

Wisdom and Devotion BHAGAVATA SAPTAHA

10 – 16 of June, daily from 5 – 7pm



A Journey into the Meaning of Life
Stories, Poetry, Music and Philosophy
with Guest of Honour:

Sri Venugopal Goswami,
Bhakti Yoga Acharya, Vrindavan, North India

Sri Venugopal Goswami, Bhakti Acharya, is a spiritual teacher in a tradition which has nurtured the flame of Bhakti Yoga since the 16th century. He received his musical training from the great Indian vocalist master Pandit Jasraj.

Excellent North Indian professional musicians accompany this programme with classical raga melodies and rhythms. Extend your stay until 17 June morning for this unique event.



FURTHER TRAINING FOR SIVANANDA YOGA TEACHERS



SIVANANDA YOGA TTC REFRESHER

9 – 15 JUNE 2023



At the Ashram de Yoga Sivananda, Orléans, France



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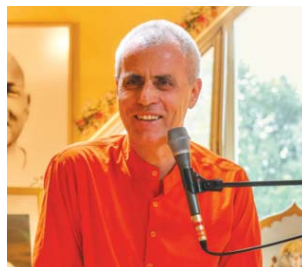
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COME AND JOIN US FOR THIS INSPIRING TIME!

Six unique days with acharyas and senior teachers of the Sivananda Yoga Vedanta Centers Europe. Reconnect with fellow practitioners, deepen your practice, fine-tune your teaching skills. For graduates of the Sivananda Yoga Teachers' Training Course only.



Swami Durgananda,
Yoga Acharya



Swami Sivadasananda,
Yoga Acharya



Swami Kailasananda,
Yoga Acharya

THE PROGRAMME INCLUDES:

ASANAS

ADJUST: Practical Workshops based on the new *Sivananda Yoga Asana Adjustment Manual*. With clear illustrations for all typical situations in an Asana Class. Print Version in various languages available at the Ashram.

EXPAND: Immerse yourself in Asana variations which can take your body a bit further

HOLD: Reconnect to the Meditative Asana Experience.

PRANAYAMA

VENTILATE: Are you really using your full vital capacity? Visualise and train your respiratory muscles.

ENERGISE: Let Pranayama recharge your nervous system.

BALANCE: Refine your perception of the main nadis – Ida and Pingala.

MEDITATION

SIT: Learn to conduct a “how to sit” workshop for your students.

OBSERVE: Learn to apply analogies which can help to understand the mechanics of your mind.

FOCUS: Refresh the time-proven methods of Yoga for Dharana (concentration) and Dhyana (meditation).

KIRTAN

EXPRESS: Share the purity of the sound and the power of the rhythms.

INVOKE: Let the heart open to your spiritual ideals.

CONNECT: feel the universal energy when all voices unite.



LECTURES

HEALTH: Plant Food: Needs of the Planet – Needs of the Body.

MIND: The Universal Message of Vedanta.

ACTION: How can I help others with Yoga.

TEMPLE

WORSHIP: The pujas (ceremonies) can open the sacred space within you.

PRAY: Send thoughts of Peace and Hope to near and dear ones and to the world.

COMMUNE: Open the inner dialogue for guidance and intuition.

MEET & GREET

Share the yogic live with like-minded yogis from many countries.

Exchange your teaching experiences with fellow teachers.

Arrival: Friday 3pm June 9
Departure: Thursday 2pm June 15, 2023

With certificate of participation.

Language: English with simultaneous translation into French, Spanish and German

Rates for 6 nights all included:

Tent Space 280 €, Shared Room 390 €,

Furnished Bungalow Tent 2 beds 390 €,

Furnished Bungalow Tent 1 bed 450 €,

Double room 450 €.

