

Scottish Satyananda Yoga Network

Newsletter Spring 2016

Hari OM everyone and welcome to the newsletter for what is supposed to be Spring 2016. So far the weather has been more than a little inclement, but hopefully as yogis we're able to cultivate the attitude, as described in the Bhagavad Gita, of being "even-minded through good fortune and bad"....no doubt as we find our boots, hats and gloves that we thought had been put away until next winter!

May Day

May 1st - what did you do? Stay up all night to greet the dawn? Get out of bed early, watch the sun rise then wash your face in early morning dew? Have a fire ceremony? These customs are rooted in one of the Eight Celtic Festivals - Beltain. This festival is a celebration of the fertility and potency of the life force. Around us at this time of the year everything in nature is growing and manifesting. We are surrounded by a field of potent, creative energy. During this energetic time between Beltain and the Summer Solstice, when sunlight is at its peak (we hope) we need to be aware of where we are on our life path and what we truly desire and need. This is the time to consciously remember our Sankalpa (resolve) and allow the energy of this growth period to carry us forward.



To remain connected to the creative energy visit a spring or well in your vicinity, go on a pilgrimage to a local sacred site, bring spring flowers and greenery into your home, walk a labyrinth, focus on the heart chakra in meditation, on a clear night look for the planet Venus and make a wish. Jayanti

"Sacred Earth Celebrations" Glennie Kindred

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Satyananda Yoga Dundee

Yoga and Tantra

A two-day event

with

SWAMI PRAGYAMURTI

We are very pleased to welcome Swami Pragyamurti to Dundee to share her views on essential practices of Yoga and Tantra.

Swami Pragyamurti is the Director of the Satyananda Yoga Centre in London. For more details about the London Centre visit the website at www.syclondon.com

At this event there will be various practices including asana, pranayama, and meditation.

Dates: 1st October 2016 10.am – 4.30 pm and 2nd October 9 am – 3 pm

Venue: Doubletree Hilton Hotel Dundee

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

Cost is £90 for both days or £50 per day.

Places are limited so early booking is advised.

Contact Vedavanam (Bob Wilde) to book a place or obtain more information.

Telephone:01382 779366

e-mail: rrdwilde@gmail.com



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A few places still available on this course!

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

A 5-weekend non-residential 50-hour course accredited by Yoga Scotland

with

Elizabeth Roberts, Ayurvedic Practitioner and Yoga Scotland Yoga teacher

Sn. Bijam, Yoga Scotland / Satyananda Yoga teacher and Consultant Psychiatrist

June 2016 – January 2017 - Edinburgh

Learn about your individual nature according to Ayurvedic principles: how the different constitutions, both physical and psychological, are affected by the food we eat, our work and leisure activities, stage of life, the climate and the seasons. During the course you'll be encouraged to establish a daily routine and lifestyle uniquely tailored to maximise your physical and mental well-being and energy and minimise the likelihood of ill health. You'll also learn how to recognise the early stages of imbalance and how to balance the doshas to prevent the disease process from progressing.

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The course includes education about both the Western and Yogic/ Ayurvedic models of the mind. These principles will be interpreted with suggestions for appropriate interventions to restore balance where required, using yoga asanas, pranayama, yoga nidra and meditation techniques.

“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).

Full course description and booking information from

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

Email: horsleyhill@gmail.com or tel 01450 870564

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Dates for your diary: May 13 and 14 2017



We are delighted to give advance information that **Swami GyanDharma** will be giving a two-day seminar in **Dunblane in May 2017**. I first met him at Mandala Yoga Ashram at the Easter 2015 retreat, where he led one of the meditation hours during the programme and also led the evening kirtans. His presence, wonderful calm teaching, inner peace, beautiful singing voice and mischievous sense of humour (often with a perfectly straight face) made a deep impression on me; so much so that I went back for a 4-day course on “From Sound to Silence” later that same year. And I still chant along to the Kirtan CD he produced with the Ashram band.

Originally from Denmark, Swami GyanDharma has been travelling, practising and teaching yoga for almost 40 years. His entry in the MYA annual newsletter says “Trained in India, his life and actions are rooted in a meditative connection with his inner being. The depth of his wisdom is conveyed through his teachings. Just being in his presence can catalyse transformation”.

More details in the next Newsletter.

Bijam

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NEWS AND NOTES

Swami Krishnapremananda seminars in Dumfrieshire

Swami Krishnapremananda from the Mandala Yoga Ashram came to Dumfries and Galloway in March to deliver two day seminars to yoga students and teachers from the region. It was a rare treat in this hidden away part of Scotland to have such a wonderful teacher visiting.

The Saturday programme was entitled “Empowering our practice using chakra awareness” and Swami focused on energizing the Manipura (navel) chakra, whilst also exploring how it links with the other chakras such as Anahata (heart) and Ajna (eye of wisdom). In this way, he showed practical ways we can use to empower our practice and stay motivated and inspired, particularly in the use of mudras and bandhas.

“The practices of yoga are a gift,” he said. “They are health promoting and life enriching, and can potentially transform our attitudes, relationships and sense of self. Yet it can be a challenge at times to keep our practice and aspirations energized amidst the ever changing crucible of life. We can find ourselves simply going through the motions, or being so



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completely immersed in the responsibilities and issues of daily life that our practice falls away. Accepting that life unfolds according to its own agenda (not ours!!), how awake and available can we be to our practice both on the mat/ cushion and in daily life? Going deeper is also about opening out”.

On the Sunday the focus shifted to pranayama practices to energise, balance and induce stillness, focusing on Nadi Shodhana, Kapalabhati and Bhramari. “Bhramari is like a tuning fork”, he said. “It brings the body back to its own frequency, and it’s good to practice at all times, especially at night.” With Nadi Shodhana he recommended practising it with kumbakha (retention of the breath) three times a day for three months to tackle mild cases of depression, which I hadn’t heard of before, with the standard ratio of 1:2:1:2.

The days of course included asana, yoga nidra and meditations. On both days Swami stopped the programme at 12 noon for 15 minutes and guided us in a meditation, to join the estimated 10 million people worldwide in a mass meditation for peace.

Thank you Swami - we hope to see you again next year.

Moray Yoga

Unfortunately for us, Sanyamatma and Sangita decided that their attempt to set up a residential yoga retreat centre in Moray wasn’t going to work out. They have returned to Ireland and to their already established yoga centre, Tipperary Yoga. See their website www.tipperaryyoga.com. And you never know, maybe an opportunity will arise for them to visit us in Scotland and deliver some teaching.

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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: May 7th, June 4th
July 9th

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

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Carol Godridge- SW Scotland

Tel.01848 200681

E:yoga@cgodridge.plus.com

Weekly classes will run until 11th June. Last monthly workshop 27th June.

Beginners Courses:

Dumfries: Tuesdays 7.30 - 9 pm.

Room 120 Rutherford McCowan House,
University of Glasgow Crichton
Campus.

Moniaive: Wednesdays 7.40 - 9.10. Booking essential.

Second Year onwards classes:

Dumfries: Tuesdays 5.30 - 7 pm University as above.

Moniaive: Wednesdays 6 - 7.30 pm. Booking essential.

Mixed ability class:

Thornhill: Thursdays 9.30 - 11 am Thornhill Community Centre.

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

Moniaive - 10 am - 11.30 am. Booking essential.

Cost: £36 per 6 week block payable in advance either to sort code 089300 account number 81294466 or by cash/cheque.

These are progressive courses developing through the year - each class includes asanas (postures and stretching), pranayama

(breathing techniques), and yoga nidra (deep relaxation). Yoga is a tonic for the body and the mind for all ages and abilities.

Monthly Intermediate Level

workshops: for those who wish to deepen their practice: Saturdays 10 15 am - 1.15 pm (May 21st, June 27th)

£12.50 (two years' prior experience with a qualified teacher required). University, Dumfries (details as above). Booking essential.

Individual Tuition and Remedial Yoga:

by appointment in Moniaive. 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.

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*

- Beginners/gentle therapeutic 18.15-19.20
- Intermediate 19.30-21.15

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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

Sn Vedavanam (Bob Wilde) Dundee

Contact Vedavanam 01382 779366 or on rrdwilde@gmail.com

- Mondays 14.00 - 15.30
Multiple Sclerosis Therapy Centre, Peddie Street, Dundee
- Wednesdays 17.30 - 18.45
Ward Road Gym, Dundee

MANDALA YOGA ASHRAM TEACHER IN SCOTLAND

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.

Monday evenings 6.30- 7.45 pm
Youth Club Halkirk

Thursday evenings 6.30- 7.45 pm

Youth Club Thurso.

Friday afternoons 3pm- 4.15
Youth Club Wick

YOGA RESOURCES

SSYN - official outlet for Bihar books.

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

Enquiries to Bijam or Carol as previously.

Three Satyananda Yoga CDs for home practice - by Carol Godridge (see above)

- **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.

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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: - (Swami Pragyamurti) - events, classes, courses, shop, link to Youtube for chants etc. Subscribe to their e-newsletter. www.syclondon.com
Tel 0208673 4869.

Birmingham Satyananda Yoga Centre: (Swami Satyaprakash) books, CDs, classes and workshops.
www.sycbirmingham.com

Swami Vedantananda (Portugal): for information on courses, classes, holidays and karma yoga opportunities.
www.vedantananda.com/newsletter

Satyananda Yoga UK
A UK-wide network of teachers who have trained in the tradition of Satyananda Yoga. The website has a useful map of teacher member locations and events.
www.satyanandayogauk.com

Mandala Yoga Ashram. Wales
Register to receive the programme of courses: Tel 01558 685358 or

<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
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 the paper copy of 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

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NEXT ISSUE September 2016

If anyone is inspired to write on any topic relevant to Satyananda Yoga, do please let us have it. Deadline August 24th 2016

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.