

THE INTERNATIONAL SIVANANDA YOGA VEDANTA CENTERS

Yoga Teachers' Training Course

An intensive 4 week experience immersed in the Yogic way of life. Open to students of all levels with a sincere desire to learn. A certificate is given upon successful completion. In depth study of:

- Asanas • Pranayama • Meditation • Mantras • Vedanta
- Bhagavad Gita • Kriyas • Yogic Diet • Anatomy & Physiology.

Orleans, France

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Quebec, Canada

Jul. 4 - Aug. 1, 2004

Sept. 5 - Oct. 3, 2004

Cuenca, Spain

Aug. 15 - Sept. 11, 2004

Reith, Tyrol, Austria

Aug. 29 - Sept. 25, 2004

Woodbourne, NY

Sept. 12 - Oct. 10, 2004

Uttar Kashi, North India,

Sept. 12 - Oct. 10, 2004

Grass Valley, CA

Oct. 10 - Nov. 7, 2004

Kerala, South India

Nov. 14 - Dec. 11, 2004

Jan. 9 - Feb. 6, 2005

Feb. 13 - Mar. 13, 2005

Mar. 20 - Apr. 17, 2005

Nassau, Bahamas

Jan. 30 - Feb. 27, 2005

Mar. 6 - Apr. 3, 2005

Apr. 10 - May 8, 2005



Swami Sivananda
(1887 - 1963)



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