

Scottish Satyananda Yoga Network Newsletter January 2014

Hari OM everyone and best wishes for 2014.

Welcome to the January 2014 Newsletter. We're sorry it's a little late, but hope that you'll find things of interest nevertheless. We have two residential weekend seminars this year, one in Edinburgh and one on the Isle of Skye. There's the usual array of class and seminar information and some impressions from the World Yoga Convention.

Scottish Satyananda Yoga Network Event 1



We are delighted to present a residential weekend
retreat

Yoga of the Heart

with

Swami Satyaprakash Saraswati

"Bright but hidden, the Self dwells in the Heart,....."

Realize the Self, Hidden in the Heart, and cut asunder

The knot of ignorance here and now." (Mundaka Upanishad)

Friday 9th - Sunday 11th May 2014

Gillis Centre, Edinburgh

Swami is a very popular teacher, so early booking is advised. The programme is suitable for practitioners with at least two years' experience of yoga practice, who wish to delve a little deeper.

Cost: £185 (£65 deposit and two instalments of £60)

Application forms and further details from: Carol Godridge yoga@cgodridge.plus.com or Tel. 01848
200681

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Scottish Satyananda Yoga Network Event 2



Residential retreat Isle of Skye

19th – 21st September 2014

The Torrin Outdoor Centre is run by Highland Council. The Centre is beautifully situated on the shore of Loch Slapin underneath the Red Cuillin. We're planning a simple weekend of yoga practices, including a havan on the beach (weather permitting) to which we'll all contribute. The accommodation is simple hostel type with mainly 4-bedded bunk rooms.

Save the date! Details and booking form in next newsletter.

SAYINGS OF A PARAMAHAMSA

The New Year should be celebrated continuously until spring. Spring brings joy, spring nurtures life. In nature, what is underground during the winter months remains protected and when the warmth of spring comes, the seed grows. At New Year, people make resolutions. A seed, a resolution, a sankalpa, can be lying under the ice and snow of winter. When the light of wisdom, the light of vidya, shines and removes the ice and snow of ignorance and vice, the seed can become whatever it is meant to be.

Part of a New Year Message from Swami Niranjanananda Saraswati - shared on Facebook.

Swami Satyaprakash's Birmingham Satyananda Yoga Centre has produced a 2014 calendar which is for sale to raise funds for Bihar School of Yoga. It "stars" students who have been attending classes for at least 15 years whose average age is now 65. Each month there is a photograph of someone in one of the 12 Surya Namaskar asanas along with some thoughts about the effects of long term Yoga practice on growing older.

You may think it's a bit late to buy a 2014 calendar, but this one is inspirational- for all ages! Enquiries to www.sycbirmingham.com

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THE GOLDEN JUBILEE OF BIHAR SCHOOL OF YOGA AND WORLD YOGA CONVENTION 23rd to 27th October 2013

An Indian experience

In October 2013, the Bihar School of Yoga and the citizens of Munger, known as the City of Yoga, welcomed us for the World Yoga Convention, coupled with the Golden Jubilee of the Bihar School of Yoga. BSY was founded by Swami Satyananda Saraswati at Munger on the banks of the Ganges in 1963. Four of us from Scotland joined the UK group led by Swami Satyaprakash. This is an attempt to convey some of our experiences.

We flew from Glasgow to Dubai where we met up with the rest of Swami Satyaprakash's group (making a total of 22) and all flew together to Delhi. We had two nights in Delhi to acclimatise to the heat, not to mention shopping in Nirula Bazaar and FabIndia. One definite bonus was eating our evening meals (some of us in beautiful new garments) on the rooftop terrace under the benign smile of the full moon.

Bihar is a large, rather poor state in the north east of India. Its northern border abuts on to Nepal. On the three hour flight from Delhi to Patna, the capital city of Bihar, the awesome sight of the peaks of the Himalayas marched along to our left for some time. Of course they could have been cloud formations but we were convinced!

The venerable and ancient chartered bus arranged for the journey to Munger of just under 200 kilometres meandered through impoverished small towns and villages; lurched



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round or through huge potholes, some caused or worsened by the recent flood damage from Cyclone Phailin; and crawled through gridlocked lines of cars, lorries, auto rickshaws and the occasional cow, taking 8 hours to complete the journey, including a lunch break at a roadside caff to consume pakora and tea!

Arriving in the dark and going quickly to our rooms we didn't see much. But next day we were able to appreciate the orderly beauty of the ashram. The sight of the seven storey main building of the BSY rising above us, in its white, orange and green livery, was impressive. The pure white buildings shone in the sunshine; the trees were in regimental rows, with their lower trunks painted white; bushes were trimmed to shape, not a weed in sight in the flowerbeds. Feeding the very large numbers of guests was impressive too -

For the first two days we had time to find our way around and be assigned our karma yoga duties, including meal preparation, serving, and sharing the daily cleaning of our quarters between 5 and 6 am. No chance of oversleeping as very loud music issued from the direction of Munger town from 5 am. The simple meals were served in a hangar-sized dining area; we sat on the floor, eating Indian-style with our fingers - very efficient.

The Convention was held in three vast interlinked marquees a 20 minute slow walk from the ashram. There were two sessions daily, 8 am - 11 am and 4-6 pm, with speakers of national and international renown. Security was tight, with large numbers of security staff, body scans etc; it all seemed OTT until we heard on the last day about bombs going off in Patna.

Swami Niranjanananda told us that there were 22,000 delegates, most of them Indian, with around 1500 overseas people. It was quite something each day to see the white, yellow and orange snake of people walking slowly to the Convention venue outside the ashram gates. There were also the thousands of devout locals. The overall theme of the Convention was *Immersion in Yoga: serious, sincere and committed.*

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Each day of the programme had its own theme, with an emphasis on scientific research into yoga. Talks were either in English or Hindi, with Swami Niranjanananda translating both ways, apparently effortlessly.

Day 1 *Inaugural day* - Yoga as a science for the evolution of consciousness and a method to improve the quality of life. Evolution means change. We have been given all the practices we need to enable us to evolve; but the knowledge has to be applied by practice.

Day 2: *Yoga in health, therapy and social application*. For me the inspiring highlight of this day was a talk by the Director of the Kaivalyadhama Yoga Institute in Pune, set up in 1924 to apply scientific analysis to yoga practices. Swami Sannyasananda from Monash University spoke of his research into the effects of pranayama and meditation, and even the emergence of epigenetics, or how yoga can alter our DNA!

Day 3 *Yoga in education: samskaras and developing creative expressions*. Lots about yoga for children and young people. Swami Yoga Bhakt, who lives in Paris, has spent decades developing RYE - Research in Yoga and Education - culminating recently in the announcement by the French Government that all schools in France can include yoga in their curriculum.

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Day 4 *Yoga and lifestyle* - yoga as personal growth. The inspiration here was Swami Pragyamurti, speaking from the heart about her work with yoga in prisons and with some of society's castaways such as people living with HIV and AIDS. With a final plea for us to keep in our hearts all who suffer, she received a lengthy standing ovation, the only one of the whole Convention.

Day 5: *Vision of yoga as the global culture of tomorrow and concluding ceremony*. I missed most of this day through becoming ill and having to leave in a hurry....I'll draw a veil over the next few hours. The only sentence I recorded was "The light of yoga has gone everywhere. Now the next mandate is to live yoga and maintain its purity with sincerity, seriousness and commitment."

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In addition to the formal lecture sessions there were lunchtime workshops, a film about the life of Swami Satyananda Saraswati, the very enjoyable multi-sensory KAC (Kundalini Awakening Centre), and nightly entertainment programmes including much singing and dancing, performed by the ashram residents. There were initiations - mantra, jignasu and karma sannyasin. Bob Wilde from Dundee is now a karma sannyasin and has been given the name Vedavanam.

The Golden Jubilee celebrations running alongside the Convention also included day-long havans presided over by pandits chanting their Vedic shanti mantras. Then there was the Prasad - imagine a tent full of books and CDs, including 350 new publications especially for the Convention, and the invitation to go round and pick up one copy of anything. Of course there was a 2 hour queue in blazing sunshine before reaching this Nirvana for bookaholics, but it was worth it.

Two days after the Convention finished three of the original group led by Swami Satyaprakash went on to Rikhiapeeth, but that's another chapter...that I hope will be written by someone else!

I'd like to express my profound personal gratitude to Swami Satyaprakash for all the hard work she did for many months prior to the Convention. Every little detail was seen to, from tickets, how to obtain visas, accommodation (and shopping) in Delhi, notices about what we could and could not take with us (mobile phones and cameras), booking us in to the ashram, and just generally being willing to be identified as our group leader, with all that that entailed in terms of being a mother hen on the journeys and keeping us right over karma yoga and other responsibilities when we got there.

Sn. Bijam

A slightly longer version of this appears in the January 2014 issue of Yoga Scotland Magazine.

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SATYANANDA CLASSES & SEMINARS AROUND SCOTLAND

Jayanti - Borders

Contact Jayanti (Jane Russell):
info@janerussell.org or 01896 754278 or
www.janerussell.org

Monthly intermediate level workshop:
Dechmont Community Centre, West Lothian
10 am - 1 pm
Cost: £15
Please bring a copy of Patanjali's Yoga Sutras as the subject is obstacles in the path of yoga. Each class will consist of asana, pranayama, meditation/Yoga Nidra and discussion.

Mahamrityunjaya mantra

Mahamrityunjaya mantra chanted 108 times for relief of suffering first Friday of the month 6.30 - 7.30pm. Free of charge and all welcome at 9 Hall Street, Galashiels.

For weekly classes in the Borders contact Jayanti as above

Bijam - Edinburgh & West Lothian

For further information, to book and for start dates see Bijam's new website
www.yogawithbijam.co.uk or contact: Bijam
Mobile 07966 573804 or
info@yogawithbijam.co.uk

Gate 55, 55 Sighthill Road Edinburgh
• General Class: Mondays 16.30 - 18.00

Currie Community High School. (Book via the school 0131 449 5922). - Tuesday evenings

- Intermediate 19.00-21.00

The Partnership Centre South Bridge Street, Bathgate

- Therapeutic yoga for people with long-term health conditions ; Wednesdays 17.00 -18.15. Sponsored by KICC Active Lothian as part of the health self-management project. See their website www.kiccactive.org.uk
- General class: Wednesdays 18.30 - 20.00
- Optional extra: Meditation and Study Group 20.05 - 20.45.

Meditation practice Sunday evenings 19.30 - 20.45 approx in my yoga room in Edinburgh

Bob Wilde-Sannyasin Vedavanam Dundee
Contact Vedavanam on 01382 779366 or on rrdwilde@aol.com

Multiple Sclerosis Therapy Centre, Peddie Street, Dundee

- Mondays 14.00 - 15.30 every two weeks

Ward Road Gym, Dundee

- Wednesdays 17.30 - 18.45

YMCA Brook Street, Broughty Ferry, Dundee

- Fridays 10.45-11.45am

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Carol Godridge- SW Scotland

Beginners Course:

Dumfries: Tuesdays 19.30 - 21.00. Room 120 Rutherford McCowan House, University of Glasgow Crichton Campus.

Second Year onwards class:

Dumfries: Tuesdays 17.30 - 19.00
University as above.

Gentle yoga: for people limited mobility.
Wednesdays 10 - 11.30 am Glencairn Memorial Institute, Moniaive.

Mixed ability classes:

Thornhill: Thursdays 9.30 - 11.00 a.m
Thornhill Community Centre.

Monthly Intermediate Level workshops:

for those who have completed two years of practice and wish to go deeper. Saturdays monthly 10 am - 1 pm: 11th January, 8th February, 8th March, 5th April, 3rd May and 7th June. Venue: Glasgow University, Rutherford-McOwan House, Crichton Campus, Dumfries. £10 Booking essential.

Individual Tuition and Remedial Yoga: by appointment in Moniaive.

Email (preferable) or Tel.01848 200681 for further information and to book your place. yoga@cgodridge.plus.com or see www.carolgodridgesatyanandayoga.com

Andrea Cabrera Luna - Edinburgh

Contact Andrea: 0758 227 1525
email: infoyogameadows@gmail.com

Yoga, breathing and relaxation (Yoga Nidra) for all levels of experience
Mondays 18:00-19:15

Edinburgh Buddhist Centre
30 Melville Terrace EH9 1LP

More details, upcoming beginners' courses and special events at:

www.lunayogameditation.com

Atmamitra (Meg Miller) - Isle of Skye

Weekly classes at The Health Oasis, Broadford, Isle of Skye.

Beginners' yoga class - Wednesday 18.30 till 20.00

Gentle yoga class - Thursday 11.30 till 1 pm ^{8P}

Intermediate class - Thursday 18.30 till 20.00

Meg Miller B.S.Y

Tel: 01471 822 469

Email: meg@skyeyoga.com

<http://www.skyeyoga.com>

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YOGA TEACHERS IN SCOTLAND WITH DEEP CONNECTIONS TO SATYANANDA YOGA

Johnny Glover - Mandala Yoga Ashram
trained (BWY accredited) Dumfriesshire
www.jgyoga.co.uk

**Congratulations to Johnny on
recently being awarded First class
honours in Social Work.**

YOGA RESOURCES

SSYN - official outlet for Bihar books.

SSYN carries a small stock of the main
titles which we bring to all the Network
events.

Enquiries to Bijam 07966 573804 or
bijam.yogini@yahoo.co.uk

Or Carol : yoga@cgodridge.plus.com

For sale

**Three Satyananda Yoga CDs for home
practice**

Yoga Nidra: 3 practices for first and
second year students

Yoga Nidra: 2 practices for more
experienced students, with chakra
awareness visualisations

Meditation: 3

Report

Stimulating the Chakras: a resource for
teachers working with students at both

beginners; and intermediate levels. Class
plans and handouts included

£10 including p& p.

Cheques payable to Carol Godridge

Carol Godridge, Ben Doran, Ayr Street,
Moniaive, Dumfriesshire DG3 4HW.

Tel. 01848 200681 or

yoga@cgodridge.plus.com or
www.carolgodridgesatyanandayoga.com

USEFUL CONTACTS:

Bihar School of Yoga: "The Living Yoga
pages are dedicated to the vision and
mission of Swami Niranjanananda
Saraswati, the spiritual successor of Sri
Swami Satyananda Saraswati, and will
contain news, articles and messages which
will be updated regularly."

www.biharyoga.net

London Satyananda Yoga Centre:
subscribe to their newsletter.

www.syclondon.com The Centre now has its
own page on Facebook

[www.facebook.com/pages/Satyananda-
Yoga-UK](http://www.facebook.com/pages/Satyananda-Yoga-UK)

Tel 0208673 4869.

Birmingham Satyananda Yoga Centre:
books, CDs, classes and workshops.

www.sycbirmingham.com

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Swami Vedantananda: for information on courses, classes, holidays and karma yoga opportunities.

www.vedantananda.com/newsletter

Satyananda Yoga UK

This website has been operative since the autumn of 2012. It aims to build up to a UK-wide resource.

www.satyanandayogauk.com

Mandala Yoga Ashram. Wales

Get this year's programme of courses: Tel 01558 685358 or

email@mandalayoga.freeseve.co.uk

Big Shakti free e-magazine at

www.bigshakti.com

Yoga Magazine is published by Sivananda Math. Subscription for paper copy at 40€ per year is available via the website www.yogamag.net

The new postal address for subscriptions is there, but you can also apply on line. Yoga Magazine can be accessed **free** online at www.yogamag.net and it has a searchable archive.

Two e-magazines are made available as prasad if you subscribe to Yoga magazine

YouTube

Try www.youtube.com then in the search box put "Swami Niranjanananda". There are lots of entries with satsangs (talks). Some of them are in foreign tongues but some are gems.

Bihar School of Yoga app

This app for free download on to android phones, (i.e. not Apple) including electronic versions of practices, was announced on the last day of the World Yoga Convention. Available to download free from the website www.biharyoga.net

NEXT ISSUE May 2014

If anyone is inspired to write on any topic relevant to Satyananda Yoga, do please let us have it. Deadline April 16th 2014

Jayanti (Jane Russell) on Tel 01896 754278 info@janerussell.org or

Bijam 0131 441 2631 or 07966 573804 info@yogawithbijam.co.uk

Hari Om Tat Sat.