



Sivananda Integrated Yoga Vedanta Ayurveda Meditation/Music (SIYVAM)

Long-Term Spiritual Training for Sadhakas



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**Starting on Vijayadashami October 2021 &
Finishing on Vijayadashami October 2022.**

PROGRAMME OUTLINE

A one-year training programme to provide an opportunity to serve humanity by spreading the teachings of our Gurus and the ancient wisdom of Sanatana Dharma.

A single platform to learn and practice the basics of yoga, vedanta, ayurveda, meditation and music in a spiritual atmosphere, under the guidance of experienced teachers.

The entire Programme, is run according to the Gurukula tradition, under the able guidance of experienced teachers & acharyas.



Curriculum Modules

- TEACHERS TRAINING SADHANA
- SAMSKRUTHA SADHANA
- PARAYANAM & PUJA SADHANA
- SVADHYAYA SADHANA
- AYURVEDA SADHANA
- SANGEETHA SADHANA



TEACHERS' TRAINING SADHANA



Successful graduates of these courses are eligible for:

- Yoga Alliance RYT 200 & RYT 500.
- Indian Yoga Association (IYA), Certified Course in Yoga (CCY) and professional membership.
- Yoga Certification Board (YCB), (Ministry of AYUSH, Govt. of India), Yoga Protocol Instructor (YPI).
- Two courses along with two Sadhana immersion courses Sadhana Intensive & Sadhana Mandalam form the backbone of the teacher training.

SAMSKRUTHA SADHANA



Studying Sanskrit purifies the mind and prepares the Sadhaka to receive the teachings in a state of heightened receptivity and alertness.

- This Programme provides an opportunity for the Sadhaka to study Sanskrit to enhance the quality of learning.
- Practice of chanting, recitals, memorising, as well as reproducing important verses and sutras from the sacred texts.

PARAYANAM & PUJA SADHANA



Parayanam & Puja are an integral part of the Upasana Path—an essential ingredient for success in any form of Sadhana.

- Parayanam means reading through, perusal, thorough study, going across the whole, completeness or totality of anything. Daily Parayanam of a scriptural text with devotion brings stability and calmness to the mind, leading to concentration.
- Puja is worship of a personal aspect of the Divine. Initiation into these practices, part of the Tantra tradition, are integrated into the programme.

SVADHYAYA SADHANA



Svadhyaya or Scriptural Studies is the practice of listening to (Sravana) the Srutis and Smritis (Upanishads & Puranas) from a competent Guru/Acharya and thereafter contemplating (Manana) on them leading to deep reflection (Nididhyasana) upon the Truth, finally becoming established in this Truth, through the blessings of the Brahmanidya Gurus.

- An introduction to texts such as Tattva Bodha, Yoga Upanishad, Vedanta Upanishad, Srimad Bhagavatam, Bhagavad Gita, Hatha Yoga Pradipika, Yoga Sutras of Patanjali and the Dakshinamurthy Stotram.

AYURVEDA SADHANA



Ayurveda is an Upaveda, associated with Rig Veda—and considered as Panchama Veda, the Fifth Veda—and a Upanga, a sub-division of Atharva Veda.

- Sadhakas will engage in a month-long study as a theoretical and practical introduction to Ayurveda.
- Experienced physicians & practitioners will guide the Sadhakas into a glimpse of this ancient science, and its relevance to modern life with hands-on training.

SANGEETHA SADHANA



Music training brings harmony to the Sadhaka, it is a way to sublimate and channel the emotions into devotion and develops the creative, productive aspect of the mind.

- Basic understanding of Indian classical music and develop the skills to play musical instruments as well as singing of Bhajans.
- Realise the full potential of the practice of Nadopasana.

Certification

After successful completion of SIYVAM the participants will be awarded the following certificates:

- SIYVAM Certificate of Recognition
- Teachers' Training Course (TTC)
- Advanced Teachers' Training Course (ATTC)
- Sadhana Intensive (SI)
- Sadhana Mandalam (SM)

Course Schedule/Curriculum

COURSE SCHEDULE	DATE	VENUE
Yoga Vacation	Oct 15 th - 28 th 2021	SYVTA, Gudur
Ayurvedam & Samskrutham	Nov 1 st - 27 th	SYVTA, Gudur
TTC	Nov 28 th - Dec 25 th	SYVTA, Gudur
Bhagavatha Sapthaham	Dec 25 th - 31 st	SYVTA, Gudur
Puja Vidhi	Jan 1 st - 29 th 2022	SYVTA, Gudur
Sadhana Intensive	Jan 30 th - Feb 12 th	SYVTA, Gudur
ATTC	Feb 13 th - Mar 12 th	SYVDA, Neyyar Dam
Samskrutham & Sangeetham	Mar 15 th - Apr 14 th	SYVMA, Madurai
Svadhaya & Samskrutham	Apr 15 th - Jul 15 th	Uttarkashi
Yoga Sadhana	July 3 rd week- Aug 1 st	SYVDA, Neyyar Dam
Sadhana Mandalam	Aug 1 st - Sep 10 th	SYVDA, Neyyar Dam
Internship	Sep 15 th - Oct 5 th	SYVTA, Gudur

Pre-course Applicant Assessment

Applicants will be required to undergo three levels of Assessment/interviews before admission to the course. The assessment/interview will be conducted via Google Meet or Zoom.

*Apply early to avail the early bird discount

CONTACT US

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YOGA VEDANTA ASHRAMS & CENTRES

