WELCOME TO THE SIVANANDA YOGA RETREAT HOUSE

Yoga is one of the most important spiritual healing traditions in the world. Yoga teaches the integral and regular practice of asanas, pranayama, mantras, meditation and selfless action, expansion of the heart and self-realization.

Yoga offers guidelines for improving one’s behaviour and lifestyle. This includes a harmonious relationship with the senses, the emotions and the mind.
Thus yoga supports not only individual development but also human culture itself.
Swami Sivananda and Swami Vishnudevananda developed a practical yoga teaching system for all levels of society.

The current problems of our civilization are not only an expression of an ecological and political crisis. They reflect a crisis of consciousness. Yoga can help us act with more compassion and awareness, towards achieving to more unity and harmony with ourselves and with humanity.

Welcome to the wide universe of yoga.
OM shanti, OM peace
Swami Durgananda
Swami Sivadasananda
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The Sivananda Yoga Vedanta Retreat House is nestled on a sunny slope overlooking the village of Reith, amidst the picturesque Tyrolean Alps. Kitzbühel, the legendary Alpine resort, is just four kilometres away. Over the last hundred years, this historic city has become one of the most famous winter sports regions in the world.
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 7–15.

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

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**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 renunciate 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.”
Have Faith, and Practise

Several progress depends on faith: faith in God, faith in the scriptures, faith in the Gurus. Progress in spiritual, intellectual, and material endeavors depends upon faith. Faith is the basic orientation of the soul. It is the root of all spiritual quest.

The Gurus have been the beacon of faith. They have been able to direct the student towards the path of spiritual progress. Their presence, their teachings, and their inspiration have been the driving force for many souls.

Have faith in God. Have faith in the Gurus. They have shown the way, and their teachings have guided many to spiritual enlightenment.

Faith is not a matter of belief. It is a matter of action. It is a matter of experience. It is a matter of doing. Faith is the realization of the truth.

Faith is the foundation of all knowledge. It is the basis of all action. It is the source of all power.

May the blessings of the Lord always be upon you all.
About Sivananda Yoga
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
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.

**PRANAYAMA — THE VITAL BREATH**

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.
Experience the transformation of your breathing habits: slower — more rhythmic — more regular — more continuous.
RELAXATION —
IN PEACE LIES 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.

At Schwarzsee lake,
3 km from the Sivananda Yoga Retreat House
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
YOGA VACATION — RENEWING BODY AND MIND

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.
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.
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.

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
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.
THE DAILY SCHEDULE:

6:00 – 7:30 am  Morning meditation, mantra chanting, talk. Occasionally the morning meditation takes place in the form of a silent walk.

8:00 – 9:30 am  Asanas and pranayama class; sometimes a short talk on the health aspects of yoga follows the class.

10:00 am  Vegetarian brunch

From 11 am  Time for an invigorating sauna visit, a relaxing massage, occasionally a walk or an excursion

12:00 or 2:00 pm  One-hour lecture or workshop related to the yoga vacation theme

4:00 – 5:30 pm  Asana and pranayama class

6:00 pm  Vegetarian dinner

8:00 – 9:30 pm  Evening meditation, mantra chanting, talk, sometimes by a guest presenter. Occasionally the evening meditation takes place in the form of a silent walk.

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.
YOGA VACATION IN REITH, TYROL, AUSTRIA
AN INTERESTING THEME EVERY WEEK
You can plan your yoga vacation around the dates that suit you and stay as long as you like. Rest and regeneration are of prime importance. The vacation theme is presented in introductory lectures or practical workshops. This includes tips on further reading and how to practise at home.

Yoga Vacation Light
Relaxing yoga days 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 Relaxation Days
Give yourself time for the magic of the yogic deep relaxation.

Yoga – An Inner Path
Experience the profound stillness beyond the agitated surface of our 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. 81 for dates and prices.
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/

Webcams: www.sivananda.at/webcams

Possible day trips include a visit to the Krimml Waterfalls or a drive to Austria’s highest mountain and largest glacier, Grossglockner.
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 47,000 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.
India: Rudraprayag, Himalayas.
For details, see the next pages or visit ttc.sivananda.eu; see the calendar for dates.
France, London, Spain, Italy and Poland: ttc.sivananda.eu
USA, Canada, India, Bahamas, Brazil, Argentina, Israel, Thailand, Vietnam, China: www.sivananda.org

Introductory weekends in Reith, Tyrol, Austria: To answer your questions and help prepare you for the course. See the calendar, from page 81 and page 110, for dates.
Introductory weekends are also offered in London, Paris, Geneva, Madrid, Berlin, Munich, Vienna.

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 (IIIHS) 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. Please enquire for details on Portuguese and Russian translation.

Asana practice in separate language groups.

Rooms (1–3 beds) with an attached 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 pages 64–65 for a description)
- Introduction to Ayurveda
- Temple ceremonies with a South Indian priest

“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

**Contact:**
Swami Vidyapada,  
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 111 of the calendar and visit ttc.sivananda.eu
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:
In Rudraprayag in the Indian Himalayas in March.
Languages: English, German, French, Spanish (simultaneous translation)
For dates and course prices, see page 112.

France and Poland: www.sivananda.eu
USA, Canada, India, Bahamas, Brazil, etc.:
www.sivananda.org
SADHANA INTENSIVE FOR SIVANANDA YOGA TEACHERS

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. Languages in May: English, French Languages in August: English, French, German, Spanish

For dates and course fees, see page 113 of the calendar or visit www.sivananda.eu
“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.
2020 FURTHER TRAINING COURSES FOR YOGA TEACHERS:

PREREQUISITE:
TTC diploma of the Sivananda Yoga Teachers’ Training Course. Graduates of other yoga teacher training courses: please contact tyrol@sivananda.net
Rates: see the calendar from page 81 or visit www.sivananda.at/en/

OVERVIEW OF SUBJECTS:

Yoga Over 50
Fri. 21.2 – Mon. 24.2.2020
This course shows how to integrate older people into a basic asana class step by step. In addition, teaching models for specific asana classes are practised and explained.
With Swami Ramapriyananda, director of the Sivananda Yoga Retreat House.
33 training units.

Sadhana Days for Yoga Teachers
Fri. 3.4 – Wed. 8.4.2020
Find new inspiration in yogic wisdom and positive company. Inspiration for the practice of the four yoga paths is taken from Swami Sivananda’s book Sadhana. The main focus of the asana classes will be “the living spine”.
54 training units.

Adjust and Improve
Fri. 10.4 – Mon. 13.4.2020
From Sun Salute to Forward Bend.
Expert and creative handling of mistakes, limitations, adaptations and variations in the asanas.
With Swami Sivadasananda, Yoga Acharya for Europe.
33 training units.

Yoga during Pregnancy
Sat. 4.7 – Tue. 7.7.2020
Step-by-step adaptation and gentle corrections 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.
Yoga for Children  ●
Fri. 10.7 – Mon. 13.7.2020
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 Gayatri, Sivananda Yoga Centre in Munich.
33 training units.

Breath Work  ●
Thu. 30.7 – Sun. 2.8.2020
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.

Sadhana Days for Yoga Teachers  ●
Tue. 1.9 – Sun. 6.9.2020
Regenerate body and mind, find new inspiration in yogic wisdom and positive company. We study selected texts from the introductory chapters of Swami Sivananda’s work Bliss Divine, a masterly account of the universality of yoga. Asana and pranayama classes with a focus on energy balance, beyond Rajas (hyperactivity) and Tamas (lack of motivation). 54 training units.
2020 FURTHER EDUCATION COURSES FOR YOGA PRACTITIONERS & YOGA TEACHERS

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.
2020 FURTHER EDUCATION COURSES
FOR YOGA PRACTITIONERS & YOGA TEACHERS

● = 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/

Yoga, Brain and Thought Power
Fri. 29.5 – Mon. 1.6.2020
Expanding the mind, meditation, exercises on self-observation and self-knowledge, thematic asana classes.
With Cordula Interthal (Chandrika), gynaecologist, Ayurvedic therapist and Sivananda Yoga teacher, Munich. 32 training units.

Yoga Psychology
Thu. 27.2 – Sun. 1.3.2020
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.

Practical Yoga Anatomy
Thu. 21.5 – Sun. 24.5.2020
Asanas promote health by increasing the range of motion in the joints, keeping the body mobile.
With Julia Descroizilles (Padma), senior physiotherapist from England. 35 training units.

Relaxing with Yoga
Thu. 18.6 – Sun. 21.6.2020
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.

Transforming Trauma with Yoga & Yoga Nidra
Mon. 29.6 – Sat. 4.7.2020
Release past traumas held in the tissues through yoga and meditation.
With Molly Birkholm (Madhavi), a yoga and meditation teacher and trauma educator from Florida. 62 training units.
Yoga of the Heart

Fri. 7.8 – Mon. 17.8.2020

A comprehensive 10-day intensive course on teaching yoga to cardiac and cancer patients. Recommended for yoga teachers and health professionals with a yoga practice background.

6–7 hours of theory and practice daily, leading to an integral experience that will enhance one’s teaching skills and one’s own practice. The daily morning meditation and afternoon asana & pranayama class will be taught by swamis and staff of the Sivananda Yoga Retreat House.

Practice:
– Special yoga poses and breathing exercises
– Imagery for health and healing
– Meditation and relaxation techniques

Lectures:
– The physiology and psycho-social aspects of heart disease
– The why and how of a low-fat vegetarian diet
– Interfacing with the medical community

With Nischala Joy Devi (USA), international authority in the therapeutic application of yoga.

148 training units.
2020 FURTHER EDUCATION COURSES FOR YOGA PRACTITIONERS & YOGA TEACHERS

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

Expand Your Asanas
Tue. 4.8 – Fri. 7.8.2020
Best suited for regular asana practitioners as well as for yoga teachers. In-depth techniques for safely entering into, holding and coming out of the basic poses and advanced asanas. With Karina Bonansea (Prema), Taiwan.
33 training units.

Meditation – Experiencing Inner Balance
Tue. 7.7 – Fri. 10.7.2020
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.

Principles of Asana Alignment
Mon. 17.8 – Fri. 21.8.2020
Correct alignment is based on a specific set of actions, which are applied in all asanas of the Sivananda practice system.
With Steven Weiss (USA), holistic chiropractor and yoga therapist.
49 training units.

Living Better with Ayurveda
Fri. 31.7 – Tue. 4.8.2020
Simple changes to one’s lifestyle and diet can lead to great improvements in quality of life.
The traditional wisdom of Ayurveda.
With Dr. Anjani and Sanjay Kulkarni, Ayurveda Acharyas, Pune, India.
49 training units.

Yoga and Music Summer School
Wed. 19.8 – Sun. 23.8.2020
Kirtan or mantra chanting is an integral part of yoga. The purity of the melodies fascinate and focus the mind.
With Shankara Schneider, musician and yoga teacher from Munich.
44 training units.
The following programmes are also suitable for yoga teachers and part of the German Health Insurance Certification. See the calendar from page 81.

**February Retreat:**
The Psychosomatic Effects of the Asanas  
Fri. 31.1 – Tue. 4.2.2020

**Winter Retreat:** Integral Balance with Yoga  
Tue. 4.2 – Sun. 9.2.2020

**Carnival Retreat:**
Yoga for Body, Mind & Spirit  
Fri. 21.2 – Wed. 26.2.2020

**Winter Yoga Retreat:**
Asana Special – Asanas for a Healthy Back  
Wed. 26.2 – Sun. 1.3.2020

**March Retreat:**
Breathe Freely  
Thu. 5.3 – Sun. 8.3.2020

**Easter Yoga Retreat**  
Fri. 10.4 – Mon. 13.4.2020

**NEW:**
Yoga and Medicine  
Fri. 21.8 – Mon. 24.8.2020
The effects of yoga on health and disease: heart disease, diabetes, stress, chronic pain, back pain, mental health, cancer, effects on the brain. With Cordula Interthal (Chandrika), gynaecologist and Ayurveda therapist, Munich. 32 training units.

**Myofascial Connections in the Asanas**  
Thu. 29.10 – Sun. 1.11.2020
Explore the myofascial tracks of the body. Proprioception or the sensory perception of the body. With Swami Satyananda, co-director of the Sivananda Yoga Centre in Berlin. 33 training units.

**May Retreat (Ascension Day):**
All-round regeneration with yoga  
Thu. 21.5 – Sun. 24.5.2020

**Whitsun Yoga Event**  
Thu. 28.5 – Thu. 4.6.2020

**July Yoga Retreat**  
Fri. 17.7 – Fri. 24.7.2020

**Yoga Summer Days**  
Wed. 29.7–Fri. 7.8.2020

**September Retreat:**
Yoga for Body, Mind & Spirit  
Fri. 11.9 – Mon. 14.9.2020

**Special programme in September**  
Fri. 18.9 – Fri. 25.9.2020

**October Retreat:**
Breathe Freely  
Thu. 1.10 – Sun. 4.10.2020

**All Saints’ Retreat:**
The Psychosomatic Effects of the Asanas  
Thu. 29.10 – Sun. 1.11.2020
Individual talks are part of the lifestyle support.
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
- Dietary advice
- Meditation coaching

“Yoga is a natural method of eating, drinking, sleeping, breathing and exercise.”
Swami Vishnudevananda
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.

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.
AYURVEDA

Yoga and Ayurveda are sister sciences. Together they show a way to live in harmony with nature and to have radiant physical, mental and spiritual health. A daily yogic and Ayurvedic routine enables you to gradually become accustomed to a healthier lifestyle. Ayurveda increases your prana (vital energy) through diet, herbs, oils and minerals.

The practice of yoga and meditation stabilize the prana through physical poses, breathing exercises, deep relaxation and expansion of consciousness.

Take advantage of the combination of Ayurveda and yoga for self-healing and unfold your full physical, mental and spiritual potential.

YOGA VACATION PROGRAMME:
AYURVEDA CLEAR AND SIMPLE

Fri. 7.2 – Sun. 9.2.2020
Fri. 3.7 – Sun. 5.7.2020
Fri. 4.9 – Sun. 6.9.2020

Regular lecture series and holistic Ayurvedic consultations with Cordula Interthal (Chandrika).
Chandrika is a gynaecologist, Ayurvedic therapist, Sivananda Yoga teacher and co-author of the new Sivananda Ayurveda book.

NEW SIVANANDA
AYURVEDA BOOK
Available in the boutique or from the Sivananda online shop.
See www.sivananda.at/en/

“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.
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. Recently, 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: 11 am – 1 pm and 6 – 8 pm.
**THE YOGA HIGHLIGHTS AT THE SIVANANDA YOGA RETREAT HOUSE IN REITH, TYROL, AUSTRIA**

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 – 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 or visit www.sivananda.at/en/
CHRISTMAS AND NEW YEAR
AT THE SIVANANDA YOGA RETREAT HOUSE

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, 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
Coming together and listening to the Srimad Bhagavatam was very dear to Swami Vishnudevananda’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:

Thu. 28.5 – Wed. 3.6.2020
Fri. 17.7 – Thu. 23.7.2020
Fri. 18.9 – Thu. 24.9.2020

Wed. 29.7 – Sun. 2.8.2020
BHAJA GOVINDAM –
YOGIC WISDOM IN MUSIC & WORDS
Bhaja Govindam, written by the great yogi and philosopher Sankaracharya, is a contemplation on the essence of yoga in 31 melodious verses.

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.
The Sivananda Yoga Guest House “Ganga” opened its doors in the summer of 2017. It is an oasis for volunteers, staff, guest speakers and also for retreat participants.
GUEST HOUSE “GANGA”
AT THE SIVANANDA
YOGA RETREAT HOUSE IN
REITH, TYROL, AUSTRIA

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

YOGA AND SERVICE
Volunteering at a lower 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 AT THE SIVANANDA YOGA RETREAT HOUSE IN REITH, TYROL, AUSTRIA

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. 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
A guided class for all levels.

Yoga@Home 32 + 32
Two 32 minute yoga sessions to practice at home.

Yoga Chants of India, Kirtan, Thank You Swamiji
These three CDs offer Kirtans and Mantras for daily meditation performed by swamis of the Sivananda Ashrams in Europe. Each CD is €17.90.
You can download these CDs from streaming services like iTunes, Google Play, Spotify and Amazon Music.

Kirtan with Swami Vishnudevananda €12

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
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

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 Vishnudeva­
nanda on all aspects of yoga. €19.50

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

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
International Sivananda Yoga Vedanta Centres (●) and Ashrams (●) worldwide

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

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

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

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

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

Affiliated Sivananda Yoga Centre
Klosterneuburg, Austria
www.padmavati.net

Ashram de Yoga Sivananda
Orléans, France
www.sivanandaorleans.org

Sivananda Yoga Vedanta Centre
London, England
www.sivanandalondon.org

Centre Sivananda de Yoga Vedanta
Paris, France
www.sivanandaparis.org

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

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

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

Sivananda Jogos Vedantos Centras
Vilnius, Lithuania
www.sivananda.lt
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 wrote the book 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 yoga-wellness programmes in Austria.

Narayani is in charge of the translation department and the daily coordination at the Retreat House. She teaches asanas with ease and detail.

Saraswati is an inspiring yoga practitioner and enthusiastic yoga teacher. She greets our guests and is responsible for the yoga shop.

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

Pushpa brings warmth and enthusiasm to her caretaking duties in the Sivananda Guest House “Ganga”.

Aloisia Wakolbinger is a certified masseuse and massage therapist. She offers classical massage, foot reflexology, shiatsu and craniosacral therapy.

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ARRIVAL & DEPARTURE

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/how-to-get-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 (wintertime only): from €40 (2 persons or more)
+43 5356 66 222 or www.andis-taxi.com
YOGA & WELLNESS VACATION IN MITTERSILL, HOHE TAUERN NATIONAL PARK, NEAR SALZBURG, AUSTRIA

25 October – 14 November 2020
RELAX & LET YOURSELF BE PAMPERED AT HOTEL GUT SONNBERGHOF ****

Rejuvenation in a beautiful Alpine oasis:
- Numerous relaxing yoga vacation themes.
- A variety of massage treatments.
- Time for yourself in the wellness oasis: Sweat lodge, herbal sauna, steam pool, infrared sauna, thermal therapy beds, panoramic relaxation lounge with tea bar.
- NEW: Aquamarine spa with indoor/outdoor pool.
- Rooms with a splendid view and natural materials like Swiss Pine, stone and linen.
- 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.

Yoga day rate: €48
Hotel: from €65
(shared: €65; double: €80; single: €90)
Information and registration:
www.sivananda.at/en/
YOGA & WELLNESS VACATION IN PILL, TYROL, AUSTRIA OVERLOOKING THE INN RIVER VALLEY

17 – 29 April 2020
16 November – 3 December 2020

RELAX & LET YOURSELF BE PAMPERED IN ECO-HOTEL GRAFENAST

Renew the connection to yourself & your body:
– New strength and vitality in the yoga classes.
– Contemplative moments with others in group meditation, chanting and occasional lectures.
– Breath-taking panoramic view of the Inn River valley and the Tyrolean mountains.
– The rooms have eco-friendly furnishings such as all-wood furniture, well-designed sleep systems, spelt cushions and larkwood floors.
– The Grafenast cuisine: fresh, natural, light and 100% organic.
– Wellness area offering massages, eco-friendly cosmetics, and an original hammam.
– Walks and hikes with a panoramic view of the Inn River valley.

Yoga day rate: €48
Hotel: from €55
(Shared: from €55; double: from €65; single: from €85)
Information and registration:
www.sivananda.at/en/
Schwarzsee lake, 3 km from the Sivananda Yoga Retreat House.
A lake rich in natural minerals.
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.

Details: www.sivananda.at/en/
JANUARY 2020

Mon. 6.1 – Fri. 10.1  YOGA VITALITY WEEK

Fri. 10.1 – Sun. 12.1  YOGA VACATION LIGHT

Sun. 12.1 – Fri. 17.1  YOGA RELAXATION DAYS

Sun. 12.1 – Fri. 17.1  YOGA WORKSHOP DAYS

Thu. 16.1 – Sun. 19.1  SIVANANDA BEGINNER’S GUIDE TO YOGA

Fri. 17.1 – Sun. 19.1  YOGA@HOME

Sat. 18.1 – Sun. 16.2  SIVANANDA YOGA TEACHERS’ TRAINING COURSE
For details, see pp. 30 – 34.
Dates & rates, pp. 110 / 111.

Sun. 19.1 – Fri. 24.1  YOGA LIFESTYLE

Fri. 24.1 – Sun. 26.1  INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

Fri. 24.1 – Sun. 26.1  YOGA & THOUGHT POWER

Tue. 28.1 – Fri. 31.1  SOUTH INDIAN TEMPLE MEDITATIONS
Daily Pujas (ceremonies) with a priest from India.

Sun. 26.1 – Fri. 31.1  ASANAS – STRENGTH & FLEXIBILITY

Sun. 26.1 – Fri. 31.1  YOGA RELAXATION DAYS

FEBRUARY

Fri. 31.1 – Tue 4.2  FEBRUARY RETREAT: THE PSYCHOSOMATIC EFFECTS OF THE ASANAS
Enjoy the snow outdoors and the relaxation indoors. Experience the positive interactions of the yoga practice: a healthy mind in a healthy body. Winter walks, cross-country skiing possible.
40 training units.

Sat. 1.2 / 8 pm  SITAR CONCERT
With Austrian composer and musician Klaus Falschlunger.
Tue. 4.2 – Sun. 9.2  WINTER RETREAT: INTEGRAL BALANCE WITH YOGA
Time-tested yogic teachings on taking care of one’s health, ethical culture and the unfolding of mental balance. Topics of the asana practice: Deep massage of the digestive tract; cardiovascular workshop. 50 training units.

Thu. 6.2 – Sun. 9.2  SIVANANDA BEGINNER’S GUIDE TO YOGA

Fri. 7.2 / 8 pm & Sat. 8.2 / noon  AYURVEDA CLEAR AND SIMPLE
Two lectures with Cordula Interthal (Chandrika).
– Introduction to the body constitutions Vata, Pitta, Kapha
– Daily routine / healthy habits.
Cordula Interthal is a gynaecologist, Ayurvedic therapist, Sivananda Yoga teacher and co-author of the new Sivananda Ayurveda book, Practical Ayurveda. She will offer holistic Ayurvedic consultations until Sunday. Rates at reception.

Sat. 8.2 / 8 pm  GUEST LECTURE: YOGA AND MEDICINE
PowerPoint show presenting medical research findings on the health benefits of asanas, pranayama, relaxation and meditation.
With Cordula Interthal (Chandrika).

Sun. 9.2 – Fri. 14.2  YOGA RELAXATION DAYS

Sun. 9.2 – Fri. 14.2  YOGA – AN INNER PATH

Fri. 14.2 – Sun. 16.2  IN PEACE LIES STRENGTH

Fri. 14.2 – Sun. 16.2  YOGA VACATION LIGHT

Sun. 16.2 – Fri. 21.2  EXPAND YOUR ASANAS

Sun. 16.2 – Fri. 21.2  YOGA VACATION LIGHT

Fri. 21.2 – Mon. 24.2  FURTHER TRAINING FOR YOGA TEACHERS: YOGA OVER 50
With Swami Ramapriyananda
Asana for people with limited flexibility; special care for the back. 33 training units.
Further training: €190 / €180 students & the unemployed Room & board: 3 nights; see p. 114.

Fri. 21.2 / 8 pm to midnight  SIVARATRI – THE NIGHT OF LORD SIVA
Meditation and mantra chanting until midnight.

Fri. 21.2 – Sun. 23.2  INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

○ = Indicates that the programme is suitable for yoga teachers
Fri. 21.2 – Wed. 26.2  CARNIVAL RETREAT: MORE AWARENESS WITH YOGA
The relaxing asana practice, a sauna visit, energizing food and the peace of meditation lead to all-round well-being. Topics of the asana practice: Becoming aware of gravity; observing muscle reactions. Lectures: Classical meditation paths of yoga. Winter walks, cross-country skiing possible. 50 training units.

Sun. 23.2 – Fri. 28.2
THE MEDITATION EXPERIENCE

Tue. 25.2 – Sun. 1.3  YOGA VACATION LIGHT

Wed. 26.2 – Sun. 1.3
WINTER YOGA RETREAT: ASANA SPECIAL – ASANAS FOR A HEALTHY BACK
Yoga affects both our posture and our state of mind. Individual before-and-after plumbline photos. Winter walks. 40 training units.

Thu. 27.2 – Sun. 1.3
FURTHER EDUCATION: YOGA PSYCHOLOGY
With Swami Ramapriyananda
The Raja Yoga Sutras by sage Patanjali are a psychological study and a practical guide. 34 training units.
Further training: €190 / €180 students & the unemployed Room & board: 3 nights; see p. 114.

Sun. 1.3 – Fri. 6.3  YOGA WORKSHOP DAYS

Sun. 1.3 – Wed. 4.3  YOGA FITNESS

Thu. 5.3 – Sun. 8.3
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 training units.

Sun. 8.3 – Fri. 13.3  YOGA RELAXATION DAYS

Sun. 8.3 – Fri. 13.3
ASANA VARIATIONS FOR EVERYBODY

Tue. 10.3 / 8 pm
HOLI – INDIAN SPRING FESTIVAL
An evening meditation with cheerful colours and chanting.

Details: www.sivananda.at/en/
Thu. 12.3 – Sun. 15.3
SIVANANDA BEGINNER’S GUIDE TO YOGA

Fri. 13.3 – Sun. 15.3
YOGA & THOUGHT POWER

Sun. 15.3 – Fri. 20.3
YOGA WORKSHOP DAYS

Sun. 15.3 – Fri. 20.3
THE MEDITATION EXPERIENCE

Sun. 15.3 – Fri. 20.3
YOGA VACATION LIGHT

Fri. 20.3 – Sun. 22.3
IN PEACE LIESTRENGTH

Fri. 20.3 – Sun. 22.3
YOGA VACATION LIGHT

Sun. 22.3 – Fri. 27.3
YOGA & MOUNTAIN MAGIC

Sun. 22.3 – Fri. 27.3
YOGA & VITAL ENERGY

Fri. 27.3 – Sun. 29.3
HEALTHY SPINE

Fri. 27.3 – Sun. 29.3
YOGA FITNESS

Fri. 27.3 – Sun. 29.3
INTRODUCTION TO MEDITATION

Sun. 29.3 – Fri. 3.4
YOGA RELAXATION DAYS

Sun. 29.3 – Fri. 3.4
YOGA VITALITY WEEK

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Wed. 1.4 / 11:30 am – ca. 2:30 pm
HIKE in the beautiful “Bichlach” hiking area.

Thu. 2.4 / 8 pm
RAM NAVAMI
Dharma, the ideal of unity and righteousness, is at the essence of this spiritual celebration. With a Puja (India temple ceremony), mantra chanting and stories about Lord Rama.

Fri. 3.4 – Wed. 8.4
EXPAND YOUR ASANAS

Fri. 3.4 – Wed. 8.4
FURTHER TRAINING: SADHANA DAYS FOR YOGA TEACHERS
Inspiration for the practice of the four yoga paths is taken from Swami Sivananda’s book Sadhana. The main focus of the asana classes will be “the living spine”. 54 training units.

Fri. 3.4 – Sun. 5.4
INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

Tue. 7.4 – Fri. 10.4
YOGA@HOME

Wed. 8.4 / 8 pm
HANUMAN JAYANTI
The ideal of inner spiritual power through devotion is at the essence of this celebration.

● = Indicates that the programme is suitable for yoga teachers
EASTER YOGA RETREAT  
Fri. 10.4 – Mon. 13.4  ●  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 training units.

Sat. 11.4 / noon  SPIRITUAL HIGHLIGHT:  
THE ESSENCE OF YOGA  
LECTURE WITH SWAMI DURGANANDA,  
YOGA ACHARYA

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.

Sun. 12.4 / 1:30 pm & Mon. 13.4 / noon  
YOGA – A LIFESTYLE  

Two lectures with Swami Gokulananda.  
– Even small changes can make a big difference  
– Healthy diet, exercise and breathing

Swami Gokulananda is the director of the Sivananda Yoga Centre in Berlin.

Sat. 11.4 – Mon. 13.4 / 6 am  
YOGA INSPIRATION

Morning meditation with Swami Sivadasananda, Yoga Acharya.  
– The real I  
– Ananda, bliss  
– Many paths, one goal

Sun. 12.4 / 8 am  
YOGA – YOUR HOME PRACTICE COMPANION

Practical workshops with Swami Gokulananda.  
– Improving sleep, appetite and biorhythm  
– Balance of pose and breath  
– Mind, nervous system, musculature

Fri. 10.4 – Sun. 12.4 / 4 pm  
ENERGETIC ASANA VARIATIONS

Three workshops with Narayani.  
– Forward bending from the toes to the neck  
– Stimulating the internal organs  
– Asanas for a strong back

Narayani is a Retreat House staff and teaches asanas with attention to detail.

Details: [www.sivananda.at/en/](http://www.sivananda.at/en/)
Fri. 10.4 / 4 pm – Mon. 13.4 / 2 pm  
Daily 8 – 9:50 am & 4 – 5:50 pm  
**YOGA ASANAS – EASY!**  
With senior teachers of the Retreat House.  
With plenty of time to answer your questions.  
Practice: — Basic yoga poses with preparatory exercises and deep relaxation  
— Abdominal breathing, deep breathing & pranayama — Improve your flexibility with the Sun Salutation  
20 minute talk at the end of the class.

Fri. 10.4 – Mon. 13.4  
**SOUTH INDIAN TEMPLE MEDITATIONS**  
Daily Pujas (ceremonies) with a priest from India.

Fri. 10.4 – Mon. 13.4  
**FURTHER TRAINING FOR YOGA TEACHERS AT EASTER: ADJUST & IMPROVE**  
From Sun Salute to Forward Bend.  
With Swami Sivadasananda, Yoga Acharya.  
Expert and creative handling of mistakes, limitations, adaptations and variations in the asanas. 33 training units.  
Further training: €230 / €220 students & the unemployed  
Room & board: 3 nights; see p. 114 of the calendar.

Sun. 12.4 / 11:30 am – 1 pm  
**EASTER WALK FOR EVERYONE**

Mon. 13.4 – Thu. 16.4  
**YOGA & MOUNTAIN MAGIC**

Mon. 13.4 – Thu. 16.4  
**YOGA – AN INNER PATH**

The Sivananda Yoga Retreat House in Reith near Kitzbühel is closed from **Thu. 16 April / 2 pm until Fri. 15 May 2020 / 2 pm**. During this time you can enjoy the Sivananda Yoga and wellness vacation at Eco-hotel Grafenast in Pill, Tyrol, Austria, overlooking the Inn River valley.  

**MAY**

Fri. 15.5 – Sun. 17.5  
**YOGA FITNESS**

Fri. 15.5 – Sun. 17.5  
**YOGA & THOUGHT POWER**

Sat. 16.5 – Sun. 14.6. **SIVANANDA YOGA TEACHERS’ TRAINING COURSE**  
Details: see pp. 30–34. For dates & prices, see pp. 110–111.

Sun. 17.5 – Thu. 21.5  
**YOGA RELAXATION DAYS**

Sun. 17.5 – Thu. 21.5  
**YOGA LIFESTYLE**

Sun. 17.5 – Thu. 21.5  
**YOGA VACATION LIGHT**

Wed. 20.5 / 11:30 am – ca. 2:30 pm  
**EXCURSION** to Schleier waterfall at the Wild Kaiser mountain.
Fri. 22.5 – Sun. 24.5 / 8 am
**RELAX – MOVE – BREATHE**
Three dynamic asana and pranayama workshops with Swami Narayanananda:
- Parasympathetic nervous system: asana sequence for tranquility and regeneration
- Headstand workshop: basic pose, variations and the Scorpion
- Pranayama: from cellular energy to subtle prana

Wed. 20.5 – Sun. 24.5 **AYURVEDA: DIET – FOUNDATION OF HEALTH**
Lectures with Shanti Kumar Kamlesh, Ayurveda Acharya, Lucknow, North India.
- Introduction to Ayurveda, the science of life

**MAY RETREAT (ASCENSION DAY): ALL-ROUND REGENERATION WITH YOGA**
Thu. 21.5 – Sun. 24.5
Dive into a sea of alpine wildflowers – time for mental and physical cleansing on the outdoor platform.
30 training units.

Thu. 21.5 – Sat. 23.5
**ANATOMY OF THE ASANAS – AN INTRODUCTION**
Lectures and workshops with Julia Descroizilles (Padma), physiotherapist from London
- Dealing with pain:
- Understanding and avoiding muscle cramps
- Anatomy of the back and the hips; sitting properly and pain-free
- Stretching and flexibility; hypermobility in yoga
Fri. 22.5 – Sun. 24.5
THE MEDITATION EXPERIENCE
Theory and practice of different contemplation techniques.
Daily at 6 am and 8 pm in group meditation.
With senior teachers of the Retreat House. An opportunity to talk about one’s personal meditation practice is offered daily at 7:15 pm.

Thu. 21.5 – Sun. 24.5
FURTHER EDUCATION DURING THE MAY RETREAT:
PRACTICAL YOGA ANATOMY ●
With Julia Descroizilles (Padma), senior physiotherapist from England.
Asanas increase the range of motion in the joints, improve posture and body awareness.
35 training units.
Further education: €225 / €210 students & the unemployed
Room & board: 3 nights; see p. 114.

Thu. 21.5 / 4 pm – Sun. 24.5 / 2 pm
Daily 8 – 9:50 am & 4 – 5:50 pm
YOGA ASANAS – EASY!
With senior teachers of the Retreat House.
With plenty of time to answer your questions.
Practice:
– Basic yoga poses with preparatory exercises and deep relaxation
– Abdominal breathing, deep breathing & 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. 24.5 – Thu. 28.5
YOGA WORKSHOP DAYS

Sun. 24.5 – Fri. 29.5
YOGA AND MOUNTAIN MAGIC
WHITSUN YOGA EVENT (PENTECOST)
Thu. 28.5 – Thu. 4.6
Group silent walks in the magnificent alpine landscape.
Asanas: Personal guidance for experienced students and a gentle introduction for newcomers and ‘rusty’ students.
69 training units.

Thu. 28.5 – Wed. 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. Accompanied by harmonium, vocals, bamboo flute, shanai oboe and tabla.

Fri. 29.5 – Wed. 3.6 / 8 am
DYNAMIC ASANA & PRANAYAMA WORKSHOPS
With Swami Sivadasananda, Yoga Acharya.
– Focus on warm-up exercises and stretching
– Interest, attention, concentration
– Asanas give strength
– Introspection gives peace
– Pranayama gives lightness
– Meditation gives the actual perception
– Classical aspects of Hatha Yoga training
– HA-THA, motor and sensory impulses in yoga
– Yoga for body and mind as a unit
– Devotion as the foundation of the practice
– Meditation topics of Hatha Yoga

ASANA & PRANAYAMA WORKSHOP
With teachers of the Yoga Retreat House.
– Grounding the pose and slowing down the breath
– Asana sequence and stress management
– Prana impulse and nerve impulse in the asana

Fri. 29.5 – Wed. 3.6 / 6:30 am
MORNING MEDITATION
With Swami Sivadasananda, Yoga Acharya.
Details: www.sivananda.at/en/
Sun. 31.5 / noon  
**GUEST LECTURE: YOGA FOR THE BRAIN**  
With Cordula Interthal (Chandrika).

Fri. 29.5, Tue. 2.6 & Wed. 3.6 / 12 – 1 pm  
**YOGA – QUESTION AND ANSWER**  
Excerpts from Swami Sivananda’s book *May I Answer That?*  
With teachers of the Retreat House.

Mon. 1.6 / 12 – 1 pm  
**OM NAMO NARAYANAYA**  
60 minutes of mantra chanting for world peace.

Fri. 29.5 – Wed. 3.6 / 4 pm  
**GO WITH THE FLOW**  
Interesting body-mind topics in the afternoon yoga classes.  
With teachers of the Retreat House.  
– Expanding the lung volume with asanas  
– Overcoming hyperactivity and tiredness  
– Concentration and positive thinking  
– Muscle role-playing: agonist, antagonist, synergist  
– Relaxation: balance for the autonomic nervous system  
– How pranayama improves the natural resting breath

Fri. 29.5 / 4 pm – Mon. 1.6 / 2 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 & 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. 31.5 / 11:30 am – 1 pm  
**MEADOWS, FORESTS AND LAKES: WHITSUN WALK FOR EVERYONE**

Fri. 29.5 – Mon. 1.6  
**FURTHER EDUCATION AT WHITSUN: YOGA, BRAIN & THOUGHT POWER**  
How to change your brain and expand your mind.  
Expanding the mind, meditation, exercises in self-observation and self-knowledge, thematic asana classes.  
With Cordula Interthal (Chandrika), gynaecologist, Ayurvedic therapist and Sivananda Yoga teacher, Munich.  
32 training units.  
Further education: €190 / €180 students & the unemployed  
Room & board: 3 nights; see p. 114.

= Indicates that the programme is suitable for yoga teachers.
JUNE

Wed. 3.6 – Sun. 7.6 YOGA AND MOUNTAIN MAGIC

Wed. 3.6 – Sun. 7.6  YOGA WORKSHOP DAYS

Fri. 5.6 – Sun. 7.6  INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

From Fri. 5 June until Sun. 14 June 2020 the yoga vacation programme will be directed by Silvia Swoboda (Padmavati). Padmavati is a direct disciple of Swami Vishnudevananda and a sensitive and pragmatic yoga teacher with more than 30 years of teaching experience.

Guest lectures:
Sat. 6.6 / 8 pm  Memories of my master
Sun. 7.6 / noon  Inner peace: calming of the mind-lake

Sun. 7.6 – Fri. 12.6  THE MEDITATION EXPERIENCE

Sun. 7.6 – Fri. 12.6  ASANAS – STRENGTH & FLEXIBILITY

Mon. 8.6 – Wed. 10.6
SOUTH INDIAN TEMPLE DANCE

Rajyashree Ramesh is from Bangalore, South India, and has lived in Berlin for many years.

Mon. 8.6 / 8 pm  Guest lecture: Introduction to the history and development of classical Indian dance

Tue. 9.6 / noon  Workshop: Basic movements in Bharatanatyam

Wed. 10.6 / 8 pm  Bharatanatyam dance performance

Wed. 10.6 / 11:30 am – ca. 2:30 pm  EXCURSION to the Karstweg trail on the Kitzbühel Horn mountain.

Fri. 12.6 – Sun. 14.6  YOGA VACATION LIGHT

Fri. 12.6 – Sun. 14.6  IN PEACE LIES STRENGTH

Sun. 14.6 – Fri. 19.6  ASANA VARIATIONS FOR EVERYBODY

Sun. 14.6 – Fri. 19.6  YOGA RELAXATION DAYS
Thu. 18.6 – Sun. 21.6  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 / €180 students & the unemployed. Room & board: 3 nights; see p. 114.

Fri. 19.6 – Sun. 21.6  YOGA FITNESS

Fri. 19.6 – Sun. 21.6  YOGA VACATION LIGHT

Sun. 21.6 – Fri. 26.6  YOGA AND MOUNTAIN MAGIC

Sun. 21.6 – Fri. 26.6  YOGA – AN INNER PATH

Fri. 26.6 – Sun. 28.6  YOGA AND THOUGHT POWER

Fri. 26.6 – Fri. 24.7  INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSE
For details, see pp. 30 – 34. For dates & prices, see pp. 110 – 111.

Fri. 26.6 – Sun. 28.6  YOGA RELAXATION DAYS

Sun. 28.6 – Fri. 3.7  EXPAND YOUR ASANAS

Sun. 28.6 – Fri. 3.7  THE MEDITATION EXPERIENCE

Mon. 29.6 – Sat. 4.7  FURTHER EDUCATION: TRANSFORMING TRAUMA WITH YOGA AND YOGA NIDRA  ●
With Molly Birkholm (Madhavi), USA. The healing potential of yoga and meditation: integrating past traumas held in the body. Evidence-based methodologies for treating insomnia, chronic pain, anxiety and depression. Molly Birkholm (Madhavi) is a yoga and meditation teacher and trauma educator from Florida. 62 training units.
Further education: €470 / €430 students & the unemployed. Room & board: 5 nights; see p. 114.

Mon. 29.6 / 8 pm  GUEST LECTURE: TRAUMA-SENSITIVE YOGA
With Molly Birkholm (Madhavi), 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.

● = Indicates that the programme is suitable for yoga teachers
**JULY**

**Wed. 1.7 / 11:30 am – ca. 2:30 pm**
EXCURSION to Astberg, a high-elevation trail with breath-taking views of the Wild Kaiser and the Kitzbühel mountains.

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**Thu. 2.7 – Sun. 5.7**
SIVANANDA BEGINNER’S GUIDE TO YOGA

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**Fri. 3.7 – Sun. 5.7**
INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

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**Fri. 3.7 / 8 pm & Sat. 4.7 / noon**
AYURVEDA CLEAR AND SIMPLE
Two guest lectures with Cordula Interthal (Chandrika) — Introduction to the body constitutions Vata, Pitta, Kapha — Daily routine / healthy habits. Chandrika is a gynaecologist, Ayurvedic therapist and a Sivananda yoga teacher and co-author of the new Sivananda Ayurveda book *Practical Ayurveda*. She will offer holistic Ayurvedic consultations until Sunday. Rates at reception.

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**Sat. 4.7 / 8 pm**
GUEST LECTURE: YOGA IN THE LIGHT OF SCIENCE
PowerPoint show presenting medical research findings on the health benefits of asanas, pranayama, relaxation and meditation.

With Cordula Interthal (Chandrika).

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**Sat. 4.7 – Tue 7.7**
FURTHER TRAINING FOR YOGA TEACHERS: YOGA DURING PREGNANCY

With Ursula Mäder, Berlin. Adaptation of the asanas and pranayama as the pregnancy progresses. 33 training units.

Further training: €210 / €200 students & the unemployed
Room & board: 3 nights; see p. 114.

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**Sun. 5.7 / 8 pm**
GURU PURNIMA
Celebration of the spiritual teacher. With Puja, meditation and mantra chanting.

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**Sun. 5.7 – Fri. 10.7**
ASANAS – STRENGTH & FLEXIBILITY

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**Sun. 5.7 – Fri. 10.7**
YOGA AND MOUNTAIN MAGIC
**Tue. 7.7 – Fri. 10.7**
**FURTHER EDUCATION: MEDITATION – EXPERIENCING INNER BALANCE ●**
The power of concentration, meditation in practice, the yogic way of life.
With Swami Ramapriyananda. 
34 training units.
Further education: €190 / €180 students & the unemployed Room & board: 3 nights; see p. 114.

**Fri. 10.7 – Sun. 12.7**
**IN PEACE LIES STRENGTH**

**Fri. 10.7 – Sun. 12.7**
**YOGA@HOME**

**Fri. 10.7 – Sun. 12.7**
**YOGA VACATION LIGHT**

**Fri. 10.7 / 8 pm, Sat. 11.7 / 8 pm**
and **Sun. 12.7 / 11:30 am**
**GUEST LECTURES: GREEN PROTEINS AND HEALTHY FATS**
– Proteins: their importance for diet and health
– Food quality: what to look for when shopping
– Fats make you healthy, smart and fit
Sigrid Siebert is a nutritional scientist and dietician at the Academy Gesundes Leben (Healthy Living) in Oberursel, Germany.

**Sun. 12.7 / 8 pm**
**GUEST LECTURE: YOGA FOR CHILDREN**
Children are the future of our planet. Inspiring examples of how children can experience yoga.
With Gayatri, Sivananda Yoga Centre in Munich.

**Sun. 12.7 – Fri. 17.7**
**YOGA LIFESTYLE**

**Sun. 12.7 – Fri. 17.7**
**YOGA AND MOUNTAIN MAGIC**

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

**Wed. 15.7 / 11:30 am – ca. 2:30 pm**
**EXCURSION to Hinterstein Lake, a mountain lake in the Wild Kaiser Nature Reserve.**

● = Indicates that the programme is suitable for yoga teachers
JULY YOGA RETREAT

Fri. 17.7 – Fri. 24.7

“Our true nature is bliss, Ananda, and that joy is eternal.”
Swami Vishnudevananda
70 training units.

Fri. 17.7 – Thu. 23.7 / 8 pm
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. Accompanied by harmonium, vocals, bamboo flute, shanai oboe and tabla.

Sat. 18.7 – Thu. 23.7 / 8 am
HATHA YOGA –
CONNECTING TO UNIVERSAL ENERGY
Practical asana & pranayama workshops inspired by verses from the Hatha Yoga Pradipika. With Swami Sivadasananda, Yoga Acharya.

– Body-mind control – Breath and vital energy (Prana) – Refining the senses
– Macrocosmos – Microcosmos
– Prana: bridge between body and mind

Sat. 18.7 – Thu. 23.7 / 4 pm
THE POWER OF ASANAS
Practical workshops with Swami Narayananda, co-director of the Sivananda Yoga Centre in Munich.

Details: www.sivananda.at/en/
Experienced and dynamic instructor who imparts knowledge on the anatomical and subtle dimensions of yoga in theory and in practice.
– Bringing the vital energy to flow
– Pose and counterpose
– Balancing energy by holding the poses longer
– Concentration and positive thinking
– Using breath to deepen the asana experience
– Asanas and willpower

Sat. 18.7 & Sun. 19.7, Tue. 21 – Thu. 23 / noon
YOGA AND THE MIND
Lectures with senior teachers of the Retreat House.
– The inner potential of the mind
– Harmonizing thoughts
– Attraction and repulsion
– The subconscious
– Intellect and intuition

Mon. 20.7 / 11:30 am – ca. 2:30 pm
EXCURSION to the Obere Regalm hut at 1,315 m on the quiet eastern flank of the Wild Kaiser mountain, with a splendid view of the valley, the Kitzbühel Alps and the surrounding mountain ranges all the way to the Grossvenediger peak.

Fri. 24.7 – Sun. 26.7
YOGA RELAXATION DAYS

Sun. 26.7 – Sun. 23.8
INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSE
For details, see pp. 30 – 34.
For dates & prices, see pp. 110 – 111.

Sun. 26.7 – Fri. 31.7
YOGA VITALITY WEEK

Sun. 26.7 – Fri. 31.7
THE MEDITATION EXPERIENCE

Wed. 29.7 / 11:30 am – ca. 2:30 pm
EXCURSION to the Griessbach gorge, one of the must-see hiking destinations in the Kitzbühel Alps.
YOGA SUMMER DAYS

Wed. 29.7 – Fri. 7.8

“Asana practice with proper understanding brings physical, mental and spiritual power.” Swami Vishnudevananda

Wed. 29.7 – Sun. 2.8 / 8 pm

BHAJA GOVINDAM –
YOGIC WISDOM IN MUSIC & WORDS

Verse recitation, storytelling, poetry and live music.
With guest of honour Sri Venugopal Goswami, Bhakti Yoga Acharya, Vrindavan, North India.
Bhaja Govindam, written by the great yogi and philosopher Sankaracharya, is a contemplation on the essence of yoga in 31 melodious verses.
Accompanied by harmonium, vocals, bamboo flute, shanai oboe and tabla.

AUGUST

Fri. 31.7 – Fri. 7.8

YOGA – YOUR HOME PRACTICE COMPANION

Asanas and pranayama inspired by the popular Sivananda Yoga book:

Mornings
- Physical effects of the asanas
- Simple Kriyas (cleansing techniques)
- Abdominal breathing & full yogic breathing

Afternoons
- Intensive practice of the Kapalabhati breathing exercise
- Dynamic Sun Salutation
- Asana variations for loosening up legs and back
- Headstand: the next step

Details: www.sivananda.at/en/
Evening programmes

**Mon. 3.8** How yoga enriches one’s life: with Prema (Karina Bonansea)

**Tue. 4.8** Meditation and mantra chanting on Rettenberg hill

**Wed. 5.8** How yoga entered my life: with senior teachers of the Retreat House

**Thu. 6.8** Meditation and mantra chanting in the Ganga house garden

**Mountain magic – hikes**

From **3 to 6 August**, guided hikes from **11:30 am** until ca. **2 pm**.

**Fri. 31.7 / 7 pm**

**AYURVEDA – AN INTRODUCTION**

Guest lecture with Sanjay and Anjani Kulkarni (MD), Ayurveda Acharyas, Pune, India

**Fri. 31.7 – Tue 4.8** **FURTHER EDUCATION: LIVING BETTER WITH AYURVEDA**

With Dr. Anjani and Sanjay Kulkarni, Ayurveda Acharyas, Pune, India.

Simple changes to one’s lifestyle and diet can lead to great improvements in quality of life. The traditional wisdom of Ayurveda in harmony with western nutritional sciences.

**Lectures on:**

- Ayurveda and a balanced supply of proteins, fats and carbohydrates
- Improving the digestive fire
- Vegetarian diet in harmony with the elements

**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: €350 / €330 students & the unemployed

Room & board: 4 nights; see p. 114.

**Thu. 30.7 – Sun. 2.8**

**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 / €220 students & the unemployed

Room & board: 3 nights; see p. 114.

● = Indicates that the programme is suitable for yoga teachers
**CONTINUED**

**YOGA SUMMER DAYS**

**Fri. 31.7 – Sun. 2.8**  
**YOGA VACATION LIGHT**

**Fri. 31.7 – Sun. 2.8**  
**YOGA AND THOUGHT POWER**

**Sun. 2.8 – Fri. 7.8**  
**YOGA WORKSHOP DAYS**

**Sun. 2.8 – Fri. 7.8**  
**YOGA AND MOUNTAIN MAGIC**

**Tue. 4.8 – Fri. 7.8**  
**FURTHER EDUCATION:**  
**EXPAND YOUR ASANAS**

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 the 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: €275 / €265 students & the unemployed  
Room & board: 3 nights; see p. 114.

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**Fri. 7.8 – Mon. 17.8**  
**FURTHER EDUCATION:**  
**YOGA OF THE HEART**

A comprehensive 9-day intensive course on teaching yoga to cardiac and cancer patients. Recommended for yoga teachers and health professionals with a yoga practice background. 148 training units.  
Further education: €1,080 / €940 students & the unemployed  
Room & board: 10 nights; see p. 114.

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**Fri. 7.8 – Sun. 9.8**  
**SIVANANDA BEGINNER’S GUIDE TO YOGA**

**Fri. 7.8 – Sun. 9.8**  
**INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE**

**Sun. 9.8 – Fri. 14.8**  
**YOGA & VITAL ENERGY**

**Sun. 9.8 – Fri. 14.8**  
**ASANA VARIATIONS FOR EVERYBODY**

**Mon. 10.8 / 8 pm**  
**GUEST LECTURE:**  
**YOGA OF THE HEART**  
With Nischala Joy Devi on yoga with people suffering from heart disease or cancer. Nischala Joy Devi (USA) is an international authority in the therapeutic application of yoga.

Details: [www.sivananda.at/en/](http://www.sivananda.at/en/)
Wed. 12.8 / 11:30 am – ca. 2:30 pm
EXCURSION to Wochenbrunner Alm and hike up to Gaudeamus hut on the Wild Kaiser mountain.

Thu. 13.8 – Sun. 16.8
YOGA LIFESTYLE

Fri. 14.8 – Sun. 16.8
INTRODUCTION TO MEDITATION

Sun. 16.8 – Fri. 21.8
SOUTH INDIAN TEMPLE MEDITATIONS
Daily Pujas (ceremonies) with a priest from India.

Sun. 16.8 – Fri. 21.8
YOGA AND MOUNTAIN MAGIC

Sun. 16.8 – Fri. 21.8
YOGA RELAXATION DAYS

Sun. 16.8 – Fri. 21.8
THE MEDITATION EXPERIENCE

Mon. 17.8 – Fri. 21.8
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 of the Sivananda practice system.
– Sitting well: pelvis and lower back
– Align the central axis, the shoulders, legs and feet
49 training units.
Further education: €320 / €300 students & the unemployed
Room & board: 4 nights; see p. 114.

Tue. 18.8 / 8 pm
GUEST LECTURE: BASIC PRINCIPLES OF ASANA ALIGNMENT
With Steven Weiss (USA), holistic chiropractor and yoga therapist.

= Indicates that the programme is suitable for yoga teachers
**Wed. 19.8 – Sun. 23.8**

**FURTHER EDUCATION:**

**YOGA & MUSIC SUMMER SCHOOL**

With Shankara Schneider, musician and yoga teacher from Munich. 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.

Further education: €250/€240 students & the unemployed

Room & board: 4 nights, see p. 114.

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**Fri. 21.8 – Mon. 24.8**

**FURTHER EDUCATION:**

**YOGA AND MEDICINE**

With Cordula Interthal (Chandrika), gynaecologist. It is scientifically proven that yoga is a complete system for physical and mental health.

Lectures: – The physiological effects of yoga (asanas, pranayama, meditation, relaxation and yogic diet)

– The effects of yoga on health and disease: heart disease, diabetes, stress, chronic pain, back pain, mental health, cancer, effects on the brain, longevity, and much more

– Combining yogic understanding with western scientific methods

Practice: – Using this knowledge for your personal yoga practice and as a yoga teacher.

Chandrika is a medical doctor and a Sivananda Yoga teacher. She teaches anatomy and physiology in the Sivananda Yoga Teachers’ Training Courses in Europe and has a keen interest in scientific research on yoga.

32 training units.

Further education: €190 / €180 students & the unemployed

Room & board: 3 nights, see p. 114.

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**Fri. 21.8 / 8 pm**

**GUEST LECTURE: YOGA AND MEDICINE**

With Cordula Interthal (Chandrika). PowerPoint show presenting medical research findings on the health benefits of asanas, pranayama, relaxation and meditation.

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**Fri. 21.8 – Sun. 23.8**

**HEALTHY SPINE**

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**Fri. 21.8 – Sun. 23.8**

**IN PEACE LIES STRENGTH**

Details: www.sivananda.at/en/
Sat. 22.8 / 8 pm
LORD GANESHA’S BIRTHDAY
(GANESHA CHATURTHI)
Ganesha stands for positive beginnings and embodies wisdom, happiness and intelligence. Puja and storytelling. Shankara Schneider presents and explains exquisite mantra songs and leads the group chanting.

Sun. 23.8 – Fri. 28.8
YOGA & MOUNTAIN MAGIC

Sun. 23.8 – Fri. 28.8
YOGA VITALITY WEEK

Thu. 27.8 – Sun. 30.8
SIVANANDA BEGINNER’S GUIDE TO YOGA

From Friday, 28 August until Sunday, 6 September, the yoga vacation programme will be directed by Padmavati 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. 28.8 – Sun. 30.8
YOGA VACATION LIGHT

Sat. 29.8 – Sun. 27.9
INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSE
For details, see pp. 30–34. For dates & prices, see pp. 110–111.

Sun. 30.8 – Fri. 4.9
ASANAS – STRENGTH & FLEXIBILITY

Sun. 30.8 – Fri. 4.9
THE MEDITATION EXPERIENCE

SEPTEMBER

Wed. 2.9 / 11:30 am – ca. 2:30 pm
EXCURSION to Hinterstein Lake, a mountain lake in the Wild Kaiser Nature Reserve.

Tue. 1.9 – Sun. 6.9
FURTHER TRAINING: ● SADHANA DAYS FOR YOGA TEACHERS
With Padmavati, affiliated Sivananda Yoga Centre in Klosterneuburg near Vienna. Tap the source – regenerate body and mind, find new inspiration in yogic wisdom and positive company. We study selected texts from Swami Sivananda’s Sadhana. Asana and pranayama classes with a focus on energy balance, beyond Rajas (hyperactivity) and Tamas (listlessness). 54 training units.

● = Indicates that the programme is suitable for yoga teachers
Fri. 4.9 / 8 pm & Sat. 5.9 / noon
TWO GUEST LECTURES:
AYURVEDA CLEAR AND SIMPLE
With Cordula Interthal (Chandrika).
– Introduction to the body constitutions Vata, Pitta, Kapha
– Daily routine / healthy habits
Cordula Interthal is a gynaecologist and Ayurvedic therapist. She will offer holistic Ayurvedic consultations until Sunday. Rates at reception.

Fri. 4.9 – Sun. 6.9
SIVANANDA BEGINNER’S GUIDE TO YOGA

Sun. 6.9 – Fri. 11.9 EXPAND YOUR ASANAS

Sun. 6.9 – Fri. 11.9
YOGA AND MOUNTAIN MAGIC

Sun. 6.9 – Fri. 11.9
SOUTH INDIAN TEMPLE MEDITATIONS
Daily Pujas (ceremonies) with a priest from India.

Tue. 8.9 / 8 pm
SWAMI SIVANANDA’S BIRTHDAY
Swami Sivananda was born on 8 September 1887 in South India. An evening to honour this great yogi, the spiritual strength behind the Sivananda Yoga Vedanta Centres.

Fri. 11.9 – Sun. 13.9 INTRODUCTION TO THE YOGA TEACHERS’ TRAINING COURSE

Fri. 11.9 – Mon. 14.9
SEPTEMBER RETREAT:
YOGA FOR BODY, MIND AND SPIRIT
Topics of the asana practice: Becoming aware of gravity; observing muscle reactions; improving flexibility; alignment of the spine. Lectures: Classical meditation paths of yoga; attention, concentration and meditation; sublimating the emotions. 30 training units.

Sun. 13.9 – Fri. 18.9
YOGA AND MOUNTAIN MAGIC

Mon. 14.9 – Fri. 18.9
YOGA RELAXATION DAYS

Mon. 14.9 – Fri. 18.9
EXPAND YOUR ASANAS
SPECIAL PROGRAMME
IN SEPTEMBER
Fri. 18.9 – Fri. 25.9

“When the surface of a lake is still you can see the bottom
very clearly. In the same way, when the mind is still you can
see your Self. That is called ‘yoga’.”
Swami Vishnudevananda
69 training units.

Fri. 18.9 – Thu. 24.9 / 8 pm
BHAGAVATA SAPTADA –
ON THE WINGS OF DEVOTION & 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. Accompanied by harmonium, vocals, bamboo
flute, shanai oboe and tabla.

Sat. 19.9 – Fri. 25.9 / 8 am
THE POWER OF ASANAS
Dynamic asana and pranayama workshops
with Swami Sivadasananda, Yoga Acharya.

— How yoga supports the circulatory system
— Flexibility and strength along the spine
— Find your meditation pose
— Asanas and sense perception;
  with two simple Mudra exercises at the
  end of the class
— Individual Headstand correction
— Pranayama and the modern breath
dilemma
— Meditative practice of holding the poses
  longer

● = Indicates that the programme is suitable for yoga teachers
CONTINUED SPECIAL PROGRAMME IN SEPTEMBER

Sat. 19.9 – Tue 22.9 & Thu. 24.9 / noon
MEDITATION – BACKGROUND AND A PRACTICAL GUIDELINE
Lectures with senior teachers of the Sivananda Yoga centres.
– Mechanisms of the mind
– Thought power
– The Self
– Karma and reincarnation
– Guideline for meditation

Wed. 23.9 / 11:30 am – ca. 2:30 pm
EXCURSION with hike to Wirtsalm, which lies above Reith and offers a unique view of the Wild Kaiser, Kitzbühel Horn and Hahnenkamm mountains.

Fri. 25.9 – Sun. 27.9 YOGA VACATION LIGHT

Fri. 25.9 – Sun. 27.9 INTRODUCTION TO MEDITATION

Sun. 27.9 – Thu. 1.10 HEALTHY SPINE

Sun. 27.9 – Thu. 1.10 YOGA AND VITAL ENERGY

Wed. 30.9 / 11:30 am – ca. 2:30 pm
EXCURSION to Rübezahlalm near Elmau with a wonderful view of the Wild Kaiser mountain.

OCTOBER

Thu. 1.10 – Sun. 4.10
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.

Sun. 4.10 – Fri. 9.10
YOGA AND MOUNTAIN MAGIC

Sun. 4.10 – Fri. 9.10
YOGA WORKSHOP DAYS

Fri. 9.10 – Sun. 11.10
YOGA AND THOUGHT POWER

Fri. 9.10 – Sun. 11.10
YOGA VACATION LIGHT

Details: www.sivananda.at/en/
Sun. 11.10 – Fri. 16.10
ASANAS – STRENGTH & FLEXIBILITY

Sun. 11.10 – Fri. 16.10
YOGA – AN INNER PATH

Sun. 11.10 – Fri. 16.10
THE MEDITATION EXPERIENCE

Wed. 14.10 / 11:30 am – ca. 2:30 pm
EXCURSION to a gorge near Kirchberg which
is steeped in legend.

Fri. 16.10 – Sun. 18.10
INTRODUCTION TO THE YOGA
TEACHERS’ TRAINING COURSE

Fri. 16.10 – Sun. 18.10
YOGA@HOME

Sat. 17.10 – Mon. 26.10
NAVARATRI
Worship of and meditation on the Divine
Mother as symbolic stages of the spiritual
journey.

Sun. 18.10 – Fri. 23.10
YOGA AND MOUNTAIN MAGIC

Sun. 18.10 – Fri. 23.10
YOGA VITALITY WEEK

Thu. 22.10 – Sun. 25.10
SIVANANDA BEGINNER’S GUIDE TO YOGA

Fri. 23.10 – Sun. 25.10
YOGA VACATION LIGHT

Sun. 25.10 – Fri. 30.10
YOGA RELAXATION DAYS

Sun. 25.10 – Fri. 30.10  YOGA LIFESTYLE

Wed. 28.10 / 11:30 am – ca. 2:30 pm
EXCURSION and hike around Schwarzsee
lake.

Thu. 29.10 – Sun. 1.11
ALL SAINTS’ RETREAT:
THE PSYCHOSOMATIC EFFECTS
OF THE ASANAS

With Swami Vasudevananda,
co-director of the Sivananda
Yoga Centre in Munich.
Experience the positive
interactions of the yoga
practice: a healthy mind in a healthy body.
30 training units.

● = Indicates that the programme is suitable for yoga teachers
Thu. 29.10 – Sun. 1.11
FURTHER EDUCATION ON ALL SAINTS’ WEEKEND: MYOFASCIAL CONNECTIONS IN THE ASANAS

With Swami Satyananda, co-director of the Sivananda Yoga Centre in Berlin.
Sensory perception of the body in the asana and myofascial tracks.
33 training units.
Further education: €190 / €180 students & the unemployed
Room & board: 3 nights; see p. 114.

NOVEMBER

Sun. 1.11 – Sat. 7.11
ASANA VARIATIONS FOR EVERYBODY

Sun. 1.11 – Sun. 8.11
YOGA VACATION LIGHT

The Sivananda Yoga Retreat House in Reith near Kitzbühel is closed from Sun. 8 November/2 pm until Fri. 18 December 2020 / 2 pm.
During this time you can enjoy the Sivananda Yoga and wellness vacation:

Hotel Gut Sonnberghof ****

Fri. 18.12 – Sun. 20.12
YOGA AND THOUGHT POWER

Fri. 18.12 – Sun. 20.12
IN PEACE LIES STRENGTH

INTERNATIONAL SIVANANDA YOGA TEACHERS’ TRAINING COURSE
For details, see pp. 30 – 34.
For dates & prices, see pp. 110 – 111.

Eco-hotel Grafenast in Pill, Tyrol, Austria, overlooking the Inn River valley; 16 November until 3 December 2020; yoga daily rate: €48, accommodation & meals: from €55.
www.sivananda.at/en/
YOGA AT CHRISTMAS AND NEW YEAR
Fri. 18.12.2020 – Wed. 6.1.2021

Spend the holidays with us in the Tyrolean mountains. We live, share and practise yoga with you as we usher in the New Year.

– Asana and pranayama workshops from easy to more advanced
– Entertaining lectures on the physical, psychological 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 2020.

● = Indicates that the programme is suitable for yoga teachers
INTERNATIONAL YOGA TEACHERS’ TRAINING COURSES
LOCATIONS, DATES, COSTS

Arrival between 1 and 6 pm on the start date
Departure: until 11 am on the end date

REITH, TYROL, AUSTRIA

For details, see pp. 30–34.

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 2020 – Sun. 17 January 2021, English, German

2021

Sat. 23 January – Sun. 21 February 2021, German
Sat. 8 May – Sun. 6 June 2021, German
Fri. 2 July – Fri. 30 July 2021, English, German
Sun. 1 August – Sun. 29 August 2021, English, German
Sun. 5 September – Sun. 3 October 2021, English, German
Wed. 15 December 2021 – Thu. 13 January 2022, English, German

Dormitory (ladies) €2,979
Shared room €3,411
Double room €4,220
Single room €4,595
Smaller single room €4,508
Special rate for students & the unemployed:
Dormitory €2,051
Limited availability.

Including accommodation and meals and VAT. All rates subject to a visitor’s tax.
Rates valid until 31 December 2020.

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

For details, see pp. 36–37.

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

2021  
25 February – 26 March 2021  
20 October – 18 November 2021

2022  
26 February – 27 March 2022  
20 October – 18 November 2022

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 31.12.2020.

For information on the discount, visa, the Yoga Alliance, cancellation terms, etc.: ttc.sivananda.eu  
Contact: 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.
For yoga vacation costs, see p. 114.

Fri. 24.1 – Sun. 26.1.2020  
Fri. 21.2 – Sun. 23.2.2020  
Fri. 3.4 – Sun. 5.4.2020  
Fri. 5.6 – Sun. 7.6.2020  
Fri. 3.7 – Sun. 5.7.2020  
Fri. 7.8 – Sun. 9.8.2020  
Fri. 11.9 – Sun. 13.9.2020  
Fri. 16.10 – Sun. 18.10.2020
ADVANCED YOGA TEACHERS’ TRAINING COURSES (ATTC) LOCATIONS, DATES, COSTS

– 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

RUDRAPRAYAG, HIMALAYAS, INDIA

For details, see p. 39 or ttc.sivananda.eu

22 February – 22 March 2020
25 February – 26 March 2021
26 February – 27 March 2022

English, French, German, Spanish

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 2020.

ASHRAM DE YOGA
SIVANANDA, ORLÉANS, FRANCE

www.sivananda.org/orleans

26 June – 24 July 2020
26 June – 25 July 2021

English, French, German, Spanish

Costs including accommodation & meals: from €2,500.
Rates valid until 31 December 2020.
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

ASHRAM DE YOGA
SIVANANDA, ORLÉANS, FRANCE

www.sivananda.org/orleans
25 May – 9 June 2020 English, French
13 August – 28 August 2020 English, French, German, Spanish
26 May – 10 June 2021
13 August – 28 August 2021
Costs including accommodation & meals:
from €1,015
Rates valid until 31 March 2020.

RUDRAPRAYAG, HIMALAYAS, INDIA

For details, see p. 41 or www.sivananda.eu
28 October – 12 November 2020
27 October – 11 November 2021
English, French, German, Spanish
Triple room: €1,350
Double room: €1,670
Single room: €2,090
Including accommodation (all rooms with attached bathroom) and meals.
Rates valid until 31 December 2020.
REGISTRATION AND COSTS

For yoga vacation at the Sivananda Yoga Retreat House in Reith, Tyrol, Austria
For dates, see the Calendar starting on page 81.
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.

DAILY RATES:

YOGA: €51

ACCOMMODATION & MEALS:

Single room: €74
Smaller single room: €70
Double room: €61
Shared room: €45
Dormitory (only for ladies): €39
  (from 15 May 2020: €40)

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.

CANCELLATION & 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.

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 18 December 2020.
2020 HOTEL CLOSING TIMES:

Thu. 16 April / 2 pm – Fri. 15 May 2020 / 2 pm
& Sun. 8 November / 2 pm – Fri. 18 December 2020 / 2 pm

DURING THE CLOSING TIMES...
... you can enjoy the Sivananda Yoga and wellness vacation.

Eco-hotel Grafenast in Pill, Tyrol, Austria, overlooking the Inn River valley.
17 – 29 April 2020
16 November – 3 December 2020
Yoga daily rate: €48
Accommodation & meals: from €55

Hotel Gut Sonnberghof ****
in Mittersill, Hohe Tauern National Park,
near Salzburg, Austria
25 October – 14 November 2020
Yoga daily rate: €48
Accommodation & meals: from €65

www.sivananda.at/en/
SIVANANDA YOGA
VEDANTA RETREAT HOUSE
Bichlach 40
6370 Reith near Kitzbühel, Tyrol
Austria

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

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