



# SIVANANDA YOGA

Founder: Swami Vishnudevananda, est. 1957



Swami  
Sivananda  
(1887 – 1963)



Swami  
Vishnudevananda  
(1927 – 1993)

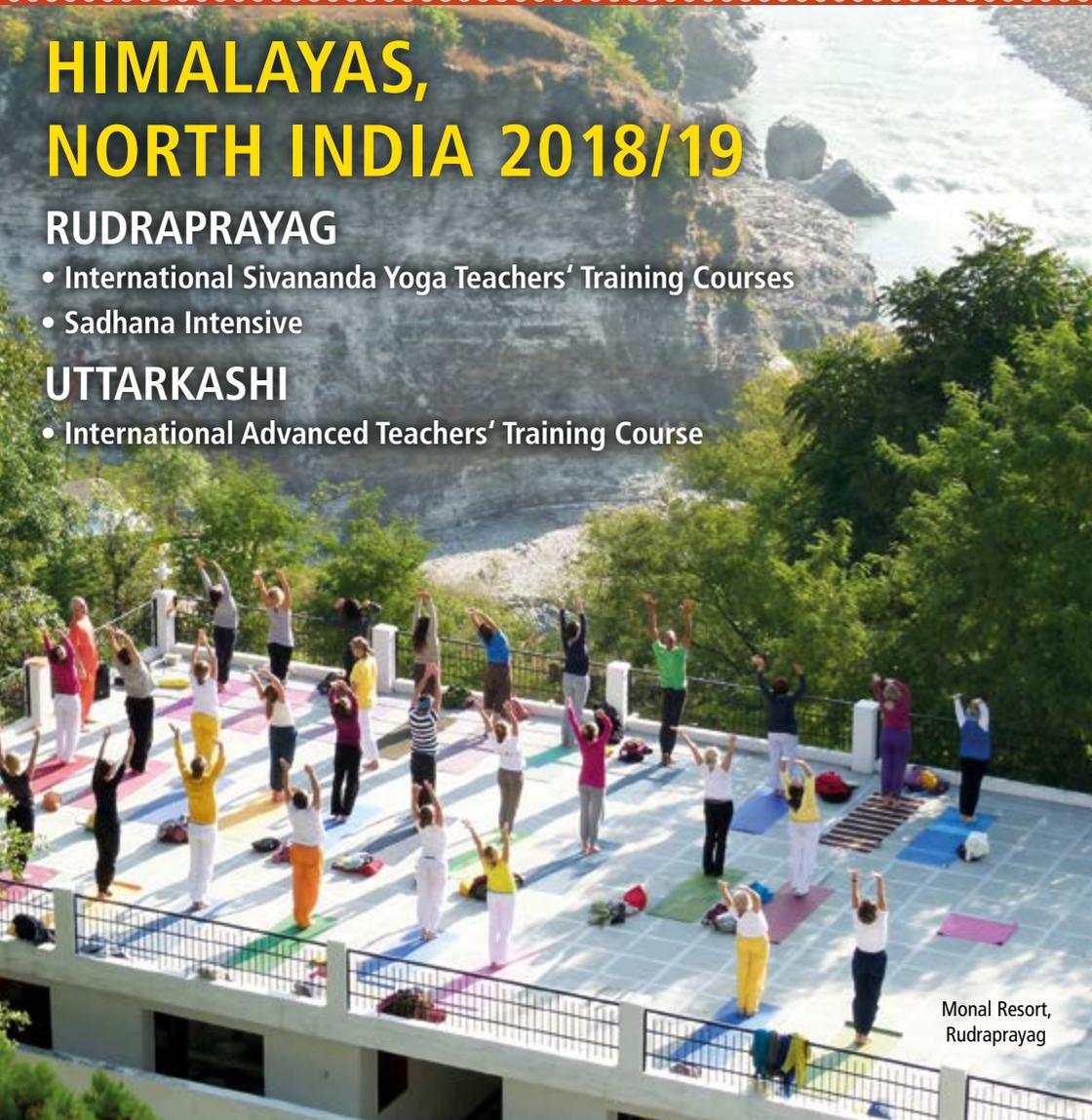
## HIMALAYAS, NORTH INDIA 2018/19

### RUDRAPRAYAG

- International Sivananda Yoga Teachers' Training Courses
- Sadhana Intensive

### UTTARKASHI

- International Advanced Teachers' Training Course



Monal Resort,  
Rudraprayag

Organised by

Sivananda Yoga Vedanta Centre

Founder: Swami Vishnudevananda, est. 1957

Steinheilstr. 1, 80333 Munich, Germany

Phone: +43 5356 67 404

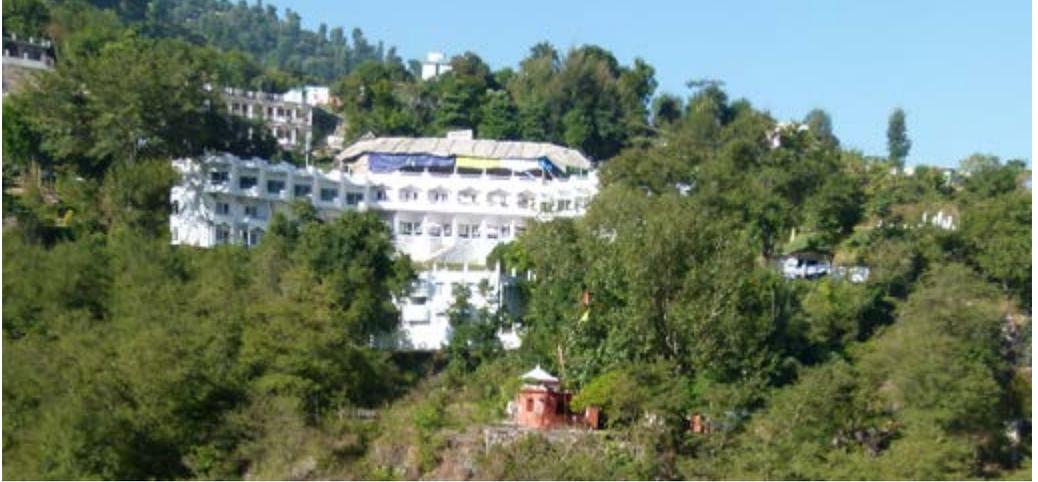
Phone: +44 20 3289 1432

[rudraprayag-himalayas@sivananda.net](mailto:rudraprayag-himalayas@sivananda.net)

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

# SIVANANDA YOGA IN THE HIMALAYAS

The European Sivananda Yoga Centres have organised yoga teacher training courses in India since 2006. Our two course locations in Rudraprayag and Uttarkashi in the Indian state of Uttarakhand are each situated on a tributary to the Ganges. The area carries the spiritual thought currents of generations of pilgrims who walked and prayed in these pristine natural surroundings.



*"How charming is the Himalayan scenery! How sweet is Mother Ganga! How soothing and elevating are their vibrations! How soul-stirring is the company of the Yogins!" - Swami Sivananda*

## RUDRAPRAYAG, UTTARAKHAND

Rudraprayag is an ancient pilgrimage town (20,000 inhabitants) at the point of confluence of the Alaknanda and Mandakini, which are both tributaries to the River Ganges. It is situated at an altitude of 890 m, 370 km away from Delhi. Hotel Monal Resort is located 3 km from Rudraprayag, on 3 acres (1.2 ha) of pristine land, surrounded on three sides by the lesser Himalayan Range. Rooms (1–3 beds) with private bathroom.

## UTTARKASHI, UTTARAKHAND

Sivananda Kutir is located at an altitude of 1,352 m near the village of Netala, 8 km north of Uttarkashi. Uttarkashi is well known for its community of Sadhus and Swamis who live in various ashrams along the Ganges, about half way between Rishikesh and Gangotri, one of the four sources of the Ganges. Swami Vishnudevananda founded the ashram for secluded Sadhana amidst the inspiring beauty of Ganga and Himalayas. The Sivananda Kutir is an ideal location for the ATTC. Daily pujas are conducted by a local priest in the ashram's South Indian style Siva Temple.



# INTERNATIONAL SIVANANDA YOGA TEACHERS' TRAINING COURSES IN RUDRAPRAYAG (TTC)

24 OCTOBER – 22 NOVEMBER 2018

23 FEBRUARY – 24 MARCH 2019

19 OCTOBER – 17 NOVEMBER 2019

Dates include arrival and departure days

## The Sivananda Teachers' Training Course (TTC)

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



### Costs including room and board:

Triple room	€2,530
Double room	€3,090
Single room	€3,910

Reduced triple room price of €2,300, applicable to nationals of the following countries who are residing in their home country: Eastern Europe, Greece, Spain, Italy, Portugal, South and Central America.

Prices valid until 31 December 2018

### Excursions are possible on the lecture-free day:

- Rudraprayag (3 km) • Rudranath Temple (2 km)
- Koteswar Temple (3 km) • Agastyamuni (23 km)
- Kartik Swami (38 km)

**Languages:** English, German, French, Spanish, Italian.  
Please enquire about Portuguese and Russian translation.

**Course language:** English with simultaneous translation into different languages via a wireless translation system.

### Contact person:

Swami Vidyanda (Mon. – Sun., 11 am – 4 pm)

**Phone:** +43 5356 67 404 • +44 20 3289 1432  
rudraprayag-himalayas@sivananda.net

### To apply for the course,

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

Kartik Swami Temple



# CURRICULUM

## Asanas

The daily in-depth practice with individual corrections comprises:

- Sun salutation and the 12 basic yoga postures • 100 asana variations, from intermediate level to advanced • Postural alignment • Deep relaxation with autosuggestion • Release of blocked energy • Training sessions for all age groups
- Benefits of asanas:** Control of emotions and improved power of concentration • Rid the body of excess fat and enhance physical fitness • Relieve chronic ailments such as constipation, rheumatism and digestive problems • Stimulate circulation and stabilise thyroid functions • Keep muscles youthful and supple into old age

## Stress Management and Relaxation

- Active stimulation of the rest and repair process through relaxation with autosuggestion • The three levels of deep relaxation • Mental relaxation techniques for inner tranquillity • Stretching, breathing, tensing and relaxing

## Pranayama

- Expands capacity of the lungs • Relaxes the nervous system • Balances the two hemispheres of the brain • Purifies the nadis (subtle energy channels) • Awakens the inner spiritual energy • Kapalabhati (lung cleansing exercise) • Anuloma Viloma (alternate nostril breathing) • Samanu (mental cleansing of the nadis) • The 8 main pranayamas: Ujjayi, Surya Bheda, Bhastrika, Plavini, Moorcha, Sitali, Sitkari, Bhramari

## Kriyas

- Tratak, Neti, Kapalabhati, Dhauti, Nauli and Basti: six classical purification exercises for the eyes, nose, air passages, oesophagus and stomach, abdominal organs and large intestine • Explanation and demonstration of the exercises and their effects • Individual instruction

## Yogic Anatomy and Physiology

- Introduction to the major body systems • The effects of asanas and pranayama on the cardiovascular, respiratory, digestive, skeletal and muscular systems

## Teaching Practice

- How to teach the 12 basic postures and breathing exercises to beginners and intermediate students • Detailed correction workshops • In the second half of the training course, participants will teach each other under the guidance of an experienced instructor

## Yoga Nutrition

- Vegetarianism – for ethical, spiritual and health reasons • How diet affects the mind • Proper balance of the main nutrients • Ayurvedic principles of nutrition • Healing effects of fasting

## Meditation

- Physical and mental meditation • 12-step daily practice • Effects of and experiences in meditation • Mantras – spiritual energy in sound • Mantra initiation (if desired)

## Hatha Yoga

- Ethical and moral principles • Body – prana (life energy) – mind • From control over the body to control over the mind; meditation

## Raja Yoga

- Ashtanga – the 8 steps of yoga • Antahkarana – functions of the mind • Concentration and meditation

## Kundalini Yoga

- The Absolute and how it manifests itself in nature • Macrocosmos and microcosmos • The 7 Chakras • The awakening of cosmic energy

## Bhakti Yoga

- Kirtan: chanting of classical Sanskrit mantras • Indian gods and their cosmic meaning • Arati and Pujas (traditional yogic symbols and rituals)

## Karma Yoga

- The law of cause and effect • Samsara – the wheel of birth and death • Karma Yoga – selfless service: one hour daily in the ashram community

## Jnana Yoga

- Basic concepts of Vedanta philosophy • The 7 Bhoomikas or planes of consciousness • Space, time, causation • The 3 bodies • The 3 levels of the mind • Conquest of death

## Bhagavad Gita

- Study of both the text and the commentary of this classical yoga scripture

*“Yoga is a system of integral education, education not only of the body and the mind or the intellect, but also of the inner spirit.” - Swami Sivananda*

# SPECIAL PROGRAMMES DURING THE COURSE IN RUDRAPRAYAG

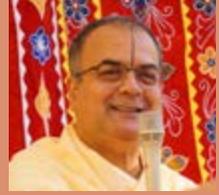
## A SEVEN-DAY JOURNEY TO THE MEANING OF LIFE



with  
Bhakti Yoga Acharya

Sri Venugopal  
Goswami

Vrindavan, North India



Bhagavad Saptaha or the seven-day recitation of the Srimad Bhagavatam deepens the knowledge of the four classical yoga paths, whose wisdom is contained in this classical yoga scripture.

This spiritual highlight is a special opportunity to experience first-hand the curriculum topics pertaining to the Bhakti Yoga culture of traditional India.

Accompanied by live music: harmonium, vocals, bamboo flute, shehnai oboe and tabla.

### Classical temple ceremonies

- Yantras (meditative images)
- Classical scripture recitations (Mantras)
- Symbolic hand gestures (Mudras)

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

### Ayurvedic massages

Classical Ayurvedic oil massages deepen the effects of the yoga practice. Ladies have the option of individual treatment by a female Ayurveda therapist. An Ayurveda therapist for men is available on certain days of the week. You can book and pay for your treatment at the hotel reception desk.

### A Healthy Diet according to Ayurveda

This guest speaker programme presents the opportunity to improve your lifestyle according to the dietary and hygienic rules of Ayurveda. An Indian Ayurveda Vaidya (therapist) will explain the basic principles of Ayurveda in PowerPoint shows. A personal health consultation (at extra cost) is possible.



# SADHANA INTENSIVE IN RUDRAPRAYAG

**31 OCTOBER – 15 NOVEMBER 2018**

**28 OCTOBER – 12 NOVEMBER 2019**

Dates include arrival and departure day

**Languages:** English, German, French, Spanish

The Sadhana Intensive is a two-week yoga course based on the classical teachings of the Hatha Yoga Pradipika. It was designed by Swami Vishnudevananda, who based the course curriculum on the intensive Hatha Yoga practice which he himself followed during a period of intense Sadhana in the Himalayas. Swami Vishnudevananda often said that this intensive practice gave him the energy to carry out his mission of spreading the teachings of yoga in the West for nearly 40 years. This course is based on individual practice divided into two or three sessions per day, with the emphasis on an intense and prolonged practice of advanced pranayama. Students work towards eight hours of Hatha Yoga per day.

## To apply for the course,

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

**Contact person:** Swami Vidyanda (Mon.–Sun., 11 am – 4 pm)

**Phone:** +43 5356 67 404 • +44 20 3289 1432

[rudraprayag-himalayas@sivananda.net](mailto:rudraprayag-himalayas@sivananda.net)

## Costs including room and board:

Triple room: €1,310

Double room: €1,620

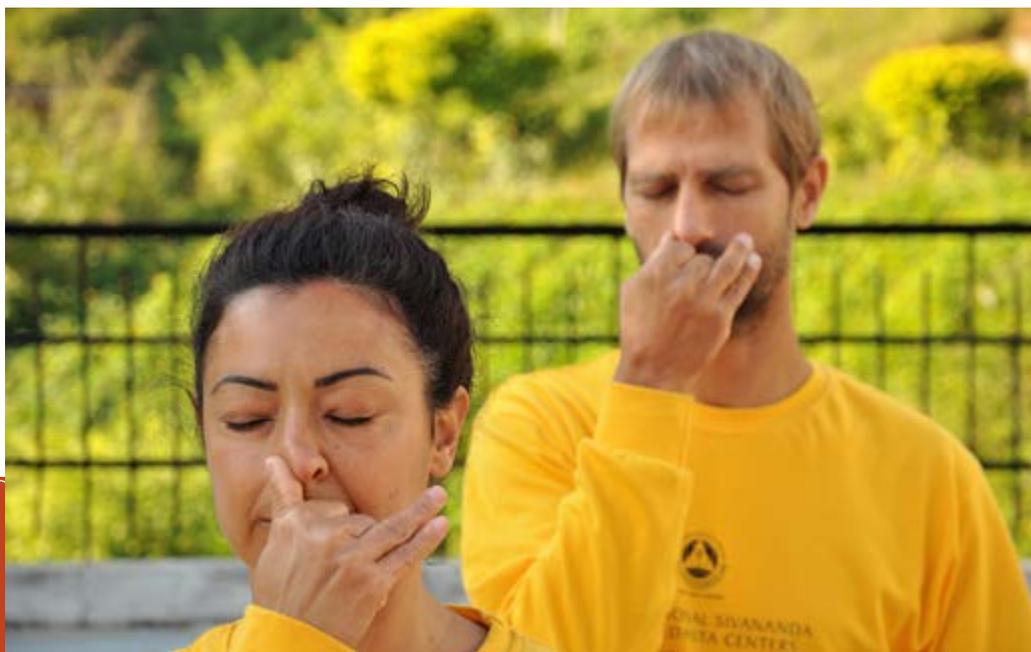
Single room: €2,030

Prices valid until 31 October 2018

## CURRICULUM

- The emphasis of the course is more on the practice of pranayama than on asanas
- Study of classical scriptures on Hatha Yoga, Bhakti Yoga and Vedanta philosophy
- Meditation practice
- Practice of Mouna (silence) at certain moments of the day to preserve the vital energy

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



# THE YOGA MASTERS



**SWAMI SIVANANDA**  
(1887–1963)

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



**SWAMI VISHNUDEVANANDA**  
(1927–1993)

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

## THE SIVANANDA TEACHERS' TRAINING COURSE

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

## COURSE INSTRUCTORS

Yoga Acharyas and long-time disciples of Swami Vishnu Devananda, as well as other Swamis and teachers of the Sivananda Yoga Vedanta Centres. The teacher training courses are led by one or more Acharyas, who are not always present for the entire course.



**Swami Durgananda**  
Yoga Acharya

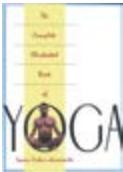


**Swami Sivadasananda**  
Yoga Acharya



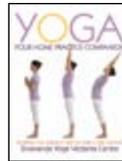
**Swami Kailasananda**  
Yoga Acharya

## THE COURSE BOOKS for the Teachers' Training Course (TTC) are:



**The Complete Illustrated Book of Yoga**  
359 pages, Swami Vishnu Devananda

This 1960 book was one of the original works that contributed to the dissemination of yoga worldwide.



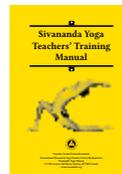
**Yoga: Your Home Practice Companion**  
256 pages, Sivananda Yoga Centre

Detailed step-by-step instructions for beginning, intermediate and advanced practitioners, with over 350 photos and illustrations.



**Bhagavad Gita**  
575 pages, Swami Sivananda

Swami Sivananda uses easy-to-understand language to explain the 700 verses of this classic of spiritual world literature.



**Sivananda Yoga Teachers' Training Manual**

Each participant receives this 490-page manual at the beginning of the course. In addition to containing summaries of all of the main lectures, this 2014 new edition features completely revised and expanded sections on Hatha Yoga and Anatomy.

# ADVANCED SIVANANDA YOGA TEACHERS' TRAINING COURSE (ATTC) IN UTTARKASHI

**2 MARCH – 31 MARCH 2019**

Dates include arrival and departure days

**Languages:** English, German, French, Spanish

**Costs including room and board:**

Dormitory: €2,350

Double room: €2,690

Prices valid until 31 December 2018

This 4-week course in advanced yoga techniques was established in 1978 by Swami Vishnudevananda. It expands horizons and brings a wealth of new experiences to trained teachers which will enrich their teaching skills. Prerequisite for participation: TTC diploma of the Sivananda Yoga Teachers' Training Course.

**To apply for the course,**

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

**Contact person:** Swami Vidyananda (Mon.–Sun., 11 am – 4 pm)

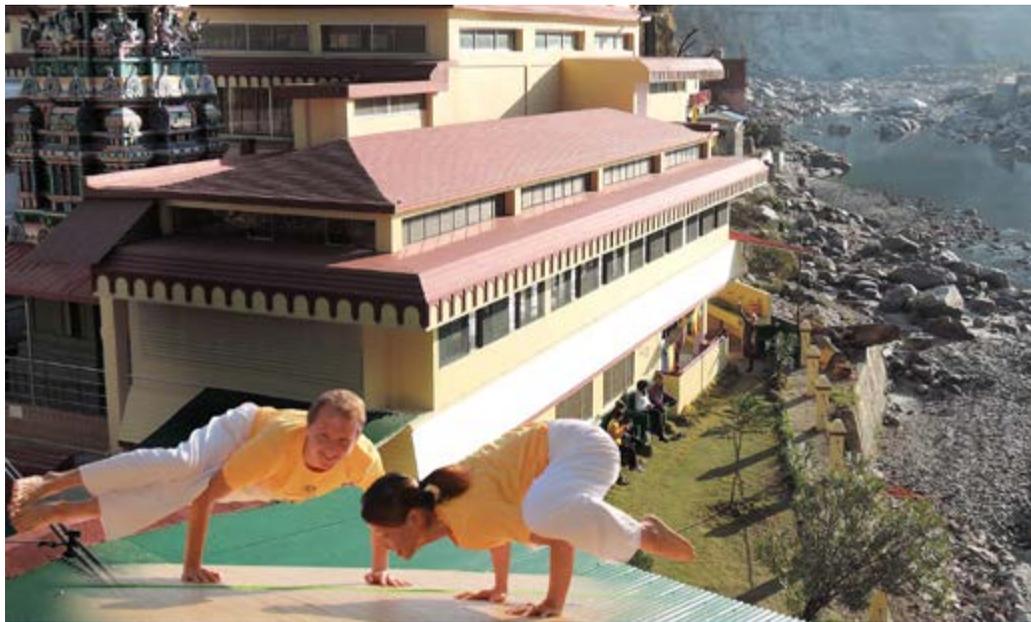
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## CURRICULUM

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

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



**Organised by**

**Sivananda Yoga Vedanta Centre**

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