

# Yoga Teachers' Training Advanced Teachers' Training Yoga Therapy

in English



## *Programme 2008*

Yoga Teachers' Training 4 weeks intensive:  
July 13 - August 10 with Swami Atma

Advanced Teachers' Training:

„Hatha Yoga Pradipika“

June 27 - July 6 with Swami Atma

„Upanishads“

June 8-13 with Swami Saradananda

„Yoga for Yoga Teachers“

August 15 - 22 with Swami Saradananda

„Chakra Meditation“

August 22 - 31 with Swami Saradananda

Yoga Therapy 4 weeks intensive:

July 13 - August 10 with Acharya Harilalji

Yoga Vidya Teachers Association

YOGA  
Vidya

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## Yoga

A practical system for developing the entire personality, yoga's benefits include good health, happiness, professional success, and peace of mind. Yoga Vidya teaches a holistic approach to classical Yoga. It is an integral style, as developed by Swami Sivananda of Rishikesh. We present a synthesis of all the major techniques of yoga, and students find that continued practice enhances all aspects of life.

## Yoga Teacher

Teaching Yoga is a fulfilling task that demands a dedicated personal practice as well as a comprehensive knowledge of the ancient teachings of Yoga. According to varying needs, we offer different types of education. You may pick the one most appropriate to your personal circumstances.

Four-week-long intensive yoga teachers' training courses are held in English at the Yoga Vidya Centre in Bad Meinberg, northern Germany. In addition, there is a vast choice of four-week intensive courses in German, which are available in 2 x 2 and 4 x 1 week modules throughout the year. A number of advanced teachers' training courses give you the opportunity to further develop your knowledge of the various aspects of the science of Yoga.

Our courses provide you with a thorough educational base for your personal practice as a teacher, as well as widely accepted certificates. If your aim is to develop your personality or experience Yoga at a deeper level, these courses are highly recommended.

# Course Content

## 1. Introduction

- Philosophy and Aim of Yoga
- History of Yoga
- Paths of Yoga: the Main Schools of Yoga
- Masters of Yoga

## 2. Hatha Yoga in survey

- As a path to general well-being
- Stress-management
- Therapy and healing
- As a means of developing mental powers
- As physical approach to psychotherapy
- As spiritual exercise

### Preparatory exercises

- Sensitivity and physical awareness
- Mental exercises
- Warm-up exercises
- Eye exercises
- Sun Salutation

### Relaxation

- Classical relaxation, Yoga-Nidra
- Relaxing techniques for daily life
- Autogene training according to Schulz
- Progressive Relaxation according to Jacobson
- Modern stress-research and stress-management



## Asanas (Yoga Postures)

- Rishikesh sequence with its 12 basic postures
- Asanas for relaxation
- Yoga for the back and spine
- Yoga in comparison to other forms of physical training
- Yoga and sports training
- Asanas and physiological research
- Asanas for general fitness
- Introduction to demanding sequences
- Asanas for the flow of life-energy: prolonged performance of asanas, combined with chakra concentration, special breathing techniques, mantras, bandhas, mudras
- Asanas for personal growth and development

## Pranayama (Breathing Techniques)

- Breathing techniques for daily life
- Breath control
- Easy pranayama for relaxation and recharging
- Samanu: psychic cleansing
- Advanced pranayama according to Hatha Yoga Pradipika

## Kriyas (Yoga Cleansing Exercises)

Shatkriyas according to Hatha Yoga Pradipika: Tratak (eye cleansing), Neti (nose cleansing), Kapalabhati (lung cleansing), Dhauti (throat- and stomach cleansing), Nauli (small intestine cleansing), Basti (colon cleansing). Shank Prakashalam (total intestine cleansing)

## Physiology and Health

- Understanding the physical body in relation to yoga exercises
- Muscle and bone structure
- Respiratory system
- Digestive system
- Nerves and Hormones
- Physiological effects of Yoga
- Physiology of movement
- Sport medicine theory and research

## Health

- What is health? Reasons for disease
- Healthy, holistic living
- Yogic remedies for the treatment of minor illnesses like colds, hayfever, headache, allergies, constipation
- Yoga as therapy: remain healthy into old age
- Healing through mental training

## Ayurveda

- Health and disease
- The three Doshas
- Correct living according to your body type
- Ayurvedic food

## Nutrition

- Natural nutrition. Reasons for a vegetarian diet
- The mental and energetic effects of food
- Nutrition and advanced Hatha Yoga
- Fasting, slimming and staying slim
- Special nutrition and diets

## 3. Tantra and Kundalini Yoga

### (Energy Training)

- Theory: Shiva-Shakti-Philosophy
- The astral body: Prana, Nadis, Chakras, Kundalini
- Astral World, spirits and life after death. Help for the deceased
- Opening of chakras
- Parapsychological phenomena: clairvoyance,

- channeling, mindreading, psychokinetics, extra-mental perception
- The Raising of Kundalini: methods, experiences, dangers and security measures
- Techniques of Kundalini Yoga: Mantra, Laya, Yantra, Nada, Hatha Yoga
- White, red and black Tantra
- Sexuality and relationship

## 4. Raja Yoga (Mental Training and Meditation)

- The human psyche: subconsciousness, consciousness, super-consciousness
- Thought-power and positive thinking
- Thoughts as creator of destiny
- Development of memory, willpower, concentration, creativity and intuition
- Dealing with feelings and emotions
- Contact the higher self: „what is it I really want?“
- Affirmation and visualisation. Charisma and personal charm
- How to overcome negative habits
- Yoga-Sutras by Patanjali. Levels of consciousness, Expanded consciousness
- Raja Yoga and modern neuroscience
- Indian and Western psychology in comparison

## 5. Karma Yoga (Yoga of Action)

- Karma, the law of cause and effect
- Dharma: right conduct
- Reincarnation: death, life after death
- Ethics in daily life
- Ahimsa: non-violence
- Swadharma and Swarupa: the art of right decision
- Detached service and spirituality
- Living in harmony
- How to deal with difficult persons
- Rhetoric training. Communication training
- Enhancing your relationships
- Win friends
- Family and relationship
- The ascetic way
- Simple living - high thinking
- Ecological consciousness and social engagement



## 6. Bhakti Yoga (The Devotional Approach)

- Feelings and emotions
- The miracle of Love
- What is God?
- Experiences of the Divine
- Contact the Divine
- God in your daily life. Prayer
- Hindu mythology
- Kirtan: Chanting
- Rituals: Arati, Puja, Homa
- Possibility of Mantra Initiation
- Guru and disciple
- Christian, Jewish and Islamic schools of mysticism

## 7. Jnana Yoga (Yoga of Knowledge)

- Introduction to the classical scriptures of Hinduism, Vedas, Smritis, Itihasas, Puranas
- Important scriptures of the Yoga tradition: Upanishads, Brahma Sutras, Bhagavad Gita, Yoga Sutras, Hatha Yoga Pradipika, Bhakti Sutras
- Physical, astral and causal bodies
- Levels of spiritual growth (7 Bhumikas)
- Cosmology and Creation. Time, space and causality
- Vedanta: Philosophy of the Absolute. Who am I? What is real? What is consciousness? What is happiness?
- Self as Existence, Knowledge and Bliss
- Modern Physics and Vedanta

## 8. Yoga teaching techniques

- Basic principles of Yoga teaching
- Personality and inner attitude of a Yoga Teacher
- Rhetoric training, structure of a Yoga class
- Structure of courses and classes
- Beginners, intermediate and advanced courses, workshops
- Yoga for the back and spine
- Correction of posture through Yoga
- Yoga for pregnant women
- Yoga for children
- Yoga for senior citizens
- Benefits and restrictions of Yoga therapy
- Yoga-teaching as a profession and calling

### Meditation

- Techniques of concentration
- Awareness in daily life
- Techniques of meditation: Mantra-Meditation, Tratak, Chakra-Meditation, Energy-Meditation and others
- Levels of meditation
- Overcoming obstacles in meditation
- Experiences with meditation
- Meditation and scientific research

# Yoga Vidya Teachers Association

The members of the Yoga Vidya Teachers Association are committed to the ideal of classical integral Yoga. In cooperation with Yoga Vidya, the Association offers teachers trainings and advanced courses, publishes Yoga literature, cooperates with other Yoga associations and supports its members in their work. „Bund der Yoga Vidya Lehrer“ is Europe’s leading institution in the education of Yoga Teachers. It offers an extensive range of continuing education, advanced training and courses in Yoga and related issues to teachers regardless of their various and varying traditions. Examples of this program include in-depth training courses in teaching Yoga to children, Yoga during pregnancy, Yoga Therapy, Yoga Psychotherapy, Relaxation Trainer, Breath Trainer, Meditation Course Leaders’ training, Ayurvedic Consultant and many more. The amazing range of courses is enabled by a close cooperation with the Yoga Vidya Association of Health Consultants, a member of the European Federation of Yoga Teachers’ Associations (EFYTA). Upon receiving your certificate you may become member.

## 4-Week-Intensive Course (Basic Information)

**July 13 – August 10, 2008. Also possible to divide into 2 x 2 weeks**

An opportunity to connect to your intuition, awaken your life energy, and enhance your personal aura. There will be lectures and workshops giving you the necessary theoretical skills to teach. You will also work in smaller groups to refine your practical skills. This course is also recommended for people who simply wish to experience Yoga at an in-depth level.

Intensive courses may be compared to the rapid methods of learning languages when living in a foreign country. During this intensive course, you will be living and practicing Yoga 24-hours a day, for four weeks.



### Daily Schedule

**6–8.30 a.m.** Morning Meditation, Chanting, Lecture. Early morning is a time of strong spiritual vibrations; this will aid your meditation to grow deep and intense.

**8.45–11 a.m.** Asanas, Pranayama, Relaxation class  
**11 a.m.** Breakfast/Lunch

**12 noon** Karma Yoga (selfless service), leisure time

**2–3.45 p.m.** Lecture, Workshop

**4–6.10 p.m.** Asanas, Pranayama, Relaxation, teaching skills in small groups of students

**6.10 p.m.** Dinner, Leisure time

**8–10 p.m.** Evening Meditation, Chanting, Lecture

### Exam

There will be written and practical exams at the completion of Yoga Vidya Teachers' Training Course.

### Certificate

Upon completion of course and exam you will be awarded yoga teachers certificate by the Yoga Vidya Teachers Association. This certificate enjoys wide recognition.

### Meals

There are two nutritious lacto-vegetarian meals every day (brunch at 11.00 a.m. and dinner at 6.10 p.m.). The meals are prepared with love and care; all ingredients are strictly organic. If you have special requests, please notify us at least one week in advance.

### Leisure

Fridays are reserved for your leisure, from 9.30 a.m. to 8.00 p.m.. There will be no classes. You may seize the time for walks, cycling tours, swimming, sauna, trips into the country and relaxation.

### Requirements

A basic knowledge of asanas and the philosophy of Yoga is required. However, you need not to be an advanced student to attend the Yoga Vidya Teachers' Training Course. However, the course requires your discipline. Participation in all classes, lectures and seminars is mandatory. Meat, fish, eggs, tobacco, caffeine and alcoholic beverages are strictly forbidden during the course. Additionally we recommend



to read „*The Complete Illustrated Book of Yoga*“ by Swami Vishnu-Devananda before entering the course.

## Arrival and Departure

Arrival time on the starting day is 1.00 p.m., your room will be ready from 3.00 p.m. onwards. There is a Yoga class at 4.15 p.m. and dinner at 5.30 p.m.. The course will officially commence at 7.00 p.m.. Departure time on the final day is 1.00 p.m.. Due to the intensity of training it won't be possible to arrive later or depart earlier, or to miss a day in between. There is a shuttle service from the train station in Horn-Bad Meinberg (if possible please notify us at least 3 days prior to arrival).

## What you should bring

„*The Complete Illustrated Book of Yoga*“ by Swami Vishnu-Devananda, „*Bhagavad Gita*“ with commentary by Swami Sivananda, towels, alarmclock, torch, notebook, bed linens (which may be rented for a fee of 5 €), yellow shirt, white Yoga trousers, comfortable indoor slippers plus personal items and toiletries. Optional: musical instruments for chanting and talent shows, all-weather clothing for country walks.

## Date and Fees

**4 weeks complete: July 13 – August 10, 2008.**  
**First two weeks July 13-27, 2008; second two weeks: first half of August, 2009.**

4 Weeks: Single room 2.684 €, Double room 2.320 €, 4-bed dormitory 1.928 €, dormitory without beds/tent/caravan 1.648 €.

2 Weeks in 2008 plus 2 weeks in 2009: Single room 2.846 €, Double room 2.482 €, 4-bed dormitory 2.090 €, dormitory without beds/tent/caravan 1.810 €, half amount to be paid in 2008, second half in 2009; 102 € discount if you pay the whole amount in 2008.

If you know German, kindly ask for our detailed German brochures for: Teachers Training Introductory Courses, Advanced Teachers' Training Courses, 4 weeks intensive Teachers Training Course.



## Advanced Teachers' Training

Precondition: Successful completed Yoga Teachers' Training (any Yoga Tradition)



## Hatha Yoga Pradipika

June 27 - July 06, 2008. 9 Days Intensive Advanced Yoga Teachers' Training; Instructor: Swami Atma Swaruparamananda, Sukadev Bretz  
Hatha Yoga - An escalator to inner peace in 9 days. Practicing asanas without connecting them to their spiritual roots frequently results in loss of inspiration. Inner peace is the aim of yoga. The main tools are asanas, pranayama, kriyas, mudras, and bandhas to control the mind and prana. Good health, a flexible body and higher stress resistance are positive side effects. Detailed discussion of Hatha Yoga Pradipika, the classical foundations of Hatha Yoga practice. It contains precise, yet coded, instructions as to how the latent energy potential may be utilized dynamically by way of Sadhana (spiritual practice). We will cover yogic cleansing techniques for body, mind and prana. The course is recommended for yoga practitioners, wishing to attain a deeper understanding and perspective. A particularly attractive course for Yoga teachers wishing to convey a new spiritual dimension and depth to their classes and their own practice.

Shared room 579 €, double room 705 €, single room 822 €, dormitory/tent 489 €.

## Upanishads

June 8-13, 2008 in Westerwald\*. Instructor: Swami Saradananda

The Upanishads present us with principles that are applicable to modern life as they were more than 3000 years ago, when they were first formulated. They are the oldest living records of the conviction that there is a spark a Divine in every living being – and that to realise that divinity is life's highest goal. Unlike chapters in a book, each of the Upanishads is complete within itself.

In this 5-day seminar, we will begin an in-depth study of the first three Upanishads:

**Isha**, also known as Ishavasya Upanishad, is poetic in nature. It teaches that life in the world and in the Divine Spirit are not incompatible. Its main purpose is to teach the essential unity of God and the world, being and becoming. It is interested in the relationship of the Absolute, the Parabrahman, with the world. „This whole world is pervaded by the Lord“.

**Kena**: Who moves the world? What impels the mind to alight on its objects? By whose command does prana function? Without God's Grace, fire cannot burn even a piece of straw.

**Katha**: Given in the form of a narrative, freedom from death and the way to obtain Self-realisation are fully treated. In its elevation of thought, depth of expression and beauty of imagery, no other Upanishad equals the Katha Upanishad.

This is a seminar for students who have taken a Jnana Yoga Advanced Teachers' Training and would like to continue their study and stimulate their ongoing practice.

Shared room 387 €, double room 457 €, single room 522 €, dormitory/tent 337 €.

\* Near Cologne and Frankfurt/Main.



## Yoga for Yoga Teachers

**Lots of practice, little theory. 15-22 August, 2008 in Bad Meinberg. Instructor: Swami Saradananda**

More practice and less talk. A seminar with Swami Saradananda for teachers/experienced yogis.

- ▶ An opportunity for yoga teachers to practice with their peers.
- ▶ Seminar has been created in the spirit of mentoring, enabling you to receive personal corrections and have your questions answered.
- ▶ The concepts and techniques to be explored are applicable to any yoga practice and/ or tradition.
- ▶ Discover ways to use of subtle energies to go more deeply into your hatha yoga practice and add dimensions to your teaching.
- ▶ The teachings are rooted in the Sivananda tradition and enhanced by Swami Saradananda's years of personal practice.

Shared room 521 €, double room 619 €, single room 710 €, dormitory/tent 451 €.

## Chakra Meditation

**Training Course. August 22-31, 2008 in Bad Meinberg. Instructor: Swami Saradananda**

Not in the physical body, yet influencing every aspect of your body and mind, the subtle energy centres known as "chakras" are powerful psychic transformers. As energy is moved upward to higher consciousness, you may ascend to the planes of higher consciousness. But just as important is the step-down work that your chakras perform, which enables you to manifest your ideas and dreams into a more creative embodiment. This seminar will look at the functions and reciprocal influences of the chakras on each other and on the unconscious and conscious minds. This on-going training for yoga teachers is unique in its practical as well as theoretical approach.

**Topics to be covered include:**

**Chakra environment**, creating a holistic balance. Balance within each chakra – and overall balance by

which your energy may be moved up and/or down as is necessary.

**Chakra anatomy:** how each chakra links to the other centres of subtle anatomy, including associated minor chakras, and how this affects your physical and psychological health.

**Breath meditations:** practical breathing exercises to aid your meditations and enhance your lifestyle.

**Moving meditations:** practical physical exercises that help you to meditate on and cleanse your chakras.

**Visualisation meditations:** As series of visualisation exercises in which the chakras open, close and energy moves through them purified and unhindered.

**Sound meditations:** using music and communication to stimulate your chakra, from mantras to inspirational incantations.

**Diet and Lifestyle:** how they affect your chakras.

A certified training course. Precondition: completed yoga teachers' training course BYV, BDY or Sivananda (others on request) and at least 1 year daily practice of meditation.

Shared room 655 €, double room 781 €, single room 898 €, dormitory/tent 565 €.



## Yoga Therapy

**July 13 – August 10, 2008. Yoga Therapy Training 4 Weeks Intensive, Instructor: Acharya Harilalji**

A highly qualified advanced Training Course for new and deeper expert knowledge, widened competence and qualification, enrichment of your yoga classes and additional professional chances. An excellent chance for trained yoga teachers to specialize in the field of therapeutic yoga and deepen their teaching expert competence decisively.

**A certified training course.** Precondition: completed yoga teachers' training course BYV, BDY or Sivandanda, others on request or at least 350 units and 20 self-led practical yoga classes of a started yoga teachers' training course.

With this advanced training course you can extend your class programme by offering classes for people with special needs such as yoga for asthmatics, handicapped, people suffering from pain, heart diseases, allergies, arthritics, depression etc.; you can do counselling and create classes for particular patients or make use of your therapeutic knowledge for your own health and yoga practice.

English with German translation. Intensive Yoga Therapy Training according to the system of the renowned sVYASA-Institut in Karnataka/South India. The sVYASA is a famous, approved non-profit institution in the sense of a yoga university which for 25 years has been executing studies about yoga and yoga therapy using most modern equipment at the Prassanthi Kutiram Campus, Karnataka with connected hospital.



## Course content

### You will learn:

- ▶ the model of Panchakosa Tatwa (the five sheet existence of life) from Taittiriya Upanishad as the basic concept of yoga therapy
- ▶ the application of Yoga Therapy as described in the „Yoga Vasishtha“, another classical scripture of yoga
- ▶ techniques used in Yoga Therapy and Yogic Physiotherapy, breathing movements, Asanas, Pranayamas, Shat kriyas, cyclic relaxation, Prana chanalizing technique, counselling, meditation etc. which works in 5 different Kosas.
- ▶ exercises and techniques of Yoga Therapy which can be used for any psychosomatic diseases and for common diseases like asthma and allergy, back pain, knee pain, head ache, arthritics, anxiety and depression etc.
- ▶ to teach the practices and do counselling useful for a particular patient after enough consultation with the patient. The patients can practise themselves for a certain period and once the diseases are controlled or cured they can practise normal yoga for a better life.

**1st week:** anatomy and physiology for yoga teachers, basics of yoga philosophy, Indian scriptures and philosophy systems, basics of teaching yoga to non yoga teachers

**2nd and 3rd week:** training in different practical teaching techniques applied for different problems and diseases, breathing movements, special techniques, asanas, pranayamas, kriyas = the yogic cleansing techniques, cyclic relaxation, PCT = Prana Chanalizing Technique (Pranalenkungstechniken), different meditation techniques and much more

**4th week:** you will be practising and teaching the learned methods, practise consultations, counselling, diagnosis, treatment in groups of two or more participants.

**Certificate:** This training course concludes with a written exam, a final ceremony with banquet, ceremonial presentation of the certificates and spiritual blessing. On the condition that you will be successful with the examination and fulfil the conditions for taking part in this course you will obtain the certificate „Yoga Therapeut/in BYAT“ (Yoga Therapist BYAT) of the Professional Association of the Yoga and Ayurveda Therapists (BYAT). 400 units.

**Required literature:** „*The Yoga Teachers' Training Manual*“, „*The Complete Illustrated Book of Yoga*“ by Swami Vishnu Devananda „*Anatomy of Hatha Yoga - A Manual for Students, Teachers and Practitioners*“ by H. David Coulter

Shared room 1.928 €, double room 2.320 €, single room 2.684 €, dormitory/tent 1.648 €.

## The Teachers



**Swami Atma Swaruparamananda** studied with Andre Van Lysebeth; he was initiated into kriya yoga by Swami Shankarananda Giri and Swami Hariharananda Giri, a direct disciple of Sri Yukteswar and Paramahansa Yogananda.

The turning point of Swami Atma's spiritual life came in 1987 when he took the International Sivananda Yoga Teachers Training Course in Kerala, South India. It was here that he met his guru, Swami Vishnu-devanandaji, founder and director of the International Sivananda Yoga Vedanta Centers. The connection with the Master was at once intimate and remote, friendly and severe, cheerful, joyful, wisdom-filled, emotionless and yet very emotional. As a volunteer staff member of the International Sivananda Yoga Vedanta Centers Swami Atma studied with senior swamis and disciples of Swami Vishnu-devananda for over twelve years. He trained rigorously in Swami Sivananda's yoga of synthesis, with a marked emphasis on karma yoga.

Swami Atma directed the Chicago and Los Angeles branches, taught hatha yoga and Bhagavad Gita, led satsangs, and was involved in numerous teachers training courses in California, New York, Bahamas,

Canada and India. In mid 2001 he founded the Advaita Yoga Ashrama (AYA) and is now based in Europe, teaching primarily in Germany, Luxembourg and Amsterdam. Besides teaching yoga and vedanta, Swami Atma travels around the world to lead retreats and workshops. He is a popular and renowned Hatha Yoga Teacher of the Sivananda tradition.



**Swami Saradananda** has taught yoga for over thirty years. She is the author of several books, including *Yoga Mind and Body* and *Chakra Meditations*, which is scheduled to be released in spring 2008. She worked with the Sivananda Yoga Centres for almost thirty years, as director and senior teacher of their facilities in New York, London, Delhi and the Himalayas. After an extended period of personal practice in the Himalayas, Swami Saradananda worked with the Peacemaker Community in Western Massachusetts as „author in residence“. She then moved on to Germany to serve as „spiritual director“ of Haus Yoga Vidya in Westerland. Now based in London, Swami Saradananda teaches advanced training programmes worldwide.



**Sukadev Bretz** is the founder of Haus Yoga Vidya and the Yoga Vidya organisation. From his adolescence he was fascinated by the possibilities of the mind, learned fast reading autodidactically and attended concentration and memory training courses. At the age of 20 he graduated in industrial management from Munich university, with a minor in psychology. In 1981 he did his yoga teachers training with the Sivananda Yoga Centres. Swami Vishnu-devananda gave him the title of „Acharya" (yoga master), charged him with the building up of yoga centers as well as the training of yoga teachers and assigned him one of his successors. In 1992 Sukadev founded the first Yoga Vidya Centre in order to teach a yoga practice that can easily be integrated into every-day life. His courses and trainings combine theory and practice to a holistic experience of the development of the body, spirit and soul.



**Acharya Harilalji** – completed his Yoga Teachers' training course and Advanced Yoga Teachers' Training course at Sivananda Ashram in Neyyar Dam, Kerala, attaining the title Yoga-Acharya. Afterwards he lived and taught yoga in Sivananda Ashram both in Kerala and the Himalayas for 1 1/2 years. Furthermore he completed a seven months full-time diploma course/practice in yoga therapy (Yoga Therapy Instructors Course) at Prasanthi kutir, Bangalore with 'A' grade. In his teaching he easily recognizes both weak and strong areas in his students physicality and accordingly can suggest different asanas or variations depending on the individual. He is also the tutor in 'Nagelil' Ayurveda Medical College in Idukki district, Kerala and focusing on bringing the different aspects of yoga together in his teaching.

## Arrival and Departure

**Arrival** time on the starting day is 1.00 p.m., your room will be ready from 3.00 p.m. onwards.

**Teachers Training:** There is a Yoga class at 4.15 p.m. and dinner at 5.30 p.m.. The course will officially commence at 7.00 p.m..

**Advanced Teachers Training:** Yoga class at 4.30 p.m. and dinner at 6.00 p.m.. The course will officially commence at 8.00 p.m..

**Departure** time on the final day is 1.00 p.m.. Due to the intensity of training it won't be possible to arrive later or depart earlier, or to miss a day in between.

There is a free shuttle service from the train station in Horn-Bad Meinberg (please notify us at least 3 days prior to arrival). For Westerwald (Upanishads Seminar only) please ask for details at [westerwald@yoga-vidya.de](mailto:westerwald@yoga-vidya.de) (Phone: +49(0)2685/80020)

**Fee:** All prices include board and lodging, lacto-vegetarian meals, complete training, meditation, mantra chanting, Yoga classes.

## Daily Schedule

See page 6. Slight changes possible.



## Registration Form

I hereby register for the following Yoga Teachers' Training / Advanced Teachers' Training / Yoga Therapy Course at Yoga Vidya Retreat Center Bad Meinberg:

### Yoga Teachers' Training

- 4-Weeks-Intensive** with Swami Atma: July 13 - August 10, 2008
- First two weeks** July 13 - 27, 2008; second two weeks August 2009

### Advanced Teachers' Training\*

- Hatha Yoga Pradipika** with Swami Atma: June 27 - July 6, 2008
- Upanishads** with Swami Saradananda **in Westerwald\*\***: June 8-13, 2008
- Yoga for Yoga Teachers** with Swami Saradananda: August 15 - 22, 2008
- Chakra Meditation** with Swami Saradananda: August 22 - 31, 2008

\* With registration kindly enclose copy of your teachers' training course certificate

\*\* [www.yoga-vidya.de/en/yogavidya/westerwald.html](http://www.yoga-vidya.de/en/yogavidya/westerwald.html)

### Yoga Therapy

- 4 weeks intensive** with Acharya Harilalji: July 13 - August 10, 2008

### Desired accomodation

- single    double    4-bed-dormitory    tent/caravan/dormitory without beds

Given Name, Surname .....

Street .....

Postcode ..... City ..... Country .....

Education/Profession .....

Former Yoga experience for the course .....

.....

.....

.....

Personal reasons for participation in Yoga Teachers' Training: .....

.....

.....

.....

Place of Birth, Date of Birth .....

How did you hear about Yoga Vidya? .....

Other experiences and knowledge in spiritual/esoteric schools: .....

.....

Possible physical disabilities and hazards: .....

.....

## Means of payment

Advance: minimal 250 € (due with registration).

Remaining fee: 2 weeks before course.

Money Order (Please state seminar and seminar date on the order form and bring your receipt!):

Haus Yoga Vidya Bad Meinberg, account no. 2150078400, BLZ 476 900 80 Volksbank Detmold eG.

(from outside Germany BIC GENODE M1 DTM IBAN DE 26 4769 0080 2150 0784 00)

or send cheque with registration form

## Means of payment for books

Cheque enclosed

I will transfer the money to the account of Yoga Vidya GmbH,

account number: 215 0369 400, BLZ 476 900 80, Volksbank Detmold eG.

(from outside Germany BIC GENODE M1 DTM IBAN DE 26 4769 0080 2150 369400)

**I need a shuttle service** on the ..... (date) at ..... (time)

Horn-Bad Meinberg Station (from 8.30 a.m. - 7.15 p.m.)

Pickup from airport Paderborn/Lippstadt (35 €). (Upon special request only. Train recommended. Free pick-up from Horn Bad Meinberg station).

Pickup from airport Hanover (60 €). (Upon special request only. If possible please take the train from Hanover.)

## Conditions and Requirements

Participation in all classes, lectures and workshops is mandatory. Meat, fish, eggs, tobacco, alcoholic beverages, coffee and black tea are under no circumstances allowed during course. Students who disregard these rules and requirements will be expelled from the course and no refund will be given. There will also be no refund if students leave the course early. In case of cancellation 2 weeks before the start of the course there will be a refund, minus a 25 € fee. Cancellation two weeks and less, 50% of the regular price will apply. The changing of courses or dates is possible without extra charge up to one month before the course begins. After that an administrative fee of 15 € is due. If requested, a credit voucher may be granted, valid for our other seminars, which will have the seminar price minus a 10% administrative fee.

I have read and understood the aforementioned conditions, terms and requirements. I declare to take responsibility of myself and my actions.

.....  
Location, Date, Signature

## Please mail to:

Bund der Yoga Vidya Lehrer e.V., Wällenweg 42, D-32805 Horn-Bad Meinberg, Germany.

Tel. +49(0)5234/87-0; Fax +49(0)5234/87-1875

For *Upanishads Course (June 8-13, 2008)* please mail to:

Haus Yoga Vidya Westerwald, Gut Hoffnungstal, 57641 Oberlahr

Tel.+49(0)2685/8002-0, Fax +49(0)2685/8002-20





## Yoga Vidya e.V.

Yoga Vidya is a non-profit community group which aims at spreading the teachings of truth („vidya“), the practice, exercise and techniques of classical, holistic Yoga. Founded in 1992 in Frankfurt. The seat is now Döttesfeld. Yoga Vidya Center Westerwald was founded in 1996 and Yoga Vidya Retreat Center Bad Meinberg was founded in 2003. There are Yoga Vidya Centers in 21 major German cities. We teach Yoga in its many aspects in a variety of courses and seminars; Yoga Vidya is Europe's leading and biggest Yoga educational program. All fees for courses directly support the trust. Donations are tax-deductable.

### Swami Sivananda 1887-1963



One of the grand Masters of yoga of the 20th century, Swami Sivananda is the inspiration behind all Yoga Vidya centres. Born in Southern India, he attended mission school and learned, at a young age, to integrate Indian and Western knowledge. He then studied medicine and emigrated to Malaysia where he managed a hospital.

At the age of 37 he returned to India to do intensive practice of Yoga and Meditation in Rishikesh (Himalaya). Swami Sivananda attained Samadhi, self-realisation, aim of all Yoga practice. Drawn by his personality and loving aura, many students came to live

and learn from him. Swami Sivananda dedicated his life to integral Yoga and to spreading the teachings to his students from the East and the West alike.

The most famous of his books are „*Bliss Divine*“, „*Sadhana*“, „*Commentary on the Bhagavad Gita*“ and „*Japa Yoga*“. His motto was: Serve, love, give, purify, meditate, realise. Some of his students, Swami Vishnu-devananda, Swami Chidananda, Swami Satchidananda, Swami Satyananda, Boris Sacharow and André van Lysebeth, were the initial messengers of Yoga to the West.

### Location: Yoga Vidya Retreat Center Bad Meinberg

Located on the idyllic outskirts of the spa town Bad Meinberg and surrounded by a vast park. Close by are the „Externsteine“, a wonder of nature and a sanctuary since Germanic and medieval times. The center offers lots of space and amenities, among many comforts, almost all rooms are with balcony, shower and WC, there are apartments, spacious Yoga-, Lecture- and Meditation rooms, sunlit dining halls, a therapy wing for Ayurveda and massage treatments,



a community sitting room, Internet-cafe with tea-room, boutique with snack bar, video-room, library and lots more. In about 10-minutes walking distance lies the thermal spa with sauna-area.

The Center is readily and easily reached by train and car. It is located 27 km from Paderborn, 10 km from Detmold, 35 km from Bielefeld and 100 km from Hannover. A shuttle transfer from Horn-Bad Meinberg station is available. Nearby lies Paderborn/Lippstadt Airport from which regular train services to Horn-Bad Meinberg are available, as well as from Hanover Airport.

**Yoga Vidya Retreat Center Westerwald:** [www.yoga-vidya.de/en/yogavidya/westerwald.html](http://www.yoga-vidya.de/en/yogavidya/westerwald.html)

## Information and Registration:

Haus Yoga Vidya Bad Meinberg  
Wällenweg 42  
D-32805 Bad Meinberg  
Germany

Tel. +49(0)5234/87-0

Fax +49(0)5234/87-1875

[info@yoga-vidya.de](mailto:info@yoga-vidya.de)

[www.yoga-vidya.de/english](http://www.yoga-vidya.de/english)

