

*Swami Vedantananda is happy to announce the opening  
of her new Yoga Centre in Monchique*

*Please see programme of activities below*

*Centro de Yoga Monchique  
Rua São Sebastião 48*

*Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of  
the present. It is the essential need of today and the culture of tomorrow.  
Paramahansa Satyananda*

*Yoga is the science and art of living. It is not a religion but a way of life, working on  
all aspects of man's personality - physical, mental, emotional and spiritual. Yoga  
will help you develop your immense potential; yoga will show you how to generate and  
constructively use the energy within you; yoga will show you how to live your life  
more fully, regardless of circumstances, age, health, etc. Within yoga philosophy and  
practice there is something for everyone.*

*Yoga is a scientific and holistic system which develops creativity and awareness and  
unfolds the deeper aspects of one's personality.*

*The techniques of yoga include:-*

*ASANAS - Yoga Postures*

*Yoga practices begin with the outermost aspect of the personality - the physical body.  
Asanas help to keep the body healthy by removing tensions and massaging the  
internal organs, thereby improving their function and giving greater flexibility to  
the spine, muscles and joints.*

*PRANAYAMA - Breathing Practices*

*Breathing techniques are important not only for supplying the body with fresh  
oxygen and strengthening the lungs, but they also have a direct effect on the brain  
and emotions, balancing the nervous system and putting us in touch with more  
subtle energies and aspects of our being.*

*YOGA NIDRA - Deep Relaxation*

*A useful and powerful practice in which one learns to relax consciously releasing both  
physical and mental tensions. It is a state of inner awareness and contact with the*

subconscious and higher consciousness. The practice can be used in self-healing, for increasing one's creativity or to transform one's nature.

#### *MEDITATION*

##### *ANTAR MOUNA - Inner Silence*

In this basic practice of meditation one becomes aware of the inner workings and noises of the mind. One learns to witness thoughts and emotions in a way that allows one to accept them. Thus the thought activity is calmed and quietened bringing the experience of inner silence.

##### *AJAPA JAPA*

Through constant repetition of a mantra the mind is relieved of all tensions, which in turn removes the root cause of most physical and mental ailments.

### *Programme from September to December 2015*

#### *Tuesdays*

1st September to 6<sup>th</sup> October. Next course begins 1st - 22<sup>nd</sup> December {4 weeks}

Kids and Carers Class - This class is for children and a parent or carer are invited to participate

Time - 4.30 - 5.30

Cost - 5 euros per class

New beginners class suitable for those who are new to yoga or who have a little experience. Next course begins 1st - 22<sup>nd</sup> December {4 weeks}

Time - 6.30 - 8.00pm

Cost - 10 euros per class

#### *Wednesdays*

2<sup>nd</sup> September to 7<sup>th</sup> October. Next course begins 2<sup>nd</sup> - 23<sup>rd</sup> December {4 weeks}

Progressive Yoga for those with 2 years or more experience

Time - 7.00-8.30 pm

Cost - 10 euros per class

#### Master Class

Once a month a three hour class for yoga teachers and students of yoga who wish to deepen their personal practice and understanding of the complete science of yoga

Saturday 5<sup>th</sup> September - Introduction to Meditation

Saturday 3<sup>rd</sup> October - Introduction to Chakras

Saturday 14<sup>th</sup> November - Developing a daily practice

Saturday 12<sup>th</sup> December - Mudra, Mantra and Meditation

Time - 2.30 - 5.30

Cost - 20.00 euros per class

For further details and to book a place on any of the above courses please call  
vedanta on 964 047 369

There are concessions for students, pensioners and the unemployed.

Please wear loose comfortable clothing, mats, blankets and cushions are supplied so just bring yourself along.

No food should be taken for at least 2 hours before a class

#### About the teacher

Swami Vedantananda Saraswati began practising yoga at the age of sixteen. She studied with several teachers before meeting her Guru in 1983. 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 lives in Monchique where she offers a variety of yoga classes in town and various yoga and meditation retreats at her home in the campo.