

PROGRAM FACULTY

INCLUDES



Swami Adiparashaktiananda
YOGA FOR PEACE



Swami Divyananda
YOGA PSYCHOLOGY



Stephen Longfellow Fiske
INTERFAITH MINISTER, SOCIAL INTEGRITY & JUSTICE



Dr. Ramkumar
AYURVEDA & PEACE



Mary Thompson
HEALTH & PEACE



Durga Leela
YOGA OF RECOVERY



Dr. Debashish Banerji
PEACE & THE BHAGAVAD GITA



Swami Sankarananda
PEACE PILGRIM & SELF-KNOWLEDGE



Swami Narayanananda
COMPASSIONATE LISTENING, NON-VIOLENCE



Swami Sivasankariananda
PAIN & GRIEF PSYCHOLOGY



Gay Rosenblum-Kumar
PEACE BUILDING & CONFLICT TRANSFORMATION



Fred Luskin, PhD
FORGIVENESS PSYCHOLOGY



Jess Mariglio
CONFLICT RESOLUTION



Jennifer D. Rhodes
ATTORNEY/MEDIATION



Swami Sitaramananda
Yoga Farm Director
PEACE PSYCHOLOGY & UNITY IN DIVERSITY



Swami Jnaneswariananda
STRESS RESILIENCE & PEACE



Srinivasan
YOGA FOR PEACE



LauraSa
MULTI-CULTURAL DIALOGUE, WOMEN & COMMUNITY RESILIENCE



Di Strachan
LEADERSHIP TRAINER, FOUNDER OF POSITIVE FUTURES



Joan Condon
CAPACITAR INTERNATIONAL, EMPOWERING AND HEALING COMMUNITIES



Chanda Hinton
ACCESSIBLE YOGA

INNER PEACE
for world
peace

Embark on a unique
one-year transformative training.

SUITED FOR

Yoga teachers, therapists, counselors, health educators, health care providers and anyone with a true passion for peace and harmony who want to work independently or in collaboration with groups and communities. Be the Yogi Peace Ambassador the world is needing.



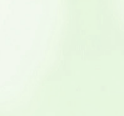
Bidyut K. Bose
NIROGA INSTITUTE
YOUTH EDUCATION



Lila Lolling
ECOLOGY & NEUROSCIENCE



Hector Verdugo
HOMEBOY INDUSTRIES



Ramana
MUSIC & KIRTAN



Sarahjoy Marsh
DAYA FOUNDATION,
NEUROBIOLOGY AND YOGA



Tara Durga Devi
RESPECT & PREJUDICES
TOWARD SENIORS



Yogini Saraswati
THERAPEUTIC COUNSELING



Swami Padmananda
STRESS & HATHA YOGA



Swami Lakshmi Satyananda
PSYCHOLOGY & HEALTH

Nothing can bring you peace, but yourself.

Sivananda Yoga Vedanta Center

A peace movement since the 1960s



The Sivananda Ashram Yoga Farm and the International Sivananda Yoga Vedanta Centers have promoted the deep, holistic truths of classical Yoga internationally for more than 55 years. Swami Sivananda was a humanitarian, a sage and a medical doctor and wrote more than 200 books on Yoga and Vedanta. Swami Vishnudevananda was a peace missionary and a Yoga master, nicknamed "The Flying Swami." He created the Planet Earth Passport and True World Order which has trained 53,000 yoga teachers to date.

Sivananda Ashram Yoga Farm

14651 Ballantree Lane, Grass Valley, CA 95949
530-272-9322 • 800-469-YOGA (9642)
www.yogafarm.org

Sivananda Ashram Yoga Ranch

500 Budd Road, Woodbourne, NY 12788
845-436-6492
www.sivanandayogaranch.org

Sivananda Yoga Vedanta Center, LA

1617 Broadway, Suite C, Santa Monica, CA 90404
310-822-YOGA (9642)
www.sivanandaLA.org



For a full curriculum and schedule, please visit:

www.yogafarm.org/300houryogaforpeaceprogram

Gain the knowledge and skills to apply Swami Sivananda and Swami Vishnudevananda's Five Points of Yoga Life and the classical Four Paths of Yoga for inner peace and outer peace.

e-mail: yogafarm@sivananda.org

JANUARY
2027



SIVANANDA YOGA

Peace Education
TRAINING

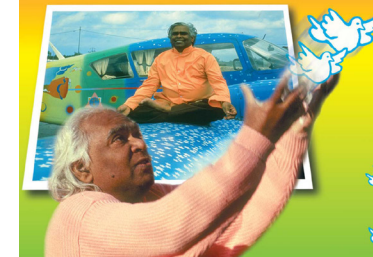
IN USA & VIETNAM

300-HR
ONE-YEAR
PROFESSIONAL
& SPIRITUAL
TRAINING

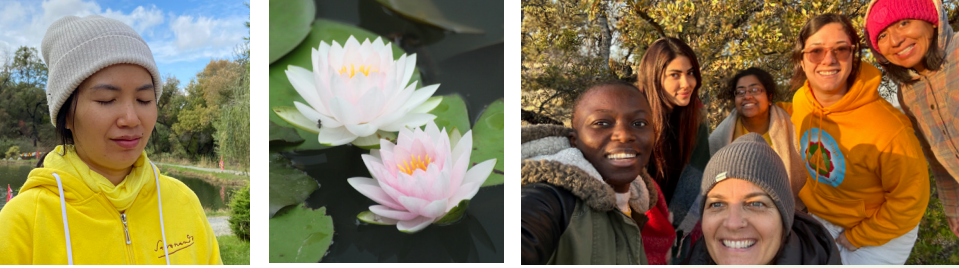
Inner Transformation
Compassionate Service
Social Healing



Planet Earth
Passport



Time for a new inside-out approach to peace



BECOME A SIVANANDA YOGA Peace Educator

Promote holistic peace/conflict transformative practices and methods as an accessible way to wellbeing and peaceful development of individuals and society. Apply classical Yoga and Vedanta philosophy to address specific disharmonious conditions in a person, a family or a community.

Gain the knowledge and skills to apply the **5 Points of Yoga Life:**

1. **Proper exercise** (asanas)
2. **Proper breathing** (pranayama; manipulation of vital energy through breathing techniques)
3. **Proper relaxation** (savasana techniques and stress-reduction techniques)
4. **Proper diet** (vegetarian and Ayurvedic diet)
5. **Positive thinking** (Vedanta) & **meditation** (Raja Yoga)

And learn leadership skills, mediation skills, counseling skills, emotional regulation techniques and compassionate communication skills.

“Cross borders with flowers and love, not with bombs . . .

Training the leaders like you train a doctor or an engineer, so they will have some yogic discipline to lead humanity.” —SWAMI VISHNUDEVANANDA



TESTIMONIALS

“After attending workshops with Swami Sita, I have always come away feeling more grounded and peaceful in myself and ready to share with others.”

—Di Strachan, Positive Futures trainer

“Through peace missions, meditation retreats, yoga teacher trainings, community gatherings, and daily acts of compassionate service, the Sivananda tradition has inspired generations to become ambassadors for peace in their homes, communities and throughout the world.”

—Wendy Root Askew, supervisor, 4th district, County of Monterey, CA

Empower inner peace

Life is love and love is life.

Gain tools and knowledge in areas such as:

- Creating a culture of Peace
- Interfaith dialogue
- Non-violence
- Healing ourselves, healing the world
- Global citizenship education
- Sacred ecology
- Popular education for resilience
- Application of Yoga and Ayurveda practices to promote a healthy and peaceful lifestyle
- Root causes of addiction, abuse and harmful behavior
- Vedic counselling technique
- Yoga of relationships
- Karma and dharma
- Self-awareness
- Emotional management
- How to teach groups the methods of peaceful collective living, resource sharing, collective endeavor and conflict resolution

“The Truth is in everyone.”

—SWAMI SIVANANDA

“When the power of love overcomes the love of power, the world will know peace.”

—JIMI HENDRIX

“Blessed are the peacemakers, for they shall be called sons of God.”

—MATTHEW 5:9

1-YEAR PROGRAM FORMAT (300 hrs)

- Three onsite immersive residential trainings of 7 days each in Grass Valley, California
- Distance learning, 2 hours weekly for 12 weeks
- Practicum with individual cases
- Practicum with groups

CURRICULUM (details online)

MODULE 1 • January 6–13, 2027 (California)

Yoga and the Mind, Methods and Steps to Peace

MODULE 2 • May 5–12, 2027

Global Citizen Skills

MODULE 3 • July 4–11, 2027

Peace Applications

MODULE 4 • July 25–October 10, 2027

DISTANCE LEARNING ONLINE 2 hours weekly on Sundays for 12 weeks

PEACE TECHNIQUES PRACTICUM

Applied knowledge and techniques to educate individuals/groups under guidance of a mentor.

GRADUATION • December 2027

For program cost, accommodation and application, please visit www.yogafarm.org



The Sivananda Yoga Peace Educator is trained in the application of Yoga techniques that show positive effects on the following conditions:

Mental health—individual and collective
Psychosomatic diseases, stress management, sleep disorders, anxiety, depression, trauma (PTSD), addiction, hopelessness, isolation, suicide

Ayurveda/diet/nutrition/lifestyle
Digestive disorders, prana disturbances, five layers of healing, cause of disease and disease process, health prevention and health promotion

Environmental and Social Conditions
Poverty, homelessness, war displacement and uproot, generational distress and hopelessness, family fragmentation, divorce, lack of parenting guidance, lack of peace education

Special populations
Senior and aging, youth and women’s violence, disabled and mentally challenged people

