
Sita Kalyanam 2001

We have received this invitation from Swami Satsangi, on behalf of Paramahansa Satyananda:

"Namo Narayan. Sita Kalyanam will be held from 11th to 19th December both days inclusive. By popular request Sat Chandi Mahayajna will be held again this year. As Christmas will be soon after, Swamiji has said that after Sita Kalyanam those of you who want to stay on for the celebrations at Akhara (from 20th to 25th December) can move in to the Ashram and witness that."

Please contact the London Centre directly for more information about travel, accommodation and suitable gifts to take to this event in India.



Satyananda Yoga Centre
70 Thurleigh Road
London SW12 8UD

Tel: 020 8673 4869 * Fax: 020 8675 4080
Monday-Friday, 9am-7pm

www.yoga.freeuk.com

Satyananda Yoga Centre

London Newsletter

Autumn/Winter 2001



Patanjali

Acknowledgement: The front cover of this newsletter is an illustration by James Rhea, *Patanjali - Philosopher and Yogin*, taken from *The Yoga Tradition - Its History, Literature, Philosophy and Practice* by Georg Feuerstein, Hohm Press, ISBN 0-934252-83-1.

Editorial

As I write this in the final week of our latest **teacher training course**, I am sitting in my room looking out onto the garden where karma yogi/nis are busily weeding, pruning and dead-heading (with awareness, of course). Beyond them are the soft, rolling contours of the Welsh countryside, with a thousand versions of green and the ever present sound of water cascading down the nearby stream. Reflecting on the past two years with this group of trainee teachers, I am again amazed at the whole magical process we are undergoing together.

Yet again I feel so blessed and so privileged to be teaching such an extraordinarily complete and wonderful system of yoga - there really is no end to its depth and scope. And if I have been able to get this, and only this, across to the group, then the whole endeavour is worthwhile. So we now have another batch of keen and competent yoga teachers, most of them from the London area, but also from Eire, the south of France and South Wales - there's motivation for you! And they will play their part in continuing the tradition of Satyananda Yoga and passing on the invaluable teachings and techniques.

SYC London is now thirty years old, as most of you know, and I seem to remember that the 30's were, for me, a great decade - all the youthful energy and enthusiasm intact, plus the beginnings of understanding and maturity, so let us continue together, along this path of discovery in the same spirit.

After enduring four years of British weather, our beloved **Swami Bhaktipoornananda** is returning to Australia in September. A very special and warm thanks for all her hard work, humour and inspiration to students and teachers alike, not forgetting the sight of Bhakti in 1960s miniskirt and dangly earrings at the 30th anniversary party. Bhakti will be returning to our shores next year and is running a residential weekend at Claridge House, Lingfield, entitled "Yoga for Health", 26-28 July 2002. More details next newsletter.

We have a cracking line-up of **weekend events** between now and Easter, including some ISTDs (In-Service Training Days). All qualified teachers must complete at least one of these training days each year, but as there is such a wonderful selection on offer teachers shouldn't feel limited to just one day.

Mudras & Sound - Yoga Days at the London Centre

It was with some trepidation that I put my name down for two yoga days at the Centre - Yoga & Sound with Krishnadhyanam and Mudras with Nirmal. I had been injured for some time and had only been able to do Bhakti's gentle yoga on Wednesday mornings. Would we have to sit for a long time in one position? Would I be pleased that I had spent £25 and taken up the whole of Sunday, the only day I don't work? If anyone has similar reservations, I can only say to them "Give one of these days a whirl!". On both days, when the teaching started I was captivated.

There was such a good variety of postures, activities and discussion, and I was really concentrating and "in the now", something I don't find easy. I emerged from both of the days calmed and relaxed as if I had spent the day out of London or had a mini-holiday. The peaceful feeling lasted for ages.

The atmosphere here is always friendly, welcoming and serene, and there is an acceptance of everyone. Whatever their level of Yoga or their physical limitations, everyone is valued equally.

SYC Student

Swami Pragyamurti around and about

6 October	Yorkshire. Contact: Sarah Delamore
14 October	Nottinghamshire.
17 November	Le Mans, France.
24 November	Birmingham.
2 February 2002	Cambridge.

Newsletter Contributions

Newsletter articles and contributions from students and teachers are always welcomed. Around 250 to 300 words is the ideal article length and can be emailed to nadarupa@hotmail.com or left at the London Centre for collection - handwritten or typed equally acceptable!

Nadarupa

Regular Classes at SYC London

Monday	6.00-7.20pm	Prenatal	Shaktimurti
	7.30-9.00pm	Second Year	Shaktimurti
	7.30-9.00pm	Intermediate	Swami Pragyamurti
Tuesday	6.00-7.20pm	Beginners	Anashakti
	7.30-9.00pm	Beginners	Vidyamitra
	7.30-9.00pm	Intermediate	Anashakti
Wednesday	10.30am-Noon	Gentle yoga	Lynn
	6.00-7.20pm	First Year	Nirmal
	7.30-9.00pm	Intermediate	Nirmal
	7.30-9.00pm	Experienced	Swami Pragyamurti
Thursday	10.30am-Noon	General	Shaktimurti
	4.15-5.00pm	Children**	Lynn
	6.00-7.20pm	First year	Lynn
	7.30-9.00pm	First year	Shona
	7.30-9.00pm	Experienced	Swami Pragyamurti
Friday	1.30-3.00pm	Experienced	Swami Pragyamurti

Cost is £6 per class. If you are not attending a class regularly, please phone first to ensure that there is a vacancy.

**Children's class is suitable for 4 to 10 years. Cost is £3.50

The Centre is closed from 24 December 2001 to 6 January 2002.

Kirtan

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. Kirtan is free - everyone welcome - just bring your voice and an open heart!

Yoga Teacher Training

Swami Pragyamurti is taking a break from teacher training for a year, but students with at least four years experience of yoga and knowledge of basic BSY practices can let her know informally if they are interested.

Day & Weekend Programmes at SYC London

21-23 September Residential weekend	ISTD: Yoga & Mental Health <i>Swami Satyaprakash & Amarajyoti</i> There are just a few places left on this event. It is especially relevant to those teaching in mental health, prisons and the probation service. Please phone Amarajyoti for booking on 0115 920 6397.
Sunday 14 October 9am-5pm	Pranayama <i>Nirmal</i>
Saturday 10 November 9am-5pm	ISTD: Safety in Asana <i>Swami Satyaprakash</i> It may be that, since you trained as a Satyananda Yoga Teacher, changes have arisen in our thinking about safe practice, initiated by the British Wheel of Yoga (which provides our insurance). This day is strongly recommended to all teachers, old and new.
1-3 March 2002 Residential weekend	Prana Vidya – Part 1 <i>Swami Pragyamurti</i>
Sunday 24 March 2002 9am-5pm	Even More Mudras (experience of bandhas or previous Mudra days required) <i>Nirmal</i>

For one day events please send payment in full with your application and bring vegetarian lunch to share. See booking form for further details.

Shankhaprakshalana (Salt Water Cleansing)

At the time of writing there is just one session this Autumn in **Cheam** on 15 September starting at 9am. Please contact the Centre directly to book. Cost is £16 payable in advance, non-refundable.

Yoga Teachers Needed as Party Host/esses

After hosting shankhaprakshalana parties at Thurleigh Road for thirty years, Swami Pragyamurti is finally hanging up her ladle and mop. All yoga teachers – please volunteer now to ensure we continue to provide this practice. If you are able to help or know of a suitable venue, please contact our events coordinator, **Harishakti (Tel: 020 7274 8497)**.

Teacher Training Course in Wales – An Inside View

“So we need someone to write 300 words on the TTC for the newsletter” said Swami Pragyamurti a few days ago. This sadhana rattled around like a hand grenade with the pin pulled out until, in a moment of weakness brought on by our second brown rice of the day, I agreed to undertake the task in lieu of a karma yoga session.

Can it really be 2½ years since we had our first meeting concerning the course in Thurleigh Road? The sixteen training weekends at Thurleigh Road are now a distant but fond memory... stumbling around the other students at 5.30am, kunjalling in the flower beds, delicious meals (I’m still hopeless in the kitchen), Sunday morning teaching practices with our mantra - “please don’t let me get pranayama this time”, and of course Swami Nirranjan’s visit to Wales last year.

Once more we find ourselves in Wales for the final month’s retreat. I left London two weeks ago during the heatwave with my rucksack full of shorts, T-shirts and factor 25 suncream and true to form, the weather has been lousy ever since. Although our original venue fell through at short notice, the Goddess has smiled on us as our replacement venue has been great. We find ourselves staying in a converted farm cottage half way up a hill in rural Wales. Weather permitting we can see about twenty miles to the horizon across a beautiful valley.

To find out what we got up to here in Wales you’ll have to read part two in the next newsletter... and now guess what, it’s started raining again - cats & dogs. And we can’t get the central heating to work.

Yours in rapture,

Ian

Magazines & Publications

Yoga Magazine, published by the Bihar School of Yoga, Munger, India, is available from the Centre. If you would like to subscribe, please send an SAE for further details, or you can download an application form from the website: www.yogamag.net/subs.htm

The twice-yearly **News Sheet for the International Yoga Fellowship Movement UK & Eire** needs your support. Please contact Lalitambika for subscription details (41 Charlton, Singleton, West Sussex PO18 0HU).

Of especial interest to all new teachers should be the “Safety in Asana” day as in these litigious times it is increasingly important that we teach asanas safely – book soon to avoid disappointment!

And finally a heartfelt plea for **karma yogi/nis** to help with organising **shankhprakashalana** sessions. If you have a suitable venue (not necessarily your home) or can help run a session, please let us know and we can help with organising the event.

Swami Pragyamurti

Bhakti Back to Australia

Many of you will already have heard that I’m off to live in Australia again after being away from her precious shores for more than four years. Yes, the call of the sun and old friendships has finally got the better of me so I’m flying out to visit my old friends in North Queensland first where I shall chill out in the tropics. Then it’s back southwards to tour around all the eastern states before returning for a couple of months to England’s green and pleasant land, so you haven’t lost me entirely. I still have Mum, sister and all my wonderful Yoga friends here to bring me back to these fair shores so you’ll have to watch out for me next June and July.

Thank you to all the many students who have joined my classes over the years - now you have a chance to sample what other teachers here have to offer. Remember every teacher brings their own experience and understanding to what is a very systematic way of learning the practices. They all have something of value to share with us so I hope you’ll give them the same support and friendship that you have given to me. And who knows what the universe may do to bring someone else to help out at the Yoga Centre after I’ve gone?

If any of you want to keep in touch then my email address is bhaktip108@hotmail.com. If you’re mystified as to why it’s “108” then keep coming to classes and all will become clear in the fullness of time. Let’s hope that by the time we meet again I shall have got rid of my rainbow-coloured teeth and be reporting how wonderful my body feels! So I wish you love, light and blessings,

Swami Bhaktipoornananda