

### About Satyananda Yoga

The Satyananda system of Yoga is a holistic style of yoga which addresses the whole person, and not just the body. It is designed to meet the needs of modern society and combines contemporary thought with ancient wisdom – to bring about physical well-being, mental, emotional and spiritual stability through self-observation and self-discovery. One learns to manage stress, tension and anxiety and find balance amidst the conflicts, turmoil and challenges of everyday life. It encourages the development of awareness, the importance of sadhana and bringing yoga into one's everyday lifestyle.

### Satyanandashram – True bliss ashram

The courses are conducted within the Paiania ashram which was founded by Swami Sivamurti Saraswati, after receiving the mandate from her guru Swami Satyananda Saraswati, to establish yoga in Greece. The ashram was inaugurated by Swami Satyananda Saraswati in 1985. It is located in an idyllic location amongst vineyards and olive groves at the foothills of Mount Ymittos. It is near the township of Paiania, the birthplace of Socrates. In ancient times, it was the site of rites dedicated to the Greek god Dionysos. There is no better place than an ashram, to learn and live yoga as a lifestyle and develop the attitude of service (seva), as in the ashram, one lives yoga every moment of the day. Ashrams have much to offer the present stress filled world of today as in an ashram you get a chance to broaden your mind and imbibe positive samskaras (impressions) and forget yourself by stepping out of your own problems and practicing seva yoga, or selfless service. This in itself gives you a new vision and perspective about life and yourself.

There is a contribution for these programs.

For bookings and more information please contact:  
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## YOGIC LIFESTYLE PROGRAMS

Discover the relevance of an ashram  
in the modern world and immerse yourself  
in a yogic lifestyle experience  
that you can take home with you  
and make your own.



*The purpose of a Yogic lifestyle course is to expose ourselves to different situations and experiences that broaden and open the mind enabling us to better manage our body, mind and senses, adapt to change and face all the ups and downs of life with equilibrium, balance and a deeper understanding of what life is all about.*

*This is what living a yogic lifestyle means. Yoga should not stay in the classroom; it needs to become a lifestyle that develops and transforms our personality and awakens our human potential, creativity and self-awareness of who we really are and or our life's purpose.*

Swami Niranjanananda Saraswati

Satyanandashram is a non-profit organization and receives no government funding. Programs and activities are open to members. Contributions and donations cover the running costs and go towards the philanthropic work of Satyananda Math to assist those in need. Contributions are non-refundable and non-transferable. Booking is essential to secure your place.  
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