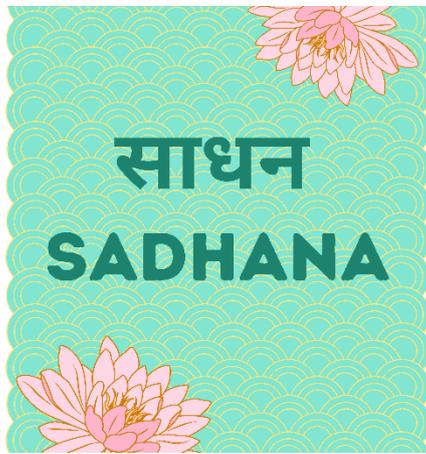


# Sadhana, deepening your daily yoga practice

Certificate course from 23 - 27 November

With Swami Jyotirmayananda

*“Whatever spiritual practices you do, either Japa (the repetition of a mantra), the practice of asanas, meditation or pranayama, do it systematically and regularly every day. Sadhana is the real wealth. If you persist in your sadhana, if you are regular, systematic and punctual, you will attain success.”* Swami Sivananda



Sadhana is a systematic daily practice of yoga. Yoga offers a complete system for physical, mental and spiritual well-being and teaches techniques to find increased health, well-being and inner peace.

Our yoga practice deepens through regularity and continuity. An unbroken yoga practice helps remove inner obstacles and gives us the fortitude to stay cool, calm and collected when confronted with the everyday challenges of modern life.

During this five day course, we will study and practice classical yoga techniques to strengthen and harmonize body and mind and to reconnect to the inner self. Revitalize your yoga practice and turn it into a practical, spiritual life-style.

## Daily schedule

### Wednesday 23 November

- 4pm Gentle arrival class with focus on relaxation
- 6pm Vegetarian dinner
- 7.30pm Satsang: Sadhana, a lifelong process

### Thursday 24 November

- 6.30am Satsang: The power of hatha yoga
- 8.00am Yoga class: Uniting ha (sun) and tha (moon)
- 10am Light breakfast
- 10.45am Karma yoga
- 12.00pm Vegetarian lunch
- 1.30pm Workshop: Asanas, a gateway to meditation
- 4.00pm Meditative asana class with longer holding
- 6.00pm Vegetarian dinner
- 7.30pm Silent meditative walk

### Friday 25 November

- 6.30am Satsang Prana and increasing the vibratory level
- 8.00am Yoga class: The energy flow in asanas
- 10am Light breakfast
- 10.45am Karma yoga
- 12.00 Vegetarian lunch
- 1.30pm Workshop: Pranayama, revitalize your life energy
- 4.00pm Class: Sun salutation & extended pranayama practice
- 6.00pm Vegetarian dinner
- 7.30pm Satsang: Sattva, the energy of purity and balance

## Saturday 26 November

- 6.30am Silent meditative early morning walk
- 8.00am Light breakfast
- 9.00am Karma yoga
- 10.30am Yoga class with focus on the shoulderstand cycle
- 12.00 Vegetarian lunch
- 1.30pm Workshop: The next step in your meditation practice
- 4.00pm Yoga class: physical and mental stability in the asanas
- 6.00pm Chanting satsang, experience the joy of kirtan
- 7.30pm Vegetarian Dinner

## Sunday 27 November

- 6.30am Satsang: Karma yoga, the yoga of selfless action
- 8am Yoga class: prolonged holding of the postures
- 10am Light breakfast
- 10.45am Karma yoga and packing
- 12.00 Vegetarian lunch
- 1.30pm Workshop: How to channel emotions, sooth the nervous system and benit one's overall psychological wellbeing through kirtan and mantra chanting

## Teacher



The workshop and satsangs will be given by Swami Jyotirmayananda, the director of the Sivananda Yoga Vedanta Centre in London. She is a natural teacher and shares the teachings of yoga with insight and devotion.

## Participation

### Residential course

- Dormitory (4 – 8 beds) £325
- Double room £400
- Single room £445

### Non-residential

- Workshop only: £25

## Study book

The course is based on the book 'Sadhana' of Swami Sivananda, available in the boutique of the centre.