



Seit 1957

Sivananda Yoga

Yogaübungen – Atmung – Entspannung – Ernährung – Meditation

PRESSEINFORMATION

FACT SHEET

The International Sivananda Yoga Vedanta Organisation

About the organisation:

- Non-profit international yoga organisation
- Founded in 1957 by Swami Vishnudevananda in Val Morin, Quebec
- Worldwide network of ashrams, centres and yoga teachers
- Over 50 years of experience in teaching a yoga of synthesis
- Offering:
 - Diverse yoga and philosophy courses, special programmes, etc.
 - Yoga teacher training (basic and advanced training)
 - Yoga holidays (retreats)
- Mission: to spread the timeless teachings of Vedanta worldwide with the purpose of bringing peace to humanity.

The master:

- **Swami Sivananda (1887–1963)**
 - Great Indian yoga master and medical doctor
 - Publication of over 200 books in English covering all aspects of yoga
 - Taught a synthesis of all known yoga systems, which serves as the basis for modern yoga practice in the West
 - Trained great yoga masters who helped classical yoga gain worldwide recognition (e.g., Swami Vishnudevananda, Swami Chidananda, Swami Krishnananda, Swami Satchidananda, Swami Venkateshananda)
 - Sent Swami Vishnudevananda to the West in 1957 to spread yoga: “Go West, the people are waiting.”

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

Zentren in Europa:

In Berlin:
Schmiljanstr. 24
D-12161 Berlin
+49 (0)30 85 99 97 98

In München:
Steinheilstr. 1
D-80333 München
+49 (0)89 52 44 76

In Hamburg (affiliert):
Kleiner Kielort 8
D-20144 Hamburg
+49 (0)40 41 42 45 46

In Wien:
Prinz Eugen-Str. 18
A-1040 Wien
+43 (0)1 5 86 34 53

In Genf:
1 rue des Minoteries
CH-1205 Genf
+41 (0)22 3 28 03 28

In London:
52 Felsham Road
GB-London SW15 1AZ
+44 (0)208 7 80 01 60

In Paris:
123, Boulevard de Sébastopol
F-75002 Paris
+33 (0)1 40 26 77 49

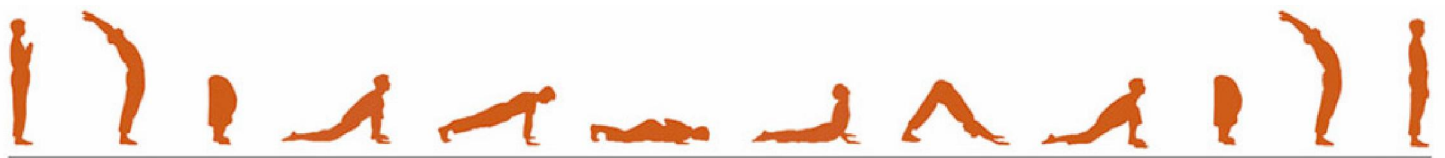
In Madrid:
Calle Eraso 4
E-28028 Madrid
+34 (0)91 3 61 51 50

Yogaurlaubs- und Ausbildungszentren:

In Reith bei Kitzbühel:
Bichlach 40
A-6370 Reith bei Kitzbühel (Tirol)
+43 (0)5356 674 04

In der Nähe von Orléans:
26 Impasse du Bignon
F-45170 Neuville aux Bois (Orléans)
+33 (0)2 38 91 88 82

Hauptsitz: Sivananda Ashram Yoga Camp • 673 Eighth Avenue • Val Morin • Quebec • Kanada J0T 2R0



The founder:

- **Swami Vishnudevananda (1927–1993)**
 - 12 years of training with Swami Sivananda
 - 35 years of pioneer work for the dissemination of yoga worldwide by founding the Sivananda Yoga Vedanta Centres and Ashrams
 - Intensive training of Yoga Acharyas (master students) on five continents
 - Published the standard works The Complete Illustrated Book of Yoga and Meditation and Mantras
 - 1969 – taught the first yoga teacher training programme in the West
 - Symbolic flights for world peace
- September 1983 – flew over the Berlin Wall from West to East Germany

Sivananda Yoga:

- Over 50 years in the West
- Worldwide established practical methods suitable for all ages
- Classical integrative approach to yoga; a synthesis of all known yoga systems by Swami Sivananda
- Five points:
 - Proper exercise (asanas)
 - Proper breathing (pranayama)
 - Proper relaxation
 - Proper diet
 - Positive thinking and meditation
- Goal: a healthy body, balanced mind and inner peace

Centres and ashrams:

Worldwide more than 70 Sivananda Centres and Ashrams – a selection:

- **Ashrams (yoga retreat and training centres):**
 - Reith (near Kitzbühel, Austria)
 - Neuville aux Bois (near Orléans, France)
 - Val Morin, headquarters (near Montreal, Canada)
 - Woodbourne (New York)
 - Nassau (Bahamas)
 - Neyyar Dam (near Trivandrum, Kerala, India)
 - Uttarkashi (Himalayas)
 - Grass Valley (near Sacramento, California)
- **Centres (yoga schools):**
 - London, Paris, Geneva, Madrid, Berlin, Munich, Vienna, Rome, Milan, Vilnius, New York, San Francisco, Los Angeles, Chicago, Montreal, Tel Aviv, Delhi East of Kailas, Delhi Dwaraka, Madras, Buenos Aires, Montevideo.