

HOBART Yoga & Meditation Centre

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newsletter

Term 2, 2010

April 19th - 25th June

Weekly CLASSES in Yoga and Meditation

Levels 1-4 and Mood Management are 10 week courses. Introduction courses are 5 weeks - see dates. For Pregnancy and Mother Baby program dates and fees contact Julia Gibson (see below).

Fees: 10 weeks \$160/\$140 conc. Intro courses \$80/\$70 conc. Lunch-time \$15

Level 1 (beginners) Mon 7.30 - 9.00pm,
Tues 5.45 - 7.15pm, Wed 11.00am - 12.30pm

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

Level 3 (depth & themes) Wed 9.15 - 10.45am,
Thurs 5.45 - 7.15pm

Level 4 (advanced themes) Fri 9.45 - 11.15am

Introduction to Yoga Wed 5.45 - 7.15pm
from 26th May - 23rd June

Introduction to Meditation Wed 5.45 - 7.15pm
from 21st April - 19th May

Pregnancy and Mother-Baby Julia Gibson
www.bellyblissyoga.com.au or call her - 6295 1026

Yoga for Mood Management 1 & 2

MM (1) Wed 7.30 - 9.00pm, MM (2) Thurs 7.30 - 9.00pm

Lunchtime Yoga Mon 12.30 - 1.30 casual attendance

Yoga for Mood Management is a course designed by Hobart yoga teacher and GP, Dr Katie Pullinger, to help soothe nerves, release stress and increase cheerfulness. MM 1 is taught this term by Jera. MM 2, taught by Ahimsa, is for those who have experience in yoga or have completed MM1.

WORKSHOPS, events, retreats

BHAKTI Yoga weekend retreat

with Swami Ahimsadhara & Vijayashakti
Niche Yoga Retreat, Cygnet,
www.nichetas.com.au

28th - 30th May \$330 if paid one week in
advance, \$350 after that

A relaxing weekend of yogic living with a focus on bhakti. Bhakti is a spiritual path that works through purification and harnessing of the emotions. The tradition of bhakti includes music and chanting, inspiring stories, learning about the lives and wisdom of saints and sages, rituals that connect you with nature, tools for emotional management, and cultivating qualities of selfless love and compassion. This unique retreat is a chance for a glimpse into the depths of bhakti. Come with an open heart and mind.

Yoga for COMPUTER Users Seminar

with Ahimsa May 22nd 9:00 - 12 noon \$55

Are you suffering the effects of computer use? Learn simple and strong stretches that correct posture and relieve muscle tension, eye exercises to balance the effects of hours of close work and eye strain, and breathing techniques that help you de-stress and understand how to breathe fully.

Drama & Yoga with Om Theatre

KRISHNA, THE EARLY YEARS

International theatre director Neil Cameron & yoga teacher Ahimsadhara combine their skills in this unique workshop which draws on the ancient stories of Krishna, the much-loved Indian god and hero.

Peacock Theatre 8th & 9th May
(10am - 4pm) \$150/\$120 Conc.

Spiritual India: Ashrams and SACRED Cities Tour

with Ahimsadhara & Satyachitta
Dec 1st - Jan 11th (subject to flights)

Experience yoga festivals in the Rikhiapeeth Ashram where Swami Satyananda spent his final years. Explore Bodh Gaya, the place of Buddha's enlightenment. Delve into Varanasi, India's most ancient and sacred city. Be inspired by the teachings of Swami Niranjan at the Bihar School of Yoga.

Find out more by contacting
Satyachitta on 0428 266 860 or
emailing indiayoga2010@gmail.com

Yogic CHANTING & Song (Kirtan) 1st Saturday of the month: May 1st, June 5th, July 3rd

A relaxing, joyful and uplifting evening of chanting, song & music.

5.30pm shared veggie feast, 6.30pm healing chant (Mahamrityunjaya), 7pm Kirtan.

Donations support community work in rural India.

COOKING with Bijay

Sat 12th June 11am - 1pm \$25

Join former restaurateurs Bijay and Gita Sharma for a talk on vegan cooking followed by a demonstration of a four course Indian meal which will be shared by all.

Giant OPEN Day

Sat 26th June
10am - 3pm

It's on again! Free yoga, free chai, yummy cakes, veggie bbq, inspiring talks, demos and info. Tell your friends it's time they came to yoga!

Manage Your Moods with Yoga

by Dr Katie Pullinger

IT WAS in 2005 while working as a GP that I began to realise how many people have problems with their moods. Day after day people described being worried, over-emotional, unable to switch off, low in confidence, mentally exhausted. Day after day I found myself thinking: yoga could help that person.

We all know that cars need regular servicing and woollens careful washing. We know what foods help our bodies stay healthy. But how many of us know how to properly care for our mental and emotional health, how to manage our moods? Yoga is a system that is designed to do just that.

Stress is inevitable in life: annoying noises, traffic jams, relationship upheavals. Also, we are bombarded with media designed to induce excitement and craving – states our nervous systems register as forms of stress. This stress is stored in our bodies – shoulders tense, tummies tighten, brows knot. Instead of alert, calm and positive, we look – and feel – dull and anxious. Yoga allows us to become aware of and then release the physical signs of mental tension. When we release this tension from our bodies, our minds are naturally eased. Done with awareness, simple postures like the heavenly stretch pose, gentle spinal twists and shoulder rotations are excellent for releasing deep seated physical, mental and emotional tension. When the body-awareness developed by the postures extends from class into daily life, the benefits increase.

Posture often improves, creating a

knock-on effect in self confidence.

Breath is also important. Breath does what our nervous systems – the brain and nerves – tell it to do, whether consciously or unconsciously. Observe your breath now: is it regular or irregular, shallow or deep? Is the abdomen soft so that the air drops down into the tummy, or is it confined to the chest? At some level your nervous system is telling your breath what to do. Importantly, just as the nervous system affects the breath, so too can the breath affect the nervous system. For example, rapid shallow breathing increases the involuntary ‘fight or flight’ response, while deep abdominal breathing reduces it. Through yoga we can learn to use breath as a tool to adjust the nervous system. It is often easier to alter breath than to talk ourselves out of feeling afraid.

Managing our self-talk is an important part of yoga. Meditation techniques – such as antar mouna – make us aware of habitual thought patterns that might affect moods. Witnessing and making friends with, rather than ‘confronting’ the mind, are emphasised. In Yoga Nidra, a lying-down relaxation, the mind is led through a series of gentle exercises that aim to release deep-seated tension gently. Sankalpa – developing direction and willpower – is an important part of this practice.

People who have very significant mood problems should of course seek expert advice, however generally yoga can be used together with medical and psychological therapy. It certainly provides a useful set of tools to meet the daily human challenge of mood management.



SATYANANDA YOGA
Affiliate SYAA 20127

Review: CDs for home practice and relaxation

Both cds are guided by the clear, gentle voice of Muktakiran, or MissMook.

Yoga at Home

Pitched at beginners or progressive beginners this double CD includes yoga postures, breath practices, relaxation and meditation. The first is an hour of asana (yoga postures) that mobilises the joints, massages the organs, strengthens and stretches muscles. The second has 3 tracks: a pranayama (breathing) practice,



a 20-minute Yoga Nidra (deep relaxation technique), and a guided meditation practice called Kaya Sthairyam (Body Steadiness). These techniques can be practiced on their own or following the asana class to make a complete yoga session.

Yoga Nidra & Deep Relaxation

This CD is a useful tool to recharge during the day or after work. There are three tracks of varying lengths. The first is a full 30-minute classical Yoga Nidra, The second is a shortened 20-minute Yoga Nidra. And for those really on the go, the third track is only 10 minutes long - just enough time to relax and come back into the present moment!

Satsang ~ a question answered

What is prana?

The yogic tradition says that prana is the vital energy that flows through all that exists. In the Chinese culture it is known as ‘chi’. At the individual level prana affects our vitality, health and zest for life. In the body, prana flows along subtle, non-physical channels called ‘nadis’. These flows can be blocked or reduced by tension, illness and unhealthy living habits. Yogic practices optimise the pranic levels and flows within our body. When the prana is strong and balanced there is high quality thinking, effective action and a positive experience of life.

* please send in your questions!

“Through the practice of meditation you can learn to smile at circumstances, you can learn to see every stressful situation as a challenge, or an opportunity to learn, give, serve and love.”

~ Swami Niranananda

