



Yoga Teachers' Training

in English, 4 Weeks intensive Juli 11 - August 8, 2010



Curso de Formación en Yoga

en español, Julio 2 - 23, 2010

Join us for a special yoga experience:

- ▶ Ashram Experience in a Work-Study Programme
- ▶ Individual Spiritual Ashram Retreat



www.yoga-vidya.org/en

The world's largest Yoga Ashram outside India.



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Yoga

A practical system for developing the entire personality, yoga's benefits include good health, happiness, professional success and peace of mind. Yoga Vidya teaches a holistic approach to classical Yoga. It is an integral style, as developed by Swami Sivananda of Rishikesh. We present a synthesis of the entire major techniques of yoga, and students realize that continued practice enhances all aspects of life.

Yoga Teacher

Teaching Yoga is a fulfilling task that demands a dedicated personal practice as well as a comprehensive knowledge of the ancient teachings of Yoga. According to varying needs, we offer different types of education. You may pick the one most appropriate to your personal circumstances. Four-week-long intensive yoga teachers' training courses are held in English at the Yoga Vidya Centre in Bad Meinberg, northern Germany. In addition, there is a vast choice of four-week intensive courses in German, which are available in 2x2 and 4x1 week modules throughout the year. A number of advanced teachers' training courses give you the opportunity to further develop your knowledge of the various aspects of the science of Yoga. Our courses provide you with a thorough educational base for your personal practice as a teacher, as well as widely accepted certificates. If your aim is to develop your personality or experience Yoga at a deeper level, these courses are highly recommended.

Yoga Vidya Teachers Association

The members of the Yoga Vidya Teachers Association are committed to the ideal of classical integral Yoga. In cooperation with Yoga Vidya, the Association offers teachers trainings and advanced courses, publishes Yoga literature, cooperates with other Yoga associations and supports its members in their work. The „Berufsverband der Yoga Vidya Lehrer/innen e.V. (BYV)“ (Professional association of Yoga Vidya Teachers - registered association) is Europe's leading institution in the education of Yoga Teachers. It offers an extensive range of continuing education, advanced training and courses in Yoga and related issues to teachers regardless of their various and varying traditions. Examples of this program include in-depth training courses in teaching Yoga to children, Yoga during pregnancy, Yoga Therapy, Yoga Psychotherapy, Relaxation Trainer, Breath Trainer, Meditation Course Leaders' training, Ayurvedic Consultant and many more. The amazing range of courses is enabled by close cooperation with the Yoga Vidya Association of Health Consultants, a member of the European Federation of Yoga Teachers' Associations (EFYTA). Upon receiving your certificate you may become a member.

Yoga Teachers' Training

4-Week-Intensive (Basic Information)

July 11 – August 8, 2010 (also possible to divide into 2x2 weeks – second two weeks in August 2011)

Opportunities to connect to your intuition, awaken your life energy, and enhance your personal aura. There will be lectures and workshops giving you the necessary theoretical skills to teach. You will also work in smaller groups to refine your practical skills. This course is also recommended for people who simply wish to experience Yoga at an in depth level. Intensive courses may be compared to the rapid methods of learning languages when living in a foreign country. During this intensive course, you will be living and practicing Yoga 24-hours a day, for four weeks.

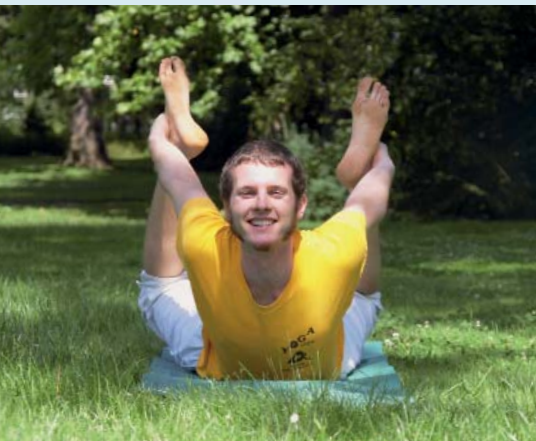
Course Content

1. Introduction

Philosophy and Aim of Yoga. History of Yoga. Paths of Yoga: the Main Schools of Yoga. Masters of Yoga.

2. Hatha Yoga in survey

- As a path to general well-being
- Stress-management
- Therapy and healing
- As a means of developing mental powers
- As physical approach to psychotherapy
- As spiritual exercise



Preparatory exercises

- Sensitivity and physical awareness
- Mental exercises
- Warm-up exercises
- Eye exercises
- Sun Salutation

Relaxation

- Classical relaxation, Yoga-Nidra™
- Relaxing techniques for daily life
- Autogenic training according to Schulz
- Progressive Relaxation according to Jacobson
- Modern stress-research and stress-management

Asanas (Yoga Postures)

- Yoga Vidya sequence with its 12 basic postures
- Asanas for relaxation
- Yoga for the back and spine
- Yoga and sports training
- Comparison to other forms of physical training
- Asanas and physiological research
- Asanas for general fitness
- Introduction to demanding sequences
- Asanas for the flow of life-energy: prolonged performance of asanas, combined with chakra concentration, special breathing techniques, mantras, bandhas, mudras
- Asanas for personal growth and development

Pranayama (Breathing Techniques)

- Breathing techniques for daily life
- Breath control
- Easy pranayama for relaxation and recharging
- Samanu: psychic cleansing
- Advanced pranayama according to Hatha Yoga Pradipika

Kriyas (Yoga Cleansing Exercises)

Shatkriyas according to Hatha Yoga Pradipika: Tratak (eye cleansing), Neti (nose cleansing), Kapalabhati (lung cleansing), Dhauti (throat- and stomach cleansing), Nauli (small intestine cleansing), Basti (colon cleansing). Shank Prakshalana (total intestine cleansing).

Physiology and Health

- Physical body in relation to yoga exercises



- Techniques of Kundalini Yoga: Mantra, Laya, Yantra, Nada, Hatha Yoga
- Para psychological phenomena: clairvoyance, channelling, mindreading, psycho kinetics, extra mental perception
- The Raising of Kundalini: methods, experiences, dangers and security measures
- White, red and black Tantra
- Sexuality and relationship

4. Raja Yoga (Mental Training and Meditation)

- The human psyche: sub consciousness, consciousness and super-consciousness
- Thought-power and positive thinking
- Thoughts as creator of destiny
- Development of memory, willpower, concentration, creativity and intuition
- Dealing with feelings and emotions
- Contact the higher self: „what is it I really want?“
- Affirmation and visualisation. Charisma and personal charm
- How to overcome negative habits
- Yoga-Sutras by Patanjali. Levels of consciousness, expanded consciousness.
- Raja Yoga and modern neuroscience
- Indian and Western psychology in comparison

5. Karma Yoga (Yoga of Action)

- Karma, the law of cause and effect
- Dharma: right conduct
- Reincarnation: death, life after death
- Ethics in daily life
- Ahimsa: non-violence
- Swadharma and Swarupa: the art of right decision
- Detached service and spirituality
- Living in harmony
- How to deal with difficult persons
- Rhetoric training. Communication training
- Enhancing your relationships. Win friends
- Family and relationship
- The ascetic way
- Simple living – high thinking
- Ecological consciousness and social engagement

- Muscle and bone structure
- Respiratory/Digestive system
- Nerves and Hormones
- Physiological effects of Yoga
- Physiology of movement
- Sport medicine theory and research

Health

- What is health? Reasons for disease.
- Healthy, holistic living
- Yogic remedies for the treatment of minor illnesses like colds, hay fever, headache, allergies, constipation
- Yoga as therapy: remain healthy into old age
- Healing through mental training

Ayurveda

Health and disease. The three Doshas. Correct living according to your body type. Ayurvedic food.

Nutrition

- Natural nutrition. Reasons for a vegetarian diet
- The mental and energetic effects of food
- Nutrition and advanced Hatha Yoga
- Fasting, slimming and staying slim
- Special nutrition and diets

3. Tantra and Kundalini Yoga (Energy Training)

- Theory: Shiva-Shakti-Philosophy
- The astral body: Prana, Nadis, Chakras, Kundalini
- Astral World, spirits and life after death. Help for the deceased.
- Opening of chakras

6. Bhakti Yoga (The Devotional Approach)

- Feelings and emotions
- The miracle of Love
- What is God?
- Experiences of the Divine
- Contact the Divine
- God in your daily life. Prayer
- Hindu mythology
- Kirtan: Chanting
- Rituals: Arati, Puja, Homa
- Possibility of Mantra Initiation
- Guru and disciple
- Christian, Jewish and Islamic schools of mysticism

7. Jnana Yoga (Yoga of Knowledge)

- Introduction to the classical scriptures of Hinduism, Vedas, Smritis, Itihasas, Puranas
- Important scriptures of the Yoga tradition: Upanishads, Brahma Sutras, Bhagavad Gita, Yoga Sutras, Hatha Yoga Pradipika, Bhakti Sutras
- Physical, astral and causal bodies
- Levels of spiritual growth (7 Bhumikas)
- Cosmology and Creation. Time, space and causality
- Vedanta: Philosophy of the Absolute. „Who am I? What is real? What is consciousness? What is happiness?“
- Self as Existence, Knowledge and Bliss
- Modern Physics and Vedanta

8. Yoga teaching techniques

- Basic principles of Yoga teaching
- Personality and inner attitude of a Yoga Teacher
- Rhetoric training, structure of a Yoga class
- Structure of courses and classes
- Beginners, intermediate and advanced courses, workshops
- Yoga for the back and spine
- Correction of posture through Yoga
- Yoga for pregnant women
- Yoga for children
- Yoga for senior citizens
- Benefits and restrictions of Yoga therapy
- Yoga-teaching as a profession and calling

9. Meditation

- Techniques of concentration
- Awareness in daily life
- Techniques of meditation: Mantra-Meditation, Tratak, Chakra-Meditation, Energy-Meditation and others
- Levels of meditation
- Overcoming obstacles in meditation
- Experiences with meditation
- Meditation and scientific research

Instructor:



Swami Atma Swaruparamananda studied with Andre van Lysebeth; he was initiated into kriya yoga by Swami Shankarananda Giri and Swami Hariharananda Giri, a direct disciple of Sri Yukteswar and Paramahansa Yogananda. As a volunteer staff member of the International Sivananda Yoga Vedanta Centers he studied with senior swamis and disciples of Swami Vishnu-devananda for over twelve years. In mid 2001 he founded the Advaita Yoga Ashrama (AYA) and is now based in Europe with his own Ashram in Slovakia, teaching primarily in Germany, Luxembourg and Amsterdam. Besides teaching yoga and vedanta, Swami Atma travels around the world to lead retreats and workshops. He is a popular and renowned Hatha Yoga Teacher of the Sivananda tradition.

Daily Schedule

6–8.30 a.m. Morning Meditation, Chanting, Lecture. Early morning is a time of strong spiritual vibrations; this will aid your meditation to grow deep and intense.

8.45–11 a.m. Asanas, Pranayama, Relaxation class
11 a.m. Breakfast/Lunch

12 noon Karma Yoga (selfless service), leisure time
2–3.45 p.m. Lecture, Workshop

4–6.10 p.m. Asanas, Pranayama, Relaxation, teaching skills in small groups of students

6.10 p.m. Dinner, Leisure time

8–10 p.m. Evening Meditation, Chanting, Lecture

Exam

There will be written and practical exams at the completion of Yoga Vidya Teachers' Training Course.

Certificate

Upon completion of course and exam you will be awarded with the yoga teachers' certificate by the Yoga Vidya Teachers Association. This certificate enjoys wide recognition.

Meals

There are two nutritious lacto-vegetarian meals every day (brunch at 11.00 a.m. and dinner at 6.10 p.m.). The meals are prepared with love and care; all ingredients are strictly organic. If you have special requests, please notify us at least one week in advance.

Leisure

Fridays are reserved for your leisure, from 9.30 a.m. to 8.00 p.m.. There will be no classes. You may seize the time for walks, cycling tours, swimming, sauna, trips into the country and relaxation.

Requirements

A basic knowledge of asanas and the philosophy of Yoga are required. However, you need not to be an advanced student to attend the Yoga Vidya Teachers' Training Course. However, the course requires your discipline. Participation in all classes, lectures and seminars is mandatory. Meat, fish, eggs, tobacco, caffeine and alcoholic beverages are strictly forbidden during the course. Additionally we recommend reading „*The Complete Illustrated Book of Yoga*“ by Swami Vishnu-devananda before entering the course.

What you should bring

„*The Complete Illustrated Book of Yoga*“ by Swami Vishnu-devananda, „*Bhagavad Gita*“ with commentary by Swami Sivananda, towels, alarm clock, torch, notebook, bed linen (which may be rented for a fee of 5 €), yellow shirt, white Yoga trousers, comfortable indoor slippers plus personal items and toiletries. Optional: musical instruments for chanting and talent shows, all-weather clothing for country walks.

Date and Fees

a) 4 weeks complete: July 11 – August 8, 2010
b) 2 x 2 weeks: first two weeks July 11 – 23, 2010; second two weeks: first half of August, 2011.

a) 4 Weeks in 2010: Shared room 2.012 €, Double room 2.404 €, Single room 2.796 €, dormitory/tent/motor home 1.704 €. For terms of payment see registration form.

b) 2x2 weeks: first two weeks in 2010 plus 2 weeks in 2011: Shared room 2.174 €, Double room 2.566 €, Single room 2.958 €, dormitory/tent/motor home 1.866 €, half amount to be paid in 2010, second half in 2011; 102 € Discount if you pay the whole amount in 2010.

If you know German kindly, ask for our detailed German brochures for: Teachers Training Introductory Courses, Advanced Teachers' Training Courses, 4 weeks intensive Teachers Training Course.



Curso de Formación en Yoga en Español

Intensivo-3-semanas (curso básica)

Julio 2 – 23, 2010

Profesores: Gauri Agulla
y Shanmug Westley Eckhardt
(Español sin traducción)



A.I.P.Y.S.

Asociación Internacional de Profesores de Yoga Sananda (A.I.P.Y.S.)

A.I.P.Y.S. ha sido fundada en base a nuestros muchos años de experiencia internacional que nos demostraron la necesidad de establecer unos estándares a la hora de formar profesores de Yoga, no solo desde el punto de vista de la practica, sino especialmente en el como instruir, enseñar y dirigir las clases.

Criterios Profesionales

A.I.P.Y.S. establece claramente los criterios profesionales a seguir en cuanto a las enseñanzas y contenido de sus cursos. Asimismo, A.I.P.Y.S. es responsable de la concesión de diplomas.

Cursos Formadores de Yoga (C.F.Y.)

Los cursos para formadores de yoga están dirigidos por 'Yoga Center' y Yoga Sananda manteniendo ambos los estándares A.I.P.Y.S.

Concesión Certificados de Yoga

A.I.P.Y.S. concede certificados y diplomas para diferentes estilos de Yoga, manteniendo los criterios de la comunidad internacional de Yoga. Asociación Internacional de Profesores de Yoga Sananda.

Profesor de Práctica de Hatha Yoga

Fechas: 2 a 23 de Julio, 2010

Horas: 240

Idioma del Curso: Español

Donde: Yoga-Vidya, Bad-Meinberg, Alemania

Hora del comienzo: 15:00 el 2 de Julio, 2010

Salida del Ashram: 12:00 el 23 de Julio, 2010

Contenido del Curso

Para quien es este curso

Este curso está diseñado pensando en las personas con experiencia de al menos dos años en la práctica del yoga.

El curso proporciona los conocimientos y la formación necesaria para poder impartir clases con garantía de calidad, así como el perfeccionamiento de la práctica personal.

Estos cursos también están dirigidos a quienes, sin tener pretensiones docentes, se interesan en el perfeccionamiento de su práctica o en la adquisición de nuevos conocimientos.

Objetivo del Curso

Su objetivo principal es hacer hincapié en las técnicas pedagógicas que se aplican en la enseñanza del yoga, bajo el prisma de una metodología innovadora que enriquece y capacita para transmitir, con seguridad y confianza, los conocimientos a los futuros estudiantes.

Contenido Formativo:

- * Posturas
- * respiración
- * relajación
- * meditación
- * pranayama
- * kriyas
- * tradición y kirtan

Durante el curso se estudian y analizan, desde puntos de vista anatómico y fisiológico, las posturas, la respiración, y la relajación complementando la sólida formación de los futuros profesores.

Se instruyen las técnicas clásicas del Yoga Integral. El curso acerca al participante a la auténtica fuente de la tradición oriental. La vida cotidiana en el ashram, aporta una experiencia de crecimiento personal entendiendo el sistema de Gurukula. El curso proporciona las bases fundamentales de la práctica, la psicología y la filosofía del yoga y revela los términos y el vocabulario básico en sánscrito.

A través de una metodología ecléctica y pragmática, se ahondará en las múltiples técnicas, descubriendo cuáles son las más convenientes para el ejercicio de la instrucción.

Temario:

1. El Yoga en Occidente

- * Historia del Yoga. Sendas principales y diferentes Maestros o Filosofías y metas del Yoga

2. Hatha Yoga

- * Preparación de clases
- * distribución
- * ambientación
- * vocabulario
- * ritmo
- * lenguaje corporal del profesor
- * psicología del profesor
- * aprender a enseñar las posturas (asanas)
- * corrección y ajuste de las posturas (asanas)
- * beneficios y contraindicaciones
- * pedagogía de la enseñanza
- * asanas tradicionales con ajustes anatómicos
- * diseño de clases variadas
- * Ejercicios Preliminares
- * Desarrollo de la atención al cuerpo y sensibilidad con la práctica
- * calentamientos preliminares
- * ejercicios para sustituir asanas
- * Hatha Yoga Pradipika
- * el origen del hatha yoga
- * los Nathas; Mudras; Bandhas
- * Técnicas respiratorias para la vida diaria
- * Aprendizaje de la respiración
- * Pranayamas básicos; Prana y energía
- * Pranayama avanzado del Hatha Yoga Pradipika
- * Relajación, Relajación profunda clásica
- * Yoga Nidra

- * Entrenamiento Autogénico (Schultz)
- * Relajación progresiva (Jacobson)
- * Kriyas (ejercicios de purificación o limpieza)
- * Los seis kriyas del Hatha Yoga Pradipika
- * Anatomía y Fisiología aplicada a las posturas
- * Fisiología humana y como esta se relaciona con la práctica del Yoga
- * funcionamiento de la respiración

3. Tantra y Kundalini Yoga

- * Energía y percepciones extrasensoriales
- * Cuerpo astral: prana, nadis, chakras, kundalini
- * Vida después de la muerte y dimensiones astrales
- * Apertura de los chakras
- * Fenómenos psíquicos: clarividencia, telepatía, psicokinesis, etc.
- * Desarrollo de percepciones extrasensoriales.
- * Despertar de la Kundalini: métodos, experiencias, peligros, precauciones
- * Técnicas de Kundalini Yoga : Mantra, Laya, Yantra, Nada, Hatha Yoga

4. Raja Yoga: Entrenamiento Mental y Meditación

- * La mente humana: subconsciente, consciente, superconsciente
- * El pensamiento y su poder; pensamiento positivo
- * Realización del Ser
- * Desarrollo de la fuerza de voluntad, concentración, creatividad e intuición
- * Emociones y sentimientos. Liberar al niño interno
- * Afirmaciones y visualización
- * Yoga sutras de Patanjali
- * Filosofía India y Occidental Meditación
- * Concentración y atención
- * **Técnicas de meditación:** meditación con mantras, tratak, meditación en chakras, vipassana, meditación de expansión, visualización creativa, meditación abstracta
- * Superar obstáculos. Experiencias

5. Karma Yoga (Yoga en acción)

- * La ley del Karma
- * Dharma: acción adecuada
- * Vivir con ética
- * Servicio desinteresado
- * Los Ashramas: estados de la vida
- * Vida simple y pensamiento elevado



6. Bhakti Yoga

- * Sentimientos y emociones
- * El milagro del amor
- * Comunicación con Dios
- * Mitología Hindú
- * Kirtan, Cantos de Mantras y Rituales
- * Experiencias de lo Divino
- * Iniciación al Mantra
- * Relación entre Guru y Discípulo
- * Preferencias Espirituales
- * Bhakti Sutras

7. Jñana Yoga y Otros Temas

- * Escrituras Hindus, introducción a los: Vedas, Smritis, Itihasas, Puranas, Upanishads, Brahma Sutras, Bhagavad Gita, Hatha Yoga Pradipika
- * Los tres cuerpos
- * Estados de transformación
- * Psicología transpersonal
- * Los seis sistemas de la filosofía hindú
- * Filosofía vedanta: ¿ Quién soy yo ?
- * Sat, Chid, Ananda
- * Física y misticismo
- * Filosofía: oriente y occidente
- * Muerte, vida después de la muerte, reencarnación
- * Religiones del mundo.

Libros del Curso:

Libros de texto: „El Nuevo Libro del Yoga“. Ed. Integral; „Hinduismo“ Cybelle Shattuck. Ed. Akal; „Bhagavad-Gita o El Canto del Bienaventurado“. Versión de José Barrio Gutiérrez. Ed. Edaf; „Upanishads“. Versión de Raphael. Ed. Edaf; „Yoga-Sutra de Patanjali“. Versión y comentarios de T.K.V. Desikachar. Ed. Edaf.

Libros de consulta: „Atlas de Anatomía. Los músculos“; „Clave en el Hatha Yoga“, Ed. Acanto; „Cómo Meditar“. Lawrence Le Shan.

Otros: Cd „Clase Básica“; Casette kirtan; Pistero y sonda; Mala (cuentas ensartadas para la meditación).

Horario del curso de formación:

- 06.30 Buenos Días
- 07.00 Meditación
- 08.00 Práctica Personal y Pedagogía
- 11.00 Brunch
- 12.30 Tradición Hindú
- 13.45 Textos Clásicos
- 15.00 Asanas y Pedagogía
- 18.00 Cena
- 20.00 Meditación
- 22.30 Buenas Noches

Profesores:



Gauri Agulla Eckhardt Gauri es la 'shakti', directora y profesora de 'Yoga Center'. Cofundadora y coordinadora de la A.I.P.Y.S. Discípula directa y asistente personal de Swami Vishnudevananda durante 15 años. Tras varios años dedicada a la práctica y enseñanza del Yoga, ha diseñado un innovador método pedagógico, que combina los principios del Yoga tradicional con la aplicación de precisas correcciones anatómicas.



Westley Eckhardt (Shanmugananda) es director y profesor de 'Yoga Center', Psicólogo y Cofundador de la A.I.P.Y.S. Discípulo y director adjunto de Swami Vishnudevananda, durante 17 años dirigió los ashrams de Canadá y las Bahamas.

Profundo conocedor de la tradición hindú con más de tres décadas de experiencia en su enseñanza. Especializado en Filosofía Oriental, Tradición Yóguica y Meditación.

Información General

Lugar: Entorno privilegiado donde se encuentra el Yoga Ashram y Centro de Retiro: 'Haus Yoga Vidya', el Ashram más grande de toda Europa.

Importe del Curso: Los precios incluye el curso, y alojamiento completo (2 comidas vegetarianas por día).

* Dormitorio (6 camas) 2.218 €

* Habitación doble 2.650 €

* Habitación individual 3.082 €

* Dormitorios de varias camas/tienda campaña/caravana 1.878 €

Formulas de Pago: Las modalidades pueden ser
* Efectivo y Tarjeta de Crédito, (en nuestro centro)
* Giro Postal, (indicando claramente nombre de alumno y curso)
* Transferencia Bancaria a: YOGA CENTER, S.L.,
nº cta. 2100 1417 16 0200283014

La Certificación, Exámenes y Puntuación Abandono del Curso por el Alumno:

Los Exámenes: El examen final constará de una prueba escrita sobre las materias propuestas durante el Curso y de una exposición de práctica pedagógica y personal.

La Puntuación: El porcentaje de puntuación de los diferentes temas será como sigue: Tradición 15%, Pedagogía 40%, Práctica 40% (Asanas, Meditación, Relajación, Respiración, Pranayamas, Kirtan y Kriyas), Entrega trabajos y proyectos 5%.

Diploma: Al finalizar el Curso se otorgará un Diploma acreditativo. La obtención del mismo quedará condicionada a la realización del programa establecido para el Curso. El alumno podrá optar a las convocatorias extraordinarias de examen que se celebrarán en todos los centros de A.I.P.Y.S. si ello fuera necesario para concluir el programa.

Certificado de Asistencia: En caso de NO superar el nivel necesario para obtener el Diploma, se expedirá, en su lugar un Certificado de Asistencia (no apto para la enseñanza). Este Diploma o Certificado se enviará por correo postal al mes de la finalización del Curso.

Condiciones Generales

Las Condiciones Generales son: No dejes de ser exquisitamente puntual. Será necesario tu asistencia a todas las clases y actividades del Curso. Superar los exámenes que se harán a lo largo del Curso. Los parámetros de evaluación para la obtención del Diploma o Certificado se ajustarán a las normas que la Asociación Internacional de Profesores de Yoga Sannanda ha previsto para la obtención de dichos Diplomas o Certificados. Al alumno que no supere estos exámenes se le expedirá un Certificado de Asistencia al Curso (no apto para la enseñanza).

Nivel de Compromiso: El alumno debe conocer que tiene la posibilidad de renunciar a todos los exámenes y tests de los cursos, sabiendo que esta renuncia le da derecho sólo a obtener un Certificado de Asistencia (no apto para la enseñanza).

Abandono del Curso por el Alumno:

1. Si el alumno deseara abandonar el Curso dentro de los tres primeros días del inicio, deberá comunicarlo por escrito al profesor encargado del Curso dentro de ese plazo. Sólo en este caso, y previa comunicación escrita, se le reembolsará el 70% del importe del precio por las clases restantes que haya abonado.

2. Una vez que transcurra el anteriormente citado plazo de tres días, el alumno que no deseara seguir asistiendo a las clases deberá comunicarlo a su profesor encargado. En este caso, y previa comunicación escrita, sólo se le reembolsará el 20% del importe del precio de las clases restantes que haya abonado.

3. Los alumnos que hubieran abandonado el Curso elegido y desearan matricularse de nuevo en el siguiente Curso elegido que se convoque de modo inmediato no abonarán los costes de matrícula.

El derecho a esta bonificación estará condicionado a lo siguiente:

a) el alumno no podrá tener ninguna deuda económica pendiente.
b) este derecho sólo podrá ser ejercido en el inmediato Curso igual al anteriormente elegido que se convoque después del Curso que haya abandonado.

Que Necesitas Traer

- * Asiste a las actividades con ropa cómoda.
- * Provéete de antideslizante propio.
- * Procura lo necesario para tomar apuntes.
- * Provéete de pantalón corto, camiseta de tiran y toalla.
- * Dispón con antelación suficiente del material que necesitas para el Curso.

El alumno debe conocer que para este Curso se le entregará material didáctico protegido por los derechos de autor. Este material sólo estará a disposición del alumno y de ninguna manera será utilizado o compartido con ningún otro individuo o persona jurídica para fines comerciales o didácticos.

Otras Condiciones: Proveerse de un seguro personal.

Nota: Esta información es indicativa. Nos reservamos el derecho de hacer cambios en cualquiera de nuestros programas, horarios o su contenido sin previo aviso.

Unique in Europe: The Ashram Experience

Spiritual Ashram Retreat

Learn all about yoga and spiritual life in the extraordinary atmosphere of an Ashram. The word Ashram includes the Sanskrit term „shram“ (labour). Selfless service, and labour in form of working on our personality form the basis of Ashram life. „A-shrama“ however means the opposite, namely „without strain“. It means a place of spiritual vibration where everybody is striving for perfection and for a deeper sense and higher goal in life. Ashram also means a place where Yoga and spiritual exercise is done regularly.

The Yoga Vidya Ashram is unique in Europe – and probably even worldwide outside of India – in its size and way of intensive spiritual exercise. Here you can experience all aspects of that unique Ashram feeling, gain inner peace and serenity and transform your whole personality.

Once you are settled in, you begin experiencing the immense vibration and positive energy of the Ashram atmosphere. Starting from the morning meditation, mantra chanting and Arati prayers over your morning yoga class to evening meditation, mantra chanting and lecture, mind and body experience a unique overhauling.

„Simple living high thinking“ and a sense of service are the essence.

However, our Yoga Vidya Ashram in Bad Meinberg/Germany is quite a „luxury“ Ashram compared to most Indian Ashrams:

- Single, double or dormitory rooms with own bathroom
- rich buffet of vegetarian biological meals twice a day
- 80 well-trained yoga teachers teaching several parallel yoga classes twice a day, leading meditation and talks, answering to your questions, showing you the way how to live yoga.

In order to enrich your stay as a „Ashram Holiday“, you may also enjoy the beautiful nature of the surrounding park and woods, the sensational landmark of the „Extern Stones“, other beautiful nature sites of the „Teutoburger Forest“ or the lovely tiny historical towns and castles of Detmold, Hameln, Lemgo, thermal spa and sauna within 5 minutes' walking distance, and much more.

Daily schedule

- 7.00 am - meditation, chanting, short reading, lecture
- 9.00 am - yoga class with asanas, pranayama and deep relaxation
- 11.00 am - brunch (breakfast/lunch)
- 2.30 pm - workshop/lecture
- 4.00 pm - yoga class with asanas, pranayama and deep relaxation
- 6.00 pm - dinner
- 8.00 pm - meditation, chanting, lecture

Programmes are partly in English, partly in German. Off-season when there are no English teachers from abroad the whole programme is in German only.



Work-study programme, Spiritual Ashram Retreat:

You join in the work (service) of the Ashram for 3 hours per day. Apart from that service (Seva), you participate in daily yoga classes, meditation sittings, Mantra chanting every day, and you may also join lectures in the morning or evening, according to your work-study-schedule.

Month-long stays at the spiritual ashram retreat are available as from 424 € for the month, including accommodation, 2 healthy meals daily, yoga classes, meditation, mantra chanting and spiritual instruction classes. Guests are given daily tasks (3 hours daily) to accomplish as part of the ongoing needs of the facility.

Fee

Per day (from Sunday to Friday): shared room 21.50 €, Double room 28.50 €, Single Room 35.50 €, dormitory/tent/motor home 16 €. **Weekend** (2 nights, Friday to Sunday): shared room 49 €, Double room 63 €, Single Room 77 €, dormitory/tent/motor home 38 €. **1 week:** shared room 156.50 €, dormitory/tent/motor home 118 €. **2 weeks:** shared room 281 €, dormitory/tent/motor home 212 €. **3 weeks:** shared room 421 €, double room 555 €, single room 687 €, dormitory/tent/motor home 318 €. **4 weeks/1 month:** shared room 562 €, double room 740 €, single room 916 €, dormitory/tent/motor home 424 €.



Individual Ashram holiday or Spiritual Ashram Retreat without being involved in service:

If you are interested in Yoga and want to learn more or to progress on the spiritual path then this is the place to do it! Great vegetarian meals, great Yoga, great people, great atmosphere! You just have to experience it for yourself!

Per day: shared room 43 €, Double room 57 €, Single Room 71 €, dormitory/tent/motor home 32 €
Weekend (Friday to Sunday): shared room 98 €, Double room 126 €, Single Room 154 €, dormitory/tent/motor home 76 €. **1 week:** shared room 313 €, double room 411 €, single room 509 €, dormitory/tent/motor home 236 €. **2 weeks:** shared room 562 €, double room 740 €, single room 916 €, dormitory/tent/motor home 424 €. **3 weeks:** shared room 843 €, double room 1110 €, single room 1374 €, dormitory/tent/motor home 636 €. **4 weeks/1 month:** shared room 1124 €, double room 1480 €, single room 1832 €, dormitory/tent/motor home 848 €.

All prices Including two rich vegetarian meals, one or two yoga classes per day, daily morning and evening meditation, lectures.

The combination of yoga, meditation, chanting, healthy food, and experienced yoga teachers and spiritual leaders, the beautiful and quiet environment, is just great. Apart from the Ashram Experience, it might be a special adventure in the German speaking environment. Most of the programmes are in German. However, there are special English programmes during the year, including a four weeks' intensive Yoga Teachers' Training Course. Also most of our staff speak English and will be ready to help you and to adjust to the daily routine. Especially if you are working with us for 3 hours, you will be in one of our teams where you can find guidance in all practical questions. We also offer a special welcome and introduction service for our foreign guests.

Call us today +49(0)5234/870 or send an E-Mail to reception@yoga-vidya.de and find out more about how you can retreat from the world and reemerge with a powerful new energy and harmony of body, mind and soul.

Registration Form/ Forma de inscripción

I hereby register for the following Yoga Teachers' Training / Advanced Teachers' Training / Yoga Therapy Course at Yoga Vidya Retreat Centre Bad Meinberg:

Yoga Teachers' Training/Curso de Formación en Yoga

- 4-Weeks-Intensive with Swami Atma: July 11 - August 8, 2010
- First two weeks July 11 - 23, 2010; second two weeks first half of August 2011
- Me inscribo obligatoriamente para el curso intensivo de tres semanas en español con Gauri y Westley Eckhart: Julio 2 - 23, 2010

Work-study programme

from (arrival date) to (departure date)

Individual Ashram holiday or Spiritual Ashram Retreat

from (arrival date) to (departure date)

Desired accommodation/Prefiero acomodación en:

- Single double shared room dormitory/tent/motor home
- Habitación individual Cama doble Dormitorio (4-6 camas) dormitorio de varios camas/ carpa/aravana

Given Name, Surname

Street Postcode

City Country

Phone E-Mail

Education/Profession

Former Yoga experience for the course

Personal reasons for participation in Yoga Teachers' training:

Place of Birth, Date of Birth

How did you hear about Yoga Vidya?

Other experiences and knowledge in spiritual/esoteric schools:

Possible physical disabilities and hazards:

Terms of payment:

Advance payment due with registration: minimum 250 € . Remaining fee: 2 weeks before start of course.

- Money Order (Please state seminar and seminar date on the order form and bring your receipt!):
Yoga Vidya e.V. Bad Meinberg, account no. 2150078400, BLZ 472 601 21, Volksbank Paderborn-Höxter-Detmold e.G. (from outside Germany BIC: DGPBDE3M, IBAN: DE41472601212150078400)
- or send cheque with registration form

Terms of payment for books

- Cheque enclosed
- I will transfer the money to the account of Yoga Vidya GmbH, account number: 215 0369 400, BLZ 472 601 21, Volksbank Paderborn-Höxter-Detmold e.G.
(from outside Germany IBAN DE 41 472 601 21 215 0369 400 · BIC DG PB DE 3M)

I need a shuttle service on the (date) at (time)

- Horn-Bad Meinberg Station (Free shuttle service from 8.30 a.m. - 7.15 p.m.)
- Pickup from airport Paderborn/Lippstadt (35 €). (Upon special request only. Train recommended. Free pick-up from Horn Bad Meinberg station).
- Pickup from airport Hanover (60 €). (Upon special request only. If possible please take train. Direct train from airport to Steinheim, pick-up from Steinheim possible)

Conditions and Requirements

Participation in all classes, lectures and workshops is mandatory. Meat, fish, eggs, tobacco, alcoholic beverages, coffee and black tea are under no circumstances allowed during course. Students who disregard these rules and requirements will be expelled from the course and no refund will be given. There will also be no refund if students leave the course early. In case of cancellation latest 2 weeks before start of the course there will be a refund, less a 25€ fee. Cancellation less than two weeks before start of course: 50% of the regular price will be charged. The changing of courses or dates is possible without extra charge up to one month before the course begins. After that an administrative fee of 15€ is due. If requested, a credit voucher may be granted, valid for our other seminars.

I have read and understood the aforementioned conditions, terms and requirements (see next page).
I declare to take responsibility for myself and my actions.

.....
Location, Date, Signature

Condiciones y requerimientos:

La participación en todas las clases, conferencias y workshops es obligatoria. No es permitido de ningún modo tomar carne, pescado, huevos, tabaco, bebidas alcohólicas, café y té durante todo el curso. Estudiantes que no respetan estas reglas serán excluidos del curso sin devolución. Tampoco resulta una devolución si un estudiante abandona el curso antes. En caso de la anulación a más tardar 2 semanas antes del comienzo del curso hay una devolución menos una tasa de 25€. En caso de la anulación menos que 2 semanas antes del comienzo del curso cargamos 50% del precio regular. El cambio de cursos o fechas hasta un mes antes del comienzo del curso es posible sin tasas extras. Después cargamos una tasa administrativa de 15€. Se puede obtener un abono válido para otros seminarios.

He estudiado y entendido las condiciones y requerimientos antes comentados. Declaro que asumo la responsabilidad para mí y mis acciones.

.....
Lugar, Fecha, Firma

Please mail to/Por favour manda a:

Yoga Vidya e.V., Wällenweg 42, D-32805 Horn-Bad Meinberg, Germany.
Tel. +49(0)5234/87-0; Fax +49(0)5234/87-1875

Yoga Vidya e.V.

Yoga Vidya is a non-profit community group which aims at spreading the teachings of truth („vidya“), the practice, exercise and techniques of classical, holistic Yoga. Founded in 1992 in Frankfurt. The seat is now Döttesfeld. Yoga Vidya Centre Westerwald was founded in 1996 and Yoga Vidya Retreat Centre Bad Meinberg was founded in 2003. There are Yoga Vidya Centers in 50 major German cities and Vienna, Austria. We teach Yoga in its many aspects in a variety of courses and seminars; Yoga Vidya is Europe's leading and biggest Yoga educational program. All fees for courses directly support the trust. Donations are tax-deductible.

Swami Sivananda 1887–1963

One of the grand Masters of yoga of the 20th century, Swami Sivananda is the inspiration behind all Yoga Vidya centres. Born in Southern India, he attended mission school and learned, at a young age, to integrate Indian and Western knowledge. He then studied medicine and emigrated to Malaysia where he managed a hospital. At the age of 37 he returned to India to do intensive practice of Yoga and Meditation in Rishikesh (Himalaya). Swami Sivananda attained Samadhi, self-realisation, aim of all Yoga practice. Drawn by his personality and loving aura, many students came to live and learn from him. Swami Sivananda dedicated his life to integral Yoga and to spreading the teachings to his students from the East and the West alike.



The most famous of his books are „Bliss Divine“, „Sadhana“, „Commentary on the Bhagavad Gita“ and „Japa Yoga“. His motto was: Serve, love, give, purify, meditate, realise. Some of his students, Swami Vishnu-devananda, Swami Chidananda, Swami Satchidananda, Swami Satyananda, Boris Sacharow and André van Lysebeth, were the initial messengers of Yoga to the West.



Location:

Yoga Vidya Retreat Centre and Ashram Bad Meinberg

Located on the idyllic outskirts of the spa town Bad Meinberg and surrounded by a vast park. Nearby are the „Externsteine“, a wonder of nature and a sanctuary since Germanic and medieval times. The centre offers lots of space and amenities, among many comforts, almost all rooms are with balcony, shower and WC, there are apartments, spacious Yoga-, Lecture- and Meditation rooms, sun-drenched dining halls, a therapy wing for Ayurveda and massage treatments, a community sitting room, Internet-cafe with tea-room, boutique with snack bar, video-room, library and lots more. Within 10-minutes walking distance you find the thermal spa with sauna-area.

The Yoga Centre is readily and easily reached by train and car. It is located 27 km from Paderborn, 10 km from Detmold, 35 km from Bielefeld and 100 km from Hannover. A free shuttle transfer from Horn-Bad Meinberg station is available. Regular train connections from Paderborn/Lippstadt Airport to Horn-Bad Meinberg are available, as well as from Hanover Airport.

www.yoga-vidya.de/english/bad-meinberg.html

Yoga Vidya Retreat Center Westerwald:

www.yoga-vidya.de/english/westerwald.html



Information and Registration:

Yoga Vidya e.V.

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