

## 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](http://www.sivananda.eu/en)

## Prices for tuition, room and board

€2,928 dormitory (8 beds, common bathroom), €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: ES21 0182 0930 3402 0155 4014; 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 12 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 22-28 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 13-14 YOGA AND HOLISTIC MEDICINE with Teofilo Calvo,



biochemist and researcher. Learning about nature's chemistry to restore the body's own healing ability.

### AUGUST 22-28 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 18-23 INTRODUCTION TO AYURVEDA 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 23-26 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](http://www.sivananda.eu/en)  
[TTC-Spain@sivananda.net](mailto:TTC-Spain@sivananda.net)

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

8-21 AUGUST

Yoga Vacation program

free choice of dates (Spanish)

21-30 AUGUST

Summer School  
for yoga teachers

with a wide choice of workshops  
(Spanish & English) [www.sivananda.eu/en](http://www.sivananda.eu/en)



Founder  
Swami Vishnudevananda,  
Since 1957

AUGUST 5 – SEPTEMBER 3, 2017

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](http://www.sivananda.eu/en) · [TTC-Spain@sivananda.net](mailto:TTC-Spain@sivananda.net)



# INTERNATIONAL SIVANANDA YOGA TEACHERS' TRAINING COURSE (TTC)

401 training units  
(45 minutes each)



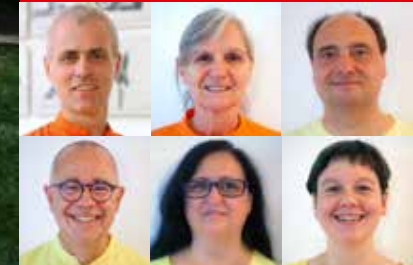
**Swami Sivananda**  
(1887–1963)

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 Vishnu Devananda**  
(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 Svadasananda Swami Dayananda Chandra



Gopala Lakshmi Sarasvati Chaitanya

## The course instructors

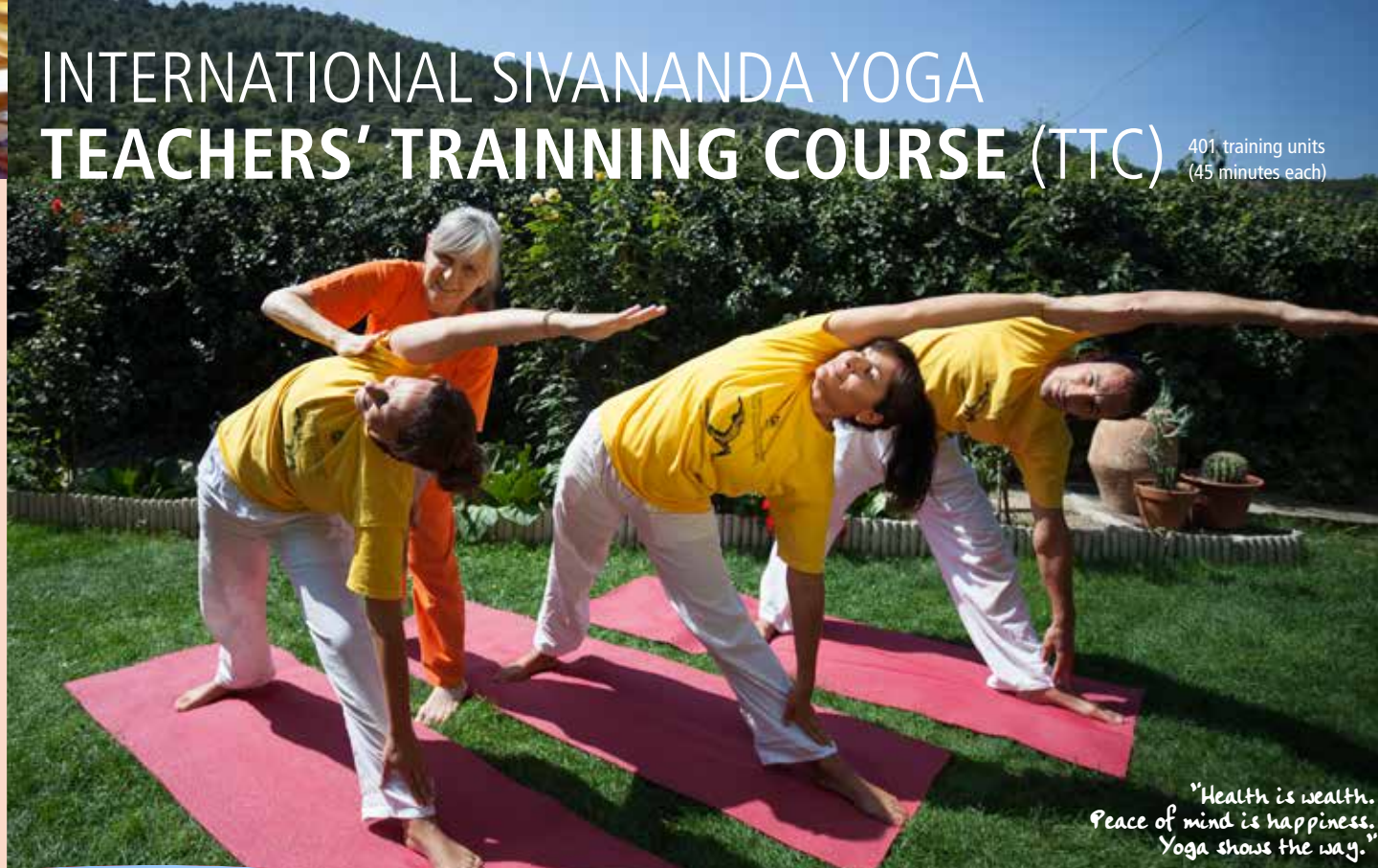
The course is taught by yoga acharyas, experienced Swamis and senior yoga teachers of the Sivananda organization.



## 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 Vishnu Devananda

- 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 Vishnu Devananda:

- 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](http://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](http://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](http://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 Bañeros  
Barcelona and Madrid 1,30h by train