

Instructions for Level 4 Integration Trainees

1) Your **Level 4** Trainer will be approving your readiness to attend the 3-Week Intensive by observing your comfort and familiarity with Sanskrit, pranayama, meditation, and philosophy. In addition, your Trainer will be observing your asana technique for alignment, safety and consistency with the Seven Principles of Alignment taught by the YogaFit style.

You will be asked on Day 3 or 4 of Level 4 to teach either Kapalabhati (Breath of Fire), Alternate Nostril Breathing, or Uddiyana Bhanda.

Additionally, on Day 3 or 4, you will be asked to recite from memory either the 8 Limbs of Yoga or the Yamas/Niyamas in Sanskrit.

2) Complete the following tasks as **Home Study** and bring this sheet with you to your 3-Week Intensive:

- Listen and practice with the Nicolai Bachman CD in its entirety once. The, listen to all parts except the asanas, 5 more times while practicing along, so you are comfortable and familiar with Sanskrit pronunciation.
- Read Book 2 of the Yoga Sutras of Patanjali in its entirety, taking notes and preparing 5 questions to be asked at some point during Satsang (discussion) at the 3-Week Intensive that specifically relate to these sutras.
- Practice comfort and familiarity with Kapalabhati (Breath of Fire), Alternate Nostril Breathing, and Uddiyana Bhanda, by developing a regular pranayama practice.
- Practice comfort and familiarity with meditating in a comfortable seated position (please practice using props or meditation cushion to be able to sit comfortably) for 15-30 minutes.