

Swami Sivananda

Many of you will be familiar with the words and philosophy of Swami Sivananda, one of the great yogis of the 20th century:

Serve, Love, Give, Purify,

Meditate, Realise,

Be Good, Do Good,

Be Kind, Be Compassionate

Simple words, so easy to remember, and yet so profound. Profound, because when properly understood and more importantly, lived, they contain the essence of truly great living.

And if Yoga is about anything, it is about truly great living.

Krishnadhyanam



Satyananda Yoga Centre

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Monday-Friday, 9am-7pm

www.syclondon.com

Front Cover - Sanskrit Su Doku (सुदोकु)

Simply fit each of the nine Sanskrit syllables shown below, in any order, into each row, in each column and in each box (of nine squares). The top row of the puzzle will reveal an auspicious mantra!

ॐ Om ये Ye त Ta प Pa न Na

ण na मः Mah ग Ga श्री Sri

Satyananda Yoga Centre

London Newsletter

Autumn/Winter 2006

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सुदोकु

Editorial

Hari Om

Amongst the better memories of the long, hot summer of 2006 will be that of yoga classes in the garden here at the centre – following the shade, listening to birds and squirrels and enjoying the many garden smells. For those of us who live here, it's a daily treat, and one that I am particularly happy to be able to share with so many people living and working in the concrete jungle, for whom it is a real joy to reconnect with nature and with themselves, in the garden. And it never looked more amazing that at Guru Poornima, thanks to the creativity of Krishnadhyanam and his team of decorators - thank you all for daring to improve on nature. A warm thanks also to Atmashruti and her team in the kitchen for truly divine food – and yes, you are booked for next year too please!

Other wonderful memories of this summer are the visits of our beloved Swami Niranjani to Europe in May and July. Fortunately many of us were able to see him either in Italy, Slovenia, Germany or France, and have returned with renewed inspiration and guidance, and some of you with new names and mantras too.

Breathing the same air as an enlightened being is a privilege in itself and one which all serious yoga practitioners owe themselves at some point in their lives, whether or not they are attracted to Gurus and discipleship. And for those of you who have become disciples recently, welcome to the family. It is a wonderful path, not always easy, but if you try to become the best disciple you possibly can, the rewards and joys are great. Don't get caught up in hierarchy games and thinking that you must continue taking various initiations each time you see Swamiji – discipleship is the key, not the colour of your T-shirt. Remember also that the Guru's entire life is dedicated to our spiritual wellbeing, and as disciples we are responsible for keeping the connection strong by following his instructions to us, using our mantra, symbol and name.

I have been shocked sometimes when people tell me they received a mantra from their Guru but never used it – why on earth not? Mantra is such a very important key to spiritual life and progress, and we in the Satyananda Yoga tradition are fortunate indeed because we have a living Guru (two, in fact!), authorised to initiate people into this crucial yoga, Mantra Yoga.

Reading through your newsletter you will see that we have a varied programme planned for you in the coming months, with classes and seminars at different levels to suit the wonderfully diverse selection of people who find their way to us. Please try to be regular in your attendance at weekly classes and remember to pay up front when you enrol for weekend programmes, and in this way help us to keep prices down and attendance up.

Yoga Nidra & Meditation CDs recorded by Swami Pragyamurti

This collection of CDs comprises four 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)

Volume 7 :: In preparation...

To Order :: from our website (credit/debit card online secure payments)

You can order from our website at www.syclondon.com/cd, payments are managed by PayPal™ on a secure server.

To Order :: from the London Centre (cheque)

You can buy the CDs at the London Centre, or download and complete an order form from www.syclondon.com/cd

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.

Nada Yoga & Bhajan CDs with Krishnadhyanam

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 www.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.

Regular Publications

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

Yoga Magazine is published by Sivananda Math. Subscription forms are available by sending an SAE to the London Centre, or visit www.yogamag.net

The Yoga Show 2006 – visit us on the Yogamatters stall!

This year's London Yoga Show at Olympia is 15-17 September 2006. Our good friends at YogaMatters have kindly let us have some selling space within their stand. We will be selling BSY books, CDs, chakra charts and all things Satyananda, as well as being a presence there to answer questions and promote our tradition. If you would like to help out on our stall please contact Nadarupa directly at enquiries@syclondon.com – free entry and refreshments provided.

Shankhprakashana (Salt Water Cleansing)

Spring Clean dates are 30 September & 7 October 2006 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 payable in full before the day at the London Centre.

IST Attendance & First Aid Certification – A Reminder for Teachers

This is a reminder to all Yoga Teachers that you must complete at least one In-Service Training day (IST) each year, *and* have a current first aid certificate to ensure you meet the requirements for BWY insurance cover.

At the time of writing there are still a few places left on the one day First Aid course on 28 October 2006 – application forms are available from the website (postal applications only).

Hridayakasha Dharana Weekend, 12-14 January 2007

Swami Pragyamurti is giving a weekend on *Hridayakasha Dharana* (heartspace practices) at the London Centre, starting on the evening of Friday 12 January through till the afternoon of Sunday 14 January.

Treat yourself to a very special start to the New Year! Cost is £70 for the weekend, payment must be made at the time of booking as places are limited and demand will be high.

Tattwa Shuddhi Course starting January 2007

Starting in January 2007 there is a rare opportunity to learn the practice of *Tattwa Shuddhi* with Swami Pragyamurti. The course will comprise six Monday evenings (15 January to 19 February at 7.30pm), followed by a long residential weekend starting on the evening of Friday 23 February and finishing on the afternoon of Sunday 25 February 2007.

The cost for the six evenings and residential weekend is £108, booking details will be available nearer the time. This is an opportunity not to be missed for serious yoga students and teachers.

Talking of money, Krishnadhyanam is again organising a fundraising event for the Nirvanavan Foundation in Rajasthan. I suspect this will involve doing hundreds of rounds of surya namaskar (or possibly a few rounds for lots of money). As you know, our wholehearted support for this work is hugely important and is helping to make a real difference in this poor and sadly neglected region of India. So, thank you in advance for all the help you can give.

Hari Om Tat Sat
Swami Pragyamurti

Swami Pragyamurti Around & About

23-24 September	The Tattwas Residential programme at Sneaton Hall, Yorks. (more at www.yogadiary.co.uk)
7-8 October	Introduction to the principles of Prana Vidya Padmasambhava, Wales. (more at www.padma.org.uk)
21-22 October	Programme in Mallorca (more at www.satyanandamallorca.org)

Sat Chandi Mahayajna & Sita Kalyanam 2006

Dates for *Sat Chandi Mahayajna & Sita Kalyanam* are 21-25 November 2006 in Rikhia, India. If you are planning to attend, please contact your local Satyananda Yoga Centre for possible travel companions.

About Sita Kalyanam	www.yogavision.net/sk/about.htm
Local accommodation	www.yogavision.net/sk/accom.htm
Travel arrangements	www.yogavision.net/sk/travel.htm
India Travel	www.syclondon.com/indiaplan.htm

Kirtan & Nada Yoga

Kirtan (Devotional Chanting)

Kirtan and chanting of *Maha Mrityunjaya Mantra* take place on the last Friday of the month, 7.30-9.00pm.

Kirtan is free – everyone welcome!

Nada Yoga (Yoga of Sound) with Krishnadhyanam

Nada Yoga classes are held on Fridays at 7.30pm, except on the last Friday of the month. Cost £7.

Nirvanavan Foundation National Fundraising Day & London Evening Concert on Saturday 14 October 2006

SYC London is hosting another *Maha Surya Namaskar* fundraising day for the Nirvanavan Foundation on Saturday 14 October 2006. Later on in the evening there will be a concert with words, music and Nirvanavan photographs, hosted by Krishnadhyanam and friends. This will be at St Luke's Community Hall, Ramsden Road, London SW12, starting at 7.45pm. You are warmly invited!

Many thanks to everyone for all your efforts so far. Last year we raised over £4,000 on the day and have since raised another £3,000. This year we are aiming for £10,000. But it's not just about raising money, It's also about letting people know about Nirvanavan and the work they are doing.

Please join us. Get your friends, work colleagues and relatives to sponsor you for a certain number of rounds of Surya Namaskar. Decide how many – 3, 9, 27, 54, 108 are good numbers. Or go for the *Maha Surya Namaskar* of 144 rounds. Then either come along to the Centre on the 14th, or join a group near you, or even take part in your own home. Anything is possible!

Remember that it's quality that counts, not quantity. There are no prizes for suffering in yoga. And please remember to build up slowly over the preceding weeks if you're doing a large number of rounds. It is a wonderful spiritual practice, as well as a one-off means of raising money.

If you are a teacher you might want to invite your students to take part also. Last year people participated all over the country and we look forward to another nationwide or even international event this year.

Nirvanavan Foundation receives no grants or subsidies of any kind. Their sole source of income at the moment is from people such as you and me. Last year they had three schools. Now, largely as a result of our fund raising efforts, they have reached their target of ten schools. Earlier this year I watched the children making their own bricks to build a new classroom. Please know that our money is making a BIG difference to the quality of their lives and the environment in which they live. I hope that one day more people will visit.

The next stage of their work is to build a much needed children's home, and the money raised this year will mean that this can go ahead.

More information and sponsorship forms are available from the Centre in Thurleigh Road. You can also ring Krishnadhyanam on 07905 534217 or email him at krishnadhyanam@hotmail.com

Please also visit the UK Nirvanavan website at www.nirvanavan.org.uk for photos and articles about Nirvanavan Foundation.

Yoga for Modern Times on Monday Evenings

A new themed class begins on Monday 18 September, 7.30-9pm, with a focus on using yoga techniques to nurture and to connect with oneself and with others in these difficult times. Classes will include chanting of Gayatri Mantra (for wisdom) and Maha Mrityunjaya Mantra (for healing), and practices that work with the heartspace (hridayakasha) to develop compassion and understanding. Suitable for all levels.

Course for New Beginners on Wednesday Evenings

A twelve week course for new beginners starts on Wednesday 20 September, 7.30-9pm, with Swami Pragyamurti. The cost for the 12 weeks is £75. This is a great opportunity for you (or your yoga students) to learn Bihar School practices from the very beginning in a methodical way.

Core Practices of Satyananda Yoga on Thursday Evenings

Starting on Thursday 21 September 2006, 7.30-9pm, this new class will focus on the core practices of Satyananda Yoga. This is a fantastic opportunity for yoga teachers and serious students to learn or revise the core practices of our wonderful tradition, including the pawanmuktasana series, pranayama and our many wonderful meditation practices. Suitable for experienced students.

New eNewsletter & Online Photo Album

If I'm too busy to do my daily Sadhana, can I skip a few days and do one long practice at the weekend instead?

Think of your daily yoga practice like cleaning your teeth in the morning - you don't feel too great if you don't clean your teeth each day, and certainly a long scrub on Saturday morning would hardly compensate for the previous mornings when you went without...

To read the rest of this exclusive *Sadhana Q&A with Swami Pragyamurti*, subscribe to our **FREE eNewsletter** (electronic newsletter) to keep in touch with

FREE eNewsletter

Type your email address in the box below to get our bi-monthly eNewsletter

news & events at the London Centre in the gaps between this paper newsletter. Visit our website at www.syclondon.com to sign up; simply enter your email address in the box and click **Go** (see illustration, left).

We also have an **online photo album** including photos of Guru Purnima 2006 and the Satyananda Gathering 2005 - follow the link from www.syclondon.com