



**Ananda Kutir Ashrama**

*serve . love . give . purify . meditate . realise*

## Integral Yoga Activities

May - August 2017

### MEDITATION CLASSES

*with Sri Yogeshwari Mataji*

Learn to access your inner self. Experience peace, love and contentment. Group meditation instruction, guidance and time for questions.

**Tuesdays: 10h45 – 11h30**

### SATSANG

Satsang is the enriching Vedic experience of absorbing the universal Wisdom of mankind. Join us as we share and grow spiritually by reading from sacred texts, singing sacred songs and meditating.

**Thursdays: 19h30 – 21h00**

**Saturdays: 18h00 – 20h00**

### BHAGAVAD GITA

*with Swami Vidyananda*

In-depth study of the Bhagavad Gita to learn how to live a life of yoga in daily life.

**Wednesdays: 19h30 – 21h00**

### KARMA YOGA *purifies the Heart and Mind*

All are invited to sandwich-making on Mondays and Wednesdays 09h00 - 11h30. Alternatively, join the team in voluntary maintenance, gardening and office work at the Ashrama. Please contact the office if you wish to be of service and can offer your time or expertise.

### HATHA YOGA

Hatha Yoga classes at the Ashrama accommodate students in need of more gentle classes through to those who are comfortable at intermediary level. While there are no classes on Sundays and public holidays, there are daily classes both in the mornings and evenings. This provides flexibility for the student who is not always able to attend the same classes each week.

There is no need to book, but students are asked to arrive timeously so as to not disrupt the class once it has started.

**Registration** can be done on the day that you wish to start and you need simply arrive 15 minutes before the class. Please wear loose, comfortable clothing. You will need to bring socks and a warm jersey in cold weather and a towel when it is particularly hot.

A schedule of classes is provided below:

Mon	09h30 B & I		18h00 B & I
Tues	09h30 GB	17h00 Br	18h00 B
Wedns	09h30 B		18h00 B & I
Thurs	09h30 B		18h00 B & I
Fri	09h30 B		17h30 B
Sat	08h00 B	09h30 I	

*B – Beginners I – Intermediate  
B & I – Two separate classes are held  
GB – Gentle Beginners  
Br – Breathing and Relaxation*

### Tuition Fees for Hatha Yoga Classes 2017

- To attend a **single class**: R70
- To attend **one class per week** (for the month): R190
- **Unlimited attendance**, attending as many classes as you wish (monthly): R270
- **Half month fees** from the 15<sup>th</sup> to the end of the month, attending as many classes as you wish: R150
- Special combined fee for **married couples** attending as often as you like: R420
- **Children aged 15 and under**, attending with parents: Half Price
- Young persons **aged 16 and over**: Full Price
- Self-supporting full-time (only) career **students** to attend:  
A single class: R60  
One class per week, for the month: R170  
As many classes as you wish: R240  
Half month fees from the 15<sup>th</sup>: R120
- **Pensioners** on Government Pension (proof required): Donation-basis

### MOTHER YOGESHWARI'S 50 YEARS OF SEVA (1967 – 2017)

This year we are celebrating 50 years of Seva that Mother Yogeshwari has offered to the Yoga community, and the Ashram would like to offer 1 month of free Hatha Yoga classes, in the month in which the student turns 50.

Other various projects are being organised in celebration of this, and if you would like to offer seva please email Swami Vidyananda, [vidyananda@anandakutir.org.za](mailto:vidyananda@anandakutir.org.za)

## UPCOMING RETREAT

A Retreat with Swami Vidyananda

Dates: 25<sup>th</sup> -27<sup>th</sup> August 2017

Venue: The Blue Butterfly, Tulbagh

Theme: Immanence of Truth

Cost: R1690 (all inclusive)

Deposit (non-refundable): R975 by 15<sup>th</sup> July 2017

For more information email, [info@anandakutir.org.za](mailto:info@anandakutir.org.za)

## SPIRITUAL OBSERVANCES

*Various spiritual observances are held which assist the seeker to get inspiration and direction on the spiritual path. All are welcome regardless of faith tradition.*

### SRI ADI SANKARACHARYA JAYANTI

Sri Adi Sankaracharya is the foremost among the master-minds and the giant souls which Mother India has produced. He was the expounder of the Advaita philosophy. His grasping and elucidating powers knew no bounds. He was a fully developed Yogi, Jnani and Bhakta. He was a Karma Yogin of no mean order. He was a powerful magnet.

**Monday, 1<sup>st</sup> May:** 19h30 – 21h00, Satsang with Discourse.

### ANNIVERSARY OF SANNYASA DIKSHA OF H.H. SRI SWAMI SIVANANDAJI MAHARAJ

Sri Swami Sivanandaji took the formal vows of renunciation on 1st June 1924. This earmarked the beginning of a spiritual unfoldment that has impacted millions of seekers throughout the world as Swami Sivananda became a world-renowned Saint.

**Thursday, 1<sup>st</sup> June:** 19h30 – 21h00, Satsang with Discourse.

### SRI GURU PURNIMA

All seekers have received their guidance and teachings from someone. Guru Purnima is the universal celebration of all Gurus, Avatars, Prophets, Sages and Saints. This festival is a re-dedication to one's spiritual path and to the teachings and one's Guru or teacher(s).

**Sunday, 9<sup>th</sup> July:** 09h00 – 12h00, programme includes: Guru Puja, Satsang with Discourse and Prasadam.

## 54<sup>th</sup> ANNIVERSARY OF THE MAHASAMADHI OF H.H. SRI SWAMI SIVANANDA MAHARAJ

### SatGuru of Ananda Kutir Ashrama

Sri Swami Sivananda's life and teachings are the very Soul of Ananda Kutir Ashrama. We celebrate his life and teachings.

**Tuesday, 18<sup>th</sup> July:** 18h00 - 21h00, programme includes: Guru Puja and Satsang with Discourse.

### SRI KRISHNA JAYANTI

Sri Krishna is one of the most important Yoga Masters, considered by many as an incarnation of the Divine. His greatest contribution to mankind is the Bhagavad Gita.

**Monday, 14<sup>th</sup> August:** 19h30 – midnight, programme includes: Satsang with Discourse.

## MEMBERSHIP OF ANANDA KUTIR ASHRAMA

Seekers who are active participants and who find themselves to be aligned with the objectives of the Ashrama are welcome to become members. Members can vote at the Annual General Meeting and can serve on the management committee through the year. They receive: a copy of Swami Sivananda's 20 Spiritual Instructions, Swami Venkatesananda's Prayer, newsletters, and discounts on courses, yoga days and purchases, and have access to the library. The membership fee is R200 per annum.

Full Name: .....

Postal Address: .....

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..... Code .....

Contact No.: .....

Email: .....

Signature: .....Date: .....



*Ananda Kutir Ashrama*  
NPO Reg No.: 031-418 NPO

*Residential Address:*  
24 Sprigg Road, Rondebosch East,  
Cape Town, 7780, South Africa

*Postal Address:*  
P O Box 36134, Glosderry,  
Cape Town, 7702, South Africa

*Telephone:* +27 (0)21 696 1821  
*Email:* [info@anandakutir.org.za](mailto:info@anandakutir.org.za)  
[www.anandakutir.org.za](http://www.anandakutir.org.za)

## Banking Details

### Donations and Payments to Ashrama

Please make out all cheques to Ananda Kutir Ashrama  
Bank: Standard Bank  
Branch code: 025009, Rondebosch Branch  
Account Name: Ananda Kutir Ashrama  
Account No: 275500551  
Reference: Your Name & Purpose of Payment

### Donations and Payments to the Outreach Project

Please make out all cheques to Ananda Kutir Outreach Project  
Bank: Standard Bank  
Branch code: 025009, Rondebosch Branch  
Account Name: Ananda Kutir Outreach Project  
Account No: 275471152  
Reference: Your Name & Purpose of Payment