



Ashram de Yoga Sivananda

Neuville aux bois, Loire Valley, France

MARCH 2021 - DECEMBER 2021



**THEMED COURSES, CERTIFICATE COURSES AND
FURTHER TRAININGS FOR YOGA TEACHERS**

TEACHERS' TRAINING COURSES

More information and online inscription: www.sivanandaorleans.org

SIVANANDA TEACHERS' TRAINING COURSE

Redirect your life, choose the positive path

Dates 2021:

7 April – 6 May · 22 June – 21 July · 1 August – 30 August · 29 September – 27 October · 20 November – 19 December · 8 January – 6 February 2022

Yoga is an age-old technique that aims at the evolution of humanity, using a set of techniques for physical, mental and spiritual health. It is based on self-discipline and expands our understanding of life. The Sivananda Yoga Centre teaches a 4-week training course that enables you to make positive adjustments in your life and then help others to do the same.



- Practice and theoretical explanations on the four classical paths of yoga
- Practice of asanas, pranayama, study of anatomy and wholesome diet.
- Teaching methods and practical application of the teaching of basic postures, breathing exercises and relaxation.

Certified by the worldwide Yoga Alliance for the 200 hours standard for Registered Yoga Schools (RYS).

Participation fee starting from 2575 € · contact: orleanspr@sivananda.net

ADVANCED SIVANANDA TEACHERS' TRAINING COURSE



Date : 22 June – 21 July 2021

- Advanced practice of Asanas and Pranayama
- Study of Raja Yoga and Vedanta
- Introduction to Sanskrit and the anatomy of the nervous and endocrine system.

Certified by the worldwide Yoga Alliance for the 500 hours standard for Registered Yoga Schools (RYS).

*Participation fee starting from 2575 € ·
contact: orleanspr@sivananda.net*

SADHANA INTENSIVE FOR SIVANANDA TEACHERS



Dates 2021 : 26 May – 10 June · 13 August – 28 August

This two-week course is based on individual practice and focuses on intensive and prolonged pranayama practice.

- 2 to 3 sessions of asana and pranayama per day
- Explanation and practice of mudras, bandhas and mantras
- Study of the Hatha Yoga Pradipika and texts on Bhakti Yoga and Vedanta

Participation fee starting from 1270 € · contact: orleanspr@sivananda.net

YOGA LIT

Yoga Life Immersion Training

Starting date: anytime, depending on availability.

For Sivananda teachers · 1700 hours · With certification for six months

This is a six-month guided residential programme of study, practice and service. The idea is to immerse yourself in a yogic lifestyle, expand your knowledge, develop your teaching skills and discover your hidden talents while living in the inspiring and protected atmosphere of a spiritual community.

Participation fee: 4950 € · contact: yogalitness@sivananda.net



SIVANANDA YOGA ACADEMY

Practical Vedanta Training

Dates 2021 : 17 September 2021 – 12 June 2022

For Sivananda teachers · With certification of 400 hours

An in-depth study and practice training on Vedanta (online and onsite)

- Weekly lectures on the classical scriptures and Vedanta meditation practices (online).
- Bi-monthly online discussions to answer questions
- Bi-monthly online meetings with a personal mentor
- Unlimited access to all online asana classes and Satsangs
- Three onsite retreats at the Ashram

Participation fee: 3250 € · contact: academy@sivananda.net



Ashram de Yoga Sivananda

26 Impasse du Bignon
45 170 Neuville-aux-Bois
Loire Valley, France
Tél. 02 38 91 88 82
www.sivanandaorleans.org

**Themed courses,
certificate courses and
further trainings for
yoga teachers**

A DAY AT THE ASHRAM

6h - Meditation, Mantra chanting and lecture (Satsang)

8h - Asanas and pranayama

10h - Vegetarian Lunch

11h - Karma yoga (one hour of service in the Ashram)

12h30 - Lecture or nature walk or spiritual video

13h30 - Snack and free time

16h - Asanas and pranayama

18h - Vegetarian Dinner

20h - Meditation, Mantra chanting and lecture (Satsang)

To keep up the spiritual atmosphere of the Ashram, participation in the morning and evening meditation and one asana class daily are mandatory.

Programmes are subject to change or cancellation

Proof of a negative Covid 19 test is required prior to arrival (to be sent by email the day before arrival to orleans@sivananda.net).



21 March – 28 March 2021

THEMED COURSE

Vitality and vegetarian nutrition

Arrival: 3pm, Sunday 21 March

Departure: 2pm, Sunday 28 March

Our food choices have a direct impact on our physical health and mental wellbeing. Through proper nutrition we can boost our energy level and induce clarity and peace of mind.

Topics :

- What constitutes a balanced vegetarian diet?
- The five components of food – how to cover all essentials the body needs
- Reasons for a vegetarian diet – just facts, no emotions
- Food and Prana (vital energy)
- Natural sources for calcium, iron, B12 and protein
- How to transition step-by-step to a healthy diet
- How to use spices

Recommended reading: “Yoga Your Home Practice Companion”

**Rates for 7 nights all included
(Minimum stay: 7 nights)**

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

31 March – 5 April 2021

THEMED COURSE

EASTER RETREAT with Swami Kailasananda and the Swamis and teachers of the Ashram

Arrival : 3pm, Wednesday 31 March

Departure : 2pm, Monday 5 April

Carnatic vocal performance and chanting workshop with Bhavana Pradyumna :

- Saturday, 3 April at 8 pm: Carnatic vocal concert
- Sunday, 4 April at noon: Carnatic chanting workshop for beginners

Bhavana Pradyumna Pradyumna is an accomplished Carnatic Vocalist and Bharatanatyam dancer

Two lectures :

- “The yoga of positive relationships: in couples, in families, at work” with Kaivalya Carmel Johnson

Kaivalya is an experienced yoga teacher. A Psychology graduate, she has been counseling numerous people in their life paths and their relationships.

Topics :

- Energizing asana classes and deep relaxation to calm the nervous system
- 30-minutes asana workshops for in-depth practice
- Meditation: find inner peace in silence
- Celebrate the joyful spirit of music through group mantra chanting
- Make new friends in the Sivananda yoga family and reconnect with old ones
- Enjoy nature walks in the magnificent Orleans forest

**Rates for 5 nights all included
(Minimum stay: 5 nights)**

Shared room 345 €, double room 410 €, double room with bathroom 510 €, single room 510 €, single room with bathroom 595 €.

Proof of a negative Covid 19 test is required prior to arrival (to be sent by email the day before arrival to orleans@sivananda.net).

31 March – 5 April 2021 (long Easter weekend)

CERTIFICATE COURSE *(With certificate of participation)*

***Yoga and meditation techniques to help with trauma
with Kaivalya Carmel Johnson***

Arrival: 3pm, Wednesday 31 March

Departure: 2pm, Monday 5 April

Traumatic experiences leave deep impressions on our subconscious mind and can block us from living a happy and fulfilled life.

In this course we will use the ancient techniques of yoga to stimulate positive changes in our mental patterns to overcome past negative impressions and start creating new ones that are beneficial for our mental health.

Topics :

- How to use the techniques of Raja Yoga (Yoga psychology) to detect and counteract past negative impressions
- Replacing negative thoughts through the power of positive thinking
- Time-tested yoga methods to overcome anxiety and fear
- The power of meditation and the use of mantras to create a healthy mental environment
- Applying deep relaxation for dissolving accumulated mental and physical tensions
- Develop a neutral mental state to free yourself from inner blockages and gain control of your life
- Become the observer of your mind to connect with the blissful inner self that is free from all traumas

The rest of the programme follows the Yoga vacation daily schedule.



Kaivalya Carmel Johnson has been teaching Yoga at the Sivananda Yoga Centre Paris for the past 15 years as well as teaching and translating in the Teachers' Training Courses in North India. A Psychology graduate, she has been counseling numerous people in their life paths and their relationships.

Rates for 5 nights all included (Minimum stay: 5 nights) :

Shared room 420 €, double room 485 €, double room with bathroom 585 €, single room 585 €, single room with bathroom 670 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).



7 April – 6 May 2021

TEACHERS' TRAINING COURSE (in French)

9 April – 16 April 2021

THEMED COURSE

The yogic detox experience

Arrival: 3pm, Friday 9 April

Departure: 2pm, Friday 16 April

Yoga offers efficient techniques to cleanse the body and mind, overcome addictions and establish a healthy lifestyle.

Topics :

- Kriyas: the 6 yogic exercises to detoxify the body
- Asanas and Pranayama to activate and cleanse the internal organs
- Strengthen your digestive system through sensible eating of whole foods
- One day of fasting with carrot juice (optional)
- Positive thinking and meditation – detox the mind!
- Silent walks in nature

Recommended reading: "Yoga Your Home Practice Companion"

**Rates for 7 nights all included
(Minimum stay: 7 nights)**

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).



Du 17 avril au 24 avril 2021

THEMED COURSE

Improve your strength and flexibility

Arrival: 3pm, Saturday 17 April

Departure: 2pm, Saturday 24 April

Especially suited for practitioners from an intermediate level onwards who want to take the next step in their practice.

Topics :

- Benefits of asanas on the various body systems
- Asana variations to increase the flexibility of hips and shoulder girdle
- Challenge yourself - try out some new variations
- Expansion in the asanas through longer holding of the postures
- How to balance muscle length and muscle strength
- Stretch stress and tensions away through asanas
- Additional 30-minutes Asana workshops for in-depth training of specific postures
- Yoga techniques to develop willpower and mental flexibility

**Rates for 7 nights all included
(Minimum stay: 7 nights)**

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

25 April – 2 May 2021

THEMED COURSE
The Power of Mantras

Arrival: 3pm, Sunday 25 April
Departure: 2pm, Sunday 2 May

Learn the steps of starting a mantra practice and experience its benefits.

Topics :

- What are Mantras and how to use them?
- The power of sound
- Various forms of Japa (mantra repetition)
- Channel emotions, sooth the nervous system and benefit one's overall psychological well-being through meditation with mantras
- Spiritual chanting for opening the heart: learn the traditional Sivananda yoga chants



Recommended reading: “Meditation and mantras” by Swami Vishnudevananda

Rates for 7 nights all included (Minimum stay: 7 nights) :

shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €,
single room with bathroom 749 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).



2 May – 9 May 2021

THEMED COURSE

Deepen your practice of Pranayama, the art of yogic breathing with Parvati

Arrival: 3pm, Sunday 2 May

Departure: 2pm, Sunday 9 May

This 7-day course focusses on deepening your pranayama practice. Increasing your practice of pranayama will bring mental clarity, improved concentration, self confidence and new vitality. The course is open to yoga practitioners who have an established daily practice of asanas and pranayama. This course is not open to beginners

Additional to the usual ashram schedule, there will also be an extra session of pranayama practice during the day.

Pranayama Practice :

Additional to the two practical classes, the midday pranayama session will include the practice of :

- Kapalabathi, Anuloma Viloma (working to 30 rounds), Sitari, Sitkari and Brahmari

Lectures :

- Pranayama, preparation and benefits – based on selected verses from the Yoga Sutras of Patanjali and Hatha Yoga pradiipika
- Mantras and breath control
- Tratak, a mean of enhancing concentration
- Yamas and Niyamas in practice (thoughts and destiny)
- Pranayama as service and devotional practice - based on verses of the Bhagavad Gita
- Dharma, expectations and practice

Prerequisites :

- Being comfortable with staying in the sitting posture for one hour
- Practising 20 rounds of Anuloma viloma per day
- Following a yogic lifestyle including a yogic diet



Parvati comes from England, she has been part of the Ashram team for several years. She teaches yoga and anatomy in the Sivananda teacher training courses at the Ashram. She is responsible for our website, and shares her talents with enthusiasm for the development of the Ashram.

Recommended reading : « Hatha Yoga Pradiipika » with the commentary by Swami Vishnudevananda

Rates for 7 nights all included (Minimum stay: 7 nights) :

Tent space 364 €, shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

Proof of a negative Covid 19 test is required prior to arrival (to be sent by email the day before arrival to orleans@sivananda.net).





12 May – 17 May 2021

THEMED COURSE

ASCENSION RETREAT

with Swami Kailasananda and the Swamis and teachers of the Ashram



Arrival: 3pm, Wednesday 12 May

Departure: 2pm, Monday 17 May

- Energizing asana classes and deep relaxation to calm the nervous system
- 30-minutes asana workshops for in-depth practice
- Meditation: find inner peace in silence
- Celebrate the joyful spirit of music through group mantra chanting
- Make new friends in the Sivananda yoga family and reconnect with old ones
- Enjoy nature walks in the magnificent Orleans forest

Rates for 5 nights all included (Minimum stay: 5 nights):

Tent space 290 €, shared room 345 €, double room 410 €, double room with bathroom 510 €, single room 510 €, single room with bathroom 595 €.

Proof of a negative Covid 19 test is required prior to arrival (to be sent by email the day before arrival to orleans@sivananda.net).

12 May – 17 May 2021 (long Ascension weekend)

CERTIFICATE COURSE (With certificate of participation)

**Positive thinking - Living life with joy
with Swami Kailasananda, Yoga Acharya**

Arrival: 3pm, Wednesday 12 May

Departure: 2pm, Monday 17 May



“Thought is the greatest force on earth. Thought is the most powerful weapon in the armour of a Yogi. Constructive thought transforms, renews and builds”. Swami Sivananda

With our thoughts we hold in our hands the most powerful tools of self-transformation. Thoughts are the source of all our actions, they are the silent bricks that build our lives. We carry the responsibility for the quality of our thoughts, for the way we develop our thoughts and so choose the direction in which our life will go. We come to realise that we are the authors of our own life. Thought is the most creative power in the universe and when the potential contained in the thought is realised, it is the beginning of great spiritual growth. Yoga encourages us to live to our fullest capacity in accordance with the universal law of harmony. Such a life reflects an effort to share whatever we have with others and to actively promote peace and mutual understanding. In order to achieve this, we have to learn the most precious art of positive thinking.

Topics :

- What is a thought, how are habitual thought patterns formed
- Transforming negative thoughts and emotions
- Creative visualisation: yogic techniques to focus on the positive and to kindle creativity
- Channel emotions, soothe the nervous system and benefit one's overall psychological well-being through the chanting of mantras

The rest of the programme follows the yoga vacation daily schedule.

Swami Kailasananda is Yoga Acharya and director of the Ashram de Yoga Sivananda. She is a long-time disciple of Swami Vishnudevyananda and teaches in Sivananda Yoga Teachers' Training (TTC), Advanced Teachers' Training (ATTTC) and Sadhana Intensive courses with much clarity, generosity and deep insight. She is author of the book *The Sivananda book of meditation*.



Recommended reading: « Thought power » by Swami Sivananda

Rates for 5 nights all included (Minimum stay: 5 nights) :

Tent space 365 €, shared room 420 €, double room 485 €, double room with bathroom 585 €, single room 585 €, single room with bathroom 670 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net)

17 May – 19 May 2021

FURTHER TRAINING FOR YOGA TEACHERS

How to teach meditation and mantra chanting with Swami Kailasananda, Yoga Acharya

Arrival: 3pm, Monday 17 May

Departure: 2pm, Wednesday 19 May

Topics :

- How to teach meditation to beginners
- How to guide a meditation and satsang
- Introducing mantras and chanting to beginners
- Bringing your students to the next step in their practice

The rest of the programme follows the yoga vacation daily schedule.

Recommended reading: “Meditation and Mantras” by Swami Vishnudevananda and “The Sivananda book of meditation”



Swami Kailasananda is Yoga Acharya and director of the Ashram de Yoga Sivananda. She is a long-time disciple of Swami Vishnu-

devananda and teaches in Sivananda Yoga Teachers' Training (TTC), Advanced Teachers' Training (ATTC) and Sadhana Intensive courses with much clarity, generosity and deep insight. She is author of the book *The Sivananda book of meditation*.

**Rates for 2 nights all included
(Minimum stay: 2 nights):**

Tent space 146 €, shared room 168 €, double room 194 €, double room with bathroom 234 €, single room 234 €, single room with bathroom 268 €.

19 May – 24 May 2021

THEMED COURSE

PENTECOST RETREAT **with Swami Kailasananda** **and the Swamis and teachers** **of the Ashram**

Arrival: 3pm, Wednesday 19 May

Departure: 2pm, Monday 24 May

- Energizing asana classes and deep relaxation to calm the nervous system
- 30-minutes asana workshops for in-depth practice
- Meditation: find inner peace in silence
- Celebrate the joyful spirit of music through group mantra chanting
- Make new friends in the Sivananda yoga family and reconnect with old ones
- Enjoy nature walks in the magnificent Orleans forest

**Rates for 5 nights all included
(Minimum stay: 5 nights):**

Tent space 290 €, shared room 345 €, double room 410 €, double room with bathroom 510 €, single room 510 €, single room with bathroom 595 €.



Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).

21 May – 24 May 2021
(long Pentecost weekend)

FURTHER TRAINING FOR YOGA TEACHERS

(With certificate of participation)

Yoga and pregnancy with Girija

Arrival: 3pm, Friday 21 May

Departure: 2pm, Monday 24 May

Topics :

- How to teach asanas and pranayama to pregnant women
- Exercise plan for expecting mothers, month by month
- Postnatal Yoga



Girija is a sincere Yoga teacher with much gentleness and energy to share. She is the director of the Sivananda Yoga

Centre in Geneva and teaches yoga and anatomy in the Sivananda Yoga Teachers' Training Courses.

Lecture recommandée : « Yoga for a relaxed pregnancy » (non disponible en français).

**Rates for 3 nights all included
(Minimum stay: 3 nights) :**

Tent space 219 €, shared room 252 €, double room 291 €, double room with bathroom 351 €, single room 351 €, single room with bathroom 402 €.



Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net)



25 May – 1 June 2021

THEMED COURSE

Relaxation and Stress Reduction

Arrival: 3pm, Tuesday 25 May

Departure: 2pm, Tuesday 1 June

Managing our stress levels in a responsible way promotes overall well-being and helps us to live a more relaxed life.

Topics :

- Stress syndrome and relaxation response
- The three levels of relaxation
- The yogic model: stress and the 3 Gunas
- How to go relaxed through the day
- Yoga techniques for increased energy

Recommended reading: "Yoga Your Home Practice Companion"

**Rates for 7 nights all included
(Minimum stay: 7 nights) :**

Tent space 364 €, shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

26 May – 10 June 2021

SADHANA INTENSIVE FOR SIVANANDA TEACHERS
(in English with translation into French)

2 June – 9 June 2021

THEMED COURSE

The foundations of meditation

Arrival: 3pm, Wednesday 2 June - Departure: 2pm, Wednesday 9 June

Meditation has been proven to positively impact mental and physical health. This introduction presents techniques to gradually build up a basic daily meditation practice at home.

Topics :

- Benefits of meditation
- Methods to focus and calm the mind: breath, visualisations, mantras
- How to sit for meditation
- Best time and place for the meditation practice
- Breath and concentration
- Creating the proper environment for meditation



Recommended reading: "The Sivananda book of meditation"

Rates for 7 nights all included (Minimum stay: 7 nights) :

Tent space 364 €, shared room 434 €, double room 518 €, furnished bungalow tent 1 bed 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €

20 June – 27 June 2021

THEMED COURSE

Ayurveda – The art of health-conscious living

Arrival: 3pm, Sunday 20 June - Departure: 2pm, Sunday 27 June

This course provides an introduction to the Ayurvedic principles of health care and a balanced lifestyle.



Topics :

- Vata, Pitta, Kapha: the 3 types of constitution
- Ayurvedic principles for a balanced diet
- Shat rasa – discover the six essential flavours of nature
- Dinacharya: daily and seasonal health regimen
- The benefits of Ayurvedic spices and herbs and how to use them
- Prana, Tejas, Ojas: how to balance the subtle energy systems of body and mind

Recommended reading: "Practical Ayurveda"

Rates for 7 nights all included (Minimum stay: 7 nights) :

Tent space 364 €, shared room 434 €, double room 518 €, furnished bungalow tent 1 bed 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €

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(to be sent by email the day before arrival to orleans@sivananda.net).

22 June – 21 July 2021

TEACHERS' TRAINING COURSE

(in English with translation into French)

22 June – 21 July 2021

ADVANCED TEACHERS' TRAINING COURSE

(In English with translation into French and Spanish)



27 June – 4 July 2021

THEMED COURSE

Boost your energy and vitality through Yoga

Arrival: 3pm, Sunday 27 June

Departure: 2pm, Sunday 4 July

Yogic tools and practices to recharge your physical body and expand your astral body!



Topics :

- Yoga asanas for optimal health
- Breathing exercises to systematically increase your vital capacity
- Relaxation exercises to strengthen the nervous and immune systems
- Yogic techniques to increase and sustain your life force
- Prana and Chakras: understanding the astral body (subtle energy field)
- Choose the positive approach to life

Recommended reading: "Yoga Your Home Practice Companion"

Rates for 7 nights all included (Minimum stay: 7 nights) :

Tent space 364 €, shared room 434 €, double room 518 €, furnished bungalow tent 1 bed 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).



4 July – 11 July 2021

THEMED COURSE

The power of positive thinking

Arrival: 3pm, Sunday 4 July

Departure: 2pm, Sunday 11 July

Positive thinking supports our overall wellbeing and helps us to deal with obstacles and challenges in a constructive way.

Topics :

- Positive Thinking – a mental attitude
- How to guide the mind well
- Transforming negative thoughts and emotions
- Creative life management
- Exercises for developing thought power
- Guided contemplation and visualization

Recommended reading: “Thought power” by Swami Sivananda

**Rates for 7 nights all included
(Minimum stay: 7 nights)**

Tent space 364 €, shared room 434 €, double room 518 €, furnished bungalow tent 1 bed 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

11 July – 18 July 2021

THEMED COURSE

Deepen you Asana practice

Arrival: 3pm, Sunday 11 July

Departure: 2pm, Sunday 18 July

Suited for practitioners of all levels who want to take the next step in their practice.

Topics :

- Benefits of asanas on the various body systems
- Asana variations to increase the flexibility of hips and shoulder girdle
- Expansion in the asanas through longer holding of the postures
- How to balance muscle length and muscle strength
- Stretch stress and tensions away through asanas
- Yoga techniques to develop willpower and mental flexibility

Recommended reading: “The Complete Illustrated Book of Yoga” by Swami Vishnudevananda

**Rates for 7 nights all included
(Minimum stay: 7 nights)**

Tent space 364 €, shared room 434 €, double room 518 €, furnished bungalow tent 1 bed 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).



23 July – 30 July 2021

THEMED COURSE

Boost your vitality and mental health

Arrival: 3pm, Friday 23 July

Departure: 2pm, Friday 30 July

Topics :

- Energizing asana classes and deep relaxation to calm the nervous system
- How to improve your health through a yogic lifestyle
- Transforming negative thoughts and emotions through positive thinking
- The three levels of relaxation
- Yoga techniques for increased energy
- Discover the healing power of meditation
- Nature walks in the magnificent Orleans forest

Recommended reading: "Yoga Your Home Practice Companion"

Rates for 7 nights all included (Minimum stay: 7 nights)

Tent space 364 €, shared room 434 €, double room 518 €, furnished bungalow tent 1 bed 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €

23 July – 25 July 2021

THEMED COURSE

Introduction to the Teachers' Training Course

Arrival: 3pm, Friday 23 July

Departure: 2pm, Sunday 25 July

The Sivananda Yoga Teachers' Training Course was established in 1969 and was the first yoga teacher training programme in the West.

This introductory programme includes :

Practice :

- Two days' direct experience of the training schedule.
- Structure, dynamics and individual adjustment of the asana and pranayama class.
- Introduction to meditation and mantra chanting.
- Q&A, individual recommendations

Lectures :

- Introduction to yoga philosophy.
- Info on the daily schedule, curriculum, certificate of completion, number of training hours.
- Getting there, schedule, costs, travel and visa information

Recommended reading: "The Complete Illustrated Book of Yoga" by Swami Vishnudevananda (this book will be required for the Teachers' Training Course)

Rates for 2 nights all included (Minimum stay: 2 nights)

Tent space 116 €, shared room 138 €, double room 164 €, furnished bungalow tent 1 bed 164 €, double room with bathroom 204 €, single room 204 €, single room with bathroom 238 €

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).

25 July – 30 July 2021

CERTIFICATE COURSE

The meditation experience with Swami Bhagavatananda

Arrival: 3pm, Sunday 25 July

Departure: 2pm, Friday 30 July

The practice of meditation continues to gain recognition in areas as diverse as psychology, arts, sports training and healing. It provides means for maximising physical, emotional and mental efficiency and well-being. This course will provide a thorough overview of the philosophy and practice of meditation as well as techniques for mental relaxation, visualisation, positive thinking and mantra chanting.



- Swami Vishnudevananda's 12 Step approach to meditation
- Creative visualisation and positive thinking: training the mind for concentration
- Relax and channel mental energy through sound vibration
- Meditation and lifestyle
- Tips for overcoming distraction and dullness of mind
- Gate to inner peace: connecting to the Inner Self

The rest of the programme follows the yoga vacation daily schedule.



Swami Bhagavatananda is a long time disciple of Swami Vishnudevananda and the co-director of the Ashram de Yoga Sivananda. She teaches regularly in the Sivananda teachers trainings courses in France, India and Eastern Europe. She is also very knowledgeable in the fields of vegetarianism and ayurvedic nutrition.

Recommended reading: "Meditation and Mantras" by Swami Vishnudevananda and "The Sivananda book of meditation".

Rates for 5 nights all included (Minimum stay: 5 nights):

Tent space 365 €, shared room 420 €, double room 485 €, furnished bungalow tent 1 bed 485 €, double room with bathroom 585 €, single room 585 €, single room with bathroom 670 €.

1 – 30 August 2021

TEACHERS' TRAINING COURSE (in French)

Proof of a negative Covid 19 test is required prior to arrival (to be sent by email the day before arrival to orleans@sivananda.net).

4 – 11 August 2021

THEMED COURSE

SUMMER FESTIVAL : Bhakti, the Yoga of joy

Arrival: 3pm, Wednesday 4 August

Departure: 2 pm, Wednesday 11 august

Bhakti Yoga is the path of love and devotion. Its practice opens the heart, removes mental blockages and develops the experience of joy within.

Topics :

- Satsangs with spiritual stories and joyful chanting of Kirtans
- Introduction to the philosophy and practices of Bhakti Yoga
- Connect to the higher Self, the source of all love
- Transform your emotions through spiritual chanting
- The spiritual meaning of yogic symbols, rituals and deities
- The power of prayer



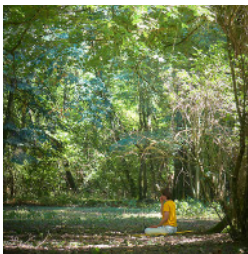
Temple Ceremonies :

- Powerful ceremonies to uplift the mind and open the heart
- August 7 at 9 am: Celebration of the Hanuman temple anniversary
- August 8 at 6 am: Temple anniversary Puja
- August 11 at 6 am: Homa (fire ceremony) - a powerful ritual of purification, done in the honour of Swami Durgananda's birthday

Recommended reading: "Bliss Divine" by Swami Sivananda

Rates for 7 nights all included (Minimum stay: 7 nights) :

Tent space 364 €, shared room 434 €, double room 518 €, furnished bungalow tent 1 bed 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.



13 August – 28 August 2021

SADHANA INTENSIVE FOR SIVANANDA TEACHERS SIVANANDA

In English with translation into French, Spanish and German

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).

31 August – 5 September 2021

FURTHER TRAINING FOR YOGA TEACHERS

How to teach yoga to children with Parvati et Savitri

Arrival: 3pm, Tuesday 31 August

Departure: 2pm, Sunday 5 September

Children who learn yoga at an early age have a healthy head start in life. Yoga teaches children in a playful way how to concentrate, increase self-confidence and improve their motor skills. Regular yoga practice for children offers effective help with hyperactivity and stress. But above all, yoga for children is a lot of fun.

Topics :

- Simple postures, inventive and well suited to children's daily life
- Basic classes for children of different age-groups
- How to help children breathe better, develop concentration and relaxation,
- How to incorporate yoga in the family
- Mantra chanting for children to develop early meditation
- Spiritual stories for inspiration



Parvati comes from England, she has been part of the Ashram team for several years. She teaches yoga and anatomy in the Sivananda teacher training courses at the Ashram. She is responsible for our website, and shares her talents with enthusiasm for the development of the Ashram.



Savitri is a long term and dedicated teacher of the Sivananda London Centre and teaches with great clarity, insight and enthusiasm.

Rates for 5 nights all included
(Minimum stay: 5 nights) :

Tent space 365 €, shared room 420 €, double room 485 €, double room with bathroom 585 €, single room 585 €, single room with bathroom 670 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).



3 September – 5 September 2021

THEMED COURSE

Introduction to the Teachers' Training Course

Arrival: 3pm, Friday 3 September

Departure: 2pm, Sunday 5 September

The Sivananda Yoga Teachers' Training Course was established in 1969 and was the first yoga teacher training programme in the West.

This introductory programme includes :

Practice :

- Two days' direct experience of the training schedule.
- Structure, dynamics and individual adjustment of the asana and pranayama class.
- Introduction to meditation and mantra chanting.
- Q&A, individual recommendations.

Recommended reading : "The Complete Illustrated Book of Yoga" by Swami Vishnudevananda (this book will be required for the Teachers' Training Course)

Lectures :

- Introduction to yoga philosophy.
- Info on the daily schedule, curriculum, certificate of completion, number of training hours.
- Getting there, schedule, costs, travel and visa information.

Rates for 2 nights all included
(Minimum stay: 2 nights) :

Tent space 116 €, shared room 138 €, double room 164 €, double room with bathroom 204 €, single room 204 €, single room with bathroom 238 €

5 September – 12 September 2021

THEMED COURSE

Relaxation and Stress Reduction

Arrival: 3pm, Sunday 5 September

Departure: 2pm, Sunday 12 September



Managing our stress levels in a responsible way promotes overall well-being and helps us to live a more relaxed life.

Topics :

- Stress syndrome and relaxation response
- The three levels of relaxation
- The yogic model: stress and the 3 Gunas
- How to go relaxed through the day
- Yoga techniques for increased energy

Recommended reading: "Yoga Your Home Practice Companion"

Rates for 7 nights all included (Minimum stay: 7 nights) :

Tent space 364 €, shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net)

10 September – 15 September 2021

FURTHER TRAINING FOR YOGA TEACHERS

(With certificate of participation)

**Develop your teaching techniques and deepen your own practice
with Narayana**

Arrival: 3pm, Friday 10 September

Departure: 2pm, Wednesday 15 September

Training of the basic poses with principal variations and with detailed explanation on how to correct and adjust your students. Developing ideas on how to keep your yoga class varied, lively and meaningful. Integrating diversity (levels, variations, moments) in unity (of teaching). Best suited for yoga teachers who wants to improve their teaching skills as well as to go deeper in their own practice.

Topics :

- Find the best approach in teaching, integrate diversity in unity
- How to conduct an asana workshop in general and more specifically how to guide a headstand workshop
- The power of visualization in Asanas, Pranayama and Relaxation

Workshops :

- Practice corrections and adjustments on students
- Spinal movements: where, when and how to feel them
- Simple techniques for overcoming limitations in Pranayama



Narayana joined the Ashram team five years ago and has since then contributed greatly to the Ashram development through his love for asanas and all aspects of yoga, his organizational skills, his balanced and positive nature and his commitment to serve the Ashram in whichever way possible.

Rates for 5 nights all included (Minimum stay: 5 nights) :

Tent space 365 €, shared room 420 €, double room 485 €, double room with bathroom 585 €, single room 585 €, single room with bathroom 670 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).

12 September – 19 September 2021

THEMED COURSE

The yogic detox experience

Arrival: 3pm, Sunday 12 September

Departure: 2pm, Sunday 19 September

Yoga offers efficient techniques to cleanse the body and mind, overcome addictions and establish a healthy lifestyle.

Topics :

- Kriyas: the 6 yogic exercises to detoxify the body
- Asanas and Pranayama to activate and cleanse the internal organs
- Strengthen your digestive system through sensible eating of whole foods
- One day of fasting with carrot juice (optional)
- Positive thinking and meditation – detox the mind!
- Silent walks in nature

Recommended reading: “Yoga Your Home Practice Companion “

Rates for 7 nights all included (Séjour minimum de 7 nuits) :

Tent space 364 €, shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

29 September – 27 October 2021

TEACHERS’ TRAINING COURSE (in French)

1 October – 8 October 2021

THEMED COURSE

Basic Asana practice

Arrival: 3pm, Friday 1 October

Departure: 2pm, Friday 8 October

Especially suited for newcomers and students who want to refresh their basic practice!

Topics :

- Instruction in the 12 basic postures
- Introduction into the elementary breathing exercises for increased energy
- The health benefits of asanas
- How to improve your health through a yogic lifestyle
- Balance of body and mind through a balanced diet
- Introduction to meditation and positive thinking

Recommended reading: “Yoga Your Home Practice Companion “

Rates for 7 nights all included (Minimum stay: 7 nights) :

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).



8 October – 15 October 2021

THEMED COURSE

The Power of Mantras

Arrival: 3pm, Friday 8 October
Departure: 2pm, Friday 15 October

Learn the steps of starting a mantra practice and experience its benefits.

Topics :

- What are Mantras and how to use them?
- The power of sound
- Various forms of Japa (mantra repetition)
- Channel emotions, sooth the nervous system and benefit one's overall psychological well-being through meditation with mantras
- Spiritual chanting for opening the heart: learn the traditional Sivananda yoga chants

Recommended reading: "Meditation and mantras" by Swami Vishnudevananda

**Rates for 7 nights all included
(Minimum stay: 7 nights) :**

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

15 October – 22 October 2021

THEMED COURSE

Improve your strength and flexibility

Arrival: 3pm, Friday 15 October
Departure: 2pm, Friday 22 October

Especially suited for practitioners from an intermediate level onwards who want to take the next step in their practice.

Topics :

- Benefits of asanas on the various body systems
- Asana variations to increase the flexibility of hips and shoulder girdle
- Challenge yourself - try out some new variations
- Expansion in the asanas through longer holding of the postures
- How to balance muscle length and muscle strength
- Stretch stress and tensions away through asanas
- Additional 30-minutes Asana workshops for in-depth training of specific postures
- Yoga techniques to develop willpower and mental flexibility

Recommended reading: "The Complete Illustrated Book of Yoga" by Swami Vishnudevananda

**Rates for 7 nights all included
(Minimum stay: 7 nights) :**

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.



Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).

22 October – 29 October 2021

THEMED COURSE

Vitality and vegetarian nutrition

Arrival: 3pm, Friday 22 October

Departure: 2pm, Friday 29 October

Our food choices have a direct impact on our physical health and mental wellbeing. Through proper nutrition we can boost our energy level and induce clarity and peace of mind.

Topics:

- What constitutes a balanced vegetarian diet?
- The five components of food – how to cover all essentials the body needs
- Reasons for a vegetarian diet – just facts, no emotions
- Food and Prana (vital energy)
- Natural sources for calcium, iron, B12 and protein
- How to transition step-by-step to a healthy diet
- How to use spices



Recommended reading: “Yoga Your Home Practice Companion “

Rates for 7 nights all included (Minimum stay: 7 nights) :

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

29 October – 3 November 2021

THEMED COURSE

ALL SAINTS RETREAT

With the Swamis and teachers of the Ashrams

Arrival: 3pm, Friday 29 October

Departure: 2pm, Wednesday 3 November

- Energizing asana classes and deep relaxation to calm the nervous system
- 30-minutes asana workshops for in-depth practice
- Meditation: find inner peace in silence
- Celebrate the joyful spirit of music through group mantra chanting
- Make new friends in the Sivananda yoga family and reconnect with old ones
- Enjoy nature walks in the magnificent Orleans forest

Rates for 5 nights all included (Minimum stay: 5 nights) :

Shared room 345 €, double room 410 €, double room with bathroom 510 €, single room 510 €, single room with bathroom 595 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).



29 October – 2 November 2021

FURTHER TRAINING FOR YOGA TEACHERS

(With certificate of participation)

How to teach yoga to seniors with Jaya Bharati

Arrival: 3pm, Friday 29 October

Departure: 2pm, Tuesday 2 November

Asana class models specifically for seniors are practised and explained.

Topics :

- Warm-up exercises
- Asana variations for people with limited flexibility
- Special care for the back
- The triangle of life and the eternal youth of the soul

Jaya Bharati is an experienced yoga teacher at the Sivananda Yoga Centre in Paris and a yoga therapist with special focus on the needs of elderly people.

**Rates for 4 nights all included
(Minimum stay: 4 nights)**

Shared room 336 €, double room 388 €, double room with bathroom 468 €, single room 468 €, single room with bathroom 536 €

5 – 7 November 2021

THEMED COURSE

Introduction to the Teachers' Training Course

Arrival: 3pm, Friday 5 November

Departure: 2pm, Sunday 7 November

The Sivananda Yoga Teachers' Training Course was established in 1969 and was the first yoga teacher training programme in the West.

Practice :

- Two days' direct experience of the training schedule.
- Structure, dynamics and individual adjustment of the asana and pranayama class.
- Introduction to meditation and mantra chanting.
- Q&A, individual recommendations.

Lectures :

- Introduction to yoga philosophy.
- Info on the daily schedule, curriculum, certificate of completion, number of training hours.
- Getting there, schedule, costs, travel and visa information.

Recommended reading: "The Complete Illustrated Book of Yoga" by Swami Vishnudevananda (this book will be required for the Teachers' Training Course)

**Rates for 2 nights all included
(Minimum stay: 2 nights)**

Shared room 138 €, double room 164 €, double room with bathroom 204 €, single room 204 €, single room with bathroom 238 €.



Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).

7 November 2pm to
19 November 3pm 2021

**THE ASHRAM IS CLOSED FOR
RENOVATION PROJECTS**

20 November – 19 December 2021

**TEACHERS' TRAINING COURSE
(in French)**

21 November – 28 November 2021

THEMED COURSE

Boost your vitality and mental health



Arrival: 3pm, Sunday 21 November
Departure: 2pm, Sunday 28 November

Topics :

- Energizing asana classes and deep relaxation to calm the nervous system
- How to improve your health through a yogic lifestyle
- Transforming negative thoughts and emotions through positive thinking
- The three levels of relaxation
- Yoga techniques for increased energy
- Discover the healing power of meditation
- Nature walks in the magnificent Orleans forest

Recommended reading: "Yoga Your Home Practice Companion"

Rates for 7 nights all included (Minimum stay: 7 nights) :

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net)





28 November – 5 December 2021

THEMED COURSE

Ayurveda – The art of health-conscious living

Arrival: 3pm, Sunday 28 November

Departure: 2pm, Sunday 5 December

This course provides an introduction to the Ayurvedic principles of health care and a balanced lifestyle.

Topics :

- Vata, Pitta, Kapha: the 3 types of constitution
- Ayurvedic principles for a balanced diet
- Shat rasa – discover the six essential flavours of nature
- Dinacharya: daily and seasonal health regimen
- The benefits of Ayurvedic spices and herbs and how to use them
- Prana, Tejas, Ojas: how to balance the subtle energy systems of body and mind

Recommended reading: “Practical Ayurveda “

**Rates for 7 nights all included
(Minimum stay: 7 nights) :**

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

5 December – 12 December 2021

THEMED COURSE

Deepen you Asana practice

Arrival: 3pm, Sunday 5 December

Departure: 2pm, Sunday 12 December

Suited for practitioners of all levels who want to take the next step in their practice.

Topics :

- Benefits of asanas on the various body systems
- Asana variations to increase the flexibility of hips and shoulder girdle
- Expansion in the asanas through longer holding of the postures
- How to balance muscle length and muscle strength
- Stretch stress and tensions away through asanas
- Yoga techniques to develop willpower and mental flexibility

Recommended reading: “The Complete Illustrated Book of Yoga” by Swami Vishnudevananda

**Rates for 7 nights all included
(Minimum stay: 7 nights) :**

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).

12 december – 19 December 2021

THEMED COURSE

The magic of yogic breathing

Arrival: 3pm, Sunday 12 December

Departure: 2pm, Sunday 19 December

Topics :

- Breathing techniques to improve your energy
- The science of yogic breathing
- Unblocking the flow of vital energy through Asanas and Pranayama
- The connection of breath, mental balance and deep relaxation
- Breathing exercises to systematically increase your vital capacity

Recommended reading: “Yoga Your Home Practice Companion”

Rates for 7 nights all included (Minimum stay: 7 nights) :

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

23 December 2021 – 2 January 2022

THEMED COURSE

CHRISTMAS AND NEW YEAR RETREAT

with Swami Kailasananda and the Swamis and teachers of the Ashram

Arrival: 3pm, Thursday 23 December or Sunday 26 December

Departure: 2pm, Thursday 30 December or Sunday 2 January

Join us for a joyful Christmas and New Year's Eve celebration at the Ashram!

Start the year with the right spirit and a new determination to move your life in a positive direction.



- Relaxing and rejuvenating yoga classes
- Inspiring lectures
- Feel part of the International Sivananda spiritual family
- Joyful chanting of mantras to uplift the mind
- Delicious vegetarian meals
- Start the year on a positive note by chanting mantras for world peace
- Guided nature walks
- Pujas – powerful ceremonies to uplift the mind and open the heart

Rates for 7 nights all included (Minimum stay: 7 nights) :

Shared room 434 €, double room 518 €, double room with bathroom 644 €, single room 644 €, single room with bathroom 749 €.

Proof of a negative Covid 19 test is required prior to arrival
(to be sent by email the day before arrival to orleans@sivananda.net).

Spiritual festivals

- **11 march 2021:** *Sivaratri, the night of Siva*
- **21 april 2021:** *Ram Navami, celebration of the birthday of Lord Rama*
- **27 april 2021:** *Hanuman Jayanti, celebration of the birthday of Lord Hanuman*
- **23 may 2021:** *Ayappa temple anniversary*
- **18 june 2021:** *Hanuman temple anniversary*
- **26 june 2021:** *Kanyakumari temple anniversary*
- **14 july 2021:** *Mahasamadhi of Swami Sivananda*
- **24 july 2021:** *Guru Purnima, the yearly festival of the full moon night in honour of the spiritual Masters of all times and all traditions*
- **7 au 11 august 2021:** *Temple anniversary celebration*
- **30 august 2021:** *Krishna Jayanti : celebration of the birth of Lord Krishna*
- **8 september 2021:** *birthday of Swami Sivananda*
- **Le 10 september 2021:** *Ganesha Chaturthi, celebration of the birthday of Lord Hanuman*
- **6 au 15 october 2021:** *Navaratri and Vijaya Dasami : 9 days of celebration in honour of the Divine Mother (cosmic energy). On the last day (Vijaya Dasami) the victory of our divine nature over our lower mind is celebrated.*
- **4 november 2021:** *Divali, the festival of lights, dedicated to Goddess Lakshmi*