

Satyananda Yoga courses, workshops, retreats, celebrations and more

HOBART Yoga & Meditation Centre

4 St Johns Ave
New Town

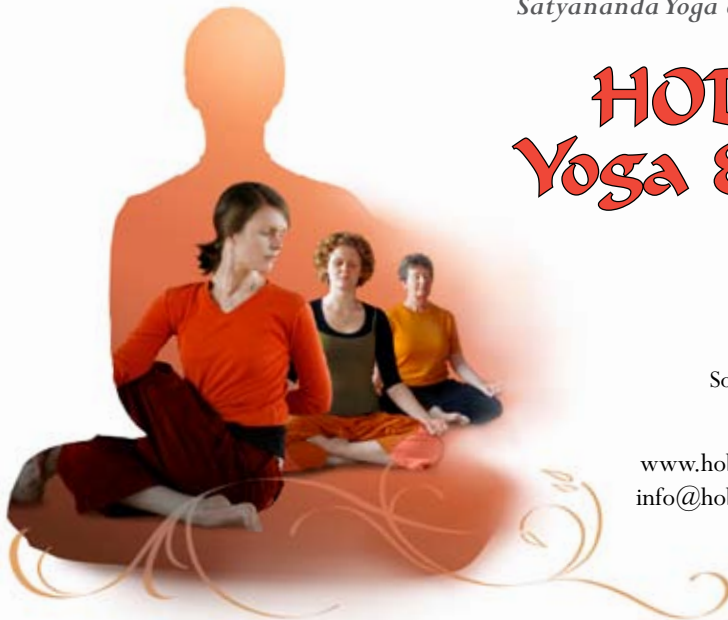
PO Box 140
South Hobart 7004

03 6228 2844

www.hobartyoga.com.au
info@hobartyoga.com.au

newsletter
Summer 2011

Course Dates 24th October - 17th December



SPECIALISED Courses...

Meditation for Inner Peace

Tues 5.30 - 6.30pm at the Baha'i Centre
\$100/\$85 conc.

Pregnancy and Mother - Baby

Julia Gibson 6295 1026

www.bellyblissyyoga.com.au

Yoga for Mood Management

Thurs 7.30 - 9.00pm

Learn to manage mood through postures,
breath, relaxation and meditation.
\$135/\$120

Yoga for Healing

Wednesday 11am - 12.30pm

For people managing long term
or serious illness – inspiring
practices for body, mind and
spirit in a supportive atmosphere.

Emphasis on relaxation. Partners
welcome. \$135/\$120 OR
\$175/\$160 with partner

Weekly CLASSES in Yoga and Meditation

General Courses ~ 8 weeks: \$135/\$120 conc.

Foundation Yoga ~ 5 weeks: \$85 /\$75 conc.,
starts 26th and 29th Oct

Foundation Yoga Wed 5.45 - 7.15pm,
Sat 9.00 - 10.30am (5 weeks)

Level 1 (beginners) Mon 7.30 - 9.00pm,
Tues 5.45 - 7.15pm, Wed 9.15 - 10.45am
Sat 10.45am - 12.15pm

Level 2 (development) Mon 5.45 - 7.15pm,
Tues 7.30 - 9.00pm, Fri 11.30am - 1.00pm

Level 3 (depth & themes) Wed 7.30 - 9pm

Level 4 (advanced themes) Thurs 5.45 - 7.15pm,
Fri 9.45 - 11.15am

Caring for your BACK

Sunday 30th Oct 9am - 4.30pm
with Ambika

Treat your back to this day of postures,
relaxing meditations and self-enquiry.
See how subtle patterns of mind and
emotion can affect the back. Learn to
release chronic patterns of tension, develop
postural responsibility and prevent future
injury. Ambika is a gifted yoga teacher and
a qualified remedial massage therapist. She
has been teaching Satyananda Yoga for 38
years. Cost: \$95/\$85 conc. If you have an
existing back problem, please check with
your therapist before enrolling.

WORKSHOPS, events, retreats

Special ANNOUNCEMENT

HYMC will close its doors at the end of Term 5 this year ~ December 17th 2011.

The closure of HYMC will be marked with a special night of chanting, kirtan and
feasting on December 17th from 5.30pm. Everyone is welcome!

A hearty thank you to all the students and supporters of HYMC who have
contributed to the Yoga Centre's role in the community.

ASHRAM on the Ganges

Sat 29th Oct, 7pm

Ahimsa is back from India!
Take a dip in the dynamic
spiritual life which flows
through the heart of Indian
culture. Hear her stories and
see spectacular slides of ancient
festivals in a contemporary
world at Ganga Darshan
ashram, Bihar. Cost: \$10

A Night of KIRTAN

At Atma Darshan, near Deloraine
Sat 5th November 5pm

Join international musicians including
kirtanist Vaiyasaki Das for a special night
of kirtan in a stunning natural setting. The
program includes havan (fire ceremony),
vegetarian dinner and hours of kirtan!
Overnight visitors are welcome, but places
are limited. For info and bookings contact

Kristina on 6367 8241 or
kristinakm@bordernet.com.au

Cost: \$25, or stay over night from \$35.

Yogic CHANTING & Song

(Kirtan) 1st Saturday each month:
5th Nov & 3rd Dec

Harmonising, vitalising, uplifting!

5.30pm shared veggie feast, 6.30pm healing chant
(Mahamrityunjaya), 7pm Kirtan. Donations support
community work in rural India. All welcome.

Connect with Strength

SOMETIMES we get stuck in dwelling on weaknesses and problems. This is undermining. A simple way out is to realise that we don't need to struggle to overcome all our shortcomings. Instead we can focus on developing our strengths.

Imagine you are in situation where all eyes are on you. You have to perform well and the pressure is on. You become nervous. Your heart beats hard, your palms sweat. Then you remember abdominal breathing. You can do this, because you've practised it many times. After a few rounds, you feel steadier. The nerves are still there, but you've practised putting thoughts to one side during yoga sessions. You put your nerves to one side too.

They retreat to the background; your attention is on doing the job.

This is a simple example of connecting with your strength. There is no need to fight with the anxiety, or to think "I'm anxious! What a shame I am an anxious person! Why do I always get like this?" In yoga, you simply

by Sn Satyapriya

observe "Ah, some anxious thoughts and feelings." Instead of identifying with the anxiety, you use a strength – your yoga experience – to manage it.

It is good to be aware of weaknesses and difficulties. But why spend large amounts of energy analysing, discussing and struggling against them while strengths sit neglected and unused? It's much better to give the most attention to those parts of the personality that are positive and helpful. In this way we begin to identify with our strengths rather than our weaknesses.

In Satyananda Yoga the SWAN sadhana is used to cultivate strength. We ask ourselves what special, useful qualities we have that help in life, as it is now. Equanimity can become a strength – so can humour, kindness or business acumen. The idea is to choose a strength, think practically about how it can be supported or developed, and begin to use it. This leads to strong and positive actions that subtly take life in a better direction.

Full details of the SWAN (Strengths, Weaknesses, Ambitions, Needs) program are given in the book *Yoga Day by Day* by Swami Ahimsadhara, available at HYMC, \$25.



SATYANANDA YOGA
Affiliate SYAA 20127

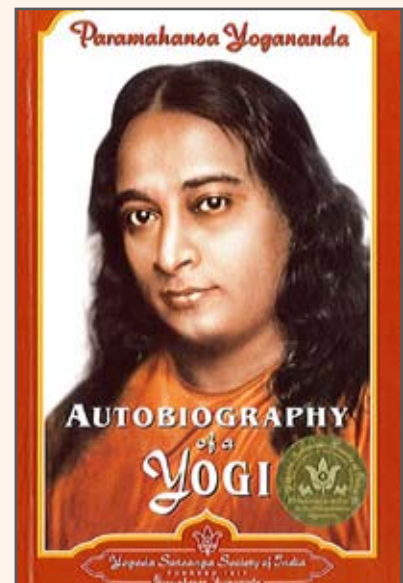
REVIEW:

Autobiography of a Yogi

by Paramahansa Yogananda
\$30

FIRST published 65 years ago, this book is inspiring, instructive and relevant. Yogananda was born in India in 1893 but spent much of his life teaching yoga in America. His conviction was that Westerners would benefit from the ancient teachings that are India's heritage. He saw yoga as a system for improving health, will-power and intellect and taught that true happiness lies within, in

connection with Spirit. This book is beautifully written, weaving deep teachings on yoga, karma, intuition, mantra, miracles and more into the story of the author's life. It includes lovely accounts of his meetings with some of the great sages of his time, including Mahatma Gandhi and pioneering horticulturist Luther Burbank. Recommended for those wishing to deepen their understanding of yoga and spiritual life.



Satsang ~ a question answered

What does yoga teach about lifestyle?

SWAMI Nirranjan says: "Yoga gives us many hints and ideas on how we can manage our lives. It is up to us to apply these ideas and to become aware of these hints in order to improve the quality of our body, mind and interactions."

Wisdom

"The nature of a human being is to experience truth, positivity and beauty. But to have this experience you have to create the right environment."

~ Swami Nirranjan

