



# SIVANANDA YOGA

Founder: Swami Vishnudevananda, est. 1957

## USTKA, BALTIC SEA, POLAND

**1–30 SEPTEMBER 2018**

- International Sivananda Yoga Teachers' Training Course (TTC)
- International Advanced Teachers' Training Course (ATTC)

**13–19 SEPTEMBER 2018**

- Special programme and Teachers' Week

**10–20 SEPTEMBER 2018**

- Yoga vacation



**Organised by Sivananda Yoga Vedanta Centre** Founder: Swami Vishnudevananda, est. 1957

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# SIVANANDA YOGA IN USTKA, POLAND

The European Sivananda Yoga Centres have organised yoga teacher training courses in Ustka, Poland, since 2007. The course location is idyllically situated on the shores of the Baltic Sea, amidst quiet and beautiful forests. The peaceful natural surroundings support the strong spiritual atmosphere which builds up during the course. It is an oasis of peace and an ideal place for yoga and meditation. The courses in Ustka are translated into Polish, Russian and Lithuanian.



## VENUE

The course takes place at the Lesnik Centre for Education and Vacation, located in Orzechowo Morskie. Lesnik is a modern hotel on a large piece of land, 200 metres from the beach. The nearby viewing tower offers breathtaking views of the Baltic Sea, its dune coastline and surrounding forests. [www.orzechowo-morskie.pl](http://www.orzechowo-morskie.pl)

## LOCATION

Orzechowo Morskie (5 km east from Ustka and 115 km west from Gdansk) is a quiet place set in a beautiful, pristine forest on the Baltic coast. The sea with its sandy beaches is just 200 metres away and the dunes provide a peaceful setting for walks. Fresh air and panoramic views over the sea may be enjoyed every day.

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



# INTERNATIONAL SIVANANDA YOGA TEACHERS' TRAINING COURSES (TTC)

**1 SEPTEMBER – 30 SEPTEMBER 2018**

Dates include arrival and departure days

Qualification for admission: the intensity of the training requires a high degree of discipline and commitment, but previous mastery of yoga practices is not necessary.

**The Sivananda Teachers' Training Course (TTC)**

- First yoga teacher training in the West, since 1969
  - 4-week intensive course
  - Theory and practice of all aspects of yoga
  - More than 1,000 graduates each year
- 401 teaching units (45 min each)**



## **Costs including room and board:**

For residents of Western countries (regardless of their nationality): €2,320

For Eastern European nationals residing in an Eastern European country: €1,440

Russia, Ukraine: 10 scholarships for TTC at €1,090 each. This price is valid for the first 10 registrations received with a down payment of €600. For all other registrations: €1,440.

These prices are valid for shared rooms only (3–4 people).

For the price of single and double rooms, please check [www.sivananda.eu](http://www.sivananda.eu)

## **Contact information:**

For all countries: +49 30 85 99 97 98, [poland@sivananda.net](mailto:poland@sivananda.net)

For Poland: +48 791 551 808, [polska@sivananda.net](mailto:polska@sivananda.net)

For Russia: +7 495 505 04 21; +7 916 499 82 13, [russia@sivananda.net](mailto:russia@sivananda.net)

To apply for the course, and to get details on the curriculum, daily schedule, course material, arrival & departure, visa, Yoga Alliance, cancellation terms, visit: [www.sivananda.eu](http://www.sivananda.eu)



# ADVANCED SIVANANDA YOGA TEACHERS' TRAINING COURSE (ATTC)

**1 SEPTEMBER – 30 SEPTEMBER 2018**

Dates include arrival and departure days

Prerequisite for participation: TTC diploma of the Sivananda Yoga Teachers' Training Course

This 4-week course in advanced yoga techniques was established in 1978 by Swami Vishnudevananda. It expands horizons and brings a wealth of new experiences to trained teachers which will enrich their teaching skills.



## Costs including room and board:

For residents of Western countries (regardless of their nationality): €2,320 | For Eastern European nationals residing in an Eastern European country: €1,440 | Russia, Ukraine: 5 scholarships for ATTC at €1,090 each. This price is valid for the first 5 registrations received with a down payment of €600. For all other registrations: €1,440. These prices are valid for shared rooms only (3–4 people). For the price of single and double rooms, please check [www.sivananda.eu](http://www.sivananda.eu)

**Contact information:** For all countries: +49 30 85 99 97 98, [poland@sivananda.net](mailto:poland@sivananda.net) | For Poland: +48 791 551 808, [polka@sivananda.net](mailto:polka@sivananda.net) | For Russia: +7 495 505 04 21; +7 916 499 82 13, [russia@sivananda.net](mailto:russia@sivananda.net)

## CURRICULUM

- Advanced asana variations
- Advanced Pranayama exercises
- Vedanta philosophy
- Raja Yoga Sutras
- Introduction to Sanskrit
- Anatomy and physiology of cells, nerves, brain and endocrine glands

**437 training units (45 min each)**

To apply for the course, and to get details on the curriculum, daily schedule, course material, arrival & departure, visa, Yoga Alliance, cancellation terms, visit: [www.sivananda.eu](http://www.sivananda.eu)



# SPECIAL PROGRAMMES DURING THE TTC

TEACHERS' WEEK, 13–19 SEPTEMBER 2018

Deepen your vision, expand your knowledge, fine-tune your skills.

Open for graduates of the Sivananda Yoga Teachers' Training Course. With a wide range of workshops, lectures, special asana classes and uplifting evening programmes with Sri Venugopal Goswami and musicians from Vrindavan, North India.

A great opportunity to meet fellow yoga teachers and see your instructors again.

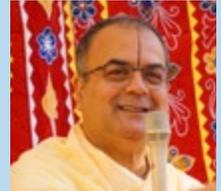
With Swami Durgananda, Swami Sivadasananda and other Swamis and senior teachers of the Sivananda Yoga Centres.



## 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 the heart and the mind. 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.

### Classical Indian Temple Ceremonies

With their colours, sounds, aromas and gestures, traditional temple ceremonies (Pujas) help clear the mental atmosphere. This part of the curriculum is led by an Indian priest and creates a strong meditative vibration.

### Indian Temple Dance: Bharata Natyam

With Rajyashree Ramesh, a master of classical South Indian temple dance. Lecture, workshop and performance.

### Introduction to Ayurveda

With Angela Hope-Murray, a practitioner of complementary medicine for over 30 years. Lectures and cooking workshop.

## YOGA VACATION PROGRAMME, 10–20 SEPTEMBER 2018

Refresh and recharge. Free choice of dates, for all levels. In Polish and English.

For exact dates, details about the schedule and prices, please visit [www.sivananda.eu](http://www.sivananda.eu)



# THE YOGA MASTERS



**SWAMI SIVANANDA**  
(1887–1963)

A great sage and yogi of modern India and the spiritual strength behind the international Sivananda Yoga Vedanta Centres. Swami Sivananda's teachings are a synthesis of all yoga paths.



**SWAMI VISHNUDEVANANDA**  
(1927–1993)

Disciple of Swami Sivananda and founder of the International Sivananda Yoga Vedanta Centres. He is a renowned master of Hatha and Raja Yoga and the author of the best-seller *The Complete Illustrated Book of Yoga*.

## THE SIVANANDA TEACHERS' TRAINING COURSE

Was founded by Swami VishnuDevananda in 1969 and was the first yoga teacher's training course ever held in the West. It is now taught by senior disciples of Swami VishnuDevananda with over 43,000 graduates worldwide and 1,000 graduates every year. The goal of this programme is to train qualified and inspiring yoga teachers who are able to draw on their own practice and personal discipline and share the yoga experience with others. This course is suited to all yoga practitioners who seek a transformative experience in a beautiful surrounding.



## PRACTICAL INFORMATION

### How to get to Ustka

By plane: Direct flights from Frankfurt, Munich, Hamburg, London to Gdansk Airport. From there, take the Yogi Bus on 1 September to Orzechowo Morskie (about 115 km). By car: From Warsaw, take highway A7 to Gdansk; from Gdansk, take A211 in the direction of Slupsk and then A210 to Ustka. From there, Orzechowo Morskie lies 7 km to the east.

The Yogi Bus will leave Gdansk Airport at 5 pm on Saturday, 1 September. Enquiries and registration: [polandregistration@sivananda.net](mailto:polandregistration@sivananda.net)

### Address

Lesnik Centre for Education and Vacation, Forest inspectorate, Orzechowo Morskie, 76-270 Ustka, Poland. Tel. and fax: +4859-81-44-635.

### What to bring

Yoga mat, cushion, blanket, torch, comfortable shoes, warm clothing. Please note that the kriya material is not included in the course fee.

**TTC books:** *The Complete Illustrated Book of Yoga* by Swami VishnuDevananda, *Yoga: Your Home Practice Companion* by the Sivananda Yoga Centres, and *Bhagavad Gita* with a commentary by Swami Sivananda.  
**ATTC book:** *Meditation and Mantras* by Swami VishnuDevananda.

In order to maintain the proper spiritual atmosphere, no meat, fish, alcohol, tobacco, coffee, black tea, eggs, drugs or revealing clothing are allowed.