

# SIVANANDA YOGA VEDANTA ASHRAM, YOGA FARM 2025 CALENDAR YEAR



## Programs & Courses

COURSE TUITION: 5 DAYS \$195\* | 3 DAYS \$120\*

\*PLUS ACCOMMODATIONS

Welcome to our full range of classes and courses from beginner to advanced. The dates listed below are subject to change. Please visit our website or call for more information. We look forward to seeing you soon! Om Shanti



### YOGA VACATION

- Available year-round

### YOGA TRAINING FOR GROUPS

- 3-5 day \*5 student minimum

### BEGINNERS YOGA COURSE

- Monthly

### VEDANTA - WHO AM I?

- Apr. 24 - 27, 2025
- Sep. 08 - 12, 2025

### PRANA & YUBA RIVER

- Jun. 26 - 29, 2025
- Aug. 21 - 24, 2025
- Sep. 25 - 28, 2025

### HEALTH EDUCATOR TRAINING

- Jan. 2026 - Jan. 2028

### TEACHER TRAINING

- Mar. 01 - 29, 2025
- May 10 - Jun. 07, 2025
- Oct. 11 - Nov. 08, 2025

### SADHANA INTENSIVE

- Jun. 11 - 25, 2025

### ASHRAM SACRED TOURS

- 1st Sunday, each month
  - 2:30pm - 8:00pm

### DAY GUESTS

- Half-day\* \$50
- Full-day\*\* \$90

\*includes 1 yoga class & 1 meal  
\*\*includes 2 yoga class' & 2 meals

### 4-PATHS OF YOGA LIFE

- Jan. 21 - 26, 2025
- Feb. 23 - 28, 2025
- Sep. 23 - 28, 2025

### POSITIVE THINKING

- Mar. 11 - 16, 2025
- Jun. 03 - 08, 2025
- Oct. 21 - 26, 2025

### STRESS RELIEF & RELAXATION

- Jan. 09 - 12, 2025
- May 01 - 04, 2025
- May 22 - 25, 2025
- Sep. 18 - 21, 2025
- Nov. 06 - 08, 2025
- Dec. 18 - 21, 2025

### AYURVEDA MASSAGE REJUVINATION RETREAT

- Monthly

### PANCHA KARMA DETOX

- Jun. 08 - 15, 2025
- Oct. 03 - 10, 2025

### JUICE FASTING DETOX

- Jun. 22 - Jul. 02, 2025

### HOLISTIC HEALTH RETREAT

- Jan. 28 - Feb. 02, 2025
- Feb. 06 - 09, 2025
- Feb. 11 - 16, 2025
- Apr. 04 - 06, 2025

### RETREAT IN SEDONA, AZ

- Jun. 19 - 22, 2025

### INTRO TO MEDITATION

- Feb. 18 - 23, 2025
- Jun. 12 - 15, 2025
- Sep. 04 - 07, 2025
- Dec. 02 - 07, 2025

### KIRTAN FOR HEART OPENING

- Jan. 14 - 19, 2025
- Sep. 25 - 28, 2025

### YOGA & AYURVEDA

- Jan. 02 - 05, 2025
- Jan. 30 - Feb. 02, 2025

### SEASONAL CLEANSE

- Apr. 22 - 27, 2025
- Sep. 16 - 21, 2025

### TECHNOLOGY DETOX

- Jan. 16 - 19, 2025

### SEASONAL COOKING

- Spring Menus
  - Apr. 17 - 21, 2025
- Holiday Baking
  - Nov. 20 - 23, 2025

### PERMACULTURE DESIGN

- Apr. 06 - 12, 2025

### KARMA YOGA WEEK

- Feb. 23 - 28, 2025
- May 04 - 09, 2025
- Oct. 05 - 10, 2025

### SEVA STUDY

### KARMA YOGA IMMERSION

- 1 - 3 Months

REGISTER

[www.sivanandayogafarm.org](http://www.sivanandayogafarm.org)



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## PROGRAMS FOR TTC GRADS

- GENTLE YOGA  
TEACHER TRAINING**
- Jun. 06 - 09, 2025
- HATHA YOGA SADHANA**
- Dec. 16 - 21, 2025
- STRESS MANAGEMENT  
TEACHER TRAINING**
- June 2025
- TRANSFORMATION  
FACILITATOR TRAINING**
- May 27 - Jun. 01, 2025
- VEDANTA & SILENCE**
- Nov. 14 - 23, 2025

- FAMILY YOGA CAMP**
- Jun. 24 - 29, 2025
  - Aug. 19 - 24, 2025
- TEACHER TRAINING IN ASIA**
- CHENGDU, CHINA
    - Jul. 20 - Aug. 17, 2025
  - DALAT, VIETNAM
    - Feb., Aug., Nov. 2025

## SPECIALTY COURSES

- EMOTIONAL INTELLIGENCE**
- May 09 - 11, 2025
- LAVENDER & KIRTAN**
- Jun. 19 - 22, 2025
- LAVENDER HARVEST**
- June 2025
- YOGA & NERVOUS SYSTEM**
- May 01 - 04, 2025
- PANCHAMAMA**
- Sep. 02 - 07, 2025
- REWRITE YOUR NARRATIVE**
- Sep. 11 - 14, 2025
- RESILIENCY-DAILY PRACT.**
- Apr. 10 - 13, 2025

## SPECIAL PROGRAMS

- LUNAR NEW YEAR**
- Jan. 29, 2025
- EARTH DAY: EMBRACING  
WATER ELEMENT**
- Apr. 22, 2025
- INTERNATIONAL YOGA DAY**
- Jun. 21, 2025

## VEDIC HOLIDAYS

- MAKARA SANKRANTI**
- Jan. 14, 2025
- SIVARATRI FESTIVAL**
- Feb. 25, 2025
- RAMA NAVAMI**
- Apr. 05, 2025
- HANUMAN JAYANTI**
- Apr. 12, 2025
- AKSHAYA TRITIYA**
- Apr. 29, 2025
- KRISHNA JANMASTAMI**
- Aug. 16, 2025
- SIVANANDA BIRTHDAY**
- Sep. 08, 2025
- GANESHA CHATURTHI**
- Sep. 25, 2025
- NAVARATRI**
- Sep. 22 - Oct. 01, 2025
- DIWALI**
- Oct. 20, 2025
- SWAMI VISHNU SAMADHI**
- NOV. 09, 2025

## ONLINE COURSES

- LOTUS WISDOM**
- Feb. 2025
- PRANAYAMA IMMERSION**
- Jan. 2025
- NEW YEAR, NEW SELF**
- Jan. 2025
- GOOD KARMA DIET**
- Jan. 2025
- KIRTAN CHANTS**
- Apr. 2025

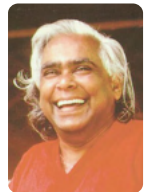
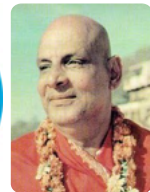
## PRE-RECORDED\*

- Sadhana for Self Healing
  - Essentials of Yoga Practice
  - Meditation & Mind
- \*inquire for recording link



## MAJOR HOLIDAYS

- EASTER WEEKEND: CREATIVITY & INSPIRATION**
- Apr. 17 - 20, 2025
- MEMORIAL DAY: TTC REUNION - PASSING THE FLAME**
- May 23 - 26, 2025
- 4th OF JULY: VEDIC KNOWLEDGE FORUM**
- Jul. 03 - 06, 2025
- LABOR DAY WEEKEND: INDIAN DANCE CAMP**
- Aug. 28 - Sep. 01, 2025
- THANKSGIVING: UNITY IN DIVERSITY**
- Nov. 27 - Dec. 01, 2025
- HOLIDAY PROGRAM: SELF REALIZATION & RENEWAL**
- Dec. 18, 2025 - Jan. 2, 2026



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