

Scottish Satyananda Yoga Network

Newsletter May 2013

Hari OM everyone.

Welcome to the May Newsletter. We hope you enjoy browsing through the articles and looking at the selection and choice of classes from days in Dumfries through Edinburgh to Callander and all the way north to the Isle of Skye! A feast of yoga opportunities from the very best of teachers in this fine tradition.

STOP PRESS! A FEW PLACES LEFT

A weekend residential retreat with

SWAMI PRAGYAMURTI SARASWATI

Friday 28th - Sunday 30th June 2013

Trossachs Tryst Hostel near Callander

"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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*What is the importance of karma yoga?

Karma Yoga - the yoga of selfless service - is an integral part of the experience of the weekend, part of the practice. Karma yoga was one of the four types of yoga introduced to the west in 1892 by Swami Vivekananda. The Bhagavad Gita is regarded by some commentators as the manual for karma yogis.

"Perform work in this world, Arjuna, as a man established within himself-without selfish attachments and alike in success and defeat. Yoga is skill in action" (chapter 2)

"Karma yoga should be done with a definite purpose. It should help bring about a transformation in attitude, behaviour and expression. Karma Yoga helps to enhance the ability of the hands (hands meaning expression, creativity, co-ordination and co-operation between the different areas of life). Any action which is performed with clarity of mind and proper emotional balance is Karma Yoga." *On The Wings of The Swan Part 1 Swami Niranjanananda.*

"Karma yoga is not just selfless service or detachment from the rewards accruing from work, but work done with a higher level of concentration and awareness. Is your mind distracted by desires, and ambitions, or is it one-pointed on the task you have been given?" *Karma Sannyasa by Swami Satyasangananda (Satsangi)*

"You may practice raja, hatha, kundalini, mantra and bhakti yoga; but if you underestimate karma yoga then all these yogas can lead you to a dissipated and dispersed state of mind. Everyone who is practising yoga should transform their daily activities through the philosophy of karma yoga". *Swami Satyananda*

The karma yoga we will do at the Tattwa Shuddhi retreat will consist of tasks such as meal preparation, clearing up, and possibly other jobs suggested by the owners of Trossachs Tryst hostel.

SAYINGS OF A PARAMAHAMSA



You have problems everywhere because the whole structure of the human personality is based on principles which do not have their basis in reality.

There is no noise in the world. There is no peace in the Himalayas. Both are within you.

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Making Energy Move

Last year **Carol Godridge** undertook a project involving teaching Chakra awareness to more advanced level students, as part of her Satyananda Yoga Integration Course. In November 2012 she presented some of these interesting results to colleagues, at a Yoga Scotland OGT day.

Fundamental to yoga philosophy is the notion of universal energy, or prana which comprises, and is within, everything in the known world. We are therefore all connected by this energy to each other and to the generality of prana around and within us.

Ancient tantric wisdom about the Chakras and the subtle energy system has now been validated by modern scientific thinking. Quantum physics is reintroducing ideas that were current in yoga philosophy many thousand of years ago. Hiroshi Motoyama's scientific research and his measuring instruments have now demonstrated the existence of the chakras as the centres of the body's energy systems and the link between the physical, astral and casual bodies, and with the universal energy around us.¹ Deepak Chopra also describes it in modern terminology: "Because your body emanates electro-magnetic frequencies, you are yet another expression of this same field. The pulsations of nerve signals racing along your limbs, the electric charge emitted by your heart cells, and the faint field of current surrounding your brain all demonstrate that you are not separate from any form of energy in the universe. Any appearance of separation is only the product of the limitation of your senses, which are not attuned to these energies."²

As we humans have become more 'civilised', we have lost awareness of this connection, and become isolated in life rhythms and practices that are divorced from those of the natural environment. We have lost the ability to 'tune in' to the universal energy, to the frequencies of higher awareness that recharge our energies and enable us to live in balance and in communication. In most human beings the primal energy lies dormant, with the result that we use a very small amount of our potential at any one time. In the *Hatha Yoga Pradipika* it says that "if our perception were finely tuned to the pranic body, we would see a light body in which there were thousands of fine, wire-like structures conducting shakti".³ The text goes on to describe the first steps in purifying the nadis and the energy channels, by increasing the flow of prana and storing it in the chakras. "When the nadis are purified, there are external symptoms. Success is definite when the body becomes thin and glows." Not only will the body be radiant from the increased flow of energy, but it will lead to greater mental and physical capacities.

With yoga practice one can begin to re-awaken some of these faculties by stimulating the Chakras. As a yoga teacher I begin with students in their second year, explaining about the subtle energy

¹ Hiroshi Motoyama *Theories of the Chakras* (New Age Books, New Delhi 1981)

² Deepak Chopra, *Ageless Body, Timeless Mind* (Ebury Press, London 1993) p. 27

³ Swami Muktibhohananda, *Hatha Yoga Pradipika*, (Yoga Publications Trust, Munger, India 1993) p. 138

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system, and describing the chakras as the junction points, which act like transformers, modifying the power of the universal energy to a frequency that the human body, mind and consciousness can cope with. Each chakra is a switch which turns on or opens up specific levels of the mind.

Beginners can learn to feel the chakras through asanas and simple breathing practices, and to understand how they relate to general health and well-being. But for students who have been practising regularly for at least a couple of years, who have experienced moving prana around the body and have developed a level of awareness, something more is needed.

This project was carried out in my monthly three hour workshops for Intermediate Level students, over a five month period. These workshops comprise a three hour programme of integrated chakra awareness through chanting, asana, pranayama, discussion, yoga nidra and meditation. The yoga nidra visualisations and the meditations specifically incorporated different aspects of chakra awareness.

Nine students volunteered to commit themselves to an additional daily practice of about 20 minutes over a period of 14 weeks, and in each two week period they were given three daily practices to do, which they monitored and recorded.

The results were very interesting indeed. All the students experienced significant movement of energy. Each one felt the energy in different ways. It was no surprise that the most significant energy movements were felt in the lower chakras, where, according to Swami Satyananda, most of us are stuck. There were some fascinating details. With manipura chakra for example, one student started to 'comfort eat' during that specific fortnight, two had stomach problems and one said that after each morning practice that fortnight, she was unable to eat any breakfast! None of the students had any prior knowledge of what might happen.

The workshops were enjoyed by all those taking part and their feedback gave me confidence in teaching subtler practices. It has also given me a blue-print to build on in taking more advanced students further and, hopefully, some useful information to share with other teachers. To this end I have had copies, including six chakra balancing class plans, printed and bound for sale to any interested colleagues.

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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PRANAYAMA SADHANA COURSE

3 weekends (non-residential)

Dates: July 13th & 14th, September 7th & 8th and October 5th & 6th 2013

Time: 10.00 – 17.00 each day

Tutor: SWAMI VEDANTANANDA SARASWATI

Swami Vedantananda is an internationally known and loved teacher and one of the Guardians of Satyananda Yoga in Europe. Pranayama Sadhana is a six day course to develop personal practice, experience and understanding of this important aspect of Yoga Sadhana.

You will be given a daily home practice 20-30 minutes + recommended reading

Venue: Uphall Community Education Centre, Strathbrock Place, Uphall, West Lothian, EH52 6BN.

Participants: open to experienced yoga practitioners and yoga teachers

Cost: £420 - (£120 deposit to secure place and payment of the balance before the start of the course)

Information leaflet and booking form from Jayanti (Jane Russell)

9 Hall Street, Galashiels, TD1 1PJ

Email: info@janerussell.org Tel: 01896 754278

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Rescheduled first time visit to the south west by this much loved Satyananda teacher.

A DAY OF MANTRA AND SOUND HEALING

With

Swami Nirmal Saraswati

From the London Satyananda Yoga Centre

Open to all levels of experience in yoga.

University of Glasgow Crichton Campus, Dumfries

Sunday 23rd June 2013 10 am - 4 pm

Cost: £25. Please bring a packed lunch. Tea and coffee provided.

Swami Nirmal says: "Mantras are specific sound vibrations. They can be used to directly influence the mind, to bring healing, alter perception, heighten awareness and awaken the chakras. During the day we will use mantras in asana, pranayama and meditation techniques, as well as on their own, to promote harmony of body, mind and spirit."

Phone or e-mail for application form: Carol Godridge Tel. 01848 200681 or yoga@cgodridge.plus.com

COME AND JOIN US FOR GURU POORNIMA - SUNDAY 21st JULY 2-6 pm - FREE

In yogic traditions, Guru Purnima is celebrated every year on or near the full moon day in July. This year the full moon falls on Monday 22nd. So on Sunday 21st we'll have an opportunity to pay our respects and offer our heartfelt gratitude to all spiritual masters, past and present. The guru (giver of light or spiritual teacher) may be embodied in a living person or may be the principle that exists dormant in all of us - the inner guru. We'll celebrate at my house in Edinburgh. For details and to book email me on bijam.yogini@yahoo.co.uk

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Yoga Workshops at The Health Oasis, Isle of Skye Facilitated by Meg Miller

Teacher: Kali
Cost £40

Workshop dates - June 1st, 10-5pm
Topic - Yoga and Creativity

The workshop will involve simple yoga practices (asana), breath work (pranayama), deep relaxation and visualisation (yoga nidra) as well as simple meditative practices. These will be coupled with creative work involving a variety of art materials both individually and in a group. This workshop is open to all - those who feel they are beginners or have experience in art making or yoga. The aim of the workshop is to create an atmosphere that is stimulating, playful and non-judgemental in order to develop and enjoy one's intuition and creative energy.

Kali is a qualified yoga teacher and has been practising yoga for 17 years. As well as being an artist, she is an art therapist with several years' experience working with children and adults.

Teacher: Guru Swaroop, Graham Whiting **Workshop dates - June 22nd, 10-5pm**
Cost £35 Topic -LIFE CONNECTIONS - CONNECTING YOGA AND YOUR LIFE
Yoga is not just for the mat!

This Satyananda Yoga workshop will encourage you to use the yoga that you already know and that you can know, to support you and those around you in daily life. We'll consider how yoga can calm, centre, strengthen and empower you. We'll try some practices and techniques that are useful and accessible. Then we'll look at ways to use those in your daily life. Work in practice sessions and the class feedback from those sessions will influence how the day progresses, so that the most useful and interesting practices for the class are found and worked on. The workshop will finish with a relaxing Yoga Nidra meditation and hand-outs of some of the key practices, to enable you to take the most from your day.

Graham has practised Hatha and Raja yoga since his early teens studying Satyananda Yoga and Buddhist teachings for the last 12 years. Graham was named as karma sannyasin and given his spiritual name, Guru Swaroop, by Swami Satsangi, in Harrogate in 2009. He trained as a Satyananda teacher with Swami Pragyamurti, Sn. Amarajyoti and Lalitatambika in London and now teaches in Sheffield and Nottingham. He has particular interests in Yoga and sport and in community support activity, working on employment projects in the Nottingham area. He is a Sport England, British Wheel of Yoga registered teacher and also a level 2 British Cycling coach.

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Tutor: Lalitambika
Cost £35

Workshop date - 17th August, 10-5pm
Topic - The Koshas

Lalitambika qualified as a Satyananda teacher with Swami Pragyamurti in 1990, following visits to the Satyananda Ashram in Bihar, India. She teaches in West Sussex, specialising in classes for older people and adults with learning difficulties, often involving seated yoga. The integration of asana, pranayama and meditation in everyday life is for her, as for most teachers, a priority.

Tutor: Amarajyoti
Cost £35

Workshop date - September 14th, 10-5pm
Topic - Yoga to Balance Mood & Mind

During this day we will look at what moods are and, how knowing our moods and mind patterns, we can then use appropriate practices to bring about balance and harmony. In yogic terms we are working with swadhyaya (self-study), developing the drashta (the witness quality) so we can accept what is without clinging or repression, and vairagya (non-attachment) to begin to loosen the bonds our moods and mind bind us with. The day will consist of some discussion (bring pen, paper and maybe coloured highlighters or pens), Asana, pranayama, Yoga Nidra and or Meditation.

'I have been practising Yoga for 30+ years and teaching since 1987. I have followed the teachings of Swami Satyananda of the Bihar School of Yoga and spent 6 months in Mandala Yoga Ashram in 1994 and six months in the Ashram in Munger in India 1994 - 1995 with my Guru, Swami Niranjanananda Saraswati. I then moved to the West of Ireland, for two and a half years, to continue my studies. I now live and teach in Nottingham'. *Amarajyoti*

Specialist areas:

Mental Health - (anxiety, depression and psychosis) includes running courses to train yoga teachers to work in this area.

Prison - a high security prison in Nottinghamshire

Schools - courses for students and also stress management courses for teachers.

Classes - different levels, including the elderly or less mobile

Regular sessions for yoga practitioners on- Meditation, Introduction to the Chakras and The cleansing practices of yoga (Neti, Kunjal and Shankhaprakshalana)

For more details/booking form contact:

meg@skyeyoga.com

Tel 01471 822469

Skyeyoga.com

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

From the WYC website A World Yoga Convention has been held every 20 years since 1953 and each convention has ushered in a new phase of understanding of yoga and spiritual life which has been adopted by people across the world. Through the all-encompassing vision of Sri Swami Sivananda and the indomitable achievements of Sri Swami Satyananda, the practices and techniques of yoga have been accepted by people from all walks of life in all corners of the world. It is now time for yoga to be adopted as a way of life; it is time for yoga to be lived.

Four of us are flying out of Glasgow and meeting up with Swami Satyaprakash and others in Dubai before flying on together to Delhi. So we'll bring back some wonderful memories and lots of photos (and probably some of the new books!)

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
11th May, 8th June and 20th July
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
The Partnership Centre South 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 - 20.45 approx in my yoga room in Edinburgh

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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

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.carolgodridgesatyanandayoga.com

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.

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.

DAY SEMINAR IN DUMFRIES

Sunday 26th May 10 am - 4 pm

with

Carol Godridge

'Summer Sun and Prana Flowing'

University of Glasgow Crichton Campus,
Dumfries DG1 4ZL

Cost £20

Please bring your yoga mat, block and
blanket etc and a packed lunch. Tea and
coffee will be provided.

Application form from: Carol Godridge, Ben
Doran, Ayr Street, Moniaive,
Dumfriesshire DG3 4HW. Tel 01848
200681 or yoga@cgodridgeplus.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

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Meg Millar - Isle of Skye

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

Beginners' yoga class - Wednesday 6.30
till 8 pm

Gentle yoga class - Thursday 11.30 till 1 pm

Intermediate class - Thursday 6.30 till 8
pm

Meg Miller B.S.Y

Tel: 01471 822 469

Email: meg@skyeyoga.com

<http://www.skyeyoga.com>

<http://www.brahmari.co.uk>

<http://www.thehealthoasis.net>

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, with chakra
awareness visualisations

Meditation: 3 different practices: Kaya
Sthairyam (body stillness), Ajapa Japa
(mantra) and Antar Mouna (inner stillness)
£7 + £1 p&p each.

Asana and Pranayama 1: Pawanmuktasana
and asana sequence for beginners

Asana and Pranayama 2: Surya Namaskar
(sun salute) with chants and asana
sequence for first year students (later
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

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

www.vedantananda.com/newsletter

Satyananda Yoga UK

This fairly new 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.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

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

Yoga Teachers in Scotland with deep connections to Satyananda Yoga

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

Paramahamsaji's visits to the UK 1970s/1980s

Were you there when Swami Satyananda came to the UK in the 70s and 80s, maybe you were even there when he first came in 1968 and gave Satsang in Westminster Abbey! Yes it's true! We would like to compile a book/DVD with Satsang, transcriptions, photos of these precious moments. If you were and have any material you are willing to have copied then please get in touch with Sn Brahmananda at brahmananda108@gmail.com

NEXT ISSUE September 2013

If anyone is inspired to write on any topic relevant to Satyananda Yoga, do please let us have it. Deadline August 15th 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.