



SIVANANDA YOGA RETREATHOUSE

Reith near Kitzbühel

TYROL, AUSTRIA
EST. 1998
FOUNDER: SWAMI VISHNUDEVANANDA

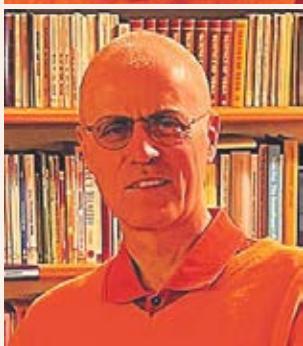
Health and mental poise



Yoga stands for these values. Today they are more relevant than ever.

At the Sivananda Yoga Retreat House, you can experience yoga with an integral approach: Asanas (postures), pranayama (breath training), deep relaxation, a healthy diet, positive thinking and a guided meditation practice.

Yoga is easier than you think, because everyone can experience the self-healing powers of nature. Just a little practice in the right atmosphere can awaken this inner potential of health and mental balance.



Welcome to the vast universe of yoga.

Om Shanti, Om Peace,
Swami Durgananda
Swami Sivadasananda

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OUR ACTIVITIES

An authentic tradition

The International Sivananda Yoga Organization was founded in 1957. Our team has international practice and teaching experience both in India and in many parts of the world. In Reith near Kitzbühel since 1998.

Also Online

Relaxation and health – just a click away.

Experience the complete range of our yoga activities online.
www.sivananda.at



Sivananda Yoga Retreat House

1 Yoga Vacation

Relax in the beautiful Tyrolean mountains. Enjoy two yoga classes daily, meditations and informative workshops, as well as delicious organic vegetarian meals. Yoga beginners are very welcome.

2 Yoga Teachers' Training Course – tap the source

Inspiring and knowledgeable: Learn how to impart the yoga experience to others, based on your own practice and self-discipline. Since 1969, over 49,000 graduates worldwide.

3 Yoga and mountain magic

We show you the most beautiful corners of the Kitzbühel Alps. Combine two-hour hikes with daily yoga classes and meditations.

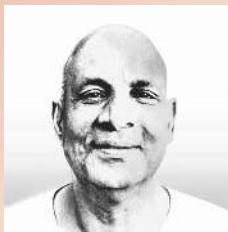
4 Simple and conscious living

Convincingly ecological. At the Bio Hotel Pointner the owner herself personally prepares the meals.





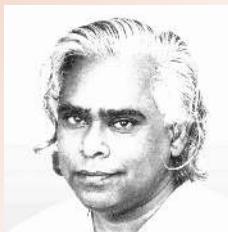
SIVANANDA YOGA



Swami Sivananda 1887 - 1963

Swami Sivananda was one of the first yoga masters to teach the synthesis of yoga in English.

'Serve – Love – Give – Purify – Meditate – Realise.'



Swami Vishnudevananda 1927 - 1993

Swami Vishnudevananda founded the Sivananda Yoga Vedanta Centres worldwide.

'Health is wealth - Peace of Mind is happiness - Yoga shows the way.'



Sivananda Yoga

Body – Mind - Spirit

Yoga enriches one's own life and the lives of others.

Precise and simple exercises promote physical and mental health and a natural spiritual development.

THE 4 PATHS OF YOGA

For an integral development
of body, mind and soul



1 Hatha Yoga and Raja Yoga

Asanas (postures), pranayama (breathing exercises) and silent meditation create a new physical and mental balance. Inner peace is a source of strength, inspiration and creativity.

2 Karma Yoga

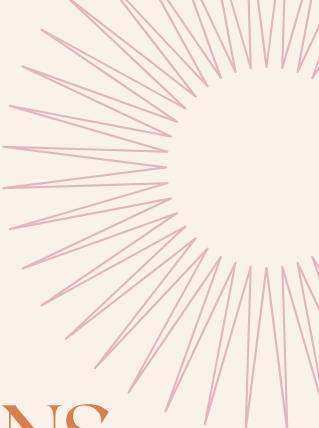
Being helpful to others ennobles all areas of life. It opens the heart and helps to overcome self-centeredness and negative attitudes towards one's surroundings.

3 Bhakti Yoga

How to maintain one's faith when faced with the finiteness of our own existence? Yoga recommends chanting mantras and an open approach to symbols, whether one is a religious, spiritual or atheistic person.

4 Jnana Yoga

Yoga philosophy promotes abstract thinking and logic. The goal is the realisation that there is unity in the midst of all diversity.



YOGA VACATIONS

Leave the tensions and distractions of everyday life behind you

Our yoga vacation programme aims at integral relaxation for body, mind and soul. The daily yoga practice along with an organic vegetarian diet will give new vitality and ease.

Silent meditation and inspiring wisdom teachings bestow natural serenity and positivity.



Whether you are new to the practice or come with experience, the atmosphere of spiritual growth, regeneration and relaxation will help you to soon regain your balance.

Sharing meals, hikes, the yog aclasses and meditation. with like-minded people from many countries.

UNIQUE NATURE EXPERIENCES



RELAX
in the heart of the Alps

VACATION THEMES

for every level

Learn the know-how for health and inner peace

The Yoga vacations include introductory lectures and practical workshops.

Along with tips for suggested reading and how to practice @ home.

Find your favorite topic from a broad choice of traditional yoga knowledge with a modern outlook.

The yoga platform



PLEASE CHOOSE

Fit with Yoga

Asanas - Strength & Flexibility

New Vitality with Yoga

A Healthy Spine

Asana variations for Everyone

In Peace lies Strength

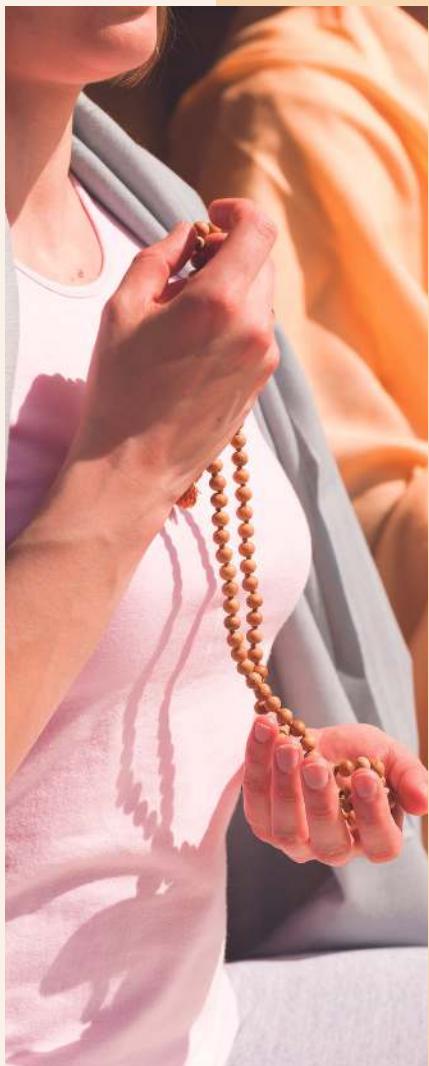
Yoga - an inner path

Introduction to Meditation

The Meditation Experience

Yoga and Thought Power

**Ayurveda - Nutrition according to your
body constitution**



Yoga & Mountain Magic

Inner and Outer Expansion in the Kitzbühel Mountains

Combine group hiking excursions with daily yoga sessions and meditations. We regularly take you to the most beautiful places in the area, for example:

The Bichlach:

Rolling meadows and forests around the Vogelsberger and the Gieringer Ponds.

Reith Panorama Trail:

Picturesque hillside path with magnificent views of the Kitzbüheler Horn and its green neighbours.



Winter Hikes

Directly from the Retreat House: the snow crunches under your shoes, ice crystals glisten in the winter sun, the air is pure and clear and the view expands into the majestic Tyrolean mountains.

Or explore the valley on cross-country skis directly from the village of Reith.





The International Yoga Teachers' Training Course

The "Yoga Teachers' Training Course", or 'TTC' for short, is inspiring and authentic.

The outer and inner experience of the training creates the understanding to pass yoga on to others. The four-week intensive training was founded in 1969 by Swami Vishnudevananda with the vision of spreading peace in the world through yoga.



It is the largest and most traditional yoga teachers' training programme in the West with over 49,000 graduates.

What you will learn in theory and practice

- Asanas and Pranayama
- Anatomy and Physiology
- Nutrition
- Classical yoga paths such as Hatha, Raja, Bhakti, Karma and Jnana Yoga
- Meditation
- The classical yoga scripture Bhagavad Gita
- Chanting of Sanskrit mantras
- ... and much more.

Internationally recognised:

- as a basic module for the German health insurance recognition
- for the 200-hour training standard of the Yoga Alliance



The Training Experience

Vitalize and deepen your yoga practice.

Build a solid foundation in a classical yoga tradition.



- 1 Develop the skills to teach yoga asanas, yoga breathing and relaxation.
- 2 Strengthen the outer and inner yoga experience with which you teach others naturally and with confidence.
- 3 Immerse yourself in a well-rounded yogic lifestyle: Asanas (yoga postures) with deep relaxation, vegetarian vegetarian diet, pranayama (breathing exercises), meditation and mantra chanting.
- 4 Our experienced and dedicated teachers share their experience and the yoga lifestyle with you.
- 5 Surrounded by beautiful nature, you will find an environment which is ideal for integral learning.



SIVANANDA YOGA SEMINARHAUS

Reith bei Kitzbühel

TIROL, ÖSTERREICH, SEIT 1998

Yoga-Planer

Dezember 2023 - Februar 2024

Gründer: Swami Vishnudevananda
www.sivananda.at

Yoga-Urlaub 2023/24

in Reith bei Kitzbühel, Tirol, Österreich - www.sivananda.at

Wähle eine beliebige Aufenthaltsdauer

Durchgehendes Programm: Yoga und Erholung

Sivananda Yoga und Wellness Urlaub

6. - 19. November 2023

**in Mittersill, Hohe Tauern,
im Hotel Sonnberghof******

Erfahrene Lehrerinnen des
Seminarhauses.

Meditationen, Singen und
gelegentliche Vorträge für
besinnliche Momente.

Großer, stilvoller Yogasaal.
Entspannen und verwöhnen
lassen im Wellnessbereich.
Beheizter Indoor/Outdoorpool.
Zimmer mit herrlichem
Ausblick auf die Tauern, Bio-
Mahlzeiten und
Naturerlebnisse.

DEZEMBER 2023

Fr., 15. - So., 17. Dezember

Yoga und Gedankenkraft

So., 17. - Fr., 22. Dezember

Fit mit Yoga

**Fr., 22. - So., 31. Dezember:
**GROSSES WEIHNACHTS-
SONDERPROGRAMM****

Feiere mit uns ein freudvolles
Weihnachts- und Neujahr-
fest im Yoga Seminarhaus.

Mit Swami Durgananda und
Swami Sivadasananda, Yoga
Acharyas, Swamis und
Mitarbeitern aus ganz Europa.
Asanas und Pranayama für
Anfänger bis Fortgeschritten.
Yoga und Ayurvedavorträge,
Meditationstechniken und
Winter-Spaziergänge.

So., 31. Dezember -

So., 7. Januar 2024

**SONDERPROGRAMM ÜBER
NEUJAHR**

Bhagavata Saptaha mit
Ehrengast Sri Venugopal
Goswami aus Nordindien
In einem unnachahmlichen
Stil werden die Verse der
Yoga-Schrift "Bhagavatam",
mit Weisheitsworten erklärt
und von einer Interpretation
klassischer Kirtans begleitet.

JANUAR 2024

So., 7. - Fr., 12. Januar

Yoga-Vitalitätswoche

Fr., 12. - So., 14. Januar

Yoga und Gedankenkraft

So., 14. - Fr., 19. Januar

Yoga-Entspannungstage

Fr., 19. - So., 21. Januar

Yoga und Winterzauber

So., 21. - Fr., 26. Januar

Yoga-Workshoptage

Fr., 26. - Mi., 31. Januar

Winter-Retreat

FEBRUAR 2024

Mi., 31.1. - Fr., 2. Februar

Yoga-Lifestyle

Fr., 2. - Mi., 7. Februar

Februar-Retreat

Mi., 7. - So., 11. Februar

Yoga-Entspannungstage

Fr., 9. - Do., 15. Februar

Faschings-Retreat

Fr., 16. - So., 18. Februar

Yoga@Home

So., 18. - Fr., 23. Februar

Asanas, Kraft und Flexibilität

So., 25. Februar - Fr. 1. März

Expansion in der Asanas &

Yoga und eine gesunder Geist

Weitere Programme 2024

siehe www.sivananda.at

**Teilnahme am Yogaurlaub in Reith bei Kitzbühel pro Tag inkl. Unterkunft und Verpflegung:
ab 104,- €, Preise gültig bis 30.9.2024**



Internationale Yogalehrer-Ausbildungen (TTC) in Reith bei Kitzbühel, Tirol, www.sivananda.at **Erlange ein solides Fundament in einer klassischen Yoga-Tradition.**

Sa., 16. Dezember 2023 – So., 14. Januar 2024

Sa., 20. Januar – So., 18. Februar 2024

Sa., 24. Februar – So., 24. März 2024

Mo., 20. Mai – Mo., 17. Juni 2024

Sa., 22. Juni – So., 21. Juli 2024

Sa., 27. Juli – So., 25. August 2024

Sa., 31. August – So., 29. September 2024

Sa., 14. Dezember 2024 – So., 12. Januar 2025

Kurssprachen: Deutsch/Englisch

Teilnahmegebühr inklusive Unterkunft und Verpflegung: ab 2.370,- €

Fortgeschrittene Yogalehrerausbildung (ATTC)

Sa., 31. August – So., 29. September 2024, Deutsch/Englisch, ab 2.370,- €

Ausbildungs-Preise für Reith gültig bis 30.9.2024

Online Live Ausbildungen

www.sivananda.at

Erlebe den authentischen Yoga-Lehrgang von zu Hause aus.

Montag, 20. November – Samstag, 16. Dezember 2023

Kurssprachen: Deutsch/Englisch, Teilnahmegebühr: 1.650,- €

Ausbildungen in Rudraprayag, Himalaya, Indien

Yogalehrer-Ausbildungen (TTC)

www.sivananda.eu

24. Februar – 24. März 2024

22. Oktober – 20. November 2024

Kurssprachen: Englisch, Deutsch, FR und SP. Mit Simultanübersetzung.

Teilnahmegebühr inklusive Unterkunft und Verpflegung: ab 2.900,- €

Fortgeschrittene Yogalehrerausbildung (ATTC)

24. Februar – 24. März 2024, ab 2.370,- €

Sadhana Intensiv

29. Oktober - 13. November 2024, ab 1.520,- €

Preise für Indien gültig bis 29.2.2024

Yogalehrer-Fortbildungen 2024

Die Fortbildungen sind Aufbaumodule für die zweijährige Sivananda Yogalehrer-Ausbildung. Sie tragen zur Anerkennung durch die deutschen Krankenkassen bei.

Do., 1.2. – So., 4.2.: Prinzipien des Yoga-Lebensstiles im Unterricht. Mit Swami Ramapriyananda.

Di., 26.3. – Fr., 29.3.: Yoga und das Herz. Mit Chandrika (Cordula Interthal).

Fr., 29.3. – Mo., 1.4. (Ostern): Yoga-Unterricht: Asanas ganzheitlich verbessern, Teil 1. Mit Swami Narayanananda und Narayani Chaitanya

Mo., 1.4. – Fr., 5.4.: Yoga-Psychologie. Mit Swami Ramapriyananda.

Do., 9.5. – So., 12.5.: Yoga in der Schwangerschaft. Mit Chandrika.

So., 12.5. – Do., 16.5.: Yoga ab 50. Mit Swami Ramapriyananda.

Fr., 17.5. – Mo., 20.5. (Pfingsten): Breath Work – Atempraxis.

Mit Swami Sivadasananda.

Do., 30.5. – So., 2.6.: Yoga für Kinder. Mit Swami Vidyana und Gayatri.

Fr., 5.7. – Mo., 8.7.: Meditations-Know-how.

Fr., 12.7. – Mo., 15.7.: Yoga-Unterricht: Asanas ganzheitlich verbessern, Teil 2

Do., 15.8. – So., 18.8.: Yoga-Anatomie im Unterricht. Mit Swami Narayanananda.

Di., 27.8. – Fr., 30.8.: Stressabbau und Entspannung durch Yoga. Mit Mirabai.

Do., 3.10. – So., 6.10.: Yoga und Faszien. Mit Swami Satyananda.

Teilnahmegebühr inkl. Unterkunft & Verpflegung: ab 340,- € (3 T.), ab 453,- € (4 T.)

Alle Preise gültig bis 30.9.2024

Live Onlinekurse:

Hatha Yoga – Aus der Quelle schöpfen. Mit Swami Sivadasananda, Yoga Acharya

Jeden Dienstag 18.00 - 19.30 h

Online Live Weiterbildung: Yoga und Medizin

mit Chandrika (Cordula Interthal), Gynäkologin und Yogalehrerin

Mo., 4. Dezember 2023 – Mo., 12. Februar 2024: Kurs 2

Mo., 19. Februar – Mo., 8. April 2024: Kurs 3

Wenn du aus der Gegend kommst

Besuche die Yogastunden von Mo - So, 8.00 – 9.30 h & 16.00 – 17.30 h

Bitte telefonisch anmelden. Pro Stunde: 20,- €

Yoga-Wellness-Urlaub in Mittersill, Hohe Tauern

Im Landhotel Sonnberghof 4*, Salzburger Land, Österreich: 6. - 19. Nov. 2023

Eine Vielzahl von Yoga-Urlaubsthemen – vielfältige Massagebehandlungen –

Wellness-Oase und Pool – Zimmer mit herrlichem Ausblick – vegetarische Mahlzeiten – Wanderungen mit Blick auf die 3000er-Gipfel des Nationalparks.

Teilnahmegebühr inkl. Unterkunft und Verpflegung: ab ca. 147,- €





In the Tyrolean mountains Yoga Teachers' Training Courses

in Reith near Kitzbühel

The Sivananda Yoga Retreat House is an ideal place for creative and constructive learning:

The yoga platform is a jewel for outdoor practice.



Yoga platform in Reith near Kitzbühel



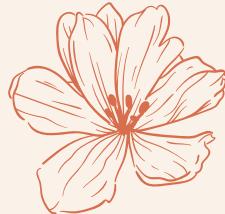
"Just like the Himalayas"

- this is what many Indian yoga masters said when they visited the Retreat House.

Teaching groups: exploring the positive potential of yoga.

Nature, water and mountains bring joy of life and inspiration in every season.

Live-Online Yoga Teachers' Training Course



Refresh and deepen your yoga practice

This live online programme conveys the positive effects of the yoga practice and the know-how of teaching yoga as an authentic experience.

Included is a daily mentoring conversation with our senior staff.

The certificate of completion corresponds to the RYS 200 standard of the Yoga Alliance and qualifies to teach online as well as presential yoga classes without physical corrections.

An additional on-site module leads to graduation from the classical Sivananda Yoga Teachers' Training Course.



FURTHER TRAINING FOR YOGA TEACHERS

Regular further training reinforces one's own practice, refines teaching techniques and broadens perspectives.

Yoga over 50

Gradual integration into a basic asana class.

Integral Asana Correction

An expert and creative approach to yoga postures.

Yoga psychology

A practice guide for positivity and wisdom.

Practical Yoga Anatomy

Deepening of teaching techniques for improved mobility.

Yoga and Relaxation

Integral regeneration and development of stress competence in everyday life.

Meditation

Experience inner balance through the power of concentration.

Yoga and Medicine

The effects of yoga on health and illness.

Muscle and fascia connections in the asanas

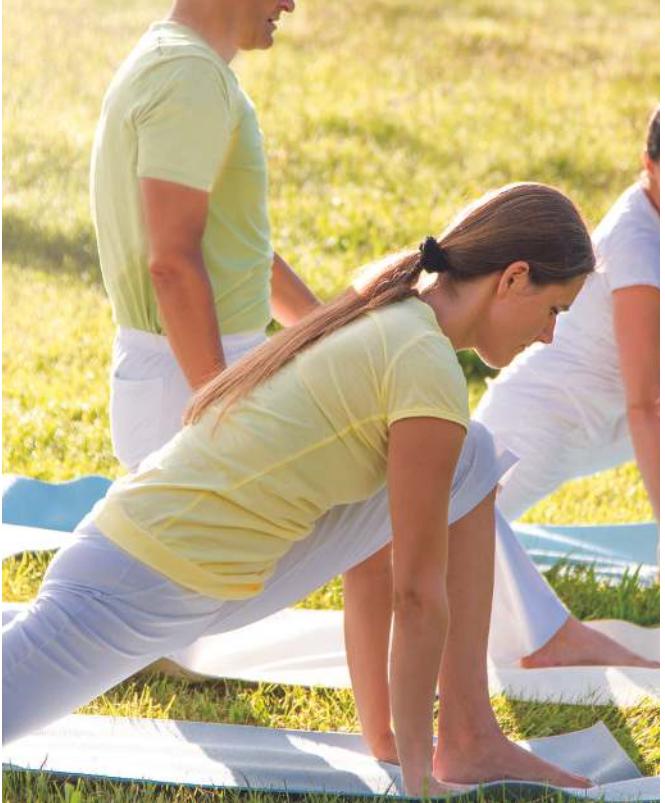
Deepening the self-awareness of the body.



The further training courses are modules for the two-year Sivananda yoga teacher training. Graduates can then be recognised by the German health insurance companies.

"Just as only a fresh flower attracts the bees, yoga teachers can keep their students only if they practise themselves."

Swami Vishnudevananda



THE BIO HOTEL

Your stay in harmony with nature



Bio Hotel and Farm

Since 1998 there has been a close cooperation with the family of Alexandra and Florian Pointner. The wholefood and natural cuisine of the Bio Hotel uses only products from controlled organic cultivation.

Together with her team, Alexandra Pointner personally prepares wholesome vegetarian meals according to yogic principles.

Vegan and gluten-free dietary requirements are respected.



Bio-Hotel



The associated farm is being run according to organic guidelines.

The hotel has green electricity, pellet heating, solar hot water and a small sauna area. Most rooms have a balcony.



Fresh fruits, vegetables and herbs are processed in the hotel kitchen.



Experience Simplicity

"Simple Living – High Thinking"
- Swami Sivananda

Life in the Yoga Retreat House and in the Bio Hotel on the small hill above the village of Reith is characterized by relaxation and and mindfulness.

The interior design is deliberately kept simple.

Cows, goats and sheep live a peaceful life on the pastures around the Retreat house .
They are not kept as livestock.

Use the time for contemplative relaxation on the yoga platform, pleasant conversations with like-minded people or a picturesque walk up the nearby Rettenberg.

Simplicity frees new space - physically and mentally.

A bit of idleness, calm and quiet makes room for a more peaceful life.



People in the Retreat House

With heart and soul

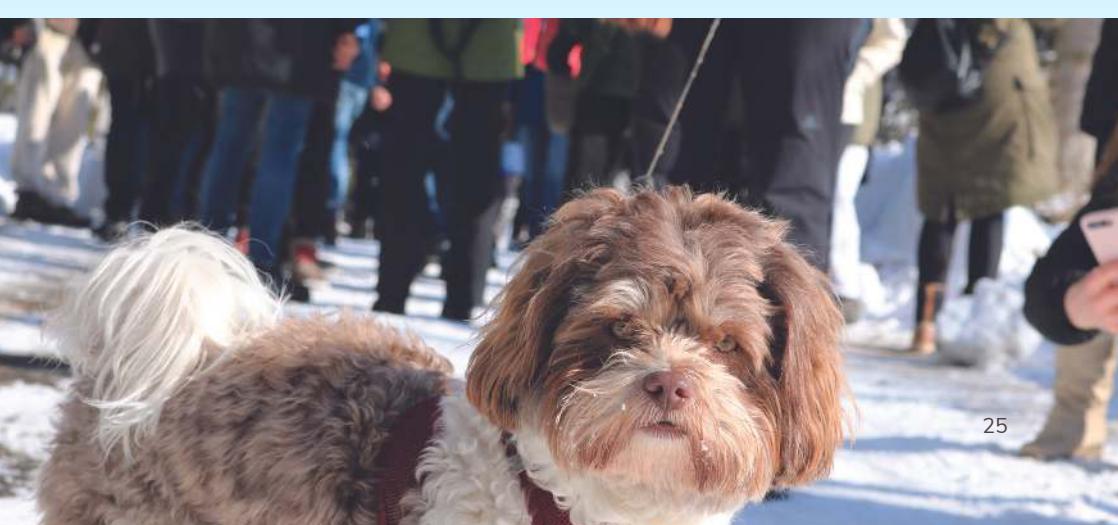
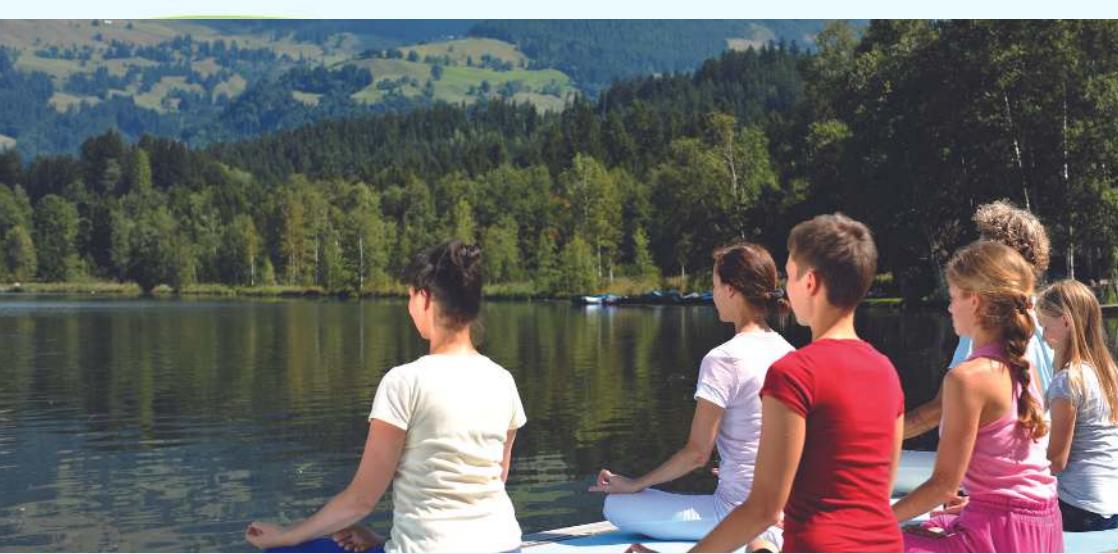
Yoga is our inspiration and the joy of our life.

We look forward to sharing and practicing with you:

Supporting you in your yoga practice, listening with a sympathetic ear for your questions, feeling the silence together, chanting uplifting mantras, and contemplating the classical texts and other yoga literature with you.

We hope to see you soon,
Swami Ramapriyananda, director
for the entire Retreat House Team





SIVANANDA YOGA LIVE ONLINE

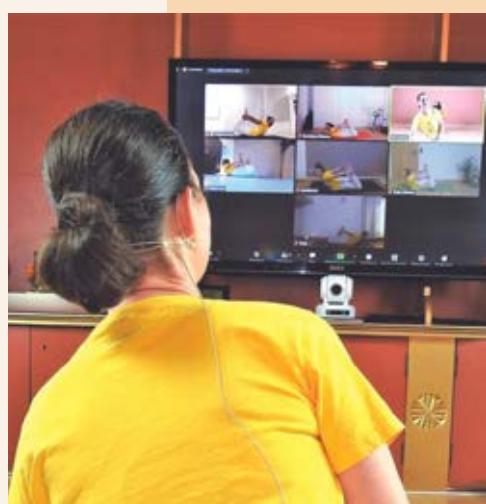
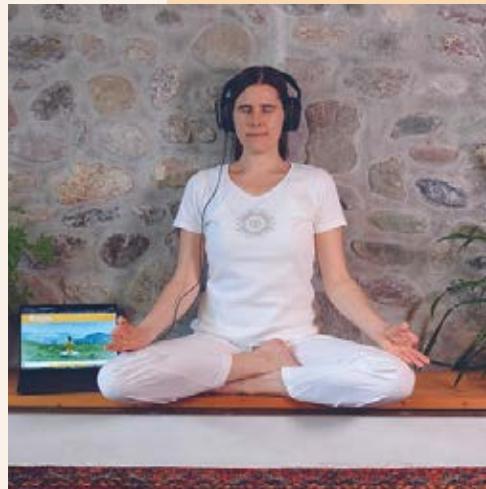
RELAXATION AND HEALTH – JUST A CLICK AWAY

Practice with guidance, at home, with friends or on holiday. This independence of location brings more flexibility to your yoga practice.

Spread out your mat, switch on and connect. Start or end your day in this way.

Drop in yoga classes, thematic courses, international workshops, Ayurveda from India, morning and evening meditations, mantra chanting and yoga inspiration for the day. Always live and online, with interactive communication via chat.

Many programmes are free of charge.

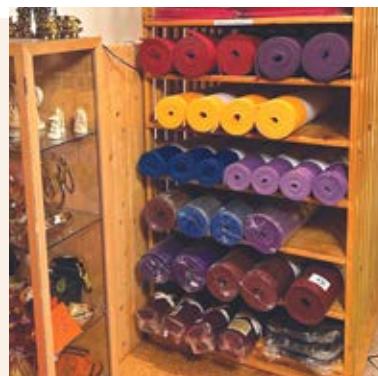


YOGA SHOP

We will gladly advise you on the choice of suitable accessories:

- The appropriate yoga cushion. Our shop carries many colours and sizes.
- Non-slip, environmentally friendly yoga mats in various designs.
- Meditation shawls and outfits in yogic design.
- A wide choice of books covering standard works on Hatha Yoga, health, yoga philosophy, meditation, Ayurveda and vegetarian cooking.

Please also visit our online shop at www.sivananda.at





Sivananda Yoga Retreat House, since 1998

Bichlach 40

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