

# Scottish Satyananda Yoga Network Newsletter September 2013

Hari OM everyone.

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

## WINTER SOLSTICE (MIDWINTER) CELEBRATION

Saturday 21<sup>ST</sup> December 2013



9 Hall Street, Galashiels

Noon - 5 pm approx

**FREE EVENT**

If the weather is dry the ceremony will be held outside in the courtyard at the rear of the house so warm clothing will be required. Otherwise we will be in the sadhana room.

A solstice occurs twice a year, in the winter on the shortest day, around 21<sup>st</sup> December and in the summer on the longest day, usually around 20<sup>th</sup> June. The word solstice is derived

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from *sol* = sun; and *sistere* = to stand still - because the seasonal movement of the sun's path comes to a stop before reversing direction.

The winter solstice lasts only for a moment in time; on 21 December 2013 it will be at 17.11. But the day on which it occurs is also known as Midwinter. After the sun has "stood still" it begins to reverse its path and the days get gradually longer.

The solstices have been the occasion of celebrations in all ages and cultures. December 25<sup>th</sup> was the midwinter day in the Roman calendar before it was changed. On the longest night and shortest day, perhaps we may go within to find gratitude for the stillness of the long winter nights. On the day after, the sun begins to grow strong again so the theme of rebirth is the essence of the celebration of the winter solstice. Celebrations have traditionally included festivals, spending time with loved ones, feasting, singing, dancing and *fires*. We'll have most of that including a traditional havan, with a focus on Gayatri mantra, symbolising light and the brilliance of superconsciousness.



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### Programme (timings approximate)

- 12 noon** - lunch - please bring a contribution
- 13.00** - havan preparation - decoration of havan area, chanting.
- 14.30** - havan ceremony
- 15.30** - meditation practice
- 16.00** - concluding chants
- 16.15** - tea & mince pies
- 17.11** - solstice; depart

**Gayatri Yantra**

As space is restricted the numbers will be limited to 12. Please register with Jayanti.

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### Planned events 2014

**Swami Satyaprakash** has agreed to come to Scotland for two days of teaching (non-residential) in the spring of 2014. At the time of writing, dates and venue to be confirmed.

**Residential retreat Isle of Skye 19<sup>th</sup> - 21<sup>st</sup> September**

Details in next newsletter.

### Notes from the Tattwa Shuddhi Course Portugal July 2013

Sun, warmth and mostly silence greeted us at Poio do Acor Swami Vedantananda's Living Yoga Retreat centre. I had come to take part in the Tattwa Shuddhi course; five wonderful days of asana, pranayama and meditation as well as some Karma Yoga. The teaching was excellent as was the companionship of the other participants.

The meditation may have taken me beyond previous perceived boundaries but the Karma Yoga I was given in the days after the course have made the biggest impact on me.

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I had to clear the terraces of weeds, bramble undergrowth; whatever was a fire risk and watering the vegetable garden in the evening. August was hot, hotter than I have experienced in a very long time so I worked in the cool and shade of early morning, had breakfast then returned to work in areas of shade as the sun grew higher and hotter. I then rested in a blissful siesta for a few hours listening to insects and birds and daydreaming. Watering the garden was bliss on hot, weary feet and to understand that you have to experience the natural pool and the irrigation system.

I fell into a rhythm of work, rest, eat, sleep in natural sunlight and warmth. I emphasise this as two or three years of greyness and damp had lowered my spirits. My mind emptied, felt washed clean and I began to experience a sense of contentment. I got a glimpse of what the practice Karma Yoga can bestow on you. Thank you Swami Vedantananda. *Jayanti.*

Swami Vedantananda led a group of 8 of us through the Tattwa Shuddhi practices. It was amazing: a serious sadhana built up very skilfully for us in stages, fun sometimes but challenging; the group gelled in supporting each other, and of course in karma yoga. We were fortunate that Swami Pragyamurti's Trossachs Tryst retreat three weeks earlier focused on

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the preparatory practices. The last newsletter had a short article about Tattwa Shuddhi so the basics will not be repeated here. Suffice it to say that 3 days of intensive sadhana on this Tantric practice undergoing a sort of psychological spring-clean, polishing our psychic anatomy, had some interesting results including, for me at least, bizarre, sometimes hilarious or scary dreams,. Swami Vedantananda told us that Tantra encourages us to explore and explode our negative tendencies. We became acquainted with Papa Purusha, representing the dark side of our nature, and transformed him in a meditation that had grown from the preparatory practices. At the end we had a havan including smashing a coconut, representing the ego - very satisfactory!



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Swami Vedantananda said that Tattwa shuddhi practice can be used to maintain a sense of inner balance and it complements the physical cleansing practices. Like them, it can be done once or twice a year but can only be taught by an authorised teacher. I hope Swami Vedantananda will offer it again next year. Highly recommended for experienced students.

*Bijam*

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### *SAYINGS OF A PARAMAHAMSA*

**“To those who want to help humanity and my mission, I have just one thing to say:  
practice yoga and serve others.”**

**Swami Satyananda Saraswati**

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### Remedial Yoga Teacher Training Course - Starting October 2013

"Making yoga accessible to *all*" with Melanie Cook and Peter Angelucci

Now being offered for a third consecutive year, a six day course, spread over a nine-month period, for yoga teachers who are interested in working with people who have long-term conditions or disabilities.

Course content will include the medical and social models of disability. Aetiology and symptomatology of a range of common long-term conditions, and side effects of their treatment. Adapting asana for chair and wheelchair use. Pain and energy management techniques. Psychological and emotional effects of long-term conditions. The specific relevance of the Bhagavad Gita, Upanishads and Patanjali's Sutras to teaching students with long-term conditions and disabilities.

Melanie and Peter jointly have over thirty years' experience of teaching yoga to people with long-term conditions and disabilities. As a result of working with this client group, they have identified a need for, and have consequently developed a Training Course for qualified yoga teachers from any tradition. The course will provide teachers with the knowledge, skills, ability and confidence to set-up classes for, and offer one-to-one tuition to the ever-increasing numbers of people living with long-term conditions and disabilities.

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If you are interested in applying for the course please contact Melanie or Peter at the address below.

24 Southhouse Avenue, Edinburgh. EH17 8ED. Tel: 0131 664 0756

info@satiyoga.co.uk      www.satiyoga.co.uk

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## THE GOLDEN JUBILEE OF BIHAR SCHOOL OF YOGA AND WORLD YOGA CONVENTION 23<sup>rd</sup> to 27<sup>th</sup> 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

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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 possibly lots of new publications.

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### SATYANANDA CLASSES & SEMINARS AROUND SCOTLAND

#### Jayanti - Borders

Contact Jayanti (Jane Russell):  
[info@janerussell.org](mailto:info@janerussell.org) or 01896 754278 or  
[www.janerussell.org](http://www.janerussell.org)

*Monthly intermediate level workshop:*  
Dechmont Community Centre, West Lothian  
10 am - 1 pm  
5<sup>th</sup> October and 7<sup>th</sup> December  
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](mailto: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

- Intermediate 19.00-21.00

*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*

#### Bob Wilde- Dundee

Contact Bob on 01382 779366 or on  
[rrdwilde@aol.com](mailto:rrdwilde@aol.com)

*Ward Road Gym, Dundee*

- Wednesdays 2-3pm and 5.30 - 6.45pm

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*Multiple Sclerosis Therapy Centre, Peddie Street, Dundee*

- Mondays 2-3.30pm every two weeks

### **Carol Godridge- SW Scotland**

*Beginners Course:*

Dumfries: Tuesdays 7.30 - 9 pm. Room 120 Rutherford McCowan House, University of Glasgow Crichton Campus. Starts 10<sup>th</sup> September.

*Second Year onwards class:*

Dumfries: Tuesdays 17.30 - 19.00 University as above. Starts 3<sup>rd</sup> September

*Mixed ability classes:*

Thornhill: Thursdays 9.30 - 11.00 a.m Thornhill Community Centre. Starts 5<sup>th</sup> September.

£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

Saturdays monthly 10 am - 1 pm 7<sup>h</sup> September. 5<sup>th</sup> October, 2<sup>nd</sup> November and 7<sup>th</sup> December .Cost: £10

Venue: Glasgow University, Rutherford-McOwan House, Crichton Campus, Dumfries.

*Individual Tuition and Remedial Yoga:* by appointment in Moniaive.

Email (preferable) or Tel.01848 200681 for further information and to book your place.

[yoga@cgodridge.plus.com](mailto:yoga@cgodridge.plus.com) .

Website:

[www.carolgodridgesatyanadayoga.com](http://www.carolgodridgesatyanadayoga.com)

### **Andrea Cabrera Luna - Edinburgh**

Contact Andrea: 0758 227 1525

email: [infoyogameadows@gmail.com](mailto: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](http://www.lunayogameditation.com)

### **Atmamitra (Meg Miller) - 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

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Email: [meg@skyeyoga.com](mailto:meg@skyeyoga.com)

<http://www.skyeyoga.com>

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

<http://www.thehealtheoasis.net>

### YOGA TEACHERS IN SCOTLAND WITH DEEP CONNECTIONS TO SATYANANDA YOGA

**Johnny Glover** - MYA trained (BWY accredited) Dumfriesshire

[www.jgyoga.co.uk](http://www.jgyoga.co.uk)

### 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](mailto:bijam.yogini@yahoo.co.uk)

Or Carol : [yoga@cgodridge.plus.com](mailto: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

#### Reports and Booklets:

**Stimulating the Chakras:** a resource for teachers working with students at both beginners; and intermediate levels. Class plans and handouts included

£10 including p&p.

Cheques payable to Carol Godridge

Carol Godridge, Ben Doran, Ayr Street, Moniaive, Dumfriesshire DG3 4HW.

Tel. 01848 200681 or

[yoga@cgodridge.plus.com](mailto: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](http://www.yogavision.net)

#### London Satyananda Yoga Centre:

subscribe to their newsletter.

[www.syclondon.com](http://www.syclondon.com) The Centre now has its own page on Facebook  
[www.facebook.com/pages/Satyananda-Yoga-UK](http://www.facebook.com/pages/Satyananda-Yoga-UK)

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Tel 0208673 4869.

### **Birmingham Satyananda Yoga Centre:**

books, CDs, classes and workshops.

[www.sycbirmingham.com](http://www.sycbirmingham.com)

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

[www.vedantananda.com/newsletter](http://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](http://www.satyanandayogauk.com)

### **Mandala Yoga Ashram. Wales**

Get this year's programme of courses: Tel 01558 685358 or

[email@mandalayoga.freemove.co.uk](mailto:email@mandalayoga.freemove.co.uk)

### **Big Shakti free e-magazine at**

[www.bigshakti.com](http://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](http://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](http://www.yogamag.net) and it has a searchable archive.

These two e-magazines are made available as prasad if you subscribe to Yoga magazine

## **NEXT ISSUE January 2014**

If anyone is inspired to write on any topic relevant to Satyananda Yoga, do please let us have it. Deadline December 15<sup>th</sup> 2013

Jayanti (Jane Russell) on Tel 01896 754278  
[info@janerussell.org](mailto:info@janerussell.org) or

Bijam 0131 441 2631 or 07966 573804  
[bijam.yogini@yahoo.co.uk](mailto:bijam.yogini@yahoo.co.uk)

## **Hari Om Tat Sat.**