



Swami Sivananda  
(1887 - 1963)

# Sivananda Yoga Vedanta Dhanwantari Ashram



Swami Vishnu-devananda  
Founder  
(1927 - 1993)

Neyyar Dam, Kerala, India

Nestled in the foothills of the Sahayadri, Mountain range, the Ashram is blessed by Mother Nature with warmth, tropical, splendor and tranquility. Practice Yoga and rejuvenate yourself in an environment of peace and tranquility.

## Ashram Programs

### Yoga Vacations

1st and 15th of each month

### Teachers' Training Course

Nov. 14 - Dec. 11, 2004

Jan. 9 - Feb. 6, 2005

Feb. 13 - Mar. 13, 2005

Mar. 20 - Apr. 17, 2005

### Yoga and Ayurveda Cultural Program

Dec. 21, 2004 - Jan. 4, 2005

### Fasting Program

Dec. 21, 2004 - Jan. 4, 2005

### Ayurvedic Massage Course

Nov. 28 - Dec. 26, 2004

Feb. 6 - Mar. 5, 2005

### Kid's Camp

Apr. 24 - May. 15, 2005



TRUE WORLD ORDER

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