

INTERNATIONAL SIVANANDA Yoga Vedanta Centres

The Founders



SWAMI SIVANANDA
(1887-1963)

The spiritual strength behind the Sivananda Yoga Vedanta Centres, Swami Sivananda's teachings are a synthesis of all the formal doctrines of yoga. Author of more than 300 books on yoga, Swami Sivananda was a medical doctor before renouncing worldly life for the spiritual path. His main message was: Serve, Love, Give, Purify, Meditate, Realize.

In 1957 he sent one of his foremost disciples, Swami Vishnu-devananda to the West to spread the ideals of yoga. Swami Sivananda entered Mahasamadhi on July 14th 1963.



SWAMI VISHNU-DEVANANDA
(1927-1993)

Born in South India in 1927, Swami Vishnu-devananda entered the ashram of Swami Sivananda at the age of 18.

A world famous authority on Hatha and Raja Yoga, Swami Vishnu-devananda founded the International Sivananda Yoga Vedanta Centres in 1957 and was author of *The Complete Illustrated Book of Yoga, Meditation and Mantras*, *Karma and Disease* and a commentary on the *Hatha Yoga Pradipika*. Swami Vishnu-devananda entered Mahasamadhi on November 9th, 1993.

Executive Board Members



Swami Durgananda



Swami Mahadevananda



Swami Swaroopananda



Swami Srinivasananda



Swami Kailasananda



Swami Sivadasananda

The Executive Board of the Sivananda Yoga Vedanta Centres is comprised of senior disciples of Swami Vishnu-devananda, personally chosen and trained by him to direct the organisation after his departure. Each of them has had many years' experience in teaching all aspects of yoga. They are renowned for their devotion to Swami Vishnu-devananda and Swami Sivananda and for their profound knowledge and inspirational teaching and guidance, wisdom imparted to many thousands of students throughout the world.



HEADQUARTERS

SIVANANANDA ASHRAM YOGA CAMP
Eighth Avenue, Val Morin, Quebec, Canada J0T 2R0
TEL: +1 819 322 3226 • email: hq@sivananda.org

With ashrams and centres located around the world
see pages 56-57 for addresses

The International Sivananda Yoga Vedanta Centres, founded by Swami Vishnu-devananda, is a non-profit organisation whose purpose is to propagate the teachings of yoga and vedanta as a means of achieving physical, mental and spiritual well-being and Self-realisation.