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## Editorial

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Summer has come to the UK at last and two weeks after a very peaceful and lovely Guru Poornima celebration a few yogis and yoginis gathered again in the beautiful garden of our London SYC to discuss and plan the programme of activities at the centre in the next six months. We were sitting at the table, round the new gorgeous ceramic teapot with an Om sign (thank you, Harishakti) after Sw. Pragyamurti's lovely class in the garden just a few moments before. We were relaxed and energised and it was good to bounce ideas off each other and inspire and be inspired by one another.

There are going to be many yogic treats during autumn and winter at the centre. They include special days for teachers to nourish them and deepen their own practice as well as many other days, each of them focusing on subjects that we think will be high in demand. Do check the dates of all these unique events and book your place early to avoid disappointment. There will be a chance to learn to use or deepen your understanding, practice and experience of a variety of yoga tools - mantra, pranayama, working with chakras, learning more about prana vidya and many other equally potent and benevolent techniques. We even plan to have a havan i.e. a yogic fire ceremony to learn how we can enhance our lives and the atmosphere around us using this tool as well! All the teachers who will lead these days love and use the techniques they are going to focus on during these auspicious weekends. They are all experienced teachers with extensive knowledge and deep insight into the practices they will teach.

We are so lucky in the Satyananda tradition to have received initiations and solid, thorough training into not only asanas but also various other less known practices. We have been truly blessed - the practices that have been imparted to us by Sw. Satyananda and Sw. Niranananda are like precious jewels. In fact, they are more precious because they can give what no jewels, however beautiful and precious can give. Peace of mind where there has been turmoil, improved health where there has been disease, harmony where there has been imbalance causing suffering, increased energy and steady focus where there has been tiredness and dissipation of the life force and ideas. Yoga techniques give us a chance to evolve spiritually as well and to make wise and loving choices. They allow us to live our lives to the fullest and to live our lives in increasing understanding of ourselves and others. When one understands oneself and others on deeper levels, one is then able to improve one's own life and live in harmony with others (and in my understanding this term "others" includes animals, plants, trees and flowers and the whole planet Earth.)

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## Research on Yoga in Education (RYE) – Yoga in the Classroom

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RYE is an international organisation with branches across the globe, including France, Italy, Belgium, Uruguay, Israel and Greece. It was founded in 1978 by Micheline Flak (Yoga Bhakti) an English language teacher in Paris who also taught yoga. RYE UK, based in London, was set up officially on Swami Satyananda's birthday (26th July) in 2005, with the blessings of Swami Nirananjan.

RYE uses simple techniques, many of which are from the Satyananda tradition, since this is Micheline's yogic training. Techniques such as Pawanmuktasana Part 1, tadasana, bhramari, trakaka and yoga nidra are taught in small amounts and are adapted so they can be practised from desks as part of lessons.

Recently RYE UK successfully taught 'RYE techniques Level 1' at the International RYE seminar in Evian. There were 21 students in the English group, eight of whom were from the UK and attended the seminar as part of their two year RYE training course. As part of the training course (which finished this year) Micheline Flak conducted RYE training in the UK for the first time. With both school teachers and yoga teachers in the group, RYE UK now has a firm foundation to build upon.

As an ex-stressed out primary teacher and now yoga (and kids yoga) teacher I know how desperate teachers are for help. RYE encourages teachers to practice yoga for their own health and to experience the techniques for their own teaching. Children are not just brains to be fed with information – they need all aspects of their being to be nourished (especially their social and emotional needs) so they can become balanced individuals and make a positive contribution to society.

RYE UK's next aim is to produce a training manual and DVD to use in conjunction with RYE training in schools. There are also books available on our fantastic new website – many thanks to Ayshwaria for setting this up! See [www.ryeuk.org](http://www.ryeuk.org) for further details.

If you are interested in the activities of RYE UK in the future, please contact:

Lynn Parrott (Lilamurti) – [info@ryeuk.org](mailto:info@ryeuk.org) Tel: 020 8693 4603  
Kerry Gallagher (Katayani) – [katayani-g@wildmail.com](mailto:katayani-g@wildmail.com)

Lynn and Kerry (Secondary Art teacher and yoga teacher) are two of RYE UK's Directors. Many thanks also to our other Director - Jayne Neville (Jyoti Mani).

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## **New Beginners Class**

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There will be 2 new beginners' classes: with Brahmananda on Tuesday September 4<sup>th</sup> from 6 – 7.20pm, and with Katyayani on Monday 3<sup>rd</sup> from 7.30 – 9.00. Please call the centre if you wish to attend either.

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## **Core Practices of Satyananda Yoga**

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Swami Pragyamurti's Thursday evening class has been focusing on the core practices of Satyananda Yoga. This is planned to continue and in 2008 there will be follow-up weekend programmes for qualified teachers.

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## **Pragyamurti Workshops for teachers**

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Swami Pragyamurti has set aside a few weekends in 2008 for workshops with teachers. (See Swami Pragyamurti Around & About section.) Other weekends have yet to be finalised. If you are a teacher and have any ideas for workshops please inform Swami Pragyamurti.

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## **First Aid Day at Satyam Yoga Centre, Norbury**

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A First Aid Day (valid for three years) is being held – BWY ISTD – on Sunday 9<sup>th</sup> September 9.30 – 4pm, £45. For more details contact the Satyam Yoga Centre 07876 222 501 or email pb@satyamyoga.co.uk website: www.satyamyoga.co.uk

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## **Shankhaprakshalan**

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The dates for this wonderful cleansing practice are 15<sup>th</sup> and 29<sup>th</sup> September. The cost is £27. Please pay in advance, put your name on the list at the centre, leave a contact number and make sure you take an information sheet. If you have not done this practice before you must contact the supervisor of the day.

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## **Sat Chandi Mahayajna & Sita Kalyanam 2007**

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Dates for *Sat Chandi Mahayajna & Sita Kalyanam* are 10-14 December 2007 in Rikhia, India. If you are planning to attend, please inform your local Satyananda Yoga Centre for possible travel companions and to enable us to inform Rikhia of approximate numbers. You may also contact Rikhia by telephone or letter:

Bihar School of Yoga, P.O. Rikhia, Dist. Deogarh, Jharkhand 814112, India.

Tel: + 93 04799449

Local Accommodation [www.yogavision.net/sk/accom.htm](http://www.yogavision.net/sk/accom.htm)

Travel arrangements [www.yogavision.net/sk/travel.htm](http://www.yogavision.net/sk/travel.htm)

India Travel [www.syclondon.com/indiaplan.htm](http://www.syclondon.com/indiaplan.htm)

Of course you have to learn the practices and practise them. Use the gifts. And it is the case of being able to "have the cake and eat it" ! And it tastes good! And the taste gets better! And you can share it with others!!! And everyone benefits!!!

Personally, I believe that we can heal and change the world for the better. But I also believe that this change can happen only if every person focuses on healing (in a "big sense of the word") and evolving herself or himself first. Looking at oneself and understanding oneself and balancing and harmonising our own lives is the key. My firm belief is that if a person is happy and balanced and possesses a high degree of wisdom and good will and balanced social interactions, such a person will be a blessing in any environment. A happy person does not kill, torture and torment other human beings or animals. A happy person finds ways to resolve problems and conflicts in creative ways which work as best as possible for all concerned. Yoga gives us a chance to look deeply into ourselves and to keep learning and re-learning to live our lives as best as we can. This is why "Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow." This is why it is important to take yoga "from door to door and from shore to shore". This is also why a grain of practice is worth more than tons of theory. This is how the world can be transformed and healed. And if we practice, and truly practice - including yamas and niyamas and including deep introspection and other yoga "ways", maybe a few others will think - hey, this person looks happier since they started yoga, and they spread this happiness and goodness around, let me try it as well. And so it will take time but it will become a culture, a world culture and the world will be healed and transformed - for negative energies may be strong and fast acting but they self-destruct and the forces of goodness are slower but in the end they prevail.

Swami Nirmal

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## **Swami Pragyamurti Around & About**

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2-3 Feb 2008 Chakras ISTD

5-6 April 2008 Introduction to Prana Vidya and Prana Nidra

28-29 June 2008 A weekend for women, about women, for teachers and experienced practitioners

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## **New Kirtan book available**

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Yajnamurti has compiled a wonderful new kirtan and bhajan book which is now available at the centre for £7.50

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## **Kirtan & Nada Yoga**

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### **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 take place at 7.30pm on Friday evenings (except the last Friday of the month). Phone Krishnadhyanam in advance on 07905 534217 to check the class is happening. Krishnadhyanam is also available for individual lessons in harmonium and kirtan, and Brahmananda and Katyayani are happy if anyone wishes to sing and learn some kirtan round at theirs in West Norwood.

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## **FREE eNewsletter**

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Can't wait for the Spring 2008 newsletter? Then why not subscribe to our FREE quarterly eNewsletter, with themed Q&A sessions with Swami Pragyamurti, and to keep in touch with the centre and events. Go to [www.syclondon.com](http://www.syclondon.com) and follow the instructions to subscribe.

For back issues visit [www.syclondon.com/enewsletter](http://www.syclondon.com/enewsletter)

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## **Satyananda Yoga Academy Europe (SYAE)**

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The second Yogic Studies 1 Course run by SYAE is well underway and going very well, with 32 students from nine different countries.

For more information contact Brahmananda at the London Centre, send an email to [admin@syae.org](mailto:admin@syae.org), or visit the website at [www.syae.org](http://www.syae.org)

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## **A Yogi's Rant (a recap) – Day Programmes and Events at SYC London**

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### **PLEASE PAY IN ADVANCE...AND TURN UP!**

Please remember to pay in advance for all day programmes and leave a contact number when you put your name on a list.

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## **Where are you?**

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Are you a trained Satyananda Yoga teacher? If you are not in regular contact with the centre, what have you been doing and what are you involved with now? Are you already involved with any interesting projects – anything from setting up yoga sessions for youths, or other areas of need in society? Would you be interested in helping to produce this newsletter? Or maybe you are the artistic type? Would you like to draw a chakra chart to print out and sell through the centre? Please contact us if you are interested in any way.

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## **The Satyananda Gathering**

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The April 2007 Satyananda Gathering – is it really two years since the last one? Yes it really is, but nothing seems to have changed. The venue is as delightful as ever, the accommodation as comfortable, the food just as delicious, the staff as welcoming and friendly as ever, the workshops just as stimulating, and the singing/ chanting just as uplifting (and definitely more harmonic than 2005!!) And the PEOPLE – (that is, you and me and the hundred or so other participants) just as lovely. (For those of you who came, you won't need to be reminded of that fact.) And the fact is that the weekend is just what it says – a gathering. A gathering of diverse people who have in common the fact that they all have some connection with Satyananda Yoga, either as teachers, students, or just plain interested. Yes the workshops were varied and interesting, but the delight of the weekend is the opportunity to relax (maybe meet old friends or make new ones) and generally soak in the atmosphere and wallow in the abyss of the subtle teachings of Satyananda Yoga. At events such as this, it is not only the outward 'display' of teachings and workshops which I find stimulating, but the almost unspoken and softly whispered vibrations of hundreds of years of wisdom and knowledge filtered down through the lineage of what we now call Satyananda Yoga.

I only really began to appreciate the deeper aspects of yoga when I began to include it in my daily life, and realised that practising yoga is not simply attending a yoga class each week. As useful (and necessary) as it is to have a teacher, it is only when we take those teachings and begin to practice on our own that the whole thing takes off. For me, the Gathering has this quality also. Yes of course it is great to attend an event where the Guru is present, either in person or through the medium of a respected and experienced representative. Equally, I find it a rich and rewarding experience to attend an event such as the Satyananda Gathering UK when I realise that we have the knowledge, we have the experience, we have the commitment, we have the teachings, we have the teachers, - we have it all!

Two years isn't long to wait. See you at the next Gathering in 2009.

**Krishnadhyanam**