

## Message of Peace

Salutations to the Supreme Lord of the Universe!

The peace that passeth all understanding has been the axis around which Indian culture has revolved in all its aspects.

Peace is a divine attribute. It is a quality of the Soul. It fills the pure heart. Peace, God, Atma, Freedom, Moksha - are synonymous terms. Realise Peace through meditation and devotion, japa and prayers. Peace is not in accumulation of wealth. Peace is not an external object. Peace is in the person who has given up desires, longings for the objects of the world.

Cultivate peace in the garden of your heart by removing the weeds of lust, hatred, greed, selfishness and jealousy. Calm the mind. Be still. Be in tune with the Divine Will. Live according to the Divine Law. Be good. Do good to others. Make others happy. See God in all. You will have infinite Peace. Develop cosmic love, kindness and sympathy.

Individual Peace paves the way for World Peace. The attainment of inner calm is the greatest work you can do for humanity. May the Lord shower His choicest blessings on you all! May God fill your hearts with Great Peace.

Swami Sivananda Saraswati



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This newsletter is available on the internet at <http://www.yoga.freeuk.com>

## Satyananda Yoga Centre

London Newsletter

Spring/Summer 1999



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## Editorial

Once again Spring has arrived and with it a fine crop of new classes, weekend seminars and other yogic events. Please take a little time to **update your diaries right away** so that you don't miss any of these!

We are delighted to have **Swami Bhaktipoorna** staying here and teaching on a regular basis, as she has a wealth of experience and understanding. She will be away in Australia from June till September, but fortunately for us, will return to a full programme. Her interesting and informative booklets entitled *Getting the most from nature's cycles* and *Yoga and the management of back pain* are available from the centre at £3 each.

I have just had a letter from **Georg Feuerstein** informing me that he will be in London around the end of July and wondering if I might like to arrange something with our yoga teachers and/or students. This is great news and I shall write back and tell him that we'd love a seminar (or two) with him. Keep your eyes on the centre noticeboard for further information, or send an SAE.

Also at the end of July, on the 28<sup>th</sup>, is **Guru Poornima**, which will be celebrated here in our usual joyful style, from early morning until the final feast and Kirtan in the evening - more details nearer the time.

We are very pleased to announce that Swami Vedantananda's **Teacher Training Course** started in London in February. The TTC starting here at Thurleigh Road in September already has a waiting list, so please, no more applications.

And finally, our main feature in this newsletter is an article by Swami Bhaktipoorna on **Karma Yoga**. If you thought this was nothing more than cleaning toilets and doing a spot of gardening for someone else then prepare to be inspired by this excellent piece, and come to the Centre to put it into practice. Karma Yogi(ni)s are always welcome here!

Swami Pragyamurti

## Karma Yoga

Karma yoga is the yoga of action. We need many and varied expressions of our energy through action, but we need to be wary of scattering our energy too wide. We can make our actions a quality experience, making them like a meditation so that every action is done with awareness. An important aspect of Karma Yoga is performing action with awareness so that it becomes meditative.

## Swami Pragyamurti's programmes outside London

- |             |  |
|-------------|--|
| 17 April    | Holland – Swamis Savitananda & Suryamitra  |
| 24-25 April | La Seyne-sur-mer, near Toulon – Swami Atmaja   |
| 15-16 May   | BWY (Yorks) – Sara Delamore (01854 537 483)  |
| 19-20 June  | Scottish Yoga Teachers' Association (SYTA)<br>Frances Corr, 26 Buckingham Terrace, Edinburgh |
| 26-27 June  | Cognac, France – Swami Nada Shakti   |

## Swami Bhaktipoorna's programmes outside London

- |          |  |
|----------|--|
| 24 April | Yoga in recovery from illness & injury<br>Derby – Russell Brown (01773 822 033)  |
| 25 April | Yoga and management of back pain<br>Nottingham – Cynthia Murette (01159 534 836) |
| 8 May    | Yoga & women's health<br>Oxted, Surrey – Penny Roberts (01883 723 227)           |

Swamis Pragyamurti & Bhaktipoorna are also teaching at several of the Sitaram Partnership yoga days – see separate listing for details.

## 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.

A twice-yearly **News Sheet for the International Yoga Fellowship Movement UK & Eire** needs your support and interest. We have copies here for your perusal, and you can contact Satyaprakash for subscription details (38 Gaddesby Road, Kings Heath, Birmingham B14 7EX).

## Bhakti Yoga Sagar - Satsangs with Paramahansa Satyananda

The **third** volume is now in stock. An amazing collection! (£10)

## Getting the most from nature's cycles Yoga and the management of back pain

Booklets by Swami Bhaktipoorna, just £3 each.

## Weekly classes & monthly Kirtan at SYC London

Monday	7.30-9.00pm	Intermediate	Swami Pragyamurti
	7.30-9.00pm	Beginners	Swami Bhaktipoorna
Tuesday	6.00-7.15pm	Beginners meditation *	Swami Bhaktipoorna
	7.30-9.00pm	Advanced	Swami Pragyamurti
	7.30-9.00pm	First year	Swami Bhaktipoorna
Wednesday	10.00-11.30am	Gentle yoga **	Swami Bhaktipoorna
	6.00-7.15pm	Pre-natal yoga **	Swami Bhaktipoorna
	7.30-9.00pm	Advanced	Swami Pragyamurti
	7.30-9.00pm	Intermediate	Swami Nirmal
Thursday	10.00-11.30am	General	Nirlipta Chaitanya
	7.30-9.00pm	Intermediate	Swami Pragyamurti
	7.30-9.00pm	First year	Katinka
Friday	1.30-3.00pm	Intermediate	Swami Pragyamurti

\* 8 week course from 13 April. \*\* 8 week course from 14 April.

Cost of individual classes is £5. The 8 week courses cost £35.

**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. Free - everyone welcome!

## Day & weekend programmes at SYC London

w/e 20-21 March	Swara Yoga (part 2), with Swami Pragyamurti
Saturday 27 March	Introduction to Hatha Yoga, cleansing practices and Ajapa Japa, with Vairagyamurti
Saturday 15 May	Back Pain (in-service training), with Swami Bhaktipoorna
Sunday 23 May	Yoga of sound, with Katinka
Sunday 4 July	A mystery day for students with some experience, with Nirmal
Saturday 24 July	Pranayama with mudras, bandhas & awareness of the elements (in-service training), with Swami Pragyamurti
Wednesday 28 July	Guru Purnima – everyone welcome!
Late July	TBC – programme with Georg Feuerstein (see Editorial)

Day programmes are 9.00am-5.00pm, residential weekends start at 9.00am on Saturday and finish around 1.00pm on Sunday unless stated otherwise.

Cost: £50 per weekend, £25 per day. Please send £5 deposit with your reservation, and bring vegetarian food to share on day programmes.

## Sitaram Partnership

Sitaram Partnership has been created by Nirlipta Chaitanya and Uma in order to spread Satyananda Yoga teachings ever wider. We are organising another series of London workshops for teachers and serious yoga practitioners. These may be counted as in-service training days with the British Wheel of Yoga, subject to confirmation.

All workshops are in London venues on Saturdays or Sundays (9am-5.30pm) and cost £40 per person. Plentiful and delicious organic, home cooked vegetarian lunches and all refreshments and snacks are included.

Saturday 27 March	Yoga Nidra: theory and practice of deep relaxation <i>Swami Vedantananda</i>
Saturday 10 April	Pranayama: expert guidance for an accurate practice <i>Swami Pragyamurti</i>
Saturday 17 April	Teaching methods: exploring how we teach yoga <i>Swami Vedantananda</i>
Saturday 8 May	Mudras: experiencing the ‘psychic gestures’ of yoga <i>Swami Pragyamurti</i>
Sunday 9 May	Bhagavad Gita: a practical & philosophical workshop <i>Swami Jivanmukta (Barbara Joseph)</i>
Saturday 22 May	Creating change: the transformative potential of yoga <i>Swami Bhaktipoorna</i>

For further details please telephone Sitaram Partnership on 0181 678 0054, and ask for Uma or Nirlipta, or send an SAE to Sitaram Partnership, 7 Holmewood Gardens, London SW2 3RS, email [sitaram@btinternet.com](mailto:sitaram@btinternet.com)

## Shankhaprakshalana – hatha yoga salt water cleansing

Shankhaprakshalana starts at 9am. Please come on an empty stomach. Cost is £10 – please send £5 deposit with your booking. Please let us know if you have booked but are unable to come, as there is always a waiting list.

Spring clean: April 10, 13, 17

Autumn clean: September 18, 21, 25

## Swami Niranjan's visit to Greece – June 1999

The European Yoga Fellowship (EYF) is organising a training programme for the application of Yoga in drug and alcohol rehabilitation. It will be held in the presence of Paramahansa Niranjanananda at the Satyanandashram, Greece from Friday 11<sup>th</sup> to Sunday 13<sup>th</sup> June.

The programme is expected to draw participants from all over Europe. Speakers and workshop facilitators will share with participants the results of their research and experiences.

The theme was chosen by Paramahansa Niranjanananda for both this training programme and the next 'Gathering for Friends of Yoga' to be held in 2000.

Contact: EYF, PO Box 357, 1110 Morges 1, Switzerland  
Tel/Fax: +41 21 801 60 36 Email: 113032.1542@compuserve.com

Additional events following this programme include:

Organised by Satyanandashram, Greece

- ❖ Public lectures
- ❖ Sannyasa festival
- ❖ A Celebration with the Guru
- ❖ Open Day
- ❖ Additional workshops

For further information and booking please contact:  
Satyanandashram, PO Box 171, 19400 Koropi, Greece  
Tel: +30 1 664 4189 / 602 8531 Fax: +30 1 664 4048

Organised by Tara Yoga Centre in Slovenia

- ❖ Days of Yoga, Tantra and Freedom

For further information and booking please contact:  
Tara Yoga Centre, Stihova 17, SL 1000 Ljubljana  
Tel/Fax: +386 61 302 351

Most of us see Karma Yoga as just plain hard work! If you go and live in an Ashram for any length of time you will find many perspectives on the subject. I find it one of the most difficult branches of yoga to describe. Yes it's all about hard work, creative self-expression through cleaning the toilets, gardening, cooking, or any "ordinary" activity.

So what are the guidelines? When does cleaning the toilets become Karma Yoga? Basically whilst in action we need to be mindful of the following:

- ❖ Tasks are undertaken without expectation of the following:
  - ♦ Personal gain - be it monetary, fame, recognition, praise or just plain "thank you".
  - ♦ Being able to rest or gain some other reward afterwards (like food or a "cuppa"!).
  - ♦ Joy – we don't just grin and bear it. Joy arises spontaneously as part of our expression of ourselves.
- ❖ We're not just "volunteering" or working as an act of charity. Although Karma Yoga is always voluntary this is not part and parcel of Karma Yoga.
- ❖ The work we do is not as important as what we bring to the work. The work is an avenue for our expression and evolution.
- ❖ We try to go past the idea that we are the "doer" or the performer/achiever. "Look at what I've done" or "Look how well I did" are common mental companions when we are working - through Karma Yoga we go beyond the "I" and see ourselves as channels for the expression of divine will.
- ❖ Work is taken as a duty, but not in a "heavy" way – it's a privilege! No grudges.
- ❖ Through these efforts we become more efficient and creative in what we do.
- ❖ We don't seek elation with success or suffer from failure. Through this approach equanimity arises. It's not that we don't care, but rather that it doesn't really matter.

We need to find ways of practising Karma Yoga in our daily life until we begin to take this approach with everything we do. The best place to learn is in an Ashram where the lifestyle is based on these principles. There you will work with others or alone and through interaction discover more about yourself than through any other form of Yoga.

So, here's the crunch - are you ready, able and willing to come to your Yoga Centre and do some? If so please contact me, Swami Bhaktipoornanada (Bhakti for short), and get organised! I look forward to hearing from you.

**Swami Bhaktipoorna**