

Special Programmes in Vrindavan



Bhagavata Saptaha or Narada Bhakti Yoga Sutra
Recitation of classical Bhakti yoga scriptures with Bhakti Yoga Acharya Sri Venugopal Goswami. These spiritual discourses with traditional meditative music are a deep source of the ancient wisdom of yoga.

Bhakti Yoga Acharya Sri Venugopal Goswami was initiated by his revered father, Sri Purushottam Goswamiji Maharaj, into this 500-year-old tradition at the Radha Raman Temple in Vrindavan. For many years, Sri Venugopal Goswami studied under the world famous Indian vocalist Pandit Jasraj, an award winning leading exponent of classical Hindustani music.

EXCURSIONS Visit of the Taj Mahal, a jewel of the mogul architecture (additional fee). Tempel visits in Vrindavan, guided by ashram staff.
LIVING YOGA PHILOSOPHY with Prof. Dr S. N. Pandey, Institute of Oriental Philosophy, Vrindavan. Dr Pandey has lectured and written extensively on the philosophy, culture and religion of India.

TRADITIONAL MUSIC AND CULTURE OF NORTH INDIA

Odissi dance: Choreography of stories from mythology.
Ras Lila Dance Theatre: Divine stories of Lord Krishna
DIWALI CELEBRATION, November 5th 2010:
The Festival of Lights with special worship and ceremonies.

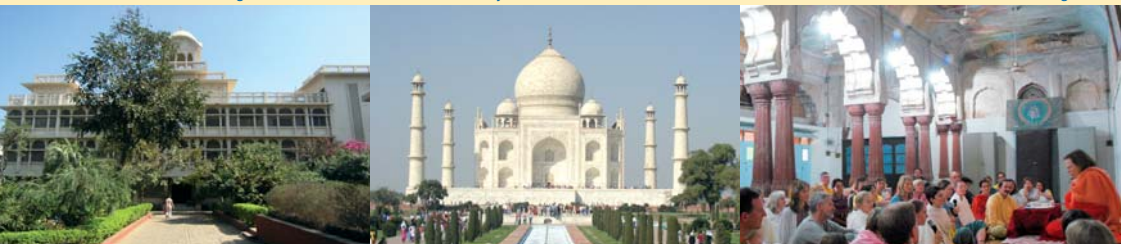
VRINDAVAN, one of the holiest cities in India, is 150 km or 2.5 hours away from Delhi. For centuries, yoga practitioners have been coming to Vrindavan to immerse themselves in Sadhana (spiritual practice). The **JAI SINGH GHERA ASHRAM**, located directly on the banks of the sacred Yamuna River is the ground of the divine play of Lord Krishna. It is the former Sadhana residence of King Jai Singh. Today it serves the 500-year-old Goswami Vaishnava tradition of the Sri Radha Raman Temple, one of the oldest temples in Vrindavan. The Ashram is a spiritual oasis with exquisite temple gardens where pandits recite the scriptures daily. Asana classes will be taught on the roof terrace overlooking the houses of Vrindavan.

ACCOMODATION: Guest rooms with fan and attached bathroom are located above a large auditorium built in the classical Rajasthan style. The Ashram kitchen serves carefully prepared lacto-vegetarian meals twice daily, which are moderately spiced.

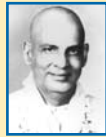
Jai Singh Ghera Ashram

Taj Mahal (30 km from Vrindavan)

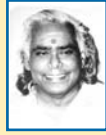
Lecture in Jai Singh Hall



The Masters



Swami Sivananda (1887-1963)
A great sage and yogi of modern India and the spiritual strength behind the Sivananda Yoga Vedanta Centres. Swami Sivananda's teachings are a synthesis of all four paths of yoga.



Swami Vishnudevananda (1927-1993)
Disciple of Swami Sivananda and founder of the International Sivananda Yoga Vedanta Centres. Renowned authority on Hatha and Raja Yoga. Author of the classical textbook *The Complete Illustrated Book of Yoga*.

The Teachers



Yoga Acharyas and senior students of Swami Vishnudevananda: Swami Durgananda, Swami Sivadasananda, Swami Kailasananda and Swami Atmaramananda. Several other Swamis and teachers of the Sivananda Yoga Vedanta Centres will teach during the courses.

Cancellation Terms:

- Cancellation before the start of the course: A credit note for the full amount of the course will be issued, minus a 50 € administration fee.
- Leaving the course: A credit note for the full amount of the course – minus the days present in the course – will be issued minus a 50 € administration fee.
- In case of early departure: the course manual and uniforms (2 trousers / 2 t-shirts) must be returned before leaving the teaching location for the credit note to be authorized.
- The credit note will only be issued two to four weeks after the course completion date and will not be issued at the course location.
- Credit notes are non-transferable and can only be used by the individual whose name appears on the credit note. Credit notes are valid for one year and can be used in any Sivananda Yoga Center or Ashram. Please note: Credit notes cannot be applied to boutique purchases. In Reith (Austria), the credit note cannot be applied to room and board fees.

Registration:

SIVANANDA YOGA VEDANTA ACADEMY
Bichlach 40, 6370 Reith near Kitzbühel, Tyrol, Austria
ZVR 925544605, Fax +43(0)5356 / 67404-4, tyrol@sivananda.net,
www.sivananda.org/tyrol, Tel. +43 (0)5356 / 67404

Please contact the Sivananda Yoga Centre nearest to you for bank details. Booking and payment need to be made at the same centre.

Sivananda Yoga

IN THE HOLY CITY OF VRINDAVAN, NORTH INDIA 2010

International YOGA TEACHERS' TRAINING COURSES (TTC)

Advanced YOGA TEACHERS' TRAINING COURSE (ATTC)

Intensive AYURVEDA Nutrition Seminar

PILGRIMAGES Himalaya and Kumbha Mela

UK Edition

Rates quoted in this brochure are for UK residents only



From Delhi Airport there will be a transfer to Vrindavan (at extra cost)



Sivananda Yoga Vedanta Academy

Founder: Swami Vishnudevananda, Est. 1957

ACTIVITIES OF THE SIVANANDA YOGA VEDANTA ACADEMY IN VRINDAVAN, NORTH INDIA 2010

International Sivananda Yoga Teachers' Training Courses (TTC)

6 March - 3 April 2010 or
9 October - 7 November 2010



- Intensive course in theory and practice of all aspects of yoga
- First Yoga Teachers' Training Course in the west, founded in 1969 with over 1,000 graduates each year

401 Teaching units (TU)

Curriculum:

Yoga asanas, pranayama, kriyas, teaching methods, anatomy / physiology, vegetarian diet, Bhakti Yoga, Raja Yoga, Jnana Yoga, Bhagavad Gita.

Certificate: Upon graduation you will receive a certificate from the International Sivananda Yoga Vedanta Centres.

Course Language: English with simultaneous translation into German, French, Spanish and other languages. For the translation we will use a modern wireless translation system and headphones.

Tuition Fee: Dormitory 1: £1,050; Dormitory 2: £1,200; Double room: £1,500.

Advanced Yoga Teachers' Training Course (ATTC)

9 October - 7 November 2010



The Advanced Yoga Teachers' Training Course deepens the knowledge of Yoga by intense yoga practice and study of vedanta philosophy. Personal and individual instruction are an integral part of the course.

437 Teaching units (TU)

Curriculum: Advanced asana and pranayama variations. Study of vedanta philosophy and of the Raja Yoga Sutras. Introduction into the Sanskrit language. Anatomy and physiology of cells, nervous system, brain and the endocrine system.

Intensive Ayurveda Nutrition Seminar

17 March - 3 April 2010



Dr. Sanjay &
Dr. Anjani Kulkarni

The goal is to eat a healthy vegetarian diet according to the principles of Ayurvedic medicine and in harmony with Western culture.



Curriculum: Daily in depth cooking workshops, determining the body types, health care, five-element theory, yoga classes, lectures and group meditations.

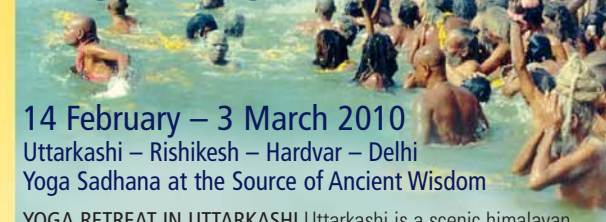
Teacher for Ayurveda: Dr. Sanjay and Dr. Anjani Kulkarni are Ayurveda Acharyas from Pune, India and have practiced all aspects of Ayurveda for over 20 years.

Upon graduation you will receive a **certificate**.

Course Language: English with simultaneous translation into German, French, Spanish and other languages.

Tuition Fee: Dormitory: £990;
Double room: £1090; Single room: £1350

Himalayas & Kumbha Mela Pilgrimages



14 February – 3 March 2010

Uttarkashi – Rishikesh – Haridvar – Delhi
Yoga Sadhana at the Source of Ancient Wisdom

YOGA RETREAT IN UTTARKASHI Uttarkashi is a scenic himalayan township by the river Ganga. For centuries it has been a place of sadhana with many ashrams.

RISHIKESH Swami Sivananda is the spiritual source which has nurtured several generations of Yoga practitioners throughout the world. We will receive the blessings of Master Sivananda at his Mahasamadhi Shrine, visit his small house "Ananda Kutir" and meditate by the Ganga.

HARIDVAR AND THE KUMBHA MELA

Haridvar - literally "the Gateway to God" - is regarded as one of the four holy places where drops of Amrita, the elixir of immortality, accidentally spilled over from the Kumbha or pot in which it was being carried away by the celestial bird Garuda. Millions of pilgrims and devotees congregate to take a holy dip in the Ganga for washing away one's sins to attain Moksha or liberation.

BHAGAVATA SAPTAHA AT THE KUMBHA MELA

Swami Vishnudevananda was very devoted to the wisdom and devotional love expressed in the ancient scripture Srimad Bhagavatam. During the final years of his life, Swamiji spent many days in listening to the recitation of this sacred scripture, absorbed in deep meditation, often moved to tears of devotion. Listening to the recitation of this holy scripture on the banks of the Ganga River with Bhagavatacharya Sri Venugopal Goswami is a once in a life time opportunity.

SPECIAL PROGRAMMES DURING THE KUMBHA MELA

Homa with Sri Potti Swami by the Ganga, Anandamayi Ma Ashram and Daksh Mahadev temple, Chandi Devi Temple, Mansa Devi Temple, Puja with local pundits, Scenic drive on the Upper Ganga Road, Himalayan Wildlife visit.

With Swami Durgananda, Swami Sivadasananda, Swami Kailasananda and Swami Atmaramananda, senior most disciples of Swami Vishnudevananda. Many other European Swamis will be sharing this unique event with you.

PRACTICAL INFORMATION

MINIMUM DONATION: 1580 € including all spiritual programs, accommodation and two vegetarian meals a day, all ground transportation to and from Delhi airport. Transfer and travel will be by bus, taxi or rikshaw. Tips, laundry service, and any other additional services are not included. PLEASE BOOK YOUR OWN FLIGHT TO DELHI!

More Information: www.sivananda.eu
All Rates valid to 31.12.2009

On the banks of the Yamuna River in Vrindavan

