



**Ananda Kutir Ashrama**

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

## Integral Yoga Activities

At the Ashrama

### HATHA YOGA CLASSES

The following hatha yoga classes are taking place at the ashrama, bookings are online, via Quicket. (the link is under the 'Raja and Hatha Yoga' tab). The cost of the Hatha Yoga class is R100 per person, and a maximum of 6 people may join. You will be able to book one week in advance. **Bookings close two hours before the yoga class.**

\* The Ashram has a step-by-step document to assist with booking on Quicket, should you require this please email [info@anandakutir.org.za](mailto:info@anandakutir.org.za)

#### Hatha Yoga Classes:

- Wednesdays (beginners)  
09h30-10h45 with Mother Yogeshwari
- Wednesdays (intermediate)  
17h30-18h45 with Karuna Mataji
- Saturdays (beginners)  
08h15-09h30 with Swami Parvathiananda
- Saturdays (intermediate)  
10h00-11h15 with Vani Mataji

#### Satsang:

Every Saturday from 17h00-19h00, no charge. However, as a maximum of 6 people can be accommodated, you will need to book your seat via Quicket, please [click here](#) to book. **Bookings close two hours before the Satsang.**

## Integral Yoga Activities

Via Zoom (<https://zoom.us/>)

### Swami Venkatesananda Birth Centenary Talks

The ashrama is hosting monthly talks by disciples and devotees of Sri Swami Venkatesananda Ji Maharaj (Guru of Ananda Kutir Ashrama) in which they will share with us their experiences and spiritual lessons learnt through their contact with Swami Venkatesananda. Speakers will be from all over the world. The talks will take place online on the 29th of every month. Updates will be posted on the 'Centenary' page of this website.

### RAJA YOGA

#### Meditation Classes based on Yoga Sutras of Patanjali

Swami Vidyananda is offering weekly meditation sessions in which simple meditations are being shared, as well as the teachings of the Yoga Sutras of Patanjali, a scripture that deals with meditation as the pathway to self-discovery. Time: 19h00-20h00, on Tuesday evenings. All who are wishing to join can contact Swami Vidyananda at [vidyananda@anandakutir.org.za](mailto:vidyananda@anandakutir.org.za)

### JNANA YOGA

#### Vedanta / Jnana Yoga: Yoga of Self Discovery

Swami Vidyananda is giving discourses on Vedanta / Jnana Yoga. Time: 19h00 - 20h00, on Monday evenings. All seekers who wish to join are requested to contact Swami Vidyananda at [vidyananda@anandakutir.org.za](mailto:vidyananda@anandakutir.org.za)

### The New Testament Gospels in the Light of Yoga and Vedanta

Swami Vidyananda is giving online talks on The New Testament Gospels in the Light of Yoga and Vedanta on

Time: 08h30 - 9h30, on Thursdays, Fridays and Saturday mornings.

If you wish to listen to these talks, please contact Swami Vidyananda on [vidyananda@anandakutir.org.za](mailto:vidyananda@anandakutir.org.za)

### Bhagavad Gita

Swami Vidyananda is giving online discourses on the Bhagavad Gita.

Time: 19h00 to 20h00, on Wednesday evenings. All seekers who wish to join are requested to contact Swami Vidyananda at [vidyananda@anandakutir.org.za](mailto:vidyananda@anandakutir.org.za)

### The Mandukya Upanishad

Swami Parvathiananda is giving a series of lectures on The Mandukya Upanishad.

Time: 11h00 – 11h30, on Wednesdays.

To join please email [info@anandakutir.org.za](mailto:info@anandakutir.org.za)

### HATHA YOGA

A beginner's Hatha Yoga class takes place via Zoom, with Vani.

Mondays - Saturdays, 17h00 - 17h30

If you would like to join these classes please email [info@anandakutir.org.za](mailto:info@anandakutir.org.za)

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