

Bliss of Freedom Retreat

June 26-July 6 Brisbane Australia
Hours: June 26th 6 - 9 pm, daily 6 am - 9:30 pm, July 6th 6 am - 12:30 pm

This retreat is focused on the ultimate experience that yoga promises, which is described differently in different texts and traditions. Swamiji will explain the similarities and differences while leading you through a range of practices designed to evoke your experience of each path. The purpose of the retreat is found in the depth provided by the Kashmiri Shaivite practices, which are the foundation of *Svaroopavidya*, Swami's teachings, so that you can understand them more fully and derive benefit from them more completely. Swamiji is supported by a team teacher, who leads some of the practice sessions. Swamiji will focus on teaching the sutras, as well as leading the meditations and the discussions. You will go home with a profound new clarity and a deep understanding of our tradition.

For more information, contact Priti Pankaj Kotecha, Lotus Yoga Centre, Brisbane QLD Australia, lotusyogacentre@gmail.com.



Meditation Teacher Upgrade Program

Begins May 30

For Meditation Teachers certified by Master Yoga, this wonderfully rigorous training, rich in the development of your inner experiences, prepares you to teach meditation at a whole new level! You will be trained to teach the updated "Mantra Syllabus" to your students. Your course consists of 6 telephone conference call class meetings (with homework in-between) plus a three day in-person training at Temenos Retreat Center in West Chester PA with Swami Nirmalananda.

Enroll online or contact enroll@svaroopavidya.org.

Leading Short Meditations

Phone Calls: Wednesdays July 25, August 1 & 22 from 10:00 am - noon (Eastern Time)

In-Person Training: August 26-29, 2012 (the ending time on Aug. 29 depends on which prerequisites you fulfill), location in PA tba.

Learn to lead short meditations and be able to help when your students have difficulty meditating. Deepen your own meditation while you are learning to teach others. Give talks on consciousness utilizing the primary principles of *Kashmiri Shaivism*, on which all the *Svaroopavidya* sciences are based. Understand the role that grace plays in this powerful tradition, thereby making the profound become easy and the mystical become practical. If you are already trained as a *Svaroopavidya* meditation teacher, this course will renew and deepen your teaching.

Prerequisites — at least one of the following:

- Enrolled in Master Yoga's EYTS Leading Weekend Workshops
- Listed in SVA's Meditation Teacher Directory

Enrollment Fee:

Tuition — \$781, for 3 calls and 3-day training
Housing & Meals — \$280 for room and meals (dinner 8/26 through lunch or dinner 8/29)
Total Enrollment Fee — \$1061

Enroll online or contact enroll@svaroopavidya.org.

Meditation Group Leader Training

September 14-20
 Temenos Retreat Center, West Chester PA

Hours: Friday 5:30 - 9 pm, daily 6 am - 9:30 pm, Wednesday 6 am - 12:30 pm

Certified Meditation Teachers are trained to lead group meditations, serving both experienced meditators and brand new meditators — a wonderful gift to everyone and to the world. Leading a meditation group is significantly more challenging than teaching a structured curriculum, which is why this extra training is needed. In addition, this training as a group leader focuses on the power of grace flowing through *Svaroopavidya* yoga plus how to draw on it and describe it to others, as well as support their process as Kundalini blossoms within them.

Prerequisites: Certified *Svaroopavidya* Meditation Teacher, plus you have taught least three meditation courses in the previous six months.

Tuition — Early \$991 (more than one month prior), Late \$1,201

Housing & Meals — \$750 for 6 nights of housing with all your meals & snacks

Enroll online or contact enroll@svaroopavidya.org.

Harmonium Course with Swami Nirmalananda

November 2-4
 Yoga and Meditation Center, Downingtown PA

Learn how to play the harmonium for your own enjoyment or to lead others in live *kirtan* (call-and-response chanting). Enjoy a full weekend with Swami Nirmalananda, with music and meditation woven throughout, while you help to provide the music during the chants! This is a BYOH event — Bring Your Own Harmonium.

Swamiji begins with the divine nature of the chant and of the musical instrument itself, showing you how to do *puja* to your harmonium as a form of the Goddess Saraswati. She trains you in how to safely play your harmonium as well as proper storage and care. Even if you've never played a keyboard instrument before, she'll have you playing and singing in no time!

Part of the training includes important information about handling the group dynamics in a chant. Swamiji has played for groups ranging in size from 2 to 1,000, plus

she served as the head of the Music Department in several ashrams. She is delighted to offer you the training that will shortcut your process and make you a great chant leader!

One of your two textbooks includes the words and musical notes for the chants that Swamiji has written as well as many of the traditional chants in yoga. Enroll early as registration is limited.

Tuition — \$208, plus your textbooks

Enroll online or contact enroll@svaroopavidya.org.

2013 Meditation Teacher Training

August 19-30, 2013
 Temenos Retreat and Conference Center, West Chester PA

Become an Ashram Meditation Teacher. Profoundly deepen your own inner experience while you are preparing to teach others. Return home ready to teach a Meditation Course with three class meetings, in which you give your students tools to make their meditation deep and easy from the beginning.

You are trained to answer your students' questions, with your most important preparation being your profound understanding of meditation and the inner experiences you've had in the progressively long meditations in this training. Practice teaching key sutras about meditation so you can share the teachings of the ancient sages in a way that makes sense in our modern world. Guide your students deeper than ever before.

Prerequisites — Three courses within the preceding 18 months:

- either Foundations of *Svaroopavidya* Yoga or Foundations Review,
- either *Embodiment*® Yoga Therapy or *Embodiment*® Weekend, and
- Learn to Meditate course with a certified *Svaroopavidya* Meditation Teacher or an Ashram meditation weekend or a Shaktipat Retreat with Swamiji.

Enroll online or contact - enroll@svaroopavidya.org

Svaroopavidya® Vidya Ashram

See inside for our 2012-13 programs, which offer you many ways to deepen your meditation through your studies and relationship with Swami Nirmalananda.

2012-13 Teaching Calendar

Date	Program & Location	Sponsor
February 4-5	Bliss Is Everywhere Ashram on the Road with Vidyadevi, Boise ID	SVA
February 7	Grit & Grace begins, year-long study programme (from your home)	SVA
February 10-11	Enlightened Relationship Ashram on the Road with Rukmini, Rehoboth Beach DE	SVA
February 29	Nothing Exists That Is Not Shiva begins, year-long study programme (from your home)	SVA
March 9-11	Shaktipat Retreat West Chester PA	SVA
March 17-18	Bliss Is Everywhere Ashram on the Road with Vidyadevi, St. Paul MN	SVA
March 16-18	Stages of Bliss Weekend Mt. Madonna Center, Watsonville CA	SVA
March 18-21	Bliss Sutras Retreat Mt. Madonna Center, Watsonville CA	SVA
April 13-15	Gateway to Freedom (with Yogeshwari Fountain) Kripalu Center, Lenox MA	MYF
May 4-6	Enlightened Relationship Ashram on the Road with Rukmini, Hanover NH	SVA
May 8-9	YTT Level 2 Master Yoga, Exton PA	MYF
May 18-20	Shaktipat Retreat West Chester PA	SVA
May 25-26	YTT Level 4 Master Yoga, Exton PA	MYF
May 30	Meditation Teacher Upgrade Program begins	SVA
June 8-10	Shaktipat Retreat Byfield MA	SVA
June 26-July 6	Bliss of Freedom Retreat Brisbane Australia	SVA
July 20-22	Stages of Bliss Weekend Satchidananda Ashram, Yogaville VA	SVA
July 25	Leading Short Meditations phone calls begin	SVA
August 6-9	Vichara Training Master Yoga, Exton PA	MYF
August 10-19	Practices & Sutras: 10-day Retreat with Swamiji West Chester PA	SVA
August 26-29	Leading Short Meditations In-Person Training, PA location to be announced	SVA
September 7-9	Breakthrough: Insight & Empowerment Mt. Madonna Center, Watsonville CA	SVA
September 11	Spirituality Forum Huston Smith Center, San Francisco CA	SVA
September 12-14	YTT Level 2 Master Yoga, Exton PA	MYF
September 14-20	Meditation Group Leader Training West Chester PA	SVA
September 28-30	Grit & Grace Weekend Retreat West Chester PA	SVA
October 26-28	Nothing Exists That Is Not Shiva Weekend Retreat West Chester PA	SVA
November 2-4	Harmonium Training with Swamiji Yoga and Meditation Center, Downingtown PA	SVA
Nov 30-Dec 2	Shaktipat Retreat West Chester PA	SVA
August 19-30, 2013	Meditation Teacher Training West Chester PA	SVA

Grit & Grace: Overcoming Karma

Year-Long Study Programme through email, online and phone calls plus an in-person retreat with Swamiji

You've noticed that life is not easy. Your karma guarantees that every internal blockage will be brought up for you to dissolve. Every incomplete lesson, from lifetimes and lifetimes, will arise so you have the opportunity to complete it. Every fear and resistance must be faced and every vow and desire must be fulfilled.

You can do all of this with grace or you can do it without grace. The gritty part of life is guaranteed. It's up to you whether you attune yourself to grace, which makes the process easier, more conscious and more choice-full.

Learn about yoga's perspective on life and see how it applies to your own life, while you deepen your experience of svarooopa, your divine essence, through Swamiji's grace and the grace of your practices.

Join Swamiji in this year-long study programme, with a cornucopia of course components available in different enrollment options. Each segment is designed to keep you in close communication, with another element of the year-long study programme coming to you about every ten days.

E-Quotes: your daily email brings a quote from Swami Nirmalananda or another great teacher, summarizing the principles of yoga in a way that you can apply in your day. It's a great way to stay

connected, every day. The E-Quotes are part of the Supporting Membership, which is included in your course enrollment.

Teachings Articles: Swamiji's teachings articles are longer and richer than the monthly contemplations she writes for students in Svarooopa® yoga classes. They comprise a book that Swamiji writes as the year progresses, drawing out the details of the teachings and how they apply in your life and your practice.

Audio Discourse: Swami Nirmalananda records a lecture to deepen your understanding of this rich subject, Grit & Grace. The recordings are posted online for you about 10 days after you receive your teachings article. In her recording, she tells classical teaching stories, shares personal experiences and further enriches the teachings she introduced in the article, enlivening them through her voice and her presence.

Group Discussion Calls: These calls are about 10 days after Swamiji's discourse, to give you a chance to ask questions as well as share your insights and experiences, along with valuable sharing and feedback from the other members in your group. This keeps you on track even when life tends to pull you off-course.

Weekend Retreat: After sharing months of studies with other yogis, especially getting to know each other in the phone discussion groups, this weekend begins where most retreats leave off. Swamiji leads you deeper into the flow of grace, easily accessible in her presence, while you enjoy the support and community of your fellow participants.

Enrollment Option #1: E-Quotes & Articles — Tuition \$501

Enrollment Option #2: E-Quotes, Articles & Recorded Lectures — Tuition \$751

Enrollment Option #3: E-Quotes, Articles, Recorded Lectures & Group Discussions — Tuition \$1251

Enrollment Option #4: E-Quotes, Articles, Lectures, Group Discussions, & Weekend Retreat — Tuition \$1991

Payment plans are available for all options.

Enroll online or contact -
enroll@svaroopavidya.org

Teachings Article	Audio Discourse	Conference Calls Sundays from 4 - 6:30 pm (Eastern Time)
Feb 7	Feb 21	March 4
March 13	March 27	April 8
April 17	April 30	May 6
May 16	May 29	June 10
June 25	July 11	July 22
Aug 2	Aug 13	Aug 26
Sept 5	Sept 13	Sept 23
Sept 28-30, Weekend Retreat — Temenos Retreat Center, West Chester PA (your food & housing are included) Fri. 5:30 - 9 pm, Sat. 6 am - 9 pm, Sun. 6 am - 12:30 pm		
Oct 12	Oct 24	Nov 4

Nothing Exists That Is Not Shiva

FREE Year-Long Programme with optional Weekend Retreat

This course, comprised of conference phone calls and optional retreat, is named after a *sutra* from the *Svacchandra Tantra, na shivam vidyate kvachit*, Swami Nirmalananda recorded this as a joyous chant, celebrating all that life contains. Alternating between the Sanskrit and English, she translated the *sutra* as:

There is no-where that is not Shiva.

There is nothing that is not Shiva.

Everything that I see is He.

Everything that I see is Me.

Swami Muktananda made a selection of verses from key yogic texts, publishing them in a book, named after the same *sutra*, titled *Nothing Exists That is Not Shiva*.

Unfortunately, that book has been out of print for many years. Swami Nirmalananda will use Muktananda's selection of verses to guide this course, bringing these missing commentaries to life and making them available in a personal way.

The course phone calls are free, but only when you make a commitment to participate in all the calls. You must have a current Satsangi Membership in order to enroll. If you miss a call, you will have an opportunity to make a \$35.00 donation, or you may simply drop out of the course. This is to keep you from blocking someone else's opportunity to participate, as there are a limited number of enrollments available.

Those in the Weekend Retreat will receive a gift from Swami Nirmalananda, a copy of Baba's rare book, *Nothing Exists That is Not Shiva*. Having the book available will deepen your experience of the calls as well as the weekend with Swami Nirmalananda. Please register for the retreat early as there is limited space available.

Phone Calls: free of charge, though you may make a donation in honor of receiving the teachings and their support of your practice. You must commit to attending all seven phone calls and have a Satsangi Membership.

Conference Call Schedule:

(calls are 10:30 am - noon Eastern Time)

Weds., February 29	Weds., July 18
Weds., March 28	Thurs., August 30
Thurs., May 3	Weds., October 3
Weds., June 6	Thurs., November 8

Weekend Retreat:

Retreat dates — Friday Oct. 26 — Sunday Oct. 28 (prerequisite — participation in the phone calls above).

Weekend location — Temenos Retreat Center, West Chester PA (with your food and housing included)

Weekend timings — Friday 5:30-9 pm, Saturday 6 am - 9 pm, Sunday 6 am - 12:30 pm

Tuition — \$301

Housing & Meals — \$220 for your 2 nights of housing and your meals beginning with dinner on 10/26 and ending with lunch on 10/28

Total Enrollment Fee — \$521 (prepaid at the time of enrollment) or you may enroll in a payment plan with an initial deposit of \$91 and 5 automatic monthly payments of \$91

Your registration is guaranteed either by paying in full or by initiating a Payment Plan.

If you have any questions, need assistance or would like to enroll in a payment plan, please contact your Enrollment Sevites by email at enroll@svaroopavidya.org or by phone at 610.644.7555.

Shaktipat Retreat

March 9 - 11
Temenos Retreat Center, West Chester PA

May 18 - 20
Temenos Retreat Center, West Chester PA

June 8 - 10
Adelynrood Retreat & Conference Center, Byfield MA

November 30 - December 2
Temenos Retreat Center, West Chester PA

Hours: Friday 5:30 - 9 pm; Saturday 6 am - 9:30 pm; Sunday 6 am - 12:30 pm

The profound inward path of svaroopavidya begins with you receiving *shaktipat diksha*, the initiation that awakens your Kundalini energy for the highest purpose of human life — the

knowing of your own divine Self. Kundalini is the spiritual power that is hidden within every human being, though only a small percentage seek what She offers. Honored as the divine feminine and the power of creation and revelation, when awakened by the Guru, Kundalini climbs your spine from tail to top. Kundalini is the force underlying the power and ease of all the *Svarooopa*® sciences designed and taught by Swami Nirmalananda.

In this weekend meditation retreat, Swami Nirmalananda formally gives shaktipat to every person there. She is a Kundalini master, initiated and authorized to transmit this powerful initiation. She explains the process and purpose as well as how you cooperate with the inner force that is burning within you, in-light-ening you day by day.

"Even if you have received shaktipat before, you benefit from being re-ignited," Swami Nirmalananda says, continuing with, "I received shaktipat from Muktananda hundreds of times, both in formal programs as well as in informal settings. My progress on the path is due to His unending love and grace." Her life is now dedicated to sharing what Baba gave her.

Tuition — Early \$491 (more than one month prior), Late \$551

Housing & Meals — \$220 for 2 nights of housing with all your meals & snacks

For retreats at Temenos, enroll online or contact enroll@svaroopavidya.org. For the MA retreat, contact Yogeshwari Lissa Fountain at yogaconnection@hotmail.com.

Stages of Bliss Weekend

March 16 - 18
Mt. Madonna Center, Watsonville CA

July 20 - 22
Satchidananda Ashram, Yogaville VA

Mt Madonna Hours: Friday 7 - 9 pm; Saturday 7:15 am - 5 pm; Sunday 7:15 am - 12:30 pm

Yogaville Hours: Friday 7 - 9:30 pm; Saturday 6:30 am - 9:30 pm; Sunday 7 am - 11:30 pm

Explore the seven stages of bliss under Swamiji's loving guidance, beginning with profound and deep relaxations that show you how to live in your body differently. *Svarooopa*® yoga poses are included, though they are not the focus of the weekend. The focus is inner bliss. See how far you can allow yourself to melt into inner peace, joy and the final stages of bliss and ever-expanding ecstasy. The best parts are Swamiji's explanations and teachings, especially the discussions and informal time with her which is sprinkled throughout the weekend. Stay on for the four-day program that follows, "Bliss Sutras Retreat" March 18-21, or take your bliss with you after the weekend.

For more information, contact Mt. Madonna Center at www.mountmadonna.org or Yogaville at (434) 969-3121 ext. 108 or ARC@iyiva.org.

Breakthrough: Insight & Empowerment

September 7 - 9
Mt. Madonna Center, Watsonville CA

Hours: Sunday 7 - 9 pm, Monday & Tuesday 7:15 am - 5 pm, Wednesday 7:15 am - 12:30 pm

Bring your problems with you for your breakthrough, using the tools of *Svarooopa*® yoga and *Svarooopa*® vidya — poses, breathing practices, guided self-inquiry (vichara), meditation and Swamiji's grace. Your weekend focuses on the inner opening to your own divine Self, found primarily through the deep meditations and grace, with the physical practices and vichara supporting your process. Your new "in-sight" gives you a profound clarity on your life as well as a whole new way to step back into life's challenges.

For more information, contact Mt. Madonna Center at www.mountmadonna.org.

Vidyadevi and Rukmini are both delighted to bring the Ashram to you with "Bliss is Everywhere" and "Enlightened Relationship" and to share meditation at this deeper level in your home town in 2012. Remember to check back, as there will be more to come! For program times and enrollment information, visit svaroopavidya.org.

Bliss is Everywhere with Vidyadevi

February 4 - 5 Boise ID

March 17 - 18 St. Paul MN

Bliss is everywhere — inside & outside. If you are not currently experiencing this from your moment-to-moment all the time, come to this weekend workshop. Learn how to experience a steady state of bliss in your being and in your life. Each morning and afternoon session

includes a Bliss Yoga class with Vidyadevi and a deep meditation to give you the experience of bliss that arises from the inside. Meditation instruction is included. We'll study sutras from the *Vijnana Bhairava*, a tantric text listing 112 shortcuts to bliss, to help you deepen and to understand the experience of bliss. Vidyadevi uses these ancient techniques to give you access to the bliss that is always there — just behind your mind.

Enlightened Relationship

with Rukmini

February 10 - 11 Rehoboth Beach DE

May 4-6 Hanover NH

Your relationships change as you grow into your Self, which happens quickly and powerfully through *Svarooopa*® Vidya Meditation. In this weekend, Rukmini guides you into deep meditation, while clarifying the way it repatterns and reprograms you from the inside out. You will take meditation home with you, so that your practice, supported by grace, gives you deeper and more profound relationships with the same people — because the one who is changing is you. You are becoming more enlightened, stage by stage. In addition, Rukmini explains how to be in relationship with Swami Nirmalananda, a yogi who has already been through the process, and how grace flows through that relationship. Learn how your practices draw, support and deepen the flow of grace in your life, which transforms you, your relationships, and the person you are in relationship with, all at the same time.

For any Ashram On The Road event, please contact enroll@svaroopavidya.org or by phone at 610.644.7555.

Bliss Sutras Retreat

March 18 - 21
Mt. Madonna Center, Watsonville CA

Hours: Sun. 3 - 5 pm, Mon. & Tues. 7:15 am - 5 pm, Weds. 7:15 am - 12:30 pm

Follow up the Stages of Bliss weekend (March 16-18) or come for only these four days, to discover what ancient tantric sages say about bliss as Swamiji guides you through the *Vijnana Bhairava*, a text giving 112 shortcuts to bliss. She covers both theory and practice to show you how pervasive bliss is in your life and how easy it is to access. Our focus

is *sutra* study, with *Svarooopa*® yoga poses and breathing practices utilized to develop your experience of the sutras' promises. Time with Swamiji is powerful while it is easy, as her state of inner immersion is completely contagious.

For more information, contact Mt. Madonna Center at www.mountmadonna.org.

Experience & Understanding — Practices & Sutras

Ten Days with Swami Nirmalananda

August 10 - 19
Temenos Retreat Center, West Chester PA

Hours: August 10th 5:30 - 9 pm, daily 6 am - 9:30 pm, August 19th 6 am - 12:30 pm

You get ten whole days to deepen your inner experiences as well as build your understanding of yourself and your life. Your days follow a sweet rhythm with long meditations with Swamiji as well as Deeper Yoga classes, vichara sessions and *sutra* study. Each day builds on the previous one to make you glide inside. You'll take your Self home with you when you go.

Housing & Meals — \$1125 for 9 nights of housing with all your meals & snacks

Tuition — No tuition charged. Recommended donation between \$1008 - \$2501 or more, as your heart and budget allow.

Enroll online or contact enroll@svaroopavidya.org.