

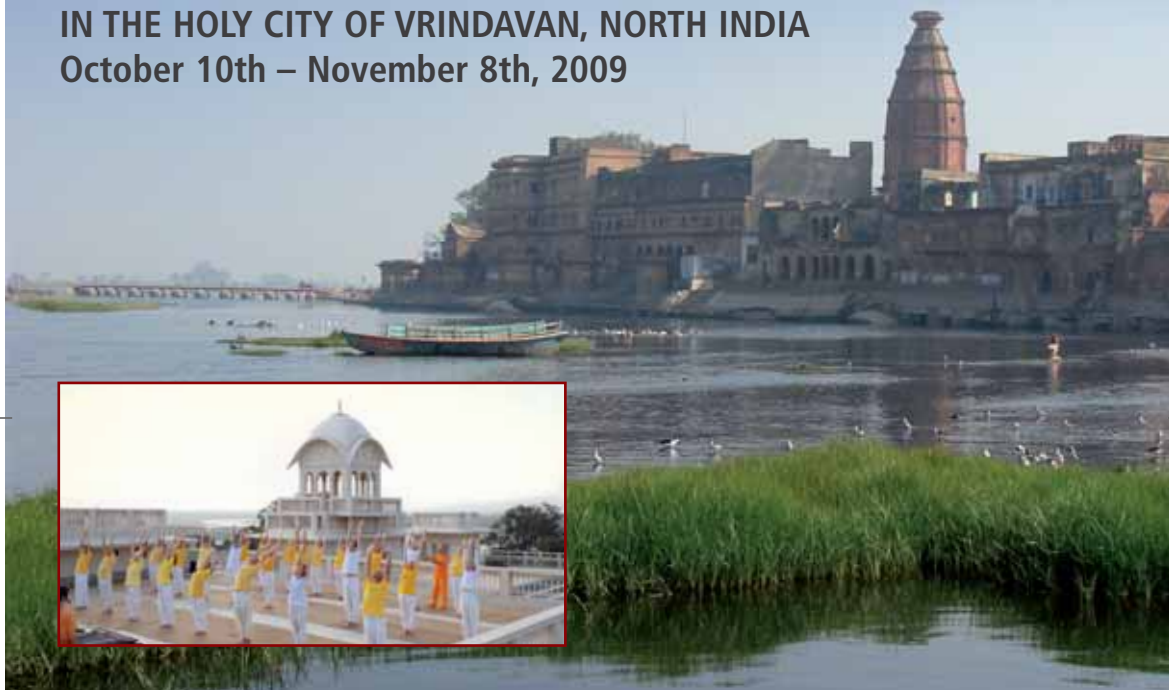
SIVANANDA YOGA Vedanta Academy

Reith/**Kitzbühel**, Tyrol, Austria



ADVANCED YOGA TEACHERS' TRAINING COURSE

IN THE HOLY CITY OF VRINDAVAN, NORTH INDIA
October 10th – November 8th, 2009



Arrival: Sat October 10th, Departure: Sun November 8th
The course is held in English with simultaneous translation into German, French, Spanish and possibly other languages.

Vrindavan, one of the holiest cities in India, is 150 km or 2.5 hours away from Delhi. For centuries, yoga practitioners have been coming to Vrindavan to immerse themselves in Sadhana (spiritual practice).

The course includes guest lectures and special programmes.
See www.sivananda.org/europe

Tuition fee: Dormitory I: €1350, Dormitory II: €1550,
Double room: €1800

Includes examination fee, TTC manual as well as room and board.

Application form on request (+43 5356 67 404) or download from www.sivananda.eu

Directly after the course TTC students can take part in the second half of the North India Pilgrimages (Jaipur-Varanasi-Delhi).

In case of cancellation up to three weeks before the beginning of the course you will receive a credit note for the full amount of the course minus € 150 administrative fee. If less than 3 weeks before the course, you will receive a credit note for the full amount of the course minus € 800 cancellation fee. In case of departure during the course, you will receive a credit note for the full amount of the course minus the days present in the course and minus € 150 administrative fee.

Rates valid until December 31st, 2008.



Sivananda Yoga Vedanta Academy

Founder: Swami Vishnudevananda • Est. 1957

Bichlach 40, 6370 Reith/ Kitzbühel, Tyrol, Austria

ZVR Nr.: 925544605 E-mail: tyrol@sivananda.net

Tel: +43 (0) 5356/67404 Fax: +43 (0) 5356/67404-4

www.sivananda.eu

THE MASTERS



Swami Sivananda (1887-1963)

A great sage and yogi of modern India and the spiritual strength behind the Sivananda Yoga Vedanta Centres. 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. Renowned authority on Hatha and Raja Yoga. Author of the classical textbook *The Complete Illustrated Book of Yoga*.

THE TEACHERS



Senior students of Swami Vishnudevananda: Yoga Acharyas Swami Durgananda, Swami Sivadasananda, Swami Kailasananda and Swami Atmaramananda. Several other Swamis and teachers of the International Sivananda Yoga Centres will teach during the course.

ADVANCED YOGA TEACHERS' TRAINING COURSE

437 TRAINING UNITS (UE).

The Advanced Yoga Teachers' Training Course allows graduates from the Sivananda Yoga Teachers' Training Course to deepen their spiritual knowledge during four weeks of intense yoga practice and study of Vedantic philosophy.

Personal and individual instruction and yogic self-discipline are an integral part of the course. After successful completion of the training course, the participants receive the internationally recognised certificate of the Sivananda Yoga Vedanta Centres.

CURRICULUM:

Asanas

- The twelve basic postures in depth
- Practice of classical advanced variations
- Precise corrections
- Deeper understanding of Hatha Yoga

Pranayama

- Expanded practice of Anuloma Viloma
- Advanced pranayamas
- Proper use of the Bandhas

Vedanta

- The philosophical schools of India
- Analogies of the supreme reality
- Study of Vedantic meditation techniques
- Explanation of Vedantic mantras

Raja Yoga

- In-depth study of Yoga Sutras of Patanjali
- The mind, its mystery and control
- Detailed study of the eight steps of Raja Yoga

Bhakti Yoga

- The nine types of Bhakti
- The five attitudes of devotion

Sanskrit

- Learning the Sanskrit alphabet
- Correct pronunciation and spelling of the mantras and hymns

Anatomy and Physiology

- Study of the functions of the nervous system, the brain and the endocrine glands in relation to the practice of yoga.

Kirtan (Chanting)

- Positive effects on the emotions
- Correct pronunciation and mental attitude
- Learning of classical Sanskrit songs

Diet

- Subtle aspects of the vegetarian diet
- Proper nutrition according to the three-Dosha theory of Ayurveda

DAILY SCHEDULE 5.00 h Pranayama · 6.00 h Meditation, Mantra chanting, Lecture
8.00 h Asanas 9.00 h Anatomy and Physiology · 10.00 h Brunch · 11.00 h Karma Yoga
12.00 h Raja Yoga or Sanskrit · 14.00 h Main lecture · 16.00 h Asanas and Pranayama
18.00 h Dinner 19.30 h Meditation, Mantra chanting, Lecture · 22.00 h Lights out
Schedule subject to change.

What to bring: *The Complete Illustrated Book of Yoga* as well as *Meditation and Mantras* from Swami Vishnudevananda. Also bring your TTC manual and teachers' uniforms.
More details: www.sivananda.eu

