

Scottish Satyananda Yoga Network

Newsletter January 2013

Hari OM everyone and Happy New Year.

In this issue we're highlighting two important linked events. In April we have a weekend with Sannyasin Brahmananda whose theme will be Havan: the fire of transformation. He has sent us material from which the article below has been prepared. We also have a residential retreat in June with Swami Pragyamurti Saraswati, the theme of which links with havan as it is about Tattwa Shuddhi, the Tantric practice of inner purification. You will find all the details and booking information below.

But first.....

STOP PRESS!

The **Yoga Nidra Certificate Course**

Due to start on 19th January has room for 2 or 3 more applicants.

Cramond Kirk Hall, Cramond, Edinburgh

Tutor: Swami Nirmal Saraswati

The course comprises six one day seminars on Saturdays over 6 months.
19th January, 16th February, 16th March, 13^h April, 11th May, and 22nd June 2013

It includes daily personal practice and home study assignments. Open to qualified yoga teachers.
Selection will include a telephone interview with Swami Nirmal.

Cost: £400 (£100 deposit and two instalments of £150)

**Prospectus and application form from: Carol Godridge on yoga@cgodridge.plus.com or
Tel. 01848 200681**

www.satyanandayogainscotland.org.uk for information about Satyananda yoga, local teachers and events.

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Havan: Fire of Transformation

Havan is an ancient fire ceremony the essence of which is sacrifice. It is also called homa and the word comes from the Sanskrit root 'hu' meaning to offer, present or to eat. The sacrifice can take place on many levels but its basis lies in *shraddha* (inner faith) and *bhakti* (devotion or transformation of emotional energy).

There are many different forms of havan and various guidelines on the preparation and materials used. This will vary according to place, tradition, lineage etc. However there are essential aspects to the ritual and practice of havan. The chanting of mantras and the offering of samagri to the sacred fire is the basis for the whole practice. Samagri is a mixture of sacred and medicinal herbs and grains. Dried fruits, spices and sweets are also sometimes added.



Havan is a process for the heart rather than the head. It tunes the awareness to unseen forces. It is a ritual, an external process, used to connect with an inner experience. It is not a practice for the conscious mind but an esoteric part of yoga, based on the symbolic and pure experience.

It can be undertaken on specific occasions, for example, in India, weddings, births, deaths, new home etc are all occasions for havan. It is also used for purifying and restoring balance to the body, mind and atmosphere.

The fire of the havan, Agni, represents God or truth. It rises, fed with mantra, ghee and samagri, with its purifying smoke and vapours, from earth to the heavens and creates the connection between the planes. Swami Satyananda Saraswati, of the Bihar School of Yoga has given us the sadhana of havan with mahamrityunjaya mantra for the relief of suffering of all.

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Scottish Satyananda Yoga Network Event

Two-day seminar (non-residential) with

Sannyasin Brahmananda

"Havan: the Fire of Transformation"

Saturday 6th and Sunday 7th April 2013

10 am - 5 pm Saturday, 10 am to 4 pm Sunday.

The Old Barn, Pollock Country Park, Glasgow.

"Just as the fire grows from the tiny spark, so the spark of inspiration must be lit in each individual for the transformation of mundane life into spiritual life".

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Each day will include: asana, pranayama, mediation and yoga nidra, as well as instruction on the theory and practice of this ancient spiritual purification. We will create a mandala and hold an outdoor fire ceremony

Cost: £65 for the two days (or £35 per day)

Application forms from: Carol Godridge

yoga@cgodridge.plus.com or Tel. 01848 200681

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A weekend residential retreat with

SWAMI PRAGYAMURTI SARASWATI

Friday 28th - Sunday 30th June 2013



Trossachs Tryst Hostel near Callendar

"Tattwa Shuddhi"

(The Tantric Practice of Inner Purification)

The retreat will comprise asana, pranayama,
yoga nidra, meditation, shatkarmas and karma yoga, with periods
of mouna (silence).

Limited to 20 places for practitioners with a minimum of two
years' experience. Early booking advised

Cost: £160 (£60 deposit and two instalments of £50)

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

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To whet your appetite, here is the happy bunch at Swami Pragyamurti's April 2012 retreat. We're using the same lovely venue.



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WHAT IS TATTWA SHUDDHI?

Tattwa shuddhi is a series of meditation practices based on the tattwas or elements, with the aim of inner purification. It is from the tantric tradition, which is sometimes described as the source of yoga. Instead of seeking to subdue and overcome the appetites and tendencies of our human body and mind Tantra teaches that they are to be acknowledged and used as part of our daily spiritual practice to help us to evolve: the body as the temple of the soul. Tantra is much misunderstood in the West; it is not about sexual or psychic powers, nor black magic, nor self-indulgent lifestyles.² Tantra is reflected in other traditions too such as the Mahayana Buddhism of Tibet.

Consciousness is the knowing part of us and energy is the basis of all physical actions and functions. In Tantra, the unconditioned consciousness principle is called Shiva and the energy principle is called Shakti. Enlightenment comes when Shakti is liberated and unites with Shiva. The Samkhya philosophy usually studied in yoga (e.g. in Patanjali's Yoga Sutras) uses Purusha and Prakriti in a similar way.



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Tantra terms the foundation for all sadhana as *shuddhi* or purification. The practice of tattwa shuddhi is about evolving from the gross to a more subtle level - purification not as a moral or ethical issue but as refinement. There are five tattwas or essential elements, ranging from the gross (earth) to the most subtle (space or ether). The tattwas are intimately connected with the chakras; indeed the first 5 chakras each have their own element. Those who have studied and worked with the chakras will be aware of the journey from the solidity of the earth (mooladhara) to the refinement of air (anahata) and then space (vishuddhi).



In tattwa shuddhi we use the tools of tantra - yantra, mantra and mandala - to explore the deeper aspects of our being, beyond the realm of the body and the normal level of consciousness, to experience our true nature.

In the practice we are led from gross sensory experience in the external world to what is understood to be the root cause of attachment in this world- the ego- represented as the mandala of "Papa Purusha", a sinful dwarf living in the abdomen!



By means of bija mantras and the breath we mentally transform this being into the mandala of a golden egg, representing purity, or Devi, our divinity.



Tattwa shuddhi is also a voyage of discovery, and we need to be ready, willing and able to open ourselves to this process of discovery, some of which will come up in the form of vivid dreams. This may allow the purging of some of our samskaras from past events, leading to a calming and clearing of the mind and making it ready for meditation practice.

Who can practice tattwa shuddhi?

Tattwa shuddhi is not for beginners but is within the capacity of anyone who has sincerely practised yoga for a few years. You'll also need a working knowledge of the chakras. They are practices for our personal sadhana, not to teach; for that you need to receive authorisation. Swami Satyananda authorised a few senior teachers to teach the practices, and we are indeed fortunate that Swami Pragyamurti is coming to Scotland in June to give us a flavour of them. The weekend can only be an

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introduction because of the time available. Swami Vedantananda is also authorised and will conduct a longer course in July 2013 at her centre in Portugal - see her website www.vedantananda.com/events.

Sn. Bijam -

FURTHER READING

¹ Feuerstein. (2001). *The Yoga Tradition*. Hohm Press.

² Swami Satyasangananda *Tattwa Shuddhi* Yoga Publications Trust, Bihar

NEWS & NOTES

AUTUMN SEMINAR IN GLASGOW

This was a Yoga Scotland event but as we featured it in the last Newsletter we're sure you would like to know about Swami Satyaprakash's autumn seminar in Glasgow on October 27th. We were astounded when 84 people booked and they almost all arrived. Clarkston Hall was big enough, to the relief of the karma yogis of Yoga Scotland. Swami Satyaprakash delivered an inspiring day of practices and talking on the topic she's such an expert in - yoga to lift the spirits. We promise that SSYN will invite her back as soon as we can.

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NEW Satyananda Yoga UK website

This is the first website for Satyananda Yoga teachers and students that covers the whole of the UK. Visit the site to find out who the teachers are and where they teach, locate Yoga Centres and events, read articles and explore links to other relevant sites. Web link below - just a click away!
www.satyanandayogauk.com

NEW Satyananda teachers in Scotland

We are delighted to welcome to the list of Satyananda teachers in Scotland:

- **Carol Godridge** Known to many of you already of course, Carol has now completed the Satyananda Integration Course and received her certificate. Information about her classes and seminars is on p.11. Carol's project was on stimulating the chakras. Her article will appear in the next issue of the magazine. Meanwhile, the project Report, including all class plans and handouts, is available by post priced £10 from: Carol Godridge, Ben Doran, Ayr Street, Moniaive, Dumfriesshire, DG3 4HW

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- **Andrea Cabrera Luna** - who has recently completed the Diploma course at the Satyananda Yoga Academy in Mangrove, near Sydney, Australia. She is now living in Edinburgh and beginning to set up classes -also on p.11

AN OPPORTUNITY TO PRACTICE SOME OF THE SHATKARMAS (cleansing practices)

LAGHOO SHANKAPRAKSHALANA, KUNJAL and JALA NETI

SATURDAY 23RD MARCH 2013

Suitable for all levels of experience

Time: 9 am - 1 pm approx.

Facilitators: Jayanti & Bijam

Venue: 40/6 Woodhall Road Edinburgh EH13 0DU

For those of you who aren't familiar with these foundational practices of hatha yoga:

- ॐ Jala Neti is a salt-water irrigation of the nasal passages, requiring the use of a purpose-made pot called a neti lota. It is an excellent practice for the management of hay fever, sinus disorders, catarrh, headaches, depression, anxiety and many other disorders.
- ॐ Kunjali is a salt-water stomach wash, done on an empty stomach and therefore not at all unpleasant. It is especially valuable for people who experience hyperacidity of the stomach, asthma or other respiratory difficulties; or migraine. It is also good for raising energy levels and may help with anxiety disorder. IT IS PRACTICED ON A COMPLETELY EMPTY STOMACH.
- ॐ Laghoo Shankaparakshalana is a short cleansing for the digestive system and is particularly valuable for anyone whose digestive system is a bit sluggish. It involves drinking salt water and the practice of particular postures to assist the movement of the water through the system. IT IS PRACTISED ON A COMPLETELY EMPTY STOMACH. It is followed by Kunjal (if appropriate) and Neti, which are included in the price.

These practices can be learned together, on the same morning, or you may prefer to learn just one or two of them. The salt water is at the exact concentration of normal bodily fluids. Please fast before coming along.

At the end we will have breakfast.

For further information and to book: phone or email Jayanti or Bijam - details on page 10

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ADVANCE NOTICES

PRANAYAMA SADHANA COURSE six days over three weekends -July - October in Scotland with Swami Vedantananda Saraswati

Planning is in progress in co-ordinating flights, finding a suitable venue and of course advertising this non-residential course for those of you who want to develop a personal practice, experience and understand this important aspect of Yoga Sadhana with a respected teacher. Pranayama is the expansion of prana, and this detailed course explores different pranayamas, mudras and bandhas, as well as asana practices and yoga nidra relevant to the course. Suitable for experienced yoga practitioners and teachers from any background.

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



Bihar Yoga Bharati, Munger

For information contact the convention committee at
Bihar School of Yoga, Ganga Darshan, Munger, Bihar 811201 India
Or visit the web site www.biharyoga.net

We are hoping to organise a group to travel together. Please contact Jayanti to register your interest (contact information on page 10)

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SATYANANDA CLASSES & SEMINARS AROUND SCOTLAND

Jayanti - Borders

Contact Jayanti (Jane Russell):

info@janerussell.org or 01896 754278

Monthly intermediate level workshop:

Dechmont Community Centre, West Lothian

10 am - 1 pm

12th January, 9th February, 9th March, 20th

April and 11th May.

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 contact: Bijam (Jenni) 0131 441 2631 Mobile 07966 573804 or bijam.yogini@yahoo.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

• Beginners 18.30-19.40

• Intermediate 19.50-21.30 pm

Regal Community Theatre, North Bridge Street, Bathgate

- Therapeutic yoga for people with long-term health conditions Wednesdays 17.00 -18.15
- General class: Wednesdays 18.30 - 20.00
- Optional extra: Meditation and Study Group 20.05 - 20.45.

Meditation practice Sunday evenings 19.30 - 20.30 approx in my yoga room in Edinburgh

Forward planning

Yoga for anxiety & depression - 4 days at monthly intervals, with home practice in between. Likely to be August - November 2013 in Edinburgh. Contact Bijam for information or to express interest.

Full details in the May newsletter.

Bob Wilde- Dundee

Contact Bob on 01382 779366 or on rrdwilde@aol.com

Ward Road Gym, Dundee

- Wednesdays 2-3pm and 5.30 - 6.45pm
- Multiple Sclerosis Therapy Centre, Peddie Street, Dundee*
- Mondays 2-3.30pm every two weeks

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Carol Godridge- SW Scotland

Tel.01848 200681 for further information and to book your place, or write with cheque payable to C Godridge to: Ben Doran, Ayr Street, Moniaive DG3 4HW

Email: yoga@cgodridge.plus.com .

www.dumfriesandgallowayyoga.org.uk

Beginners Course:

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

Second Year onwards class:

Dumfries: Tuesdays 17.30 - 19.00 University as above.

Mixed ability classes:

Moniaive: Wednesdays from 19.30 - 21.00

Moniaive Memorial Institute

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

£30 per 6 week block. Concessions possible, by arrangement. Classes start week beginning 7TH January 2013

These are progressive courses developing through the year - each class includes asanas (postures and stretching), pranayama (breathing techniques), philosophy and yoga nidra (deep relaxation)

Monthly Intermediate Level workshops: for

those who wish to deepen their practice -two years prior experience with a qualified teacher required.

Saturdays 10 am - 1 pm, 19th January, 16th February, 16th March, 27th April and 22nd June

Cost: £10

Venue: Glasgow University, Rutherford-McOwan House, Crichton Campus, Dumfries.

Forward date for your diary

Day Seminar

with

Carol Godridge

10 am - 4 pm Sunday 26th May

University of Glasgow, Crichton Campus,
Dumfries

Full details in the May newsletter.

Andrea Cabrera Luna - Edinburgh

Contact Andrea: 0758 227 1525

email: infoyogameadows@gmail.com

Venue: Edinburgh Buddhist Centre, 22 Melville Street Edinburgh EH9 1 LP

Beginners Courses 5 weeks

- Mondays from 28 January 2013, 18.00-19.15
- Thursdays from 7 February 2013, 18.00-19.15

General class - for those who have completed one of the Beginners' courses or who have experience in other traditions

- Mondays from 4 March 2013 - 18.00-19.30

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YOGA RESOURCES

SSYN – official outlet for Bihar books.

SSYN is now an official outlet for Bihar books and 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

Five Satyananda Yoga CDs for home practice

Yoga Nidra: 3 practices for first and second year students

Yoga Nidra: 2 practices for more experienced students

Meditation: 3 different practices

Cost: £7 + £1 p&p.

Asana and Pranayama: pawanmuktasana and asana sequence for beginners

Asana and Pranayama: surya namaskar (sun salute) with chants and asana sequence for first year students

Cost: £3 + £1 p&p

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

Tel. 01848 200681 or yoga@cgodridge.plus.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.yogavision.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

Mandala Yoga Ashram. Wales

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

email@mandalayoga.freeserve.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.

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

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Other Satyananda Yoga Teachers in Scotland

We now have 8 Satyananda teachers in Scotland but are waiting for details of their classes from:

Antonia Lindner - Isle of Skye 014718 22876

Meg Millar - Isle of Skye

Prithvi (Fiona Le Faye) - S. Ayrshire 01465 811427

Yoga Teachers in Scotland with deep connections to Satyananda Yoga

Johnny Glover - Mandala Yoga Ashram (BWY accredited) Dumfriesshire

www.jgyoga.co.uk

NEXT ISSUE May 2013

We already have an interesting article by Carol Godridge on her chakra project, entitled "Making Energy Move". If anyone else is inspired to write on a related or indeed any other topic relevant to Satyananda Yoga, do please let us have it. Deadline April 14 2013.

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

Bijam (Jenni Connaughton) 0131 441 2631 bijam.yogini@yahoo.co.uk

Hari Om Tat Sat.