

Sivananda Yoga Retreat House

Kitzbühel, Tyrol, Austria



Swami Sivananda
(1887 - 1963)



Swami Vishnu-devananda
(1927 - 1993)



The Retreat House

Yoga Vacations Year Round

Daily Yoga classes, Meditations and Workshops

International Teacher's Training Courses

with internationally recognised certificate

May 30 - June 26, 2004 (in German)

August 29 - September 25, 2004 (international)

December 19 - January 15, 2005 (international)

- Asanas • Pranayama • Nutrition • Kriyas
- Meditation • Mantras • Vedanta Philosophy
- Anatomy • Physiology

International Guest Speaker Programs

www.sivananda.org/ttceurope



*Mountains, rivers,
lakes, fresh air...
Just like the Himalayas!*

Diploma Courses In affiliation with the 'Open International University'

Success in Life and Self-Realisation

Meditation, relaxation and mind control as a way of life

June 6 - 13, 2004 • August 15 - 22, 2004

Yoga and Stress Management

Yoga as a universal approach to physical and mental health

August 1 - August 8, 2004 • October 27 - November 1, 2004



AYURVEDA Nutrition Advisor Training Course

with internationally recognised certificate

August 16 - September 5, 2004 *in Mittersill, Hohe Tauern / Austrian Alps*

The course is conducted by experienced Yoga teachers and an Indian Ayurveda Acharya.

- Ayurveda theory • Ayurvedic cooking workshops
- Ayurvedic diagnosis • Ayurveda nutrition consultation
- Cause and prevention of disease • Aroma therapy
- Anatomy and physiology • Meditation • Yoga Asanas
- Pranayama • Vedanta



Sivananda Yoga Retreat House

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