

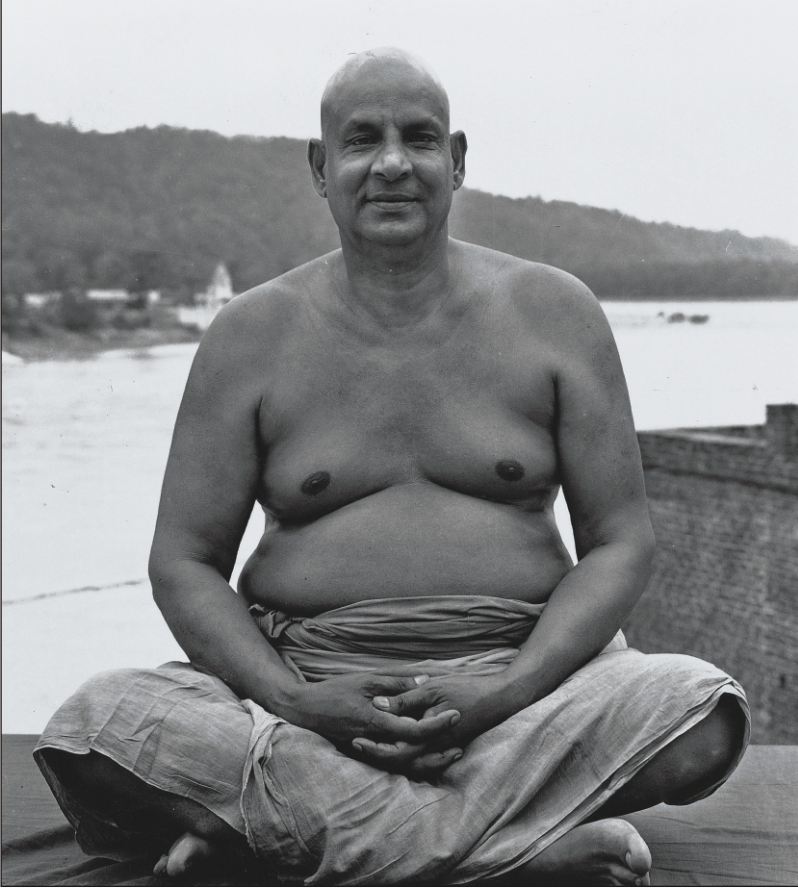
PROSPECTUS OF ONE-MONTH YOGA CERTIFICATE COURSE



**An Inter-disciplinary Institution for Study,
Instruction, Practice and Research in all aspects of
Yoga, Vedanta and Indian Culture**

THE YOGA-VEDANTA FOREST ACADEMY

(Department of The Divine Life Society)
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FOUNDER :

WORSHIPFUL GURUDEV SRI SWAMI SIVANANDAJI MAHARAJ
ADVENT 08-09-1887 MAHASAMADHI 14-07-1963

PROSPECTUS

Introduction: The Yoga-Vedanta Forest Academy which is a unique institution, was formally consecrated by its holy founder, most Worshipful Gurudev Sri Swami Sivanandaji Maharaj in 1948—His Sannyasa Silver Jubilee Year. Regular classes were commenced from the 3rd July, 1948. It is a Department of The Divine Life Society which came into existence in a humble way in 1936 and has now grown into a huge International Organisation.

Location: The Academy is situated at Shivanandanagar (Rishikesh) in Tehri-Garhwal District of Uttarakhand, India, within the Sivananda Ashram premises which is beautifully laid out on the sylvan Himalayan foothills on the right bank of the holy Ganga. The Ashram serves as a haven of peace to spiritual seekers from all over the world. Here live and work a band of dedicated monks and seekers trained by the great Master Swami Sivananda for the service of humanity. The Academy is at a distance of about 3 kilometres from Rishikesh town and is served by autorickshaws and taxis. Rishikesh itself is 24 kilometres away from the renowned pilgrim centre, Haridwar, and is linked by rail and road. Regular buses, autos and taxis are available throughout the day. Haridwar is also on the banks of the river Ganga at a distance of 263 kilometres to the north of Delhi on the Delhi-Haridwar-Dehradun rail route.

Aims and Objects: Widest possible dissemination of spiritual and cultural Knowledge is the primary object of The Divine Life Society, under which the Yoga-Vedanta Forest Academy functions. All its activities are tuned to this one aim. The Branches and Members of the Divine Life Society work for furthering this lofty object. Its illustrious Founder, Sri Swami Sivananda tirelessly worked for three decades from his hermitage on the bank of the Ganga, in pursuance of this worthy goal.

The aim of the Yoga-Vedanta Forest Academy is not merely an academic equipment of students, but a providing of the requisite training to enable them in their endeavour to blossom into truly humane, serviceful, integrated personalities, so that they succeed, at least in an appreciable measure, in living a life of goodness and wholeness personally, and of dedication, unselfish cooperation and constructive work socially. It needs no special mention that this achievement in one's own person and in society is obviously rooted

to the extent to which one's practical life is attuned to the Ultimate Reality of the Universe. Philosophical discipline, thus, is the precondition for leading a perfectly sociable, ethical and progressive life of an onward expansion towards the realisation of the Supreme Goal of existence. The teachers of the Academy will strive to hold aloft this objective set before the students, and are not just instructors in the well-known intellectual sciences. The basic spiritual foundation of all life is the principal motif governing the curriculum of the Academy, and students with this elevated spirit of quest will seek admission.

As it would be clear from what is stated above, the objective of the Academy is to prepare the person for a successful life in the world and to facilitate the living of a wholesome life with an integrated personality. As such, applicants will kindly note that the intention of the Academy is not merely to provide them with scriptural learning or textual information, though the lessons will also include profound studies in the essential scriptures such as the Upanishads, the Bhagavadgita, the Yoga-Sutras of Patanjali, etc.

Founded with a view to bringing about an effective revival of the grandest inner aspect of Bharatvarsha's great Adhyatmic and Dharmic Culture, the Yoga-Vedanta Forest Academy (formerly Yoga-Vedanta Forest University) chiefly aims at teaching one and all the way of attaining Perfection of life through the well-established and time-honoured methods of Yoga-Sadhana.

It seeks to give to all students a comprehensive knowledge of developing their inner nature, their mental faculties and physical health as well. The students are also trained in the practical methods of Yoga and Vedanta.

Therefore, the Course conducted in the Academy is of the nature of a discipline and not merely an occasion for Darshan or Satsanga with Saints and Mahatmas, though the latter too will be an advantage of which the students can avail themselves simultaneously with the training imparted during the course.

Anyone who fulfills the required qualifications can join the Academy, if he is really eager to practise Sadhana and attain Perfection. He must be able to adapt, adjust and accommodate, to the circumstances that prevail here. He must be willing, ready and eager to do service as Sadhana. He must be active, peaceful, kind and

mindful of his own development. He must be humble, simple and eager to learn. He must be obedient and imbued with a spirit of self-sacrifice. Such a one will surely profit by his stay here.

Number of courses conducted:

The Yoga-Vedanta Forest Academy will be conducting a residential One-Month Yoga Certificate Course once a year.

(The details are tentative and can be changed as and when necessary).

The Theory & Practical Classes will be held for six days in a week, from Monday to Saturday, including Extension Lectures, Home Work and Reflection by students.

Number of Seats: 40

Age Group: Normally between 20 years and 45 years.

Qualifications: Higher Secondary with good knowledge of English, keen spiritual aspiration and sound health are necessary.

Medium of Instruction: The medium of instruction is English.

Conditions: Smoking, use of intoxicants and drugs and such other dissipating habits are strictly forbidden. Students are expected to live an austere life in the Ashram and should be mentally prepared and physically sound to stand the rigour of the Course.

The selected candidate alone is expected to come. He is not permitted to bring along any other family member or relative with him.

Class Room: Students will have to sit in the Lecture Hall on the floor, on a cushion seat cross-legged. A desk will be provided for writing purposes.

Accommodation: Double-seated room or dormitory will be provided.

Food: Strictly vegetarian food will be provided.

Fee: No fee will be charged for training, boarding and lodging, but any voluntary donation will be gratefully accepted.

TENTATIVE DAILY SCHEDULE FOR ONE-MONTH YOGA CERTIFICATE COURSE

Morning Session

Wake up and getting ready for the class . . .	04.00 a.m.
Vedic Chanting & Meditation	05.00 a.m. to 05.30 a.m.
Hatha Yoga	05.30 a.m. to 06.30 a.m.
Morning Message (Short Talk)	06.35 a.m. to 06.50 a.m.
Break-fast.	07.00 a.m. to 07.30 a.m.
3 Teaching periods of 45 minutes each . . .	08.15 a.m. to 10.40 a.m.
Lunch	11.00 a.m. to 12.00 a.m.
Rest.	12.00 noon to 02.00 p.m.

Afternoon Session

Teaching Period	02.00 p.m. to 02.45 p.m.
Tea	02.45 p.m. to 03.00 p.m.
Stress Management (Theory & Practice) . .	03.15 p.m. to 04.00 p.m.
Hatha Yoga	04.15 p.m. to 05.00 p.m.
Karma Yoga (Practical).	05.00 p.m. to 05.25 p.m.
Guided Meditation	05.30 p.m. to 06.10 p.m.

The above schedule is provisional and will be adjusted suitably depending on seasonal conditions and exigencies. Each student will be expected to keep a ‘DAILY DIARY’ of all practicals done and study made during the hours other than those set aside as detailed in the programme, from the time of the beginning of the Course to the time of its termination.

Final Examination:

Written, Practical and *Viva voce* tests will be held at the end of the Course. Certificate will be awarded on successful completion of the Course, along with a set of The Divine Life Society Publications as Jnana Prasad.

SUBJECTS CONSTITUTING THE SYLLABUS FOR ONE-MONTH YOGA CERTIFICATE COURSE.

THE COURSE OF STUDY SHALL COMPRISE
THE FOLLOWING SUBJECTS:

1. Theory & Practice of Hatha Yoga—
Asana, Pranayama, Bandha, Mudra and Kriya.
2. Theory & Practice of Raja Yoga—Emphasis
on Meditation.
3. The Concept of Yoga according to the Bhagavad Gita.
4. The Philosophy of Swami Sivananda—Life & Teachings,
Yoga of Synthesis, Twenty Spiritual Instructions,
Science of Seven Cultures (Sadhana Tattwa).
5. Stress Management—Theory and Practice.
6. Karma Yoga (Practical).

Text-Books: The Book Bank attached to the Academy will lend books to the students for the duration of the Course.

Library: A well-equipped library is available for reference purposes.

Equipment: Students will come equipped with necessary clothing and articles of daily use. A detailed list of articles to be brought will be given in the selection letter.

Climate: The climatic conditions during the different seasons here in the Himalayan region and the equipments necessary are given for the guidance of the students.

April to June—Hot summer. Light clothing will do.

July to September—Monsoon rains. Rain coat or an umbrella is necessary but light clothing will suffice.

October to March—Winter season. Very cold weather. Hence warm (woollen) clothings are necessary.

SELECTION

Application on the prescribed form, accompanied by a 500-word Note covering the individual's spiritual background and aspirations and future plans along with Medical Certificate of fitness and Photostat copy of educational certificates should be submitted, so as to reach the undersigned before the last date prescribed for receiving the Application Form for the Course.

After arrival in the Academy, all the selected candidates will be interviewed personally by the Registrar of the Academy to assess the candidate's Mental and Physical Health and also their proficiency in English to understand the lectures. If any candidate has hidden the facts and is found deficient in the above aspects, his selection will be cancelled and he will be asked to go back.

In case, during the period of the Course, the presence of any student is considered undesirable for any reason, his admission to the Course will be cancelled and he will be asked to leave the Academy immediately.

FOR THE YOGA-VEDANTA FOREST ACADEMY

REGISTRAR

Shivanandanagar