

Bhagavata Saptaha

14 – 20 January 2019

With live music: harmonium, vocal, flute and tabla

Discourses based on the *Srimad Bhagavatam*, an ancient Bhakti yoga scripture reflecting on the true meaning of life. The stories, poetry, music and words of wisdom elevate the mind and open the heart.



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 *Srimad 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.



Monday 14 January

7pm Bhakti, the language of the soul

Tuesday 15 January

7pm The unity of existence

Wednesday 16 January

7pm The philosophy of love

Thursday 17 January

7pm Surrendering the ego

Friday 18 January

7.30pm Living in simplicity and harmony

Saturday 19 January

6pm Rasa Lila, the Divine dance

Sunday 20 January

6pm Nada Yoga concert – music for inner harmony

Bhagavata Saptaha: Free of charge. Donations are welcome.



Lila

The Divine dance of life

14 – 20 January 2019



Sivananda Yoga Vedanta Centre
sivanandalondon.org • sivananda.eu

Founder: Swami Vishnudevananda. Est. 1957



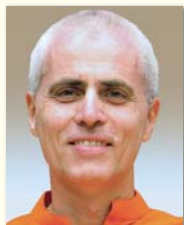


Practical spirituality

Lecture with Swami Durgananda, Yoga Acharya

Saturday 19 January, 2.30pm: *Where is true freedom?*

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



Lectures and asana classes

with Swami Sivadasananda, Yoga Acharya

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



Lectures and asana classes

with Swami Kailasananda, Yoga Acharya

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

Monday 14 January

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| 4pm | Asana class with Swami Kailasananda | Dissolving stress through stretching |
| 6pm | Lecture with Swami Sivadasananda | Relax and channel mental energy through sound vibration |
| 7pm | Bhagavata Saptaha with Sri Venugopal Goswami | Bhakti, the language of the soul |
| 9pm | Free vegetarian snack | |



Tuesday 15 January

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| 4pm | Lecture with Swami Kailasananda | Breath, the essence of life |
| 5.30pm | Asana class with Swami Sivadasananda | Mobility, strength and flexibility |
| 7pm | Bhagavata Saptaha with Sri Venugopal Goswami | The unity of existence |
| 9pm | Free vegetarian snack | |



Wednesday 16 January

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| 4pm | Asana class with Swami Kailasananda | Deepening the pranayama experience |
| 6pm | Lecture with Swami Sivadasananda | Inspiration from the life of Swami Sivananda |
| 7pm | Bhagavata Saptaha with Sri Venugopal Goswami | The philosophy of love |
| 9pm | Free vegetarian snack | |



Lecture: 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.
Bhagavata Saptaha: Free of charge. Donations are welcome.

Thursday 17 January

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|---------------|--|--|
| 4pm | Lecture with Swami Kailasananda | Meditation – deepening the awareness of the Self |
| 5.30pm | Asana class with Swami Sivadasananda | From the extremities to the spine |
| 7pm | Bhagavata Saptaha with Sri Venugopal Goswami | Surrendering the ego |
| 9pm | Free vegetarian snack | |



Friday 18 January

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| 4pm | Asana class with Swami Sivadasananda | Relaxing your back |
| 6pm | Lecture with Swami Kailasananda | Inspiration from the <i>Bhagavad Gita</i> : Staying positive in the midst of life challenges |
| 7.30pm | Bhagavata Saptaha with Sri Venugopal Goswami | Living in simplicity and harmony |
| 9pm | Free vegetarian snack | |



Saturday 19 January

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| 10.30am | Asana class with Swami Jyotirmayananda | Dynamic variations of the classical asanas |
| 12pm | Vegetarian lunch | |
| 1pm | Walk along the Thames | |
| 2.30pm | Lecture with Swami Durgananda | Where is true freedom? |
| 4pm | Asana class with Swami Sivadasananda | Recharging your solar plexus |
| 6pm | Bhagavata Saptaha with Sri Venugopal Goswami | Rasa Lila, the Divine dance |
| 8pm | Free vegetarian snack | |

New Year Yoga Festival of Colour and Light

Sunday 20 January

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|----------------|---------------------------------|---|
| 10.30am | Asana class | Inspire creativity through asanas with Swami Kailasananda |
| 10.30am | Trial class | The art of conscious relaxation for beginners |
| 10.30am | Children's class | Let's play yoga for 7-12 year olds |
| 12 noon | Vegetarian lunch | |
| 12.45pm | Introductory talk | Creative visualisation, using the power of imagination |
| 1pm | Creative workshop | Awaken the inner artist using colourful thread and fabric |
| 1.45pm | Cooking workshop | A rainbow of colourful vegetarian dishes |
| 2.45pm | Saree draping tutorial | A step-by-step guide on how to drape a saree |
| 3.15pm | Garba dance steps for beginners | Garba is a traditional dance from Gujarat associated with Holi, the festival of colours |
| 4pm | Tea and vegetarian snack | You are welcome to bring a vegetarian dish to share |
| 4pm | Asana class | From tension to joy with Swami Sivadasananda |
| 4.30pm | Rangoli crafts | Traditional Indian floor art using colourful designs and patterns |
| 5pm | The world in colour | How to create mood with colours and light |
| 6pm | Nada Yoga concert | Music for inner harmony with Sri Venugopal Goswami |
| 8pm | Free vegetarian snack | |