

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**

Module 5: **18th September - 23rd October** (no class on 25th September)

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

Contact: info@anandakutir.org.za