



Reception and Yoga shop

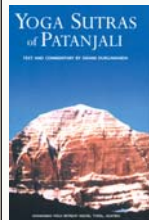
## The Courses continued

### The Raja Yoga Sutras of Patanjali (Diploma Course) with Swami Durgananda, Yoga Acharya Saturday, Nov 20 – Saturday, Nov 27, 2010

Arrival: Saturday, November 20 at 10am.  
Departure: Saturday, November 27 at 11am



**Course teacher:** Swami Durgananda is Yoga Acharya for Europe and senior disciple of Swami Vishnudevananda. She directs the Sivananda Yoga Vedanta Centres in Europe and teaches yoga philosophy at the Sivananda Yoga Teachers' Training Courses around the world, sharing the inspiration of over 30 years of teaching experience. Her book, Yoga Sutras of Patanjali, contain her commentary on this most important of yoga scriptures.



**Course book:** *Yoga Sutras of Patanjali* with commentary of Swami Durgananda

**Topics covered during the course:**

- The 8 steps of Raja yoga
- Overcoming the Kleshas (cause of suffering)
- Yamas and Niyamas: refining the mind
- Understanding and sublimating lower emotions
- From concentration to Samadhi
- Kaivalya – Inner freedom



Many books on Yoga & Vedanta available in the Shop

### Yoga & Anatomy Course (Certificate Course) Saturday, Sept 25 – Saturday, Oct 2, 2010

Arrival: Saturday, September 25 at 10am  
Departure: Saturday, October 2 at 11am

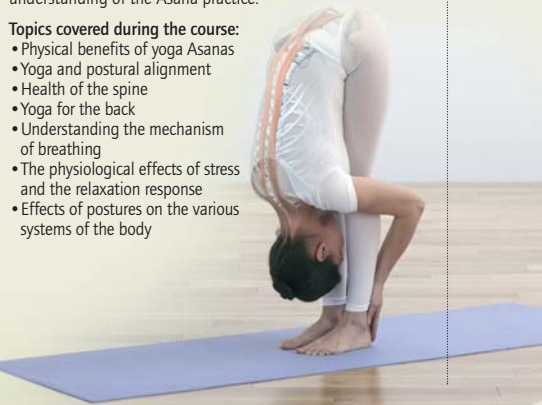
**Course teacher:** Madhava is staff at the Sivananda centre in London. He is an experienced yoga teacher with a keen interest in anatomy in relation to yoga.



Yoga is a complete system for physical, mental and spiritual wellbeing. It's 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.

**Topics covered during the course:**

- Physical benefits of yoga Asanas
- Yoga and postural alignment
- Health of the spine
- Yoga for the back
- Understanding the mechanism of breathing
- The physiological effects of stress and the relaxation response
- Effects of postures on the various systems of the body



# Residential Courses at the Sivananda Yoga Vedanta Centre, Putney, London



The Peace Garden



The Peace Garden



Spacious Yoga rooms



Sivananda Yoga Vedanta Centre  
45 – 51 Felsham Road London SW15 1AZ  
Tel 020 8780 0160 • Fax 020 8780 0128  
London@sivananda.net  
www.sivananda.co.uk • www.sivananda.eu

“Health is Wealth. Peace of Mind  
is happiness. Yoga Shows the Way.”  
– Swami Vishnudevananda



International  
**SIVANANDA**  
**Yoga**  
Founder: Swami Vishnudevananda Est 1957

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

Over 35 years of teaching Yoga in London



## New Residential Courses at the London Centre

### Deepen your practice – stay at our city Ashram!

#### The London Centre is transforming into a city Ashram!


An Ashram is a place for retreat where one can experience yoga as a lifestyle. It offers 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 River Thames – 5 minutes walk from the Centre

#### 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.

 ALSO RECOMMENDED FOR YOGA TEACHERS AND ADVANCED STUDENTS

#### 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, please contact:  
International Institute of Integral Human Sciences  
1974 de Maisonneuve West, Montreal, Quebec  
H3H 1K5, Canada  
Telephone: +1 514 937 8359 • www.iiihs.com

#### Tuition fee:

##### Residential Course 1 (Certificate Course)

Dorm1 – £310 | Dorm 2 – £355 | Shared Room – £395  
Double Room – £435

##### Residential Course 2 (Diploma Course)

Dorm1 – £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

#### Daily schedule for Residential Courses

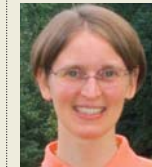
6am:	Wake up	1pm:	Lunch
6.30am:	Satsang – Meditation and Mantra Chanting	2pm:	Main Workshop
8am:	Yoga class	4pm:	Yoga class
10am:	Light Breakfast	6pm:	Dinner
11am:	Voluntary participation in the Ashram activities	7pm:	Study time
12pm:	Time for rest or outing	8pm:	Satsang – Meditation and Mantra Chanting

## The Courses

### Stress Management (Diploma Course) with Swami Jyotirmayananda

Saturday, April 10 – Saturday, April 17, 2010

Arrival: Saturday, April 10 at 10am  
Departure: Saturday, April 17 at 11am



**Course teacher:** Swami Jyotirmayananda is the director of the Sivananda Yoga Centre in Paris and is an experienced yoga teacher. She has taught stress management courses at the Sivananda Ashram in France for the last 4 years.

Yoga techniques and mental exercises (meditation) have become an integral part of Western culture and are finding increased acceptance in medicine, education, sports, management training, the arts and religious sciences. This diploma course offers in-depth personal practice with a view to integrating these experiences into your personal and professional life.

#### Topics covered during the course:

##### Modern stress research

- Scientifically based stress literature
- Fight and flight response and relaxation
- The burn-out syndrome

##### Parallels from the yogic model

- The 3 Gunas (qualities of nature)
- Principles of Yoga Psychology: Vrittis, Samskaras, the five states of the mind
- Kama, Artha, Dharma, Moksha – Indian wisdom in the material world

##### The three levels of relaxation

- How food choices affect the hormones
- Ayurveda: imbalances in the three Doshas
- How to strengthen the immune system



### Yoga Vedanta Diploma (Diploma Course) with Swami Kailasananda, Yoga Acharya

Saturday, June 5 – Saturday, June 12, 2010

Arrival: Saturday, June 5 at 10am  
Departure: Saturday, June 12 at 11am



**Course teacher:** Swami Kailasananda is Yoga Acharya of the Sivananda Yoga Vedanta Centres in England and France. She is a long time disciple of Swami Vishnudevananda and teaches in the Sivananda Yoga Teachers' Training (TTC), Advanced Teachers' Training (ATTC) and Sadhana Intensive courses with clarity, precision and deep insight.



**Course text book:** *Tattwa Bodha* of Sankaracharya

A fascinating study of Vedanta – the philosophy of non-dualism. The Vedanta philosophy is at the very heart of all the yogic teachings and affirms the essential unity of all existence and the Real nature of man. Adi Shankaracharya, the great Indian sage and reformer, wrote many important works which express the eternal Truths of Vedanta with great clarity and beauty, piercing right through to the very essence of Reality.

#### Topics covered during the course:

- Explanation of the basic Vedantic terminology
- Illusion vs. Reality
- Sankaracharya, the great exponent of Vedanta philosophy
- Study of Tattwa Bodha of Sankaracharya
- Vedanta for the modern world
- Who am I? – Finding one's path

### Yoga Psychology and Positive Mental Health (Diploma Course)

with Dr. Uma Krishnamurti

Tuesday, Aug 17 – Sunday, Aug 22, 2010

Arrival: Tuesday, August 17 at 10am  
Departure: Sunday, August 22 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
- Psychological definition of Yoga
- The conscious, subconscious and superconscious mind
- How to re-establish inner harmony