

Advanced Teachers' Training Course



Four weeks of intense practice and study. Sincere seekers from around the world come together for physical, mental and spiritual awakening through concentrated Yoga self-discipline and lofty Vedanta Philosophy. Built on the foundation of the Teachers Training Course, the Advanced Teachers' Training Course is the next step. Completion of the Sivananda Yoga Teachers' Training Course is a prerequisite for all participants.

Curriculum

- Jnana Yoga: The Yoga of knowledge • Raja Yoga
- Sanskrit • Anatomy and Physiology • Hatha Yoga - Asanas, Pranayama, • Mudras and Bandhas. • Study the workings of Prana, Nadis, Chakras and Kundalini • Other subjects: Bhakti Yoga, Karma Yoga as well as topics relating to Yoga and meditation.

Val Morin, Canada: Aug. 8 - Sept. 5, 2004

Nassau Bahamas: Jan. 9 - Feb. 6 2005

Uttar Kashi, North India: May. 22 - Jun. 19, 2005

Sadhana Intensive

The Sadhana Intensive is a two week program designed by Swami Vishnu-devananda, based on the traditional Yoga practice that Swamiji himself followed during his period of intense Sadhana in the Himalayas. The Course will be given by a senior disciple of Swami Vishnu-devananda. Successful completion of the Sivananda Yoga Teachers' Training Course is a prerequisite for all participants.

- Basic / Advanced Asanas • Concentrated and increasingly prolonged periods of Pranayama. • Study of *Viveka Chudamani* by Sankaracharya, the *Srimad Bhagavatam* by Vyasa Maharishi and the *Hatha Yoga Pradipika* by Yogi Swatmarama, one of the earliest treatises of Hatha Yoga. • Discussions and practice of Mudras and Bandhas, Mantras and Meditation

Val Morin, Canada: Jun. 13 - 27, 2004

Netala, Uttar Kashi: Oct. 25 - Nov. 8, 2004

Oct. 23 - Nov. 6, 2005

