, and offers guidance for daily living and sustainable transformation, growth, and healing.

Knowing the context for our practice is more than knowing the why of what we are doing, it enriches our practices, and bridges them into our daily life.

Chase Bossart

## What to Expect:

- Regular 3-hour meetings on Wednesday nights include lectures and discussion regarding principles that explain the context of Yoga's goals. Every meeting includes short breathing and chanting practices.
- Twelve Saturday intensives where we cover practical aspects of different tools in-depth. This demonstrates how different tools express the principles described in the weekly evening classes.
- Weekly 30-minute *āsana*, *prāṇāyāma*, and meditation practices as a group where we experience the principles discussed in the other classes in powerful, transformative practices.
- Daily personal practice, tailored to your needs, capacities and life circumstances by your personal mentor. You and your mentor will evolve this practice over time as you change. It is the place where you will personally experience the power and grace of Yoga designed for who you are and who you are becoming.

# Program Details

## What We Will Cover:

- The Foundation to comprehend Yoga Philosophy teachings in clear and straightforward ways
- The functions and intended application of Yoga's tools including āsana, prāṇāyāma, and meditation from their ancient origins
- How tools relate to one another on continuums of development
- How to apply concepts of capacity and continuum to appropriately adjust and select tools of practice
- Appreciation for the organization of tools over long periods of time
- How to develop successful course plans which combine *āsana*, *prāṇāyāma*, and meditation
- Integration of Yoga's philosophical concepts with personal development, growth, and healing

- Yoga's goals and aspirations in a manner that applies to you in your life
- How Yoga's principles are manifested in the practice of Yoga

Understanding the principles and the intentions are so important.

Everybody's going to have to apply it to themselves. It's not all in the technique. There are some things to discover within your system. You need to align with those things. This is part of the bigger picture of Yoga: spirit is operating within you and communicating with you about where to go and what to do.

Chase Bossart

Schedule a call with  
our Admissions Staff



# Mentorship

Trainings end, but real relationships continue flourishing for a lifetime.

You and your Mentor build a relationship that is both greater than, and integral to, your studies. By working with a Mentor during the duration of the Deepen Your Yoga Program, our students directly apply what they are learning in the program to themselves and their own lives. Having a guide to help you personally navigate the information and apply it to you and your life, changes everything. Your Viniyoga Mentor provides one-to-one meetings, crafts your individualized practice, and is your touchstone to personalize the application of Yoga philosophy and everything you are learning into your daily life.

Learn more about  
Mentorship here

Monthly meetings with your Yoga Mentor are expected through the duration of the program. If you don't have one, we will help you get connected with one for free.

**Please Note:** The financial part of your relationship with your Mentor is separate from your relationship with the Yoga Well Institute and not included in the tuition. Plan for 10-15 sessions throughout this program, more if you're considering 300 Hour certification.

Having a point of reference is absolutely necessary. We need somebody who can hold a mirror in front of us. Otherwise we very quickly begin to imagine that we are perfect and know it all. This personal connection cannot be replaced by books or videos. There must be a relationship, a real relationship, one that is based on trust.

T.K.V. Deśikachar

# The Journey

## **Begins:**

Wednesday, September 21st,  
2022

## **Duration:**

15 Months

## **Program Schedule:**

*Weekly Wednesday Meditations:*

7 - 7:30am PT / 10 - 10:30am ET

*50 Wednesday Classes:*

4 - 7pm PT / 7 - 10pm ET

*12 Saturday Intensives:*

7am - 1pm PT / 10am - 4pm ET

- October 15
- November 19
- January 28, 2023
- March 4
- April 1
- May 13
- June 17
- August 12
- September 16
- October 14
- November 18
- December 16

## **Financial Investment:**

\$5,495

A non-refundable deposit of \$750 is required to secure your space. The remaining tuition balance is divided into 15 monthly payments of \$316.34.

If you pay in full before the start of the program, we offer a 10% discount which brings the tuition to \$4,945.50

## **Certification (ERYT-300)**

While this program is centered on deepening your personal practice, it is also supportive to the growth of Yoga teachers. Certified Yoga Instructors may receive a 300-Hour Yoga Teacher Certification with the completion of additional Practicum hours. To learn more, use the link below to schedule a call with our Admissions Staff.

Schedule a call with  
our Admissions Staff



# Next Steps

Deepen Your Yoga is a deliberate commitment to your growth. We want you to move forward with confidence and clarity that this is the right program for you.

The best way to understand how this program can support you is through conversation. Our Admissions Staff wants to know who you are and how Yoga has helped you. Share your story with us. See if this program is the right next step for your Yoga journey.

Let's Talk

If you are ready to apply, we look forward to hearing from you. Complete the application in the link below and our Admissions Staff will reach out to you.

Apply Today

Yoga is learning how to prevent the mind from wandering. It results in two things. We become more established in us, in who we are. We have a deeper connection to our knowing, to our seeing. The quality of that seeing improves. There is more clarity. When you test somebody's Yoga, you do not test what they can do. You test the result.

Chase Bossart