



ANANDA KUTIR ASHRAMA



ASHRAMA ACTIVITIES

INTEGRAL YOGA

COURSES

JANUARY TO APRIL 2010

ALL WELCOME!

Dedicated to service of Humanity through the practice of Integral Yoga as taught by H.H. Sri Swami Sivananda Maharaj, Founder of Divine Life Society, Rishikesh, India, and SatGuru of Ananda Kutir Ashrama, and H.H. Swami Venkatesananda, Disciple of H.H. Swami Sivananda and Guru of Ananda Kutir Ashrama.

FOR MORE INFORMATION PLEASE CONTACT

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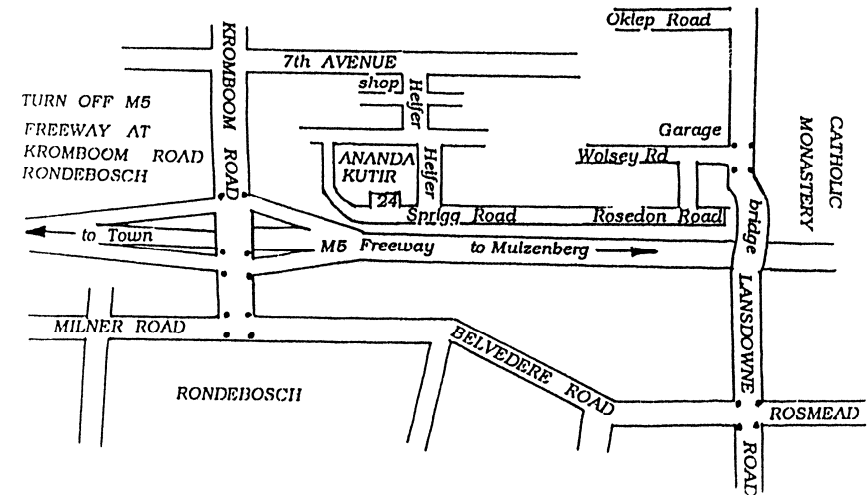
www.anandakutir.org.za

Residential Address:

24 Sprigg Rd. Rondebosch East, 7780, Cape Town, South Africa.

Postal Address:

P.O. Box 36134, Glosderry, 7702, Cape Town, South Africa.



Banking Details

You can place your donation either by **cash**, **cheque** or **electronic transfer**.

Please make out all **Cheques** to **Ananda Kutir**

Electronic Transfers:

Bank:	Standard Bank Kromboom Branch
Branch code.:	02620919
Account name:	Ananda Kutir
Account. No.:	272099775
Reference:	Purpose of payment & your name

Financial Assistance is available for deserving students.

Various Integral Yoga Courses are offered for Yoga aspirants who wish to gain a deeper understanding of Yoga.

RAJA YOGA MEDITATION COURSE With Mother Yogeshwari

Learn the art and science of meditation.

Through meditation and other tools of awareness you will discover your true and essential Self.

Raja Yoga is the art of Self-mastery whereby you will gain insight in how to manage your reactions to daily life.

This is a twelve-week course for aspirants.

Classes are on Wednesday evenings: 18h00 - 19h30 starting on 17th February - 5th May.

Course fees: R900. Members: 10% discount

Bookings with full payment by 7th February

INTEGRAL YOGA COURSE **Spiritual Growth through Yoga** With Swami Vidyananda

This course aims at aspirants who wish to learn and implement the principles of Yoga in order to purposefully further their personal development in a practical manner.

We deepen our practice, experience and knowledge of **Yoga** as a tool for personal transformation. No previous experience is necessary.

The course is broken up into 5-week modules and includes a one-week yoga retreat.

Classes will take place on **Saturday mornings 09h00 - 12h00.**

Module 1: **6th February - 6th March**

Module 2: **27th March - 8^h May** (no classes on 3rd April & 1st May)

Module 3: **22nd May - 19th June**

Retreat: **to be decided June/July**

Module 4: **14th August - 11th September** (no class on 25th September)

Module 5: **18th September - 23rd October**

Module 6: **6th November - 4th December**

Cost: Module 1, 5 & 6: **R655** (includes literature)
Modules 2 to 4: **R575** per module
If you book for all six modules: **R3300**
Retreat: to be announced
Members: 10% discount

Bookings must be accompanied with full payment latest by one week prior to beginning of each module