

**Sivananda Yoga Vedanta
Centre, Putney, London**
Programme February – August 2011



Sivananda Yoga Teachers' Training Courses in London. See page 23.
Residential Courses. See page 20.



NEW! Book Courses Online



Founder: Swami Vishnudevananda

International
SIVANANDA
Yoga
Est 1957

Tel: **020 8780 0160**
Info: **www.sivananda.co.uk**
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 an authentic teaching. Our teachers lead a Yogic lifestyle and as such teach from experience.

The Teachings

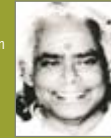
Our teachings are suited to most everyone and can be adapted to the individual as needed. We offer Yoga classes at different levels as well as Yoga for pensioners, pregnancy and children. In addition to our open classes and courses, we offer workshops, courses in meditation and Yoga philosophy, Kirtan (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 | 1pm – 4.30pm

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

Dates:

Jan 8, Feb 5†, Mar 5, Apr 16*, May 7,
Jun 4, Jul 2**, Aug 20, Sep 10,

† Winter Yoga Festival (see pag. 19)

* Spring Yoga Festival

** Summer Yoga Festival

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 | 2pm – 3.30pm

Thursdays | 8pm – 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.

Course Listing See pages 6 – 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, Prana and the 4 Paths of Yoga



Yoga 2M (Twice a week)

- Combines the practice of yoga exercises and meditation
- Six sessions lasting 2½ hours each
- Follows the Hatha Yoga system of postures, breathing and meditation
- Theory and practice of meditation



Yoga 3 (Once or twice a week)

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



Yoga 3P (Twice a week)

- Follow – up to Yoga 2M
- Combines Yoga 3 with Positive Thinking
- Learn to apply the practical Positive Thinking techniques in your daily life
- Raise your level of physical and mental vitality



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

Course Fees for Yoga 2M & 3P

6 class course: Members £61/ Non-members £82.50/ Concessions



Yoga 1

January			
24 Jan - 27 Jan	Mon - Thu (Intensive)	10.30 - 12pm	
27 Jan - 3 Mar	Thursdays	6.30 - 8pm	
31 Jan - 23 Feb**	Mons & Weds	8 - 9.30pm	
31 Jan - 7 Mar	Mondays	10.30 - 12pm	
February			
8 Feb - 15 Mar	Tuesdays	6.30 - 8pm	
12 Feb - 13 Feb	Sat & Sun (Weekend Int)	10.30 - 5.30pm	
16 Feb - 23 Mar	Wednesdays	8 - 9.30pm	
21 Feb - 9 Mar	Mons & Weds	6.30 - 8pm	
23 Feb - 30 Mar	Wednesdays	10.30 - 12pm	
March			
1 Mar - 5 Apr	Tuesdays	8 - 9.30pm	
7 Mar - 11 Apr	Mondays	6.30 - 8pm	
15 Mar - 31 Mar	Tues & Thurs	6.30 - 8pm	
16 Mar - 20 Apr	Wednesdays	10.30 - 12pm	
22 Mar - 7 Apr	Tues & Thurs	8 - 9.30pm	
30 Mar - 4 May	Wednesdays	6.30 - 8pm	
April			
7 Apr - 12 May	Thursdays	10.30 - 12pm	
11 Apr - 14 Apr	Mon - Thu (Intensive)	6.30 - 8pm	
19 Apr - 24 May	Tuesdays	8 - 9.30pm	
26 Apr - 31 May	Tuesdays	10.30 - 12pm	
26 Apr - 12 May	Tues & Thurs	6.30 - 8pm	
May			
3 May - 7 Jun	Tuesdays	8 - 9.30pm	
10 May - 26 May	Tues & Thurs	6.30 - 8pm	
16 May - 27 Jun*	Mondays	10.30 - 12pm	
16 May - 27 Jun*	Mondays	8 - 9.30pm	

* No class on bank holidays 30 May or 29 August
 **8 Classes. Members £61 / Non-members £82.50 / Concessions

June			
1 Jun - 6 Jul	Wednesdays	8 - 9.30pm	
9 Jun - 14 Jul	Thursdays	6.30 - 8pm	
15 Jun - 20 Jul	Wednesdays	10.30 - 12pm	
20 Jun - 6 Jul	Mons & Weds	8 - 9.30pm	
27 Jun - 30 Jun	Mon - Thu (Intensive)	10.30 - 12pm	
27 Jun - 13 Jul	Mons & Weds	6.30 - 8pm	
30 Jun - 4 Aug	Thursdays	10.30 - 12pm	
July			
7 Jul - 11 Aug	Thursdays	8 - 9.30pm	
9 Jul - 10 Jul	Sat & Sun (Weekend Int)	10.30 - 5.30pm	
11 Jul - 15 Aug	Mondays	10.30 - 12pm	
12 Jul - 28 Jul	Tues & Thurs	6.30 - 8pm	
18 Jul - 21 Jul	Mon - Thu (Intensive)	6.30 - 8pm	
20 Jul - 24 Aug	Wednesdays	8 - 9.30pm	
26 Jul - 11 Aug	Tues & Thurs	6.30 - 8pm	
August			
3 Aug - 7 Sep	Wednesdays	10.30 - 12pm	
4 Aug - 8 Sep	Thursdays	8 - 9.30pm	
9 Aug - 13 Sep	Tuesdays	6.30 - 8pm	
15 Aug - 26 Sep*	Mondays	8 - 9.30pm	
25 Aug - 29 Sep	Thursdays	6.30 - 8pm	
30 Aug - 04 Oct	Tuesdays	10.30 - 12pm	
30 Aug - 04 Oct	Tuesdays	8 - 9.30pm	



Yoga 2

January			
27 Jan - 3 Mar	Thursdays	8 - 9.30pm	
25 Jan - 1 Mar	Tuesdays	10.30 - 12pm	
31 Jan - 3 Feb	Mon - Thu (Intensive)	10.30 - 12pm	
February			
1 Feb - 17 Feb	Tues & Thurs (Y2M)	7 - 9.30pm	
16 Feb - 23 Mar	Wednesdays	6.30 - 8pm	
17 Feb - 24 Mar	Thursdays	10.30 - 12pm	
21 Feb - 28 Mar	Mondays	8 - 9.30pm	
28 Feb - 16 Mar	Mons & Weds	8 - 9.30pm	
March			
10 Mar - 14 Apr	Thursdays	6.30 - 8pm	
14 Mar - 30 Mar	Mons & Weds	6.30 - 8pm	
14 Mar - 18 Apr	Mondays	10.30 - 12pm	
19 Mar - 20 Mar	Sat & Sun (Weekend Int)	10.30 - 5.30pm	
22 Mar - 26 Apr	Tuesdays	6.30 - 8pm	
30 Mar - 4 May	Wednesdays	8 - 9.30pm	
April			
5 Apr - 21 Apr	Tues & Thurs	6.30 - 8pm	
6 Apr - 11 May	Wednesdays	10.30 - 12pm	
12 Apr - 17 May	Tuesdays	8 - 9.30pm	
18 Apr - 21 Apr	Mon - Thu (Intensive)	6.30 - 8pm	
May			
4 May - 8 Jun	Wednesdays	10.30 - 12pm	
18 May - 22 Jun	Wednesdays	6.30 - 8pm	
19 May - 23 Jun	Thursdays	10.30 - 12pm	
31 May - 5 Jul	Tuesdays	8 - 9.30pm	
June			
7 Jun - 12 Jul	Tuesdays	10.30 - 12pm	
7 Jun - 23 Jun	Tues & Thurs	6.30 - 8pm	
14 Jun - 19 Jul	Tuesdays	8 - 9.30pm	
28 Jun - 14 Jul	Tues & Thurs (Y2M)	7 - 9.30pm	
July			
4 Jul - 7 Jul	Mon - Thu (Intensive)	10.30 - 12pm	
4 Jul - 8 Aug	Mondays	8 - 9.30pm	
13 Jul - 17 Aug	Wednesdays	8 - 9.30pm	
18 Jul - 3 Aug	Mons & Weds	6.30 - 8pm	
25 Jul - 28 Jul	Mon - Thu (Intensive)	6.30 - 8pm	
27 Jul - 31 Aug	Wednesdays	10.30 - 12pm	
August			
4 Aug - 8 Sep	Thursdays	6.30 - 8pm	
11 Aug - 15 Sep	Thursdays	10.30 - 12pm	
16 Aug - 20 Sep	Tuesdays	6.30 - 8pm	
22 Aug - 3 Oct*	Mondays	10.30 - 12pm	
31 Aug - 5 Oct	Wednesdays	8 - 9.30pm	

* No class on bank holiday 29/08

Yoga 2M

February			
1 Feb - 17 Feb	Tues & Thurs	7 - 9.30pm	
June			
28 Jun - 14 Jul	Tues & Thurs	7 - 9.30pm	

Yoga 3

February			
3 Feb - 10 Mar	Thursdays	6.30 - 8pm	
22 Feb - 10 Mar	Tues & Thurs (Y3P)	6.30 - 8pm	
March			
8 Mar - 12 Apr	Tuesdays	10.30 - 12pm	
10 Mar - 14 Apr	Thursdays	8 - 9.30pm	
21 Mar - 6 Apr	Mons & Weds	8 - 9.30pm	
April			
4 Apr - 23 May*	Mondays	8 - 9.30pm	
11 Apr - 4 May*	Mons & Weds	6.30 - 8pm	
30 Apr - 1 May	Sat & Sun (Weekend Int)	10.30 - 5.30pm	
May			
3 May - 7 Jun	Tuesdays	6.30 - 8pm	
11 May - 15 Jun	Wednesdays	8 - 9.30pm	
18 May - 22 Jun	Wednesdays	10.30 - 12pm	
June			
29 Jun - 3 Aug	Wednesdays	6.30 - 8pm	
July			
12 Jul - 16 Aug	Tuesdays	8 - 9.30pm	
19 Jul - 23 Aug	Tuesdays	10.30 - 12pm	
26 Jul - 30 Aug	Tuesdays	8 - 9.30pm	
August			
8 Aug - 19 Sep **	Mondays	6.30 - 8pm	
24 Aug - 28 Sep	Wednesdays	8 - 9.30pm	

* No class on bank holidays 2 April & 2 May
 ** No class on bank holiday 29 August

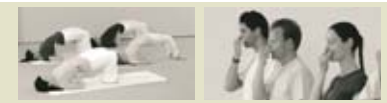


Yoga Weekend Intensives

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 4 or 6 week yoga courses.

The daily programme is as follows:

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



Y1 Intensive Weekend February 12 – 13 and July 9 – 10

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 Vishnudevananda's 5 points for radiant health and mental peace, positive thinking and simple meditation techniques.

Y2 Intensive Weekend March 19 – 20

This follow-up to the Y1 weekend focuses on deepening the Yoga experience through the practice of 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 April 30 – May 1

This weekend will focus on more advanced 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

4-Day Yoga Intensive Courses

4 classes over 4 days

- 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 the yoga alone or combine it with the meditation and positive thinking.

Yoga 1

- Jan 24 – 27 | Mon – Thur | 10.30 – 12pm
- April 11 – 14 | Mon – Thur | 6.30 – 8pm
- June 27 – 30 | Mon – Thur | 10.30 – 12pm
- July 18 – 21 | Mon – Thur | 6.30 – 8pm

Yoga 2

- Jan 31 – Feb 3 | Mon – Thur | 10.30 – 12pm
- April 18 – 21 | Mon – Thur | 6.30 – 8pm
- July 4 – 7 | Mon – Thur | 10.30 – 12pm
- July 25 – 28 | Mon – Thur | 6.30 – 8pm

Meditation

- April 11 – 14 | Mon – Thur | 8 – 9.30pm
- July 18 – 21 | Mon – Thur | 8 – 9.30pm

Positive Thinking

- April 18 – 21 | Mon – Thur | 8 – 9.30pm
- July 25 – 28 | Mon – Thur | 8 – 9.30pm

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

Yoga 3P

February		
22 Feb – 10 Mar	Tues & Thurs	6.30 – 9.30pm



Yoga 4

January		
24 Jan – 28 Feb	Mondays	6.30 – 8pm

February		
1 Feb – 17 Feb	Tues & Thurs	8 – 9.30pm
23 Feb – 30 Mar	Wednesdays	8 – 9.30pm

March		
17 Mar – 21 Apr	Thursdays	6.30 – 8pm

April		
11 Apr – 4 May *	Mons & Weds	8 – 9.30pm
28 Apr – 2 Jun	Thursdays	8 – 9.30pm

May		
9 May – 20 Jun **	Mondays	6.30 – 8pm

June		
6 Jun – 11 Jul	Mondays	8 – 9.30pm
14 Jun – 19 Jul	Tuesdays	6.30 – 8pm

August		
10 Aug – 14 Sep	Wednesdays	6.30 – 8pm

* No class on bank holidays 25 April & 2 May
 ** No class on bank holiday 29 August

Yoga 5

February		
22 Feb – 10 Mar	Tues & Thurs	8 – 9.30pm

April		
13 Apr – 18 May	Wednesdays	8 – 9.30pm
28 Apr – 2 Jun	Thursdays	6.30 – 8pm

June		
16 Jun – 21 Jul	Thursdays	8 – 9.30pm
27 Jun – 1 Aug	Mondays	6.30 – 8pm

July		
25 Jul – 5 Sep *	Mondays	8 – 9.30pm

No class on bank holiday 29/08



Yogic Breathing

- 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

January

31 Jan – 7 Mar Mondays 6.30 – 8pm



Expansion in the Asanas

Practice: 30 minutes Asanas, 30 minutes Pranayama (Kapalabhati, Alternate nostril breathing, minor Pranayamas: Sitali, Sitkari and Brahmari.) 20 minutes guided meditation.

Pre-requisite: Y2 or Open Class level

Thursday | June 30 | 6.30 – 8pm
 Thursday | July 7 | 6.30 – 8pm
 Thursday | July 14 | 6.30 – 8pm
 Thursday | July 21 | 6.30 – 8pm

One workshop: Members £7.50 / Non-members £11 / Concessions

Four Workshops: Members £24 / Non-members £32 / Concessions
 Class cards can be used for the workshops.



Headstand Workshops

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

Jan 7 Fri 6 – 7.30pm
 Feb 9 Wed 6.30 – 8pm
 Mar 18 Fri 10.30 – 12pm
 Apr 15 Fri 6 – 7.30pm
 May 9 Mon 8 – 9.30pm
 July 8 Fri 10.30 – 12pm
 Aug 2 Tue 6.30 – 8pm



Members £7.50 / Non-members £11

Advanced Asana Workshops

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.



Jan 30	Muscle Length Muscle Strength
Feb 6	Steadiness and Relaxation in the Asanas
Feb 13	Body alignment in the Asanas
Feb 20	Dynamic Practice
Mar 6	Postures, Breath and Concentration
Mar 13	Advanced Forward Bends
Mar 20	Steadiness and Relaxation in the Asanas
Apr 10	Headstand / Handstand
Apr 17	Increasing Vital Capacity
May 1	Meditative Asanas
May 8	Shoulderstand Cycle
May 22	Dynamic Practice
May 29	Scorpion and Backward Bends
Jun 12	Asanas for Hips and Shoulders
Jun 19	Extended Pranayama Practice
Jun 26	Awareness, Coordination and Breath control
Jul 10	Asanas for Emotional Balance
Jul 17	Dynamic Practice
Jul 24	Increasing Flexibility of the Spine
Aug 7	Standing, Balancing and Triangle Variations
Aug 14	Shoulderstand Cycle
Aug 21	Extended Pranayama Practice

No classes: Jan 16, 23, Feb 27, Mar 27, Apr 3, 24, May 15, Jun 5, Jul 3, and Aug 28.

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

"Meditation is the practice by which there is constant observation of the mind. It involves setting aside a regular time and place for the specific purpose of discovering that infinite well of wisdom which lies within."

– Swami Vishnudevananda



Booking Online: www.sivananda.co.uk

Meditation



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

Prerequisite: Yoga 1 or instructor approval.

Jan 10 – Feb 14	Mondays	8 – 9.30pm
Jan 25 – Mar 1	Tuesdays	6.30 – 8pm
Feb 21 – Mar 28	Mondays	8 – 9.30pm
Mar 23 – May 4†	Wednesdays	6.30 – 8pm
April 11 – 14*	Mon – Thu	8 – 9.30pm
July 18 – 21*	Mon – Thu	8 – 9.30pm

† No Class 6 April

* Intensive courses (see page 9)

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

Feb 22 – Mar 10*	Tues & Thurs	8 – 9.30pm
Mar 15 – April 26†	Tuesdays	6.30 – 8pm
April 18 – 21**	Mon – Thu	8 – 9.30pm
June 15 – July 27†	Wednesdays	6.30 – 8pm
July 25 – 28**	Mon – Thu	8 – 9.30pm

* Can be taken as Yoga 3P (See page 8)

** Intensive courses (see page 9).

† No class 5 April & 22 June

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

Wisdom from the Upanishads



This course on the Upanishads is structured to allow for deep study and reflection on the sublime philosophy of yoga.

Mar 16 – April 27† Wednesdays 8 – 9.30pm

Members £50 / Non-members £63 / Concessions

† No Class 6 April

Kirtan and Mantra Chanting



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

June 13 – July 25† Mondays 8 – 9.30pm

Members £50 / Non-members £63 / Concessions

† No Class 20 June

For more detailed information on the workshops please visit www.sivananda.co.uk

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

Saturday | January 22 | 10.30 – 5.30pm

Yoga Body Check

This day workshop will help you to deepen your practice of Yoga through an in depth look at the Asanas, postural alignment and overall strength and flexibility. Recommended for those who have completed Yoga 2.



Thursday | February 22 | 8 – 9.30pm

Art of Relaxation

Saturday | March 5 | 1 – 3pm

How to Overcome Fear

Saturday | March 12 | 1 – 3pm

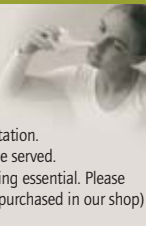
Kriya Workshop (Yogic Cleansing Techniques)

The Kriya workshop can be done as part of the full day Yoga health and Rejuvenation Fasting day. (see below)

Saturday | March 12 | 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 will be served. All are welcome. Advanced booking essential. Please bring your own Kriya kit (can be purchased in our shop)



Tuesday | April 19 | 10.30 – 12pm

Karma and Reincarnation

Back in Shape – Yoga for the Back

These two workshops will focus on yoga techniques for insuring the health and protection of the back. Please bring your yoga mat and comfortable clothing.



Workshop I – Tuesday | March 15 | 8 – 9.30pm

Workshop II – Thursday | March 17 | 8 – 9.30pm

One workshop: Member £10 / Non-member £13.50 / Concessions. Both workshops: Members £16 / Non-Members £21.50 / Concessions

The Art of Well Being – Stress Management Mini Course

- Practical tips for relieving stress
- Combating the degenerative effects of stress
- The body- mind balance
- How maximise your level of well-being.

Workshop I – Physical Stress

Monday | July 11 | 8 – 9.30pm

Workshop II – Mental/ Emotional Stress

Wednesday | July 13 | 8 – 9.30pm



One workshop: Member £10 / Non-member £13.50 / Concessions. Both workshops: Members £16 / Non-Members £21.50 / Concessions

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 | July 23 | 10.30 – 5.30pm

Anatomy Series – Muscles and Movement

This workshop gives the participants an opportunity to understand anatomical and physiological concepts and principles that apply to their yoga practice.



Saturday | August 13 | 1 – 3pm

Sun Salutation



Yogic Diet Course

6-week vegetarian cooking and nutrition courses:

Jan 27 – Mar 3 Thursdays 8 – 9.30pm | Jul 5 – Aug 16* Tuesdays 6.30 – 8pm

*No class: 9 August

Members £57/Non-members £75/Concessions



Cooking Workshops

Sunday | January 30 10.30 – 1.30pm: Ayurvedic Cooking with Angela Hope Murray

Saturday | February 26 10.30 – 1.30pm: Vegetarian Cooking for Beginners

Saturday | March 26 10.30 – 1.30pm: Easy Dishes for Busy People

Friday | May 6 10.30 – 1.30pm: Vegetarian Cooking for Beginners

Members £23.50 / Non-members £30 / Concessions



April 1 – 3, 2011

The Power of Asanas

**Asana Workshops, Lectures
and Meditations
with Swami Sivadasananda, Yoga Acharya**

These two and a half hour workshops offer practical inspiration to deepen your experience of the basic yoga postures and their variations. The main physical benefits of Asanas will be explained using three dimensional pictures showing anatomical illustrations of the Asanas. The asana class will focus on improving the awareness of specific benefits of the postures.

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 Vishnu-devananda and teaches all aspects of yoga in the International Sivananda Yoga Teachers' Training Courses worldwide.

Friday | April 1

7.30pm Satsang: Psychosomatic Benefits of Asanas

Saturday | April 2

3 – 5.30pm Workshop 1: Asanas in Accordance with the 5 Elements
6pm Satsang: The Inner Source of Happiness

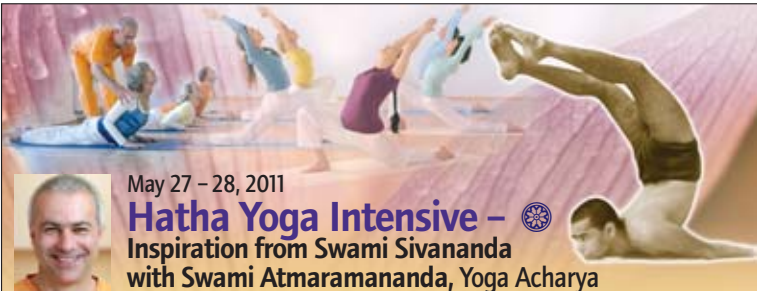
Sunday | April 3

3 – 5.30pm Workshop 2: Energy Expansion in the Asanas
6pm Satsang: The Eternal Nature of the Soul

Per Workshop: Members £20 / Non-members £24 / Concessions
Satsangs: Donations welcome.



©Dorling Kindersley



May 27 – 28, 2011

**Hatha Yoga Intensive –
Inspiration from Swami Sivananda
with Swami Atmaramananda, Yoga Acharya**

Swami Atmaramananda is the Yoga Acharya (Spiritual Director) for Eastern Europe and director of the Sivananda Yoga Vedanta Centre in Berlin. He was personally trained by and served as an assistant to Swami Vishnu-devananda. He teaches in the International Sivananda Teachers Training courses with dynamism and precision.

Friday | May 27

6 – 7.30pm Asana Workshop
7.30pm Satsang: Sadhana Tattwa –
The Science of Seven Cultures by Swami Sivananda

Saturday | May 28

10.30 – 12pm Asana Workshop
6pm Satsang: 20 Important Spiritual Instructions

Workshops: Members £10 / Non-members £13.50 / Concessions
Satsangs: Donations welcome.



Programmes subject to change

May 16 – 21 2011

Philosophy of Devotion Bhagavata Saptaha

With Sri Venugopal Goswami, Bhagavatacharya

Radha Raman Temple, Vrindavan, North India



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.



**Meditation on the Raja Yoga Sutras –
with Swami Durgananda, European Yoga Acharya**

Swami Durgananda is Yoga Acharya for Europe and senior disciple of Swami Vishnu-devananda. 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.

Monday | May 16 to Thursday | May 19

8pm Discourse & Music with Sri Venugopal Goswami
and his musical ensemble

Friday | May 20 and Saturday | May 21

6pm Talk with Swami Durgananda, Yoga Acharya
8pm Discourse & Music with Sri Venugopal Goswami
and his musical ensemble



Music and Discourse: Members £10 / Non-members £13 / Concessions
Talk: Members £7 / Non-members £10 / Concessions
Music and Talk combined: Members £16 / Non-members £20 / Concessions
Full programme: Members £70 / Non-members £90 / Concessions
Member price extends to those enrolled in courses

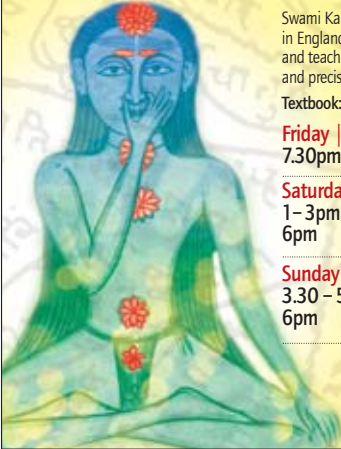
Programmes subject to change



June 3 – 5, 2011

Prana and the Astral Body

With Swami Kailasananda, Yoga Acharya



Swami Kailasananda is Yoga Acharya of the Sivananda Yoga Vedanta Centres in England and France. She is a long time disciple of Swami Vishnudevyananda and teaches in the Sivananda Yoga Teachers' Training Courses with great clarity and precision.

Textbook: Science of Pranayama of Swami Sivananda

Friday | June 3

7.30pm

Satsang: Pranayama – The Science of Breath

Saturday | June 4

1–3pm

Workshop: Mysteries of the Astral Body

6pm

Satsang: Mantras – Words of Power

Sunday | June 5

3.30 – 5.30pm

Asana Workshop

6pm

Satsang: Who am I?

Class or Workshop: Members £13 /
Non-members £17.50 / Concessions
Satsangs: Donation.

Saturday June 11, 6pm

Beauty of the Sarod

with Partho Sarothy, Sarod
Sanjay Jhalla, Tabla

An Evening of Spiritual Inspiration
through Music

Partho Sarothy, a disciple of Ravi Shankar, shows in his playing an extraordinary richness and spiritual depth. He is extolled by critics world wide for his deep musicality and sensitivity to the Raga. Don't miss this exceptional evening of classical Ragas with a master of the instrument. Sanjay Jhalla is a gifted tabla player who has accompanied many famous Indian musicians.

Minimum donation: £16.50

Programmes subject to change



Saturday July 16, 10.30am – 5.30pm

The Dance of Compassionate Communication

with Gina Lawrie

Gina Lawrie is an independent coach and consultant and trainer in personal and organizational development.

This workshop offers an introduction to the Nonviolent Communication process developed by Marshall Rosenberg. Gina will be sharing some of the fundamental principles:

- How to be fully heard and understood
- Handling conflict with confidence and compassion
- Inspiring willing co-operation
- Deepening important relationships

She will be demonstrating and coaching participants on one of the NVC Dance Floors – a method for learning and practicing NVC co-created by Gina and Bridget Belgrave. It is a floor map that used to learn this process of communicating with empathy, honesty, power and compassion. Please bring communication examples to work. They can be related to work, family, friendship or any situation that you find challenging.

Workshops: Members £38 / Non-members £45 / Concessions



August 5 – 7, 2011

Yoga and Psychology

with Dr. Uma Krishnamurthy

A 3-day programme exploring the transformative power of Yoga and the techniques for positive mental health and the psychology of happiness.

Dr. Uma Krishnamurthy is a Yoga Psychologist with a background in child psychiatry. She is from Bangalore, India. She has done extensive research on child and adolescent psychiatric problems for the Indian Council for Medical Research. She also has many years of experience in counselling and healing of emotions. She is currently conducting workshops and teaching programmes on Yoga psychology and mental health. She has travelled worldwide conducting spiritual retreats on Yoga and Mental Health. She has received formal training in Indian classical dance and conducted many workshops on dance and Yoga.

Friday | August 5

7.30 – 9.30pm: Free Talk as a part of Satsang: "Introduction to Yoga Psychology"

Saturday | August 6

6 – 8pm: Talk: "Yoga Psychology and the Healing of Emotions"

Sunday | August 7

6 – 8pm: Talk: "The Psychology of Happiness"

Talks: £14 members / £18 non-members / Concessions



PREVIEW! Vedic Astrology

with Stephen Quong

September 12 – 16, 2011

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 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.

Sat Feb 5 | 6pm • Sat April 16 | 6pm
Sat July 2 | 6pm



Friday – Sunday | June 3 – 5
Special Satsangs With Swami Kailasananda

See page 16 for more details.



Thursday March 3 | 8pm
– Friday March 4 | 5am

MahaSivaratri – The Night of Siva

Sivaratri is one of the most powerful and joyful celebrations. It has deep spiritual significance. Includes Homa (Vedic Fire ceremony), Pujas and all night chanting. Flower offerings and donations are welcome.



Thursday July 14 | 8pm

Mahasamadhi of Swami Sivananda

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



Friday – Sunday | April 1 – 3

Special Satsangs With Swami Sivadasananda

See page 14 for more details.



Friday July 15 | 7.30pm

Guru Purnima

Aspirants offer their homage to their teacher and the great sage Vyasa. It is an occasion for joy, celebration and spiritual study. Programme will include Puja and chanting. Flower offerings and donations are welcome.



Tuesday April 12 | 8pm

Ramnavami – The Birthday of Lord Rama

Celebrated with Puja, chanting and Prasad. Flower offerings and donations are welcome.



Friday August 5 | 7.30pm

Introduction to Yoga Psychology With Dr. Uma Krishnamurti

Dr Krishnamurti specialises in adult and child psychiatry and applies integral yoga therapy at the physical and mental levels in her work. See page 17 for more details.



Monday April 18 | 8pm

Hanuman Jayanti – Hanuman's Birthday

Celebrated with Puja, chanting and Prasad. Flower offerings and donations are welcome.



Sunday August 21 | 6pm

Krishna Janmashtami – Lord Krishna's Birthday

A joyful celebration of Lord Krishna, the embodiment of Cosmic Love. Programme includes a Puja, chanting, stories and delicious prasads. Flower offerings and donations are welcome.



Friday & Saturday | May 27 & 28

Special Satsangs With Swami Atmaramananda

See page 14 for more details.



Thursday September 1 | 8pm

Vinayaka Chaturthi – Lord Ganesha's Birthday

A celebration of Lord Ganesha, the remover of obstacles and the bestower of all success. Programme includes a homa, chanting and delicious prasads. Flower offerings and donations are welcome.



Sunday & Monday | May 29 & 30

South Indian Temple Rituals with a Brahmin Priest from South India

Free and open to all.



Friday – Sunday | September 2 – 4

South Indian Temple Rituals with a Brahmin Priest from South India

Free and open to all.



February 19 – 20, 2011

Further Training for Sivananda Yoga Teachers' Weekend

This weekend programme is conceived to help Sivananda Teachers deepen their understanding of the yoga practice and improve their teaching skills by reconnecting to the source of inspiration and guidance. This weekend is open to all those who have successfully completed the Sivananda Yoga Teachers' Training course (TTC)



Dynamic Asanas and Satsangs

with Swami Krishnadevananda, Director of the Sivananda Yoga Centre, London

Satsang Topics

- In Peace Lies Strength • Purifying the Heart through Service
- Transforming Negative Emotions through Music



Yoga for Pregnancy

with Sita, Co-director of the Sivananda Yoga Affiliated Centre, Hamburg, Germany.

Topics covered include:

- The 3 different stages in pregnancy • Basic guidelines for teaching pregnant women
- The Gunas in relation to pregnancy

Full Weekend: £90. Teachers can arrive on Friday afternoon and stay at the centre at an additional cost of £20 per night. Advanced booking essential

Yoga Festivals at the Centre All activities FREE!!!

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

WINTER YOGA FESTIVAL Saturday February 5 | 1–8pm

- 1pm: Introduction to yoga and Asana demonstration / Talk: "Simple Living High Thinking"
- 2pm: Trial Class / Asana Workshop: "Asanas for Stress Management" / Kids Class
- 3.30pm: Vegetarian snack
- 4pm: Introduction to Vegetarian Cooking / Cooking Demonstration
- 6pm: Group Meditation with Ganapathi Homa (Fire Ceremony)



SPRING YOGA FESTIVAL Saturday April 16 | 1–8pm

- 1pm: Introduction to Yoga and Asana demonstration / Talk: "Meditation in Daily Life"
- 2pm: Trial Class / Asana Workshop: "Meditative Practice" / Kids Class
- 3.30pm: Vegetarian snack
- 4pm: Introduction to Vegetarian Cooking / Cooking Demonstration
- 5pm: Introduction and Practice of Meditation
- 6pm: Ganapathi Homa (Fire Ceremony)



SUMMER YOGA FESTIVAL Saturday July 2 | 1–8pm

- 1pm: Introduction to yoga and Asana demonstration / Talk: "Peace Lies Within"
- 2pm: Trial Class / Asana Workshop: "Breath control in the Asanas" / Kids Class
- 3.30pm: Vegetarian snack
- 4pm: Introduction to Vegetarian Cooking / Cooking Demonstration
- 5pm: Mantra Chanting for World Peace
- 6pm: Ganapathi Homa (Fire Ceremony)



SPECIAL YOGA FESTIVAL REDUCTIONS: 20% off all Class Cards, Course and Workshop bookings.

Residential Courses at the London Centre

The London Centre offers Residential Courses to help deepen your Yoga practice.

These courses offer the possibility to experience Yoga as a lifestyle through a deep and dynamic practice of all aspects of yoga under the guidance of experienced teachers.

It blends the stimulating company of sincere yoga practitioners with the warm and nurturing energy of a spiritual community ... all this just a few minutes from the River Thames!

The Residential Courses in London

The courses will follow the daily schedule of the Sivananda Ashrams: 2 Yoga classes, 2 meditations, in-depth workshops, 2 vegetarian meals and participation in the Ashram community life. There will be time to relax, go for walks along the river or visit London for those coming from abroad.

The courses are open to all. Students enrolled for the course are required to participate in all activities and follow the yogic lifestyle taught at the Centre. Yoga is based on self discipline (Sadhana). It is this discipline that allows one to experience the full benefits of the course while helping to maintain the spiritual energy of the Centre.

There are 2 types of Residential Courses

Residential Course 1 (Certificate Course)

Upon successful completion of the course, you will receive a certificate of participation stipulating the number of practice hours in the course.

Residential Course 2 (Diploma Course)

Upon successful completion of the course, you will receive a diploma from the International Sivananda Yoga Vedanta Centres. The Sivananda Yoga Centre is affiliated with the Open International University via the International Institute for Integral Human Sciences in Montreal, Canada. One can earn university credit for Bachelors, Masters and PhD degrees from participation in the diploma courses.

For further information on these university credits, contact: **International Institute of Integral Human Sciences**
1974 de Maisonneuve West, Montreal, Quebec H3H 1K5, Canada
Telephone: +1 514 937 8359 • www.iihs.com

Daily schedule for Residential Courses*

6am	Wake up	12pm	Break
6.30am	Satsang – Meditation and Mantra Chanting	1 pm	Main Workshop
		4pm	Optional Yoga class or outing
8am	Yoga class	6pm	Dinner
10am	Brunch	7pm	Study time
11am	Voluntary participation in the Ashram activities	8pm	Satsang – Meditation and Mantra Chanting

* Daily schedule subject to change

Tuition fee:

Residential Course 1 (Certificate Course)

Dorm 1 – £310 | Dorm 2 – £355 | Shared Room – £395
Double Room – £435

Residential Course 2 (Diploma Course)

Dorm 1 – £410 | Dorm 2 – £455 | Shared Room – £495
Double Room – £535

Tuition fee for non residential students:

Course 1 (Certificate Course): £250
Course 2 (Diploma Course): £350



Ayurveda – The Science of Self Healing (Diploma Course)

with Angela Hope Murray, Ayurvedic Practitioner

Saturday, June 18 – Saturday, June 25 2011

Arrival: Saturday, June 18 at 11am. Departure: Saturday, June 25 at 11am

Course teacher: Angela Hope Murray, D.O. Dip Ayur.Med., MSc. is a practitioner of complementary medicine for over 30 years. She has trained extensively in Ayurveda with Dr. Vasant Lad and has studied Ayurvedic Medicine in Britain and India, becoming a registered Ayurvedic Practitioner in 2001. She is co-author of Healing with Ayurveda and continues teaching Ayurveda throughout the world.

Course book: *Ayurveda – The Science of Self Healing* by Dr. Vasant Lad

The course will provide an introduction to the theory and practice of Ayurveda. A sister science of Yoga, Ayurveda is an ancient system of prevention and treatment through natural means, applying the concept of the 3 doshas (body types) and how to maintain physical and mental balance through diet, exercise and simple daily routines.

Topics covered during the course:

- Introduction to the science of Ayurveda
- Vata, Pita and Kapha – the 3 body constitutions
- Agni – nurturing the inner fire
- Ayurvedic cooking – understanding food combining and spicing
- Anatomy and physiology according to Ayurveda
- The daily routine
- Individual consultations and guidelines



Yoga Psychology and Positive Mental Health (Diploma Course)

with Dr. Uma Krishnamurti

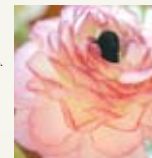
Friday, August 5 – Friday, August 12 2011

Arrival: Friday, August 5 at 11am. Departure: Friday, August 12 at 11am

Course teacher: Dr. Krishnamurti specialises in adult and child psychiatry and applies integral yoga therapy at the physical and mental levels in her work. She creates a fascinating synthesis of psychology and spirituality, showing how Yoga can be used to work with the emotions and lead to positive mental health. She learnt yoga and meditation as a child under highly respected yoga masters.

Topics covered during the course:

- Transpersonal psychology – the relation between physiology, psychology and philosophy.
- Understanding and transforming negative emotions
- How to re-establish inner harmony
- Psychological definition of Yoga
- The conscious, subconscious and superconscious mind



The Courses



Find your Path in Life – Wisdom Teachings from the Bhagavad Gita (Diploma Course)

with Swami Durgananda, Yoga Acharya

Saturday, April 2 – Saturday, April 9 2011

Arrival: Saturday, April 2 at 11am. Departure: Saturday, April 9 at 11am

Course teacher: Swami Durgananda is Yoga Acharya for Europe and senior disciple of Swami Vishnudevyananda. 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 30 years of teaching experience. Her book, *Yoga Sutras of Patanjali*, contain her commentary on this most important of yoga scriptures.

Course book: *Bhagavad Gita* with commentary by Swami Sivananda

The Bhagavad Gita is recognised as one of the most important scriptures of Yoga. Called the 'cream of the Vedas' by Swami Sivananda, its teachings are universal and sublime. It addresses directly the often complex notion of duty and how to take action in the face of fear, doubt and indecision. The Gita has helped countless seekers on the spiritual path find deeper meaning in their daily lives.

Topics covered during the course:

- Applying the principal teachings of the Bhagavad Gita
- Overcoming doubt and indecision
- Karma and Dharma – The path to wisdom.
- The 3 Gunas and their manifestations
- Karma, Bhakti & Jnana – The 3 fold path



Autumn Courses Preview

Yoga & Anatomy Course (Certificate Course)

with Madhava

October 8 – 15 2011



Course teacher: Madhava is staff at the Sivananda centre in London. He is an experienced yoga teacher with a keen interest in anatomy in relation to yoga.

Yoga is a complete system for physical, mental and spiritual wellbeing. Its ancient techniques have been used by man since time immemorial and continue to help countless students to find increased health, vigour and meaning in their lives. The course will explore how the physiological components of Yoga benefit man on the more subtle levels. It is highly recommended for Yoga Teachers wanting to improve their teaching through a deeper understanding of the Asana practice.

The Meditation Experience – Practical Steps to Inner Peace (Diploma Course)

with Swami Kailasananda, Yoga Acharya

November 12 – 19 2011



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 Vishnudevyananda and teaches in the Sivananda Yoga Teachers' Training (TTC), Advanced Teachers' Training (ATTC) and Sadhana Intensive courses with clarity, precision and deep insight.

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.

Sivananda Yoga Retreats

Gaunts House, Wimborne, Dorset



Easter Retreat

April 21 – 25, 2011

These retreats continue 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.

Easter Retreat Prices

Tent: Members £265/Non-members £290
 Shared room: Members £335/Non-members £360
 Double Room: Members £365/Non-members £389
 Double Room Ensuite: Members £395/Non-members £420
 Single: Members £395/Non-members £420
 Single Ensuite: Members £420/Non-members £445

Summer Retreat

July 28 – 31, 2011

Summer Retreat Prices

Tent: Members £223/Non-members £240
 Shared Room: Members £280/Non-members £297
 Double Room: Members £280/Non-members £297
 Double Room Ensuite: Members £305/Non-members £320
 Single: Members £310/Non-members £327
 Single Ensuite: Members £340/Non-members £357

For more information and prices visit www.sivananda.co.uk or contact us for a free brochure



Yoga Teachers' Training Course in London

A four week intensive residential course in all aspects of yoga

May 14 – June 12, 2011 • August 28 – September 25, 2011

Due to the success of the first ever Sivananda Teachers' Training Course (TTC) to be held at the Sivananda Yoga Vedanta Centre in London this Spring, we are proud to announce two further courses for 2011.

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

5.30am Wake-up	2pm Main lecture
6am Meditation, mantra chanting, lecture or silent walk	4pm Asanas and pranayama
8am Asanas and pranayama	6pm Dinner
10am Brunch	8pm Meditation, mantra chanting, lecture
11am Karma yoga	10pm Lights out
Noon 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

From £1,900 including room and board.





International Sivananda Yoga Teachers' Training Courses Europe & North India 2010

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

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

Ashram Preview

Saturdays, 4pm
Free of charge. No booking necessary.
Jan 8, Mar 5, May 7, Jun 4, Aug 20, Sep 10
(see page 4)

Yoga Teachers' Training Course (TTC)

www.sivananda.eu

Austria – Reith, Tyrol

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

May 21 – June 19, 2011 (in German)**

July 30 – August 28, 2011*

September 3 – October 2, 2011**

December 17, 2011 – January 15, 2012*

*Course Tuition: £1,650 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 21 – June 19, 2011 (in German)

September 3 – October 2, 2011

Course Tuition: Dormitory £2,050 | Shared £2,400

Triple £2,600 | Double £3,000 | Single £3,500

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: 1,950 € | Shared: 2,290 €

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.

October 8 – November 6 2011

Course Tuition: Dormitory 1 £1,355 | Dormitory 2 £1,540

Double £1,770. Tuition fee includes room and board

TTC in London see page 23

May 14 – June 12, 2011

August 28 – September 25, 2011

Course Tuition: Dormitory 1 £1,900 | Dormitory 2 £2,100

Shared £2,350 | Double £2,600.

Tuition fee includes room and board



Important: All fees for Teachers' Training Courses quoted above are valid until until 31 August 2011

France – Orléans, Loire Valley

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

20 March – 17 April 2011 (in French)

Course Tuition: Dorm: £2,000, Double: £2,470, Single: £3,070, Single with bathroom £3,320. 10% reduction on dormitory accommodation for students and the unemployed.

April 29 – May 28, 2011

Course Tuition: Tent*: £1,920, Dorm: £2,215, Double: £2,470, Single: £3,070, Single with bathroom £3,320. 10% reduction on tent or dorm accommodation for students and the unemployed

July 1 – 29, 2011

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

July 31 – August 28, 2011 (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

Spain – Aluenda

August 15 – September 11, 2011 (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 3 – October 2, 2011

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

Advanced Teachers' Training Course (ATTC)

Austria – Reith, Tyrol

May 21 – June 19, 2011

NEW! SPECIAL REDUCTIONS

SAVE APPROX. £550 ON ROOM & BOARD

Course Tuition: Dormitory £2,050 | Shared £2,400 | Triple £2,600 | Double £3,000 | Single £3,500. Tuition fee includes room and board. Early Bird and Partner discounts on all rates.

France – Orléans, Loire Valley

July 1 – 29, 2011

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

Poland – Ustka

September 3 – October 2, 2011

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

North India – Vrindavan

October 8 – November 6, 2011

Course Tuition: Dormitory 1 £1,355 | Dormitory 2 £1,540

Double £1,770. 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 6 – 21, 2011

Course Tuition: Tent*: £810, Dorm: £980, Double: £1,235, Single: £1,405.





www.sivananda.eu

Sivananda Yoga Vedanta Retreat House

Reith near Kitzbühel, Tyrol, Austria 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 2010/11 programme visit: www.sivananda.org/tyrol).

Daily rates for the yoga vacation programme (including room and board in eco-hotel opposite): From 64 €
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.

February 5 – 12, 2011
YOGA – YOUR HOME PRACTICE COMPANION

Feb 26 – Mar 5 / Nov 19 – 26, 2011
THE YOGIC WAY OF COOKING

March 26 – April 2, 2011
TAP THE SOURCE

Apr 2 – 9 / Nov 26 – Dec 3, 2011
YOGA AND STRESS MANAGEMENT

May 7 – 14, 2011
CRANIOSACRAL THERAPY
with Dr Fadel Behman
From 650 €, INCLUDING room and board

July 20 – 27, 2011
YOGA AND HEALING HERBS

August 5 – 14, 2011
YOGA OF THE HEART
With Nischala Joy Devi,
pioneer in Yoga Heart Therapy, USA
From 1,210 €, INCLUDING room and board

August 14 – 21, 2011
YOGA AND PSYCHOLOGY
With Dr Uma Krishnamurthi, Psychiatrist,
Bangalore, India
From 650 €, INCLUDING room and board

September 20 – 24, 2011
THE SCIENCE OF NUTRITION AND VEGETARIAN CUISINE



Yoga Retreat at Easter

April 15 – 27, 2011

Daily rate for the Yoga Easter programme (including room and board in eco-hotel opposite): From 70 €
Concessions for students and the unemployed.

Intensify your practice of yoga and energise both body and mind. Relax and enjoy the fresh mountain air, silent walks, light organic meals and a variety of yoga topics.

April 15 – 17
YOGA@HOME

Workshops introduce the most effective exercises for the daily routine.

April 15 – 17
MEDITATION – AN INTRODUCTION

The experiences in meditation are varied and open to everyone.

April 15 – 22
SIVANANDA BEGINNERS' GUIDE TO YOGA

The proven basic guide from the Sivananda Yoga Centres

April 18 – 21
AYURVEDA SPECIAL 

With Sanjay and Anjani Kulkarni (MD),
Ayurveda Acharyas, Pune, India

Radiant health following the principles of Ayurveda in harmony with Western culture.

- Health for the whole family • The immune-strengthening power of spices • Ayurvedic tips for a sound sleep
- Ayurveda for women

April 16 – 23
AYURVEDA NUTRITION SEMINAR 

with Certificate
With Sanjay and Anjani Kulkarni (MD)
The Ayurvedic system of healing in harmony with Western culture.

April 18 – 25
NEW! ASANAS – FIRM AND RELAXED 
With Swami Sivadasananda, Yoga-Acharya
Intensive training programme for intermediate/advanced students.

- Strength and flexibility • Physical and mental relaxation
- Improving the power of concentration
- The effects of the asanas on the joints, tendons, ligaments, nervous and endocrine systems

Swami Sivadasananda, Yoga Acharya and senior student of Swami Vishnudevananda, has taught at workshops and Teachers' Training Courses around the world for many years.

April 19 – 25
SOUTH INDIAN TEMPLE MEDITATIONS

Pujas and Yantras with a priest from South India


- Fascinating geometric shapes of the Yantra (meditative image) • Classical scripture recitations (Mantras)
- Symbolic hand gestures (Mudras)


April 22 – 25
NEW! HOW DISCRIMINATION LEADS TO ENLIGHTENMENT 

A practical introduction to Vedanta, the yogic philosophy of oneness.


Lectures with Swami Durgananda, Yoga Acharya

- The Self – the highest reality • The nature of the senses
 - Introspection & meditation • The inner strength of wisdom
- Swami Durgananda is one of the most senior students of Swami Vishnudevananda and directs the Sivananda Yoga Vedanta Centres in Europe.

April 22 – 25
JYOTISHA – VEDIC ASTROLOGY 
Lectures with Stephen Quong, California, USA
Jyotisha, the traditional Vedic astrology of India, provides deeper insights into the purpose of our lives.

April 22 – 25
FURTHER TRAINING FOR YOGA TEACHERS YOGA BODY-WORK 

Asana corrections for intermediate and advanced students

April 25 – 28
YOGIC PEARLS OF WISDOM 
Inspiring yoga insights into health maintenance, ethics, cultivation of willpower and higher emotions, psychic well-being and spirituality.

April 25 – 29
YOGA AND MOUNTAIN MAGIC

Preview: SPECIAL PENTECOST PROGRAMME: 12 DAYS OF YOGA SPECIALS
incl. spiritual discourse and music with Sri Venugopal Goswami, lectures with Swami Durgananda and asana classes with Swami Atmaramananda



Ashram de Yoga Sivananda www.sivananda.eu Loire Valley, France www.sivananda.org/orleans

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 Spring/Summer, 2011

From 48 € per night.

More information on www.sivananda.org/orleans or ask us for our free brochure.

February 13 – 20

Yoga Week for Beginners

February 20 – 27

Vegetarian Cooking Course

March 11 – 13

How to teach yoga for children for Sivananda teachers

With Swami Anantananda

March 13 – 20

Asana Intensive Workshop

With Swami Anantananda

April 3 – 10

One week Yoga Retreat at a reduced rate

April 21 – 26

Easter Retreat

With Swami Kailasananda, Swami Atmaramananda, Swami Jyotirmayananda

May 7 – May 14

Yoga and Anatomy

May 21 – 28

Meditation Retreat

June 2 – 13

Ascension Retreat

June 12 – 19

Sivananda Teachers' Sadhana Week

August 23 – 30

Yoga & Psychology with Dr Uma Krishnamurthy



Training in Vrindavan, North India 2010 – 2011

www.sivananda.eu

INTERNATIONAL YOGA TEACHERS' TRAINING (TTC)

8 October – 6 November, 2011 International
Course Tuition: Dormitory 1 £1,355 | Dormitory 2 £1,540
Double £1,770 (Tuition fee includes room and board)

ADVANCED YOGA TEACHERS' TRAINING (ATTC)

October 8 – November 6, 2011 International

Course Tuition:
Dormitory 1 £1,355
Dormitory 2 £1,540
Double £1,770

(Tuition fee includes room and board)

For course description see pages 24 – 25

HIMALAYAN PILGRIMAGE Yoga Sadhana at the source of ancient wisdom

6 – 19 March 2011

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.

Minimum Donation: 1,190,- €

Contact the Centre for advice concerning visa applications.



Prices valid until 31/8/2011

Other Worldwide Sivananda Ashrams 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

Sivananda Yoga Retreat - Bahamas (Nassau)

www.sivananda.org/nassau

Sivananda Ashram Yoga Ranch - New York (Woodbourne)

www.sivananda.org/ranch

Sivananda Ashram Yoga Farm - California (Grass Valley)

www.sivananda.org/farm

Sivananda Yoga Dhanvantari Ashram - South India (Kerala)

www.sivananda.org/neyyardam

Sivananda Kutir - North India (Himalayas)

www.sivananda.org/netala

Sivananda Yoga Vedanta Meenakshi Ashram - South India

(Madurai) www.sivananda.org/madurai



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 (Yoga 1) before attending open classes (see page 5). 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. Eye glasses should be placed in a hard case or in the changing room.

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/ 7am Early Bird: Duration: 60 mins. Intermediate level on drop-in basis. **Members £6/ Non-members £8**

⊛ **Advanced Class:** Duration: 90 mins. Prerequisite: Yoga 4 or TTC. no classes on January 14, April 22, 29, May 20, 27, July 29. **Members £7.50/ Non-members £11**

⊛ **Advanced Asana Workshop:** Duration: 120 mins. Prerequisite: Yoga 4 or TTC. (see page 10 for themes and dates). **Members £10/ Non-members £13.5**

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

Yoga Lite: Duration: 90 mins. A drop-in class suitable for persons new to yoga or at a beginners' level. Please note there will be no classes on Apr 25, May 2, 30 and Aug 29. **Members £7.50/ Non-members £11**

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

Pregnancy Class: Duration: 90 mins. Basic yoga exercises adapted for pregnancy. It is advised to begin after the first trimester. Students will not be allowed to take part in Open Classes during pregnancy. Please note: no classes on Apr 23 and July 30. **Members £7.50/ Non-members £11**

Kids' Class: Duration: 90 mins. Postures adapted for children, meditation, chanting and storytelling. Ages 7 – 12. **Class dates:** Feb 5 (at 2pm), Mar 5, Apr 16 (at 2pm), May 7, July 2 (at 2pm) and Aug 13. **Minimum donation: £2**

Group Meditation (Satsang): Consists of 20–30 mins of meditation, 45 mins of mantra chanting and talk on Yoga. Open to all. Please note there will be no Satsangs on January 14 – 16, Apr 25, May 20 – 22, June 11. **Free of charge.**

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 the membership. By taking membership you actively support the Centre. **Annual Membership £55 / Lifetime Membership £550.**
For members we offer the following:

Unlimited Classes**	
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

Monday – Thursday	10am – 9.30pm
Friday	10am – 7.30pm
Saturday	10am – 6pm
Sunday	3pm – 6pm

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

Registration

To Register: Telephone bookings are accepted either by credit or debit card. We do accept American Express. It is also possible to book online by visiting www.sivananda.co.uk. To pay by cheque, please make it out to SYVC, and send a payment along with your name, address, telephone and email clearly stating the course you wish to book, the start date and time. 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, at the student's option, 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 (at the student's option) 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: Each student will receive a voucher either to replace missed classes or for additional practice in Open Classes. Vouchers apply to Yoga 1, Yoga 2 & 2M, Yoga 3 & 3P, Yoga 4 and Yoga 5 courses only.

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): The activities of all the Sivananda Yoga Vedanta Centres take place through the practice of karma yoga (voluntary service). All talents are welcomed. If you have some time and energy to spare, please let us know.

*Prices valid until August 31, 2011

**Lost or stolen cards cannot be replaced

DAILY SCHEDULE

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 – 8am		NEW! Early Bird					
10.30 – 12pm	Open Pensioners	Open	Open Pensioners	Open	Open	Open Pregnancy	
12.30 – 1.30pm	Lunch Class		Lunch Class				
2 – 3.30pm						Trial Class	
3.30 – 5.30pm							Advanced Workshop
4 – 5.30pm	Open	Open	Open	Open	Open	Open Kids*	Open
6.00pm						Group Meditation	Group Meditation
6 – 7.30pm					Open Advanced		
6.30 – 8pm	Open Yoga Lite*	Open	Open Pregnancy*	Open			
7.30pm					Group Meditation		
8 – 9.30pm	Open	Yoga Plus	Open	Open Trial Class	NEW!		

Please see page 30 for class descriptions

*for class dates see page 30

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.

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 ask for our special mail order brochure.



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 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 – We thank you in advance for your co-operation.



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