

Scottish Satyananda Yoga Network Newsletter September 2014

Hari OM everyone.

Welcome to the September 2014 Newsletter. We hope you've all had a suitably nourishing summer and are looking forward to resuming yoga classes, whether as teachers or students (or both). We're not re-advertising the retreat in Skye as there are no spaces left. Suffice it to say that we're looking forward to it immensely and hope to have photos for the next Newsletter.

For the first time, we're attaching the list of Satyananda books and CDs so that you can see what we have. See final page. The prices do not include P & P, but do please email Bijam if you want to order a copy. For those of you coming with us to Skye, we will have the stock on display there.

NEWS AND NOTES

On July 12 this year we celebrated Guru Purnima, as always on the day of the July full moon. Swami Suryaprakash, President of Bihar School of Yoga, has written:

"For all spiritual aspirants, Guru Purnima is the occasion during which the presence and inspiration of the Guru in life is to be strengthened with respect and gratitude, faith and belief, celebrated in joy and experienced through love, humility and surrender. Guru Purnima is an opportunity to intensify awareness of the Guru Tattwa and reconnect with one's sankalpa, with renewed commitment, dedication and focus".

Eight of us gathered together at Dechmont Community Memorial hall. We set up a "Guru table" with photographs and other symbolic items. Jayanti led a short asana and pranayama practice and then preparations began for the havan; sacred fire ceremony. Because it was indoors, of course we couldn't have an actual fire, instead using tea-lights in the base of the kund - the fire pot. But everyone set



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to, creating a beautiful yantra using fine coloured sand, on which the kund was to sit. It was touching to see how everyone created the pattern – there was little or no speech, but people just seemed to sense what colours to use. When all was ready, voices were raised in Vedic chanting, then we moved on to repetition of Mahamitrunjaya and other mantras, using a symbolic heart-based gesture with “swaha” indicating the discarding of unnecessary or harmful attitudes. There was a profound stillness at the end of the ceremony as we all reflected on the year that had passed and the year to come. Then to the feast, a fabulous lunch contributed by all which was much enjoyed.

Thanks to Ishwari, who took the photos.

SAYINGS OF A PARAMAHAMSA



“Transform every act of yours into an act of yoga.”

SWAMI SATYANANDA SARASWATI

Two Beautiful Flowers

My wishes have all matured,
I have written the whole song.

Today, my songs rise from all directions of the world.
And in the limelight of the moon and stars, flows the light of my
prana

All the Vedas have been sung, all the shastras have been written

Today I have given the prana of my jnana to all.

I have given you the vermilion of my forehead, in the form of two beautiful flowers.

My wishes have all matured.

I have written the whole song.

This is part of a poem, written by Sri Swami Satyananda, from the book *High on Waves* given out as Prasad at the World Yoga Convention. Swami Suryaprakash read it out at the Yoga Poornima ceremony to celebrate Sri Swamiji's life in December 2009.

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New Mandala Yoga Ashram teacher in Scotland

We're delighted to welcome Maitri (June Swinfield), who qualified this summer. She has sent us this illuminating account of why and how she became a yoga teacher. Anyone out there who still thinks travelling between Edinburgh and Glasgow for classes is too far?

"I originate from Manchester, where I lived for most of my life. I married my second husband in 2008. I developed breast cancer in 2009 and at the same time my husband left me.

I went through all the treatments alone, and it was yoga that got me through. Yoga Nidra was a daily practice. It got me through the effects of chemotherapy, also pranayama practice and visualisation to calm the nerves.

I was going to classes in Manchester with Sannyasin Poornamurti (Pat Lewis) at the time. I decided I wanted to be a teacher to share the teachings and techniques that I had found so helpful. I did a foundation course first then looked for a teacher training course. I had visited the Mandala ashram a few times and found out they were starting a course later that year. I applied, went for an interview and waited. A few weeks later I got the letter accepting me on the course.

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I started the teacher training course while I still lived in Manchester; I went for three of the weekends and a week retreat then I decided my life needed to change. I now had nobody in Manchester, so decided to pack up and move. I put the house on the market, my name on the Highland council list, and gave up my job.

I had an offer of a house in Thurso within two weeks. A couple of weeks later my house sold, so off I went to start my new life. I travelled to the ashram in Wales every month for the next 18 months on every kind of transport in the land. It took me 23 to 27 hours to get there travelling overnight and onward, and the same back, but it was worth every mile. I passed my teacher training in July this year.

I have three classes running up here in Thurso. I love to teach the things I have learned and found so life changing. I now need to find my own support network so I can continue to

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learn and grow. It will probably involve much travel again but I am used to that now.”

Maitri

(The founder of Mandala Yoga Ashram in South Wales, Swami Nischalananda Saraswati, is a long-term disciple of Swami Satyananda, having served in the ashram in Bihar for 14 years and been involved in writing and editing several of the Bihar books. The two-year teacher training course held there is closely linked to the Satyananda tradition and also accredited by the British Wheel of Yoga).

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: September 13th, October 11th, November 8th, December 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

Sannyasin 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 beginning September 9th for people vulnerable to lower back pain. Suitable for beginners.
- 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
17.00 – 18.15: Yoga for Healthy Lower Backs
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

Multiple Sclerosis Therapy Centre, Peddie Street, Dundee

- Mondays 14.00 – 15.30 every two weeks

Ward Road Gym, Dundee

- Wednesdays 17.30 – 18.45
YMCA Brook Street, Broughty Ferry, Dundee

- Fridays 10.45-11.45am

Carol Godridge- SW Scotland

Contact Carol for further information and to book your place.

Tel. 01848 200681

E: yoga@cgodridge.plus.com

(preferable)

Website:

www.carolgodridgesatyanandayoga.com

Beginners Course:

Dumfries: *Tuesdays 7.30 – 9 pm.*

Room 120 Rutherford McCowan House, University of Glasgow Crichton Campus. (Starts 2nd Sept, booking essential)

Second Year onwards class:

Dumfries: *Tuesdays 5.30 – 7 pm*

University as above. (Starts 2nd Sept)

Mixed ability classes:

Monaive: *Wednesdays 7.30 pm* (1 place only available, booking essential. Starts 3rd Sept.)

Thornhill: *Thursdays 9.30 – 11 am*

Thornhill Community Centre. (Starts 4th Sept)

Tynron: (starts 4th Sept.) *Tuesdays 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.

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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 (6^h September, 4th October, 1st November and 13th December).

£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.

Andrea Cabrera Luna - Edinburgh

Contact Andrea: 0758 227 1525

Email: lunayogameditation@gmail.com

Website: www.lunayogameditation.com

*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 Energy Boost Yoga

Level 2

Fridays 18.00-19.00 Beginners

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: Wednesday 18.30 – 20.00 pm
(Beginners welcome)
- Intermediate: Thursday 18.30 – 20.00 pm

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.

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Monday evening 6.30- 7.45pm at the Youth Club Halkirk.

Thursday evening 6.30- 7.45pm at the Youth Club Thurso.

Friday afternoon 3pm- 4.15 at the Youth Club in Wick.

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.

Books and CDs currently in stock:

See last page.

Enquiries to Bijam 07966 573804 or bijam.yogini@yahoo.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. The section devoted to Rikhiapeeth (see Jayanti's article) plays Sri Swami Satyananda chanting the Maha Mitrunjaya Mantra, just like it was at Rikhia. 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.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

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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 January 2015

If anyone is inspired to write on any topic relevant to Satyananda Yoga, do please let us have it. Deadline December 28th 2014

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.

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		Price
0	Asana, Pranayama, Mudra, Bandha `(on order)	£15
1	A Systematic Course in the Ancient Techniques Yoga and Kriya	£30
0	Exploring Yoga and Cancer `(on order)	£10
1	Hatha Yoga Pradipika	£15
3	Karma and Karma Yoga	£6
1	Karma Sannyasin	£10
0	Kundalini Tantra `(on order)	£10
0	Manual for Prisoners and Other Castaways (book & CD) by Swami Pragyamurti `(on order)	£15
0	Mantra and Yantra `(on order)	£6
2	Meditations from the Tantras	£10
1	Moola Bandha: The Master Key	£7
4	Nawa Yogini Tantra	£9
1	Nine Principal Upanishads	£10
1	Practical Yoga Psychology `(on order)	£10
3	Prana and Pranayama	£10
1	Sanskrit Glossary of Yoga Terms	£10
1	Sri Vijnana Bhairava Tantra	£12
0	Stimulating the Chakras	£10
0	Sure Ways to Self-Realisation	£12
1	Swara Yoga	£9
6	Tattwa Shuddhi	£7

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1	Yoga and cardiovascular management	£8
2	Yoga Education for Children. Vol. 1	£10
0	Yoga Education for Children. Vol. 2	£10
2	Yoga Nidra	£10
1	Yogic Management of Asthma & Diabetes	£10
4	Yogic Management of Cancer	£10
	CDs	
	Swami Pragyamurti:	
3	Panch Tattwa Dharana	£20
5	Yoga Nidra Vol. 1	£10
5	Yoga Nidra Vol. 2	£10
5	Yoga Nidra Vol. 3	£10
5	Yoga Nidra Vol. 4	£10
4	Yoga Nidra Vol. 5	£10
3	Yoga Nidra Vol. 6 (all 6 for £50)	£10
	Carol Godridge:	
4	Yoga Nidra	£7
3	Carol Godridge: Yoga Nidra (with chakra awareness)	£7
2	Carol Godridge: Three Guided Meditations	£7
5	Neti Pots	£15

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