



# SIVANANDA YOGA VEDANTA CENTRE BERLIN

Founder: Swami Vishnudevananda

## *Journey to the meaning of life*

7 days of yoga practice and Eastern wisdom melodies

Monday, January 8<sup>th</sup> to Sunday, January 14<sup>th</sup> 2018



**Guest of honour: Sri Venugopal Goswami**

**Bhakti Yoga Acharya, Vrindavan, North India**

Readings and discourse from the classical yoga scripture Bhagavatam on the journey to the meaning of life. The storytelling, poetry, music and philosophy uplift the heart and the mind.

With live music: harmonium, vocals, bamboo flute, shanai oboe and tabla.

## Program

### Monday, January 8<sup>th</sup>

**5:00 pm** Asana workshop: "Breathing and development of vital capacity" with Swami Satyananda

**6:30 pm** Lecture: "Yoga in 8 steps: according to the verses of Patanjali Maharishi – Part 1" with Swami Sivadasananda

**8:00 pm** Wisdom verses and music with Sri Venugopal Goswami and music ensemble: "Recognition of Reality"

### Tuesday, January 9<sup>th</sup>

**5:00 pm** Asana workshop: "Extended sensory nervous system from head to toe" with Swami Gokulananda

**6:30 pm** Lecture: "Yoga in 8 steps: according to the verses of Patanjali Maharishi – Part 2" with Swami Sivadasananda

**8:00 pm** Wisdom verses and music with Sri Venugopal Goswami and music ensemble: "The nectar of Satsang"

### Wednesday, January 10<sup>th</sup>

**5:00 pm** Asana workshop: "Backward bends and headstand" with Swami Sivadasananda

**6:30 pm** Lecture: "From physical to mental health" with Swami Gokulananda

**8:00 pm** Wisdom verses and music with Sri Venugopal Goswami and music ensemble: "Inner wealth"

### Thursday, January 11<sup>th</sup>

**5:00 pm** Asana workshop: "Feeling the movement of the vertebrae" with Swami Sivadasananda

**6:30 pm** Lecture: "The higher spirit: Inspiration from the texts of Swami Sivananda – Part 1" with Swami Gokulananda

**8:00 pm** Wisdom verses and music with Sri Venugopal Goswami and music ensemble:

"Preconditions to inner peace"

### Friday, January 12<sup>th</sup>

**5:00 pm** Asana workshop: "Balancing postures and triangle" with Swami Sivadasananda

**6:30 pm** Lecture: "The higher spirit: Inspirations from the texts of Swami Sivananda – Part 2" with Swami Gokulananda

**8:00 pm** Wisdom verses and music with Sri Venugopal Goswami and music ensemble: "The harmony of life"



### Swami Durgananda,

Yoga Acharya, senior student of Swami Vishnudevananda and director of the Sivananda Yoga Vedanta Centres in Europe. Her practical and intuitive style of teaching is the result of intense practice and over 40 years of teaching experience.



### Swami Sivadasananda

Yoga Acharya, has taught at workshops around the world for many years. He is renowned for his inspiring and balanced teaching of asanas and pranayama.

## Saturday, January 13<sup>th</sup>

- 8:00 am** Puja – Purifying ceremony for the meditation altar with a priest from South India
- 11:00 am** Asana workshop: "Shoulderstand cycle and the Half Spinal Twist" with Swami Satyananda
- 11:00 am** YOGA TEACHER WORKSHOP with Swami Sivadasananda: "Teaching Sun Salutation"
- 1:00 pm** Vegetarian lunch
- 2:30 pm** LECTURE with Swami Durgananda "Obstacles and how to overcome them"
- 4:00 pm** Asana workshop: "The mind-body axis" with Swami Sivadasananda
- 7:00 pm** CLASSICAL RAGA CONCERT: Eastern wisdom melodies with Sri Venugopal Goswami and music ensemble

## Sunday, January 14<sup>th</sup>

- 8:00 am** Initiation of the new Krishna Statue with a priest from South India in the meditation hall
- 11:00 am** Asana workshop: "Focus on Pranayama" with Swami Sivadasananda
- 1:00 pm** Vegetarian lunch
- 2:30 pm** LECTURE with Swami Sivadasananda: "On the wings of devotion and wisdom"
- 4:00 pm** Asana workshop "Pose – counterpose - relaxation" with Swami Gokulananda
- 6:30 pm** Wisdom verses and music with Sri Venugopal Goswami and music ensemble: "The essence of universal love"

### Prices

**Wisdom verses with music:** on donation basis.

**Price per single event (Asana Class, Lecture):** € 17

**One day pass:** € 25

**Pass for the whole program:** € 150

Registration online:  
[www.sivananda.org/berlin](http://www.sivananda.org/berlin)  
 Email: [berlin@sivananda.net](mailto:berlin@sivananda.net)

For Eastern European teachers and students half-price.

Sivananda Yoga Vedanta Zentrum Berlin  
 Founder: Swami Vishnudevananda

Schmiljanstraße 24 · 12161 Berlin  
 (U9 Friedrich-Wilhelm-Platz)  
 Tel. (030) 85 99 97 98 · Fax (030) 85 99 97 97