

**Calendar of Events with Swami Vedantananda 2017**  
**To find out more information about any of the course or**  
**programmes below please email [swamivedantananda@gmail.com](mailto:swamivedantananda@gmail.com)**

**January**

14<sup>th</sup> Master Class at Centro de YogaMonchique, subject  
Meditation, to book a place call 00351 964 047 369

**February**

11<sup>th</sup> Master Class at Centro de YogaMonchique, subject TBA, to  
book a place call 00351 964 047 369

17<sup>th</sup> – 19<sup>th</sup> Programme in Bulgaria

**March**

11<sup>th</sup> Master Class at Centro de YogaMonchique, subject TBA, to  
book a place call 00351 964 047 369

25<sup>th</sup> – 26<sup>th</sup> Yoga Nidra Training Course weekend 1 in Holland

**April**

8<sup>th</sup> – 9<sup>th</sup> Yoga Nidra Training Course weekend 1 in England

15<sup>th</sup> Master class at Centro de YogaMonchique, subject TBA, to  
book a place call 00351 964 047 369

21<sup>st</sup> – 23<sup>rd</sup> Programme in Bulgaria

**May**

6<sup>th</sup> Master Class at Centro de YogaMonchique, subject TBA, to  
book a place call 00351 964 047 369

17<sup>th</sup> – 22<sup>nd</sup> Ayurvedic Cookery Course at Poio do Acor

**June**

2<sup>nd</sup> – 4<sup>th</sup> Programme in Bulgaria

10<sup>th</sup> Master class at Centro de YogaMonchique, subject TBA, to  
book a place call 00351 964 047 369

24<sup>th</sup> – 25<sup>th</sup> Yoga Nidra Training Course weekend 2 in England

**July**

1<sup>st</sup> – 2<sup>nd</sup> Yoga Nidra Training Course weekend 2 in Holland

8<sup>th</sup> Master class at Centro de YogaMonchique, subject TBA, to  
book a place call 00351 964 047 369

20<sup>th</sup> – 24<sup>th</sup> Tattwa Shuddhi retreat at Poio do Acor

## **September**

9<sup>th</sup> Master class at Centro de YogaMonchique, subject TBA, to  
book a place call 00351 964 047 369

16<sup>th</sup> – 17<sup>th</sup> Yoga Nidra Training Course weekend 3 in England

23<sup>rd</sup> – 24<sup>th</sup> Yoga Nidra Training Course weekend 3 in Holland

## **November**

25<sup>th</sup> Master class at Centro de YogaMonchique, subject TBA, to  
book a place call 00351 964 047 369

## **December**

### **Typical Daily Programme for retreats here**

7.00 Early morning chanting and asana class  
8.30 Breakfast  
9.30 Karma Yoga  
10.30 Tea break  
11.00 Session  
12.30 Lunch  
1.30 Free Time  
3.30 Yoga Nidra  
4.0 Tea break  
4.30 Karma Yoga  
6.00 Supper  
7.30 Evening Programme  
9.0 Mouna (silence), Bed

### **Further Courses Available please enquire for details**

#### **Personally Tailored Retreats (PTR's)**

Over recent years many people have been asking for and even coming for personal retreats. Some come alone and retreat into the surroundings of Poio do Acor and themselves, others are bringing groups of yoga students and friends

#### **Now PTR's will be a part of the programme here.**

You can choose to come alone or with a group for a weekend, a few days or a few weeks. You can choose to be left alone to do your own sadhana or decide on a theme for any sessions you may have with Swami Vedantananda, and you can choose the programme type that best suits your needs.

There is always morning chanting and two hours of Karma Yoga per day. Prices include accomodation, food and tutition where taken

#### **Outline of PTR programme types**

##### **PTR1                    25 Euros per person per night**

Early morning chanting  
Karma Yoga  
Access to sadhana room for personal practice  
Rest, Walk, Read, Relax and Recharge

##### **PTR 2                    50 Euros pp/pn**

Early morning chanting  
Karma Yoga

Early morning asana and pranayama class  
Free Time  
Yoga Nidra Class  
Evening Programme

**PTR 3                      70 Euros pp/pn**

Early morning chanting  
Karma Yoga  
Early morning asana  
Mid morningsession  
Free Time  
Yoga Nidra Class  
Mid afternoon session  
Evening Programme

**Pranayama Sadhana**

A six day course held as 3 weekends over a 3 month period. This course brings the practice of Pranayama into the limelight and gives a daily sadhana for the duration of the course

**Yoga Nidra Module**

A six day course held as 3 weekends over a six month period to learn to teach the practice of Yoga Nidra

**What is Karma Yoga?**

Karma Yoga is an integral part of any Satyananda Yoga programme or course. It is the yoga of action, the performance of selfless service, with awareness. One learns to perform actions without attachment to the fruits or the results of that work. Through the practice of Karma Yoga the mind becomes clear. It gives an opportunity to be totally in the present moment. It is a yoga of dynamic meditation.

Watch your mind!