



SIVANANDA  
Ashram Yoga Retreat  
BAHAMAS



Expand your horizons ...

Yoga Vacations | Teacher Training | Experiential Courses

Oct 2014 - May 2015



# SIVANANDA

Ashram Yoga Retreat

# BAHAMAS

## October 2014—May 2015

Located on Paradise Island on one of the finest beaches in the world, the Sivananda Ashram Yoga Retreat Bahamas is a true oasis of calm and natural beauty, and offers a unique combination of a traditional ashram and a modern yoga retreat.

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# Welcome from Swami Swaroopananda



Welcome. It is with great pleasure that I invite you to join us in the Bahamas this year for another season of joy, beauty, and wisdom and the profound teachings of yoga given to us by our teacher, Swami Vishnudevananda and his teacher, Swami Sivananda.

Now more than ever, the world needs the knowledge that yoga offers.

We are in the midst of a spiritual revolution, and it is my belief that in 50 years we will not recognize this planet as changes are happening fast. Engagement with spiritual disciplines, including yoga and meditation, is key for navigating this time of transition and creating a more peaceful future. In the last 10 years, the number of yoga practitioners has seen rapid growth, with recent statistics indicating that there are more 800-million people practicing yoga worldwide.

We all stand witness to the turmoil that humanity and planet Earth are experiencing and we have to ask ourselves whether a solution to this suffering is at all possible. The great masters assure us that there is, in fact, a way to transcend suffering and to abide in eternal freedom and bliss. This way is called yoga — and it can transform individual lives as well as the state of humanity and the planet.

At the ashram, we continue the work of Swami Vishnudevananda to promote unity in diversity. As you will see in this catalog, we offer a rich diversity of programs that bring together spiritual leaders, healers, musicians, scientists, and artists from all religions and spiritual traditions that we may learn from and share with one another. Each tradition offers beautiful and important teachings and inspirational practices, and each one brings a unique perspective to addressing the problems we face. When we come together in our diversity, we connect through our shared oneness, and great spiritual wisdom emerges. Through these interactions, profound breakthroughs in our spiritual knowledge and evolution are achieved.

The yogis teach that the source of all suffering is ignorance and, therefore, the best service to humanity and our fellow beings is to spread spiritual knowledge and share it with all. This is our mission. Please join us in this mission by visiting the ashram, taking a course, a training, or a yoga vacation, and using what you learn to positively impact others.

Come experience yoga, contribute your light and beauty, deepen your practice, and help create a bright future for all.

Om shanti, Om peace

Swami Swaroopananda,  
Director



Swami Vishnudevananda (right) with his Master, Swami Sivananda, stand along the banks of the Ganges in Rishikesh, India. Swami Vishnudevananda went on to found and direct the International Sivananda Yoga Vedanta Centres worldwide.



## Our Lineage

The Sivananda Ashram Yoga Retreat Bahamas follows an unbroken lineage of teachers who practice the classical yoga wisdom of Swami Sivananda, which was introduced to the West by his disciple Swami Vishnudevananda. We are part of an ever-growing international organization of Sivananda ashrams and centers, with the mission to share peace, health, and joy through yoga.



### Swami Sivananda (1887-1963)

A venerated saint of modern times, Swami Sivananda is the inspiration behind the International Sivananda Yoga Vedanta Centres. Following a brilliant career as a medical doctor, Swami Sivananda renounced worldly life and established the Sivananda Ashram and Divine Life Society in Rishikesh, India. He became one of the most prolific yoga teachers who have ever lived, authoring more than 300 books. Although he rarely left Rishikesh, Swami Sivananda's teachings spread quickly worldwide, continuing to deeply touch and transform the lives of many to this day.



### Swami Vishnudevananda (1927-1993)

Swami Vishnudevananda trained under Swami Sivananda in all aspects of yoga for 10 years, becoming a world authority on yoga. In 1957, Swami Sivananda sent Swami Vishnudevananda to spread the teachings of yoga in the West, where he founded and directed the International Sivananda Yoga Vedanta Centres and created the first Yoga Teacher Training Course to empower individuals to be ambassadors of peace through Swami Sivananda's yoga teachings. A tireless campaigner for world peace, a master of Hatha Yoga and Raja Yoga, he authored the now classic books *The Complete Illustrated Book of Yoga* and *Meditation and Mantras*.

Member of the  
International Sivananda  
Yoga Vedanta Centres



For nearly 50 years,  
we have been a  
leading destination  
for people seeking a  
spiritual environment  
to study and practice  
yoga and develop  
a healthy lifestyle.







# Ways to Visit

We are a traditional yoga ashram — a spiritual community and study center where you can come to relax, learn, and experience immersion in a yogic lifestyle.

## **YVP** Yoga Vacation Program

Take a break from everyday life and experience true relaxation and rejuvenation through this signature Sivananda program. Come any time and stay as long as you want. Page 8.

## **TTC** Sivananda Yoga Teacher Training Course

Become a yoga teacher. Immerse yourself in a profound 28-day immersion that will transform you on all levels. Offered monthly December to May. Page 12.

## **EC** Experiential Courses

Dive into a path of study. Learn, grow, and develop life skills as you explore new pathways to peace and awakening:

- **Sivananda Core Courses**—a great way to visit for the first time. Page 18. **SCC**
- **Nutrition and Cleanses**—overhaul your physical, mental, and spiritual health.
- **Healing Arts Trainings**—gain practical skills and earn certification.
- **For Yoga Teachers**—specialized trainings for expanding your knowledge and skills.
- **Life Transformation**—from sacred art to yoga philosophy and advanced practice.

Look through this catalog to find specific start and end dates for the course you're interested in. Pages 22-104.

## **Residential Study/Karma Yoga**

Participate in the path of selfless service and become part of the ashram community. Available year-round, with a 1 to 3-month commitment. Page 106.





Sunrise satsang on the beach



There's time to relax...

**FLOW OF A DAY**

**Morning** Start the day at 6:00 am with the serenity of early morning meditation, joyful chanting, and a spiritual talk. Energize your body while preserving the meditative mood with an 8:00 am yoga class. Brunch will await you at 10:00 am.

**Mid-day** Take time for learning through experiential course sessions or a Yoga Vacation workshop. After, you may want to relax on the beach and take a swim or enjoy a healing arts session. Perhaps you'll stop by the Health Hut for a snack break, spend time with friends, or find a comfortable chair in the garden and read a book.

# At the Ashram



*A room with an ocean view.*

**Accommodations**

Pleasant lodgings include a choice of rooms overlooking the ocean, or comfortable garden cabins. We offer a variety of accommodation options, ranging from self-pitched tents to luxurious beachfront suites, allowing you to spend your time with us in the way that is optimal for you. See page 110 for accommodation options and rates. Visit our website for further details about our accommodations accompanied by photographs.

**Meals**

Enjoy a variety of delicious and nutritious vegetarian meals made with loving care according to yogic dietary principles for a healthy and calm body and mind. Savor the flavor of freshly baked bread, homemade granola, and breakfast spreads. Nourish your body with hearty soups and bean, lentil, and vegetable dishes. Make your own salad with our raw vegetables buffet, and relax with the daily herbal tea. Have your meal in the company of other yogis and vacationers by the ocean, in the garden, or in the dining area.



*Nourish your body with delicious and nutritious vegetarian meals.*





Daily yoga classes at 8:00 am and 4:00 pm



Evening satsang

**Afternoon** Begin the third part of the day with a 4:00 pm yoga class and feel your body achieve its maximum flexibility. Observe as your breath gets calmer and your mind clearer in the serenity of your afternoon practice. Dinner will await you after the class. Take an early evening walk on the beach and enjoy a beautiful sunset.

**Evening** Join the evening satsang at 8:00 pm and let the company of positive, like-minded people uplift you. Meditate, chant, and enjoy a lecture by a world-renowned presenter, devotional music, or dance performance. Drift to sleep fulfilled and inspired.

## The Boutique

In the cozy, welcoming Boutique, Bookstore, and Health Hut, you'll find an inspiring selection of books and music, your favorite yoga equipment, and souvenirs, including our line of organic cotton t-shirts, traditional attire, and accessories brought from India. Share a snack with some friends or take a private break and delight yourself with a selection of natural products, freshly squeezed juices, and a variety of freshly baked delights from the Health Hut. The Boutique is open on a regular schedule from December to June and on a smaller scale during the rest of the year.




*Browse the inspiring collection of books in the ashram's bookstore.*

## The Temples

The ashram's main temple is an inviting semi open-air structure built on a spot rich with spiritual energies. Two additional temples elevate the ashram's spiritual vibration, both with grace and beauty. Several daily pujas (rituals) are conducted either by our Tantric priest from India or by the ashram's senior staff.



*The Vana Durga Temple.*

A group of people is practicing yoga on a wooden deck. They are sitting in a circle, facing each other, under a large, arched canopy made of palm fronds. The deck is made of light-colored wooden planks. In the background, there is a blue ocean and a clear blue sky. A sign in the foreground on the left reads "BEACH PLATFORM".

The Sivananda Ashram Yoga Retreat provides an optimal environment for spiritual growth, healing, and relaxation. Experience the full benefits of a physical, mental, and spiritual transformation as you retreat from the stressors and distractions of your life to discover a healthier, happier you.



# Yoga Vacation Program


The Yoga Vacation Program was designed by Swami Vishnudevananda to ensure that real relaxation and rejuvenation are achieved on all levels: body, mind, and soul. Based on five simple principles—exercise, breathing, relaxation, healthy diet, and positive thinking and meditation — the Yoga Vacation Program offers you the ideal way to take a break from your everyday life and realign with inner peace. Whether you are new to yoga or a well-established practitioner, the Yoga Vacation Program will bring you back into balance. Visit by yourself, come with a friend, or bring the whole family!

## What's included

When you take a Yoga Vacation with us, you enjoy twice daily yoga classes, morning and evening satsang (meditation, chanting, and lectures or performances), healthy vegetarian meals, and full access to our grounds and facilities — including the beach — as well as daily workshops and talks offered at noon and/or 2:00 pm.

## During your stay

We welcome more than 200 distinguished presenters each year through our Yoga Vacation Program. They are spiritual teachers of different traditions, scientists, healers, religious leaders, authors, and musicians, each one a jewel in their discipline. These presenters offer workshops, musical events, spiritual teachings and rituals, holiday programs, special events, and participate in symposia on important topics. These programs form an integral part of the Yoga Vacation Program experience and vary based on the dates of your stay.


Look for programs marked  on pages 22 to 104 to see what's happening when you plan to stay with us, or to plan your stay to coincide with a particular program or presenter.

## Yoga Vacation Program Rates

November 20, 2014 – May 31, 2015	\$29 per person per night
June 1 – November 19, 2015	\$15 per person per night

**Total cost:** Add the Yoga Vacation fee to your accommodation rate. Total cost of your stay depends on your accommodation choice.





Our natural state  
is one of health,  
balance, and joy.

# The Well Being Center

## Slow down and experience your inner divinity

Our natural state is one of health, balance, and joy. The healing treatments and consultations offered by the Well Being Center are designed to bring you back into this natural state. Our skilled therapists facilitate healing by working with the flow of prana (life force), freeing up the energy channels to bring healing to the mind and body. Take time to experience a yogic approach to health and well-being.

### Services offered:

**Ayurvedic Consultation** Ayurveda is an ancient system of holistic living that teaches us how to balance our daily life based on our individual physical and mental constitution. An Ayurvedic consultation is a two-hour meeting with an Ayurvedic practitioner who will explore your unique constitution, evaluate the signs and causes of actual or potential imbalances, and design a practical plan for self-healing.

**Ayurveda Body Treatments** Also called Bliss Therapy, this deeply healing therapy begins first with Abhyanga (a balancing warm-oil body massage). This is followed by Shirodhara (streaming of warm oil over the forehead and scalp) or Nasya (a head and neck therapy using gentle heat and application of oil to the nasal passages).

**Therapeutic Massage** Therapeutic massage supports general health, increases circulation, releases stress, and enhances the immune system. It can relieve muscle strain, aches, and pains. Experienced therapists in energy and bodywork modalities will customize the massage for you to have a relaxing and rejuvenating experience.

**Thai Yoga Massage** Thai Yoga Massage is a bodywork treatment that relieves muscular tension, improves circulation, boosts the immune system, and balances the body energetically to facilitate mind-body integration.



**Lalita Devi**, Director of the Well Being Center, is a Clinical Ayurvedic Specialist, Pancha Karma Specialist, and Sivananda Yoga teacher. A graduate and former faculty of the California College of Ayurveda, she teaches Ayurveda workshops and trainings internationally. Lalita's background includes herbalism, aromatherapy, polarity therapy, Reiki, and trauma-resolution therapy.



### Appointments

The Well Being Center offers services from December 15, 2014 to May 31, 2015.

#### When to make appointments:

Reservations for Well Being Center appointments begin **November 15, 2014**. We recommend scheduling your sessions before you arrive to ensure availability as appointments often sell out.

#### How to make appointments:

Call +1-416-479-0199

Email [wellbeingbahamas@sivananda.org](mailto:wellbeingbahamas@sivananda.org)

“Best experience I have ever had! I have grown not only intellectually but spiritually as well. I highly recommend Sivananda TTC!

—Joy Higgins





# Sivananda Yoga Teacher Training Course

Take your practice the next step — become a yoga teacher.

Are you ready to take your yoga practice to a deeper, more meaningful level? Do you want to teach others about the many positive benefits of classical yoga?

We invite you to the Sivananda Yoga Teacher Training Course (TTC):

- Awaken or deepen your yoga practice
- Gain a solid foundation in a classical yoga tradition
- Live a yogic lifestyle, including vegetarian diet and daily practices
- Experience Karma Yoga, selfless service to a common good
- Connect with a lineage of peace and healing, passed down by masters.

The TTC began over 40 years ago and is recognized worldwide as a leading yoga training and has graduated more than 35,000 people around the world. Swami Vishnudevananda was the first yogi from India to develop this kind of training program in the West, with the vision to not only develop successful yoga professionals but to also spread peace in the world through them.

The TTC is a unique, profoundly transformative, and rewarding experience that is based on the ancient Gurukula teaching system, which integrates the student's daily life into the yoga training. For four intense weeks of ashram living, students strengthen their own yoga practice through self-discipline and awareness of the nature of mind, body, and spirit. They also build a firm foundation from which to teach others naturally and with confidence.

## 2014 Dates:

**December 4 - 31**

## 2015 Dates:

**January 4 - 31**

**February 3 - March 2**

**March 10 - April 6**

**April 9 - May 6**

**May 9 - June 5**

## Join us in the Bahamas and ...

- Live and study in a yoga ashram for a month
- Be part of a vibrant international yoga community
- Experience a rich tapestry of evening satsang programs
- Take sunrise satsang walks on the beach
- Return home transformed for life.



“ I really enjoyed the program  
and I don't want to leave.  
This feels like home to me.  
—Josh Mosely

## Curriculum

- Learn how to competently and confidently teach a 2-hour Sivananda Yoga class; gain versatile teaching skills including teaching beginners, intermediate, and advanced classes; explore different techniques to teach children's, adaptive, and prenatal yoga.
- Find greater flexibility and comfort in your practice of asanas; discover how to energize the body and calm the mind through the practice of pranayama (breathing); maintain physical and mental purity through the practice of kriyas (cleansing); learn how to nourish your body and make your body and mind fit for the practice of yoga with classes on yogic diet and nutrition; study the mechanics and innumerable benefits of the practice of yoga on the body and mind through a focused study of human anatomy and physiology.
- Learn meditation techniques and theory; enhance concentration and learn to dive deep within and find peace in silence.
- Open your heart and find your true voice through the practice of chanting; connect with the Divine and your higher Self through the repetition of mantras.
- Become part of the community and purify your heart and mind through Karma Yoga (the practice of selfless service).
- Immerse yourself in the timeless teachings of the Bhagavad Gita; discover your true nature and be inspired to develop a steady and joyous yoga practice through the study of ancient yogic scriptures; gain a precious understanding of the inner workings of your mind through yoga philosophy and psychology.



## Certification

At the end of each TTC, students take an exam. Graduates then receive internationally recognized Sivananda certification. The TTC is also certified by the Yoga Alliance for the 200-hour standard for Registered Yoga Schools.

**CEU** CEUs for social workers and nurses are available; please visit our website.

## Practicalities

**Course Books** *The Complete Illustrated Book of Yoga* by Swami Vishnudevananda and the Bhagavad Gita with commentary by Swami Sivananda. These books are available for purchase at our boutique and at Sivananda centers worldwide.

## Course Fee

- Tent Space \$2,400 (plan to bring your own tent)
- Tent Hut \$3,490
- Dormitory \$3,550

Rates include tuition and accommodations. Please contact our reception office for single or double accommodation options and prices.

For registration process, a detailed curriculum, information about the daily schedule, arrival and departure, and other useful information, please visit our website. For all other inquiries, please contact our reception office.

“Thank you for everything. It was a wonderful TTC course. My journey has deepened spiritually, emotionally, physically, and mentally. Sivananda TTC offered everything I resonated with. It was a privilege to be a part of this lineage.

—Patti Saar



**CEU** **TTC** 500-HOUR CERTIFICATION

## Advanced Yoga Teacher Training Course (ATTC)

**January 4-31, 2014**

This one-of-a-kind, four-week immersion course provides you the opportunity to advance your hatha yoga practice, take your Self-study (Swadhyaya) to the next level, and create a confident and distinguished approach to your teaching. During the course, you will delve much deeper into the teachings and practices of Bhakti, Jnana, Raja, and Karma Yoga, advance your Sanskrit studies, and engage the transformative practices of yoga to guide you forward on the path of teaching.

Please visit our website for detailed information.

**Course Fee** See TTC course fees (at left). Students registering simultaneously for the TTC and the ATTC (500-hour Yoga Alliance certification) receive a 10% discount on the total tuition for both courses.

**Prerequisite** Graduation from the Sivananda Yoga Teacher Training Course or Integral Yoga Teacher Training Course. (Please contact Registration if you are a graduate from another teacher training program.)





YVP YOGA VACATION PROGRAM

# Q&A

## Questions and Answers on Yoga and Spiritual Life with Swami Swaroopananda

Join us for an evening of Q&A with Swami Swaroopananda. Ask anything you ever wanted to know about yoga practice and philosophy and the spiritual path. The answers are steeped in rare wisdom and deep understanding of the teachings and practice of yoga. Swami Swaroopananda is renowned for his clear, concise, and complete answers. While presented in simple terms, his answers are illuminating and hold within them vast knowledge. He dispels doubts and fears, clears troubled minds, and inspires the listeners to strive and advance on the spiritual path and become better citizens of the world.

**Swami Swaroopananda** is a senior disciple of Swami Vishnudevananda. A practicing yogi from a very young age, Swami Swaroopananda has dedicated his life to the practice and teaching of yoga. He taught in Yoga Teacher Training Courses around the world and is currently teaching advanced yoga philosophy courses and lectures internationally. He is Director of the Sivananda Ashram Yoga Retreat and acharya (spiritual director) for the Sivananda centers and ashrams in the Middle East and the Caribbean. He is a member of the Board of Directors of the International Sivananda Yoga Vedanta Centres.

YVP YOGA VACATION PROGRAM

# Q&A

The evenings of Q&A's with Swami Swaroopananda are offered as part of the Yoga Vacation Program; see page 9.

### Dates:

**December 30, 2014**

**January 30, 2015**

**March 1, 2015**

**April 4, 2015**

**April 24, 2015**

**June 3, 2015**

## Save-the-Date

**June 2-8, 2015**

Join us for a celebration of presenters and musicians as well as a special ritual honoring the 60th birthday of Swami Swaroopananda. Come share in extending our birthday wishes with friends and devotees from all over the world.





SCC SIVANANDA CORE COURSE

# Sivananda Core Courses

Imagine a lifestyle that prioritizes the things that matter most.

Experience the energy, joy, and inner peace that emerge from classical yoga practices that include daily exercise, healthy diet, positive thinking, meditation, and relaxation. Based on Swami Vishnudevananda's Five Points of Yoga, our Core Courses invite you to learn and experience the yogic lifestyle practices that form the foundation of the Sivananda approach to physical, mental, and spiritual well-being. They are taught by senior teachers and staff of the Yoga Retreat, each one with years of experience studying, living, and teaching yoga practices, philosophy, and lifestyle.

Come:

- learn practical tools and techniques
- experience a balance of course time and free time
- live in an authentic yogic environment
- enjoy powerful and effective teaching
- engage traditional wisdom for contemporary lives.

The single best way to come to the ashram for the first time, you will return home lighter, brighter, and ready to re-engage in everything you do with a positive outlook and skillful means for self-care and spiritual development.



“Small classes, beautiful surroundings, and carefully orchestrated steps to the asanas made the course a success for everyone. I leave with my heart singing and my mind quiet – recharged, ready to learn more, and to make yoga part of my life. Thank you. Om Shanti.”  
 – Leslie Hiebert

SCC SIVANANDA CORE COURSE

**Essentials of Yoga I:  
Establish Your Foundation**

5-day tuition: \$240. Add 6 nights' accommodation;

Weekend tuition: \$165. Add 4 nights' accommodation

New to Sivananda Yoga? New to yoga? First time at a Sivananda ashram?

This foundational course provides beginners as well as those with a yoga background with the information and experience to jumpstart a practice — or deepen one. Highly inspiring and practical, you'll gain knowledge about yoga and discover keys for enriching your life and developing inner peace through a yoga practice and lifestyle.

- Learn a routine of essential yoga postures for daily tuning up your body, building strength, balance, focus, and physical intelligence
- Find out how to benefit from better breathing, how to de-stress, how to stretch, and how to relax
- Experience extensive guided practice
- Gain exposure to yoga theory and philosophy
- Discover how meditation, a healthy diet, and positive thinking contribute to well-being
- Receive personalized attention and answers to your questions.

5-day Course	Weekend
October 2 – 6	November 28 – 30
November 3 – 7	March 20 – 22
December 8 – 12	April 24 – 26
January 4 – 8	May 22 – 24
March 3 – 7	
March 31 – April 4	
May 3 – 7	

SCC SIVANANDA CORE COURSE

**Essentials of Yoga II:  
Deepen Your Practice**

Tuition: \$240. Add 6 nights' accommodation.

This course is perfect for those who have taken Essentials of Yoga I (5-day or weekend) or have been introduced to Sivananda Yoga practices through classes or courses at the Sivananda Ashram Bahamas or in another Sivananda location.

In the course, you will deepen your experience with the 12 basic postures of Sivananda Yoga. Each day focuses on a new theme while practicing asana: concentrating on the energy channels, learning to meditate, relaxation, and working with visualization. You will also be exposed to a practical and theoretical introduction to meditation, positive thinking, Ayurveda, the yogic diet, and stress-relieving techniques, expanding your base of knowledge and experience.

**5-day Course**

- October 7 – 11
- December 13 – 17
- April 5 – 9
- May 25 – 29

SCC SIVANANDA CORE COURSE

**Essentials of Yoga III:  
Advance Your Studies**

Tuition: \$240. Add 6 nights' accommodation.

Develop a more precise and focused asana practice. Learn more variations, and deepen your knowledge of yoga philosophy and lifestyle. Visit our website for more information.

**5-day Course**

- May 11 – 15

## Core Course Pathways

For anyone looking to deepen their knowledge and experience with yoga over time, we recommend these self-guided pathways.

### Yoga Jumpstart

Take Essentials of Yoga I and II as a 10-day immersion (offered October 2-11, December 8-17, and March 31-April 9)\*.

### Yoga Lifestyle

Take the 5-day versions of Essentials of Yoga I, Power of Positive Thinking, and Introduction to Meditation over the course of a year (adding Yoga Vacation days after each when you can).

### Yoga Studies

- Take the 5-day versions of Essentials of Yoga I, II, and III over the course of a year.
- Spend a month in our Karma Yoga Residential Study Program.

### Yoga Destiny

- Take the 5-day versions of Essentials of Yoga I and II.
- Spend a month in our Karma Yoga Residential Study Program.
- Take the Sivananda Yoga Teacher Training (a 28-day once-in-a-lifetime transformational experience).

\* Take advantage of our multiple course discount; see page 111.

## SCC Sivananda Core Course

### Introduction to Meditation

5-day tuition: \$240. Add 6 nights' accommodation

Weekend tuition: \$165. Add 4 nights' accommodation

Embark on a journey into your inner self. Learn concentration and meditation techniques and take your first steps toward attaining a calm and blissful mind. You will practice sitting postures, deep relaxation, breathing exercises, concentration, and methods of introducing positive suggestions in the subconscious mind. An introduction to the philosophy and psychology of the practice of meditation will complement the experiential practice. Gain inspiration and strength for developing your practice of meditation, while you are here and at home.

#### 5-day Course

February 24 - 28

March 23 - 27

#### Weekend

October 17 - 19

December 5 - 7

January 23 - 25

April 10 - 12

May 8 - 10

## SCC Sivananda Core Course

### The Power of Positive Thinking

5-day tuition: \$240. Add 6 nights' accommodation.

Weekend tuition: \$165. Add 4 nights' accommodation

Discover simple, practical tools for entertaining positive and creative thoughts that contribute to vibrant health and a peaceful, joyful mind. Exploring thoughts, their nature, and how they create your reality, you will learn how to identify the habitual thought patterns that prevent you from fulfilling your highest potential. By applying practical methods of self-inquiry, imagery, and positive affirmations, you will acquire tools for cultivating a higher state of mind that will result in a more harmonious, peaceful, and successful life.

#### 5-day Course

October 12 - 16

May 17 - 21

#### Weekend

November 21 - 23

December 19 - 21

January 9 - 11

“

*The course was a transformative experience. I learned about the meaning, purpose and intention of the asanas, but in addition the whole universe of spiritual practice has unfolded before me.*

— Judith Pinski



# OCTOBER

**YVP** YOGA VACATION PROGRAM

**September 29 – October 3**

## **Yoga and Aromatherapy to Relieve Stress, Anxiety, Depression, and Insomnia**

**Ira Guevara (Rukmini)**



Learn how to use the healing powers of essential oils to promote relaxation, calm the mind, and release blockages.

Through experiential sessions of theory and practice, you will learn simple methods for using aromatherapy in your daily life, including baths, easy diffusing techniques, and the traditional practice of inhaling the oil. You will make your own aromatherapy eye pillow and sample essential oils that address different conditions. Each workshop will end with a deep relaxation session.

**Ira Guevara (Rukmini)** is a Sivananda Yoga teacher with a special interest in integrating yoga and essential oils for therapeutic purposes. She has spent more than a decade studying and practicing aromatherapy and shares her synergistic healing method in workshops in the US and other countries.

**YVP** YOGA VACATION PROGRAM

**October 3 – 6**

## **Meditation, Mantra, and Music**

**Dennis Chernin**



Open your heart and focus your mind. Immerse yourself in Bhakti Yoga, a combination of meditation, breathing techniques, sound vibrations, and mantra. Explore various

types of mantra and learn how to use them effectively in your meditation practice. Delve into the symbolic meaning and powers of yogic deities through the simple call-and-response chanting of kirtan. People often experience great joy and even ecstasy through these repetitive musical prayers.

**Dennis Chernin, MD, MPH**, a practitioner and teacher of meditation for over 35 years, compliments his medical practice with individualized meditation instruction. He is the author of *How to Meditate Using Chakras, Mantras, and Breath* and *The Complete Homeopathic Resource for Common Illness*.

# Yoga Jumpstart

Combine these two programs for a 10-day yoga immersion.

SCC SIVANANDA CORE COURSE

October 2 - 6

## Essentials of Yoga I

Establish your foundations. See page 19.

SCC SIVANANDA CORE COURSE

October 7 - 11

## Essentials of Yoga II

Deepen your practice. See page 19.

YVP YOGA VACATION PROGRAM

October 6 - 10

## Infuse Your Writing with Yoga Virginia Frances Schwartz



Experience how yoga can be a writer's most powerful tool. Allow your words to find their own path onto the page without interference by practicing

*ahimsa*, or non-judgment. Learn

how to shift *tamas* (lack of inspiration) and *rajas* (over-thinking) to write from a pure sattvic center of calmness. Enjoy daily freewrites in the garden with simple yoga poses, breath work, meditation, and intention. Unleash your creativity and awaken the muse within.

**Virginia Frances Schwartz (Saraswati)** is a Sivananda Yoga teacher and award-winning author of numerous young adult novels, including *Send One Angel Down*. Currently a teacher of creative writing at the UCLA Extension Writers' Program, she has trained adults and children in the writing process for more than 25 years.

SCC SIVANANDA CORE COURSE

October 12 - 16

## The Power of Positive Thinking

Take a practical and inspiring approach to mastering your destiny. See page 20.

SCC SIVANANDA CORE COURSE

October 17 - 19

## Introduction to Meditation Weekend

The secret to balanced living and spiritual insight. See page 20.

YVP YOGA VACATION PROGRAM

October 10 - 12

## Energy Psychology

### Michael Pyfrom



Achieve a greater sense of passion and purpose. Explore energy psychology as it relates to neuroplasticity — the ability to create change in the wiring of your brain. You will learn how to

use Emotional Freedom Technique (EFT) and Meridian Tapping to create greater levels of ease in your life. These techniques are designed to dissolve negative emotions and experiences that are holding you back and have an efficient, effective, and lasting effect.

**Michael Pyfrom, DC**, is a chiropractic doctor and Sivananda Yoga teacher. For more than 20 years, he has integrated the ancient wisdom of yoga with modern science and the concepts of chiropractic medicine in his clinic in Nassau, Bahamas.

YVP YOGA VACATION PROGRAM

October 12 - 14

## Yoga, Stress Relief, and Relaxation Krishna Das



Discover how awareness and mindful living can enhance your resiliency, prevent and heal stress-related illness, and offer a creative, meaningful approach to living your life.

Cultivate the courage and willpower needed to make positive life changes. Learn how to use yoga, meditation, self-inquiry, and other practical mind-body-spirit tools to transform stressful patterns of thought and behavior into a deeply rewarding, sustainable lifestyle.

**Krishna Das** is a physical therapist and advanced Sivananda Yoga teacher. He is a senior staff member of the Yoga Retreat and instructor of the Teacher Training Course. He has taught for more than 15 years, including gentle yoga to seniors.

October 17 – 19

## Create Your Sacred Space: Introduction to Vaastu Shastra

Olga Mandodari Sokolova



The architectural science of Vaastu Shastra teaches that each building is a living organism with its own energy structure. Similarly, the healing science of Ayurveda works with the energy structure within each human being. Come discover the ancient Vedic teachings at the root of both Vaastu Shastra and Ayurveda. Explore the direct links between the two and learn how they can benefit each other to bring health, prosperity, and spiritual bliss.

**Olga Mandodari Sokolova**, PhD, is a certified Vaastu Shastra consultant, who studied under renowned architect Dr. V. Sthapati Ganapati. She received her certification from the International Institute of Mayonic Science and Technology in Chennai, India, and holds a master's degree in civil engineering as well as a doctorate in therapeutic counseling.

October 19 – 21

## Living Your Best Life: Insights from the Middle Theory

Deshon Fox



Deshon Fox teaches that balance is the ultimate universal law that governs both the physical and spiritual realities.

True balance begins at the level of perception. What we perceive determines how we behave toward others and ourselves, how we react to challenges in our lives, and how we progress physically and spiritually. You will gain powerful insights on how to achieve balance in all areas of life and become an instrument of balance in the world.

**Deshon Fox** is the author of *The Middle Theory: A Guide to Balance*, a book he wrote after a sudden shift in consciousness in 2000. He lives in the Bahamas and travels extensively, offering workshops and talks on his book, his experience, and the true nature of balance.



*Only in ashrams can students really start on the spiritual path, do intense sadhana, and get into the vibration.*

—Swami Vishnudevananda

October 22 – 24

## Adapting Sivananda Yoga to Your Body

Krishna Das

Do you find practicing yoga postures difficult due to injury, obesity, sickness, or other physical constraints? In this program, you will have the opportunity to explore adaptations to the 12 basic postures of Sivananda Yoga. You will receive personal guidance and discover which modifications are just right for you. As a result, the practice of yoga will become more enjoyable, accessible, and beneficial. This program is also recommended for yoga teachers wanting to expand their skills in meeting their students' needs.

**Krishna Das** bio on page 23.

October 25 – 31

## Sivananda Yoga Teacher Renewal Swami Brahmananda and Sylvie Boisclair (Saraswati)

Meet other Sivananda-trained teachers and reestablish your connection with the tradition. This renewal program gives you the opportunity to strengthen your practice and address various challenges in your classes within the ashram's supportive environment. Enjoy workshops, yoga classes, spiritual guidance, and the joy of Karma Yoga (2 hours daily). Return home refreshed with new tools for your practice and teaching.

**Please note** This is a Karma Yoga-based program: no tuition fee applies and participants pay half the rate on tent or dormitory accommodations (see page 110).

**Swami Brahmananda** bio on page 28

**Sylvie Boisclair (Saraswati)** bio on page 26



October 26 – 28

## Healing the Light Body: Exploring Shamanic Medicine

Theodore Tsavoussis



Come explore shamanic medicine, an ancient transformational approach to healing the mind, body, and spirit. You will discover shamanic practices to shed worn-out stories, break free from the grip of fear and unfavorable heritages, drop your limiting roles and beliefs, and discover the original wounds that derailed your destiny. This will restore balance to your mind, body, and soul, so you can walk through life as a fully conscious being.

**Theodore Tsavoussis** earned professional certification in energy medicine from Alberto Villoldo's Light Body School of the Four Winds Society. He has traveled to numerous sacred sites in the Andes and Amazon, where he worked with indigenous shamans, and practices energy medicine in Nassau, Bahamas.

October 29 – November 1

## Food as a Spiritual Path

Daniele Giovannucci



Food is one of the most powerful ways that we relate to the people around us, to the planet, and to ourselves. Join a world leader in the conversation on food issues for a journey that has nothing to do with diets or calories; it is about discovering the faces of hunger in the world and the choice to release self-centeredness. Together, we will seek a genuine connection with this profound spiritual path.

**Daniele Giovannucci** is president of the Committee on Sustainability Assessment, a global consortium of institutions advancing innovative ways to understand and manage the sustainability of our food systems. Since 1992, he has taught and worked in more than 30 countries.

October 31 – November 2

## Empowering the Sacred Feminine in Health Care

Vanessa Ingraham



Learn how to awaken your healing potential as we remember how to trust the innate wisdom inherent in our own bodies. In this program, we will discuss the history of medicine and how this has affected the way physicians practice today. Using yoga, breath work, botanical medicine, homeopathy, mind-body techniques, and more, we will discover and define what true healing means to each individual. We will focus on how sacred feminine energy can aid us in achieving vibrant health as well as consider self-care treatments.

**Vanessa Ingraham, ND**, a native Bahamian, is a graduate of the Canadian College of Naturopathic Medicine and a certified yoga teacher deeply inspired by her physician and yogi father, Dr. Michael Ingraham. She practices at Pure Health Bahamas with her husband, a chiropractor, and her father.



# NOVEMBER

EC EXPERIENTIAL COURSE

November 1 - 5

## Yoga Teacher Practicum Sylvie Boisclair (Saraswati)

Tuition \$240. Add 6 nights' accommodation.



Re-ignite your flame as a Sivananda Yoga teacher while deepening your own practice. Continuing education and ongoing inspiration is a must for yoga teachers and what better place to connect with your teaching and practice than here. In this course, we will explore practical tools and techniques for assisting students with the 12 basic postures as well as advanced variations. Come refine your teaching style and skills and gain greater confidence in your ability to teach, in an ashram setting or any other environment.

**Sylvie Boisclair (Saraswati)** is a lifelong dancer who found yoga while searching for a body-mind practice that also provided spiritual guidance. An instructor in the Sivananda Yoga Teacher Training Course, she is known for her ability to assist students in improving inner attentiveness.

YVP YOGA VACATION PROGRAM

November 3 - 5

## The Healing Power of Foods on Body, Mind, and Spirit Patti Symonette



Learn how to achieve and maintain optimal health using food as medicine. This program focuses on the relationship of food to mental, physical, and spiritual health.

The underlying philosophy is that if you give the body what it needs, the body will heal itself. Our bodies have an innate intelligence that is often ignored or misunderstood; many seemingly unrelated health issues are often a result of nutrient deficiencies due to poor digestive health, poor food choices, and food intolerances. Come discover a more integrated approach to creating vibrant health.

**Patti Symonette, PhD**, holds a doctorate in nutritional sciences and is a Certified Nutrition Specialist and BioSET practitioner, using enzyme therapy to address digestive health. Recognized by UNESCO for her contributions in the field of science and technology, she runs the Wellness Centre and Personal Training Studio in Nassau.

SCC SIVANANDA CORE COURSE

November 3 – 7

### Essentials of Yoga I

Establish your foundations. See page 19.

YVP YOGA VACATION PROGRAM

November 5 – 9, 2014

### The Yoga Approach to a Healthy Back and Strong Core

Meenakshi Angel Honig



Back pain plagues 85 percent of people at some point in their life. Come learn seven easy steps you can take to align, tone, and strengthen your back and your core so

you can move with greater ease and comfort.

This program is suitable for people at all levels of yoga (including beginners) — no strain is involved. You will also discover proper body mechanics and deep relaxation techniques to help release tension and stress.

**Meenakshi Angel Honig** has studied yoga with Swami Satchidananda since she was 16. She is an Integral Yoga teacher trainer with over 40 years' experience, has produced four instructional yoga DVDs, and authored eight books. She is the cofounder of Well Being International, and currently teaches on Maui.

YVP YOGA VACATION PROGRAM

November 6 – 8

### Living a Divine Life

Swami Brahmananda

Learn to become the master of your destiny. Tap into the vast ocean of power and knowledge within you and be free. This program explores the spiritual values for living a divine life, summarized by Swami Sivananda as: "Serve, love, give, purify, meditate, realize; adapt, adjust, accommodate; be good, do good, be kind; practice self-restraint, equanimity, self-reliance; do what you believe in and believe in what you do; be practical; realize thyself."

**Swami Brahmananda** bio on page 28.

EC EXPERIENTIAL COURSE

November 6 – 10

### Yoga for Home Practice: Establishing a Daily Spiritual Routine

Sylvie Boisclair (Saraswati)

Tuition \$240. Add 6 nights' accommodation.

Many of us are motivated to practice yoga, meditation, and other spiritual practices while we are on retreat, but find it difficult to have a regular practice while we are at home. Learn how to combine yoga with your daily routine, including tips and insights that will help you discover the discipline you need. We will explore Swami Sivananda's 20 Spiritual Instructions, which will give you a firm foundation for a steady spiritual routine, and point you toward calm peace and lasting happiness.

**Sylvie Boisclair (Saraswati)** bio on page 26.



November 7 – 15

## Accessible Yoga: Teaching Yoga to Students with Disabilities

Jivana Heyman

Tuition \$890. Add 10 nights' accommodation.



Yoga practice and teachings are relevant for everyone. In this comprehensive training course, you will explore the many ways that yoga can be modified for students with disabilities and physical challenges, as well as for seniors. This can range from teaching gentle yoga classes to teaching classes using chairs or to someone who is bed-ridden. A large part of the training is dedicated to the study and teaching of yoga philosophy. Come gain confidence and skills that will prepare you to teach in almost any setting. **More online.**

**Jivana Heyman** is co-owner of the Santa Barbara Yoga Center, director of the Integral Yoga Institute of San Francisco, and an Integral Yoga minister. Jivana has taught with the Dean Ornish Heart Disease Reversal Program; California Pacific Medical Center's Institute of Health and Healing; and the National Multiple Sclerosis Society.



November 8 – 16

## Ayurveda Body Treatments Certification Course

Lalita Devi

Tuition \$890. Add 10 nights' accommodation.

Designed especially for massage therapists, Ayurveda practitioners, and yoga teachers and practitioners, this 9-day course offers training in four treatments: *abhyanga*, traditional oil massage; *shirodhara*, the pouring of oil on the forehead; *nasya*, the introduction of oil into the nasal passages; and *svedana*, gentle heat therapy. You will learn about health and disease from an Ayurvedic perspective and experience these treatments as a spiritual practice for both giver and receiver. *See this course online for important notes.*

**Please note** Two optional hands-on experiential days follow this course; information online.

**Lalita Devi** bio on page 11.

November 9 – 11

## Peace of Mind Is Happiness: Life and Teachings of Swami Vishnudevananda

Swami Brahmananda



When our founder and guru Swami Vishnudevananda attained Mahasamadhi — the state of consciously leaving one's body at the time of Self-realization — on Nov. 9, 1993, he left a legacy that continues to guide our mission to bring peace to the world through yoga and Vedanta. Come celebrate the life and teachings of this great master as we honor his Mahasamadhi and his Jalasamadhi (the day his body was merged with the Ganges) with special pujas, prayers, and satsangs.

**Swami Brahmananda** is Manager of the Sivananda Ashram Yoga Retreat and senior staff of the Sivananda organization. He regularly teaches yoga philosophy and meditation for the Teacher Training Course as well as meditation immersion courses and is a much-loved and inspiring teacher.





**YVP** YOGA VACATION PROGRAM

**November 12 – 15**

## **Building Bhakti: Chanting from the Heart**

**Jim Gelcer (Siva)**

Take a healing journey into the teachings and practice of Bhakti, the yoga of devotion, through kirtan, an ancient form of call-and-response chanting of Sanskrit and other mantras. You are invited to tune into the power and joy of chant, mantra, and music. Come open yourself to an experience of deep devotion, peace of mind, and a blissful connection to yourself and those around you.



**Jim Gelcer (Siva)** is a Sivananda Yoga teacher and award-winning musician. His first kirtan album, *Bhagavan*, was celebrated as one of the best releases of the year.

Blending traditional kirtan with modern influences like jazz and world music, Jim shares his devotional soul and invites a deep, open heart space.



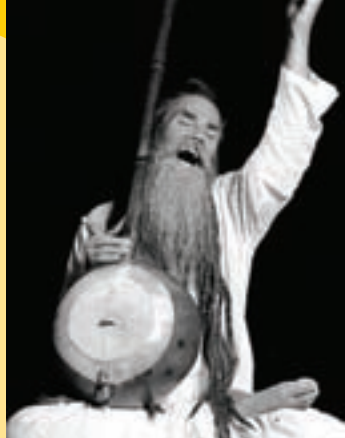
**YVP** YOGA VACATION PROGRAM

**November 10 – 13**

## **The Art of Kathak Dance** **Parul Gupta**

Experience the beauty and elegance of Kathak, a classical dance from the temples and courts of North India. This ancient style of dance is characterized by fast and rhythmic footwork and very graceful arm movements. Derived from the word *katha*, meaning “the art of storytelling,” we will also explore the narrative elements that form the basis of this traditional technique.

**Parul Gupta**, a Sivananda Yoga teacher, has trained in Indian classical and folk dance, ballet, jazz, modern, and urban dance. The founder, artistic director, and principal teacher of Infusion Dance Studios in Canada, her works have been part of three Cirque du Soleil productions: Love, Kooza, and Totem.



## Bhagavan Das

**YVP** YOGA VACATION PROGRAM

**November 13**

### Kirtan with Bhagavan Das

Join us for this very special evening of ecstatic chant.

**EC** EXPERIENTIAL COURSE

**November 12 - 16**

### The Deeper Heart: Tapping into the Essence of Kirtan

Tuition \$800. Add 6 nights' accommodation.

This 5-day retreat journeys deep into the heart of chanting with a true master of Nada Yoga, the ancient path of devotion and transformation through sound and tone. This is a unique and sacred opportunity for those looking to deepen spiritually, develop self-mastery, and grow as kirtan artists. What does it mean to lead kirtan? How can you find that magical effectiveness that awakens devotion and moves a group from pleasant experience into life-changing transformation? Come dive into the Ocean of Love. **More online.**

**Bhagavan Das** studied Nada Yoga under his guru, Neem Karoli Baba. A cultural icon of the 60's, he was a mentor to Ram Dass and the first kirtan artist in America. He has opened for the Grateful Dead and sung with Bob Dylan and continues to share his guru's light through his sacred offering of sound.

**YVP** YOGA VACATION PROGRAM

**November 16 - 20**

### Principles of Asana Alignment

**Steven Weiss**



When practiced with the awareness of alignment, asanas are revitalizing and provide great therapeutic value. Come learn subtle yet essential alignment

principles that keep asana practice safe, while adhering to yogic philosophy and advancing the form with elegance. This program will explore the fundamentals of alignment used in all asana and yoga therapy. Working alone and with partners, you will learn basic techniques that can be immediately put into practice.

**Steven Weiss, DC, RYT**, author of *The Injury-Free Yoga Practice*, is a holistic chiropractor and nutritionist, registered yoga therapist, and yoga teacher. He teaches anatomy, alignment principles, yoga therapeutics, and nutrition for yoga teacher trainings worldwide and is post-graduate faculty with New York Chiropractic College.

“ I proclaim boldly that through





November 17 – 23

### Gracious Living 7-Day Liquid Detox Retreat

Grace Van Berkum and Andrea Clark (Amrita)

Tuition \$600. Add 8 nights' accommodation.



Join us for a weeklong retreat to cleanse your body and discover how specific foods can increase vitality and energy and prevent and heal disease. Enjoy alkalizing juices, smoothies, and gazpachos prepared in creative, delicious ways and filled with raw, vegan, nutrient-dense foods to ensure that you do not feel deprived. The cleanse is designed to improve metabolism and digestion, cleanse internal organs, reduce inflammation, increase energy, recalibrate the taste buds, reset the appetite, educate, inspire, and clear the mind. **More online.**

**Grace Van Berkum** is a registered holistic nutritionist, Sivananda Yoga teacher, certified personal trainer, and founder of Gracious Living Retreats. Known for her detoxifying and delicious plant-based recipes, Grace leads retreats worldwide and is the author of *30 Days, 30 Ways to Gracious Living*.

**Andrea Clark (Amrita)** bio on page 49.

November 18 – 22

### Dreamasana: The Yoga of Dreams Tzivia Gover



Enhance your yogic lifestyle by developing a deeper relationship with your dreams. Learn how to listen to your dreams for wise guidance, self-knowledge, and powerful healing. This program draws from various traditions including Tibetan dream yoga, Jungian psychology, meditation, and pranayama. You will learn techniques to improve dream recall and how to interpret the meaning and messages of your dreams as a path for daily self-reflection, self-observation, and self-study.

**Tzivia Gover**, CDT, MFA, is a certified dream therapist who uses dreamwork to help people realize their full potential, access creativity, and promote health and development. The founder of 350 Dreamers, a worldwide network of dreamers for global healing, Tzivia is the author of *Mindful Moments for Stressful Days*.

*sincerity, personal exertion and perseverance the Highest is achieved.*  
—Swami Sivananda



SE SPECIAL EVENT

November 23 - 30

# WALKING WITH THE Symposium

Mirabai Starr  
Swami Brahmananda  
Zuleikha  
Ralph Steele  
Father Dave Denny  
Tessa Bielecki  
Rabbi David Ingber  
Jorge Alfano

**M**ysticism is about the direct connection with the Divine, which melts the boundaries of form and transcends religious dogma. Come celebrate this union with the sacred with a world-renowned group of spiritual teachers.

Immerse yourself in the sweet and fiery love-language of Christian mystics and Sufi ecstasies. Absorb the abiding peace of Buddhist wisdom practices, the depth of teachings from the yoga tradition, and the soaring power of ancient Jewish prayers. Through silent meditation and joyful chanting, deep dialog and engaging stories, we gain access to the perennial wisdom that unifies all religions and invites us into an ever-greater connectedness. In this transformative inter-spiritual symposium, we both develop an appreciation for those who have walked the mystic's path and learn to navigate the mystery of love ourselves.



**Mirabai Starr** is a critically acclaimed author and translator of sacred literature, including writings by Christian mystics. A leader in the emerging inter-spiritual movement, she teaches and speaks widely on contemplative practice, inter-spiritual experience, and the transformational power of loss.



**Swami Brahmananda** is Manager of the Sivananda Ashram Yoga Retreat and senior staff of the Sivananda organization. He regularly teaches yoga philosophy and meditation for the Teacher Training Course as well as meditation immersion courses and is a much-loved and inspiring teacher.



**Zuleikha** is an international performer and educator who inspires dynamic creativity through the sacred art of movement. She is renowned for her collaborations on the work of Sufi poet Rumi and has been recognized for her work promoting positive social change.



**Ralph Steele** is a trauma specialist and teacher of Buddhist psychology who has taught meditation retreats since 1987. He is the founder of Life Transition Meditation Center in Santa Fe, New Mexico, a non-profit organization with a global inner peace mission.

# MYSTICS



**Father Dave Denny** was ordained in the Carmelite tradition in 1980. He is co-founder, with Tessa Bielecki, of the Desert Foundation, and the two are

currently collaborating on the book *Fire and Light: The Passion of the Christian Mystics*.



**Tessa Bielecki** co-founded the Desert Foundation with Father Dave Denny to explore the wisdom of the world's deserts, focusing on peace and understanding

between the three Abrahamic traditions: Judaism, Christianity, and Islam.



**Rabbi David Ingber** is founder of Romemu, a progressive Jewish community in New York City. Named by *Newsweek* as one of 2013's 50 most influential

rabbis in the United States, Rabbi David speaks throughout the world, promoting a renewed Jewish mysticism.



**Jorge Alfano** is a multi-instrumentalist, performer, teacher, and producer with a passion for world music who has studied with great masters from many

traditions. He has worked with many indigenous peoples, recording their music and learning from their elders.

**YVP** YOGA VACATION PROGRAM

**November 20 – 23**

## From Stress to Resilience: Cutting-Edge Science Meets Ancient Wisdom

**Susan B. Lord**



Self-care involves an understanding of and resilient response to life's stressors. Stress can diminish us physically, mentally, emotionally, and spiritually, causing suffering and disease. Ancient meditative and mind-body practices offer effective ways of transforming stress and recent discoveries in genetics, biochemistry, physics, and neuroscience now explain and validate these approaches. This program teaches a variety of meditative and mind-body modalities to facilitate self-awareness and self-expression for living a mindful life of resilience, joy, and meaning.

**Susan B. Lord, MD**, is an integrative physician specializing in mind-body-spirit medicine. In her private practice, she helps people create healthy lifestyle changes through nutrition, mindful living, and psychospiritual counseling. Dr. Lord also provides consultations and teaches at the Kripalu Center for Yoga & Health in Lenox, Massachusetts.



**SCC** SIVANANDA CORE COURSE

**November 21 – 23**

## The Power of Positive Thinking Weekend

Take a practical and inspiring approach to mastering your destiny. See page 20.



**YVP** YOGA VACATION PROGRAM

**November 23 - December 1**

**Thanksgiving Celebration:  
Discover the Joy of Gratitude  
Arjuna and Swami Brahmananda**



Celebrate Thanksgiving in the nourishing company of like-minded people. Come for all or part of this special program and immerse yourself in a blissful mood of gratitude

as you experience the positive feelings and appreciation that are the essence of this holiday. This program will include a Thanksgiving Day vegetarian feast prepared by chef Arjuna, as well as silent walks on the beach, sunrise meditations, yoga classes, and a variety of daily workshops as part of the Walking with the Mystics Symposium. Return home uplifted in body, heart, and soul.

**Arjuna** is a direct disciple of Swami Vishnudevananda and co-directs, with his wife Kumari, the Sivananda-affiliated yoga center in Aylmer, Quebec, Canada. He has been a professional vegetarian chef for 25 years and has taught family yoga programs for many years in Sivananda centers and ashrams.

**Swami Brahmananda** bio on page 28.

**YVP** YOGA VACATION PROGRAM

**November 24 - 29**

**Thanksgiving Holiday Yoga  
Vacation Program for Children  
Ages 4-12**

**Tara Rachel Jones (Omkari) and  
Aaron Jones (Sivaram)**

Please see Children's Accommodation Rates on page 109.



While you enjoy free time to practice yoga and relax, your children will be introduced to

yoga through short asana classes, chanting, crafts, Karma Yoga, storytelling, and lots of games and fun. Led by two beloved and creative teachers, we'll share stories and legends that illustrate gratitude and many other valuable principles found within the yoga teachings of the yamas and niyamas.

**Please see the online description for important notes about this program.**

**Tara Rachel Jones (Omkari)**, MEd, is an experienced Waldorf and Montessori educator and Sivananda Yoga teacher, who directs family programs at the ashram. She has been working with children since 1989 and is the author of *It's Time for Yoga*.

**Aaron Jones (Sivaram)** is a Sivananda Yoga teacher, vegetarian cook, organic gardener, poet, musician, and visual artist. He has been assisting family holiday programs at the Yoga Retreat for several years and shares his parenting experience with warmth, creativity, and guiding presence.

**SCC** SIVANANDA CORE COURSE

**November 28 - 30**

**Essentials of Yoga I Weekend**

Establish your foundations.  
See page 19.



**YVP** YOGA VACATION PROGRAM

**December 1 - 3**

**Karma Yoga: Love in Action**  
**Swami Brahmananda**

Karma Yoga is the yoga of action, or selfless service to our fellow beings. Selfless service eradicates egoism, purifies the heart, and leads to the descent of Divine light. Humility and pure love are developed. A sense of separateness is annihilated. You begin to feel oneness, or unity of life. You realize the “one-in-all” and “all-in-one.” You feel unbounded joy. The first step on the spiritual path is the selfless service of humanity.

**Swami Brahmananda** bio on page 28.



**CEU** **TTC** TEACHER TRAINING COURSE

**December 4 - 31**

**Sivananda Yoga Teacher Training Course**

Take your practice the next step — become a yoga teacher. See page 13.

**YVP** YOGA VACATION PROGRAM

**December 3 - 6**

**Finding Balance: Practices for Harmony in Everyday Life**  
**Molly Asebey-Birkholm (Madhavi)**



Take an experiential journey to develop a personalized practice. Day 1: Create your intention and explore the components of spiritual practice. Day 2: Learn yogic tips to maintain health. Day 3: Experience the ways mantra and meditation can bring strength, peace, and balance to your life. Day 4: Learn to integrate the yamas and niyamas as well as the study of Vedanta into your spiritual practice. Day 5: Create a spiritual diary to begin fully living the teachings of yoga.

**Molly Asebey-Birkholm (Madhavi)** bio on page 52.

## Divine Creativity Sacred Arts Programs with Mavis Gewant

December 2 - 4

### Yantra Painting: Transformation Through Sacred Form

Immerse yourself in the joy of sacred painting. Learn how to paint yantras, sacred geometric patterns that Vedic astrologers have used for ages as tools to help create balance, give strength, and calm the energies of the karmic cycles represented in one's astrological chart. You will be guided to choose your own yantra and chant a bija (seed) mantra while painting the sacred designs, connecting with the power inherent in their geometry.

December 7 - 9

### Chakra Immersion: Painting, Chanting, and Understanding Sacred Centers

Discover the imagery of the chakras, our psychic energy centers, where the interaction between higher consciousness and our desire is played out. Through the lens of the Tantric tradition of sacred arts, you will experience these subtle centers of transformation through painting and visualization, and learn the imagery, colors, elements, deities, and mantras associated with each chakra.

December 10 - 12

### Painting Planet Mandalas

According to Indian astrology, the energy released by the orbiting planets affects our lives and can be directed and harnessed to improve our well-being. Mandalas, or sacred circular energy patterns, reflect our inner nature. By working with specific colors and mantras, this meditative painting practice will connect you to the deeper energies of the planets, creating more harmony, peace and energy in your life. You will also enjoy a basic overview of Indian numerology.



**Mavis Gewant** is a sacred artist, educator, doula, and practitioner of Vedic astrology. She learned the ancient techniques of yantra and silk deity painting from Tantric master Dada Shri Harish Johari and illustrated his book *Planetary Meditation Kit*.



CEU YVP YOGA VACATION PROGRAM

December 5 - 8

### The Yoga of Sleep

Rubin Naiman



Deep, refreshing sleep is the cornerstone of well-being and an essential foundation for spiritual practice.

Research has linked sleep problems and dream loss to depression, obesity and other serious illnesses. Through engaging discussion as well as experiential practices, learn how to address insomnia and improve the quality of your sleep based on an integrative body, mind and spirit approach to sleep and dreams.

**Rubin Naiman**, PhD, is a psychologist and leading expert in integrative and holistic approaches to sleep and dreams. A clinical assistant professor of medicine at the University of Arizona's Center for Integrative Medicine, Dr. Naiman is the author of *Healing Night*.





SCC SIVANANDA CORE COURSE

December 5 - 7

### Introduction to Meditation Weekend

The secret to balanced living and spiritual insight. See page 20.

## Train in Pranic Healing with Connie Williams (Purna)

CEU EC EXPERIENTIAL COURSE

December 6 - 7

### Basic Pranic Healing: Level 1

Tuition \$240. Add 3 nights' accommodation.

This foundational 2-day course is designed to introduce you to energy and the energy body, and to increase your awareness and sensitivity to life-force energy (also known as prana or chi). Come learn and experience:

- pranic energy and how it affects our physical body via the chakra system and aura;
- how to activate the hands to easily feel and use pranic energy;
- how to accelerate the healing process by clearing and reenergizing the body's energy system;
- a planetary meditation for peace.

CEU EC EXPERIENTIAL COURSE

December 8 - 9

### Advanced Pranic Healing: Level 2

Tuition \$330. Add 3 nights' accommodation.

The next step in the Pranic Healing System training, this more advanced course is designed to help you increase the effectiveness of pranic energy application in treatment. You will learn and experience:

- how to use color prana to be more effective in the use of energy;
- advanced cleansing and energizing techniques to increase effectiveness and obtain faster results;
- advanced techniques to scan, and activate or inhibit chakras to balance the energy body;
- the Meditation on Twin Hearts with self-pranic healing.

CEU EC EXPERIENTIAL COURSE

December 10 - 11

### Pranic Psychotherapy: Level 3

Tuition \$240. Add 3 nights' accommodation

This course is designed specifically for managing and balancing energies in the psycho-emotional body. You will learn and experience:

- how negative energies in the chakras can affect behavior, mood and actions;
- where to find and how to scan these negative energies that can become lodged within the chakras;
- how to disintegrate these energies and seal openings within the body's energy system;
- the Meditation on Twin Hearts with chakra healing for psychological health.

**Please note** Level 1 is a pre-requisite for Level 2 and Level 2 is a pre-requisite for Level 3. If you want to take only Level 2 or 3, you will need to provide a copy of your certificate from Level 1 and/or 2 or confirmed details of where, when, and with whom you took it. If you have taken one of the courses before and want to repeat it, the tuition is \$100 (documentation required). These courses can be taken on their own or as a series. Take advantage of our Multiple Course Tuition discount; see page 111.



**Connie Williams (Purna)** is a pediatric speech and language pathologist, a senior Pranic Healing System® instructor, children's book author, and Sivananda Yoga teacher. She is the co-creator of FAITH, an organization that teaches energy intervention techniques to teachers and parents of children with autism.

EC EXPERIENTIAL COURSE

December 8 - 11

## Developing Greater Awareness in Asana Practice Krishna Das

Tuition \$240. Add 5 nights' accommodation.

Come experience asanas in completely new ways. By increasing awareness to the different body parts, as well as to the body as a whole, you can see great improvement in your asana practice. This course includes background theory followed by detailed emphasis on one or more asanas and some of their variations. We will explore how different parts of the body are aligned in relation to each other with gravity. Using this awareness, we will gradually and safely advance into more challenging postures.

**Krishna Das** bio on page 23.



## Yoga Jumpstart

Combine these two programs for a 10-day yoga immersion.

SCC SIVANANDA CORE COURSE

December 8 - 12

## Essentials of Yoga I

Establish your foundations. See page 19.

SCC SIVANANDA CORE COURSE

December 13 - 17

## Essentials of Yoga II

Deepen your practice. See page 19.

YVP YOGA VACATION PROGRAM

December 9 - 12

## The Enneagram as a Tool for Personal Transformation Father William Meninger

The two virtues most necessary for the spiritual journey are humility, a knowledge of the truth about yourself, and love, an experience of the love of God. Without the former, we cannot begin the journey. Without the latter, we cannot finish it. The enneagram is an ancient tool that aids us in accomplishing both. It involves a personality profile that uncovers the unconscious, addictive, and mechanical motivations that can weaken and even overcome our free will. Come gain insights to realign yourself on your path.

YVP YOGA VACATION PROGRAM

December 10 - 12

## The Process of Forgiveness Father William Meninger

Forgiveness is essential to spiritual wholeness and our emotional and physical health and well-being. In this program, you will learn a process for overcoming obstacles to forgiveness in your life through the practices of the Christian contemplative tradition. Come learn to relieve the burden of anguish and hurt through experiential work on forgiveness with a leading teacher on the topic. As a result, you will unleash your capacity for joy and lasting peace.



**Father William Meninger**, a

member of the contemplative Order of Cistercians of the Strict Observance, is one of the founders of the Centering Prayer move-

ment. Based at St. Benedict's Monastery in Snowmass, Colorado, he has authored many books, including *The Loving Search for God*.



EC EXPERIENTIAL COURSE

December 12 - 17

### Meditation: Deeply Exploring Our True Nature

Tulku Sherdor

Tuition \$340. Add 7 nights' accommodation.



Is deep realization and awakening in this human life possible? Come explore the possibility. This course offers yoga and meditation practitioners and teachers an

opportunity to deepen their practice, learning and training in a range of meditative methods beyond basic concentration and mindfulness techniques, affording deeper access and insight into the true nature of our being. These methods are universal, beyond sectarian or conceptual boundaries of any kind and are best learned through direct, personal instruction from a teacher devoted to mastering them him- or herself.

**Tulku Sherdor** is the executive director of Blazing Wisdom Institute in Delancey, New York. A heart disciple of the crazy wisdom master Orgyen Kusum Lingpa, an enthroned reincarnate lama at a monastery in Tibet, Tulku is a renowned scholar and interpreter of Tibetan Buddhist teachings into English.

“

*The most positive action we can perform to contribute to the momentous task of bringing our planet back into balance is to start changing ourselves.*

—Swami Sivananda

VVP YOGA VACATION PROGRAM

December 12 - 15

### Harmonizing Our Lives with Mantras, Ragas, and Voice

Karnamrita Dasi



Gain a deeper understanding of the power of sound vibration and learn simple ways to introduce sound practices into your daily life. In this program, we will explore and experiment with the basic concepts of classical Indian ragas and the harmonizing gifts that they offer. You will discover the healing potential of Sanskrit and the secrets to its pronunciation. Come awaken to the depth and intimacy of your own voice.

**Karnamrita Dasi** grew up surrounded by Vedic teachings in an ashram community in West Virginia's Appalachian Mountains. She studied Indian classical music in India for 10 years and sings worldwide, offering the blessings handed down by her teachers.

December 13 - 19

## Yoga, Stress, and Food

Katie Papo (Ambika)



Join us for a motivating and inspirational series of workshops exploring stress management at its deepest levels and learn methods to effectively and efficiently

reduce stress. As the workshops progress, you will take your knowledge one step further, and explore the link between stress, your relationship with food, cravings, and weight management. Enjoy detoxification from self-defeating thought patterns, and learn how to apply stress reduction to all parts of life, including physical health goals. Come engage in exercises that facilitate self-care, introspection, and healing.

**Katie Papo (Ambika)** is a Sivananda Yoga teacher, certified sports nutrition specialist, certified fitness trainer, holistic life coach, and weight-management specialist. She designs and leads wellness programs, workshops, and classes emphasizing holistic approaches to stress management, self-care, and eating.



EC EXPERIENTIAL COURSE

December 14 - 20

## Transformational Cleansing with Dr. Tom

Tom Francescotti

Tuition \$600. Add 8 nights' accommodation.



Are you living your life on auto-pilot? This doctor-supervised, gluten-free juice cleanse provides the tools and jumpstart you need to radically change your life. Dr. Tom

blends intuitive healing with naturopathic therapies to create a detoxifying cleanse personalized to your individual needs. A carefully designed menu of cleansing juices and anti-inflammatory foods, along with nutritional supplements, will catalyze detoxification and transformation in the body, mind, and spirit. You return home feeling great and with the knowledge and inspiration you need to make positive, healthy choices.

**More online.**

**Tom Francescotti, ND**, is a naturopathic doctor and certified Holotropic Breathwork practitioner. He holds a doctorate in naturopathic medicine from Bastyr University in Seattle, Washington, and has trained with shamanic healers in indigenous cultures. He is founder and director of Dr. Tom's Tonics, a natural health center in Rhinebeck, New York.

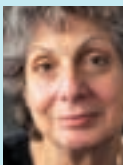


**YVP** YOGA VACATION PROGRAM

**December 15 - 18**

### **Living a Life That Matters**

**Roshi Bernie Glassman and  
Roshi Eve Myonen Marko**



How do we live a meaningful life? In their own special and engaging way, Roshis

Bernie Glassman and Eve Myonen Marko will share spiritual teachings and personal stories, including reflections on their experiences of living as homeless people during street retreats and social activism projects such as the Bearing Witness project. Join these two distinguished and charismatic spiritual leaders to get inspired to take action and make your life matter to you and to others.

**Roshi Bernie Glassman**, PhD, is a world-renowned pioneer in the American Zen movement and founder of Zen Peacemakers. He is a spiritual leader, author, and businessman and teaches at the Maezumi Institute and the Harvard Divinity School.

**Roshi Eve Myonen Marko** is a founding teacher of the Zen Peacemaker Order and resident teacher at the Green River Zen Center in Greenfield, Massachusetts. She co-founded Peacemaker Circle International and has written and edited numerous articles about Zen Peacemakers.

**YVP** YOGA VACATION PROGRAM

**December 16 - 18**

### **Raja Yoga: The Royal Path to Enlightenment**

**Swami Brahmananda**

Raja Yoga, the royal path of mind control, or meditation, is the most comprehensive and scientific approach to God-Realization. As the greatest psychologist of all times, Patanjali Maharishi, the compiler of this ancient science, offers a complete analysis of the human mind, and the process of eliminating human suffering through the eight limbs of yoga.

**Swami Brahmananda** bio on page 28.







**YVP** YOGA VACATION PROGRAM

December 16 - 19

## Restorative Yoga and Healing Therapies

**Nora Benian (Sundari)**



What better time of the year to learn how to restore yourself regularly with practices that reduce pain, develop a positive outlook, and increase strength and vigor. We'll explore

restorative prop use for maximum release and comfort, self-healing techniques, working with acupressure points, breathing exercises, meditation, and visualization. This program is perfect for those wanting to learn to relieve stress and tension as well as those working through injuries, chronic pain, and restlessness.

**Nora Benian (Sundari)** is a Sivananda Yoga teacher, yoga therapist, registered professional counselor, and Thai Yoga Massage practitioner with a degree in homeopathy from the British Institute of Homeopathy in Toronto, Canada. She has been teaching yoga to youth and teens since 2007 in private and public schools in Ontario, Canada.

## David Newman (Durga Das)

**YVP** YOGA VACATION PROGRAM

December 19 - 21

### The Bliss of Chant

Step into the sacred for a joyous weekend of call-and-response chanting and devotional song with kirtan recording artist David Newman (Durga Das). His distinctive approach to kirtan embodies a heartfelt devotional mysticism with an adventurous musicality and poetic intimacy. Join us for a heart opening and uplifting journey into bliss.

**David Newman (Durga Das)**, pictured above, is a kirtan chant artist, sacred singer-songwriter, and a practitioner of Bhakti Yoga. A dedicated troubadour of chant and sacred song, he travels extensively sharing kirtan, devotional music, and the spiritual, meditative, and musical aspects of yoga. He founded the Stay Strong Project and Yoga on Main.

December 19 – 21

## The Power of Positive Thinking Weekend

Take a practical and inspiring approach to mastering your destiny. See page 20.

December 20 – 22

## Depression and Anxiety: Yogic Perspectives and Remedies

Swami Hridayananda



Let this become a turning point in your life. Among the leading causes of disability in people ages 15 to 44, depression and anxiety don't need to hold you back anymore. Come

reconnect with your essential self as you learn specific yoga postures and breathing practices, dietary guidelines, and other yogic techniques to ease and relieve depression and anxiety and allow your natural state of joy and balance to emerge.

**Swami Hridayananda** is a direct disciple of Swami Vishnudevananda, and senior staff of the ashram. A dynamic teacher who uses her own personal experience and humor in her teachings, she is also an artist who practices and teaches sacred art as a pathway to healing and meditation.

December 20 – 22

## Therapeutic Yoga for the Spine, Hips, Legs, and Shoulders

Nora Benian (Sundari)

In yoga, even a small misalignment caused by muscular tension can cause great discomfort. Combining therapeutic sequences and strategic prop placement to meet individual needs, we will learn and practice safe and specific therapeutic postures for spinal health, hip and shoulder mobility. These invite relief from pain and increase in energy flow, and can be used preventatively and therapeutically for conditions such as acute and chronic back pain, scoliosis, kyphosis, lordosis, and degenerative disc disease.

**Nora Benian (Sundari)** bio on page 42.

December 20 – 22

## Adapting Sivananda Yoga to Your Body

Krishna Das

Learn to accommodate yoga postures to your unique needs. See page 24.





SE SPECIAL EVENT

December 22 - January 1

## Christmas and New Year's Symposium

# UNITY IN DIVERSITY: WELCOMING A NEW WORLD

**Swami Swaroopananda, Jetsunma Tenzin Palmo, Rabbi Ted Falcon, Imam Jamal Rahman, Alberto Villoldo, Snatam Kaur, Neshama Carlebach, Kyriacos C. Markides, Sunder S. Arora, Amir Vahab, Gina Salá, Krishnan Namboodiri**

According to yoga philosophy, the one God or Ultimate Reality manifests as a multiplicity of names, forms, shapes, and colors. "Unity" and "diversity" are one and the same and their essence is our own essence: pure existence, pure consciousness, and pure bliss. Join us for a gathering of spiritual leaders, mystics, and musicians from the world's major spiritual traditions and gain a direct glimpse of this truth.

During this special time of the year around the winter solstice and Christmas holiday, when people worldwide are engaged in religious and spiritual traditions and preparations for a hopeful new year, we invite you to an experience of wisdom, love, and compassion. Through talks, concerts, spiritual practices, discussions, and more, you will participate in breaking down artificial barriers and experience the underlying unity in our diversity.

Honoring the many changes taking place for humanity and the planet at this time, we invite you to join us in celebrating and welcoming in a bright new world.





**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and

ashrams in the Bahamas and the Middle East.



**Jetsunma Tenzin Palmo**

became a Buddhist while still in her teens and one of the first Westerners to be ordained as a Tibetan Buddhist nun. Deeply concerned with the plight of

Buddhist nuns, Jetsunma established Dongyu Gatsal Ling Nunnery in India.



**Rabbi Ted Falcon** holds a doctorate in clinical psychology. As one of the Interfaith Amigos, with his colleagues Imam Jamal Rahman and Pastor Don Mackenzie, he has written two books and

presents interfaith programs across the United States and abroad.



**Imam Jamal Rahman** is co-founder and Muslim Sufi minister at the Interfaith Community Sanctuary in Seattle, a spiritual counselor, and adjunct faculty at Seattle University. His books include

*The Fragrance of Faith: The Enlightened Heart of Islam.*



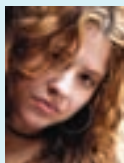
**Alberto Villoldo**, PhD, teacher of indigenous medicine and wisdom, is a medical anthropologist, psychologist, and author who has studied the spiritual practices of the Amazon and the Andes for

more than 25 years. He is founder of the Four Winds Society.



**Snatam Kaur** is an American kirtan singer and peace activist, who learned to sing in the Sikh musical style with her mother. She has been recording music since 2000, and her popular CDs include

*Shanti, Grace, and Liberation's Door.*



**Neshama Carlebach**, a leading performer in the Jewish musical tradition, continues the legacy of her father, Rabbi Shlomo Carlebach. She sings his incomparable melodies and her own original compositions

throughout the world, often in collaboration with Josh Nelson.



**Kyriacos C. Markides**, PhD, is a professor of sociology at the University of Maine and the author of nine books, many on Christian mystics and spiritual guides, including his latest, *Inner River*. He lectures and leads workshops throughout the world.



**Sunder S. Arora**, MD, (Vyasa) was born and raised in the Sikh tradition. A psychiatrist of 35 years, he is also an interfaith minister and Sivananda Yoga teacher and author of *Ushering in Heaven: A Psychiatrist's Prescription for Healing, Joy and Spiritual Awakening.*



**Amir Vahab**, honored as a peacemaker and virtuoso, is one of New York's most celebrated and distinguished composers and vocalists of Sufi and folk music. Embodying diversity-in-unity, his

ensemble draws listeners into the spiritual dimension of existence.



**Gina Salá** has been chanting since her early childhood in an ashram. Her performance credits include Cirque du Soleil and the United Nations, and she shares Indian classical singing, Sanskrit, stories, and

sound Tantra through classes, CDs, kirtans, and retreats.



**Krishnan Nambodiri** is a Tantric priest from South India, trained in the classical tradition of *mantras*, *pujas* (prayer ceremonies), *homas* (fire rituals), and *yantras* (sacred geometric designs).

He performs many special rituals on a daily basis for the ashram.



December 25 – 27

### Heart of the Universe: Chanting with Snatam Kaur

Join one of the most inspirational singers

of devotional music of the Sikh tradition, Snatam Kaur, as she shares her angelic voice through song along with sacred teaching of yoga. Snatam will be accompanied by the soulful guitar and flute of Todd Boston. In addition to satsang concerts, she will offer daytime workshops. Her husband, Soporukh, will also lead a workshop on meditation.

**Snatam Kaur** bio on page 44.



December 28

### The Shaman's Way of Healing with Alberto Villoldo

Shamanic initiation is the most direct way

to heal the emotional wounds that can keep us locked in a cycle of self-inflicted suffering and personal crisis. Inspired by the timeless wisdom of indigenous cultures, join us for a healing journey of initiation into the ancient practices of energy medicine and soul retrieval. Transform toxic emotions, free yourself from pain, recover your passion and life force through this scientific and practical system of healing. Discover states of exceptional health and well-being, and participate in your future evolution.

**Alberto Villoldo** bio on page 44.



December 31

### NEW YEAR'S EVE

Ring in the New Year with a special kirtan led by Gina Salá and a ceremonial puja with Krishnan Nambodiri.







## Take an end-of-the-year family get-away!

**YVP** YOGA VACATION PROGRAM

**December 26 - January 3**

### **Family Holiday Program for Children Ages 4-11**

**Tara Rachel Jones (Omkaari) and Aaron L. Jones (Sivaram)**

\$15/day materials fee. Please see Children's Accommodation Rates on page 109.

Take time to practice yoga and rejuvenate yourself while your children enjoy time with Sivaram and Omkaari, two loving and creative teachers with years of experience working with children. A popular annual program, there are special yoga classes, chanting, crafts, Karma Yoga, storytelling, and lots of games and fun. We'll share stories of Hanukkah, Christmas, and the life of Swami Vishnudevananda. Come make new friends, celebrate Swami Vishnu's birthday, and ring in the New Year with us. *Please see the online description for important notes regarding this program.*

**Tara Rachel Jones (Omkaari) and Aaron L. Jones (Sivaram)** bios on page 34.



**YVP** YOGA VACATION PROGRAM

**December 26 - January 3**

### **Teen Yoga Holiday Program Nora Benian (Sundari)**

Please see Children's Accommodation Rates on page 109.

Learn and experience new things, while enjoying a yogic lifestyle in a beautiful setting. Teens will participate in a variety of classes and activities, including yoga (postures, breathing, and meditation), arts and crafts, and journaling. They will be exposed to fundamental yoga teachings and consider the applications of yogic wisdom in their lives, including topics like being true to one's self, developing compassion, gratitude, and good character, the role of karma in our lives, and the keys to a positive, healthy lifestyle. Teens will also contribute an hour of Karma Yoga service, becoming part of the community that keeps the ashram humming. *Please see important information about this program online.*

**Please note** A registered adult must accompany each teen at the ashram.

**Nora Benian (Sundari)** bio on page 42.



JANUARY

SE SPECIAL EVENT

January 2 - 6

# A NEW EARTH & THE SEEDS OF PEACE

**Shaikh Kabir Helminski**  
**Elizabeth Anne Hin**  
**Sequoyah Trueblood**  
**James O'Dea**

Humanity is embarking on a new era, a time beyond the predator-prey syndrome, beyond the mass psychosis known as war. It is a time beyond authoritarianism and dogma when humanity can be healed by the seeds of peace and the arguments and artificial barriers that divide us can be dropped. Join this inspiring series of teachers — activists, shamans, world healers — who represent a new emerging consciousness and will help us to see the amazing possibility before us.



**Kabir Helminski** is a Shaikh of the Mevlevi Order of Sufis, which traces back to Jalaluddin Rumi, and a translator of the works of Rumi and others. His books include *Living Presence* and *The Knowing Heart*.



**Elizabeth Anne Hin** has been a student of the world's spiritual and cultural traditions since early childhood, and has been mentored by many beloved elders of native lineage. Her work is sustained through The White Rose Foundation.



**Sequoyah Trueblood** is a native elder enrolled with the Choctaw Nation of Oklahoma. As a pipe carrier and messenger of peace, he has contributed selflessly for many years in Canada and the United States and around the world.



**James O'Dea** has conducted frontline social healing dialogues around the world for many years. He is lead faculty for the Shift Network's acclaimed global Peace Ambassador Training and the award-winning author of *Cultivating Peace*.



**EC** EXPERIENTIAL COURSE

**January 4 - 10**

### Gracious Living 7-Day New Year's Liquid Cleanse

**Grace Van Berkum and Andrea Clark (Amrita)**

Tuition: \$600 Add 8 nights' accommodation

Start your year off with a juice cleanse to detox your body, mind, and spirit and boost your energy for the year ahead. Please see the description of this cleanse on page 31.

**Grace Van Berkum** bio on page 31.



**Andrea Clark (Amrita)** is a certified Sivananda Yoga teacher (RYT-500) and Pilates instructor. She has been affiliated with the Sivananda lineage for years and is

passionate about spreading yoga around the globe. She teaches yoga retreats worldwide.

**CEU TTC** TEACHER TRAINING COURSE

**January 4 - 31**

### Sivananda Yoga Teacher Training Course

Take your practice the next step — become a yoga teacher. See page 13.

**CEU TTC** TEACHER TRAINING COURSE

**January 4 - 31**

### Advanced Sivananda Yoga Teacher Training

Dive deeper into the practice and teaching of yoga. See page 15.

**SCC** SIVANANDA CORE COURSE

**January 4 - 8**

### Essentials of Yoga I

Establish your foundations. See page 19.

**YVP** YOGA VACATION PROGRAM

**January 6 - 30**

### Foundations of Raja Yoga Srinivasan



Srinivasan will lead us on an in-depth journey into the theory and practice of Raja Yoga during morning satsang throughout the month of January, with a special focus

on the yamas and niyamas. Raja Yoga, often referred to as the kingly or royal path of yoga, focuses on the purification and control of the mind on the path to Self-realization.

**Srinivasan** is a senior disciple of Swami Vishnudevananda, Director of the Sivananda Ashram Yoga Ranch and acharya (spiritual director) of the Sivananda centers and ashrams of the eastern United States. He is also a member of the Board of Directors of the International Sivananda Yoga Vedanta Centres.

**YVP** YOGA VACATION PROGRAM

**January 7 - 11**

### Yoga, Stress, and Food Katie Papo (Ambika)

Learn how to lower your stress response and enjoy self-care. See page 40.



January 7 - 9

## The Power of Holiness: White Buffalo Woman's Mystery and Magic

Brooke Medicine Eagle



Come explore the ancient and everlasting concept of Holiness as it applies to our own spiritual experience, the sacred ecology of our world, and our ability to manifest the

unfolding of our highest purpose. We will visit Native American prophecy, dance in circle, journey along our timelines, and do shamanic exercises to bring this understanding awake in our daily lives. Brooke will share unique pathways to power and healing, helping us to reclaim our power and find renewed clarity and direction.

**Brooke Medicine Eagle** is a Native American metis, an earth wisdom teacher, a sacred ecologist, and a recording artist. Author of *Buffalo Woman Comes Singing* and *The Last Ghost Dance*, she is based at FlowerSong Garden Sanctuary in Washington State, offering Native American music and promoting ritual honoring of earth cycles.



January 9 - 11

## The Power of Positive Thinking Weekend

Take a practical approach to mastering your destiny. See page 20.



## Raymond Moody

January 9 - 12

### Life After Life

A common thread runs through the stories of those who have experienced near death: awe-inspiring, positive occurrences and visions of unending peace and love. Come explore the topics of grief, near-death, shared-death, and other profound spiritual experiences of the dying and their loved ones. Learn from the leading authority of near-death experience how to recognize the predictable physical, psychological, and spiritual manifestations of grief, and explore the age-old question: What happens when we die?

**Raymond Moody, MD, PhD**, has studied near-death experiences for almost 50 years and is the best-selling author of 12 books, including *Life After Life*, which inspired a surge of scientific interest in life after death. Dr. Moody trains health-care professionals in matters of grief recovery and dying.

January 11 - 17

# ON THE WINGS OF ECSTASY

## Interfaith Devotional Singing Festival

Luna Ray  
Satkirin Kaur Khalsa  
Rabbi Andrew Hahn  
Davod Azad  
Ken Whiteley

*"When several people join together and practice Sankirtan [chanting the Lord's name], a huge spiritual current, or Mahashakti, is generated. This purifies the heart of the aspirants and elevates them to the sublime heights of Divine ecstasy."*

— Swami Sivananda, *Essence of Yoga*

Devotional singing is a widespread practice in religions and spiritual traditions worldwide. Join us as we continue to break barriers and celebrate unity in diversity, this time through music and chant. Join in community and experience the joy of music with performers from various traditions, religions, and cultures.

Come sing your heart open,  
honor the Divine, and  
nourish your soul.



**Luna Ray** is a singer-songwriter, chant artist, teacher, and advocate for wellness and spiritual growth. Over the last decade, she has traveled extensively and co-founded the True Nature Education Center in Costa Rica.



**Satkirin Kaur Khalsa** is a world-acclaimed performer and teacher of Sikh kirtan, the sacred songs of the Shabd Guru. She recently founded Naad Academy of Gurbani Kirtan, and has recorded 18 celebrated kirtan CDs.



**Rabbi Andrew Hahn**, PhD, known as Kirtan Rabbi, unites celebration of Torah and song, and has two musical CDs: *Kirtan Rabbi: Live* and *Achat Sha'alti* (One Thing I Seek). He is an ordained rabbi with a doctorate in Jewish philosophy.



**Davod Azad** is a prominent master of traditional Iranian music who has performed throughout the world. Based in Tehran, Iran, he is a vocalist, composer, multi-instrumental musician, and virtuoso in several traditional instruments.



**Ken Whiteley**, one of Canada's most respected roots musicians, draws on a rich background in blues, gospel, and folk styles. He is a prolific songwriter, versatile instrumentalist, and powerful singer, and has recorded numerous CDs.





EC EXPERIENTIAL COURSE

January 13 - 17

### Refilling Your Well: The Art of Sacred Self-Care Robyn Ross (Priti)

Tuition: \$325 Add 6 nights' accommodation



There comes a time when you know you need to take a break — when body and soul are searching for sacred space to relax and let go. Come spend a restorative time-out immersed

in nurturing activities that replenish your soul, increase your joy, and transform your stress into bliss through gentle yoga classes, massage, meditation, creative journaling, joyful movement, and more. Take home effective stress-relieving tools and set a powerful intention for self-care. Come awaken your spirit and set yourself free.

**Robyn Ross (Priti)** has been leading workshops in yoga and health for over 20 years. She is co-director of the Kripalu School of Yoga and has created groundbreaking yoga and meditation programs in medical settings, including Columbia-Presbyterian Medical Center and Memorial Sloan-Kettering.

PT PROFESSIONAL TRAINING

January 14 - 18

### Teaching Yoga and Meditation for Anxiety and Trauma Part 1: A Certification Training for Yoga Teachers

**Molly Asebey-Birkholm (Madhavi)  
and Robin Carnes**

Tuition: \$795 Add 6 nights' accommodation



The effects of anxiety and trauma are a major public health concern and a source of

enormous suffering in the world. In this training, yoga teachers will gain an understanding of Post-Traumatic Stress Disorder and other trauma and anxiety-related issues and their impact on the body and mind. You will learn to skillfully choose, introduce, and teach evidence-based practices to work with a variety of populations. **More online.**

**Please note** Yoga instructors from all lineages welcome. Students will receive full certification after completing Part 2, a one-on-one mentorship program.

**Molly Asebey-Birkholm (Madhavi)** is an advanced Sivananda Yoga teacher and certified Integrative Restoration (iRest) instructor. Co-founder of the Yoga Center of Key Biscayne, Florida, and Warriors at Ease, she leads retreats and workshops on yoga for trauma and has worked extensively with veterans of war.

**Robin Carnes** is an Integrative Restoration (iRest) instructor who worked for six years as part of a Post-Traumatic Stress Disorder treatment program at Walter Reed Medical Center. Her pioneering work was featured in the award-winning documentary *Escape Fire: the Fight to Rescue America's Healthcare*.

January 15 – 17

## Creating a Yogic Lifestyle

**Silvia San Miguel (Surya)**



Develop a yogic lifestyle that suits your daily schedule and transform your outlook on work, family, and life in general. Learn how to accommodate a period of meditation at the start of

your day, adapt your diet, and take care of yourself physically and mentally by practicing yoga asanas. You will also discover how to recharge yourself with relaxation techniques, how to detect stress — and avoid it — through a few simple breathing exercises, and develop a positive-thinking mind all day long.

**Silvia San Miguel (Surya)** is an educator and a certified Sivananda Yoga teacher who knew Swami Vishnudevananda during the last five years of his life. She has years of diversified teaching experience at Sivananda ashrams worldwide and at her own yoga studio in Mallorca, Spain.

January 15

## Ayyappa Puja

**Krishnan Namboodiri**



Join us as we celebrate Lord Ayyappa with a puja conducted by the ashram's Tantric priest. Lord Ayyappa, the protector of dharma, was born of the union of Mohini (the female form of

Lord Vishnu) and Lord Siva. Lord Ayyappa helps to destroy negative tendencies and maintains the pure sattvic nature of the seeker. Worshipping him is said to bring contentment and spiritual advancement. He protects our spiritual wealth and power by maintaining the thought of godliness, destroying impure thoughts, and bestowing clarity.

**Krishnan Namboodiri** is a Tantric priest from South India, trained in the classical tradition of mantras (sacred sounds), pujas (prayer ceremonies), homas (fire rituals), and yantras (sacred geometric designs). He performs many daily and special rituals for the ashram.





**Marc Halpern (Siva), David Frawley (Vamadeva),  
Karta Purkh Singh Khalsa, Yogini Shambhavi**

**SE** SPECIAL EVENT

**January 18 - 21**

**2nd Annual Sivananda Ayurveda Conference**

# ANCIENT HEALING FOR A MODERN WORLD

Ancient Vedic teachers of India left us a body of knowledge to bring healing and alleviate suffering. That knowledge is called "Ayurveda," the science of life, recorded at the same time as the teachings of its sister science of yoga. We are very pleased to present a group of leading teachers of Ayurveda in the modern world; individuals who have helped to inspire awareness of this knowledge and have educated tens of thousands of individuals world-wide through their lectures, workshops, and writings. Join us for a week of inspired teachings about health and well-being as we explore together the healing of the body and the mind through this ancient discipline.

**Marc Halpern (Siva)** DC, CAS, PKS, is founder and president of the California College of Ayurveda and the author of *Healing Your Life: Lessons on the Path of Ayurveda*. A Sivananda Yoga teacher, he is the co-founder of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine.

**David Frawley (Vamadeva)** is one of the most highly regarded Vedic teachers in the East and West. He is a senior Ayurvedacharya (doctor-teacher) of Ayurvedic medicine. He is also a yogacharya, or master teacher of Raja Yoga, and author of more than 30 books.

**Karta Purkh Singh Khalsa**, DN-C, RH, one of the foremost natural healing experts in North America, is a founding faculty in the Ayurvedic sciences program at Bastyr University and a worldwide teacher and author. Personally trained by Ayurveda master Yogi Bhajan, he is president of the American Herbalist Guild.

**Yogini Shambhavi** is one of the most dynamic women teachers of the deeper aspects of yoga from India today. Rooted in the ancient practices of Bhakti Yoga, Shakti Sadhana, Vedic astrology, Mantra Yoga, and Ayurveda, she is the author of several books, including *Yogini: Unfolding the Goddess Within*.

January 18 – 22

## Yoga for Stress Management

Silvia San Miguel (Surya)

Tuition: \$350 Add 6 nights' accommodation



This highly practical course will help you address stress and create health. You will come to understand the Stress Response (SR) mechanism, learn about the consequences

to your health of being continuously “stressed out,” and help to identify the triggers of your agitation. Based on the Five Points of Yoga taught by Swami Vishnudevananda, you will learn effective short and long-term solutions to managing your SR by employing cognitive approaches as well as breath awareness, relaxation techniques, mindfulness exercises, and positive thinking.

**Silvia San Miguel (Surya)** bio on page 53.

January 19 – 22

## Teen Yoga Teacher Training Course

Charlotta Martinus (Chandrika)

Tuition: \$450 Add 5 nights' accommodation



Teen Yoga is a practical hands-on course that trains Sivananda TTC graduates and yoga teachers from other traditions how to teach teens in a school or outside

environment. This training blends the classical wisdom of the Vedantic system of yoga with current research and science to provide a solid foundation of understanding and skills so you can teach from your own personal practice, experience, and wisdom. It comes with a comprehensive 85-page manual and provides everything you need to run a teen yoga course. **More online.**

**Charlotta Martinus (Chandrika)** is a Sivananda-trained yoga teacher, deeply inspired by her travels to India. Based on her experience teaching teens in her hometown of Somerset, England, she created the Teen Yoga Teacher Training. She runs the yoga and retreat center, Universal Yoga, in Somerset.



## Joe Dispenza

VVP YOGA VACATION PROGRAM

January 22 – 25

### Making Your Mind Matter

Join a renowned expert on the ways the human brain can be used to affect reality through the mastery of thought. Dr. Joe will share his cutting-edge scientific evidence that proves we have the ability to alter our physical health and mental well-being, and create our future destiny. He will demonstrate how meditative states can measurably change our brain circuitry, heart rate, and energy field. Come discover simple tools and practices to rewire the brain and make real and lasting changes in your life.

**Joe Dispenza, DC**, is the author of *Evolve Your Brain*, *Breaking the Habit of Being Yourself*, and *You Are the Placebo*. Featured in the award-winning movie *What the BLEEP Do We Know!?*, Dr. Joe engages in cutting-edge research on the effects of meditative states and lectures worldwide.

# Immerse Yourself in the Yoga of Sound

**CEU** **PT** PROFESSIONAL TRAINING

**January 23 – 29**

## **The Yoga of Sound and Voice Training**

**John Beaulieu and Silvia Nakkach**

Tuition: \$590 Add 8 nights' accommodation

Experience the transformative power of sound and music with two renowned scholars and clinicians. Combining master classes, lectures, devotional chanting sessions, clinics, movement, and music making, this in-depth training explores various dimensions of healing with sound: the scientific, yogic, creative, and shamanic. These practices promote a state of euphoria, leading to enhanced wellness and greater possibility for accomplishment and success in all aspects of life. **More online.**

**PT** PROFESSIONAL TRAINING

**January 30 – 31**

## **A Practicum on the Yoga of Sound and Voice: Modalities and Ways to Implement Voice in a Therapeutic Setting**

**Silvia Nakkach**

Tuition: \$150 Add 3 nights' accommodation

Gain professional sound healing experience in this empowering practicum focused on integrating sound into your current healing practice and exploring career options within professional therapeutic settings. You will be guided through five stages of creating the work you love: clarity of intent; openness; completeness and engagement from the mind and heart; ripening of potential; and manifestation and action. You will achieve a new level of excellence in your sound healing skills and practice.



**John Beaulieu, ND, PhD,** is a naturopathic doctor, counseling psychologist,

board-certified polarity therapist, composer, pianist, and sound therapist. A world leader in the use of integrative energy medicine for healing, he is also an author, researcher, and professor.



**Silvia Nakkach** is an award-winning composer and voice-

culturist, author, and a pioneer in the field of sound, consciousness, and music shamanism. She is the founding director of Vox Mundi Mystery School of the Voice, and teaches at the California Institute of Integral Studies.



**YVP** YOGA VACATION PROGRAM

**January 23 – 25**

## **Adapting Sivananda Yoga to Your Body** **Krishna Das**

Learn to accommodate yoga postures to your unique needs. See page 24.

**SCC** SIVANANDA CORE COURSE

**January 23 – 25**

## **Introduction to Meditation Weekend**

The secret to balanced living and spiritual insight. See page 20.





SE SPECIAL EVENT

January 25 - 30

# YOGA, DREAMS & DREAMING

## Exploring the Second State of Consciousness

Swami Swaroopananda, Rubin Naiman, Robert Moss, Christina Pratt, Edward Tick

Dreaming is one of the four fundamental states of consciousness within the yoga tradition; but one that is too often misconstrued and mismanaged. Achieving the ultimate goal of transcendent consciousness requires developing a deeper understanding of dreams. This very special conference brings together five leading teachers from a broad range of traditions to explore a comprehensive scientific and spiritual perspective of dreaming.



**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and ashrams in the Bahamas and the Middle East.



**Rubin Naiman**, PhD, is a psychologist and leading expert in integrative and holistic approaches to sleep and dreams. A clinical assistant professor of medicine at the University of Arizona's Center for Integrative Medicine, Dr. Naiman is the author of *Healing Night*.



**Robert Moss** is the creator of Active Dreaming, an original synthesis of modern dreamwork and shamanism. His nine books on dreaming, shamanism, and imagination include *Conscious Dreaming*; *The Secret History of Dreaming*; and *Dreaming the Soul Back Home*.



**Christina Pratt** is the pioneer of the Cycle of Transformation, a training in transformational shamanism. She is the healer at Last Mask Center, author of *An Encyclopedia of Shamanism*, and host of *Why Shamanism Now*, an Internet radio show.



**Edward Tick**, PhD, Executive Director of Soldier's Heart, works internationally on the psychospiritual healing of trauma, holistic and spiritual healing, and dream work. His books include the groundbreaking *War and the Soul* and *The Practice of Dream Healing*.



*Eat sparingly. Breathe deeply.  
Talk kindly. Work energetically.*

—Swami Sivananda

**YVP** YOGA VACATION PROGRAM

**January 23 – 25**

**How to Age Beautifully**

**Silvia San Miguel (Surya)**

Enjoy a series of workshops that explore the challenges and the blessings of aging and how Swami Vishnudevananda's motto of "adapt, adjust, accommodate" can help us take care of our body and mind. We will study the basics of Ayurveda as a holistic system to keep us healthy and beautiful and we will explore the possibility of transforming our emotional challenges such as sadness, grief and fear into joy, contentment and love. You will take home practices for including yoga and Ayurveda in your daily life.

**Silvia San Miguel (Surya)** bio page 53.

**CEU** **PT** PROFESSIONAL TRAINING

**January 26 – 28**

**Chair Yoga Teacher Training:  
Making Yoga Accessible to  
Everyone**

**Stacie Dooreck (Saraswati)**

Tuition: \$290 Add 4 nights' accommodation



Chair Yoga is the single best way to adapt yoga so that all people can gain the benefits of yoga practice. In this training for yoga teachers of all traditions, you will learn how to adapt yoga

to make it accessible to everyone, including senior adults, persons with disabilities or limited mobility, the chronically ill, and pre- and post-surgery patients. You will acquire tools to offer modified yoga postures in chairs in mixed-level classes and private sessions, and to market your Chair Yoga classes. **More online.**

**Stacie Dooreck (Saraswati)** is certified to teach Sivananda Yoga, Integral Gentle Yoga, and Kundalini Yoga. She created and leads the Chair Yoga Teacher Trainings at Sivananda ashrams in the US and Bahamas, and is the author of the *Chair Yoga Teacher Training Manual* and *SunLight Chair Yoga: Yoga for Everyone*.



YVP YOGA VACATION PROGRAM

Q&A

January 30

Swami Swaroopananda

**Questions and Answers on  
Yoga and Spiritual Life**

Ask your most important questions.

See page 17.

YVP YOGA VACATION PROGRAM

January 31 - February 4



**Yoga, Stress,  
and Food**  
**Katie Papo  
(Ambika)**

Learn how to lower your stress response and enjoy self-care.

See page 40.



Study ThetaHealing®  
with Michelle Orwick

PT PROFESSIONAL TRAINING

January 30 - February 1

**ThetaHealing Basic DNA Training**

Tuition: \$440 Add 4 nights' accommodation

This training introduces the life-transforming ThetaHealing techniques taught by Vianna Stibal, with a focus on activating the 12 strands of DNA within each participant. The heart of this class is the practice of techniques that allow you to change life patterns held in place by core, genetic, historic, and soul beliefs, either self-inflicted or externally imposed. You will learn to identify your own beliefs as well as to practice pulling them from others. Graduates will become practitioners of ThetaHealing.

PT PROFESSIONAL TRAINING

February 2 - 4

**ThetaHealing Advanced  
DNA Training**

Tuition: \$440 Add 4 nights' accommodation

This course, for those who have taken the ThetaHealing Basic DNA training, expands on the teachings to encompass an in-depth understanding of the Seven Planes of Existence. Students will learn how to clear old resentments, vows, and commitments that hold them back.

PT PROFESSIONAL TRAINING

February 5 - 7

**ThetaHealing Game of Life**

Tuition: \$350 Add 4 nights' accommodation

One of the newest courses to be added to the ThetaHealing Institute of Knowledge, this course was created under direction of Vianna Stibal and Hiroyuki Miyazaki in an endeavor to unite spirituality and business, and provides an opportunity to remove specific limiting beliefs and instill hundreds of positive feelings to achieve greater success in your life and business. Discover what is holding you back from success. Release limiting beliefs and self-sabotaging programs.

*Prerequisites:* ThetaHealing Basic and Advanced DNA Training.

**Michelle Orwick** is a medical intuitive, Reiki master, and ThetaHealing instructor who earned the Certificate of Science, the highest level of certification from Vianna Stibal's ThetaHealing Institute of Knowledge. She lives and works in Orlando, Florida.

# FEBRUARY

**YVP** YOGA VACATION PROGRAM

**January 31 - February 4**

## **Yoga for Healthy Bones: Osteoporosis Prevention and Treatment**

**Beata Barnard (Savitri-Devi)**



Take interest in your bones regardless of your age or gender. In this program, you will find out how to protect your bones through the Five Points of Yoga as taught by

Swami Vishnudevananda and Ayurveda. In our practice, you will experience how body and mind connect, learn how bones and joints communicate their needs, and discover tools for bone-loss prevention with weight bearing yoga and hidden nutritional secrets. You will return home with the skills for testing and maintaining your own progress.

**Beata Barnard (Savitri-Devi)** was initiated by Swami Vishnudevananda and is an advanced Sivananda Yoga teacher who teaches in many Sivananda Yoga Teacher Training Courses. As a recreation therapist in nursing homes for the last 15 years, she developed and teaches a comprehensive yoga system for people with osteoporosis.

**YVP** YOGA VACATION PROGRAM

**February 1 - 3**

## **Developing Good Character: Practicing the Yamas and the Niyamas (Yoga Ethics)**

**Jnaneswari**



The yamas and niyamas (ethical restraints and injunctions) are the first two steps of the Raja Yoga system and create the foundation of spiritual life. They consist of 10

principles that provide a moral compass for developing character. Their practice rids us of desires, cravings, and negative qualities and fills the heart with love, kindness, and goodness. Come learn how to systematically cultivate these virtues by using a spiritual diary, meditation, affirmations, introspection, and other yogic methods that can be applied in your daily life.

**Jnaneswari** is a senior staff member of the Sivananda Ashram Yoga Retreat. A knowledgeable, experienced teacher and yoga practitioner, she has been teaching courses on yoga, meditation, positive thinking, and other related topics for many years.

February 1 - 6

## The Art of Polarity: The Element and Star-Balancing Certification

**John Beaulieu, Andreas  
Ledermann, Brigitta Raimann**

Tuition: \$590 Add 7 nights' accommodation

Become certified in Polarity Energy Balancing, a powerful healing modality. Learn how to work with life energy using bodywork sessions, Polarity Yoga, and sound therapy to balance the five elements - ether, air, fire, water, and earth - the five-pointed star, and the six-pointed star. Valuable on its own or as a complement to massage, yoga, nursing, counseling, physical therapy, and medical practices, the training will emphasize the application of five-element knowledge of modern stress science, Ayurveda, traditional Chinese medicine, and Polarity Therapy.

**More online.**

**John Beaulieu** bio on page 56.



**Andreas Ledermann** is a naturopath, polarity therapist, craniosacral osteopath, lecturer, and author of *Polarity Therapy*. He cofounded and directs the School of Holistic Naturopathy in Zug, Switzerland.



**Brigitta Raimann** is a naturopath, polarity therapist, craniosacral osteopath, and social worker. She is cofounder of the School of Holistic Naturopathy in Zug, Switzerland.

February 2 - 6

## Introduction to Sivananda Yoga Sylvie Boisclair (Saraswati)

Tuition: \$240 Add 6 nights' accommodation



Discover the transformative power of Sivananda Yoga. This experiential course will introduce you to the daily routine, basic practices, and philosophy of yoga as taught

by Swami Sivananda and condensed by one of his foremost disciples, Swami Vishnudevananda, into the Five Points of Yoga: proper exercise, proper breathing, proper relaxation, proper diet, and positive thinking and meditation. Take home the inspiration and tools to continue with your own practice.

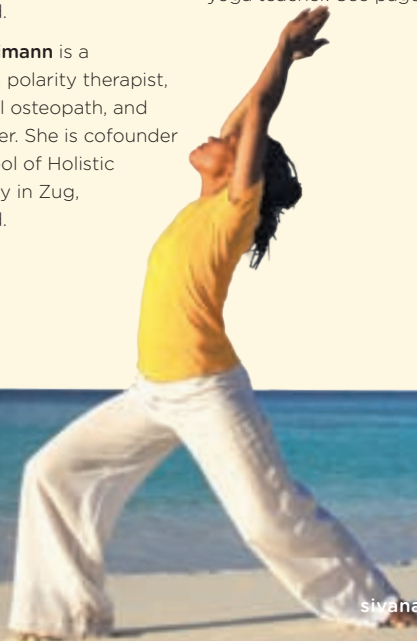
**Course Book** *Yoga, Mind and Body*, published by Sivananda Yoga Vedanta Centre and available in the ashram's boutique or online.

**Sylvie Boisclair (Saraswati)** bio on page 26.

February 3 - March 2

## Sivananda Yoga Teacher Training Course

Take your practice the next step — become a yoga teacher. See page 13.





SE SPECIAL EVENT

February 4 - 7

# YOGA, SPIRITUAL TRANSFORMATION & REDEMPTION

**Swami Swaroopananda,  
John Kastner, Kenny Johnson,  
Swami Brahmananda**

What is the nature of true redemption? How does it happen? The ancient scriptures include many stories of spiritual transformation, of people who experience radical changes “from sinner to saint,” teaching us that it is indeed possible. What can we learn from the timeless teachings — and from the experiences of contemporary people?

In one of our sessions of this symposium, we will watch the Emmy-winning documentary *The Lifer and The Lady*, which portrays the long struggle of convicted killer Ron Cooney to master the violent impulses in his character through yoga and meditation. Filmed partly at the Sivananda Ashram in Val Morin, Quebec, the film also features a cameo appearance by Swami Vishnudevananda. Director John Kastner will present the film and discuss his extensive experience with criminals trying to “go straight.” We will also hear from Kenny Johnson, who began to practice meditation while in jail and underwent a complete transformation, emerging as a spiritual teacher and leader. Swami Swaroopananda and other senior staff of the ashram will introduce the yogic approach to the topic of redemption.



**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and ashrams in the Bahamas and the Middle East.



**John Kastner** is one of Canada’s most acclaimed documentary-makers and has won four Emmys and received five Emmy nominations. His works include *Life with Murder* and *The Lifer and the Lady*, the story of a convicted murderer and a prison volunteer who fall in love.



**Kenny Johnson** spent over 20 years in prison (until 1997), where he underwent a spiritual transformation. Author of the book *The Last Hustle*, he is now a spiritual teacher and consultant to those who have been in, or may be going, to prison.



**Swami Brahmananda** is Manager of the Yoga Retreat and senior staff of the Sivananda organization. A long-time practitioner of yoga, he regularly teaches yoga philosophy and meditation.



February 5 - 10

## Beginners Yoga Immersion Week

Arjuna



Immerse yourself in the basics of yoga and gain a strong foundation for your practice. Receive a step-by-step introduction to yoga postures and breathing exercises. Discover how proper relaxation, meditation, positive thinking, and a balanced diet will support your ongoing yoga practice and a healthy lifestyle. The solid base of understanding you gain in the program will allow you to get the most from yoga classes and meditation while at the ashram and continue your practice at home.

Arjuna bio on page 34.

## Learn Nonviolent Communication with Dian Killian

EC EXPERIENTIAL COURSE

February 7 - 8

### Creating Peace with Others and Ourselves: An Immersion in Nonviolent Communication

Tuition: \$225 Add 3 nights' accommodation

We all desire to connect with and express our innate sense of compassion and caring, but how do we actually accomplish these intentions? In this two-day immersion in compassionate and Nonviolent Communication (NVC), you will learn powerful, practical skills that can support you in communicating with more honesty, authenticity, connection, and compassion — with others and with yourself. This highly interactive course uses music, storytelling, role-plays, games, and small group activities and is ideal for those new to NVC as well as for those wanting to deepen their journey.



**Dian Killian**, PhD, is a certified trainer with the International Center for Nonviolent Communication, an executive and personal life coach, and author of *Urban Empathy* and *Connecting Across Differences: How to Connect with Anyone, Anytime, Anywhere*. She leads communication trainings for diverse organizations in the US, Europe, and Asia.

EC EXPERIENTIAL COURSE

February 9 - 11

### Freedom from Triggers: Creating Greater Choice and Connection in Our Lives

Tuition for both courses: \$385 Add 6 nights' accommodation

We all get triggered at times, and then go into fight-or-flight mode, shut down, or say or do things we later regret. How do we find compassion for ourselves in these moments — and the resources to make different choices? In this highly interactive course, you will learn how to transform your inner critics into allies, break through blocks, and better self-manage challenging situations with Nonviolent Communication (NVC) and Somatic-Based Empathy, an NVC practice developed by Dian Killian. Through doing so, you can find greater peace, harmony, and choice.

**Please note** You can only take this course with *Creating Peace with Others and Ourselves*.

February 7 - 16

## Winter Cleanse, Detox, and Juice-Fasting Program

Manu Dawson,  
Swami Hridayananda,  
Petra Rakebrandt

Tuition: \$700 Add 11 nights' accommodation

Cleanse and rejuvenate, invigorate your natural body wisdom, and establish new habits. This intensive program initiates transformation on the physical, emotional, mental, and spiritual levels. We begin gradually with a few days of raw food, followed by fruit and vegetable juice fasting, and end with a raw food diet — all supported by detoxifying herbs and supplements. Yoga classes and beach walks will enhance digestion, elimination, and integration for optimum cleansing and health.

**More online.**



**Manu Dawson** is a certified Yoga Nutrition Therapist, Integral Yoga teacher, and practicing clinical nutritionist in New York City and has directed hundreds of people in detoxification protocols.

**Swami Hridayananda** bio on page 91.



**Petra Rakebrandt** is a holistic health coach certified with the Institute of Integrative Nutrition, a ThetaHealing® practitioner and instructor, a certified yoga teacher, Pilates instructor, and Reiki master.



## Shimshai

VYP YOGA VACATION PROGRAM

February 8 - 10

### Opening the Window of the Soul Through Sacred Song

Join heart-centered musician Shimshai as he shares sacred prayers, mantras, and songs from around the world. Through music and chants and their sacred intentions, we have the opportunity to open the window to our soul and see more clearly into the beauty of our own true nature. Over these days, Shimshai will teach selected songs, inviting participation and sharing the history, message, and healing properties of each. Each evening, he will perform stirring traditional and original sacred music.

**Shimshai** performs his unique brand of world spiritual music around the globe and has shared the stage with Michael Franti, Mickey Hart, Jai Uttal, Ram Dass, and many other acclaimed musicians and visionaries. His many CDs include *Live on Maui*, *Jaya Bhagavan*, and *True Heart*.

EC EXPERIENTIAL COURSE

February 8 - 12

## Healing Your Emotional Body

Silvia San Miguel (Surya)

Tuition: \$290 Add 6 nights' accommodation



Learn how to transform negative thoughts and emotions that lodge in the physical body resulting in dis-ease and suffering. Explore the

possibility of breaking free from your past and its old emotional patterns. Discover how your emotional states condition your breathing and how to apply the science of pranayama (conscious breathing practices) to re-shape your emotional wellbeing. Based on the teachings of Swami Sivananda, you will study the causes and remedies of emotions such as sadness, resentment, anger, jealousy, and grief.

**Silvia San Miguel (Surya)** bio on page 53.



## Yogis for Peace

EC EXPERIENTIAL COURSE

February 8 - 12

### Yoga Peace Ambassadors Certification Course

Elaine Valdov

Tuition: \$350 Add 6 nights' accommodation

Become an agent of change in a world so much in need. Yoga Peace Ambassadors invites you to find your unique calling for making a difference and turn it into action. In this hands-on course, each participant will create a program or project for realizing his or her visions. Learn how to listen to your calling, develop leadership skills, and create your own or join existing humanitarian initiatives. Begin a journey to live a life of purpose, meaning, and joy. **More online.**

EC EXPERIENTIAL COURSE

February 14 - 18

### Yogis Beyond Borders Certification Course

Elaine Valdov

Tuition: \$350 Add 6 nights' accommodation

Take yoga into the world and be of service to humanity. Yogis Beyond Borders provides you with practical skills and knowledge for combining your yoga practice with leadership skills and help map your path to making a difference and offering the gift of selfless service to those in need. It will inspire and empower you to become an activist of the heart by taking yoga into your local community, underserved communities worldwide, and areas around the globe that have been affected by war and conflict.

**More online.**

**Please note** The combined tuition for these two courses is \$500. Scholarships are available; please see website.



**Elaine Valdov**, PhD, a representative to the United Nations, is a peace and human rights activist, conflict resolution specialist, founder and president of Yoga Peace Ambassadors, Yogis Beyond Borders, International

Peace Ambassadors, and the International Institute for a Culture of Peace.



SE SPECIAL EVENT

February 10 - 15

# YOGA FOR PEACE

## Changing the World from the Inside Out

**Swami Swaroopananda**  
**John Perkins**  
**Brant Secunda**  
**Charles Eisenstein**  
**Elaine Valdivo**  
**Vicki Robin**  
**Sister Greta Ronningen**  
**Swami Brahmananda**  
**Swami Hridayananda**  
**Rukmini**

Following Swami Vishnudevananda's mission of promoting inner and outer peace, we are delighted to host the 8th Yoga for Peace Symposium. Featuring world-renowned speakers who have dedicated their lives to promoting peace among people and nations, inner peace and sustainability, we invite you to join us for this gathering and become inspired to change the world from the inside out.

In this symposium, we learn from activists themselves how to contribute to changing the world. John Perkins will share from his perspectives on shapeshifting the world dream and Elaine Valdivo from her experience as the founder of "Yogis without Borders." Brant Secunda will speak to us about protecting the earth and Vicki Robin will discuss her inspirational work in social innovation. Charles Eisenstein will elucidate paradigm-shifting thoughts on the state of the world, while others will share yoga teachings and insights to guide us in these times of change.

We will learn that in order to help bring peace, we first need to find our own inner peace and joy. And yet, our social engagement is by itself spiritual practice. By helping others, we gain peace and joy. Finally, we will gain a few practical tools to help us develop and carry out our own initiatives.





**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and

ashrams in the Bahamas and the Middle East.



**John Perkins** is the author of *Shapeshifting and Confessions of an Economic Hit Man* among others. He is the founder and board member of Dream Change and the Pachamama Alliance and winner of the 2012

John Lennon/Yoko Ono Peace Prize.



**Brant Secunda**, a shaman, healer, and ceremonial leader in the Huichol Indian tradition of Mexico, teaches worldwide. Alongside other dignitaries including President Jimmy Carter, Brant cofounded the

Peace University in Berlin. He is coauthor of *Fit Soul, Fit Body*.



**Charles Eisenstein** is a speaker and writer whose viral short films and essays have established him as a genre-defying social philosopher and counter-cultural intellectual. He is the author of *The More*

*Beautiful World Our Hearts Know Is Possible* and *Sacred Economics*.



**Elaine Valdov** PhD, a representative to the United Nations, is a peace and human rights activist, conflict resolution specialist, founder and president of Yoga Peace Ambassadors, Yogis Beyond Borders, International

Peace Ambassadors, and the International Institute for a Culture of Peace.



**Vicki Robin**, a prolific social innovator, is co-author of the perennial best-seller *Your Money or Your Life*, and author of the new book, *Blessing the Hands that Feed Us*. The *New York Times* called her the

“prophet of consumption downsizers.”



**Sister Greta Ronningen** is a professed member of the Community of Divine Love, an Episcopal monastery in the Benedictine tradition, and a yogi of 35 years. She works as a chaplain with men, women,

and girls incarcerated in Los Angeles.



**Swami Brahmananda** is Manager of the Yoga Retreat and senior staff of the Sivananda organization. A long-time practitioner of yoga, he regularly teaches yoga philosophy and meditation.



**Swami Hridayananda**, a direct disciple of Swami Vishnudevananda, is senior staff of the Sivananda Ashram Yoga Retreat and has spent over 25 years teaching Sivananda Yoga and supporting people on the journey of transformation.



**Rukmini** is a senior staff member of the Sivananda Ashram Yoga Retreat. A knowledgeable and experienced teacher and yoga practitioner, she has been teaching yoga classes and offering lectures

on yoga philosophy for many years.

EC EXPERIENTIAL COURSE

February 13 - 15

## The Power of Hatha Yoga Shyam and Mohini

Tuition: \$200 Add 4 nights' accommodation



In this course for new yoga students and those looking to deepen their practice, these

two gifted teachers will systematically guide you through the postures (asanas) of the Sivananda hatha yoga sequence in specialized workshops, exploring the beauty and benefits of each asana. You will also learn how to incorporate yoga into your busy life, explore the benefits of deep relaxation, and gain tools to continue your practice at home. Through the beautiful natural surroundings and daily spiritual rhythms of the ashram, you will embark on a spiritual yoga journey toward truth.

**Shyam and Mohini** are founders and co-directors of the Yoga Warehouse, an affiliated Sivananda Yoga Vedanta Center in Fort Lauderdale, Florida, that they established in 1998. Graduates of the Sivananda Advanced Yoga Teachers Training Course and other advanced trainings and courses, they are experienced in teaching students of all levels and are regular instructors in the Sivananda Yoga Teachers Training courses.



PT PROFESSIONAL TRAINING

February 14 - 18

## Yoga for Osteoporosis Teacher Training

**Beata Barnard (Savitri-Devi)**

Tuition: \$450 Add 6 nights' accommodation

Yoga teachers working with older people can easily use yoga for the process of healing osteoporosis and maintaining healthy bones, a critical component of healthy aging. Based on Swami Vishnudevananda's Five Points of Yoga, this training takes a holistic approach to osteoporosis and teaches you how yoga addresses the bones most susceptible to fracture; how to perform postures to increase bone mass density; and how to assess individual needs and prescribe and adjust postures for students at any level of practice. Come advance your skills as a yoga teacher.

**Beata Barnard (Savitri-Devi)** bio on page 60.

VVP YOGA VACATION PROGRAM

February 16 - 20

## The Yoga of Love: Talks on the Narada Bhakti Sutra Edwin Bryant



The Narada Bhakti Sutra is a short Vedic text attributed to the Indian sage Narada, who was an authority on the nature of Bhakti Yoga, the spiritual path of devotion to God. This

program will consist of a close reading of all 84 sutras of this sacred text, as well as an exploration of the bhakti lifestyle and practices, the nature of Isvara God as the recipient of bhakti, the mindset cultivated by the bhakta, and the madness of ecstatic divine love.

**Edwin Bryant**, PhD, received his doctorate in Indic languages and cultures from Columbia University and is a professor of Hinduism at Rutgers University. He is the author of six books on Vedic history, yoga, and the Krishna tradition, among which is his translation of and commentary on the Yoga Sutras of Patanjali.

**YVP** YOGA VACATION PROGRAM

**February 16 - 19**

## **Practical Spirituality: Life and Teachings of Swami Vishnudevyanada Arjuna**

Learn the relevance and benefits of yoga philosophy for modern daily life. Drawing from his rich personal experiences, Arjuna will offer techniques for translating the theories of yoga philosophy into practical tools for everyday living. Arjuna's approach is dynamic, personal, and inspiring, including many instructive stories from his times with Swami Vishnudevyanada, making your study an enjoyable and deeply satisfying experience.

**Arjuna** bio on page 34.



**YVP** YOGA VACATION PROGRAM

**February 17 - 18**

## **Maha Sivaratri Krishnan Namboodiri**

Join us in celebration of Maha Sivaratri, the night of Lord Siva, one of the most sacred nights on the yogic calendar. We will celebrate throughout this auspicious night with homas and pujas — traditional fire and prayer ceremonies — conducted by the ashram's Tantric priest from South India. Senior staff of the ashram will lead us in continuous Siva chants from dusk until dawn. Together, we will enjoy a variety of prasads (blessed offerings) in the morning. Om Namah Sivaya!

**Krishnan Namboodiri** bio on page 53.



## **Krishna Das**

**YVP** YOGA VACATION PROGRAM

**February 20 - 22**

## **Yoga of Chant Retreat**

Nourish your heart, inspire your mind, and uplift your spirit through chant, music, and devotion. Krishna Das shares the heart of his spiritual practice through his concerts and workshops, using the power and joy of chanting to lead you into your inner heart space. Join one of the foremost devotional singers in the world for evening kirtan concerts and afternoon workshops with musical prayer and teachings on Bhakti Yoga, the yoga of devotion.

**Krishna Das**, a disciple of Indian sage Neem Karoli Baba, chants in yoga centers and concert halls worldwide. Known to most simply as KD, he has created many CDs, including *Pilgrim Heart*, *Live on Earth*, and the Grammy-nominated *Live Ananda*.





**YVP** YOGA VACATION PROGRAM

**February 20 – 22**

### Explore the Bahamas, Explore Yourself

**Arjuna**

Come and enjoy the beauty and rich heritage of Nassau. This special week of outings, games, and fun activities is offered in combination with the Yoga Vacation Program at a time when many schools have winter breaks. Special family yoga classes will be offered at the Yoga Retreat. You will also have the opportunity to visit historical places in the Bahamas and, weather permitting, go on a snorkeling trip (some off-site excursions will involve an additional cost).

**Arjuna** bio on page 34.

**YVP** YOGA VACATION PROGRAM

**February 21 – 23**

### Deepening Meditation Practice Swami Brahmananda

Delve into inner peace and stillness. Explore the sacred practice of meditation and discover the virtue of silence. Cultivate inner happiness, subtle vibrations of peace, tranquility, and bliss at the core of your being with simple yet profound meditation techniques. You can practice what you learn in these satsang talks through daily meditation and in yoga classes, deepening the teachings.

**Swami Brahmananda** bio on page 28.

**YVP** YOGA VACATION PROGRAM

**February 21**

### Chanting the Hanuman Chalisa Nina Rao



The Hanuman Chalisa is a sacred 40-verse devotional hymn recited for hundreds of years in India to the Hindu monkey god Hanuman.

Together we will chant the Chalisa along with musical accompaniment and discover how this ancient practice is still relevant to us today.

**Nina Rao** learned traditional chants from her grandfather in a village in South India when she was nine years old. She is Krishna Das' assistant and accompanies him on tour, and released her own CD, *Antarayaami*, which includes a variety of Hanuman Chalisa melodies, in 2013.

**YVP** YOGA VACATION PROGRAM

**February 23 – 28**

### Deeper into the Five Points of Yoga Arjuna

Join us for an in-depth exploration of Swami Vishnudevananda's teachings on the Five Points of Yoga: proper exercise, proper breathing, proper relaxation, proper diet, and meditation and positive thinking. Discover how yoga practice and a vegetarian diet can invigorate your life. Learn to combine yogic theory with the practice of asanas and breathing techniques to increase your health and vitality. Manage stress and calm your mind through relaxation exercises, positive thinking, and meditation.

**Arjuna** bio on page 34.



February 23 – 26

# CLASSICAL INDIAN MUSIC & DANCE FESTIVAL

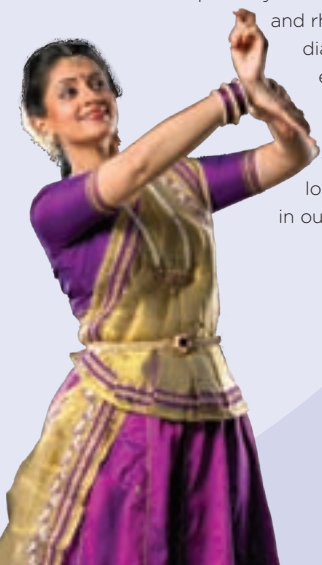
**G.S. Sachdev**  
**Swapan Chaudhuri**  
**K. Sridhar**  
**Jayanti Sahasrabudhde**  
**Shambhavi Dandekar**  
**Nitin Mitta**

*"Music kindles love and infuses hope. It has countless voices and instruments. It elevates, inspires, strengthens, and invigorates... Music melts the hardest hearts... If at all there is anything in this world which can change the heart of a man in a very quick time, that is music and dance."*

— Swami Sivananda, *Bliss Divine*

Join us for an uplifting and inspirational experience of classical Indian music and dance, as renowned masters come together to share with us their musical gifts and messages. This is a rare opportunity to listen to and watch masters of classical Indian music and dance, who have practiced all their life and obtained perfection, each on their own instrument.

Come be inspired by the unique sounds and rhythms of Indian music and experience music as a doorway to the harmony, love, and hope in our hearts.



**G.S. Sachdev** is recognized worldwide as a master of the bansuri (North Indian flute). He is one of the premier performers on this traditional instrument. His pure, classical approach instills tranquility and carries listeners beyond the mind into deep meditation.



**Swapan Chaudhuri** is considered one of the top masters of tabla in the world. He is the Director of Percussion at Ali Akbar College of Music in California. He developed his skill accompanying Ali Akbar Khan and other leading musicians of India.



**K. Sridhar** was trained from infancy in South Indian classical music by his mother, a renowned Carnatic vocalist, and at the age of 12, he became the youngest member of Ravi Shankar's orchestral group. He teaches and performs in Europe and the US.



**Jayanti Sahasrabudhde**, a disciple of renowned vocalist Smt Veena Sahasrabudhde, has performed across India, North America, and Europe and won many awards. She teaches Indian classical music in California.



**Shambhavi Dandekar** is a classical Kathak dancer who has performed to wide acclaim worldwide and brings a modern vision to the traditional form. She holds degrees in dance, French, and Sanskrit and founded Shambhavi's International School of Kathak.



**Nitin Mitta** is one of the most accomplished and distinctive tabla players of his generation. He is a dynamic soloist and sought after accompanist who has performed with some of India's most celebrated Hindustani classical musicians.





**CEU** **PT** PROFESSIONAL TRAINING

**February 24 - 28**

### **Calming Kids: Creating a Non-Violent World Yoga Teacher Certification Training**

**Shakti Devi Dee**

Tuition: \$600 Add 6 nights' accommodation



Violence in our schools has escalated to an alarming rate in recent years. Here's an opportunity to be part of the solution. Calming Kids offers an evidence-based curriculum of yoga-based techniques that have proven to increase concentration, relaxation and communication, while also reducing violence in school-age children. Come learn specific yoga postures, breathing practices, Ayurvedic concepts, team-building activities, non-violent communication, relaxation and calming exercises to become an effective yoga teacher and role model for students from pre-school through high school.

**More online.**

**Shakti Devi Dee** has been a yoga therapist for almost 30 years. She created the award-winning Calming Kids as a non-profit organization in 2004 to teach school yoga programs for children and teens and offer teacher trainings as an effort to reduce bullying in schools.

**EC** EXPERIENTIAL COURSE

**February 24 - 28**

### **Yoga for Osteoporosis Prevention and Treatment**

**Beata Barnard (Savitri-Devi)**

Tuition: \$300 Add 6 nights' accommodation

This course offers a complete program to promote healthy bones and overall well-being for everyone interested in healthy aging as well as practitioners wanting to help their clients. Through lecture, discussion, and yoga practice, you will learn various approaches to osteoporosis treatment and prevention; how to monitor bone mass density; nutrition for building strong bones; and weight-bearing asanas to cultivate endurance, balance, and strength. **More online.**

**Beata Barnard (Savitri-Devi)** bio on page 60.

**YVP** YOGA VACATION PROGRAM

**February 25 - 27**

### **Spiritualize Your Daily Life: The Practice of Karma Yoga**

**Rukmini**

Is there a way to turn our entire lives into a spiritual practice? The yoga masters tell us that such a way exists. It is called Karma Yoga, or the yoga of action. Through the practice of Karma Yoga we discover what our life mission (or duty) is and how to perform it with joy and love, but without desire for or attachment to the fruits of our actions. Through lectures and discussions, as well as opportunities to practice, you will learn about and experience this path of selfless service.

**Rukmini** bio on page 89.



SCC SIVANANDA CORE COURSE

February 24-28

### Introduction to Meditation 5-Day

The secret to balanced living and spiritual insight. See page 20.

PT PROFESSIONAL TRAINING

February 26 – March 2

### Pregnancy Yoga Training Ravit Schraiber (Omkari)

Tuition: \$450 Add 6 nights' accommodation



Yoga offers excellent — and much-needed — support to women during pregnancy and prepares them for childbirth and motherhood. It also nurtures the baby in the womb,

providing it with an optimum environment from which to emerge. For yoga teachers from all traditions, this training includes asanas and pranayama practices for pregnant women as well as the anatomy and physiology of pregnancy. Learn to work professionally, confidently and sensitively with pregnant women as a Pregnancy Yoga Teacher.

**More online.**

**Ravit Schraiber (Omkari), MD**, is a family physician and advanced Sivananda Yoga teacher. Skillfully combining her medical knowledge and yoga skills, she teaches pregnancy yoga courses, and shares the benefits of yoga to her patients who suffer from diabetes, hypertension, and stress-related disorders.



## Dan Millman

YVP YOGA VACATION PROGRAM

February 27 – 28

### Courage and Compassion: Foundations of the Peaceful Warrior's Way

The Peaceful Warrior's Way is comprised of a set of perspectives, principles, and practices stretching between heaven and earth — our highest ideals and the realities of everyday life. In this program, Dan Millman shares the foundation of living a balanced and powerful life in the present moment; enjoyable and illuminating practices for understanding universal/spiritual laws, including balance, choice, presence, action, and surrender; and a life-clarifying consideration of the four purposes of life.

**Dan Millman** is a former world champion athlete, coach, martial arts instructor, and college professor. Author of the best-selling *Way of the Peaceful Warrior* and 16 other books, including most recently, *The Creative Compass*, a collaboration with his daughter, he teaches worldwide.

MARCH

## Thai Yoga Massage . . . touch people's lives with loving-kindness

**PT** PROFESSIONAL TRAINING

**March 1 – 6**

**Thai Yoga Massage: Level 1**  
**Kam Thye Chow**

Tuition: \$550 Add 7 nights' accommodation

Thai Yoga Massage is an ancient system of yoga therapy that combines yoga postures with touch technique. It promotes deep relaxation and healing, improves circulation, boosts the immune system, balances the body energetically, and facilitates mind-body integration. As a therapeutic practice, it is a dynamic form of yoga for the practitioner as well as the recipient.

In Level 1, you will gain a strong foundation in the key elements of Thai Yoga Massage and learn how to perform a full 90-minute customized session. In Level 2, you will deepen your knowledge, advance your skills, and learn to perform an expanded 2+ hour customized session.



**PT** PROFESSIONAL TRAINING

**March 8 – 13**

**Thai Yoga Massage: Level 2**  
**Kam Thye Chow**

Tuition: \$550 Add 7 nights' accommodation

**Please note** Register for both Level 1 and Level 2 for \$970 total tuition (Add 14 nights' accommodation).

**Kam Thye Chow** pioneered a methodology that combines Thai Yoga Massage with its yogic and Ayurvedic roots. He is founder of the Lotus Palm School in Montreal and the author of several books, including *Thai Yoga Therapy for Your Body Type: An Ayurvedic Tradition*.

March 1 - 7

### Warriors at Ease Training: Parts 1 and 2

Molly Asebey-Birkholm (Madhavi), Pat Lillis-Hearne, Annie Okerlin

Tuition: \$790 Add 8 nights' accommodation

Learn to teach a therapeutic yoga class to any segment of the military community, with relevant support as needed. Topics covered include the key distinctions between "yogic culture" and "military culture" and why they matter; trauma-sensitive teaching guidelines and precautions; as well as yoga asana sequence protocols and modifications for specific military populations, addressing physical and/or psycho-emotional challenges.

**More online.**

*Prerequisite* 200-hour yoga or meditation teacher training certification.



**Molly Asebey-Birkholm (Madhavi)**, cofounder of Warriors at Ease, is an advanced Sivananda Yoga teacher and certified Integrative Restoration instructor who

taught yoga and meditation for four years to over 1,000 veterans at the US Department of Veterans Affairs. She is the director of the Sivanada-affiliated yoga center of Key Biscayne, Florida.



**Pat Lillis-Hearne, MD**, is an oncologist and Kripalu-certified yoga instructor, well-versed in complementary medicine. She served 30 years in the military, including

combat experience in Operation Iraqi Freedom, and retired from the US Army Medical Department in 2010.



**Annie Okerlin** is the president and founder of the Exalted Warrior Foundation, which has helped to implement adaptive yoga programs at major military medical and veterans

hospital facilities nationwide. She is the owner of Yogani Studios in Tampa, Florida.

March 3 - 5

### Kirtan with Ragani Ragani



Join a participatory, cross-cultural musical experience as you take an inspirational journey into the world of kirtan. Discover the transformational energies of ancient Hindu chants, opening

your heart to the Divine and connecting to the eternal that lies within us all. Known for her heartfelt vocals, inspiring stories, and sense of humor, Ragani will share the devotional practice of kirtan and offer unique insights and inspiration into the world of yoga.

**Ragani** is an award-winning artist who leads Milwaukee's renowned Kirtan with Ragani, one of the largest ongoing independent kirtan scenes in the US. At age eight, Ragani met the yoga master Swami Rama, who personally trained her in yogic sciences, meditation, and Eastern music.

March 1 - 3

### How to Age Beautifully Silvia San Miguel (Surya)

Learn yoga and Ayurveda for self-care. See page 58.



March 1

### Swami Swaroopananda Questions and Answers on Yoga and Spiritual Life

Ask your most important questions. See page 17.

**YVP** YOGA VACATION PROGRAM

**March 3 - 5**

## **Prana in Life Enhancement**

**Dale Buegel**



Delve into the life force (prana) to facilitate balance on physical, emotional, and energetic levels. We will learn to work with the energies in postures, breath, and

meditation, developing skills to directly sense the flows and blockages of energy within ourselves. Medical doctor Dale Buegel, who has taught yoga and meditation for 40 years in settings that include teacher trainings and medical practices, will guide you through unique yoga experiences for restoring balance and enhancing life.

**Dale Buegel, MD**, has 40 years' experience teaching yoga disciplines. Integrating extensive training in allopathic medicine, bodywork therapies, and energetic medicine, he is known for teaching skillful mastery of yoga postures, breathing techniques, and meditation.



**SCC** SIVANANDA CORE COURSE

**March 3 - 7**

## **Essentials of Yoga I**

Establish your foundations. See page 19.

**YVP** YOGA VACATION PROGRAM

**March 6 - 8**

## **Yoga for Healthy Bones: Osteoporosis Prevention and Treatment**

**Beata Barnard (Savitri-Devi)**

Create balance, endurance, and strength. See page 60.



*Yoga is a life of self-discipline built upon the tenets of simple living and high thinking.*

—Swami Vishnudevananda

**YVP** YOGA VACATION PROGRAM

**March 4 - 6**

## **Thought Power**

**Swami Hridayananda**

Positive thinking is one of the basic principles of yoga, and serves as an essential factor in any process of self-transformation. Exploring thoughts and their nature, and how they create our reality, this program will offer you tools for identifying the habitual negative thought patterns that prevent you from fulfilling your highest potential. By applying various practical methods of self-inquiry, creative imagery and positive affirmations, you will learn how to cultivate a higher state of mind and bring more harmony, peace and success into your life.

**Swami Hridayananda** bio on page 43.



## **Rishi Bernie Glassman and Rishi Eve Myonen Marko**

**YVP** YOGA VACATION PROGRAM

**March 5 - 8**

## **Living a Life that Matters**

Immerse in spiritual teachings and stories on living a meaningful life. See page 41.



March 8 - 10

## From Darkness to Light: The Need for a Spiritual Teacher

Rukmini

It is said that the only way to light a candle is with another candle; this is the relationship of the student and teacher. The teacher, or Guru, is the dispeller of darkness, the bringer of light. These talks will include teachings and stories on this important aspect of the spiritual path. We will discuss how to find a teacher, how to make ourselves ready and open to having a teacher, and how to cultivate love, devotion, and service toward our teacher.

Rukmini bio on page 89.

March 8 - 10

## The Spine and Beyond: Awakening Genius for Yoga Instructors

Angelo Castello

Tuition: \$290 Add 4 nights' accommodation



Learn to identify structural imbalances in your students with expert precision in this hands-on experiential training.

Gain an enhanced appreciation for the interrelatedness of the musculoskeletal system and discover how to integrate functional tools to personalize your yoga classes and provide individualized asana recommendations to your students. Whether you offer private yoga sessions or teach group classes, this training will add an enlivening aspect to your teaching style, awaken your genius as an instructor, and create magic in your classes.

Angelo Castello, DC, has been a practicing chiropractor for 25 years. Dr. Castello completed the Advanced Yoga Teacher Training Course from the Sivananda Ashram Yoga Camp in Val Morin, Canada, and has been a student of a variety of yoga schools during his 20 years of teaching.

March 8 - 11

## Working with Mindfulness

Mirabai Bush



Learn and experience mindfulness practices adapted for the workplace, including sitting and walking practices to cultivate attention, insight, and a calm, centered presence as

well as compassion practices to increase self-awareness and awareness of others. Mirabai Bush will share exercises she helped to develop for Google Inc., including mindful emailing and mindful listening, share her experiences in diverse workplaces, and lead discussions on "waking up at work" and being more joyful and happy while working.

Mirabai Bush is co-founder of the Center for Contemplative Mind in Society and co-author with Ram Dass of *Compassion in Action: Setting Out on the Path of Service*. She works with organizations to bring contemplative principles to the workplace and has a special interest in the recovery of women's spiritual wisdom.

March 9 - 12

## The 8-Step Yoga Program:

Raja Yoga

Silvia San Miguel (Surya)

Raja Yoga, the most scientific of the four paths of yoga, is a gradual step-by-step system that shows us the way from confusion to wisdom. In this series of workshops, we will study the depth of the preliminary stages that help establish a firm basis for our meditation practice — the cultivation of non-violence, truthfulness, contentment, and other qualities — as well as the practices of asana, pranayama, and concentration.

Silvia San Miguel (Surya) bio on page 53.



## Amy Weintraub

**CEU** **PT** PROFESSIONAL TRAINING

March 11 – 15

### Yoga for Mood Management: LifeForce Yoga® Practitioner Training, Part A-Experiential

Tuition: \$680 Add 6 nights' accommoda-  
tion

Learn an evidence-based yoga protocol to help students and clients focus, relax, and have greater access to feeling states. This program for yoga teachers and mental-health professionals weaves ancient yogic wisdom with current findings in neurobiology. You will learn strategies appropriate for clinical settings that safely release chronically held physical tension and repressed emotions, as well as experience yoga techniques as tools for self-care. **More online.**

**Amy Weintraub** is a registered yoga therapist and director of the LifeForce Yoga Healing Institute. Author of the best-selling *Yoga for Depression* and *Yoga Skills for Therapists*, she has been a pioneering teacher and researcher in the field of yoga and mental health for 20 years.

**CEU** **TTC** TEACHER TRAINING COURSE

March 10 – April 6

### Sivananda Yoga Teacher Training Course

Take your practice the next step — become a yoga teacher. See page 13.

**YVP** YOGA VACATION PROGRAM

March 11 – 14

### Classical Indian Music and Dance Suba Ramesh Parmar



Join us for a very special program of performances and workshops by Suba Ramesh Parmar. This distinguished artist has imbibed the spirit of Bharatanatyam, a classical Indian dance form that originated in the temples of Tamil Nadu, India. Suba manifests its grandeur through her lightning fast footwork, impressive expressions, and impeccable gestures.

**Suba Ramesh Parmar** is an award-winning dancer of the South Indian Bharatanatyam dance style. She is known for grace and dynamism in her expression and movement and performs regularly at Sivananda yoga centers together with her gifted daughter Madhu Parmar.

**YVP** YOGA VACATION PROGRAM

March 12

### Relaxation, Visualization, and Contemplation: Preksha Meditation Ramesh Parmar



Preksha Meditation is an ancient Jain meditation technique to discover oneself through one's inner eye.

Helpful for relieving stress, improving focus, and creating attitudinal changes, the technique has various components, including *kayotsarg* for total relaxation, color visualization, and contemplation for internal transformation. The workshop will include a summary and a practice session.

**Ramesh Parmar** is a successful entrepreneur, a graduate of the Sivananda Yoga Teacher Training Course, and a regular practitioner of Jain Preksha meditation.



## Matthew Fox

**YVP** YOGA VACATION PROGRAM

March 13 - 15

### East Meets West: Western Mystics Teaching a Universal Wisdom

In this program, visionary theologian Matthew Fox leads us into the teachings of spiritual mystics Meister Eckhart, Hildegard of Bingen, Teilhard de Chardin, Thomas Berry, Dorothee Soelle, and Father Bede Griffiths for inspiration and guidance that we can apply to contemporary issues that impact our global community such as planetary sustainability, women's rights and empowerment, religious tolerance, and spiritual freedom. Come recover the rich wisdom and explore the universal truths of Eastern and Western mystical traditions that are just as poignant today as they were centuries ago.

**Matthew Fox**, PhD, is an acclaimed theologian and spiritual maverick who has spent the last 40 years advocating for a creation-centered spirituality of compassion and justice. He has written more than 30 books, including *Original Blessing* and *Meister Eckhart: A Mystic Warrior for Our Times*.



## Marc Halpern (Siva)

**CEU** **PT** PROFESSIONAL TRAINING

March 13 - 17

### Yoga Nidra Teacher Training: The Art of Conscious Deep Relaxation and Healing

Tuition: \$575 Add 6 nights' accommodation

Yoga Nidra is the art of conscious deep relaxation that allows you to begin to experience the flow of prana in your physical and subtle bodies. You can then identify and release blockages to the flow of prana and ultimately, bring healing to the body and mind and expand consciousness. During this course, students will experience Yoga Nidra and learn how to teach it to others. Topics covered include the history, physiology, science, and practice of Yoga Nidra.

**Marc Halpern (Siva)** DC, CAS, PKS, is founder and president of the California College of Ayurveda and the author of *Healing Your Life: Lessons on the Path of Ayurveda*. A Sivananda Yoga teacher, he is the co-founder of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine.

March 15 - 19

# FEMININE & MASCULINE IN THE WORLD'S SPIRITUAL TRADITIONS

**Swami Swaroopananda, Nathan Katz, Daniel Matt,  
Douglas Canterbury-Counts, Judith Simmer-Brown, Vasudha Narayanan**

According to mystical and religious traditions around the world, the deepest secrets of the universe and the soul are expressed through archetypes of the feminine and masculine. Whether through the Taoist yin-yang, the Buddhist qualities of compassion and wisdom, or the Jewish concept of God and Shekinah, we find subtle hints about the dual nature of reality. This symposium with a group of eminent scholar-practitioners will examine those hints. Through talks, we will explore the Tantric dakini (female "sky-goer"), the anima as taught by analytical psychologist Carl Jung, the Goddess and Mother traditions of India, the Jewish Shabbat Queen, and the Kabbalistic Shekinah. In workshops, we will work with texts and practices that delve into these mysteries.



Bahamas and the Middle East.

**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and ashrams in the



*Western Wall, Who Are the Jews of India?*, and 13 others.

**Nathan Katz**, PhD, the world's leading authority on Indian Jewish communities, is a pioneer in the field of Indo-Judaic studies. His books include *Spiritual Journey Home: Eastern Mysticism to the*



translating and annotating the Zohar, the masterpiece of the Kabbalah.

**Daniel Matt**, PhD, a leading authority on Kabbalah and author of more than a dozen books, including *God and the Big Bang: Discovering Harmony between Science and Spirituality*, is currently



and has lived with his family in an interfaith community, Kashi Ashram, since 1996.

**Douglas Canterbury-Counts**, PhD, practices sacred psychology with specialties in neuropsychology and behavioral medicine. Since 1992 he has been a student of Ma Jaya Sati Bhagavati,



Trungpa Rinpoche, she is author of *Dakini's Warm Breath: The Feminine Principle in Tibetan Buddhism*.

**Judith Simmer-Brown**, PhD, is Professor of Religious Studies at Naropa University. A practicing Buddhist for over 40 years, and acharya (senior dharma teacher) in the lineage of Chogyam



the author or editor of several books.

**Vasudha Narayanan**, PhD, is Distinguished Professor in the Department of Religion at the University of Florida; director of the Center for the Study of Hindu Traditions at the University of Florida; and

March 17 - 19

## Yoga, Permaculture, and Vedic Ecology: Developing Ecological Consciousness

Swami Omkarananda

Tuition: \$200 Add 4 nights' accommodation



To live in harmony with our planet, we must first change our perceptions and begin to understand the interdependent relationship between ourselves and the environment. This

course will explore the connection between modern ecology, environmental activism, and the ancient Vedic tradition. We will study teachings in spiritual ecology from many different traditions, including the Prithvi Sukhta, the Vedic Hymn to the Earth, of the Atharva Veda that emphasize the importance of environmental protection for the survival and sustainability of humanity and all species.

**Swami Omkarananda** is Director of the Sivananda Yoga Vedanta Center in Los Angeles, California, and has over 25 years' experience teaching yoga and meditation. Originally trained as a medical doctor, she is certified in Permaculture Design and Advanced Permaculture and passionate about bringing together sustainability, permaculture, and spirituality.

March 17 - 19

## Adapting Sivananda Yoga to Your Body

Krishna Das

Learn to accommodate yoga postures to your unique needs. See page 24.

March 18 - 22

## Restorative Yoga Teacher Training

Nora Benian (Sundari)

Tuition: \$390 Add 6 nights' accommodation

Restorative Yoga is a very gentle yoga practice designed to calm the nervous system and create overall health in the body. In this training for certified yoga instructors, you will learn a full series of restorative postures and the use of well-placed props, complemented with gentle stretching, breathing, and meditation. Through direct experience, teaching practice, and feedback, you leave with the ability to confidently teach a primary series of restorative poses as well as incorporate them into your own practice.

**More online.**

**Nora Benian (Sundari)** bio on page 42.





CEU PT PROFESSIONAL TRAINING

## Ayurvedic Yoga Therapist Certification

Marc Halpern (Siva) and Marisa Laursen (Sri Devi)

**March 19 – 31** (for yoga teachers and healing-arts practitioners) Tuition: \$995 Add 14 nights' accommodation

**March 23 – 31** (for Ayurvedic practitioners) Tuition: \$795 Add 10 nights' accommodation

Certified Ayurvedic Yoga Therapists play an integral role in the healing process of their students and can work by themselves or alongside other health-care professionals. This certification course trains you to provide personalized yoga therapy programs and to conduct dosha-specific yoga classes and individual sessions. The course curriculum includes the diagnosis of constitution (prakuti) and the current state of the doshas (vikruti). Students will study the energetics of each asana and pranayama through an understanding of the nadis, chakras, and vayus of the body. **More online.**

**Marc Halpern (Siva)** bio on page 79.



**Marisa Laursen (Sri Devi)**, a Sivananda Yoga teacher, is a graduate and senior faculty member of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist, Pancha Karma Specialist, and Ayurvedic Yoga Therapist. She maintains a clinical practice in Chino, California.

SCC SIVANANDA CORE COURSE

**March 20 – 22**

## Essentials of Yoga I Weekend

Establish your foundations. See page 19.

SCC SIVANANDA CORE COURSE

**March 23 – 27**

## Introduction to Meditation

The secret to balanced living and spiritual insight. See page 20.

CEU PT PROFESSIONAL TRAINING

**March 23 – 26**

## Therapeutic Yoga Teacher Training Nora Benian (Sundari)

Tuition: \$290 Add 5 nights' accommodation

This certified training for yoga teachers and health-care practitioners gives you the skills to integrate therapeutic yoga and healing modalities into your practice and effectively serve individuals recovering from illness or injury, pregnant women, or aging populations. Learn techniques to bring the various systems within the body into balance, reduce pain, release long-held tensions, and produce a state of mind conducive to healing. Deepen your confidence as a teacher, expand the range of clients you work with, and increase the types of classes you offer. **More online.**

**Nora Benian (Sundari)** bio on page 42.

YVP YOGA VACATION PROGRAM

**March 25 – 27**

## Creating a Yogic Lifestyle Silvia San Miguel (Surya)

Develop a daily approach to yoga. See page 53.

YVP YOGA VACATION PROGRAM

**March 26 – 30**

## Healing the Broken Heart Catherine Gillies (Kumari)

Learn to honor and embrace all of life's experiences for the lessons and growth opportunities they provide. Within the sacred space of the ashram, you are invited to heal old wounds and transform depression, grief, trauma, and anxiety. Give yourself the gift of a deeply nurturing retreat that includes hatha yoga, meditation, mantra, breath work, healing ceremony, guided journal writing, and Karma Yoga.

**Catherine Gillies (Kumari)** bio on page 85.

March 20 – 24

# YOGA & THE ART OF FORGIVENESS

**Swami Swaroopananda**  
**John Kastner**  
**Andy and Noella Bouvier**  
**Lisa Ramshaw**  
**Frederic Luskin**

Forgiveness is a powerful part of spiritual life and a deeply transformative practice, one that is rarely easy and which offers both giver and receiver a rare experience. Even when we know it is the right thing intellectually, how do we find it in our hearts to forgive those who have caused us pain? And, when we do forgive, what changes as a result?

Over these days, two powerful new documentaries provide the starting point for this exploration of the journey to forgiveness: *NCR: Not Criminally Responsible* and *Out of Mind, Out of Sight*. Both films are about what happens when life confronts people with events that seem virtually impossible to forgive and include the stories of families who are the victims of horrific acts of violence caused by patients suffering from mental illness. During our time together, film director Kastner will be on hand to explore the challenging issues, along with Andy and Noella Bouvier, parents of one of the victims featured in *NCR*; Lisa Ramshaw, a forensic psychiatrist; and Frederic Luskin, Director of the Stanford University Forgiveness Projects. Swami Swaroopananda and other senior staff of the ashram will explore the importance of forgiveness from the yogic perspective.



**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and ashrams in the Bahamas and the Middle East.



**John Kastner** is one of Canada's most acclaimed documentary-makers and has won four Emmys and received five Emmy nominations. His works include *Life with Murder* and *The Lifer and the Lady*, the story of a convicted murderer and a prison volunteer who fall in love.



**Andy and Noella Bouvier** have traveled a painful journey of forgiveness since their 22-year-old daughter, Julie, was repeatedly stabbed by a man suffering from mental illness. Their story is depicted in the documentary *NCR: Not Criminally Responsible*.



**Lisa Ramshaw**, MD, DPhil, is a psychiatrist and pioneer in forensic psychiatry. Her practice involves assessments of criminal responsibility, risk of violence and sexual violence, and assessments and care of individuals under the jurisdiction of the Criminal Code Review Board.



**Frederic Luskin**, PhD, is Director of the Stanford Forgiveness Projects and the author of the best-selling *Forgive for Good*. Internationally recognized for his forgiveness work, he works as A Senior Fellow in Wellness at the Stanford University Health Center.



**YVP** YOGA VACATION PROGRAM

**March 27 – 28**

### **The Yoga of Sound Russill Paul (Anirud Jaidev)**

Allow the sacred power of sound to bring you fully alive during two days of high-energy chanting and devotional bliss. Through mantra recitation and ecstatic kirtan, you will experience the transformative power of sound at the core of your being. Russill Paul combines ecstatic vocals with electric sitar and synthesizers to create a unique sound experience.

**Russill Paul (Anirud Jaidev)** is considered a leading authority on the sonic applications of yoga. Trained in India as monk and yogi as well as in Sanskrit chanting and Indian music, he is the author of *The Yoga of Sound* and producer of several bestselling yoga chant albums.

**YVP** YOGA VACATION PROGRAM

**March 28 – 30**

### **Mindfulness Meditation for Daily Life Silvia San Miguel (Surya)**

Mindfulness meditation is not something we do, but something we live. In this program, we will explore the rationale for taking on or deepening a personal mindfulness practice. You will experience a number of mindfulness exercises that can be easily integrated into your life, such as walking, lying down, eating or listening meditation. You will leave inspired and empowered to live your life in an intentionally mindful way.

**Silvia San Miguel (Surya)** bio on page 53.

**EC** EXPERIENTIAL COURSE

**March 28 – 30**

### **Yogic Diet Cooking Course Pranava**

Tuition: \$240 Add 4 nights' accommodation



The yogic diet, based on the ancient science of Ayurveda, is conducive to the practice of yoga and progress in spiritual life while also promoting health and balance, reducing stress,

and increasing vitality and joy in life. Come discover how different foods, spices, and herbs affect your body, mind, and spirit. Learn to prepare nutritious, delicious, and easy recipes using a balance of fresh fruit, vegetables, whole grains, milk products, legumes, nuts, and seeds. You will leave with the tools to design satisfying meals full of prana, the subtle life force.

**Pranava** is an advanced Sivananda Yoga teacher who has been preparing delicious yogic meals at the ashram for the last several years. Senior staff of the ashram and a teacher in the Teacher Training Course, he regularly travels to Asia and India for pilgrimage to holy sites, retreats, and to deepen his yogic studies.



## Yoga Jumpstart

Combine these two programs for a 10-day yoga immersion.

SCC SIVANANDA CORE COURSE

March 31 – April 4

### Essentials of Yoga I

Establish your foundations. See page 19.

SCC SIVANANDA CORE COURSE

April 5 – 9

### Essentials of Yoga II

Deepen your practice. See page 19.



*There is nothing more elevating and sublime than to be a witness to the divine presence in all beings, and to strive to awaken that consciousness in others, too.*

—Swami Sivananda

PT PROFESSIONAL TRAINING

April 1 – 4

### Teaching Yoga to Seniors Catherine Gillies (Kumari)

Tuition: \$240 Add 5 nights' accommodation



A fit and active senior is more motivated to maintain independent daily living and a regular yoga practice can help. Learn to modify asanas for extra attention to joint and back care, postural strength and alignment, and

how health issues may require further modifications such as chair yoga. Explore ways to introduce breath work, guided relaxation, chanting, sound, and meditation into a yoga class for seniors. Help your students through the aging process by anchoring the spiritual teachings of yoga into their lives.

**Catherine Gillies (Kumari)** is a registered yoga therapist, advanced Sivananda Yoga teacher, and direct disciple of Swami Vishnudevananda. The director of Yoga Sivananda, an affiliated-Sivananda Yoga Center in Gatineau, Quebec, she has been teaching yoga for 31 years and currently offers specialized services in yoga therapy and healing.



SE SPECIAL EVENT

March 29– April 7

# Easter and Passover Symposium and Celebration YOGA & SACRED HEALING

**Joan Borysenko**  
**Judith Orloff**  
**Steven Halpern**  
**James Gordon**  
**Pamela Hale**  
**Marc Halpern (Siva)**  
**Marisa Laursen (Sri Devi)**  
**Marilyn Rossner**  
**Gaura Vani**

Swami Sivananda taught that health is a positive state. It is not simply negation of disease. It is our birthright, and is as natural as being born. Learn how to experience your radiant health and vitality as we explore healing modalities from various traditions and their connection to spirituality through this inspiring week of lectures and workshops with world-renowned healers, therapists, and authors.

Spring is a season of rebirth and renewal, a holy time for many, when individuals of diverse faiths and beliefs engage in spiritual practices and rituals that hold great meaning and opportunities for healing. Come discover healing on all levels—body, mind, and spirit.



**Joan Borysenko**, PhD, is a Harvard Medical School trained cell biologist, psychologist, spiritual educator, and *New York Times* bestselling author. A pioneer in stress management, resilience, and personalized nutrition, she is the author of *A Women's Journey to God*.



**Judith Orloff**, MD, is a psychiatrist, intuitive healer, and *New York Times* best-selling author whose latest book is *The Ecstasy of Surrender*. Dr. Orloff synthesizes the pearls of traditional medicine with cutting-edge knowledge of intuition, energy, and spirituality.



**Steven Halpern** is a Grammy-nominated recording artist, visionary composer, and pioneering sound healer whose music is used worldwide in healing centers, spas, corporate wellness programs, and schools. His most recent recording is *Deep Theta 2.0* (featuring Jorge Alfano).



**James S. Gordon**, MD, is a psychiatrist and expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. He is the founder and Director of the Center for Mind-Body Medicine in Washington, DC, and a Clinical Professor at Georgetown Medical School.



**Pamela Hale** is a spiritual mentor and shamanic practitioner who offers ancient and contemporary creative tools for healing, transformation, and restoring the sacred. She is creator of the Sand Spirits Insight Cards and author of *Flying Lessons*.





**Marc Halpern (Siva) DC,** CAS, PKS, is founder and president of the California College of Ayurveda and the author of *Healing Your Life: Lessons on the Path of Ayurveda*. A Sivananda Yoga

teacher, he is the co-founder of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine.



**Marisa Laursen (Sri Devi)** a Sivananda Yoga teacher, is a graduate and senior faculty member of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist, Pancha

Karma Specialist, and Ayurvedic Yoga Therapist.



**Marilyn Rossner, PhD,** is the cofounder of the International Institute of Integral Human Sciences, and founder/president of the Spiritual Science Fellowship of Canada. She is a retired

professor of special care counseling, a children's behavior therapist, and one of the world's most gifted intuitives.



**Gaura Vani** began studying sacred music in Vrindavan, India, at the age of six, and now performs extensively with his kirtan ensemble throughout the world. His albums include *Ten Million Moons* and *Nectar of Devotion*.

**YVP** YOGA VACATION PROGRAM

**April 3**

### Passover Seder Celebration Swami Swaroopananda

Join us for a traditional celebration of the Passover seder with Swami Swaroopananda. Enjoy a delicious vegetarian feast, a reading of the Haggadah, Passover chants, and teachings from Swami Swaroopananda on the main historical and spiritual components of Passover and their relationship to yogic principles.



**YVP** YOGA VACATION PROGRAM

**Q&A**

**April 4**

### Questions and Answers on Yoga and Spiritual Life Swami Swaroopananda

Ask your most important questions. See page 17.

**YVP** YOGA VACATION PROGRAM

**April 5**

### Easter Sunrise Service Swami Swaroopananda, Marilyn Rossner, and Bishop Trevor Williamson



Celebrate a beautiful Easter morning with us in paradise. Listen to traditional stories and receive messages of hope and faith from Swami

Swaroopananda, Marilyn Rossner, and Bishop Trevor Williamson (pictured here) of the Trinity Full Baptist Church of Nassau, Bahamas. There will also be traditional Easter chanting by the choir of Trinity Full Baptist Church.



PT PROFESSIONAL TRAINING

April 5 - 7

## Yoga Therapy for Back Care: A Practical Course for Yoga Teachers

**Catherine Gillies (Kumari)**

Tuition: \$165 Add 4 nights' accommodation

Learn the essentials of adapting a traditional Sivananda Yoga class to safely accommodate a variety of back conditions with specific exercises and modified postures. This training will include basic breath and voice/sound exercises, deep relaxation practices, vocabulary awareness, using visualization and imagery for healing, and the importance of holding sacred space. You will discover a unique, right-brain approach to health and healing that harnesses the mind while connecting body and soul.

**Catherine Gillies (Kumari)** bio on page 85.

PT PROFESSIONAL TRAINING

April 5 - 8

## Yoga and Positive Thinking for Kids

**Kate Bartram Brown**

Tuition: \$325 Add 5 nights' accommodation



Studies have found that teaching yoga to children helps them learn how to release stress, retain more information, and increase confidence and happiness. This course trains

yoga instructors, child educators, and parents to facilitate a two-hour yoga workshop where participants learn a 15-minutes-a-day routine that can be used in pre-school and elementary classrooms or the home. Join us for an action-packed four days and leave with the skills for helping children in your community.

**More online.**

**Kate Bartram Brown** is the creator of Mini Me Yoga and has ambassadors teaching the two-hour workshop worldwide. She also teaches pre- and post-natal yoga, teen yoga, and kids yoga in the US, UK, and Middle East, as well as self-empowerment workshops to adults.

VVP YOGA VACATION PROGRAM

April 7 - 9

## Wisdom and Compassion Joseph Goldstein



These evening talks will discuss two great wings of spiritual practice — wisdom and compassion — and consider the questions: what is the wisdom that emerges from contemplative practice in the Buddhist tradition and how does this translate into compassionate motivation and action in the world.

**Joseph Goldstein** is a cofounder of the Insight Meditation Society and the Barre Center for Buddhist studies, both in Barre, Massachusetts. He is the author of *Mindfulness: A Practical Guide to Awakening*; *A Heart Full of Peace*; *One Dharma: The Emerging Western Buddhism*; *Insight Meditation* and *The Experience of Insight*.

EC EXPERIENTIAL COURSE

April 8 - 11

## Overcome Pain with Gentle Yoga Neil Pearson

Tuition: \$360 Add 5 nights' accommodation



Come spend four days immersed in safe effective yoga practices designed to decrease pain and improve ease of motion. People in pain, health professionals, and yoga teachers are invited to explore an integration of chronic pain science and management with therapeutic yoga practices that wind down the nervous system, promoting positive, lasting changes in the body. You will learn current science-based views of chronic pain and practical, empowering tools to improve quality of life, and more about the lived experience of pain.

**Neil Pearson** is a physical therapist, yoga therapist, and clinical assistant professor of physical therapy at the University of British Columbia, Canada. He teaches therapeutic yoga, works with people with complex pain problems, and offers a Pain Care Yoga certification program.

CEU TTC TEACHER TRAINING COURSE

April 9 - May 6

## Sivananda Yoga Teacher Training Course

Take your practice the next step — become a yoga teacher. See page 13.

EC EXPERIENTIAL COURSE

April 9 - 18

## Spring Cleanse, Detox, and Juice-Fasting Program Manu Dawson, Petra Rakebrandt, Pranava

Tuition: \$700 Add 11 nights' accommodation

Jump-start your spring with a juice cleanse to detox your body, mind, and spirit and boost your energy for the season ahead. Please see the description of this cleanse on page 64.

**Pranava** bio on page 84.

YVP YOGA VACATION PROGRAM

April 10 - 11

## What Is Yoga? Rukmini



Many people know that yoga is more than physical practice and that it is actually a spiritual path. But what exactly do we mean by "spiritual path," how is that different from "religion," and can we practice yoga while keeping our faith in our own religion? If yoga is a spiritual path, how is it different from Hinduism and what is the connection between the spiritual aspect of yoga and the physical practices of postures and breathing techniques? Through lecture and discussion, we will discover the deeper meaning of yoga.

**Rukmini** is a senior staff member of the Sivananda Ashram Yoga Retreat. A knowledgeable and experienced teacher and yoga practitioner, she has been teaching yoga classes and offering lectures on yoga philosophy for many years.

SCC SIVANANDA CORE COURSE

April 10 - 12

## Introduction to Meditation Weekend

The secret to balanced living and spiritual insight. See page 20.



April 12 - 16

# THE NATURE OF CONSCIOUSNESS

## A Science & Spirituality Symposium

**Swami Swaroopananda**  
**Peter Russell**  
**Amit Goswami**  
**Cassandra Vieten**  
**Lothar Schäfer**

Join four leading thinkers on consciousness to explore how science and spirituality are coming together in a new worldview. Over these days, they will be sharing their discoveries on such questions as: What is consciousness? What lies at the heart of the world's spiritual teachings? How can science and spirituality be reconciled? What is science revealing about the nature of reality, and our perception of it? Is there really such a thing as matter? Or is it all just the play of consciousness? They will also explore experiences and practices that lead to an appreciation of our true nature and Self-realization. Each presenter will give both talks and workshops, providing ample opportunity to go in depth into these subjects.



**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and ashrams in the Bahamas and the Middle East



**Peter Russell** is a leading thinker on consciousness and contemporary spirituality whose books include *The Global Brain* and *From Science to God*. His multi-image shows and videos, *The Global Brain* and *The White Hole in Time*, have received wide recognition.



**Amit Goswami**, PhD, is a retired professor of theoretical physics and a pioneer of the new paradigm of science called "science within consciousness". His books include *The Self-Aware Universe*, *Physics of the Soul*, and, most recently, *Quantum Creativity*.



**Cassandra Vieten**, PhD, is President and CEO of the Institute of Noetic Sciences and co-president of the Institute for Spirituality and Psychology. Her primary interest lies in how psychology, biology, and spirituality interact to affect experience and behavior.



**Lothar Schäfer**, PhD, retired Distinguished Professor of Physical Chemistry at the University of Arkansas, is the author of *In Search of Divine Reality* and most recently, *Infinite Potential: What Quantum Physics Reveals About How We Should Live*.

April 12 - 21

## Ayurveda and Yoga Wellness Counselor Certification

Catherine O'Neill (Durga Leela),  
Swami Sitaramananda,  
Swami Hridayananda

Tuition: \$1,300 Add 11 nights' accommodation

This is a thorough foundational course in Ayurveda as the health-care component of the yoga tradition. It is based on the books and distance-learning programs of Dr. David Frawley and taught in the Sivananda Yoga tradition. There are no prerequisites, and it qualifies a person to serve as an Ayurvedic lifestyle counselor who can assess someone's Ayurvedic constitutional type and guide them toward balance through daily health regimens and lifestyle recommendations based on Ayurvedic principles. **More online.**



**Catherine O'Neill (Durga Leela)** is a Clinical Ayurvedic Specialist and Pancha Karma Specialist, trained at the California College of Ayurveda and in Kerala, India. An

advanced Sivananda-trained yoga teacher, she is director of the Ayurveda programs at the Sivananda Ashram Yoga Farm in California.



**Swami Sitaramananda** is Director of the Sivananda Ashram Yoga Farm in Grass Valley, California, an acharya (spiritual director) of the International Sivananda Yoga

Vedanta Centres, and a direct disciple of Swami Vishnudevananda. She is an experienced teacher of meditation and yoga philosophy and psychology.



**Swami Hridayananda**, a direct disciple of Swami Vishnudevananda, is senior staff of the Sivananda Ashram Yoga Retreat and an artist. She has spent over 25 years

teaching Sivananda Yoga and supporting individuals on the transformative journey.



YVP YOGA VACATION PROGRAM

April 17-19

## The Yoga of the Division of the Three Gunas: Talks on the 14th Chapter of the Bhagavad Gita Swami Shantananda



All embodied souls are under the control of the three modes, or qualities, of material nature: goodness, passion, and ignorance. In chapter 14 of the Bhagavad Gita, titled "The

Three Modes of Material Nature," Lord Krishna explains what these modes are, how they act upon us, how one transcends them, and the symptoms of one who has attained the transcendental state.

**Swami Shantananda** bio on page 93.

YVP YOGA VACATION PROGRAM

April 19-25

## Spring Family Holiday Program Tara Rachel Jones (Omkari) and Aaron Jones (Sivaram)

Take a family vacation! See description on page 47.



EC EXPERIENTIAL COURSE

April 17 - 21

## Meditation and the Mind Intensive Swami Dharmananda

Tuition: \$290 Add 6 nights' accommodation



Move your yoga practice to a new level by understanding the connection between prana, mind, emotions, and body. During this five-day meditation course, you will immerse

yourself in the techniques of classical yoga meditation and identify personal obstacles to the transcendental state of bliss through self-examination, introspection, and dialogue with an experienced teacher. Learn to free yourself by detaching from the mind's disturbances. Improve concentration and prepare your mind for a positive and successful life.

**Swami Dharmananda** is the assistant director and spiritual advisor to staff and students of the Sivananda Ashram Yoga Farm in Grass Valley, California, where he teaches yoga and meditation in the Teacher Training Course. He presents the classical teachings in a practical and accessible way to people of all backgrounds.

YVP YOGA VACATION PROGRAM

April 18 - 19

## Sadhana: Understanding and Maintaining a Spiritual Practice Jnaneswari

Swami Sivananda described sadhana as spiritual movement that is consciously systematized. Sadhana creates the structure and guidelines for a spiritual life, and both requires and develops self-discipline. It is the touchstone to which we return, in times of ease or challenge, and supports our spiritual progress. These talks provide inspiration and guidance in establishing and committing to sadhana. We will discuss the obstacles and pitfalls in sadhana and how to overcome them as well as the benefits and gifts that come as a result of sadhana.

**Jnaneswari** bio on page 60.

EC EXPERIENTIAL COURSE

April 22 - 26

## Yoga of Change: Remaining Balanced in Times of Transition Swami Sitaramananda

Tuition: \$290 Add 6 nights' accommodation

Yoga philosophy offers practical advice to solve the problems of adaptation to change. Learn age-old wisdom from yogic sages and scriptures that teaches people how to be happy in difficult conditions and changing times. Applying this yoga philosophy can be particularly helpful during times of transition to eliminate worry and anxiety, providing new insight and a fresh outlook on life and helping to conserve time, energy, and money.

**Swami Sitaramananda** bio on page 91.

CEU PT PROFESSIONAL TRAINING

April 22 - May 1

## Yoga of Recovery: Certification for Counselors Catherine O'Neill (Durga Leela) and Swami Dharmananda

Tuition: \$795 Add 11 nights' accommodation

Combine Ayurveda and yoga with traditional recovery tools for a more holistic approach to addiction and self-destructive behaviors. The course offers tools and a comprehensive approach to wellness, emotional sobriety, and sustained spiritual development using Ayurveda and yoga as extension therapies to any 12-step work. This course is designed for yoga teachers and health professionals who work with people recovering from addiction, and for people with personal histories or family members with histories of addiction.

**More online.**

**Catherine O'Neill (Durga Leela)** is a Clinical Ayurvedic Specialist and Pancha Karma Specialist, an advanced Sivananda yoga teacher, and director of the Ayurveda programs at the Sivananda Ashram Yoga Farm. She has been involved with the 12-Step Fellowship for 13 years and regularly leads yoga and recovery programs and retreats.

**Swami Dharmananda** bio above left.

SE SPECIAL EVENT

April 19- 24

# MEDITATION AS A PATH TO ENLIGHTENMENT

## Interfaith Symposium

**Swami Swaroopananda, Swami Shantananda, Rabbi Mitchell Chefitz, Lama Thupten Phuntsok, Swami Sitaramananda, Father Vincent Pizzuto**

Meditation is the royal road to super consciousness. It is the ladder that will elevate you from bondage to truth, bliss, abiding peace, and knowledge. The practice of meditation is prescribed as part of the spiritual practice under all major religions and spiritual traditions. Join us and learn from prominent spiritual leaders the theory and practice of meditation, how it can take you beyond your mind to open the deepest chambers of your heart.



**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and

ashrams in the Bahamas and the Middle East.



**Swami Shantananda** has dedicated his life to mission work and Vedantic teachings. He is presently the resident acharya of Chinmaya Mission centers in New Jersey, Pennsylvania and New York. His lectures are filled

with wonderful insights into life.



**Rabbi Mitchell Chefitz** is the author of *The Seventh Telling: The Kabbalah of Moshe Katan*. Currently Scholar-in-Residence at Temple Israel of Greater Miami, for over two decades he was director of the Havurah of

South Florida, a non-denominational fellowship.



**Lama Thupten Phuntsok** has taught meditation for the past 15 years. A long-time student of Sermey Geshe Lobsang Tharchin Lobsang Khen Rinpoche, he has also taken teachings from many prominent Tibetan Lamas,

including His Holiness the 14th Dalai Lama.



**Swami Sitaramananda** is Director of the Sivananda Ashram Yoga Farm in Grass Valley, California, an acharya (spiritual teacher) of the International Sivananda Yoga Vedanta Centres, and a direct

disciple of Swami Vishnudevananda. She is an experienced teacher of meditation and yoga philosophy and psychology.



**Father Vincent Pizzuto**, PhD, is Chair of the Department of Theology and Religious Studies at the University of San Francisco, speaks nationally on the integration of contemplative practice in higher education,

and has taught and published on Christian contemplative prayer around the world.



April 24

### Swami Swaroopananda Questions and Answers on Yoga and Spiritual Life

Ask your most important questions.  
See page 17.

SCC SIVANANDA CORE COURSE

April 24 - 26

### Essentials of Yoga I Weekend

Establish your foundations. See page 19.

YVP YOGA VACATION PROGRAM

April 25 - 27

### Integrating the Four Paths of Yoga into Our Lives Swami Hridayananda

Dive into Karma, Bhakti, Raja, and Jnana  
Yoga. See description online.

## Explore the Depths of Our Healing Nature

YVP YOGA VACATION PROGRAM

April 25 - 26

### Pathways to Healing Joyce Hawkes and Helen Folsom

Explore how spirit and science meet in the body and mind for health. See the beauty of your deep cellular structure revealed through the electron microscope and the effects of healing meditation on your neurons through brain wave testing. Join healing facilitators Joyce Hawkes, PhD, a biophysicist who had a near-death experience, and Helen Folsom, musician and hypnotherapist, as they empower your journey on the path to vibrant health.

EC EXPERIENTIAL COURSE

April 27 - 30

### Cell-Level Healing: Union of Body and Spirit Joyce Hawkes and Helen Folsom

Tuition: \$350 Add 5 nights' accommodation

Explore the depths of our healing nature in this 4-day course at the ocean's edge. Looking within, both through powerful micrographic images of cells and through time-honored spiritual practices, we will explore the healing nature of our physicality and our minds. We will touch the heart of stillness in meditation, sing ourselves to new levels of wholeness, discover the capacity of water to carry blessing for health, and deepen our ability to be of service to one another through the refined techniques of Cell-Level Healing.



**Joyce Hawkes, PhD**, is a biophysicist and cell-biologist who received a National Achievement Award. A near-death experience in 1984 caused her to embark on extensive exploration of indigenous spiritual and healing traditions, incorporated into her book *Cell-Level Healing*.



**Helen Folsom**, registered hypnotherapist, altered states therapist, healing facilitator, and musician, is certified by the Institute for Therapeutic Learning in Seattle, Washington, as an advanced practitioner. She is author of the award-winning children's book series *Runt Farm*.

# Bring Yoga to Children

PT PROFESSIONAL TRAINING

April 26 – 28

## Introduction to Teaching Yoga to Children

Mira Binzen

Tuition: \$280 Add 4 nights' accommodation



Share your love of yoga with children. Drawing from current child-development principles, you will learn how to turn the ancient science of yoga into the fun, appealing, age-appropriate stuff kids love. You will gain a deeper understanding of yoga and acquire many tools and techniques for bringing the benefits of yoga to children through postures, breathing, visualization, sound and movement, games, stories, and more. Previous yoga experience is helpful but not required.

PT PROFESSIONAL TRAINING

April 29 – May 1

## Share the Practice of Yoga Nidra with Children

Mira Binzen

Tuition: \$280 Add 4 nights' accommodation

Learn and practice techniques for sharing Yoga Nidra, or “yoga sleep,” with children through stories, art, and games. Through this enjoyable anxiety-reducing practice of meditation and visualization, children develop the ability to induce a sense of deep relaxation to help clear the mind, re-pattern thoughts and memories, and reduce anxiety. Through the practice of Yoga Nidra, you can help children learn better, expand their imaginations, and eliminate negative behavioral patterns.

**Mira Binzen** is an advanced Sivananda Yoga teacher and a yoga therapist. A highly experienced teacher of children's yoga, she holds a degree in child psychology and is the founder of Global Family Yoga, an organization that focuses on child development through yoga.



## Jai Uttal

YVP YOGA VACATION PROGRAM

April 27 – 30

## Awakening Bhakti: Chanting Retreat

Ride on the wings of kirtan and feel whole and free. Join Jai Uttal as he invokes a space of prayer and heartfelt expression and invites us to tune our voices and hearts to that which is sacred. Jai will share and demystify some of the secrets of the ecstatic songs of ancient India and show us that with just a little understanding of music and rhythm and a lot of self-acceptance, we all can sing and lead and share our hearts with others.

**Jai Uttal** is a pioneer in the world of kirtan music and has led kirtans around the world for more than 30 years. A sacred music composer, recording artist, multi-instrumentalist, and vocalist, he has recorded many albums, including *Monda Rama* and *Kirtan Kids*.

MAY



## Eben Alexander and Karen Newell

**YVP** YOGA VACATION PROGRAM

April 30 - May 2

### Sound as the Key to Accessing Infinite Consciousness

Join Dr. Eben Alexander, author of the best-selling book, *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife*, and audio meditation specialist Karen Newell, on an inner journey through realms of consciousness. Learn techniques that can help you access deeper meditative states and experience oneness and clarity of connection - without having to have a near-death experience like Dr. Alexander. Through the use of brain entrainment sound recordings, expand your inner awareness, experience states of bliss and unconditional love, and walk in greater conscious awareness through life.

**Eben Alexander, MD**, is a neurosurgeon and the author of *Proof of Heaven*, the story of his own near-death experience, which convinced him of the reality of an afterlife. Chairman of Eternea, he speaks worldwide to promote the power of love, encourage research, and to reconcile medical science with spirituality.

**Karen Newell**, co-founder of Sacred Acoustics and creator of brain entrainment audio meditations, combines digital frequencies, sacred instruments, harmonics of nature, and human vocals to access altered states of awareness. She teaches how to use this form of acoustic enhancement for deep consciousness exploration.



May 1 - 3

## Jnana Yoga: The Practice of Self-Inquiry

Swami Brahmananda

Jnana Yoga is the path of Self-knowledge that leads to the direct experience of our God-Self. Swami Sivananda wrote, "Self-realization or direct intuitive perception of the Supreme Self is necessary for attaining freedom and perfection." The practice of Jnana Yoga can only begin with the purity of heart that results from Karma and Bhakti Yoga. Through study, self-inquiry, meditation, and constant, earnest sadhana, the aspirant then engages in the highest forms of Jnana Yoga.

Swami Brahmananda bio on page 28.

May 2 - 4

## Nature and Experience of Fundamental Consciousness

Menas Kafatos



The universe is much richer than our senses tell us. The underlying reality is universal consciousness, which operates at every level of existence of the universe and is founded on

the fundamental I-awareness, which is the true Self. The sages of ancient monastic schools taught the experience of the Self through practical steps. While its names are infinite and its nature mysterious (because it can never be studied through perception or through the mind) the creative process of Self can be experienced in one's own being.

Menas Kafatos, PhD, is the Fletcher Jones Endowed Professor of Computational Physics at Chapman University and an acclaimed scholar of climate change, quantum theory, consciousness, and monistic philosophies. Widely published, he is co-author, with Deepak Chopra, of the forthcoming, *Who Made God and Other Cosmic Riddles*.

May 3 - 7

## Essentials of Yoga I

Establish your foundations. See page 19.

May 3 - 9

## Sacred Sound and Movement: Cross Cultural Pathways for Spiritual Transcendence

Andrea Mantell Seidel



Come explore how the practices of diverse sacred world dance and music traditions bring the body, mind, and spirit into a harmonious connection with nature, the cosmos, and the Divine. Learn how specific sound vibrations resonate with the devas (female deities), apsaras (celestial dancers), and gandharvas (male celestial musicians), creating a great symphony of the spheres. Discover the body as a sacred site, or axis mundi of life's journey.

Andrea Mantell Seidel, PhD, is an associate professor of religious studies and a professor of dance at Florida International University, Author of *The Art and Soul of Isadora in the 21st Century*, and a certified Sivananda Yoga teacher, she lectures, leads workshops, and performs internationally.

May 3 - 9

## Yoga of Recovery Retreat

Catherine O'Neill (Durga Leela)

Tuition: \$450 Add 8 nights' accommodation



This retreat for people in recovery draws parallels between the wisdom of yoga, Ayurveda, and the daily practical tools used by members of 12-step programs. Experience practices that support health and well-being, including meditation, chanting, yoga postures and breathing, a vegetarian diet, and participation in service work. Topics covered include the root causes of addiction from a multidimensional perspective, training the mind, and the cultivation of sattva (peace and serenity).

Catherine O'Neill (Durga Leela) bio on page 92.



## John Douillard

**YVP** YOGA VACATION PROGRAM

May 4 - 5

### **Digestion and the Mind: The Key to Health and Longevity**

In this illuminating series, we will consider just how important the digestive tract is — 80 percent of the body's immunity comes from it! You will learn how to balance and repair the microbial cells in your digestive tract as well as troubleshoot hidden imbalances in digestion and reset your digestive strength. Techniques from Ayurveda will help to free the mind from stress and imbalance. We will also explore the epidemic of pre-diabetes and how changing how, when, and what you eat can protect you.

**John Douillard, DC**, directs the LifeSpa Ayurvedic Retreat Center in Boulder, Colorado. Trained in Ayurveda in India, he has written six books, including *The 3-Season Diet*, produced numerous health-related DVDs and CDs, published hundreds of free videos and articles on his website, and formulated his own line of organic health-care products.

## Stephen Sinatra

**YVP** YOGA VACATION PROGRAM

May 7 - 10

### **Yoga and Heart Health: A Cardiologist's Perspective on Ancient and Modern Healing**



Recent research has shown that yoga is beneficial for a number of cardiovascular issues. It further shows how aspects of modern living can be harmful to our health. Cardiologist Stephen Sinatra exposes the myths of modern medicine's approach to heart

disease, including the effects of outdated notions of "good" and "bad" cholesterol — and shares the secrets of a healthy heart through these four days of experiential workshops and lectures.

**EC** EXPERIENTIAL COURSE

May 12 - 13

### **Healing the Heart Yoga Course Stephen Sinatra and Denise Glueck**

Tuition: \$129 Add 3 nights' accommodation



This experiential two-day workshop offers an integrative approach to cardiovascular disease and explores mind-body practices as therapeutic interventions in cardiovascular healing. In the ashram's supportive

healing environment, join cardiologist Stephen Sinatra and yoga therapist Denise Glueck to learn specific yoga asanas, breath work, and grounding exercises that help restore the body's chi (energy), support detoxification, balance the autonomic nervous system, and lower heart rate.

**Stephen Sinatra, MD**, is a board-certified cardiologist and assistant clinical professor of medicine at the University of Connecticut School of Medicine. He is founder of heartmindinstitute.com and author of *The Great Cholesterol Myth* and other books.

**Denise Glueck** is founder of Yoga Moves in St. Petersburg, Florida, an advanced Iyengar-trained yoga teacher, and a Thai massage therapist. Embracing the therapeutic approach to yoga, Denise weaves the principles of balance and alignment with mindfulness, breath, and movement into her yoga classes.

**YVP** YOGA VACATION PROGRAM

**May 8 - 9**

### **Thought Power** **Swami Hridayananda**

Discover how your thoughts create your reality. See page 76.

**SCC** SIVANANDA CORE COURSE

**May 8 - 10**

### **Introduction to** **Meditation Weekend**

The secret to balanced living and spiritual insight. See page 20.

**CEU** **TTC** TEACHER TRAINING COURSE

**May 9 - June 5**

### **Sivananda Yoga Teacher** **Training Course**

Take your practice the next step — become a yoga teacher. See page 13.

**SCC** SIVANANDA CORE COURSE

**May 11 - 15**

### **Essentials of Yoga III**

Advance your studies. See page 19.

**EC** EXPERIENTIAL COURSE

**May 11 - 17**

### **Gracious Living 7-Day** **Liquid Detox Retreat** **Grace Van Berkum and** **Andrea Clark (Amrita)**

Immerse in a weeklong healthy living cleanse. See page 31.

**EC** EXPERIENTIAL COURSE

**May 16 - 19**

### **Developing Greater** **Awareness in Asana Practice** **Krishna Das**

Come experience asanas in completely new ways. See page 38.



## **Radhanath Swami** **and Gaura Vani**

**YVP** YOGA VACATION PROGRAM

**May 13 - 17**

### **Bhakti Yoga Retreat**

*"Listening to the stories of the Lord, thinking on Him day and night are both sure remedies for the misery called the cycle of birth and death."*

—Srimad Bhagavatam

Immerse yourself in Bhakti, the yoga of devotion, with Radhanath Swami as he brings to life ancient Hindu stories. These stories are designed to evoke Divine love and endless devotion in our hearts, leading the way to true peace and happiness. Talks will be accompanied by devotional chanting with Gaura Vani.

**Radhanath Swami** is an inspiring storyteller and kirtan leader who teaches devotional wisdom around the world. He resides in Mumbai, India, where he is involved with humanitarian activities, and is the author of *The Journey Home: Autobiography of an American Swami*.

**Gaura Vani** began studying sacred music in Vrindavan, India, at the age of six, and now performs extensively with his kirtan ensemble throughout the world. His albums include *Ten Million Moons* and *Nectar of Devotion*.

May 17 - 21

# CONSCIOUSNESS, SELF-CONSCIOUSNESS, & COMPASSION

## A Neuroscience-Spirituality Dialogue

**Swami Swaroopananda, Stephen Kaplan, Daniel Drubach,  
Francisca Cho, Michael L. Spezio**

Compassion and selflessness are essential elements of many spiritual paths and religions. But we must ask, does one have to develop a “self” in order to be selfless? Can one be conscious without being self-conscious? And, can one be self-conscious yet act selflessly and compassionately? This 5-day symposium will be led by two philosophers of religion from different traditions and two neuroscientists with different areas of expertise. They will open a conversation that engages the ideas of consciousness, self-consciousness, selflessness, and compassion, exploring the questions: “What do the different spiritual traditions propose as the lines between consciousness, self, and selflessness, and between selfishness and compassion?” and “What do the neurosciences tell us about these ideas and their relationships?”



**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the

Sivananda centers and ashrams in the Bahamas and the Middle East.



**Stephen Kaplan**, PhD, is Professor of Religious Studies at Manhattan College specializing in Indian and comparative religions. The author of two books and

numerous articles in leading journals, he is currently working on a book entitled *Advaita Vedanta and the Neurosciences*.



**Daniel Drubach**, MD, is a specialist in neurology, psychiatry and neurorehabilitation, and a member of the Behavioral Neurology Division at Mayo Clinic. Author of *The*

*Brain Explained*, he has written extensively on the neuroscience of music, meditation, language, and religion.



**Francisca Cho**, PhD, is a Professor of Buddhist Studies at Georgetown University, where she has taught for over 20 years. Her current research focuses on Buddhism as

expressed through film and the relationship between Buddhism and science.



**Michael L. Spezio**, PhD, MDiv, is an affective and social neuroscientist and teaches psychology and neuroscience at Scripps College in Claremont, California. He is

finishing work on a project entitled “Mindful-Emotional Persons: From Cognitive Science and Virtue Theory to Character in Loving Encounter.”

SCC SIVANANDA CORE COURSE

May 17 - 21

### The Power of Positive Thinking

Take a practical and inspiring approach to mastering your destiny. See page 20.

SCC SIVANANDA CORE COURSE

May 22 - 24

### Essentials of Yoga I Weekend

Establish your foundations. See page 19.



YVP YOGA VACATION PROGRAM

May 22 - 24

### The Yoga of Divine Love: Practicing Bhakti Yoga Rukmini

Bhakti Yoga is yoga of the heart; it is a path of surrender to divine love and is said to be the easiest way for people at this time to attain lasting bliss. Immersing themselves in stories of the Lord, chanting, praying, and worshiping, devotees gradually develop great love and surrender at the feet of the Lord, where they find endless joy and true freedom from worldly misery. In these talks and discussions, we will take inspiration from the Narada Bhakti Sutra, a beautiful scripture about the path of Bhakti Yoga and engage in practices to open our hearts and find peace.

**Rukmini** bio on page 89.



YVP YOGA VACATION PROGRAM

May 22 - 23

### Light on Vedanta Swami Medhananda Puri

The Advaita Vedanta is one of the greatest philosophies of India. It boldly declares the underlying unity of all creation. The teachings of Vedanta, when applied to our daily life, transform one's life and open vistas to eternal bliss. According to the teachings of the Vedanta philosophy our true nature is bliss and, therefore, all we need to do to bathe in eternal bliss is to remove our ignorance regarding our nature. Come and explore these highest teachings taught by an authentic bearer of this knowledge.

**Sri Swami Medhananda Puri** is a distinguished traditional teacher of Vedanta. In 1979, he joined the Kailash Ashram in Rishikesh, India, where he was initiated into the Kailash monastic order. A teacher of teachers, many of his students have become acharyas who are now teaching around the world.



SE SPECIAL EVENT

May 24 - 28

# PRAYER AS A PATH TO BLISS

## An Interfaith Symposium

**Swami Swaroopananda**  
**Shaykh Abdul Haqq Sazonoff**  
**Rabbi Jonathan Kligler**  
**Ed McGaa (Eagle Man)**  
**Carrie Grossman (Dayashila)**

Prayer is the foremost practice in all religions. An invocation and a mighty spiritual force, it will elevate your soul, and fill you with the Lord's blessings. Prayer will lighten your heart, instill peace in your mind, strengthen and purify you. Join us as leading teachers and practitioners explore the mighty power of prayer and lead you on the path of devotion.



**Swami Swaroopananda**, a senior disciple of Swami Vishnudevananda, is Director of the Sivananda Ashram Yoga Retreat Bahamas, and acharya (spiritual director) of the Sivananda centers and ashrams in the Bahamas and the Middle East.



**Shaykh Abdul Haqq Sazonoff** is the national director of the Naqshandi Haqqani Sufi Order of America. He is a disciple of the famous Sufi Master, Shaykh Nazim Adil Al-Haqqani from Cyprus. He travels all over the world teaching Sufism and Islamic mysticism in universities, churches, synagogues, temples, and spiritual centers of diverse faiths.



**Rabbi Jonathan Kligler** is the Senior Scholar of the Lev Shalem Institute, a project of the Woodstock Jewish Congregation, where he was spiritual leader for more than 25 years. He has produced several recordings of Jewish spiritual music and is the author of *Hineni*.



**Ed McGaa (Eagle Man)** was born on the Pine Ridge Reservation in South Dakota and is a registered tribal member of the Oglala Sioux. He earned a law degree from the University of South Dakota and studied under Chief Eagle Feather and Chief Fool's Crow, both influential Sioux holy men.



**Carrie Grossman (Dayashila)** is a devotional singer, writer, and longtime student of the world's wisdom traditions. Her debut album was called *Soma-Bandhu: Friend of the Moon*. Carrie is also senior editor of *Common Ground* magazine and author of the blog Live from Lee-La Land.

SCC SIVANANDA CORE COURSE

May 25 - 29

## Essentials of Yoga II

Deepen your practice. See page 19.

EC EXPERIENTIAL COURSE

May 25 - 29

## Meditation Immersion Course Swami Brahmananda

Tuition: \$350 Add 6 nights' accommodation

To achieve lasting happiness and absolute peace, we must first know how to calm the mind, to focus, and eventually to transcend the mind. By turning the mind inward, we can deepen our concentration and attain a state of meditation. Come learn about the nature of the mind, how to develop concentration and inner stability, and overcoming obstacles in meditation. Be guided in basic meditation techniques, experience chanting and mantras, and get inspired to establish a daily meditation practice.

**Swami Brahmananda** bio on page 28.

YVP YOGA VACATION PROGRAM

May 26 - 28

## Track Your Practice: The Secrets of the Spiritual Diary Jnaneswari

*"There is no other better friend and more faithful teacher or Guru than your diary."*  
—Swami Sivananda

Swami Sivananda strongly encouraged aspirants to keep a daily spiritual diary in order to advance their progress. As a daily practice, we record what we have done — and not done — in our spiritual practice, with a commitment to truth-telling and non-judgmental awareness. Then, we notice what we may not have seen clearly before or how our own mind can play tricks on us. Keeping a spiritual diary helps keep us honest. It provides a path for deepening our practice and evolving more quickly. Come learn more and try it yourself.

**Jnaneswari** bio on page 60.

YVP YOGA VACATION PROGRAM

May 29 - June 2

## The Yoga of the Imperishable Brahman: Talks on the 8th Chapter of the Bhagavad Gita

Swamini Pramananda (Ammaji)



Chapter 8 of the Bhagavad Gita refers to the Imperishable Truth. Join Swamini Pramananda for an exploration of the topics discussed in this chapter: Why and how should the Lord be remembered at the time of death, the practice of meditation at the time of death, the nature of Lord, and the light and dark paths of the soul's travel upon leaving the material existence as well as their specific destinations.

**Swamini Pramananda (Ammaji)** is a senior disciple of Swami Dayananda Saraswati. She has been teaching Vedanta, Sanskrit, and Vedic heritage for many years and is the founder of the Purna Vidya Ashram.

PT PROFESSIONAL TRAINING

May 30 - June 10

## Permaculture Design Certification Course

Richard Powell

Tuition: \$1,200 Add 13 nights' accommodation



Receive an internationally recognized Permaculture Design Certificate. Permaculture is a design science based on mimicking efficient patterns and relationships found in nature — permaculture is yoga for the land. In this life-changing 12-day course, you will learn about ecological systems, greywater filtration, the use of rainwater, basic and advanced composting, natural building, elements of design, aquaculture, food forestry, and much more. **More online.**

**Richard Powell** is an experienced permaculture designer, consultant, installer, and teacher. He is the founder of Orlando Permaculture, dedicated to educating and empowering community through permaculture. Among other topics, Richard has studied organic horticulture in Europe, bamboo architecture in South America, and cob architecture in the US.



# Summer in the Bahamas

**June, July, August, September 2015**

These are beautiful months to come to the ashram. The ocean is warm, calm, and crystal blue — the best time for swimming and snorkeling. These months offer quieter time, providing an opportunity to go deeper into the practice of yoga and meditation, with more staff available for guidance and to answer questions about yoga and the spiritual path. Join us — and discover inner and outer paradise.

**Look for our summer programs  
online this November!**



# Professional Accreditation and Continuing Education

## Yoga Alliance Accreditation

The Sivananda Ashram Yoga Retreat is a Yoga Alliance Registered Yoga School. The Yoga Teacher Training Course and Advanced Yoga Teacher Training Course fulfill the requirements for the Yoga Alliance 200-hour and 500-hour certification, respectively. Other certification courses fulfill the Yoga Alliance requirements for Continuing Education Units and may be used as credit towards RYT-500 accreditation (visit our website for more information).

## Open International University for Alternative Medicine

The Sivananda Ashram Yoga Retreat is affiliated with the Open International University via the International Institute for Integral Human Sciences in Montreal, Canada. By graduating from the Sivananda Yoga Teacher Training Course or any other certification course at the Yoga Retreat, you can earn credits towards Bachelor (BTC) and Master (MTC) degrees in Therapeutic Counseling and the Doctor of Philosophy (PhD) in Therapeutic Counseling.

## Continuing Education Units (CEU)

We offer Continuing Education Units (CEUs) for health-care and mental-health professionals, in addition to other professional fields. Please check with your state board of licensure or professional association to determine if a particular program meets their continuing education requirements. Look for the **CEU** symbol with the program descriptions in this catalog and check our website for the most current information on CEU-approved courses.

*\* A \$20 charge applies for each CEU certificate.*





## Residential Study/Karma Yoga



*Karma Yoga, or the practice of selfless service, is the best preparation for the practice of meditation. Without purifying the heart and the mind from selfishness and other negative emotions, success in meditation is not possible. The ashram is the best setting for such a practice. Serving others with joy, in the company of other spiritual practitioners, is a safe way to practice Karma Yoga and eventually attain success in meditation and enjoy the bliss of the spiritual life.*

—Swami Swaroopananda

### **The Practice of Karma Yoga**

Open your heart to Divine love and discover the bliss of selfless service. Karma Yoga, or selfless service, is the path of action. Find the joy in acting from the purest motivation of service for others and doing your best to carry out your assigned duty. Through this process you will develop a stronger sense of discipline and willpower, purify your heart, and move forward along the path of your spiritual evolution. Experience living in community with like-minded people and receive guidance by senior staff on your quest for self-improvement.

**Interested? Visit our website to find out more and apply or email [karmayogabahamas@sivananda.org](mailto:karmayogabahamas@sivananda.org).**





### 1-Month Karma Yoga Introduction

Participants in this program contribute five hours of selfless service a day. The daily schedule includes mandatory attendance at morning and evening satsangs (meditation, chanting, and lecture) as well as one yoga class. Spiritual guidance and advice is provided by senior staff. In your free time, you can enjoy the beautiful white sand beach and participate in some of the afternoon workshops.

One-month minimum commitment is required. Cost: \$899 per month. This price includes accommodations\*, meals, yoga classes, and participation in some of the Yoga Vacation Programs (see catalog program pages).

*\*From mid-November to mid-June: Tent accommodations only; please bring your own tent. From mid-June to mid-November: accommodations will be in dormitories; hotel tax will apply.*

### 3-Month Karma Yoga Immersion

Join us for a full immersion in ashram life. This program is suitable for yoga teachers and those interested in making a deeper commitment to a spiritual life. Prior interview with the Karma Yoga coordinator is required. The minimum length of stay under this program is three months. No tuition fee applies.

“The moment I arrived, I felt at home. The energy here is so wonderful, the opportunities to learn are endless, and the people are amazing. The Karma Yoga experience has deepened my practice with the Five Points of Yoga, and I have been able to take several fantastic courses and workshops. I swim in the crystal blue ocean at least once every day, and it reminds me why I’m here: total immersion.

—Vishnu

“I have made lasting connections with many people. My spiritual practices have manifested in ways that I never thought possible — having the opportunity to do two hours of yoga daily is such a great blessing. The selfless service that I take part in every day feels as though it is fulfilling a need deep within me to put my work and my intellect into a cause that is truly spreading light and love into the world.”

—Trevor

“The Karma Yoga program was beautiful, challenging, and educational. I will always cherish the friendships I made and the important lessons I learned.

—Kim (Mahadevi)



# Plan Your Visit

In the following pages, you will find the information you need for planning a stay at the Sivananda Ashram Yoga Retreat. If you still can't find what you are looking for, please visit us online or contact us by email or phone. We look forward to your visit!

## Arrival and Departure

Students in all courses are advised to arrive at least one day before the first day of the course and depart at least one day after the course ends. Courses generally begin in the morning of the first day and end in the evening of the last day. You are welcome to arrive earlier or extend your stay to enjoy the Yoga Vacation Program or another course.

Guests in the Yoga Vacation Program are welcome to arrive and depart at any time, and can attend a whole program or any part of it.

**Room check-in time: 3:00 pm**

**Room check-out time: 11:00 am**

**Late checkouts:** After 11 :00 am, pay a \$25 supplement; after 3:00 pm, full night payment (subject to availability).

## How to Get Here

**Fly to Nassau International Airport** (please contact your local Bahamian Consulate to enquire whether you are required to have a visa to enter the Bahamas).

**We're closer than you think—**

**3 hours: New York City**

**1 hour: Miami**

**At the airport:** Take a taxi to our dock at Elizabeth on Bay Marketplace and Marina. The ashram boat will bring you here; it is about a five-minute ride from the dock. You are welcome to consult with reception about the boat schedule prior to arrival. If you arrive during early morning or late night, call us using a pay phone at 363-2902 to let us know that you are on your way and our boat will wait for you at the dock. Please visit our website for further arrival information.



## Enhance your stay

with body treatments or Ayurvedic consultations. Call us to book a session before you arrive to guarantee availability.

See pages 10-11 for more information.

### What to Bring

**Recommended items include:** casual comfortable clothes, modest clothes (covered legs and shoulders) for meditation and satsangs, yoga mat (you may also buy one at the Boutique or rent one at Reception), meditation shawl (cushions are available for use and for purchase), toiletries, slip-on sandals, clothing for warm days and cool mornings and evenings, rainwear, flashlight, insect repellent, alarm clock, beach towel, bathing suit, refillable water bottle, and snorkeling equipment. For tent space only, please bring tent, towels, and bedding.

### Helpful Reminders

In order to maintain a proper ashram atmosphere, attendance at two daily satsangs and yoga classes is expected.

Non-vegetarian food, drugs, alcohol, and tobacco are not permitted on the premises. We also recommend maintaining silence from 10:00 pm to 8:00 am daily to ensure a pleasant night's sleep and peaceful morning satsang for everyone. Sheets and blankets are provided for use in the rooms and tent huts only. There are no safety deposit boxes available; you are responsible for your personal belongings and valuables.

### Children

Families with children are always welcome at the ashram as part of the Yoga Vacation Program. We also offer special family, children, and teen programs.

#### Children's rates

Baby cots are available for \$15 a night. For children staying in their parents' room only (age at the time of arrival):

**Under age 5** Free

**Age 5-11** 50% discount on accommodation rates. Yoga Vacation Program fees do not apply (unless otherwise indicated).

**From age 12** Standard accommodation and Yoga Vacation Program rates apply.



### Day Visitors

Day visitors are welcome. The Yoga Vacation Program day rate is \$45. Please call or visit our website for drop-in pricing of daily activities.

*All speakers and presenters were confirmed prior to publication; however, cancellations may happen with or without notice for reasons that are beyond our control. Some courses are subject to minimum registration. The Sivananda Ashram Yoga Retreat will not be held liable for any cancellations or other changes in the program. Please consult our website or reception office for program updates prior to registering for any program.*

# Registration & Rates

**CHOOSE YOUR PROGRAM** (All guests must be registered for a program).

**YVP** YOGA VACATION PROGRAM

Add the following amount to accommodation rate

- November 20, 2014–May 31, 2015: \$29 per person per night
- June 1–November 19, 2015: \$15 per person per night

**EC** EXPERIENTIAL COURSES (Including SIVANANDA CORE COURSES and PROFESSIONAL TRAININGS)

Add tuition fee (listed with course description) to accommodation rate.

You may come early or stay after by registering for a day or more of the Yoga Vacation Program.

**TTC** TTC, ATTC, AND RESIDENTIAL STUDY PROGRAM

These programs' rates include tuition and accommodation. Please see pages 12 to 15 for Teacher Training Courses and page 106 for Residential Study/Karma Yoga) rates. For children's rates, see page 109.

## CHOOSE YOUR ACCOMMODATION OPTION

**Room Types** You'll find photos and more information about housing on our website.

**Accommodation Rates** The rates are per person, per night and are listed in US dollars.

### WINTER SEASON November 20, 2014–May 31, 2015

Room Type	# of Nights:	1-6	7-13	14-20	21 or more
Tent Space		69	64	61	58
Tent Hut Single or Double (private)		79	74	70	67
Dormitory (3-4 beds)		94	88	84	81
Garden Room (shared*)		109	103	98	94
Beach Hut (shared*)		120	112	106	102
Garden Room Single (private)		127	119	113	108
Garden Room with Bath (shared*)		131	123	116	111
Beachfront Deluxe Suite (Two Double Beds and Private Bathroom)		147	137	131	126

### SUMMER SEASON June 1, 2015–November 19, 2015

Room Type	# of Nights:	1-6	7-13	14-20	21 or more
Dormitory (3-4 beds)		83	77	73	70
Garden Room (shared*)		99	93	88	84
Beach Hut (shared*)		109	102	97	93
Garden Room Single (private)		116	108	103	99
Garden Room with Bath (shared*)		121	113	107	103
Beachfront Deluxe Suite (Two Double Beds and Private Bathroom)		136	128	121	116

\* Shared rooms have 2 single beds.

All prices include local energy surcharge. A 10% hotel tax applies to all rooms. Accommodation rates do not include course tuition or Yoga Vacation Program fee. All prices and discounts are subject to change without notice. Minimum 2-night stay. Minimum 4-night stay December 22, 2014–January 5, 2015. Minimum 3-night stay February 19–23, 2015.

## REGISTER TODAY

Online at [sivanandabahamas.org](http://sivanandabahamas.org)

Call us:

1-866-559-5167 (US and Canada only)

1-416-479-0199 (all countries)

Our reservationists are available to answer any questions.

**Deposit** To guarantee your reservation, the following deposits are required: \$100 for Yoga Vacation and Residential Study Programs; \$300 for TTC and ATTC; \$150 for all other courses. *Deposit amounts are per-person. Balance is due upon arrival.*

**Payment Methods** We accept Visa, MasterCard, American Express, Discover, travelers checks, cash (US dollars) and US certified bank drafts to the name *Sivananda Ashram Yoga Retreat*. We do not accept personal checks. All deposits and payments in US dollars only.



## Special Rates and Discounts

**Double Room for Single Use** From June 1–November 19, 2015: all double rooms are offered for single use at 85% of the double full-occupancy price.

### Group Accommodation Discounts

10% discount for groups of 10 or more  
15% discount for groups of 20 or more

*\* Group discounts apply only to accommodation rates and only if all members of the group register and pay together as a group for the same time period.*

### Tuition Discounts for Senior Citizens

Senior citizens 65 years old and over receive a 10% discount on course tuition.

### Multiple Courses Tuition Discounts

Applies only when you register for two or more courses simultaneously and pay in full upon arrival for the courses:

1 course	full tuition
2 courses	5% off tuition for both
3 courses	10% off tuition for all 3

*\* Only one type of discount may be taken, including special promotions.*

## Cancellation Policy

**Refunds\*** are available: Up to 30 days prior to the scheduled arrival date — subject to deduction of processing fee\*\*. 30 days or fewer prior to the scheduled arrival date—subject to deduction of the deposit.

**Credit Notes\*\*\*** Apply to cancellation following arrival date. Credit notes will not be issued for the deposit. Any amount in excess of the deposit may be credited as follows:

- **Yoga Vacation Reservation:** A credit note will be issued in an amount equal to the amount paid for the cancelled portion of your original reservation.
- **Teacher Training Course/Advanced Teacher Training Course:** A credit note will be issued in an amount equal to the amount paid for the cancelled portion of the course.
- **Other Courses:** A credit note will be issued in an amount equal to the unused accommodation fees only. No credit or refunds will be given for the tuition amount.

*\* Refunds will be given solely by way of crediting the credit card used for the applicable payment.*

*\*\* Processing fee in the amount of US \$50 per person will be due in conjunction with any cancellation, in addition to any amount due.*

*\*\*\* Credit notes are valid for two years from the date of issue. Credit notes can be used for booking a Yoga Vacation, a course, or a daily program in the Sivananda Ashram Yoga Retreat, Nassau, Bahamas only (specifically excluding Boutique purchases and Well Being Center services). Credit notes are personal and nontransferable.*

No refund or credit notes will be available if you attend a program and are dissatisfied with its presentation or content, or due to dissatisfaction with the Yoga Retreat's schedule or accommodations.



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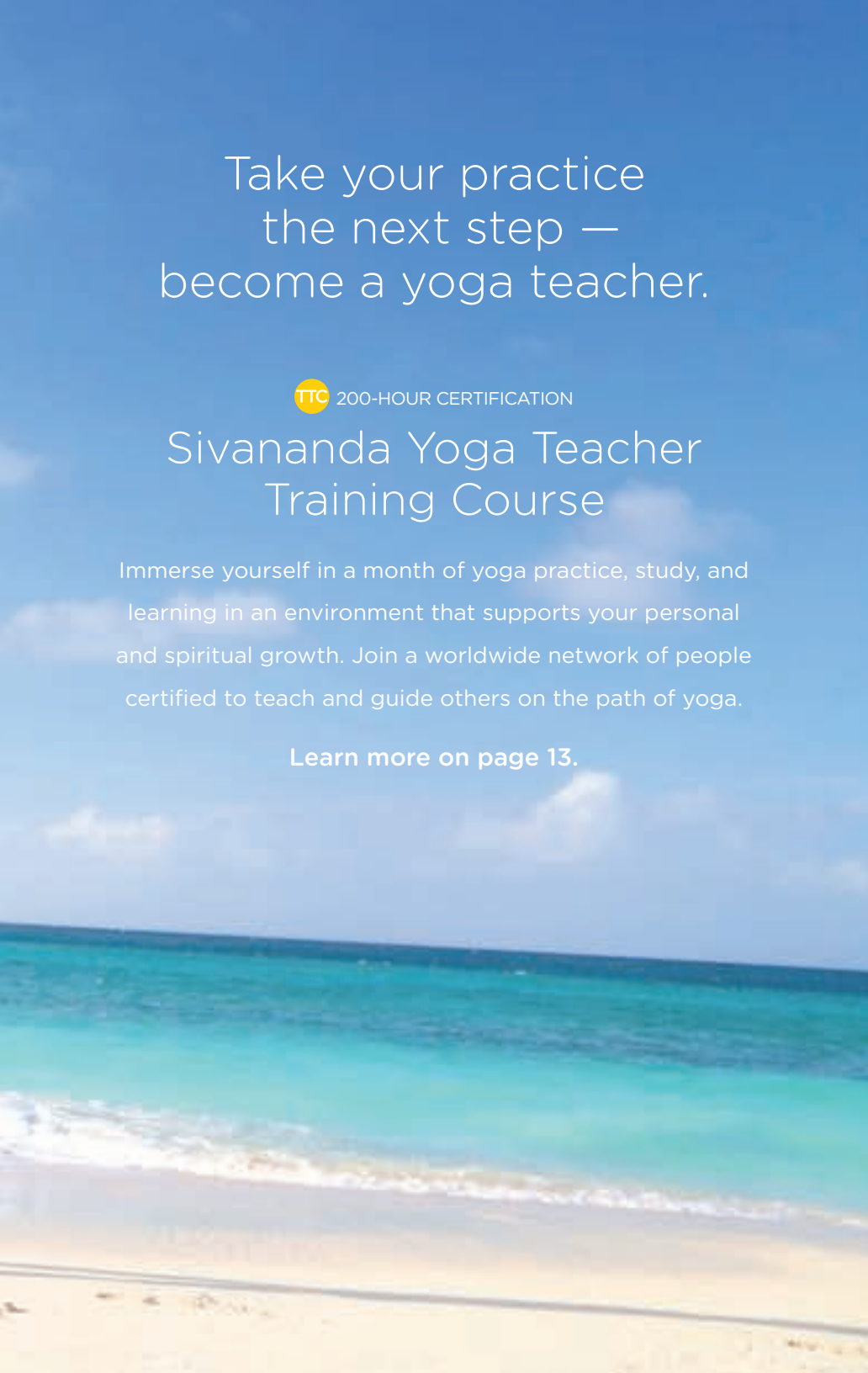
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