

HOBART Yoga & Meditation Centre

4 St Johns Ave
New Town

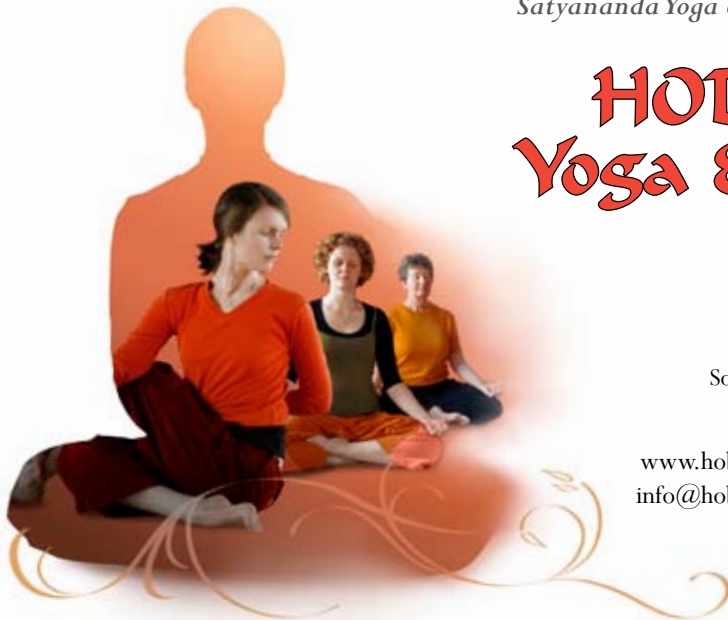
PO Box 140
South Hobart 7004

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info@hobartyoga.com.au

newsletter
Spring 2011

Course Dates 15th August - 22nd October



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.bellyblissyoga.com.au

Saturday Morning Early Birds

Sat 7.30 - 8.45am; Dynamic Salute to the Sun to energeise your weekend - L2s and above. \$16 casual.

Yoga for Mood Management

Thurs 7.30 - 9.00pm
Learn to manage mood through

postures, breath, relaxation and meditation. \$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

Discounts are available for Foundation students progressing to ten-week courses. Contact the Office for details.

Weekly CLASSES in Yoga and Meditation

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

Foundation Yoga ~ starts 17th & 20th August, 21st & 24th Sept

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

Yoga ECOLOGY: Link Hands with Nature

with Swami Ahimsadhara

At Atma Darshan near Deloraine
Fri 7th October - Sun 9th October

THE natural outcome of yogic understanding is a deeper connection with nature. A sattvic lifestyle - 'green', wise and peaceful - flowers. Meditate on the tattwas (natural elements) within, be with nature through simple tree puja (ritual), experience havan (fire ceremony) and explore ancient Vedic ecology. Live yogically in a stunning natural setting. *Info & bookings:* Kristina 03 63 678 241 kristinakm@bordernet.com.au *Cost:* Around \$240 - price varies with accommodation options. \$15 discount if paid in full by Sept 23rd.

WORKSHOPS, events, retreats

Yogic Spring CLEANSE: from Tamas to Tejas - Lethargy to Lustre Fri 9th Sept 5pm - Sun 11th Sept 3pm

GENTLE, revitalising yoga techniques for digestive and nasal cleansing. Boost energy and clear your thinking. Nourishing vegetarian food, divine bush setting. *With Vijaya and Gyanmitra.*

Venue: Niche Yoga Retreat near Cygnet www.nichetas.com.au

Cost: \$180/\$165 conc. Special price!

Yoga and DRAMA ~ Workshop and Performance

Sat 27th August 1pm - 6.30pm, with performance at 7pm

JOIN well-known local theatre-director Neil Cameron and yoga teacher Leela for a fun and theatrical afternoon. Devise a performance as you explore a yogic story through drama. Includes yoga nidra, afternoon tea and a shared veggie dinner. By donation. Then... it's time to perform! Everyone's invited for chai and sweets at 6.30pm; the curtain goes up at 7pm for a world-premiere performance and kirtan! All welcome. By donation.

KIRTAN workshops Sat 6th August, Sat 3rd Sept & Sat 1st Oct 3.30 - 5.00pm

HAVE FUN with kirtan, the yogic practice of group chanting and singing. Learn to play a simple melody on the Indian harmonium, how to lead a kirtan and about percussion. \$20/\$18

Yogic CHANTING & Song (Kirtan) 1st Saturday each month:

6th Aug, 3rd Sept and 1st Oct

Harmonising, vitalising, uplifting!

5.30pm shared veggie feast, 6.30pm healing chant (Mahamrityunjaya), 7pm Kirtan. *Donations* support community work in rural India. All welcome.

Full Moon NADA YOGA Retreat (Yoga of Sound & Music) at Atma Darshan near Deloraine with Vijaya and Satyamo Sat 13th Aug 11am - Sun 14th Aug 1pm

MUSIC, mantra and breath practices to harmonise emotions and discover natural joy. Suitable for beginners. Info and bookings: Kristina 03 63 678 241 kristinakm@bordernet.com.au Around \$150 but price varies with accommodation options.

Yoga and Motherhood

by Sn Satyapriya

THE YOGIC culture understands motherhood in a beautiful way. It encourages everyone to cultivate their 'inner mother' - developing qualities like compassion and strength. All yoga practices help us to understand, and thus pro-actively manage, body, mind and emotions. Self-acceptance, flexibility and realism are encouraged, not idealism, rigid expectations or comparison.

Basic yoga asanas help the physical body during pregnancy while breathing techniques develop relaxation and boost energy – some are also useful in labor. Yoga Nidra (lying down relaxation) helps avoid fatigue and gradually trains us to respond calmly to challenging situations.

After birth, Yoga Nidra remains useful.

Other helpful practices include body rotation and breath awareness (without a CD), full yogic breathing while feeding the baby or lying next to it, and mental or verbal repetition of the mantra 'om' while walking the baby around. These build patience and stamina. Kirtan (singing of mantra)

helps with strong emotions. Witnessing ups and downs and gently putting aside unhelpful thoughts is important. (Witnessing is learnt in all aspects of yoga, especially Yoga Nidra and meditation.)

Having a child often means a big change in role for the woman. A reduction in intellectual demands, an increase in psychological demands. Sometimes women feel they are 'doing nothing' because their work can't be measured or recognised. Yoga gives us a glimpse of the part of ourselves not defined by job, status or body shape – providing a sense of security despite changes, and reducing attachment to the opinions of others.

Yoga honors the work of mothering. 'Serve, love, give' is a central maxim of Satyananda Yoga. Selflessness with commonsense, and patience are highly valued. Having these values as inspiration helps in the hard work. Developing these qualities is work that can continue throughout the lives of everyone.

Many of the above techniques are taught in pre- and post-natal classes with Julia. Pregnant women are also welcome at general classes and kirtan (see your teacher).



SATYANANDA YOGA
Affiliate SYAA 20127

REVIEW:

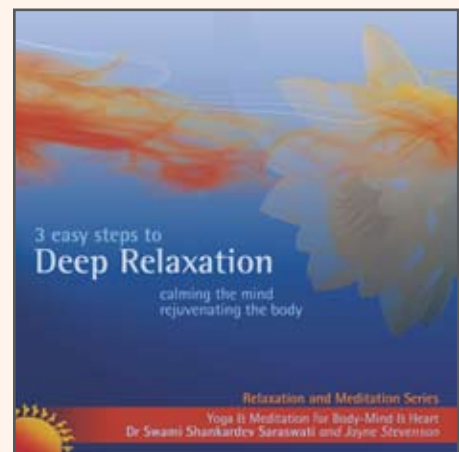
3 Easy Steps to Deep Relaxation and Intro to Relaxation & Meditation

by Dr Swami Shankardev Saraswati \$25

DR Swami Shankardev is an eminent Australian yoga teacher and medical doctor. He spent ten years studying under Swami Satyananda in India and currently has a yoga therapy practice in Sydney. These CDs - classics! - both include short introductory talks that clearly explain relaxation from a modern, physiological perspective. *3 Easy*

Steps contains another four short tracks. The first three - each just over 15 minutes - teach different skills and the fourth puts it all together in an eleven-minute guided relaxation. All can be practised lying down. *Intro to Relaxation and Meditation* includes two longer tracks: a relaxation-meditation and a complete Yoga Nidra utilising sankalpa (positive resolve.) Both CDs are suitable for beginners or those

more experienced and can be practised daily.



Satsang ~ a question answered

Can yoga help with focussing the mind?

SWAMI Niranjana says: "When there is a lot of dissipation, distraction, and we are not able to focus the mind and become one-pointed, by simply observing the breath for a few minutes the mind suddenly becomes one-pointed...by breathing in slowly and deeply we can alter the state of our nervous system and influence the brain."

"Positive self-esteem or self-awareness is the conviction that there is always scope for change, improvement and adjustment."

~ Swami Niranjana

