

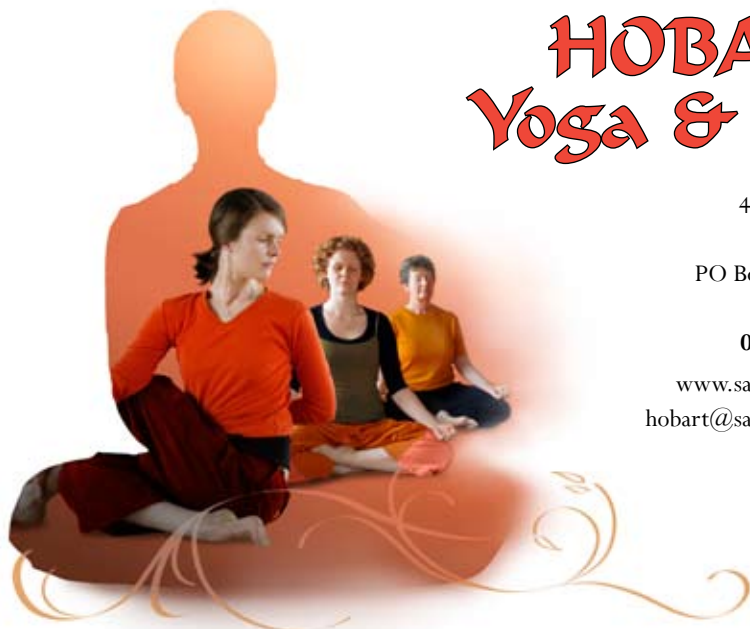
HOBART Yoga & Meditation Centre

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New Town

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Term 1, 2010
January 25th - April 1st

Hari Om

The Hobart Yoga & Meditation Centre offers courses and resources for all who have an interest in yoga, from weekly class attendance to yogic lifestyle. In 2010, we are offering several retreats including 'Eat, Meditate, Sing', 'Bhakti - the Yoga of Love & Happiness', and with yoga acharya Swami Muktibodhananda as our guest at Far South Wilderness Lodge, a very special weekend on Swara Yoga, the yogic knowledge and science of the breath. In Hobart, there will be workshops with senior teacher, Ambikananda. Programs on yoga for cancer management are also planned, plus monthly chanting and other events.

We look forward to seeing you at these inspiring programs during the coming year.

Term one programs

10 week courses in yoga and meditation are offered at HYMC. They include *level 1* (beginners) to *level 4* (advanced), *Intro to Meditation*, *Intro to Yoga* (5 weeks), *Yoga for Mood Management* and *Yoga for War Veterans*. *Intro to Yoga* starts on March 10th.

For Julia Gibson's pre and post natal classes see www.bellyblissyyoga.com.au or call her on 6295 1026.

For other timetable details, call HYMC or see www.satyananda.net

Eat, Meditate, Sing @ Niche Yoga Retreat,

Cygnets, www.nichetas.com.au
26th - 28th Feb

Join Ahimsa, Vijaya and Shanti for a relaxing weekend of yogic living surrounded by the beauty of nature

at Niche. Enjoy morning yoga, discover the power and peace of meditation, experience *anna* (food) yoga and be uplifted by yogic chanting and singing. Laughter guaranteed.

\$330 if paid one week in advance,
\$350 after that.

Cooking with Bijay

Sat 13th Feb, 11am - 1pm \$25

Join former restauranters Bijay and Gita Sharma for a talk on vegan cooking followed by a demonstration of a four course Indian meal which will be shared by all.

Havans for Forests

Feb 7th - 14th, an inspiring week with Swami Atmamuktananda

Contact Karunamitra 63678241,

kristinakm@bordnet.com.au for more info.

Yogic Chanting & Song (kirtan)

1st Saturday of each month: 6th Feb, 6th March, 3rd April

A relaxing, joyful and uplifting evening of chanting, song & music.

5.30pm shared veggie feast, 6.30pm healing chant (mahumrityunjaya), 7pm kirtan.

Donations support community work in rural India.

One-to-One

Individual sessions to help you plan a regular yoga practice (sadhana) \$30 ½ hr, \$50 1hr.

Yoga for Health Management with Dr Katie Pullinger available by appointment.

Yoga for Computer Users

CONSTANT and long term computer use can have serious consequences and dangers. Our bodies are designed to move, they are designed to sit on the earth, they are designed to walk for hours each day, eyes gazing at nature's greenery and

distant horizons. Needless to say, modern living demands completely different ways of spending our time, and we are suffering because of this. Yoga can help.

Even with the best ergonomics, the body is still under strain

when spending a lot of time at the keyboard. Our eyes must do hours of close work, our necks and shoulders tend to hold the tension of the workload and deadlines, often expressed by straining forwards, our breath can be suppressed and compressed by hunched posture, lack of aerobic activity and mental stress, our backs become weak from rarely needing to support themselves, as we recline in shapely chairs, many muscles become shortened and weak.

Yoga offers simple but strong stretches for the upper body that help counteract the effects of 'computer posture'. Many of these can be done while sitting at the desk or even better, by standing for a few moments. It's important to keep the spine supple as well as the upper body muscles stretched. Yoga asanas (postures) are ideal as they take the spine through its range of movement. Gentle backward stretches to the upper body are vital for desk workers as they spend so much time leaning forwards. Particularly recommended are: PMA1 (joint movements) for the upper body, the upper body positions for gomukasana (cow face pose) and garudasana (eagle pose), tadasana (palm tree pose), tiryaka tadasana (swaying palm tree pose) and kati chakrasana (waist rotation

pose). The last three are standing asanas, but can be modified to do from the chair.

Yogic eye exercises take the eyes through their range of movement and include near and distant viewing. This keeps the eye muscles active and healthy. It only takes about 10 minutes to do the complete series.

Yogic breathing teaches how to breathe so that the lungs are fully expanded, filled and then emptied. This exaggerated breathing is useful training for developing generally healthier breathing patterns and managing stress. As well as bringing in extra oxygen, the internal organs are toned by the action, the muscles of the chest and abdomen are activated, the relaxation response in the nervous system is aroused and the mind is focused and calmed.

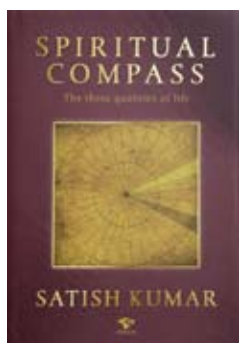
Yogic relaxation can also be done by taking 5 – 10 minutes to close the eyes while seated at the desk, rotate the awareness around the body parts and/or be aware of the breath.

These practices can be learned at HYMC, and except for the relaxation, are described in the book, Asana, Pranayama, Mudra, Bandha by Swami Satyananda. Relaxation cds are available.

Review: Spiritual Compass

by Satish Kumar, Finch Publishing, 2008

Hard cover, 141pp, \$25.00, available at HYMC



PHILOSOPHY scholar and author Satish Kumar was a Jain monk for nine years and has lived in the West for thirty. In his fourth book, he explains with great wisdom and clarity the real-life relevance of an important yogic concept: the three gunas, or qualities of life.

The gunas are sattwa, defined here as elegant and simple; rajas, extravagant and excessive; and tamas, dark and depressing. He explains how the different gunas play out in everyday life—for example in our food, clothing, housing and relationships.

Satsang (Q&A) ~ a question answered

What is hatha yoga?

Hatha Yoga is a branch of yoga which aims to bring physical and mental purification and balance by harmonising the energies in the body for the purpose of spiritual evolution. 'Ha' means sun and 'tha' means moon. They represent the two major energies which hatha yoga focuses on. Hatha yoga practices include asana, pranayama, shatkarma (cleansing the body), mudra and bandha. Today, hatha yoga is often misunderstood and treated as purely physical practice. In Satyananda Yoga it is practiced alongside meditation, relaxation, yogic lifestyle and other 'branches' of the yogic culture for a well-rounded, integrated experience of yoga.

* please send in your questions!

Sattvic food, for example, is nutritious and refreshing, grown locally with minimal waste. Rajasic food is elaborate with a focus on fashion and presentation. Tamasic food is produced with violence or has no nutrition.

Citing climate change and poverty, Kumar argues that humanity is caught in a state of anguish - the consequence of a largely rajasic/tamasic culture. The book focuses on the attributes and benefits of a sattvic (yogic) lifestyle – one in which 'the Earth's gifts are shared among all human beings fairly without short-changing the non-human world.' He emphasises that sattwa is not only about external actions but inner understanding. 'Only each one of us can know our own innate sattvic qualities and develop them from within... attempting to meet the demands of society against our true nature can only lead to frustration.'

Spiritual Compass is beautifully and simply produced – a pleasure to hold and read. People who would like to understand more about the philosophy that underpins yoga, yogic lifestyle, or who are interested in creating a happier, gentler and more sustainable life will find this book extremely inspiring and useful.

"When yoga becomes a way of life, identification with and expression of the balanced, positive and optimistic nature takes place and then one attains physical health, mental health and spiritual wealth."



~ Swami Niranjanananda