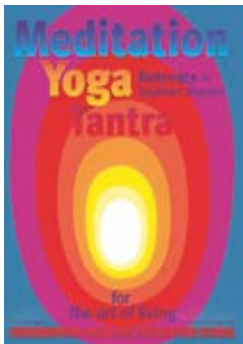


Håå Course Center

2011 - 2012

Course Schedule
Application Form
Dates, Prices &
Teachers



This is an insert for the brochure about Håå Course Center, "Meditation, Yoga, Tantra, for the art of living - Retreats in Southern Sweden"

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.)

SCANDINAVIAN YOGA AND MEDITATION SCHOOL
Håå Course Center • Tel +46 372 550 63 • www.yogameditation.com

Course Schedule

Håå Course Center May 2011 - April 2012

Prana Vidya Course

26 May - 5 June
(10 days) Ma Sita Savitri & Klara Torbiörn
7170/5380 SEK (appl. deposit 1800 SEK)*

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

Summer Courses

12 - 22 May
(10 days) Agnidhara & Anandananda
7170/5380 SEK (appl. deposit 1800 SEK)*

5 - 18 June
(14 days) Turiya & Klara Torbiörn
7600/5700 SEK (appl. deposit 1800 SEK)*

19 June - 2 July
(14 days) Ma Sita Savitri & Ottar G. Sørensen
8200/6150 SEK (appl. deposit 1800 SEK)*

3 - 16 July
(14 days) Franz Jervidalo & Mira
8850 SEK (appl. deposit 1800 SEK)*

Kriya Yoga Course

16 July - 14 Aug.
(4 weeks) Swami Janakananda & Vigyana Shakti
12970/10400 SEK (appl. deposit 3250 SEK)*
For the experienced

Autumn Courses

28 Aug. - 10 Sept.
(14 days) Mira & Jan Chmilewski
7600/5700 SEK (appl. deposit 1800 SEK)*

13 - 23 Oct.
(10 days) Turiya & Vigyana Shakti
7170/5380 SEK (appl. deposit 1800 SEK)*

Chakra Weekend

11 - 13 Nov.
Ma Sita Savitri & Jan Chmilewski
2480/1980 SEK (appl. deposit 600 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 & Ottar G. Sørensen
8200 SEK (appl. deposit 1800 SEK)*

New Year Course 2012

2 - 12 Jan.
(10 days) Ma Sita Savitri & Johanne Aybar
7170/5380 SEK (appl. deposit 1800 kr)*

3-Month Course 2012

Jan. 25 - April 21
Swami Janakananda, Ma Sita and others
Price 30400/25800 SEK. Payment in 3 installments: 1st: 6700 SEK paid with application, 2nd: 9100 SEK paid before 1 Dec. 2011, 3rd: 14600/10000 SEK (plus extra, like single room etc), paid before 5 Jan. 2012. These payments guarantee your participation on the course, and will not be refunded if you cancel your application.

Rebates

On courses with two prices, the second price is for students, unemployed, and 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.

* 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



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.



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).



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.



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.



Klara Torbiörn

was born and raised on the outskirts of Stockholm. Initially she studied sports teaching, mountain tour guiding and 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 craftsman and is responsible for the maintenance of the course center.



Johanne Aybar

is from Germany. Already in her early twenties she felt attracted to yoga and participated in many courses with the Scandinavian Yoga and Meditation School in Hannover and also joined the 3-month sadhana course at Haa Course Center in 2005. After staying in London and New York for some time and the birth of her son she moved to Haa with her family in order to start

the yoga teacher education.

Johanne likes cooking and was responsible for kitchen organization at the course center. In autumn 2010 she moved to Copenhagen and now lives and teaches at the school there.

