

Scottish Satyananda Yoga Network Newsletter May 2015

Hari OM everyone Welcome to the newsletter for Spring 2015. Let's hope the temperatures soon reflect the season! In this issue we have new classes listed by Johnny Glover, who has returned to teaching after completing his social work training; and a description of Moray Yoga, the new centre in Forres started by Sanyam and Sangita. We also welcome a new member to the Network, Tattwa, who has returned from India and is now living in Fife. Tattwa trained in the Sivananda tradition and with the Bihar School of Yoga. We hope to meet Tattwa soon.

A FEW PLACES STILL AVAILABLE

We are delighted to welcome to Dundee
SWAMI VEDANTANANDA SARASWATI

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

1P



Swami Vedantananda will 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.”

At this event there will be practices from the Satyananda Yoga tradition including asana, pranayama, and meditation.

Date and time: 12th and 13th September 2015 10am-4pm.

Venue: The DoubleTree Hilton Hotel, Kingsway West, Dundee

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

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

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 May 2015

NEWS AND NOTES

Jayanti taught an OGT day for Yoga Scotland teachers on 28th March in Dunblane. Here's her short article.

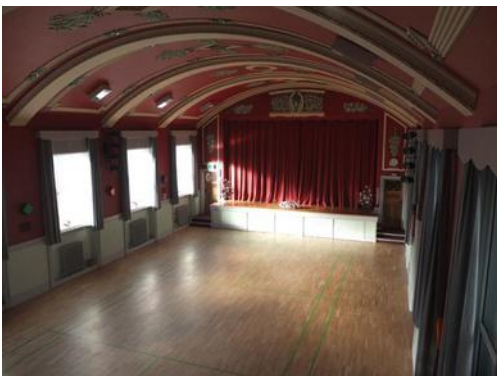
Miserable wet day but a beautiful venue: Dunblane Victoria Hall - check it out below. I had a marvellous time teaching the teachers and they in turn had a good day - judging by the very positive feedback. Now why am I writing this as those of you who are teachers have probably had great teaching experiences too?

Well, a week or two before the day I received a free hand-out via email "7 Ways To Flourish As A Teacher" from



I incorporated some of the ideas in my plan for the day and the results were great - people went away happy with the day and having some ideas and strategies to implement almost immediately either for themselves or classes. I don't know about anybody else but that's never happened to me before - celebration dance in puddles in the car park - sorry no

picture of that. ☺ As a result of the day I signed up to an online course that is proving inspiring and challenging. There are live calls, audios to listen to, master teachers to listen to, exercises, homework, people to communicate with and much, much more. Through this I have fallen in love with teaching and learning all over again.



And see I haven't even told you what the subject was! Kaya Sthairyam, body stillness, a dharana technique that is a foundation for other meditations.

I intend teaching it again at Dechmont later this year so if you are interested please add your name to the Dechmont email list.

Scottish Satyananda Yoga Network

Newsletter May 2015

Yoga: a key to mental health?



This was the title of a weekend seminar organised by The Minded Institute that I attended in London in March. It wasn't a Satyananda event but (given my many years of previous experience as a consultant psychiatrist) I was determined to go as soon as I saw the names of two of the presenters: Drs. Richard Brown and Patricia Gerbarg. I came across (and of course bought!) their book in 2009 - "How to use Herbs, Nutrients and Yoga in Mental Health Care". They are both psychiatrists and the book is a mine of information. The research reviewed in it has now moved on considerably but the book is still a valuable resource.

Their presentation was "Breath~Body~Mind for the Global Epidemic of Stress". In an experiential workshop they taught the practices, mainly movement, breathing and meditative practices derived from yoga, Qigong, Christian monks, martial arts and open focus attention training. Next day they gave detailed evidence not only justifying their title, but also gave us the impressive scientific results of the research into this system and other yoga practices, especially for anxiety, depression, post-traumatic stress disorder and other mental health conditions. They're now taking it world-wide, sometimes to sessions with thousands of people suffering the after effects of trauma, economic uncertainty and poverty, displaced populations and refugees from wars, and loss of traditional support systems.

But theirs wasn't the only fascinating presentation. Heather Mason, who founded the Minded Institute, gave a lecture on yoga as an emotion regulation strategy, with illustrations of brain changes resulting from meditation that have now been widely verified. She also presented research on PTSD. Swami Saradananda's session was about chakras: a yoga modality for dealing with negative emotions. There were many other sessions in a mind-blowing weekend (pun intended) - too much to write about in a brief newsletter but for those interested I can recommend the Minded Institute (www.yogaforthemind.info) as a huge source of information.

Bijam

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Scottish Satyananda Yoga Network Newsletter May 2015

Yoga in Morayshire

Now teaching at the Long room at the Logie Steading Estate, Logie, Forres.

We offer Satyananda Yoga & Meditation classes for all levels, from beginners to advanced, young to old (90+). Class sizes are kept small; mats, blankets and accessories are provided.



4P

All classes are progressive. 'Beginners' becomes 'beginners continued', then 'mixed level' and after a few years 'intermediate'. As students deepen their understanding and experience, this naturally leads towards 'meditation'.

Deep relaxation techniques, such as yoga nidra (psychic sleep) develop relaxed concentration & stillness, paving the way for the meditation techniques that are introduced in the 'intermediate' and 'meditation' classes.

Please phone to check which classes are most suitable for you. 01309 611364



www.morayyoga.com

Scottish Satyananda Yoga Network

Newsletter May 2015

ADVANCE NOTICE - FOR YOUR DIARY:

Two day seminars in Dumfries and Galloway with

Swami Krishnapremananda

(Mandala Yoga Ashram)

Saturday 12th March 2016 in Dumfries and Sunday 13th Gatehouse of Fleet, Kirkcudbrightshire

Full details in the autumn issue

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 9, June 13th, July 4th, Sept 5th, Oct 3rd, Nov 7th and Dec 5th

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

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*

- 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 as space is limited.

Sn Vedavanam (Bob Wilde) Dundee

Contact Vedavanam 01382 779366 or on rrdwilde@gmail.com

Multiple Sclerosis Therapy Centre, Peddie Street, Dundee

- Mondays 14.00 - 15.30

Ward Road Gym, Dundee

- Wednesdays 17.30 - 18.45

5P

Scottish Satyananda Yoga Network

Newsletter May 2015

Carol Godridge- SW Scotland

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.

Moniaive Wednesdays 7.40-9.10 pm. Ben
Doran, Ayr St.

Second Year onwards classes:

Dumfries: Tuesdays 5.30 - 7 pm University
as above.

Moniaive: Wednesdays 6-7.30 pm: Ben
Doran, Ayr St.

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 Wednesdays
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 (23 May, 27th June)

£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 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.

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, 6P
suitable for all levels.
- General Class: Wednesday 18.30 - 20.00
pm
(Beginners welcome)
- Intermediate: Thursday 18.30 - 20.00 pm

Sanyam and Sangita - Forres, Morayshire

07733 364695 - Sanyam , 07468 320251 - Sangita
01309 611364 - Home

Website ; www.morayyoga.com

E: atmasangita@gmail.com

*Weekly Classes at the 'Long Room', Logie
Steading, Moray*

New courses start: Tuesday 21st April 2015.
Spaces are still available, phone for details:

All Levels - 10.00am - 11.30am

All Levels 'lunchtime' - 12.30pm - 1.30pm

Scottish Satyananda Yoga Network

Newsletter May 2015

Kids Yoga - 4.00pm - 5.00pm

Beginners - 6.00pm - 7.20pm

Intermediate - 7.30 - 9.00pm

Weekend Events

Sat 16th May - Yoga Morning

Fri 29th - Sun 31st May - Yoga Retreat

Sat 27th June - Yoga Morning

Sat 18th July - Yoga Morning

Sat 15th August - Yoga Morning

Fri 4th - Sun 6th September - Yoga Retreat

MANDALA YOGA ASHRAM TEACHERS IN SCOTLAND

Johnny Glover - Dumfriesshire

Website www.jgyoga.co.uk

Email: johnny.glover@sky.com

Weekend retreats at Samye Ling

August 2015 "Creating Space"

November 2015 "Yoga for Meditation"

There will be 4 weekends in 2016 and a longer course June 27 - July 4 - details TBA

Weekly classes:

Stranraer Library

Yoga Saturday mornings from 18th April
10.30 to 12.00

Yoga Wednesday evenings from 22nd April
6.00 to 7.30

Meditation Wednesday evenings from 22nd April
7.30 to 8.30

Chapel Court, Wigtown

Meditation Friday mornings from 23rd April
10.30 to 11.30

Wigtown Primary School

Yoga Monday evenings from 20th April 7.00 - 8.30

ALSO private classes, workshops and one to one tuition by arrangement.

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 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.

Scottish Satyananda Yoga Network

Newsletter May 2015

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 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 September 2015

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