

**Scottish Satyananda Yoga Network
Newsletter
September 2012**

Hari OM everyone. Welcome to the Autumn 2012 edition of our newsletter. In this issue we are highlighting the Yoga Scotland Autumn Seminar with Swami Satyaprakash Saraswati. You will find all the details and booking information below.



**Yoga Scotland
Autumn Seminar**

**Saturday 27th October, 2012
Clarkston Hall,
Glasgow, G76 8NE**

(Public transport: train from Glasgow Central to Clarkston or buses 44, 44A or 66)

10.00am - 4.00pm

with

Swami Satyaprakash

(Director of the Satyananda Yoga Centre in Birmingham)

'Yoga to Lift the Spirits'

All yoga teachers and students welcome

www.satyanandayogainscotland.org.uk for information about Satyananda yoga, local teachers and events.

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Early bird fee (until 29 September): £30

After 29/09/12: £35

(includes a light vegetarian lunch)

'We live in a world where stress seems to be ever-increasing and even the best of us can find that too much stress affects us adversely, showing in the physical body as pain and also in the mind and emotions as worry and sometimes depression. Yoga is a wonderful system for keeping us healthy and balanced, to help to lift the spirits when we feel low or overwhelmed and for calming the body/mind when stress tips over into anxiety or sleeplessness. During this day we shall practise a range of hatha yoga techniques, many of which will be familiar to you, and see how they can be used specifically as mood changers. Also on offer will be Yoga Nidra (systematic deep relaxation) and meditative practices to help us gain insight into our responses to stress.'

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Name: _____

Address(+SAE)/email for receipt: _____

Any dietary requirements apart from vegetarian?: _____

**Cheques (payable to Yoga Scotland) with booking form to
Kirsty Davidson, 52 Edderston Road, Peebles EH45 9DT**

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**Scottish Satyananda Yoga Network
and
The Bihar School of Yoga and Satyananda
Yoga Centres UK & Eire**

is pleased to announce a further

Yoga Nidra Certificate Course

in Edinburgh

Tutor: Swami Nirmal Saraswati

The course comprises six one day Saturday seminars over 6 months.

19th January, 16th February, 16th March, 13^h April, 11th May and 22nd June 2013

It includes daily personal practice and home study assignments. Open to qualified yoga teachers. Selection will include a telephone interview with Swami Nirmal.

Cost: £400 (£100 deposit and two instalments of £150)

Prospectus and application form from: Carol Godridge on yoga@cgodridge.plus.com or
Tel. 01848 200681

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THE CULDEES

In the last issue of this Newsletter, in response to the piece by Michael McCann on "Yoga and Ireland", we promised to add to this with a short article on the Culdees of Scotland.



In 2009 Jayanti and I were looking for a retreat venue and came across the Culdees Bunkhouse, situated in a beautiful spot overlooking Loch Tay. Until that point I'd never heard of the Culdees, but Jayanti knew they were ancient spiritual seekers and possibly wandering mendicants, rather like the Sannyasins in India. Incidentally the owner of the retreat centre told us that Loch Tay is the spiritual centre of Scotland; a claim that may perhaps be made for many places, but it is certainly very beautiful.

Further research shows that the Culdees were some of the original Celtic Christians, linked to St Columba. The early home of the Culdees was the holy isle of Iona, and St Columba, who founded his monastery there in the 6th century AD, brought the Culdees with him from Ireland.

The name *Culdees* is said to be derived from *cultores deorum* or worshippers of gods. As the Celtic Church gradually became Romanized the name changed to *cultores Dei*: worshippers of the one God. One source describes the original solitary hermits, living in cells. But gradually over the centuries the Culdees died out.

Now in Scotland we have again a living Celtic Spiritual tradition, called the *Ceilé Dé*. They have a fascinating website www.ceilede.co.uk It is clearly an esoteric tradition, apparently with its roots in the mystery tradition of Druidism. The website describes Celtic Christianity as characterised by a continuing reverence for Nature as the face of the Divine, which resonates with some aspects of Tantra. It involves, like Yoga, the search for the Ultimate Reality, with practices such as chanting, including the fonn, short words that are repeated over and over, often using prayer beads called paidirean like a mala (but with 150 beads).

In 2006 in Brittany, Swami Niranjanananda gave a teaching about the worldwide reach in pre-history of Yoga, which was preserved in India. He was very interested, for example, in a symbolic

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representation of an upside down tree in (Celtic) Brittany, given the reference in the Katha Upanishad and the Bhagavad Gita to trees with their roots in heaven and their leaves in earth.

"Sages speak of the immutable asvattha tree, with its taproot above and its branches below. On this tree grow the scriptures; seeing their source, one knows the essence."

(B_G chapter 15 v 1)

Apart from this however so far, unlike Michael, I've been unable to find direct links with Yoga. The story continues.....

Bijam

We're very pleased to be able to give advance notice of

THE GOLDEN JUBILEE OF BIHAR SCHOOL OF YOGA AND WORLD YOGA CONVENTION

23rd to 27th October 2013



Bihar Yoga Bharati, Munger

For information contact the convention committee at

Bihar School of Yoga, Ganga Darshan, Munger, Bihar 811201 India

Or visit the web site www.biharyoga.net

www.satyanandayogainscotland.org.uk for information about Satyananda yoga, local teachers and events.

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SWAMI NIRANJANANANDA'S THREE YEAR PLAN (SUMMARY)

Magazines carry the message of yoga as developed, taught and propagated by Bihar School of Yoga 2 new ones **Aradhana & Avahan**

Yatra - sannyasins travelling for 6 months around India

2013 - Golden Jubilee Year

Publications - new books, CDs and DVDs

Help required - volunteers to be at Munger for 1-2 months prior to Convention

<http://yogavision.net/living-yoga/message-from-swan/> for further information.

2014 - Swami Niranjanananda to travel throughout India

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DATES FOR YOUR DIARY

SWAMI PRAGYAMURTI

Trossachs Tryst June 28-30 2013

HAVAN Fire of Transformation

WITH SN BRAHMANANDA

The Yoga Barn

Pollok Country Park

Glasgow

APRIL 6-7TH 2013

**FURTHER INFORMATION & BOOKING
FORM IN JANUARY**

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Monthly Satyananda Classes with Jayanti

Dechmont Community Centre, West Lothian

10 am - 1 pm

15th September, 6th October, 17th November
and 15th 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.

Contact Jayanti (Jane Russell):

info@janerussell.org or 01896 754278

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.

Contact Jayanti (Jane Russell):

info@janerussell.org or 01896 754278

Weekly Satyananda Classes with Bijam

For further information, to book and for start
dates contact: Bijam (Jenni) 0131 441 2631 Mobile
07966 573804 or bijam.yogini@yahoo.co.uk

Gate 55, 55 Sighthill Road Edinburgh

General Class: Mondays 4.30 - 6 pm

Currie Community High School - Tuesday
evenings. (Book via the school 0131 449
5922).

Beginners 6.30-7.40 pm

Intermediate 7.50-9.30 pm

Regal Community Theatre, North Bridge
Street, Bathgate

Therapeutic yoga for people with long-term
health conditions

Wednesdays 5 - 6.15 pm

General class: Wednesdays 6.30 - 8 pm

Optional extra: Meditation and Study Group 8.05
- 8.45 pm. Currently discussing the chakras and
practising methods of Dharana (concentration)

Individual sessions in Edinburgh on request.

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Weekly Satyananda Classes with Bob Wilde

Ward Road Gym, Dundee

Wednesdays 2-3pm and 5.30 - 6.45pm

And every two weeks

Multiple Sclerosis Therapy Centre, Peddie
Street, Dundee

Mondays 2-3.30pm

Contact Bob on 01382 779366

Classes with Carol Godridge

Autumn Term 2012

Beginners Course:

Dumfries: Tuesdays 7.30 - 9 pm. Room 120
Rutherford McCowan House, University of
Glasgow Crichton Campus.

Second Year onwards class:

Dumfries: Tuesdays 5.30 - 7 pm University as
above.

Mixed ability classes:

Moniaive: Wednesdays from 7.30 - 9 pm
Moniaive Memorial Institute

Thornhill: Thursdays 9.30 - 11.00 a.m

Thornhill Community Centre

£30 per 6 week block. Concessions possible,
by arrangement. Classes start week beginning
4th September

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 (15th
September, 20th October, 17th November and
15th December) .

£10 (two years prior experience with a
qualified teacher required). University,
Dumfries (details above).

Meditation Classes:

Starting later in the term - TBA

Tel.01848 200681 for further information and
to book your place, or write with cheque
(payable to C Godridge) to: Ben Doran, Ayr
Street, Moniaive DG3 4HW

yoga@cgodridge.plus.com .

www.dumfriesandgallowayyoga.org.uk

www.satyanandayogainscotland.org.uk for information about Satyananda yoga, local
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Jayadhara's Calendar

6th October Structural and Ayurvedic Yoga Therapy. Developing harmony with Shakti Bhakti (Helen Barker), York

10th November Tools for Transformation. Internationally loved & respected Swami Pragyamurti, York
Chakras-R-Us. A course for 8 Saturdays starting 17th November in York

Explore the energetic connections of chakras through asana, pranayama, mudra, bandha, mantra, Yoga Nidra, meditation and reflection on yogic texts. In this series of eight workshops, a systematic and deep approach will move from the mundane to the sublime. Minimum 2 years experience

Contact: Jayadhara (Jane Cluley) Tel 07906 652669 or janecluley@tiscali.co.uk

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.

www.satyanandayogainscotland.org.uk for information about Satyananda yoga, local teachers and events.

Enquiries to Bijam 07966 573804 or bijam.yogini@yahoo.co.uk

Or Carol : 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

Meditation: 3 different practices
Cost: £7 + £1 p&p.

Asana and Pranayama: pawanmuktasana and asana sequence for beginners

Asana and Pranayama: surya namaskar (sun salute) with chants and asana sequence for first year students
Cost: £3 + £1 p&p

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

Tel. 01848 200681 or yoga@cgodridge.plus.com

Remedial Yoga Teacher Training Course - Starting October 2012

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

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Now being offered for a second 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 or disabilities.

Originally having trained and worked at The Yoga for Health Foundation and currently running numerous classes on behalf of the MS Society, MS Therapy Centres, the NHS, the KICC project and running weekends and holidays offering remedial yoga, 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.

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

24 Southhouse Avenue, Edinburgh EH17 8ED

Tel: 0131 664 0756

Email: info@satiyoga.co.uk www.satiyoga.co.uk

Editor's note: Peter and Melanie make use of Pawanmuktasana Series 1 in their classes for those with long-term illness

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

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.

www.satyanandayogainscotland.org.uk for information about Satyananda yoga, local teachers and events.

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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 North (of England)

Get onto their mailing list by contacting Vimuktananda Tel 015335 609488

vimuktananda@phonecoop.coop

Mandala Yoga Ashram. Wales

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

email@mandalayoga.freeseve.co.uk

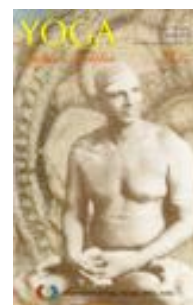
Big Shakti free e-magazine at

www.bigshakti.com

Yoga Magazine is published by Sivananda Math, Subscription is 40€ per year are 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.

Yoga Magazine was first issued in September 1962. The latest issue (picture below) is a special Golden Jubilee issue and includes the Yogic Alphabet!



Asanas make you strong and healthy and eradicate many diseases

Bhastrika pranayama develops the lungs... and augments lung power and lung capacity

Constipation is removed by the practice of bhujanga, shalabha and dhanurasanas

And so on down to Z

There are also two new on line magazines that may be accessed via www.yogavision.net:

- **Avahan** (Invoking the Divine) e-magazine published bi-monthly with teachings of Sri Swami Satyananda and Niranjanananda
- **Aradhana** (Worship) published by Rikhia

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

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Yoga Teachers in the Satyananda Tradition based in Scotland

- Antonia Lindner - Isle of Skye
014718 22876
- Bijam (Jenni Connaughton) -
Edinburgh and Bathgate 0131 441
2631
- Bob Wilde - Broughty Ferry 01382
779366
- Jayanti (Jane Russell) - Borders
01896 754278
- Meg Millar - Isle of Skye

- Prithvi (Fiona Le Faye) - S. Ayrshire
01465 811427

Yoga Teachers in Scotland with deep connections to Satyananda Yoga

- Carol Godridge - SYTA reg. 01848
200681 Dumfriesshire.
- Johnny Glover - MYA (BWY
accredited) Dumfriesshire

Contact Johnny: johnnyglover@me.com

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If you have any other events to advertise in the next issue of this newsletter or articles to contribute, please contact:

Jayanti (Jane Russell) on Tel 01896 754278 info@janerussell.org or

Bijam (Jenni Connaughton) 0131 441 2631 bijam.yogini@yahoo.co.uk

Hari Om Tat Sat.

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