

**Seva: The Path of Purification**  
**What is the purpose of seva or selfless service?**

Seva gives one the opportunity to redirect one's actions away from one's self and towards the service of another. This is not an easy thing to do in modern society, where the focus is more self-orientated and materialistic, and on enhancing one's ego. Serving others helps to develop the human personality. It is the most effective method or sadhana for cleansing the mind and purifying the heart. Negative qualities constrict the heart and leave deposits in the mind, acting as a veil or thick crust that separate us from others. Selfless service breaks the veil, removes the crust and reveals our heart based qualities.



*Egoism, hatred, jealousy, prejudice and pride vanish. Humility, love, compassion and tolerance are developed. Selfishness is eradicated. You begin to feel the oneness or unity of life. You develop a broad heart with a broad, generous outlook on life.*

Swami Sivananda Saraswati

**What the program entails:**

Wake up before dawn to follow the early morning yoga class of the day, to catch the shanti rasa (special vibration present at this peaceful time of the morning).

Each class contains a variety of asanas (physical postures) ensuring that all parts of the body are toned, stretched and exercised, and /or the shatkarmas (cleansing techniques) of Hatha Yoga. The asanas are followed by breathing practices and various pranayamas, mudras and bandhas, followed by a short relaxation.

Breakfast in the garden is followed by seva yoga after which there are theoretical and practical programs with workshops on various topics pertaining to yoga as a lifestyle which could include any of the following topics or topics of your choice:

- Awareness – Living Consciously: the alpha and the omega of yoga.
- Harmonizing head (thoughts), heart (feelings) and hands (actions).
- The 18 ities of Swami Sivananda (the 18 cardinal virtues for material and spiritual success in life).
- The Ashtanga yoga of Swami Sivananda (serve, love, give, purify, meditate realize, be good, do good, be kind, be compassionate. Bear insult, bear injury, this is the highest sadhana).
- Yogic yamas and niyamas to experience happiness without a cause.
- The power of positive thinking - managing your interactions with a positive, optimistic, and creative mind.
- Overcoming difficulties and developing self-esteem.
- The SWAN principle - a psychological tool for working with your strengths, weaknesses, ambitions and needs.
- Sadhana: your personal yoga practice.
- Yogic capsules: practices for the busy, modern lifestyle.
- Yogic cooking and nutrition, or
- Topics of your choice : themes can be tailored to suit your needs. You may suggest topics of your choice pertaining to a yogic lifestyle.

This is followed by lunch with fresh vegetables from our organic farm, Yoga Nidra of the Satyananda system of yoga, tea and further workshops with both theory and practices on subjects relating to yoga as a lifestyle. After dinner, a rich and varied evening program ends the day.



**Timetable of a typical day (spring, summer, autumn)**  
 (N.B. Times vary according to the seasons)

- 05:30 Early Yoga Class
- 07:00 Breakfast
- 08:00 Seva Yoga
- 11:00 Program
- 12:30 Seva Yoga
- 13:00 Lunch/clean up
- 14:30 Yoga Nidra of the Satyananda system of yoga/meditation
- 15:30 Tea
- 16:00 Program
- 17:30 Gardening
- 18:30 Dinner
- 19:45 Program



**Excursions (optional)**

- Nearby ancient sites – Temple of Poseidon at Cape Sounion overlooking the Aegean Sea or the Temple of Artemis at Vravra.
- Coast/seaside of Attica coast.
- Athens (The Acropolis and its museum, the flea market, etc.,)
- Day trips to nearby islands.

**Yogic lifestyle instructors**  
 There are two options to choose from

**Ashram Yogic lifestyle instructors**

Ashram instructors in the Satyananda system of yoga receive highly comprehensive training and are continually assessed to ensure their teaching reflects a high degree of quality and professionalism. They undertake regular in-service training programs to upgrade their skills and stay informed about the latest trends and developments or

**Outside instructors**

Group coordinators who bring their groups to the ashram may prefer themselves to give the practical and/or theoretical classes.

**What to bring**

- Notebook and pen.
- Sleeping bag or bed sheets.
- Slip-on shoes.
- Comfortable clothes for yoga classes.
- Walking shoes.
- Swim wear (optional).
- Clothes for gardening.
- Towel.
- Torch.
- Toilet paper, soap, personal toiletries, washing powder.
- Mosquito repellent.

**What your package includes**

- Accommodation in the ashram.
- Healthy and nutritious vegetarian meals each day.
- Early morning yoga classes.
- Practical and theoretical classes and workshops on topics related to a yogic lifestyle in the morning and afternoon.
- Yoga Nidra of the Satyananda system of yoga (deep relaxation practice).
- Seva yoga.
- Access to the ashram library and bookshop.

**Impressions from YLS participants**

*The quietness, the acceptance and listening, the guidance, everything was very soft and nice. Looks like a very safe and loving place. I really felt every second that I'm learning and I'm experiencing and maybe hopefully absorbing something. Everyone together here was very supportive. Thank you.*

Roni (Israel)  
 YLS April 2016

*I would like to say "thank you" to the group, as well as to everyone who lives here and shares this knowledge. I have been filled with experiences, new ideas and information. It has been wonderful and I have been totally reassured in what I believe in and also in the Satyananda Yoga tradition, I am more inspired to go deeper and further.*

Sibyllie (Germany)  
 YLS April 2016

*I would like to say something about my impressions because I have been here many times and each time is different, each time a person learns, experiences something new, and in a most unexpected way. I had a very beautiful experience this time here.*

Swami Vivekamurti (Bulgaria)

*I would like to be in many places like this. It is so difficult to find such an open hearted medium with so many open hearted people, who are for real; who put all their lives in the interest for others. This more than words, I cannot say in other words but I think you are doing the job for all the people in this world. I don't know how but I feel it, maybe we will pass it on to our friends and they will pass it to their friends, not the intellectual teachings but the energy from the heart*

Andrei (Romania)