



Curriculum (continued)

Hatha Yoga

- Ethical and moral principles
- Body – prana (life energy) – mind
- From control over the body to control over the mind and meditation

Raja Yoga

- Ashtanga – the 8 steps of yoga
- Antahkarana – functions of the mind
- Concentration and meditation

Kundalini Yoga

- The Absolute and how it manifests itself in nature
- Macrocosmos and microcosmos
- The 7 Chakras
- The awakening of cosmic energy

Bhakti Yoga

- Kirtan: chanting of classical Sanskrit mantras
- Indian gods and their cosmic meaning
- Arati and Pujas (traditional Indian rituals)

Karma Yoga

- The law of cause and effect
- Samsara – the wheel of birth and death
- Karma Yoga – selfless service: one hour daily in the ashram community

Jnana Yoga

- Basic concepts of Vedanta philosophy
- The 7 Bhoomikas or planes of consciousness
- Space, time, causation
- The 3 bodies
- The 3 levels of the mind
- Conquest of death

Bhagavad Gita

- Study of both the text and the commentary of this classical yoga scripture

Daily Schedule

5.30am Wake-up	2pm Main lecture
6am Meditation, mantra chanting, lecture or silent walk	4pm Asanas and pranayama
8am Asanas and pranayama	6pm Dinner
10am Brunch	8pm Meditation, mantra chanting, lecture
11am Karma yoga	10pm Lights out
Noon Bhagavad Gita or chanting class	

Attendance at all activities is mandatory. Changes in the programme may occur from time to time. One day a week is given for personal activities and study. On this day students are required to attend morning and evening satsangs as well as to complete their Karma Yoga.



Picture rights: ©Sivananda Yoga Vedanta Centre, 52 Felsham Road, London SW15 1AZ, England
Texts: ©See above. The texts and photos contained herein are protected by copyright. Their use is prohibited without the express written permission of the copyright holders. Copyright violations will be prosecuted in accordance with the applicable laws.

Special Programmes and Guest Speakers

Guest speakers and artists from around the world enrich the Teachers' Training Course experience. Lectures on medicine, ayurveda, diet, physics, psychology, religion, etc. reveal fascinating connections to yoga. Indian cultural programmes such as vocal and instrumental concerts, classical temple dance and authentic Indian temple ceremonies reflect the rich tradition in which yoga has developed over the centuries.

Yoga Masters



Swami Sivananda

(1887 – 1963)
The spiritual strength behind the Sivananda Yoga Vedanta Centres and regarded as a modern-day saint. Swami Sivananda's teachings are a synthesis of all paths of yoga.



Swami Vishnudevananda

(1927 – 1993)
Disciple of Swami Sivananda, founder of the International Sivananda Yoga Vedanta Centres, world authority on hatha and raja yoga, and author of the classic *The Complete Illustrated Book of Yoga*.

Information

Admission Requirements

The intensity of the training programme requires a high degree of discipline and an open mind to new teachings and experiences. Prior experience in the practice of yoga and meditation is recommended and a sincere desire for knowledge and commitment to personal growth is needed. It is suggested that before enrolling for the course, you familiarise yourself with our teachings by attending classes and courses at a Sivananda Ashram or Centre.

Yoga of Synthesis

The course is based on the yoga of synthesis as taught by Swami Sivananda. This includes the practice of Hindu devotional rituals which are also part of the daily programme.

Study Material

The Complete Illustrated Book of Yoga by Swami Vishnudevananda, *The New Book of Yoga/The Sivananda Companion to Yoga* and *The Bhagavad Gita* with commentary by Swami Sivananda. These are available at our Centres.

Ashram Rules

Attendance at all programmes is mandatory. In order to maintain the proper atmosphere, no meat, fish, alcohol, tobacco, coffee, black tea, eggs, drugs and revealing clothing are allowed. Their use may lead to dismissal from the course.

University Graduate Degree Programmes

The Sivananda Yoga Vedanta Centres are affiliated with the Open International University via the International Institute for Integral Human Sciences. You can earn credits for university programmes. www.iihs.com

Dates and Rates, Online Registration and Practical Details

Please visit www.sivananda.eu



Sivananda Yoga Vedanta Centre

London: +44 20 7870 0160 • Paris: +33.1.40.26.77.49 • Berlin: +49.30.8599.9798
Munich: +49.89.700.9669.0 • Vienna: +43.1.586.3453 • Madrid: +34.91.361.5150

TTC Venues in Europe and Vrindavan (India)

www.sivananda.eu

Sivananda Yoga Retreat House,

Reith near Kitzbühel, Tyrol, Austria
The Retreat House is an oasis of peace nestled on a sunny slope in the picturesque Kitzbühel Alps. It's the perfect place for those seeking inner peace and new energy through yoga. www.sivananda.org/tyrol

Château du Yoga Sivananda,

Neuville-aux-bois, Orleans, France
The Château du Yoga Sivananda features large, leafy grounds with majestic old trees and the songs of many species of bird, a large outdoor asana platform and a meditation temple. www.sivananda.org/orleans

Spain

Every summer, the Sivananda Yoga Teachers' Training Course is held in a nature retreat place in the sunny climate of Spain. Please enquire the location for the upcoming course. www.sivananda.org/madrid

Sivananda Yoga Vedanta Centre,

London, UK
The Centre is an oasis of peace and calm bordering the south bank of the River Thames. The new Sivananda Peace Garden has created a real getaway from the hustle and bustle of the city. www.sivananda.org/london

Eastern Europe

Since 2005, the Sivananda Yoga Teachers' Training Course has been held in Eastern Europe, in Lithuania and in Poland, amid the beautiful sand dunes of the Baltic sea coast. Please inquire for the location of the upcoming course. www.sivananda.org/berlin

Vrindavan, North India

Vrindavan, which is situated 150 km (2.5 hours) south of Delhi, is one of the holiest places in India. The Sri Sri Chakra Ashram, a spiritual oasis with its manicured courtyard and beautiful temple gardens, lies directly on the banks of the holy Yamuna River. www.sivananda.eu

"Health is Wealth. Peace of Mind is happiness. Yoga Shows the Way." – Swami Vishnudevananda

International

Sivananda Teachers' Training Course (TTC)

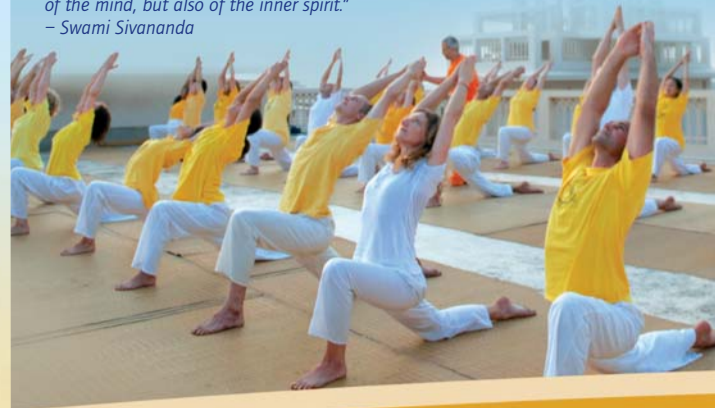
in Europe and Vrindavan, North India

A four week intensive residential course covering all aspects of yoga

General TTC Information Brochure

"Yoga is a system of integral education, not only of the mind, but also of the inner spirit."

– Swami Sivananda

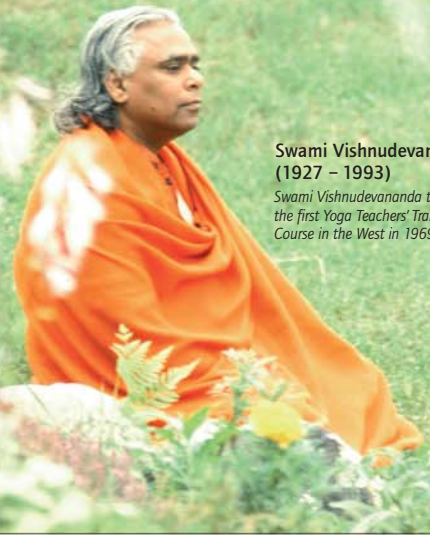


Sivananda Yoga Vedanta Centre

Founder: Swami Vishnudevananda, est 1957

Info: www.sivananda.eu





Swami Vishnudevananda (1927 – 1993)

Swami Vishnudevananda taught the first Yoga Teachers' Training Course in the West in 1969.

Senior Teachers (Acharyas)

The Executive Board Members of the Sivananda Yoga Vedanta Centres

The Executive Board of the Sivananda Yoga Vedanta Centres is comprised of senior disciples of Swami Vishnudevananda, personally chosen and trained by him to direct the organisation after his departure. Each of them has had many years' experience in teaching all aspects of yoga. They are renowned for their devotion to Swami Vishnudevananda and Swami Sivananda and for their profound knowledge and inspirational teaching and guidance. They have imparted the wisdom of Yoga to many thousands of students throughout the world.



Swami Mahadevananda



Swami Durgananda



Swami Swaroopananda



Swami Srinivasan



Swami Sivasadananda



Swami Kailasananda



About the Course

The Course Instructors

The course is taught by Yoga Acharyas (spiritual teachers) personally trained by Swami Vishnudevananda as well as other experienced Swamis and yoga teachers. They regularly participate in special further training in India to deepen their Yoga knowledge and practice.

The International Sivananda Yoga Teachers' Training Course

Swami Sivananda sent Swami Vishnudevananda to the West in 1957 to spread the teachings of Yoga. Swami Vishnudevananda was the first yoga master to develop a training programme for yoga teachers in the West. In 1969, he taught the first Sivananda Yoga Teachers' Training Course (TTC) in Canada. Since then, over 25,000 certified yoga teachers have completed the Teachers' Training Course, with another 1,000 graduates each year.

The goal of this training programme is to produce qualified and inspiring yoga teachers who are able to draw on their own practice and personal discipline in imparting the yoga experience to others.

Swami Sivananda founded an institute of education within his ashram in Rishikesh, India, named the Yoga-Vedanta Forest Academy. Swami Vishnudevananda was one of the principal professors of the academy and as an extension of this educational programme, the Sivananda Teachers' Training Course was developed.



The course is designed to be intensive, immersing the students in a balanced programme of yogic theory and practice for all-round physical, mental, emotional and spiritual development.

The Gurukula System of Education

The course is based on India's traditional Gurukula teaching system, where by direct contact with the teachers, the student's day-to-day life during the course is transformed into an integrated learning experience.

Yoga teachers are not just trained in the asanas. While asanas are an integral part of classical Hatha Yoga, it is the combination of the asanas with ethical values, pranayama (breathing exercises) and meditation that enables a comprehensive experience of Hatha Yoga.

Swami Vishnudevananda's visionary approach to yoga and yoga training has equipped thousands of students with the necessary discipline and yogic skills to enrich their own lives and to help spread these teachings to others.

Yoga Teacher Training Graduates

Upon successful completion of the Sivananda Yoga Teachers' Training Course, the yoga teachers receive a yoga certificate confirming that they have sufficient knowledge and practical experience to teach asanas, pranayama and relaxation to beginners and intermediate yoga students.

Curriculum

The curriculum is based on the five points of yoga which can be understood as the practical application of the four traditional yoga paths:

1. Proper exercise (Asanas)
2. Proper breathing (Pranayama)
3. Proper relaxation (Savasana)
4. Proper diet (Vegetarian)
5. Positive thinking and meditation (Vedanta and Dhyana)

Daily: two meditation sessions, two yoga classes, two lectures, one hour of service to the ashram community. One day a week is lecture-free.

Asanas

The daily in-depth practice with individual corrections comprises:

- Sun salutation and the 12 basic yoga postures
- 100 asana variations, from intermediate level to advanced
- Postural alignment
- Deep relaxation with auto suggestion
- Release of blocked energy
- Training sessions for all age groups

Benefits of asanas:

- Control emotions and improve power of concentration
- Rid the body of excess fat and enhance physical fitness
- Relieve chronic ailments such as constipation, rheumatism, stomach complaints
- Stimulate circulation and stabilise thyroid functions
- Keep muscles youthful and supple into old age

Pranayama

- Expands capacity of the lungs
- Relaxes the nervous system
- Balances the two hemispheres of the brain
- Purifies the nadis (subtle energy channels)
- Awakens the inner spiritual energy
- Kapalabhati (Lung cleansing exercise)
- Anuloma Viloma (alternate nostril breathing)
- Samanu (mental cleansing of the nadis)
- The 8 main pranayamas: Ujjayi, Surya Bheda, Bhastrika, Plavini, Moorcha, Sitali, Sitkari, Bhramari

Kriyas

• Tratak, Neti, Kapalabhati, Dhauti, Nauli and Basti: six classical purification exercises for the eyes, nose, air passages, oesophagus and stomach, abdominal organs and large intestine. Explanation and demonstration of the exercises and their effects. Individual instruction

Anatomy and Physiology

• Introduction to the major body systems.
• The effects of asanas and pranayama on the cardiovascular, respiratory, digestive, skeletal, muscular and endocrine systems

Teaching Practice

- How to teach the 12 basic postures and breathing exercises to beginners and intermediate students
- Detailed correction workshops
- In the second half of the training course, participants will teach each other under the guidance of an experienced instructor

Yoga Nutrition

- Vegetarianism – for ethical, spiritual and health reasons
- How diet affects the mind
- Proper balance of the main nutrients
- Ayurvedic principles of nutrition
- Healing effects of fasting

Meditation

- Physical and mental meditation
- 12-step daily practice
- Effects of and experiences in meditation
- Mantras – spiritual energy sound
- Mantra initiation (if desired)

Curriculum continued overleaf

