

Calendar of courses

February - April 2020



Ananda

Yoga ❀ Meditation ❀ Wellbeing ❀ Inner Growth



February

the month of Kriya

SPECIAL - Available all month long:

Seclusion in silenzio per Kriyaban ✧

- 05-09 **Kriya Preparation Part One** ✧ (I)
- 07-09 **Introductory Weekend** ✧ (I/E)
- 07-09 **Healing the Heart** (I)
- 09-14 **Paramhansa Yogananda: How to Awaken Your True Potential** (I/E)
- 09-14 **Introductory Week** ✧ (I)
- 12-16 **Kriya Preparation Part Two** ✧ (I)
- 14-16 **Ananda Yoga to Calm and Open Your Heart** (I)
- 14-16 **Paramhansa Yogananda: How to be Happy All the Time** (I/E)
- 16-21 **Love, Hope and Forgiveness** (I/E)
- 16-21 **Guided Kriyaban Retreat** ✧ (I)
- 21-23 **Introduction to meditation** ✧ (I)
- 21-23 **Maha Shivaratri: Brahma, Vishnu, and Shiva** ✧ (I/E)
- 21-23 **SUPER INTENSIVE: Three Sequences Perfect for your Daily Life** (I)
- 23-28 **The Path of Kriya Yoga** (I/E)
- 28-13 **Kriya Check-Up** ✧ (I/E)
- 28-13 **Paramhansa Yogananda: How to Love and Be Loved** (I)
- 28-13 **Mantra, Yantra, and Sacred Symbols** ✧ (I/E)

*Check our new website
for more information,
updates and inspiration:
ananda.it*

March

- 01-06 **Crises and Crossroads** (I)
- 01-06 **Mahasamdh Retreat for Kriyaban** ✧ (I/E)
- 05-09 **Retreat for New Kriyabans** ✧ (I/E)
- 06-08 **Yogananda and Sri Yukteswar: the way of discipleship** ✧ (I)
- 06-08 **Kriya Initiation (1° + 2°)** ✧ (I/E)
- 08-13 **The Healing Power of Vibrations (also LTS)** (I)
- 08-13 **Paramhansa Yogananda: How to Have Courage, Calmness, and Confidence** (I/E)
- 13-15 **SUPER INTENSIVE: Ananda Yoga to deepen your meditation** (I)
- 13-15 **ANANDA YOGA 4 YOU: Ananda Yoga to deepen your meditation** (I)
- 13-15 **Introduction to meditation** ✧ (I)
- 13-15 **Free Yourself From the „Grooves“ of the Past (also LTS)** (I)
- 13-15 **Paramhansa Yogananda: Karma and Reincarnation** (I)
- 15-20 **Explore Raja Yoga** ✧ (I/E)
- 15-20 **Ananda Yoga for Self-Healing (also LTS)** (I)
- 20-22 **Spring Equinox: the horoscope of the year** ✧ (I)
- 20-22 **What is Kriya Yoga?** (I/E)
- 20-22 **Intensive: Ananda Life Therapy Practices (also LTS)** (I)
- 22-28 **AYTT: How to Teach Meditation (2nd Level)** (I)
- 22-28 **RYTT Teaching 2: How to Teach Meditation Techniques** (I/E)
- 22-27 **Introductory Week** ✧ (I)
- 22-27 **Healing our Hidden Wounds** (I)
- 27-29 **SUPER INTENSIVE: Ananda Yoga**

for you higher wellbeing (I)

27-29 A Taste of Joy: Indian Cuisine
(also LTS) (I)

27-29 **The Healing Power of Sound,
Mantra and Sacred Music (E→I)**

27-29 Sound of Life: Sound Training (I)

29-3.4 Ananda Yoga for Body, Mind and
Soul (I)

29-3.4 **Change Your Mind, Change Your
Life (I/E)**

29-4.4 **RYTT Teaching 1: Energization
Exercises (I)**

29-5.4 **AYTT: Energization Exercises
(1th Level) (I)**

Legend

★ New

(I) only in Italian

(I/E) course in Italian and/or in
English with translation

(E) only in English

(D) only in German

□E/D/I translated in English /
German / Italian

✎ only for Kriyaban or permitted

✿ Introductory Program with
special price

bold course in English

AYTT: Ananda Yoga Teacher Training

RYTT: Raja Yoga Teacher Training

LTS: Life Therapy School

Spring Highlights

21 Feb Maha Shivaratri

7 Mar Yogananda's
Mahasamadhi

12 Apr Easter at Ananda

21 Apr Swamiji's
Moksha

«Kriya, controlling the mind
directly through the life force,
is the easiest, most effective,
and most scientific avenue of
approach to the Infinite.»

— Paramhansa Yogananda

English Courses

In 2020 we will offer every
month a course in English only:
watch out in our calendar for
the bold courses with the (E)
symbol.

For the first time we have
a whole month dedicated to
Kriya! Come in February
for a Retreat or a Personal
Seclusion and soak up some
Yogananda vibrations of peace
and inner joy!

April

- 03-05 SUPER INTENSIVE: Awaken Your Inner Child (I)
- 03-05 The Power of Prayer: Become a Channel of Life-force Energy (also LTS) (I)
- 03-05 **Paramhansa Yogananda: How to be Happy All the Time (I/E)**
- 05-12 **Kriya Preparation Part One and Two K (E)**
- 05-10 Paramhansa Yogananda: How to Create your Own Destiny (I)
- 05-10 **RYTT: Meditation Intensive (I/E)**
- 10-12 The Transforming Power of Affirmations (also LTS) (I)
- 10-13 **Easter at Ananda (I/E/D)**
- 13-17 Self-healing with Prana (also LTS) (I)
- 13-17 **Love, hope and forgiveness (I/E)**
- 15-19 Kriya Preparation Part One K (I)
- 17-19 Introductory Weekend ✨ (I)
- 17-19 **Inner Freedom: How to Overcome Negative Habits ✨ (I/E)**
- 17-19 **AKASH: Secrets of Success ✨(I)**
- 19-24 **How to Meditate (I/E)**
- 19-24 The Science of Will Power (I)
- 19-26 **AYTT: Basic 1 (1st Level) (I)**
- 19-26 ANANDA YOGA 4 YOU: Basic 1 (1st Level) (I)
- 22-26 Kriya Preparation Part Two K (I)
- 24-26 Ananda Yoga and the Chakras - First Triad (I)
- 24-26 **Be the Change (I/E)**
- 24-26 SUPER INTENSIVE: Practising and Sharing with yoga teachers ✨ (I)
- 26-1.5 The Path of Kriya Yoga (I)
- 26-1.5 **Self-healing: Harmonizing the Chakras (also LTS) (I/E)**
- 26-3.5 **AYTT: Basic 2 (1° Level)**
- 26-3.5 ANANDA YOGA 4 YOU: Basic 2 (1° Level) (I)
- 30-3.5 Yogananda 2020: The Essence of Yogananda ✨ (I)

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