

# Sita Kalyanam – Rikhia 1998



*Namo Narayana*

*I invite you to the sacred event of Sita Kalyanam, the wedding ceremony of Sri Ram and Sita. This is being performed as the culmination of the tenth year of my Paramahansa life.*

*Namo Narayana*

**Swami Satyananda Saraswati**

This is Sri Swamiji's invitation for us to join him in Rikhia from 16th to 23rd November 1998. Various people will be going from Britain and Swami Pragyamurti is leaving on 11 November and will be happy for people to join her on the long train journey from Delhi to Jasidih!



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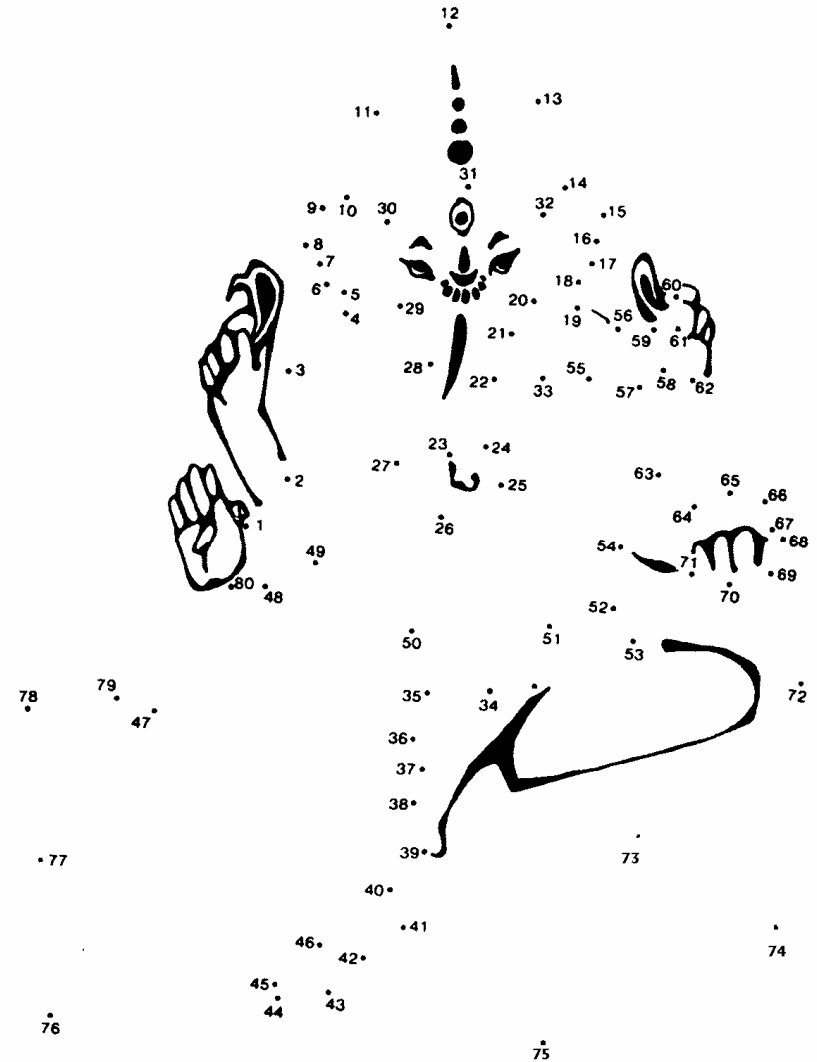
<http://www.sangha.demon.co.uk>

**Acknowledgement:** The front cover of this newsletter is a puzzle-drawing “The Lord Who is Hidden in All Things”, taken from *Loving Ganesa - Hinduism's endearing elephant-faced god / Satguru Sivaya Subramuniyaswami*, ©1996 Himalayan Academy India/USA, ISBN 0-945497-64-4.

# Satyananda Yoga Centre

## London Newsletter

Autumn/Winter 1998



## Editorial

*“Hear the name of God with every breath you take”*

Swami Satyananda Saraswati

If you have visited Rikhia in recent years, or simply read the transcripts of satsangs, you can hardly fail to have been moved by Paramahamsaji's devotion to God. As a result you may have been inspired to study the Bhakti Sutras of Ramacharitamana or Narada, with their central themes of devotion, surrender and unconditional love. For many of us these remain little more than intellectual concepts which only heighten our awareness of our own inadequacies in this area.

However, perhaps not all is lost. Apparently we all have the basic material, namely feelings, so there is hope even for the driest of us. The main difficulty appears to be one of direction and this problem is compounded by the fact that we are moving in an area where the head is of little value, as thinking about faith simply serves to emphasise the emptiness.

Paramahamsaji has told us that the age of bhakti is dawning and that the next century will be the century of bhakti. The question is, are we ready to move with the times? Do we have the heart for it?

## Teacher Training Courses starting in 1999

Swami Vedantananda is planning a Yoga Teacher Training Course to start in 1999. It will last two years and diploma holders will be recognised by the British Wheel of Yoga. For further information please write to her at 23 Lamberhurst Walk, Furnace Green, Crawley, West Sussex RH10 6SN, or email her at 113412.3355@compuserve.com

Swami Pragyamurti is also considering starting a TTC in Autumn 1999. Interested students should contact her at the London Centre.

## Swami Pragyamurti's Programmes around & about

w/e 12-13 Sept Rennes, France  
Saturday 10 Oct BWY Eastern Region Congress  
Contact Ann Davenport 01234 870 474

### 1999

w/e 23-24 Jan Galway Yoga Centre (Eire), contact 00 353 91 844 449  
Saturday 13 Feb BWY In-service training day in Walton-on-Thames  
Contact Ginny Kempster 01932 854 163  
w/e 27-28 Feb The Oxford Yoga Group Retreat  
Contact Sissell Fowler 01865 558 331  
Saturday 13 Mar BWY In-service training day, North London  
Contact Ann Lewis 0181 951 1783

Swami Pragyamurti is also teaching at several of the Sitaram Partnership yoga days – see centre pages for details of these.

## Essential New Publications available from SYC

*Asana, Pranayama, Mudra & Bandha*

An enlarged and revised edition of our basic text (£15)

*Prana, Pranayama & Prana Vidya*

The most comprehensive book on the subject (£10)

*Bhakti Yoga Sagar - Satsangs with Paramahansa Satyananda*

The second volume is now in stock.. An amazing collection! (£15)

*Festival of Yoga*

Swamiji's lectures from the French ashram in May 1997. (£7) **Magazines**

**Yoga Magazine**, published by the Bihar School of Yoga, Munger, India, is still available from the Centre. If you would like to subscribe, please send an SAE for further details.

A twice-yearly **News Sheet for the International Yoga Fellowship Movement UK & Eire** needs your support and interest. We have copies here for your perusal, and you can contact Satyaprakash for subscription details (38 Gaddesby Road, Kings Heath, Birmingham B14 7EX).

## European Yoga Fellowship

*To all those groups, organisations, associations and individuals working in the field of drug and alcohol rehabilitation*

The EYF (European Yoga Fellowship) was established in May 1996 by yoga teachers from nine European countries. The EYF aims to promote yogic techniques and teachings, as formulated by the Bihar School of Yoga and the Bihar Yoga Bharati. To achieve these aims the EYF proposes to introduce yogic practices within the educational systems of Europe, prisons, hospitals, health centres, rehabilitation centres, and other social organisations through the medium of regular conferences, seminars and lectures.

The first EYF conference was held in April 1997 in Aix-les-Bains, France; its theme was "*The Application of the Science of Yoga in the 21st Century*". The gathering was attended by over 500 participants from all over Europe.

In 1999 the EYF, together with the EYRF (European Yoga Research Fellowship) and EYTF (European Yoga Teachers Fellowship), will be organising a Forum on "*Yoga in Drug and Alcohol Rehabilitation*". We hope to have again an all European event inviting speakers and delegates from many countries to participate.

In order to make the benefits of yoga known to those people working in the field of Drug and Alcohol Rehabilitation, the EYF proposes yoga workshops and talks for those interested. Whoever wishes to know more, about what yoga can do to help people suffering from any kind of dependency, may contact the EYF for further information.

Should you already use yoga in the treatment of dependency, please let us know. Maybe you would like to participate and exchange your experience with others. Looking forward to hearing from you.

Yours sincerely

*Verena Keller*

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## Impressions from the Yoga Therapy, Yoga Psychology & Ayurveda Course with Dr Swami Shankardevananda

I knew it was going to be good, but I did not expect it to be so wonderfully brilliant, magical and such great fun. The course, set in a beautiful Victorian house surrounded by green, rolling hills was just that.

The main course leader, Dr Swami Shankardevananda Saraswati, is an inspired and inspiring teacher. Having spent ten years in India practising and living yoga under the direct guidance of Swami Satyananda Saraswati, he has a rare depth of understanding, experience and knowledge of yoga and ayurveda. He also displays the same gift to make talks on profound and difficult topics as easy to understand and as fun to listen to as our beloved Swamiji (Swami Satyananda). During the course, his lectures were punctuated with stories and jokes to make the learning process both easy and pleasant. I bet some of us did not even realise how much we were learning.

For me, personally, the course's greatest impact was the realisation, yet again, of the importance of meditation in my life. Meditating under the guidance of Swami Shankardevananda was an inner eye-opener. I realised through this process that without meditation the true healing potential of ayurveda cannot be realised.

A special vote of thanks also to Satyaprakash & Vedanta who worked tirelessly, organising the whole event, teaching the morning classes, giving yoga nidra, and keeping a close eye on the clock!

*Nirmal*

## Dates for your diary

The centre pages of this newsletter contain all the London SYC yoga dates you'll need between now and Easter 1999. Please write these dates in your diary **now** to avoid disappointment. If for any reason you have booked for a programme but are unable to come, please let us know as there is often a waiting list.

## Weekly Classes & Monthly Kirtan at SYC London

Monday	7.30-9.00pm	Second Year	Swami Pragyamurti
	7.30-9.00pm	Intermediate	Jyoti Mani
Tuesday	7.30-9.00pm	Advanced	Swami Pragyamurti
	7.30-9.00pm	Intermediate	Gyananjan
Wednesday	6.15-7.15pm	Meditation	Nirmal
	7.30-9.00pm	Advanced	Swami Pragyamurti
	7.30-9.00pm	Intermediate	Nirmal
Thursday	9.45-11.15am	General	Nirmal
	7.30-9.00pm	Intermediate	Swami Pragyamurti
	7.30-9.00pm	Beginners	Katinka
Friday	1.30-3.00pm	Intermediate	Swami Pragyamurti

Cost of classes is £4. **Kirtan** (devotional chanting) is held at 7.30pm on the last Friday of each month, preceded by the chanting of Maha Mrityunjaya Mantra for the relief of suffering. Free - everyone welcome!

### Day & Weekend Programmes at SYC London

Saturday 5 Sept	Women's Health. In-service training for yoga teachers, with Swami Bhaktipoorna
Saturday 3 Oct	Back Pain. In-service training for yoga teachers, with Swami Bhaktipoorna
Sunday 18 Oct	The Chakras (part 2) with Swami Nirmal
Sunday 22 Nov	A day on Meditation with Swami Nirmal
<b>1999</b>	
Saturday 16 Jan	Hridayakasha Dharana (Meditation on the Heart) with Swami Pragyamurti
Saturday 6 Feb	A day on Pranayama with Swami Pragyamurti
Sunday 21 Feb	Mantra with Swami Nirmal
Saturday 6 March	First Aid. In-service training for yoga teachers, with Vairagyamurti
w/e 20-21 March	Swara Yoga (part 2) with Swami Pragyamurti
Saturday 27 March	Introduction to Hatha Yoga, cleansing practices and Ajapa Japa with Vairagyamurti

Day programmes are 9.00am-5.00pm, residential weekends start at 9.00am on Saturday and finish around 1.00pm on Sunday unless stated otherwise.

Cost: £45 per weekend, £20 per day. Please send £5 deposit with your reservation, and bring vegetarian food to share on day programmes.

### Sitaram Partnership

Sitaram Partnership has been created by Nirlipta Chaitanya and Uma in order to spread Satyananda Yoga teachings ever wider. We are organising a series of London workshops for teachers and serious yoga practitioners. These may be counted as in-service training days with the British Wheel of Yoga, subject to confirmation which is not available at the time of writing.

All workshops are in London venues on Saturdays or Sundays (9am-5.30pm) and cost £40 per person. Plentiful and delicious organic, home cooked vegetarian lunches and all refreshments and snacks are included.

Saturday 26 Sept	Chakra workshop with Swami Pragyamurti
Saturday 3 Oct	Yoga Nidra in practice and theory with Swami Vedantananda
Saturday 17 Oct	Pranayama, Mudras and Bandhas with Swami Pragyamurti
Saturday 31 Oct	Swara Yoga with Swami Pragyamurti
Sunday 8 Nov	Meditations from the Tantras with Swami Nirmal
Saturday 28 Nov	Teaching methods with Swami Vedantananda
Saturday 12 Dec	Creativity in Lesson Planning with Swami Vedantananda

For further details please telephone Sitaram Partnership on 0181 678 0054, and ask for Uma or Nirlipta, or send an SAE to Sitaram Partnership, 7 Holmewood Gardens, London SW2 3RS, email [sitaram@btinternet.com](mailto:sitaram@btinternet.com)

### Shankhaprakshalana – hatha yoga salt water cleansing

Shankhaprakshalana starts at 9am. Please come on an empty stomach. Cost is £10 – please send £5 deposit with your booking. Please let us know if you have booked but are unable to come, as there is always a waiting list.

**1998 dates:** Saturdays 12 & 19 September, Tuesday 15 September

**1999 dates:** Saturdays 10 & 17 April, Tuesday 13 April