

Satyananda Yoga courses, workshops, retreats, celebrations and more

HOBART Yoga & Meditation Centre

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the LAST
newsletter 2011

Hari Om Tat Sat NIGHT Saturday 17th Dec 2011 5.45pm

This is it! Join us for farewells, memories, mantras, refreshments and an auspicious dissolution of our amazing yoga centre. Starting with Mahumrityunjaya healing mantra and flower petal havan, followed by kirtan, reflections, light supper and a memorabilia display to inspire nostalgia. Don't miss the last three Oms of Hobart Yoga & Meditation Centre!

CLOSING DOWN Everything Must Go SALE! BARGAINS GALORE!!!

**30% OFF ALL shop stock +
JUMBLE SALE**

Do your Christmas shopping at the Yoga Centre!

Yoga books and cds unique to Satyananda Yoga, plus mats, trataka stands, meditation stools, neti pots, malas and more!

Yoga for SPIRITUAL Living ONE DAY Retreat with Swami Ahimsadhara

11 January 2012, Sandford, \$108 (Breakfast provided, BYO lunch)
Enquiries after closure of HYMC: yoga.tasmania@gmail.com

Mundane life can be transformed into a vehicle for spiritual growth. Using understandings and practices given by Sri Krishna in the Bhagavada Gita, learn how to walk the path of inner peace while living an effective and compassionate life.

This beautiful day of retreat is being held on the anniversary of Swami Niranananda's sannyasa initiation. This auspicious occasion will be observed with a 6am guru havan.

"From the tantric and yogic perspective, to be spiritual means to become aware of the luminous qualities inherent in you." Swami Niranan



KIRTAN, Havan & LIBRARY will continue!

There is much more to yoga than weekly classes! Chanting and ritual are also part of the yogic culture. Kirtan (1st Sat of the month) and Mahamrityunjaya Havan (3rd Sat of the month) will continue in the homes of Hobart yogis. The library will also live on. If you want to be involved, contact Devamurti on 0408 340812 jdlas@bigpond.com

Our MAILING LIST will continue!

If you are on the mailing list you can expect VERY occasional communication from YATI! It will be something significant, such as a tour to India, a retreat with an amazing teacher, or the opening of a new centre...

If you receive by SNAIL MAIL please change to EMAIL! Email us now with details.

YATI will continue!

The Yoga Association of Tasmania Inc. will be kept alive by a small, dedicated committee. YATI will maintain Swan Yoga Publications (supplying the book, *Yoga Day by Day*) and will hold the mailing list and other items being kept for occasional yoga events. **Contact info for YATI:** yoga.tasmania@gmail.com PO Box 140 South Hobart 7004

BIG Thank You PINGALA! Graphic artist, Pingala Walsh has made our newsletter a thing of beauty for the last 10 years – as a volunteer. www.pingalawalsh.com

Satyananda Yoga CLASSES & Retreats 2012!

ALL is not lost! Not everyone is going to India! You can still enjoy Satyananda Yoga classes in Hobart ~ contact these teachers for start dates and details:

Lenah Valley

Terry Buchanan (Atmadhyanam)

Lenah Valley Memorial Hall: Tues 5:45 - 7:15pm
6223 2578 terencebuchanan@bigpond.com

North Hobart

Weerona Yoga Studio, 326 Elizabeth St

Janny McKinnon

Levels 1, 2, 3
0420 413 261 janny_mckinnon@yahoo.com.au

Ambika

Fri 9.45 - 11.15am: L3 - 4 *Inner Strength and Freedom*
Time TBC: *Coming to Terms with a Stressful Life*
0428 842 144 ambika1008@gmail.com
www.yogainhobart.com

Eastern Shore

Shanti (Jo McCann)

Howrah Sunshine Rec Centre: Wed 6 - 7.30pm
Copping Community Hall: Sat 9 - 10am
0400 890 899 shantimacan@hotmail.com

Fern Tree

Catherine Errey (Siddhamurti)

Community Centre: Tues 6 - 7pm starting Feb 14th
0418 276 896 catherrey@gmail.com

Belly Bliss Yoga with Julia Gibson

Specialising in pregnancy, birth and postnatal yoga.
www.bellyblissyoga.com.au
julia@bellyblissyoga.com.au 6295 1026

RETREATS at Atma Darshan, near Mole Ck

Atma Darshan is on 40 acres with a backdrop of Mother Cummings Peak and the Great Western Tiers. Programs are held in a beautiful earth-rendered strawbale yoga room and accommodation options include camping, huts and single or shared rooms.

Weekend retreats/seminars are held approx. every 2 months.

Coming up: Yoga for Arthritis and Joint Injuries, with Laurie Lacey,
2-3 March 2012

Contact: Karunamitra on 63678241
or kristinakm@bordnet.com.au



SATYANANDA YOGA
Affiliate SYAA 20127

WORLD YOGA Convention, India 7-12 September 2013

If you have been thinking of visiting India, prepare to take the plunge! Every 20 years the Bihar School of Yoga, India, hosts a World Yoga Convention. Eminent people from all walks of life share their knowledge and inspiration about yogic principles, techniques and spiritual life. To find out more see www.biharyoga.net

YATI is planning a group tour led by India traveller extraordinaire and ashram life aficionado Satyachitta. Please register your interest asap for planning purposes.
Email: yoga.tasmania@gmail.com



XMAS RAFFLE tickets \$5 (or more if you feel generous) Yoga & Healthy Living Kits

Proceeds to the SALVATION ARMY XMAS APPEAL
5 Winners progressively choose from these fab kits...

- **Anna Yoga** – it's all about food – vegetarian cook books + dvd + lentils, rice and Indian spice to start you off!
- **Relax and Be Happy** – Yoga Nidra and meditation cds and books to bliss you out + incense, mala and meditation stool – no excuses, just do it!
- **Magic of Music** – mantra, melody and sound join forces to uplift and transform! CDs of kirtan, sacred chanting, nada yoga practice, mantras + chanting book and incense for ambience...
- **Book Worm** – the teachings of the masters for connoisseurs of yogic reading! Incredible books from the Bihar School of Yoga for your inspiration and edification. You won't find them in Fullers!
- **Sadhana Survival** – regular practice is the only way to experience yoga. Survival without the yoga centre means you have to do it yourself! Practical cds and books that guide you in asana, pranayama and much more + a mat, a mala and other bits and pieces.