

- \* Yoga Teachers' Training
- \* Advanced Teachers' Training
- \* Yoga Therapy *\*in English*

- \* Curso de Formación en Yoga  
en español

Programme  
**2009**  
programa

English and Spanish courses  
Yoga Vidya Bad Meinberg



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## Yoga

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

## Yoga Teacher

Teaching Yoga is a fulfilling task that demands a dedicated personal practice as well as a comprehensive knowledge of the ancient teachings of Yoga. According to varying needs, we offer different types of education. You may pick the one most appropriate to your personal circumstances. Four-week-long intensive yoga teachers' training courses are held in English at the Yoga Vidya Centre in Bad Meinberg, northern Germany. In addition, there is a vast choice of four-week intensive courses in German, which are available in 2x2 and 4x1 week modules throughout the year. A number of advanced teachers' training courses give you the opportunity to further develop your knowledge of the various aspects of the science of Yoga. Our courses provide you with a thorough educational base for your personal practice as a teacher, as well as widely accepted certificates. If your aim is to develop your personality or experience Yoga at a deeper level, these courses are highly recommended.

## Yoga Vidya Teachers Association

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

# Course Content

## 1. Introduction

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

## 2. Hatha Yoga in survey

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

### Preparatory exercises

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

### Relaxation

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

### Asanas (Yoga Postures)

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

### Pranayama (Breathing Techniques)

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

### Kriyas (Yoga Cleansing Exercises)

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

### Physiology and Health

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

### Health

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

### Ayurveda

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

### Nutrition

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

## 3. Tantra and Kundalini Yoga (Energy Training)

- Theory: Shiva-Shakti-Philosophy
- The astral body: Prana, Nadis, Chakras, Kundalini
- Astral World, spirits and life after death. Help for the deceased.
- Opening of chakras
- Para psychological phenomena: clairvoyance, channelling, mindreading, psycho kinetics, extra mental perception
- The Raising of Kundalini: methods, experiences, dangers and security measures
- Techniques of Kundalini Yoga: Mantra, Laya, Yantra, Nada, Hatha Yoga
- White, red and black Tantra
- Sexuality and relationship

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

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

#### 5. Karma Yoga (Yoga of Action)

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

#### 6. Bhakti Yoga (The Devotional Approach)

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

#### 7. Jnana Yoga (Yoga of Knowledge)

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

#### 8. Yoga teaching techniques

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

#### 9. Meditation

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

# Yoga Teachers' Training

## 4-Week-Intensive (Basic Information)

July 12 – August 9, 2009

(also possible to divide into 2x2 weeks – second two weeks in August 2010)

Opportunities to connect to your intuition, awaken your life energy, and enhance your personal aura. There will be lectures and workshops giving you the necessary theoretical skills to teach. You will also work in smaller groups to refine your practical skills. This course is also recommended for people who simply wish to experience Yoga at an in depth level. Intensive courses may be compared to the rapid methods of learning languages when living in a foreign country. During this intensive course, you will be living and practicing Yoga 24-hours a day, for four weeks.

### Daily Schedule

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

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

**12 noon** Karma Yoga (selfless service), leisure time  
**2–3.45 p.m.** Lecture, Workshop

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

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

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

### Exam

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

### Certificate

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

### Meals

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

### Leisure

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

### Requirements

A basic knowledge of asanas and the philosophy of Yoga are required. However, you need not to be an advanced student to attend the Yoga Vidya Teachers' Training Course. However, the course requires your discipline. Participation in all classes, lectures and seminars is mandatory. Meat, fish, eggs, tobacco, caffeine and alcoholic beverages are strictly forbidden during the course. Additionally we recommend reading „*The Complete Illustrated Book of Yoga*“ by Swami Vishnu-devananda before entering the course.





## Arrival and Departure

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

## What you should bring

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

## Date and Fees

**a) 4 weeks complete: July 12 – August 9, 2009**  
**b) 2x2 weeks: first two weeks July 12–24, 2009; second two weeks: first half of August, 2010.**

a) 4 Weeks in 2009: Shared room 2012 €, Double room 2.404 €, Single room 2.796 €, dormitory/tent/motor home 1.704 €. For terms of payment see registration form.

b) 2x2 weeks: first two weeks in 2009 plus 2 weeks in 2010: Shared room 2.174 €, Double room 2.566 €, Single room 2.958 €, dormitory/tent/motor home 1.866 €, half amount to be paid in 2009, second half in 2010; 102 € Discount if you pay the whole amount in 2009.

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

# Curso de Formación en Yoga en Español

**Intensivo-3-semanas (informaciones básicas)**  
Julio 3 – 24, 2009. Español sin traducción.  
Profesores: Gauri y Westley Eckhart

En colaboración con la Asociación Internacional de Profesores de Yoga Sananda (A.I.P.Y.S.) y con instructores de reputación internacional Yoga Vidya realiza en 2009 un curso de formación de instructores de Yoga en español.

Llegará a conocer varios estilos de yoga tanto para tu propia práctica como para tus clases de yoga. Sobre todo aprenderás: Asanas (posturas de yoga), técnicas de respiración, técnicas de relajación, meditación, filosofía de yoga, mantras.

El curso está enfocado en la práctica y te capacita en dar clases de yoga de diferentes niveles. También está diseñado como curso de perfeccionamiento para profesores que pretenden ampliar sus conocimientos con nuevos estilos de yoga. Si ya eres profesor de la formación de Yoga Vidya se repetirán algunas cosas pero también muchas serán nuevas y enriquecedoras.

Condición para la participación: Conocimientos básicos en yoga y meditación.

## Certificado

„Profesor de practica en hatha yoga A.I.P.Y.S.“ y „Yoga Übungsleiter (spanisch) BYVG“. 200 Unidades.

## Tarifas

Dormitorio (seis camas) 2.012 €, cama doble 2.404 €, habitación individual 2.796 €, dormitorio de varias camas/carpa/caravana 1.704 €

Si tienes buenos conocimientos del alemán por favor pregunta por nuestros folletines detallados en alemán: Cursos de iniciación, cursos avanzados y formación de instructores de yoga de cuatro semanas intensiva.

## Arrival and Departure (all courses)

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

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

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

**Departure time** on the final day is 1.00 p.m.. Due to the intensity of training it won't be possible to arrive later or depart earlier, or to miss a day in between. There is a free shuttle service from the train station in Horn-Bad Meinberg (please notify us at least 3 days prior to arrival).

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

**Daily Schedule for Teachers Training course:** see page 5.



# Advanced Teachers' Training

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

## Asana Intensive with Narayani

January 16–18, 2009; September 13–18, 2009

Intensive work on the Asanas. Inspiring lectures and meditation. Narayani is the Co-Author of the book „Yoga“. Today she has become more flexible than ever. Her way to teach is almost magic: in a playing way without big strain you will learn the most difficult variations and you will be amazed how much is possible. Due to her long and intensive Asana practice and more than 20 years of teaching experience, Narayani will be able to give you very good advice. Her soft, calm and joyful personality is simply an inspiration. Little theory, longer Asana-classes.

Jan. 16.-18.: Shared room 179€, Double room 207€, Single room 235€, dormitory/tent/motor home 157€.

Sept. 13.-18.: Shared room 420€, Double room 490€, Single room 560€, dormitory/tent/motor home 365€.



## Hatha Yoga Pradipika

9 Days Intensive Advanced Yoga Teachers' Training  
June 26 – July 05, 2009. Instructor: Swami Atma Swaruparamananda, Sukadev Bretz

Hatha Yoga - An escalator to inner peace in 9 days. Practicing asanas without connecting them to their spiritual roots frequently results in loss of inspiration. Inner peace is the aim of yoga. The main tools are asanas, pranayama, kriyas, mudras, and bandhas to control the mind and prana. Good health, a flexible body and higher stress resistance are positive side effects. Detailed discussion of Hatha Yoga Pradipika, the classical foundations of Hatha Yoga practice.

It contains precise, yet coded, instructions as to how the latent energy potential may be utilized dynamically by way of Sadhana (spiritual practice). We will cover yogic cleansing techniques for body, mind and prana. The course is recommended for yoga practitioners, wishing to attain a deeper understanding and perspective. It is a particularly attractive course for Yoga teachers who want to convey a new spiritual dimension and depth to their classes and their own practice.

Shared room 597€, double room 723€, single room 849€, dormitory/tent/motor home 498€.

## Intensive A1 – Jnana Yoga

April 10-19, 2009 in Westerwald  
Instructor: Swami Saradananda

Jnana Yoga and Vedanta, Indian scriptures and philosophical systems, teaching techniques, Hatha Yoga, sports medicine, relaxation and stress management.

Swami Saradananda will lead participants on an exploration of the vedantic masterpiece of Shankaracharya. Viveka Chudamani is the cream of the Upanishads and the Bhagavad Gita. It re-educates the student in a systematic way, providing a new vision of life. The Goal and the Path are both exhaustively dealt with.

Shared room 597 €; double room 723 €, single room 849 €; dormitory/tent/motor home 498 €

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





## Asanas – Anatomical Precision

July 15–19, 2009. Instructor: Gauri Eckhart

Learn the Yoga Vidya series asanas with perfect precision. The instructor, Gauri Eckhart, has studied many Yoga systems, such as Sivananda, Iyengar, Ashtanga and Bikram as well as other systems of physical exercise (Feldenkreis, Pilates, Alexander technique) and has precise knowledge of human anatomy. She has applied this to the ancient and highly effective Rishikesh series on which the Yoga Vidya Exercise System is based.

This weekend will provide you with valuable advice on how to make your asana practice more effective and prevent potential physical problems with your back, knees, hips, neck etc. A seminar: both for your personal practice and for teaching yoga.

Shared room 277 €, double room 333 €, single room 389 €, dormitory/tent/motor home 233 €.

## Yoga for Yoga Teachers

Lots of practice, little theory.

July 17–24, 2009. Instructor: Swami Saradananda

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

- ▶ An opportunity for yoga teachers to practice with their peers.

- ▶ This seminar has been created in the spirit of mentoring, enabling you to receive personal corrections and have your questions answered.

- ▶ The concepts and techniques to be explored are applicable to any yoga practice and / or tradition.

- ▶ Discover ways to use subtle energies to go more deeply into your Hatha yoga practice and add dimensions to your teaching.

- ▶ The teachings are rooted in the Sivananda tradition and enhanced by Swami Saradananda's years of personal practice.

Shared room 542 €, double room 640 €, single room 738 €, dormitory/tent/motor home 465 €.

## Chakra Meditation

Training Course. July 24 – August 2, 2009

Instructor: Swami Saradananda

Not part of the physical body, yet influencing every aspect of your body and mind, the subtle energy centres known as „chakras“ are powerful psychic transformers. As energy is moved upward to higher consciousness, you may ascend to the planes of higher consciousness. But just as important is the step-down work that your chakras perform, which enables you to manifest your ideas and dreams into a more creative embodiment.

This seminar will look at the functions and reciprocal influences of the chakras on each other and on the unconscious and conscious minds. This on-going training for yoga teachers is unique in its practical as well as theoretical approach.

Topics to be covered include:

**Chakra environment**, creating a holistic balance. Balance within each chakra – and an overall balance by which your energy may be moved up and/or down as is necessary.

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

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

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

# Yoga Therapy

4-Weeks-Intensive  
May 10 – June 7, 2009  
Instructor: Harilalji

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

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

**Diet and Lifestyle:** how they affect your chakras. It is a certified training course.

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

Shared room 682 €, double room 808 €, single room 934 €, dormitory/tent/motor home 583 €.

## Pawanamuktasana Series

**August 7–12, 2009. Instructor: Dr. Nalini Sahay**

The pawanmuktasana series taught by Dr. Nalini Sahay of the Bihar School of Yoga are an original contribution of Parmahansa Satyananda. Pawanmuktasanas bring the different bodily functions into perfect coordination so that they work for the benefit of the whole body. Pawanmuktasana means release of prana from the pose. Each group supplements the other stimulating and encouraging a free flow of prana.

Shared room 402 €, double room 472 €, single room 542 €, dormitory/tent/motor home 347 €.

## Yoga Nidra™

**August 14–21, 2009. Instructor: Dr. Nalini Sahay**

In this intensive seminar, yoga teachers learn Yoga Nidra in the tradition of Swami Satyananda with detailed explanations to be clear in their comprehension of the subject. In order to teach the participants will learn through practice and discussion to be completely aware; to be relaxed at the mental, spiritual, emotional and physical levels, and to be truly relaxed, effortlessly.

Shared room 542 €, double room 640 €, single room 738 €, dormitory/tent/motor home 465 €.

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

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

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

English with German translation. Intensive Yoga Therapy Training according to the system of the renowned sVYASA-Instituts in Karnataka/South India. The sVYASA is a famous, approved non-profit institution in the sense of a yoga university which for 25 years has been executing studies about yoga and



yoga therapy using most modern equipment at the Prassanthi Kutiram Campus, Karnataka with connected hospital.

### You will learn:

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

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

**2nd and 3rd week:** training in different practical teaching techniques applied for different problems and diseases, breathing movements, special tech-

niques, asanas, pranayamas, kriyas = the yogic cleansing techniques, cyclic relaxation, PCT = Prana Channeling Technique (Pranalenkungstechniken), different meditation techniques and much more.

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

### Certificate

This training course concludes with a written exam, a final ceremony with banquet, ceremonial presentation of the certificates and spiritual blessing. On the condition that you will be successful with the examination and fulfil the conditions for taking part in this course you will obtain the certificate „Yoga Therapeut/in BYAT“ (Yoga Therapist BYAT) of the Professional Association of the Yoga and Ayurveda Therapists (BYAT). 360 units.

### Required literature

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

Shared room 2.012 €, double room 2.404 €, single room 2.796 €, dormitory/tent/motor home 1.704 €.



## The Teachers



**Swami Atma Swaruparamananda** studied with Andre Van Lysebeth; he was initiated into kriya yoga by Swami Shankarananda Giri and Swami Hariharananda Giri, a direct disciple of Sri Yukteswar and Paramahansa Yogananda. As a volunteer staff member of the International Sivananda Yoga Vedanta Centers he studied with senior swamis and disciples of Swami Vishnu-devananda for over twelve years. In mid 2001 he founded the Advaita Yoga Ashrama (AYA) and is now based in Europe, teaching primarily in Germany, Luxembourg and Amsterdam. Besides teaching yoga and vedanta, Swami Atma travels around the world to lead retreats and workshops. He is a popular and renowned Hatha Yoga Teacher of the Sivananda tradition.



**Swami Saradananda** has taught yoga for over thirty years. She is the author of several books, including „Yoga Mind“ and „Body and Chakra Meditations“, which is scheduled to be released in spring 2008. She worked with the Sivananda Yoga Centres for almost thirty years, as director and senior teacher of their facilities in New York, London, Delhi and the Himalayas. Now based in London, Swami Saradananda teaches advanced training programmes worldwide.



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



**Gauri Eckhart** – massage therapist and experienced yoga teacher from Spain, director of the Spanish Sananda Yoga Centre in Madrid has instructed yoga teachers for a long time. She has studied many Yoga systems like Sivananda, Iyengar, Ashtanga and Bikram as well as other systems of physical exercise (Feldenkrais, Pilates, Alexander technique) and exact knowledge of human anatomy. Her very clear, exact yet light way of teaching is challenging and thereby very fostering. After her lessons your body will feel as though you were reborn!



**Westley Eckhart** was born in Canada, is a practising psychotherapist and the leader of yoga centres in Spain. He has trained yoga teachers for more than 25 years and studied psychology in London. Disciple of Swami Vishnu-devananda.



**Dr. Nalini Sahay** – is a disciple of Swami Satyananda Saraswati, founder of the Bihar School of Yoga. Nalini has many facets of experience. Currently she runs TORCH, an NGO working with street children and HIV/AIDS patients in New Delhi. She is a psychologist whose past experience includes teaching therapeutic yoga at schools and hospitals.



**Narayani** – is co-author and model of the newly re-published best selling „Book of Yoga“. A senior disciple of Swami Vishnu-devananda, Narayani has more than 30 years of yoga-teaching experience. Narayani's teaching style is characterized by deep love and sensitivity. Her classes have a magic to them – with playfulness, even in difficult variations. The asanas are complemented by profoundly spiritual stories, poems and talks.

# Registration Form/Forma de inscripción

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

## Yoga Teachers' Training/Curso de Formación en Yoga

- 4-Weeks-Intensive with Swami Atma: July 12 – August 9, 2009
- First two weeks July 12 – 26, 2009; second two weeks first half of August 2010
- Me inscribo obligatoriamente para el curso intensivo de tres semanas en español con Gauri y Westley Eckhart: Julio 3-24, 2009

## Advanced Teachers' Training\*

- Asana Intensive with Narayani:  January 16–18, 2009     September 13–18, 2009
  - Intensive A1 – Jnana Yoga with Swami Saradananda: April 10–19, 2009
  - Hatha Yoga Pradipika with Swami Atma: June 26 – July 5, 2009
  - Asanas- Anatomical Precision with Gauri Eckhart: July 15–19, 2009
  - Yoga for Yoga Teachers with Swami Saradananda: July 17–24, 2009
  - Chakra Meditation with Swami Saradananda: July 24 – August 2, 2009
  - Pawanamuktasana with Dr. Nalini Sahay: August 7–12, 2009
  - Intensive F - Viveka Chudamani combined with Asana intensive with Narayani: September 11–20, 2009
- \* With registration kindly enclose copy of your teachers' training course certificate

## Yoga Therapy

- 4 weeks intensive with Harilalji: May 10 – June 7, 2009

## Desired accommodation/Prefiero acomodación en:

- Single     double     shared room     dormitory/tent/motor home
- Habitación individual     Cama doble     Dormitorio (4-6 camas)     dormitorio de varios camas/ carpa/aravana

Given Name, Surname .....

Street .....

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

Education/Profession .....

Former Yoga experience for the course .....

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

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

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

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

Possible physical disabilities and hazards: .....

### Terms of payment:

Advance payment due with registration: minimum 250 € . Remaining fee: 2 weeks before start of course.

- Money Order (Please state seminar and seminar date on the order form and bring your receipt!): Yoga Vidya e.V. Bad Meinberg, account no. 2150078400, BLZ 472 601 21, Volksbank Paderborn-Höxter-Detmold e.G. (from outside Germany BIC: DGPBDE3M, IBAN: DE41472601212150078400)
- or send cheque with registration form

### Terms of payment for books

- Cheque enclosed
- I will transfer the money to the account of Yoga Vidya GmbH, account number: 215 0369 400, BLZ 472 601 21, Volksbank Paderborn-Höxter-Detmold e.G. (from outside Germany IBAN DE 41 472 601 21 215 0369 400 · BIC DG PB DE 3M)

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

- Horn-Bad Meinberg Station (Free shuttle service from 8.30 a.m. - 7.15 p.m.)
- Pickup from airport Paderborn/Lippstadt (35 €). (Upon special request only. Train recommended. Free pick-up from Horn Bad Meinberg station).
- Pickup from airport Hanover (60 €). (Upon special request only. If possible please take train. Direct train from airport to Steinheim, pick-up from Steinheim possible)

### Conditions and Requirements

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

I have read and understood the aforementioned conditions, terms and requirements (see next page).  
I declare to take responsibility for myself and my actions.

.....  
**Location, Date, Signature**

### Condiciones y requerimientos:

La participación en todas las clases, conferencias y workshops es obligatoria. No es permitido de ningún modo tomar carne, pescado, huevos, tabaco, bebidas alcohólicas, café y té durante todo el curso. Estudiantes que no respetan estas reglas serán excluidos del curso sin devolución. Tampoco resulta una devolución si un estudiante abandona el curso antes. En caso de la anulación a más tardar 2 semanas antes del comienzo del curso hay una devolución menos una tasa de 25€. En caso de la anulación menos que 2 semanas antes del comienzo del curso cargamos 50% del precio regular. El cambio de cursos o fechas hasta un mes antes del comienzo del curso es posible sin tasas extras. Después cargamos una tasa administrativa de 15€. Se puede obtener un abono válido para otros seminarios.

He estudiado y entendido las condiciones y requerimientos antes comentados. Declaro que asumo la responsabilidad para mí y mis acciones.

.....  
**Lugar, Fecha, Firma**

### Please mail to/Por favour manda a:

**Yoga Vidya e.V.**, Wällenweg 42, D-32805 Horn-Bad Meinberg, Germany.  
Tel. +49(0)5234/87-0; Fax +49(0)5234/87-1875

## Yoga Vidya e.V.

Yoga Vidya is a non-profit community group which aims at spreading the teachings of truth („vidya“), the practice, exercise and techniques of classical, holistic Yoga. Founded in 1992 in Frankfurt. The seat is now Döttesfeld. Yoga Vidya Centre Westerwald was founded in 1996 and Yoga Vidya Retreat Centre Bad Meinberg was founded in 2003. There are Yoga Vidya Centers in 50 major German cities and Vienna, Austria. We teach Yoga in its many aspects in a variety of courses and seminars; Yoga Vidya is Europe's leading and biggest Yoga educational program. All fees for courses directly support the trust. Donations are tax-deductible.

### Swami Sivananda 1887–1963

One of the grand Masters of yoga of the 20th century, Swami Sivananda is the inspiration behind all Yoga Vidya centres. Born in Southern India, he attended mission school and learned, at a young age, to integrate Indian and Western knowledge. He then studied medicine and emigrated to Malaysia where he managed a hospital. At the age of 37 he returned to India to do intensive practice of Yoga and Meditation in Rishikesh (Himalaya). Swami Sivananda attained Samadhi, self-realisation, aim of all Yoga practice. Drawn by his personality and loving aura, many students came to live and learn from him. Swami Sivananda dedicated his life to integral Yoga and to spreading the teachings to his students from the East and the West alike.



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



## Location: Yoga Vidya Retreat Centre Bad Meinberg

Located on the idyllic outskirts of the spa town Bad Meinberg and surrounded by a vast park. Nearby are the „Externsteine“, a wonder of nature and a sanctuary since Germanic and medieval times. The centre offers lots of space and amenities, among many comforts, almost all rooms are with balcony, shower and WC, there are apartments, spacious Yoga-, Lecture- and Meditation rooms, sun-drenched dining halls, a therapy wing for Ayurveda and massage treatments, a community sitting room, Internet-cafe with tea-room, boutique with snack bar, video-room, library and lots more. Within 10-minutes walking distance you find the thermal spa with sauna-area.

The Yoga Centre is readily and easily reached by train and car. It is located 27 km from Paderborn, 10 km from Detmold, 35 km from Bielefeld and 100 km from Hanover. A free shuttle transfer from Horn-Bad Meinberg station is available. Regular train connections from Paderborn/Lippstadt Airport to Horn-Bad Meinberg are available, as well as from Hanover Airport.

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

**Yoga Vidya Retreat Center Westerwald:**

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



### Information and Registration:

**Haus Yoga Vidya Bad Meinberg**

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