

HOBART Yoga & Meditation Centre

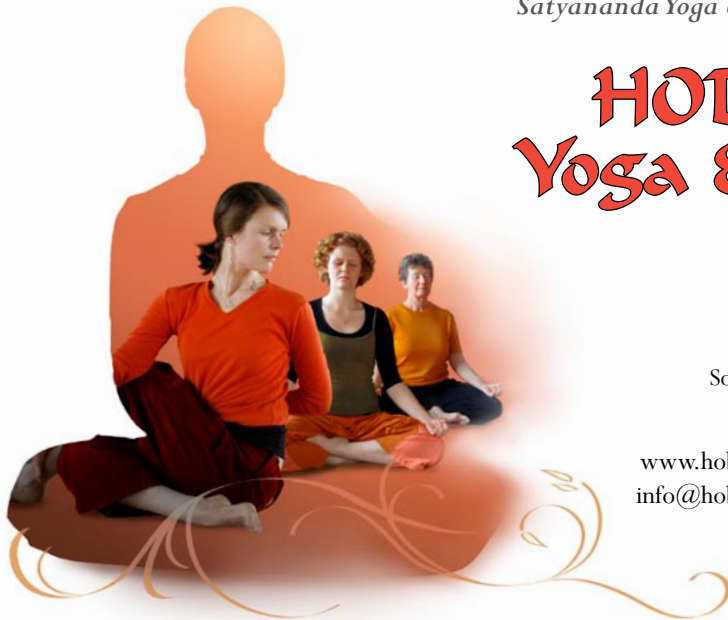
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newsletter
Summer 2011



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

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 Cancer

Wed 9.15 - 10.45am \$160/\$140 or
\$220/\$200 with partner.

Methods to help with the 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.

with Annette Loudon
ph 0409 823 847

Weekly CLASSES in Yoga and Meditation

General Courses ~ 10 weeks: \$160/\$140 conc.

Foundation Yoga ~ 5 weeks: \$80/\$70 conc.
Jan 19th & Feb 23rd

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

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

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

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

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

ALL COURSES commence the week starting
Monday 17th January

WORKSHOPS, events, retreats

BE HERE Now: Meditation Retreat

with Swami Anandakumar

March 18th - 20th at Far South Wilderness Lodge, Dover \$310/\$290 conc.
by March 11th, \$330/\$310 conc. after that.

Learn principles and methods of meditation for embracing the present moment by letting go of the past. Through meditation the workings of the deeper mind are revealed, giving self-understanding, inner peace and strength for life's challenges.

Swami Anandakumar is an exceptional teacher of meditation who has spent many years teaching and studying at the Bihar School of Yoga, India. Anandakumar also inspires with his music and lightness of being.

KIRTAN workshop

with Vijaya and Leela
Sat Feb 5th, 3.30-5.00pm
\$20/\$18 conc.

A fun workshop 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.

Good VIBRATIONS: Shivaratri Kirtan Night

7:00-10:00pm Sat March 5th
at the Bahai Centre

Join the yogis and musicians of Hobart for a transformative night of singing, mantra, music and good vibrations. Entry by donation (suggested \$20), all funds go charity.

TASTE of Yoga

Sun January 16th, 9am - 5pm, \$10 entry
Experience the culture and colour of yoga: workshops, chai, yantra, mantra, yoga, meditation, storytelling, ritual, book launch, veggie bbq and more!

Yogic CHANTING & Song (Kirtan) Saturday February 5th

A relaxing, joyful and uplifting evening of chanting and song. 5.30pm shared veggie feast, 6.30pm healing chant (Mahamrityunjaya), 7pm kirtan. Donations support community work in rural India.

SATURDAY early bird's class 7.00 - 8.15am, \$16

Start the weekend the right way - with Leela, suitable for L2s and above. Salute to the Sun with mantras will be a focus.

Simplicity & Regularity

Extract from the new book, *Yoga Day by Day* by Swami Ahimsadhara (see review)

TWO IMPORTANT principles of yogic living are simplicity and regularity. With this in mind Swami Niranjan, the present guru of the **SATYANANDA YOGA**® tradition, has recommended a weekly routine of practices for people with busy lives. Those with the time and inclination are free to do more, but many of us struggle to incorporate just a little yoga into our routine. Therefore, be realistic in your approach for it is better to do a little regularly than a lot occasionally. For anyone wanting to experience the benefits of yoga, this set of practices will help to develop and maintain health, happiness and harmony in life.

Swami Niranjan's recommended lifestyle sadhana consists of a weekday routine and a weekend routine. The weekday practices are straightforward yogic techniques. The weekend practices add some other aspects of yoga which help us to become 'yogic' in our approach to life. The Satyananda Yoga tradition teaches much more than just techniques. It is a comprehensive

system for personal growth and the cultivation of wellbeing and wisdom. The weekend is a time for relaxation, reflection and replenishing our energy. On the weekend we need to re-centre, reconnect with our source of inspiration and recover from the stresses and strains accumulated during the week. It can and should be a time to water and nourish the plant of self in our home or a relaxing environment. The practices recommended for the weekend help us do this.

Practices from several branches of yoga are included: hatha yoga, mantra yoga, bhakti yoga, raja yoga and gyana yoga. The branches address the differing needs of who we are and in this way the benefits are blended and optimised.

All of these practices combine to support whatever we do in daily life, enabling us to live with joy, satisfaction, understanding and harmony. The practices have been spread throughout the day and week so that the load is not too great at any given time and over seven days all these branches of yoga are included at some stage.



SATYANANDA YOGA
Affiliate SYAA 20127

Yoga Day by Day

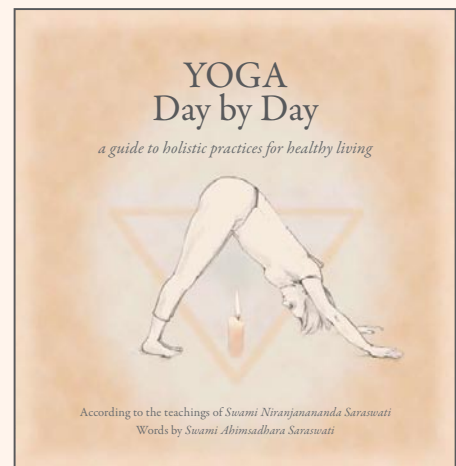
by Swami Ahimsadhara Saraswati
Swan Yoga Publications, Tasmania, 2010
146 pages, illustrated, \$25
www.swanyogapublications.com.au

A REMARKABLY practical and profound little book, *Yoga Day by Day* explains a sadhana (yoga routine) given by Swami Niranjan when he visited Australia in 2009. Beautifully presented, it is a pleasure to read and use.

The sadhana is suitable for beginners

although it includes practices like havan (fire ceremony), tree puja (ritual offering), and yamas and niyamas (guidelines for social and personal conduct) which even advanced practitioners may not know well. Each practice is explained with great depth and clarity.

The book guides its reader along the path of yoga for health, harmony and a deeper connection with the world around and the Self within.



Satsang ~ a question answered

What is sadhana?

SADHANA is regular practice of yogic techniques. Swami Satyananda says, "One should like sadhana to the highest extent. Just as a mother becomes disturbed if her child does not return home on time, so the aspirant should become disturbed if he does not do his daily practices."

"When we think of yoga, we mean development of the human personality in every aspect. When we practise yoga, we practise it for attaining balance, harmony and equilibrium in all aspects of our personality and expression."

~ Swami Niranjanananda

