

Scottish Satyananda Yoga Network

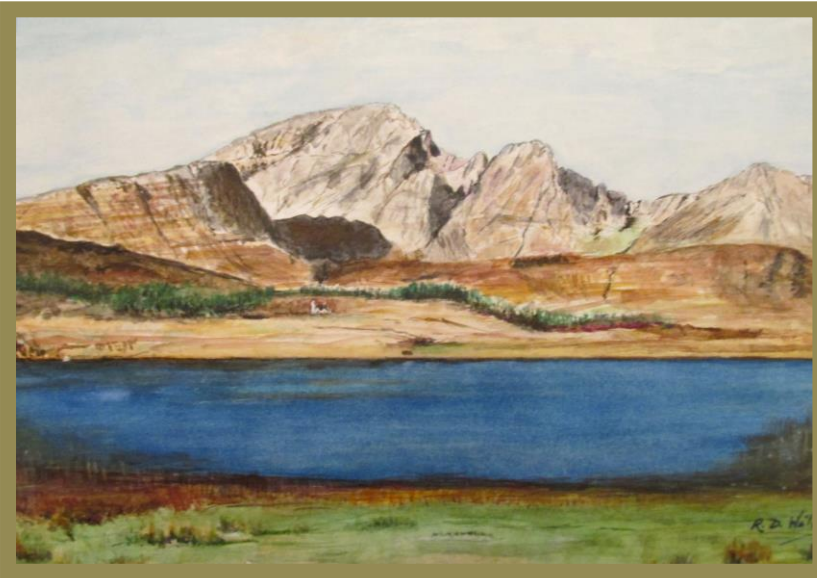
Newsletter January 2015

Hari OM everyone and a happy New Year. May 2015 bring everything you would wish for all aspects of your life. You'll see that there are several events planned by or involving Satyananda teachers in Scotland, as well as weekly classes, so we're all going to be busy in 2015.

NEWS AND NOTES

The Autumn Equinox retreat "Light to Dark"

In September 2014 Atmamitra and her husband Rob welcomed us to the lovely Isle of Skye. The small group of Satyananda teachers in Scotland (and a warmly welcomed Sivananda teacher) contributed sessions to the retreat held in the most beautiful setting, with views of the Black Cuillins from one side and of the Red Cuillins from the other. We were blessed with beautiful warm weather for the whole weekend.



The programme included early morning optional cleansing practices, jala neti and kunjla, followed by chanting and asana practice. Later sessions developed our theme of recognising the transition from summer to autumn. Jayanti's session focused on the autumn equinox and Celtic spirituality. Bijam's session involved pranayama practices relevant to balancing vata dosha, the Ayurvedic

concept of the qualities of the autumn season which can be associated with feelings of anxiety and being unsettled, if out of kilter. We moved on to a soothing yoga nidra led by Carol. In the evening we had a wonderful havan (fire ceremony) outside, led by our newest teacher member of the Network, Sanyamatma. On Sunday Atmamitra led a walking meditation utilising the exquisite surroundings. The retreat concluded with another yoga nidra and meditation practice led by Carol and Atmamitra. In between the taught sessions, groups of karma yogis cheerfully chopped vegetables to help provide the ingredients for our chef Rob to produce fabulous food. We left the island all persuaded that we must do a DIY retreat again! Subsequently Vedavanam circulated a copy of the lovely watercolour he made of the view from the centre and he's given permission for it to be included in the newsletter. See above.

1P

Scottish Satyananda Yoga Network

Newsletter January 2015

THE CONCEPT OF YOGA CAPSULES

At her Dechmont monthly seminars in the autumn Jayanti took as her theme the concept of yoga capsules for practice, inspired by a chart in a book gifted to everyone who went to the World Yoga Convention in 2013. Swami Niranjanananda has been teaching on this topic for some years, likening yoga practice to taking capsules. In 2006 in Brittany he prescribed 5 Yoga capsules daily, to divide up the hour of practice into manageable chunks.

Capsule 1 on awakening

- **Maha mitrunjaya mantra x 11** – the mantra of healing body, mind and emotions.
- **Gayatri mantra x 11** – for mental fitness. It awakens the centres of wisdom. It balances the hemispheres of the brain and awakens our intuitive sense and understanding.
- **Durga Path (32 names of Durga) x 3** – for the relief of distress and suffering and cultivation of love

Capsule 2 Asanas – to balance, vitalise and stretch the body – 10 - 15 minutes

Depends on level of experience and any health & wellbeing problems you wish to address, for example High blood pressure, dosha imbalance, stress – as well as a sustaining practice for the healthy! Suggestions:

Capsule 3: Pranayama – 10 mins (or 2 x 5 mins)

Then, during the day at work (or whatever keeps you busy) whenever you feel tired and exhausted you practise pranayama. If you can, choose a specific time as it's always good to have a regular time- say, just before lunch. You can decide to watch the breath and deepen the breathing so that you are filling the bottom part of the lungs, through the movement of the diaphragm. That could take just a few seconds, at any time.

Examples of pranayama practices

1. **Nadi sodhana** (alternate nostril breathing) 7 rounds for balance
2. **Bhramari** x7 (humming bee breath) – good for when under stress
3. Can add on alternate days either **Bhastrika** (bellows breath) for clarity of mind and vitality or **Kapalabhati** for purification of circulatory and respiratory systems. 3 rounds. (Not for people with high BP or anxiety problems)

Capsule 4: "power nap" – short yoga nidra - late afternoon –

- One rotation of consciousness around the body
- Then awareness of either abdominal breath x 25 OR So-Ham mantra between navel & throat

2P

Scottish Satyananda Yoga Network

Newsletter January 2015

Capsule 5 – – meditation 10 minutes - bedtime

e.g. review and analyse the day mentally, antar mouna or other meditation technique; or, light a candle and chant the Shanti Path 3 times

Please see final page of this newsletter for a copy of the suggested schedules for various conditions. If you have an Android smartphone they can also be found on the Bihar Yoga app available via Google! Or if you prefer paper, contact Jayanti who will email a copy of the class notes from Dechmont days.

DATES FOR YOUR DIARY

Yoga –The Culture of Tomorrow

A two day event

with

SWAMI VEDANTANANDA SARASWATI

We are very pleased to welcome Swami Vedantananda to Dundee to share her views on the famous quotation from the teachings of Swami Satyananda Saraswati:

“Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow.”

Swami Vedantananda currently lives in her mountain retreat centre in Portugal where she leads courses and retreats. For more details visit her website at www.vedantananda.com

At this event there will be practices from the Satyananda Yoga tradition including asana, pranayama, and meditation. It will be held at the DoubleTree Hilton Hotel in Dundee on the 12th and 13th September 2015 from 10am-4pm.

Teas/coffees will be provided. Bring your own lunch.

Tickets are available at £90 for both days or £50 per day.

Places are limited so early booking is advised.

To book a place or for more information contact Vedavanam (Bob Wilde)

e-mail: rrdwilde@gmail.com

telephone: 01382 779366

3P

Scottish Satyananda Yoga Network Newsletter January 2015

ॐ Satyananda Yoga Dundee ॐ

Satyananda Yoga Weekend Retreat

with

Vedavanam

at

St. Drostan's Lodge, Tarfside, Glenesk - 29-31 May 2015

This retreat will allow participants to experience several key practices of Satyananda Yoga within a small group and relaxed setting. The retreat will include some free time to experience the beauty of Glen Esk and nearby hills. Accommodation, all vegetarian meals, and teaching are included in the price of £100. 4P

NB This retreat is limited to 10 spaces

All proceeds from this event, after expenses are paid, will be donated to:

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To book a place or for more information contact Vedavanam (Bob Wilde)

e-mail: rrdwilde@gmail.com

telephone: 01382 779366

Scottish Satyananda Yoga Network Newsletter January 2015

A new course being piloted for Yoga Scotland

Introduction to Ayurveda: the yogic system of medicine for body and mind

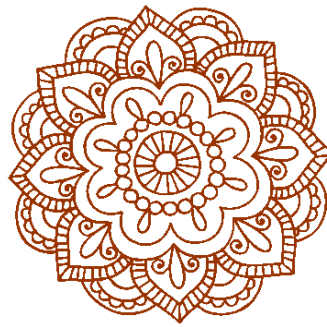
50 hours over 10 days (monthly sessions)

with

Elizabeth Roberts, Ayurvedic Practitioner and Yoga teacher and

Sannyasin Bijam, Yoga Scotland / Satyananda Yoga teacher and Consultant Psychiatrist

Salisbury Centre Edinburgh EH16 5AB: March-December 2015 (no sessions July & August)



5P

Cost: £450 for existing YS members; £480 for non-members (includes 6 months membership of Yoga Scotland)

"Ayurveda is the Vedic science of healing for both body and mind. Yoga is the Vedic science of self-realization that depends on a well-functioning body and mind... The foundation of yoga should be Ayurveda and the fruits of Ayurveda, yoga". (David Frawley).

Taster session January 24 2015 10.30 – 12.30 Salisbury Centre: cost £10

Full course description and booking information from

Elizabeth Roberts, Horsleyhill Farmhouse, Hawick, TD9 8PT.

Email: horsleyhill@gmail.com or tel 01450 870564

Scottish Satyananda Yoga Network

Newsletter January 2015

SATYANANDA TEACHERS AROUND SCOTLAND - CLASSES AND SEMINARS

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

Forthcoming dates: January 10th, February 7th,
March 7th, April 11, May 9, June 13th.

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

Sn Bijam – Edinburgh & West Lothian

Contact Bijam for more details:

E: info@yogawithbijam.co.uk

Website www.yogawithbijam.co.uk

Mobile 07966 573804

*Mondays at Gate 55, 55 Sighthill Road
Edinburgh*

- 16.30 – 18.00 mixed ability class

Tuesdays at Currie High School, Edinburgh

- Yoga for Healthy Lower Backs 18.00 – 19.15. Specialist 12 week programme for people vulnerable to lower back pain. Suitable for beginners. Commences 13 January.
- Intermediate 19.30-21.15

Wednesdays, West Lothian

- The Ability Centre Livingston. 13.15-14.30: Seated yoga for people with limited mobility due to a chronic condition
- The Partnership Centre South Bridge Street, Bathgate
16.45 – 18.15: Therapeutic Yoga
18.30 – 20.00 General class:
20.05 – 20.45. Optional extra: Meditation and Study Group

Meditation practice Sunday evenings fortnightly

19.30 – 20.45 approx. in my yoga room in Edinburgh. Essential to contact me to arrange to attend: I run it as a progressive course.

Sn Vedavanam (Bob Wilde) Dundee

Contact Vedavanam 01382 779366 or on rrdwilde@gmail.com

6P

Multiple Sclerosis Therapy Centre, Peddie Street, Dundee

- Mondays 14.00 – 15.30
Ward Road Gym, Dundee
- Wednesdays 17.30 – 18.45

Carol Godridge- SW Scotland

For further information and to book your place.
Tel.01848 200681 E: yoga@cgodridge.plus.com

Website:

www.carolgodridgesatyanandayoga.com

Beginners:

Dumfries: Tuesdays 7.30 – 9 pm. Room 120 Rutherford McCowan House, University of Glasgow Crichton Campus.

Scottish Satyananda Yoga Network

Newsletter January 2015

Second Year onwards class:

Dumfries: Tuesdays 5.30 – 7 pm University as above.

Mixed ability classes:

Monaive: Wednesdays 6 pm. Ben Doran, Ayr Street. Booking essential.

Thornhill: Thursdays 9.30 – 11 am Thornhill Community Centre.

Tynron: Thursdays 2 – 3.30 pm village hall.

Gentle Yoga: for the less mobile, can be done seated.

Monaive – 10 am – 11.30 am Wednesdays (starts 3rd Sept). Booking essential.

Cost: £30 per 6 week block. Concessions possible, by arrangement.

Monthly Intermediate Level workshops: for those who wish to deepen their practice: Saturdays 10 am – 1 pm Dates on application

£10 (two years prior experience with a qualified teacher required). University, Dumfries (details as above). Booking essential.

Individual Tuition and Remedial Yoga:

by appointment in Monaive. Students receive individual practice programmes recorded on a CD for home practice, with monthly follow-up sessions (more frequently if requested). £30 for first 1 ½ hour session, £25 thereafter.

Andrea Cabrera Luna - Edinburgh

Contact Andrea: 0758 227 1525

Email: lunayogameditation@gmail.com

Website: www.lunayogameditation.com

Salisbury Centre, Salisbury Road Edinburgh
Monday 18.00 – 19.00 – Level 1-2 (core focus) 8 week course starts 12 January

Thursdays 10.00 – 11.00 – Level 1 (Beginners) 8 week course begins 15 January

Healthy Life Centre, 35 Bread Street Edinburgh
Tuesdays 18.00-19.00 Level 1

Wednesdays 18.00 – 19.00 Level 1

Thursdays 18.00-19.00 Yoga Nidra & meditation

Morningside United Church Chamberlain Road Edinburgh

Tuesdays 10.00-11.00 Gentle yoga 8 week course starts 13 January

Fridays 18.00-19.00 Level 1-2 (core focus) 8 week course starts 16 January

Atmamitra/Meg Miller – Isle of Skye

Contact: Atmamitra (Meg) 01471822469 or meg@skyeyoga.com for further information, to book and for start dates
<http://www.skyeyoga.com>
<http://www.thehealthoasis.net>

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

- General class Tuesdays 10.30 – 11.30 am, suitable for all levels.
- General Class: Wednesday 18.30 – 20.00 pm (Beginners welcome)
- Intermediate: Thursday 18.30 – 20.00 pm

Scottish Satyananda Yoga Network

Newsletter January 2015

MANDALA YOGA ASHRAM TEACHERS IN SCOTLAND

Johnny Glover –Dumfriesshire

Website www.jgyoga.co.uk

Maitri (June Swinfield) – Thurso

Contact Maitri on swinpot@hotmail.co.uk

Mixed ability drop in classes, gentle and restorative, including pranayama, meditation, relaxation and yoga nidra.

Youth Club Halkirk

Monday evenings 6.30- 7.45 pm

Youth Club Thurso.

Thursday evenings 6.30- 7.45 pm

Youth Club Wick

Friday afternoons 3pm- 4.15

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 info@yogawithbijam.co.uk

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 different practices: Kaya Sthairyam (body stillness), Ajapa Japa (mantra) and Antar Mouna (inner stillness)
£7 each + £1 p&p.

From: Carol Godridge, details as above

USEFUL CONTACTS:

Bihar School of Yoga: well worth studying. Comprehensive descriptions of anything you want to know about Satyananda Yoga. 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 Tel 0208673 4869.

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

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. Useful map of teacher member locations.

www.satyanandayogauk.com

Mandala Yoga Ashram. Wales

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

Updated website <http://www.mandalayoga.net>

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

Scottish Satyananda Yoga Network

Newsletter January 2015

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 2015

If anyone is inspired to write on any topic relevant to Satyananda Yoga, do please let us have it. Deadline April 24th 2015

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.

Scottish Satyananda Yoga Network

Newsletter January 2015

Yoga Capsules			
	1. Total Wellbeing	2. Stress Buster	3. High Blood Pressure Buster
Early Morning	3 mantras	3 mantras	3 mantras
Morning	Tadasana Tiryak tadasana Kati chakrasana Surya namaskara Nadi shodhana pranayama Bhramari pranayama	Pawanmuktasana Part 1 Yoga nap Nadi shodhana pranayama Bhramari pranayama	Makarasana Matsyakridasana Nadi shodhana pranayama Bhramari pranayama Ujjayi with So-Ham
Noon/Evening	Yoga nidra	Yoga nap	Yoga nap
Night	Shoonya meditation	Ajapa japa	Antar mouna
4. MBW * Buster	5. Obsessions, Anxiety Buster	6. Insomnia Buster	7. For Children
3 mantras	3 mantras	3 mantras	Gayatri mantra
Agnisara kriya Shaktibandhas Pawanmuktasana Part 2 Nadi shodhana pranayama Bhramari pranayama	Shashankasana Animal relaxation posture Vyaghrasana or Marjari asana Bhujangasana Shalabhasana Deep nadi shodhana Bhramari and Ujjayi	Tadasana Tiryak tadasana Kati chakrasana Surya namaskara Sheetali or sheetkari pranayama Ujjayi pranayama Bhramari pranayama	Surya namaskara Sarvangasana Shashankbhujangasana Nadi shodhana pranayama Bhramari pranayama
Yoga nidra	SWAN/ Yoga nap	Yoga nidra	Yoga nidra
Mantra	Mantra	Meditation on breath Trataka	Trataka