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## Sita Kalyanam 2002

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*Sita Kalyanam* will be held at Paramahansa Alakh Bara Rikhia from 5th to 9th December 2002 in the presence of Swami Satyananda. This year the programme is for five days. This is the second year of the twelve year *Raja Suiya Yagna* inaugurated by Sri Swamiji last year. During this period *Sat Chandi Yagna* will be held and so will *Sita Kalyanam*. This is a wonderful event to which all are invited to attend.

For more details see website: [www.yogavision.net/programs/sk\\_about.htm](http://www.yogavision.net/programs/sk_about.htm)

Although there is no organised group from UK to India this year, we do know of a number of people who are going. So if you are travelling alone, do contact the Centre and we can possibly help you to link up with a friendly companion or two.



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**Acknowledgement:** The cover of this newsletter is an illustration of the sage Patanjali, taken from *Yoga: The Technology of Ecstasy* by Georg Feuerstein (1989 JP Tarcher, ISBN 0-87477-520-5).

The text is the third Yogasutra of Patanjali: *Tada drastuh swarupavasthanam* (Then the seer abides in her/his own essential nature).

# Satyananda Yoga Centre

## London Newsletter

Autumn/Winter 2002



तदा द्रष्टुः स्वरूपेऽवस्थानम्

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## Editorial

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*Hari Om* to all, and welcome to our Winter newsletter. It has been an eventful yogic year, off to a flying start with the May seminar held in Holland. It was inspiring to see and be amongst several hundred people from all over the world who gathered together for an elevating and joyful Satyananda Yoga programme. Despite Swami Niranjana's unavoidable physical absence, the unanimous feeling was that his spiritual presence shone through clearly and was imbibed by all.

The gathering was also a platform for the recently formed Satyananda Yoga Academy Europe who issued their first newsletter and held meetings to inform us of some of their major aims and plans for the unification and centralisation of Satyananda Yoga; stay tuned for further developments.

To act as his direct representatives Swami Niranjana sent Dr Swami Shankardevananda to tour Holland & USA and Rishi Vivekananda from the Antipodes to tour Europe. We were lucky enough to share a day with Rishi Vivekananda at the Battersea Arts Centre, with well over a hundred keen participants. His sessions on *Evolving the Personality through the Chakras* were lively, funny, practical and deeply informative, leaving us with much to ponder on. There was no standing room left for Swami Pragyamurti's afternoon Yoga Nidra class, which was much appreciated, as indeed was the help received from Pragma and all the karma yogi/nis who ensured the day was such a success.

A three month tour in UK was conducted by former resident Swami Bhaktipoornananda, including several well attended workshop days at the London Centre. She has headed back to Australia for what she says could be some time. We wish her well and hope she doesn't leave it too long till her next visit.

And finally, sign up right now for some (or all!) of the excellent weekend programmes on offer over the next few months. May you continue to enjoy and deepen your experience and understanding of Yoga.

*Om Tat Sat*

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## In Service Training Days (ISTDs) for Yoga Teachers

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A reminder to all teachers that you must attend at least one recognised In Service Training Day (ISTD) each year. Insurance cover from the British Wheel of Yoga is invalid if you fail to do this.

Please see the centre pages for details of ISTDs at the London Centre. We hope these make amends for two previous ISTDs at the London Centre which regrettably had to be cancelled due to unavoidable circumstances.

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## Swami Pragyamurti Around and About

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- 4-6 October 2002 Scotland. Contact: Atma Satsang on 01877 330899
- 2 November Mudras (ISTD), London.  
Contact: Lorraine Enstone on 020 7284 4024
- 9 November Kundalini Yoga (ISTD), Maidstone.  
Contact: Christine Knight on 01622 763325
- 8-9 March 2003 South Wales (ISTD)  
Contact: Padmasambhava on 01558 823 842
- 22-23 March Nantes, France  
Contact: Lucette Brest 00 33 240 310594
- 12-13 April Scotland. Contact: Chris Benton on 01224 326 324  
NB: In Service Training Days (ISTDs) are for teachers only.

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## Yoga Teacher Training Course (TTC) at the London Centre

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Swami Pragyamurti is considering starting another TTC in September 2003. The course takes place over two years, finishing with a one month residential programme in August 2005. It is accredited by the British Wheel of Yoga and successful candidates will therefore receive two diplomas upon completion.

The course is open to students with at least four years experience of Yoga, including knowledge and practice of the principal techniques associated with Satyananda Yoga and BSY. Applicants should be known personally to Swami Pragyamurti and have studied with her for at least some of this time. For further details and application forms, please send an SAE to Swami Pragyamurti at the London Centre.

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## Magazines and Publications

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**Yoga Magazine** now has a searchable archive on its website [www.yogamag.net](http://www.yogamag.net). To subscribe to this bi-monthly publication from Sivananda Math you can either send an SAE to SYC London or download a subscription form from the website listed above. An annual subscription costs just £12 UK/Eire or £15 worldwide.

The twice-yearly **News Sheet for the International Yoga Fellowship Movement UK & Eire** has articles, news and information about the activities of Satyananda Yoga in Europe. It needs your support, so please contact Lalitambika for subscription details: 41 Charlton, Singleton, West Sussex PO18 OHU.

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## A Short Training Course in Yoga Nidra: January to June 2003

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Satyananda Yoga (UK) is offering a short training course in Yoga Nidra under the guidance of Swami Pragyamurti to Yoga teachers who have not been trained in this tradition but who wish to integrate Yoga Nidra into their classes.

Course dates are Saturdays 25 January, 22 February, 29 March, 26 April, 24 May & 21 June 2003.

For further information about the course and enrolment forms, please send an SAE to Swami Pragyamurti at the London Centre.

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## Yoga Events with Swami Vedantananda

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The following training days are being given by Swami Vedantananda in Horley, Surrey:

Friday 18 October	Day of Yoga – Upanishads (IST BWY approved)
Saturday 2 November	Day of Yoga – Mudras (IST BWY approved)

A Study and Sadhana Course Part I will start in 2003, comprising six residential weekends where students can explore Yoga at a deeper level and establish a daily sadhana. Part II will continue in 2004.

A two-year Teacher Training Course (TTC) will start in March 2005.

For more information please phone Vedanta directly on 01293 784 192 or email her at [vedanta.saraswati@virgin.net](mailto:vedanta.saraswati@virgin.net)

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## Nada Yoga Retreat in Wales

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Krishnadhyanam and Poornam will be running a Nada Yoga retreat in Llandeilo, Wales from Friday 4th to Sunday 6th October 2002, exploring the yoga of sound with asana, pranayama, meditation, Indian scale singing, ragas & mantras.

For more details contact please contact Krishnadhyanam at the London Centre or visit website: [www.bhava.freeserve.co.uk/events/nada\\_retreat\\_02.html](http://www.bhava.freeserve.co.uk/events/nada_retreat_02.html)

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## Guru Poornima 2002

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Despite rain both the day before and after, Guru Poornima dawned with blue skies and sunshine. We bounded across Clapham Common at 6am to converge with a surprisingly large number of fellow disciples and devotees at the London Centre. The first session of the day was a powerful meditation and Guru Kirtan with blessed Swami Pragyamurti, who has been opening the doors of her family house to aspiring yogi/nis for over thirty years. The Centre has always looked beautiful, but this year with the assistance of some keen karma yogi/nis, much string, snipping, sticking and tying, the sadhana room was transformed into an ocean of felicitous, coloured celebration for our beloved Gurus.

Breakfast ensued, then off to work for some, whilst those who had managed to take the day off bustled about busily before chanting 108 rounds of Om together as the moon reached its full zenith.

Tea and an inspiring video about the work and mission of Swami Sivananda was on offer for those who wanted; others chose to catch up with friends, lie in the hammock under the trees or just sit quietly, contemplating the inner implications of this special day. *Guru Gita* chanting followed, but not the daunting task some thought it might be, as we were in the hands of expert nada yogi Krishnadhyanam, who led us through its 182 verses lightly and deftly.

Meanwhile Padma and his kitchen crew were busy preparing fabulous food. As is often the way around meal times, the numbers seem to swell. Fortunately there was plenty both for lunch and the superb feast later on in the day.

Swami Vedantananda taught the eagerly awaited afternoon Yoga class in the garden. It was packed, with a mixed and enthusiastic group ranging from total beginners to experienced teachers. The bookstall, run according to SYC tradition by Shantimurti, did a brisk business. Usual fellow stallholder Indradeva was let off in order to acquaint his baby daughter, Deva Roopa, with her first Guru Poornima, along with Lily, Swami Pragyamurti's grandchild.

After the evening feast came Kirtan. This set off at a fine pace and remained upbeat and hearty throughout. Still more to go, with sparklers being lit outside amidst laughter, cups of tea and final farewells which saw us through to midnight.

There was an especially steady and harmonious quality inherent in the proceedings of this particular day. Thanks to all concerned and an ever growing gratitude to Guru to whom we renew our dedication. May we be nourished and sustained by his Grace and blessings until next July's full moon.