

## **Calendar of Master Classes 2019** **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**    **Subject**  
26<sup>th</sup>        Pratyahara

**February**  
23<sup>rd</sup>        Pratyahara

**March**  
30<sup>th</sup>        Pratyahara

**April**  
27<sup>th</sup>        Pratyahara

**May**  
25<sup>th</sup>        TBA

**July**  
27<sup>th</sup>        TBA

**September**  
14<sup>th</sup>        TBA

**November**  
30<sup>th</sup>        TBA

**To find out more information about any other course or  
programmes with Swami Vedantananda please check the  
website [www.vedantananda.com](http://www.vedantananda.com)**

# **Tattwa Shuddhi Retreat**

## **to explore this Tantric meditation practice**

**Saturday 27<sup>th</sup> July – Wednesday 31<sup>st</sup> July 2019**  
**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:** Dates to be announced for 2019

**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](http://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](mailto: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](mailto:swamivedantananda@gmail.com)**

I wish to enrol for the Tattwa Shuddhi Course 27<sup>th</sup> – 31<sup>st</sup> 2019

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  
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

### **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 morningsession  
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**

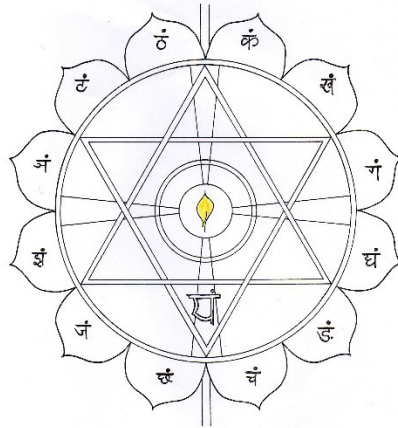
A six day course held as 3 weekends or six separate days over a six month period to learn to teach the practice of Yoga Nidra – For Yoga teachers only

### **Meditation course**

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

### **IST In-Service-Training for Yoga teachers**

## The jewel in the lotus



### Hridayakasha

Deepening the Experience of the Heart Space

Harrogate

22<sup>nd</sup> and 23<sup>rd</sup> June 2019

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.

Please contact **Pujananda** Ute Neumann- Pampus for further details

[ute@yoga-harrogate.com](mailto:ute@yoga-harrogate.com).

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

#### New Yoga Nidra Course for Yoga Teachers and Meditation Course starting in September 2019 and finishing 2020

Please contact Pujananda for more details of these Courses