

HOBART Yoga & Meditation Centre

4 St Johns Ave
New Town

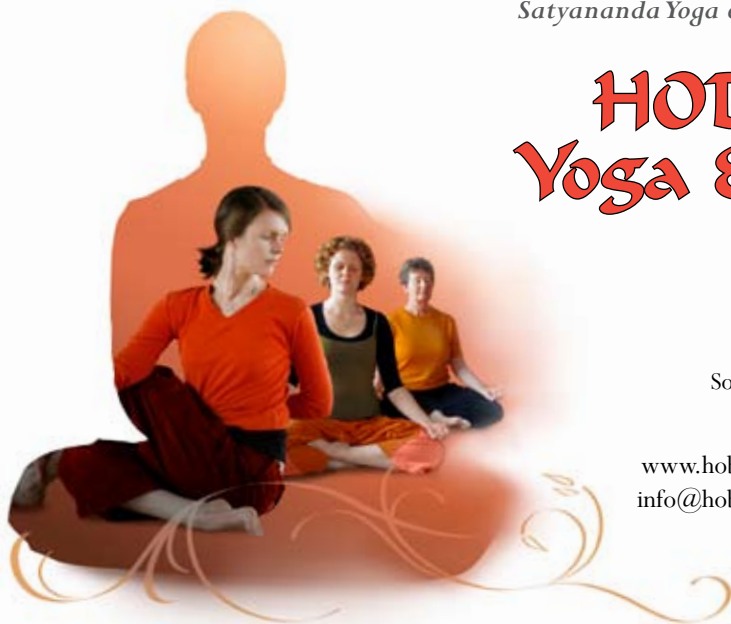
PO Box 140
South Hobart 7004

03 6228 2844

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

newsletter
Winter 2011

Course Dates 6th June - 13th August



SPECIALISED Courses...

Meditation for Inner Peace

Tues 5.30 - 6.30pm at the *Baha'i Centre* \$125/\$105 conc.

Pregnancy and Mother -

Baby *Julia Gibson* 6295 1026
www.bellyblissyyoga.com.au

Saturday Morning Early Birds

Sat 7.30 - 8.45am; Start the weekend the right way - suitable for L2s and above. \$16 casual.

Yoga for Mood Management

Thurs 7.30 - 9.00pm

Practical techniques for managing

mood - yoga postures, breathing, relaxation and discussion time. \$170/\$150

Yoga for Healing

Wednesday 9.15 - 10.45am

For people managing long term or serious illness

– inspiring practices for body, mind and spirit in a supportive atmosphere. Emphasis on relaxation. Partners welcome.

\$170/\$150 OR \$220/\$200 with partner

Weekly CLASSES in Yoga and Meditation

General Courses ~ 10 weeks: \$170/\$150 conc.
Foundation Yoga, 5 weeks: \$85/\$75 conc.

Foundation Yoga ~ starts 8th & 11th June, 13th & 16th July

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 11.00am - 12.30pm
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

WORKSHOPS, events, retreats

Mega OPEN DAY

Sunday 10th July 10am - 3pm

It's on again! Yoga classes and demos, talks and info, special offers, chai, yummy cakes, veggie bbq and more. Tell your friends to come and see why you love your yoga so much! Entry is free.

WINTER Yoga Cleanse

Sat 18th June 1.30pm - 3.30pm

A fab opportunity to learn two important hatha yoga cleansing practices, neti (salt water nasal cleansing) and trataka (concentrated candle gazing.) Clear stuffy heads and improve mental clarity. \$35/\$30 (includes neti pot).

GURU POORNIMA Celebration

Friday 15th July 6.30 - 9.30pm

The full moon of July is the traditional date for acknowledging the spiritual masters and their teachings, and connecting with our source of inspiration. The program will

Yogic CHANTING & Song (Kirtan) 1st Saturday each month: June 4th, July 2nd, August 6th

HARMONISING, vitalising, uplifting!
5.30pm shared veggie feast, 6.30pm healing chant (Mahamrityunjaya), 7pm Kirtan. Donations support community work in rural India.

KIRTAN workshops

with Vijaya and Leela

Sat 4th June, 2nd July & 6th Aug

3.30 - 5.00pm, \$20/\$18 conc.

Have fun with kirtan, the yogic practice of group chanting and singing. Learn to play a basic melody on the Indian harmonium, follow rhythm and timing and lead a kirtan.

include dinner, chanting, DVD satsang and kirtan. By donation, proceeds to community work in India.

Full Moon NADA YOGA Retreat (Yoga of Sound and Music)

at Atma Darshan near Mole Creek
with Vijaya and Satyamo

Sat 13th 11am - Sun 14th August 1pm

Dive into the enriching and sublime science of sound at this practical introductory retreat! Work with music, mantra and energy centres (chakras) to harmonise emotions and discover natural joy. Live a yogic lifestyle with beautiful natural surroundings, early morning yoga class and delicious vegetarian food. Suitable for all, including beginners. Info and bookings: Kristina 6367 8241 kristinakm@bordnet.com.au. Around \$150 but price varies with accommodation options.

Developing Dynamism

by Dr Sannyasi Satyapriya

YOGA helps build dynamism and vitality, keeping our energy steady and boosting stamina.

Dynamism does not mean rushing. Truly dynamic people may be busy but they have awareness of body, breath and mental state and can adjust these when needed. A dynamic mind can be directed to the activity of choice, and relaxes at will. An exhausted mind craves stimulation and finds sleep difficult – when stimulation goes, unwanted thoughts return. True dynamism is sustainable. Techniques to develop it can be learnt.

Habitual muscle tension depletes dynamism. When muscles tense, they consume energy. Shoulders, throats and bellies are common areas of tightness which can be released by shoulder rotations, roaring lion and swaying palm tree. Asanas teach body awareness, so we can self-manage all day.

Breathing in against tight abdominal

muscles increases the diaphragm's work load – and we inhale about 23,000 times daily. Yogic breathing brings awareness - we can then choose to breathe in an energy-efficient way. As we progress, we learn breathing practices for vitality and – just as important for dynamism – balance and tranquillity.

Dynamism requires true relaxation. Relaxation doesn't just mean diverting your attention with a movie or book, but inducing a state where the body's functions (like heart rate) slow and the mind has time 'off' – time to go in. Yoga Nidra brings about this state.

Battling against thoughts, and worrying, sap dynamism. In antar mouna meditation, all thoughts are permitted. We observe them as the witness. This creates a sense of internal poise, thoughts gradually lose their overwhelming power.

All these practices give us the capacity to live and pursue goals with greater energy and clarity.



SATYANANDA YOGA
Affiliate SYAA 20127

Neti pots

*Plastic, steel and ceramic
from \$10*

STUFFY heads and hay-fever are things heaps of people live with. Maybe the hatha yogis of long ago suffered too, because ancient scriptures advocate neti for removing mucus and pollution from the nasal passages. In the 21st century many doctors (and Oprah!) recommend it. Neti is practised by pouring tepid, salty water into one nostril and allowing it to flow out the other, using

a contraption called a neti pot. The water's temperature and salinity are made similar to the body's so it doesn't sting. Neti pots must fit into your hand easily and have a comfy nozzle (which is gently placed just inside the nostril.) The HYMC shop sells good quality neti pots in hardy plastic for frequent travellers, practical steel for utilitarians and glazed ceramic for those who like a touch of luxury with their salt water.



Satsang ~ a question answered

What is Karma Yoga?

KARMA yoga is the practise of work with higher awareness. In karma yoga, we do our duty to the very best of our ability – using all our creativity, enthusiasm, intelligence and will-power - but we let go of the expectation of reward. We simply perform actions (karmas), without attachment to the fruits of the action. This leads to mental peace.

*“For the mind to become
active, dynamic and
creative, it is necessary
for it to experience
tranquillity, ease and
comfort.”*

~ Swami Niranjanananda

