



Ananda Kutir Ashrama

serve . love . give . purify . meditate . realise

Integral Yoga Diary of Activities

May - August 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 15th 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 15th: R120
- **Pensioners** on Government Pension (proof required): Donation-basis

**Fees do not carry over into the next month and are not refundable.*

*** No Hatha Yoga classes are held on public holidays.*

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.

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.

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.

Date: Friday, 1st June

Time: 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).

Date: Friday, 27th July

Time: 18h00 – 21h00, programme includes:
Guru Puja, Satsang with Discourse and Prasadam.

55th 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.

Date: Sunday, 5th August

Time: 18h00 - 21h00, programme includes:
Guru Puja and 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.

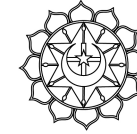
Members can vote at the Annual General Meeting and can serve on the management committee through the year. They receive: a copy of Swami Sivananda's 20 Spiritual Instructions and Swami Venkatesananda's Prayer.

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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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