

HOBART Yoga & Meditation Centre

4 St Johns Ave
New Town

PO Box 140
South Hobart 7004

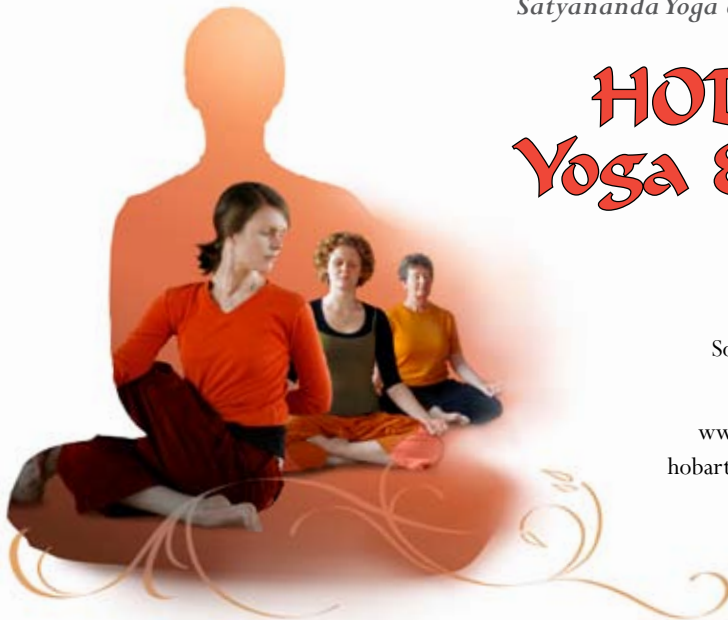
03 6228 2844

www.satyananda.net
hobart@satyananda.net

newsletter

Term 4, 2010

October 4th - December 10th



SPECIALISED Courses...

Meditation for Inner Peace

Tues 5.30 - 6.30pm at the Baha'i Centre \$120/\$100 conc.

Pregnancy and Mother - Baby

Julia Gibson www.bellyblissyoga.com.au 6295 1026.

Yoga for Mood Management

with Ahimsa. Thurs 7.30 - 9.00pm \$160/\$140 conc.

Practical techniques for managing mood in daily life, includes simple yoga postures, breathing and relaxation and discussion time.

Yoga for those with Cancer

with Annette Loudon ph 0409 823 847. Wed 9.15 - 10.45am 9 weeks Oct 13th - Dec 8th \$145/\$125 or \$200/\$180 with partner.

Methods to help with the various challenges that diagnosis and treatment bring, for the mind, emotions and body, in a supportive and relaxed atmosphere, suitable for those having or who have had treatment for cancer. Partners welcome. (see article by Annette overleaf)

Anna Yoga: The Yoga of Food

with Vijaya. Wed 5.45 - 7.15pm 5 weeks from 6th Oct - 3rd Nov \$125/\$100 conc.

Develop a conscious attitude to food, learn to cook and eat in balance with nature. Covers theory and practice of this delicious yogic path!

Weekly CLASSES in Yoga and Meditation

GENERAL COURSES ~ 10 weeks: \$160/\$140 conc. Intro to Yoga: 5 weeks: \$80/\$70 conc.

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
5 weeks from 10th Nov - 8th Dec

Nada Yoga: The Yoga of Sound with

Satyamo & Vijaya. Wed 7.30-8.30pm
5 weeks from 10th Nov - 8th Dec
\$80/\$70 conc.

In nada yoga, sound is the medium for exploring the subtle flows of energy and consciousness. Use music as a direct and beautiful pathway to meditation. No musical experience needed.

WORKSHOPS, events, retreats

YOGA AID Challenge Event

9am - 12.30pm Sun 14th Nov 2010,
Baha'i Centre

Australia-wide, this event raises money for charity by practising up to 108 rounds of Salute to the Sun (54 Satyananda Yoga rounds). Set up a tag team to complete the rounds, or just come and be part of the experience. Contact the office for details and training sessions info. www.yogaaid.com/australia

BACK CARE Workshop

with Ambika Sat Nov 22nd 9am - 4.30pm
\$85/\$75 conc. if paid by Nov 5th;
\$90/\$80 after that.

Release patterns of holding tension through gentle postures and deep relaxation. Understand the back as a reflection of inner conditions that may become future pain.

KIRTAN workshops

with Vijaya and Leela Sat Oct 2nd & Nov 6th
3.30-5.00pm \$20/\$18 conc.

Fun workshops introducing the art of kirtan, the yogic practice of group chanting and singing. No experience needed. Learn to play a basic melody on the Indian harmonium, follow rhythm and timing and lead a kirtan.

MEGA Yoga with Ahimsadhara back by popular demand!

Sat Sept 11th, Oct 2nd, Nov 6th

9.00 - 10.30am \$20/session

Not for the faint-hearted, be prepared for strong and stretchy asanas + pranayamas that shift energy blocks and powerfully focus your mind.

Yogic CHANTING &

Song (Kirtan) 1st Saturday of the month: Oct 2nd, Nov 6th, Dec 4th

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.

Full moon STORYTELLING with

Leela Sun Nov 21st 6-8.00pm \$15/\$10 conc.

Be entranced by story & song... this is the magical night of Krishna's Rasa Lila, Dance of Divine Love. Krishna is joy, dynamism, ecstatic love and music.

Yoga for those with Cancer

by Annette Loudon

A GREAT MAN and yoga teacher once said: 'Cancer is like a black hole in space... it slowly sucks everything out of you.' He further said: 'with your treatment, whatever that is, and a suitable yoga practice for your needs, that black hole will gradually recede.' (Swami Niranjanananda).

Having taught Yoga to people with all kinds of cancer over many years, I now know his words to be true. Yoga means 'union'; creating a balance or unity within, as well as a connection and unity with the world around us.

After the rollercoaster of feelings and emotions that diagnosis brings, comes realisation of the need to restore a degree of inner equanimity and harmony to get through this challenging time. Yoga offers an integrated approach that provides many helpful 'tools' for this task.

Sam first came to Yoga because of the insurmountable fatigue he felt as a result of his treatment, which was further compounded by his difficulty in sleeping. He told me, 'my wife suggested I try yoga, reluctantly I agreed... that first lesson I experienced a deep, deep rest from the yoga nidra relaxation, and that night I had the best sleep for a long while – 10 years later, I still do a daily yoga nidra and attend my yoga class'.

The gentle and cumulative practices for the body restore a flow of energy and improve physical systems and

functions. This in turn allows a re-connection to the body. As Julie once told me, 'I could only do gentle and slow yoga movements for a long time. However, I did these movements at the same time every evening. My confidence returned, as I once again began to feel my body was still my own.'

Additionally, the practices for the mind and emotions can create life-changing benefits during and after treatment. Practices that teach awareness of the present moment can help dispel fear and uncertainty. Mantra repetition can change negative to positive thoughts. Witnessing thoughts and emotions and accepting them as nothing more, can enable change in detrimental patterns of reaction. Breathing practices can restore balance to the nervous system and in this way reduce anxiety or depression. Meditation creates stillness and steadiness, qualities that help when coping with the fluctuations of the mind and the reactions of the body as they occur.

There is now a large amount of substantiated research showing that an integrated yoga practice during and after treatment can lessen anxiety and depression, improve the immune system and a personal sense of well-being, and reduce nausea and fatigue.

In yoga one does what is right for oneself at any given time, so there is no pain or strain associated with any practice. From such a sense of compassion, the person with cancer can slowly come to know that they are not the illness and that life, with each breath taken, is a life well-lived.



SATYANANDA YOGA
Affiliate SYAA 20127

Review:

Yogic Management of Cancer

by Dr Swami Nirmalananda
Yoga Publications Trust, India, 2009
291 pages, \$25

Treat Yourself to a Retreat!

SWARA Yoga: Prana, Breath and the Brain

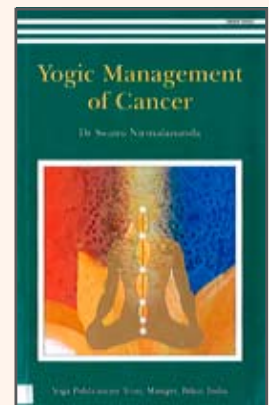
with Acharya Swami Muktibodhananda Saraswati

Oct 15th - 17th at Far South Wilderness Lodge,
Dover. \$310/\$290 conc. before 4th Oct;
\$330/\$310 conc. after that.

"Swara yoga is the ancient science of pranic body rhythms... a path which leads to total experience and awakening of the entire being." Swami Satyananda

Swami Muktibodh lived and trained at the Bihar School of Yoga, India for 10 years under the guidance of Swami Satyananda, authoring two books, Swara Yoga and Commentary: the Light on Hatha Yoga Pradipika. Since returning to Australia, her wealth of knowledge and experience enable her to impart the ancient sciences of yoga and tantra with depth and clarity.

AN informative and compassionate book which is divided into three sections: Understanding Cancer, Understanding the Self and Learning to Cope. Cancer and its treatment are explained, a yogic perspective on the disease is given and yoga practices and dietary modifications are suggested. The final chapters, Fear of Death and Preparation for Dying are sensitively written with much wisdom and love. Highly recommended.



"Yoga should be understood as a science which deals with the management and development of the human personality, harmony of body, harmony of mind, and experience of spirit."

~ Swami Niranjanananda Saraswati



Hobart Yoga & Meditation Centre

Enrolment form

Name

Address

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.....

Phone daytime

alternate

Email

receive information by email

Course title

day time

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

I enclose: \$50 deposit full fee concession fee

Donation to support community work in India \$5 \$10

Payment Options

Cheque/money order
payable to Hobart Yoga & Meditation Centre

Direct Debit
BSB 633 000 Acct #: 133 861 344
Reference: your first initial and surname (eg. J Smith)

Cash to HYMC office during office hours before course starts

Return this form to **Hobart Yoga & Meditation Centre**
PO Box 140 South Hobart 7004 or
hobart@satyananda.net

Hobart Yoga & Meditation Centre

THANK YOU for enrolling, we hope you will enjoy and benefit from your yoga course. You are always welcome to talk to your teacher or to office staff about any queries.

How it works

Each term lasts 10 weeks, apart from introduction courses, which are 5 weeks. Yoga mats, cushions and blankets are provided.

Where to come

HYMC has its own building nestled in the grounds of Buckingham Bowls Club, St Johns Ave, New Town. Park in the car park or in St Johns Ave, enter at the main gate and walk past two bowling greens to the second building.

What to wear

Loose, comfortable clothing such as drawstring or track pants and t-shirt are best. Jeans are not suitable. Avoid lots of jewellery (it can get in the way) and tight belts. Changing facilities are available. Shoes are removed before entering the yoga room.

Food and drink

It's best if you don't eat during the two hours before your class. Have something light if you need to. You are welcome to bring a water bottle into class.

Your Health

A confidential health questionnaire is distributed at the first class. While our teachers give cautionary advice, it is the student's responsibility to listen to their own body and to work only within its capacity.

Payment

Payment in full before term starts is preferred. If in financial difficulties please contact the office and an arrangement can be made. Fees are transferable to another term but not refundable.

