



Yoga Festival

A journey to inner peace

26 June – 1 July



Swami Sivananda
1887 – 1963



Swami Vishnudevananda
1927 – 1993

..... PROGRAMME

Tuesday 26 June

- 6.30pm** Asana class with Swami Ramapriyananda Dynamic backward bend variations
8pm Satsang with Swami Kailasananda Joy, the light of the higher Self

Wednesday 27 June

- 6.30pm** Asana class with Swami Kailasananda Experiencing inner silence through asanas and pranayama
8pm Satsang with Swami Ramapriyananda Asanas, a gateway to meditation

Friday 29 June

- 6pm** Asana class with Swami Sivadasananda Strengthening the breath
7.30pm Satsang with Sri Venugopal Goswami Reflection on the meaning of life

Saturday 30 June

- 2.30pm** Lecture with Swami Durgananda Detachment, the key to inner peace
4pm Asana class with Swami Sivadasananda Applying stretching and acupressure in the asanas
6pm Satsang with Sri Venugopal Goswami Stories of great Bhaktas
8pm Free Indian vegetarian food

Sunday 1 July

- 4pm** Asana class with Swami Sivadasananda Nerve impulse and prana impulse in the asanas
6pm Satsang with Sri Venugopal Goswami Melting the individual soul into the divine soul
8pm Free Indian vegetarian food



With honoured guest

Sri Venugopal Goswami Bhakti Yoga Acharya

With Swami Durgananda, Swami Sivadasananda and Swami Kailasananda, Yoga Acharyas



Sivananda Yoga Vedanta Centre

Founder Swami Vishnudevananda. Est 1957.

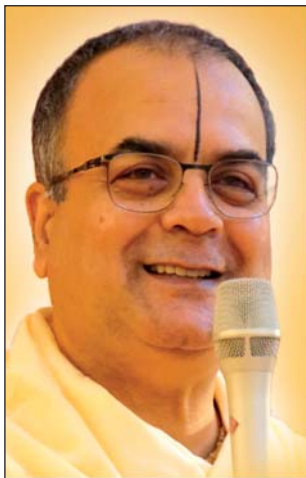
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Satsangs

With honoured guest

Sri Venugopal Goswami Vrindavan, North India

Sri Venugopal Goswami hails from a 500 year old family tradition of Hari Katha, a unique and inimitable style of combining the message of the ancient scripture *Shrimad Bhagavatam* with melodious musical renditions. Inspiring words of wisdom leave a deep impression on the minds of the listeners as they are taken on a soulful spiritual journey, explaining the purpose and meaning of human life.

Friday 29 June, 7.30pm:

Reflection on the meaning of life

Saturday 30 June, 6pm:

Stories of great Bhaktas

Sunday 1 July, 6pm:

Melting the individual soul into the divine soul



Practical spirituality

Lecture with Swami Durgananda, Yoga Acharya

Saturday 30 June, 2.30pm: *Detachment, the key to inner peace*

Swami Durgananda is Yoga Acharya for Europe and senior disciple of Swami Vishnudevananda.



Satsang and Asana Class

with Swami Kailasananda, Yoga Acharya

Tuesday 26 June, 8pm: *Satsang: Joy, the light of the higher Self*

Wednesday 27 June, 6.30pm: *Asana class: Experiencing inner silence through asanas and pranayama*

Swami Kailasananda is Yoga Acharya of the Sivananda Yoga Vedanta Centres in England and France.



Asana Classes

with Swami Sivadasananda, Yoga Acharya

Friday 29 June, 6pm: *Asana class: Strengthening the breath*

Saturday 30 June, 4pm: *Asana class: Applying stretching and acupressure in the asanas*

Sunday 1 July, 4pm: *Asana class: Nerve impulse and prana impulse in the asanas*

Swami Sivadasananda is Yoga Acharya of the Sivananda Yoga Vedanta Centres in Switzerland and Spain.

Satsang and Asana Class with Swami Ramapriyananda

Tuesday 26 June, 6.30pm: *Asana class: Dynamic backward bend variations*

Wednesday 27 June, 8pm: *Satsang: Asanas, a gateway to meditation*

Swami Ramapriyananda is a disciple of Swami Vishnudevananda and the director of the Sivananda Yoga Retreat House in Reith, Austria.

Talk: Members £8.50, Non-members £12.50, Concession £8, 1 tick on class card.

Asana class: Members £8.50, Non-members £12.50, Concession £8, 1 tick on class card.

Satsang: Free of charge. Donations are welcome.