



# Ananda Kutir Ashrama

serve . love . give . purify . meditate . realise

## Integral Yoga Activities January – April 2018

### 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/I
Wedns	09h30 B		18h00 B & I
Thurs	09h30 B		18h00 B
Fri	09h30 B		17h30 B
Sat	08h00 B	09h30 I	

*B – Beginners I – Intermediate*

*B & I – Two separate classes are held*

*B/I – Beginners and Intermediate class combined*

*GB – Gentle Beginners*

*Br – Breathing and Relaxation*

### Tuition Fees for Hatha Yoga Classes 2018

- 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

### RAJA YOGA MEDITATION COURSE

#### with Sri Yogeshwari Mataji

*Learn the Art of drawing the mind from the external world into the inner world and gain Insight.*

**Dates:** 5 February – 30 April 2018

(no class on 2 April)

Monday evenings: 18h00 – 19h30

**Cost:** R1,975, this includes the book “The Yoga Sutras of Patanjali” by Swami Venkatesananda

## **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.*

The **Meditation Room** is available to all for meditation, Prayer and lighting a ghee lamp.  
Mondays to Saturdays: 07h30 – 18h00, except during times of activities as in the diary.

## **SRI MAHA SHIVARATRI**

An all-night vigil transcending time and space through devotional singing and worship of Shiva, the Supreme Silence. Includes Kirtan, Puja and Aarati  
Date: **Wednesday, 14 February**  
Time: 18h00 – 06h00  
*You are welcome to join for any duration of the programme.*

## **SRI RAM NAUMI SATSANG**

An evening dedicated to Lord Rama, the incarnation of the Divine that guides mankind along the path of Truth.  
\* Date and Time to be announced.

## **SRI HANUMAN JAYANTI SATSANG**

The celebration of the Power of Supreme Devotion.  
\* Date and Time to be announced.

## **EASTER SATSANG**

Reflection on the sacrifice of Jesus Christ in the Light of Yoga.  
Date: **Sunday, 1 April**  
Time: 16h00 – 18h00

## **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. Satsang with Discourse.

\* Date and Time to be announced.

## **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.

The membership fee is R200 per annum.  
Please contact the office, if you wish to become a member.

## **LIBRARY MEMBERSHIP**

All are welcome to apply for library membership, please enquire at reception for the form.

Application fee is on a donation basis.



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*Ananda Kutir Ashrama*  
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## **Banking Details**

### **Donations and Payments to 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**

Bank: Standard Bank  
Branch code: 025009, Rondebosch Branch  
Account Name: Ananda Kutir Outreach Project  
Account No: 275471152  
Reference: Your Name & Purpose of Payment