

Ki McGraw & Bob Smith  
Hatha Yoga Center  
4550 11<sup>th</sup> Ave NE  
Seattle, WA 98105

[ki@hathayogacenter.com](mailto:ki@hathayogacenter.com) or [bob@hathayogacenter.com](mailto:bob@hathayogacenter.com)  
(206) 632-1443

Fall, 2011

Dear Yoga Friend:

Thank you for inquiring about our Yoga Teacher Training Program in Bali. The next training course will begin on June 20<sup>th</sup>, 2011 and finish August 12<sup>th</sup>, 2011. This will be a 200 hour, two month course and the whole training will take place on the island of Bali, Indonesia. After two months of study in Bali with Ki and Bob you could come back with a teaching certificate. Bali is a wonderful place to live and practice Yoga with these two inspirational teachers. We know that you will find the Balinese people to be inspiring in their approach to life and to daily ritual and prayer. Ki and Bob look forward to another profound journey to Bali.

Concerning the 200 hour Yoga teacher training program that runs from the 20<sup>th</sup> of June – 12<sup>th</sup> of August, 2011, Ki and Bob encourage you to come for the full two months of training. You are also welcome to come to any part of the two months of training and accumulate hours for the next training program in Bali (scheduled for the same time in the summer of 2012) or for our ongoing Seattle Yoga Teacher Training group, a new group beginning each fall.

The basic cost of the training is \$2300. The first month (June 20<sup>th</sup> – July 16<sup>th</sup>) will cost \$1100 for study and the second month (July 18<sup>th</sup> – August 12<sup>th</sup>) will cost \$1200. There will be approximately 23 hours per week of Yoga offered during the first four weeks and 27 hours per week of Yoga Teacher Training during the second month of the training. There will be a lot of free time for you to explore the rich culture of Bali and a lot of time for personal study and reading. Once you are in Bali the cost of living is quite inexpensive. The whole journey, including: round trip air fare (from the U.S.), training costs and living costs could be done for \$5,500 or under, depending on air fare and your choices for lodging.

While in Bali we will practice asana, pranayama and meditation six mornings a week from 9:00 - 11:30 am in a truly inspiring setting. During the first month we will also practice asana, pranayama, and meditation five afternoons a week. As we progress through the program you will learn to teach Yoga safely and wisely, with opportunities for student teaching. Some of the second month afternoon subject matters for the training will include: pranayama, meditation, lineage, the Yoga Sutras, the Upanishads, the Bhagavad Gita, living the life of a Western Yogi - Yogini; ethics, and 20 hours of study in anatomy as it applies to asana practice.

Ki and Bob have have only one main requirement before you can enter their training program - this being that you have practiced Hatha Yoga for at least two years before you can be admitted. Finally, they ask that each graduating student submit a 45 minute video of a Yoga class they have taught before a certificate is given. The certificates Ki and Bob hand out are recognized nationally in the U.S. and internationally, as their school is registered and recognized by the Yoga Alliance, the main governing board for Yoga in the West. With the certificate you will be able to register with the Yoga Alliance as a certified Yoga instructor.

### Lodging & Yoga

The location for yoga will be at Ki and Bob's wonderful home and retreat center in Bali. Their Sayan Village house overlooks the Ayung River Valley and is in a spectacular location. There are four bungalows (Djagra's Inn) next to Ki & Bob's house, each with magnificent views of the river valley, rice fields and jungle. Sayan Village is around a 45 minute walk from Ubud and thus is a little more isolated than the village of Penestanan. The peaceful location of Ki and Bob's Yoga space is perfect for our group yoga needs and we anticipate that a few of you will wish to lodge at Djagra's Inn.

The location chosen for lodging for most of you is the village of Penestanan, located on a high plateau within a 15 - 20 minute walk of the cultural center of Bali, the town of Ubud. On the Penestanan ridge are many wonderful sets of bungalows to lodge in, including Melati's, Bali Gen and many other houses and homestays in the nearby area. Here on this plateau many of you will interact with the native people who will win your heart over with kindness, caring and generosity

On the Penestanan ridge it is generally peaceful and quiet, yet it is only a short walk to wonderful sights, shops, restaurants and temples in Ubud. The cost for lodging is highly varied, depending on what you choose. Our most highly recommended place is the Melati Bungalows. Here you have a good restaurant, big units, the best swimming pool around, beautiful grounds, a wonderful staff – and all this for incredibly low prices. For under a week it is around \$25 per night per unit, for single occupancy (lodging, breakfast included), and \$30 or so a night for double occupancy lodging, breakfast included; however, last year Melatis went down to well under \$20 a night (single occupancy) for those who stayed there for three weeks or more. Those staying for one to three weeks would get a reduced rate. Melati's is within a 20 minute walk to Ubud and is within a 25 minute walk to Ki and Bob's house. Most people end up getting rides on the back of motorbikes for very little.

For others who would like to rent their own small to mid-sized houses on the Penestanan Ridge, this can be found for \$10 - \$30 a night, this split between two people and may or may not include breakfast. We will definitely help you find suitable lodging. Although people in the past years have lodged at many different places, we recommend you start off at Melatis Inn. We can make reservations there for you or you can e-mail them at [info@melati-cottages.com](mailto:info@melati-cottages.com). If you e-mail them tell them you are a part of Bob and Ki's group.

As earlier mentioned, another good choice for lodging would be at Djagra's Inn, a four bungalow homestay next to Ki and Bob's house in Sayan Village. Here you would have the convenience of being right at the location where all the Yoga took place. The cost for Djagra's Inn will likely be \$20 - \$25 a night for single occupancy and up to \$5 more a night for double occupancy, depending on how long you stayed. From here it is a 45 minute walk into Ubud or a 10 minute ride by car or motorbike. The place rests on a ridge with sweeping views of the Ayung River Valley, rice fields and jungle. Djagra's Inn puts you further away from the excitement of Ubud, where all the restaurants, shops and dancing performances are; and yet the serenity and beauty of this location is captivating. Lunches and dinners would have to be arranged through the cook at Ki and Bob's house, since there are no restaurants close to Djagra's Inn - this would be an easy thing to set up.

We will book you into one of the units we have suggested and let you choose from there. Once you get acclimated we will have some of our Balinese friends show you around to some of the many possibilities of lodging in the nearby vicinity. We will help you to find a something that works for you, including the possibility of a roommate if you wish this. Nice inexpensive lodging; as well as healthy, delicious, inexpensive meals can be found easily.

## **More on Ki & Bob's YTT Program**

### Asana Practice & Teaching Methodology

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and how to become a good, safe Yoga instructor are all subject matters we focus on. Lineage will be explored with respect regarding each students path. Throughout the training Ki and Bob will place a lot of emphasis on teaching methodology, body reading and patterning. Our style includes a lot of hands on adjustments and corrections. As such it is necessary to emphasize safety for both teacher and student in this process. Throughout the training Ki and Bob will be instructing Hatha Yoga class six mornings a week from 9:00 - 11:30 am. (we will take Sundays off). The afternoon sessions will focus on asana, pranayama and meditation for much of the first month and then upon specialty subject matters, such as: anatomy, Yoga anatomy – what muscles are doing what work to what bones while in the postures, lineage, Yoga Sutras, how to live the life of a Yogi – Yogini in the modern day world, the ins and outs of teaching, and many other concerns. In the month of June we will meet five afternoons a week until graduation near the end of the month.

All students will have ample opportunity to observe us teaching, as well as each other during student teaching exercises. Ki and Bob will create smaller groups for the students to teach each other and get feedback from each other concerning their teaching techniques. Some student teaching and a whole lot of discussion about how to see through the eyes of an observant Yoga teacher will be focused on throughout this training. Our past graduates report this was effective for their preparation for teaching.

### Anatomy - Physiology Training

During the course of this training there will be 20 hours of anatomy - physiology offered. It is a very important part of the training. The anatomy sections of this training will take place during the second month of the program. The required text for this subject matter will be ANATOMY OF MOVEMENT by Blandine Calais-Germain. Many of your questions concerning particular issues of the body that come up in Yoga class will be explored by Ki in her very interactive approach to Yoga Anatomy. Practical understanding of bones, joints and muscles as applied to asana is Ki's approach to this vast field of information. Injuries, conditions and problem areas of the body will be discussed after initial understanding is demonstrated. You will find this part of the training to be a true delight.

### Philosophy, Ethics & Lifestyle

Living the life of the Western Yogi will be an ongoing theme interwoven throughout the training program. Many personal stories of our own experiences in studying and teaching Yoga will be shared throughout the training. During certain of the afternoon gatherings the main discussion will center around the issue of being a Yogini/Yogi in the modern world. Text focus will include: THE UPANISHADS by Eknath Easwaran; THE YOGA SUTRAS (you can choose the author of interpretation); and THE AUTOBIOGRAPHY OF A YOGI by Paramahansa Yogananda.

Ethics will be emphasized throughout the training program. We will utilize the California Yoga Association for Yoga instructors, as printed in the Yoga Journal, as a beginning point for this discussion. With ethics as an underpinning Ki and Bob offer exercises about mindful use of touch and giving corrections in Yoga classes. We will also discuss licensing, insurance, injury in Yoga class, professionalism with all students and colleagues and how to keep the Yoga space safe when teaching.

### Student Packets

During the two months there will be copied material written by Ki and Bob distributed out to help in your study of Yoga. Many other articles and handouts will be given to you along the way. For these many handouts there will be no added cost. There will be certain "homework" assignments asked of you. The writing exercises are meant to be interesting explorations for you to record on paper. Ki and Bob encourage you to do daily writing in your personal journal from the beginning to the end of the training. Personal journals will not be read over by us, so in this case it is truly an exercise for you. The process of this training will take you to new places of understanding and this will be encouraged through reading, writing and other artistic expressions; as well as through asana and meditation practice.

### Student Assessment Process

We will graduate students if they have fulfilled 200 hours of training with us in Seattle, and, or Bali and also submit a video that demonstrates to us that you can teach Yoga. We aim to graduate every person who completes the 200 hour training with us. Know that you automatically receive 20 hours of home study credit with us if you study for 180 actual hours with us. We wish to make sure that you will be able to safely conduct a Yoga class and also demonstrate that you have a thorough enough knowledge of Yoga to be a good Yoga teacher. We will give each person feedback on their teaching technique.

### Ki McGraw and Bob Smith

#### Ki McGraw, Doctorate in Healthology, Masters in Social Work

Ki's diligence, research and dedication to the physical, mental and spiritual well being of humankind has evolved over 25 years of professional service. Ki's many diplomas and certificates have been earned and awarded by various leading universities, institutions and alternative programs in health related fields. These include: psychology, mental health, yoga, social work, dance, Hakomi, personal training, massage, Reiki, rebirthing, nutrition, spirituality and natural healing. During the past 13 years of her professional life Ki has focused a lot of her attention to teaching Yoga in the Pacific. She taught Yoga on the island of Kauai for over three years, then on the island of Guam for three years and for the past ten plus years has taught in Seattle, as well as other U.S. cities, Canada, Mexico, Guam, Kauai, Peru, and Bali.

Ki is a strong, charismatic teacher who is well grounded in the ancient tradition of Yoga. She is a radiantly beautiful yogini who models the poses to exquisite perfection and it is quite captivating to watch her move when she practices yoga. Her supportive way of instructing helps students to feel good about their practice. Between her strong teaching voice, her poetic self and her charismatic personality you can well imagine that she leaves a profoundly positive impression on those around her. Ki is in great demand as a teacher and as a friend.

#### Bob Smith, author YOGA FOR A NEW AGE

Bob Smith has been deeply immersed in Yoga for 38 years. He is the author of YOGA FOR A NEW AGE (Prentice-Hall, 1982 and Smith Productions, 1986) and has been teaching Yoga for 33 years. Bob has run a private Yoga studio in the Seattle area since 1977, has conducted workshops throughout various parts of the U.S., Canada, Mexico and Indonesia for more than 25 years. He has drawn from the Iyengar tradition, from Pattabhi Jois' Ashtanga Yoga system, from many years of study with Marie Svoboda, from a solid background in athletics and from the world of dance. From all these systems, Bob has developed a unique style of teaching that combines classical Hatha Yoga asana with partner work (including massage) and breath and energy awareness. There seems to be a lot of heart behind his teaching - some of this derives

from his 30+ years of Sufi meditation practice, some derives from his love of practicing Yoga, some derives from his desire to be of service to others as a Yoga instructor, some derives from his partnering with Ki, and some derives from his desire to be of service to the Highest Truth possible.

In addition to a strong Hatha Yoga practice, Bob has deeply explored meditation for the past 35 years (particularly with Pir Vilayat Khan and the Sufi tradition). He is a good pranayama and meditation teacher because he has practiced a lot. The meditations he leads are numerous indeed and will include: breathing exercises, energy balancing, visualization, mapping the territory of consciousness and practices with light. The meditations will draw on Buddhist, Sufi, Yogic and Christian wisdom, as well as earth based spirituality. Ki and Bob are both adept meditators.

Ki and Bob have a wealth of information to share and the seamless way they instruct together has a profound effect upon students of theirs. Ki and Bob were married in two ceremonies in the spring of 2002 - the first being a full moon marriage ceremony in Bali in late April and then, again, one in Seattle one month later. They happily share their intimate life with one another and happily share their Yoga life with one and all.

## **More on Bali**

### Flights

You should be able to find round trip tickets from the West Coast of the U.S. to Bali for \$1300 to \$2,000 (fares vary of course), and a little more from other parts of the U.S. and Canada. Normally Bali is reached from a West Coast city (via Seattle, San Francisco or Los Angeles) and after a long 13 - 14 hour flight to Singapore, Taipei, Guam, or Bangkok then a much shorter flight is taken to Denpasar, Bali. The most common carriers used from the United States are: EVA Air, China Air, Cathay Pacific and Continental Air. You can expect the flight ordeal to be long, but you can be in the paradise of the Penestanan plateau area within 90 minutes of landing. Bob and Ki have found a travel agent who generally beats almost everyone else as for finding the best deals to Bali. Her name is Jean and her travel agency is called Jean's House of Travel (located in Port Townsend, WA) and her phone is: 1 800 895-2688. Ask for Jean - she has helped to book many flights for people coming to yoga in Bali over the past ten years.

### Tourist Visa for Indonesia

The visa situation is a bit of a hassle for those staying for 30 – 60 days, and easy for those staying 30 days or less. For those staying 30 days or less, you receive an automatic 30 day tourist visa upon entry into Indonesia (Bali). The cost will be around \$45 - to be paid upon arrival. In counting the days you will be in Bali, please note: the day of arrival and day of departure both count as a full day, even if this time adds up to only an hour or few hours for that day. If you are staying for 31 – 60 days, then you need

to apply for a 60 day visa and you must have this before you step into the airplane to fly to Bali. The cost for this is somewhere around \$60, plus another \$3.50 - \$20 for return mailing. For American citizens this process of getting a 60 day tourist visa involves filling out a particular form and mailing in your passport, the form, a bank statement showing you have at least \$2000 in it and a few other required things. If you need information concerning the 60 day tourist visa we do have the forms and printed out information concerning the matter. It takes a little work to complete the forms; however, the visas came by mail to those who needed them last year without any problems at all. For those who are coming from other countries than the U.S. you will have to follow the Indonesian visa procedures set forth by your country.

### Restaurants

There are well more than one hundred restaurants in the nearby vicinity of Ubud and Penestanan that serve delicious Indonesian and other ethnic varieties of food. We estimate \$5 - \$10 a day for a couple of healthy, delicious Indonesian meals at local restaurants. Small, quaint, clean, charmingly decorated restaurants are everywhere, sometimes with special landscape views. An average restaurant meal in Bali costs \$2 - \$5; this includes bottled water, one to two main dishes, rice and dessert. Indonesian food is spicy, but not excessively so. Your dietary needs, whatever they are, can be met in Bali. Wherever you lodge, eating in the Ubud restaurants will become a fun part of your stay. Purified, bottled water is available everywhere.

### Indonesia Update

At periodic times in the past several years the country of Indonesia has reached the headlines. Please know that Bali has been an island unto itself during any calamities that have gone on in any of the other of the thousands of Indonesian Islands/ It should be noted that the numerous islands that compose the country of Indonesia often have vast distances from each other and usually have completely different kind of cultures and languages from island to island. The people of Bali know that in times of need prayer is the main answer. The Balinese way to deal with tragedy on their own island or anywhere else near to their island is to devote a lot of attention to the Balinese Hindu tradition that governs a large part of each of their lives. Also of great significance to the Balinese way of dealing with challenge is their complete acceptance of the law of karma. Anything good or bad that occurs at any given moment in anyone's lives is attributed to their karma by the Balinese way of thinking.

Please know that during all phases of the Iraq War there has been absolutely no animosity on the Balinese part toward Americans and it has been very peaceful in Bali. There have been two bombs in the last three years in the tourist trap of Kuta on Bali, and yet our YTT program will be held in the countryside – more than an hour away from Kuta. There is generally a feeling of great safety in Balinese, as the Balinese are so very kind and warm hearted. The Balinese have welcomed Western tourists throughout and the island has remained a safe haven for outsiders (except in these two isolated incidents), no matter what was happening in other parts of the world or other parts of Indonesia.

The island of Bali ideologically stands very far apart from the governing island of Java. Bali is totally unique to the rest of Indonesia in that the Balinese practice Balinese Hinduism - the predominant religion throughout the other islands is Muslim. Bali is a very mountainous island and it has somehow found its own religion that is so rich that the people truly embrace and practice it all the time. To see the abundance of religious gatherings in Bali is very inspiring and uplifting. The Balinese are basically apolitical when it comes to big government, for it is village ruler ship that keeps the Balinese society functioning. The Balinese have very deep ties with the land they live on, their ancestors, their present family and the village they come from - family and spirituality are always prioritized at the top for the Balinese.

### Transportation (Once in Bali)

Taxi transport from Penestanan to Ubud (and Ubud to Penestanan) is fairly inexpensive, and easy to come by. Our advice is to use cab service some, be willing to hop on the back of motorbikes some and walk a lot. The walk to the center of Ubud for meals, shopping and dance performances from central Penestanan is around 15 - 20 minutes. We strongly advise you not to rent a car because of very crowded road conditions, poor roads and left hand side of the road driving (right hand side of the car steering wheel) -- it all adds up to a difficult driving situation that should be left to the native drivers who are more used to it all.

A cab from Ubud to Melati's (or the other way around) costs around \$1.50 and certainly many of you will want to use cab service periodically during certain of your trips to or from Ubud. For temple touring and sightseeing outside of the Ubud area it is easy and fairly inexpensive to rent a van with a driver for the day (\$40 to \$50 a day and this could be split with a friend or two). Taxi fares to and from the airport are around \$30.00 each way and could be split with another.

### Shopping

One of the delightful opportunities you will want to take part in is shopping. The art and fabrics of Bali are world renowned for their beauty and these products are being sold in small shops all over the place in Ubud. Ubud is truly a shopper's paradise as the prices are unbelievably low and the wood products, batik clothing jewelry and other handcrafted items of a very high quality. For instance, wonderful rayon and cotton batik clothing can usually be purchased for 1/3<sup>rd</sup> to 1/8<sup>th</sup> the cost of a similar item in the U.S. The wood carvings are exquisite, with a wide range to choose from and so is the jewelry and beaded items -- everything goes for a fraction of what the same item would cost in the states. Come anticipating some fun shopping experiences.

### Balinese Dance

While in Bali we highly recommend each of you attend a number of dance performances; there are public performances each night for around \$ 3.00 in Ubud. Most

certainly your yoga practice will be inspired by watching many of the dancers, but, more than this, Balinese dance and theater has a spiritual base to it and can greatly help you understand the culture of the area. There are many dances to attend, including: the Balinese version of the epic Ramayana tale; the elegant, graceful Legong dance; the male warrior Baris dance, the constant battle between Barong - Rangda in dance; the male release Kechak dance; the ritual dance to overcome evil -- Calon Arang; the wonderful performance by the children dancers and women's gamelan orchestra; Shadow Puppet plays and many others. All the dance performances are accompanied by a Balinese Gamelan orchestra (percussion instruments of many varieties). The colorful, flowing dance costumes; the elegant grace of the dancers; the powerful archetypal images acted out on stage; the mind expanding Gamelan music and the simple outdoor settings make Balinese dance an experience you will not forget.

### Money and Bali

Concerning travelling and living expenses while in Bali, it really depends on your lodging, food, transportation and shopping choices. The lodging places we are recommending are generally around \$20 - \$30 a night for a bungalow (this could be split in half with a roommate), and the costs will go down 20 % or so a night if you stay at any one place for three – four weeks or more. It is certainly possible to find a small house for \$10 - \$15 a night (possibly split in half), if you are willing to walk a few hundred feet off of the closest road to get to one of these houses.

Food should be as low as \$5 to \$10 a day for all the delicious, nutritious food and beverage consumption you can ask for. Transportation costs will depend on you. This could be quite low, depending on your lodging choice and your lifestyle while you are in Bali – if you walk a lot and hop on the back of motorbikes to get from place to place you do not need to spend much per week on transportation. Shopping is up to you; however, please know that you will wish to shop when you see the plentiful array of handcrafted items and clothing that are for sale all over the shops of Ubud and Penestanan. **Also we recommend you set aside at least \$20 a week for some of the best massage treatments you will ever experience. There are some very gifted Balinese massage practitioners that charge very little for their treatments and we highly recommend one to two treatments a week.** We figure that the whole two months could be frugally lived, with everything included (round trip air fare; transportation, food and lodging in Bali, Yoga fees, and incidentals) for \$5500. It has been our experience, however, that most of you will wish to receive massages and shop and go on a few Sunday sightseeing adventures – a little extra money goes a long way in Bali!

### Arriving and Being in Bali

Please rest assured that we will have a Balinese driver waiting to pick you up at the airport and take you to your bungalow, if you wish for this. Know that we will help you to get your food situation well covered by hiring a cook for you, if necessary (wages for this service would be under \$1 an hour). Please know that the Balinese people will take great care of you and will win your heart over with selfless service. The Balinese

people are hard working, kind, gentle, outgoing, open minded, and open hearted people. Personally Ki and I feel like we have finally come home when we arrive back in Bali.

### Conclusion

To conclude this lengthy letter, please know that the Balinese people will greet you with big smiles and open arms on a daily basis. Being around the highly ritualized culture, immersing ourselves in the practice and study of Yoga, and living within the abundance of prana that permeates the Balinese terrain will most certainly translate into an incredibly rich experience for each and every one of us. Know that the Balinese will take great care of you and win your heart over with selfless service. We look forward to hearing back from you.