

# Special Programmes

## Bhagavata Saptaha

Seven days of spiritual discourse and music

with Bhagavatacharya Sri Venugopal Goswamiji Maharaj



Bhagavat Acharya Sri Venugopal Goswami is a spiritual teacher in a tradition that has been carrying the light of Bhakti Yoga since the 16th century. He will recite from the ancient scripture Srimad Bhagavatam and give spiritual discourses accompanied by classical, meditative Indian music. The spoken word, mantra recitations, subtle Raga music and uplifting Bhajans are a deep source of the ancient wisdom of yoga.

## Bhaja Govindam



The scripture on Bhakti or devotion by Shankaracharya, the incarnation of knowledge

Recitals with Sri Venugopal Goswami will take place along with Kirtan chanting, explanations and live music.

## Cultural Programmes

A special attraction is the **Ras Lila Dance Theatre**, in which children enact the divine stories of Lord Krishna coupled with folk humour and live music.

**Odissi Dance:** Mythological stories are presented in classical dance style with beautiful group choreography.

## Temple Ceremonies

Traditional priests will explain and perform classical Pujas (ritualistic worship) and Homas (fire ceremonies).

## Excursions

**Temples of Vrindavan:** Ashram staff will be there to guide us around the most important places.

**Boat ride on the Yamuna River:** Relaxing moments in colourful pilgrim boats, silently floating past ancient palaces and temple ghats where people live as in centuries past.

**Taj Mahal:** A guided tour of the Taj Mahal, the jewel of Mogul architecture, just 30 km from Vrindavan.



# The Location

## Vrindavan

Vrindavan is located 150 km from Delhi and can be reached in 2.5 hours on Highway NH2, one of the most modern roads of India. Vrindavan is one of the holiest cities of India. The spiritual wealth of hundreds of temples permeates the atmosphere. For centuries, yoga practitioners have been coming to Vrindavan to immerse themselves in Sadhana (spiritual practice)

## The Ashram

The Jai Sing Ghera Ashram is the former Sadhana (spiritual) residence of King Jai Singh. The ashram is located directly on the banks of the holy Yamuna River. The Ashram is the seat of the 500-year-old Goswami



Vaishnava tradition of the nearby Sri Radha Raman Temple, one of the oldest temples of Vrindavan. The Ashram is a spiritual oasis with a well-kept lawn and exquisite temple gardens where pandits recite the scriptures daily. The ancient palace walls offer picturesque views of the pilgrim

road, old royal palaces, and vast fields on the opposite banks of the river. Guest rooms with fan and detached bath are found on top of a large auditorium built in the classical Rajasthan style. Asana classes will be taught on the roof terrace overlooking the houses of Vrindavan. The large open-air Mandapam regularly hosts the seven-day scriptural recitals. The Ashram kitchen provides carefully prepared lacto-vegetarian meals twice daily, which are moderately spiced.

## For Further Information:

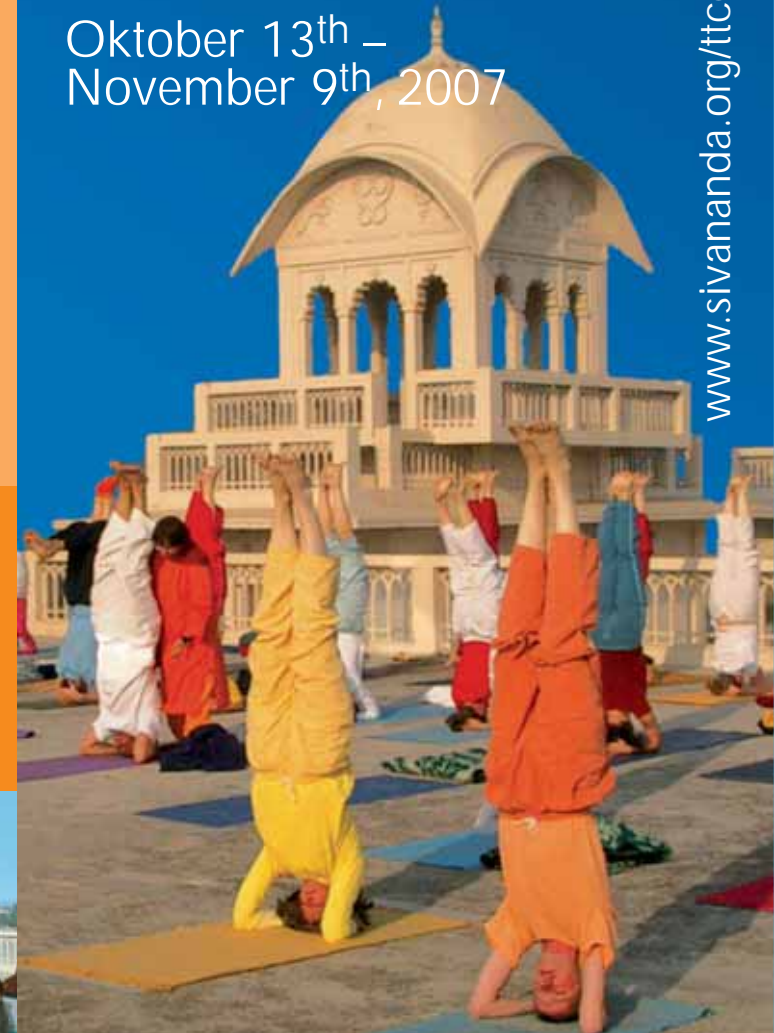
**International Sivananda Yoga Vedanta Centre London**  
51 Felsham Road, London SW15 1AZ,  
Tel: +44 (0)20 8780 0160, Fax: +44 (0)20 8780 0128  
email: london@sivananda.net

**International Sivananda Yoga Retreat House**  
Bichlach 40, A-6370 Reith near Kitzbühel,  
Tel: +43 5356 67 404, Fax +43 5356 67 40 44, tyrol@sivananda.net

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

# INTERNATIONAL ADVANCED Yoga Teachers' Training Course

in Vrindavan, North India  
Oktober 13<sup>th</sup> –  
November 9<sup>th</sup>, 2007



# Advanced Teachers' Training Course

in Vrindavan, the holy city by the Yamuna River, North India

The Advanced Yoga Teachers' Training Course (ATTC) is based on the Sivananda Yoga Teachers' Training Course. It consists of 4 weeks of intense study and practice of yoga. Sincere yoga students gather to give their spiritual evolution a boost with yogic self-discipline and the study of lofty Vedantic philosophy. Personal and individual instruction are an integral part of the course.

Upon graduation you will receive a certificate from the International Sivananda Yoga Vedanta Centres.

## Curriculum

Daily: Two meditation sessions, two yoga classes, one Pranayama class (breathing exercises), three lectures, one hour of Karma Yoga (helping out in the ashram). One day a week is lecture-free.

### Yoga Asanas

Students will practice the basic Asanas and advanced, classical variations, and deepen their practice by holding the postures longer and developing concentration.

### Pranayama

Early each morning we will do an hour of advanced Pranayama exercises to purify the energy channels and awaken the hidden energies of the Chakras. Details on using the Bandhas.

### Vedanta

The philosophical schools of India, knowledge of Brahman, Vedantic analogies, the doctrine of "Neti-Neti" or negation of everything transitory, "Sakshi Bhav" or the inner witness, the "Mahavakyas" or the cosmic truths will be explained.

### Raja Yoga

The Yoga Sutras of Patanjali will be studied and discussed in detail. It is the basis for understanding and transcending the mind.

### Sanskrit

Students will learn the Sanskrit alphabet, pronunciation and writing of sacred mantras.

### Anatomy und Physiology

Study of the functions of the nervous system, the brain and the endocrine glands in relation to the practice of yoga.

### Diet

During the ATTC, yogic-vegetarian meals will be carefully prepared with the aim to balance body and mind.

## Daily Schedule

4.30 am	Wake up
5.00 am	Pranayama
6.00 am	Meditation, mantra chanting, lecture
8.00 am	Asanas
9.00 am	Anatomy and physiology
10.00 am	Brunch
11.00 am	Karma Yoga
noon	Raja Yoga or Sanskrit
2.00 pm	Main lecture on Vedanta
4.00 pm	Asanas and Pranayama
6.00 pm	Dinner
7.30 pm	Meditation, mantra chanting, lecture

## Our Teachers



### Swami Sivananda (1887-1963)

Swami Sivananda, a great saint of modern India and the spiritual strength behind the Sivananda Yoga Vedanta Centres. His teachings are a synthesis of all Yoga paths.



### Swami Vishnu-devananda (1927-1993)

Student of Swami Sivananda and founder of the International Sivananda Yoga Vedanta Centres. International Authority for Hatha and Raja Yoga. Author of the bestsellers "The Complete Illustrated Book of Yoga" as well as "Meditation and Mantras".

## The Instructors



**Swami Durgananda** is a Yoga-Acharya and director of the International Sivananda Yoga Vedanta Centres in Europe. A senior disciple of Swami Vishnu-devananda, Swami Durgananda travelled with her teacher throughout India. She has been building up the European centres for over 30 years and teaches at the Yoga Teachers' Training Courses worldwide. The Teachers' Training Course in Vrindavan will be personally overseen and guided by Swami Durgananda.



**Swami Sivadasananda** is a Yoga-Acharya and director of the Sivananda Yoga Vedanta Centres in Switzerland, Spain and South America. He was personally trained in asanas and pranayama by Swami Vishnu-devananda and will be teaching the yoga classes during the course. He is known for his inspiring and relaxed methods of teaching asanas and pranayama.



**Swami Kailasananda** is a Yoga-Acharya and director of the International Sivananda Yoga Vedanta Centres in England and France. She is a Sanskrit scholar and a long-time disciple of Swami Vishnu-devananda.



**Swami Atmaramananda** is a Yoga-Acharya and director of the International Sivananda Yoga Vedanta Centre in Berlin. He is a long-time disciple of Swami Vishnu-devananda and lived for several years in India.

Other experienced Swamis and yoga instructors will teach during the course.

### Language

The course will be taught in English with simultaneous translation into German, French and Spanish and possibly other European languages.

### Tuition fee

Dormitory I: 1,300 €, Dormitory II: 1,500 €, Double room: 1,750 €  
Includes the first half of the North Indian Pilgrimage (Nov 1-9). ATTC students may take part in the second half of the North Indian Pilgrimage (Jaipur-Varanasi-Delhi).

### Prerequisites

Sivananda teachers' training course or prior consultation.  
Participation in the Advanced Teachers' Training Course in Jai Singh Ghera Ashram in the traditional setting of Vrindavan requires constant adaptation to local customs, as well as inner openness and sincere acceptance of the instructions given by the Swamis. Before enrolling, please meet or telephone with any of the European Acharyas or Swamis to better understand the spiritual nature of the course and get information on clothing, medical precautions and diet. This personal course introduction by a Swami is essential for enrolment.

### Further information and application forms

Please ask via email or download on our website

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