

Yoga Vidya

Europe's biggest and leading
Yoga center and institution



Experience Yoga...
yoga-vidya.org/English



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Yoga Vidya is a non-profit organization whose aim is to spread the knowledge („vidya“) of holistic Yoga.

Founded by Sukadev Bretz in 1992 Yoga Vidya now runs 4 Ashrams, about 100 Yoga city centers and trained about 18.000 well qualified Yoga teachers. This makes us to Europe's leading and largest yoga educational organization. We are teaching in the tradition of Swami Sivananda but we welcome people of all faiths and religions and encourage conversation and practice among everyone.

“Individual Peace paves the way for world peace. The attainment of inner calm is the greatest work you can do for humanity.”(Swami Sivananda)

Find your inner peace and realize your highest potential. The integral practice of yoga and meditation in a natural environment in the company of like-minded people can harmonize and inspire your body, mind and spirit. You will enhance your strength, joy and positive outlook on life as well as deep self-knowledge.



The seminar house in Meinberg

Staying at the Yoga Vidya in Meinberg (near Hannover) you will find yourself surrounded by a beautiful community of spiritually minded people, who are supporting each other's learning and growth. Hosting up to 600 guests, offering over 1400 programs each year as well as a variety of recreational facilities. Yoga Vidya Meinberg is not only a dynamic and lively place but also Europe's largest seminar house (Ashram). 200 friendly staff members live, learn, serve here and take care to our guests educational formation and well-being.

Suited in the Teutoburger Forest, which is a centuries old power place, the house gives you the perfect atmosphere to gain new insights and to rediscover your inner resources of happiness.

The daily program of yoga postures, breathing exercises, deep relaxation, chanting, meditation and vegetarian meals is designed to have an optimal effect on your body, mind and spirit. Also - our food is delicious, 100% organic and almost completely vegetarian/vegan



What is a typical day at Yoga Vidya like ?

- 06:00 Pranayama
- 07:00 Satsang: meditation, chanting, short talk, arati (fire ceremony)
- 08:05 Workshop/lecture/talk
- 09:15 Yoga classes
- 11-12 Brunch with vegetarian/vegan buffet
- 14:30 Workshop/lecture/other activities
- 16:15 Yoga classes
- 18:00 Dinner with vegetarian/vegan buffet
- 20:00 Satsang: meditation, chanting, short talk, arati (fire ceremony)
- 21:00 Evening talk

Expect an open atmosphere with rejuvenating tranquility and closeness to Mother Nature. In order to keep Yoga Vidya a peaceful place we ask you to adhere to our house rules which require a fully vegetarian diet, no alcohol, no tobacco, no drugs and silence in the evening from 10:00 pm to 7:30 am.



Ways to visit

There are many ways to visit us. Select from the options below to choose your personal way to experience Yoga Vidya.

- Call or register online for a Yoga Vacation, Yoga retreat
- Rent one of our rooms for your own retreats, workshops and conferences
- Sign-up for our 4 weeks Yoga Teacher Training Course or Yoga Therapy Training
- Live here, serve, and learn in our Seva Study/Karma Yoga Programs

We also welcome day and individual guests.



Application and contact

Send a mail to: info@yoga-vidya.de

Join our online community: my.yoga-vidya.org

Browse to our homepage:

yoga-vidya.org/English

Find us on Facebook:

facebook.com/YogaVidyaEnglish

Watch us on YouTube:

youtube.com/user/YogaVidyaEnglish

