

Certification

Upon graduation students receive the Certificate of the the International Sivananda Vedanta Yoga centers, entitled Yoga Siromani.

Officially certified by the Yoga Alliance, for the 200 standard for registered Schools (RYS).

For more information visit www.sivananda.eu/en

Prices for tuition, room and board

€2,986 shared (3-4 beds, common bathroom),
€2,986 double (common bathroom),
€3,276 double (private bathroom),
€3,711 single (private bathroom)

Registration: is valid with a down-payment of €400. The remaining balance is due four weeks before the beginning of the course.

Please transfer the course fees to: Asociación Centro de Yoga Sivananda; Account N° IBAN: ES29 0182 4028 7102 0855 4011; BIC: BBVAESMM

What to bring

TTC books "The Complete Illustrated Book of Yoga" by Swami Vishnudevananda, "Sivananda Home Practice Companion" and "Bhagavad Gita" with commentaries of Swami Sivananda. **Other:** yoga mat, cushion, blanket, torch, comfortable shoes, warm clothing. Please note that the kriya material is not included in the course fee.

Helpful reminder: In order to maintain the proper atmosphere, no meat, fish, alcohol, tobacco, coffee, black tea, eggs, drugs and revealing clothing are not allowed.

INTERNATIONAL SIVANANDA YOGA TEACHERS' TRAINING COURSE IN SUNNY SPAIN

INTERNATIONAL GUESTS

AUGUST 11 MEDITATION CONCERT with Carlos Guerra,



on the bansuri, the traditional Indian bamboo flute. He spent many years of musical training in India. Carlos Guerra will be accompanied by his wife

Tokuko Nakamura on the tampura (string drone instrument).

AUGUST 23-27 PRACTICAL INSPIRATIONS FROM THE YOGA TRADITION with Swami Sivadasananda, Yoga Acharya



and senior disciple of Swami Vishnudevananda, dedicated to teaching at Yoga Teachers' Training Courses around the world for over 30 years

AUGUST 14-16 INDIAN TEMPLE CEREMONIES with a traditional Southindian priest



The colours, sounds, aromas and gestures of the traditional temple ceremonies (Pujas) help clear the mental atmosphere and create a strong meditative vibration.

AUGUST DATE TO BE COFIRMED THE BRAIN OF THE YOGI with Gopala



Two practical lectures with Gopala. Direct disciple of Swami Vishnudevananda. he teaches anatomy and meditation in the Teachers Training Courses. The practice of meditation and the awareness in asanas and pranayama modify the brain.

AUGUST 27-30 INTRODUCTION TO AYURVEDA A lecture with Sanjay and Anjani Kulkarni, Ayurveda Acharyas



Sanjay and Anjani Kulkarni have spent the last 20 years teaching Ayurveda around the world. They use their profound expertise to give practical advice on how to prevent disease and develop radiant health.

AUGUST 17-19 ASANA WORKSHOPS with Prema Arenas Bonansea



Originally from Argentina, is an inspiring yoga practitioner and teacher in Taiwan. She also modeled for the Sivananda book "Yoga: Your Home Practice Companion"



For more information:
www.sivananda.eu/en
TTC-Spain@sivananda.net

Sivananda Yoga Vedanta Center
C/Eraso 4, 28028 Madrid, Spain

7-22 AUGUST

Yoga Vacation program

free choice of dates (Spanish)

19-30 AUGUST

Summer School for yoga teachers

with a wide choice of workshops (Spanish)



Founder
Swami Vishnudevananda,
Since 1957

AUGUST 4 – SEPTEMBER 2, 2018

Aluenda, Spain · Fully certified four week residential course
Taught in English and Spanish · International guest speakers

Tel. +34 91 361 51 50 · www.sivananda.eu/en · TTC-Spain@sivananda.net

INTERNATIONAL SIVANANDA YOGA TEACHERS' TRAINING COURSE (TTC)

401 training units
(45 minutes each)



Swami Sivananda
(1887–1963)

The spiritual strength behind the Sivananda Yoga Vedanta Centers, and regarded as a modern-day saint. His teachings are a synthesis of all yoga paths.

Swami Vishnudevananda
(1927–1993)

Disciple of Swami Sivananda, founder of the International Sivananda Yoga Vedanta Centers and author of the classic "The Complete Illustrated Book of Yoga".

Swami Sivadasananda Swami Dayananda Chandra



Swami Santoshananda Gopala Lakshmi

The course instructors

The course is taught by yoga acharyas, experienced Swamis and senior yoga teachers of the Sivananda organization.



Practical information

Teaching language: Spanish and English with modern wireless translation system.

Qualification for admission: the intensity of the training requires a high degree of discipline and commitment, but previous mastery of yoga practices is not necessary.



"Health is wealth.
Peace of mind is happiness.
Yoga shows the way."

Swami Vishnudevananda

- First yoga teacher training in the West, since 1969
- Theory and practice of all aspects of yoga
- More than 1,000 graduates each year

TTC Curriculum

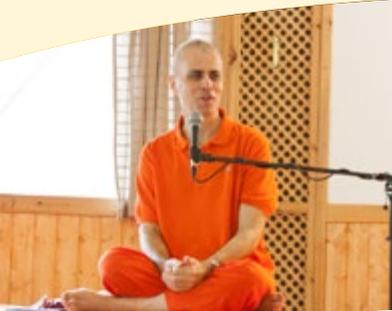
The extensive curriculum is based on the five points of yoga of Swami Vishnudevananda:

- Proper exercise (Asanas)
- Proper breathing (Pranayama)
- Proper relaxation (Savasana)
- Proper diet (vegetarian)
- Positive thinking and meditation (Vedanta and Dhyana)

Yoga Asanas · Pranayama · Kriyas · Meditation · Mantras · Kirtan · study and practice of the four yoga paths · Bhagavad Gita · anatomy & physiology · vegetarian diet · teaching practice
For details visit www.sivanada.eu/en

"Yoga is a system of integral education, not only for the body and mind, but also for the inner spirit."

Swami Sivananda



Daily schedule

5.30 am: Wake up **6 am:** Meditation, mantra chanting, lecture or silent walk
8 am: Asanas and pranayama **10 am:** Brunch
11 am: Karma Yoga (service to the community)
12 pm: Bhagavad Gita or chanting class
2 pm: Main lecture **4 pm:** Asanas, pranayama
6 pm: Dinner **8 pm:** Meditation, mantra chanting and lecture **10 pm:** Lights out

Attendance to all activities is mandatory. Changes in the program may occur.

Venue

At 900 meters above sea level, nestled in the Sierra Vicor, near the Madrid–Barcelona highway, is the small town of Aluenda. An ancient church surrounded by stone houses, and dotted by pines, oaks, and cherry and almond orchards create a landscape of an era long gone. An opportunity to discover the charm of authentic traditional Spain.

Lacasatoya

You will be staying in the eco-hotel Lacasatoya, which serves a wholesome and natural vegetarian menu. The rooms are small, but comfortable. WIFI is available in all areas. Enjoy the refreshing salt water swimming pool purified with ultraviolet light treatment. The attached solarium is ideal for sunbathing and enjoying spectacular mountain views. www.lacasatoya.com

How to get there

Many airlines as well as low cost carriers fly to Madrid and Barcelona. Calatayud is located midway on the high speed train line Madrid–Barcelona and can be reached in 1–2 hours from both cities. (www.renfe.es). The taxi ride to lacasatoya costs about €20 (+34 91 361 51 50).

Excursions

are possible on the lecture-free day:
Calatayud (16 km)
Monasterio de Piedra (40 km)
Zaragoza (70 km)
Ruta de los Bañerios
Barcelona and Madrid 1,30h by train