

# HOBART Yoga & Meditation Centre

4 St Johns Ave  
New Town

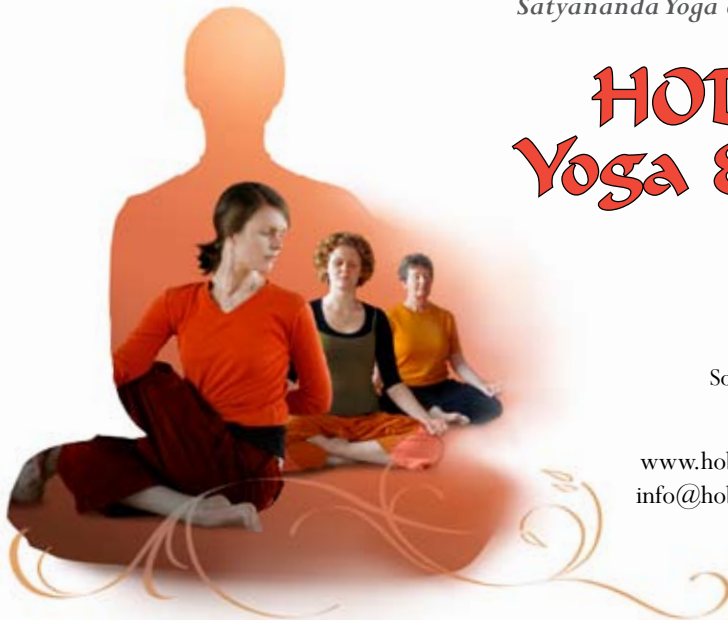
PO Box 140  
South Hobart 7004

03 6228 2844

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

newsletter  
Autumn 2011

Course Dates Mar 28<sup>th</sup> - 3<sup>rd</sup> June



## 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 6295 1026

www.bellyblissyoga.com.au

### Saturday Morning Early Birds

Sat 7.00 - 8.15am \$16 casual; start the weekend the right way – suitable for L2s and above.

### 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.

Learn methods to help with the challenges that diagnosis and treatment bring in a supportive and relaxed atmosphere. Suitable for those having or who have had treatment for cancer. Partners welcome.

## Weekly CLASSES in Yoga and Meditation

**General Courses** ~ 10 weeks: \$160/\$140 conc. Foundation Yoga, 5 weeks: \$80/\$70 conc

**Foundation Yoga** ~ starting March 30<sup>th</sup>, April 2<sup>nd</sup>, May 4<sup>th</sup> & May 8<sup>th</sup>

**Foundation Yoga** Wed 5.45 - 7.15pm,  
Sat 9.00 - 10.30am

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

## Restore, REVIVE and Thrive!

Weekend Retreat at Niche Yoga Retreat,  
Cygnet with Leela and Vijaya

Fri May 20<sup>th</sup> - Sun 22<sup>nd</sup>, \$270 if paid by  
13<sup>th</sup> May, \$290 after that.

Rejuvenate with yoga classes, RELAX with Yoga Nidra and meditation, ENJOY delicious vegetarian meals, take time out, have a sauna and breathe in the beautiful natural surrounds of Niche Retreat. Suitable for anyone needing to recharge the batteries!

## WORKSHOPS, events, retreats

### Yoga + DRAMA: a journey into creativity

with international theatre director Neil Cameron & yoga teacher Leela  
Saturday 30<sup>th</sup> April, 1pm - 4pm, \$30/\$25 conc.

EXPLORE drama and powerful Indian myths while ancient yoga practices help the creative energies to flow. No experience required. Limited places - book early.

**KIRTAN workshops** with Vijaya and Leela  
Sat May 7<sup>th</sup> & Jun 4<sup>th</sup> 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.

### ANNA YOGA: from Earth to Eating weekend retreat

at Atma Darshan, near Mole Ck  
with Shanti & Vijaya

Fri April 15<sup>th</sup> - Sun 17<sup>th</sup>, price varies  
with accommodation options.

Food growing, preparation, serving  
and eating from a yogic perspective.

Info and bookings:

Kristina 03 63 678 241

kristinakm@bordnet.com.au

### YOGA of SOUND and Music (Nada Yoga)

with Satyamo and Vijaya

1.00 - 4:30pm Sat April 2<sup>nd</sup>,  
\$50/\$40 conc.

Explore enriching and delightful practices from the yoga of sound at this practical introductory session. Work with sounds, breath and energy centres (chakras) to discover natural happiness and joy!

### Yogic CHANTING & Song (Kirtan)

1<sup>st</sup> Saturday each month: April 2<sup>nd</sup>, May 7<sup>th</sup>, June 4<sup>th</sup>

RELAXING, joyful, uplifting!

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

Donations support community work in rural India.

# The Healing Effects of Yoga on Post Traumatic Stress Disorder (PTSD)

by Swami Ahimsadhara

2011 has been a news bulletin of dramatic and disturbing events: devastating floods, fires and cyclones across Australia, catastrophic earthquakes in Christchurch and Japan, and revolutions sweeping the Middle East to name only the most prominent crises. Recovery for some individuals may take months, years or may never be complete.

PTSD is now a well understood condition. Sadly, sufferers may be affected for life. Satyananda Yoga®, with its breadth of practices for body, breath and mind, can help with management of symptoms and even heal PTSD. Members of the HYMC war veterans' yoga group are living proof.

PTSD may occur after exposure to a deeply threatening and traumatic event. Symptoms include repeatedly re-experiencing the event eg nightmares, flashbacks, intrusive thoughts; avoidance of anything associated with the trauma; increased arousal eg hypervigilance, insomnia; occurrence of the symptoms

significantly disrupts the ability to function in life.

Why is Satyananda Yoga so effective in relieving this often intractable anxiety disorder? Simply put, here are a few reasons: 1) relief from insomnia; 2) retrains nervous system so that relaxation response is strengthened and over-activity of stress response subsides; 3) stimulates endorphins – the body's 'feel-good' chemicals; 4) breath techniques reduce anxiety, panic, anger and general tension; 5) mind management tools bring acceptance and objectivity; 6) meditation and Yoga Nidra relaxation enable processing of painful memories, which then lose their overwhelming power; 7) it is a holistic, comprehensive system for maximising human potential at all levels.

A profound psychology underlies Satyananda Yoga. This plays out directly in its application to PTSD. Yoga for war veterans has been offered at HYMC since the mid-1990s, while in the last year a class for women refugees started. Yoga for Mood Management is available for the general public. One-to-one consultations are also given. What we offer is unique and the expertise available here is rare – please do contact the office for more information.



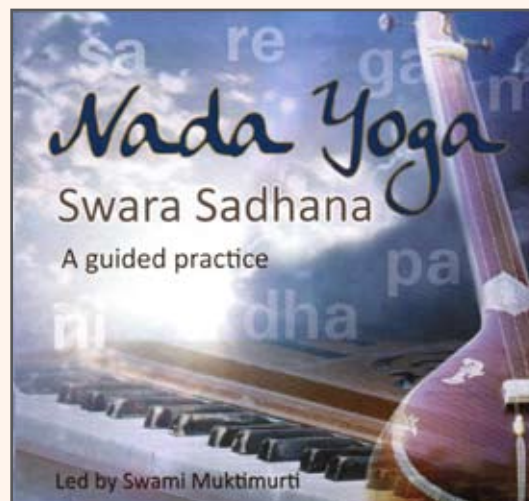
**SATYANANDA YOGA**  
Affiliate SYAA 20127

## Nada Yoga: a guided practice cd

by Swami Muktimurti \$25

NADA means 'sound' or 'flow of consciousness'. Using sound, ancient practices of nada yoga can lead us into subtle flows of energy both internally and externally. This cd guides you through swara sadhana, a process based on the seven notes of the musical scale. These simple practices are sung in call and response. There is also

a meditation integrating swara and the chakras (energy centres). Swami Muktimurti has studied, practised and taught nada yoga in Australia and India for over 30 years while living in Satyananda Yoga ashrams. She is one of Australia's most experienced nada yogis.



## Satsang ~ a question answered

*Can yoga help with anger management?*

THE most important yogic tools for on-the-spot anger management are the breath techniques which can be done anywhere, anytime. These are abdominal breathing, full yogic breathing and ujjayi. The ability to witness the feeling of anger rising and commence the breathing before the explosion, literally give breathing space to halt the reaction.

*"God does not want us to be happy or unhappy; He wants us to be content in whatever condition or place we are in."*

~ Swami Niranjanananda



# Hobart Yoga & Meditation Centre

## Enrolment form

Name .....

Address .....

.....  
.....

Phone daytime .....

alternate .....

Email .....

receive information by email

Course title .....

day ..... time .....

**Payment** 10 weeks: \$160/\$140 conc.

FoundationYoga: \$80/\$70 conc.

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  
**info@hobartyoga.com.au**

# 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 course lasts 10 weeks, except Foundation Yoga, which is 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. Take \$10 off each course if you do more than one.

