

DSS

# Sivananda Ashram Yoga Camp

Val Morin, The Laurentians, Quebec, Canada

"Health is wealth. Peace of mind is happiness. Yoga shows the way."

*Sivananda Vishuddhananda*

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# *yoga on paradise island*

Sivananda Ashram Yoga Retreat • Paradise Island, Nassau, Bahamas

## '91/'92 Program

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### *year round yoga vacations*

You may reserve a Yoga Vacation for any time of year. If you have had little previous exposure to Yoga and wish to get the most out of your visit, we recommend that you plan a one- or two-week Yoga Vacation. This ensures you of a thorough step-by-step program equivalent to three to six months of weekly Yoga classes. Of course, you may choose to visit for any length of stay. Even a weekend here can do you a world of good!

#### **Daily Schedule**

**5:30 Wake up**

**6:00 Meditation**

**8:00 Asanas (postures) and Pranayama (breathing)**

**10:00 Brunch**

**12:00 Coaching Class**

An opportunity for individual help and/or instruction in Asanas (postures) or Pranayama (breathing) is offered each day. Designed for both beginners wishing extra explanation and guidance as well as for those students seeking assistance in mastering more advanced postures and techniques.

**2:00 Afternoon Seminars**

Daily informal discussion with question and answer session to further clarify points raised in the lectures on other aspects of yoga.

**4:00 Asanas and Pranayama**

**6:00 Dinner**

**8:00 Meditation and Evening Lecture Series**

A complete series of talks and lectures that introduce and explore the underlying concepts and applications of the ancient teachings of yoga, including the yogas of action, devotion, knowledge and meditation. Topics include: Proper Exercise • Proper Breathing • Proper Relaxation • Proper Diet • Positive Thinking and Meditation • Karma • Reincarnation • Mantras

**Special Meditations**

Sunrise and evening walks and bonfire meditations on the beach.