



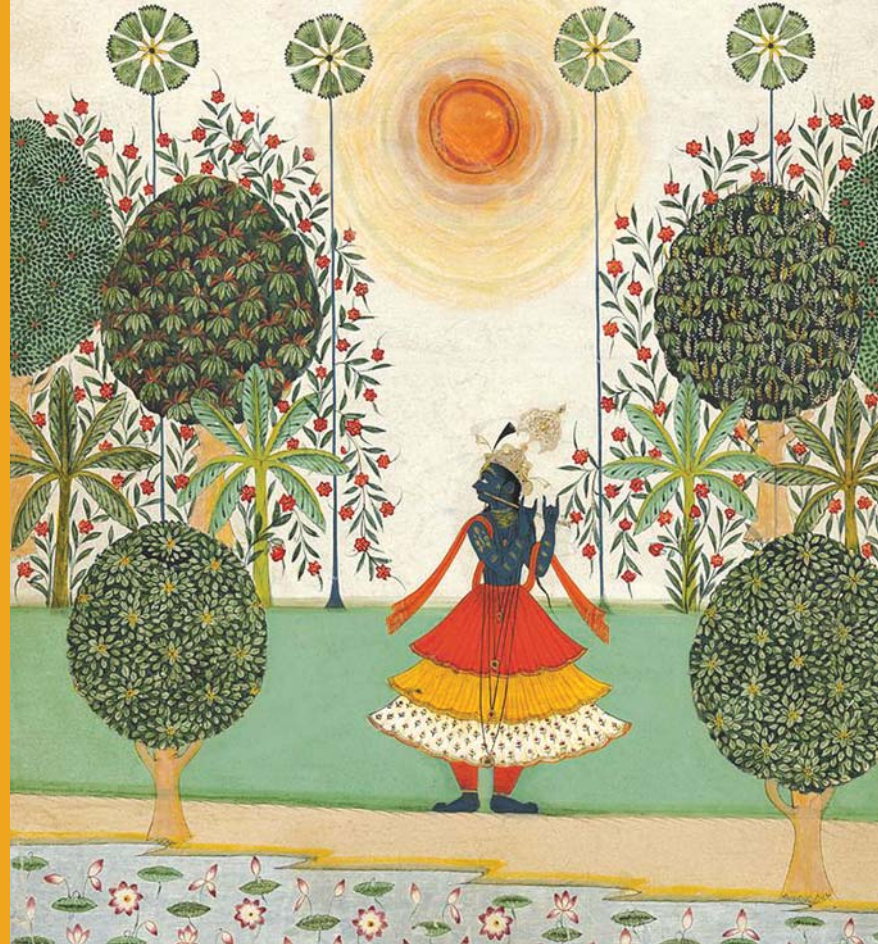
Tapping the ancient source of wisdom

4 – 8 February 2020



Sivananda Yoga Vedanta Centre
sivanandalondon.org • sivananda.eu

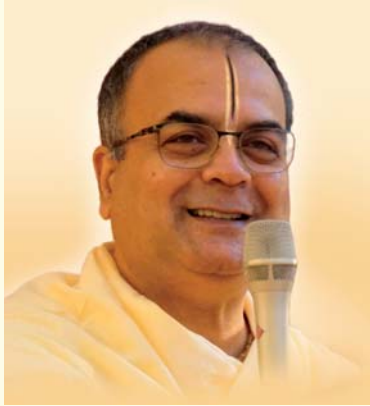
Founder: Swami Vishnudevananda. Est.1957



Inspiration from the Srimad Bhagavatam

With live music: harmonium, vocal, flute and tabla

Discourses based on the *Srimad Bhagavatam*, an ancient scripture on Bhakti Yoga, the yoga of universal love. The *Bhagavatam* tells many stories which can help us open our hearts, overcome the fears and confusion of the mind and understand the joy and unity of all life.



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.



Tuesday 4 February

7pm Spiritual discourse with Sri Venugopal Goswami:
Returning to simplicity

Wednesday 5 February

7pm Spiritual discourse with Sri Venugopal Goswami:
The real never appears

Thursday 6 February

7pm Spiritual discourse with Sri Venugopal Goswami:
Reconnecting to the heart

Friday 7 February

7.30pm Spiritual discourse with Sri Venugopal Goswami:
Let the soul look at life

Saturday 8 February

6pm Nada Yoga concert with Sri Venugopal Goswami:
Music for inner harmony

Srimad Bhagavatam discourses: Free of charge. Donations are welcome.



Practical spirituality

Lecture with Swami Durgananda, Yoga Acharya

Saturday 8 February 2.30pm: *Meditation, elixir for the soul*

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.

Tuesday 4 February

- 4pm Lecture with Swami Kailasananda: *Choosing the positive path*
- 5.30pm Asana class with Swami Sivadasananda: *Parasympathetic nervous system: relaxation and regeneration*
- 7pm Spiritual discourse with Sri Venugopal Goswami: *Returning to simplicity, with musical accompaniment*
- 9pm Free vegetarian snack



Wednesday 5 February

- 4pm Asana class with Swami Kailasananda: *Meditative experience in the asanas*
- 6pm Kirtan workshop with Swami Sivadasananda
- 7pm Spiritual discourse with Sri Venugopal Goswami: *The real never appears, with musical accompaniment*
- 9pm Free vegetarian snack



Thursday 6 February

- 4pm Lecture with Swami Sivadasananda: *Detachment, key to relaxation*
- 5.30pm Asana class with Kailas: *Muscle length – muscle strength*
- 7pm Spiritual discourse with Sri Venugopal Goswami: *Reconnecting to the heart, with musical accompaniment*
- 9pm Free vegetarian snack

Friday 7 February

- 4pm Lecture with Swami Kailasananda: *Sattva, the power of purity*
6pm Asana class with Swami Sivadasananda: *Headstand and scorpion: concentration and balance*
7.30pm Spiritual discourse with Sri Venugopal Goswami: *Let the soul look at life, with musical accompaniment*
9.30pm Free vegetarian snack
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Saturday 8 February

- 2.30pm Lecture with Swami Durgananda: *Meditation, elixir for the soul*
4pm Asana class with Swami Sivadasananda: *The power of asymmetrical asanas*
6pm Nada Yoga concert with Sri Venugopal Goswami: *Music for inner harmony*
8pm Free vegetarian snack
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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.
Tapping the ancient source of wisdom with Sri Venugopal Goswami: Free of charge.
Donations are welcome.

