SIVANANDA YOGA VEDANTA RETREAT HOUSE
REITH NEAR KITZBÜHEL, TYROL, AUSTRIA
Founder: Swami Vishnudevananda, est. 1957

CALENDAR
JANUARY – DECEMBER 2019
YOGA – A LIFESTYLE

ENGLISH

Yoga vacation in May & November 2019 in Mittersill, Hohe Tauern, Salzburg, Austria
WELCOME
TO THE SIVANANDA YOGA
RETREAT HOUSE

Our life today is full of rush, stress and irritability. By applying the universal principles of yoga you can gain mental balance, better sleep and a new vitality. Meditation improves your concentration and enriches your life with a new creativity.

“Yoga gives hope to the sad and forlorn, strength to the weak, health to the sick and wisdom to the ignorant.”
- Swami Sivananda

You are welcome to visit on your own, with a friend or bring the entire family. Enjoy the fresh air, green meadows, quiet forests, medicinal plants along scenic foot-paths, sparkling brooks and pristine lakes. Everybody in our staff team is dedicated to a practical yoga life style, and we are looking forward to being of service to you during your stay.

Swami Durgananda
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The Sivananda Yoga Vedanta Retreat House is situated on the southern slope above the small village of Reith, in the picturesque Tyrolean Alps.

Kitzbühel, the legendary city of sports in the Alps, is only four kilometres away. Over the last hundred years this city, steeped in rich tradition, has become one of the most famous winter sports regions in the world.
SIVANANDA YOGA

The International Sivananda Yoga Vedanta Centres were established in 1957. Swami Vishnudevananda founded and developed the world’s largest nonprofit yoga organisation as his life’s work. He named it after his master Swami Sivananda, one of the most influential spiritual teachers of the 20th century.

We teach a traditional, precise yet easy-to-use system based on the teachings of Swami Sivananda. It leads to both physical and mental health and a natural spiritual development. Swami Vishnudevananda summarized the basic practices in five points, which allow yoga to be integrated effectively in the daily routine: Asanas (postures), pranayama (breathing exercises), deep relaxation, vegetarian diet, and positive thinking & meditation. Learn more on pages 6–15.

The philosophy is based on Swami Sivananda’s synthesis of the four complementary yoga paths: Karma (selflessness), Bhakti (uplifting emotions), Hatha/Raja (body-mind control) and Jnana Yoga (realization of oneness). Learn more on page 17.

Swami Sivananda (1887–1963)
A great sage and yogi of India and the inspiration behind the international Sivananda Yoga Vedanta Centres. Swami Sivananda served many years as a physician before renouncing worldly life. He lived for more than 30 years as a renunciant in Rishikesh, located on the banks of the Ganges in the foothills of the Himalayas. There he established the Divine Life Society and trained an entire generation of recognized yoga masters. He wrote more than 200 books and his teachings continue to inspire people around the world.

“Serve — love — give — purify — meditate — realize”

Swami Vishnudevananda (1927–1993)
A world-renowned authority on yoga. He was sent by his teacher Swami Sivananda to the West, where he founded the international Sivananda Yoga Vedanta Centres in 1957. As an untiring activist for world peace, he made symbolic peace flights to the world’s troubled spots (Northern Ireland, Middle East, the divided Berlin, etc.). He was a highly regarded master of Hatha and Raja Yoga, and author of the classic textbooks The Complete Illustrated Book of Yoga and Meditation and Mantras.

“Health is wealth — Peace of mind is happiness — Yoga shows the way.”
ASANAS —
A FOUNTAIN OF YOUTH FOR THE ENTIRE BODY
Yoga poses work systematically on all parts of the body: Similar to the function of oil in an engine, the asanas enhance the flexibility of the joints, muscles, tendons and ligaments, and stimulate circulation. The back becomes stronger and more flexible. The effects of asanas on body alignment improve physical well-being and the communication of the nervous system with all organ systems. Asanas massage the internal organs and optimize their functions. They activate the acupressure zones of the body and increase the flow of vital energy.

Performed slowly and with awareness, the yoga poses are also a mental exercise in concentration and meditation. At the Yoga Retreat House, you will learn the asanas in the practical classes, in workshops, during individual coaching, or in correction workshops for yoga teachers.

Asana classes can be so varied:
- Gentle and relaxing
- Dynamic and challenging
- Meditative and introspective
- Instructive and informative
- Exhilarating and creative
PRANAYAMA — THE VITAL BREATH

Breathing exercises stimulate the energy reserves of the solar plexus and thus invigorate body and mind. Through deep and conscious breathing, we can tap a great reservoir of energy in our daily life. The body becomes strong again and can better handle the challenges of modern life. Expanded and conscious breathing helps fight depression and stress.

Breathing and the mind are interconnected. When we are fearful or angry, our breathing is shallow, fast and irregular; when we are relaxed or focused, our breathing slows down.

Experience the transformation of your breathing habits: slower — more rhythmic — more regular — more continuous.
Retaining the breath in pranayama: When the oxygen level of the blood decreases, the body reacts by producing more red blood cells which transport oxygen. The number of functional capillaries in the heart, brain, lungs, muscles, kidneys and liver increases. Breath retention enhances physical and psychic resilience and stress tolerance, and boosts the power of concentration and mental strength.
Regular relaxation has an effect similar to that of an automobile’s cooling system, which protects the engine from overheating. Unnecessary tension not only causes discomfort, but it also robs us of our energy reserves. This may result in migraines, a tense neck or painful joints. Without regular relaxation, body and mind experience overload and can no longer function properly.

Deep relaxation takes place on three levels — physical, mental and spiritual — and is the most natural way to recharge. During deep relaxation at the end of a yoga class, the body needs only enough energy to maintain vital metabolic processes. The rest of the prana which was built up during the yoga exercises is stored.

Autosuggestion:
I’m relaxing my feet, my feet are relaxed. —
Let the relaxation flow all the way up to the head.
I’m relaxing the internal organs; all organs in the abdomen, chest and head are relaxed.
I’m breathing slowly and rhythmically, the mind becomes as light as a feather.
My thoughts rest on the image of a calm lake without waves.
I feel silence and peace.
The yoga tradition recommends a lacto-vegetarian diet with no meat, fish or eggs, and with only small amounts of dairy products. A vegetarian diet gets its energy directly from the Sun, the source of all life. Discover fresh, light and nutritious food that leads step-by-step to a more balanced nutrient intake, increased vitality and better digestion.

At the Yoga Retreat House, 60 years of yoga lifestyle experience in both East and West have gone into the development of menus. The eco-hotel serves two complete buffet-style meals daily, making use of fresh, organic ingredients and pure oils. You will enjoy a range of whole grains, carefully cooked vegetables, a nice variety of side salads, expertly prepared pulses, dairy products from the best organic dairy farms in Tyrol, home-made bread, jams and stewed fruits as well as imaginative desserts. Vegan or gluten-free dishes or fresh juices can be prepared on request.

EATING BETTER — FROM THE SOURCE

We are what we eat:
More slender and flexible
Calmer and more balanced
A clearer head, more relaxed emotions
In harmony with the outer and inner nature
MEDITATION — THE KEY TO PEACE OF MIND

It is scientifically proven that people who meditate on a regular basis

- have improved self-awareness and self-regulation;
- are able to reduce the subjective stress load and develop objective stress management;
- have fewer daydreams and are more naturally alert;
- can regulate their emotions, leading to better coping mechanisms for pain, fear and depression;
- develop positive emotions like compassion and active benevolence.
There are many meditation techniques in yoga. Mantras harness the power of sound, both in chanting and through mental repetition. Other techniques focus on visual symbols or the breath. More abstract practices emphasize observation of the thoughts, positive affirmations or the cultivation of sublime emotions.

The group practice of silence and mantra chanting awakens interest in meditation. A new, natural power of attention develops which can gradually lead to deeper concentration. The state of meditation is reached when all effort and intention vanish.

“Feel the silence, hear the silence, touch and taste the silence. Silence is the music of your Soul.”
Swami VishnuDevananda
THE FOUR YOGA PATHS

HATHA AND RAJA YOGA
Here the focus lies on the balance and control of body and mind. Asanas (postures), pranayama (breathing exercises) and silent meditation are the most well-known practices. As the practice intensifies, the physical and mental energies become more subtle and one finds inner balance. It is especially suitable for people who strive for inner and outer change.

KARMA YOGA
Selfless action, without thinking about possible success or failure. Karma Yoga serves to purify the heart and lessens the influence of the ego on words, deeds and relationships. It is well suited to active, extroverted people.

BHAKTI YOGA
Surrender to the Divine through prayer, rituals and mantra chanting. A path that develops more love towards all beings. It appeals particularly to people who are more emotional.

JNANA YOGA
A path of wisdom. It begins with the study of the scriptures of Vedanta philosophy. By analysing human nature, one ultimately learns to recognize the Supreme Self in oneself and in all creatures. This path is especially suitable for intellectual people.

A combination of the four paths leads to the harmonious development of the physical, emotional and intellectual aspects of life.

“Human beings are a complex mix of willing, feeling and thinking. A one-sided development is not advisable. Yoga should develop the whole person — the hand, heart and head.”

Swami Sivananda
Enjoy the yogic lifestyle
Find your way to more vitality, positivity and lightness through the daily yoga practice, a healthy vegetarian diet, meditation and mental inspiration.

In harmony with nature
Feel the innate power of the pure mountain air, the pristine brooks and lakes, the mountain meadows and the quiet forests.
Meet interesting people
Delight in positive interactions with interesting people at mealtime, on walks and during the group meditation.

Learn something new
Discover new ways of thinking and living, learn effective body-mind exercises, and listen to universal words of wisdom.
LETTING THE DAY FLOW

IN THE MORNING: Start the day in contemplative silence during the morning meditation, enjoy the group chanting and spiritual reading. Loosen up your limbs during the first yoga class. Then breakfast awaits you.

DURING THE DAY you have the opportunity to participate in a workshop, or talk with one of the yoga teachers. Or take a relaxing walk, have a massage, or settle down with a book and a cup of tea on the terrace.

IN THE AFTERNOON your body finds its optimum flexibility in the second yoga class. Observe how the breath is slowing down, and the mind tunes in to the lightness of the yoga practice. Afterwards dinner is already prepared.

IN THE EVENING: Come to the evening meditation and enjoy the group meditation, chanting and interesting talk. Go to bed feeling fulfilled, inspired and ready to have a restful night’s sleep.
YOGA VACATION
IN REITH, TYROL, AUSTRIA

In a wide valley of the Kitzbühel mountains, surrounded by fresh air, pure water, green meadows, quiet woods, medicinal plants along scenic foot-paths.

WHAT AWAITS YOU:

– Motivated, practising yogis
– A variety of interesting themes
– A solid introduction to yoga and meditation
– Individual advice based on experience
– Summertime practice on the outdoor cedar platform
– Tastefully decorated yoga halls
– The spiritual atmosphere of the meditation temple
– Daily mantra chanting as well as prayers and ceremonies for inner and outer peace
– Introspective leisure moments on the Retreat House terrace
– Delicious vegetarian meals in a friendly atmosphere
– Incomparable walks and hikes
– Sauna and various massages
– A well-stocked boutique with a selection of books, music and yoga accessories
– New healthy habits in a smoke- and alcohol-free environment

New to yoga?

On arrival day or the next morning you’ll receive an introduction to the basic principles of the yoga practice, meditation, mantra chanting, as well as the philosophical aspects of yoga.
YOGA VACATION IN REITH, TYROL, AUSTRIA

THE DAILY SCHEDULE

6:00 – 7:30 am  Morning meditation, mantra chanting, talk
8:00 – 9:30 am  Asanas and pranayama
10:00 am        Vegetarian brunch
2:00 – 3:00 pm  Lecture or workshop
                (sometimes a short lecture following the morning asana class)
4:00 – 5:30 pm  Asanas and pranayama
6:00 pm         Vegetarian dinner
7:30 – 9:00 pm  Evening meditation, mantra chanting, talk

Programmes are subject to change or cancellation. Participation in the afternoon lecture/workshop is optional. Donate your time: Many yoga vacation guests contribute to the community feeling in the Retreat House by volunteering during their stay. Ask at the reception desk for more information.
AN INTERESTING THEME EVERY WEEK
You can plan your yoga vacation around the dates that suit you and stay as long as you like. On Saturdays and Sundays, the main focus is on rest and regeneration. The vacation theme is presented in an introductory lecture or workshop. During the week we take time to explore the theme and apply it in practice. This includes tips on further reading and how to practise at home.

Yoga Vacation Light
A relaxing yoga weekend at the Retreat House.

Sivananda Beginner’s Guide to Yoga
Introductory workshops and lectures on all-round health with yoga.

Yoga Fitness
Mobility and a healthy heart with yoga.

Yoga@Home
Inspiration for the daily yoga practice at home.

Yoga Workshop Days
Explanation and practice of the most important elements of yoga.

Asanas – Strength & Flexibility
Strengthening body and mind for a self-determined life.

Expand Your Asanas
In-depth asana practice for an entirely new body feeling.

Yoga and Vital Energy
Breathing with more awareness taps new energy reserves.

Healthy Spine
The 12 basic postures and variations are preventive care for the entire back.

Asana Variations for Everybody
Dynamic asana classes and workshops set vital energy in motion.

Introduction to the Yoga Teachers’ Training Course
Information and sharing of first-hand knowledge on all aspects of the course.

Yoga Vitality Week
Increased vitality through systematic relaxation, breathing with awareness, and a yogic diet.

Yoga Lifestyle
Bringing relaxation, awareness and concentration from the yoga mat into daily life.

Yoga and Mountain Magic
A yoga and hiking vacation in the magnificent Kitzbühel mountains.

Yoga Detox
Regenerate yourself during a detoxifying yoga vacation programme.

Yoga Relaxation Days
Give yourself time for the magic of the yogic deep relaxation.

Yoga – An Inner Path
The profound stillness beyond the agitated surface of one’s own thoughts.

In Peace Lies Strength
Relaxation and natural concentration through asanas and meditation.

Introduction to Meditation
The beneficial effect of meditation on the mind, nerves & sense organs.

The Meditation Experience
A guide to the physical, mental and philosophical foundations of meditation.

Yoga and Thought Power
The world of thoughts and creative life management.

See the calendar from p. 83 for dates and prices.
WALKS

Guided silent walks beginning directly at the Retreat House. This meditation in motion is a unique experience and takes place several times a week instead of the morning or evening meditation. Experience the gentle rising and setting of the Sun, the various phases of the moon, the hidden beauties of the valley, the panoramic view of the Wild Kaiser and Hohe Tauern mountains, the songs of many bird species, the variety of trees, bushes and medicinal plants along the footpath. The breath deepens and relaxes, flexibility and mobility increase, the senses regenerate and expand. The mind rediscovers natural contentment and peace.
Swimming
The Schwarzsee lake (3 km) and Giering pond (2 km) can easily be reached by foot along idyllic trails. Swimming in water which is naturally rich in minerals is healing for the joints. At both places you will find a natural open-air swimming area with lounge chairs and beverages.
YOGA AND MOUNTAIN MAGIC

With hikes in the Kitzbühel Alps. Several approx. 2-hour hikes with like-minded people are complemented by daily yoga classes and meditation sessions. We will go on excursions to the most beautiful corners of the region:

- **Bichlach**: Rolling hills of meadow and forest around the Vogelsberg and Giering ponds.
- **Venedigerblick**, a fabulous hiking route: Zefirau, Schleier waterfall, Ebner chapel, goat farm.
- **Astbergweg**: High-elevation trail with breath-taking views of the Wild Kaiser and the Kitzbühel mountains.
- **Other possible excursions**: Gaudeamus Hut on Wild Kaiser, Labalm near Kirchberg, Hinterstein lake near Scheffau.

You can join this active yoga vacation at any time. Please bring hiking shoes and raingear. For hikes which are further away from the Retreat House, we will take the participants’ cars or share a taxi. See an introductory videoclip: [www.sivananda.at/en/](http://www.sivananda.at/en/)  

Possible day trips include a visit to the Krimml Waterfalls or a drive to Austria’s highest mountain and largest glacier, Grossglockner.
WHAT AWAITS YOU:

- Relaxation and renewed vim and vigor in yoga classes adapted to your needs
- Contemplative moments with others during activities such as meditation, chanting and occasional lectures
- Individual guidance by two senior instructors of the Sivananda Retreat House
- A tranquil sun terrace surrounded by organic meadows
- Practise indoors with a panoramic view, or outdoors on the natural pond or in the garden pavilion
- Wellness oasis: Sweat lodge, herbal sauna,
YOGA VACATION
IN MITTERSILL, HOHE TAUERN,
SALZBURG, AUSTRIA

Relax and take time out for pampering at Hotel Gut Sonnberghof ****
28 April – 19 May 2019 & 27 October – 24 November 2019

steam pool, infrared sauna, thermal therapy beds, panoramic relaxation lounge with tea bar
– Various massage treatments and wellness packages in five treatment rooms
– A natural swimming pool supplied by pure drinking water
– Rooms with a splendid view and natural elements like Swiss Pine, stone and loden cloth
– Wholefood and balanced vegetarian meals, spacious guest terrace
– Walks and hikes with a view of the 3,000 m peaks of the Hohe Tauern National Park, the last Alpine nature reserve in Europe
YOGA VACATION
IN MITTERSILL
HOHE TAUERN,
SALZBURG, AUSTRIA
RELAXED DAILY SCHEDULE FOR YOGA VACATION

6:00 am The day begins
6:30 am Silent meditation, mantras
8:30 – 10:00 am Asanas and pranayama
10:30 am Organic vegetarian brunch
11:30 am – 4:00 pm Free time, walks, occasional lecture, sauna & treatments
4:00 – 5:30 pm Asanas and pranayama
6:00 pm Organic vegetarian buffet
7:30 pm Silent meditation, mantras, reading
10:00 pm Silence

RELAXING VACATION THEMES

Yoga – Wellness & Relaxation
Gentle stretching, quiet moments and mentally letting go during the yoga classes – Experiencing the silence during morning and evening meditation – Light, purifying organic food – Group meditative walks, weather permitting – Time for yourself – Massage treatments and regeneration in the large wellness area. This is an ongoing programme with a free choice of dates.

Wellness & more – interesting health themes:
– Yoga@Home: The daily yoga practice for mental and physical fitness.
– Active Relaxation and Stress Reduction: Classical yoga techniques are presented in the light of modern scientific findings.
– Thought Power and Positive Thinking: Asanas and pranayama are the foundation for goal-oriented, flexible thinking.
– Yoga Body Check: One’s own body as a living yoga book.
– Yoga Lifestyle: Where is the tension and what can we do to relieve it?
– Yoga for a Flexible Spine: Asanas with variations are preventive care for the entire back.

See the calendar pp. 90, 106, and 111 for dates and prices.
YOGA AND MOUNTAIN MAGIC IN MITTERSILL
Two- to three-hour hikes in the Hohe Tauern. Hikes with like-minded people are complemented by daily yoga classes and meditation sessions.

We will go on excursions to the most beautiful corners of the region:

**Hollersbach Valley**
Hike along the untamed waters of the Hollersbach brook following a well-maintained high-altitude trail through the wild and scenic landscape of the Hohe Tauern National Park.

**Resterkogel**
The hike follows along a well-marked bee nature trail, arriving at the halfway station of the panorama cable car of the Kitzbühel Alps. We take the cable car to Resterkogel (1,894 m), where you can enjoy the impressive panoramic view of the national park, including Grossglockner, the highest mountain in Austria.

**Krimml Waterfalls**
Rushing down over 385 m, these are the highest waterfalls in Austria. Easy to reach by car or by taking the nostalgic Pinzgau narrow-gauge railway. Well-maintained trails and viewing platforms bring you in close proximity to the falling torrents and make this excursion an unforgettable experience.

INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSES (TTC)

- Four-week intensive course
- Diploma from the International Sivananda Yoga Vedanta Centres
- 401 training units (45 minutes per unit)
- 200 hours standard (Yoga Alliance, USA)

The first yoga teachers’ training course in the West

In 1969 Swami Vishnudevananda was the first Indian yogi to develop a yoga teacher training course in the West. It is part of a universal vision of peace: The more people experience peace within, the more this peace will manifest in outward action. In this way, a glow of peace envelops the world. Today the yoga teachers’ training courses are under the supervision of senior instructors who were personally trained by Swami Vishnudevananda. 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.

Over 45,000 certified yoga teachers have been trained to date, with another 1,000 graduates worldwide each year.
Inspired?
You’ll find an introductory video, upcoming dates and much more at www.sivananda.at/en

Questions?
Call us on +43 5356 67404, between 11 am and 4 pm (CET) or e-mail us at teacherstraining@sivananda.net
INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSES (TTC)

CURRICULUM:
Asanas and pranayama: Intensive practice and instruction of teaching methods
Kriyas: Organ cleansing exercises
Anatomy & physiology: Health benefits of the yoga exercises
Diet: Vegetarianism and a yogic diet
Meditation: Guided group practice
Bhagavad Gita: Classical yoga scripture with commentary
Bhakti Yoga: Chanting of Sanskrit mantras, Indian temple rituals
Karma Yoga: Selflessness in action
Raja Yoga: The eight steps of classical yoga
Kundalini Yoga: The cosmic energy in the human being
Jnana Yoga: Basic philosophical concepts

LOCATIONS:
Austria: Reith near Kitzbühel, Tyrol and Mittersill, Hohe Tauern, Salzburg.
India: Rudraprayag, Himalayas.
For details, see the next pages or visit www.sivananda.eu; see the calendar for dates.
France, London, Spain, Italy and Poland:
www.sivananda.eu
USA, Canada, India, Bahamas, Brazil, Argentina, Israel, Thailand, Vietnam, China:
www.sivananda.org
To answer your questions and help prepare you for the course.
See the calendar, page 108, for dates and prices.

German Health Insurance Certification
A two-year yoga teachers’ training programme. The symbol • in the calendar indicates that the programme is part of the German Health Insurance Certification.
www.sivananda.at

The International Institute of Integral Human Studies (IIHIS) in Montreal, Canada
Affiliation with the Open International University of Sri Lanka. www.iiihs.com

India: Scheme for Voluntary Certification of Yoga Professionals
www.yogacertification.qci.org.in
INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSES IN REITH, TYROL, AUSTRIA

– 20 years of on-site training experience
– Motivated, practising yogis
– International guest speakers

Courses in German:
January/February, May/June
Courses in English with simultaneous translation into German:
July, August, September, December/January

For all course dates and prices, see the calendar or visit www.sivananda.at/en/
Telephone information:
+43 5356 67404, 11 am – 4 pm (CET)
INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSES IN THE INDIAN HIMALAYAS

The European Sivananda Yoga Centres have organized yoga teacher training courses in India since 2006. The course location in Rudraprayag is situated on a tributary to the Ganges. The area carries the spiritual thought currents of generations of spiritual seekers and pilgrims who walked and prayed in this pristine mountain region.

The courses take place in February/March and in October/November. Languages: English, German, French, Spanish, Italian. Please enquire for details on Portuguese and Russian translation. Asana practice in separate language groups. Rooms (1–3 beds) with a private bathroom.
On lecture-free days, excursions are organized to extraordinary Himalayan temples.

**Special programmes:**
- 7-day journey to the goal of life: pearls of wisdom with live music (see page 70 for a description)
- Introduction to Ayurveda
- Temple ceremonies with a South Indian priest

**Contact:**
Swami Vidyananda,
Tel. +43 5356 67404 28,
Monday – Sunday, 11 am – 4 pm (CET)
E-mail: rudraprayag-himalayas@sivananda.net
For course dates and costs, see page 108 of the calendar insert and visit www.sivananda.eu

“How charming is the Himalayan scenery! How sweet is Mother Ganga! How soothing and elevating are their vibrations! How soul-stirring is the company of the Yogins!”
Swami Sivananda
ADVANCED YOGA TEACHERS’ TRAINING COURSES (ATTC)

- Four-week intensive course
- Diploma from the International Sivananda Yoga Vedanta Centres
- 437 training units (45 minutes per unit)
- 500 hours standard (Yoga Alliance, USA)

The four-week course in advanced yoga techniques was established in 1978 by Swami Vishnudevananda. It expands horizons and brings a wealth of new experiences which will enrich your teaching skills.

**Prerequisite:**
TTC diploma of the Sivananda Yoga Teachers’ Training Course

**CURRICULUM (EXCERPT):**

**Asanas and pranayama:** Intensive training with advanced variations.

**Vedanta:** Deepening the philosophical understanding of yoga.
Vedantic meditation techniques and mantras.

**Raja Yoga:** Study of Patanjali’s Yoga Sutras.

**Bhakti Yoga:** Philosophy of devotion.

**Sanskrit:** Learning the alphabet, reading some original verses.

**Anatomy and physiology:** Nervous system, brain and endocrine glands and how they relate to yoga.

**LOCATIONS:**

Sivananda Yoga Retreat House in Reith, Tyrol, Austria
in June in German.

Rudraprayag, Himalayas, India in February / March.

Languages: English, German, French, Spanish (simultaneous translation).

For dates and course prices, see page 109 of the calendar section.

**France:** www.sivananda.eu
**USA, Canada, India, Bahamas, Brazil:** www.sivananda.org
SADHANA INTENSIVE
An intensive two-week practical course with the emphasis on asanas and intense advanced pranayama — gradually increasing to eight hours per day. Swami Vishnudevananda designed this Sadhana according to his own period of intense Hatha Yoga practice in the Himalayas. With a study of scriptures and explanation & practice of Mudras, Bandhas and Mantras.

**Prerequisite:** TTC diploma of the Sivananda Yoga Teachers’ Training Course

**Locations:**
- Rudraprayag, Himalayas, in November; languages: English, French, German, Spanish
- Sivananda Ashram in Orléans, France, in May in English and French; in August in English, French, Spanish, German.

**For dates and course fees,** see page 109 of the calendar section or visit [www.sivananda.eu](http://www.sivananda.eu)
About Sivananda Yoga
FURTHER TRAINING  
FOR YOGA TEACHERS

“A Yoga teacher should be a Yoga practitioner, not merely a preacher. The teacher who practises is like a radiant blooming flower, and will attract students like the flower to the honeybees. Otherwise, the teacher is just like a plastic flower, without energy or prana, and will not keep the students long.”  
Swami Vishnudevananda

– Strengthen your own practice  
– Fine-tune your teaching skills  
– Find new inspiration  
– Expand your horizons

With certificates of participation.
FURTHER TRAINING FOR YOGA TEACHERS
IN REITH, TYROL, AUSTRIA

PREREQUISITE:
TTC diploma of the Sivananda Yoga Teachers’ Training Course
Graduates of other yoga teacher training courses: please contact tyrol@sivananda.net
● = Indicates that the programme is suitable for yoga teachers and is part of the German Health Insurance Certification.

OVERVIEW OF SUBJECTS:

Yoga Body-Work ●
Fri. 1.2 – Mon. 4.2.2019
In-depth training in the correction workshops: Working towards proper muscle length and strength; identifying common posture faults in the asanas; improving kyphosis and avoiding lordosis; dealing with contraindications. With Narayani, senior instructor at the Sivananda Yoga Retreat House. 33 training units.

Yoga over 50 ●
Thu. 7.2 – Sun. 10.2.2019
This course shows how to effectively and safely integrate older people into a basic asana class. In addition, asana class models specifically for seniors are practised and explained. With Swami Ramapriyananda, director of the Sivananda Yoga Retreat House. 33 training units.

NEW: Adjust and Improve ●
Fri. 7.6 – Mon. 10.6.2019
Creative and competent ways to correct the asanas: mistakes, limitations, adaptations and variations. With Swami Sivadasananda, Yoga Acharya for Europe. 33 training units.

Yoga during Pregnancy ●
Thu. 4.7 – Sun. 7.7.2019
Step-by-step adaptation of the asanas and pranayama as the pregnancy progresses; exercise plan for pregnant women, month by month; diet for mother and child; postnatal yoga. With Ursula Mäder (Padmavati), midwife and yoga teacher, Berlin. 33 training units.

FURTHER DETAILS:
For dates, prices, number of teaching units and further details, see the calendar insert and www.sivananda.at/en/
Yoga for Children
Sun. 14.7 – Wed. 17.7.2019
Yoga in childhood gives young people the best foundation for life. The exercise programme is playfully adapted to the age and circumstances of the participants.
With Swami Vidyananda, co-director of the Sivananda Yoga Retreat House, and Gayatri, Sivananda Yoga Centre Munich.
33 training units.

Breath Work
Sun. 21.7 – Wed. 24.7.2019
Expanded breathing for expansion in asanas, relaxation, sensory perception and concentration. With study of basic anatomy, in-depth self-practice, partner exercises, teaching simulations and group discussions.
With Swami Sivadasananda, Yoga Acharya for Europe.
33 training units.
FURTHER EDUCATION COURSES

These further education courses are designed for yoga practitioners who want to take their practice to the next level. They are based on classical yoga models as well as modern insights from the sciences, medicine and natural healing.

Yoga teachers can take these courses as further training courses. The symbol 🌟 in the calendar indicates that the programme is suitable for yoga teachers and is part of the German Health Insurance Certification.
FURTHER EDUCATION COURSES IN REITH, TYROL, AUSTRIA

● Indicates that the programme is suitable for yoga teachers and is part of the German Health Insurance Certification.

For dates, prices, number of teaching units and further details on the further education courses, see the calendar and visit www.sivananda.at/en/

Meditation – Experiencing Inner Balance ●
Fri. 1.3 – Mon. 4.3.2019
The power of concentration, meditation in practice, the yogic way of life. With Swami Ramapriyananda, director of the Sivananda Yoga Retreat House. 34 training units.

Relaxing with Yoga ●
Thu. 7.3 – Sun. 10.3 & Fri. 18.10 – Mon. 21.10.2019
Holistic regeneration and developing skills to cope with stress in daily life. With Swami Vidyananda co-director of the Sivananda Yoga Retreat House. 34 training units.

NEW: Biomechanics of Yoga ●
Fri. 19.4 – Mon. 22.4.2019
Posture, flexibility and anatomy. Asanas expand the range of movement of the joints and gradually improve a poor posture, especially in the lower and upper back. With Padma Julia Descroizilles, an experienced physical therapist from England. 35 training units.
NEW: **Transforming Trauma with Yoga**  
Sat. 29.6 – Thu. 4.7.2019  
This course is both experiential and educational, designed to give you a direct experience of the healing potential of yoga and meditation: integrate past traumas held in the body. Discover how insomnia, chronic pain, anxiety, and depression can be treated using evidence-based methodologies. With **Molly (Madhavi) Birkholm**, USA. 62 training units.

NEW: **Accessible Yoga**  
**Tue. 9.7 – Sun. 14.7.2019**  
How to make the yoga teachings available to everyone, regardless of their level of physical ability. Accessible Yoga sessions.  
With **Lakshmi Sutter, Ph.D.**, USA. 62 training units.

NEW: **Principles of Asana Alignment**  
**Wed. 17.7 – Sun. 21.7.2019**  
Correct alignment in the asanas is based on a specific set of actions, which are the same for all asanas.  
With **Steven Weiss** (USA), holistic chiropractor and yoga therapist.  
49 training units.

NEW: **Yoga as a Lifestyle – How to change your brain and expand your mind**  
**Thu. 25.7 – Sun. 28.7.2019**  
Workshops with PowerPoint presentations: how to change your brain. Expand the mind, meditation, exercises in self observation and self knowledge, thematic asana classes. With **Cordula Interthal (Chandrika)**, obstetrician and gynaecologist, Ayurveda therapist & Sivananda Yoga teacher, Munich. 34 training units.

NEW: **Take Your Asana Practice to the Next Level**  
**Thu. 1.8 – Sun. 4.8.2019**  
Practical and how-to-correct workshops for people with a regular asana practice and for yoga teachers.  
With **Prema (Karina Bonansea)**, inspiring yoga teacher from Taiwan. 33 training units.

NEW: **Ayurveda and the Heart**  
**Wed. 7.8 – Sun. 11.8.2019**  
Prevention, treatment and cure of obesity, diabetes and heart disease with Ayurveda.  
With **Sanjay and Anjani Kulkarni (MD)**, Ayurveda Acharyas, Pune, India. 49 training units.
FURTHER EDUCATION COURSES IN REITH, TYROL, AUSTRIA

= Indicates that the programme is suitable for yoga teachers and is part of the German Health Insurance Certification.

Exploring Wholeness with the Chakras

Sun. 25.8 – Sat. 31.8.2019
Nischala Devi weaves compassionate knowledge of the physical to intuitive wisdom of the mystical for a complete understanding of who we really are.
With Nischala Joy Devi, (USA), international authority in the therapeutic application of yoga. 76 training units.

Myofascial Connections in the Asanas

Thu. 31.10 – Sun. 3.11.2019
Myofascial trains: back line, front line, lateral line and spiral line. Proprioception or the sensory perception of the body in the asana.
With Swami Satyananda, co-director of the Sivananda Yoga Centre in Berlin. 33 training units.

Yoga Psychology

Fri. 4.10 – Mon. 7.10.2019
The Raja Yoga Sutras by sage Patanjali are a psychological study, a practical guide and an authentic source of wisdom.
With Swami Ramapriyananda, director of the Sivananda Yoga Retreat House. 34 training units.

Preview: Yoga of the Heart

Fri. 10.7 – Sun. 19.7.2020
A comprehensive 9-day intensive course on teaching yoga to cardiac patients.
With Nischala Joy Devi (USA), international authority in the therapeutic application of yoga. 132 training units.
“Yoga is a natural method of eating, drinking, sleeping, breathing and exercise.”
Swami Vishnudevananda

After a few days of your stay, you might notice some seeming contradictions. On the one hand, you are enjoying the benefits of the yoga exercises in the form of relaxation, more energy and mental resilience. On the other, the yoga daily schedule is very different from your normal daily habits. You might ask yourself whether yoga is right for you, or whether you are suited to yoga, and if you are the only one feeling this way. This conflict is very normal. In a talk with one of the senior instructors, you can work out what is the best way to adapt the yoga practice to your routine, or which habits you might want to change a little. Please do not hesitate to speak with us.

INDIVIDUAL COACHING
We offer 30-minute one-on-one sessions with an experienced senior instructor. Some personal advice and tips are often enough to bring about substantial progress in the group practice at the Retreat House and in your own practice at home.

- Sun Salutation
- Inverted poses
- Asanas in depth
- Breathing
- Nutrition advice
- Meditation coaching
WELLNESS – DEEPENING THE RELAXATION
MASSAGES
With Aloisia Wakolbinger

WESTERN
Classical massage: Good for improving circulation, detox, loosening up, all-round well-being.
Manual lymphatic drainage: Activates the lymph flow and the immune system.
Foot reflexology: The reflex zones on the foot help balance the organs, joints and other body parts.
Craniosacral therapy: Regulates the flow of cerebrospinal fluid, which pulses in the cranium and in the spinal cord.

EASTERN
Shiatsu: For holistic energy flow in the meridians and organs.

Aloisia Wakolbinger is a certified massage therapist. She supports the programmes of the Yoga Retreat House with many years of experience and sincere service.

ASANAS & PHYSIOTHERAPY
With Swami Karunananda

During a physiotherapy coaching, you can learn how to best adapt your asanas to your physical limitations. For acute complaints please bring a written treatment plan from your doctor. Recommended adjustments to your asana practice will be discussed with the asana teachers with your consent.

Swami Karunananda is a certified physiotherapist and senior teacher at the Sivananda Yoga Centres.

SAUNA
A Finnish and a low-temperature sauna are available in Hotel Pointner.
Pleasant and effective: A sauna visit activates immune cells, relaxes the muscles, purifies the tissues and strengthens the airways.
Yoga and Ayurveda are sister sciences. Together, they show a way to live naturally and achieve radiant physical, mental, and spiritual health. Following a daily routine of Yoga and Ayurveda allows you to gradually adopt a healthier lifestyle.

Ayurveda increases your Prana (life energy) using diet, herbs, oils and minerals. The practice of Yoga and meditation stabilize Prana with postures, breathing exercises, deep relaxation and expansion of consciousness.

Use the combination of Ayurveda and Yoga for self-healing and to unlock your full physical, mental and spiritual potential.

NEW: **AYURVEDA CLEAR AND SIMPLE**

Fri. 8.2 – Sun. 10.2.2019  
Sat. 20.4 – Mon. 22.4.2019  
Fri. 7.6 – Sun. 9.6.2019  
Fri. 13.9 – Sun. 15.9.2019  

Regular lecture series and holistic Ayurveda consultations with Cordula Interthal (Chandrika).

Chandrika is an obstetrician and gynaecologist and Ayurvedic therapist, teacher in the Sivananda Yoga centres and co-author of the new Sivananda Ayurveda book.

"Yoga and Ayurveda are sister sciences. Together, they show a way to live naturally and achieve radiant physical, mental, and spiritual health."
ECO-HOTEL POINTNER

Vegetarian, organic & smoke-free for 45 years
For many years the Sivananda Yoga Retreat House has worked closely with Alexandra and Florian Pointner, the owners of the hotel across from the Retreat House. The vegetarian menu plans offer a wholesome and balanced diet. The entire hotel has been certified by Austria-Bio-Garantie, Austria’s leading inspection body for organic businesses. It has been awarded the European eco-label as well as Austria’s gastronomic accolade ‘Grüne Haube’ for wholefood and natural cuisine. The Pointners have been running their farm according to organic and ecological principles since 1995. Various fruits, vegetables and herbs are freshly prepared in the hotel’s kitchen. In 2017, a new farm building/stable was constructed near the hotel. Cows and goats enjoy a peaceful life here. There are also fruit trees and berry bushes.
The guest rooms have wooden floors, health mattresses (except for dormitories and shared rooms), shower, toilet, hair dryer and telephone. Most rooms have a balcony.

The hotel uses green electricity, pellet heating and a solar-powered hot water system.

Health mattresses (except for dormitories and shared rooms): In 2017, almost all rooms received new beds according to a new sleep system.

To reduce electrosmog, none of the rooms have television or WiFi.

A master power switch further reduces electrosmog, improving quality of sleep.

Free Internet access is available via LAN cable in single and double rooms.

Free WiFi: In the dining room of Hotel Pointner: from 1 pm until 4 pm. In the reception area and on the terrace of the Retreat House: from 8 am until 8 pm.
THE YOGA HIGHLIGHTS AT THE RETREAT HOUSE

On some public holidays and in mid-summer

Special guests: One or more international guest speakers enrich the programme with presentations on health, science, religion or culture.

Spiritual highlight of some of the holiday retreat programmes:
“Yoga philosophy and yoga psychology in practice”
Inspiring lectures with Swami Durgananda, Yoga Acharya.
Close disciple of Swami Vishnudevananda with more than 45 years of yoga practice and teaching experience. On the instruction of her teacher, she directs the Sivananda Centres in Europe.

Supportive get-together with swamis, staff, teachers and practitioners from many different regions.

Thematic asana workshops for intermediate and advanced students with senior instructors of the Sivananda centres. At the same time, there is a separate class for beginners and less flexible students.

Yoga teachers can expand their practical knowledge in a further training course.

Save the date for such yoga highlights as the group practice, meditation, mantra chanting, meals, walks, talks over snacks and tea, contemplation and discussion about yoga.

Easter: Spring awakens – and sometimes under a dusting of snow in the Kitzbühel mountains.

May Retreat (Ascension Day) & Pentecost: First classes on the outdoor platform; bringing body and mind back into harmony with nature.

Summer highlights: Asanas and pranayama with ease; affirming the freedom of the Soul during the free time of the holidays.

For dates, programmes and prices, see the calendar insert or visit www.sivananda.at/en/
The yoga highlights (see previous page) reach their zenith at this time of year. Celebrate with the Sivananda family in the Tyrolean mountains. Special programmes with guest speakers, swamis and senior instructors from all over Europe. Christmas celebration with meditation and international Christmas carols. New Year’s Eve with meditation, mantras, a spiritual play and peace concert.

For details, see the calendar insert or visit www.sivananda.at/en/

Combine yoga with winter sports: The beginner’s ski lift in Reith and all cross-country ski trails are free of charge. Kitzbühel: Close-by: The snow-sure Kitzbühel ski region, with its 170 km of slopes and 33 km of ski trails: www.kitzbuehel.com/en
BHAGAVATA SAPTAHA

A seven-day journey towards the meaning of life
With guest of honour Sri Venugopal Goswami.
Coming together and listening to the Srimad Bhagavatam was very dear to Swami Vishnu-devananda’s heart, especially towards the end of his life.
This classical scripture combines Jnana (knowledge) with Bhakti (devotion). Many yoga practitioners who listen to the recitation from this scripture of 80,000 verses connect to a deeper understanding of the meaning of life.
Sri Venugopal Goswami has been bringing the spiritual message of this yogic scripture to the European Sivananda centres for over 20 years.
Sri Venugopal Goswami comes from Vrindavan, a holy city not far from Delhi with innumerable Krishna temples. In the Radha Raman Temple he was initiated into the 500-year-old family tradition which teaches the classical scripture Srimad Bhagavatam.
He studied Sanskrit and Indian philosophy at the Hindu University in Benares. He also studied classical singing under the world-renowned Indian vocalist master Pandit Jasraj.

Sri Venugopal Goswami is a master of Hari Katha. This classical form of discourse combines spiritual storytelling with poetry, music and philosophy, and uplifts the heart and the mind.
In his incomparable style, Sri Venugopal Goswami combines the message of the Srimad Bhagavatam with a melodious interpretation of classical mantra songs (Kirtan).
The inspiring words of wisdom leave a deep impression on the mind of the audience who, evening by evening, are guided on a seven-day soulful journey to the meaning and goal of human existence.

With live music: harmonium, vocals, bamboo flute, shanai oboe and tabla.

Dates of upcoming Bhagavata Saptaha at the Yoga Retreat House:
Tue. 28.5 – Mon. 3.6.2019
Mon. 29.7 – Sun. 4.8.2019
Thu. 19.9 – Wed. 25.9.2019

For details on further programmes in Austria, Germany, Switzerland, France, Spain, the UK and Poland, visit www.sivananda.eu
“Only in ashrams can students really start on the spiritual path, do intense sadhana, and get into the vibration.”
Swami Vishnudevananda

Many of our yoga teacher training graduates, as well as many yoga guests, have expressed a long-held desire for a community house, for an ashram environment. House Ganga opened its doors in the summer of 2017. It is an oasis for volunteers, staff, guest speakers and occasionally for retreat participants.
KARMA YOGA
IN HOUSE GANGA

Studies and voluntary work

Discover the joy of serving other people out of a purely selfless motivation, of accepting each task with enthusiasm and performing it to the best of one's ability. This is a wonderful aid in developing more self-discipline and will-power, opening the heart and growing spiritually.
WORK-STUDY
2 weeks minimum, 5–6 hours of volunteer service daily.
Prerequisite: completed Sivananda Yoga Teachers’ Training Course or an equivalent yoga teacher training.

YOGA AND SERVICE
For half the price.
2 weeks minimum, 4 hours of volunteer service daily.

For information on admission to the programme:
swr@sivananda.net or call us on +43 5356 67404
YOGA ACCESSORIES

We will be happy to advise you on selecting the appropriate yoga accessories: yoga mats, meditation shawls, outfits, a suitable cushion and books according to your interests. We stock standard works on Hatha Yoga, health, yoga philosophy, meditation, Ayurveda and vegetarian cooking. You will find a fine selection of classical Indian and meditative music CDs. Visit our online shop.

We carry YOGA CUSHIONS in many colours and sizes for yoga classes and meditation, as well as slip-free, eco-friendly YOGA MATS in various designs.

CDs:
Yoga@Home   €16
Yoga@Home 32 + 32
Two 32-minute yoga sessions.   €16

NEW:
Kirtan with Swami Vishnudevananda   €12
The three CDs YOGA-CHANTS OF INDIA, KIRTAN and THANK YOU SWAMIJI offer Kirtans and Mantras for daily meditation with Swamis of the Sivananda Ashrams in Europe.

BOOKS:

The Complete Illustrated Book of Yoga – Swami Vishnudevananda
The modern classic on the theory and practice of yoga. With complete training tables for beginners and advanced students. €25.80

Yoga – Your Home Practice Companion – Sivananda Yoga Vedanta Centres
Many photos; asana practice programmes for beginner, intermediate and advanced students; pranayama, relaxation and meditation; over 40 vegetarian recipes. €22.50

Meditation and Mantras – Swami Vishnudevananda
A description of the four yoga paths, in theory and practice. €16.40

Each CD is €17.90. The Sivananda CDs are also available for download from the iTunes Store.
The Sivananda Book of Meditation – Sivananda Yoga Vedanta Centres
Twelve steps to more peace of mind, harmony and inner strength. A guide for beginners and advanced students. €21.50

Bliss Divine – Swami Sivananda
Spiritual essays and practical instructions on all aspects of life. €22.20

Sadhana – Swami Sivananda
A comprehensive discourse of techniques for achieving spiritual perfection. €20.40

Bhagavad Gita
The classical work of spiritual world literature; with an authentic commentary by Swami Sivananda. €21.50

Thought Power – Swami Sivananda
Mastery over one’s thoughts leads to inner peace. A guide with practical explanations. €8.50

Sivananda Upanishad – Sivananda Yoga Vedanta Centres
Inspiring compilation of letters by Swami Sivananda to his disciples around the world. €22

The Sivananda Book of Chants – Sivananda Yoga Vedanta Centres
It includes chants that are sung regularly at all Sivananda Yoga Vedanta Centres and Ashrams. With translation and explanation of the Sanskrit texts. €19.50

Vishnudevananda Upadesa – Sivananda Yoga Vedanta Centres
Extracts from talks by Swami Vishnudevananda on all aspects of yoga. €19.50

Swamiji Said
A collection of teachings by Swami Vishnudevananda. €24.50

Teachings on Yoga Life
The YogaLife book is a compilation of articles by Swami Vishnudevananda which were published over the years in the YogaLife magazine. €19.50

Yoga Sutras of Patanjali – Commentary by Swami Durgananda
A complete guide on how to analyse and control one’s thoughts. €24.50

The Inner Path – Swami Durgananda
A mosaic of practical yogic inspirations for a healthy, ethical and peaceful life. €9

NEW: The Light of Wisdom – Swami Durgananda
Inspiring words by Swami Durgananda on yogic wisdom and meditation as well as memories of her teacher Swami Vishnudevananda. €7

NEW: Practical Ayurveda – Sivananda Yoga Vedanta Centres
Practical, holistic and easy to apply. €22.50
SIVANANDA IN EUROPE

Ashram de Yoga Sivananda
Orléans, France
sivanandaorleans.org

Sivananda Yoga Retreat House
Reith near Kitzbühel, Tyrol, Austria
www.sivananda.at/en/

Centro Yoga Sivananda Roma
Rome, Italy
www.sivananda-yoga-roma.it

Sivananda Yoga Vedanta Centre
London, England
sivanandalondon.org

Sivananda Yoga Vedanta Zentrum
Berlin, Germany
berlin.sivananda.yoga

Sivananda Yoga Vedanta Zentrum
Vienna, Austria
wien.sivananda.yoga

Centre de Yoga Sivananda
Geneva, Switzerland
www.sivananda.ch

Centre Sivananda de Yoga Vedanta
Paris, France
sivanandaparis.org

Sivananda Yoga Vedanta Zentrum
Munich, Germany
muenchen.sivananda.yoga

Centro de Yoga Sivananda
Madrid, Spain
www.sivananda.es

Sivananda Jogos Vedantos Centras
Vilnius, Lithuania
www.sivananda.lt

Y8, affiliated Sivananda Yoga Centre
Hamburg, Germany
www.artyoga.de
THE STAFF

Swami Durgananda, Yoga Acharya, is a senior disciple of Swami Vishnudevananda and director of the European Sivananda Yoga Vedanta Centres. She founded the Sivananda Yoga Retreat House in 1998. Intensive practice and over 45 years of teaching experience. She is the author of a commentary on the Yoga Sutras of Patanjali and The Inner Path.

Swami Sivadasananda, Yoga Acharya and senior disciple of Swami Vishnudevananda, has taught at workshops and Yoga Teachers’ Training Courses around the world for many years. He is a dynamic, precise and knowledgeable instructor. He is the author of Sivananda Beginner’s Guide to Yoga and Yoga – Your Home Practice Companion.

Swami Ramapriyananda is a disciple of Swami Vishnudevananda and director of the Sivananda Yoga Retreat House. She is a very experienced teacher.

Swami Vidyananda is co-director of the Sivananda Yoga Retreat House. Director of the India department and the programmes in Mittersill, Hohe Tauern, Austria.

Narayani has an excellent asana practice and demonstrates and teaches with ease and detail. Her area of expertise is healthy vegetarian cooking.

Saraswati is an inspiring yoga practitioner, translator and enthusiastic yoga teacher. She is responsible for the yoga shop and the Retreat House reception.

Vishnupriya supports the Retreat House with organization and administration. Her yoga teaching is characterized by patience and love for detail.

Mahadev, originally from Spain, is a popular yoga teacher and amiable guide on the Yoga and Mountain Magic excursions.

Pushpa is a young staff who is warm-hearted and enthusiastic.

THE THERAPISTS

Swami Karunananda, certified physiotherapist and senior yoga teacher, offers physiotherapy and asana coaching.

Aloisia Wakolbinger is a certified masseuse and massage therapist. She offers classical massage, foot reflexology, shiatsu and craniosacral therapy.
HOW TO GET TO REITH NEAR KITZBÜHEL, TYROL, AUSTRIA:

By car:
You can reach Reith near Kitzbühel conveniently by car (Munich 125 km, Vienna 375 km, Zurich 376 km, Innsbruck 90 km, Salzburg 80 km).
For detailed directions, please visit www.sivananda.at/en/getting-here.
Driving in Austria on the A 93 requires a vignette (toll sticker) from the border town Kiefersfelden onwards.

By train:
The closest train station is Bahnhof Kitzbühel — from there it is just a 10-minute taxi ride to the Sivananda Yoga Retreat House.
‘Andis Taxi’ offers a special price for yoga guests: €15
Airport shuttles will take you directly to the Retreat House:
‘Four Seasons’ from Munich:
€56 (one-way) or €96 (roundtrip) per person
+43 512 584 157 or www.tirol-taxi.at
‘Andis Taxi’ from Salzburg:
from €40 (2 persons or more)
+43 5356 66 222 or www.andis-taxi.com

GETTING TO MITTERSILL, AUSTRIA:
See www.sivananda.at/en/getting-here and www.sonnberghof.at
Choose from two alpine oases for your yoga vacation:

**REITH, TYROL, AUSTRIA:**
Open all year round except:
25 April – 24 May and
In Reith you can deepen your knowledge and experience of yoga with a variety of lectures and courses.

**MITTERSILL, HOHE TAUERN, SALZBURG, AUSTRIA:**
28 April – 19 May 2019
27 October – 24 November 2019
In Mittersill the daily schedule allows more time for wellness and walks.

- A typical yoga day consists of two yoga classes, two meditation sessions and one lecture or workshop.
- The vacation programmes begin at 4 pm on arrival day and end no later than 2 pm on departure day.
- Arrive on any day of the week, and stay as long as you like!
- Arrive between 2 pm and 3:30 pm, and depart by approx. 2 pm on your final day.
- Special programmes at Easter, Ascension Day, Pentecost and All Saints Day at no extra charge.

● = Indicates that the programme is suitable for yoga teachers and is part of the German Health Insurance Certification. The number of training units (TUs) is given in the calendar.
JANUARY 2019

IN REITH, TYROL, AUSTRIA

Sun. 6.1 – Fri. 11.1  YOGA VITALITY WEEK
Fri. 11.1 – Sun. 13.1  YOGA VACATION LIGHT
Sun. 13.1 – Fri. 18.1  YOGA RELAXATION DAYS
Mon. 14.1 – Thu. 17.1  SIVANANDA BEGINNER’S GUIDE TO YOGA
Wed. 16.1 – Sun. 20.1  YOGA WORKSHOP DAYS
Fri. 18.1 – Sun. 20.1  YOGA@HOME
Sat. 19.1 – Sun. 17.2  SIVANANDA YOGA TEACHERS’ TRAINING COURSE
For details, see pp. 36 – 43. Dates and rates, p. 108.

Sun. 20.1 – Fri. 25.1  YOGA LIFESTYLE
Fri. 25.1 – Wed. 30.1  SOUTH INDIAN TEMPLE MEDITATIONS
Daily Pujas (ceremonies) with a priest from India.

Fri. 25.1 – Sun. 27.1  INTRODUCTION TO THE
YOGA TEACHERS’ TRAINING COURSE

Fri. 25.1 – Sun. 27.1  YOGA AND THOUGHT POWER
Sun. 27.1 – Fri. 1.2  ASANAS – STRENGTH & FLEXIBILITY

FEBRUARY

IN REITH, TYROL, AUSTRIA

Fri. 1.2 – Wed. 6.2
Wed. 6.2 – Sun. 10.2
Sun. 17.2 – Fri. 22.2
Fri. 1.3 – Thu. 7.3
Thu. 7.3 – Sun. 10.3

WINTER RETREATS
Enjoy the snow outdoors and the relaxation indoors. The relaxing asana practice, a sauna visit, healthy and energizing food and the peace of the morning and evening meditation lead to all-round well-being.

Fri. 1.2 – Wed. 6.2
CARNIVAL RETREAT: THE PSYCHOSOMATIC EFFECTS OF THE ASANAS
Experience the positive interactions of the yoga practice: A healthy mind in a healthy body.
50 training units.
Sat. 2.2 / 8 pm SITAR CONCERT with Austrian composer and musician Klaus Falschluger.

Fri. 1.2 – Mon. 4.2 ●
FURTHER TRAINING FOR YOGA TEACHERS: YOGA BODY-WORK
With Narayani. In-depth training with anatomical details and correction workshops. 33 TUs.
Further training: €190 / €175 students & the unemployed
Room & board: 3 nights; see p. 110.

Sun. 3.2 – Fri. 8.2
THE MEDITATION EXPERIENCE

Wed. 6.2 – Sun. 10.2 ● WINTER RETREAT: INTEGRAL BALANCE WITH YOGA
Time-tested yoga teachings on taking care of your health, ethical culture and the unfolding of psychological balance. 40 training units.

Thu. 7.2 – Sun. 10.2 ●
FURTHER TRAINING FOR YOGA TEACHERS: YOGA OVER 50
With Swami Ramapriyananda
Asanas for limited mobility and preventive care for the entire back. 33 training units.
Further training: €190 / €175 students & the unemployed
Room & board: 3 nights; see p. 110.

Fri. 8.2 – Sun. 10.2
NEW: AYURVEDA CLEAR AND SIMPLE
Lecture series with Cordula Interthal (Chandrika).
— Introduction to the body constitutions Vata, Pitta, Kapha
— Healthy habits
Chandrika is an obstetrician and gynaecologist, Ayurvedic therapist and teaches yoga at the Sivananda Yoga centres. She is co-author of the new Sivananda Ayurveda book *Practical Ayurveda* and offers holistic Ayurvedic consultations. Rates at reception.

Sun. 10.2 – Fri. 15.2 YOGA RELAXATION DAYS

Sun. 10.2 – Thu. 14.2 THE INNER PATH

Fri. 15.2 – Sun. 17.2 INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

Fri. 15.2 – Sun. 17.2
IN PEACE LIES STRENGTH

Sun. 17.2 – Fri. 22.2 ● FEBRUARY RETREAT: MORE AWARENESS WITH YOGA
Enjoy the snow outside and the relaxation inside.
Topics of the Asana practice: becoming aware of gravity; observing muscle reactions; improving flexibility, alignment of the spine.
Lectures: Classical meditation paths of yoga; awareness, concentration and meditation; the sublimation of emotions. Winter walks, possibility for cross-country skiing. 50 training units.

● = Indicates that the programme is suitable for yoga teachers
Sun. 17.2 – Fri. 22.2
EXPAND YOUR ASANAS

Fri. 22.2 – Sun. 24.2
YOGA VACATION LIGHT

Fri. 22.2 – Mon. 25.2
SIVANANDA BEGINNER’S GUIDE TO YOGA

Sun. 24.2 – Fri. 1.3
YOGA WORKSHOP DAYS

Sun. 24.2 – Fri. 1.3
THE MEDITATION EXPERIENCE

Fri. 1.3 – Thu. 7.3
YOGA RETREAT:
ASANAS FOR A HEALTHY BACK
Yoga has both outer and inner effects, on our posture and on our state of mind: see for yourself in individual before-and-after plumbline photos. Including lectures and workshops on the four paths of yoga. 60 training units.

Mon. 4.3 / 8 pm
SIVARATRI – THE NIGHT OF LORD SIVA
Meditation and mantra chanting until midnight.

Thu. 7.3 – Sun. 10.3
MARCH RETREAT: BREATHE FREELY
Refining the yogic breathing techniques in theory and practice. Gradual increase of pranayama practice with individual guidance. Lectures: Treasures of spiritual positivity. 30 TUs.

Fri. 1.3 – Mon. 4.3
FURTHER EDUCATION: MEDITATION – EXPERIENCING INNER BALANCE
With Swami Ramapriyananda. Meditation stimulates cell metabolism, the immune and cardiovascular systems, and improves self-awareness, memory and empathy. 34 TUs.
Further Education: €190 / €175 students & the unemployed
Room & board: 3 nights; see p. 110.

Thu. 7.3 – Sun. 10.3
FURTHER EDUCATION: RELAXING WITH YOGA
With Swami Vidyananda. Holistic regeneration and developing skills to cope with stress in daily life. 34 training units.
Further Education: €190 / €175 students & the unemployed
Room & board: 3 nights; see p. 110.

Thu. 7.3 – Sun. 10.3
YOGA FITNESS

IN REITH, TYROL, AUSTRIA

Details: www.sivananda.at
Sun. 10.3 – Wed. 13.3  SIVANANDA
BEGINNER’S GUIDE TO YOGA

Sun. 10.3 – Fri. 15.3  YOGA RELAXATION DAYS

Fri. 15.3 – Sun. 17.3
YOGA AND THOUGHT POWER

Fri. 15.3 – Sun. 17.3  YOGA VACATION LIGHT

Sun. 17.3 – Fri. 22.3  ASANA VARIATIONS FOR EVERYBODY

Wed. 20.3 / 8 pm  HOLI – INDIAN SPRING FESTIVAL
An evening meditation with cheerful colours and chanting.

Fri. 22.3 – Sun. 24.3  INTRODUCTION TO MEDITATION

Fri. 22.3 – Tue. 26.3  YOGA AND MOUNTAIN MAGIC

Sun. 24.3 – Fri. 29.3  YOGA & VITAL ENERGY

Fri. 29.3 – Sun. 31.3  IN PEACE LIES STRENGTH

Fri. 29.3 – Mon. 1.4  SIVANANDA
BEGINNER’S GUIDE TO YOGA

Sun. 31.3 – Fri. 5.4
SADHANA DAYS FOR YOGA TEACHERS
Tap the source – regenerate body and mind, find new inspiration in yogic wisdom and positive company. With study of the Bhagavad Gita on meditation and inner peace. Asana classes with focus on standing poses as well as Sitali and Brahmari pranayamas. 54 training units.

APRIL

IN REITH, TYROL, AUSTRIA

Mon. 1.4 – Thu. 4.4  HEALTHY SPINE

Thu. 4.4 / 8 pm
RAM NAVAMI
Spiritual celebration and Puja for Lord Ram, the embodiment of harmony and righteousness.

Fri. 5.4 – Sun. 7.4  YOGA@HOME

Fri. 5.4 – Sun. 7.4  INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

Sun. 7.4 – Fri. 12.4  THE MEDITATION EXPERIENCE

Sun. 7.4 – Fri. 12.4  YOGA AND MOUNTAIN MAGIC

Fri. 12.4 – Mon. 15.4  THE INNER PATH

= Indicates that the programme is suitable for yoga teachers
Fri. 12.4 – Mon. 15.4 YOGA RELAXATION DAYS

Sun. 14.4 – Fri. 19.4 YOGA LIFESTYLE

Sun. 14.4 – Fri. 19.4 YOGA WORKSHOP DAYS

Fri. 19.4 – Mon. 22.4  ●  EASTER YOGA RETREAT
In-depth yoga practice, new energy for body and mind. Relax and enjoy the fresh mountain air, silent walks, light organic meals and a variety of yoga topics. 30 TUs.

Sat. 20.4 / noon SPIRITUAL HIGHLIGHT: LECTURE WITH SWAMI DURGANANDA, YOGA ACHARYA
Karma – how destiny is created.
A mental process, not a muscle exercise.
Swami Durgananda is a senior disciple 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 45 years of teaching experience.

Sat. 20.4 – Mon. 22.4 / 6 am  YOGA INSPIRATION
Morning Satsangs with Swami Sivadasananda, Yoga Acharya.
– Conscious waking, dreaming, sleeping
– Asanas: mobility, flexibility and strength
– Activity & rest in the hemispheres of the brain

Sat. 20.4 – Mon. 22.4 / 8 am  YOGA – YOUR HOME PRACTICE COMPANION
Practical workshops with Swami Sivadasananda, Yoga Acharya.
Asanas and pranayama improve sleep, appetite and biorhythm – Deep relaxation
– Improved holding of posture and breath
– Mind, nervous system, musculature

Fri. 19.4 – Sun. 21.4 / 4 pm  ENERGETIC ASANA VARIATIONS
Three workshops with Narayani.
– Forward Bend from the toes to the neck
– Stimulation of the internal organs
– Asanas for a strong back
Narayani, staff at the Sivananda Yoga Retreat House, has an excellent asana practice & demonstrates and teaches with ease & detail.

Fri. 19.4 / 4 pm – Mon. 22.4 / daily 8 – 9:50 am & 4 – 5:50 pm  YOGA ASANAS – EASY!
With senior teachers of the Sivananda Yoga Retreat House. With plenty of time to answer your questions.
Practice: — Basic yoga poses with preparatory exercises and deep relaxation
— Abdominal breathing, deep breathing and pranayama — Improve your flexibility with the Sun Salutation
20 minute talk at the end of the class.
Topics: asanas, breathing, relaxation, diet, and meditation.

Fri. 19.4, Sun. 21.4 and Mon. 22.4 / noon
MEDITATION — THE NEXT STEP
Three lectures with Swami Gokulananda.
— The subtle workings of thought — Reasons for failure in meditation
— Know Thy Self
Swami Gokulananda is the director of the Sivananda Yoga Centre in Berlin.

Fri. 19.4 – Mon. 22.4 SOUTH INDIAN TEMPLE MEDITATIONS
Daily Pujas (ceremonies) with a priest from India.

Sat. 20.4 – Mon. 22.4 / 2 – 2:45 pm
NEW: AYURVEDA CLEAR AND SIMPLE
Lecture series with Cordula Interthal (Chandrika)
— Introduction to the body constitutions Vata, Pitta, Kapha — Agni: healthy digestion, healthy immunity
— Tips and home remedies for constipation.
Chandrika is an obstetrician and gynaecologist
and Ayurvedic therapist, teacher in the Sivananda Yoga centres and co-author of the new Sivananda Ayurveda book Practical Ayurveda. Chandrika offers holistic Ayurvedic consultations. Rates will be available at the reception.

Sun. 21.4 / 1:30 – 3 pm
EASTER WALK FOR EVERYONE

Fri. 19.4 – Mon. 22.4
NEW: FURTHER EDUCATION OVER EASTER: BIOMECHANICS OF YOGA
Posture, flexibility and anatomy with Padma Julia Descroizilles, experienced physiotherapist.
Asanas expand the range of movement of the joints and gradually improve a poor posture, especially in the lower and upper back.
Padma Julia Descroizilles is an inspiring physiotherapist and Sivananda Yoga teacher from England. 35 training units.
Further Education: €215 / €200 students & the unemployed
Room & board: 3 nights; see p. 110.

Mon. 22.4 – Wed. 24.4
INTRODUCTION TO MEDITATION

Mon. 22.4 – Thu. 25.4 YOGA VACATION LIGHT
The Sivananda Yoga Retreat House in Reith near Kitzbühel is closed from Thu. 25 April / 2 pm until Fri. 24 May 2019 / 2 pm.
MAY

IN MITTERSILL, HOHE TAUERN, SALZBURG, AUSTRIA

Sun. 28 April to Sun. 19 May 2019

Sun. 28.4 – Sun. 19.5
YOGA – WELLNESS AND RELAXATION

Sun. 28.4 – Fri. 3.5
ACTIVE RELAXATION & STRESS REDUCTION

Fri. 3.5 – Sun. 5.5
THOUGHT POWER & POSITIVE THINKING

Sun. 5.5 – Fri. 10.5
YOGA & MOUNTAIN MAGIC

Sun. 5.5 – Fri. 10.5
YOGA BODY CHECK

Fri. 10.5 – Sun. 12.5
YOGA LIFESTYLE

Sun. 12.5 – Fri. 17.5
YOGA FOR A FLEXIBLE SPINE

MAY

IN REITH, TYROL, AUSTRIA

Fri. 24.5 – Thu. 30.5
YOGA AND MOUNTAIN MAGIC

Fri. 24.5 – Thu. 30.5
IN PEACE LIES STRENGTH

Sat. 25.5 – Sun. 23.6
SIVANANDA YOGA TEACHERS’ TRAINING COURSE
For details, pp. 36 – 43. Dates & rates, p. 108.

Sat. 25.5 – Sun. 23.6
ADVANCED SIVANANDA YOGA TEACHERS’ TRAINING COURSE

Thu. 30.5 – Sun. 2.6
MAY RETREAT (ASCENSION DAY)
INTEGRAL REGENERATION WITH YOGA
Dive into a sea of alpine wild flowers – time for mental and physical cleansing on the outdoor platform. 30 training units.
Tue. 28.5 – Mon. 3.6 / 8 pm

**BHAGAVATA SAPTAHA – THE UNITY OF SELF**

A seven-day journey towards the meaning of life, with spiritual discourse and live music. With guest of honour Sri Venugopal Goswami, Bhakti Yoga Acharya, Vrindavan, North India.

Daily storytelling, poetry, music and philosophy from the classical yoga scripture Bhagavatam. With live music: harmonium, vocals, bamboo flute, shanai oboe and tabla.

Meditation concert on Sat. 1.6 / 8 pm

Wed. 29.5 – Mon. 3.6 / 6:30 am

**MORNING SATSANGS**

With Swami Sivadasananda, Yoga Acharya.

– Ananda: bliss
– The real I – Inner purification – Many paths, one goal – Your health, your choice
– Willpower and grace

Wed. 29.5 – Sun. 2.6 / 8 am

**HATHA YOGA – UNIVERSAL ENERGY IN MAN**

Practical asana and pranayama workshops according to the verses of Hatha Yoga Pradipika. With Swami Sivadasananda, Yoga Acharya.

– Body–mind control – Breathing and vital energy (Prana) – Refinement of the senses
– Macrocosm / microcosm
– Prana: bridge between body and mind

Thu. 30.5 – Sat. 1.6 / noon

**DIET AND HEALTH**

Three lectures with Sigrid Siebert, nutritional scientist from Frankfurt, Germany.

– Modern and healthy nutrition for vegetarians
– Nutrient supply in vegan and vegetarian diets – Myths and facts about sugar.

Sigrid Siebert is a nutritional scientist and dietician at the Academy Gesundes Leben (Healthy Life) in Oberursel, Germany.

Thu. 30.5 / 4 pm – Sun. 2.6 / daily 8 – 9:50 am & 4 – 5:50 pm

**YOGA ASANAS – EASY!**

With senior teachers of the Sivananda Yoga Retreat House. With plenty of time to answer your questions.

**Practice:**

– Basic yoga poses with preparatory exercises and deep relaxation
– Abdominal breathing, deep breathing and pranayama – Improve your flexibility with the Sun Salutation.

**20 minute talk** at the end of the class.

Topics: asanas, breathing, relaxation, diet, and meditation.
JUNE

IN REITH, TYROL, AUSTRIA

Sun. 2.6 – Fri. 7.6
ASANA VARIATIONS FOR EVERYBODY

Sun. 2.6 – Fri. 7.6
YOGA RELAXATION DAYS

Wed. 5.6
EXCURSION
To the Griessbach gorge, one of the must-see hiking destinations in the Kitzbühel Alps.

Fri. 7.6 – Mon. 10.6
WHITSUN YOGA EVENT (PENTECOST)
HATHA YOGA INSPIRATIONS
30 training units.

Sat. 8.6 – Mon. 10.6 / at 6 am
MEDITATIONS AND LECTURES
With the Swamis of the Retreat House.
– The steps of Hatha Yoga
– What is a yogic diet?
– Prana: bridge between body and mind
– The psychosomatic effects of the asanas
– Mental balance is yoga

Sat. 8.6 – Thu. 13.6
BIOGRAphICAL LECTURES
With Kamala, Sivananda Yoga Blue Mountains, Australia.
Swami Vishnudevananda: Pioneer, Master, Idealist – Biographical memories of a great yogi.

Fri. 7.6 / 7 pm,
Sat. 8.6 / 8 pm,
Sun. 9.6 / noon
NEW: AYURVEDA CLEAR AND SIMPLE
Lecture series with Cordula Interthal (Chandrika).
– Introduction to the body constitutions
Vata, Pitta, Kapha – The healing power of food – Vegetarian diet in Ayurveda.
Chandrika is an obstetrician and gynaecologist, Ayurvedic therapist and teaches yoga at the Sivananda Yoga centres.
She is co-author of the new Sivananda Ayurveda book Practical Ayurveda and offers holistic Ayurvedic consultations.
Rates at reception.

Fri. 7.6 / 4 pm, Sa 8.6 & So. 9.6 / 8 am and 4 pm and Mon. 10.6 / 8 am
ASANAS FOR A HEALTHY BACK
Practical asana workshops to align the spine with Swami Narayanananda and Narayani.
See for yourself the effects of yoga on your posture after just three days in individual before-and-after plumbline photos.

Details: www.sivananda.at
Fri. 7.6 – Mon. 10.6 /
daily 8 – 9:50 am & 4 – 5:50 pm
**YOGA ASANAS – EASY!**
With senior teachers of the Sivananda Yoga Retreat House. With plenty of time to answer your questions.
**Practice:** – Basic yoga poses with preparatory exercises and deep relaxation
– Abdominal breathing, deep breathing and pranayama – Improve your flexibility with the Sun Salutation.
**20 minute talk** at the end of the class.
Topics: asanas, breathing, relaxation, diet, and meditation.

Sun. 9.6 / 1:30 – 3 pm
**MEADOWS, FORESTS AND LAKES: WHITSUN WALK FOR EVERYONE**

Fri. 7.6 – Mon. 10.6
**FURTHER TRAINING FOR YOGA TEACHERS AT WHITSUN:**
**NEW: ADJUST AND IMPROVE**
With Swami Sivadasananda, Yoga Acharya. Expert and creative handling of mistakes, limitations, adaptations and variations in the asanas. 33 training units.
Further training: €230 / €215 students & the unemployed Room & board: 3 nights; see p. 110.

**Mon. 10.6 – Sun. 16.6**
**THE MEDITATION EXPERIENCE**

**Mon. 10.6 – Sun. 16.6**
**YOGA AND MOUNTAIN MAGIC**

Fri. 14.6 – Sun. 16.6
**SOUTH INDIAN TEMPLE MEDITATIONS**
Daily Pujas (ceremonies) from 11 to 11:45 am with a priest from India.
Yantra Puja on Fri. 14.6 / 8 pm
Murti Puja on Sun. 16.6 / 8 pm

From Friday, 14 June until Sunday, 23 June, the yoga vacation programme will be directed by Padmavati (Silvia Swoboda).
Padmavati is a direct disciple of Swami Vishnudevananda and a sensitive and pragmatic yoga teacher with more than 30 years of teaching experience.

Sun. 16.6 – Thu. 20.6
**THE INNER PATH**

Sun. 16.6 – Thu. 20.6
**EXPAND YOUR ASANAS**

Wed. 19.6
**EXCURSION**
To Hinterstein Lake, a mountain lake in the Wild Kaiser Nature Reserve.
Thu. 20.6 – Sun. 23.6 **JUNE RETREAT**

**NEW: BEAUTY OF sanskrit**
With Dr. Thomas Kintaert, University of Vienna.
- Origin and development of Sanskrit
- Origin and meaning of important mantras and Sanskrit terms that are important for the yoga practitioner.
Let yourself be inspired by Dr. Kintaert’s enthusiasm for Sanskrit.

Thu. 20.6 – Sun. 23.6 **YOGA FITNESS**

Thu. 20.6 – Sun. 23.6 **YOGA AND THOUGHT POWER**

Fri. 21.6 – Sun. 23.6 **YOGA VACATION LIGHT**

Sun. 23.6 – Fri. 28.6 **YOGA LIFESTYLE**

Sun. 23.6 – Fri. 28.6 **ASANAS – STRENGTH & FLEXIBILITY**

Wed. 26.6 **EXCURSION** to the Karstweg trail on the Kitzbühel Horn mountain.

Fri. 28.6 – Sun. 30.6 **YOGA@HOME**

Fri. 28.6 – Sun. 30.6 **INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE**

Fri. 28.6 – Fri. 26.7 **INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSE**
For details, pp. 36 – 43. Dates & rates, p. 108

Sat. 29.6 – Thu. 4.7 **FURTHER EDUCATION:**
**NEW: TRANSFORMING TRAUMA WITH YOGA**
With Molly (Madhavi) Birkholm, USA.
This course is both experiential and educational, designed to give you a direct experience of the healing potential of yoga and meditation:
Integrate past traumas held in the body. Discover how insomnia, chronic pain, anxiety, and depression can be treated using evidence-based methodologies. Molly (Madhavi) Birkholm is a yoga and meditation teacher trainer, trauma educator from Florida, USA. 62 TUs.
Further Education: €450 / €410 students & the unemployed Room & board: 5 nights, see p 110.

Sun. 30.6 – Fri. 5.7 **YOGA & VITAL ENERGY**

Sun. 30.6 – Fri. 5.7 **YOGA AND MOUNTAIN MAGIC**

Details: www.sivananda.at
JULY

IN REITH, TYROL, AUSTRIA

Tue. 2.7 / 8 pm
TRAUMA SENSITIVE YOGA – AN OVERVIEW
Lecture with Molly Birkholm, co-founder of Warriors at Ease and pioneer in the field of evidence-based trauma-sensitive yoga and meditation programmes for PTSD in the military and other communities affected by trauma.

Thu. 4.7 – Sun. 7.7
FURTHER TRAINING FOR YOGA TEACHERS:
YOGA DURING PREGNANCY
With Ursula Mäder, Berlin, Germany.
Adaptation of the asanas and pranayama as the pregnancy progresses. 33 TUs.
Further training: €210 / €195 students & the unemployed
Room & board: 3 nights; see p. 110.

Fri. 5.7 – Mon. 8.7
IN PEACE LIES STRENGTH

Fri. 5.7 – Mon. 8.7
HEALTHY SPINE

Fri. 5.7 – Wed. 10.7
AYURVEDIC DIET
Two lectures with Shanti Kumar Kamlesh, Ayurveda Acharya, Lucknow, North India.
– The 3 body types Vata, Pitta and Kapha
– The healing power of herbs and spices

Sun. 7.7 – Fri. 12.7
YOGA VITALITY WEEK

Tue. 9.7
EXCURSION to the Teufelsgasse (Devil’s Lane) near Kirchdorf.

Tue. 9.7 – Sun. 14.7
FURTHER EDUCATION:
NEW: ACCESSIBLE YOGA
With Dr. Lakshmi Sutter, USA.
This 5-day programme focuses on how to make the yoga teachings available to everyone, regardless of their level of physical ability. Lakshmi Sutter, Ph.D., comes from the USA. Her current work is developing the Integral Yoga Therapeutic Yoga certification programme.
62 training units.
Further Education: €450 / €410 students & the unemployed
Room & board 5 nights see p. 110.

● = Indicates that the programme is suitable for yoga teachers
**Tue. 9.7 / 8 pm, ACCESSIBLE YOGA**
Introductory lecture as part of the evening meditation with Dr. Lakshmi Sutter, USA.

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**Fri. 12.7 – Sun. 14.7** INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

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**Fri. 12.7 – Mon. 15.7**
YOGA AND THOUGHT POWER

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**Sun. 14.7 – Wed. 17.7**
FURTHER TRAINING FOR YOGA TEACHERS: YOGA FOR CHILDREN
With Swami Vidyananda and Gayatri.
Yoga in childhood gives young people the best foundation for life. 33 training units.
Further training: €190 / €175 students & the unemployed
Room & board: 3 nights; see p. 110.

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**Sun. 14.7 – Fri. 19.7**
ASANA VARIATIONS FOR EVERYBODY

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**Sun. 14.7 / 8 pm** SWAMI SIVANANDA’S MAHASAMADHI
Celebration of the great yoga master Swami Sivananda. With Puja, meditation and mantra chanting.

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**Sun. 14.7 – Fri. 19.7**
THE MEDITATION EXPERIENCE

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**Tue. 16.7 – Sun. 21.7**
YOGA AND MOUNTAIN MAGIC

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**Wed. 17.7 – Sun. 21.7**
FURTHER EDUCATION: PRINCIPLES OF ASANA ALIGNMENT
With Steven Weiss (USA), holistic chiropractor and yoga therapist.
Correct alignment in the asanas is based on a specific set of actions, which are the same for all asanas. Topics (extract):

- Sitting well: pelvis and lower back
- Align the central axis
- Depth of spinal curves: mobility vs. stability
- Alignment of legs and feet
49 training units.
Further training: €300 / €285 students & the unemployed
Room & board: 4 nights; see p. 110.

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Details: www.sivananda.at
**Wed. 17.7 / 8 pm**
BASIC PRINCIPLES OF ASANA ALIGNMENT
Lecture with Stephen Weiss (USA), holistic chiropractor and yoga therapist.

**Sun. 21.7 – Fri. 26.7**
YOGA AND VITAL ENERGY

**Sun. 21.7 – Fri. 26.7**
YOGA RELAXATION DAYS

**Sun. 21.7 – Wed, 24.7**
FURTHER TRAINING FOR YOGA TEACHERS:
BREATH WORK
With Swami Sivadasananda, Yoga Acharya.
Expanded breathing for expansion in asanas, relaxation, sensory perception and concentration. 33 training units.
Further training: €230 / €215 students & the unemployed
Room & board: 3 nights; see p. 110.

**Tue. 23.7**
EXCURSION
To the Wochenbrunner Alm and to the Gaudeamus Hut on Wild Kaiser.

**Thu. 25.7 / 8 pm**
HOW YOGA WORKS
Lecture on the scientific findings on yoga and meditation with Cordula Interthal (Chandrika).

**Thu. 25.7 – Sun. 28.7**
NEW: FURTHER EDUCATION: YOGA AS A LIFESTYLE – HOW TO CHANGE YOUR BRAIN AND EXPAND YOUR MIND
With Cordula Interthal (Chandrika), obstetrician and gynaecologist, Munich.
Workshops with PowerPoint presentations: how to change your brain
- Expand the mind
- Meditation and concentration
- Exercises in self-observation and self-knowledge
Thematic asana classes:
- With extended pranayama practice and asanas
- Concentration: body awareness and the breath in the asanas
- Deep relaxation and visualization
34 training units.
Further training: €190 / €175 students & the unemployed
Room & board: 3 nights; see p. 110.

○ = Indicates that the programme is suitable for yoga teachers
Fri. 26.7 – Mon. 29.7
SIVANANDA BEGINNER’S GUIDE TO YOGA

Fri. 26.7 – Mon. 29.7
INTRODUCTION TO MEDITATION

Sun. 28.7 – Fri. 2.8
SIVANANDA BEGINNER’S GUIDE TO YOGA

Sun. 28.7 – Fri. 2.8
INTRODUCTION TO MEDITATION

Sun. 28.7 – Fri. 2.8
YOGA VITALITY WEEK

Mon. 29.7 – Sun. 4.8
YOGA SUMMER DAYS
60 training units

Mon. 29.7 – Sun. 4.8
BHAGAVATA SAPTaha –
THE PHILOSOPHY OF DEVOTION
A seven-day journey towards the meaning of life, with spiritual discourse and live music. With guest of honour Sri
Venugopal Goswami, Bhakti Yoga Acharya, Vrindavan, North India.
Daily storytelling, poetry, music and philosophy from the classical yoga scripture Bhagavatam. With live music: harmonium, vocals, bamboo flute, shanai oboe and tabla. Meditation concert on Sat. 3.8 / 8 pm

Tue. 30.7 – Sun. 4.8
INSPIRING MORNING WORKSHOPS
Fascia – the fabric that connects everything
Practical workshops with Swami Sivadasananda, Yoga Acharya, Europe.
Expand your strength and flexibility potential with asanas: – Rejuvenate your connective tissue using gradual stretches

AUGUST
IN REITH, TYROL, AUSTRIA

Thu. 1.8 – Sun. 4.8
YOGA AND THOUGHT POWER

Details: www.sivananda.at
– Intensive body awareness via the fascia
– The large lumbar fascia
– The expanded ribcage
– Lateral flexion and rotation
– Asanas, acupressure and fascia

Mon. 29.7 – Sun. 4.8 / 4 pm
THE POWER OF ASANAS
Practical workshops with Swami Narayanananda, the co-director of the Sivananda Yoga Centre in Munich.
– The flow of vital energy
– Pose and counter pose
– Balance your energy by longer holding of the pose
– Concentration and positive thinking
– Deepen the asana with your breath
– Asanas and willpower
– Asanas and inner peace

Tue. 30.7 – Sun. 4.8 / noon
LEVELS OF THE MIND IN YOGA
Lectures with Swami Mangalananda, staff at the Sivananda Yoga Centre in London.
– The inner potential of the mind – Harmonizing your thoughts
– Attraction and aversion
– The subconscious mind
– I and mine
– Intellect and intuition
– The mirror of the soul

Thu. 1.8 – Sun. 4.8 ☀
FURTHER EDUCATION: TAKE YOUR ASANA PRACTICE TO THE NEXT LEVEL
For people with a regular asana practice and for yoga teachers.
With Prema (Karina Bonansea), Taiwan.
– Biomechanical tips for safely coming into, holding and leaving basic poses and advanced asanas
– Corrections for different variations
– Physical and energetic effects of the Sivananda asana series
– Yoga lifestyle – find the middle path
33 training units.
Further Education: €260 / €240 students & the unemployed Room & board: 3 nights; see p. 110.

Sun. 4.8 – Fri. 9.8
THE MEDITATION EXPERIENCE

Sun. 4.8 – Fri. 9.8
EXPAND YOUR ASANAS

Tue. 6.8
EXCURSION
To the Griessbach gorge, one of the must-see hiking destinations in the Kitzbühel Alps.
Wed. 7.8 – Sun. 11.8 FURTHER EDUCATION: AYURVEDA AND THE HEART

With Sanjay and Anjani Kulkarni (MD), Ayurveda Acharyas, Pune, India.

Lecture topics:
– Ayurveda and obesity, diabetes and heart disease
– Improving the digestive fire
– The mind as the key to physical health

Practice:
– Analyse your own personal constitution using your pulse
– Self-massage (without oil)
– Audiovisual presentation of selected recipes.

With daily yoga and meditation practice.

49 training units.

Further Education: €335 / €315 students & the unemployed
Room & board: 4 nights; see p. 110.

Thu. 8.8 and Sat. 10.8 / 8 pm
AYURVEDA – AN INTRODUCTION
With Sanjay and Anjani Kulkarni (MD), Ayurveda Acharyas, Pune, India.

Fri. 9.8 – Sun. 11.8
INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

Fri. 9.8 – Sun. 11.8 YOGA@HOME

Sun. 11.8 – Fri. 16.8 YOGA WORKSHOP DAYS

Sun. 11.8 – Fri. 16.8
YOGA AND MOUNTAIN MAGIC

Fri. 16.8 – Mon. 19.8
INTRODUCTION TO MEDITATION

Fri. 16.8 – Mon. 19.8 YOGA LIFESTYLE

Sun. 18.8 – Fri. 23.8 YOGA & VITAL ENERGY

Sun. 18.8 – Fri. 23.8
YOGA AND MOUNTAIN MAGIC

Sun. 18.8 – Fri. 23.8
SOUTH INDIAN TEMPLE MEDITATIONS
Daily Pujas (ceremonies) with a priest from India.

Tue. 20.8 EXCURSION to Labalm, at the foot of the Gross Rettenstein peak.

Wed. 21.8 – Sun. 25.8
YOGA AND MUSIC SUMMER SCHOOL

With Shankara Schneider and teachers of the Retreat House. Kirtan or mantra chanting is an integral part of yoga. The experience of sound expands the physical sensation of the asanas, the breath deepens without effort, and the purity of the melodies fascinate and focus the mind. 44 training units.
Fri. 23.8 / 8 pm until midnight
KRISHNA JANMASTAMI
Lord Krishna symbolizes cosmic love. With Puja, meditation and mantra chanting.

Fri. 23.8 – Mon. 26.8
HEALTHY SPINE

Fri. 23.8 – Mon. 26.8
IN PEACE LIES STRENGTH

Sun. 25.8 – Fri. 30.8
YOGA AND MOUNTAIN MAGIC

Sun. 25.8 – Fri. 30.8 YOGA VITALITY WEEK

Sun. 25.8 – Sat. 31.8
FURTHER EDUCATION: EXPLORING
WHOLENESS WITH THE CHAKRAS
With Nischala Joy Devi, USA.
Nischala Devi weaves compassionate knowledge of the physical to intuitive wisdom
of the mystical for a complete
understanding of who we really are.
76 training units.
Further Education: €760 / €650 students & the unemployed
Room and board: 6 nights; see p. 110.

Wed. 28.8 / 8 pm YOGA FOR THE HEART
Lecture with Nischala Joy Devi (USA) on yoga
with people suffering from heart disease or
cancer.
Nischala Joy Devi is an international authority
in the therapeutic application of yoga.

From Friday, 30 August until
Sunday, 8 September, the
yoga vacation programme will
be directed by Padmavati
(Silvia Swoboda). Padmavati is
a direct disciple of Swami Vishnudevananda and
a sensitive and pragmatic yoga teacher with
more than 30 years of teaching experience.

Fri. 30.8 – Sun. 1.9 YOGA VACATION LIGHT

Fri. 30.8 – Mon. 2.9 SIVANANDA
BEGINNER’S GUIDE TO YOGA

SEPTEMBER

IN REITH, TYROL, AUSTRIA

Sun. 1.9 – Sun. 29.9 INTERNATIONAL
SIVANANDA YOGA TEACHERS’ TRAINING
COURSE
For details, pp. 36 – 43. Dates & rates, p. 108

Sun. 1.9 – Fri. 6.9
THE MEDITATION EXPERIENCE

Sun. 1.9 – Fri. 6.9
ASANAS – STRENGTH & FLEXIBILITY

● = Indicates that the programme is suitable for yoga teachers
Sat. 31.8 – Thu. 5.9  •
SADHANA DAYS FOR YOGA TEACHERS
Tap the source – regenerate body and mind, find new inspiration in yogic wisdom and positive company. With study of the Bhagavad Gita on meditation and inner peace. Asana classes with focus on standing poses as well as Sitali and Brahmari pranayamas. 54 training units.

Mon. 2.9 / 8 pm LORD GANESHA’S BIRTHDAY (GANESHA CHATURTHI)
Ganesha embodies wisdom and happiness. With a Puja, mantra chanting and stories.

Wed. 4.9 EXCURSION to the Schleier waterfall on the Wild Kaiser mountain.

Thu. 5.9 – Mon. 9.9  •
SEPTEMBER RETREAT: MORE AWARENESS WITH YOGA
Topics of the asana practice: becoming aware of gravity; observing muscle reactions; improving flexibility, alignment of the spine. Lectures: Classical meditation paths of yoga; awareness, concentration and meditation; the sublimation of emotions. 40 TUs.

Fri. 6.9 – Sun. 8.9
SOUTH INDIAN TEMPLE DANCE
With Rajyashree Ramesh, Bangalore, South India.
Lecture, workshop, dance performance.
Fri. 6.9 / 8 pm, Lecture: Introduction to the history and development of classical Indian dance. Sat. 7.9 / 8 pm, Bharatanatyam dance performance.

Rajyashree Ramesh presents this traditional dance form in a practical and unique way as a combination of performing arts, asanas, mantras, movement analysis and more.

Fri. 6.9 – Sun. 8.9  YOGA@HOME

Sun. 8.9 – Fri. 13.9
YOGA AND MOUNTAIN MAGIC

Sun. 8.9 – Fri. 13.9
ASANA VARIATIONS FOR EVERYBODY

Sun. 8.9 / 8 pm
SWAMI SIVANANADA’S BIRTHDAY
Swami Sivananda was born on 8 September 1887 in South India. An evening to honour this great yogi.

Tue. 10.9 – Sat. 14.9
SOUTH INDIAN TEMPLE MEDITATIONS
Daily Pujas (ceremonies) with a priest from India.

Thu. 12.9 – Sun. 15.9  SIVANANADA BEGINNER’S GUIDE TO YOGA
Thu. 12.9 – Sun. 15.9
INTRODUCTION TO MEDITATION

Fri. 13.9 – Sun. 15.9
NEW: AYURVEDA CLEAR AND SIMPLE
Lecture series with Cordula Interthal (Chandrika)
– Introduction to the body constitutions Vata, Pitta, Kapha – Ayurveda and the mind – Simple remedies for general ailments
Chandrika is an obstetrician and gynaecologist, Ayurvedic therapist and teaches yoga at the Sivananda Yoga centres. She is co-author of the new Sivananda Ayurveda book Practical Ayurveda.

Sun. 15.9 – Fri. 20.9
EXPAND YOUR ASANAS

Sun. 15.9 – Fri. 20.9
YOGA AND MOUNTAIN MAGIC

Thu. 19.9 – Wed. 25.9 / 8 pm
BHAGAVATA SAPTAHA – ON THE WINGS OF DEVOTION AND WISDOM
A seven-day journey towards the meaning of life, with spiritual discourse and live music. With guest of honour Sri Venugopal Goswami, Bhakti Yoga Acharya, Vrindavan, North India.
Daily storytelling, poetry, music and philosophy from the classical yoga scripture Bhagavatam. With live music: harmonium, vocals, bamboo flute, shanai oboe and tabla.
Meditation concert on Sat. 21.9 / 8 pm

Thu. 19.9 – Wed. 25.9 / 8 am
INSPIRING MORNING WORKSHOPS – SEE YOURSELF
Visualizations with practical applications in asanas and pranayama with Swami Sivadasananda, Yoga Acharya, Europe
– The power of thought – The power of desire – The power of will – Sensory perception and motor action in the asana – Self-perception in the asana – Individual headstand correction – Pranayama and the modern breathing dilemma

● = Indicates that the programme is suitable for yoga teachers
Fri. 20.9 – Wed. 25.9 / noon

**RENEWAL WITH YOGA**
Lectures with senior teachers of the Sivananda Yoga centres.
Health and the secret of the body
– Reasons for a vegetarian diet – Lasting peace with meditation – Proven remedies for exhaustion – Live with devotion
– Vedanta, a positive view of life
– Detachment: a panacea

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**OCTOBER**

**IN REITH, TYROL, AUSTRIA**

**Thu. 3.10 – Sun. 6.10 ●**
**OCTOBER RETREAT: BREATHE FREELY**
Refining the yogic breathing techniques in theory and practice. Gradual increase of pranayama practice with individual guidance.
Lectures: Treasures of spiritual positivity.
30 training units.

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**Fri. 4.10 – Mon. 7.10 ●**
**FURTHER EDUCATION: YOGA PSYCHOLOGY**
With Swami Ramapriyananda.
The Raja Yoga Sutras are a psychological study and guide. 34 training units.
Further Education: €190 / €175 students & the unemployed
Room & board: 3 nights; see p. 110

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**Sun. 6.10 – Fri. 11.10 YOGA VITALITY WEEK**

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**Sun. 6.10 – Fri. 11.10 THE INNER PATH**

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**Wed. 9.10**
**EXCURSION to Wochenbrunn Alm and to the Gaudeamus Hut on Wild Kaiser**

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Fri. 20.9 – Sun. 22.9
**YOGA AND THOUGHT POWER**

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Fri. 20.9 – Sun. 22.9
**INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE**

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Sun. 22.9 – Fri. 27.9
**THE MEDITATION EXPERIENCE**

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Sun. 22.9 – Fri. 27.9
**YOGA FITNESS**

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**Wed. 25.9**
**EXCURSION to Hinterstein Lake, a mountain lake in the Wild Kaiser Nature Reserve.**

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Fri. 27.9. – Sun. 29.9
**YOGA VACATION LIGHT**

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Fri. 27.9 – Sun. 29.9
**IN PEACE LIES STRENGTH**

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Sun. 29.9 – Fri. 4.10
**YOGA WORKSHOP DAYS**

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Sun. 29.9 – Fri. 4.10
**YOGA AND MOUNTAIN MAGIC**

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Facts & Details: www.sivananda.at
Fri. 11.10 – Sun. 13.10
YOGA AND THOUGHT POWER

Fri. 11.10 – Tue. 15.10
YOGA AND MOUNTAIN MAGIC

Sun. 13.10 – Fri. 18.10
ASANA VARIATIONS FOR EVERYBODY

Fri. 18.10 – Sun. 20.10
YOGA VACATION LIGHT

Fri. 18.10 – Sun. 20.10
INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

Fri. 18.10 – Mon. 21.10
FURTHER EDUCATION: RELAXING WITH YOGA
With senior teachers of the Retreat House. Holistic regeneration and developing skills to cope with stress in daily life. 34 training units.
Further Education: €190 / €175 students & the unemployed
Room & board: 3 nights; see p. 110

Sun. 20.10 – Fri. 25.10
ASANAS – STRENGTH & FLEXIBILITY

Sun. 20.10 – Fri. 25.10
YOGA RELAXATION DAYS

Thu. 31.10 – Sun. 3.11

ALL SAINTS’ RETREAT: THE PSYCHOSOMATIC EFFECTS OF THE ASANAS
With Swami Vasudevananda, co-director of the Sivananda Yoga Centre Munich. Experience the positive interaction of the yoga practice: a healthy mind in a healthy body. 30 training units.
Thu. 31.10 – Sun. 3.11  
**FURTHER EDUCATION ON ALL SAINTS: MYOFASCIAL CONNECTIONS IN THE ASANAS**
With Swami Satyananda, co-director of the Sivananda Yoga Centre Berlin.  
Body awareness in the asanas and myofascial pathways. 33 training units.  
Further Education: €190 / €175 students & the unemployed  
Room & board: 3 nights; see p. 110.

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Sun. 27 October – Sun. 24 November 2019  
**SIVANANDA YOGA VACATION** At the Wellness Hotel Gut Sonnberghof ****  
Real relaxation in a beautiful Alpine oasis. Two experienced instructors of the Sivananda Yoga Retreat House will provide individual guidance.  
For details, see pp. 30 – 35, 111 and www.sivananda.at/en.

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Sun. 27.10 – Sun. 24.11  
**YOGA – WELLNESS AND RELAXATION**

Sun. 27.10 – Fri. 1.11  
**ACTIVE RELAXATION & STRESS REDUCTION**

Fri. 1.11 – Sun. 3.11  
**THOUGHT POWER & POSITIVE THINKING** (All Saints’ weekend)

Sun. 3.11 – Fri. 8.11  
**YOGA & MOUNTAIN MAGIC**

Sun. 3.11 – Fri. 8.11  
**YOGA BODY CHECK**

Fri. 8.11 – Sun. 10.11  
**YOGA LIFESTYLE**

Sun. 10.11 – Fri. 15.11  
**YOGA FOR A FLEXIBLE SPINE**

Sun. 10.11 – Fri. 15.11  
**MEDITATION – EXPERIENCING INNER BALANCE**

Fri. 15.11 – Sun. 17.11  
**YOGA@HOME**

Sun. 17.11 – Fri. 22.11  
**YOGA & MOUNTAIN MAGIC**

Sun. 17.11 – Fri. 22.11  
**ACTIVE RELAXATION & STRESS REDUCTION**

Fri. 22.11 – Sun. 24.11  
**THOUGHT POWER & POSITIVE THINKING**
NOVEMBER
IN REITH, TYROL, AUSTRIA

The Sivananda Yoga Retreat House in Reith near Kitzbühel is closed from **Sun. 3 November / 2 pm** until **Fri. 13 December 2019 / 2 pm**.

DECEMBER
IN REITH, TYROL, AUSTRIA

**Fri. 13.12 – Sun. 15.12** YOGA LIFESTYLE

**Fri. 13.12. – Sun. 15.12** YOGA AND THOUGHT POWER

For details, see pp. 36 – 43. Dates and rates, see p. 108

**Sun. 15.12 – Fri. 20.12**
YOGA RELAXATION DAYS

**Sun. 15.12 – Fri. 20.12**
THE MEDITATION EXPERIENCE

**Wed. 18.12 – Sun. 22.12**
YOGA WORKSHOP DAYS

**Fri. 20.12.2019 – Mon. 6.1.2020**
YOGA AT CHRISTMAS AND NEW YEAR
Join the Sivananda family for an inspiring Christmas in the Tyrolean Alps! We live, share and practice yoga with you to usher in the New Year.
– Asana and pranayama workshops from easy to slightly more advanced
– Entertaining lectures on the physical, intellectual and philosophical aspects of yoga
– Group meditation, mantra chanting and inspiration from the yoga scriptures
– Christmas and New Year celebration with international carols, play and New Year’s message
Details and costs will be available online from October 2019.

○ = Indicates that the programme is suitable for yoga teachers
INTERNATIONAL YOGA TEACHERS’ TRAINING COURSES

Arrival: on Saturday, 1 pm – 8 pm,
Departure: on Sunday until 11 am

REITH, TYROL, AUSTRIA — DATES & COSTS

2019
Sat. 19 January – Sun. 17 February 2019, German
Sat. 25 May – Sun. 23 June 2019, German
Fri. 28 June – Fri. 26 July 2019, English, German
Sun. 28 July – Sun. 25 August 2019, English, German
Sun. 1 September – Sun. 29 September 2019, English, German
Sat. 14 December – Sun. 12 January 2020, English, German

2020
Sat. 18 January – Sun. 16 February 2020, German
Sat. 16 May – Sun. 14 June 2020, German
Fri. 26 June – Fri. 24 July 2020, English, German
Sun. 26 July – Sun. 23 August 2020, English, German
Sat. 29 August – Sun. 27 September 2020, English, German
Sat. 19 December – Sun. 17 January 2021, English, German

Dormitory: €2,830
Shared room: €3,320
Double room: €4,100
Single room: €4,475
Special rate for students & the unemployed:
Dormitory: €2,011 Limited availability.
Including accommodation & meals and VAT.
All rates subject to a visitor’s tax.
Rates valid until 31 December 2019.
Information: Sivananda Yoga Retreat House,
teacherstraining@sivananda.net
Online registration: www.sivananda.at/en/Phone: +43 5356 67 404, Office hours: 11 am – 4 pm (CET). For information on the Yoga Alliance, cancellation terms, etc.: www.sivananda.at/en/

RUDRAPRAYAG IN THE INDIAN HIMALAYAS — DATES AND COSTS

2019
23 February – 24 March 2019
19 October – 17 November 2019

2020
22 February – 22 March 2020
21 October – 19 November 2020

Triple room: €2,560
Double room: €3,190
Single room: €3,990
Triple room discount €2,360
Including accommodation (all rooms with attached bathroom) and meals.
Rates valid until 31 December 2019

For information on the discount, visa, the Yoga Alliance, cancellation terms, etc.: ttc.sivananda.eu
Contact person: Swami Vidyananda
Phone. +43 5356 67 404 29,
Office hours: Mon.–Sun., 11 am – 4 pm (CET)

INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

Two days of yoga practice and all information on the course and the locations.
Fri. 25.1 – Sun. 27.1
Fri. 15.2 – Sun. 17.2
Fri. 5.4 – Sun. 7.4
Fri. 28.6 – Sun. 30.6
Fri. 12.7 – Sun. 14.7
Fri. 9.8 – Sun. 11.8
Fri. 20.9 – Sun. 22.9
Fri. 18.10 – Sun. 20.10
ADVANCED YOGA TEACHERS’ TRAINING COURSES (ATTC)

- Diploma from the International Sivananda Yoga Vedanta Centres
- 437 training units (45 minutes per unit)
- 500 hours standard (Yoga Alliance, USA)

The four-week course in advanced yoga techniques was established in 1978 by Swami Vishnudevananda. It expands horizons and brings a wealth of new experiences which will enrich your teaching skills.

**Prerequisite:** TTC diploma of the Sivananda Yoga Teachers’ Training Course

### DATES IN REITH, TYROL, AUSTRIA

www.sivananda.at/en/

Sat. 25 May – Sun. 23 June 2019, German

- Dormitory: €2,830
- Shared room: €3,320
- Double room: €4,100
- Single room: €4,475

Special rate for students & the unemployed:

- Dormitory: €2,011 Limited availability.

Including accommodation & meals and VAT. All rates subject to a visitor’s tax. Rates valid until 31 December 2019.

### DATES IN RUDRAPRAYAG, HIMALAYAS, INDIA

ttc.sivananda.eu

23 February – 24 March 2019
22 February – 22 March 2020

English, French, German, Spanish.

Costs including accommodation & meals:

- Dormitory: €2,560
- Double room: €3,190
- Single room: €3,990
- Triple room discount €2,360

Including accommodation (all rooms with attached bathroom) and meals. Rates valid until 31 December 2019.

### DATES IN THE ASHRAM DE YOGA

SIVANANDA, ORLÉANS, FRANCE

www.sivananda.org/orleans

25 May – 9 June 2019 English, French
13 – 28 August 2019 English, German, French, Spanish
12 – 27 August 2020 English, German, French, Spanish

Costs including accommodation & meals: from €1,015
Rates valid until 25 May 2019

SADHANA INTENSIVE

An intensive practical course with individual asana and pranayama practice. Study of classical scriptures on Hatha Yoga, Bhakti Yoga and Jnana Yoga. Explanation and practice of Mudras, Bandhas and Mantras. Meditation practice, spiritual diary and Mouna (silence) at certain times of the day.

**Prerequisite:** TTC diploma of the Sivananda Yoga Teachers’ Training Course

### DATES IN RUDRAPRAYAG, HIMALAYAS, INDIA

ttc.sivananda.eu

28 October – 12 November 2019
28 October – 12 November 2020

English, German, French, Spanish.

Costs including accommodation & meals:

- Triple room: €1,350
- Double room: €1,670
- Single room: €2,090

Rates valid until 31 December 2019

### DATES IN THE ASHRAM DE YOGA

SIVANANDA, ORLÉANS, FRANCE

sivanandaorleans.org

28 June – 26 July 2019 26 June – 24 July 2020

English, French, Spanish.

Costs including accommodation & meals: from €2,500.
Rates valid until 31 December 2019
Plan your yoga vacation around your own schedule. Your stay starts at 4 pm with the yoga class. Your room is available from 2 pm. You must check out of your room by 11 am on departure day. The vacation programme ends at 2 pm at the latest. For dates, see the calendar section.

**DAILY RATES:**
YOGA: €51

**ACCOMMODATION & MEALS:**
In non-smoking eco-hotel (www.hotel-pointner.at)
- Single room: €70
- Double room: €58
- Shared room: €43
- Dormitory: €37

Triple rooms on request for 3 people staying for the same dates.
Minimum stay: 2 nights
All rates include VAT and are subject to a €1.80 visitor’s tax per person per night.

**HOTEL CLOSING TIMES:**
25 April / 2 pm – 24 May 2019 / 2 pm,
3 November / 2 pm – 13 December 2019 / 2 pm

**FOR QUESTIONS & REGISTRATION,**
**PLEASE CONTACT:**
tyrol-reception@sivananda.net
or phone +43 5356 67 404,
Mon. – Sun., 11 am – 4 pm (CET). We will confirm your reservation by e-mail.
Rates valid until 31 December 2019.

**CANCELLATION AND WITHDRAWAL POLICY:**
For yoga vacation, further education courses and further training for yoga teachers in Reith, Tyrol, Austria Cancellation before the start of the programme:
The following fees will apply to the yoga part (excluding accommodation):
More than 21 days before the start of the programme: 10% cancellation fee;
within 21 days of the start of the programme: 30% cancellation fee.

For the hotel:
Up to 12 weeks before arrival date: no cancellation fee.
Up to 4 weeks before arrival date: 40% cancellation fee.
Up to 1 week before arrival date: 70% cancellation fee.
Within 7 days of the arrival date: 90% cancellation fee.
The hotel cancellation fees may be reduced to the extent that the room/bed can be allocated to a new participant.

If you would like to change your booking to another programme organized by the Retreat House in Reith, a rebooking fee of €50 will be charged for the yoga part.

In case of early departure from the programme:
For yoga: no refund. For the hotel:
70% cancellation fee (i.e. reimbursement of 30%). The hotel cancellation fees may be reduced to the extent that the room/bed can be allocated to a new participant. You must vacate your room by 11 am. Otherwise 100% of the cancellation fee will be charged for this day. Your registration becomes valid upon receipt of a down payment of 30% of the full amount. The remaining balance is due on arrival.
Plan your yoga vacation around your own schedule. Your stay starts at 4 pm with the yoga class. Your room is available from 2 pm. You must check out of your room by 11 am on departure day. The vacation programme ends at 2 pm at the latest. For dates, see the Calendar from pages 90 and 106.

**DAILY RATES:**
- YOGA: €48

**ACCOMMODATION & MEALS 2019:**
- Single room: €75
- Double room: €65
- Shared room (3–6 beds): €50

Apartment, studio or suite on request. Costs include VAT and visitor’s tax.

Registration and payment directly at Hotel Sonnberghof. Phone: +43 65 62 83 11, info@sonnberghof.at
You will find a large selection of wellness packages at www.sonnberghof.at.

**CANCELLATION AND WITHDRAWAL POLICY:**

**For yoga vacation:**
Your registration becomes valid upon full payment after receipt of the reservation confirmation.

**Cancellation before the start** of the programme: The following fees will apply to the yoga part (excluding accommodation):
- More than 21 days before the start of the programme: 10% cancellation fee; within 21 days of the start of the programme: 30% cancellation fee.
If you would like to change your booking to another programme organized by the Retreat House in Reith, a rebooking fee of €50 will be charged for the yoga part.

In case of early departure from the programme:
For yoga: no refund.

**Hotel Sonnberghof:**
Cancellation before the start of the programme: The following cancellation fees will be applied to the hotel price:
- More than 21 days before arrival date: €30 processing fee. Within 21 days of the arrival date: 80% of the hotel price.
In case of early departure from the programme: 80% of the hotel price.

**FOR QUESTIONS & REGISTRATION,**
**PLEASE CONTACT:**
tyrol-reception@sivananda.net
or phone +43 5356 67 404, Mon.–Sun., 11 am – 4 pm (CET). We will confirm your reservation by e-mail.
Rates valid until 31 December 2019.

All guest speakers confirmed the dates of their programmes before this brochure went to print. Cancellations with or without notice may nevertheless occur which are out of the Retreat House’s control. The Retreat House is not liable for cancellations or programme changes. Please check for updated information on www.sivananda.at or call before registration: +43 5356 67 404

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SIVANANDA YOGA VEDANTA
RETREAT HOUSE
Bichlach 40
6370 Reith near Kitzbühel, Tyrol
Austria

E-mail: tyrol@sivananda.net
Phone: +43 5356 67 404
Fax: +43 5356 67 404 4
www.sivananda.at
www.sivananda.eu
www.facebook.com/SivanandaTirol

REGISTRATION:
tyrol-reception@sivananda.net

DROP-IN YOGA CLASSES AT
THE RETREAT HOUSE IN REITH:
Monday – Sunday, 8 – 9:30 am
and 4 – 5:30 pm

Yoga vacation in May & November 2019
in Mittersill, Hohe Tauern, Salzburg, Austria