

INTEGRAL YOGA ACTIVITIES

> RAJA YOGA

Meditation Classes

based on the Yoga Sutras of Patanjali

Swami Vidyananda is sharing guided meditation and invaluable lessons from the Yoga Sutras of Patanjali, which teach the path of self-discovery through meditation.

Tuesdays: 18h30-20h00

> JNANA YOGA

The Gospel of Mary of Magdalene

The Mystic Teachings of Jesus Christ in the Light of Yoga

The Gospel of Mary is a Gnostic Text in the Mystic Christian tradition. It contains unique teachings of Jesus Christ. We shall explore these teachings with the help of the Yoga Philosophy, as the mystic traditions of all religions are akin to Yoga.

Wednesdays: 19h15-20h45

**starting 24 August*

The Yoga Vasishtha via Zoom

On Wednesday morning from 11h00-12h00, Swami Parvathiananda conducts a lecture and discussion dealing with The Supreme Yoga (The Yoga Vasishtha) by Sri Swami Venkatesananda. Reference texts used are 'Living Meditation' and

'Raja Yoga'. Please contact the Ashram, via the contact tab on the website, for the Zoom Link.

<http://anandakutir.org.za/contact/>



Workshops and Retreats can be arranged on request.

> BHAKTI YOGA

Weekly Satsangs

Satsangs are spiritual gatherings. At the satsangs on Saturdays we read from Yogic texts and sing kirtans, as well as watch video talks by Sri Swami Venkatesananda.

Saturdays: 17h00-19h00

> HATHA YOGA

I – Intermediate B – Beginners

Br – Breathing & Relaxation YN – Yoga Nidra

DAY	CLASS
Monday	09h30-10h45 B
	18h00-19h15 B
Tuesday	09h30-10h45 I
	17h00-18h15 Br
Wednesday	09h30-10h45 B
	18h00-19h15 I
Thursday	09h30-10h45 I
	18h00-19h15 B & I
Friday	09h30-10h45 B
	11h00-11h30 YN
Saturday	08h15-09h30 B
	09h45-11h00 I

Hatha Yoga Tuition Fees for 2022 Monthly Fees Payable at the Beginning of Each Calendar Month	
To attend a single class:	R80
To attend one class per week (for the month):	R220
To attend as many classes as you wish (for the month):	R320
Half month fees from the 15 th to the end of the month: (You may attend as many classes as you wish)	R190
Special combined fee for married couples attending as often as you like (for the month):	R500
Children aged 15 and under, attending with parents:	R40
Young persons aged 16 and over:	R80
Self-supporting full-time (only) career students:	
To attend a single class:	R70
To attend one class per week (for the month):	R190
To attend as many classes as you wish (for the month):	R270
Half month fees from the 15 th to the end of the month:	R150
Pensioners on Government Pension (Proof required)	Donation- basis
Fees do not carry over into the next month and are not refundable. <i>There are no classes on public holidays.</i>	

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