

40th Anniversary Håå Course Center 1972 – 2012



Course Schedule, Application Form, Dates, Prices, Teachers 2012 - 2013

Yoga is more than physical training.

The original yoga tradition contains subtle and powerful methods. When you use them regularly your everyday life can become more creative and stress-free.

At Håå Course Center you participate in a process of transformation along with people from all around the world.

The experienced and well educated teachers at Håå lead you step by step from simple, preparatory exercises to the most essential and deep reaching part of the classical yoga and tantric meditation tradition.

“The process is there to over and over again kindle the light of consciousness, so it can burn, high above the limited mind with its theorizing and know-all attitude, giving you a chance to see”. Swami Janakananda (see article on Kriya Yoga, Bindu magazine #14.)

Photos on this page: Turiya, Anandananda, Henrik Moltke

Course Schedule

Håå Course Center May 2012 - April 2013

Prana Vidya Course

27 May - 9 June (14 days) Ma Sita Savitri & Klara Torbiörn
7870/5900 SEK (appl. deposit 1900 SEK)*

Before enrolling, please read the Prana Vidya information at our webpage www.yogameditation.com

Summer Courses

17 - 27 May (10 days) Agnidhara & Jan Chmilewski
7420/5570 SEK (appl. deposit 1900 SEK)*

10 - 23 June (14 days) Turiya & Vigyana Shakti
7870/5900 SEK (appl. deposit 1900 SEK)*

24 June - 7 July (14 days) Ma Sita Savitri & Ottar G. Sørensen
8490/6370 SEK (appl. deposit 1900 SEK)*

8 - 21 July (14 days) Franz Jervidalo & Mira
9160 SEK (appl. deposit 1900 SEK)*

Kriya Yoga Course

21 July - 19 Aug. (4 weeks) Swami Janakananda & Anandananda
13420/10750 SEK (appl. deposit 3400 SEK)*

For the experienced

Autumn Courses

2 - 15 Sept. (14 days) Mira & Klara Torbjörn
7870/5900 SEK (appl. deposit 1900 SEK)*

11 - 21 Oct. (10 days) Turiya & Ottar G. Sørensen
7420/5570 SEK (appl. deposit 1900 SEK)*

Chakra Weekend

16 - 18 Nov. Ma Sita Savitri
2570/2050 SEK (appl. deposit 650 SEK)*

Before you enrol on the Chakra Weekend then please read the course description on our website www.yogameditation.com.

Christmas Course

19 Dec. - 1 Jan. (14 days) Swami Janakananda & Klara Torbjörn
8490 SEK (appl. deposit 1900 SEK)*

New Year Course 2012

2 - 12 Jan. (10 days) Ma Sita Savitri & Anandananda
7420/5570 SEK (appl. deposit 1900 kr)*

3-Month Course 2013

Jan. 23 - April 20 Swami Janakananda, Ma Sita and others
Price 31500/26800 SEK. Payment in 3 installments: 1st: 6900 SEK paid with application, 2nd: 9500 SEK paid before 1 Dec. 2012, 3rd: 15100/10400 SEK (plus extra, like single room etc), paid before 5 Jan. 2013. These payments guarantee your participation on the course, and will not be refunded if you cancel your application.

* Application deposit is included in total fee.



Swami Janakananda

was born in Denmark in 1939. His contact with yoga began in childhood. In the beginning of the 60's, he studied history and English at Copenhagen University. Over this period he was active in theatre and pantomime as well as being a painter.

He then met his teacher Swami Satyananda and stayed with him for some years in India, where he learned the deep reaching Tantric meditations. On his return to Copenhagen in 1970, he founded the Scandinavian Yoga and Meditation School. Today Swami Janakananda has more than four decades of teaching experience and is in demand internationally as a meditation teacher, lecturer and writer. Read more about Swami Janakananda at www.yogameditation.com

4-6 May 2012
we celebrate Håå's
40th Anniversary!

Swami Janakananda started the Scandinavian Yoga and Meditation School in Copenhagen, Denmark in 1970. Just two years later, in May 1972, he founded the Håå International Course Center in southern Sweden. Since then the Center has continued to offer retreats in authentic yoga and meditation due to the efforts of the dedicated teachers and Swamiji himself.

As a tribute to four successful decades of the Center's work, students, friends and neighbours - old and new - are invited to join Håå's 40th anniversary celebration, 4-6 May 2012. Pencil in the date on your calendar and stay posted for more info at www.yogameditation.com or in our e-newsletters. For details, e-mail us: haa@yogameditation.com.



New! - Are you 25 years of age or younger?

There are also rebates for you. See below.

Rebates

On courses with two prices, the second price is for:
- 25 years or younger

- Students
- Unemployed
- Pensioners

The rebate price is agreed on at the time of enrolment. Eligible people need to make an application for the rebate by forwarding valid documentation with their enrolment form.



Ma Sita Savitri is originally from Iceland where she studied linguistics at the University of Reykjavik. Spontaneous experiences in her youth introduced her to the mystical path and she began searching for someone who could teach her "real" meditation. When she moved to Denmark in 1982, she found what she had been looking for; on courses at Scandinavian Yoga and Meditation School and in the authentic teaching of Swami Janakananda.

Through the years Ma Sita has been active as a teacher at the school's different departments in Scandinavia. In 1991 she moved to Haa Course Center, where she, in close cooperation with Swami Janakananda, teaches yoga and meditation and takes part in the management of the course center. Besides extensive teaching in Haa and the yoga teacher training, there are above all two areas Ma Sita has explored in depth; Prana Vidya (advanced tantric meditation and healing method) and Kirtan (yoga music, chanting and dancing).



Franz Jervidalo originally comes from Northern Jutland in Denmark. He lived in Sweden for seven years, where he taught at the school in Stockholm and travelled around the country holding weekend courses. In 1985 he moved to Copenhagen and is now in charge of the school there. Franz has 30 years experience teaching yoga and meditation, and he teaches to many different types of students including

athletes, gymnast instructors and health sector employees. Franz moreover runs courses for companies, training in yoga and meditation in daily life to prevent stress.



Mira is the leader of Scandinavian Yoga and Meditation School in Stockholm. She was born and raised on the west coast of Sweden. She started her training at the school in Copenhagen, where she lived for five years. During the summers of this period, she was the driving force behind the organic farming at Håå Course Center. In 1987 Mira began to teach at the school in Stockholm. Besides giving daily

courses in yoga and meditation at the school, she teaches regularly in companies and at health resorts. Mira writes and translates for the magazine Bindu.



Anandananda comes from Norway, where he studied at the National Arts and Crafts College in Oslo. He began his yoga teacher training in 1980 by participating in the 3-month course at Håå Course Center, and has since lived and taught two years at the school in Stockholm, five years at Håå and eight years at the schools in Århus and Copenhagen. Anandananda is the school's graphic artist. His creative work can be found on

posters, at exhibitions and in the magazine Bindu. He now lives in Gothenburg, and teaches there and in the surrounding area.



Jan Chmilewski is originally from Germany. After studying Nordic Languages at the University in Hamburg he set out to gain self-knowledge and to explore the more practical side of life. At first Jan worked with biodynamic farming in Scandinavia and Spain, then he participated in a 3-month course at Håå Course Center, where he began his teacher training in 2006. Here, apart

from teaching, he is now responsible for the organic farming. Since August 2010 Jan also is part of the teacher group in our school in Stockholm.



Turiya is from Odense, Denmark. He began with yoga and meditation at 18 and attended the 3-month course after leaving high school. Following that he joined the ashram in Copenhagen in order to combine his music studies with an intense sadhana. He started the yoga teacher education after helping behind a few retreats at Håå Course Center. Three years later, in 1996, he moved to the Stockholm school,

where he now takes part in the management.

Turiya's creative talent is responsible for much of the schools photography and layout work. He has also designed the nose cleansing pot, Yogi's Nose Buddy.



Agnidhara comes from Finland. She has practised yoga since the end of the 80's when she studied to become, and worked as a conservator. In 1995 she participated in the 3-month course, after which she started the yoga teacher training - exchanging the maintenance of the material tradition, with that of the spiritual.

After having lived at the course center in Håå and the school in Copenhagen for many years, she now lives in Helsinki in Finland, where she started teaching in the fall of 2007.

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Klara Torbiörn was born and raised on the outskirts of Stockholm. Initially she studied sports teaching and mountain tour guiding, started medical training. After participating in the 3-month course at Håå Course Center in 2003, she decided to join the 4-6 year full time yoga and meditation teacher education. Since then she has lived at Håå where, apart from yoga teaching, she handles the school's bookkeeping.



Vigyana Shakti is originally from Estonia and she has been living in Sweden since 1997. Photography was her great interest and she studied and worked as a photographer.

After the 3-month course in 2004 she moved into the ashram at Håå Course Center and joined the yoga teacher training. Here she takes care of the horses. Vigyana Shakti teaches yoga in the nearby towns and her speciality is pregnancy yoga.



Ottar G. Sørensen comes from Norway. He started practising yoga during his philosophy studies at Bergen University. After a period of exchange studies at the University of Reykjavik in Iceland he participated in the 3-month course at Håå Course Center in 2003. He has been living in Håå since 2005. Ottar is a skilful handicraftsman and is responsible for the maintenance of the course center.



Wini Hald comes from Denmark, where she in 1974 began attending yoga classes with Swami Janakananda. She participated, in 1976, in the 3-month course in Haa, after which she joined the yoga teacher education, and lived in the ashram in Copenhagen, Stockholm and Aarhus 1976 - 83. She has since then taught in various cities in Denmark in collaboration with evening schools. Wini was previously a singer in

Our Lady's Church-choir in Aarhus and studied music theory. She now accompanies sitar-master Roop Verma, on Tambura, in concerts and Nada yoga seminars.

Application form May 2012 - April 2013



This is an insert for the comprehensive brochure **Meditation, Yoga, Tantra, for the art of living - retreats in Southern Sweden**. The brochure contains all course details and requirements so please read it carefully (or the equivalent on www.yogameditation.com) before you enroll. Please use **BLOCK LETTERS - Or enroll at our website**.

I would like to enrol on the course running from..... to

Name: Occupation:

Address:

Postal code and town: Date of birth: Male Female

Country: I understand: English Swedish Danish German

Phone: Mobile: E-mail:

Rebate requested (documentation enclosed) as: 25 years of age or younger, **or** Student Unemployed Pensioner

Have you practised yoga before (what kind and for how long)?

Have you meditated before (what kind and for how long)?

Do you have any illness/problem, physical or mental? (If necessary, develop further in letter)

Do you use any medicine? Please list:

No extra costs:

I bring my own towel and bedding (comforter, pillow, linen).

I do not wish to reserve any special room.

Extra costs. I would like to reserve:

Single room, with private bathroom, 200 SEK extra per night (3-month course 126 SEK)

Double room, with private bathroom, together with (name): 119 SEK extra per night per person (3-month course 63 SEK).

Towel and bedding (linen, comforter, pillow) during the course 300 SEK (during the 3-month course 350 SEK per month)

Children:

I would like to bring ___ child /children. Price: half of the full course fee per child. Deposit: half the application deposit. Name(s) and age(s) of the child/children:

.....

Other:

You will need a nose cleansing pot of plastic (neti pot) and a rosary/string of 108 beads (mala). They are available at the course center.

The netipot Nose Buddy: 165 SEK. Mala: 150 - 425 SEK.

Riding: each tour 80 SEK.

Laundry: 20 SEK, drying 20 SEK.

I will travel to Håå: by car by train

I wish to be fetched in

Älmhult / Ljungby at o'clock. Price: 80 SEK

As a guarantee for my participation in the course:

I have sent the fee to the school's account at: Nordea, SE-105 71 Stockholm, Sweden. The account's IBAN: (International Bank Account Number in Europe) SE8595000099602607386030

The account's SWIFT/BIC-address: NDEASESS

OBS! If you enroll late then wait with paying until we confirm that there is available place.

I understand that this application fee is non-refundable if I should change my plans and cancel the enrolment and that the course fee is the same no matter how long I remain on the course. The full course fee is considered an entrance fee. I understand that I therefore will not get any money refunded regardless of when and why I have to leave the course.

Agreement: I understand that it is a condition of participating in any course at the Scandinavian Yoga and Meditation School that I make the commitment not to pass on or to teach anything about yoga and meditation or any other content of the course on the basis of what is taught. In order to be competent to express myself about these yoga and meditation techniques or to teach them to others, a complete yoga teacher education at the school is required.

I hereby declare that I have thoroughly read the whole brochure about Håå Course Center (or the equivalent on the website), and if I choose the Prana Vidya course or the Chakra Weekend, that I have read the information about these courses and that I will participate under the conditions stated there in.

.....
Place and date

.....
Signature

Send the enrolment form to Håå Course Center, or use the corresponding form on our web page:

SCANDINAVIAN YOGA AND MEDITATION SCHOOL

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