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## Swadhisthana Chakra

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Between Air and Water  
The crocodile of samskaras glides silently  
Over an ocean of impermanent concealment.

He dreams of sun-drenched worlds  
Of miraculous futures and heroic pasts  
Of lost memories banished to the ocean floor  
Where blind creatures shun the light of day.

The stars tingle on his back  
And the moon shimmers in his dark eye.



**Satyananda Yoga Centre**  
**70 Thurleigh Road**  
**London SW12 8UD**

Tel: 020 8673 4869 \* Fax: 020 8675 4080

Monday-Friday, 9am-7pm

**[syclondon.com](http://syclondon.com)**

### Front Cover :: Sri Hanuman

Hanuman is the monkeygod of the Hindu epic *Ramayana*. Aided by monkeys he assisted Rama in rescuing Sita from the clutches of the evil Ravana by bridging the straits between India and Sri Lanka with boulders brought from the Himalayas.

Hanuman is revered for his unyielding devotion to Rama and for his selfless dedication to the God. He is considered the living embodiment of the Karma Yogi, whose meditation and devotion are demonstrated through hard work or service.

# Satyananda Yoga Centre

## London Newsletter

Autumn/Winter 2005



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## Editorial

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*Hari Om.* As I write this editorial sitting in the garden sun, the activities around me of the insects, birds and trees seem to mirror the calm busy-ness of the last six months here and further afield. In that time we've had Krishnadhyanam's fundraising day for Nirvanavan Foundation, the Yoga Gathering so smoothly organised by Vimuktananda, Guru Purnima at the Centre with a fabulous feast created by Panni and the kitchen crew, and the final residential month of the latest teacher training course. Like the pear tree in the garden, all these events took time and effort to organise so that their fruits could be enjoyed and shared.

Aside from these events, in the day-to-day running of the Centre there is always work for Karma Yoginis and Yogis; gardening, cleaning, office administration, redecorating the yoga rooms... Karma Yoga gives you a rare opportunity to witness your actions and reactions without attachment to the results of your labours, although a cup of tea and a biscuit will certainly be provided to help the process along!

So whatever your talents, however busy you are, however much or little time you have, please contact the London Centre if you would like to help in any way with Karma Yoga.

*Om Tat Sat*

Swami Pragyamurti

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## Yoga Nidra Short Training Course with Swami Pragyamurti

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Swami Pragyamurti is holding a course over six Saturdays in 2006, open to qualified yoga teachers of all traditions who are interested in teaching Yoga Nidra confidently and competently. You may apply by writing to Swami Pragyamurti at the London Centre, enclosing an SAE and requesting an application form.

Dates are 28 January, 25 February, 25 March, 22 April, 20 May, 17 June 2006.

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## Swami Pragyamurti Around & About

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|---------------------|---|
| 12-13 November 2005 | Isle of Wight (Saturday open day, Sunday for teachers).<br>Contact :: Nickie Short, 01983 611 625 |
| 14 January 2006     | Brentwood, Essex.<br>Contact :: Melanie Watson, 01277 823 663                                     |
| 4-5 February        | Cork, Eire.<br>Contact :: Marmamurti, 00 353 477 3212   |
| 11-12 March         | Nantes, France.   |
| 7-9 April           | Keynote speaker at BWY Congress, Hatfield.  |

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## Yoga Nidra & Meditation CDs recorded by Swami Pragyamurti

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This collection of CDs comprises four completely new CDs and two CDs remastered from cassette tapes. They offer a wide range of yoga nidra and meditation practices for home use for both teachers and students.

Volume 1 :: Deep Relaxation (Shavasana) & Yoga Nidra (recorded 2004)

Volume 2 :: Yoga Nidra (recorded 2004)

Volume 3 :: Yoga Nidra (digital remaster of cassette tape, 'Yoga Nidra 2')

Volume 4 :: Yoga Nidra & Antar Mouna (digital remaster of cassette tape, *idem*)

Volume 5 :: Hridayakasha Dharana – Heartspace Meditations (recorded 2004)

Volume 6 :: Chaturtha Pranayama & Introduction to Prana Nidra (recorded 2004)

**To Order :: from Amazon.co.uk (credit/debit card online secure payments)**

You can order from our online shop at [amazon.co.uk/shops/yoganidra](http://amazon.co.uk/shops/yoganidra)

Cost is £10 per CD or £50 for the complete set of 6 CDs, plus 15% p&p (UK mainland). Please ask at the London Centre for pricing on large orders.

**To Order :: from the London Centre (cheque)**

You can buy the CDs at the London Centre, or download and complete an order form from [syclondon.com/cd](http://syclondon.com/cd)

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## Yoga Mart

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### *Yantras*

A selection of Yantras, including Sri Yantra, is available from the London Centre, cost from £5 upwards depending on size. All yantras are mounted on thick board and suitable for tratak. More information available at [syclondon.com/yantra.htm](http://syclondon.com/yantra.htm)

### *Handmade Japa Malas & Telescopic Tratak Stands*

A range of beautiful handmade malas for japa are available in a range of sizes and materials, including rudraksha, tulsi, sandalwood & sphatik (quartz crystal).

There is also a new version of the telescopic tratak stand. Visit the London Centre website at [syclondon.com](http://syclondon.com) for more information.

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## Regular Publications

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**The twice-yearly News Sheet** for the International Yoga Fellowship Movement UK & Eire has an excellent selection of articles and a national diary of events for Satyananda Yoga. Please contact Lalitambika for subscription details:

3 New Buildings, Shore Road, Bosham, West Sussex PO18 8JD

Tel: 01243 572 245 Email: [ly@supanet.com](mailto:ly@supanet.com)

**Yoga Magazine** is published by Sivananda Math. Subscription forms are available by sending an SAE to the London Centre, or visit [yogamag.net](http://yogamag.net)

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## Shankhprakashalana (Salt Water Cleansing)

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**Autumn Clean date** is Saturday 10 September 2005 in *Dulwich*, starting at 9am prompt. If you haven't done the practice before, you will be taught the short version only.

Cost is £25 (£15 for the short version), payable in full before the day at the London Centre.

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## Yoga & Meditation Retreats in Rajasthan, October/December 2005

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**These retreats will provide an environment to practise yoga**, meditation and aspects of yogic lifestyle in the relaxed atmosphere of Pushkar in the heart of Rajasthan. Nada Yoga sessions will also be available with Krishnadhyanam.

For more details please contact Swami Vedantananda.

Tel: 01293 784192 Email: [vedanta@easy.com](mailto:vedanta@easy.com) Web: [syclondon.com/retreat.htm](http://syclondon.com/retreat.htm)

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## New Meditation Class 2006

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Starting January 2006, Mahadev (Tony Bunzl) is running a drop in meditation class on Thursday mornings, 10.45-11.45am. Open to students with some yoga experience who wish to develop their personal meditation practice. Cost £7.

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## RYE :: Research on Yoga in Education

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**RYE in the UK** has now been set up officially as a company limited by guarantee and is applying for charity status. For more information see [ryeuk.org](http://ryeuk.org) or contact:

Lynn Parrott (Lilamurti) Tel: 020 8693 4603 Email: [lynnparrott@ryeuk.org](mailto:lynnparrott@ryeuk.org)  
Katyayani Tel: 020 8930 2168 Email: [katyayani@ryeuk.org](mailto:katyayani@ryeuk.org)

Year One of the three year RYE training for yoga teachers and school teachers starts in January 2006. This is training in yogic techniques to use in schools to improve learning. This is the first time that Micheline Flak has agreed to do the training in English in the UK so it's an opportunity not to be missed.

Dates are 28/29 Jan, 4/5 March (London); 22/23 April, 20/21 May 2006 (Wales).

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## Kirtan & Nada Yoga

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### Kirtan (Devotional Chanting)

Kirtan and chanting of *Maha Mrityunjaya Mantra* takes place on the last Friday of the month, 7.30-9.00pm. Kirtan is free of charge – everyone welcome.

### Nada Yoga (Yoga of Sound) with Krishnadhyanam

Nada Yoga classes will be held on the following Fridays at 7.30pm, cost £7.

9, 16 September :: 4, 11 November :: 2, 9 December 2005

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## Yogic Studies in Hungary with Satyananda Yoga Academy Europe

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Hungary, the Pilis mountains, lush forests, sunsets over the Danube, six foot polystyrene statues of Shaolin warriors and the resident goat. We were all set to commence the pilot Yogic Studies Course of SYAE (Satyananda Yoga Academy Europe). Nobody really knew what to expect - teachers included - but after much planning, preparation, hard work and a generous showering of Guru's grace, the whole fortnight came together smoothly.

Twenty-five students from around Europe gathered; Greece, France, Germany, Bulgaria, Spain, UK, Italy, Netherlands and Hungary were all represented. As far as possible we created an ashram environment, early morning class, mouna and a vegetarian diet (including walnuts and sugar on spaghetti). Although initially our requests for karma yoga were met with quizzical looks by the staff, we were soon routinely doing the washing up, weeding and cutting the grass, sweeping the paths, cleaning the sadhana hall and generally being resourceful when it came to finding things to do.

We were fortunate to have Rishi Vivekananda giving lectures on Anatomy & Physiology and Yoga Psychology. His humour and openness had everyone laughing, smiling and relaxed, which helped students to absorb the enormous amount of information he was giving out.

Swami Yogajyoti from Ireland shared her many years experience of living in Munger, and Swami Satyaprakash and Jayadhara covered everything from Branches of Yoga to Yoga in the Twenty-First Century.

A havan (fire ceremony) was conducted on Guru Poornima. A huge karma yoga team effort contributed to preparing the space for the ceremony, collecting things to decorate the fire pit – flowers, nuts, pine cones, herbs making the space clear and beautiful for the havan in the evening. Not all involved were initiates so for some the whole experience of Guru Poornima may have been a bit of a mystery but still they were open and receptive to the proceedings, and to the joyous kirtan that followed.

So now Yogic Studies is underway in Europe and we look forward to the next residential in November. Onwards and upwards!

Om Tat Sat.

Brahmananda

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## Rikhia 2005

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Dates for Rikhia *Sat Chandi Mahayajna & Sita Kalyanam* are 2 to 6 December. Please contact the London Centre for travel companions and further information.

You can also check out the newly updated website [yogavision.net](http://yogavision.net)

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## **On Becoming Sixty... and Fundraising for Nirvanavan Foundation**

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I can't remember if I had a tenth, a twentieth or a thirtieth birthday party - it was a long time ago. On my fortieth my friend Philippa placed a bag over my head and I was driven around London to a surprise tea party in a sunny north London garden. On my fiftieth my friend Cloud organised a wonderful cabaret dinner at the amazing Salieri's restaurant in The Strand. So for my sixtieth I decided that it was about time I organised my own celebration. But... What to do? Where to go? A party? Or not? Who to invite? Food? Drink?

So many questions. So many decisions. So many years! What's a poor yogi to do? Well, what this poor yogi decided was to raise money for the Nirvanavan Foundation, a small group based in Rajasthan, India, which helps the local people to better their environment and personal lives. A sponsored Maha Surya Namaskar (144 rounds) in the morning and a concert in the evening was the plan. No difficult decision about whom to invite. I would invite EVERYBODY! And ask them ALL for money!!

My initial enthusiasm was not met with an overwhelming response and I began to wonder if my target of raising a thousand pounds might be a little over ambitious. However, things eventually took off and by the end money seemed to be flowing in from all over the country. In the morning the Centre (and the garden) was full of sponsored Surya Namaskar wallahs bending their all for Nirvanavan. And in the evening St Luke's Community Hall was full for an evening of music and feasting.

A big thankyou to everyone who helped in so many ways. You know who you are. And yes, I had a wonderful birthday celebration, raising £4,500 which will be well used by the Foundation in Rajasthan. And the work continues. Although the Nirvanavan Foundation is recognised as a charity in India, it will be to our and their financial advantage to have a charity established here. This will mean that any donations will be tax free. So we are in the process of setting up such a charity at the moment. More news to follow. I shall be visiting Alwar on my next trip to India in September and am looking forward to seeing at first hand some of the wonderful work which they are doing.

**Krishnadhyanam**

I would really like to take some video footage of the work done by the Nirvanavan Foundation in Rajasthan which I can bring back to show here. If you have a video camera (preferably digital) which I can borrow I would be very grateful. Please contact me at the Satyananda Yoga Centre. I leave for India on 20 September, coming back early November.

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## **New Satyananda Yoga Centre in Norbury, London**

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With the blessing of Swamiji, on 1 August 2005 Siddhi Mani, Philip Browne and Bob Hay opened the Satyam Yoga Centre. Our aim is to teach the techniques of yoga as inspired by Paramahansa Satyananda Saraswati and to serve the local community. The Centre is located in Norbury at 1530 London Road SW16 4EU. The class timetable and further details are on our website at [satyamyoga.co.uk](http://satyamyoga.co.uk)

On Saturday 17 September we are having a gathering to mark the opening of the centre. There will be Kirtan at 7pm followed by food. All are welcome – please let us know in advance if you are coming.

Tel: 07876 222501 or 07774862499 Email: [pb@satyamyoga.co.uk](mailto:pb@satyamyoga.co.uk)

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## **Swami Niranjana in Europe 2006**

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We have the following tentative dates for Swami Niranjana in Europe 2006:

May 2006	Italy, Slovenia, Germany.
21-26 July 2006	Bija Yoga Centre, Brittany, France.

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## **Meditations recorded by Paramahansa Satyananda Saraswati**

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These meditations on the breath and on chidakasha were recorded live in Belfast in 1971 during Swamiji's visit there. The original soundtrack has been transferred to CD from cassette tape and digitally remastered. There is some background noise of traffic and birdsong, but this does not detract from the impact of this memorable and historic recording.

Available from the London Centre or at [syclondon.com/cd](http://syclondon.com/cd), cost is £10 plus 15% p&p (UK mainland).

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## **Nada Yoga & Bhajans with Krishnadhyanam**

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### ***Blessed Self (Audio CD)***

A collection of chants, mantras and bhajans from Krishnadhyanam's Nada Yoga classes and workshops. Music to listen to and bliss out with. A booklet of words is also available so you can join in! For details see [syclondon.com/audio](http://syclondon.com/audio)

### ***Nada Yoga Music Practice (Audio CD)***

Develop your singing voice by learning and practising the Indian swaras (notes) Sa-Re-Ga-Ma-Pa-Dha-Ni-Sa, whilst also improving your sense of pitch and rhythm. Available from the London Centre.

Cost is £10 per CD plus 15% p&p (UK mainland).