

## Sivananda Yoga Vedanta Centre, Putney, London

Programme Sept. 2011 – Feb. 2012



**Sivananda Yoga Teachers' Training Course in London.** See page 23.  
**Free Trial Classes: Saturdays 2pm, Thursdays 8pm.** See page 4.  
**Autumn and Winter Yoga Festivals – Free!** See page 5.



**NEW! Book Courses Online**



Founder: Swami Vishnudevananda

International  
**SIVANANDA**  
**Yoga**  
Est 1957

Tel: **020 8780 0160**  
Info: **[www.sivananda.co.uk](http://www.sivananda.co.uk)**  
**[www.sivananda.eu](http://www.sivananda.eu)**

Over 30 years of teaching Yoga in London





# Sivananda Yoga Vedanta Centre

## Dear Friends in Yoga

In these uncertain times, it seems that Yoga is taking a more and more important place in our lives. Swami Vishnudevananda's summing up of Yoga as "simple living high thinking" could not come at a more important time. Through the practice of Yoga you can have increased physical, mental and spiritual strength to lead a more balanced life. A flexible and relaxed body, improved digestion, deeper sleep, more vitality, concentration and emotional balance are some of the benefits of the practice of Yoga. The timeless teachings of Yoga, as passed on to us by the great Masters, are not only proving to be a modern remedy to many of life's challenges, but are showing us a way to a future filled with hope and possibility for positive growth and spiritual fulfilment. We wish you much inspiration in your practice and are here to offer guidance if needed.

**Om Shanti,  
Sivananda Yoga Vedanta Centre London**

## About us

The first Sivananda Yoga Vedanta Centre was founded in 1957 by Swami Vishnudevananda. We are an international non-profit Yoga organisation based on the teachings of the Indian physician and Yoga Master Swami Sivananda. We teach classical Yoga with a holistic approach, offering a choice of more than 60 activities a week. The Yoga shop, tearoom and garden space allow for interaction with other students and staff. A traditional approach, qualified teachers and individual guidance are hallmarks of the centre's philosophy.

## The Teaching Staff

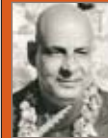
Swami Krishnadevananda is the director of the SYVC. A team of about 40 Yoga teachers, all graduates of the Sivananda Yoga Teachers' Training Course, will see to your needs and assure authentic teaching. Our teachers lead a Yogic lifestyle and as such teach from experience.

## The Teachings

Our teachings are suited to almost everyone and can be adapted to the individual as needed. We offer Yoga classes at different levels as well as Yoga for pensioners, pregnant women and children. In addition to our open classes and courses, we offer workshops, courses in meditation and Yoga philosophy, Kirtan (mantra chanting), vegetarian cooking and Ayurveda programmes. Since 1969 over 25,000 people worldwide have been trained as Yoga teachers.

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## The Founders



### Swami Sivananda (1887 – 1963)

Swami Sivananda, a great saint of modern India, made the timeless wisdom of yoga and Vedanta known to the whole world. 'Serve, love, give, purify, meditate, realise' – these teachings are the spiritual strength behind the Sivananda Yoga Vedanta Centres and

have inspired many seekers to live a life of brotherly love and spiritual unity. Founder of the Divine Life Society Ashram in Rishikesh, Himalayas (1936).



### Swami Vishnudevananda (1927–1993)

The life work of Swami Vishnudevananda was to spread yoga in the name of his master, Swami Sivananda. He founded the International Sivananda Yoga Vedanta Centres in 1957 and established the 'True World Order', an institution which promotes universal peace. Overcoming inner and outer limitations

was the message behind his numerous peace missions. Swami Vishnudevananda is a renowned master of Hatha and Raja Yoga and the author of the bestseller, *The Complete Illustrated Book of Yoga* as well as *Meditation and Mantras*.

## The teachings are based on the following 5 points:

- 1. Proper Exercise (Asanas)** increases flexibility in the joints, muscles, ligaments and tendons and stimulates circulation. Flexibility and strength in the spine keeps the body youthful.
- 2. Proper Breathing (Pranayama)** connects the body to its inner battery, the solar plexus – the storehouse of an enormous reserve of energy. Stress and depression can be overcome through a greater awareness of the breath and improved breathing.
- 3. Proper Relaxation (Savasana)**. When body and mind are continuously overworked they lose their productivity and efficiency. Yogic relaxation techniques not only help relieve stress symptoms like muscular tension and breathlessness, they also help develop resistance to ever increasing stress factors.
- 4. Proper Diet (Vegetarian)**. Vegetarian diet promotes health. It is simple, natural and can be easily digested. It consists of food choices which are healthy for body and mind while creating the least harm to other living beings and the environment.
- 5. Positive Thinking and Meditation (Vedanta and Dhyana)** are the keys to mental peace. By controlling the mind, negative thought waves subside and inner peace is experienced.



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## Introduction to Yoga

It is best to start at the beginning. If you are new to yoga, we suggest that you start with our **Yoga 1 Complete Beginners' Course** step-by-step introduction. If you would like to try a class before booking a course we suggest coming to an **Open House** (details below) or a **Free Trial Class**.

## Open House/ Ashram Preview

**Saturdays | 1 – 4.30pm**

An introduction to yoga for those who are new to the Centre. Free of charge. All are welcome.

**Dates:**

**Sept 10, Oct 1, Nov 5\*, Dec 3,  
Jan 7, Feb 4\*\*, Mar 3**

\* Autumn Yoga Festival (see opposite page)

\*\* Winter Yoga Festival (see opposite page)

- 1pm** Asana demonstration and introduction to the 5 points of yoga
- 2pm** Yoga class
- 3.15pm** Introduction to Meditation
- 4pm** Ashram Preview: Presentation of the Sivananda Ashrams, Teachers' Training Courses and Yoga Vacations.  
Free snack and talk with teachers

**Special Offer:** 10% discount on courses, classes and workshops when booked during an Open House. Excludes all boutique items, retreats, special programmes and Teachers' Training.

## Free Trial Class

**Saturdays | 2 – 3.30pm**

**Thursdays | 8 – 9.30pm**

These weekly Trial Classes are a chance to drop in for a free introductory yoga class. No need to book. Free of charge. All are welcome.



## Activities recommended for Teachers and Advanced Students

The above symbol appears throughout the brochure indicating those activities suitable for yoga teachers and advanced students.

## Yoga Festivals at the Centre

**All activities FREE!**



### SPECIAL YOGA FESTIVAL REDUCTIONS:

20% off all Class Cards, Course and Workshop bookings.

Come and join us in these joyous celebrations of the positive spirit of Yoga and enjoy the peaceful atmosphere of the Centre.

## AUTUMN YOGA FESTIVAL

**Saturday November 5 | 1 – 8pm**

- 1pm:** Introduction to yoga and Asana demonstration / Talk: "Tips for Leading a Balanced Life"
- 2pm:** Trial Class / Asana Workshop: "Asanas for Increased Vitality" / Kids Class
- 3.30pm:** Vegetarian snack
- 4pm:** Introduction to Vegetarian Cooking / Cooking Demonstration
- 5pm:** Ashram-TTC Preview
- 6pm** Satsang: "The Peace Missions of Swami Vishnudevananda" with video "In the Name of Peace"

## WINTER YOGA FESTIVAL

**Saturday February 4 | 1 – 8pm**

- 1pm:** Introduction to yoga and Asana demonstration / Talk: "Peace Lies Within"
- 2pm:** Trial Class / Asana Workshop: "Increasing Flexibility and Strength" / Kids Class
- 3.30pm:** Vegetarian snack
- 4pm:** Introduction to Vegetarian Cooking / Cooking Demonstration
- 5pm:** Ashram-TTC Preview
- 6pm** Ganapathi Homa (Fire Ceremony)

## Course Listing See pages 7 – 8 for starting dates and times

### Yoga 1 (Once or twice a week)

- Starting point for learning the Asanas (postures)
- Step by step approach to increase strength and flexibility
- Develop proper breathing habits, concentration and relaxation
- Introduction to the 5 points



### Yoga 2 (Once or twice a week)

- Recommended follow-up to Yoga 1
- Focus on beginner/intermediate variations
- Introduction and preparation for headstand
- Explanation of benefits of Asanas, Pranayama and the 4 Paths of Yoga



### Yoga 3 (Once or twice a week)

- Follow-up to Yoga 2 or Yoga 2M
- Work on the headstand
- Focus on intermediate and advanced Asana variations
- Theory of Stress Management



### Yoga 4 (Once or twice a week)

- Prerequisite: Yoga 3 or 3P with execution of the headstand
- Advanced practice of Asanas and Pranayama
- Anatomical details of the postures
- Raja Yoga philosophy



### Yoga 5 (Once or twice a week)

- Prerequisite: Yoga 4
- The most advanced course
- Combines Asanas with advanced Pranayama & Yoga Kriyas (cleansing)
- Theory and practice of mantra chanting and meditation



#### Course Fees for Yoga 1, 2, 3, 4 & 5

6 class course: Members £50/ Non-members £63/ Concessions  
 4-day intensives: Members £32/ Non-members £44/ Concessions  
 Weekend Intensive: Members £61/ Non-members £82.50/ Concessions



### Yoga 1

September		
12 Sep – 17 Oct	Mondays	8 – 9.30pm
19 Sep – 24 Oct	Mondays	6.30 – 8pm
21 Sep – 26 Oct	Wednesdays	10.30 – 12pm
26 Sep – 29 Sep	Mon – Thu (Intensive)	10.30 – 12pm
27 Sep – 13 Oct	Tues & Thurs	6.30 – 8pm
October		
5 Oct – 9 Nov	Wednesdays	8 – 9.30pm
13 Oct – 17 Nov	Thursdays	6.30 – 8pm
22 Oct – 23 Oct	Sat & Sun (Weekend Int)	10.30 – 5.30pm
24 Oct – 27 Oct	Mon – Thu (Intensive)	4 – 6pm
31 Oct – 16 Nov	Mons & Weds	8 – 9.30pm
November		
8 Nov – 13 Dec	Tuesdays	6.30 – 8pm
15 Nov – 20 Dec	Tuesdays	10.30 – 12pm
15 Nov – 1 Dec	Tues & Thurs	8 – 9.30pm
23 Nov – 28 Dec	Wednesdays	6.30 – 8pm
28 Nov – 14 Dec	Mons & Weds	8 – 9.30pm
December		
1 Dec – 5 Jan	Thursdays	6.30 – 8pm
5 Dec – 21 Dec	Mons & Weds	10.30 – 12pm
6 Dec – 22 Dec	Tues & Thurs	8 – 9.30pm
27 Dec – 30 Dec	Tues – Fri (Xmas Intensive)	see page 8
January		
3 Jan – 7 Feb	Tuesdays	8 – 9.30pm
5 Jan – 9 Feb	Thursdays	10.30 – 12pm
9 Jan – 13 Feb	Monday	6.30 – 8pm
16 Jan – 1 Feb	Mons & Weds	8 – 9.30pm
25 Jan – 29 Feb	Wednesdays	6.30 – 8pm
31 Jan – 16 Feb	Tues & Thurs	6.30 – 8pm
February		
1 Feb – 7 Mar	Wednesdays	10.30 – 12pm
6 Feb – 12 Mar	Monday	8 – 9.30pm
11 Feb – 12 Feb	Sat & Sun (Weekend Int)	10.30 – 5.30pm
13 Feb – 16 Feb	Mon – Thu (Intensive)	4 – 6pm
20 Feb – 7 Mar	Mons & Weds	6.30 – 8pm

### Yoga 2

September		
15 Sep – 20 Oct	Thursdays	8 – 9.30pm
20 Sep – 25 Oct	Tuesdays	6.30 – 8pm
October		
3 Oct – 6 Oct	Mon – Thu (Intensive)	10.30 – 12pm
3 Oct – 7 Nov	Monday	8 – 9.30pm
6 Oct – 10 Nov	Thursdays	6.30 – 8pm
11 Oct – 15 Nov	Tuesdays	10.30 – 12pm
11 Oct – 15 Nov	Tuesdays	8 – 9.30pm
18 Oct – 3 Nov	Tues & Thurs	6.30 – 8pm
24 Oct – 28 Nov	Monday	8 – 9.30pm
31 Oct – 3 Nov	Mon – Thu (Intensive)	4 – 6pm
31 Oct – 5 Dec	Monday	6.30 – 8pm
November		
2 Nov – 7 Dec	Wednesdays	10.30 – 12pm
16 Nov – 21 Dec	Wednesdays	8 – 9.30pm
21 Nov – 7 Dec	Mons & Weds	8 – 9.30pm
24 Nov – 29 Dec	Thursdays	6.30 – 8pm
26 Nov – 27 Nov	Sat & Sun (Weekend Int)	10.30 – 5.30pm
December		
6 Dec – 22 Dec	Tues & Thurs	8 – 9.30pm
20 Dec – 24 Jan	Tuesdays	6.30 – 8pm
27 Dec – 30 Dec	Tues – Fri (Xmas Intensive)	see page 8



Course dates and times subject to change

## Yoga 2 continued

January		
3 Jan - 19 Jan	Tues & Thurs	8 - 9.30pm
4 Jan - 8 Feb	Wednesdays	6.30 - 8pm
9 Jan - 25 Jan	Mons & Weds	10.30 - 12pm
10 Jan - 14 Feb	Tuesdays	10.30 - 12pm
12 Jan - 16 Feb	Thursdays	6.30 - 8pm
February		
6 Feb - 22 Feb	Mons & Weds	8 - 9.30pm
14 Feb - 20 Mar	Tuesdays	8 - 9.30pm
16 Feb - 22 Mar	Thursdays	10.30 - 12pm
20 Feb - 23 Feb	Mon - Thu (Intensive)	4 - 6pm
20 Feb - 26 Mar	Mondays	6.30 - 8pm
21 Feb - 8 Mar	Tues & Thurs	6.30 - 8pm
25 Feb - 26 Feb	Sat & Sun (Weekend Int)	10.30 - 5.30pm

## Yoga 3

September		
15 Sep - 20 Oct	Thursdays	6.30 - 8pm
22 Sep - 27 Oct	Thursdays	10.30 - 12pm
27 Sep - 1 Nov	Tuesdays	6.30 - 8pm
October		
10 Oct - 14 Nov	Mondays	10.30 - 12pm
12 Oct - 16 Nov	Wednesdays	8 - 9.30pm
27 Oct - 1 Dec	Thursdays	8 - 9.30pm
November		
1 Nov - 6 Dec	Tuesdays	6.30 - 8pm
14 Nov - 19 Dec	Mondays	8 - 9.30pm
17 Nov - 22 Dec	Thursdays	6.30 - 8pm
22 Nov - 3 Jan*	Tuesdays	10.30 - 12pm
December		
5 Dec - 23 Jan**	Mondays	8 - 9.30pm
17 Dec - 18 Dec	Sat & Sun (Weekend Int)	10.30 - 5.30pm

January		
4 Jan - 8 Feb	Wednesdays	8 - 9.30pm
9 Jan - 13 Feb	Mondays	6.30 - 8pm
24 Jan - 9 Feb	Tues & Thurs	8 - 9.30pm
31 Jan - 6 Mar	Tuesdays	6.30 - 8pm
February		
15 Feb - 21 Mar	Wednesdays	6.30 - 8pm
21 Feb - 27 Mar	Tuesdays	10.30 - 12pm
23 Feb - 29 Mar	Thursdays	6.30 - 8pm

\* No class on bank holiday 27 Dec  
 \*\* No class on bank holidays 26 Dec & 2 Jan



Course dates and times subject to change

## Yoga 4

September		
6 Sep - 11 Oct	Tuesdays	8 - 9.30pm
26 Sep - 31 Oct	Mondays	6.30 - 8pm
November		
8 Nov - 13 Dec	Tuesdays	6.30 - 8pm
January		
9 Jan - 13 Feb	Mondays	8 - 9.30pm
February		
15 Feb - 21 Mar	Wednesdays	8 - 9.30pm

## Yoga 5

September		
21 Sep - 26 Oct	Wednesdays	6.30 - 8pm
October		
18 Oct - 3 Nov	Tues & Thurs	8 - 9.30pm
January		
3 Jan - 7 Feb	Tuesdays	6.30 - 8pm

## Christmas Intensive Courses

### Yoga 1 or Yoga 2 Plus Meditation

**Yoga 1** The basic postures, breathing and relaxation techniques.

**Yoga 2** A chance to improve the basic postures whilst working on variations and the headstand.



**Meditation** Practical and theoretical techniques for focusing and stilling the mind.

**Yoga 1:** 4 classes over 4 days  
 Tuesday December 27 | 4 - 6pm  
 Wednesday to Friday December 28 - 30 | 6 - 8pm

**Yoga 2:** 4 classes over 4 days  
 Tuesday December 27 | 4 - 6pm  
 Wednesday to Friday December 28 - 30 | 6 - 8pm

**Meditation:** 4 classes over 4 days  
 Tuesday December 27 | 6.30 - 8pm  
 Wednesday to Friday December 28 - 30 | 8 - 9.30pm

One course: Members £32 / Non-members £44 / Concessions. Any two courses combined: Members £55 / Non-members £75 / Concessions



## Yoga Weekend Intensives

These weekend intensives give a complete experience of the yogic lifestyle while providing a sound basis for your home practice. Delicious vegetarian meals, nature walks and workshops on yoga and meditation make this a 'mini' retreat in the heart of London. A very popular alternative to the regular yoga courses.

### The daily programme is as follows:

10.30am Yoga Class	1pm Walk	4pm Yoga Class
12pm Lunch	2.15pm Talk/Workshop	6pm Satsang (optional)

### Y1 Intensive Weekend - Beginners

October 22 - 23 • February 11 - 12  
 This weekend is for those new to yoga or wanting to restart their practice. Learn the Sun Salutation, basic postures, breathing exercises and relaxation techniques. The talks/workshops cover Swami Vishnudevanda's 5 points for radiant health and mental peace, positive thinking and simple meditation techniques.

### Y2 Intensive Weekend - Intermediate

November 26 - 27 • February 25 - 26  
 This follow-up to the Y1 weekend focuses on deepening the Yoga experience through the practice of Asana variations, and starting the headstand. The talks/workshops cover yoga techniques in daily life and the introduction to the 4 paths of Yoga.

### Y3 Intensive Weekend - Advanced

December 17 - 18  
 This weekend will focus on more advanced Asana variations, deeper study and practice of the headstand and Pranayama. An ideal practice for increasing overall flexibility, strength and stamina. The workshops will explore the deeper benefits of the asanas, anatomical details as well as the Raja Yoga techniques for a positive state of mind.

Members £61 / Non-members £82.50 / Concessions. Participants can choose to spend the Saturday night at the centre at an additional cost of £20. Places must be reserved in advance.

## 4-Day Yoga Intensive Courses

**Yoga 1** The basic postures, breathing and relaxation techniques  
**Yoga 2** A chance to improve the basic postures whilst working on variations and the headstand.  
**Meditation** Practical and theoretical techniques for focusing and stilling the mind.

You can choose whether to take yoga alone or combine it with meditation and positive thinking.

### Autumn Half-Term Intensives

**Yoga 1** Monday October 24 - Thursday October 27 | 4 - 6pm  
**Meditation** Monday October 24 - Thursday October 27 | 6.30 - 8pm  
**Yoga 2** Monday October 31 - Thursday November 3 | 4 - 6pm  
**Positive Thinking** Monday October 31 - Thursday November 3 | 6.30 - 8pm

### Spring Half-Term Intensives

**Yoga 1** Monday February 13 - Thursday February 16 | 4 - 6pm  
**Meditation** Monday February 13 - Thursday February 16 | 6.30 - 8pm  
**Yoga 2** Monday February 20 - Thursday February 23 | 4 - 6pm  
**Positive Thinking** Monday February 20 - Thursday February 23 | 6.30 - 8pm

One course: Members £32 / Non-members £44 / Concessions  
 Any two courses combined: Members £55 / Non-members £75 / Concessions  
 All four courses: Members £102 / Non-members £140 / Concessions

Course dates and times subject to change

## Special Hatha Yoga Courses

### Yogic Breathing

#### Six-week practical course

- Anatomy and physiology of the respiratory system
- Develop good breathing habits
- Theory on Sun Salutation and 3 levels of relaxation
- Prerequisite: Yoga 2 or instructor approval

Members £50 / Non-members £63 / Concessions

Nov 7 – Dec 12 Mondays 6.30 – 8pm

### Science of Pranayama

#### Six-week practical course

- Study of Nadis and Chakras
- Prolonged practice of Kapalabhati and Anuloma Viloma
- Theory and practice of minor Pranayama techniques
- Theory and practice of Kriyas
- Prerequisite: Yoga 4 or instructor approval

Please note that a yogic lifestyle - i.e. vegetarian diet, non-smoking, no alcohol – as well as regular practice of Asanas and Pranayama are essential prerequisites for this course.

Members £50 / Non-members £63 / Concessions

Nov 8 – Dec 13 Tuesdays 8 – 9.30 pm

### Yoga Body Check

#### Six-week practical course

- Postural Analysis / Plumb line – Improving posture
- Detailed adjustments for improving flexibility
- Methods for strengthening the nervous and cardiovascular systems
- Deepening the relaxation experience
- Proper breathing in the yoga postures
- Prerequisite: Yoga 2

Members £50 / Non-members £63 / Concessions

Sept 28 – Nov 2 Wednesdays 6.30 – 8pm

### Power of Asanas

#### Six-week advanced course

- Anatomy and physiology of the 12 basic postures
- Building flexibility and strength with advanced postures
- Detailed corrections and personal guidance
- Prerequisite: Yoga 4 or instructor approval

Members £50 / Non-members £63 / Concessions

Nov 9 – Dec 14 Wednesdays 6.30 – 8pm

### Advanced Asana Workshops

Sundays 3.30 – 5.30pm  
2 hr advanced workshops for improving flexibility and concentration within the postures. Each workshop will focus on a particular theme. Prerequisite: Yoga 4 or instructor approval.



Sept 18	Muscle Length – Muscle Strength
Oct 2	Steadiness and Relaxation in the Asanas
Oct 16	Body Alignment in the Asanas
Oct 23	Dynamic Practice
Oct 30	Posture, Breath and Concentration
Nov 6	Advanced Forward Bends
Nov 20	Increasing Flexibility of the Spine
Nov 27	Headstand / Handstand
Dec 4	Increasing Vital Capacity
Dec 11	Meditative Asanas
Dec 18	Shoulderstand Cycle
Jan 8	Standing, Balancing and Triangle Variations
Jan 15	Scorpion and Backward Bends
Jan 29	Asanas for Hips and Shoulders
Feb 5	Extended Pranayama Practice
Feb 12	Awareness, Co-ordination and Breath Control
Feb 19	Asanas for Emotional Balance
Feb 26	Dynamic Practice

There will be no classes on the following dates: Sept 4, 11, 25, Oct 9, Nov 13, Dec 25, Jan 1, 22.

Per workshop: £10/Non-members £13.50 / Concessions

### Headstand Workshops

A 1½ hr workshop focusing on the headstand for students having difficulties with the posture. Prerequisite: Yoga 2.

Fri	10.30 – 12pm	Sept 9
Mon	6.30 – 8pm	Oct 3
Thurs	6.30 – 8pm	Nov 10
Fri	10.30 – 12pm	Dec 9
Wed	8 – 9.30pm	Jan 4
Tues	8 – 9.30pm	Feb 21



### Meditation



- Why meditate?
- How to establish a meditation practice
- How to develop concentration
- Mantras – tools for meditation

Prerequisite: Yoga 1 or instructor approval.

Sept 26 – Oct 31	Mondays	8 – 9.30pm
Oct 20 – Nov 24	Thursdays	10.30 – 12pm
Oct 24 – 27*	Mon – Thu (Intensive)	6.30 – 8pm
Nov 9 – Dec 14	Wednesdays	6.30 – 8pm
Dec 27 – 30	Tues – Fri (Xmas Intensive)	see page 8
Jan 25 – Feb 29	Wednesdays	8 – 9.30pm
Feb 13 – 16*	Mon – Thu (Intensive)	6.30 – 8pm

Members £50 / Non-members £63 / Concessions  
\* Intensive courses (see page 9): Members £32 / Non-members £44 / Concessions

### Inspiration from the Yogic Scriptures



- Mahabharata – living in harmony with one's duties
- Ramayana – unfolding the divinity in human life
- Devi Mahatmyam – overcoming negative emotions
- Srimad Bhagavatam – love, devotion and inner bliss

Prerequisite: Yoga 1 or instructor approval.

Sept 28 – Nov 2 Wednesdays 6.30 – 8pm

Members £50 / Non-members £63 / Concessions

### Kirtan and Mantra Chanting



- Kirtan – Chanting for emotional balance
- Vedic Hymns – the power of sound vibration
- Physical, mental and spiritual benefits of chanting

Nov 22 – Dec 8 Tues & Thurs 8 – 9.30pm

Members £50 / Non-members £63 / Concessions

### Positive Thinking



- The nature and laws of thought
- How to deal with unwanted thoughts
- Transforming negative emotions
- How to turn obstacles to one's advantage

Prerequisite: Yoga 1 or instructor approval.

Sept 28 – Nov 2	Wednesdays	10.30 – 12pm
Oct 11 – Nov 15	Tuesdays	8 – 9.30pm
Oct 31 – Nov 3*	Mon – Thu	6.30 – 8pm
Nov 7 – Dec 12	Mondays	6.30 – 8pm
Dec 6 – 22	Tues and Thurs	8 – 9.30pm
Jan 10 – Feb 14	Tuesdays	6.30 – 8pm
Feb 20 – 23*	Mon – Thu (Intensive)	6.30 – 8pm

Members £50 / Non-members £63 / Concessions  
\* Intensive courses (see page 9): Members £32 / Non-members £44 / Concessions

### Wisdom Teachings of the Bhagavad Gita



The Bhagavad Gita is the most popular of all the Yogic scriptures. It contains in its 701 verses the timeless wisdom of Karma (action), Bhakti (devotion) and Jnana (knowledge). Its teachings are very practical and shed light on the many challenges of daily life. This course is highly recommended for those taking the Sivananda Teachers' Training Course (TTC).

Prerequisite: Yoga 1 or instructor approval.

Nov 8 – Dec 13 Tuesdays 6.30 – 8pm

Members £50 / Non-members £63 / Concessions

Visit [www.sivananda.co.uk](http://www.sivananda.co.uk) for more info on these courses

For more detailed information on the workshops please visit [www.sivananda.co.uk](http://www.sivananda.co.uk)

Please note: Saturday workshops can be taken as part of a full day programme.

### Workshop Prices

**Saturday Workshop:** Members £13 / Non-members £17.50 / Concessions

**Full day Saturday:** Members £23.50 / Non-members £32 / Concessions

**Weekday workshop:** Members £10 / Non-members £13.50 / Concessions

Saturday | October 1 | 10.30 – 8pm

### Power of Mantras

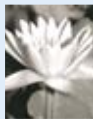
- Mantra repetition and Likitha Japa
- Gita Chanting
- Meditative Asana Class
- Puja with Brahmin Priest



Saturday | October 8 | 1 – 3pm

### Finding Silence Within

- Why are we restless
- Learning how to focus the mind
- The three levels of relaxation



Saturday | October 22 | 1 – 3pm

### Yoga and Success in Life

- How to work with the subconscious mind
- Focusing on the positive
- Defining success
- Tips for a healthy "Yogic" lifestyle

Saturday | October 29 | 1 – 3pm

### Art of Breathing

- Yogic exercises for improving breathing
- Understanding the mechanics of breathing
- Relationship between breath, energy and the mind

### Yoga Health & Vitality Workshops

**One workshop:** Members £10 / Non-members £13.50 / Concessions

**Both workshops:** Members £17 / Non-members £23.50 / Concessions

Wednesday | November 9 | 6.30 – 8pm

### Workshop 1:

#### How to Increase Your Energy

- Prana - its nature and functions
- Purifying the 5 Koshas (sheaths)
- Yogic techniques for increased energy

Wednesday | November 16 | 6.30 – 8pm

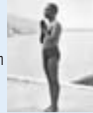
### Workshop 2: Art of Relaxation

- The power of auto-suggestion
- The three levels of relaxation
- The healing power of deep relaxation

Saturday | November 26 | 1 – 3pm

### Sun Salutation

- Detailed review and practice of Sun Salutation
- Spiritual meaning of Surya Namaskar
- Physical, mental and spiritual benefits



Monday | December 12 | 6.30 – 8pm

### Yoga for Healthy Eyes

- Techniques for healthy eyes
- Improving your vision
- 1 hour of practical exercises

Booking Online: [www.sivananda.co.uk](http://www.sivananda.co.uk)

### Back in Shape – Yoga for the Back

**One workshop:** Members £10 / Non-members £13.50 / Concessions

**Both workshops:** Members £17 / Non-members £23.50 / Concessions



Monday | January 9 | 8 – 9.30pm

### Workshop 1:

- Muscle length – Muscle strength
- Anatomy of the spine
- Yoga postures and their effects

Wednesday | January 11 | 8 – 9.30pm

### Workshop 2:

- Plumb line – Improving posture
- Lordosis and Kyphosis
- Proper breathing in the yoga postures

Saturday | January 28 | 1 – 3pm

### Kriya Workshop\* (Yogic Cleansing Techniques)

- Demonstration of Kriya Techniques
- Theory and Practice of Kriyas

\*The Kriya workshop can be done as part of the full day Yoga & Detox Fasting day. (see next column)

Saturday | January 28 | 10.30 – 5.30pm

### Yoga & Detox Fasting Day

Cleanse and rejuvenate body and mind by combining yoga and fasting. The day will include a Kriya (cleansing techniques) workshop for eliminating toxins as well as yoga classes and meditation. Vegetable broth and carrot juice will be served. All are welcome. Advanced booking essential.

Please bring your own Kriya kit (can be purchased in our shop)



### Prana, Chakras and Astral Body

**One workshop:** Members £10 / Non-members £13.50 / Concessions

**Both workshops:** Members £17 / Non-members £23.50 / Concessions

Tuesday | February 14 | 8 – 9.30pm

### Workshop 1:

- Understanding Prana and how to increase it
- Anatomy of the Astral Body
- How to strengthen and protect the Astral Body

Thursday | February 16 | 8 – 9.30pm

### Workshop 2:

- Study of Nadis and Chakras
- The Astral plane and its phenomena
- The passage called death



### Yogic Diet Course

6-week vegetarian cooking and nutrition course:

Oct 18 – Nov 29\* Tuesdays 8 – 9.30pm | Jan 26 – Mar 1 Thursdays 6.30 – 8pm

\*No class: Nov 15

Members £57/Non-members £75/Concessions

Programmes subject to change



### Cooking Workshops

Sat/Sun October 15 & 16 10.30 – 3.30pm: **Vegetarianism in the Light of Science**

(see page 16 for full details and prices)

Saturday | November 19 10.30 – 1.30pm: **Vegetarian Cooking for Beginners**

Friday | December 2 10.30 – 1.30pm: **Vegetarian Festive Feasts**

Saturday | January 14 10.30 – 1.30pm: **A Journey through Indian Vegetarian Cooking**

Saturday | February 18 10.30 – 1.30pm: **Easy Dishes for Busy People**

Members £23.50 / Non-members £30 / Concessions



## Vedic Astrology Workshops

With Stephen Quong

September 12 – 15, 2011

Astrology has played an important role in every major culture and civilization since the beginning of recorded history. Since ancient times, there has been a universal quest to discover a deeper relationship between the movement of heavenly bodies, and the apparently random and disparate events upon this earth. These workshops will show how the planetary cycles act as a timetable for the unfolding of life lessons.

Stephen Quong (Umananda) is a renowned astrologer from California. He studied classical Vedic astrology with different masters in India, Nepal and Sri Lanka and is a practicing Yogi.

Personal consultations available by request. Contact the Centre for more details.

Monday | September 12

**8pm Free Talk: "Introduction to Vedic Astrology"**

Tuesday | September 13

**8pm Workshop: "Vedic Astrology, Yoga and Spirituality"**

Wednesday | September 14

**8pm Workshop: "Identifying Your Life Purpose and Career Path with Vedic Astrology"**

Thursday | September 15

**8pm Workshop: "Jyotisha and the Karma of Human Relationships"**

One Workshop: £13 members /  
£17.50 non-members / Concessions  
All three Workshops: £33 members /  
£44 non-members / Concessions

## In a World of Gods and Goddesses

**Bharata Natyam  
– Classical Temple Dances**

With Parvati Nair

Saturday | September 24 | 6pm

Bharata Natyam is the oldest classical dance form in India. Known for its grace, purity and sculpture-like poses, it uplifts the beholder to a higher level of spiritual consciousness through its devotional mood and inspiring stories.

Free and open to all.  
Donations welcome.

Programmes subject to change

## Indian Temple Rituals

With a Brahmin Priest from South India

Thursday | September 1 | 8pm

**Ganesha Chaturthi**

The favourite festival of India celebrates Lord Ganesha's birthday. Ganesha – the most beloved of Hindu Gods – is the remover of inner and outer obstacles. This joyous evening will include chanting, meditation and wonderful prasads (sweets).

Friday | September 2 to Sunday | September 4

**Ancient Vedic Rituals**

The ancient rituals from Vedic times are still practiced today throughout the world. Each ritual has profound physical, mental and spiritual benefits. Through the use of Sanskrit mantras, Mudras (hand gestures) and light, spiritual energy is generated, bringing about an increase in one's overall sense of well-being.

Friday | September 2 | 7.30pm

Saturday | September 3 | 6pm

Sunday | September 4 | 6pm

The above programmes are free and open to all.  
Participants are encouraged to bring offerings of flowers or fruit. Donations welcome

Wednesday | September 28 to Thursday | October 6

**Navaratri – Festival of the Divine Mother  
Vijaya Dashami – Day of Victory**

This annual nine-day workshop of the Divine Mother is one of India's most auspicious and ancient spiritual festivals. During Navaratri, the Divine Mother is worshipped in her three aspects as Durga (protector and remover of obstacles), Lakshmi (bestower of wealth and abundance) and Saraswati (embodiment of spiritual wisdom, creativity and learning). The final evening is Vijaya Dashami where everyday work objects are worshipped. All are welcome to bring a small object representing their work to have it blessed.

Puja times:

Monday – Thursday evenings | 8pm

Friday evenings | 7.30pm

Saturday – Sunday evenings | 6pm



## Sanskrit Weekend

With Dr. H.V.S. Shastry

October 8 – 9 2011

Sanskrit – the language of Yoga and Ayurveda – is considered to be the mother of many world languages. This introductory course is an ideal initiation into the basics of Sanskrit. It will show how the meaning is built into every word, bringing new insights and enriching your understanding of Yoga. Classical passages from the yoga scriptures will be introduced and used for reading with an emphasis on proper pronunciation as well as the physical, mental and spiritual benefits of Sanskrit chanting.

Dr. Shastry is a London based Sanskrit Scholar and former Academic Director of the Bharatiya Vidya Bhavan Centre in London. His knowledge and passion for Sanskrit bring out all the beauty and power of the language. His unique teaching style is both dynamic and practical drawing from his years of teaching experience in India, the UK and Europe. Dr. Shastry conducts regular programmes in the European Sivananda Yoga Vedanta Centres.

Daily Schedule:

10.30am	Sanskrit study
12.30pm	Lunch
1.30pm	Sanskrit study
3.30pm	Snack
4pm	Yoga Class (Optional)
6pm	Satsang (Optional)

Full weekend including course materials:  
£63 members / £82.50 non-members / Concession

Programmes subject to change



October 14 – 16 2011

## Vegetarianism in the Light of Science

- Lectures and discussions with Dr. Annika Waldmann, Nutritionist
- Cooking workshops with Swami Bhagavananda, Co-director Sivananda Yoga Vedanta Centre, London



### Topics covered include:

- Reasons for a vegetarian diet
- What you need to know about minerals, vitamins and secondary plant nutrients
- Practical tips on healthy cooking and food combinations
- The vegetarian food pyramid
- Cooking Workshops with delicious recipes



Dr Annika Waldmann received her PhD in Food Science from Hannover University specialising in vegetarian nutrition. She is a regular guest speaker in the European Sivananda Yoga Vedanta Centres. She teaches at the Institute of Clinical Epidemiology in Lubeck, Germany.

### Friday | October 14

7.30pm – Free Talk: "Health Benefits of a Vegetarian Diet"

### Saturday | October 15

10.30 – 12.30pm – Cooking workshop (includes lunch): "Meeting Nutritional needs through Food Choices"

1.30 – 3.30pm – Talk: "Addressing Potential Concerns for Vegetarians"

### Sunday | October 16

10.30 – 12.30pm – Cooking Workshop (includes lunch): "Food Combining in Practice"

1.30 – 3.30pm – Talk: "Food Combining and the Vegetarian Pyramid"

Per day (includes vegetarian meal and yoga class): Members £30 / Non-members £37.50 / Concessions  
Both days: Members £51.50 / Non-members £64 / Concessions



Programmes subject to change



November 12 – 19 2011

## The Meditation Experience – Certificate Course

With Swami Kailasananda, Yoga Acharya

The practice of meditation continues to gain recognition in areas as diverse as psychology, the arts, sports training and healing. It provides means for maximizing physical, emotional and mental efficiency and well-being. This course will provide a thorough overview of the philosophy and practice of meditation as well as techniques for mental relaxation, visualisation, positive thinking and mantra chanting. One can choose to stay at the Centre for the week with a daily programme of Satsangs, yoga classes and vegetarian meals. See residential option below.

**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 (ATT) and Sadhana Intensive courses with clarity, precision and deep insight.

**Course textbook:** *Meditation and Mantras* by Swami Vishnudevananda

### Workshops times & themes:

**Saturday | 12 November | 1 – 3pm:**

Swami Vishnudevananda's 12 Step Approach to Meditation

**Sunday | 13 November | 1 – 3pm:**

Creative Visualisation and Positive Thinking: Training the Mind for Concentration

**Monday | 14 November | 7 – 9pm:**

Relax and Channel Mental Energy through Sound Vibration

**Tuesday | 15 November | 7 – 9pm:**

Meditation and Lifestyle

**Wednesday | 16 November | 7 – 9pm:**

Tips for Overcoming Distraction and Dullness of Mind

**Thursday | 17 November | 7 – 9pm:**

Gate to Inner Peace Connecting to the Inner Self

### Daily schedule for residential option

6am	Wake up
6.30am	Satsang
8am	Light breakfast
10.30am	Yoga Class
12 noon	Lunch
1pm	Karma Yoga (Voluntary Service)
2pm	Meditation practices
3pm	Break
4pm	Yoga Class
5.30pm	Dinner
7.00pm	Main Workshop

## Satsangs

with Swami Kailasananda

Free and open to all



### September 16 – 18 2011

**Friday | September 16**

7.30pm – Mind and Consciousness

**Saturday | September 17**

6pm – Swami Vishnudevananda's Peace Mission

**Sunday | September 18**

6pm – Sadhana (The Inner Pilgrimage)

### November 11 – 13 2011

**Friday | November 11**

7.30pm – Breath and Emotional Balance

**Saturday | November 12**

6pm – How to Develop Will Power

**Sunday | November 13**

6pm – The Opening of the Heart

Per workshop: £25 | All 6 workshops: £125. Per day: £45 | All 6 days: £225  
Residential option: Dorm £410 | Double room £535

Programmes subject to change

# The Divine Essence of Man

January 17 - 23 2012

Spiritual music and Divine Wisdom  
from Ancient India

With **Sri Venugopal Goswami**, Bhagavatacharya  
Radha Raman Temple, Vrindavan, North India

• A vivid journey through the Srimad Bhagavatam, the classical scripture of 18,000 inspirational verses on the true meaning of life. • Daily live music with uplifting ragas and dynamic rhythms.



## 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.



## Spiritual Awareness Through Discrimination

Talks on Yoga with Swami Durgananda, European Yoga Acharya

January 21 - 22 | 6pm

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.

### Tuesday | January 17

4pm Asana Workshop: "The Power of the Twelve Basic Postures"

6.30pm Talk with Swami Bhagavananda: "The Yoga of Synthesis of Swami Sivananda"

7.30pm Spiritual Discourse with Sri Venugopal Goswami and his musical ensemble

### Wednesday | January 18

4pm Asana Workshop: "Dynamic Practice - Classical Variations of Swami Vishnudevananda"

6.30pm Talk with Swami Krishnadevananda: "Thought - Its Dynamics and Power"

7.30pm Spiritual Discourse with Sri Venugopal Goswami and his musical ensemble

### Thursday | January 19

4pm Asana Workshop: "Dynamic Backward Bends"

6.30pm Talk with Swami Bhagavananda: "Simple Living - High Thinking"

7.30pm Spiritual Discourse with Sri Venugopal Goswami and his musical ensemble

### Friday | January 20

4pm Asana Workshop: "Increasing the Flow of Prana through Steadiness in the Asana"

6pm Talk with Swami Krishnadevananda: "Health is Wealth"

7.30pm Spiritual Discourse with Sri Venugopal Goswami and his musical ensemble

### Saturday | January 21

4pm Asana Workshop: "Dynamic Forward Bends"

6pm Talk with Swami Durgananda: "Spiritual Awareness Through Discrimination - Part 1"

7.30pm Spiritual Discourse with Sri Venugopal Goswami and his musical ensemble

### Sunday | January 22

4pm Asana Workshop: "Physical and Mental Dynamics in the Balancing Postures"

6pm Talk with Swami Durgananda: "Spiritual Awareness Through Discrimination - Part 2"

7.30pm Peace Concert with Sri Venugopal Goswami and his musical ensemble

### Monday | January 23

4pm Asana Workshop: "Longer Holding in the Asanas"

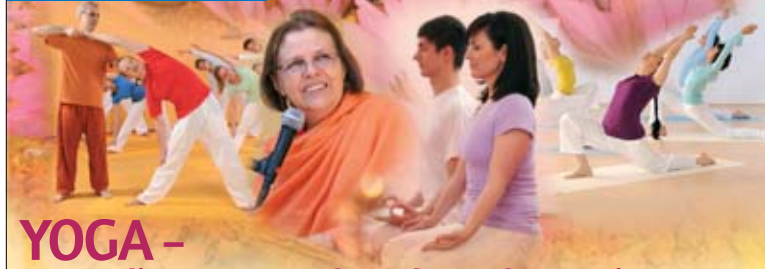
6.30pm Talk with Swami Krishnadevananda: "Inspiration from the Words of Swami Vishnudevananda"

7.30pm Spiritual Discourse with Sri Venugopal Goswami and his musical ensemble

Music and Discourse: Members £10 / Non-members £13 • Talk: Members £7 / Non-members £10 • Yoga Class: charged as an open class  
Music and Talk combined: Members £16 / Non-members £20 • Full programme: Members £70 / Non-members £90  
Member price extends to those enrolled in courses

Programmes subject to change

## SNEAK PREVIEW!



# YOGA - Expanding Energy, Thought and Consciousness

March 17 - 24 2012

A one week certificate course taught by Swami Durgananda, European Yoga Acharya, Swami Sivadasananda, Yoga Acharya, and senior teachers.

## Success in Life and Spirituality

Certificate Course with Swami Durgananda, European Yoga Acharya

Seven lectures on "Thought Culture and the Influence of Consciousness in Life".

## Expansion in the Asanas

With Swami Sivadasananda, Yoga Acharya

Seven asana and pranayama workshops on the integral body-mind experience of Hatha Yoga. Workshops will include anatomical Powerpoint presentations showing the many levels on which Yoga works.

## Sivananda Yoga Teachers' Weekend "Teaching Yoga - The Next Step"

With Swami Durgananda, Swami Sivadasananda and senior teachers.

March 18 - 19 2012

• "How to teach" workshops • Study of physical, psychological and spiritual aspects of the yoga experience.



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 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.

Prices: to be confirmed

Programmes subject to change

# Special Satsangs and Spiritual Festivals



Satsang consists of meditation followed by chanting and a talk on the philosophy of yoga and vedanta.  
Free of charge. Open to all.  
Every Wednesday 8pm, Friday 7.30pm, Saturday and Sunday 6pm.



## Ganapathi Homa

A traditional Vedic fire ceremony to invoke the blessings of Lord Ganesha, the remover of obstacles. Donations welcome.

Thursday September 1 | 8pm  
Sunday October 16 | 6pm  
Sunday November 20 | 6pm  
Sunday January 8 | 6pm  
Saturday February 4 | 6pm



## Thursday September 1 | 8pm Vinayaka Chaturthi – Lord Ganesha's Birthday

A celebration of Lord Ganesha, remover of obstacles and bestower of all success. Programme includes a Homa, chanting and delicious Prasad. Participants are encouraged to bring flowers and fruit.



Friday September 2 – Sunday September 4  
**Ancient Vedic Rituals  
With Brahmin Priest, South India**  
See page 15.



## Thursday September 8 | 8pm Swami Sivananda's Birthday Celebration

A celebration with chanting and stories from the life of one of the great sages of all time and the inspiration behind the Sivananda Yoga Vedanta Centres worldwide.



Friday September 16 – Sunday  
September 18  
**Satsangs with Swami  
Kailasananda, Yoga Acharya**  
See page 17.



## Saturday September 24 | 6pm Bharata Natyam – Classical Temple Dance from South India With Parvati Nair

See page 14. Donations welcome.



Wednesday September 28  
– Thursday October 6

## Navaratri & Vijaya Dashami

The annual nine-day workshop of the Divine Mother plus Day of Victory celebration. Participants are encouraged to bring flowers and fruit. Puja times: see page 15.



Wednesday October 26 | 8pm  
**Deepavali – Festival of Light**

This is the great festival of light which honours Mother Lakshmi (goddess of wealth). The programme includes traditional ceremony with a South Indian priest. Participants are encouraged to bring flowers and fruit.



Wednesday November 9 | 8pm  
**Mahasamadhi of Swami  
Vishnudevananda**

Celebration of the day when Swami Vishnudevananda left his body and attained Samadhi (final liberation). Programme will include Puja, chanting and stories. Flower offerings are welcome.



Friday November 11 – Sunday November 13  
**Satsangs with Swami  
Kailasananda, Yoga Acharya**  
See page 17.



Saturday December 10 | 6pm  
**Christmas Party**

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



Saturday December 24 | 6pm  
**Christmas Eve Satsang**

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

Saturday December 31 | 8pm  
**New Year's Satsang and  
Chanting for World Peace**

With Om Namō Narayanaya chanting, food and silent meditation into the New Year.

# Sivananda Easter Yoga Retreat

Gaunts House, Wimborne, Dorset

April 5 – 9, 2012



This Easter retreat continues a tradition going back many years and offers a unique opportunity to relax, rejuvenate and deepen your Yoga experience. The daily schedule is based on the 5 points of Swami Vishnudevananda, the same schedule followed in Sivananda Ashrams for over 50 years.

## Retreat Prices

Tent: Members £294/Non-members £326

Shared room: Members £366/Non-members £398

Double Room: Members £396/Non-members £428

Single: Members £406/Non-members £438

Single Ensuite: Members £446/Non-members £478

## Summer Retreat

August 23 – 27, 2012 (contact the Centre for details)

## Training in Vrindavan, North India 2011 – 2012

[www.sivananda.eu](http://www.sivananda.eu)

### INTERNATIONAL YOGA TEACHERS' TRAINING (TTC)

28 January – 26 February 2012  
20 October – 18 November 2012

Course Tuition: Dormitory 1 - £1,395 | Dormitory 2 - £1,570  
Double £1,875. (Tuition fee includes room and board)

### ADVANCED YOGA TEACHERS' TRAINING (ATTC)

20 October – 18 November 2012

Course tuition: same as above  
For course description see pages 24 – 25



Contact the Centre for advice concerning visa applications.

Prices valid till March 31st, 2012

### HIMALAYAN PILGRIMAGE Yoga Sadhana at the source of ancient wisdom

6 – 19 November 2011

- **Haridwar**, An old temple city by the Ganga.
- **Rishikesh**, Visit and Meditation at the Sivananda Ashram.
- **Uttarkashi in the Himalayas**, Yoga practice on the banks of the Ganga.
- **Delhi**, Temple visits and shopping.

Limited number of participants  
Minimum Donation: 1,190 €

28 February – 16 March 2012

**Ranikhet – Himalayan Hill Resort, Rishikesh, Haridwar, Delhi**

Minimum Donation: 1,580 €



## Yoga Teachers' Training Course in London

A four week intensive residential course in all aspects of yoga

May 26 – June 23, 2012

### The Course

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. The course is taught by Yoga Acharyas (spiritual teachers), personally trained by Swami Vishnudevananda, as well as other experienced Swamis and yoga teachers.

### The Gurukula System of Education

The course is based on India's traditional Gurukula teaching system, where by direct contact with the teachers, the student's day-to-day life during the course is transformed into an integrated learning experience.

### Curriculum

Asanas • Pranayama • Kriyas (yogic cleansing techniques) • How to Teach • Anatomy & Physiology • Yogic Diet and Nutrition • Meditation • Kirtan (Sanskrit Devotional Chanting) • Bhagavad Gita • The Four Paths of Yoga.

### International 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.

### 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.

### Tuition Fee

Shared: £2,100 | Twin: £2,600  
Tuition fee includes room and board

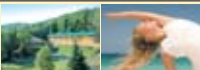
## Other Worldwide Sivananda Ashrams

[www.sivananda.org](http://www.sivananda.org)

Sivananda Ashrams are situated worldwide in the following locations and all offer year round Yoga Vacations.

**Sivananda Ashram Yoga Camp** - Canada (Quebec)  
[www.sivananda.org](http://www.sivananda.org)  
**Sivananda Yoga Retreat** - Bahamas (Nassau)  
[www.sivananda.org/nassau](http://www.sivananda.org/nassau)  
**Sivananda Ashram Yoga Ranch** - New York (Woodbourne)  
[www.sivananda.org/ranch](http://www.sivananda.org/ranch)  
**Sivananda Ashram Yoga Farm** - California (Grass Valley)  
[www.sivananda.org/farm](http://www.sivananda.org/farm)

**Sivananda Yoga Dhanvantari Ashram** - South India (Kerala)  
[www.sivananda.org/neyyardam](http://www.sivananda.org/neyyardam)  
**Sivananda Kutir** - North India (Himalayas)  
[www.sivananda.org/netala](http://www.sivananda.org/netala)  
**Sivananda Yoga Vedanta Meenakshi Ashram** - South India (Madurai)  
[www.sivananda.org/madurai](http://www.sivananda.org/madurai)





## International Sivananda Yoga Teachers' Training Courses Europe & North India 2011 – 2012

[www.sivananda.eu](http://www.sivananda.eu)

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 its 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.

### Curriculum

- Yoga Asanas
- Pranayama
- Kriyas (Yogic cleansing techniques)
- How to Teach
- Anatomy and Physiology
- Yogic Diet and Nutrition
- Meditation
- Kirtan (chanting)
- Bhagavad Gita (classical scripture)
- The Four Paths of Yoga
- Vedanta Philosophy

### The Teachers

The course is taught by Yoga Acharyas, senior disciples of Swami Vishnudevananda.

### Registration

To register for the courses listed under European dates, contact the Sivananda Yoga Vedanta Centre London or visit [www.sivananda.eu](http://www.sivananda.eu)

### Certified by the worldwide Yoga Alliance

Certified by the worldwide Yoga Alliance for the 200 hours standard for Registered Yoga Schools (RYS).

### Other Course Locations

To register for the worldwide courses contact the relevant Sivananda Ashram directly. For a full listing please visit [www.sivananda.org](http://www.sivananda.org)

### Ashram Preview



### Saturdays, 4pm

Free of charge. No booking necessary.

**Sept 10, Oct 1, Nov 5, Dec 3, Jan 7, Feb 4, March 3**

(see page 4)

### Yoga Teachers' Training Course (TTC)

[www.sivananda.eu](http://www.sivananda.eu)

#### Austria – Reith, Tyrol

The Sivananda Yoga Retreat House is set amidst the magnificent mountain peaks of the Austrian Alps.

December 17, 2011 – January 15, 2012\*

May 5 – June 3, 2012 (in German)\*\*

July 28 – August 26, 2012\*\*

September 1 – September 30, 2012\*\*

December 15, 2012 – January 13, 2013\*

\*Course Tuition: £2,005 for August and December Courses.

For UK Residents only.

All rates plus visitor's tax: 1.10 € per person per night.

Tuition fee includes: course fee, TTC manual, 2 yoga trousers, 2 t-shirts. Room and board costs are extra. Please contact the Centre for more details.

Early Bird and Partner discounts on all rates.

#### \*\* SPECIAL RATES FOR MAY AND SEPTEMBER COURSES SAVE APPROX. £550 ON ROOM & BOARD

May 5 – June 3, 2012 (in German)

September 1 – September 30, 2012

Course Tuition: Dormitory £2,115 | Shared £2,465

Triple £2,680 | Double £3,030 | Single £3,335

All rates plus visitor's tax: 1.10 € per person per night

Tuition fee includes room and board.

Early Bird and Partner discounts on all rates.

#### SPECIAL RATES FOR STUDENTS AND THE UNEMPLOYED IN MAY AND SEPTEMBER

Dormitory: £1,730 | Shared: £2,080

INCLUDING simple room & board in the Yoga Retreat House

#### North India – Vrindavan

Vrindavan is one of the holiest places in India located directly on the banks of the revered Yamuna River.

January 28 – February 26, 2012

October 20 – November 18, 2012

Course Tuition: Dormitory 1 £1,395 | Dormitory 2 £1,570

Double £1,875. Tuition fee includes room and board

#### TTC in London see page 23

May 26 – June 23, 2012 Course

Course Tuition: Shared: £2,100 | Twin: £2,600

Tuition fee includes room and board



Important: All these rates are valid till March 31st, 2012

#### France – Orléans, Loire Valley

The Château du Yoga Sivananda is a haven of peace situated near Orleans forest about two hours from Paris.

March 3 – April 1 2012 (in French)

Course Tuition: Dorm: £2,050, Double: £2,530, Single: £3,140, Single with bathroom £3,400. 10% reduction on dormitory accommodation for students and the unemployed.

April 14 – May 13, 2012

Course Tuition: Tent\*: £1,745, Dorm: £2,050, Double: £2,530, Single: £3,140, Single with bathroom £3,400. 10% reduction on tent or dorm accommodation for students and the unemployed

June 29 – July 27, 2012

Course Tuition: Tent\*: £2,000, Dorm: £2,215, Double: £2,810, Single: £3,070, Single with bathroom £3,320.

July 29 – August 26, 2012 (in French)

Course Tuition: Tent\*: £2,000, Dorm: £2,215, Double: £2,810, Single: £3,070, Single with bathroom £3,320.

Tuition fee includes room and board.

\*Please bring your own tent, mattress and sleeping bag

#### SPECIAL RATES FOR THE COURSES IN MARCH/ APRIL SAVE APPROX. £550 ON ROOM & BOARD

#### Spain – Aluenda

August 11 – September 9, 2012 (in Spanish & Portuguese)

Course Tuition: Dorm: 2,595 €, Shared: 2,703 €,

Double: 2,703 €. Tuition fee includes room and board.

#### Poland – Ustka, Baltic Sea

September 1 – September 30, 2012

Course Tuition: Shared: 1,900 €, Single: 3,100 €. Tuition fee includes room and board

#### Advanced Teachers' Training Course (ATTC)

#### Austria – Reith, Tyrol

May 5 – June 3, 2012

#### NEW! SPECIAL REDUCTIONS

SAVE APPROX. £550 ON ROOM & BOARD

Course Tuition: Dormitory £2,115 | Shared £2,465 Triple £2,680 Double £3,030 | Single £3,335. Tuition fee includes room and board. Early Bird and Partner discounts on all rates.

#### France – Orléans, Loire Valley

29 June – July 27, 2012

Course Tuition: Tent\*: £2,000, Dorm: £2,215, Double: £2,810, Single: £3,070, Single with bathroom £3,320.

Tuition fee includes room and board.

\*Please bring your own tent, mattress and sleeping bag

#### North India – Vrindavan

October 20 – November 18, 2012

Course Tuition: Dormitory 1 £1,395, Dormitory 2 £1,570, Double £1,875. Tuition fee includes room and board.

#### Sadhana Intensive

This course is open to those who have successfully completed the Sivananda Teachers' Training Course

#### France – Orléans, Loire Valley

August 4 – August 19, 2012

Course Tuition: Tent\*: £830, Dorm: £1,000, Double: £1,265, Single: £1,440.





[www.sivananda.eu](http://www.sivananda.eu)

## Sivananda Yoga Vedanta Retreat House

Reith near Kitzbühel, Tyrol, Austria [www.sivananda.org/tyrol](http://www.sivananda.org/tyrol)

Stay as long as you like and choose from a wide variety of programmes all year round

• Asanas and pranayama • Health, stress management • Ayurveda and nutrition

Including Lectures, PowerPoint presentations, recommended readings and one-to-one talks.  
(For the complete 2011/12 programme visit: [www.sivananda.org/tyrol](http://www.sivananda.org/tyrol)).

Daily rates for the yoga vacation programme (including room and board in eco-hotel opposite): From 72 €  
Concessions for students and the unemployed.



English-speaking yoga vacation guests are welcome throughout the year.  
Yoga classes are taught in both English and German and all lectures in German are translated simultaneously into English via wireless headphones.

**Certified Courses** Specially recommended for teachers and regular students.  
Includes participation in Yoga classes and meditation as part of the Yoga Vacation Programme. Concessions for students and the unemployed.

Nov 11 – 26, 2011 / Mar 17 – 24, 2012

**THE YOGIC WAY OF COOKING**

Nov 26 – Dec 3, 2011 / Mar 24 – 31, 2012  
**YOGA AND STRESS MANAGEMENT**

August 6 – 10, 2012  
**NEW: YOGA AND MEDICINE**  
with Dr Timothy McCall

August 13 – 20, 2012 (tbc)  
**YOGA AND PSYCHOLOGY**  
With Dr Uma Krishnamurthi, Psychiatrist,  
Bangalore, India

August 22 – 31, 2012  
**YOGA OF THE HEART**  
With Nischala Joy Devi,  
pioneer in Yoga Heart Therapy, USA

November 10 – 16, 2012

**YOGA – YOUR HOME PRACTICE  
COMPANION**

Nov 24 – Dec 1, 2012

**AYURVEDA NUTRITION COURSE**  
With Sanjay Kulkarni, Ayurveda Acharya,  
India



## Sivananda Yoga Vedanta Academy

Reith near Kitzbühel, Tyrol, Austria [www.sivananda.org/tyrol](http://www.sivananda.org/tyrol)  
Special Programmes for Christmas and New Year

Daily rates from 87 €

Bring the year to a close in a relaxed atmosphere full of new inspiration. Meditation practice, dynamic workshops and lectures with experienced instructors, winter walks, downhill and cross-country skiing, vegetarian delicacies and many special guests. The special programmes are included in the general daily rate for yoga vacation and are open to all participants.

Thu 22.12 – Mon 26.12

**Asana special**  
**Anatomical Details in the Asana**  
With Swami Narayananda

Thu 22.12 – Mon 26.12

**Lecture series**  
**Yoga – Expansion of Consciousness**  
with Swami Sivadasananda, Yoga Acharya

Thu 22.12 – Thu 29.12

**Spiritual highlight**  
**South Indian Temple Meditations**  
With a priest from South India

Friday 23.12 – Sat 31.12 / Mon 2.1 – Sun 8.1

**Asana special**  
**Sivananda Beginners' Guide to Yoga**  
The proven basic guide from the Sivananda Yoga Centres

Fri 23.12 – Thu 29.12

**Lecture series**  
**New Vitality through Ayurveda**  
With Sanjay Kulkarni, Ayurveda Acharya, Pune, India  
Practical dietary advice for relieving the digestive system and boosting the immune system.

Sat 24.12 – Sat 31.12

**Daily Yoga Sadhana (Practice) at Christmas**  
30 minutes of extra pranayama practice  
11am: Puja with a South Indian priest  
12pm: Asana coaching class with individual instruction  
7pm: OM Namō Narayanaya Chanting for world peace

Fri 24.12

**Christmas Party**  
With Yoga Acharyas, staff and yoga teachers from all over Europe

Tue 27.12 – Fri 30.12

**Asana special**  
**Energy Expansion with Yoga**  
with Swami Sivadasananda, Yoga Acharya  
Skeletal and respiratory muscles in the Sun Salutation

Tue 27.12 – Fri 30.12

**Lecture series**  
**Yoga – Music of the Soul**  
with Swami Ramapriyananda

Sat 31.12 – Tue 3.1.2012

**Asana special with individual coaching class**  
**Mind-Body Dynamics in the Asanas**  
with Swami Atmaramananda, Yoga Acharya

Sat 31.12 – Tue 3.1.2012

**Lecture series**  
**Know Thy Self**



Lectures with Swami Durgananda, Yoga Acharya  
Based on the Atma Bodha (Self-Knowledge) by Sankaracharya. Swami Durgananda, Yoga Acharya, is a senior student of Swami Vishnudevananda and director of the Sivananda Yoga Vedanta Centres in Europe.

Fri 31.12

**New Year's Eve Celebration & Peace Concert**

Sat 31.12 – Sat 7.1

**Spiritual highlight**  
**The Divine Essence of Man**



With guest of honour Sri Venugopal Goswami, Bhakti Yoga Acharya, Vrindavan North India  
Daily live music with uplifting ragas and dynamic rhythms (tabla, harmonium, bamboo flute).  
Sri Venugopal Goswami is a spiritual teacher in a family tradition of more than 500 years and studied under the world-famous Indian vocalist Pandit Jasraj.

Wed 4.1 – Sun 8.1

**Asana special**  
**Finding Balance with Asanas**  
with Swami Ramapriyananda

Wed 4.1 – Sun 8.1

**Lecture series**  
**The Classical Meditation Paths of Yoga**  
with Swami Kailasananda, Yoga Acharya

# Ashram de Yoga Sivananda

Loire Valley, France



[www.sivananda.org/orleans](http://www.sivananda.org/orleans) • [www.sivananda.eu](http://www.sivananda.eu)

This haven of peace is located 2 hours south of Paris on the border of the famous Loire Valley region. Its natural setting is very conducive to contemplation and rejuvenation: vast open spaces, old forests with century old trees populated with countless species of birds, breathtaking sunrises and sunsets. Come to relax, meet spiritual practitioners from all over the world and deepen your yoga practice.

## Calendar Highlights for Autumn 2011/Winter 2012

From 48 € per night.

More information on [www.sivananda.org/orleans](http://www.sivananda.org/orleans) or ask us for our free brochure.

November 20 – 27

### The Art of Creative Visualisation



With  
Swami Kailasananda  
and  
Swami Anantananda

#### Workshop themes

- The law of karma and attraction
- The mind, architect of destiny
- Mantras, tools to connect with the Self
- How to develop mental clarity and concentration
- How to find success and contentment

### One Week Yoga at a reduced Rate

September 25 – October 2, 2011

December 11 – 18, 2011

January 1 – 8, 2012

- The 5 points of Yoga
- Yoga classes with individual corrections
- Introduction to meditation
- Principles of yogic diet
- The 4 paths of Yoga



December 18, 2011 – January 2, 2012

## Special Christmas and New Year Programme



With the exceptional participation of Swami Durgananda, Yoga Acharya. Honoured guest: Sri Venugopal Goswami, Bhakti Yoga Acharya. With Swami Kailasananda, Swami Atmaramananda, Swami Anantananda, Swami Jyotirmayananda and other Sivananda staff and teachers.



December 21 – 27

### Yoga and Success in Life

With Swami Kailasananda, Yoga Acharya



December 23 – 29

### Bhagavata Saptaha Wisdom from ancient India

With Guest of honour:  
Bhagavad Acharya Sri Venugopal Goswami



December 23 – 29

### The Power of Hatha Yoga

With Swami Atmaramananda, Yoga Acharya



December 27 – 29

### Meditations from the Raja Yoga Sutras of Patanjali

With Swami Durgananda, Yoga Acharya

Tuesday 27, Wednesday 28 & Thursday 29 December at 12pm:  
Study the sutras of Patanjali



## General Guidelines

**Attendance:** Students are asked to arrive 10 to 15 minutes before the class starts.

**Clothing:** Please bring comfortable loose clothing. Cotton is preferable. We ask you to dress modestly, with shoulders, midriff and legs covered. Changing rooms are available.

**Yoga Gear:** Please bring your own yoga mat or a large towel. Cushions and blankets are provided.

**Beginners:** are advised to take a Beginners' Course before attending open classes (see page 7). If you are new to the Centre your first class is free.

**Important:** We recommend that you do not eat for at least two to three hours before a class. Please do not bring any food, drink (including water), or any outdoor wear into class. Mobile phones/pagers must be switched off and not used within the Centre. Eyeglasses should be placed in a hard case during class or left in the changing rooms.

## Class Descriptions/ Fees\*

**Open Class:** Duration: 90 mins. Intermediate level class on a drop-in basis, covering the 12 basic postures, breathing exercises and relaxation. An appropriate level for Yogic Practitioners. **Members £7.50/ Non-members £11**

**Lunch Class:** Duration: 60 mins. Intermediate level on drop-in basis. **Members £6/ Non-members £8** Please note that the Lunch class does not run from December 1 2011 – January 31 2012

⊛ **Advanced Class:** Duration: 90 minutes. For students who have completed Yoga 4 or TTC. **Members £7.50/ Non-members £11**

⊛ **Advanced Asana Workshop:** Duration: 120 minutes. For students who have completed Yoga 4 or TTC. (see page 10 for dates and themes) **Members £10/ Non-members £13.50**

**Pensioners' Class:** Duration: 90 minutes. A basic Open Class with variations suitable for pensioners. Previous knowledge of yoga is recommended. **Minimum donation: £2**

**Yoga Lite:** Duration: 90 minutes. A drop-in class suitable for persons new to yoga or at a beginners' level. **Members £7.50/ Non-members £11**

**Yoga Plus:** Duration: 90 minutes. An open class with mantra chanting and guided meditation. **Members £7.50/ Non-members £11**

**Pregnancy Class:** Duration: 90 minutes. Basic yoga exercises adapted for pregnancy. It is advisable to begin classes after the first trimester. Students will not be allowed to take part in Open Classes during pregnancy. Please note: no classes from Dec 17 2011 to Jan 4 2012. **Members £7.50/ Non-members £11**

**Kids' Class:** Duration: 90 minutes. The class focuses on postures adapted for children, meditation, chanting and storytelling. Open to children ages 7 – 12. **Class dates:** Sept 3 at 4pm, Oct 1 at 4pm, Nov 5 at 2pm, Dec 3 at 4pm, Jan 7 at 4pm and Feb 4 at 2pm. Minimum. **Minimum donation: £2**

**Private classes:** Duration: 60 minutes. One to one training with experienced teachers. Advanced booking required. **Members £45/ Non-members £55**

**Group Meditation (Satsang):** Consists of 20–30 minutes of meditation, 45 minutes of mantra chanting and a talk on the philosophy of Yoga and Vedanta. Open to all. Satsangs may be replaced by special programmes. Please contact the Centre to confirm dates and times. **Free of charge**

**Donations welcome.**

\*Valid until January 30, 2012

## Membership

Annual or life membership entitles you to a discount on classes, courses, workshops and retreats offered by the Centre. The membership is valid at Sivananda Yoga Vedanta Centres worldwide (certain restrictions may apply). Our magazine YogaLife is free with membership. By taking out membership you actively support the Centre.

**Annual Membership £65/ Lifetime Membership £650**

**For members we offer the following:**

<b>Unlimited Classes**</b>	
10-class card (valid for one year)	£63
Unlimited monthly classes	£67
Unlimited weekly classes	£22.50
Unlimited 6 month classes	£295
Unlimited yearly classes	£480

(The above cards can only be used with a valid membership)

## Class Cards for Non-members\*\*

10-class card (valid for one year)	£93
Unlimited monthly classes	£99
5 class card*	£35

\*Valid for 3 months for the following classes: Mon, Tues and Wed at 4pm. Thurs and Fri all classes. Contact the Centre for more details.

## Concessions

**25% reduction off** open classes, courses and workshops for:

- People who are unemployed (with a valid ES40 card)
- People who receive benefits (with a valid Letter of Entitlement)
- Students (with a valid NUS Card)

## Unlimited Yearly Classes by Monthly Instalments:

Members*	£48 per month
Non-members*	£60.50 per month

\*This option covers a period of 12 consecutive months

## Opening Times

<b>Monday – Thursday</b>	<b>10am – 9.30pm</b>
<b>Friday</b>	<b>10am – 7.30pm</b>
<b>Saturday</b>	<b>10am – 6pm</b>
<b>Sunday</b>	<b>3pm – 6pm</b>

**Bank Holidays:** The schedule for Bank Holidays is as follows: 4.00pm Open Class • 6.00pm Satsang

## Registration

**To Register:** Telephone bookings are accepted by credit or debit card. We accept American Express. It is also possible to book online by visiting [www.sivananda.co.uk](http://www.sivananda.co.uk), or in person during operating hours. The Centre will accept no liability for lost or misdirected payments, unless due to its own negligence.

**Payment:** A deposit of £20 is required to secure a place on a course. The outstanding balance is due in full one week before the course starts. If the balance has not been paid, the Centre has the right to return the deposit and cancel the booking, minus a £10 administration fee.

## Refunds, Credits and Transfers

**Refund:** A student who cancels a course up to 48 hours before the course commences is entitled to a refund or credit for the amount paid minus a £10 administration fee. Cancellation of a course by the Centre will result in a full refund of any monies paid.

**Credit:** A student who cancels a course less than 48 hours before the course commences, or who has booked less than 48 hours before the course commences and then cancels before the course starts, will be eligible for a credit note for the amount paid, less a £10 administration fee. **Credits are valid for one year from the date of issue.**

**Transfer:** The first transfer from one course to another will not incur a transfer fee as long as the request is made before the course commences. All subsequent transfers will incur a £10 administration fee per transfer whether the request is made before or after the course commences. Please note that transfers requested after the completion date of the course will not be honoured.

## Missed Classes

**Courses:** Each student will receive a voucher when booked on any Yoga course. The voucher can be used to replace missed classes or in Open Classes. Vouchers are only given for Yoga 1, Yoga 2 & 2m, Yoga 3 & 3P, Yoga 4 and Yoga 5 courses.

## Other

**Donations:** The Sivananda Yoga Vedanta Centre is a registered charity. We try to keep prices to a minimum. Donations of all kinds are appreciated and are tax exempt.

**Voluntary Service (Karma Yoga):** All the Sivananda Yoga Vedanta Centres are supported by the practice of karma yoga (voluntary service). All talents are welcomed. If you have time and energy to spare, please let us know.

## Yoga Shop

We have a bookshop at the Centre which stocks an extensive selection of books, tapes, CDs, clothing, yoga mats and a range of other items relating to the study and practice of yoga and meditation. Please visit our online Yoga Shop at [www.sivananda.co.uk](http://www.sivananda.co.uk)

\*Prices valid until January 30, 2012

\*\*Lost or stolen cards cannot be replaced

# DAILY SCHEDULE

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30 – 12pm	Open Pensioners	Open	Open Pensioners	Open	Open	Open Pregnancy	
12.30 – 1.30pm			Lunch Class				
2 – 3.30pm						Trial Class	
3.30 – 5.30pm							Advanced+ Workshop
4 – 5.30pm	Open	Open	Open	Advanced	Open	Open Kids*	Open
6.00pm						Group Meditation	Group Meditation
6 – 7.30pm					Open Advanced		
6.30 – 8pm	Open Yoga Lite	Advanced	Open Pregnancy	Open			
7.30pm					Group Meditation		
8 – 9.30pm	Open	Yoga Plus	Open Group Meditation	Open Trial Class			

Please see page 30 for class descriptions

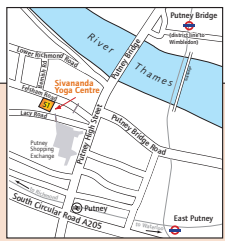
\*for class dates see page 30

The daily schedule is subject to change without prior notice

†for course dates & themes see page 4

 All of the above programmes are recommended for yoga teachers and advanced students

**NOTE:** If you have received duplicate copies of this brochure, if the address is incorrect, or if you would like to be removed from our mailing list, please contact the Centre at london@sivananda.net or by post. Please do not phone.



## Getting Here

**By Tube** District Line to Putney Bridge or East Putney

**By Train** South West Trains – Putney Station

**By Bus** 14, 22, 39, 74, 85, 93, 220, 265, 270, 337, C4, 430

**By Bike** Secure cycle parking is available inside the Centre

**By Car** From the Lower Richmond Road turn into Bemish Road then turn left into Felsham Road. Pay and display – limited spaces available.

## Our Mailing List

In an effort to reduce costs and conserve paper usage we are trying to reduce the number of brochures we mail out. If you would like to take part in this effort, please send a brief e-mail to london@sivananda.net along with your name and post code as they appear on the mailing label of this brochure. We can then add your name to our Sivananda Weekly Newsletter mailing list which will keep you abreast of current activities at the Centre. You can always obtain up-to-date information by consulting our website [www.sivananda.co.uk](http://www.sivananda.co.uk)  
We thank you in advance for your co-operation.



**Sivananda Yoga Vedanta Centre**

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[www.sivananda.eu](http://www.sivananda.eu)

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