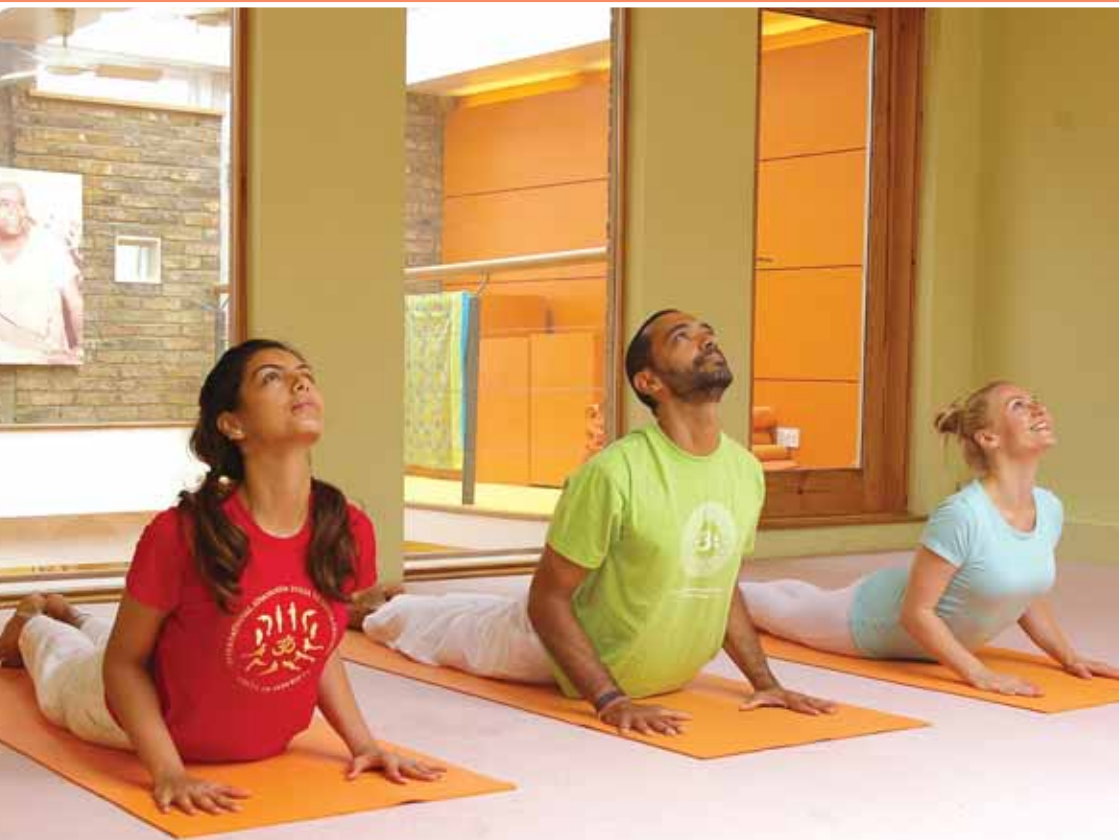


SIVANANDA YOGA L O N D O N

Autumn Programme

September 2015 – January 2016



First Class free



Tel: 020 8780 0160 • email: London@sivananda.net
Info: www.sivananda.co.uk • www.sivananda.eu
Founder Swami Vishnudevananda. Est 1957

Tap the Source

Sivananda around the World – since 1957 in the West: Centres: Buenos Aires · Chicago · Chennai · Geneva · Hamburg · Ho Chi Minh City · London · Los Angeles Madrid · Madurai · Montevideo · Montreal · Munich · New Delhi · New York · Paris · Porto Alegre · Rome · San Francisco · Tel Aviv · Thiruvananthapuram · Tokyo · Toronto · Vienna · Vilnius. Ashrams: Quebec · Bahamas · New York · California · France · Tyrol, Austria · Kerala, South India · Uttarkashi, Himalayas.



Free Introduction to Yoga

Free First Class

Are you new to yoga and curious to discover its benefits? Or are you a yoga practitioner coming for the first time to the Sivananda Centre? We invite you for any 90-minute class in the yoga drop-in schedule free of charge. See drop-in schedule on the back page.

Open House

Saturdays, 1.30pm – 7.45pm

Free of charge. Enjoy a whole afternoon of discovering Yoga.

Sept 12*, Oct 10, Nov 7, Dec 5, Jan 9*

- 1.30pm** Introduction to yoga and demonstration of postures
- 2.30pm** Trial class
- 4.15pm** Introduction to meditation
- 5pm** Vegetarian snack and information about yoga vacations and Yoga Teachers' Training Courses
- 6pm** Group meditation with mantra chanting

10% reduction on level 1 – 4 courses and class cards

*20% reduction on level 1 – 4 courses and 90 minutes drop-in class cards



Yoga Festivals

***20% reduction on level 1 – 4 courses and drop-in class cards**

Yoga Peace Festival

**Saturday, September 12
from 12.30 – 7.45pm**

All Activities Free of Charge

- 10.30am** Asana class in Bishops Park, see page 13
- 12.30pm** Om Namo Narayanaya Chanting for world peace
- 1.30pm** Talk: "In peace lies strength"
- 2.15pm** Demonstration of yoga postures (asanas)
- 2.30pm** Trial Class
- 3.30pm** The peace missions of Swami Vishnu-devananda with video "In the name of peace"
- 3.30pm** Sun salutations for world peace with staff and teachers
- 4.15pm** Introduction to meditation
- 5pm** Vegetarian snack and information about yoga vacations and Yoga Teachers' Training Courses
- 6pm** Puja (Indian Temple Ceremony for world peace) with an Indian priest

New Year Yoga Festival

**Saturday, January 9
from 12.30 – 7.45pm**

All Activities Free of Charge

- 1.30pm** Talk: "Yoga – inspiration for daily life" and demonstration postures
- 2.30pm** Workshop: "Deepening the relaxation experience in the yoga postures" for intermediate practitioners
- 2.30pm** Trial Class
- 2.30pm** Kids class
- 4.15pm** Introduction to vegetarian cooking and cooking demonstration
- 4.15pm** Introduction to meditation
- 5pm** Vegetarian snack and information about yoga vacations and Yoga Teachers' Training Courses
- 6pm** Puja (Indian Temple Ceremony for world peace) with an Indian priest



Course Dates

Level 1

SEPTEMBER

Tuesdays	8 – 9.30pm	Sept 1 – Sept 22
Tues & Thurs	10.30 – 12pm	Sept 8 – Sept 17
Wednesdays	6.30 – 8pm	Sept 9 – Sept 30
Mondays	8 – 9.30pm	Sept 14 – Oct 5
Tuesdays	6.30 – 8pm	Sept 22 – Oct 13

OCTOBER

Wednesdays	8 – 9.30pm	Oct 7 – Oct 28
Mondays	6.30 – 8pm	Oct 12 – Nov 2
Tues & Thurs	10.30 – 12pm	Oct 27 – Nov 5
Mondays	8 – 9.30pm	Oct 19 – Nov 9

NOVEMBER

Tuesdays	6.30 – 8pm	Nov 3 – Nov 24
Sat & Sun	Weekend intensive	November 14 - 15
Wednesdays	8 – 9.30pm	Nov 11 – Dec 2
Mondays	6.30 – 8pm	Nov 16 – Dec 7
Saturdays	10.30 – 12pm	Nov 28 – Dec 19

Please note: One missed class per Level 1 - 4 course can be compensated by a drop-in class

DECEMBER

Tues & Thurs	6.30 – 8pm	Dec 1 – Dec 10
Wednesdays	8 – 9.30pm	Dec 9 – Jan 13
Sun – Wed	see page 9	Dec 27 – Dec 30

JANUARY

Tuesdays	6.30 – 8pm	Jan 5 – Jan 26
Mondays	8 – 9.30pm	Jan 11 – Feb 1
Wednesdays	8 – 9.30pm	Jan 27 – Feb 17
Mondays	6.30 – 8pm	Jan 25 – Feb 15



Weekend Intensive

This weekend intensive provides a complete experience of the yoga lifestyle and creates a basis for your continued home practice. Nutritious vegetarian meals, nature walks and workshops on yoga and meditation make this a mini retreat in the heart of London.

NOVEMBER

Level 1 weekend intensive	Saturday and Sunday November 14 and 15	10.30am – 5.30pm
Level 2 weekend intensive	Saturday and Sunday November 14 and 15	10.30am – 5.30pm

Personal Coaching and Private Classes

Personal Coaching

30 minutes individual coaching with an experienced yoga teacher gives the opportunity for personal questions and advice about any aspect of your yoga practice.

Possible topics, can be adjusted individually:

- Setting up a personal plan for practice at home
- Guidance with headstand or any other specific asana
- Learning the basic breathing techniques
- Meditation coaching
- Yogic diet counselling

Private Classes

60 minutes private classes; practice of the classical Sivananda yoga class of breathing exercises and yoga postures for anyone wanting a more personal yoga session



Course Dates

Level 2

SEPTEMBER

Wednesdays	6.30 – 8pm	Sept 16 – Oct 7
Tues & Thurs	10.30 – 12pm	Sept 22 – Oct 1
Tuesdays	8 – 9.30pm	Sept 29 – Oct 20

OCTOBER

Wednesdays	6.30 – 8pm	Oct 7 – Oct 28
Mondays	8 – 9.30pm	Oct 12 – Nov 2
Tuesdays	6.30 – 8pm	Oct 20 – Nov 10

NOVEMBER

Mondays	6.30 – 8pm	Nov 9 – Nov 30
Sat & Sun	Weekend intensive	November 14 - 15
Tues & Thurs	10.30 – 12pm	Nov 10 – Nov 19
Tuesdays	8 – 9.30pm	Nov 17 – Dec 8

DECEMBER

Tuesdays	6.30 – 8pm	Dec 1 – Dec 22
Wednesdays	8 – 9.30pm	Dec 9 – Jan 13
Sun – Wed	see page 9	Dec 27 – Dec 30

JANUARY

Mondays	6.30 – 8pm	Jan 4 – Jan 25
Saturdays	10.30 – 12noon	Jan 9 – Jan 30
Wednesdays	8 – 9.30pm	Jan 20 – Feb 10



Please note: One missed class per Level 1 - 4 course can be compensated by a drop-in class

Level 3

SEPTEMBER

Mondays	6.30 – 8pm	Sept 7 – Sept 28
Tuesdays	8 – 9.30pm	Sept 22 – Oct 13

OCTOBER

Wednesdays	6.30 – 8pm	Oct 14 – Nov 4
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NOVEMBER

Tuesdays	8 – 9.30pm	Nov 3 – Nov 24
Wednesdays	6.30 – 8pm	Nov 11 – Dec 2

DECEMBER

Mondays	6.30 – 8pm	Dec 7 – Jan 4
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JANUARY

Tuesdays	8 – 9.30pm	Jan 5 – Jan 26
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Level 4

SEPTEMBER

Wednesdays	6.30 – 8pm	Sept 2 – Sept 23
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OCTOBER

Mondays	6.30 – 8pm	Oct 5 – Oct 26
Tuesdays	8 – 9.30pm	Oct 20 – Nov 10

NOVEMBER

Wednesdays	6.30 – 8pm	Nov 11 – Dec 2
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JANUARY

Mondays	6.30 – 8pm	Jan 25 – Feb 15
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The Ashram is like an oasis in the middle of the desert. After a long days trek in the barren wilderness you can stop to quench your thirst, re-energise, recharge and rejuvenate yourself, in addition to attaining knowledge and wisdom. Come and explore the possibilities for yourself. It may turn out to be a life changing experience as it was for me! – Carmen



*"Feel the silence, hear the silence,
touch and taste the silence. Silence
is the music of your soul".*

— Swami Vishnudevananda



Meditation, Philosophy & Thought Power

Group Meditation

Fridays at 7.30pm • Saturdays, Sundays and Bank
Holidays at 6pm

The group meditation evening is a good way to surround oneself with positive energy and to recharge. Meditation in a group often leads to a deeper experience. Mantra chanting inspires the mind and elevates the thoughts. Various aspects of the philosophy of yoga will be explained. 30 minutes of silent meditation, 30 minutes of mantra chanting and 30 minutes talk on the philosophy of yoga.

Open to all, previous experience with meditation is not required. Free of charge.

Meditation Course

- Why meditate?
- How to start a meditation practice
- Sitting positions, conscious breathing and mental relaxation
- Developing concentration
- Mantras – tools for meditation
- Individual guidance by an experienced teacher.

Recommended reading: *Sivananda Book of Meditation* by Sivananda Yoga Vedanta Centre

Mondays 8 – 9.30pm October 5 – 26
Sun – Weds see page 9 December 27 – 30

Positive Thinking Course

- The nature of thoughts
- How habits are formed
- Developing thought power
- Obstacles are opportunities

Recommended reading: *Thought Power* by Swami Sivananda

Wednesdays 8 – 9.30pm September 9 – 30
Wednesdays 6.30 – 8pm November 4 – 25



Special Courses

The Next Step in Your Meditation Practice With Swami Jyotirmayananda

Mondays 6.30 – 8pm, September 7 – 28

"Meditation gives the vision of unity and produces a sense of oneness. Meditation is an aeroplane that helps the practitioner to soar high in the realms of eternal bliss and everlasting peace." — Swami Sivananda

The practice of meditation continues to gain recognition in areas as diverse as psychology, arts, sports training and healing. Meditation can greatly improve our health and the quality of life. This 4 session course is designed to help you deepen your meditation experience.

Prerequisite: Meditation course, positive thinking course or participation in satsang.

Topics:

- The sound of OM: its meaning, power and practice
- Working with your emotions in meditation
- Physical preparation for the practice of meditation
- Practice of various guided meditations

Recommended reading: *Meditation and Mantras* by Swami Vishnudevananda



Vegetarian Cooking Course

Mondays 6.30 – 8.30pm, October 5 to 26

Each session of this 4-week course includes lectures on nutrition as well as practical cooking demonstrations to learn the preparation of vegetables, grains, pulses, simple vegetable dishes and the proper use of spices.

- Ingredients of a balanced vegetarian meal
- The question of proteins
- The energetic quality of food and its effect on the mind
- What to eat for breakfast, lunch and dinner

Recommended reading: *The Yoga Cookbook* by Sivananda Yoga Vedanta Centres



Concentration, the Key to Success in Life and Meditation

With Swami Jyotirmayananda

Wednesdays 8 – 9.30pm, November 4 – 25

"Practice concentration of mind. Introspect and watch the mind carefully. Fix the mind on one object, one idea. Concentration purifies and calms the surging emotions, strengthens the current of thought and clarifies the ideas. During concentration, the mind becomes calm, serene and steady." — Swami Sivananda

Topics:

- Concentration, the key to inner contentment
- The joyful practice of concentration exercises
- Overcoming distraction and mental restlessness
- How to develop your memory

Recommended reading: *Concentration and Meditation* by Swami Sivananda



Special Yoga & Anatomy Programmes



Yoga, Mind and Brain With Chandrika, MD

September 8 – 10

Tuesday, September 8

6.30pm Workshop: How asanas and pranayama change the functioning of the brain

8pm Asana class with extended pranayama practice

Wednesday, September 9

6.30pm Workshop: How to cultivate the brain through mental training

8pm Asana class: concentration and regulation of breath in the asanas

Thursday, September 10

6.30pm Workshop: Exercises in self-observation and self-knowledge

8pm Meditative asana class Increasing body awareness in Asana, Pranayama and Relaxation



Chandrika is a medical doctor and a Sivananda Yoga Teacher. She teaches anatomy and physiology in the Sivananda Yoga Teachers' Training Courses in Europe and has a keen interest in scientific research on yoga.



Yoga Anatomy With Francesca Folonari (Omkar)

Saturday, October 31

Saturday, October 31

2pm Workshop: Anatomy of breathing and pranayama

4pm Asana class: Breath awareness in the asanas



Omkar is an experienced Yoga Teacher and runs the affiliated Sivananda Yoga Centre in Florence, Italy. She possesses in-depth knowledge of anatomy and physiology and teaches in the Sivananda Yoga Teachers' Training Courses.



Vegetarian Cooking Workshops

By following a well balanced vegetarian diet, the benefits of the Yoga exercises can be increased considerably. Pure ingredients provide energy for our thought processes. Included are general hints and detailed cooking instructions, and much joy in the preparation and consumption of the food.

Saturday, September 19 from 2 – 5pm

Simple vegetarian dishes for busy people

Sunday, November 15 from 2 – 5pm

Ayurvedic cooking workshop with Angela Hope-Murray*

Wednesday, 6 January from 6.30 – 9.30pm

The art of Indian vegetarian cooking

*For the full overview of the weekend programme on Ayurveda with Angela Hope-Murray, see below.



Saturday Cooking Workshops can be taken as a full day programme:

10.30am Asana class
12pm Lunch
1pm Nature walk
2pm Cooking workshop
6pm Meditation, chanting, talk (optional)



How to Boost your Immune System with Ayurveda With Angela Hope-Murray

November 14 – 15

Angela Hope-Murray, D.O. has been a practitioner of complementary medicine for over 30 years. She has trained extensively in Ayurveda with Dr. Vasant Lad and has been a close colleague of Dr. Robert Svoboda. She has a Doctor of Osteopathy degree from the Oxford Brookes University and is a dedicated proponent of the Ayurvedic tradition in the UK.

Saturday, November 14

10.30am Workshop: Introduction to Ayurveda

12.30pm Vegetarian Lunch

2pm Workshop: Increase stress resilience with Ayurveda

4pm Asana class (optional)

6pm Satsang (optional)



Sunday, November 15

10.30am Workshop: Boost your immune system for the winter with Ayurveda

12.30pm Vegetarian Lunch

2pm Ayurvedic cooking workshop

4pm Asana class (optional)

6pm Satsang (optional)

Saturday & Weekday Workshops

All Saturday workshops can be taken as a single workshop at 2pm or as a full day workshop.

Full Saturday Programme:

10.30am Asana class
12pm Lunch
2pm Workshop

4pm Asana Class
6pm Group Meditation
 (Optional)



Headstand workshop

for people with basic knowledge of the headstand

Saturday, September 5 at 2pm

Saturday, October 17 at 2pm

Thursday, December 3 at 6.30pm

Thursday, January 28 at 6.30pm

- Preparatory exercises
- Headstand practice
- Individual corrections

Prerequisite: Yoga 2 or level "Intermediate class"



The Joy of Kirtan

Kirtan chanting has a great calming and purifying effect on the mind. The harmonious vibrations produced by the chanting open the heart, sooth the

nerves and direct the emotions to a positive goal.

Workshop 1: Thursday, Sept 24 at 6.30pm

- Introduction to kirtan and its benefits
- Experience the joy of chanting
- Express your feelings in a positive way

Workshop 2: Thursday, Oct 1 at 6.30pm

- Mantra chanting to calm the mind and open the heart
- Practice the traditional Sivananda daily chants
- Using cymbals and clapping of the hands to accompany kirtan



Finding purpose in life

Saturday, September 26 at 2pm

- How to develop discrimination and insight
- Dharma – the path to freedom
- Yamas and niyamas, practical tools for change

Teachers' Training Course Preparation Day



Saturday, October 3 and Saturday, January 30 from 10.30am – 8pm

An excellent preparation for the Sivananda Teachers' Training Course

10.30am Yoga class

12pm Lunch

1pm Presentation of the Teachers' Training Course, the course curriculum, how to prepare oneself, how to register

2.30pm Presentation of the course venues, including videos of various course locations

4pm Yoga class

6pm Meditation, chants, lecture

Saturday & weekday workshops

Yoga@home

Saturday, October 24 at 2pm



- Practical ideas on how to integrate yoga in everyday life
- What to do in a 20-minute session
- Awareness of breath and posture

Sun Salutation

Thursday, November 5 at 6.30pm



- Detailed review and practice of the sun salutation
- Individual corrections
- Physical and mental benefits of the sun salutation

Deepening one's Understanding of Asanas and their Benefits

Saturday, November 21 at 2pm



- The physical and mental benefits of the 12 basic postures
- Preventing common mistakes in the postures
- Demonstration of the postures

How to combat fear

Saturday, November 28 at 2pm



- What is fear and what causes fear
- Reducing fear and anxiety through yoga
- How to develop courage and inner strength



Sivananda Yoga class in Bishops Park, Fulham

Saturday, September 12 at 10.30am

Join us for an outdoor asana class on Fielders Meadow in beautiful Bishops Park along the Thames on the other side of Putney Bridge. Newcomers to yoga are welcome! Please bring your yoga mat or a large bath towel.

Free of charge, donations are welcome.



Spiritual Festivals

Spiritual festivals are celebrated with pujas, traditional temple ceremonies, and accompanied by mantra chanting. Free of charge, flowers and fruits are auspicious offerings when attending a spiritual festival.

Krishna Jayanti – the Birthday of Lord Krishna

Saturday, September 5 at 6pm

Krishna is one of the most widely revered divinities. Krishna is the symbol of universal love and joy.

Swami Sivananda's Birthday Celebration

Tuesday, September 8 at 8pm

Swami Sivananda is a world-renowned sage and yogi and the inspiration behind the International Sivananda Yoga Vedanta Centres. A celebration with chanting and stories from the life of this great yoga master.

Ganesha Chaturthi – the Birthday of Lord Ganesha

Friday, September 18 at 7.30pm

Ganesha is the aspect of the divine which, when invoked, can remove obstacles from our path and bestow success in all our undertakings.

Navaratri & Vijaya Dashami

Tuesday, October 13 to Friday, October 23

During the 9 day festival of Navaratri, the Divine Mother is worshipped. The worship culminates in the day of Victory, Vijaya Dashami, on the tenth day.

Puja times:

6pm: Saturday October 17, Sunday October 18
7.30pm: Friday October 16
8pm: Wednesday October 14, Wednesday October 21
6.30am: Tuesday October 13, Thursday October 15,
Monday October 19, Tuesday October 20,
Thursday October 22

Vijaya Dasami: 7.30pm Friday October 23

Mahasamadhi of Swami Vishnudevananda

Monday, November 9 at 6.30pm

We celebrate the day when Swami Vishnudevananda left his physical body and attained the highest level of consciousness.

Deepavali – Festival of Light

Wednesday, November 11 at 8pm

Deepavali denotes the triumph of light over darkness. The programme includes a traditional ceremony with a South Indian priest.

Spiritual Heritage of India

Krishna, the incarnation of divine love

With Dr. M.S. Nandakumar

Sunday, September 20 at 6pm



Dr. M.S. Nandakumar is the Executive Director of the Bharatiya Vidya Bhavan in London. He is a Sanskrit scholar with deep knowledge and devotion to the scriptures of yoga. Free of charge. Donations are welcome.

Stories from the Mahabharata

With Dr. H.V.S. Shastry



Sunday, October 25 at 6pm

Dr. V.H.S Shastry is a Sanskrit scholar with a vast knowledge of Vedic literature. Free of charge. Donations are welcome.



Swami Sivananda
1887 – 1963



Swami Vishnudevananda
1927 – 1993

Inauguration of the new reception area

April 2 – 7, 2016

Extensive renovations of the middle house started at the beginning of July. This refurbishment project includes the enlargement of the reception and shop area where a lobby will be created for all to sit and meet. The renovations are progressing very well and the new reception area will be officially inaugurated during 5 days of festive celebrations from 2 – 7 April, 2016.



Honoured Guest:

Sri Venugopal Goswami, Radha Raman Temple, Vrindavan, North India

Sri Venugopal Goswami, Bhakti Yoga Acharya is a spiritual teacher in a family tradition of more than 500 years. His father initiated him into the teachings of the classical Bhakti scriptures in the Radha Raman Temple. For many years, Sri Venugopal Goswami studied under the world famous Indian vocalist Pandit Jasraj, an award-winning leading exponent of classical Hindustani music.

Join us for this 5 day celebration of Swami Sivananda's Yoga of Synthesis. This is a classical approach to yoga practice, drawing on techniques from the four classical paths of yoga: Jnana Yoga, Bhakti Yoga, Raja Yoga and Karma Yoga. Each daily programme will feature asana workshops, talks on yoga philosophy, meditation, mantra chanting, and spiritual discourses accompanied by live music.



Lectures with:

Swami Durgananda
European Yoga Acharya



Swami Kailasananda
Yoga Acharya



Yoga Classes with:

Swami Sivadasananda
Yoga Acharya

- Yoga Festival
- Discourses accompanied by live music
- Lectures on yoga philosophy
- Asana and pranayama workshops
- Meditation and mantra chanting

The Divine Play of Life

January 16 – 22, 2016

HONOURED GUEST: Sri Venugopal Goswami, Radha Raman Temple, Vrindavan, North India



Bhagavad Acharya Sri Venugopal Goswami, Bhakti Yoga Acharya is a spiritual teacher in a family tradition of more than 500 years. His father initiated him into the teachings of the classical Bhakti scriptures in the Radha Raman Temple. For many years, Sri Venugopal Goswami studied under the world famous Indian vocalist Pandit Jasraj, an award-winning leading exponent of classical Hindustani music.

Programme

Saturday, January 16

- 1.30pm** Lecture with Swami Durgananda: Know yourself and be free
4pm Asana class with Swami Sivadasananda: Nerve impulse and Prana impulse in the asanas
6pm Bhagavata Saptaha: "Nada Yoga Concert"

Sunday, January 17

- 1.30pm** Lecture with Swami Durgananda: Guidance from the vedantic scriptures
4pm Asana class with Swami Sivadasananda: Applying stretching and acupressure in the asanas
6pm Bhagavata Saptaha: "The true meaning of life"

Monday, January 18

- 4pm** Asana class: Dissolving tensions through deep breathing
6pm Lecture with Swami Kailasananda: "Detachment, key to inner peace"
7pm Bhagavata Saptaha: "The Divine Play of Life"

Tuesday, January 19

- 4pm** Asana class: Fine tuning the asana variations
6pm Lecture with Swami Kailasananda: "Increasing willpower and memory"
7pm Bhagavata Saptaha: "The path to liberation"



Wednesday, January 20

- 3pm** Asana class: Asanas for increased vitality
5pm Lecture with Swami Jyotirmayananda: "The transforming power of sound"
6pm Bhagavata Saptaha: "The eternal flow of love"

Thursday, January 21

- 4pm** Asana class: Physical and mental dynamics in the balancing poses
6pm Lecture with Swami Kailasananda: "The power of ahimsa"
7pm Bhagavata Saptaha: "Simplicity, peace and harmony"

Friday, January 22

- 4pm** Asana class: Prolonged holding of the asanas
6pm Lecture with Swami Kailasananda: "Inspiration from the life of Swami Vishnudevananda"
7pm Bhagavata Saptaha: "Bhakti Rasa nectar"

Swami Durgananda, European Yoga Acharya

Swami Durgananda is Yoga Acharya for Europe and senior disciple of Swami Vishnudevananda. She directs the Sivananda Yoga Vedanta Centres in Europe and teaches yoga philosophy at the Sivananda Yoga Teachers' Training Courses around the world, sharing the inspiration of over 35 years of teaching experience.



Swami Sivadasananda Yoga Acharya

Swami Sivadasananda is Yoga Acharya of the Sivananda Yoga Vedanta Centres in Geneva, Spain and South America. He was personally trained in Asanas and Pranayama by Swami Vishnudevananda and teaches all aspects of yoga in the International Sivananda Yoga Teachers' Training Courses worldwide.



Swami Kailasananda Yoga Acharya

Swami Kailasananda is Yoga Acharya of the Sivananda Yoga Vedanta Centres in England and France. She is a long time disciple of Swami Vishnudevananda and teaches in Sivananda Yoga Teachers' Training (TTC), Advanced Teachers' Training (ATTC) and Sadhana Intensive courses with clarity, precision and deep insight.



Certificate Course with Swami Kailasananda



The Light of Hatha Yoga Connecting to the Source of Power Within

October 4 – 8

Arrival: Sunday, October 4 around noon. Departure: Friday, October 9 around 9am

Hatha Yoga is the union of the 2 energies of the bodies, prana and apana, resulting in a unified field of consciousness in which complete peace is experienced. Its goal is the actualisation of the human energy potential, which will bring about a complete rejuvenation and refinement of the body and mind. It includes the practice of asana, pranayama, bandha, mudras and mantras, and is based on the understanding that prana, the life force, is the invisible principle which is the essence of everything in the universe, including our body and mind. This course will enable you to understand and experience the depth of hatha yoga, and refresh your approach to your asana, pranayama and meditation practice.

Course Teacher: Swami Kailasananda is Yoga Acharya of the Sivananda Yoga Vedanta Centres in England and France. She is a long time disciple of Swami Vishnudevananda and teaches in Sivananda Yoga Teachers' Training (TTC), Advanced Teachers' Training (ATTC) and Sadhana Intensive courses with much clarity, generosity and deep insight.

Workshop Topics:

Sunday, October 4, 1.30pm	Introduction to the philosophy of Hatha Yoga
Monday, October 5, 1.30pm	Breath, the essence of life
Tuesday, October 6, 1.30pm	Asanas, powerful tools to rejuvenate the body
Wednesday, October 7, 1.30pm	The importance of inner purification through Hatha Yoga
Thursday, October 8, 1pm	The awakening of the divine potential within

Satsangs and Yoga Class with Swami Kailasananda

The Art of Creative Visualisation



Monday, October 5

8pm Satsang: The healing power of mantras

Tuesday, October 6

8pm Satsang: Connecting to the Inner Self

Wednesday, October 7

8pm Satsang: The creative power of the mind

Thursday, October 8

4pm Asana class with prolonged holding of the postures

Christmas and New Year's Programmes



Christmas Party

Saturday December 12, 6pm

With Swami Kailasananda, Yoga Acharya

Join us for a spiritual and joyous evening of chanting, carol singing, festive feast and a surprise visitor... Children of all ages are especially welcome. Suggested minimum donation: £8

Christmas Eve Satsang

Thursday December 24, 6pm

With meditation, mantra chanting, Christmas carols and Christmas meal.

New Year's Satsang, Swami Vishnudevananda's Birthday & Chanting for World Peace

Thursday December 31, 8pm

With Om Namo Narayanaya chanting, the celebration of Swami Vishnudevananda's birthday, feast and silent meditation into the New Year.

Christmas Intensives

December 27 – 30

Level 1	Suitable for complete beginners. Practice of basic postures, breathing and relaxation
Level 2	Further practice of the basic postures, simple variations and preparations for the practice of the headstand.
Meditation	Practical and theoretical techniques for focusing and stilling the mind
Level 1	Sunday December 27 2.30 – 4pm
	Monday Dec. 28, Tuesday Dec. 29 and Wednesday Dec. 30 6.30 – 8pm
Level 2	Sunday December 27 2.30 – 4pm
	Monday Dec. 28, Tuesday Dec. 29 and Wednesday Dec. 30 6.30 – 8pm
Meditation	Sunday December 27 4.30 – 6pm
	Monday Dec. 28, Tuesday Dec. 29 and Wednesday Dec. 30 8 – 9.30pm

Yoga Teachers' Training Courses and Sadhana Intensive 2015 and 2016

International Sivananda Yoga Teachers Training Courses (TTC) and Advanced Teachers' Training Courses (ATTC) in Europe and Rudraprayag, Himalayas, India

A detailed description of the course can be found in the Information Brochure or on www.sivananda.eu – Yoga Teacher Training

TTC www.sivananda.eu



London, UK

February 21 – March 20, 2016

in English

May 28 – June 25, 2016

in English

September 3 – October 1, 2016

in English

Shared accommodation: £2,500

Reduces prices for early bookers



Rudraprayag, Himalayas, North India

October 17 – November 15, 2015

February 20 – March 20, 2016

October 22 – November 20, 2016

Languages: English, German, Spanish, French

Triple room 2,390 €, Double room 2,940 €,

Single room 3,690 €



Orleans, France

November 20 – December 19 in French

May 18 – June 15, 2016 in French

July 1 – July 29, 2016

in English, French, Spanish and Dutch

November 22 – December 20, 2016

in French

Prices from 2,060 € (in personal tent)



Reith, Tyrol, Austria

December 12 – January 10, 2016

April 4 – May 29 2016

September 9 – October 2 2016

December 17 – 15 January 2017

all courses in English and German

Prices from 2,715 €

(reduced fee for August /September)

Ustka, Poland

Sept – Oct 2, 2016

in English, Polish, Lithuanian, Russian

Shared room (2 – 4) around 2,150 €,

single room around 3,450 €

Aluenda, Spain

August 15 – September 10, 2016

in Spanish and English

Shared room (4 beds) with bathroom 2,770 €,

double room with shared bathroom 2,770 €,

double room with bathroom 3,078 €

Bracciano, Italy

July 30 to August 28, 2016 in Italian

Tent 2,400 €, dormitory 2,650 €, shared

room 2,900 €, double room 3,200 €

Lithuania,

37 km from Vilnius

July 2 – 30, 2016

in Lithuanian and Russian

Prices will be announced soon.



ATTC www.sivananda.eu

Rudraprayag, Himalayas, North India

February 20 – March 20, 2016

February 25 – February 26, 2017

Languages: English, German, Spanish, French

Reith, Tyrol, Austria

May/June, 2017

in German

Orleans, France

July 1 – 29, 2016

in English, French, Spanish

SADHANA INTENSIVE

www.sivananda.eu

Rudraprayag, Himalayas, North India

October 24 – November 8, 2016

in English, German, Spanish, French

Orleans, France

August 13 – 27, 2016

in English, French, German, Spanish

TTC REFRESHER

Orleans, France

June 22 to 28, 2016

in English, French, German, Spanish

Prices valid until 31 December 2015

Group travel to the Ashram Winter Rejuvenation Retreat

The Power of Positive Thinking

Ashram de Yoga Sivananda Loire Valley in France

Wednesday, October 28 – Sunday, November 1, 2015

The London centre organises group travel to France for a winter rejuvenation retreat in the Ashram de Yoga Sivananda in the Loire Valley.

Join us for 5 days of group asana classes, talks on the power of positive thinking and silent walks through an ancient forest and vast open spaces.

Located in a peaceful natural setting, the Ashram is an ideal place to combine relaxation with self-development.

Please book the following Eurostar train:

• London – Paris: Wednesday October 28 at 7.55am

• Paris – London: Sunday November 1 at 4.13pm

Cost Winter Rejuvenation Retreat, excluding transport:

Shared room: £195 • Double room: £225

Double with bathroom £275 • Single room: £275

Single room with bathroom: £320

Teachers' Training Course Preparation day in the London Sivananda Centre, see page 12

Prices valid until 31 December 2015



Useful Information

What to bring:

- Loose comfortable clothing (shoulders and legs covered). You can practice with bare feet or socks.
- Yoga mat or large beach towel (you can hire a mat at the Centre for £1 donation)
- The Centre provides cushions and blankets. There are changing rooms available.

Further information: Yoga practice is suitable for all, regardless of age or level of physical fitness. You are encouraged to practise at your own rhythm and to listen to your body. Yoga is non-competitive and in most cases the practice can be adapted to suit

any limitations you might have with regard to your physical condition. The inverted postures should not be practised by anyone with high blood pressure, neck or head injuries and eye conditions such as detached retina and glaucoma. We recommend that you do not eat for at least two to three hours before a class. We ask that no food, drink (including water), bags or outdoor wear is brought into class. Mobile phones must be switched off and not used within the Centre. Eyeglasses should be placed in a hard case during the class or left in the changing rooms. We cannot accept responsibility for any damage to eyeglasses.



Prices

Daily drop-in yoga classes

1 x 90 minutes	£12,00	Ayurveda weekend course per day	£42,25
5 x 90 minutes	£55,00	Workshops / talks	£17,50
10 x 90 minutes	£98,00	Full Saturday programme incl. workshop	£32,00
20 x 90 minutes	£177,00	Workshop certificate course	£25,00
4 weeks unlimited	£104,00	Cooking workshop	£25,00
Level 1 - 4 courses	£44,00	Ayurvedic cooking workshop	£30,00
2 x Level 1 - 4 courses	£79,00	Full Saturday programme incl. cooking workshop	£35,00
Level 1 - 2 weekend course	£88,00	Personal coaching 30 minutes	£30,00
Meditation and Philosophy courses (see p. 8 - 9)	£63,00	Private class 60 minutes	£60,00
2 x Meditation and Philosophy courses	£115,00	1 x kids 90 minutes	£5,00
Ayurveda full weekend course	£84,50	4 x kids 90 minutes	£18,50

Members

1 x 90 minutes	£8,00	Meditation and Philosophy courses (see p. 8 - 9)	£44,00
5 x 90 minutes	£37,00	2 x Meditation and Philosophy courses	£80,00
10 x 90 minutes	£66,00	Ayurveda full weekend course	£65,00
20 x 90 minutes	£124,00	Ayurveda weekend course per day	£35,00
4 weeks unlimited	£70,00	Workshops / talks	£12,50
26 weeks unlimited	£355,00	Full Saturday programme incl. workshop	£22,50
52 weeks unlimited	£504,00	Cooking workshop	£17,50
Level 1 - 4 courses	£31,50	Ayurvedic cooking workshop	£22,50
2 x Level 1 - 4 courses	£56,00	Full Saturday programme incl. cooking workshop	£24,50
Level 1 - 2 weekend course	£61,50		

Students, pensioners, unemployed

1 x 90 minutes	£7,50	Meditation and Philosophy courses (see p. 8 - 9)	£42,00
5 x 90 minutes	£35,00	2 x Meditation and Philosophy courses	£76,00
10 x 90 minutes	£63,00	Ayurveda full weekend course	£61,00
20 x 90 minutes	£118,00	Ayurveda weekend course per day	£33,00
4 weeks unlimited	£67,00	Workshops / talks	£12,00
26 weeks unlimited	£248,00	Full Saturday programme incl. workshop	£21,00
Level 1 - 4 courses	£30,00	Cooking workshop	£17,00
2 x Level 1 - 4 courses	£53,00	Ayurvedic cooking workshop	£21,00
Level 1 - 2 weekend course	£75,00	Full Saturday programme incl. cooking workshop	£23,00

Pay per class or save by buying a class package.

Membership: reduced prices on classes, courses, workshops and retreats. By taking out a membership you actively support the work of the Centre. Annual membership: £65, Lifetime membership: £650

Shop/Reception Opening Times

- **Monday – Wednesday:** 10am – 9.30pm • **Thursday:** 10am – 8pm
- **Friday:** 10am – 7.30pm • **Saturday:** 10am – 6pm • **Sunday:** 3pm – 6pm

Daily Yoga Drop-in Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30 – 12pm	Drop-in	Drop-in	Drop-in	Drop-in	Drop-in	Drop-in	
10.30 – 12pm			Gentle			Kids	
3.30 – 5.30pm							Advanced
4 – 5.30pm	Drop-in	Drop-in	Drop-in	Drop-in	Drop-in	Drop-in	Drop-in
6 – 7.30pm					Advanced	Free Meditation	Free Meditation
6 – 7.30pm					Drop-in		
6.30 – 8pm	Drop-in	Advanced	Drop-in	Drop-in			
6.30 – 8pm		Gentle	Pregnancy				
7.30 – 9pm					Free Meditation		
8 – 9.30pm	Drop-in	Drop-in with Meditation	Drop-in				
8 – 9.30pm			Gentle				

Getting Here

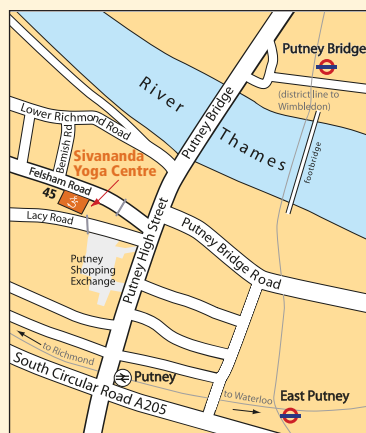
The Sivananda Yoga Centre is situated in a quiet residential area with restricted parking facilities. The Centre is easily accessible by tube, train and bus and we encourage all students to use public transport to get to the Centre.

BY BUS: 14, 22, 39, 74, 85, 93, 220, 265, 270, 337, C4

BY TUBE: District Line to Putney Bridge or East Putney

BY TRAIN: South West Trains – Putney Station

If you come by bicycle, please park in the bicycle racks that are provided in the courtyard and do not leave your bicycle on the pavement. We recommend parking your car in the Putney Exchange Car Park on Lacy Road, adjacent to Putney High Street.



Sivananda Yoga Vedanta Centre

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www.sivananda.eu

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Registered in England and Wales



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