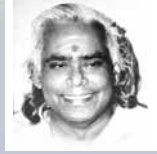




THE MASTERS

Swami Sivananda (1887-1963)

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



Swami Vishnudevananda (1927-1993)

Disciple of Swami Sivananda and founder of the International Sivananda Yoga Vedanta Centres. Renowned authority on Hatha and Raja Yoga. Author of the classical textbook *The Complete Illustrated Book of Yoga*.

PROGRAMME DECEMBER 2008:

Mon 1.12. / 3pm - Fri 5.12. / 3pm
IN PEACE LIES STRENGTH

Mon 1.12. / 3pm - Fri 5.12. / 3pm
YOGA AND HEALTH FOOD

Fri 5.12. / 3pm - Sun 7.12. / 3pm
MEDITATION PRACTISE WEEKEND

Mon 8.12. / 3pm - Fri 12.12. / 3pm
THE YOGA BODY CHECK

Fri 12.12. / 3pm - Sun 14.12. / 3pm
THE YOGA WORKSHOP SERIES

Fri 12.12. / 3pm - Sun 14.12. / 3pm
YOGA, MIND AND BRAIN

Mon 15.12. / 3pm - Fri 19.12. / 3pm
YOGA@HOME

Fri 19.12. / 3pm - Mon 22.12. / 3pm
YOGA VACATION LIGHT

INTERNATIONAL TEACHERS' TRAINING COURSES

DATES:

Sat 20.12.2008 – Sun 18.01.2009 Sat 01.08.2009 – Sat 29.08.2009

Sat 23.05.2009 – Sun 21.06.2009 * Sat 19.12.2009 – Sun 17.01.2010

Rates: 2100,- €, Not including room and board. * Only in German.



THE SIVANANDA YOGA VEDANTA RETREAT HOUSE IN REITH

Beautifully situated on a sunny slope above the picturesque village of Reith near Kitzbühel, the Retreat House is a place for peace and relaxation. The pristine mountains offer the perfect setting for picturesque walks and downhill and cross-country skiing.

CHRISTMAS RATES (23.12.2008 – 7.1.2009)

Daily Rate 40 € (Arrival 3pm - Departure 3pm)

1 WEEK OF YOGA: 259,- €

2 WEEKS OF YOGA: 493,- €

Partner Special: 5% discount on yoga when booking for 2 persons at the same time. Rates valid until January 7th, 2009.

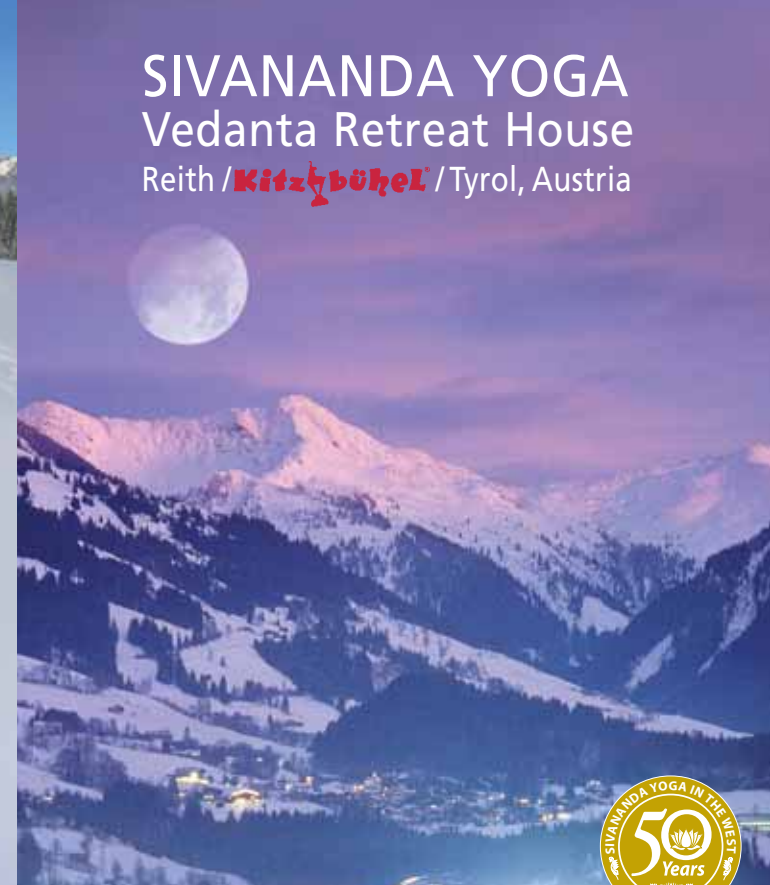
Not including room and board.

Please book at the recommended non smoking hotel: Bio-Hotel Florian, Tel. +43 5356 65242 E-mail: office@hotel-florian.at, www.hotel-florian.at
If the hotel is booked, we can find a guesthouse for you within walking distance to the Retreat House. In any case, the meals during your stay will be taken in Hotel Florian. Please contact the Sivananda Yoga Vedanta Retreat House.

CANCELLATION TERMS

The Consumer Protection Act applies in cases of cancellation before arrival. If departing early, you will receive a credit note for yoga, valid for one year, which cannot be redeemed for cash, nor can it be transferred or applied to purchases in the Yoga Shop. Administrative fee: 20 €. For details, see www.sivananda.org/tyrol.

The Sivananda Yoga Retreat House is a non-profit organisation. Donations are welcome.



Tue 23.12.2008 – Wed 7.1.2009 SPECIAL PROGRAMME CHRISTMAS AND NEW YEAR



SIVANANDA YOGA VEDANTA RETREAT HOUSE

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ZVR-Nummer: 458146662 · E-Mail: tyrol@sivananda.net
Tel. +43 5356/ 6 74 04 · Fax +43 5356/ 67 40 44
www.sivananda.org/tyrol
www.sivananda.eu



Founder: Swami Vishnudevananda, Est. 1957

Tuesday, December 23rd, 2008 – Wednesday, January 7th, 2009

CHRISTMAS AND NEW YEAR SPECIAL PROGRAMME 2008

Daily meditations, asana workshops, lectures, winter walks, downhill and cross-country skiing, vegetarian delicacies and special guest programme.

Thu 25.12 / 3pm - Wed 31.12.2008 / 12pm
SPECIAL PROGRAMMES WITH SRI VENUGOPAL GOSWAMI BHAKTI YOGA ACHARYA ☸

25.12 NADA YOGA CONCERT

Meditation on the cosmic sound with uplifting ragas and dynamic rhythms (tablas, harmonium, bamboo flute).

Fri 26.12 - Tue 30.12

BHAKTI – THE SOUL POWER OF YOGA

Recitation from the Bhakti Sutras of sage Narada, accompanied by live music. 84 verses extolling devotion as the highest human emotion. Pure, divine love is just as effective for the practice of meditation as the psychology of Raja Yoga or the philosophy of the Upanishads.

Wed 31.12 NEW YEAR'S EVE CELEBRATION: PEACE CONCERT FOR THE NEW YEAR

A fireworks of melodies and rhythms with four musicians.

Special Guest: Sri Venugopal Goswami, Bhakti Yoga Acharya from Vrindavan, North India, is a spiritual teacher in a family tradition of more than 500 years, originated by the great Saint Chaitanya Mahaprabhu. 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 awardwinning leading exponent of classical Hindustani music.

Tue 23.12 / 3pm – Wed 31.12 / 3pm

HOLISTIC HEALTH WITH ENERGY MEDICINE



Lectures with Dr. Fadel Behman PhD., Montreal, Canada

- Emotional equilibrium
- Inner creativity of thought
- Universal life energy and the higher self
- Introduction into the Craniosakral therapy

Dr. Fadel Behman is a medical physicist and has a Ph.D. in spiritual counselling. He works with subtle energy therapies for stress management and higher states of consciousness.

Wed 24.12 CHRISTMAS CELEBRATION

with Yoga Acharyas, staff and yoga teachers from all over Europe. Mantras and meditation, international Christmas carols, Christmas message, festive meal and surprises.

Wed 24.12 / 3pm – Sun 4.1 / 3pm
SELF-HEALING WITH AYURVEDA



Lectures and workshops with Dr. Sanjay Kulkarni, Ayurvedacharya, from Pune, India

Introduction to the basic principles, daily cycle and dietary rules of Ayurveda.

Dr. Sanjay Kulkarni is an Ayurvedic physician who has practised for over 20 years in many countries. He draws on his wealth of

knowledge to give practical advice on how to prevent chronic disease and obtain radiant health.

Wed 24.12 / 3pm – Sun 4.1 / 3pm
SOUTH INDIAN TEMPLE MEDITATIONS



Pujas and Yantras with a priest from South India

- Fascinating geometric shapes of the yantra
- Classical scripture recitations (mantras)
- Symbolic hand gestures (mudras)

Wed 24.12 / 3pm - Sat 27.12 / 3pm
ASANA INTENSIVE WORKSHOP ☸



With Swami Atmaramananda, Yoga Acharya

- Advanced inverted postures
- Steadiness and peace in the asanas
- Asanas and spiritual harmony
- Health for the internal organs and the endocrine glands

Swami Atmaramananda is a Yoga Acharya and director of the Sivananda Yoga Vedanta Centre in Berlin. He is a long-time student of Swami Vishnudevananda. He teaches at the yoga teachers' training courses around the world with devotion and humour.

Thu 25.12 / 3pm - Sun 28.12. / 3pm

BHARATA NATYAM – SOUTH INDIAN TEMPLE DANCE



with Rajyashree Ramesh

- Dynamic melodies and rhythms
- Workshops in dance steps and hand gestures
- Dance performance

Rajyashree Ramesh is originally from Bangalore, South India, and has lived in Berlin for many years. She has over 30 years of experience as a solo performer and dance instructor.



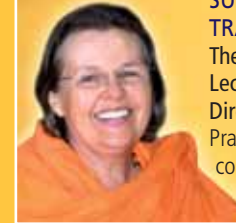
Cycle 1: Thu 25.12.2008 / 3pm – Wed 31.12.2008 / 3pm

Cycle 2: Thu 1.1.2009 / 3pm – Wed 7.1.2009 / 3pm

THE SIVANANDA YOGA BEGINNERS GUIDE

Systematic introduction to postures, breathing and relaxation. You can find a detailed explanation of the daily lessons in the book of the same name by the Sivananda Yoga Centres.

Sat 27.12 / 3pm - Tue 30.12 / 3pm
SUBCONSCIOUSNESS, CONSCIOUSNESS AND TRANSCENDENCE ☸



The core messages of the classical yoga scriptures.

Lectures with Swami Durgananda, Yoga Acharya, Director of the European Sivananda Centres.

Practical inspirations for daily life and conduct. Individual consultations on request (donation)

Sat 27.12 / 3pm – Wed 31.12 / 3pm

HATHA YOGA – GIVING WINGS TO BODY AND MIND ☸

with Swami Sivadasananda, Yoga Acharya

The deeper effects of the yoga practice with Powerpoint presentations and practical tips.

- Dynamic asana workshops with stepwise practice of Pranayama
- Difference between physical exercises and breathing exercises

- Stress management: nervous system, respiration, Prana (life energy)
- Prana and creativity: subtle connection between body, mind and soul

Thu 1.1 / 3pm - Sun 4.1 / 3pm

VIVEKA CHUDAMANI ☸

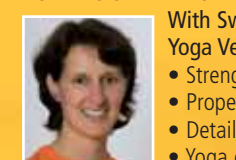
With Swami Kailasananda, Yoga Acharya, director of the International Sivananda Yoga Vedanta Centres in England and France.

This most inspiring scripture by the great philosopher Sankaracharya is an introduction to Vedanta philosophy, the "Science of right living".

Book recommendation: Vivekachudamani with commentary of Swami Chinmayananda.

Fri 2.1 / 3pm – Sun 4.1 / 3pm

ASANAS STEP BY STEP ☸



With Swami Ramapriyananda, Director of the Sivananda Yoga Vedanta Retreat House

- Strength and flexibility for back, shoulders and hips
- Proper tensing and relaxing in the asana
- Detailed asana variations for improved posture
- Yoga exercises for everyday life

☸ = ALSO RECOMMENDED FOR YOGA TEACHERS