

# HOBART Yoga & Meditation Centre

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New Town

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newsletter

Term 3, 2010

July 12<sup>th</sup> - September 17<sup>th</sup>

## 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

### Yoga for Mood Management 1 & 2

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

Yoga for Mood Management is a course designed to help soothe nerves, release stress and increase cheerfulness. The emphasis is on practical techniques for managing mood in daily life, including simple postures, breathing and relaxation/meditation techniques.

**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)** Thurs 5.45 - 7.15pm

**Level 4 (advanced themes)** Fri 9.45 - 11.15am

**Introduction to Yoga** Wed 5.45 - 7.15pm  
from 18<sup>th</sup> Aug - 15<sup>th</sup> Sept

**Introduction to Meditation** Wed 5.45 - 6.45pm  
from 14<sup>th</sup> July - 11<sup>th</sup> Aug

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

## WORKSHOPS, events, retreats

### FREE Spirit Workshop

with Ambika

4<sup>th</sup> & 5<sup>th</sup> Sept 2010 \$90/\$85 conc. per day:  
\$85/\$75 if paid in full by 31st August

Conditioning, belief, memory and attachment create chains that bind us to subtle, psychological slavery. In essence we are Free Spirits: free from suppression, free in expression and with original, creative responses arising naturally out of deep self-understanding. Chained to conditioning, however, our responses are reactive and habitual, arising out of the recycled views and beliefs passed on by others.

An in depth understanding of the gunas, (3 aspects of our nature) and granthis (3 psychic knots), with related yogic insights and practise, help us reconnect with our own Free Spirit.

### Guru POORNIMA, Sunday 25<sup>th</sup> July

The full moon of July is the traditional date for celebration and strengthening of the spiritual relationship with guru, teachings or other sources of inspiration. The program will include chanting, havan, meditation and delicious food. Contact us for details.

### MEGA Yoga! Sat July 3<sup>rd</sup>

9:00 - 10:00am with Ahimsadhara, \$15

Not for the faint-hearted, be prepared for strong and stretchy asanas and full on pranayamas that shift energy blocks and powerfully focus your mind. This is a trial idea, if you like it...we'll do it again!

### Mala and CHAI making workshop!

Sat 7<sup>th</sup> Aug

2:00pm - 5:00pm with Vijaya, by donation  
Learn how to thread malas (meditation beads) and make yummy chai. Make your own sumerini (27 bead wrist mala). Help the Yoga Centre thread 108-bead malas for use by meditation students.

### Spiritual India: Ashrams and SACRED Cities Tour

with Ahimsadhara & Satyachitta

Experience yoga festivals, explore the place of Buddha's enlightenment, delve into India's most ancient and sacred city, be inspired by the teachings of Swami Niranjan.

Find out more by contacting  
Satyachitta on 0428 266 860 or  
emailing [indiyoga2010@gmail.com](mailto:indiyoga2010@gmail.com)

### Yogic CHANTING

& Song (Kirtan) 1st  
Saturday of the month:  
July 3<sup>rd</sup>, Aug 7<sup>th</sup>, Sept 4<sup>th</sup>

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.

### ONE-to-One

Individual sessions to help you plan a regular yoga practice (sadhana) or for special needs \$65 1hr. Yoga for Health Management with Dr Katie Pullinger available by appointment.

# Yogic Ecology

Swami Ahimsadhara

YOGIS HAVE responded to the global environmental crisis by looking at what it all means within the framework of the yogic culture. This has led to the unfolding of a branch of yoga known as 'yoga ecology'. The Bihar School of Yoga, India, pioneered this idea by developing a graduate diploma of Yogic Ecology.

When yoga is applied to any sphere in life it means that consciousness is brought together with energy. The environment is a system of energy which humans have exploited in an 'unconscious' way that has been based on selfish, egocentric values. In the language of yoga, the debasement of the environment is 'adharmic'. That means, not according to right and wise living. It has not been sattwic. Sattwa is the harmonious state yogis work to cultivate in their relationship with life. To live dharmically is to live in harmony with nature. As yogis this should be our aim, whether there is an environmental crisis or not. The lifestyle of people who are attracted to yoga is adjusted and becomes eco-friendly as a matter of course. It is vital that as yogis we resist being drawn into the culture of fear, anger and blame in relation to the eco problems that face us. Our green living should not be out of a belief that we can save the world, which is an egoistic, rajasic (self-centred action) idea. Rather, green living is a natural outcome of being more yogic,

living more dharmically. The eco-crisis has highlighted the nature of and need for dharmic living.

Yoga ecology, like any branch of yoga, involves both lifestyle and sadhana (practice). The green, dharmic lifestyle goes on in the background, while the practices strengthen and facilitate a connection and communion with nature which has been lost in the modern world. The practices for yoga ecology enhance our sensitivity to the 'tattwas' or elements – earth, water, fire, air and space, of which all creation is composed. Tree puja and havan are part of this. Tree puja is a very beautiful and simple way of being with nature, as represented by a tree. It can be practiced daily or weekly at sunrise or sunset. Choose a tree and stay with it. Go to it and pour a cup of water, light a tea light candle if there is no fire danger, place a stick of incense and a flower at the base of the tree. Close your eyes, have a thought for the wellbeing of all and let your mind be blank for a moment as you focus yourself on the tree and only the tree. Something remarkable happens which has to be experienced to be understood. Havan is a fire ceremony which can be practiced weekly, accompanied by chanting. The Yoga Centre holds havan once a month at someone's home. Havan kits and a chanting cd are available. If you are interested in coming along to the monthly havan, ask at the office.

*Ahimsadhara coordinates Yoga Ecology courses at Mangrove Mt. The next one is in October.*



**SATYANANDA YOGA**  
Affiliate SYAA 20127

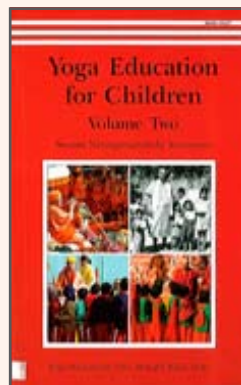
## Review:

### **Yoga Education for Children Volume Two \$20**

**Swami Niranjanananda Saraswati, Yoga Publications Trust, India, 2009**

A compilation of articles and practices, this book explores applying yoga to both general and special-needs education, plus an amazing section on youth empowerment.

The chapter, *Getting in Touch, with Adya*, is the remarkable recovery story of an autistic girl who also had serious physical diseases, while



*Yoga Nidra for Deaf and Hearing Impaired Children* explains how to modify an auditory relaxation practice for the deaf. The story of children's yoga movements in India is movingly told both by the children and their supervisors. Research results showing the beneficial effects of yoga on children's study, confidence and memory are presented.

The book is both inspirational and practical, giving details of many techniques and practices that can be enjoyed by children. There are yoga games, asana sequences, creative visualisations, art ideas and many more fun yogic things for kids.

## **Satsang ~ a question answered** **What is karma yoga?**

"KARMA yoga is a yoga of adjusting the mind to the circumstances in which we are involved, because with acceptance of a situation, our responses become different. Karma yoga is not a one-hour yoga practice; it is awareness of the mind 24 hours a day. The balance, harmony and non-reactive state of mind has to be maintained. Then it becomes karma yoga whether you are sitting quietly in a chair in meditation or involved in dynamic work."

*Swami Niranjanananda*

*"Believe in yourself. Know that you have the strength, the ability, the courage and the will to transform yourself. The best way to reach this point is through silence."*

*~ Swami Niranjanananda*

