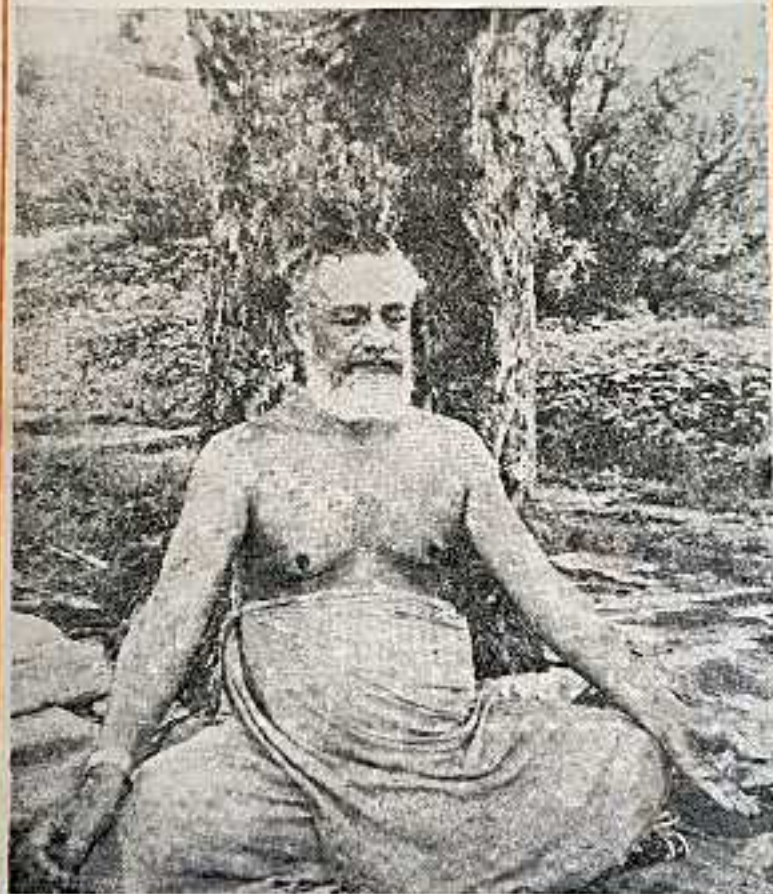


March 1990

Year 1 Issue 2

YOGA



Sivananda Math, Munger

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ONE YEAR SANNYAS TRAINING COURSE

Dates: 1st January 1991 to 31st December 1991

Venue: Bihar School of Yoga, Ganga Darshan,
Munger, Bihar, 811201

Fees: Rs. 1000/- non-transferable, non-refundable

Admission: Applicants under the age of twenty will require written permission in affidavit from their parents. Females wishing to participate in the course **MUST** seek prior permission from the ashram. These regulations apply to Indian applicants only.

Aim of the course: To develop each individual's awareness and understanding of the higher levels of consciousness, and to awaken the real meaning of sannyasa life and its value in spiritual unfoldment, development and fulfillment.

Sannyasa training: Sannyasa is not an escape from life. It is to develop strong, creative minds capable of facing all situations in life. Aspirants will live the ideal life of sannyasins, sleeping in common or shared quarters, sharing food, hard work and creative ideas, without segregation according to social background, education or profession. There will be training given in all aspects of yoga, practical and theoretical, as well as study of all philosophical systems. The spiritual scope of life will be experienced with the combination of duties and activities shared by all.