

The Yoga Masters



Swami Sivananda
(1887 – 1963)



Swami Vishnudevananda
(1927 – 1993)

Facilitators

Madhava and Shyamala founded Yoga White Lotus - Sivananda Tradition in February 2011 after spending several years as voluntary resident staff at the Sivananda Yoga Ashram in London. Guided and trained by Swamis (vedantic monks), this experience demanded an intense and disciplined yogic lifestyle where a daily spiritual practice consisting of asanas, pranayama, mantra chanting, kirtan, yogic diet and all aspects of yoga was required. During this time, through selfless service (karma yoga), they taught internationally many students from around the world from beginners to teachers' level in classes, courses, retreats and international teachers' training courses. Currently living in Byron Bay, they aim to continue the mission of their teachers to spread yoga in the west. Their devotion to the teachings of yoga and dedicated practice are reflected in their classes.

Main Instructor

Madhava lived 6 years at the Sivananda ashram. He has taught in several of International Sivananda Yoga Teachers' Training Courses (TTC) in Europe. Since then he has been teaching residential courses in yoga anatomy and regular courses in meditation, vegetarian cooking, yoga philosophy and daily yoga classes and workshops.

'He (Madhava) teaches with dynamism, precision and care. His classes are meticulously prepared, intelligently executed and engaging.'
...Swami Krishnadevananda, Director, SYVC London



Dates

July 7th to 13th 2012
April 27th to May 3rd 2013
August 10th to 16th 2013

Prices

Twin share no ensuite: \$1,195 AUD
Twin share ensuite: \$1,275 AUD
Single no ensuite: \$1,435 AUD
Single ensuite: \$1,595 AUD

How To Book

Please visit our website: www.yogawhitelotus.com
Or contact us directly.

A non-refundable deposit of \$250 is required to secure a booking. Balance of payment is due 6 weeks prior to commencement date.

Retreat Rules

To maintain the spiritual atmosphere, no meat, fish or eggs are allowed. No smoking, alcohol or drugs. Attendance at both meditations and yoga classes is mandatory.

Arrival & Departure

The retreat begins on arrival date with a yoga class at 4pm. Check in time: 2pm.
The retreat will end on departure date at around 10am. Check out time: 9.30am

Getting There



Tallow Beach Houses are 8 minutes south of Byron in Alcorn St, Suffolk Park, Australia. Gold Coast Airport is 45 minutes north or Ballina Airport is 20 minutes south. Brisbane International airport 2.5 hours to Byron. Airport transfers can be easily arranged.

Tallow Beach Houses Retreat, 2 Alcorn Street Byron Bay, NSW 2481 Australia

Contact Us:

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  Yoga White Lotus – Sivananda Tradition
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Byron Bay Yoga Retreats Sivananda Tradition



Yoga at its Purest, in Nature at its Best

Come and experience Yoga at its Purest, in Nature at its Best!



Location

Tallow Beach Houses, Byron Bay, Australia.

Byron Bay is located at the most Eastern part of Australia. It is a mystical sacred land charged with uplifting spiritual vibrations, used in the past by Aborigines for rituals and still continues to draw an eclectic mix of modern day spiritual seekers.

Tallow Beach Houses is set among a 30 acres sanctuary lined with 630 metres of Byron Bay's most beautiful beachfront and situated on the edge of the Awakwal National Park. It is a secluded oasis, away from the hustle and bustle of the city life, surrounded by breathtaking and peaceful beach and bush landscape. Definitely nature at its best, offering us the ideal conditions for the practice of yoga.

Accommodation

Stay in a secluded two bedroom spacious beach house (twin or single room options). All rooms are fully equipped with air-conditioning, kitchen, living area and a deck area to relax, your own private beach side tennis court and the beach at your door step. Option for your own beach house is available. Please contact us for details.

About the Retreats

These yoga retreats are based on the classical teachings of Swami Sivananda & The 5 Points of Yoga of Swami Vishnudevananda: Proper Exercise, Proper Breathing, Proper Relaxation, Proper Diet and Positive Thinking and Meditation; as taught in the International Sivananda Yoga Vedanta Ashrams around the world for over 50 years. The practice of 2 meditations & 2 yoga classes a day, kirtan, mantra chanting, daily practical workshops in all aspects of yoga, talks, the company of like minded people, meditative nature walks, delicious vegetarian meals based on ayurvedic principles in a positive environment, has proven to bring about a fundamental transformation towards a more peaceful and happy life.



Yoga retreats are a unique opportunity to recharge, rejuvenate and to inspire and deepen your yoga practice.

These retreats are open to all from beginners to experienced practitioners.

Workshops

Theoretical and practical 1.5 hour workshops in all aspects of yoga. Topics include:

- Meditation and Mantras
- Art of Relaxation
- Thought - The Architect of Your Destiny
- Vegetarian Cooking
- Yoga in Daily Life



Yoga Classes

Based on the classical Sivananda Yoga class structure: Initial mantras, relaxation, pranayama or yogic breathing exercises, preparatory exercises, practice of classical hatha yoga asanas, final relaxation and concluding mantras.

Satsangs (Group Meditation)

To open your heart and elevate your emotions. We practice: silent meditation, kirtan, chanting of classical mantras and a talk on a yoga topic.



Vegetarian Meals based on Ayurvedic Principles

Prepared with love by yogis, to nourish not only your body but your mind and soul because We Are What We Eat!

Daily Schedule

- 5.30 Wake Up
- 6.00 Satsang (Group Meditation)
- 8.00 Yoga Class
- 10.00 Brunch
- 11.00 Free Time*
- 14.00 Workshop
- 16.00 Yoga Class
- 18.00 Dinner
- 19.30 Satsang (Group Meditation)

*Time to enjoy a sauna, massage, walk along the beach or just relax in the peaceful surroundings.