

Calendar of Master Classes 2018

with Swami Vedantananda Saraswati

**Venue: Centro de Yoga Monchique, 48, Rua Sao Sebastiao,
Monchique, 8550-450, Algarve, Portugal**

Time: 2.30 - 5.30

Cost: 20.00 Euros per class

Contact: 00351 964 047 369

January

21st Begin the New Year with positive vibrations, Mantras
for health and healing

February

24th Mantras for Health and Healing

April

7th Ancient Teachings for Today`s World

May

19th Continuing the April theme

June

23rd Continuation of above theme

July

28th Pranayama Sadhana

September

8th Pranayama Sadhana

December

1st From Asana to Ananda

**To find out more information about any other course or
programmes with Swami Vedantananda please check the
website www.vedantananda.com**

Tattwa Shuddhi Retreat

to explore this Tantric meditation practice

Thursday 19th July – Monday 23rd July 2018
With - Swami Vedantananda Saraswati

The practice of Tattwa Shuddhi uses the tools of Tantra - yantra, mantra and mandala - to allow us to delve into the deeper aspects of our being, beyond the realm of body and mind, and experience our true nature. Tattwa means the elements (earth, water, fire, air and ether) and Shuddhi means purification. Therefore Tattwa Shuddhi is a practice whereby we purify the subtle essence of the tattwas, of which the body is composed, as well as the underlying consciousness relating to those elements. It is a system to purify the whole being, a shankhaprakshalana on the entire network of energy systems.

Dates: Thursday 19th July {arrival} – Monday 23rd July
{departure} 2018

Venue: Poio do Acor, Monchique, Algarve, Portugal

Cost: 300.00 Euros (excluding flights and travel to the venue). Payable in euros, euro cheques or sterling cheques, at the exchange rate at the time of booking. Cheques payable to V. Saraswati.

Course Tutor: Swami Vedantananda Saraswati

Course Requirements: To be have been practising yoga and Meditation for at least 4 years

The Programme: will early morning Asana and Pranayama class, Yoga Nidra, Meditation, Lecture, Discussion, Satsang, Karma Yoga, Chanting and Havan.

The venue: Poio do Acor is a remote and rustic retreat space with wonderful views of the soft rolling mountains of the Monchique Serra. It is the perfect environment for reflection and deepening of one's self practice and to re-connect with nature. Through simple and regular living with only the basic comforts these retreats offer the chance to live yoga.

As the area is mountainous it is steep in places. Be prepared to consider this experience an adventure with nature. Poio do Acor operates solely on solar power so there will be no chance to charge electronic games or computers, use hairdryers or kettles so please do not bring. **N.B. It will be hot in July**

Accommodation: The accommodation is basic and shared. Sleeping areas range from caravans, wooden cabins, to more permanent structures. Showers will mainly be shower bags and the toilets are compost toilets. This is not 3 star accommodation nor for the faint-hearted. Bedding will be supplied, please bring your own towel. Camping in tents is also an option. Food will be vegetarian.

What to bring: Ecological washing products only, torch, sensible shoes, mosquito repellent, sun protection cream, sunhat and glasses, neti pot and mala (if you have), a range of clothing to suit all weathers, including light waterproofs, a warm fleece or jumper and swimming gear. Yoga mats, blankets and cushions are supplied

Travel Insurance: Each individual must arrange their own travel insurance and ensure they have a European Health Insurance Card which can be obtained via the **BOOKING** website www.nhs.uk health information link or tel. 0845 46 47 (for UK only).

How to get there: Transfers from and to Faro Airport can be arranged when booking a place on the Retreat, however, is not included in the cost. Please send flight details with booking form for your transfers to be arranged. When booking your return journey earliest arrival time **at the airport** can be 11.00 am

If you wish to make your own travel arrangements from and back to Faro please indicate on the booking form. Faro airport is about one and a half hours and Lisbon is about three hours from the venue by car, please allow much more time if travelling by public transport. If making your own arrangements the meeting point will be Monchique Town.

For further details please contact Swami Vedantananda at swamivedantananda@gmail.com

Booking Form

To enrol for the course please complete the form below and email it to Swami Vedantananda at swamivedantananda@gmail.com

I wish to enrol for the Tattwa Shuddhi Course 19th – 23rd July 2018

Name.....

Address.....

.....

email.....

Telephone Mobile.....

Any Dietary requirements:

Signature.....Date.....

You are welcome to arrive early or stay on after the retreat, this will be charged at 10 euros per night

Typical Daily Programme for retreats at Poio do Acor

7.00 Early morning chanting and asana class
30. Breakfast
9.30 Karma Yoga
10.30 Tea break
11.00 Session
30. Lunch
30. Free Time
30. Yoga Nidra
4. Tea break
30. Karma Yoga
6.00 Supper
30. Evening Programme
9. Mouna (silence), Bed

Personally Tailored Retreats (PTR's)

Over recent years many people have been asking for and 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

PTR's are 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 morning session

Free Time

Yoga Nidra Class

Mid afternoon session

Evening Programme

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!

Courses also held here or in other European countries and the UK

Yoga Teacher Training - 2 years and **Yoga Teacher Integration Course** – 1 year

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 Course

A six day course held as 3 weekends or six separate days over a six month period to learn to teach the practice of Yoga Nidra – For Yoga teachers only

Meditation course

A six day course for Yoga Teachers to learn the art of teaching simple meditation techniques

Swami Vedantananda in UK

The jewel in the lotus



Hridayakasha

Yoga and Meditation on the Heart Space

Harrogate

30th June-1st July 2018

Swami Vedantananda Saraswati

Yoga and Meditation on the Heart Space

In many of the Upanishads, the most ancient books in the library of mankind, the underlying theme is that the Real Self, the Atman or Soul resides in the Heart space and by connecting to this we have a glimpse of who we are in essence. Through practices of asana, pranayama, mudras, bandhas, Yoga Nidra, meditation and a light look into these texts we will explore this space and begin to discover this jewel in the lotus of the heart.

Venue: Well House Farm Yoga Space, Cote Hill Road, Felliscliffe, Harrogate, HG3 2LN

Dates: June 30th – 1st July

Timings: Saturday 10.00 to 5.00, Sunday 10.00 to 4.00

Cost: £150.00 for the weekend, non-residential

This is a weekend programme, however, it would be possible to enrol for one or other of the days. Preference will be given to those booking for the weekend. Daily price £80.00 per day
Booking: To secure a place please complete the enrolment form and send a non-returnable deposit of £50 to:-

Pujananda Ute Neumann- Pampus

ute@yoga-harrogate.com,

Gilnockie House, St Winifred's Road, Harrogate, HG2 8LN

Swami Vedantananda Saraswati

swamivedantananda@gmail.com

Poio do Acor, Altura das Corchas, CCI969, Monchique, 8550-207,
Algarve, Portugal

Cheques to V. Saraswati please or send an email for bank details to make a bank transfer

Tutor: Swami Vedantanada Saraswati began practicing yoga at the age of sixteen. She studied with several teachers before meeting her Guru, Swami Satyananda Saraswati, in 1983 and was initiated into poorna sannyasa in 1985.

Since that turning point in her life she has taught yoga in many areas of society, specialising in teaching yoga to children, In-Service Training and Teacher Training. She is a respected and much loved yoga teacher whose humour shines through her love of living yoga. Her teaching is recognised by its practical and down to earth approach. Swami Vedantananda is currently living in Portugal where she offers a variety of yoga and meditation retreats.

Booking Form

To enrol for the course please complete the form below

I wish to enrol for the Yoga and Heart Space Course 30th June – 1st July 2018

Weekend programme

Saturday

Sunday

Name.....

Address.....

.....

email.....

Telephone Mobile.....

Signature.....Date.....