

TTC and ATTC Information

Qualification for Admission

TTC: The intensity of the training programme requires a high degree of discipline and commitment but mastery of yoga practices is not necessary. Yoga is about inner growth. Prior practice of asanas and meditation is preferable.

ATTC: Sivananda Teachers' Training Course

Certification

Officially certified by the Yoga Alliance, based in the United States, for the 200 and the 500 hours standard for Registered Yoga Schools (RYS).

What to Bring

TTC: Books: *The Complete Illustrated Book of Yoga* by Swami Vishnudevananda, *The New Book of Yoga/The Sivananda Companion to Yoga* and *The Bhagavad Gita* with commentary by Swami Sivananda.

ATTC: Books: *Meditation and Mantras* by Swami Vishnudevananda, Motilal Banarsidass Publishers. *The Complete Illustrated Book of Yoga* by Swami Vishnudevananda, Three Rivers Press. TTC manual, teacher's uniforms, neti pot.

These are available at our Centres or may be purchased online.

Other Equipment: Yoga mat, meditation cushion, blanket, towels, paper and pen, torch, warm and comfortable clothing, slippers and comfortable shoes for walking. Please note that the kriya material is not included in the course fee. You can bring your own or buy it from our boutique during the course.

At the TTC initiation ceremony you will be given the Sivananda Manual for Yoga Teachers, two pairs of yoga trousers and two t-shirts. Our boutique will be open daily for books, CDs, yoga clothing, mats, cushions and other items.

Teaching Language

The courses will be taught in English with translation into Polish, Lithuanian and Russian.

Registration

To register for the course or get more information on the course visit: www.sivananda.eu or Tel. +49 30 85 99 97 98.

Downpay for the course is 300 €, the balance is due four weeks before the beginning of the course.

Please pay the course fee on the following account:

Deutsche Bank Berlin, IBAN DE97 100 700 240 8300 204 00; BIC DEUTDE33HAN
For refund policy, please see application form.

Tel: +49 (0)30 85 99 97 98 Email: poland@sivananda.net

Arrival/Departure Dates

Arrival: September 3. Departure: October 2.

Tuition Fee

Shared room: €2,200; Double room: €2,500; Single room: €3,500
For Eastern Europeans see special rates at www.sivananda.eu/en



How to get to Ustka

By plane

Direct flights to Gdansk airport from Frankfurt, Munich, Hamburg, London. From there Yogi Bus to Orzechowo Morskie (about 115 km).

By car

From Warsaw, take Highway A7 to Gdansk From Gdansk direction Slupsk with the A211 and then to Ustka with 210. Then 7 km to the East to Orzechowo Morskie).

Yogi Bus

A Yogi bus will be organised on Saturday 3rd September leaving from the Airport Gdansk at 17h. Enquires and registration: polandregistration@sivananda.net

Address

Centre for Education and Vacation LESNIK Forest Inspectorate, Orzechowo Morskie, 76-270 Ustka, Poland. Tel. and Fax +4859-81-44-635.



Helpful reminder

Attendance at all programmes is mandatory. In order to maintain the proper atmosphere, no meat, fish, alcohol, tobacco, coffee, black tea, eggs, drugs and revealing clothing are allowed. Their use may lead to dismissal from the course. The meals offered are lacto-vegetarian. We cannot cater to special dietetic needs during the course. The teachings of the course are based on the gurukula tradition, the classical way of transmitting spiritual knowledge in the yoga tradition. Its basis is a relationship of trust and mutual respect between the student and teacher, and aims at the complete development of the former: physical, mental and spiritual.

We recommend the TTC applicants to familiarise themselves with our teachings by attending classes and satsangs (group meditation) at one of the Sivananda Centres or by participating in the Teachers' Training Course Preparation Weekend.

The Venue

The course will take place at the **Centre for Education and Vacation "Lesnik"**. It is located in the village of Orzechowo Morskie, 5 km east of Ustka and 115 km west of Gdansk.

Orzechowo Morskie is a quiet place set in a beautiful, pristine forest on the Baltic coast. The sea with its sandy beaches is just 200 m away and the dunes provide a peaceful setting for walks. Fresh air and panoramic views over the water may be enjoyed everyday.

"Lesnik" Hotel, host to both the TTC and ATTC in 2016, is a modern, highstandard hotel situated on a large piece of land. The nearby viewing tower offers breathtaking views of the Baltic Sea, its dune coastline and surrounding forests.

*"Health is wealth. Peace of mind is happiness. Yoga shows the way."
— Swami Vishnudevananda*



Swami Sivananda (1887 – 1963)

The spiritual strength behind the Sivananda Yoga Vedanta Centres and regarded as a modern-day saint. Swami Sivananda's teachings are a synthesis of all paths of yoga.



Swami Vishnudevananda (1927 – 1993)

Disciple of Swami Sivananda, founder of the International Sivananda Yoga Vedanta Centres, world authority on hatha and raja yoga, and author of the classic *The Complete Illustrated Book of Yoga*.

Special Programme: September 17 – 20

Guest of Honour:



EASTERN WISDOM MELODIES
Sri Venugopal Goswami,
Radha Raman Temple, Vrindavan, North India

Readings and discourse from the classical yoga scripture Bhagavatam on the journey to the meaning of life. The storytelling, poetry, music and philosophy uplift heart and mind in equal measure.

Sri Venugopal Goswami, comes from a spiritual tradition dating back more than 500 years. He spent many years studying under the world-famous Indian vocalist Pandit Jasraj. With live music: Harmonium, vocals, bamboo flute, shanai oboe and tabla.

Lectures:



with Swami Durgananda, Yoga Acharya

Swami Durgananda is a senior student of Swami Vishnudevananda and director of the Sivananda Yoga Vedanta Centres in Europe. Her practical and intuitive style of teaching is the result of intense practice and over 40 years of teaching experience.

Asana Workshops:



with Swami Sivadasananda, Yoga Acharya

Swami Sivadasananda, senior student 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.

Teachers' Weekend September 17 – 18

Deepen your knowledge, fine tune your skills. Open to all Sivananda Yoga teachers.

International Guest Speakers



September 24 – 26 Ayurveda in Daily Life
with Angela Hope-Murray

Angela Hope-Murray, D.O. has been a practitioner of complementary medicine for over 30 years.



September 29 – October 1 Indian dance
with Rajyashree Ramesh

Rajyashree Ramesh is Master of the classical South Indian temple dance, Bharata Natyam.

For more information: www.sivananda.eu
polandregistration@sivananda.net

Sivananda Yoga Vedanta Zentrum Berlin
Schmiljanstrasse 24, 12161 Berlin, Germany



International Sivananda Yoga Teachers' Training Course & Advanced Teachers' Training

September 3 – October 2, 2016

Ustka, Baltic Sea, Poland

TEACHERS COURSES

Fully certified four-week residential course
Taught in English, Polish, Lithuanian, Russian
International guest speakers

YOGA VACATION

September 6 – 29
For all levels
Details: polandregistration@sivananda.net



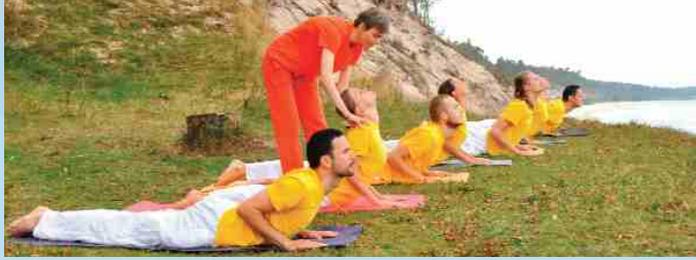
Founder: Swami Vishnudevananda. Est 1957.

Tel: + 49 30 85 99 97 98 • www.sivananda.eu/en

Email: polandregistration@sivananda.net

Sivananda Yoga Teachers' Training Course

"Yoga is a system of integral education, not only of the mind, but also of the inner spirit." – Swami Sivananda



In 1969 Swami Vishnudevananda, founder of the International Sivananda Yoga Vedanta Centres, taught the first Yoga Teachers' Training Course in the West. Today, this internationally renowned course is taught by his senior disciples. Its graduates number over 35,000.

The four week intensive course covers practical, theoretical and philosophical aspects of yoga. The approach to teaching is personal, focusing on the individual student. Upon graduation, students receive the Certificate of the International Sivananda Yoga Vedanta Centres, entitled Yoga Siromani.

TTC Curriculum

The extensive curriculum is based on the five points of yoga of Swami Vishnudevananda

- Proper exercise (Asanas) • Proper breathing (Pranayama)
- Proper relaxation (Savasana) • Proper diet (Vegetarian)
- Positive thinking and meditation (Vedanta and Dhyana)

Asanas

- The sun salutation and the twelve basic yoga postures
- Advanced variations
- Effects on the physical and astral body
- Proper posture alignment, deep relaxation/release of blocked energy

Pranayama

- The basic practices: kapalabhati, anuloma viloma (alternate nostril breathing)
- Advanced pranayama exercises



Kriyas

- The six classical exercises for purifying the body

How to Teach

- How to teach the twelve basic postures and sun salutation
- Setting up a proper environment for class
- The basic class
- How to teach beginners and intermediate students

Anatomy and Physiology

- The effects of asanas on the major body systems

Yogic Diet and Nutrition

- Ethical, health and spiritual reasons for vegetarianism
- Influence of diet on the mind
- Proper diet • Nutrition according to ayurvedic guidelines

Meditation

- Twelve-step guideline to meditation
- The benefits of meditation
- Mantras. Mantra initiation if requested

Kirtan (chanting)

- Positive effects of chanting on the emotions
- Correct pronunciation and mental attitude
- Learning of classical Sanskrit chants

Bhagavad Gita

- Study and commentary of the classical scripture

The Four Paths of Yoga

- Karma yoga, bhakti yoga (includes attendance at devotional rituals including puja, arati, homa, yantra, introduction to the Indian deities and their cosmic meaning), raja yoga, jnana yoga

TTC Daily Schedule

5.30am Wake-up | **6am** Meditation, mantra chanting, lecture or silent walk | **8am** Asanas & pranayama | **10am** Brunch | **11am** Karma yoga
Noon Bhagavad Gita or chanting class
2pm Main lecture | **4pm** Asanas & pranayama
6pm Dinner | **8pm** Meditation, mantra chanting, lecture | **10pm** Lights out

Attendance at all activities is mandatory. Changes in the programme may occur from time to time.



Advanced Teachers' Training Course



The Advanced Teachers' Training Course is an opportunity for graduates of the Sivananda Teachers' Training Course to deepen their spiritual knowledge over four weeks of intensive yoga practice and study of Vedanta philosophy. Individual guidance and yogic self-discipline are important aspects of the course. Upon successfully passing the exam, participants receive a certificate of completion from the International Sivananda Yoga Vedanta Centres.

ATTC Curriculum

Daily: two meditation sessions, two yoga classes, one pranayama class (breathing exercises), three lectures, one hour of service to the ashram community. One day a week is lecture-free.

Asanas

- The twelve basic postures in depth
- Practice of classical advanced variations
- Detailed corrections
- Deeper understanding of Hatha Yoga

Pranayama

- Extended practice of Anuloma Viloma
- Advanced pranayamas
- Proper use of the Bandhas

Vedanta

- The 6 philosophical schools of India
- Analogies of the supreme reality
- Study of Vedantic meditation techniques
- Explanation of Vedantic mantras



The Teachers

Yoga Acharyas, senior disciples of Swami Vishnudevananda.



Swami Durghananda
Yoga Acharya



Swami Sivadasananda
Yoga Acharya



Swami
Bhagavananda



Swami
Gokulananda

Raja Yoga

- In-depth study of the Yoga Sutras of Patanjali
- The mind, its mystery and control
- Detailed study of the eight steps of Raja Yoga

Bhakti Yoga

- The nine modes of Bhakti
- The five attitudes in devotion

Sanskrit

- Learning the Sanskrit alphabet
- Correct pronunciation and spelling of the mantras and hymns

Anatomy and Physiology

- Study of the major organ systems (brain and nervous system, endocrine glands, cells) and how they relate to the practice of asanas, pranayama and meditation

Kirtan (chanting)

- Positive effects on the emotions
- Correct pronunciation and mental attitude
- Learning of classical Sanskrit songs

Diet

- Subtle aspects of the vegetarian diet
- Proper nutrition according to the three-Dosha theory of Ayurveda

The rules of participation are the same as for the Teachers' Training Course (TTC). A high degree of self-motivation is required for all aspects of the course.

ATTC Daily Schedule

4.30am Wake-up | **5am** Pranayama
6am Meditation, mantra chanting, lecture
8am Asanas | **9am** Anatomy & Physiology | **10am** Brunch | **11am** Karma yoga | **Noon** Raja Yoga or Sanskrit | **2pm** Main lecture on Vedanta **4pm** Asanas | **6pm** Dinner | **8pm** Meditation, mantra chanting, lecture | **10pm** Lights out

Attendance at all activities is mandatory. Changes in the schedule may change occasionally.

