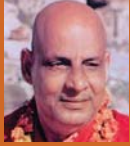


## The Founders



**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*.

## The Course Teachers

The course is taught by Yoga Acharyas (spiritual teachers) personally trained by Swami Vishnudevananda as well as other experienced Swamis and yoga teachers. They regularly participate in special further training in India to deepen their Yoga knowledge and practice.

## Special Programmes and Guest Speakers

Guest speakers and artists from around the world enrich the Teachers' Training Course experience. Lectures on medicine, ayurveda, diet, physics, psychology, religion, etc. reveal fascinating connections to yoga. Indian cultural programmes such as vocal and instrumental concerts, classical temple dance and authentic Indian temple ceremonies reflect the rich tradition in which yoga has developed over the centuries.

## Information

### Qualification for Admission

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.

### Location

The course will take place at The Sivananda Yoga Vedanta Centre which is located in Putney, southwest London.

### Registration

Please telephone for an application form and return it together with a deposit of £200 to the Sivananda Yoga Centre in London. The balance is due four weeks before the beginning of the course. Please see application form for refund policy. Payments by cash or cheque to: Sivananda Yoga Vedanta Centre, 51 Felsham Road, London SW15 1AZ, UK.

Tel. + 44 (0) 20 8780 0160, fax. + 44 (0) 20 8780 0128, email: [londonttc@sivananda.net](mailto:londonttc@sivananda.net)

Please note that space is limited and early booking is essential.

**Arrival day: April 24th. Departure day: May 25th**

### Tuition Fee

Dorm I £1,800, Dorm II £2,000, Shared Room £2,250, Double £2,500.

### What to Bring

**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.

**Yoga Accessories:** Yoga mat and meditation cushion. The books and above items are available in our shop.

**Other Equipment:** Toiletries, 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 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, cassettes, yoga clothing, mats, cushions and other items.

### Helpful Reminders

**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 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 physical, mental and spiritual development of the former. We recommend that you familiarise yourself with our teachings by attending classes and satsangs (group meditation) at one of the Sivananda Centres.

The meals offered are lacto-vegetarian. We cannot cater to special dietetic needs during the course.

**For more course dates, online registration and practical details, please visit: [www.sivananda.eu](http://www.sivananda.eu)**

For all information go to [www.sivananda.co.uk](http://www.sivananda.co.uk) or [www.sivananda.eu](http://www.sivananda.eu)

# International Sivananda Teachers' Training Course (TTC)

April 24 – May 23, 2010

in Putney, London, UK

A four week intensive residential course in all aspects of yoga

## For the first time in London!

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



**Sivananda Yoga Vedanta Centre**  
51 Felsham Road London SW15 1AZ  
Tel 020 8780 0160 • Fax 020 8780 0128  
[london@sivananda.net](mailto:london@sivananda.net) • [www.sivananda.co.uk](http://www.sivananda.co.uk)

"Health is Wealth. Peace of Mind  
is happiness. Yoga Shows the Way."  
– Swami Vishnudevananda



**Sivananda Yoga Vedanta Centre**  
Founder: Swami Vishnudevananda, est 1957  
Tel: 020 8780 0160 • Info: [www.sivananda.co.uk](http://www.sivananda.co.uk)





## About the Course

### The International Sivananda Yoga Teachers' Training Course

In 1969, Swami Vishnudevananda, the founder of the International Sivananda Yoga Vedanta Centres, taught the first ever Yoga Teachers' Training Course in the West. Today, this internationally renowned course is taught around the world by senior disciples of Swami Vishnudevananda and it graduates number more than 1,000 a year.



The International Sivananda Yoga Vedanta Centres are the largest yoga organization in the world and have many years of experience in training yoga teachers. This four-week intensive Teachers' Training Course (TTC) covers all aspects of yoga. An internationally recognised teaching certificate from the Sivananda Yoga Vedanta Centres will be given upon successful completion of the course.



Reception and Yoga Shop



## The Venue



The River Thames – 5 minutes walk from the Centre

The Sivananda Yoga Vedanta Centre is located in southwest London, an area bordering the south bank of the River Thames. The Centre is an oasis of peace and calm. The teaching spaces are quiet with large skylights bringing in an abundance of natural light. The new Sivananda Peace Garden has created a real getaway from the hustle and bustle of the city. Putney boasts an abundance of lush green spaces and has the feel of a quaint English village. The magnificent commons are just minutes away and are a perfect retreat from the stress of the city. At 5 minutes from the River Thames, one has access to nature walks and bike trails, the Wetland Bird Sanctuary and the famous Richmond Park.

## Curriculum

- Asanas
- Pranayama
- Kriyas
- How to Teach

- Anatomy and Physiology
- Yogic Diet and Nutrition
- Meditation
- Kirtan (chanting)

- Bhagavad Gita
- The Four Paths of Yoga



Upstairs Yoga Hall

### Daily Schedule

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

Attendance at all activities is mandatory. Changes in the programme may occur from time to time. One day a week is given for personal activities and study. On this day students are required to attend morning and evening satsangs as well as to complete their Karma Yoga.



The Peace Garden

