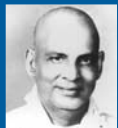


THE MASTERS



Swami Sivananda (1887–1963)

The spiritual force behind the Sivananda Yoga Vedanta Centres and a modern-day saint. Founder of the Divine Life Society Ashram in Rishikesh, India (1936). Swami Sivananda's teachings are a synthesis of all four paths of yoga.



Swami Vishnudevananda (1927–1993)

Disciple of Swami Sivananda and founder of the International Sivananda Yoga Vedanta Centres. A world-renowned authority in Hatha and Raja Yoga and author of the bestseller *The Complete Illustrated Book of Yoga*.



THE SIVANANDA YOGA VEDANTA RETREAT HOUSE IN REITH

Nestled on a sunny slope overlooking the village of Reith near Kitzbühel is a place of peace and relaxation.

The Retreat House is open all year round. You may arrive at any time and stay as long as you like.

In winter you can enjoy down-hill and cross-country skiing as well as invigorating winter walks. Well-kept slopes and 64 km of trails are found in the immediate vicinity.

CHRISTMAS/NEW YEAR'S RATES (22.12.2011 – 8.1.2012)

DAILY RATES: 48 € (plus accommodation)

From 7 days: 45 € (plus accommodation)

5% Partner Discount on yoga when booking for 2 persons at the same time.

Rates valid until 8.1.2012.

ROOM AND BOARD

We will be happy to book your room and board in the adjacent eco-hotel or in a nearby guest house. Wholesome organic vegetarian meals (2 per day) will be served in the eco-hotel.

www.hotel-florian.at

Rates for accommodation and meals per person:

Dormitory: 39 € / 36 € from 4 nights stay

Shared room: 47 € / 42 € from 4 nights stay

Triple room: 54 € / 50 € from 4 nights stay

Double room: 59 € (minimum of 7 nights)

Single room: 71 € (minimum of 7 nights)

Prices do not include visitor's tax.

For cancellation terms see: www.sivananda.org/tyrol



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17 December 2011 – 15 January 2012

INTERNATIONAL YOGA TEACHERS' TRAINING COURSES

In one of Europe's finest skiing areas.

Your family and friends are welcome to join yoga vacations and the special Christmas and New Year programmes.



Additional Dates for 2012:

05.05. – 03.06.2012 (german)

28.07. – 26.08.2012 (english, german, italian, spanish)

01.09. – 30.09.2012 (english, german)

15.12. – 13.01.2013 (english, german)

CERTIFICATE COURSES 2012

The Yogic Way of Cooking 17.3 – 24.3. 2012

Yoga and Stress Management 24.3 – 31.3. & 1.12 – 8.12.

Accessible Yoga 29.6. – 8.7.

Yoga and Psychology 19.7. – 26.7.

Yoga and Medicine 6.8 – 11.8.

Yoga for the Heart 22.8 – 31.8.

Yoga – Your Home Practice Companion 10.11. – 17.11.

Study of Yoga Scriptures 17.11. – 24.11.

Healthy Cooking with Ayurveda 24.11. – 1.12.



SIVANANDA YOGA VEDANTA RETREAT HOUSE

Bichlach 40, 6370 Reith near Kitzbühel, Tyrol, Austria

ZVR-Nr: 925544605 • E-Mail: tyrol@sivananda.net

For enrolments: tyrol-reception@sivananda.net

Tel. +43 5356 / 6 74 04 • Fax +43 5356/ 67 40 44

www.sivananda.org/tyrol • www.sivananda.eu

SIVANANDA YOGA Vedanta Retreat House

Reith near Kitzbühel, Tyrol, Austria

Thurs 22.12.2011 – Sun 8.1.2012

SPECIAL PROGRAMMES

for
Christmas & New Year



Founder Swami Vishnudevananda, since 1957

Christmas & New Year

Meditation practice, dynamic workshops and lectures with experienced instructors, winter walks, downhill and cross-country skiing, vegetarian delicacies and many special guests.



CALENDAR

ASANA-SPECIAL



Thur 22.12 / 3pm – Mon 26.12 / 3pm
ANATOMICAL DETAILS IN THE ASANA
 With Swami Narayananda

- Exploring the range of of spinal movements
- Balance for the nervous system

Director of the Sivananda Yoga Centre in Munich and a dynamic instructor.

LECTURE SERIES



Thur 22.12 / 3pm – Mon 26.12 / 3pm
YOGA – EXPANSION OF CONSCIOUSNESS
 With Swami Sivadasananda, Yoga Acharya

- Ashtanga – eight steps towards union of body, mind and soul
- The subtle anatomy of asanas and pranayama
- Willpower, concentration and meditation

Swami Sivadasananda is a senior student of Swami Vishnudevananda who has taught workshops and in yoga Teachers' Training courses around the world for many years. He is known for his dynamic and precise teaching style.

Recommended reading: *Vishnudevananda Upadesha* by Swami Vishnudevananda

SPIRITUAL HIGHLIGHT



Thur 22.12 / 3pm – Thur 29.12 / 3pm
SOUTH INDIAN TEMPLE MEDITATIONS
 With a priest from India

Traditional temple ceremonies (Pujas) help clear the mental atmosphere through the use of colors, sounds, fragrances and mudras (hand gestures). A strong meditative vibration is invoked.

ASANA-SPECIAL

Fri 23.12 / 3pm – Sat 31.12 / 3pm

SIVANANDA BEGINNERS' GUIDE TO YOGA

Learn the fundamentals of Yoga with the classical Sivananda system.

LECTURE SERIES



Fri 23.12 / 3pm – Thur 29.12 / 3pm
VITALITY THROUGH AYURVEDA

With Sanjay Kulkarni, Ayurveda Acharya, Pune, India
 Practical dietary advice for improving the digestive system and boosting the immune system

Sanjay Kulkarni has taught Ayurveda around the world for over twenty years. He gives practical advice on how to prevent disease and develop radiant health.

Sat 24.12 – Sat 31.12

CHRISTMAS YOGA SADHANA WEEK

Daily: • Pranayama practice, Puja with a South Indian priest • Asana coaching class with individual instruction • "OM Namō Narayanaya" chanting for world peace • Likitha Japa (meditative writing of mantras) • Sanskrit verse recitation.

Sat 24.12

CHRISTMAS CELEBRATION

With Yoga Acharyas, staff and yoga teachers from all over Europe.

Mantra chanting and meditation, international Christmas carols, Christmas message, festive meal and surprises.

ASANA-SPECIAL

Tue 27.12 / 3pm – Fri 30.12 / 3pm

ENERGY-EXPANSION WITH YOGA

with Swami Sivadasananda, Yoga Acharya

- Skeletal and respiratory muscles in the Sun Salutation • Solar plexus: Nerve plexus and energy centre • Pranayama: Purifying and stabilising the energy pathways

LECTURE SERIES



Tue 27.12 / 3pm – Fri 30.12 / 3pm

YOGA – MUSIC OF THE SOUL

With Swami Ramapriyananda

- Mantra chanting – nectar for the nervous system • Meditation and the four levels of sound • The Mantra 'OM' – philosophy and practice

Swami Ramapriyananda is the director of the Sivananda Yoga Retreat House. She is a very experienced teacher with great attention to detail.

LECTURE SERIES



Sat 31.12 / 3pm – Tue 3.1.2012 / 3pm

KNOW THY SELF

Lectures with Swami Durgananda, Yoga Acharya

The 68 verses of *Atma Bodha* (Self-Knowledge) by Sankaracharya describe the philosophical essence of being. It is a contemplative study through which restlessness, doubts and suffering gradually disappear.

Swami Durgananda, Yoga Acharya, is a senior student of Swami Vishnudevananda and director of the Sivananda Yoga Vedanta Centres in Europe. Her practical and intuitive style of teaching is the result of intensive practice and over 30 years of teaching experience.

Recommended reading: *Atma Bodha* by Shankaracharya

ASANA-SPECIAL WITH INDIVIDUAL COACHING CLASS



Sat 31.12 / 3pm – Tue 3.1. 2012 / 3pm

MIND–BODY DYNAMICS IN THE ASANAS

With Swami Atmaramananda, Yoga Acharya

- Asanas and deep relaxation • Vital energy (Prana) and willpower
- Enhanced stretching of both body and mind • Self-observation in one's practice

Swami Atmaramananda is the director of the Sivananda Yoga Vedanta Centre in Berlin and is a long-time student of Swami Vishnudevananda. He teaches in the yoga teachers' training courses around the world with devotion and humour.

Sat 31.12 / 8pm

NEW YEAR'S EVE CELEBRATION AND PEACE CONCERT

Beginning the New Year with meditation, mantras and music.

SPIRITUAL HIGHLIGHT

Sat 31.12.2011 / 3pm – Sat 7.1.2012 / 3pm

THE DIVINE ESSENCE OF MAN

with guest of honour Sri Venugopal Goswami, Bhakti Yoga Acharya, Vrindavan, North India

Bhagavata Saptaha – A selection of inspirational verses from the *Srimad Bhagavatam* in poetic language. Daily live music with uplifting ragas and dynamic rhythms (tabla, harmonium, bamboo flute).

Sri Venugopal Goswami comes from a tradition dating back more than 500 years. His father initiated him into the teachings of the Bhakti scriptures in the Radha Raman Temple.

Sri Venugopal Goswami spent many years studying under the world-famous Indian vocalist Pandit Jasraj, a master interpreter of classical Hindustani music and the recipient of numerous international awards.

ASANA-SPECIAL

Mon 2.1 / 3pm – Sun 8.1 / 3pm

SIVANANDA BEGINNER'S GUIDE TO YOGA

Learn the fundamentals of Yoga with the classical Sivananda system.

ASANA SPECIAL

Wed 4.1 / 3pm – Sun 8.1 / 3pm

FINDING BALANCE WITH ASANAS

With Swami Ramapriyananda

- Asana and body awareness • Individual tips for better posture • Breath expansion in the asana • Selected variations

LECTURE SERIES



Wed 4.1 / 3pm – Sun 8.1 / 3pm

THE CLASSICAL MEDITATION PATHS OF YOGA
 With Swami Kailasananda, Yoga Acharya

- The Self, Karma and reincarnation
- Mindfulness, concentration and meditation
- Saguna (concrete) and Niguna (abstract) Meditation

• Bhakti – the sublimation of emotions • Obstacles and experiences in meditation
 With Swami Kailasananda, Yoga Acharya, director of the Sivananda Yoga Vedanta Centres in England and France.

Recommended reading: *Meditation and Mantras* by Swami Vishnudevananda