



Ananda Kutir Ashrama

serve . love . give . purify . meditate . realise

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 (or nearest to that date) of every month. Updates are posted on the 'Centenary' page of the website.

RAJA YOGA

Meditation Classes based on Yoga Sutras of Patanjali via Zoom

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

JNANA YOGA

Vedanta / Jnana Yoga: Yoga of Self

Discovery via Zoom

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

The New Testament Gospels in the Light of Yoga and Vedanta via Zoom

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

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

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

Hatha Yoga Classes at the Ashram

The following Hatha Yoga classes are taking place at the ashrama, bookings are online, via Quicket. (please email info@anandakutir.org.za for the link or visit www.anandakutir.org.za). 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

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

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

24 Sprigg Road, Rondebosch East,
Cape Town, 7780, South Africa

*Telephone: +27 (0)21 696 1821
Email: info@anandakutir.org.za
www.anandakutir.org.za*