



Château du Yoga Sivananda

Loire Valley, France



Swami Sivananda
(1887–1963)



Swami Vishnu-devananda
(1927–1993)

Come and practise yoga in the heart of the Loire Valley, only two hours from Paris

July 3 - 30, 2004

Teachers' Training Course
with internationally recognised certificate

July 31 - August 6, 2004

Yoga and Music Symposium:
"Tune the Body, Expand the Mind"

- *The Yoga Sutras of Patanjali with Swami Durgananda
- *Asana Intensive, the Experience of Hatha Yoga with Swami Sivadasananda
- *Bhagavata Saptaha with Sri Venugopal Goswami
- *The Complete Right Brain Visualisation Programme with Dr. Stephen Hlophe
- *Mantra Chanting, Tabla and Harmonium Workshop with Sulek Ruparell

August 7 - 15, 2004

Sivananda Teachers' Sadhana Week

August 16 - 23

Family Week

Year Round Yoga Vacations

Work-study programmes

Participate in the making of the first Sivananda Ashram in Europe! All talents welcome.



Château du Yoga Sivananda

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