
The Gift of Jigyasu Yellow

*First I was the Sun,
bursting with the bliss of his radiance,
and then,
a little later,
came vulnerability,
and I was the Yolk of an Egg.*

*To be One, makes the Other precious.
What possibility of Life, without this Love?*

Anandaropa



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Satyananda Yoga Centre

London Newsletter

Spring/Summer 2002



योगश्चित्तवृत्तिनिरोधः

The front cover is an illustration of the sage Patanjali. The text is the second of his Yogasutras: *Yogaschitta vritti nirodhah* (To block the patterns of consciousness is Yoga).

Editorial

As Spring comes round once more, the latest crop of new Yoga teachers from Swami Pragyamurti's recent TTC have matured, and Swami Vedantananda has just planted twelve new seedling teachers who will be ready in two years time.

Whether you are a teacher or student (or both), the London Centre has more events than ever during the next six months. In addition to the range of regular classes, there is Nada Yoga, Swara Yoga, Prana Vidya and Kirtan, not forgetting Karma Yoga which is always welcomed if you have some time to help out at the Centre. And Swami Niranjanananda is, at the time of writing, expected to be in the Netherlands for a programme from 30 April to 3 May 2002.

So grab your diaries and book yourself on these events right now to avoid disappointment. Become a seedling, practise Yoga and bloom!

The Editor

News from Australia

Hello everyone from a surprisingly cold Victoria, Australia. I'm writing to you from the Ashram near Melbourne, which is in a beautiful spot surrounded by forests. You may have heard about the bushfires that have devastated areas around Sydney; while they were having extreme conditions of heat and dry, I was busy in cold, damp but beautiful Tasmania and Victoria, well away from bushfires, snuggled up with my hot water bottle. Yes I have seen some sun now and then, but Aussieland is having peculiar weather, just like the rest of the world.

As I teach and travel over here I am meeting all sorts of people and am finding that we Yogi/nis are such a warm and friendly lot! Yoga definitely brings that out in people. I've bought a van, which has room in the back for me to sleep if I want to. It's filled with CDs, books, mobile phone, laptop computer, and of course teddy. Distances are huge so it's good to be able to stop and do a Yoga Nidra here and there and even camp out overnight.

I'll be seeing you again soon for some days of Yoga and maybe Kirtan on 31 May. Many thanks for all your warm wishes and emails that trickle through. I'm looking forward to an English summer – hoping it's better than the Aussie one I've had so far! Lots of love and Hari Oms to everyone.

Swami Bhaktipoornananda

Swami Pragyamurti Around and About

5-7 April	Cork, Eire. Contact: Anandaprakash on 00 353 21 341890
25 May	Yoga Biomedical Trust, London. Contact: 020 7419 7195
8-9 June	Cognac, France. Contact: Nadashakti on 00 33 545 825658
27-30 June	Swara Yoga retreat, Wales. See centre pages for details.
13-14 July	Ripon, North Yorks. Contact: Sara Delamore on 01845 537483

Yoga Teacher Training

Swami Pragyamurti is taking a break from teacher training, but students with at least four years experience of Yoga and knowledge of basic BSY practices can let her know informally if they are interested as another course may start in September 2003.

Kriya Yoga Course

A course in Kriya Yoga will take place this Autumn from September to November. It will consist of two residential weekends at the London Centre, one at the start and one at the end, with weekly classes in between on Wednesday evenings. The course is open only to experienced practitioners known personally to Swami Pragyamurti

Magazines and 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, or you can download an application form from the website: www.yogamag.net/subs.htm

The twice-yearly **News Sheet for the International Yoga Fellowship Movement UK & Eire** needs your support. Please contact Lalitambika for subscription details (41 Charlton, Singleton, West Sussex PO18 0HU).

Nasrudin played the cello. He loved to play the cello. He played the cello all day long. But he only ever played one note. His partner, a patient and compassionate soul, could stand it no longer: "All day long, just the one note. Over and over again. It's driving me crazy. Why don't you play all the other notes and make nice tunes and melodies like other cellists?" Nasrudin replied that all the other cello players played different notes because they were still searching for the right one. When you have found the right note why bother playing all the others?

In the Nada Yoga class on Friday evenings we often spend a long time singing or chanting on one note. When you make one sound over and over again something happens. You begin to enter into that note. It seems to go on for ever, taking you deeper and deeper into the sound. The sound draws you in. What seems in theory to be very boring, singing one note over and over again, in practice becomes something else. But you have to be in it to experience that "something else". It's a whole new world.

Nasrudin's partner couldn't appreciate the sound because they hadn't entered into that world and were still listening out for a familiar tune. Now please don't get me wrong - I've got nothing against "familiar tunes" (I can boogie with the rest of them!) but that ain't Nada Yoga.

Yoga means union. One way of interpreting this is to see Yoga as a process of uniting our individual consciousness with supreme consciousness, of realising that we are indeed divine, that we are spirit, soul, atman, one with God, in whatever way we interpret or understand this concept. The process which takes us to this place of realisation is also called Yoga. When music is used to calm the mind, to help bring about concentration of the mind, to connect with the rhythm of our bodies then it is called Nada Yoga. It's a whole new world.

Listen to a man sing and you will hear a man.

Listen to a woman sing and you will hear a woman.

Listen to neither - and you will hear something else!

Nada Yoga classes are held on Friday evenings from 7.30 to 9.00pm and cost £6 (except the last Friday of the month which is Kirtan, free of charge). During the classes we do some breathing exercises, rhythm work, vocal exercises learning the Indian system of notation (Sa Re Ga...), mantra chanting, sing bhajans, learn a raga or two and generally have a divinely vibrational time.

We do not, however, play the cello - not even the one note.

Teacher Training and Assessing

The SYC newsletter editor has asked me, with some arm-twisting, to contribute something for this issue. Whenever asked to do this I always leave it to the last minute and watch the tactics I use to delay sitting down to write. In the past I thought that engaging in practical or distracting tasks were a way to put off the inevitable. However I have found that this gives a chance for the mind to roam; better instead to practise Antar Mouna and ponder about what to write.

So whilst reorganising the garden in the lovely Surrey sunshine and enjoying the fresh growth of Spring, I began to think about the forthcoming TTC (Teacher Training Course) and the future of Satyananda Yoga in the UK. This latest TTC at the London Centre will finish at the end of 2003 and we will then have another twelve Satyananda Yoga teachers. Students are travelling each month from as far afield as Scotland, Plymouth and Yorkshire; slowly we are establishing Satyananda Yoga across the country.

TTCs require a huge commitment from those taking part and are for most, if not all, a life changing experience. But what of the trainers and assessors? When they reach an age where they can no longer take on the task, who will carry on the training? For a start, we are using some of the more experienced teachers to give speciality sessions on TTCs so that these become more of a team effort. If you have an area of yogic expertise, are an experienced teacher and would like to present something, please let us know.

Last year Swami Satyaprakash and I held an Assessors Training Programme in Birmingham. We invited Satyananda Yoga teachers with at least five years continuous teaching experience to participate. At the end of the programme we now have eight trained assessors who can help the assessing process in the UK. A similar course is planned in June in Ireland and later we will have another one in England.

So as Spring blooms on so too will Satyananda Yoga in the UK. Om Tat Sat!

Swami Vedantananda

STOP PRESS: Satsang with Swami Janakananda

We are delighted to announce that Swami Janakananda will be giving Satsang at the London Centre on Thursday 13 June, 7-9pm. Swami Janakananda is the founder of the Scandinavian Yoga and Meditation School, author of the bestseller

Yoga, Tantra and Meditation in Daily Life and is an internationally renowned teacher and speaker. This is definitely an event not to be missed!