Whether you are considering your first Yoga Vacation, or a residential Yoga Teacher Training Course, or you are a Yoga teacher preparing for a more advanced training, or an old friend of the Ashram returning to nourish your personal practice with a seasonal Yoga Retreat, we welcome you.

And we especially welcome you who are relatively new to Yoga and Ashram life. We would like to prepare you for a new kind of unforgettable vacation.

What is your “bottom line” for a vacation? A vacation is both a renewal and a reward for many hours of hard work that have opened the space in life where you can get away, rest and renew, and reconnect to what is really meaningful. Yoga, by definition, is that reconnection and renewal. Yoga—physically, emotionally, philosophically, integrally, mystically, and spiritually—offers pathways to that reconnection. It can be hard work, but it is work that strengthens, invigorates, and nourishes the body, mind, and soul.

Come join us to rediscover your inner sacred space with twice daily Yoga asana classes and meditation satsangs. Explore the sacred nature that feeds our bodies, minds, and souls with quiet forest walks, or dig into the Ashram gardens that provide us with fruits, vegetables, and flowers.

The bottom line of Yoga living is delving into the sacred. This is the goal of an Ashram vacation. Dive deep within and reconnect to the sacred. Find sacred silence. Connect with other Yoga practitioners who share your love for life and its sacred dimensions. Our promise is to hold the sacred space for you to explore your Yoga within and without, and nourish you with organic vegetarian food, and a solid group Yoga practice.

We hope to see you soon.

Om and Prem,

Srinivasan
Director and Senior Teacher
Swami Sivananda  (1887 – 1963)

One of the great saints of modern times, Swami Sivananda is the inspiration behind the International Sivananda Yoga Organization. Born in India, he served for many years as a medical doctor before renouncing worldly life and establishing the Sivananda Ashram and Divine Life Society in Rishikesh, India. A prolific writer, he authored more than 300 books that offer knowledge and spiritual guidance to millions around the world. His mission can be summarized by his saying: “SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE.”

Swami Vishnudevananda  (1927 – 1993)

Recognized worldwide as an authority on Hatha and Raja Yoga, Swami Vishnudevananda founded the International Sivananda Yoga Organization in 1959. After spending 12 years with his guru, Swami Sivananda, he was sent to the West to disseminate the teachings of Yoga and Vedanta. He was a visionary and dynamic leader for world peace and wrote the practical classics, Complete Illustrated Book of Yoga and Meditation and Mantras.

The Five Points of Yoga

1. **Proper Exercise (Asana)** The practice of traditional Yoga postures promotes mental and physical well-being.
2. **Proper Breathing (Pranayama)** Pranayama calms, steadies, and clears the mind, energizes the body, and aids in increasing concentration.
3. **Proper Relaxation (Savasana)** True relaxation is nature’s way of releasing stress physically and mentally, while reminding us of our eternal spirit.
4. **Proper Diet (Vegetarian)** A natural vegetarian diet provides the fuel to keep the body functioning at its best and provides overall energy and mental clarity.
5. **Positive Thinking & Meditation (Vedanta & Dhyana)** By cultivating positive thinking and a daily meditation practice, we learn how to master the powerful force of the mind and to improve our states of being by changing our thought patterns and our destinies.

The Four Paths of Yoga

- **Karma Yoga** The path of action and selfless service
- **Bhakti Yoga** The path of devotion
- **Raja Yoga** The path of meditation, asana, and pranayama
- **Jnana Yoga** The path of philosophical knowledge
Located in the Catskill Mountains just two hours from New York City, the Yoga Ranch is a true sanctuary of calm and natural beauty, offering a unique combination of a traditional ashram and a modern Yoga retreat. Here you can enjoy outdoor fresh mountain air, Yoga platforms, vibrant seasonal colors, and acres of hiking trails through lush forests. The ashram provides you with an optimal environment for your spiritual growth, healing, relaxation, and reconnecting with nature. Join us to discover Yoga’s powerful tools and learn simple, practical tips on how to facilitate personal growth and experience inner peace and happiness. Our volunteer staff are always happy to welcome you and assist you during your stay.

The Temple
At the heart of the Yoga Ranch is the Krishna Temple, where we meet every morning and evening for Satsang (meditation, chanting, and a spiritual lecture). Kirtan (Mantra chanting) and pujas (rituals) are performed daily by the ashram’s senior staff and/or our resident vedic priest. Please see our website for temple guidelines.

Accommodation
The ashram offers a variety of accommodation options, including outdoor camping, shared or double rooms with shared bath, and private apartments with private bathrooms. These different options allow you to spend time with us in the way best suited for you. See page 62 for accommodation options and rates.

Meals
Tasty and nutritious vegetarian food is made with loving awareness twice a day at the ashram. Ingredients are mostly organic and as local and seasonal as possible. During the summer months we harvest directly from our very own vegetable garden and orchards. Meals follow yogic principles for a healthy, peaceful body and mind, and consist mainly of wholesome soups, whole grains, legumes/beans, vegetables, and fruits.

Organic Vegetable & Flower Gardens
We invite guests to take part in the gardening experience by joining our staff in our organic vegetable garden and greenhouse as well as our flower gardens and our growing permaculture food forest.

Boutique & Bookstore
The boutique offers a selection of spiritual books and CDs, Yoga and meditation accessories, clothing, gifts, artwork, personal care products, and a variety of other items. We also carry healthy snacks and drinks for midday or after-meal treats.

Russian Banya Sauna
Our popular wood-burning sauna offers a majestic view of the mountains and a perfect place for detoxification, rejuvenation, and relaxation. The sauna is open on Saturdays and Sundays, or during the week for an additional fee.

Families & Children
Families and children are welcome at the Yoga Ranch at any time! Please see special family and children’s programs for more information on how you and your children can enjoy a stay at the ashram together. See pages 39 & 40 for more details.
Are you ready to take your Yoga practice to a deeper, more meaningful level or to teach others about the wonderful benefits of Yoga?

Join us at the Yoga Ranch for a transformational four-week Teacher Training Course (TTC), based on the ancient Gurukula teaching system, which integrates the student’s daily life into the Yoga training. You’ll be living at the ashram in the middle of the Catskill mountains in NY, with your teachers, close to nature, which will strengthen your own Yoga practice, self-discipline, and awareness of the mind, body, and spirit. This course is designed to build a firm foundation from which you will develop the skills and knowledge to teach Yoga with confidence. The TTC is a wonderful opportunity to awaken or deepen your Yoga practice and to become a part of the global Yoga community of Sivananda Yoga teachers.

In 1969, Swami Vishnudevananda introduced the first TTC taught in the West. Since then, more than 41,000 Yoga teachers have been certified by International Sivananda Yoga Vedanta Centers around the world. Our TTC is appropriate for both aspiring Yoga teachers and anyone wishing to deepen their practice and understanding of Yoga.

Open to students of all levels. **200 HOUR CERTIFICATION** recognized by the Yoga Alliance.

**Course Dates:**
- March 11 - April 8
- June 3 - July 1*
- August 2 - August 30

* tuition available in ASL for deaf students

**Curriculum Includes:**
- Asanas
- Pranayama
- Yogic Diet & Nutrition
- Anatomy & Physiology
- Yogic Philosophy
- Mantra Chanting

**Course Fees:**
- $2400 – Tent Space
- $2960 – Shared Room
- $3220 – Double Room
- $3900 – Single Room

**Spring Savings!**
Enjoy $300 off March course tuition

**Book your Advance Teacher Training Course at the same time and get a $450 discount off ATTC Tuition!**

Please visit our website for more information on curriculum, schedule, and online registration: sivanandayogaranch.org/teacher-training-courses. If you have additional questions or would like more information, please contact the Yoga Ranch.

sivanandayogaranch.org
**Curriculum Includes:**
- Advanced Asanas & Pranayama
- Advanced Anatomy & Physiology
- Patanjali’s Yoga Sutras
- Vedanta & the six Philosophical Schools of India
- Sanskrit
- The Four Paths of Yoga

**Course Fees:**
- $2400 – Tent Space
- $2960 – Shared Room
- $3220 – Double Room
- $3900 – Single Room

**The Practice Includes:**
- Concentrated periods of Pranayama of progressive intensity
- Asana practice (two to three times daily)
- Discussion and Practice of Mudras (seals), Bandhas (locks), Mantras
- Study of Classical Scriptures on Hatha Yoga, Bhakti Yoga, and Vedanta Philosophy
- Practice of shat kriyas (cleansing techniques)
- Meditation and chanting
- Keeping a spiritual diary
- Internationally recognized certificate from the International Sivananda Yoga Vedanta Centre organization (ISYVC)

**Course Fees:**
- $1250 – Tent Space
- $1950 – Single Room
At the Yoga Ranch, we offer a variety of experiential workshops, musical events, spiritual courses, and special events that you can combine with your Yoga Vacation. You can also just come at any time and join us in our daily schedule and spend some extra time relaxing and reconnecting with yourself.

The Yoga Vacation Program was designed by Swami Vishnudevananda to offer you the ideal way to take a break from your everyday life. Whether you are new to Yoga or a well-established practitioner, the Yoga Vacation Program will help you rebalance your life and get you back in touch with nature.

**Daily Schedule**

- **5:30am**: Wake Up
- **6:00am**: Morning Satsang (meditation, chanting, lecture)
- **8:00am**: Asana & Pranayama Class
- **10:00am**: Brunch
- **10:45am**: Karma Yoga (opportunity to offer selfless service)
- **12:00pm**: Afternoon Program & Free Time
- **4:00pm**: Asana & Pranayama Class
- **6:00pm**: Dinner
- **8:00pm**: Evening Satsang (7:30pm in winter)
- **10:30pm**: Lights Out

"I recommend all of our staff and Yoga teachers to take a Permaculture Course to learn to live more skillfully and consciously a yogic lifestyle in a world out of balance" - Srinivasan

Permaculture is Yoga for the Earth. Solutions to unsustainable modern life are to be found in the way we look at problems and our ability to live in harmony with the patterns of nature. Permaculture guides our way towards understanding whole system designs that unite the individual with nature and society.

**Tuition**: $500 (We want this course to be as inclusive as possible. The tuition is on a sliding scale and financial aid may be available. Please contact the Sivananda Yoga Ranch for more information).

**Program Highlights**
- Guest specialist Permaculture Designers from the Northeast area
- 2-3 field trips to local permaculture demonstration sites
- Access to a library of inspirational resources
- 110+ hours of instruction
- Permaculture Design Certification

**Some Topics Covered**
- Ethics and principles of Permaculture
- Understanding design strategies
- Soil building and compost management
- Food forest and gardening techniques
- Plant identification exercises
- Off-grid living systems & technologies
- Transition Towns & Sustainable Communities
- Team building and project management

**Jared Williams & Lala Montoya** are developing a network of communities and individuals who work in partnership towards resilience and abundance. Lala’s background in fine arts and education contributes creativity and a DIY attitude, while Jared’s experience in design and love for architecture, provides a more technical direction. They are developing projects in Kenya, Colombia, and upstate New York that include: seed/food revival education, community building, and permaculture demonstration sites.

**Michael Judd** is the head designer and founder of Ecologia, Edible & Ecological Designs and author of the recent book, Edible Landscaping with a Permaculture Twist. He combines dynamism with sustainable practicality and contemporary design.
Yoga Immersion Week For Beginners

This course is designed for beginners but is also suitable for anyone looking to revisit the fundamental building blocks of Hatha Yoga. During the immersion week, we will introduce the 12 basic Sivananda asanas (postures), pranayama (breathing exercises), and meditation techniques. This course will instill the discipline to create a home practice, improve flexibility, and foster a greater ability to cope with stress and find inner happiness.

Course Dates:
Jan 7 - 12  Apr 1 - 6  Jul 8 - 13  Oct 7 - 12
Feb 4 - 9   May 6 - 11  Aug 5 - 10  Nov 4 - 9
Mar 4 - 9   Jun 3 - 8   Sep 2 - 7   Dec 2 - 7

The Power of Positive Thinking Retreat

Positive Thinking introduces the practical application of Yoga philosophy. This 5-day course offers numerous tools for empowerment and improving the quality of your everyday life. You'll begin to examine the nature of your thoughts and learn to transform them, making way for a calmer mind, brighter outlook, and better relationships.

Course Dates:
Jan 14 - 19  Apr 8 - 13  Jul 15 - 20  Oct 14 - 19
Feb 11 - 16  May 13 - 18  Aug 12 - 17  Nov 11 - 16
Mar 11 - 16  Jun 10 - 15  Sep 9 - 14  Dec 9 - 14

Essentials of Meditation Retreat

The practice of meditation is now accepted as a powerful tool to counteract the stresses of modern life. The benefits include enhanced concentration, increased energy levels, better sleep, improved mood and sense of well-being, and the development of compassion, love, patience, and forgiveness. This five-day immersion program covers all aspects of the theory and practice of meditation and focuses on the method of silent Mantra repetition.

Course Dates:
Jan 21 - 26  Apr 15 - 20  Jul 22 - 27  Nov 18 - 23
Feb 18 - 23  May 20 - 25  Sep 16 - 21  Dec 16 - 21
Mar 18 - 23  Jun 17 - 22  Oct 21 - 26

Tuition: $75 + Accommodation or Ashram day rate

sivanandayogaranch.org
2018 CALENDAR OF EVENTS

December 26 - January 1
New Year’s Yoga Retreat
Srinivasan, Swami Paramananda, Swami Satyapremamanda
Tuition: Accommodation or Day rate only ($15/night or $25 on 12/31 holiday surcharge applies)

End 2017 with peace and clarity and begin 2018 with a boost to your practice; join us for early morning breathing classes to cleanse and energize, special asana classes to expand your practice, inspiring study of the Narada Bhakti Sutras and Stories of the Sages, relaxing saunas, invigorating walks in the tranquil woods...and more!

Swami Paramananda is the Manager of the Sivananda Yoga Ranch. He teaches Sivananda Teacher Training courses in New York, India, and the Bahamas.

Srinivasan is the director and senior teacher (Acharya) of the Sivananda Ashram Yoga Ranch and has dedicated his life to the propagation of the classical teachings of Yoga. Srinivasan served and studied with his guru and Yoga master, Swami Vishnudevananda, for 16 years and now continues to carry the teachings as a direct disciple.

Swami Satyapremamanda is a senior teacher at the Yoga Ranch. As a serious practitioner she exemplifies the power of Yoga for self-transformation.

December 29 - 31
Yantra Painting
Mavis Gewant
Tuition: $25 + Accommodation or Day rate (holiday rate)

Cultivate inner silence and attune with the energy and essence of the divine aspect evoked by the sacred geometry of the Yantra. Under close guidance, participants will paint yantras learning the corresponding Mantra, chanting it silently as the painting process unfolds. No previous art experience necessary.

Mavis Gewant is a sacred artist, educator, doula, and practitioner of Vedic astrology. She studied the ancient techniques of Yantra and deity painting with the late Tantric Master, Shri Harish Johari, serving as his personal assistant for over twenty years.

December 31, 8pm -12:30am
Special New Year’s Eve Satsang
Prem Sadasivananda & Rabbi Zoe Zak
Tuition: $25 + Accommodation or Ashram day rate

Join us to welcome the new year and set your intentions for a positive and peace-filled 2018. We will celebrate with a special Guru Puja (ceremony) in honor of Swami Vishnudevananda’s birthday, live music, and uplifting chanting throughout the night.

Rabbi Zoe serves at the Temple Israel in Catskill, NY. Her musical background carries forward into all that she does. Zoe’s music weaves a seamless tapestry of ancient and modern, erasing the line between praying and playing.

Prem Sadasivananda is a direct and long-term disciple of Swami Vishnudevananda and served in the Sivananda Organization for over 24 years. He is a scholar of Vedantic Philosophy, Hindu Scripture and Sanskrit, and a trained musician.

Sivanandalayogaranch.org
(845)-436-6492
January

January 5 - 7
New Year’s Detox Yoga Retreat
Nitya
Tuition: $50 + Accommodation or Ashram day rate
Cleanse and renew the body and mind with a weekend of Yoga, sauna relaxation, and the ancient Ayurvedic practice of following a mono-diet of kitchari. Kitchari, a mix of rice and mung beans, is easy to digest, purifies the digestive system, and cleanses the tissues of accumulated toxins; the perfect reset following the holiday season!

Nitya is a Raw Food and Ayurvedic Chef, hatha Yoga instructor, and Reiki Grandmaster. Her passion lies in utilizing foods as medicine and prevention, for optimal health.

January 5 - 7
Kirtan for the Heart
Narayan Jyoti
Tuition: Accommodation or Day rate only
Take a journey into your heart through chanting of ancient Mantras. Narayan Jyoti's unique voice takes listeners through a transformative experience that helps soothe pain and creates a special atmosphere for surrendering ourselves to divine inspiration.

Narayan Jyoti (Ron Paz) is a musician who draws from spiritual and native traditions of the Middle East, ancient Jewish melodies from Eastern Europe, and from India and the Americas.

January 7-12
Yoga Immersion Week for Beginners
See page 15 for details.

January 12 - 14
Chair Yoga Training: Making Yoga Accessible
Stacie Dooreck (Saraswati)
Tuition: $345 + Accommodation or Ashram day rate
Learn how to adapt Yoga to make it accessible for everyone. This training includes a 150+ page Chair Yoga teaching manual and a certificate of completion. RYT Teachers receive 17 CEUs.

Saraswati is the creator and author of the Sun-Light Chair Yoga: Yoga for Everyone! She is a Sivananda Yoga Instructor and is also certified in Gentle Integral, Kundalini, and Prenatal Yoga.

January 12 - 15
Self-Empowerment Through Positive Thinking
Swami Paramananda
See bio on page 16
Tuition: Accommodation or Day rate only
Positive Thinking introduces the practical application of Yoga philosophy, and this weekend offers numerous tools for empowerment and improving the quality of everyday life. Topics include the nature of thought, how to transform negative thought patterns, and how to manage the stresses of daily life.

Swami Paramananda is a spiritual teacher, speaker, and author.

January 14 - 19
The Power of Positive Thinking Retreat
See page 15 for details.

January 19 - 21
Be Good, Do Good: The Joy of Right Living
Mukti Devi
Tuition: $25 + Accommodation or Ashram day rate
Explore the joy of right living during this transformative weekend, while immersed in the rejuvenating energy of the ashram schedule. We will look at key concepts of a spiritual practice and its benefits, and introduce the Yamas and Niyamas, the yogic guidelines for living a peaceful, joyful life. We will also discuss Karma Yoga/ Selfless Service: a key to liberation from suffering and the bondage of self.

Mukti Devi teaches private Yoga and meditation classes, workshops, and courses for businesses in New York City. She regularly serves at the Sivananda New York Center.

January 5 - 7
Native American Sweat Lodge
Heather Principe
Tuition: $35 per sweat lodge + Accommodation or Ashram day rate
Help heal the earth through awakening your connection with nature and ancient Native American wisdom. Join Heather Principe as she guides a traditional Native Cree Sweat Lodge ceremony of rebirth and purification. The journey includes a complete Four Direction ceremony, and concludes with a Pipe Ceremony. No previous experience required.

Heather is founder of The Yoga and Polarity Center in New York, a center for teaching Yoga and Subtle Energy Healing Arts. Heather runs Energetic Healing retreats worldwide and serves on the Board of IPEA and International Polarity Board.

January 12 - 15
Yoga for Beginners Weekend Retreat
Senior Staff
Tuition: Accommodation or Day rate only
Yoga can improve flexibility and foster a greater ability to cope with stress and find inner happiness. During this weekend, we will focus on the fundamental building blocks of Hatha Yoga, introducing the 12 basic Sivananda asanas (postures), pranayama (breathing exercises), and meditation techniques.

(845)-436-6492
sivanandayogaranch.org
January 19 - 21
Advanced Asana Weekend Retreat
Shakti
Tuition: Accommodation or Day rate only
Take your Yoga practice to the next level by expanding your fundamental understanding of the 12 basic postures of the Sivananda Yoga sequence. Explore advanced variations, guided in a safe and informative way.

Shakti is the Director of the New York City Center and regularly teaches during Sivananda Teacher Training courses.

January 26 - 28
Vegetarian Cooking: A Fresh Perspective
Jayanta
Tuition: $25 + Accommodation or Ashram day rate
Learn the joys of cooking simple, healthy meals for busy people. Jayanta will discuss the yogic principles of diet and menu planning and cooking methods. Participants will then enjoy the delicious meal they helped prepare.

Jayanta is a Vegetarian Chef and Yoga Teacher in NYC. He loves to share his passion for proper diet through cooking yogic meals and giving workshops and lectures.

January 28 - February 2
Karma Yoga Week: Love in Action
Swami Paramananda
See bio on page 16
Tuition: 50% discounted Accommodation or Ashram day rate only
Karma Yoga, often translated as selfless service, is also known as the Yoga of Action, which purifies the heart and mind. By serving others, we discover new depths of love and joy within ourselves. Join the Ashram community for 5 days of Karma Yoga practice and theory, and learn how to benefit from this practice in your everyday life.

February 2 - 4
Yoga for Beginners Weekend Retreat
See page 19 for details.

February 4 - 9
Yoga Immersion Week for Beginners
See page 15 for details.

February 9 - 11
Paths to Peace: Lord Siva & Pure Consciousness
Swami Satyapremananda
See bio on page 16
Tuition: Accommodation or Day rate only
Explore the symbolism of Lord Siva in his different aspects and how he teaches us, through theory, philosophy, and practice, to find equanimity in turbulent times and to hold the space for peace in our daily lives.

February 11 - 16
The Power of Positive Thinking Retreat
See page 15 for details.

February 16 - 19
Yoga of Relationships
Srinivasan
See bio on page 16
Tuition: Accommodation or Day rate only
Explore how to cultivate positive, peaceful, and respectful relationships with introspection, self-discipline, and positive thinking. Srinivasan will show through practical and theoretical exercises, how to balance the three qualities of nature: Sattva (purity, love, and knowledge), Rajas (action, desire, and attachment), and Tamas (negativity, hatred, fear, and delusion). This is an experiential and personal workshop that will be adapted to the needs of the particular group.

February 18 - 23
Essentials of Meditation Retreat
See page 15 for details.

February 23 - 25
Positive Thinking & Silence Weekend Retreat
Swami Satyapremananda
See bio on page 16
Tuition: Accommodation or Day rate only
Take some time for quiet reflection while learning the practical application of Yoga philosophy. This weekend, which participants will spend mostly in mauna (practice of silence), offers numerous tools for empowerment and introspection as we look at the nature of thought, our habits of thinking and feeling, how to transform negative thought patterns, and how to manage the stresses of daily life.
March

March 2 - 4
Deepening Mind-Body Relaxation
Swami Satyapremananda
See bio on page 16
Tuition: Accommodation or Day rate only
Our modern lifestyles make it difficult to get the deep relaxation our bodies and minds need to fully recharge. This program will look at where we spend our energy, why and how we hold tension, and how to practice Yoga’s three levels of relaxation, physical, mental, and spiritual, to rejuvenate the nervous system and bring us to a deep sense of inner peace.

March 4 - 9
Introduction to the Sanskrit Alphabet
Swami Satyapremananda
See bio on page 16
Tuition: $75 + Accommodation or Ashram day rate
This five-day course explores the sounds and symbols of the Sanskrit alphabet, which reflect the primal sounds of the universe. Learn the writing of the Devanagari (“language of the gods”) script as well as proper pronunciation of Mantras and prayers chanted in our classes, courses, and satsang.

March 4 - 9
Yoga Immersion Week for Beginners
See page 15 for details.

March 9 - 11
Living with Purpose: Teachings on Meditation from The Bhagavad Gita
Swami Paramananda
See bio on page 16
Tuition: Accommodation or Day rate only
The practice of meditation is now widely recognized as a powerful tool to bring more patience, productivity, and peace of mind in all that we do and experience. This program looks at the teachings of the ancient yogic scripture, The Bhagavad Gita, on how to calm and focus the mind. Through theory and practice, we will explore the techniques of concentration and how they lead us to contentment and the meditative state.

March 11 - 16
The Power of Positive Thinking Retreat
See page 15 for details.

March 9 - 11
Yoga for Beginners Weekend Retreat
See page 19 for details.

March 9 - 11
Yoga & Hiking Weekend Retreat
Senior Staff
Tuition: Accommodation or Day rate only
Join us for a hiking vacation in the magnificent Catskill mountains while learning to integrate Hatha Yoga techniques of awareness and proper breathing for an enhanced hiking experience.

March 11 - April 8
Yoga Teacher Training Course (TTC)
Spring Savings!
Enjoy $300 off March course tuition
Are you ready to take your Yoga practice to a deeper, more meaningful level or teach others about the wonderful benefits of Yoga? Join us for four weeks of profoundly transformational Yoga Teacher Training.

For more information see page 9

Swami Shivabhotmananda
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March 16 - 18
Permaculture weekend: Pruning & Plant Propagation
Jared Williams & Lala Montoya
See bios on page 12
Tuition: $50 + Accommodation or Ashram day rate
Have you ever bought a plant and wondered how someone grew it? Or better yet, how does nature keep growing more plants? Join Jared & Lala to learn some of nature’s secrets and how to save money by propagating your own herbs, berries, and flowers. No experience necessary but great for the forest, backyard, or window farmer.

March 16 - 18
Finding Contentment in Daily Life
Swami Shivabhotmananda
Tuition: Accommodation or Day rate only
Gain a basic understanding of the human components and workings of the mind and how meditation and introspection can be wonderful tools for self-discovery. This weekend combines lectures and classes specifically geared towards stretches and postures to aid with concentration during meditation and pranayama.

March 9 - 11
Yoga & Plant Propagation
Jared Williams & Lala Montoya
See bios on page 12
Tuition: $50 + Accommodation or Ashram day rate
Have you ever bought a plant and wondered how someone grew it? Or better yet, how does nature keep growing more plants? Join Jared & Lala to learn some of nature’s secrets and how to save money by propagating your own herbs, berries, and flowers. No experience necessary but great for the forest, backyard, or window farmer.

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March 18 - 23  
Essentials of Meditation retreat  
See page 15 for details.

March 23 - 25  
Pratyahara: Tools for Conscious Disengagement from Sensory Stimuli  
Saraswati  
Tuition: Accommodation or Day rate only

In today’s world our senses are constantly bombarded by external stimuli, making it difficult for the mind to stay peaceful. Pratyahara, the art of withdrawing and calming the senses is one of the main practices of Yoga. Learn techniques to aid relaxation in daily life and create a strong foundation for meditation, no matter the external circumstances.

Saraswati is one of the principal teachers of the worldwide Sivananda Teacher Training Courses and co-director of the Toronto Sivananda Yoga Center. She studied under the personal guidance of Swami Vishnudevananda and is an inspiring and dynamic teacher.

March 23 - 25  
Vegetarian Cooking for Health & Happiness  
Isani  
Tuition: Accommodation or Day rate only ($25/night holiday surcharge applies)

Join Isani for some spring inspiration in the kitchen learning her secrets for cooking delicious, healthy, and healing South Indian vegetarian dishes. No experience necessary.

Isani is a Sivananda Yoga teacher and has cooked in an ayurvedic hospital in Kerala for the past 12 years. The making of natural healing remedies has been an integral part of her training.

March 23 - 25  
Interfaith Yoga Weekend Retreat  
Rabbi Zoe B. Zak & The Peace Ensemble & Reverend Susan Aucinhclos  
Rabbi Zoe see bio on page 17

Spring is a season of rebirth and renewal, when many faiths engage in spiritual practices that hold great opportunities for healing. Join us for an interfaith celebration of freedom, devotion, and resurrection starting on Friday with an evening puja led by a Hindu Priest, a Passover Seder on Saturday morning led by Rabbi Zoe Zak with live music by The Peace Ensemble, and a closing celebration on Easter Sunday led by Reverend Susan Aucinhclos.

The Peace Ensemble features Christian and Jewish clergy whose aim is to bridge the religious divide through traditional and original music. Ensemble members include Pastor Everett Newton, Hazzan Michael Kasper, Rabbi Zoe B. Zak & Robert Bard.

March 30 - April 1  
Advanced & Beginners Yoga Weekend Retreat  
Shyam & Mohini

During this holiday weekend retreat, separate Yoga classes will be held to help both beginner and more advanced students focus on improving and deepening their practice. Special coaching workshops and talks on how Yoga really works and how to maintain a successful home practice will also be offered.

Mohini & Shyam are co-directors of the Yoga Warehouse, an award-winning Sivananda Yoga Vedanta Center in Florida. They are regular instructors in Sivananda Yoga Teacher Training Courses.

March 30 - April 1  
Love Thy Neighbour as Thyself Easter Retreat  
Srinivasan, Swami Satyapremananda & Swami Paramananda  
See bios on page 16

The fundamental teaching of all mystical traditions is one and the same: “Love thy neighbor as thyself.” In the yogic tradition, this is expressed differently through the four classical paths of Yoga. During this holiday weekend, we will look at how to understand and apply this profound teaching, which can transform our relationships and lead us to Self-realization.

March 30 - April 1  
Finding Your Voice Chakra Meditation Retreat  
Jyoti (Jody Tull)

Join Jyoti during this holiday weekend and learn to breathe, move, sing, and listen in new ways; activate and become friends with the 7 chakras through humming and singing, seed Mantras, Indian Ragas, beautiful chants, and easy nurturing songs. As fear gives way to courage and the singer gives way to the witness, discover the uplifting and rewarding power of Kirtan.

Jyoti is a certified Therapeutic Yoga instructor and international therapeutic music composer. She is the director of the affiliated Sivananda Yoga Center, Be In Awe in Michigan and has facilitated “finding your voice” workshops in schools, hospitals, Yoga centers, and ashrams around the world for over a decade.

March 30 - April 1  
Easter Weekend Programs

March 30 - April 1  
Interfaith Yoga Weekend Retreat  
Rabbi Zoe B. Zak & The Peace Ensemble & Reverend Susan Aucinhclos  
Rabbi Zoe see bio on page 17

March 30 - April 1  
Love Thy Neighbour as Thyself Easter Retreat  
Srinivasan, Swami Satyapremananda & Swami Paramananda  
See bios on page 16

March 30 - April 1  
Finding Your Voice Chakra Meditation Retreat  
Jyoti (Jody Tull)
April

April 1 - 6
Yoga Immersion Week for Beginners
See page 15 for details.

April 6 - 8
East Coast Teachers’ Meeting
Srinivasan, Swami Paramananda, Swami Satyapremnanda, Shyam & Mohini
See pages 16 and 25 for bios
Tuition: Accommodation or Day rate only
Join us for the East Coast Teachers’ Meeting, where Yoga teachers come together to practice and get re-inspired to serve humanity by teaching Yoga. Open to graduates of the Sivananda Yoga Teacher Training Course and specifically aimed at those who are currently teaching on the East Coast.

April 6 - 8
Deep Relaxation & Yoga Nidra Weekend Retreat
Radha
Tuition: Accommodation or Day rate only
Yoga Nidra or yogic sleep is conscious, guided deep relaxation and a powerful physical and mental tool intended to help transform, heal, and rejuvenate at core levels. Radha will guide you on a journey of deep relaxation, allowing your true nature to shine through.

Swami Paramatmananda
Swami Paramatmananda is founder Acharya of Aśrā Vidya Mandir in Tamil Nadu, India, and a senior disciple of Pujya Swami Dayananda Saraswati. His talks reveal clarity of Yoga philosophy and a deep understanding of modern life.

April 8 - 13
The Power of Positive Thinking Retreat
See page 15 for details.

April 13 - 15
The Yamas – Ethical Foundations for Right Living & Meditation
Swami Paramatmananda
Tuition: Accommodation or Day rate only
The Yamas or “Restraints” of Raja Yoga are essential foundations of Yoga and meditation; keys to developing peace and integrity in action, word, and thought. Whether your goal is meditation and Self-realization or building a happy, healthy life, they are indispensable tools. Join Swami Paramatmananda for an introduction to Proper Conduct and how to implement the five Yamas in everyday life.

April 13 - 15
Yoga For Back Care
Bharata (Brian Bourne PhD)
Tuition: $25 + Accommodation or Ashram day rate
Learn the essential principles of Yoga for back care and how to adapt asanas for improved postural alignment. This practical and experiential workshop will be of particular interest to anyone with back issues, Yoga teachers, and those looking for a more accessible Yoga practice.

Bharata
Bharata is a Sivananda Yoga teacher and practicing physical therapist. For over 20 years, he has been treating orthopedic, neurological, and various general medical/surgical conditions.

April 13 - 15
Native American Sweat Lodge
Heather Principe
See page 18 for details.

April 13 - 15
Hatha Yoga Intensive Week Retreat
Swami Paramananda
See bio on page 16
Tuition: $150 + Accommodation or Ashram day rate
Take your asana and pranayama practice to a deeper level under the guidance of Swami Paramananda. This 5-day retreat includes a daily asana class, followed by two directed self-practice sessions and further study, supported with a cleansing diet of kitchari to gain the maximum benefits from your efforts. All levels welcome.

April 15 - 20
Essentials of Meditation Retreat
See page 15 for details.

April 20 - 22
Raja Yoga – The Path to Freedom
Swami Paramananda
See bio on page 16
Tuition: Accommodation or Day rate only
Raja Yoga, the eightfold path, is one of the four main paths of Yoga and includes the practices of asana, pranayama, concentration, and meditation. Join Swami Paramananda to broaden your understanding of how the mind works and the Raja Yoga practices that can lead to training the mind to become our best friend, instead of worst enemy, and ultimately lead us to the final goal of spiritual liberation.
April 20 - 22
Yoga & Hiking Weekend Retreat
See page 22 for details.

April 20 - 22
Indian Cooking for a Lighter Life
Neeti
Tuition: $25 + Accommodation or Ashram day rate
Vegetarian cooking offers inspiration towards leading a healthier, happier, and more ethical way of life. Join Neeti as she shares her Indian secrets for cooking delicious, fresh, and joyful vegetarian dishes, and then enjoy eating the meal prepared! No experience necessary.

Neeti has more than 25 years of professional experience in cooking and baking, and regularly teaches workshops and courses in Sivananda centers and ashrams.

April 27 - 29
Spiritual Writing & Reflection Yoga Retreat
Swami Satyapremanananda
See bio on page 16
Tuition: Accommodation or Day rate only
This retreat offers an opportunity to spend time in introspection and journaling, using the creative medium of writing to explore your sense of values, purpose, and meaning in life. Spend some time in both solitude and silence as well as in workshops that include writing prompts, questions for introspection, and exploration of yogic theory and practice.

May 4 - 6
Yoga & Osteopathy
Dr. Barbara Moss
Tuition: $75 + Accommodation or Ashram day rate
Join Dr. Moss for an introduction to Osteopathic Medicine’s tenets and philosophy focusing on the Health Within, the body’s inherent capacity to heal. She will share theory and demonstrate various topics, including Chakras and the somatic dysfunctions seen in the practice of Osteopathic Manipulation, and how to incorporate asanas and pranayama.

Dr. Barbara Ann Moss, DO, MPH, FACOFP is a Sivananda Yoga teacher and practices full scope medicine. She is boarded in allopathic (MD) and osteopathic (DO) family medicine, and Neuromuscular Medicine and Osteopathic Manipulative Medicine.

May 4 - 6
Yoga for Beginners Weekend Retreat
See page 19 for details.

May 4 - 6
Spring Cleanse Juice Fast
Nitya
See bio on page 18
Tuition: $50 + Accommodation or Ashram day rate
Start the spring with a juice and detox weekend enjoying fresh organic salads and juices that provide the nutrients the body needs while cleansing the digestive system and restoring energy and balance. The yogic practices of asanas (postures) and pranayama (breathing exercises) support the process to gently move toxins out of the body.

May 4 - 6
Yoga Immersion Week for Beginners
See page 15 for details.

May 6 - 11
Yoga Immersion Week for Beginners
See page 15 for details.

May 11 - 13
Chakra Mandala Painting
Mavis Gewant
See bio on page 16
Tuition: $110 + Accommodation or Ashram day rate
Sacred art cultivates inner silence and attunes one with the energy and essence of the Divine. Mavis will guide this experiential workshop, introducing participants to the imagery of the chakras, or the psychic energy centers, as a perfect introduction to ancient modes of visual meditation.

May 11 - 13
The Joy of Vegetarian Cooking
Jayanta
See bio on page 20
Tuition: $25 + Accommodation or Ashram day rate
Join Jayanta in the kitchen to learn yogic secrets for cooking healthy, simple, and delicious meals that do not take all day. Jayanta will discuss the yogic principles of diet, menu planning, and cooking methods. Participants will then enjoy tasting all the dishes they helped prepare.

May 11 - 13
Mukti Devi
See bio on page 19
Tuition: $25 + Accommodation or Ashram day rate
Yoga is an ancient life-changing system for healing and transformation. Join us for this inspiring weekend to begin a Yoga practice or to deepen your current practice through interactive workshops introducing the five points and the four Paths of Yoga: the road maps to health, happiness, and freedom.

May 11 - 13
Yoga & Hiking Weekend Retreat
See page 22 for details.
May 13 - 18
The Power of Positive Thinking Retreat
See page 15 for details.

May 16 - 20
Yoga Retreat for ASL Interpreters
Lila Saraswati Lolling & Betsi Heithaus
(Daya Devi)
Tuition: $325 + Accommodation or Ashram day rate
Life can feel like a roller-coaster as you strive to live a life of balance. This 5-day professional and personal Yoga retreat for American Sign Language (ASL) Interpreters is designed for those seeking balance, to be better equipped to serve, and to find joy in all aspects of life. Begin your day with a community meditation and Yoga class; afternoons will be dedicated to personal and professional development.

Lila Saraswati Lolling is the founder of DeafYoga Foundation and Saraswati Yoga School. She is a light-hearted and sincere teacher who inspires to live a life of peace, joy, and purpose.

Betsi Heithaus (Daya Devi) is a Yoga teacher and has been serving as a sign language interpreter for over 20 years. She enthusiastically combines these two passions.

May 18 - 20
Japa Meditation: Focusing on the Sacred
Swami Satyapremananda
See bio on page 16
Tuition: Accommodation or Ashram day rate
Swami Sivananda defines Mantra as “divinity encased within a sound structure.” This weekend program focuses on the power and techniques of Mantra repetition (Japa) through all four paths of Yoga: Karma Yoga, Bhakti Yoga, Raja Yoga, and Jnana Yoga. Through theory and practice, see how Mantras can protect and calm the mind, lift the heart, and illumine the intellect.

Swami Sivananda

May 18 - 20
Native American Sweat Lodge
Heather Principe
See page 18 for details.

May 18 - 20
Sacred Sounds Memorial Weekend Celebration
Jorge Alfano, Paloma Devi & Jeff Dean
Tuition: $15 per workshop (or $30 for all four) + Accommodation ($25/night holiday surcharge applies) or Ashram day rate
Experience the power of music during this magical weekend that includes three talented musicians in an exploration of the world’s spiritual traditions through music, voice, and sound.

Jorge Alfano is a master flautist who draws from the healing music traditions of five ancient cultures. Jorge has been performing, teaching, and producing music since age 13 and has studied with great master musicians of all traditions.

Paloma Devi, soul singer, ethnic dancer and seasoned yogini, is expanding the global conscious community with her gifts of wisdom, love, and devotion. Paloma is a world-traveller, embracing all cultures and serving as a member of the collective consciousness.

Jeff Dean, a former attorney, is a musician and composer, and facilitates sacred transformational and meditative drumming circles. Jeff’s mission is to connect people with their innermost essence and to one another.

Isvari (Mary Ann Johnson) is the director of Ayurveda at the Sivana Yoga Ranch and has been a dedicated practitioner of Ayurveda and Yoga for over 20 years. She is on the faculty of Dr. Vasant Lad’s Institute of Ayurveda in Pune, India.

May 20 - 25
Spring Ayurvedic Cleanse
Isvari
Tuition: $275 + Accommodation or Ashram day rate
Cleanse and renew the body and mind with 5 days of Yoga, sauna detoxification, inspiring Ayurvedic workshops, and the ancient practice of fasting on kitchari. Kitchari, a mix of rice and mung beans, is easy to digest, purifies the digestive system, and cleanses the body of toxins. Offering the perfect spring start, Ayurvedic treatments and consultations will also be available.

Isvani

May 20 - 25
Essentials of Meditation Retreat
See page 15 for details.

May 25 - 28
Sacred Sounds Memorial Weekend Celebration
Jorge Alfano, Paloma Devi & Jeff Dean
Tuition: $15 per workshop (or $30 for all four) + Accommodation ($25/night holiday surcharge applies) or Ashram day rate
Experience the power of music during this magical weekend that includes three talented musicians in an exploration of the world’s spiritual traditions through music, voice, and sound.

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May 30 sivanandayogaranch.org
(845)-436-6492
June

May 28 - June 1
Introduction to the Sanskrit Alphabet
See page 22 for details.

June 1 - 3
Yoga, Stress, & Food
Ambika (Katie Papo)
Tuition: $50 + Accommodation or Ashram day rate

Ever struggled with low energy levels or maintaining a consistent exercise program, or been challenged in your relationship with food? Join us for this two-day jump start into new motivation and power to live your healthiest, most successful life. Explore the links between Yoga, stress, and weight management, and return home with your own customized diet and fitness plan.

Ambika is a Sivananda Yoga teacher, sports nutritionist, fitness trainer, holistic life coach, and weight management specialist. She leads wellness programs specializing in holistic approaches to stress management, self-care, and eating habits.

June 1 - 3
Prana & the Five Elements
Swami Satyapremananda
See bio on page 16
Tuition: Accommodation or Day rate only

Prana is the universal, yet subtle, vital energy that pervades everything. On the physical level, it is in the motion of the lungs, and its vehicle is the breath. In its most subtle form, it is associated with thought. This weekend retreat explores the connection between prana and the elements of nature, and how through practice and yogic lifestyle we can better cultivate prana, replenish ourselves, and revitalize our way of thinking.

June 3 - July 1
Yoga Teacher Training Course (ITC)
Are you ready to take your Yoga practice to a deeper, more meaningful level or teach others about the wonderful benefits of Yoga? Join us for four weeks of profoundly transformational Yoga Teacher Training.

For more information see page 9.

June 3 - 8
Yoga Immersion Week for Beginners
See page 15 for details.

June 8 - 10
Yoga at Home
Tony D’Angelo (Keshava)
Tuition: Accommodation or Day rate only

Explore ways to create a daily Yoga lifestyle routine at home, including how to integrate the five basic points (postures, breathing, relaxation, diet and meditation/positive thinking) into day-to-day activities. No matter what your individual circumstances are or how new you are to Yoga, this workshop will help you learn to incorporate the teachings into your day according to the time you have available.

Keshava is a long-time practitioner and Sivananda Yoga teacher. Since retiring he has taught a college-level credit course in Yoga which includes the culture, philosophy, and practice of this ancient science.

June 8 - 10
Chi-Kung & Therapeutic Theatre
Mitchell Rabin
Tuition: Accommodation or Day rate only

This workshop incorporates Chi-Kung exercises, the ancient Chinese practice for moving chi, the Life-Force of the body, and communication exercises to facilitate the development of fun, honest, and genuine relationships, using the world of Therapeutic Theater. 15 CEUs available to those who qualify.

Mitchell J. Rabin is a spiritually oriented, holistic psychotherapist, eco-entrepreneur, and host/producer of the popular, progressive programs, “A Better World” Radio & TV.

June 8 - 10
Yoga & Cycling Weekend Retreat
Senior Staff
Tuition: Accommodation or Day rate only

Cycling enthusiasts who practice Yoga can develop flexibility, core strength, and balance, along with a calm mind. Explore the rolling hills on peaceful Catskill Mountain roads while enjoying a daily practice of asana, pranayama, relaxation, and meditation to enhance your experience.

June 10 - 17
Ayurveda Marma Points for Body, Mind & Spirit
Ishan
See bio on page 30
Tuition: $650 + Accommodation or Ashram day rate

Marma (acupressure) points are vital energy pathways for balancing body, mind, and consciousness. Through theory and hands-on practice, students will become acquainted with the 117 points and understand their relation to the organs, tissues, and channels. Open to all, but ideal for therapists who can incorporate Marma into their practices.

June 10 - 17
Our Karmic Path & the Goal of Life
Dr. Marilyn Rossner
Tuition: Accommodation or Day rate only

Karma Yoga, often translated as selfless service, is also known as the Yoga of Action, which purifies the heart and mind. By serving others, we discover new depths of love and joy within ourselves. Join Dr. Rossner as she introduces the spiritual foundations of Karma Yoga as a path to inner peace and bliss.

Dr. Marilyn Rossner is a senior disciple of Swami Vishnudevananda and one of the world’s most gifted intuitives! She is the Founder of the Spiritual Science Fellowship and co-founder of the International Institute of Integral Human Sciences.

June 15 - 17
The Power of Positive Thinking Retreat
Mitchell Rabin
Tuition: Accommodation or Day rate only

This workshop will introduce the Power of Positive thinking retreat to the world of Integral Human Sciences.

Mitchell J. Rabin is a spiritual leader and teacher who has dedicated his life to helping others find their true calling. He is the author of numerous books and articles on spirituality, healing, and personal development.

(845)-436-6492
June 15 - 17
Stories of the Flying Swami
Bren Jacobson
Tuition: Accommodation or Day rate only
Swami Vishnudevananda came to the West to share the teachings of Yoga and to spread peace. He learned to fly and bought a small plane, which earned him the nickname of “The Flying Swami”. He flew peace missions over war zones, raising awareness through the news media and risking his life in the name of peace.

Bren Jacobson is a senior disciple of Swami Vishnudevananda who co-piloted his plane during several peace missions. He is currently an advanced rolfer, psychotherapist, health consultant, and interfaith minister.

June 17 - 22
Essentials of Meditation Retreat
See page 15 for details.

June 17 - 22
Define YOU, Define YOUR Purpose
Priti, (Satya) Jabin
Tuition: $297 + Accommodation or Ashram day rate
Deep down, we all know exactly what we want to do, what we are truly here to do, what career we would like to follow, and where we would like to be spending our time and energy. But fears and personal obstacles often stand in our way. This 5-part self-discovery workshop is your foundation to create positive and meaningful change in your life and to start exploring ways and tools to help identify your personal purpose.

Satya is a professional development coach and Sivananda Yoga Teacher. She incorporates her backgrounds in Counselling Psychology (MA), and Yoga Philosophy to help empower individuals to reach their full potential.

June 15 - 17
Indian Cooking for Health & Happiness: A World of Spices
Neeti
See bio on page 28
Tuition: $25 + Accommodation or Ashram day rate
You are what you eat and what you eat affects the state of your body and mind. During this weekend, Neeti will focus on how to use Indian spices that are known for their positive health benefits, such as turmeric, cumin seeds, cinnamon, and coriander seeds.

Narayan Jyoti is a musician who draws from spiritual and native traditions of the Middle East, ancient Jewish melodies from Eastern Europe, and from India and the Americas.

June 22 - 24
Permaculture Weekend: Food Forest – Beyond Management as a Metaphor for Life
Jared Williams & Lala Montoya
See bio on page 12
Tuition: $50 + Accommodation or Ashram day rate
A “Food Forest” is a low-maintenance, sustainable, plant-based agroforestry system based on woodland ecosystems. It incorporates fruit and nut trees, shrubs, herbs, vines, and perennial vegetables, which have yields directly useful to humans and beyond. Join us to learn how food forests can be managed and how the concept can be applied to plant and human ecosystems to create a positive footprint on the earth.

June 17 - 22
Kirtan for the Heart
Narayan Jyoti (Ron Paz)
Tuition: Accommodation or Day rate only
Take a journey into your heart through chanting of ancient Mantras. Narayan Jyoti’s unique voice takes listeners through a transformative experience that helps soothe pain and creates a special atmosphere for surrendering ourselves to divine inspiration.

Narayan Jyoti is a musician who has sold music in the Middle East, ancient Jewish melodies from Eastern Europe, and from India and the Americas.

June 22 - 24
From the Internet to the Inner Net
Gopi Kalliyil
Tuition: $25 + Accommodation or Ashram day rate
The Internet has become humanity’s invisible central nervous system. It connects us and can sometimes overwhelm us. Yet the most important technology is within us—our brain, body, and consciousness. Drawing on his experience of a fast-paced career in the high-tech industry, Gopi presents a solution in the form of insight, inspiration, and daily rituals such as Yoga and meditation (one minute of each!) that anyone can use to connect to their inner-net.

Gopi Kalliyil is Chief Brand Evangelist, Brand Marketing, at Google and the founder of Yoglers, the Yoga program for Googlers. He is a Sivananda Yoga teacher and triathlete, teaches brand marketing at Stanford University, serves on the board of the Desmond Tutu Peace Foundation, and is the author of From the Internet to the Inner-Net.

June 22 - 24
Yogis Beyond Borders Certification Course
Elaine Valdov
Tuition: $350 + Accommodation or Ashram day rate
Yogis Beyond Borders will inspire and empower you to become an “activist of the heart” by taking Yoga into 1) your local community (hospitals, shelters, etc.); 2) underserved communities (refugee camps, poverty stricken areas); and 3) war and conflict areas. See website for details.

Elaine Valdov, PhD, is a psychotherapist, conflict resolution specialist, and international lecturer. She is the Founder and President of Yogis Beyond Borders and Yoga Peace Ambassadors.
June 29 - July 1
Movement & Meditation
Reverend Nafisa Sharriff
Tuition: $100 + Accommodation or Ashram day rate
Join Reverend Nafisa Sharriff for traditional West African Dance and Folklore from the Old Malian Empire and immerse yourself in a full mind, body, spirit approach to learning about this rich cultural folklore. Stretch, exercise, dance, and enjoy a gentle meditative cool down at the end of each class to quiet your mind, relax your body, and open your heart. All levels are welcome!

Reverend Nafisa Sharriff is the founder and CEO of Entering the Holy of Holies, An Institute of Learning and Healing, Inc. She is a professional dancer and choreographer, dance and meditation teacher, and an ordained Interfaith Minister

June 29 - July 1
Stress Management through the Yogic Practices
Radha
see bio on page 26
Tuition: Accommodation or Day rate only
Everyday life in the modern world can lead to a build up of anxiety and stress. Yoga offers a number of practical and theoretical tools to help recognize and reduce stress sources and re-balance the body, mind, and emotions. Join Radha for a weekend of re-discovering your true nature, and learn how to increase stress resilience, and lead a calmer, more fulfilling way of life.

Radha

Dennis, MD, MPH, has practiced and taught meditation and breathing techniques for 30 years. He currently practices holistic and family medicine in Ann Arbor, Michigan.

June 29 - July 1
Yoga of Devotion: Kirtan & Mantra Chanting
Dennis K. Chernin
Tuition: $25 + Accommodation or Ashram day rate
Kirtan uses a combination of sound, vibration, melody, harmony, and Sanskrit Mantras to lead us into meditation: a state of unity and inner connection with ourselves, our community, and more expanded states of consciousness.

Dennis

June 29 - July 1
Classical Indian Dance & Music Celebration
Tuition: Accommodation or Day rate only ($15/night holiday surcharge applies)
Celebrate this Independence Day week with a rich and refined array of concerts and dance performances featuring world-class classical Carnatic, South Indian musicians and dancers! With each evening presentation, we will explore and witness the beauty and diversity of traditional Indian performing arts and culture; during the day the artists will offer interactive vocal, music, and dance workshops. See website for more details.

Performers & Workshop Leaders Include:

Ramya Ramnarayan is considered one of the leading exponents of Bharatanatyam dance today. Ramya will perform Bharatanatyam dance with live musical accompaniment, and offer a dance workshop the following day.

Chithra Ramaswamy was introduced to classical dance at the age of nine and began her education in the Kalakshetra style of Bharatanatyam dance under the able guidance of her Guru Padmashree Adyar. K. Lakman of Chennai. Chithra and her students will be performing a dance choreography of the classical epic Indian tale, The Ramayana.

Manjula Ramachandran is a vocalist and vainika. She was awarded with the Kerala Sangeetha Natakka Academy award and All Radio Music National Award. She currently teaches in New Jersey and is a widely-sought-after artist for concerts. Manjula will be performing with her son Sabarinath Ramachandran, on the mridangam.

Subha Srinivasan is known for her deep passion for Carnatic music. She has given vocal performances all over the United States.
July 5 - August 2
**Advanced Yoga Teacher Training Course (ATTC)**

Take your personal practice and teaching abilities to the next level. For more information see page 10.

July 6 - 17
**Yoga for Children Teacher Training Course**
Omkari
see bio on page 39

**Tuition:** $925 + Accommodation or Ashram day rate

This course is offered to anyone—teachers, parents, caregivers, therapists—who wish to introduce and practice Yoga with children. A deep understanding of education pedagogy, child development, movement development, and sensory integration practice is at the heart of every lesson. Each lesson is nourished through seasonal awareness, cultural, and mythical storytelling and a practical knowledge of Yoga philosophy.

July 1 - 6
**Sadhana Week Retreat**
Sririvasan, Swami Parmananda, Swami Satyapremnanda (see bios on page 16), & Arjuna (see bio on page 39)

**Tuition:** $80 + Accommodation or Day rate (holiday rate)

Is it time to re-energize your practice? Join us for five days of inspiration and integration as we explore Hatha Yoga from a fresh perspective, gain new insights into Swami Vishnudevananda’s life and teachings, and experience the peace and beauty of the Catskill mountains. Through guided pranayama practice, asana variations, scripture study, stories, hikes, and more, this retreat will renew your practice and outlook on life.

July 6 - 8
**Yoga & Running Weekend Retreat**
Senior Staff

**Tuition:** Accommodation or Day rate only

Join us for a running vacation in the magnificent Catskill mountains while learning to integrate Hatha Yoga techniques of awareness and proper breathing for an enhanced exercise experience.

July 7
**Questions & Answers on Yoga and Spiritual Life**

Special Satsang with Swami Swaroopananda

**Tuition:** Accommodation or Day rate only

Join us for an evening of Q&A with Swami Swaroopananda and ask anything you ever wanted to know about Yoga practice and philosophy and the spiritual path. Swami Swaroopananda is renowned for his clear and illuminating answers, dispelling doubts and fears and inspiring the listener to advance on the spiritual path.

Swami Swaroopananda is a senior disciple of Swami Vishnudevananda and the Director of the Sivananda Ashram Yoga Retreat in the Bahamas. He is also the Acharya (spiritual director) for the Sivananda centers and ashrams in the Middle East and the Caribbean. A practicing yogi from a very young age, he has dedicated his life to the practice and teaching of Yoga.

July 8 - 13
**Family Yoga Week**
Omkari (Tara Rachel Jones), Eka Jyoti, Arjuna, Gauri Devi & Nora Dybdal

**Tuition:** $15 per day per adult ($10 for the first child, $5 for each sibling) + Accommodation or Ashram day rate (first child pays adult rate, 50% reduction for each additional child)

A favorite annual vacation for many parents who wish to gather with like-minded company. Led by experienced Sivananda Yoga instructors and parents, Yoga is made fun for all with dynamism, humor, and play. Open to children ages 4-10 (children under 4 can participate with supervision of a caregiver at all scheduled events).

Omkari is the director and founding teacher of the Youth Yoga Retreat. She holds a B.A. in Early Childhood Education and a M.Ed in Waldorf Education. Omkari has been teaching Yoga to ages 2-18 since 1993.

Eka Jyoti (Edya Kalev) is a Sivananda Yoga and certified MELT teacher, and has assisted in Family Yoga Week since 2012 and in the Youth Yoga Retreat since 2006.

Gauri Devi (Marta Gil) is a Sivananda Yoga teacher and a Registered Children’s Yoga teacher. She teaches Yoga in elementary schools and runs Yoga programs for children, families, and teens.

Nora Dybdal is a Registered Children’s Yoga Teacher and has been assisting and co-teaching with Omkari since 2012.

July 8 - 13
**Yoga Immersion Week for Beginners**

See page 15 for details.

July 8 - 13
**Yoga Immersion Week for Beginners**

Arjuna is a direct disciple of Swami Vishnudevananda and directs the guest programs at the Sivananda Yoga Retreat, Bahamas, during the winter season. Arjuna’s approach is dynamic, personal, and inspiring.

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**July**

**July 13 - 15**
**From Asana to Stillness**
Arjuna

_Tuition:_ Accommodation or Day rate only

Immerse yourself in the basics of Yoga and gain a strong foundation for your Yoga practice. Arjuna will offer techniques for translating the theories of Yoga philosophy into practical tools for everyday living, including Yoga theory of the five sheaths of the body.

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**July 13 - 22**
**The Mysteries of Spiritual Experience: Exploring the Beauty & Wisdom of the Western Tradition**
Ralph White

_Tuition:_ $25 + Accommodation or Day rate

A golden thread of spiritual wisdom can be traced through much of the Western world, dating back to Ancient Greece and beyond; producing golden ages and going underground to escape persecution. We will follow the course of multiple Western esoteric streams and explore their gifts to the present age.

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**July 14, 6:00 am**

**Master Sivananda’s Mahasamadhi**

Join us in celebrating Swami Sivananda’s day of liberation and honoring the Guru’s life. Swami Sivananda attained Mahasamadhi, the final stage of a realized yogi’s spiritual practice where they consciously leave their physical body, on July 14, 1963.

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**July 15 - 20**
**Karma, Dharma, & Free Choice**
Swami Jnaneswarananda

_Tuition:_ $75 + Accommodation or Ashram day rate

“How can I find more fulfillment?” “What is my life’s purpose?” The yogis teach that following what you like and avoiding dislikes is operating out of karma. Dharma is the universal law that seeks to bring all to a state of perfection. Karma can never fulfill your soul, but when actions are done selflessly, karma becomes dharma. Join us to learn how to implement free choice to realize the purpose of the soul and fulfill our spiritual needs.

Swami Jnaneswarananda is a senior teacher at the Yoga Farm in California and teaches in the Sivananda Teacher Training courses in North America, Italy, and India. She teaches with great enthusiasm and humor.

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**July 20 - 22**
**Sufi Songs of Love**
Amir Vahab & The Sacred Trio

_Tuition:_ $25 + Accommodation or Ashram day rate

Amir Vahab and his Ensemble will perform “Sufi songs of Love” selected from the poetry of the great Sufi Masters Rumi, Hafez, Yunus, and Baba Taher. The lively folk and traditional music features the ethereal sounding Ney (mystical reed flute), Oud (the short neck lute), Tombak (Persian goblet drum), and other instruments. The concert concludes with a dynamic drumming performance that echoes the universal heartbeat of existence.

Amir Vahab is considered one of New York’s most celebrated and distinguished composer/vocalists of Sufi and folk music. His work weaves fiery instrumentals and songs of the Middle East and Central Asia. He also lectures at universities and museums, and organizes music therapy and sound healing workshops.
July 22 - 27
Essentials of Meditation Retreat
See page 15 for details.

July 22 - 27
Ayurveda: The Science of Longevity
Gopi
Tuition: $75 + Accommodation or Ashram day rate
Ayurveda is the ancient wisdom of life and longevity. This week, we will share the knowledge passed down through generations about living a healthy, happy life according to each one’s constitution.

Gopi is a Sivananda Yoga teacher and an Ayurvedic Practitioner, certified by Dr. Vasant Lad’s Ayurvedic Institute in New Mexico. She currently shares Ayurveda in the Well-Being Center at the Sivananda Yoga Ranch.

July 22 - 27
Yoga & Hiking Week Retreat
Senior Staff
Tuition: Accommodation or Day rate only
Join us for a five-day hiking vacation in the magnificent Catskill mountains. With daily meditation and Yoga classes, you will learn to integrate techniques of awareness and proper breathing for an enhanced hiking experience, while also gaining the benefits of a healthy organic vegetarian diet.

July 27 - 29
Hip-Opening Weekend Yoga Retreat
Shakti
See bio on page 20
Tuition: Accommodation or Day rate only
A regular Yoga practice can help with hip-flexibility, which in turn can help with overall flexibility and is ideal for supporting a comfortable meditation practice. Join Shakti for a weekend focused on hip-opening variations and tips.

July 27, 6:00am
Guru Purnima: Celebrating the Guru’s Life & Teachings
Join us for an early morning puja (Hindu sacred ceremony) to celebrate the life and teachings of our spiritual teachers, or Gurus, Swami Sivananda and Swami Vishnudevananda.

July 27 - 29
The Yoga of Action: Teachings from the Bhagavad Gita
Swami Brahmananda
Tuition: Accommodation or Day rate only
Karma Yoga, or selfless service, is the first step on the spiritual path. Why? How do we serve? Who do we serve? Join Swami Brahmananda for an in-depth look at the Bhagavad Gita, India’s beloved ancient scripture to learn how service to humanity without attachment of any kind, makes way for more joy, and ultimately prepares us for union with the Divine.

Swami Brahmananda is Manager of the Sivananda Ashram Yoga Retreat in the Bahamas and regularly teaches Yoga philosophy and meditation for the Sivananda Yoga Teacher Training courses as well as meditation immersion courses. He is a much-loved, inspiring, and knowledgeable teacher.

July 26 - August 5
Summer Detoxing Juice Fast
Manu Dawson
Tuition: $490 + Accommodation or Ashram day rate
Juice fasting is one of the fastest and safest ways to eliminate toxins from the body. Detoxifying herbs and supplements support the process, helping to create transformation on the physical, mental, emotional, and spiritual levels. The program begins gradually with organic raw food, followed by fruit and vegetable juice fasting and ending with a raw diet for the last days of your stay.

Manu Dawson is an expert on natural living and holistic healing, trained in clinical nutrition, homeopathy, and herbalism. He is the manager and nutrition consultant of the Integral Yoga Natural Apothecary in NYC.

July 29 - August 3
Positive Thinking Level II: Understanding Adversity
Swami Satyapremananda
See bio on page 16
Tuition: $75 + Accommodation or Ashram day rate
This course explores the practical application of Yoga techniques and philosophy to uplift us through all the changes and chances of life. Using scriptural stories, we will learn to see our own stories in a larger Yogic context and to use all the materials of our lives as guides, to grow in strength, devotion, and discernment to foster a positive attitude in times of both difficulty and joy. Suitable for students who have completed the Power of Positive Thinking Retreat.
August 2 - 30
Yoga Teacher Training Course (ITC)

Are you ready to take your Yoga practice to a deeper, more meaningful level or teach others about the wonderful benefits of Yoga? Join us for four weeks of profoundly transformational Yoga Teacher Training.

For more information see page 9.

August 3 - 5
Yoga for Beginners Weekend Retreat
See page 19 for details.

August 3 - 5
Yoga & Hiking Weekend Retreat
See page 22 for details.

August 3 - 5
Post-Traumatic Growth Immersion Weekend
Molly Birkholm
Tuition: $25 + Accommodation or Ashram day rate

Learn and experience how Yoga, breathing, and iRest Yoga Nidra guided meditation can transform traumatic experiences into deep opportunities for growth and exploration. This immersion is for both survivors of trauma and teachers wishing to learn more about the effective use of Yoga and meditation for trauma including research behind why Yoga and meditation are effective tools for healing trauma.

Molly Birkholm is a Yoga and meditation teacher, professional speaker, consultant, and writer. She is the co-founder of Warriors at Ease and has helped pioneer evidence-based, trauma-sensitive Yoga and meditation programs for PTSD in the military and other communities affected by trauma.

August 5 - 10
Ayurvedic Cooking & Nutrition Course
Dr. S. K. Kamlesh
Tuition: $330 + Accommodation or Ashram day rate

Learn how to cook delicious food based on Ayurvedic guidelines, while learning the theory and application of Ayurveda for better health and wellness. Curriculum includes how to determine your individual constitution, how to utilize oils for aromatherapy, and much more.

Dr. Kamlesh is a Master of Ayurveda (Ayurvedacharya). He studied in Lucknow (India), comes from a distinguished lineage of Ayurvedic doctors, and has been teaching Ayurveda and Ayurvedic cooking for more than 20 years.

August 5 - 10
Yoga Immersion Week for Beginners
See page 15 for details.

August 6 - 10
Meditation & Silence Retreat
Swami Hridayananda
Tuition: $125 + Accommodation or Ashram day rate

Disengage from the distractions of your busy life and dive into a 4-day meditation immersion in the serene setting of the Catskill mountains to explore meditative theory, sitting practice, mauna (silence), and mindfulness. Return home with a meditation practice that you can easily incorporate into your daily life.

Swami Hridayananda is a direct disciple of Swami Vishnudevananda and senior staff of the Sivananda Organization. She has spent over 30 years teaching Yoga and Sivananda Yoga Teacher Training Courses and supporting individuals on this transformative journey.

August 8 - 15
Adapted Sivananda Yoga Certification Course
Lila Saraswati Lolling
See bio on page 30
Tuition: $395 + Accommodation or Ashram day rate

This course is accredited by the International Sivananda Organization and Yoga Alliance and shows how to guide a class with specific variations to build a student up to the Sivananda Yoga Open Class. Lila uses anatomical investigations throughout the course and hands-on tips and techniques for learning.

August 10 - 12
Meditation with Open Eyes
Swami Shantananda
Tuition: Accommodation or Day rate only

Lord Krishna describes in the 7th chapter of The Bhagavad Gita, one of the main philosophical texts of Yoga, how one cannot miss Him even when one is engaged in worldly activities. Join Swami Shantananda for an exploration of this chapter as an open-eye meditation upon the Lord.

Swami Shantananda has dedicated his life to mission work and Vedantic teachings. He is the resident Acharya of Chinmayya Mission centers in New Jersey, Pennsylvania, and New York. His lectures are filled with wisdom and wonderful insights into life.

sivanandayogaranch.org
Balance of body and mind are important for quality of life. Yoga can help improve physical balance and strength, as well as provide a clearer mental basis for making balanced decisions. Join Bharata for a workshop focusing on asana postures that can improve overall physical strength, aid in recovery of a variety of balance disorders, and increase mental concentration. All are welcome.

**August 17 - 19**

**Yantra Painting**
Mavis Gewant
See bio on page 16
Tuition: $25 + Accommodation or Ashram day rate
See page 16 for more information.

**August 17 - 19**

**Healing Sounds**
Dr. John Beaulieu
Tuition: Accommodation or Day rate only
Dr. Beaulieu has pioneered a natural method of healing and consciousness development using tuning forks and other sound. Join him for a weekend to learn how to use sound to achieve harmonic balance of the nervous system and organs, and relieve stress, improve mental clarity, and increase your energy levels.

**August 17 - 19**

**Yoga & Cycling Weekend Retreat**
Tuition: Accommodation or Day rate only
See page 33 for details.

**August 19 - 24**

**The Power of Meditation Retreat**
Padmavati
Tuition: $125 + Accommodation or Ashram day rate
Meditation is now accepted as a powerful tool to counteract the stresses of modern society. Join us for a five-day immersion program, covering all aspects of the theory and practice of meditation, including three daily sitting practices, group chanting, concentration exercises, and workshops. Students will be encouraged to practice silence and maintain a spiritual diary.

**August 19 - 24**

**Yoga & Cycling Week Retreat**
Tuition: Accommodation or Day rate only
Cycling enthusiasts who practice Yoga can develop flexibility, core strength, and balance, along with a calm mind. Enjoy 5 days exploring the rolling hills on peaceful Catskill Mountain roads while enjoying daily practice of asana, pranayama, relaxation, and meditation to enhance your experience both on and off the bike.
**August 25**

*Questions & Answers on Yoga and Spiritual Life*

Swami Asokananda & Srinivasan  
See bios on pages 16 and 47  
**Tuition:** Accommodation or Day rate only  
Join us for an evening of Q&A with two remarkable men who have dedicated their lives to Yoga and the service of humanity. Ask anything you ever wanted to know about Yoga philosophy and practice and the spiritual path.

**August 26 - 31**

*Yoga & Hiking Week Retreat*

See page 42 for details.

**August 26 - 31**

*Philosophy for a Brighter Life: Lessons from the Bhagavad Gita*

Neeti  
**Tuition:** $75 + Accommodation or Ashram day rate  
The philosophical magnificence of *The Bhagavad Gita*, one of the main philosophical texts of Yoga, has inspired a range of leaders, from Mahatma Gandhi to Albert Einstein. Neeti will share how it is not only a source of inspiration but also teaches us to be limitless in our strength, wisdom, talent, and in our love.

Neeti is a senior Sivananda staff member currently based at the Center in New York city. She regularly teaches in Sivananda Teacher Training Courses.

**August 31 - September 3**

*Finding Freedom Through Service and Devotion: Labor Day Weekend Yoga Retreat Celebration*

Ken Whiteley, Srinivasan, Swami Paramananda & Swami Satyapremananda  
See bios on pages 16  
**Tuition:** Accommodation or Day rate only ($25/night holiday surcharge applies)  
Spend your holiday in the beautiful Catskill Mountains enjoying the practices of Yoga, meditation, and sacred music with us and gospel singer Ken Whiteley. We will also celebrate the Birthday of Lord Krishna, one of the most loved deities of the Hindu tradition, with a night of Hindu ceremonies led by the Ashram priest. Enjoy summer walks in the woods, relaxation in the sauna, special Yoga asana classes, heart-opening voice workshops, and more!

Ken Whiteley is one of Canada’s most respected “roots” musicians. A prolific songwriter, a gifted and versatile instrumentalist, and a powerful singer, Whiteley’s music communicates themes of freedom, love, spiritual aspiration, and social comment. Drawing on his incredibly rich background in blues, gospel, and folk styles, his performances are presented with participatory humor, grace and energy.

**September 2, 8pm - 12am**

*Krishna Jayanti - Celebrating the Birthday of the Lord*

Join us for this devotional night of meditation, chanting, and celebration of the birthday of Lord Krishna. Rooms are decorated for the occasion and many Kirtans (devotional songs) are sung. Krishna symbolises righteousness, the power of devotion, and unconditional love. He is called Yogeshvara (the Lord of Yoga). In the famous Yoga scripture *The Bhagavad Gita*, Krishna teaches his student Arjuna the nuances of Yoga and how to apply them in everyday life.

**September 2 - 7**

*Yoga Immersion Week for Beginners*

See page 15 for details.

**September 2 - 7**

*Raja Yoga: The Royal Path of Meditation*

Swami Satyapremananda  
See bio on page 16  
**Tuition:** $75 + Accommodation or Ashram day rate  
Raja Yoga, the path of bringing the mind under control, is the most systematic and scientific approach to God-realization. This course explores Yoga’s psychological understanding of the causes of suffering and how to remove them, with a particular emphasis on how to develop and practice concentration, through the precepts of this ancient science as compiled by Patanjali Maharishi in his *Yoga Sutras*.

**September 6 - 20**

*Sadhana Intensive*

The Sivananda Yoga Sadhana Intensive is a unique opportunity to extend the limits of your personal practice. This course is based on individually guided self-practice, which is divided into two or three sessions per day with an emphasis on intense and prolonged pranayama.

For more information see page 11.

**September 7 - 9**

*Yoga & Hiking Weekend Retreat*

See page 22 for details.

**September 2, 8pm - 12am**

*Yoga Immersion Week for Beginners*

See page 15 for details.
September 7 - 9
Yoga for Healthy Joints & Bones
Savitri-Devi
Tuition: $75 + Accommodation or Ashram day rate
The body structure is the foundation for good posture and well-being. Join Savitri-Devi to discover how to restore, maintain, and strengthen your spine, hip, and wrist joints. She will also share nutritional secrets for joint nourishment and bone-loss prevention, and how to perform gentle but effective weight-bearing Yoga asanas to protect joints and encourage bone growth.

Savitri-Devi (Beata Barnard) was initiated by Swami Vishnudevananda and regularly teaches in Sivananda Yoga Teacher Training Courses. As a recreation therapist, she has worked in nursing homes for 15 years and developed and teaches a comprehensive Yoga system for people with osteoporosis (www.Osteomtherapy.com).

September 14 - 16
Chair Yoga Training: Learn to Teach Seniors & Those with Limited Mobility
Anjaneya
Tuition: $195 + Accommodation or Ashram day rate
Learn to adapt the Sivananda practice for those with limited mobility. The course specializes in teaching seniors and students living with MS, Parkinson’s disease, stroke recovery, and dementia. Other topics include anatomy of aging and tools for communicating with this specific population. This course offers CYT Teachers 15 CEUs.

Anjaneya (Michael Hutkins) is a Sivananda Yoga teacher in Ottawa, Canada. He developed this course to help more teachers share Yoga with those who could not attend the regular classes and now offers this training worldwide.

September 14 - 16
Love & Wisdom: Narada Bhakti Yoga Sutras
Swami Satyapremananda
See bio on page 16
Tuition: Accommodation or Day rate only
Narada’s Bhakti Sutras explain the process, practice, and benefits of devotion (Bhakti). Join Swami Satyapremananda for an exploration of stories of the Vedic sage, which demonstrate how to transform our thinking habits so we can experience the relationship between Bhakti and Jnana (wisdom).

Krishnapriya is a massage therapist and Sivananda Yoga teacher. She is also a Raw Food and Life Food educator and chef.

Parameshwara is a personal trainer, spinal rehabilitation therapist, and Sivananda Yoga teacher. He has participated and assisted in juice fast programs since 2009.

September 14 - 16
Yoga & Cycling Weekend Retreat
See page 33 for details.

September 16 - 21
Essentials of Meditation Retreat
See page 15 for details.

September 21 - 23
Indian Cooking for a Lighter Life
See page 28 for details.

September 28 - 30
Yoga for Stress Relief
Swami Dharmananda
Tuition: Accommodation or Day rate only
Stress has been shown to be the underlying cause of most illness and disease. Learn and practice time-tested yogic principles to achieve a deep sense of peace and well-being, while learning how to recognize negative tendencies and habits that lead to stress and its effects.

Swami Dharmananda is the assistant director and spiritual advisor to staff and students of the Sivananda Ashram Yoga Farm in California. He teaches Yoga and meditation, presenting the classical teachings in a practical and accessible way to people of all backgrounds.

September 23 - 28
Karma Yoga Week: Love in Action
See page 20 for details.

September 23 - 28
Introduction to the Sanskrit Alphabet
See page 22 for details.

September 28 - 30
Yoga for Beginners Weekend Retreat
See page 19 for details.

Krishnapriya & Parameshwara
tuition: $75 + Accommodation or Ashram day rate
Celebrate the change of seasons with a detox weekend, enjoying fresh organic juices, which provide nutrients, cleanse the digestive system, and restore energy and balance. The yogic practices of asanas (postures) and pranayama (breathing exercises) support the process to gently move the toxins out.

September 21 - 23
Autumn Juice Detox & Yoga Weekend Retreat
Krishnapriya & Parameshwara
See bio on page 16
Tuition: $75 + Accommodation or Ashram day rate
The yogic practices of asanas (postures) and pranayama (breathing exercises) support the process to gently move the toxins out.

Swami Dharmananda is the assistant director and spiritual advisor to staff and students of the Sivananda Ashram Yoga Farm in California. He teaches Yoga and meditation, presenting the classical teachings in a practical and accessible way to people of all backgrounds.
Permaculture weekend: Harvest & Envisioning - Gathering Fruits & Going Within
Jared Williams & Lala Montoya
See bios on page 12
Tuition: $50 + Accommodation or Ashram day rate
Join us for a weekend of harvesting, sharing the taste of the fall apples and hardy kiwis, learning practices for preserving the harvest, and managing the garden so we can put it to rest, go within for healing in the winter, and be ready for the spring. This weekend, we will dive deeply into the permaculture principles: Apply self regulation, accept feedback, and creatively use and respond to change.

Meditation & Mantras Week retreat
Mukti Devi
See bio on page 19
Tuition: $75 + Accommodation or Ashram day rate
A Mantra is one of the most powerful and useful tools to help with meditation. Swami Sivananda defines Mantra as “divinity encased within a sound structure.” Join us as we explore different ways to choose and use a Mantra with, and through its different levels and subtleties of their vibrations to help cut through the mental clutter and deepen your meditation practice.

Bhakti Yoga in the Bhagavata Tradition
Dr. Edwin Bryant
Tuition: $25 + Accommodation or Ashram day rate
It is in the Puranas that Bhakti Yoga, the path of devotion, is best outlined and exemplified. This workshop will consist of exploring some of the best known and loved Bhakti Yoga stories and teachings from the Bhagavata Purana, about Lord Krishna and also the amazing lives of the best known yogis of long ago and their astonishing Yoga practices.

Painting Planet Mandalas
Mavis Gewant
See bio on page 16
Tuition: $110 + Accommodation or Ashram day rate
Indian astrology has long taught that energy released by the orbiting planets affects our lives and that energy can also be directed and harnessed to improve our spiritual, mental, and physical well-being. Mandalas are sacred circular energy patterns that reflect our inner nature. By working with associated colors and Mantras, this meditative painting practice will connect you to the deeper energies of the planets, creating more harmony, peace, and energy.

Goddess Weekend
Justine Sutherland (Satyavati)
Tuition: $45 + Accommodation or Ashram day rate
Connect with nature and your Goddess energy in this weekend filled with activities to inspire, empower, and celebrate your inner Goddess. Through Yoga, hiking, a Goddess workout, archery, a Native American Water Ceremony, and creating your own unique Goddess oil, you will awaken the Divine Goddess within. Please bring a pair of 3-, 4-, or 5-pound hand weights.

Devī: Stories, Symbolism, & Songs of the Divine Mother
Swami Satyapremananda
See bio on page 16
Tuition: Accommodation or Day rate only
This special Navaratri workshop explores the stories and symbolism of the Divine Mother as the universal power of unconditional love. In looking at her different aspects, we see how she helps us transform our lives, guiding us to our own inner resources to overcome fear and negative habits, to rise above inertia and restlessness, and to realize the highest joy and wisdom.

The Power of Positive Thinking Retreat
See page 15 for details.

Yoga & Hiking Weekend Retreat
See page 22 for details.
October 19 - 21
**Advanced Asana Weekend Retreat**
See page 20 for details.

October 21 - 26
**Essentials of Meditation Retreat**
See page 15 for details.

October 26 - 28
**Cooking the Ultimate Vegetarian Holiday Dinner**
Jayanta
See bio on page 20
Tuition: $25 + Accommodation or Ashram day rate
Thanksgiving and Christmas dinners can be a challenge for vegetarians. Join Jayanta in the kitchen to learn how to create a vegetarian holiday dinner that is delicious, healthy, and does not cost the earth.

November 2 - 4
**Niyamas - How to Cultivate Inner Peace & Happiness**
Srinivasan
See bio on page 16
Tuition: Accommodation or Day rate only
The Niyamas, or “Observances”, of Raja Yoga are essential foundations of Yoga and meditation: keys to developing beauty, contentment, resilience, Self-knowledge, and devotion. Whether your goal is meditation and Self-realization or building a happy, healthy life, they are indispensable tools. Join Srinivasan for an introduction to the five Niyamas, with guidance on how to implement them in everyday life.

November 9 - 11
**Yogic Tips for Sustainable Living**
Mukti Devi & Jayanata
See bios on pages 19 & 20
Tuition: $25 + Accommodation or Ashram day rate
Everyday life offers innumerable opportunities to put Yogic practices into action for more peace of mind and happiness. Join us to learn how our shopping, cooking, cleaning, transportation, and every interaction, however small, can improve both ourselves and the world around us.

November 16 - 18
**Less Stress More Joy: Yogic Tips for a Better Life**
Shakti
See bio on page 20
Tuition: Accommodation or Day rate only
Being “stressed-out” has become an all-too-familiar state for many. It not only affects mood and outlook, but also impacts long-term health. Learn how to use the ancient wisdom and practices Yoga offers to help cope with everyday challenges and create more balance and well-being in your life.

November 18 - 23
**Essentials of Meditation Retreat**
See page 15 for details.

November 22 - 25
**Thanksgiving Celebration: The Attitude of Gratitude**
Swami Satyapremananda
See bio on page 16
Tuition: Accommodation or Day rate only ($15/night holiday surcharge applies)
Gratitude is the key to happiness, inner peace, and successful relationships. Join Swami Satyapremananda for a unique opportunity to learn how to view all experiences as an awakening towards growing, acceptance, and finding true peace in your life.
December 2 - 7
Yoga Immersion Week for Beginners
See page 15 for details.

December 7 - 9
Indian Cooking for the Festive Season
Neeti
See bio on page 28
Tuition: $25 + Accommodation or Ashram
day rate
The Holiday season is the perfect time
to come together and enjoy the simple
things in life. Join Neeti for a weekend in
the kitchen, preparing Indian dishes for
health, happiness, and celebration!

December 14 - 16
Bhakti Yoga Weekend Retreat
Shakti
See bio on page 20
Tuition: Accommodation or Day rate only
Transform emotions into devotion by exploring the practices of Bhakti Yoga, the
path of love, and experience its power
to uplift hearts, minds, and spirits. We will
discover why Bhakti is the easiest path to
Self-realization through stories, chanting,
and theory.

December 14 - 16
Yoga for Back Care
See details on page 27.

December 21 - 23
Yoga for Beginners Weekend Retreat
See page 19 for details.

December 21 - 23
Karma Yoga: Love in Action
Weekend Retreat
Swami Paramananda
See bio on page 16
Tuition: 50% discounted Accommodation
or Day rate only
Karma Yoga, often translated as self-
less service, is also known as the Yoga
of Action, which purifies the heart and
mind. By serving others, we discover new
depths of love and joy within ourselves.
Join the Ashram community for a week-
end of Karma Yoga practice and theory,
and learn how this practice can trans-
form your everyday life.

December 23 - 26
Ashram CLOSED

New Year's Yoga Retreat
Tuition: Accommodation or Day rate
only ($15/night or $25 on 12/31 holiday
surcharge applies)
The days leading up to a new year are the
perfect time for reflection and making posi-
tive changes towards self-transformation
and empowerment. Learn the tools to cul-
tivate inner peace and deepen your un-
derstanding of body, mind, and spirit. See
website for details.

(845)-436-6492
sivanandayogaranch.org
The Practice of Karma Yoga

The Ranch is open to receive volunteers who wish to spend a period of time immersed in a lifestyle that is conducive to the practice of Yoga and meditation and that also provides the venues for practical spiritual learning on a day-to-day basis. Being part of the staff provides the opportunity for you to learn not only how to share and live in peace and harmony with others, but most of all, how to respect everyone and everything as a manifestation of your very being. Join in the daily life of the Ashram community as a Karma Yogi. You will learn, grow, and expand your horizons in this diverse environment of spiritual aspiration and service.

Karma Yoga Program

This program is designed to introduce the Yogic way of life and to teach participants practical techniques for healthy living. Included is: mandatory attendance at morning and evening Satsang (meditation, chanting, and lecture) as well as one Hatha Yoga class per day. Selfless service is an integral part of this program, and as a Karma Yogi, you are expected to do five to six hours of selfless service (Karma Yoga) per day. Theory and practical guidance is provided by senior staff of the Ashram. For more information, please visit our website or contact the Ranch by email or phone. To apply for the program go to: sivanandayogaranch.org/karma-yoga/.

***The Karma Yoga program is recommended for those interested in taking the Teacher Training Course. It provides a great foundation to the Yogic lifestyle and teachings.

A minimum of one month commitment is required

Shared room: $1,000  Bring your own tent: $750 (May through September only)

Advanced Karma Yoga Program

This program is suitable for those who are already Yoga teachers and/or have completed one month of service as a Karma Yogi. A minimum of three months commitment is required. For more information please visit our website or contact the Ranch by email or phone. To apply for the program go to: sivanandayogaranch.org/advanced-karma-yogis/.
Take time between workshops and Yoga classes to enjoy nurturing and healing treatments and consultations with our skilled practitioners.

*Please note, the Well-Being Center is open from January through October 2018.

Services include:

**Ayurveda Consultation**
Ayurveda, a sister science of Yoga, is an ancient system of holistic living that teaches us how to balance our daily life with our unique physical and mental constitution. A consultation is a two-hour meeting with an Ayurvedic practitioner who will explore your constitution, evaluate the signs and causes of actual or potential imbalances, then design a treatment plan specifically for you. You will be given a personalized plan with simple steps to follow in order to re-balance your health and mind.

**Ayurveda Body Treatments**
Bliss Therapy consists of abhyanga (a balancing warm oil body massage), followed by shirodhara (streaming of warm oil over the forehead and scalp) or nasya (a facial using gentle heat and application of oil to the nasal passages), basti (localized retention of oil), and ayurvedic facials.

**Therapeutic Massage**
Therapeutic massage supports general health by increasing circulation, relieving stress, and enhancing the immune system. Experienced therapists in energy and bodywork modalities will customize the massage for you to relieve muscular pain, while providing a relaxing and rejuvenating experience.

**Thai Yoga Massage**
Thai Yoga Massage is a bodywork treatment that relieves muscular tension, improves circulation, boosts the immune system, and balances the body energetically to facilitate mind-body integration.

We recommend scheduling treatments in advance in order to secure the date. For more information, please visit our website or telephone us.

**Helpful Reminders**
Your stay at the Ashram requires a sincere interest in experiencing a Yogic lifestyle. We welcome beginners as well as more experienced Yoga practitioners. In order to maintain the proper ashram atmosphere, participation in the morning and evening satsang (meditation, chanting, lecture) and at least one of the daily Yoga classes is mandatory. We also invite you to join in the practice of Karma Yoga (selfless service) for an hour daily. Those who wish to offer selfless service support our team of volunteers with various tasks that may need attention around the Ashram.

In order to enhance your experience, we suggest that you limit your use of cell phones and computers as much as possible during your time with us, especially an hour before and after classes and satsangs.

Non-vegetarian food, drugs, alcohol, and tobacco are not permitted on the premises.

We serve two organic vegetarian meals daily, which are offered in a buffet style setting. Additionally, linens, towels, Yoga mats, and meditation cushions are also provided. The boutique offers clothing, Yoga and meditation items, personal care products, gifts, books, and healthy snacks.

See page 13 for more details regarding our daily schedule.

**What to Bring**
Recommended items include:
- casual, comfortable, modest (covered legs and shoulders) clothing for Yoga and meditation
- hiking shoes and/or sneakers
- hiking clothes (dependent upon season)
- bathing suit (for sauna use)
- flashlight
- toiletries
- easy slip-on outdoor shoes or boots
- indoor shoes or slippers
- water bottle and/or thermos for hot tea
- alarm clock

**Arrival and Departure**
Our guest rooms are simple yet comfortable. In the seasons of spring, summer, and fall many guests choose to stay in tents on the Ashram grounds.

**Check-in time**: 2:00pm or later  
**Check-out time**: 12:00pm or earlier

We serve two organic vegetarian meals daily, which are offered in a buffet style setting. Additionally, linens, towels, Yoga mats, and meditation cushions are also provided. The boutique offers clothing, Yoga and meditation items, personal care products, gifts, books, and healthy snacks.

We recommend scheduling treatments in advance in order to secure the date. For more information, please visit our website or telephone us.
REGISTRATION & RATES

If you would like to make a reservation, you may do so through our website (sivanandayogaranch.org) or over the phone (845-436-6492).

By Car - 100 miles from NYC:
500 Budd Road, Woodbourne, NY 12788
• Take 87 North (NY Thruway) to Exit 16 - Route 17 West
• Continue to Monticello, Exit 105B - Highway 42 North
• Take 42 North for approximately 12 miles, until it turns into 52 East
• Continue until you see a Firehouse on your left, and veer left before the Firehouse onto Firehouse Road
• Make an immediate left at the stop sign onto Budd Road
• Continue 2.5 miles on Budd Road
• Look for the Sivananda Ashram Yoga Ranch sign and large solar array carport on the right, and head up our driveway on Yoga Road.

By Bus - Shortline Bus from NYC, NY*
• Go to Port Authority - 42nd Street & 8th Avenue
• Go to the 2nd floor to purchase tickets at the Short Line ticket counter. Ask for tickets to Woodbourne, New York.
• Go to the 3rd floor and follow signs to the Shortline Bus Terminal.
• The bus runs from NYC Port Authority to Monticello, where you transfer to a bus to Woodbourne.
• Once on the bus to Woodbourne tell the driver to stop at the Citgo gas station in Woodbourne.
• Once you arrive at the Citgo gas station in Woodbourne, please call the Ashram and we will be happy to pick you up there. It’s just a short drive.

*Discounted bus tickets can be purchased from the Yoga Ranch.

Day Rates
No overnight stay

Full Day (2 Yoga classes, 2 meals, facilities) $50
Half Day (1 class, 1 meal, facilities) $25
Class and Meal $20
Class or Meal $12
10 Class/Meal Pass $70
10 Class/Meal Pass (locals only) $15

Accommodation Rates
Children 5 years of age and under stay for free
Children 6 - 12 years old stay for half price
Children 13 years and older are full price

** Family week and the Youth Retreat have different costs; please refer to programs for more details.

The Sivananda Yoga Vedanta Centers are a 501c(3) registered non-profit charitable and educational institution. Donations unrelated to ashram services are tax-deductible.

Payments: We accept cash, checks, Visa, and Mastercard, Discover, and American Express

Cancellation Policy: Sivananda Ashram Yoga Ranch (SAYR) reserves the right to cancel a program at any time. If SAYR cancels a program, you will receive a full refund. Some programs may have special cancellation policies; see individual workshop descriptions on the website.

Unless mentioned otherwise on individual workshop pages:
• At the time of reservation a fifty dollar ($50) non-refundable deposit must be made. Three days prior to your arrival your credit card will be charged for the full amount of your stay.
• If a reservation is cancelled within three days of your program or stay, a non-refundable credit towards a future SAYR program or stay (less a $50 processing fee) will be held on account for 12 months.
• No credit or refund is available for cancellations on the day of arrival, no-shows, or for early departure from an event for any reason. No refund will be available due to dissatisfaction of the presentation or content of any program attended.
• To cancel a reservation, you must call the Yoga Ranch office: 845-436-6492.
• When making a reservation, please inform the office if you have any special needs.

Accommodation Rates

<table>
<thead>
<tr>
<th>Tent Space (bring your own tent)</th>
<th>Weekday</th>
<th>Weekend</th>
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</thead>
<tbody>
<tr>
<td>$60</td>
<td>$75</td>
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<table>
<thead>
<tr>
<th>Shared Rooms (3 - 4 people / room)</th>
<th>Weekday</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>$80</td>
<td>$95</td>
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</table>

<table>
<thead>
<tr>
<th>Double Room (2 people / room)</th>
<th>Weekday</th>
<th>Weekend</th>
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</thead>
<tbody>
<tr>
<td>$95</td>
<td>$110</td>
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</table>

<table>
<thead>
<tr>
<th>Single Room</th>
<th>Weekday</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>$115</td>
<td>$130</td>
<td></td>
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</tbody>
</table>

**all with shared bathroom facilities

<table>
<thead>
<tr>
<th>Apartment with private bath (2 - 4 people)</th>
<th>Weekday</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>$115</td>
<td>$130</td>
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</table>

<table>
<thead>
<tr>
<th>Apartment with private bath (1 person)</th>
<th>Weekday</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>$170</td>
<td>$185</td>
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sivanandayogaranch.org

(845)-436-6492
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