



Ananda Kutir Ashrama
serve . love . give . purify . meditate . realise

Affiliated to The Divine Life Society, Rishikesh, India

ASHRAMA ACTIVITIES

May to August 2012

ALL WELCOME!

- ✧ Special Integral Yoga Courses
- ✧ Retreats
- ✧ Meditation
- ✧ Yoga Philosophy Discourses
- ✧ Hatha Yoga Classes
- ✧ Satsang
- ✧ Celebrations

Dedicated to the 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.

Integral Yoga

The Answer For Our Modern Times

Yoga is the most ancient and complete system of spiritual development. It comprises the accumulated wisdom of all mankind.

Integral Yoga enables one to lead a balanced, harmonious lifestyle which is conducive to peace of mind. Sri Swami Sivananda's Integral Yoga for spiritual development consists of a unique, simple, practical and modern approach incorporating all the aspects of the traditional Yoga practices and thereby spiritualising all aspects of human nature:

Hatha Yoga – asanas, pranayama and yoga nidra;

Raja Yoga – meditation including mental and spiritual development;

Bhakti Yoga – love of God;

Karma Yoga – spiritualising daily activities;

Jnana Yoga – higher knowledge and wisdom.

Integral Yoga can be practised by anyone regardless of cultural or religious background. It is not necessary to change one's religion to reach the highest spiritual aims in life. Integral Yoga provides tools that can be practised and experienced by all.

History And Spiritual Lineage of Ananda Kutir Ashrama

The spiritual lineage of Ananda Kutir begins with the 20th Century Saint H.H. Sri Swami Sivananda Maharaj, who significantly contributed to the world-wide dissemination of Yoga and Vedanta by teaching Integral Yoga. Swami Sivananda wrote approximately 300 volumes on all aspects of Yoga, Vedanta, Religion and Spirituality. He was one of the first Yogis to spread the teachings of Yoga to the West through his writings and disciples. Sri Swamiji guided many seekers from all walks of life, helping each one to fulfil their spiritual goals according to their cultural, religious and personal background.

One of Swami Sivananda's foremost disciples, Sri Swami Venkatesananda, regularly visited South Africa and it was through his inspiration and guidance that Mother Yogeshwari and Swami Parvathiananda, together with an inspired and dedicated group of friends and committee members, established Ananda Kutir Ashrama formally in 1982. Swami Venkatesananda also wrote a number of books and gave innumerable lectures and demonstrations on Yoga and Vedanta whilst travelling the world for twenty years.

The name Ananda Kutir Ashrama was derived from the name of Swami Sivananda's humble cottage: Ananda Kutir. It means 'Cottage of Bliss'. The word Ashrama denotes a sanctuary that provides seekers the opportunity of learning and practising the teachings of Yoga and Vedanta.

Ashrama Timetable

In order for you to be able to imbibe the fullness of Integral Yoga, you can join a number of classes in succession for a more complete, integrated and transformative experience. Further details about the various programmes can be found in the remainder of the brochure.

You will notice that some activities have a fee and some are on a donation basis. The Ashrama tries its best to offer all activities at a minimum fee or on a donation basis, in order to reach all sectors of society. The fees and donations received are used solely for the running of the Ashrama. All teachers offer their services freely. You can donate according to your means. In making your donation you may consider the value of the teachings and give appropriately. We thank you for your support.

WEEKDAYS MORNING PROGRAMME

Monday	09h30 to 10h45	Hatha Yoga: Intermediate (see page 15)		
Tuesday	09h30 to 10h45	Hatha Yoga: Gentle Beginners (see page 15)	10h45 to 11h30	Guided Meditation (see page 7)
Wednesday	09h30 to 10h45	Hatha Yoga: Beginners (see page 15)	11h30 to 12h30	Yoga and Vedanta in Daily Life (see page 8)
	10h00 to 11h15	Hatha Yoga: Ladies Yoga (see page 15)		
Thursday	09h30 to 10h45	Hatha Yoga: Beginners (see page 15)		
Friday	09h30 to 10h45	Hatha Yoga: Beginners (see page 15)	11h00 to 12h00	Video Showings and Interfaith (see pages 9&10)

WEEKDAYS EVENING PROGRAMME

Monday	18h00 to 19h15	Hatha Yoga: Beginners and Intermediate (see page 15)	19h30 to 20h30	Interfaith Bhakti Yoga (see page 8)
Tuesday	17h00 to 17h55	Hatha Yoga: Breathing & Relaxation (see page 15)	18h00 to 19h00	Meditation For Those Who Are Meditating (see page 11)
	18h00 to 19h15	Hatha Yoga: Beginners (see page 15)		
Wednesday	18h00 to 19h15	Hatha Yoga: Beginners and Intermediate (see page 15)		
Thursday	18h00 to 19h15	Hatha Yoga: Beginners (see page 15)	18h00 to 19h00	Yoga Sutras of Patanjali (see page 7)
			19h30 to 21h00	Satsang (see page 7)
Friday	17h30 to 18h45	Hatha Yoga: Beginners (see page 15)	19h00 to 20h00	Introduction to the Non- Dual Philosophy of Vedanta (see page 8)
			19h30 to 21h00	Youth Integral Yoga Group (see page 9)
July 3 rd to 12 th	19h30 to 21h00	Sivananda Week (see page 18)		

WEEKEND PROGRAMME				
Saturday Classes	08h00 to 09h15	Hatha Yoga: Beginners (see page 15)	09h30 to 10h45	Hatha Yoga: Intermediate (see page 15)
Saturday Evening	18h00 to 19h30	Satsang (see page 7)		
July 3 rd to 12 th	18h00 to 19h30	Sivananda Week (see page 18)		
Sundays	09h00 to 14h00	Children's Integral Yoga Classes (see page 9)	July and August	Integral Yoga Days (see page 14)
	July	Workshop (see page 14)		
Weekend Retreats	June	Sivananda Integral Yoga Retreat (see page 12)	July	Sivananda Family Integral Yoga Camp (see page 13)

Reading Room

We have a quiet reading room with many interesting books. You may come and spend time reading and contemplating. For members only.

Lending Library

Enjoy a wonderful range of books to choose from.

The Meditation Room is available to all for Meditation, Prayer and Lighting a Candle or Ghee Lamp:

Mondays to Sundays: 07h30 – 18h00, except during times of activities as in the diary

Integral Yoga Activities

GUIDED MEDITATION

with Sri Yogeshwari Mataji

Learn to access your inner self.
Experience peace, love and contentment!

Group meditation instruction, guidance and time for questions.

Tuesday mornings: 10h45 - 11h30

SATSANG

Satsang is the enriching Vedic experience of absorbing the universal Wisdom of mankind. You are welcome to join us as we share and grow spiritually by reading from sacred texts, singing sacred songs and meditation.

Thursdays: 19h30 – 21h00 and Saturdays: 18h00 - 19h30

YOGA SUTRAS OF PATANJALI

with Mother Yogeshwari

Further insights into the Yoga Sutras of Patanjali. For students who have completed the Raja Yoga Course and/or the Yoga Teacher Training Course

Thursdays: 18h00 – 19h00. Starting 24th May.

INTERFAITH BHAKTI YOGA

with Swami Vidyananda

A sharing of singing and music from the various faith traditions to experience the Universal Oneness of Love for the Divine.

There are also brief sharings on the Yoga of Devotion whereby we will explore the universal principles of Yoga and how they enhance our religious experience regardless of faith tradition.

Mondays: 19h30 – 20h30

YOGA AND VEDANTA IN DAILY LIFE

Insights into The Supreme Yoga

with Swami Parvathiananda

Lectures dealing with the Essential Nature of the Self. Learn the knowledge that liberates and gives true knowledge of who you are.

Wednesdays: 11h30 – 12h30

INTRODUCTION TO THE NON-DUAL PHILOSOPHY OF VEDANTA

with Ravi Liebman

The talks share insights into Indian philosophy, the different schools of philosophy, leading up to Vedanta, which will be an aid to an expanded view of life from an all-inclusive, non-dual perspective.

Fridays: 19h00 – 20h00

CHILDREN'S INTEGRAL YOGA CLASSES

Integral Yoga for children will help to develop the children into conscious, loving human beings through enjoyable activities that incorporate the teachings and principles of Integral Yoga. The classes also have an interfaith component, teaching children knowledge and acceptance of different religions. In addition the children are encouraged to support and interact with children from the Leliebloem Children's Home.

Sunday: 27th May, 17th June, 29th July and 26th August.

Time: 09h00 – 14h00.

These activities are offered freely. Donations are welcome for creating resources for the programme!

YOUTH INTEGRAL YOGA GROUP

Young people meet to share with one another how to incorporate Yoga into their daily lives. This group is run by the ashram youth and welcomes all youth.

Every second Friday: 19h30 – 21h00. Started 6th April.

VIDEO SHOWINGS

Talks and documentaries on various saints and sages.

Every last Friday of the month: 11h00 - 12h00

INTERFAITH

Light a candle for peace in the world. Prayer, reflection and meditation.

Every first Friday of the month: 11h00 – 12h00

INDIAN/CHRISTIAN SPIRITUALITY GROUP

Venue: “Forest of Peace” Sanctuary.

Every Friday at 11h00 except the first and last Friday of the month.

Contact Tina at boacrianca@gmail.com

KARMA YOGA

Karma Yoga Purifies The Heart And Mind!

Outreach Projects

All are invited to Sandwich-making on Mondays and Wednesdays 09h00 – 11h30 and Thursday 10h00.

General

All are welcome to join the team in voluntary maintenance, gardening and office work at the Ashrama.

Courses, Workshops and Retreats

MEDITATION FOR THOSE WHO ARE MEDITATING FINDING THE JOY OF YOUR EVER CALM INNER SELF with Swami Parvathiananda

A series of six weekly practices leading to Insight and Clarity

Dates: Tuesdays 24th April; 8th, 15th, 22nd and 29th May; 5th June.

Time: 18h00 – 19h00

Booking essential. Donations per session gratefully appreciated.

NB. These sessions are NOT for beginners.
All meditators welcome!

SIVANANDA INTEGRAL YOGA RETREAT

Be Good Do Good: The Foundation of Yoga
with Swami Vidyananda

Goodness is the path and foundation to Enlightenment. What is true goodness? How to cultivate it? How does it lead us to Enlightenment?

Venue: The Blue Butterfly Retreat Centre, Tulbagh.

Date: 22nd - 24th June 2012

Contribution: R725 (non-refundable) for accommodation and meals, payable on booking by 23rd May. Donation towards tuition can be given with the booking or at the retreat.

To join: contact Vani at 021 6961821 or vani@anandakutir.org.za.

Places are limited, so early booking is recommended.

SIVANANDA FAMILY INTEGRAL YOGA CAMP

Yoga Values in the Family

A spiritual Get-Together weekend for the entire family with a focus on making Yoga a part of family life. Couples who wish to start a family are also welcome.

Venue: The Grail Centre, Kleinmond.

Date: 13th - 15th July 2012

Contribution: R525 per family member (non-refundable). This includes accommodation and meals. Payable on booking by 13th June. Donation towards tuition can be given with the booking or at the retreat.

To join: contact Vani at 021 6961821 or vani@anandakutir.org.za.

Places are limited, so early booking is recommended.

INTEGRAL YOGA DAYS

Spend a day at the Ashrama to immerse yourself in the practice of Yoga. Rejuvenate and centre yourself through a dedicated day of Yoga. Each Yoga Day will also have a special focus.

Dates:

Sunday 22nd July: The Yoga Of Music

Sunday 19th August: Awareness

Time: 07h00 – 17h00

Yoga Days include:

- Hatha Yoga
- Meditation
- Lectures
- Workshops
- Chanting
- Yoga Nidra

Contribution: R75 for breakfast, lunch and security, payable on booking. Donation towards tuition can be given with the booking or at the Yoga Day.

WORKSHOPS

BODY AWARENESS

with Anthea Parkinson

An exploration of body awareness focusing on internal organs

Date: Sunday 20th May: 10h30 – 13h00

Contribution: Donation.

HAND MUDRAS

with Vani

Learn how to use your hands to heal yourself.

Date: Sunday 1st July: 10h30 – 13h00

Contribution: Donation.

HINDU DEITIES

with Ravi Liebman

An introduction to Hindu Deities.

Date: Sunday 12th August: 10h30 – 13h00

Contribution: Donation.

Hatha Yoga

I – Intermediate B – Beginners L – Ladies Only

GB – Gentle Beginners Br – Breathing & Relaxation

DAY	CLASS	CLASS	CLASS	CLASS
Monday	09h30 I		18h00 B	18h00 I
Tuesday	09h30 GB		17h00 Br	18h00 B
Wednesday	09h30 B	10h00 L	18h00 B	18h00 I
Thursday	09h30 B		18h00 B	
Friday	09h30 B		17h30 B	
Saturday	08h00 B	09h30 I		

There are no classes on public holidays!

Private Remedial Yoga Instruction – by appointment.

Ante-Natal Instruction – by appointment.

Breathing and Stress Release – Tuesdays at 17h00

Super sessions for all those who need relaxation and simple deep breathing instruction. Excellent for people suffering from hypertension, tension headaches, high blood pressure, breathing problems, etc. For beginners and anyone wishing to enjoy being relaxed.

Registration: You can register on the day you wish to start your first class. Please arrive 15 minutes before the class starts.

Booking is not necessary.

What to Bring:

Wear loose comfortable clothing.

In cold weather please bring socks, a jersey and a blanket.

In warm weather please bring a towel.

Everything else is provided.

Hatha Yoga Tuition Fees For The Year 2012

Monthly Fees Payable At The Beginning of Each Calendar Month

Persons born in 1982 can attend Yoga classes for free in their birthday month. This is the year the Ashrama was founded.

* To attend a single class:	R 60.00
* To attend one class per week (for the month):	R 180.00
* To attend as many classes as you wish:	R 250.00
* Half month fees from the 15 th to the end of the month: (This enables you to attend as many classes as you wish)	R 130.00
* Special combined fee for married couples attending as often as you like:	R 400.00
* Children aged 15 and under, attending with parents:	Half-Price
* Young persons aged 16 and over:	Full Price
* Self-supporting full-time (only) career students :	
* To attend a single class:	R 55.00
* To attend one class per week (for the month):	R 160.00
* To attend as many classes as you wish:	R 225.00
* Half month fees from the 15 th to the end of the month:	R 110.00
* Pensioners on Government Pension (Proof required)	Donation-basis
Fees do not carry over into the next month and are not refundable.	

Festivals

Various spiritual festivals are held which assist the seeker to get inspiration and direction on the spiritual path.

All are welcome regardless of their faith tradition.

SRI BUDDHA JAYANTI

Lord Buddha's life and teachings have had tremendous impact on many people due to the rational and non-sectarian teaching. Swami Venkatesananda translated the original texts dealing with the Buddha's life and teachings.

Saturday 5th May: 18h00 – 19h30

Satsang with Discourse

A MORNING IN THE COMPANY OF A SAGE

A celebration of the life of Fr. Bede Griffiths (Swami Dayananda), Benedictine Monk and Sannyasi, on the anniversary of his Mahasamadhi.

Friday 25th May: 11h00

ANNIVERSARY OF SANNYASA DIKSHA OF H.H. SRI SWAMI SIVANANDAJI MAHARAJ

Sri Swami Sivanandaji took the formal vows of renunciation on 1st June 1924. This earmarked the beginning of a spiritual unfoldment that has impacted millions of seekers throughout the world as Swami Sivananda became a world-renowned Saint.

Special Satsang: Saturday 2nd June: 18h00 – 19h30

SIVANANDA WEEK
A Sacred Week of Reflection and Inspiration

3rd to 12th July

This is a special week of reflection on the essential teachings of Yoga. Draw inspiration for your spiritual life. Each evening we will have a discourse on a topic along with Kirtan and Meditation.

Tuesday 3rd July: Sri Guru Purnima
(see next page for special programme)
20h00 – 21h00: “The Guru and Disciple”

Wednesday 4th July:
19h30 – 21h00: “Divine Life”

Thursday 5th July:
19h30 – 21h00: “Satsanga”

Friday 6th July:
19h30 – 21h00: “Yoga and Life”

Saturday 7th July:
18h00 – 19h30: “Yoga and Religion”

Sunday 8th July:
18h00 – 19h30: “Yoga and Ritual”

Monday 9th July:
19h30 – 21h00: “The Yoga of Listening”

Tuesday 10th July:
19h30 – 21h00: “The Four Stages of Life”

Wednesday 11th July:
19h30 – 21h00: “Looking Within”

Thursday 12th July: Mahasamadhi of Swami Sivananda
(see next page for special programme)
20h00 – 21h00: “Swami Sivananda's Life and Teachings”

SRI GURU PURNIMA

All seekers have received their guidance and teachings from someone. Guru Purnima is the universal celebration of all Gurus, Avataras, Prophets, Sages and Saints. This festival is a re-dedication to one's spiritual path and to the teachings and one's Guru or teacher(s).

Tuesday 3rd July:

18h00 – 19h00: Guru Puja

19h00 – 20h00: Yajna in Honour of all Gurus

20h00 – 21h00: Satsang with talk

49th ANNIVERSARY OF THE MAHASAMADHI OF H.H. SRI SWAMI SIVANANDA MAHARAJ SatGuru of Ananda Kutir Ashrama

Sri Swami Sivananda's life and teachings are the very Soul of Ananda Kutir Ashrama. We celebrate his life and teachings.

Thursday 12th July:

18h00 – 19h00: Guru Puja

19h00 – 20h00: Yajna

20h00 – 21h00: Satsang with talk

**SRIMAD BHAGAVAD GITA WEEK &
SRI KRISHNA JAYANTI**

The Bhagavad Gita contains the essence of all Yogas. Daily discourses will share the fundamentals of this sublime teaching. Daily we shall recite various chapters. Just listening to the verses elevates human consciousness. The evenings will conclude with some devotional singing.

Dates and Times:

Srimad Bhagavad Gita Week

2nd - 8th August:

Weekdays: 19h30 – 21h00

Saturdays and Sundays: 18h00 – 19h30

Sri Krishna Jayanti

9th August: 19h30 – midnight

YOU HAVE FREE WILL

by Swami Sivananda

Some ignorant people say, “Karma does everything. It is all destiny. If I am destined by my karma to be like this or like that, why then should I exert? It is my destiny only.” This is fatalism. This will bring inertia, stagnation and misery. This is perfect misunderstanding of the laws of karma. This is a fallacious argument. An intelligent man will certainly not put such a question. You have made your own destiny from within by your thoughts and actions. You have a free will to choose now. You have freedom in action. A rogue is not an eternal rogue. Put him in the company of a saint. He will change in no time. He will think and act now in a different way and will change his destiny. He will become saintly in character. Dacoit Ratnagar was changed into Sage Valmiki by the current of Rishi Narada. Jagai and Madai, two rogues of the first order were changed by the current of Nityananda, disciple of Lord Gouranga. You will have to desire, to think, and act. You can change karma in any way you like. You can become a yogi or jnani by right desire, by right thinking and by right action. You can attain the position of Indra or Brahma by good karma. Man is not a helpless being. He has free will of his own.

Man has power to choose between the alternatives which fate brings before him. In choosing between them he may either follow his tendencies produced by his past actions or struggle against them. The will of man is ever free. The arguments which are advanced by determinists in saying that human will is determined are not sound and tenable; they fall to the ground.

Dear friends: Man is the master of his destiny. Wake up now from the deep slumber of ignorance. Never become a fatalist. Think rightly. Act rightly. Lead a virtuous life. Never hurt the feelings of others. Mould your character. Purify your mind. Concentrate. Thou art nitya mukta purusa (ever free spirit). Tat Tvam Asi – Thou Art That.

The samskaras (habit-patterns) of virtuous actions are embedded in the citta. They are also indestructible. They are real, valuable assets for you. They will prevent you from doing wrong actions. They will push you on the goal. Selfless works will prepare the ground of antahkarana (the psyche) for the reception of the seed of jnana. The path of karma yoga eventually leads to the attainment of infinite bliss of the self.

“People have used the words 'believe', 'faith' and 'know' more or less synonymously. I think that a subtle difference can be seen. 'Belief' is when I do not know and when I do not have any direct experience at all; it is a mere assumption and acceptance of what someone else says. 'Faith' is when this 'someone' is an undoubted authority and/or when I have had even a 'momentary' experience of the truth I assumed or believed in. 'Know' is of course very different. Consider the expression, 'I know I am alive'. There is absolutely no question concerning it.”

Swami Venkatesananda

Ananda Kutir Ashrama

Membership Application Form

It is the object of this Ashrama to disseminate the teachings of H.H. Swami Sivananda Maharaj according to H.H. Swami Venkatesananda Maharaj.

Membership: For seekers who are keenly involved in the Ashrama and who are actively supportive of its objective. A member receives the newsletter and is able to receive discounts on courses, yoga days and purchases, a copy of Swami Sivananda's 20 Spiritual Instructions as well as Swami Venkatesananda's Prayer. A member may vote at the AGM and can serve on the management committee.

PLEASE PRINT CLEARLY

Membership: R200 for a one-year membership

Name: _____

Postal Address: _____

Phone: _____

Cellphone: _____

E-mail: _____

Signature: _____

FOR MORE INFORMATION PLEASE CONTACT ANANDA KUTIR ASHRAMA

Tel: + 27 21 6961821

Fax: + 27 21 86 7303065

E-mail: info@anandakutir.org.za

Website: www.anandakutir.org.za

Residential Address: 24 Sprigg Rd, Rondebosch East, Cape Town, 7780,
South Africa

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

Banking Details

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

Donations and Payments to Ashrama

Please make out all cheques to Ananda Kutir Ashrama

Electronic Transfers:

Bank: Standard Bank Rondebosch
Branch code: 025009
Account Name: Ananda Kutir Ashrama
Account No: 275500551
Reference: Purpose of Payment & Your Name

Donations and Payments to the Outreach Project

Please make out all cheques to Ananda Kutir Outreach Project

Electronic Transfers:

Bank: Standard Bank Rondebosch
Branch code: 025009
Account Name: Ananda Kutir Outreach Project
Account No: 275471152
Reference: Purpose of Payment & Your Name