



The Sangha System

Thank you for your interest in The Sangha System. This is a powerful method of transformation for people who desire it. As the Yoga Sutras tell us, Spirit sits near those who want to connect with it. If your desire for Spirit is strong, you will find this course can help accelerate that connection. The practices we will engage in are methods that have been used for thousands of years to communicate with spirit, source, bliss, god, Atman, however you relate. You will be entering the Tantric lineage known as Shri Vidyaa. These practices have been transmitted to me by Parvathi Nanda Nath Saraswati during my course of study with her for the past 20 years.

We will meet for 1 6-hour session per month and one 1-hour session. Schedule is below. All classes will be recorded (audio only) and the digital link will be sent soon after our meeting. If you cannot be at the session in person you can request to attend the meeting remotely. It is possible some portions of the class will be video taped as well if that is needed. If you have questions related to a session you were not present at you can ask at any time via email.

You will have a 1/2 hour private session per month that is included in your tuition. You can book that with Bonnie via email. If you cannot meet during one month you can do two sessions the following month, or combine the 1/2 hour sessions for one full hour every other month.

Community involvement is of course optional, but very beneficial. We will use the Slack app for communication. Here you can share pictures, poems, ask for support, offer support, ask questions, and whatever else is needed. You can schedule meet-ups with each other, dinners, walks, and practice time. It is very easy to use even for the most digitally illiterate.

An 8 month commitment is required. The cost is \$250 per month. As asana is an important part of transformation, tuition includes a discount on your asana classes and certain workshops. A 30% discount is taken off class blocks and 20% discount on monthly unlimited blocks. If you pay for the 8 months in September a 5% discount will be given. Payment can be made via check or cash (no credit cards) and is due 1 month in advance if you are paying monthly.

Schedule:

Saturday, September 15th-	1:00-7:00 pm
Friday, September 28th -	6:00-7:00 pm via zoom or in person
Sunday, October 21st-	1:00-7:00 pm
Friday, October 26th-	6:00-7:00 pm via zoom or in person
Saturday, November 10th-	1:00-7:00 pm
Saturday, November 17th-	7:45-8:45 am via zoom or in person
Sunday, December 16th-	1:00-7:00 pm
Friday, December 21-	6:00-7:00 pm via zoom or in person
Saturday, January 19th-	12:00-7:00 pm**** please note only one meeting this month
Sunday, February 17th-	6:00-7:00 pm via zoom or in person
Saturday, February 23rd-	12:00-6:00 pm**** please note earlier than usual start time
Sunday, March 3rd-	1:00-7:00 pm
Friday, March 15th-	6:00-7:00 pm via zoom or in person
Saturday, April 13th-	1:00-7:00 pm
Sunday, April 21st-	6:00-7:00 pm via zoom or in person



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Please fill out the short application below and return with a 2 month payment or payment in full. Checks can be made out to Yoga Loka:

Name: _____ Birthday: _____

Email: _____

Mobile Phone: _____

Primary interest in joining: _____

Is there anything else you would like Bonnie to know about you? _____

Signature: _____ Date _____

By signing the above I agree to participate in The Sangha System. I understand I will participate for 8 months and will pay tuition in full in a timely manner. I understand I am responsible for scheduling my own private sessions, downloading relevant material and recordings. I will not share any written or recorded materials from this program to any person outside of the group. I promise to hold the trust and confidence of my peers and not share information, stories, or other personal information outside of the group without explicit permission.