



Since 1957

Ashram de Yoga Sivananda Themed courses, Teachers' Training Courses and Further trainings for yoga teachers March to December 2021

Preview:

22 – 29 Oct: themed course: Karma Yoga Vacation – reduced rate (50 %)
29 Oct. – 3 Nov.: themed course: All Saints Retreat
29 Oct. – 2 Nov.: further training for yoga teachers: how to teach yoga to seniors with
Jaya Bharati
3 – 7 Nov.: themed course: Relaxation and stress reduction
3 – 7 Nov.: further training for yoga teachers: how to teach yoga to children with
Parvati
7 – 12 Nov: themed course: the power of positive thinking
12 – 14 Nov.: themed course: introduction to the Teachers' Training Course
14 -19 Nov.: themed course: boost your vitality and mental health
20 Nov. – 19 Dec.: Sivananda teachers' training course (in French)
23 Dec. 2021 – 2 Jan. 2022: themed course: Christmas and New Year Retreat

A DAY AT THE ASHRAM DAILY SCHEDULE

6am Meditation, Mantra chanting and lecture (Satsang)
8am Asanas and pranayama
10am Vegetarian Lunch
11am Karma yoga (one hour of service in the Ashram)
12.30pm Lecture or nature walk or spiritual video
1.30pm Snack and free time
4pm Asanas and pranayama
6pm Vegetarian Dinner
8pm Meditation, Mantra chanting and lecture (Satsang)

To keep up the spiritual atmosphere of the Ashram, participation in the morning and evening meditation and one asana class daily are mandatory. Programmes are subject to change or cancellation

Contact :

Ashram de Yoga Sivananda
26 Impasse du Bignon
45 170 Neuville-aux-Bois
phone +33 2 38 91 88 82
www.sivanandaorleans.org

22 – 29 October 2021

THEMED COURSE

Karma Yoga Vacation – reduced rate (50 %)

Arrival: 3pm, Friday 22 October

Departure: 2pm, Sunday 29 October

Relax and recharge in nature, practice yoga and take part in the ashram activities with a few hours of Karma Yoga (selfless service).

The daily program includes a morning and evening meditation (Satsang), an asana and pranayama class, three hours of Karma Yoga and two vegetarian meals.

What is Karma Yoga?

Karma Yoga is the practice of giving our actions for the good of the action itself, with no thought of personal reward. The Ashram works fully on the principle of voluntary service (karma yoga). All the teachers teach and serve on a volunteer basis. During this week you can help in the garden, the kitchen and housekeeping.

Karma Yoga creates a cheerful atmosphere in which to meet other people and develop a positive attitude towards life, yourself and others – it also purifies the heart and sublimates the ego.

Reduced rates (50 %) for 7 nights all included:

shared room 217 €, double room 259 €, double room with bathroom 322 €, single room 322 €, single room with bathroom 374,50 €

Proof of a negative Covid 19 test is required prior to arrival (to be sent by email the day before arrival to orleans@sivananda.net).

29 October – 3 November 2021

THEMED COURSE

All Saints Retreat

With the Swamis and teachers of the Ashrams

Arrival: 3pm, Friday 29 October

Departure: 2pm, Wednesday 3 November

- Energizing asana classes and deep relaxation to calm the nervous system
- 30-minutes asana workshops for in-depth practice
- Meditation: find inner peace in silence
- Celebrate the joyful spirit of music through group mantra chanting
- Make new friends in the Sivananda yoga family and reconnect with old ones
- Enjoy nature walks in the magnificent Orleans forest

Rates for 5 nights all included:

shared room 345 €, double room 410 €, double room with bathroom 510 €, single room 510 €, single room with bathroom 595 €

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29 October – 2 November 2021 (long All Saints weekend)

FURTHER TRAINING FOR YOGA TEACHERS

How to teach yoga to seniors with Jaya Bharati

Arrival: 3pm, Friday 29 October

Departure: 2pm, Tuesday 2 November

Asana class models specifically for seniors are practised and explained.

Topics:

- Warm-up exercises
- Asana variations for people with limited flexibility
- Special care for the back
- The triangle of life and the eternal youth of the soul

With certificate of participation.

Jaya Bharati Patricia Guedj is an experienced yoga teacher at the Sivananda Yoga Centre in Paris and a yoga therapist with special focus on the needs of elderly people.

Rates for 4 nights all included:

shared room 336 €, double room 388 €, double room with bathroom 468 €, single room 468 €, single room with bathroom 536 €

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3 – 7 November 2021

FURTHER TRAINING FOR YOGA TEACHERS

How to teach yoga to children with Parvati

Arrival: 3pm, Wednesday 3 November

Departure: 2pm, Sunday 7 November

Yoga teaches children in a playful way how to concentrate, increase self-confidence and improve their motor skills. Regular yoga practice for children offers effective help with hyperactivity and stress. But above all, yoga for children is a lot of fun.

Topics:

- Simple postures, inventive and well suited to children's daily life
- Basic classes for children of different age-groups
- How to help children breathe better, develop concentration and relaxation,
- How to incorporate yoga in the family
- Mantra chanting for children to develop early meditation
- Spiritual stories for inspiration

With certificate of participation.

Parvati comes from England, she has been part of the Ashram team for several years. She teaches yoga and anatomy in the Sivananda teacher training courses at the Ashram. She is responsible for our website, and shares her talents with enthusiasm for the development of the Ashram.

Rates for 4 nights all included:

shared room 336 €, double room 388 €, double room with bathroom 468 €, single room 468 €, single room with bathroom 536 €

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3 – 7 November 2021

THEMED COURSE

Relaxation and Stress Reduction

Arrival: 3pm, Wednesday 3 November

Departure: 2pm, Sunday 7 November

Managing our stress levels in a responsible way promotes overall well-being and helps us to live a more relaxed life.

Topics:

- Stress syndrome and relaxation response
- The three levels of relaxation
- The yogic model: stress and the 3 Gunas
- How to go relaxed through the day
- Yoga techniques for increased energy

Recommended reading: “Yoga Your Home Practice Companion”

Rates for 4 nights all included:

shared room 276 €, double room 328 €, double room with bathroom 408 €, single room 408 €, single room with bathroom 476 €

Proof of a negative Covid 19 test is required prior to arrival (to be sent by email the day before arrival to orleans@sivananda.net).

7 – 12 November 2021

THEMED COURSE

The power of positive thinking

Arrival: 3pm, Sunday 7 November

Departure: 2pm, Wednesday 12 November

Positive thinking supports our overall wellbeing and helps us to deal with obstacles and challenges in a constructive way.

Topics:

- Positive Thinking – a mental attitude
- How to guide the mind well
- Transforming negative thoughts and emotions
- Creative life management
- Exercises for developing thought power
- Guided contemplation and visualization

Recommended reading: “Thought power” by Swami Sivananda

Rates for 5 nights all included:

shared room 345 €, double room 410 €, double room with bathroom 510 €, single room 510 €, single room with bathroom 595 €

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12 – 14 November 2021

THEMED COURSE

Introduction to the Teachers' Training Course

Arrival: 3pm, Friday 12 November

Departure: 2pm, Sunday 14 November

The Sivananda Yoga Teachers' Training Course was established in 1969 and was the first yoga teacher training programme in the West. This introductory programme includes:

Practice

- Two days' direct experience of the training schedule.
- Structure, dynamics and individual adjustment of the asana and pranayama class.
- Introduction to meditation and mantra chanting.
- Q&A, individual recommendations.

Lectures

- Introduction to yoga philosophy.
- Info on the daily schedule, curriculum, certificate of completion, number of training hours.
- Getting there, schedule, costs, travel and visa information.

Recommended reading: "The Complete Illustrated Book of Yoga" by Swami Vishnudevananda (this book will be required for the Teachers' Training Course)

Rates for 2 nights all included:

shared room 138 €, double room 164 €, double room with bathroom 204 €, single room 204 €, single room with bathroom 238 €

Minimum stay: 2 nights

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14 – 19 November 2021

THEMED COURSE

Boost your vitality and mental health

Arrival: 3pm, Sunday 14 November

Departure: 2pm, Friday 19 November

Topics

- Energizing asana classes and deep relaxation to calm the nervous system
- How to improve your health through a yogic lifestyle
- Transforming negative thoughts and emotions through positive thinking
- The three levels of relaxation
- Yoga techniques for increased energy
- Discover the healing power of meditation
- Nature walks in the magnificent Orleans forest

Recommended reading: "Yoga Your Home Practice Companion"

Rates for 5 nights all included:

shared room 345 €, double room 410 €, double room with bathroom 510 €, single room 510 €, single room with bathroom 595 €

Proof of a negative Covid 19 test is required prior to arrival (to be sent by email the day before arrival to orleans@sivananda.net).

20 November – 19 December 2021

SIVANANDA TEACHERS' TRAINING COURSE

In French

More information and online inscription: www.sivanandaorleans.org

Certified by the worldwide Yoga Alliance for the 200 hours standard for Registered Yoga Schools (RYS).

Redirect your life, choose the positive path!

Yoga is an age-old technique that aims at the evolution of humanity, using a set of techniques for physical, mental and spiritual health. It is based on self-discipline and expands our understanding of life. The Sivananda Yoga Centre teaches a 4-week training course that enables you to make positive adjustments in your life and then help others to do the same.

- Practice and theoretical explanations on the four classical paths of yoga
- Practice of asanas, pranayama, study of anatomy and wholesome diet.
- Teaching methods and practical application of the teaching of basic postures, breathing exercises and relaxation.

Participation fee :

Shared room (3 - 6)	2655 €
Double room	3270 €
Double room with bathroom	4060 €
Single room	4060 €
Single room with bathroom	4385 €

contact : orleanspr@sivananda.net

23 December 2021 – 2 January 2022

THEMED COURSE

CHRISTMAS AND NEW YEAR RETREAT

with Swami Kailasananda and the Swamis and teachers of the Ashram

Arrival: 3pm, Thursday 23 December or Sunday 26 December

Departure: 2pm, Thursday 30 December or Sunday 2 January

join us for a joyful Christmas and New Year's Eve celebration at the Ashram!

Start the year with the right spirit and a new determination to move your life in a positive direction.

- Relaxing and rejuvenating yoga classes
- Inspiring lectures
- Feel part of the International Sivananda spiritual family
- Joyful chanting of mantras to uplift the mind
- Delicious vegetarian meals
- Start the year on a positive note by chanting mantras for world peace
- Guided nature walks
- Pujas – powerful ceremonies to uplift the mind and open the heart

Rates for 7 nights all included:

shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €

Minimum stay: 7 nights

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YOGA LIT: YOGA LIFE IMMERSION TRAINING

For Sivananda teachers · 1700 hours · With certification for six months

This is a six-month guided residential programme of study, practice and service. The idea is to immerse yourself in a yogic lifestyle, expand your knowledge, develop your teaching skills and discover your hidden talents while living in the inspiring and protected atmosphere of a spiritual community.

Starting date: anytime, depending on availability.

Participation fee: 4950 € · contact: yogalit@sivananda.net