

Easter Retreat at the Centre



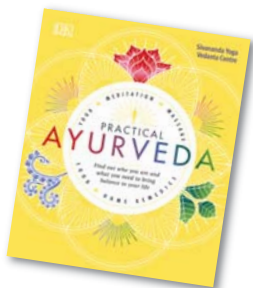
Ayurveda and stress management With Chandrika 10 – 13 April 2020

Arrival: Friday at 3pm. Departure: Monday at 3.30pm.

Teacher

Chandrika is a medical doctor and a Sivananda Yoga Teacher. She teaches anatomy and physiology in the Sivananda Yoga Teachers' Training Courses in Europe. Chandrika also co-authored *Practical Ayurveda*, recently published by Dorling Kindersley.

The programme will start with a lecture by Chandrika on Friday 10 April during the evening satsang.



Friday 10 April

- 4pm Yoga class
- 6pm Vegetarian dinner
- 7.30pm Satsang

Saturday 11 April

- 6am Satsang
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Yoga class
- 12pm Vegetarian lunch
- 1.30pm Ayurveda workshop:
 - Ayurveda and Yoga: basis for physical and mental health
 - A good sleep with Ayurveda
- 4pm Asana workshop with Kailas
- 6pm Satsang
- 8pm Vegetarian dinner



- 9.30am Karma yoga
- 10.30am Yoga class
- 12.30pm Vegetarian lunch
- 2pm Ayurveda workshop:
 - Daily routine and nutrition as stress management and prevention
 - Good digestion – strong immune system
 - Practical tips and inspiration
- 4pm Asana workshop with Kailas
- 6pm Satsang
- 8pm Vegetarian dinner

Monday 13 April

- 6am Satsang
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Asana class
- 12pm Vegetarian lunch
- 1.30pm Ayurveda workshop:
 - Step by step to a healthier and more relaxed life for Vata, Pitta, Kapha
 - Develop lasting resilience



Cost: Shared accommodation £280: Per individual Ayurveda workshop: £25

Sivananda Yoga Retreats

Reconnect with yourself



Reconnect with yourself and experience the yogic way of life during one of our retreats. Relax, recharge and rejuvenate. Discover the benefits of classical yoga and meditation, whether you are a beginner or an experienced yogi, young or old, fit or not so fit.



Sivananda Yoga Vedanta Centre
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SIVANANDA YOGA
CENTRE LONDON



Our study retreats in London at the Sivananda Yoga Vedanta Centre offer opportunities to learn, grow and connect. You will experience the best in holistic learning. At the London Centre,

London Study Retreat at the Centre



How Yoga works Posture, Flexibility and Anatomy With Padma, senior physiotherapist 8 – 10 November 2019

Arrival: Friday at 3pm. Departure: Sunday at 3.30pm.

Practicing yoga helps the body to maintain its complex balance, which boosts the capacity for self-healing. Asanas promote health by increasing the range of motion in the joints, keeping the body mobile.

Asanas focus on strengthening and stretching the key muscles. This will help to gradually improve faulty alignment, particularly in the lower and upper back. This workshop aims to bring an understanding of anatomy and posture, related to your yoga practice.

Teacher

Padma (Julia Descroizilles) is an inspirational senior physiotherapist and a Sivananda trained yoga teacher.



Friday 8 November

- 4pm Asana class: Strengthening the relaxation response
- 6pm Vegetarian dinner
- 7.30pm Satsang: The art of relaxation

Saturday 9 November

- 6am Satsang
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Asana class: Dissolving tension through deep breathing
- 12pm Vegetarian lunch
- 1.30pm Workshop part 1: How yoga works
 - Posture
 - Anatomy of the asanas; muscles and fascia
 - Stiffness and flexibility
 - Biomechanics of hips; how to look after your hips, how to sit better
- 4pm Asana class: Flexion, extension and rotation along the spine
- 6pm Special Satsang: Puja for the Mahasamadhi of Swami Vishnudevananda
- 8pm Vegetarian dinner

Sunday 10 November

- 6.30am Satsang
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Asana class: Improving flexibility and strength
- 12.30pm Vegetarian lunch
- 1.30pm Workshop part 2: How yoga works
 - Anatomy of the Asanas; anatomy trains/myofascial meridians
 - Biomechanics of back; what is pain? What causes back pain?
 - Asana modification to prevent joint pain. Common misalignments



Cost: Shared accommodation: £170. Full day: £65. Per individual workshop: £35

a spiritual oasis amid the city, you can live in the energy of Swami Sivananda and Swami Vishnudevananda, have daily Satsangs and share the warmth of a spiritual community.

London Study Retreat at the Centre



The Power of Positive Thinking With Swami Nityananda and Kailas 22 – 24 November 2019

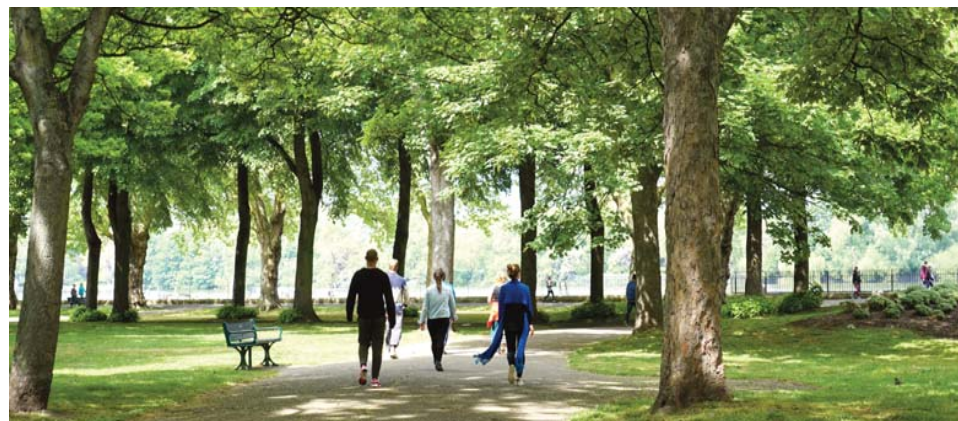
Arrival: Friday at 3pm. Departure: Sunday at 6pm or 8.30pm if you can stay for satsang and dinner

Relax, recharge and rejuvenate with this residential weekend of yoga practice and good company!

Teachers

Swami Nityananda is the director of the Sivananda Centre in Paris. She is a very warm and compassionate teacher with a great love for sharing the teachings of yoga.

Kailas is a dynamic Sivananda teacher with much energy and enthusiasm to serve.



Friday 22 November

- 4pm Yoga class
- 6pm Vegetarian dinner
- 7.30pm Satsang: "Raja yoga, the science of the mind"

Saturday 23 November

- 6am Satsang: "What is a thought?"
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Yoga class
- 12pm Vegetarian lunch
- 1.30pm Workshop: "Understanding the functioning of the mind"
- 4pm Yoga class
- 6pm Satsang: "Transforming negative emotions"
- 8pm Vegetarian dinner

Sunday 24 November

- 6.30am Satsang: "Using mantras and kirtan to uplift the mind"
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Yoga class
- 12.30pm Vegetarian lunch
- 2pm Workshop: "Applying positive thinking in your daily life"
- 4pm Yoga class
- 6pm Satsang with Chandra: "Inspiring stories from the life of Swami Vishnudevananda"
- 8pm Vegetarian dinner

Cost: Shared accommodation: £150. Full day: £50. Per individual workshop: £25

Further training for yoga teachers



How to teach yoga for seniors

With Jaya Bharati (Patricia Guedj)

10 January – 12 January 2020

Arrival: Friday at 3pm. Departure: Sunday at 3.30pm.

It is never too late to take up yoga. The later years of life can truly be golden – there is time to devote to oneself both physically and spiritually. Many problems of later life are compounded by insufficient exercise and shallow breathing. But the body has incredible regenerative powers and even after a short time of practising yoga, one can sleep better, have improved energy and a more positive approach to life.

This weekend course for graduates of the Sivananda Teachers' Training Course will focus on how to teach asana variations for seniors with limited flexibility. Asana class models for various advanced age groups will be practiced and explained. We will look into the warm-up exercises and pay special attention to care for the back.

Teacher

Jaya Bharati 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.

Friday 10 January

- 4pm Regular asana class
- 6pm Vegetarian dinner
- 7pm Introduction to the weekend
- 7.30pm Satsang

Saturday 11 January

- 6am Satsang
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Regular asana class
- 12pm Vegetarian lunch
- 1pm Workshop part 1: Asana sequence with adjusted postures for 50+, 60+, 70+ and for people in a wheelchair
- 4pm Workshop part 2: Asana sequence with adjusted postures for 50+, 60+, 70+ and for people in a wheelchair
- 6pm Satsang
- 8pm Vegetarian dinner

Sunday 12 January

- 6.30am Satsang
- 8am Light breakfast
- 9.30am Karma yoga
- 10am Complete sequence Yoga over 70
- 12.30pm Vegetarian lunch
- 1.30pm Workshop: Chair poses and evolutionary classes for seniors

Cost: £135 for full weekend. Teachers can arrive on Friday afternoon and stay at the centre on Friday and Saturday night at an additional cost of £20 per night. Please bring your uniform. Advanced booking mandatory.



London Study Retreat at the Centre



Sanskrit, kirtan, and mantras – the power of sound

With Sivakami

31 January – 2 February 2020

Arrival: Friday at 3pm. Departure: Sunday at 3.30pm.

Vibration is the essence of this universe and our own body. Yoga uses sound to energise, calm and harmonise both body and mind. Mantras are powerful sound vibrations coming from Sanskrit, the mother of all languages.

During this weekend, you will learn how to use sound to increase your wellbeing and positivity of mind.

You will learn the correct pronunciation of the sanskrit letters as well as the basic principles of the sanskrit script.

You will also practice kirtan, mantra chanting to open the heart and uplift the mind.

Finally, you will learn how to use mantras as an efficient tool to centre and calm yourself in your day to day life.

Teacher

Sivakami is co-director of the Sivananda Centre in Paris. She is of Indian origin and has a good knowledge of sanskrit. Sivakami has a natural love of mantra chanting. She is an enthusiastic and experienced teacher.

Friday 31 January

- 4pm Yoga class
- 6pm Vegetarian dinner
- 7.30pm Satsang: "Raja yoga, the science of the mind"



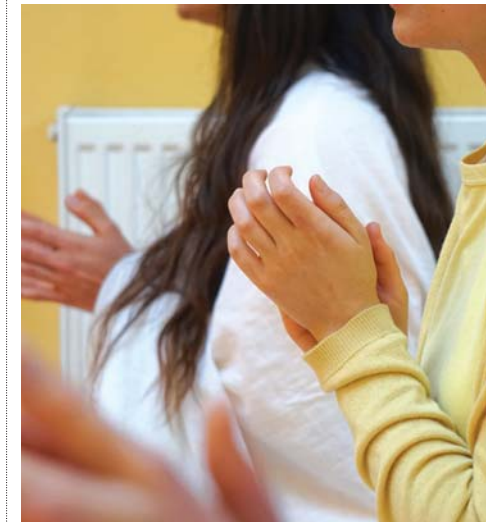
Saturday 1 February

- 6am Satsang: "What is a thought?"
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Yoga class
- 12pm Vegetarian lunch
- 1.30pm Workshop: "Introduction to the power of sanskrit"
- 4pm Yoga class
- 6pm Satsang: "Transforming negative emotions"
- 8pm Vegetarian dinner

Cost: Shared accommodation £150: Full Day: £50. Per individual workshop: £25

Sunday 2 February

- 6.30am Satsang: "Using mantras and kirtan to uplift the mind"
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Yoga class
- 12.30pm Vegetarian lunch
- 1.30pm Workshop: "Mantras and kirtan, tools for emotional balance and joy"



SPECIAL PROGRAMME 4 – 8 February 2020
Tapping the ancient source of wisdom A four day programme to open the heart



With honoured guest
Sri Venugopal Goswami Vrindavan, North India

Sri Venugopal Goswami hails from a 500 year-old family tradition of Hari Katha, a unique and inimitable style of combining the message of the ancient scripture *Srimad Bhagavatam* with melodious musical renditions. Inspiring words of wisdom leave a deep impression on the minds of the listeners as they are taken on a soulful spiritual journey, explaining the purpose and meaning of human life.

with the European yoga Acharyas:
Swami Durgananda, Swami Sivadasananda, Swami Kailasananda

Tuesday 4 February

- 4pm Lecture with Swami Kailasananda "Choosing the positive path"
- 5.30pm Asana class with Swami Sivadasananda "Parasympathetic nervous system: relaxation and regeneration"
- 7pm Spiritual discourse with musical accompaniment with Sri Venugopal Goswami "Returning to simplicity"
- 9pm Free vegetarian snack

Wednesday 5 February

- 4pm Asana class with Swami Kailasananda "Meditative experience in the asanas"
- 5.30pm Kirtan workshop with Swami Sivadasananda
- 7pm Spiritual discourse with musical accompaniment with Sri Venugopal Goswami "The real never appears"
- 9pm Free vegetarian snack

Thursday 6 February

- 4pm Lecture with Swami Sivadasananda "Detachment, key to relaxation"
- 5.30pm Asana class with Kailas "Muscle length – muscle strength"
- 7pm Spiritual discourse with musical accompaniment with Sri Venugopal Goswami "Reconnecting to the heart"
- 9pm Free vegetarian snack

Friday 7 February

- 4pm Lecture with Swami Kailasananda "Sattva, the power of purity"
- 6pm Asana class with Swami Sivadasananda "Headstand and Scorpion: concentration and balance"
- 7.30pm Spiritual discourse with musical accompaniment with Sri Venugopal Goswami "Let the soul look at life"
- 9.30pm Free vegetarian snack

Saturday 8 February

- 2.30pm Lecture with Swami Durgananda "Meditation, elixir for the Soul"
- 4pm Asana class with Swami Sivadasananda "Psychosomatic effect of asanas"
- 6pm Nada Yoga concert – music for inner harmony, with Sri Venugopal Goswami
- 8pm Free vegetarian snack

Lecture: Members £8.50, Non-members £12.50, Concession £8, 1 tick on class card.
 Asana class: Members £8.50, Non-members £12.50, Concession £8, 1 tick on class card.
Tapping the ancient source of wisdom with Sri Venugopal Goswami: Free of charge. Donations are welcome.

London Study Retreat at the Centre



Musculoskeletal health in Ayurveda and Yoga
 With Angela Hope-Murray
 20 – 22 March 2020

Arrival: Friday at 3pm. Departure: Sunday at 3.30pm.

Teacher

Angela Hope-Murray has been practising alternative medicine for over 30 years. She is an Ayurvedic practitioner and has been studying Ayurveda for many years with Dr Vasant Lad and she is a colleague of Robert Swoboda. She is also an osteopath and dedicates her time to promoting Ayurveda in the UK.



Friday 20 March

- 4pm Asana and pranayama class
- 6pm Vegetarian dinner
- 7.30pm Satsang: meditation, chanting, talk

Saturday 21 March

- 6am Morning satsang
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Ayurveda workshop: Dietary advice and yoga
- 12pm Vegetarian lunch
- 1.30pm Ayurveda workshop: Looking at the body energetics and physiology from an Ayurvedic perspective

- 4pm Asana and pranayama class
- 6pm Satsang: meditation, chanting, talk
- 7.45pm Vegetarian dinner

Sunday 22 March

- 6.30am Satsang
- 8am Light breakfast
- 9.30am Karma yoga
- 10.30am Ayurveda workshop: Bone and muscle maintenance
- 12.30pm Vegetarian lunch
- 1.30pm Ayurveda cooking workshop: Related interventions for simple musculoskeletal disorders

Cost: Shared accommodation: £300. Full day Member: £75, Non-member: £85, Concession: £70. Per individual workshop: £25.



Bhagavata Saptaha 7 day programme 20 – 26 May 2020
 With live music: harmonium, vocal, flute and tabla
 with Honoured guest **Sri Venugopal Goswami**
 with the European yoga Acharyas: **Swami Durgananda, Swami Sivadasananda, Swami Kailasananda**

London Study Retreat at the Centre



The Meditation Experience With Swami Kailasananda, Yoga Acharya 17 – 22 April 2020

Arrival: Friday at 3pm. Departure: Sunday at 3.30pm.

The practice of meditation continues to gain recognition in areas as diverse as psychology, arts, sports training and healing. It provides means for maximising physical, emotional and mental efficiency and well-being.

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.

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 Sivananda Teachers Training (TTC), Advanced Teachers Training (ATTC) and Sadhana Intensive courses with much clarity, generosity and deep insight.



Friday 17 April

4pm Yoga class
6pm Vegetarian dinner
7.30pm Satsang

Saturday 18 April

6am Satsang
8am Light breakfast
9.30am Karma yoga
10.30am Yoga class
12pm Vegetarian lunch
1.30pm Workshop: "Swami Vishnudevananda's 12 Step approach to meditation"

4pm Yoga class
6pm Satsang
8pm Vegetarian dinner

Sunday 19 April

6.30am Satsang
8am Light breakfast
9.30am Karma yoga
10.30am Yoga class
12.30pm Vegetarian lunch
2pm Workshop: "Creative visualisation and positive thinking. Training the mind for concentration"
4pm Yoga class
6pm Satsang
8pm Vegetarian dinner

Monday 20 April

6am Satsang
8am Light breakfast

9.30am Karma yoga
10.30am Yoga class
12pm Vegetarian lunch
1.30pm Workshop: "Relax and channel mental energy through sound vibration"
4pm Yoga class
6pm Vegetarian dinner
8pm Satsang

Tuesday 21 April

6am Satsang
8am Light breakfast
9.30am Karma yoga
10.30am Yoga class
12pm Vegetarian lunch
1.30pm Workshop: "Meditation and lifestyle"



Cost: Shared accommodation: £350. Full day: £50. Per individual workshop: £25

Further training for yoga teachers



Yoga and Pregnancy With Savitri 24 – 26 April 2020

Arrival: Friday at 3pm. Departure: Sunday at 3pm.

A pregnant woman who decides to practice yoga is choosing a positive environment for herself and her growing child. Pregnancy often induces a natural inclination towards introspection and connection with the inner self. Yoga helps to create a protected space for the growing child and a positive, joyful experience for the mother-to-be.

Teacher

Savitri is a Sivananda yoga teacher. She is teaching the children's classes and pregnancy classes in the Sivananda Yoga Centre in London with much enthusiasm and joy.



Course topics

- How to teach pranayama and asanas to pregnant women
- Month-by-month exercise plan for expectant mothers
- Special care for the back
- Postnatal yoga
- Diet for mother and child

Friday 24 April

4pm Regular asana class
6pm Vegetarian dinner
7.30pm Satsang

Saturday 25 April

6am Satsang
8am Regular asana class
9.30am Light breakfast
10.30am Physical changes of the body during pregnancy
12pm Vegetarian lunch
1.30pm Workshop part 1: How to teach asanas and pranayama to pregnant women
4pm Regular asana class
6pm Satsang

Sunday 19 April

6.30am Satsang
8am Regular asana class
9.30am Light breakfast
10.30am Postnatal yoga
12pm Vegetarian lunch
1pm Workshop part 2: How to teach asanas and pranayama to pregnant women



Cost: £135 for full weekend. Teachers can arrive on Friday afternoon and stay at the centre on Friday and Saturday night at an additional cost of £20 per night. Please bring your uniform. Advanced booking mandatory.

One Day Retreats in the UK Countryside

One day Retreats in Oxfordshire

Saturday 9 May 2020 • Saturday 18 July 2020



Reconnect with yourself in beautiful, natural surroundings

We warmly welcome you for a one-day retreat in a yoga and meditation studio in the South Oxfordshire countryside on Saturday. The retreat takes place in a delightful log cabin with far reaching views over the valley and the Downs. The venue is nestled in a secluded valley in an Area of Outstanding Beauty and comprises a beautiful wild flower meadow, vegetable garden and orchard.

Getting There

If you travel by public transport, take the train to Didcot Parkway station. (Paddington to Didcot Parkway station approximately 40 minutes). Didcot is 15 minutes by taxi from The Lotus Sanctuary.

Taxis are available at Didcot Parkway station, it is a 15 minutes drive to the Lotus Sanctuary (Keepers Cottage, Sheepcote, Ashton Upthorpe, Oxfordshire, OX11 9DS).

Schedule

9.30am	Welcome	2.30pm	Satsang: Group meditation, chanting and lecture, "Yoga – choosing the positive path"
10am	Asana and pranayama class	4pm	Asana and pranayama class
12pm	Vegetarian lunch	5.45pm	End of the programme
1pm	Silent walk		

Cost: Members £65, non-members £75.

London Study Retreat at the Centre



Ayurveda and Vegetarianism

With Dr Anjani and Sanjay Kulkarni,
Ayurveda Acharyas, Pune, India
23 – 26 July 2020

Arrival: Thursday at 3pm. Departure: Sunday at 3pm.



Teachers

Dr Sanjay and Anjani Kulkarni have spent the last 20 years teaching Ayurveda around the world. They use their profound expertise to give practical advice on how to prevent disease and develop radiant health.

Cost: Residential programme (includes course and accommodation) Shared room: £390 Non-residential programme. Individual lecture: £35. Day programme: £65

Retreats in Austria

Sivananda Yoga Retreat House

Reith near Kitzbühel, Tyrol

Immerse yourself in yoga surrounded by the beautiful scenery of the Tyrolian Alps

The Sivananda Yoga Vedanta Seminar house in the Tyrolean mountains offers a holistic approach to wellbeing and is an ideal place to nurture body and mind. Release all tension and enjoy the pristine, peaceful nature of the Kitzbühel Alps!



Year round yoga vacations • Free choice of arrival and departure