

Scottish Satyananda Yoga Network

Newsletter Autumn 2015

Hari OM everyone Welcome to the newsletter for Autumn 2015. Of course it may feel as if it's been autumn since June! Some of us are just back from Swami Vedantananda's wonderful teaching sessions in Dundee; you'll find a description later in this newsletter. We have information about planned events in south west Scotland and advance information about two courses furth of Scotland in 2016 - a Yoga Nidra short training course with Swami Vedantananda in Saltburn, Teesside; and her Pranayama Sadhana course, for experienced students as well as teachers, in London.

Two day seminars in Dumfries and Galloway

With

Swami Krishnapremananda

(from Mandala Yoga Ashram)

1P



**Empowering our practice with
chakra awareness**

Saturday 12th March 2016

**Georgetown Community Centre,
Georgetown Road, Dumfries**

The practices of yoga are a gift. 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 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?

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The day will include a general introduction to the chakras and then a specific focus on energising the manipura (navel) chakra, whilst also exploring how it links with the other chakras such as anahata (heart) and agya (eye of wisdom). In this way, we will illuminate practical ways we can use to empower our practice and stay motivated and inspired. There will be an integration of other practices - for example, asana, pranayama, meditation and yoga nidra - along with tutor input and group discussions. The purpose of the day is to empower participants in their yoga practice both during and subsequent to the day.

Pranayama Practices

(To energize, balance and induce stillness)

Sunday 13th March 2016

Community Centre, Gatehouse of Fleet

2P

We live in a fast paced modern world in which the mind is often distracted and constantly on the move. This in turn can lead to increased levels of stress, anxiety and tiredness. Pranayama or breathing practices offer us a means to bring a different quality of spacious alert awareness to our minds and bodies. Simple yet effective practices, that have stood the test of time, can be used to:

- bring an alert energy to our mind and body
- cultivate inner balance, which is the hallmark of good health and a responsive efficient mind
- induce a sense of stillness or spaciousness, which deeply nurtures our mind and body from within, and opens up channels of perception through which we can glimpse a more fulfilling and meaningful perspective on our life and existence.

During this one day seminar we will introduce some key pranayama practices, in conjunction with Jalandhara Bandha and selected mudras. The personal experience gained through the seminar will allow you to continue these practices at home subsequently so that you can begin to make a lasting difference to the quality of your life and well-being.

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Cost: £25 per day (£45 for both days).

Please bring a packed lunch, tea and coffee provided.

Bookings to Carol Godridge yoga@cgodridge.plus.com. Tel 01848 200681.

Payment: cheques payable to Carol Godridge

or by bank transfer:

sort code 089300 account number 81294466 with your name as reference.

SWAMI VEDANTANANDA'S PROGRAMME 2016

We have summarised information about two courses from Swami Vedantananda's 2016 programme. The Yoga Nidra course may well be of interest to some of our teachers in Scotland as it is in north-east England, not too far from Newcastle; and it will be some time before SSYN can host another course.

Yoga Nidra - a short training course - Saltburn by the Sea, Teeside

"Through the practice of Yoga Nidra, we are not only relaxing, but restructuring and reforming our whole personality from within"

Swami Satyananda Saraswati

Dates: 9/10 April 2016, 25/26 June 2016 and 17/18 September 2016

Venue: The Earthbeat Centre, Saltburn, Teeside



The course aims to offer a well-structured course on Yoga Nidra, including giving teachers the opportunity to experience the practice of Yoga Nidra for themselves, giving a sound basis for them to teach it in their own classes. The course will explore the theory and science behind Yoga Nidra and its use in various settings. . It is a post-diploma

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module for teachers, 6 sessions over three weekends. Home practice and assessment of recorded teaching included.

A certificate will be issued on successful completion of the course qualifying the participants to teach Yoga Nidra

Cost of Course: £425.00

A deposit of £200.00 will be paid on acceptance to the Course. Balance is due before 1st February 2016 Or in instalments (£475)

No of participants: 15-22

Application If you are interested in this course please contact **Namratadevi** at the Earthbeat Centre for the full leaflet and application form:

email: lesleykwood@hotmail.com

Pranayama Sadhana Course, London

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Swami Vedantananda is repeating her excellent 6 day Pranayama Sadhana course at the Satyananda Yoga Centre in London over three weekends, March to June 2016. The course is designed to bring pranayama to the forefront of our Yoga practice and our lives. It is very much a practice - based Course with some theory and discussion. A daily sadhana of 30 minutes will be given for home practice. Recommended reading relating to the practices will be also given.

This course is appropriate for established practitioners of Yoga and will be of great benefit to Yoga Teachers. It is not residential but accommodation is possible at

Thurleigh Road for those travelling from afar at an additional cost of £10 per night.

Cost: £425 early bird booking before 30th November 2015. £450 after that date.

Detailed leaflet for on request from Swami Vedantananda:

email: swamivedantananda@gmail.com



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NEWS AND NOTES

Yoga - The Culture of Tomorrow

Chanting Gayatri, Mahamitrunjaya mantra and 32 names of Durga with a group is a wonderful way to begin the day. Two days full of teachings not only of asana but pranayama, Yoga Nidra, meditation, Patanjali's sutras, Upanishad and much more. I am sure many were inspired to return home and "wrestle" a klesha or two in

order to establish a personal Sadhana. We were nourished on many levels - our own space to practice uninterrupted, opportunities to reconnect with friends and make new connections, opportunity to do what I call "spiritual shopping" - the yoga books, malas and Tratak stands - as well as imbibe the wisdom. Thank you to Vedavanam and Winfred for hosting and organising the event and Pranams to Swami Vedantananda for sharing her knowledge, wisdom and humour. OMOMOM

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Reference was made to a Bihar School of Yoga publication during the weekend: "Hatha Yoga Book 8: A Guide to Sadhana in Daily Life" It is a collection of sadhanas (practice routines) for specific ages and needs of life e.g. women's health, children, stress management. Instruction on all practices are given as well as guidelines on practice. ISBN is 978 93 81620 92 2 Available from India (order from Abe Books www.abebooks.co.uk) approx. £5-6

Teaching Yoga To Children - a two day event. If you are interested in finding out more about teaching yoga to children and would be able to attend a two day event please send name and contact details to Jayanti at infor@janerussell.org

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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: Oct 10th, 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*

- Yoga for Healthy Lower Backs 18.00
- 19.15
- Intermediate 19.30-21.15

Wednesdays, West Lothian

- The Ability Centre Livingston.
13.00-14.15: 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.*

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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

Carol Godridge- SW Scotland

Tel.01848 200681 E:

yoga@cgodridge.plus.com

Website:

www.carolgodridgesatyanandayoga.com

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 classes:

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

Monthly Intermediate Level

workshops: for those who wish to
deepen their practice: Saturdays 10
am - 1 pm (5th September, 10th
October, 21st November and 19th
December)

£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.

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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>

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: Spaces are still available, phone for details:

All Levels - 10.00am - 11.30am

All Levels 'lunchtime' - 12.30pm - 1.30pm

Kids Yoga - 4.00pm - 5.00pm

Beginners - 6.00pm - 7.20pm

Intermediate - 7.30 - 9.00pm

Weekend Events

See web site

MANDALA YOGA ASHRAM TEACHERS IN SCOTLAND

Johnny Glover - Dumfriesshire

Website www.jgyoga.co.uk

Email: johnny.glover@sky.com

Weekend retreats at Samye Ling

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

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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.

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

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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

Register to receive next year's 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

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 2016

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

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Hari Om Tat Sat.

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