



Yoga Teacher Training Course 4 weeks

200-hour Certification

This course offers a profound personal experience and will allow you to transmit the knowledge of yoga to others. 50,000 yoga teachers have been trained in this method internationally. Over 1300 Yoga teachers have been trained in California since 1971.

The essence of Yoga is learned through a combination of repeated practice and inspirational lessons. Students report greater awareness, self-connection, self-discipline, self-esteem, power of concentration, and increased strength and flexibility. The curriculum includes asanas, pranayama, meditation, Vedanta philosophy, anatomy and physiology, Bhagavad Gita, mantra, and kriyas. Please inquire for application form for TTC in February, May and October.

Courses for TTC Graduates

Advanced Yoga Teachers' Training (ATTC) 300-hours Yoga Alliance 4 weeks

ATTC includes Vedanta advanced Hatha Yoga, Raja Yoga Sutras of Patanjali, Anatomy, Sanskrit, and one hour of Pranayama practice each morning.

Sadhana Intensive Certificate Course 2 weeks

The emphasis is on personal intense and prolonged pranayama practice, with guidance, in the secluded and pure atmosphere of the Ashram.

Vedanta and Silence Certificate course 9 days

Features Vedantic meditation, group scripture study, personal self-enquiry, personal coaching, practice of inner and outer silence.

The Sivananda Health Educator Certification is an 800-hour (2 years) therapeutic Yoga program to gain the skills to help people to improve health through the application of classical Yoga and Ayurveda. This course is accredited by International Association Yoga Therapists. There will be 3 onsite modules and distance learning plus practicum under mentorship. Next batch starts 2024.

Seva-study residential program and Karma Yoga Program minimum 1 month

The program offers daily meditation, asana and pranayama practice, study of philosophy, workshops on Yoga, personal mentoring, and Karma Yoga. Please inquire for an application form.

Accommodation

(including 2 vegetarian meals). For rates please contact us

The main ashram area consists of a large yoga hall used for satsang and yoga class with attached library, a smaller meditation hall also used for workshops, dining area and kitchen. There is a reception and boutique area (offering books, clothing, snacks and gift items), with outdoor seating. There are 2 large outdoor platforms used for yoga classes and workshops when weather permits, and a large lawn overlooking a scenic pond.

On the surrounding hillside, guests stay in separate cabins that are nestled under trees with beautiful surroundings, each housing 1-3 guests. Accommodation is simple, providing basic comforts. Bedding and towels are provided, please note, however, that house-keeping services are not provided during your stay. Guests may choose from the following accommodation options:

- double or single cabin(with no attached bathroom)*
- Double or single cabin(with attached bathroom)
- Tent space is also available for those bringing their own tent and sleeping bag.

*access to public bathhouse

Yoga Farm Guidelines

- Attendance at all Satsangs and at least one Yoga class/day required.
- Comfortable and modest clothing is required.
- Please note that no meat, fish, fowl, eggs, garlic, onions, drugs, alcohol, coffee or smoking are allowed on the premises.
- The Yoga Farm is not responsible for personal belongings or medical care.

What do I need to bring?

- Bring footwear for hiking, warm clothing, yoga mat.



Yoga Resort Daily Schedule

5:30am	Wake-up Bell
6:00am	Morning Satsang
8:00am	Asana and Pranayama class
10:00am	Vegetarian Brunch
11:00am	Karma Yoga (opportunity to serve the community)
2:00 pm	Workshop
4:00pm	Asana and Pranayama class
6:00pm	Vegetarian Dinner
7:30pm	Evening Satsang
10:30pm	Lights out

The schedule can be changed depending on the course



50 years
Journey of love
and service
Yoga Farm
1972-2022

The Five Points of Yoga

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

The Four Paths of Yoga

Karma Yoga: The Path of Selfless Service
Bhakti Yoga: The Path of Selfless Love.
Hatha Yoga and Raja Yoga: The Path of Body, Breath, Mind Management, and Meditation.
Jnana Yoga: The Path of Self-inquiry and Realization.

HOW TO
REGISTER

SIVANANDA YOGA VEDANTA ASHRAM, YOGA FARM

14651 Ballantree Lane, Grass Valley California 95949
Email: yogafarmregistration@sivananda.org | Phone: (+1) 530 272 9322

“Lineage and inspiration from the Himalayas to California”



Swami Sivananda (1887–1963) was a yoga master from the Himalayas, founder of Divine Life Society, author of 200 books, teacher of the yoga of synthesis, combining the main 4 classical yoga paths. He was a medical doctor and humanitarian.

Swami Vishnudevananda (1927–1993) is the author of the bestseller 'The Complete Illustrated Book of Yoga' and 'Meditation and Mantras' and the founder of the International Sivananda Yoga Vedanta Centres in 1959.

Swami Sitaramananda began training under Swami Vishnudevananda in 1981. She has carried this lineage of teaching in the Yoga Farm since 1995, and is instrumental in renovating the Ashram. She teaches satsangs and courses, when not traveling.

Yoga Vacations

Yoga Retreats & Vacations Open Year Round

Recharge by immersing yourself in the ancient yogic lifestyle in the naturally beautiful and peaceful setting of the Sierra Nevada foothills, with heritage oak trees, on 80 acres of hills and valleys, with wild deer. Enjoy sunrise meditation, walks, starry nights, labyrinth and moksha trail walks, and trips to the local Yuba River. The daily balanced schedule has been designed to promote optimal energy of body mind spirit. Begin to relax, restore your prana and discover your true nature as peace, joy and love. Develop skills to improve health and healing. The daily practice of the 5 Points of Yoga lifestyle reduces stress, increases energy and brings you relaxation and concentration.

Satsang consists of silent meditation, group singing, and an inspirational lecture. This morning and evening gathering is designed to help deepen your Yoga practice, uplift the spirit, and establish connection with your inner self and the community.

Yoga exercises and breathing techniques for all levels are taught by experienced teachers. These will bring health to your internal organs, make your spine flexible and nerv-



Yoga for All Levels

Weekend Yoga Retreats (3 days)

This weekend introduction is designed to give the student a full experience of Yoga, introducing the 5 points of practice of Swami Vishnudevananda. You will experience immersion in the daily routine, learning the basic Sivananda asana (posture) sequence and enjoying wholesome vegetarian meals. Our intention is that you will leave rested and refreshed, with the basic knowledge of how to continue your practice at home. Arrive on Friday, depart Sunday afternoon. See the calendar for dates.

Beginners Yoga Week (5 days)

This week is ideal for beginners or those new to Sivananda Yoga. This course offers a full experience of Yoga practice, progressively introducing Yoga asanas, breathing exercises, meditation, mantra chanting, and Yoga philosophy. Arrive on Monday, depart Sunday afternoon. See the calendar for dates.

Intermediate/advanced yoga week (5 days)

Open to all those who have completed the Beginner 1 course or to those who already have a steady asana practice and wish to learn new asana variations. In addition, it is an opportunity to deepen knowledge of the four paths of Yoga: Karma Yoga (selfless service), Bhakti Yoga (transforming emotions to devotion), Raja Yoga (training the mind), Jnana Yoga (self-inquiry).

Yoga and vegetarian diet

Follow a healthy and balanced diet for achieving optimum health and vitality and preventing disease. Vegetarian meals are simple, nutritious, and balanced. There will be practical cooking workshops, nutrition and vegetarianism teachings.

Serve. Love. Give. Purify. Meditate. Realize.



Special courses 5 days or weekends

YOGA AND MEDITATION COURSE (5 DAYS)

This retreat introduces the basic guidelines for classical yogic meditation. There are daily workshops and lectures on a variety of topics, including the mind and how it works, how to manage the emotions, improving concentration, using mantras, and guidance on healthy lifestyle.

YOGA AND POSITIVE THINKING COURSE (5 DAYS)

Create your own positive future by controlling your thoughts and converting negative emotions to positive thoughts. Lectures on positive relationships and stress management, how to deal with anxiety, depression and anger, combined with practice of asana, breathing, relaxation, forest walks and meditation.

YOGA AND HOLISTIC HEALTH (3 - 7 DAYS)

Combine yoga life and specific learning on health and healing the natural way: Yoga for stress management, Yoga for diabetes, Yoga and Cancer, Yoga and Back pain, Yoga and respiratory diseases, Yoga for cardiovascular diseases, Yoga for people with high blood pressure, Yoga recovery after injury...etc. Inquire for Wellness consultation, Ayurveda programs, therapies, and training.

STRESS RELIEF AND RELAXATION RETREATS

Learn different methods for stress resilience. How to increased prana, transform negative emotions to positive emotions, how to be more flexible in our outlook, how to face our existential anxiety and challenges. Learn methods of relaxation.

