



Seit 1957

Sivananda Yoga

Yogaübungen – Atmung – Entspannung – Ernährung – Meditation

PRESSEINFORMATION

Sivananda Yoga: Information for journalists

Yoga for all-round physical and mental well-being

Sivananda Yoga refers to the classical yoga practised and taught by modern Indian yoga masters Swami Sivananda (1887–1963) and Swami Vishnudevananda (1927–1993). Sivananda Yoga takes an integrative approach, strengthening the body whilst bringing into balance the body, mind and spirit. Yoga works to remove blockages and leads to serenity and inner strength, making everyday challenges easier to overcome. The ultimate goal is a healthy body, a balanced mind and inner peace. As Swami Vishnudevananda used to say, “Health is wealth. Peace of mind is happiness. Yoga shows the way”.

Our body is like an automobile – a practical comparison:

Swami Vishnudevananda, founder of the international Sivananda Yoga Vedanta Centres, summarised the ancient teachings of yoga in five points:

- The practice of ‘asanas’ or yoga exercises
- Yogic breathing exercises
- Deep relaxation
- A vegetarian diet
- Positive thinking and meditation

In his classic 1960 work, *The Complete Illustrated Book of Yoga*, Swami Vishnudevananda compares the human body with an automobile. Both need five things to run smoothly:

Lubrication: Just as a car needs regular oil changes to run smoothly, the body’s joints, muscles and tendons require regular asana practice to stay supple.

Battery: Whilst a car relies on a battery for its energy, the body re-energises through breathing exercises.

Coolant: A car is cooled by its radiator, and the body recovers after asana practice by lying in ‘savasana’, the relaxation pose.

International Sivananda Yoga Vedanta Zentren, Gründer: Swami Vishnudevananda, seit 1957

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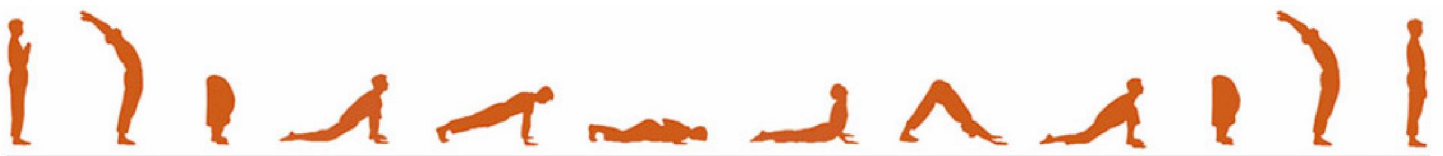
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Fuel: Without petrol the car won't run. Likewise, the body cannot perform its functions properly without proper nutrition.

Driver: Finally, every car needs an intelligent and responsible driver behind the wheel. In yogic terms, the driver is the mind, which can be brought under control through meditation and positive thinking.

The work of the Sivananda Yoga Vedanta Centres is based upon these five simple principles for physical and mental well-being.

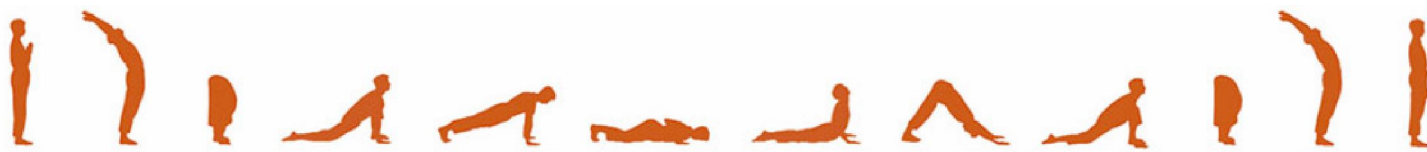
“An ounce of practice is better than a ton of theory”

This was one of Swami Sivananda's favourite sayings. From the 1940s onward, Swami Sivananda inspired thousands of people all over the world to practise the yoga of synthesis. Today, this tradition is kept alive by more than 70 Sivananda Yoga Vedanta Centres worldwide, where students are taught authentic classical yoga, adapted to individual needs. By summing up the timeless teachings of yoga into five simple points, Swami Vishnudevananda made it easier for students to integrate yoga into their everyday life.

Yoga for all

The Sivananda Yoga Vedanta Centres, which are run today by Swami Vishnudevananda's senior students, offer up to 70 yoga activities every week. Activities include drop-in classes needing no advance registration as well as yoga courses for all levels. More specialised sessions include yoga for pregnancy, children's yoga and yoga for seniors. In addition to meditation and yoga philosophy courses, free group meditations are offered several evenings a week. Special workshops and programmes (e.g., headstand workshops, yoga for the back) are offered year round and help students improve specific areas of their practice. The centres also offer courses on vegetarian nutrition and one-off cooking workshops.

Sivananda Yoga Centres can be found in many major cities around the world. When students want to relax and get away from the stress of urban living, they can visit our retreat centres ('ashrams'). Set in idyllic locations, the ashrams give students a chance to relax, refuel and deepen their practice. Special training programmes are also on offer year round. Whilst a weekend of yoga can be very restorative, a two-week yoga holiday is capable of recharging the mind and the body with new and unimagined levels of energy.



About the International Sivananda Yoga Vedanta Organisation

The International Sivananda Yoga Vedanta Organisation has more than 50 years of experience teaching an integrative approach to yoga. The organisation was founded in 1957 by Swami Vishnudevananda (1927–1993), one of the first Indian yoga masters to spread yoga in the West, teaching yoga as a way to enhance physical and mental well-being.

Swami Vishnudevananda was sent to the West by his teacher Swami Sivananda (1887–1963), one of India's yoga masters who was a doctor as well. He saw yoga as an essential prerequisite for developing tolerance and inner peace. Swami Vishnudevananda was convinced that outer peace is only possible when there is inner peace. He worked tirelessly to help people in the fast-paced Western civilisation become familiar with yoga as a basis for a healthy lifestyle. In 1969 Swami Vishnudevananda was the first yoga master in the West to develop an intensive and comprehensive yoga teachers' training programme. The goal of this four-week intensive course is to provide students with an authentic yoga experience. They can deepen their practice and feel the positivity and inner peace – experiences they can take with them into their daily lives. Since the first course in 1969, more than 25,000 people have graduated from the Sivananda Yoga Teachers' Training Course, with another thousand completing the course every year.

Swami Vishnudevananda was known as the 'Flying Swami', making a name for himself by undertaking symbolic peace flights over the world's troubled regions at the time – Northern Ireland, the Suez Canal, and divided Germany. On 15 September 1983 he flew his ultra-light airplane over the Berlin Wall from West to East, making a statement for peace and against man-made borders.

For over 35 years Swami Vishnudevananda worked tirelessly in the West and opened more than 70 yoga centres worldwide. The centres continue the mission of this dynamic yoga master. The holistic yoga techniques are taught in a way which is both clear and encouraging so that everyone – no matter his or her age – can bring body, mind and spirit into balance in order to better cope with the challenges of modern life.

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