

Sivananda Ashram Yoga Farm

GRASS VALLEY, CALIFORNIA

Guide to Programs

2020



MESSAGE FROM THE DIRECTOR

This year, 2020, is called the Year of Expansion as we enter into the 50-year anniversary of the Yoga Farm. A milestone is about to be reached here in Grass Valley, but also in Sivananda Centers on the west coast, the new Los Angeles Center, San Francisco Center, as well as the Asian counterparts: the Yoga Centers and Ashram in Vietnam, China, and Japan.

At the Yoga Farm, we continue to offer a year-round steady structured schedule of Yoga and meditation for all levels, as well as multiple courses ranging from Vegetarian Cooking, Ayurveda, Yoga for Beginners and Advanced students, Yoga Philosophy courses and wonderful Holiday events.

We have graduated many Yoga teachers and particularly the first batch of the Sivananda Yoga Health Educator Training (SYHET) and have welcomed a new batch of eager students. We endeavor to empower people to get back to the source of health and healing within themselves to feel strong, vibrant and resilient. Classical Yoga goes to the root cause of stress, depression, and anxiety which plague our contemporary fast-paced and changing societies.

To prepare for the 50th year landmark, we plan to consolidate our infrastructure (roads, dorms and cabins) to accommodate more individuals wanting to immerse themselves in this hopeful oasis of knowledge and beauty, to fulfill that vision of our founders who brought Yoga from India to America.



We embrace the Vedic vision of an enlightened community, and continue to explore the Vedic knowledge of Jyotish, Ayurveda, Vastu as well as Yoga and Vedanta.

We thank all of you for your support as witness the thousand petitions signed in support of the Yoga Farm. This is great encouragement for us to continue efforts to upgrade the Ashram for a better world.

Last, but not least, we continue to care for the earth, and to study and teach permaculture, contributing what we can to bring balance back to our planet. We steadily send our prayers to the world for the peace and happiness of all beings.

We remain humble and in awe of the great beauty and power of Mother Nature, and pray for her Grace,

—Swami Sitaramananda, Acharya
25 years, director of the Ashram Yoga Farm



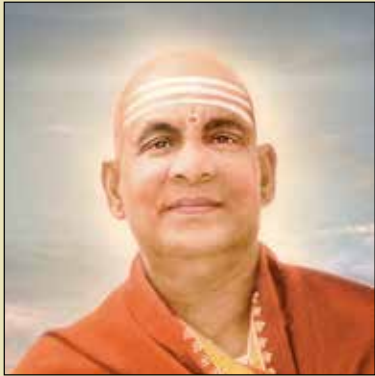
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OUR FOUNDERS

from the Himalayas to California



Swami Sivananda
(1887–1963)

One of the great saints of modern times, this renowned sage and humanitarian is the inspiration behind the Sivananda Yoga Vedanta Centres. He served for many years as a medical doctor before establishing the Sivananda Ashram in the Himalayas. His practical teachings continue to enrich the lives of millions worldwide through his more than 300 books and the works of his many extraordinary disciples. His teachings are summarized in the words: "Serve, Love, Give, Purify, Meditate, Realize."



Swami Vishnudevananda
(1927–1993)

Swami Vishnudevananda is recognized worldwide as a leading authority on Hatha Yoga and Raja Yoga. He came from India to the U.S. in 1957 at the bidding of his teacher, Swami Sivananda. Through the practical application of Yoga in the Western world, he breathed new life into a vision for world peace. In 1959 he founded the International Sivananda Yoga Vedanta Centres. Swamiji is the author of the classics *The Complete Illustrated Book of Yoga and Meditation and Mantras*. The Yoga Farm is a gift of grace from this modern visionary for universal peace.



The Sivananda Ashram Yoga Farm

Founded in 1971 by Swami Vishnudevananda, the Sivananda Ashram Yoga Farm has attracted sincere seekers of peace, health, and enlightenment from all over the world for more than 40 years. It is part of the International Sivananda Yoga Vedanta Centres and is a non-profit organization. Set on 80 acres of rolling hills and meadows in the Sierra foothills, it offers a beautiful secluded location, surrounded by nature. All of the staff and teachers are volunteers. The traditional principles underlying the life of the Ashram are respect for religious differences, multi-culturalism, multi-ethnicity, and multi-disciplinary study. The Sivananda Ashram Yoga Farm blends Eastern and Western lifestyles—it is open, tolerant and disciplined at the same time.

An ashram offers an integral yoga practice for a continuous period of time, away from distractions and negative influences. It teaches practical skills for daily living as an alternative to both the secular materialism and the spiritual confusion prevalent in our fast-paced society. The absence of media prevents the overstimulation of the mind that creates thoughts of violence, cravings, fear, anger, and powerlessness. The retreat setting

prevents sensory overindulgence, which drains our vital energy.

Individuals come on Yoga vacations to be in a space where spiritual values and ethical behaviors are cultivated through conscious everyday awareness. They embark on a spiritual adventure, using all aspects of the practice to gain clarity, strength, and inspiration.

An ashram is a place to recharge and reorient oneself. The daily discipline and structure in a secluded setting creates space and curiosity for the mind to learn new things: a new recipe, a new way of eating, a new habit of rising at dawn. The change of setting and lifestyle often prompts a re-examination of unquestioned beliefs, habits, and patterns, leading to breakthroughs of insight and transformation.

Ashram living is communal living. The day begins and ends with satsang (literally "the company of the truth"), where all residents and guests come together to meditate, chant, and listen to a reading or discourse on Yoga. This emphasis on group practice underlies the teaching that Yoga practice requires a community of like-minded seekers and practitioners. Connections are created that foster and support transformation.

San Francisco • Los Angeles Centers

Swami Vishnudevananda first set foot in San Francisco in 1957 and started the whole Yoga movement from there. All have served their local communities with daily classes and satsang for over 40 years. Like the Ashram, the city Centers offer yoga and meditation courses, guest speakers on Vedic sciences and special programs such as concerts, inspirational lectures and intensive weekend trainings. The Centers are entirely run by dedicated karma yogis and teachers and are a part of the Sivananda 501(c)(3) nonprofit organization.

To receive regular news of activities at our Centers, please visit:

SAN FRANCISCO www.sivanandasf.org; e-mail: SANFRANCISCO@Sivananda.org

LOS ANGELES www.sivanandala.org; e-mail: LOSANGELES@Sivananda.org

Teachings

The Sivananda Yoga Class includes breathing, relaxation, and concentration, following a sequence of 12 basic postures to enhance the energy flow and tune the body-mind-spirit system. Daily repetition of these postures brings the maximum benefits. A stay at the Ashram will give you the opportunity to take classes daily and realize the benefits of a systematic, repeated, and simple practice. You will also learn variations to the postures as you advance.

Sivananda Yoga is practiced in the context of a lifestyle and based on the Five Points formulated by Swami Vishnudevananda.

The Five Points of Yoga

- Proper Exercise (Asana)
- Proper Breathing (Pranayama)
- Proper Relaxation (Savasana)
- Proper Diet (Vegetarian)
- Positive Thinking and Meditation

Yoga is the union of body-mind-spirit. There are four main paths to attain this union, which brings health, happiness, and peace of mind: Karma Yoga, Bhakti Yoga, Raja Yoga (Hatha Yoga), and Jnana Yoga.

Swami Sivananda's approach is the synthesis of all these paths in daily life.

The Four Paths of Yoga

Karma Yoga: The Path of Action

By acting selflessly, without thought of personal gain or reward, the Karma Yogi purifies the heart and sublimates the ego.

Bhakti Yoga: The Path of Devotion

Through prayer, worship, and ritual, the Bhakti Yogi surrenders to God, channelling and transmuting emotions into unconditional love or devotion. Chanting or singing the praises of God is a substantial part of Bhakti Yoga.

Raja Yoga: The Path of Body, Breath, Mind Control, and Meditation

Hatha Yoga (the balance of mind and body) is a part of Raja Yoga. By practicing asanas (postures) and pranayama (breathing), it offers a systematic method for controlling the waves of thought. When the body and energy are under control, meditation comes naturally, and peace of mind and happiness are experienced.

Jnana Yoga: The Yoga of Knowledge

Built upon the benefits gained through the previous practices, the Jnana Yogi is able to practice Vedantic Meditation or Self-enquiry, seeking to find his or her true nature and the nature of reality.



Guide to Progress from Beginners to Advanced

Yoga Vacations & Beginner's Courses

- Yoga Vacations – any length of time
- Beginner's Weekend – 2 days
- Beginner's Week – 5 days
- Prana and Pranayama – 2 days
- Stress and Relaxation – 2 to 5 days

Yoga Foundation Courses

- Intermediate: Four Paths of Yoga – 5 days
- Positive Thinking – 5 days
- Meditation for Well-Being – 5 days
- Vedanta for Beginners – 5 days
- Bhagavad Gita – 5 days
- Gentle Yoga Teacher Training – 2 days
- Chair Yoga Teacher Training – 2 days

Advanced Yoga Courses

- Yoga Teachers' Training Course – 1 month
- Advanced Yoga Teachers' Training Course – 1 month
- Sadhana Intensive – 2 weeks
- Raja Yoga Sutras – 5 days
- Meditation and Self-study Certification – 10 days
- Vedanta and Silence Course – 7 days
- Residential Seva Study Program – 1 to 3 months

Specialized Yoga & Vedic Courses

- Yoga of Recovery Retreat – 3 days
- Yoga of Recovery for Counselors Course – 10 days
- Jyotish Beginners Course – 5 days
- Food as Medicine – 7 days
- Sivananda Yoga Health Educator Training – 800 hours (see page 17)





Yoga Retreats & Vacations Open Year-Round

Immerse yourself in the traditional Ashram environment. Experience complete serenity in a naturally beautiful and peaceful setting, free from the noise and stimulation of the outside world. Recharge yourself by surrendering to the ancient yogic lifestyle. Our Yoga vacations are available year round. The daily schedule (see p. 28) has been carefully designed to enhance your Ashram experience and provide time for rest and contemplation. Enjoy the Yoga classes and silent meditation, enjoy a gentle or brisk walk on our many acres, or indulge in a massage in our Wellness Center.

Begin to discover your true nature and to develop skills to improve the health of your mind and body with our speciality retreats, listed below.

Satsang

Satsang is a heart-opening experience consisting of silent meditation, chanting (or singing) together, and an inspirational lecture. This morning and evening gathering is designed to deepen our Yoga practice, uplift our spirit, and establish connection within the Ashram community, and thereby the world.

"I have been practicing meditation alone for awhile, but to share in the group experience was truly deep. The daily chants were uplifting and fun, and the lectures always had a relevant topic and practical advice to share."
—Alana Richards, Gold Coast, Australia

Yogic Breathing: Pranayama Weekends

Energize, balance and unblock your energy channels. Discover simple Yogic breathing techniques and increase awareness of breath in Yoga asana practice. Experience energy in nature. Calm down, recharge and reconnect with your innate abundant life force.

Stress Relief & Relaxation Weekends (Yoga Health Education Intensive)

Combine the understanding and practice of the 5 Points of Yoga lifestyle with understanding of the root cause and mechanism of stress. Stress comes from failure of adaptability. Discussions on how to increase energy to better manage stress and develop a relaxed attitude while keeping focus.

Yoga Health Education Camps

Spend 5 days at a gentle Yoga retreat, attending workshops on specific health issues such as diabetes, weight control, stress management, anxiety, and depression, cancer wellness, or chronic pain. Includes adapted Yoga classes designed to fit specific conditions. See our website for dates:
sivanandayogafarm.org

Yoga for All Levels

Beginners Weekend Intensive

2 days This weekend introduction is designed to give the student the full yogic experience, introducing the 5 Points of Yoga as formulated by Swami Vishnudevananda:

- Proper Exercise (Asana)
- Proper Breathing (Pranayama)
- Proper Relaxation (Savasana)
- Proper Diet (Vegetarian)
- Positive Thinking and Meditation

You will experience immersion in the Ashram routine, learning the fundamental Sivananda asana (posture) sequence and enjoying wholesome vegetarian meals. You will leave rested and refreshed with the basic knowledge of how to continue your practice at home.



Beginners Week

5 days This week is ideal for beginners or those new to Sivananda Yoga. This course offers the full yogic experience, progressively introducing Yoga asanas, breathing exercises, meditation, mantra chanting, and Yoga philosophy.

You will be immersed in the daily routine of the Ashram, enjoying wholesome vegetarian meals and leaving rested and refreshed with the basic knowledge of how to continue your practice at home.

Topics include:

- Step-by-step guide to the basic 12 postures and their benefits
- Introduction to methods of classical Yoga, the tradition, and lineage of the Masters
- Basic philosophy about happiness, health, life, and freedom
- The differences between Yoga asana and physical exercises
- Yogic breathing techniques
- Vegetarianism—the "hows" and "whys"
- Relaxation and stress management
- Positive thinking and meditation (Arrive Sunday eve., depart Friday noon)

Intermediate Week

Yogic Methods to Increase Prana and Balance the Mind via the Four Paths of Yoga

5 days Open to all those who have completed the Beginners Week course or to those who already have a steady asana practice and wish to learn new asana variations and would like to add a spiritual perspective to their Yoga practice. You will be introduced to the Four Paths of Yoga: Karma Yoga (selfless service), Bhakti Yoga (devotional love), Raja Yoga (control of the mind), and Jnana Yoga (Self-enquiry, "Who am I?")

Topics include:

- Yoga asana variations, meditative postures, and the benefits of postures
- Prana and pranayama





Yoga Teachers' Training

200-hour Certification



4 weeks This course offers a profound personal experience and will allow you to transmit the knowledge of yoga to others. Over 45,000 yoga teachers have been trained in this method internationally. The spiritual essence of Yoga is learned through a combination of repeated practice and inspirational lessons. Among the many benefits that students report are greater spiritual awareness, a sense of connection with the divine, a newfound sense of self-discipline, enhanced self-esteem, improved power of concentration, and increased strength and flexibility. A teaching certificate from the International SYVC is awarded upon successful completion of the course. The curriculum includes asanas, pranayama, meditation, Vedanta philosophy, anatomy and physiology, Bhagavad Gita, mantra, and kriyas. Please inquire for a brochure and application form.

April 24–May 22, 2020
October 17–November 14, 2020
May 1–29, 2021
October 9–November 6, 2021

"Hatha Yoga is not just asanas.
It is the control of the mind."
—Swami Vishnudevananda

Take the Yoga Teachers' Training Course in beautiful VIETNAM!

Courses in February, July and November every year.
For costs and complete info, visit www.sivanandayogavietnam.org



Courses for TTC Graduates

Advanced Yoga Teachers' Training

300-hours Yoga Alliance

4 weeks The Advanced Yoga Teachers' Training Course (ATTC) allows graduates from the Sivananda Teachers' Training Course (TTC) to deepen their spiritual practice and study of Hatha yoga, Vedanta philosophy, Raja yoga, anatomy, and Sanskrit.

ATTC is another opportunity to practice in a supportive atmosphere under expert guidance. ATTC gives you a boost of energy and clarity, allowing you to progress in your yoga asana practice through advanced variations and prolonged holding of the postures. One hour of pranayama practice each morning includes advanced pranayama, mudras, and bandhas. In-depth study of Patanjali's Yoga Sutras offers a deeper understanding of how to control and eventually transcend the mind.

Sadhana Intensive Certificate Course

2 weeks This program is based on individual self-practice devised by Swami Vishnudevananda, based on his own Hatha Yoga sadhana in the Himalayas. The emphasis is on intense and prolonged pranayama in the controlled, secluded, and pure atmosphere of the Ashram. Offered only to TTC graduates.

Raja Yoga Sutras

5 days Come for 5 days of immersive Sadhana (practice) and mouna (silence). The Raja Yoga Sutras of Patanjali will be studied under the guidance of senior Ashram staff and accompanied by discussions on how these teachings can be applied in daily life. The first 5-day course focuses on Pada 1; second 5-day course on Pada 2.

Sivananda Yoga Teachers Refresher: Passing the Flame

4 days Deepen your vision, expand your knowledge, and fine-tune your skills. This course is geared towards those who have completed Sivananda TTC and want to deepen their practice and renew their experience of a disciplined life in the Gurukula under the guidance of the teacher. Reconnect with your spiritual community (sangha) and rekindle the inner fire of aspiration and self-transformation. Learn how to start your own Sivananda Affiliated Center.

West Coast Teachers' Meeting

3 days Come together and reconnect with the teaching and the Sivananda Family. The West Coast Teacher Meeting reminds us of the mission of our founders and re-inspires us to the integral practice of body-mind-spirit immersion in Guru's grace and purpose. Bring to mind again the benefits and the elevated inner feelings which make us Sivananda Yogis. Join us for this special opportunity to receive instruction and guidance in personal practice and teaching. Recharge and keep the inspiration strong!



Therapeutic Yoga Specialized Groups

Yoga Nidra Certification Course

4 days Yoga Nidra is the art of conscious relaxation. You will learn techniques which will allow you to reach new states of conscious awareness with acute perception of both your physical and subtle body. As you practice these techniques you will feel the flow of prana move through physical, emotional, and energetic blockages. The end result is the healing of the body and mind and the expansion of consciousness. Taught by Dr. Marc Halpern.

Restorative Yoga Teacher Training

4 days Reduce pain, develop a positive outlook, and increase strength and vigor. In this program, we will explore restorative prop use for maximum release and comfort, self-healing techniques, working with acupressure points, breathing exercises, meditation, and visualization. Learn Yoga techniques to help others to relieve stress, work through injuries, alleviate chronic pain, and calm anxiety and restlessness. Taught by Sundari (Nora Benian).



Gentle Yoga Certification Course

2 days Gentle Yoga is designed for students who need to have the basic Yoga postures modified due to age, weight, illness, injury, or limited flexibility. This course is designed to help Yoga teachers evaluate limitations in their students and offer modified poses for them. Workshops include discussions on the philosophy and psychology of gentle Yoga and aging. Taught by Tara Durga Devi.

Marma Point Therapy Course

5 days Marma therapy is one of Ayurveda's most powerful healing modalities for stress and pain management. Marmas are vital, hidden, or secret points where energy and matter come together. This specialized massage technique is particularly useful in healing damaged tissue; to detoxify by activating the lymphatic system; unblock tension from nerves, muscles, and joints; and to facilitate proper pranic flow. Combined with Marma awareness, asana and pranayama, this course will leave you feeling relaxed and revitalized. Taught by Bharata Surya.

Chair Yoga Certification Course

Learn Chair Yoga, and learn how to teach!

3 days Using a chair for support, learn to practice gentle Yoga postures for yourself and how to make Chair Yoga accessible to seniors and those with disabilities or limited mobility. Includes simple Yoga exercises, postures and stretches, breathing exercises, meditation, and benefits of a wholesome vegetarian diet. Taught by Saraswati.

Family & Children

Children's Yoga Camp

10 days Experienced Sivananda Yoga teachers host the Children's Yoga Camp every summer for children ages 7–14. Children will benefit from daily Yoga and breathing exercises combined with meditation practice, learning the value of Karma Yoga (selfless service), and satsang (just for kids), followed by singing and inspiring stories. There will also be plenty of time for swimming, fun and games, and special activities outside the Yoga Farm.

Help your child's evolution by creating a solid foundation of peaceful, healthy living.

Family Yoga Camp

5 days Family Yoga Camp offers fun and Yoga for the entire family, special daily family activities (games, theater, music, arts, crafts, and outdoor activities), as well as kids' classes and meditation. The program allows some free time for adults, but parental supervision of children is required. The activities for children are offered while the adults take asana class. Family accommodations in deluxe cabins with living area, fridge and tea-making facilities, loft space, and with private bathroom are available. However, space is limited. If you would like to be closer to nature, bring a tent!

Marriage Dharma Course

3 days To know our purpose and duty is to bring meaning to our lives. Join us for a weekend dedicated to exploring the Householders Dharma (Grihasta stage) and what it means as yogis to serve and love our marriage partner and family; to support one another in spiritual practice; and bring a higher sense of purpose and meaning to married life in relation to the practice of seeing Self and God in others.



Vedic Knowledge

Vedic Dharma and Community

*The ashram has put together the **entire system of Vedic Knowledge** for all seekers—combining Yoga, Ayurveda, Jyotish and Vastu.*

Vedic Laws of Right Living: Right living implies living in harmony with the universal life and allowing it to express itself through our individual lives. Right living implies sacred living, accepting the Divine Nature of all life. Right living implies recognizing the unity and interdependence of all existence.

Vedic Dharma: Be true to your Higher Self, not just following the norms of society. Honor the whole of life and cultivate Sattva guna, reduce Rajas and Tamas, develop peace, harmony and respect for all. Transform your karma to dharma, adhere to your deeper soul's mission.

Vedic Way of Seeing (Vedic Darsana): The ashram view is based in the Advaita-Vedanta view, to honor oneness in consciousness, respect all ways to truth.

Vedic Community is a community of yogis or aspirants based on dharmic principles guided by an enlightened mind. The Ashram Yoga Farm forms a community of yogis that follow the inner and outer guidance of our Masters and Gurus. Swami Sitaramananda is the acharya guiding the community.

Vedic Ecology: The ashram endeavors to harmonize itself with Nature. This is the key to optimal ecological living. We learn to manage the ecosystem of our lives, which is to honor the laws and processes of the nature of our own body, mind and consciousness.

Vedic Yoga: The ashram teaches classical Yoga and the Four Paths of Yoga to help people to link the outer material nature with our inner spiritual nature, as opposed to the worldly tendency to follow commercial unnatural values of our modern and technological world.

A Vision of the Future: Today our world needs to reexamine its values, turn inwards and realign to ancient teaching. This is not a mere nostalgia for the past, but is the foundation for building a greater future, a new golden age—an age of enlightenment to come.

Vedic Mantras: Mantra is the deeper language of Vedic Knowledge. It allows the mind to change its current nature and to dissolve its past conditioning. Mantra is dharmic thinking or thinking in harmony with the universal law.

Vedic Science of Life – Ayurveda: Ayurveda gives insight into the doshic constitutions of Vata, Pitta, Kapha; as well as proper diet and a healthy lifestyle according to our constitution.

Vedic Science of Light – Jyotish: Jyotish gives insight into our karma and the nature of our mind and the remedial measures we can apply.

Vedic Science of Space – Vastu: Aligning ourselves with the cardinal directions to harmonize ourselves with our environment.

Vedic Knowledge Conference

4TH OF JULY WEEKEND

We invite you to join us for our annual Vedic Knowledge for Health, Energy and Wisdom conference featuring leading voices in their field: Niranjan Babu (Vastu), Komilla Sutton (Jyotish), Dr. Ramkumar (Ayurveda), Swami Sitaramananda (Yoga and Vedanta), Swamini Svataavidyananda (Vedanta) and Pun-dit Samavedula (Mantra and Tantra).



Meditation

Meditation for Well-Being

5 days Introduces the basic guidelines for classical yogic meditation. Daily workshops and lectures on a variety of topics, including the mind and how it works, managing the emotions, improving concentration, using mantras, and guidance on healthy lifestyle. Participants follow the Ashram daily schedule. You will be personally guided on your first attempts to meditate with coaching from an experienced meditation teacher.

Meditation Self-Study Certificate Course

10 days This meditation immersion is ideal for sincere aspirants, Yoga teachers, therapists, and health professionals. Know your mind under the guidance of an experienced meditation teacher. Learn the basic techniques of meditation according to the four classical paths of Yoga, as well as:

- The use of mantras and visualization
- Thought power and transformation
- How to practice self-observation
- Mechanics of the mind
- Concentration theory and practice
- Obstacles to meditation
- How to deal with the subconscious
- Theory of Karma

Positive Thinking

Positive Thinking Courses

5 days Create your own positive future by controlling your thoughts and quieting your mind, the first stage in meditation. Lectures on positive thinking and stress management—combined with asanas, breathing, relaxation, hiking and meditation—will help free you from negative thought patterns.

Yoga of Relationships

These workshops will shed light on the most fascinating and difficult topics of human relationships and love. The theories and practices of Bhakti Yoga will be presented. If you've had emotional disillusion and relationship disappointments and want to find true fulfillment and happiness through relationships, this weekend is for you.

Stress Relief and Relaxation Weekends

Combine the understanding and practice of the 5 Points of Yoga lifestyle with the understanding of the root causes and mechanics of stress. Physical, mental, and emotional stress comes from failure of adaptability. There will be discussions on how to increase energy to avoid stress and how to develop a relaxed attitude while keeping focus.

Yoga Philosophy & Self-Realization

Vedanta for Beginners: Know thyself and be free

5 days This course introduces the Vedantic methods of self-enquiry in daily life in order to help you to prioritize, make decisions and discriminate between what is really important in your life and what is not. Understand the qualifications of a spiritual aspirant that will lead you to answering the question, "Who Am I?"

Vedanta and Silence Certification Course

10 days This advanced course features Vedantic meditation, group scriptural study, personal self-enquiry, and the practice of outer and inner silence. There will be personal coaching and guidance in the study of *Viveka Chudamani*, the *Crest Jewel of Discrimination* by Sankaracharya. Enter into the peaceful silence of the Inner Self through the practice of external silence, coming away with deeper self-knowledge and a sense of clarity and peace.

Transition and Crisis Management

3 or 5 days Transform your karma into dharma (duty), your dharma into Sadhana (spiritual practice), and free yourself through the study of the Yogic guidelines for good behavior. Karma is what you feel compelled to do, Dharma is your duty to be done, and Sadhana is what you do consciously to free yourself from repeating negative tendencies. Topics include case studies and applications in life situations.



Vedic Counseling Course

YOGA AND VEDANTA APPLIED

10 days See Modules 1 and 3. Learning Yoga Philosophy and Yoga Psychology can guide you back to the inner core wisdom of your heart. Use the mental and spiritual tools of Yoga for self-knowledge, peace and happiness.

Yoga of Change

2 days In this time of global transition, Yoga offers practical wisdom to bring peace of mind and to reduce worry and anxiety, helping us to conserve time, energy, and money. Learn how to adapt in changing circumstances and how to approach problems with fresh, new insight and outlook on life



Ayurvedic Massage Rejuvenation Retreat
1/3 to 1/5 Tuition: \$45

Beginners Yoga Course, Level 1
1/5 to 1/10 Tuition: \$165

Open House: Intro to Sivananda Yoga
1/5 \$10

Permaculture Service Day
1/5 Free



Ayurvedic Detoxification Rejuvenation Retreat
1/8 to 1/13 Tuition: \$625
Jalpa Patel (Jagadamba)

Beginners Weekend Retreat
1/10 to 1/12 Tuition: \$80



Hatha Yoga Sadhana: Intermediate Pranayama
1/12 to 1/19 Tuition: \$195
Swami Adi Parashaktiananda

Stress Relief and Relaxation Weekend Retreat
1/17 to 1/19 Tuition: \$80
Ananda Mayi



Yoga for Anger Management
1/19 to 1/24 Tuition: \$165
Swami Jnaneswariananda

Meditation Weekend Retreat
1/24 to 1/26 Tuition: \$80
Hamsa Chaitanya



Yoga Holistic Health Retreat: Diabetes Prevention & Management
1/26 to 1/31 Tuition: \$165
Maha Lakshmi Chaitanya

Yoga Holistic Health Retreat: Yoga for Anxiety Reduction and Relief
1/31 to 2/2 Tuition: \$80
Hamsa Chaitanya

Ayurvedic Diet and Cooking Course
1/31 to 2/2 Tuition: \$80
Maha Lakshmi Chaitanya

Open House: Intro to Sivananda Yoga
2/2 \$10

Permaculture Service Day
2/2 Free

Beginners Yoga Course, Level 1
2/2 to 2/7 Tuition: \$165

Ayurvedic Massage Rejuvenation Retreat
2/7 to 2/9 Tuition: \$45



Permaculture Weekend: Ayurvedic Agroforestry
2/7 to 2/9 Tuition: \$110
Spencer Nielsen



Meditation for Well-being
2/9 to 2/14 Tuition: \$165
Hamsa Chaitanya

Ayurvedic Detoxification Rejuvenation Retreat
2/12 to 2/17 Tuition: \$625
Jalpa Patel (Jagadamba)

Beginners Weekend Retreat
2/14 to 2/16 Tuition: \$80

Intermediate Yoga: Apply Four Paths of Yoga at Home
2/16 to 2/21 Tuition: \$165



Hari Katha: Ancient Stories of Grace and Divine Kirtan
2/19 to 2/23 Tuition: \$80

Sivatri: All-Night Vigil
2/21 Tuition: \$25
Swami Vashistananda and Shakti Rising



Yoga of Discernment: From Action to Actionlessness
2/23 to 2/28 Tuition: \$165
Swami Sankarananda

Positive Thinking Weekend Retreat: From Separation to Unity
2/28 to 3/1 Tuition: \$80

Open House: Intro to Sivananda Yoga
3/1 \$10

Permaculture Service Day

3/1 Free



**Art of Affirmations
and the Power of Choice**

3/1 to 3/6 Tuition: \$165
Tara Durga Devi

Ayurvedic Massage Rejuvenation Retreat

3/6 to 3/8 Tuition: \$45

Yoga of Relationships

3/6 to 3/8 Tuition: \$80
Tara Durga Devi

**Ayurvedic Detoxification
Rejuvenation Retreat**

3/11 to 3/16 Tuition: \$625
Jalpa Patel (Jagadamba)

Beginners Weekend Retreat

3/13 to 3/15 Tuition: \$80

Beginners Yoga Course, Level 1

3/15 to 3/20 Tuition: \$165



**Practical Application
of the Bhagavad Gita**

3/15 to 3/20 Tuition: \$95
Swami Dharmananda

Meditation Weekend Retreat

3/20 to 3/22 Tuition: \$80

**Stress Relief and Relaxation
Weekend Retreat**

3/20 to 3/22 Tuition: \$80

**Intermediate Yoga: Apply Four Paths
of Yoga at Home**

3/22 to 3/27 Tuition: \$165

Bhakti Yoga: Emotions to Love

3/22 to 3/27 Tuition: \$95
Swami Vashistananda



**Yoga of Recovery: Healing
the Habits That Bind Us**

3/26 to 4/2 Tuition: \$750
Durga Leela

Family Yoga Camp

3/27 to 3/29 Tuition: \$95



**EASTER RETREAT
Health and Creativity**

FRIDAY, APRIL 10–MONDAY, APRIL 13

Swami Dharmananda • Swami
Jnaneswarananda • Mary Thompson
(Mahavidya) • Swami Sivasankariananda •
Lynn Amara

Celebrate your healthy body-mind-spirit
in the beautiful springtime at the Yoga
Farm. Teachings on Yoga and Ayurveda for
Health, Yantra Painting, and special Easter
brunch.

Hatha Yoga Sadhana: Self Practice

3/29 to 4/3 Tuition: \$165
Swami Dharmananda

Permaculture Design Certification: Part 1

4/2 to 4/7 Tuition: \$600
Spencer Nielsen and Lydia Neilsen

Ayurvedic Massage Rejuvenation Retreat

4/3 to 4/5 Tuition: \$45



Bhakti Yoga: Ramayana

4/3 to 4/8 Tuition: \$95
Swami Vashistananda

Open House: Intro to Sivananda Yoga

4/5 \$10

Permaculture Service Day

4/5 Free

Easter Retreat: Health and Creativity

4/10 to 4/13 Tuition: \$60
See box above for list of presenters

**800-Hour Professional Sivananda Yoga
Health Educator Training: Module 2**

4/10 to 4/24

Swami Sitaramananda, Swami Jnaneswar-
iananda, Mary Thompson

Beginners Yoga Course to Level 1

4/12 to 4/17 Tuition: \$165

Karma Yoga Week

4/19 to 4/24 Tuition 1/2 price

Swami Dharmananda and Hamsa Chaitanya



**Yoga Teachers
Training Course**

4/24 to 5/22 Tuition: \$2,800
Swami Sitaramananda to
Swami Jnaneswarananda
and Swami Dharmananda

Sankaracharya Jayanti

4/27 Tuition: \$10

Open House: Intro to Sivananda Yoga

5/3 \$10

Permaculture Service Day

5/3 Free

Buddha Purnima

5/6 Tuition: \$10

**Memorial Day Weekend:
Climate Change & Peace**

5/22 to 5/25 Tuition: \$120

See box below for list of presenters

Beginners Yoga Course to Level 1

5/25 to 5/30 Tuition: \$165



**Detoxification
and Juice Fasting**

5/31 to 6/9 Tuition: \$590
Manu Dawson

Permaculture Design Certification: Part 2

6/5 to 6/11 Tuition: \$600

Spencer Nielsen and Lydia Neilsen



**Ayurvedic Massage
Rejuvenation Retreat**

6/5 to 6/7 Tuition: \$45

Open House: Intro to Sivananda Yoga

6/7 to 6/7 \$10

Permaculture Service Day

6/7 Free

**Ayurvedic Detoxification
Rejuvenation Retreat**

6/10 to 6/15 Tuition: \$625
Jalpa Patel (Jagadamba)

Children's Camp Counselor Training

6/13 to 6/17



Childrens Yoga Camp

Age 7–14
6/18 to 6/27 Tuition: \$650



**Jyotish Study Course:
Nakshatras**

6/26 to 6/28 Tuition: \$165
Komilla Sutton



Jyotish Beginners Course

6/28 to 7/2 Tuition: \$165
Bill Sinclair



**MEMORIAL DAY RETREAT
Climate Change and Peace**

FRIDAY, MAY 22–MONDAY, MAY 25

Swami Sitaramananda •
Hasu Patel • Lila Lolling •
Olga Mandodari Sokolova •
Spencer Nielsen

As the sea level is rising, consciousness of
our options and choices to alleviate
climate changes also is rising. Sit and learn
together ways we can make
a difference.

4th of July Weekend: Vedic Knowledge for Health, Energy and Wisdom

7/2 to 7/6 Tuition: \$265

See box below for list of presenters

Guru Purnima

7/4 to 7/5 Tuition: \$10

Swami Vashistananda

Open House: Intro to Sivananda Yoga

7/5 \$10



Indian Architecture (Vastu) for Beginners

7/6 to 7/10 Tuition: \$250

Niranjan Babu, Bangalore, India

Beginners Weekend Retreat

7/10 to 7/12 Tuition: \$80

Ayurvedic Massage Rejuvenation Retreat

7/10 to 7/12 Tuition: \$45

Yoga Holistic Health Retreat: Yoga for Stress Management

7/12 to 7/17 Tuition: \$165

Swami Sivananda Mahasamadhi Day

7/14 Tuition: \$10

Swami Vashistananda

Ayurvedic Detoxification Rejuvenation Retreat

7/15 to 7/20 Tuition: \$625

Jalpa Patel (Jagadamba)

Marma and Prana for Yogis

7/17 to 7/19 Tuition: \$80

Swami Jnaneswariananda

Beginners Yoga Course, Level 1

7/19 to 7/24 Tuition: \$165



TTC Refresher

7/23 to 7/26 Tuition 1/2 price

Swami Jnaneswariananda,

Swami Dharmananda and

Swami AdiParashaktiananda

Stress Relief and Relaxation Weekend Retreat

7/31 to 8/2 Tuition: \$80

Yoga and Gardening Weekend

7/31 to 8/2 Tuition: \$80

Dwayne View

Open House: Intro to Sivananda Yoga

8/2 \$10

Permaculture Service Day

8/2 Free



Raja Yoga Sutras

8/2 to 8/7 Tuition: \$165

Swami Adi Parashaktiananda

Ayurvedic Massage Rejuvenation Retreat

8/7 to 8/9 Tuition: \$45

Beginners Yoga Course, Level 1

8/9 to 8/14 Tuition: \$165

Krishna Janmastami

8/11 Tuition: \$10

Swami Vashistananda

Ayurvedic Detoxification Rejuvenation Retreat

8/12 to 8/17 Tuition: \$625

Jalpa Patel (Jagadamba)

Beginners Weekend Retreat

8/14 to 8/16 Tuition: \$80



4TH OF JULY RETREAT
Vedic Knowledge for Health,
Energy and Wisdom

THURSDAY, JULY 1-MONDAY, JULY 6

Swami Sitaramananda • Dr. Ramkumar •
Komilla Sutton • Niranjan Babu • Swamini
Svatmavidyananda • Pundit Samavedula •
Swami Vasishtananda • Bill Sinclair

This is the second Vedic Knowledge conference gathering international well-known Vedic teachers. Make use of well-rounded Vedic wisdom to improve your quality of life. Be inspired by Ayurveda, Jyotish, Vastu, tantric rituals, Yoga and Vedanta.

Hatha Yoga Sadhana: Pranayama

8/16 to 8/23 Tuition: \$195

Swami Adi Parashaktiananda

Meditation Weekend Retreat

8/21 to 8/23 Tuition: \$80

Ganesha Chaturthi

8/21 Tuition: \$10

Swami Vashistananda



Food as Medicine

8/23 to 8/30 Tuition: \$800

Maha Lakshmi Chaitanya and

Jalpa Patel (Jagadamba)

Prana, Pranayama, and Yuba River Weekend

8/28 to 8/30 Tuition: \$80

Labor Day Weekend: Devotional Music and Dance

9/4 to 9/7 Tuition: \$120

See box above for list of presenters

Open House: Intro to Sivananda Yoga

9/6 \$10

Permaculture Service Day

9/6 Free

Swami Sivananda Birthday

9/8 Tuition: \$10

Beginners Yoga Course, Level 1

9/13 to 9/18 Tuition: \$165

Ayurvedic Massage Rejuvenation Retreat

9/18 to 9/20 Tuition: \$45

800-Hour Professional Sivananda Yoga Health Educator Training: Module 3

9/18 to 10/3

Swami Sitaramananda, Swami Dharmananda, Mary Thompson, Tara Durga Devi, Lila Lolling, Dr. Sharma, and Yogi Narayan

Intermediate Yoga:

Apply Four Paths of Yoga at Home

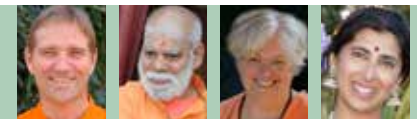
9/20 to 9/25 Tuition: \$165



Ayurvedic Detoxification Rejuvenation Retreat

9/23 to 9/28 Tuition: \$625

Jalpa Patel (Jagadamba)



LABOR DAY RETREAT

Devotional Music
and Dance

FRIDAY, SEPTEMBER 4-
MONDAY, SEPTEMBER 8

Swami Dharmananda • Swami Jnaneswariananda •
Swami Vashistananda • Shreelata Suresh •
Ravi Vempati • Joss Jaffe

Join us for this very joyful and soulful week-end offering a glimpse of rich and colorful Indian devotional arts of music, dance, and cooking. (9/8 Swami Sivananda Birthday Topic: Serve, Love, Give)



Yoga Health Education Weekend: Restorative Yoga Weekend

9/25 to 9/27 Tuition: \$80

Ananda Mayi

Yoga and Nature Awareness Retreat

10/4 to 10/9 Tuition: \$165

Colin Eldridge (Krishna Das)

Open House: Intro to Sivananda Yoga

10/4 \$10

Permaculture Service Day

10/4 Free

Meditation for Well-being

10/4 to 10/9 Tuition: \$165

Swami Dharmananda



West Coast Teachers Meeting

10/9 to 10/11 Tuition 1/2 price

Swami Jnaneswariananda

and Swami Dharmananda



THANKSGIVING RETREAT

Unity in Diversity

THURSDAY, NOV. 26–SUNDAY, NOV. 29

Swami Sitaramananda • Swami Swaroopananda • Tulku Sherdor • Ellen Grace O'Brien • Swami Sivasankariananda • Swami Sankarananda • Silvia Nakkach

Recognize our unity of consciousness while bridging our diverse religious cultures and backgrounds. Paths are many but Truth is One! Names are Many, but God is One! We are happy to offer an inspiring panel of great minds and hearts on the topic of interfaith and oneness.

Karma Yoga Week

10/11 to 10/16 Tuition 1/2 price
Swami Dharmananda and Hamsa Chaitanya



Yoga Teachers Training Course

10/17 to 11/14 Tuition: \$2,800
Swami Jnaneswarananda, Swami Dharmananda and Swami Sivasankariananda

Navaratri Celebration

10/17 to 10/25 Tuition: \$10/night
Swami Vashistananda, Swami Dharmananda, Swami Adi Parashaktiananda

Beginners Yoga Course to Level 1

10/25 to 10/30 Tuition: \$165

Ayurvedic Massage Rejuvenation Retreat

10/30 to 11/1 Tuition: \$45

Open House: Intro to Sivananda Yoga

11/1 \$10

Permaculture Service Day

11/1 Free



Sadhana Intensive

11/8 to 11/22 Tuition: \$1,100
Swami Sitaramananda to Swami Jnaneswarananda and Swami Adi Parashaktiananda

Swami Vishnudevananda Mahasamadhi and Jalsamadhi

11/9 to 11/11 Tuition: \$10
Swami Vashistananda

Diwali Celebration

11/14 Tuition: \$10
Swami Vashistananda



Vedanta and Silence Certificate Course

11/15 to 11/25 Tuition: \$450
Swami Jnaneswarananda

Thanksgiving Retreat: Yoga and Healing

11/26 to 11/29 Tuition: \$120
See box at left for list of presenters

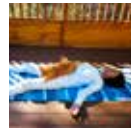


Raja Yoga Sutras

11/29 to 12/4 Tuition: \$165
Swami Dharmananda

Ayurvedic Detoxification Rejuvenation Retreat

12/2 to 12/7 Tuition: \$625
Jalpa Patel (Jagadamba)



Stress Relief and Relaxation Weekend Retreat

12/4 to 12/6 Tuition: \$80
Ananda Mayi

Ayurvedic Massage Rejuvenation Retreat

12/4 to 12/6 Tuition: \$45

Open House: Intro to Sivananda Yoga

12/6 \$10

Permaculture Service Day

12/6 Free

Practical Application of the Bhagavad Gita

12/6 to 12/11 Tuition: \$95
Swami Adi Parashaktiananda

Mandukya Upanishad

12/11 to 12/13 Tuition: \$80
Swami Jnaneswarananda

Positive Thinking Weekend

12/11 to 12/13 Tuition: \$80

Yoga Holistic Health Retreat: Yoga for Stress Management

12/13 to 12/18 Tuition: \$165

Vegetarian Cooking and Holiday Baking

12/18 to 12/20 Tuition: \$80

Yoga of Relationships

12/18 to 12/20 Tuition: \$80

Holiday Retreat:

Yoga of Relationships and Love

12/22 to 1/1/2021 Tuition: \$225
Swami Jnaneswarananda, Swami Dharmananda, Swami Sivasankariananda and Swami Adi Parashaktiananda

New Years Retreat

12/29 to 1/1/2021 Tuition: \$90
Swami Jnaneswarananda, Swami Dharmananda and Acharya Mangalananda



Swami Vishnudevananda Birthday Celebration

12/31 Tuition: \$10
Swami Vashistananda



HOLIDAY RETREAT

Yoga of Relationships and Love

FRIDAY, DEC. 24–FRIDAY, JAN. 3, 2021

Swami Jnaneswarananda • Swami Dharmananda • Swami Sivasankariananda • Swami Adiparashaktiananda • Lynn Amara • Temple Bhajan Band • William Surface • Anuradha

Spend the holidays in a Yoga retreat (3–10 days) improving your relationships and opening your heart to Love. Enjoy workshops on positive thinking, relationships, conflict resolution, non-violent communication, Yamas and Niyamas, forgiveness, non-attachment, mantra, yantra workshops, and a special New Year ceremony to offer our resolves, with Jyotish predictions, Sivananda personal instructions for your new year practice.

Sivananda Institute of Health & Yoga

*A health education branch of the
Intl Sivananda Yoga Vedanta Centers*

HEALTH CLINIC

A Yoga Health Consultation gives insight into the cause of physical and mental ailments. Learn how to regulate yourself and recharge your prana with yoga advice tailored to your condition. Overcome destructive mental habits and limited thinking about yourself and others which bring about incessant suffering.

By appointment.



TTTC

INTERNATIONAL YOGA TEACHER TRAINING COURSE

Yoga Farm, California

April 24–May 22, 2020
Oct 17–Nov 14, 2020
May 1–29, 2021
Oct 9–Nov 6, 2021

Dalat, Vietnam

Feb 1–29, 2020
July 18–Aug 15, 2020
Nov 7–Dec 5, 2020

Japan, near Tokyo

May 26–June 24, 2020

Los Angeles, California

July 11–Aug 8, 2020

Chengdu, China

Sept 11–Oct 10, 2020



**ATTTC ADVANCED YOGA
TEACHER TRAINING COURSE**

Dalat, Vietnam
March 2–28, 2020

Yoga Farm, California
May 30–June 26, 2021

Siva

WELLNESS CENTER

YOGA & AYURVEDA

Every month, we offer profoundly restorative healing retreats that envelop you in nature and reacquaint you with your true self—mind, body and spirit.

Deeply cleansing, purifying and uplifting, the Ayurvedic treatments are designed to restore balance and reestablish calm and harmony.

Open daily.
Consultations and treatments by appointment.



AYURVEDIC DETOXIFICATION REJUVENATION RETREAT

Offered monthly with Jagatamba and Mahadevika, a 5-to-7-day detox helps prevent disease and support wellness. Eat a cleansing khicharee diet in a natural and secluded spiritual environment. Supporting therapies include yoga, pranayama, relaxation, walks in nature, meditation and—rest and quiet.

SADHANA INTENSIVE

Yoga Farm, California

Nov 8–22, 2020
Sw Sitaramananda,
Sw Jnaneswariananda,
Sw Adiparashaktiananda
Dalat, Vietnam

Mar 15–28, 2020
Sw Sitaramananda, Sw Narayananda, Sw Pranavananda

HATHA YOGA SADHANA

Yoga Farm, California

Jan 12–19, 2020
March 29–April 3, 2020
August 16–23, 2020

SIVANANDA YOGA HEALTH EDUCATOR TRAINING (SYHET)

Two-year, 800-hour professional program, accredited by IAYT (International Association of Yoga Therapists) Next start date: Fall 2021. More info: www.Sivananda-HealthEducator.org



Sivananda Yoga

Health Educator Training

CERTIFICATION - 800 hours

Swami Sivananda was a medical doctor and author of 30 books on Health. Following his tradition, the Sivananda Institute of Health & Yoga offers an 800-hour therapeutic Yoga program for all Yoga teachers. This training empowers and equips Yoga teachers with traditional and modern Yogic tools to effectively sustain healthy lifestyle changes and refresh one's wholesome approach to life and environment. We will cover the causes of disease, and how Yoga and Ayurveda are effective complementary approaches to healing.

A classical, in-depth education on how yoga heals

Train with esteemed faculty • Spread the true therapeutic benefits of Yoga to the world • Be the holistic bridge the medical system is needing.



Embark on a unique 2-year training, combining three 15-day residential immersion modules, plus distance learning and 250 mentored practicum hours in clinical settings.



Module 1: November 7–22, 2021
Module 2: April 2022
Module 3: September 2022

**For a full curriculum and faculty list, visit
www.sivanandayogahealtheducator.org**

"Health is Wealth, Peace of Mind is Happiness, Yoga Shows the Way" —Swami Vishnudevananda

Yoga & Health

Ayurveda & Wellness Therapies

Ayurvedic Weekends

AMRR Ayurvedic Massage Rejuvenation Retreat

2 days In addition to the regular daily schedule, these weekends offer Ayurvedic consultations, special body treatments, and workshops. The Ashram is the ideal place to relax, rejuvenate, and detoxify from your daily life. Ayurvedic Weekends are offered monthly throughout the year. Please see the calendar on our website for dates.

Ayurvedic Detoxification and Rejuvenation Retreats ADRR

5 days Detoxifying in Spring and Fall is an important part of the Ayurvedic seasonal routine—disease prevention and wellness are the natural result of regular seasonal cleanses. Join us for a 5-day cleansing with a special Ayurvedic cleansing diet. You'll find fasting easier in a spiritual environment with like-minded people. It is also extremely beneficial to have all the supporting therapies offered in the retreat—yoga, pranayama, relaxation, sauna, walks in nature, meditation, and most of all, rest and solitude.

See description of Wellness Therapies on p. 29.



Yoga of Recovery Certificate Course

Integrate the wisdom of Yoga and Ayurveda with traditional recovery tools.

Yoga of Recovery Retreat: 3 days

Yoga of Recovery Certificate Course: 10 days

Yoga of Recovery is open to all and is especially beneficial to those overcoming self-destructive or addictive tendencies and for those with family members with addictions or family history of addiction. Understand your underlying vulnerabilities and establish a strong foundation in health to face the challenges and stressed of daily life without relapsing into old addictive behaviors. Combining Yoga (asana, psychology and philosophy) with practice of 12-step principles and an Ayurvedic lifestyle, we can find a sure path from self-destruction to Self-realization, one day at a time. We require our alcohol/chemically-dependent guests to have at least three months of continuous sobriety before attending the course. Open 12-step meetings are offered daily.

5 Layers of Healing through Yoga, Ayurveda & Tantra

Pancha Maya Cikitsa by Arun Deva

2 days This course primarily uses the tools of Yoga, Ayurveda, and Tantra to explore, in a practical manner, our Emotional Intelligence.



Vegetarian Nutrition, Fasting & Detoxification

Food as Medicine

7 days Learn Ayurveda's principles of six tastes and three constitutions to build recipes for restoring health and balance. Students learn theory and have hands-on practice learning Ayurvedic cooking techniques, proper spicing and use of herbs. The aim is to give everyone a thorough foundational knowledge of how Ayurveda helps apply Food as Medicine.

Vegetarian Cooking Workshops

2 days Learn about seasonal, healthy vegetarian cooking. Create simple, delicious, nutritious, and balanced vegetarian meals for you and your family. You will practice hands-on cooking of simple, delicious recipes and learn basics of vegetarianism.



Juice Fasting and Detoxification

with Manu Dawson and staff faculty

10 days This fasting retreat will deeply cleanse and rejuvenate the body and mind in a safe and supportive environment. Juice fasting is the fastest and safest way to eliminate toxins from the body. It allows the body to stay slim, healthy, and vital. By fasting you give your digestive system the opportunity to rest and in so doing have more energy available for the mind. You will enjoy mental clarity, concentration, and control over the senses. You will feel light, joyful, and peaceful. Experienced teachers will guide you on how to use special supplements to keep balance during the fast. Pre-registration required.





Yoga Life & Seva Study

Join the Community

The Yoga Farm is completely supported by dedicated volunteers (karma yogis). Karma Yoga is one of the four classical paths of Yoga, known as the Yoga of action, the path of selfless service. The karma yogi dedicates all work as an offering to God, with no thought for personal reward.

"Give your hands to work and keep your mind fixed at the feet of the Lord."
—Swami Sivananda

The Ashram seeks mature, sincere yogis willing to offer four hours of service for the benefit of the Ashram community, while meditating and practicing Yoga daily. The Ashram instills high ethical standards and teaches practical skills for daily living to those seeking an alternative to the secular materialism of today's fast-paced consumer society. Develop a disciplined life and realize your potential in an adventure of high thinking and holistic living.

Seva Study Residential Course

The Seva Study residential program is for those who wish to immerse themselves in Yoga Life for a minimum of one month.

The program offers daily meditation, asana and pranayama practice, philosophical study, workshops on Yoga, personal mentoring, and Karma Yoga, the opportunity to selflessly give one's energy to a higher purpose. Participate in the Seva Study program to develop self-discipline and realize your potential in a pure environment founded on high thinking and holistic living!

For more information please visit www.sivanandayogafarm.org/en/topic/seva_study

Karma Yoga Programs

The Yoga Farm's Karma Yoga program was created for short-term stays (less than one month) and gives aspirants the opportunity to contribute their energy directly to the Ashram community, while meditating and practicing Yoga daily.

Please fill out our Seva Study and Karma Yoga applications online.

Temporary Staff

After one to three months serving as Seva Study—or completing TTC—you are eligible to apply for temporary and permanent staff positions. The Ashram is an ideal place for your spiritual studies, with personal guidance from swamis and senior teachers. Programs available from **3 months to 1 year**.

Jyotish Vedic Astrology



Jyotish and Yoga Beginners Course

5 days Learn the basic knowledge needed to interpret birth charts and understand Karma and give advice on remedies.

Topics include: Differences between Western astrology and Vedic astrology; karma and destiny; the planets, the houses, the signs; the aspects, the main yogas, the lunar constellations; principles of chart interpretation; and yogic remedial measures. Students will receive credits towards ACVA Level I course.

Jyotish: Intermediate & Advanced Courses

Komilla Sutton is in charge of the Jyotish program at the Ashram and is teaching many courses throughout the year. Please see website for dates.

Vastu Indian Architecture



Vastu Design Certification Course

3 days Enhancing energy in your home, work and environment. Learn the use of mantra, mandala, cardinal directions, the elements of nature and the science of placement tailor cut to the individual. Taught by Niranjana Babu from Bangalore, India, who comes from a famous lineage of Vedic teachers.



Holistic Architecture Certification Course

3 days Have you ever wondered why you feel so radiant in your home? That wonderful feeling is Vastu Shastra at work. Learn ancient Indian theories of design principles applied to residential homes and public spaces. Holistic Architecture creates balance between people and their homes and through it you can make positive changes in your life.





Yoga & Spirituality

Satsang (6am and 8pm daily)

Satsang is a heart-opening experience, generally consisting of silent meditation, chanting or singing together, and an inspirational lecture. This morning and evening gathering is designed to deepen our Yoga practice, uplift our spirit, and establish connection within the Ashram community and thereby the world.

Bhagavad Gita

5 days The Bhagavad Gita is the most read scripture in the world. In this single book you will find profound teachings on the different Yoga paths: the path of action (Karma Yoga), devotion (Bhakti Yoga), meditation (Raja Yoga), and Self-knowledge (Jnana Yoga).

Yantra

Yantra is sacred geometry for meditation. With Pieter Weltevrede and Gauri Lynn Amara.



Bhakti Yoga

5 days The Gods and Goddesses of India represent the archetypal representations of the powers and manifestations of the One Supreme Universal Divinity. Learn new ways to approach the Divine that dwells in your heart.

Interfaith Workshop

Mystics and saints of all religions and spiritual traditions know that despite our apparent differences, we are one in our very essence. We continue our tradition of bringing together spiritual leaders, mystics, and musicians from the world's major spiritual traditions to celebrate the unity within our diversity and the common wish to bring peace, love, and harmony to the world.

Yoga of Kirtan

Daily Kirtan is singing of God's name with feeling. Such singing has an uplifting effect on both the physical and the subtle bodies. It is an excellent method of soothing the nerves and directing the emotions towards positive goals.

Tantra, Vedic Mantras and Rituals

Daily The most powerful approach to meditation is using sacred sound formulas. You will be exposed to different Sanskrit mantras, learn their meanings, pronunciation, and ways to adapt and apply them to improve your focus, energy, and spiritual realization. This is a preparation to the use of mantra but not an initiation process. Taught by Swami Vashistananda. See Vedic Counseling Course Schedule.

Events & Symposiums

An array of accomplished performers come through the Ashram regularly, as well as many special teachers in all fields related to Yoga and self-growth. Please check the website for details.

Ceremonies & Celebrations

The Ashram celebrates yearly the holy events listed below. Please consult the calendar for specific details. Daily and weekly temple ceremonies are also open to the public.

Lunar New Year
Sivaratri
Earth Day
Gurupurnima
International Yoga Day
Swami Sivananda Mahasamadhi
Krishna Jayanti
Ganesha Chaturti
Swami Sivananda's Birthday
Navaratri: Nine Nights of the Divine Mother
Diwali: Festival of Lights
Swami Vishnudevananda's Mahasamadhi
Thanksgiving
Christmas
New Year and Swami Vishnudevananda's Birthday





Yoga for the Earth

Permaculture Design Certificate Course

13 days in 2 modules This unique course gives you the educational and experiential foundations for understanding Permaculture design. This intensive residential course offers a powerful combination of Yoga alongside permaculture. You will perform hands-on permaculture work and acquire design experience while working on the Yoga Farm's land. Instruction focuses on essential knowledge to transform one's immediate environment and move themselves and their community towards a more permanent and authentic way of living. Taught by Spencer Nielsen



Permaculture Hands-On Training Week

Perform hands-on permaculture work and acquire practical design experience while working on the Yoga Farm's land. Instruction focuses on essential knowledge for suburban and urban residents to transform their immediate environment and move themselves and their community towards a more permanent and authentic way of living. With Krishna Das.



Permaculture Service Days

The first Sunday of every month. All are welcome.

Earth Day Celebration: [Date](#)

The Ashram

The Ashram is a not-for-profit organization and is run completely on donations. All staff are dedicated volunteers who have devoted their lives to the practice of Yoga and seek to lead by example in bringing the ancient teachings to all who visit the Ashram.

The Ashram is located on 80 secluded acres. There are Siva, Durga, and Krishna temples and shrines for contemplation. The Peace Meditation Labyrinth offers a 20-minute walk, and Siva Holy Hill offers a beautiful sunrise view of the surrounding hills. The sunset view over the pond in the Yoga Farm valley is an astounding daily sight. The ashram is home to many species of birds and animals and numerous landmark oak trees. Nights are starry and silent. The climate is pleasant year-round. The drinking water is pure well water. The sauna is available during certain programs and on request, and the pond is swimmable on most days of the year.

Accommodations

Guests can choose from several accommodation options.

- Our deluxe Shanti Cabins are fully-contained units, offering private bathrooms, air-conditioning, fridge, and tea-making facilities. Perfect for a family to enjoy together.
- Siva Cabins are available for one or two people. Located at the foot of Siva Hill, they offer beautiful Ashram views, privacy and attached bathroom with shower.
- Krishna cabins with bathroom, situated by the pond, are available single or double.
- Shared Om Cabins are pleasant and simple, set on a hillside overlooking the pond and surrounded by the natural beauty of the Ashram. Cabins sleep two to four guests. Bathroom facilities located close to the cabins.
- Bedding and towels are provided for both the deluxe and shared cabin accommodations.
- Plenty of tent space is available (some on platforms) if you want to stay closer to nature. Bring your own tent, sleeping bag, and other needs for your comfort.
- **Vegetarian meals** are prepared with care according to yogic and Ayurvedic dietary principles. Two buffet-style, organic vegetarian meals served daily.





Yoga Farm Historical Timeline

- 1957** Swami Vishnudevananda sets foot in America, arriving in San Francisco, CA.
- 1963** Swami Vishnudevananda establishes first ashram in Val Morin, Quebec, Canada.
- 1971** August 29 - Swami Vishnudevananda visits 40-acre parcel of land in Grass Valley, CA. There he has the vision of Radha Krishna's mystical Rasa Lila dance in the valley and decides to purchase the property. He calls the new ashram Vrindavan Yoga Farm.
- 1973** Purchases an additional 20 acres where Swami Vishnudevananda builds his house for seclusion.
- 1974** The first TTC in Grass Valley. Construction of the Radha Krishna meditation hall.
- 1975** Music Festival and Yoga Teachers Congress, a gathering of outstanding world musicians.
- 1979** Establishment of California 501(c)(3) non-profit status.
- 1990** Thanksgiving - Durga shrine initiation by Swami Vishnudevananda.
- 1991** Last visit of Swami Vishnudevananda and Siva shrine initiation; second gathering of acharyas, the senior teachers.
- 1993** November - Swami Vishnudevananda Mahasamadhi.
- 1995** June - Swami Sitaramananda becomes director; September - Initiation of the Krishna shrine.
- 2000** Installation of new statues at the Siva shrine and 108 steps to Siva Hill.
- 2001** Gazebo and pond fountain installed; renovation of Swamiji's house; publication of first Yoga Farm video; third gathering of acharyas, the senior teachers; installation of Nine Planets shrine (a rainbow appears at the end of the ceremony.)
- 2002** Building of Peace Miracle Labyrinth; Ayurveda program begins.
- 2007** Initiation of Brahma Vidya Yoga Hall; publication of *Essentials of Yoga Practice and Philosophy*.
- 2008** Renovation of Durga Temple and garden; enlargement of Ashram garden; creation of food forest.
- 2009** Yoga Farm Well-Being Center established; llama/goat pen constructed.
- 2010** Renovation of Krishna shrine deck and Radha Krishna Hall shrine; building of five Shanti Cabins; publication of second Yoga Farm video; first TTC in Vietnam; establishment of SYVC branch in Vietnam.
- 2011** April 12-17 - 40th Year Anniversary Celebration, fourth gathering of acharyas.
- 2013** Nearly 1,600 teachers have graduated from TTC at the Yoga Farm, 14th Annual West Coast Teachers Meeting; 14th Annual Vedic Astrology Conference; first Vedic Knowledge Integration Forum; building of new Siva Cabins and dining hall.
- 2016** 45th Anniversary of the Yoga Farm
- 2017** 60th Anniversary of Swami Vishnudevananda's mission in the world

Ashram Boutique Books and Accessories



The Ashram boutique is open daily, after brunch from 11am-noon and after dinner from 6:45-7:45pm, with a variety of organic fruit, snacks, drinks, and treats available for purchase. The boutique stocks classic works on Hatha Yoga, Health, Yoga Philosophy, Meditation, Ayurveda and Vegetarian Cooking, as well as a selection of meditative music CDs. Feel a part of the community and take home a Sivananda printed T-shirt and other Yoga clothing.

Yoga mats, meditation cushions, shawls, mala beads, altar kits, spiritual paintings, Ayurvedic food supplements, notebooks, stationery, and toiletries are available!
www.sivanandayogafarm.org/boutique

International Outreach



Vietnam and Centers Around the World

Vietnam is a very popular tourist destination with its diverse landscapes and rich history. Yoga classes and courses are taught daily in three vibrant city centers located in Hanoi, Ho Chi Minh and Dalat. **The Sivananda Yoga Resort and Training Center** in Dalat, Vietnam, is open year-round offering courses and classes for students, practitioners, and spiritual seekers. Teachers Training Courses and Yoga Vacations are offered year-round as well as specialized courses in Ayurveda, Advanced TTC, and Sadhana Intensive. Taught in English, translated simultaneously into 3 languages: Vietnamese, Chinese, Japanese. Residential immersion Yoga retreats are available year-round. www.sivanandayogavietnam.org

Japan

Daily classes, courses and workshops are offered at the SYVC Tokyo Center as well as many affiliated Yoga studios. Japan has hundreds of Sivananda Yoga teachers. Retreats are organized many times yearly. www.sivananda.jp or email: Tokyo@sivananda.org

China

Daily classes, courses and workshops are offered at the SYVC Chengdu Center. Teachers Training courses are offered yearly in English with Chinese translation. www.sivanandayogachina.org or email: china@sivananda.org

Taiwan

Yearly Yoga retreats are offered in Taiwan. There are many teachers, but not an established SYVC Yoga Center. A Yoga Teachers Training Course has been offered successfully in 2013. www.yogafarm.org/taiwan

Ashram Guidelines

To maintain the purity and spiritual purpose of the Ashram, we ask that all guests follow our daily program (see p. 8).

- To better understand the principles and philosophy behind the Ashram practices, please ask for guidance from any of the Yoga teachers or resident swamis.
- Attendance at all Satsangs and at least one Yoga class per day is required.
- As a traditional Ashram community, we suggest that guests wear comfortable, modest clothing (nothing too tight, short, low-cut, or sleeveless).
- Please note that no meat, fish, fowl, eggs, garlic, onions, drugs, alcohol, or smoking are allowed on the premises.
- The Ashram is not responsible for personal belongings or medical care. We recommend valid health insurance.

Please ask permission before bringing pets.

What do I need to bring?

- Wear comfortable, modest clothing.
- For sauna and swimming, bring a towel and a modest bathing suit.
- Also bring footwear for hiking, a warm sweater, sweat pants, slip-on sandals, and a flashlight.
- Guests who are tenting should bring their own tents and sleeping bags.
- Cell phone service is not available; email facilities are available for guest use.
- Bring your own asana mat or use one from the Ashram.



 Ashram Daily Schedule	
5:30am	Wake-up Bell
6:00am	Morning Satsang
8:00am	Asana and Pranayama class
10:00am	Organic Vegetarian Brunch
11:00am	Karma Yoga (opportunity to serve the Ashram)
4:00pm	Asana and Pranayama class
6:00pm	Organic Vegetarian Dinner
8:00pm	Evening Satsang
10:30pm	Lights out

How to Get Here

From San Francisco:

Carpools may be available (call San Francisco Sivananda Center: 415-681-2731) or take Amtrak to the Auburn station, and we will pick you up.

From Sacramento:

Take Amtrak to Auburn station. Please call the Ashram at least 24 hours in advance of your arrival at Auburn to schedule a pickup.

By car from the south or west:

Take I-80 to Auburn and exit Hwy. 49 North towards Grass Valley. Go 11 miles to Wolf Rd. (traffic light) and turn left. Go 1.8 miles and turn right on Duggans Rd. Go 2 miles to the end of the road and turn left on Lime Kiln Rd. Go 2.4 miles; the road becomes McCourtney (continue straight, do not turn left). Continue 1.2 miles and turn left on Ballantree Ln. at the Sivananda Ashram Yoga Farm sign. Go .9 miles to the Sivananda Ashram Yoga Farm driveway, marked by a big sign. Please drive only 10 MPH on Ballantree Lane.

Siva Wellness Center

AYURVEDA

Ayurvedic Consultations

Discover your Dosha with a personal consultation and learn the basic tools to keep your body, mind, and spirit in balance. A detailed personal history consultation, pulse and tongue analysis, and diet and lifestyle evaluation will be used to determine the recommended changes needed to create and restore balance.

Ayurvedic Bliss Therapy

(Abhyanga-Shirodhara-Swedhana)

A beautifully relaxing and luxurious body treatment, Bliss Therapy includes Abhyanga (an herbal oil massage), Shirodhara (a soothing steady stream of herbal oil poured directly onto the forehead over the third eye to calm and purify the mind), and Sweddhana (a full-body herbal steam treatment to allow the oils and herbs to penetrate the skin to nourish and remove toxins).

Therapeutic Massage

Therapeutic Massage supports general health by increasing circulation, releasing stress and tension of the muscle tissue, and supporting immune function. Includes Thai Massage and Marma Therapy. Please book your appointment in advance.

Pancha Karma Detoxification Therapy

Receive Pancha Karma at the beautiful Yoga Farm, an ideal place to relax, rejuvenate and detoxify. Daily Ayurvedic consultations by Ambika (Jennifer Andrews), a trained clinical Ayurveda specialist.



Yoga Health Consultation

The Sivananda Yoga Health Education Clinic and its qualified and experienced Yoga Health Educators offer a holistic approach to empower you in Self-healing: physical, mental/emotional, and spiritual.

The 90-minute Yoga Health consultation helps to bring awareness to lifestyle issues and ways to improve the health of your body, mind and spirit.

You will better understand your thinking and emotional patterns and how emotional events and past experiences prevent you from enjoying the peace and love inherent in your soul quality.

Learn skills to deal with recurrent negative emotions and receive insight to improve relationships with friends and family, counteract feelings of loneliness or isolation and how to get support. See website for more information to make an appointment with a Yoga Health Educator.

www.sivanandayogafarm.org



How to Register

1. Go to www.sivanandayogafarm.org and use the simple registration form, which contains the tuition list for courses and special programs.

It can be submitted to the registration staff via the internet, or you can print and mail or fax it. You may also register by phone at (530) 272-9322.

2. Choose program, course or certificate course.

3. Choose your accommodation.

4. Choose payment option. We accept cash, traveler's checks, personal checks, Visa, and Master Card. All payments are non-refundable. Please note there will be no refund of deposit in event of cancellation. Prices are subject to change without notice.

5. Make a deposit. Non-refundable deposits are required with your reservation. We have seven categories of courses as follows:

Yoga Vacations Courses (YVC) - \$100 deposit
Courses (C) - \$150 deposit

Professional certificate training or courses (PR) - \$150 deposit

Continuing education unit courses (CEU), recognized by government so professional people can get credits for their jobs - \$150 deposit

Kids camp (KC) - \$150 deposit

Seva study (SS) - \$150 deposit

Teacher Training Course (TTC) - \$300 deposit

Yoga Vacations/retreats: One night non-refundable deposit per person

Accommodation Rates (as of Jan 1, 2020)

The prices below are **per person per day** and include accommodations, two meals, and all yoga classes. Certificate courses include tuition fees plus accommodation rates. (See website course information or the separate registration form.)

TENTING

Ashram Tent: \$75 weekday / \$80 weekend
Bring your own tent: \$50 weekday / \$60 weekend

OM CABIN

Dorm: \$75 weekday / \$80 weekend
Double: \$95 weekday / \$100 weekend
Single: \$130 weekday / \$140 weekend

SIVA OR KRISHNA CABIN

Double: \$120 weekday / \$130 weekend
Single: \$170 weekday / \$185 weekend

SHANTI CABIN

Triple: \$120 weekday / \$130 weekend
Single: \$250 weekday / \$270 weekend

Children under the age of 12 pay half price. Children under three are free of charge. Seniors and students 10% discount on accommodations only.

Payment and Cancellation Policy

We accept cash, travelers checks, personal checks, Visa, and Master Card. All payments are non-refundable. Please note there will be **no refund** of deposit in event of cancellation. Prices are subject to change without notice.

You may cancel your reservations by calling our reception office prior to your arrival date.

Credit notes are personal and non-transferrable and valid for one year from the date of issue (valid for booking Yoga Retreat but not for boutique items). Credit notes will not be issued for deposits. No credit or refunds will be given for the tuition amount. Any amount in excess of the deposit may be credited as follows:

For Yoga Vacations, TTC, and ATTC: Credit note will be issued in an amount equal to the amount paid for the cancelled portion of your original reservation.

Donation Appeal

The Yoga Farm is a non-profit 501(c)(3) organization run entirely by dedicated karma yogis and volunteers. Donations are welcome to further the mission of creating a beautiful environment and an oasis of peace in a chaotic world where people from all walks of life can come together to practice Yoga, meditation, and get in touch with their True, Divine Self; to realize their highest potential and find inner peace. Inner peace brings outer peace.

Education Online & Yoga at Home

The Ashram offers teachings online through:

- Daily quotes from the Masters on Facebook
- Blog posts accessible through our website
- YouTube channel featuring speakers and events
- Twice monthly E-newsletter with teachings
- Live-streaming video of satsang presentations
- Publications and research

Please visit www.sivanandayogafarm.org for more information.



Areas of Interest

The beautiful South Yuba River, an ideal place for swimming and walking trails is only 20 minutes away. Historic towns of Grass Valley and Nevada City are a half-hour drive from the Ashram.

Special Services

- Dry sauna is available.
- Our pond is a favorite place to swim and sunbathe.
- The Moksha Trail: a one-hour contemplative walk visiting the Siva shrine (enjoy an amazing panoramic view on top of the Siva temple hill after climbing the 108 steps), our favorite Durga Divine Mother shrine and ending at the Krishna temple.
- The Peace Miracle Labyrinth is an easy energy-harmonizer providing a 20-minute meditation walk, which gives you answers from within instantly.
- Ayurvedic consultations and wellness massage therapies are available year round by appointment.
- Jyotish consultations are available during Jyotish events and on request.
- Spiritual counselling with a swami is available by appointment.
- Laundry service is available for personal laundry at \$5 per load. Machines are also available for your use.



'Like' us on Facebook and send us a friend request!

View our Youtube videos online - Search "Sivananda Yoga Farm"



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Sivananda Ashram Yoga Farm

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