

SADHANA INTENSIVE

August 4 – 19, 2012

The Course

This course is for graduates of the Sivananda Teachers' Training Course only.

The Sadhana Intensive is a **two week yoga course** totally unique in its contents and form. This course is based on the classical teachings of the Hatha Yoga Pradipika. It was designed by Swami Vishnudevananda, who based the course curriculum on the intensive Hatha Yoga practice which he himself followed during a six month period of intense Sadhana retreat in the Himalayas. Swami Vishnudevananda often said that this intensive practice gave him the energy to carry out his mission of spreading the teachings of yoga in the West for nearly 40 years.

This course is based on **individual practice** with the emphasis on an intense and prolonged practice of **advanced pranayama**. In the morning, the students meet with their teachers and receive instructions for the practice of the day. Students are guided individually in their practice. All meet again at midday for an inspiring study of some of the main classical scriptures of yoga. Reading from these scriptures will enrich the Hatha Yoga experience. It is a unique course since students have time for deep introspection through prolonged individual practice. Many students choose to take this course several times, with each time a deepening of their yoga experience.

TEACHERS

The course will be given by **Swami Kailasananda**, Yoga Acharya and other senior teachers of the Sivananda organisation and **Swami Anantananda**, a very experienced yoga teacher, long time disciple of Swami Vishnudevananda.

CURRICULUM

The emphasis of the course is the practice of pranayama more than of asanas. The course starts with 2 practices a day for the first week, then increases to 3 practices a day. Each session lasts for 2 to 3 hours.

- 12 basic Asanas
- Concentrated periods of advanced Pranayama of progressive intensity
- Explanations and Practice of Mudras, Bandhas and Mantras
- Recitation of sanskrit verses to lift the energy of body and mind
- Study of Classical Scriptures on Hatha Yoga, Bhakti Yoga and Vedanta Philosophy
- Meditation Practice
- Spiritual Diary
- Likhita japa (writing of mantras for mental peace)
- Practice of Mouna (at certain moments of the day) to preserve the vital energy.
- Mantra chanting and devotional rituals with an Indian priest

PREREQUISITE

This course is quite intensive and requires preparation. Participants should have a sound physical and mental health. They should follow a vegetarian diet for at least 6 months before the start of the course and practice kapalabhati and anuloma viloma daily for at least 6 months before taking the course. Prior phone interview with the Ashram director is necessary.

TUITION (Fees valid until 31.6.2012)

Tent space 950 €, dormitory 1150 €, double room 1450 €, single room 1650 €

STUDY BOOKS

The following texts will be studied:

- Viveka Chudamani of Sankaracharya: a basic text on Vedanta philosophy which describes the practical ways to realize the Self and how to prepare oneself for this realization.
- The Srimad Bhagavatam by Vyasa Maharishi is one of the most important scriptures on Bhakti Yoga. Listening to the stories and the philosophy of the Bhagavatam will fill the mind with universal love and will melt the heart. Opening of the heart is one of the keys to access the deepest levels of Hatha Yoga.
- The Hatha Yoga Pradipika by Yogi Swatmarama: this classical text on Hatha Yoga explains in depth: asanas, pranayama, mudras and bandhas as well as the process of awakening the kundalini.

REGISTRATION

Please contact us for an application form at orleans@sivananda.net or ring at +33 2 38 91 88 82. The application can be downloaded on our website at www.sivananda.org/orleans

THE YOGA 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.

TTC REFRESHER – FURTHER TRAINING EVENT FOR SIVANANDA TEACHERS

June 20 – 25, 2012

Arrival day: June 19 around 3pm.
Departure day: June 25 around 2pm

With **Swami Durgananda, Swami Sivadasananda, Swami Kailasananda, Swami Atmaramananda, Yoga Acharyas**

DEEPEN YOUR VISION EXPAND YOUR KNOWLEDGE FINE-TUNE YOUR SKILLS

We welcome graduates of the Sivananda teachers' training course for this summer highlight at the Ashram, held in a spirit of reconnection to the teachings of Swami Sivananda and Swami Vishnudevananda and celebration of the positive, dynamic and peaceful message of Yoga and Vedanta.

Meditations, inspirations from the scriptures, dynamic asana classes and correction workshops, elevating kirtan, meeting Sivananda teachers from all over the world.

With the participation of Swami Durgananda, Swami Sivadasananda, Swami Kailasananda, Swami Atmaramananda and many senior swamis and teachers of the Sivananda Yoga Centres worldwide.

Donation for the 5 days :

Tent 60 €, dorm. 110 €, double room 160 €
Fees valid until 31.5.2012

organized by: ASHRAM DE YOGA SIVANANDA

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INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRES

- **ADVANCED SIVANANDA TEACHERS' TRAINING COURSES 2012**
- **SADHANA INTENSIVE 2012**
- **FURTHER TRAINING SESSIONS 2012**



Photo Credits Cover "Yoga Your Home Practice Companion", Dotling Kindersley



ADVANCED TEACHERS' TRAINING COURSES

437 TRAINING UNITS

Four weeks intensive Yoga practice and study for graduates of the Sivananda Teachers' Training Course, with personal, individual instruction and deepening of the yogic self discipline. Certificate on completion, issued by the International Sivananda Yoga Vedanta Centres.

Teaching Plan and Course Outline

Asanas

- Going deeper into the 12 basic postures
- Practice of the classical advanced variations
- Detailed corrections
- Deeper understanding of Hatha Yoga

Pranayama

- Extended practice of Anuloma Viloma
- Advanced Pranayama
- Correct application of Bandhas

Vedanta

- Philosophical schools of India
- Analogies on the highest reality
- Study of Vedantic Meditation techniques
- Explanation of Vedantic Mantras

Raja Yoga

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

Bhakti Yoga

- The nine ways of Bhakti Yoga
- Five kinds of devotion

Sanskrit

- Learning the Sanskrit alphabet
- Correct pronunciation and writing of mantras and chants

Anatomy and Physiology

- Study of the nervous system, brain and endocrine glands in relation to the practice of asanas, pranayama and meditation.

Kirtan (Mantra Chanting)

- Positive influence on the emotions
- Correct pronunciation and mental attitude
- Learning of classical Sanskrit chants

Nutrition

- Aspects of vegetarian nutrition

Daily Schedule 5am Pranayama • **6am** Meditation, chanting of mantras, lecture • **8am** Asanas
9am Anatomy and physiology • **10am** Brunch • **11am** Karma Yoga • **noon** Raja Yoga or Sanskrit
2pm Main lecture • **4pm** Asanas und Pranayama • **6pm** Dinner • **7.30pm** Meditation, chanting of mantras, lecture • **10pm** Lights out, except for special programmes.

Changes in the programme may occur.

Please bring with you: "The Complete Illustrated Book of Yoga", "Meditation and Mantras" by Swami Vishnudevananda and your Yoga Teachers Training manual, as well as your Yoga Teachers uniform. Details upon enrollment and at www.sivananda.eu

The instructors

are **Yoga Acharyas** (spiritual teachers) and senior students of Swami Vishnudevananda.



Swami Durgananda, Yoga Acharya of the Sivananda Yoga Vedanta Centres, Europe, teaches Yoga and Philosophy worldwide in the Sivananda Yoga Teachers' Training Courses.



Swami Sivadasananda, Yoga Acharya in Europe, is known for his precise, dynamic and joyful teaching style.



Swami Kailasananda, Yoga Acharya in Europe, teaches with dynamism and inspiration.



Swami Atmaramananda, Yoga Acharya, director of the Sivananda Yoga Vedanta Centre in Berlin. He lived several years in India.



Sivananda Yoga Vedanta Retreat House, Reith near Kitzbühel, Tyrol, Austria



The Sivananda Yoga Vedanta Retreat House is situated on the Southern Slope above the village of Reith, amongst the wonderful nature of the Kitzbühel Alps.



May 5 – June 3, 2012

Arrival: Sat, May 5,
 Departure: Sun, June 3, 2012
 Languages: English, German

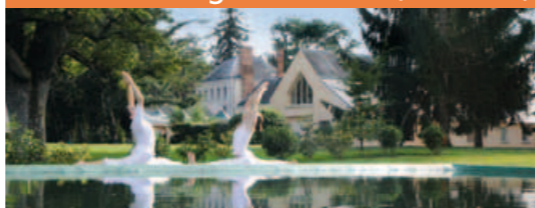
www.sivananda.org/tyrol

Special fee for the ATTC INCLUDING accommodation and board in the Biohotel
 Dormitory 2.465,- €
 Triple room 3.150,- €
 Double Room 3.550,- €
 Shared 2.825,- €
 Single Room 3.900,- €

Discount for early registration -150 €, Partner -75 €

SPECIAL PRICE FOR STUDENTS AND THE UNEMPLOYED INCLUDING SIMPLE accommodation and board
 Dormitory 1.980,- € Shared 2.380,- €

Ashram de Yoga Sivananda, Orléans, France



Our Ashram de Yoga Sivananda is situated in the romantic Loire Valley near Orléans, 100 km south of Paris.

June 29 – July 27, 2012

Arrival: Fri, June 29,
 Departure: Fri, July 27, 2012
 Languages: English, French and Spanish.
www.sivananda.org/orleans

Fees, including tuition and board:

Tent 2.350,- €
 Single Room 3.600,- €
 Double Room 3.300,- €
 Dormitory 2.600,- €
 Single Room/bath 3.900,- €

Rudraprayag, Himalayas, India



Rudraprayag is an ancient pilgrimage town in the Himalayas at the point of confluence of the Alaknanda and Mandakini, which are both tributaries to the River Ganges. The area carries the spiritual thought currents of generations of spiritual seekers.

23 February – 24 March 2013

Languages: English, German, French and Spanish
www.sivananda.eu

Tuition fees, including room and board:

Shared room 2,150 € Double room 2,700 €
 Single room 3,450 €

FURTHER TRAINING SESSIONS FOR YOGA TEACHERS 2012

IMPROVE YOUR KNOWLEDGE AND INTENSIFY YOUR OWN PRACTICE.



Suitable for graduates of the Sivananda Yoga Teachers' Training Course. After personal interview, graduates of other training schools are also welcome. The fees include accommodation and board in a Biohotel. Booking via the Sivananda Yoga Retreat House.

Use the early registration and partner booking discounts. Please ask for special rates for the unemployed and students.

Fri 6.4. / 3pm - Mon 9.4. / 3pm
YOGA BODY-WORK
 Certificate of participation for 39 TUs
 Hands-on workshops for yoga teaching
 Asana corrections for intermediate & advanced students. From 1219,- €

Thu 7.6. / 3pm - Sun 10.6. / 3pm
YOGA AND ANATOMY

Certificate of participation for 52 TUs
 Topical teaching materials on how asanas, pranayama, relaxation exercises and meditation act on the various organ systems of the body. From 374,- €

Fri 22.6. / 3pm - Sun 24.6. / 3pm
YOGA DURING PREGNANCY
 Certificate of participation for 26 TUs
 With Ursula Mäder (Padmavati), Midwife
 From 187,- €



Fri 29.6. / 3pm - Sun 8.7. / 3pm
ACCESSIBLE YOGA
 Certificate of participation for 120 TUs
 With Jivana Heyman, San Francisco, California
 Classical asana classes for people with disabilities, chronic illnesses or injuries.
 From 1099,- €

Fri 20.7. / 3pm - Sun 22.7. / 3pm
YOGA OVER 50
 Certificate of participation for 26 TUs
 Asana class models specifically for seniors.
 From 187,- €

Fri 5.10. / 3pm - Sun 7.10. / 3pm
YOGA FOR CHILDREN
 Certificate of participation for 26 TUs
 Yoga, the best foundation for healthy development. From 187,- €

Fri 26.10. / 3pm - Sun 28.10. 2012 / 3pm
THE ART OF CORRECTING ASANAS
Forward Bending Asanas & Seated Poses
 Certificate of participation for 26 TUs. From 163,- €

Thu 22.11. / 3pm - Sun 25.11. / 3pm
TEACHING YOGA – THE NEXT STEP
 Certificate of participation for 26 TUs
 Detailed asana corrections for beginners.
 From 187,- €

CERTIFICATE COURSES 2012

With certificate of participation
 Sat 17.3. / 3pm - Sat 24.3. / 3pm
THE YOGIC WAY OF COOKING
 From 570,- €

Sat 24.3. / 3pm - Sat 31.3. / 3pm
 Sat 1.12. / 3pm - Sat 8.12. / 3pm
YOGA AND STRESS MANAGEMENT
 From 570,- €



Thu 12.7. / 3pm – Thu 19.7. / 3pm
YOGA AND PSYCHOLOGY
 With Dr. Uma Krishnamurthi, psychiatrist, Bangalore, India
 Inspiring observations on the human mind.
 From 757,- €

Mon 6.8. / 3pm - Sat 11.8. / 3pm
NEW: YOGA AS MEDICINE
 With Dr. Timothy McCall, USA
 Lectures and Workshops on the science and practice of Yoga-Therapy.
 Special Asana workshops with Swami Sivadasananda, Yoga Acharya. From 615,- €

Thu 16.8. / 3pm – Sun 19.8. / 3pm
VASTU SHASTRA – HOW TO DESIGN HEALING SPACES
 with Olga Mandolari Sokolova, certified Vastu teacher
 From 360,- €

Wed 22.8. / 3pm - Fri 31.8. / 3pm
YOGA OF THE HEART
 Certificate for 132 TUs
 With Nishala Joy Devi, USA
 Yoga for those suffering from heart disease or cancer. From 1219,- €

Sat 10.11. / 3pm – Sat 17.11. / 3pm
YOUR YOGA HOME PRACTICE COMPANION
 Understanding and experiencing yoga in all its aspects. From 570,- €

Sat 17.11. / 3pm – Sat 24.11. / 3pm
STUDY OF YOGA SCRIPTURES
 Study of the Raja Yoga and Bhakti Yoga Sutras.
 From 570,- €

Sat 24.11. / 3pm - Sat 1.12. / 3pm
HEALTHY COOKING WITH AYURVEDA
 With Sanjay und Anjani Kulkarni (MD)
 Ayurvedic medicine in accordance with Western culture. From 947,- €



Fees valid until 31.8.2012

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www.sivananda.org/tyrol · www.sivananda.eu

TU = Training Unit.

Other experienced Swamis and Yoga teachers teach during the courses.

The courses include lectures with international guest speakers and cultural events.
 Fees include exam, training manual and accommodation and board.
 Fees valid until 31.8.2012