

Programs and Courses in 2022/23

Welcome to the full range of class and courses from beginner to advanced. The dates listed below are subject to change.

Please call for more information and registration. Also enquire about our covid policy, our rates, accommodations and how to get to the ashram and what to



YOGA FOR BEGINNERS

Open to complete beginners. Learn gradual introduction to Postures, Breathing, and Yogic Lifestyle.

- Nov 29 - Dec 04, 2022
- Jan 10 - 15, 2023
- Mar 07 - 12, 2023
- Apr 18 - 23, 2023
- Sep 06 - 10, 2023
- Oct 10 - 15, 2023

YOGA FOR BEGINNERS LEVEL 2

- Sep 13 - 17, 2023
- Dec 06 - 12, 2023

YOGA VACATION

- Sep 27 - Oct 02, 2022
- Jan 26 - 29, 2023
- Mar 30 - Apr 02, 2023
- Apr 25 - 30, 2023

PRANA & YUBA RIVER

- Sep 30 - Oct 02, 2022
- Apr 20 - 23, 2023
- Sep 23 - 26, 2023

MEDITATION FOR BEGINNERS

Learn classical techniques of meditation and mechanics of the mind.

- Jan 24 - 29, 2023
- Apr 13 - 16, 2023
- Nov 18 - 22, 2023

POSITIVE THINKING

Practical techniques for daily life.

- Jan 12 - 15, 2023
- Mar 21 - 26, 2023
- Sep 13 - 17, 2023
- Sep 26 - Oct 01, 2023
- Dec 13 - 17, 2023

STRESS RELIEF & RELAXATION

- Dec 08 - 11, 2022
- Jan 05 - 08, 2023
- Mar 28 - Apr 02, 2023
- Apr 27 - 30, 2023
- Jun 22 - 25, 2023
- Sep 21 - 24, 2023
- Oct 03 - 08, 2023

YOGA & HOLISTIC HEALTH RETREATS

Themes include: Stress Relief, Weight Management, Diabetes, Anxiety, Anger, Depression, Pain Management, Back Health, Cancer Wellness.

- Jan 03 - 08, 2023
- Jan 05 - 08, 2023
- Mar 07 - 12, 2023
- Mar 09 - 12, 2023
- Apr 18 - 23, 2023
- Apr 20 - 23, 2023
- Jun 20 - 25, 2023
- Jun 22 - 25, 2023
- Sep 05 - 10, 2023
- Sep 07 - 10, 2023
- Oct 03 - 08, 2023
- Oct 05 - 08, 2023

GOOD KARMA DIET

- Dec 01 - 04, 2022
- Apr 20 - 23, 2023

YOGA CLEANSE & REJUVENATION RETREAT

- Jan 17 - 22, 2023
- Apr 25 - 30, 2023

YOGA TEACHER TRAINING COURSE - TTC 200hrs

Complete immersion training. Curriculum includes meditation, hatha yoga, anatomy, physiology, and yoga scripture and philosophy.

- Oct 22 - Nov 20, 2022
 - Feb 04 - Mar 04, 2023*
 - May 06 - Jun 03, 2023
 - Oct 14 - Nov 11, 2023
- *hybrid in-person/online

RAJA YOGA SUTRAS

- Jan 24 - 29, 2023
- Dec 05 - 10, 2023

VEDANTA & SILENCE

Study of scripture, Self-inquiry, practice silence.

- Dec 02 - 12, 2023

YOGA HEALTH COUNSELING

30-90 min stress relief or holistic health one on one

Sivananda Yoga Vedanta Ashram, Yoga Farm 2022/23 Calendar

AYURVEDA MASSAGE & REJUVENATION RETREAT

- Sep 23 - 25, 2022
- Dec 01 - 04, 2022
- Jan 19 - 22, 2023
- Mar 09 - 12, 2023
- Apr 13 - 16, 2023
- Jun 08 - 11, 2023
- Sep 07 - 10, 2023

AYURVEDA DETOXIFICATION & REJUVENATION RETREAT

Time to cleanse the overall digestive system and rejuvenate the nervous system by yoga and ayurveda traditional modalities. Personal attention by practitioners.

- Mar 21 - 26, 2023
- Jun 20 - 25, 2023
- Sep 19 - 24, 2023

SPECIALTY CLASSES

Bhagavad Gita in Daily Life
● Dec 15 - 18, 2022

Narada Bhakti Sutras
● Apr 11 - 16, 2023/

Yoga of Recovery
● Jun 13 - 18, 2023

Glories of the Upanishads:
Taittiriya Upanishad
● Sep 12 - 17, 2023

Beginner Jyotish
● Sep 20 - 26, 2023

Beginner Vastu
● Dates to be determined

Permaculture Design
● Dates to be determined

Emotional Intelligence
● Dates to be determined

SPECIAL CELEBRATIONS AND HOLIDAYS

Thanksgiving - Yogic Ways
for Healing Body, Mind,
Spirit
● Nov 23 - 27, 2022

Holiday Program - Music &
Bhakti
● Dec 22, 2022 - Jan 02, 2023

Sivaratri Celebration
● Feb 18 - 19, 2023

Easter Yoga Retreat
● Apr 06 - 09, 2023

International Yoga Day
● Jun 21, 2023

Labor Day Retreat
● Sep 01 - 04, 2023

Swami Sivananda Birthday
Celebration
● Sep 08, 2023

Ganesha Chaturthi
● Sep 08, 2023

SWAMI SITARAMANANDA OFFERS WEEKLY ONLINE SATSANG

Thursdays 6am Pacific Time

KARMA YOGA WEEK

- Jan 26 - Feb 04, 2023
- Apr 27 - May 06, 2023



COURSES FOR TEACHERS

Gentle Yoga TTC
● Nov 20 - 22, 2022

TTC Refresher
● Nov 10 - 19, 2022

West Coast Teachers'
Conference
● Sep 30 - Oct 03, 2023

HATHA YOGA SADHANA

Pranayama, study scripture,
special diet.

- Dec 06 - 11, 2022
- Mar 14 - 19, 2023

SADHANA INTENSIVE

Advanced pranayama,
study scripture, special diet.

- Jun 05 - 19, 2022

KARMA YOGA & SEVA STUDY

1-3 months volunteer,
selfless service, and study.

*email to inquire

