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## Shavasana

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What is the difference between sleep and shavasana? Normally we go to sleep without quietening the mind. The influx of blood, tensions and congestion remains unsettled in our being. In normal sleep our day-to-day irregularities remain unsettled and unadjusted. Shavasana is really attained when our tensions are eased, blood circulation calmed down and other congestions rendered clear by this scientific method. Shavasana brings good quality sleep. One who practices shavasana does not feel sleeplessness at all.

Swami Satyananda Saraswati

If you are an expert in relaxation, within a minute or two the number of nerve impulses to the muscles of your hands and toes goes to zero. Then, within five minutes the motor neuronal input to the muscles of your forearms, arms, legs and thighs diminishes and also approaches zero. The rhythmical movement of the respiratory diaphragm lulls you into even deeper relaxation, finally minimizing the nerve impulses to the deep postural muscles of the torso. The connective tissues are not restraining you. Pain is not registered from any part of the body – the posture is entirely comfortable. This is an ideal relaxation.

H. David Coulter / Anatomy of Hatha Yoga



**Satyananda Yoga Centre**  
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Monday-Friday, 9am-7pm

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

### Front Cover

While Jayanta (aged 8) was visiting Swamiji at Rikhia with his grandma Swami Pragyamurti, he drew this beautiful *Sri Ganesha* especially for the newsletter cover.

# Satyananda Yoga Centre

## London Newsletter

Spring/Summer 2005



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## Editorial

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*Hari OM.* In the six months since the last newsletter SYC London has been abuzz with regular Yoga classes (nearly 500 in that time), marketing the new collection of Yoga Nidra & Meditation CDs (over 1,000 units sold in just 3 months), plus teacher training (12 new teachers ready in August) and of course joyful Friday evenings of Kirtan & Nada Yoga classes with far too many mantras and swaras to count. And over the next six months we have the UK Gathering to look forward to, along with Guru Purnima and more weekend events.

In all this activity it's useful to stop and reflect awhile on how fortunate we are in the Satyananda tradition to have such a range of practices to use and share; after a recent weekend programme in France it struck me what a wonderful thing it is to turn people on to their own perfection, seeing how these practices can show that you are not just a depressed adult, a chronic alcoholic or a stressed parent.

But as teachers we have to have the courage to be up front, to transform ourselves to discover our own freedom, our own divine nature. As a carpenter has her saws and chisels so we have an amazing yogic toolkit to create transformation. It is such a privilege which I feel increasingly over the years; we *have* to use and spread these yogic tools, developing and sharing a spiritual path that turns people on to the possibilities of the Divine within all of us.

So keep on with your own sadhana, but also keep in mind that whether you are a teacher or student, you can directly or indirectly share this transformative power of Yoga, from Shore to Shore and Door to Door.

*Om Tat Sat!*

Swami Pragyamurti

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## Yoga Nidra Short Training Course with Swami Pragyamurti

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Swami Pragyamurti is planning a course over six Saturdays from January to June 2006, open to qualified yoga teachers of all traditions who are interested in teaching Yoga Nidra confidently and competently.

You may register an interest by writing to Swami Pragyamurti at the London Centre, enclosing an SAE for further information on the course.

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## Swami Pragyamurti Around & About

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8-10 April	Speaker at BWY Congress, Hatfield, Herts.
25-26 June	Cognac, France. Contact: Nadashakti.
8-10 July	Sneaton Castle, Whitby, Yorks. Contact: Lesley Wood. Tel: 01642 272 637 Email: <a href="mailto:lesley.goodwill@ntlworld.com">lesley.goodwill@ntlworld.com</a>

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## Yoga Mart

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### *Yoga Nidra & Meditation CDs recorded by Swami Pragyamurti*

A new collection of 6 CDs for home practice is now on sale. See centre pages of this newsletter for full details.

### *Sri Yantra T-shirts*

In high quality 100% cotton with a beautiful Sri Yantra printed on the front, available in a range of colours and sizes, cost is £10 (T-shirt), £15 (sweatshirt). All profits go to Sivananda Math, India. *Available to personal callers only.*

### *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, or simply to enhance your home or yoga practice space. More information available at [syclondon.com/yantra.htm](http://syclondon.com/yantra.htm)

### *Telescopic Tratak Stands*

Adjustable up to a height of 100cm and easily dismantled for travel. Available from the London Centre, cost £22. Find out more at [sanyamatma.com](http://sanyamatma.com)

### *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 Cassette)*

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.

### *Other Items*

We stock a large selection of books, neti pots, malas and chakra charts.

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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 Satyananda events.

Please contact Lalitambika for subscription details at 41 Charlton, Singleton, West Sussex PO18 0HU.

**Yoga Magazine**, published by Sivananda Math, is available from the London Centre. To subscribe please send an SAE to the London Centre asking for further details, or download an application form from [yogamag.net](http://yogamag.net)

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### **Satyananda Yoga Gathering, 20-22 May 2005**

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**This event is now full booked**, but there is a reserve list and/or if you would like to be on a mailing list for similar events in the future please contact Vimuktananda on 0845 345 3557 or by email at [little\\_sue@talk21.com](mailto:little_sue@talk21.com)

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### **Weekend of Yoga & Introduction to Theosophy, 17-19 June 2005**

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**A weekend at Tekels Park**, Camberley, Surrey led by Melus Costenbarder & Bhagawati (Jenny Baker), including asana, pranayama, mudra, bandha, mantra, meditation and theosophy – the ageless wisdom. Cost is £150. For more information and booking forms please contact Bhagawati (020 8647 9533) or Melus (020 8241 5637), email [bhagawati@amservice.com](mailto:bhagawati@amservice.com)

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### **London Seminar with RYE, 25 June 2005**

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**Micheline Flak, President and Founder of RYE** (Research on Yoga in Education), is holding a seminar on Saturday 25 June in Ladbrooke Grove, West London on “Introduction to RYE Techniques”.

For more details please contact Lynn Parrott (BWY Children’s Module Tutor).  
Tel: 020 8693 4603 Email: [info@ryeuk.org](mailto:info@ryeuk.org) Web: [ryeuk.org](http://ryeuk.org)

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### **Guru Purnima, Thursday 21 July 2005**

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**Early morning meditation**, breakfast, full moon at 11.01am, chanting of Guru Gita, light lunch, asana class, mala making, late afternoon feast, followed by Maha Kirtan. Guru Purnima is free of charge, all welcome.

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### **Yoga in the Field of Mental Health, 9-11 September 2005**

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**A weekend training course for yoga teachers** at Harper Adams University College, Shropshire with Swami Satyaprakash & Sannyasi Amarajyoti. This course is designed for qualified yoga teachers who work or who aspire to work in the field of mental health (including prisons). It has British Wheel of Yoga approval as In-Service Training. The cost of £165 includes tuition, meals and accommodation. A printable booking form is available from [yogadiary.co.uk](http://yogadiary.co.uk)

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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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### **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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### **Shankhprakashana (Salt Water Cleansing)**

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**Spring Clean dates** are Saturdays 16 April & 7 May 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 payable in full before the day at the London Centre.

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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)**

Nada Yoga classes with Krishnadhyanam are held on other Friday evenings at 7.30pm, cost is £6.

#### **Nada Yoga Workshop with Krishnadhyanam**

Yoga camp 2-3 July on the Isle of Wight. Contact: Sue Bolton (01983 856 609)

For general information about Nada Yoga workshops with Krishnadhyanam see his website at [krishnadhyanam.co.uk](http://krishnadhyanam.co.uk)

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### **BWY Yoga for Children Module**

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**BWY Training Module on Teaching Yoga for Children** is being held over a 5 month period from June to October 2005 in Horley, Surrey.

For details please contact Swami Vedantananda on 01293 784 192 or email [vedanta@easy.com](mailto:vedanta@easy.com)

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

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**SYAE are delighted to announce** that the first one year Yogic Studies Part 1 Pilot Course will commence in July 2005, in Hungary. You can email [info@syae.org](mailto:info@syae.org) for more details.

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## CD Diary

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*January 2004* :: It all starts after an in-service training day on Yoga Nidra with Swami Pragyamurti. After several wonderful Yoga Nidras, a sankalpa begins to take shape. Wouldn't it be great to capture some of these practices on CD for students and teachers?

*February* :: At Kirtan, casually ask Swami Pragyamurti if she has any plans for future recordings. This innocent question doesn't elicit a definite answer; perhaps silence is consent?

*March* :: Background investigation into CD production companies, artwork, sound editing, recording studios and insert printing.

*May* :: Now it's really happening. Eaton Blake, a longtime friend of Swami Pragyamurti, has a recording studio in South London and dates are discussed for some late summer recording sessions. Sanyamatma is living at the London Centre and volunteers to help with sleeve notes and to act as a general sounding board.

*June* :: Sleeve notes are drafted, discarded, redrafted, shortened, appended...

*August* :: The first day of recording arrives and we drive to the studio with cushions, candles, incense and harmonium. Amid the drumkits, grand piano and martian-looking acoustic foam fingers stuck to the walls, we set up for the day.

The studio has a very homely feel and the acoustic for voice is superb. Eaton makes tea, and after a sound check and removal of watches, mobiles and malas the recordings begin. By late afternoon the tracks for the first disc and part of the second are complete. Two sessions later and another two volumes are in the can.

*September* :: The first major setback; a whole volume has to be re-recorded as there are background noises of hammering and traffic from outside the studio. Swami Pragyamurti takes it all in her stride, and the master tapes are converted to CD for sound editing.

Panni Bharti kindly offers to help design the covers. An evening at her house going through dozens of beautiful photos from India, and six images are selected.

*October* :: The first two volumes are ready and on sale, with volume five ready a couple of weeks later. Finally, it seems that all is going well.

*November* :: Another setback with the final disc of the series; a whole chunk of one practice is missing where a tape ran out, and the audio balance of the rest is unusable. Without fuss, Swami Pragyamurti re-records the tracks and these final meditations need no editing at all.

*December* :: The final volume of the set arrives in time for Swami Pragyamurti to take a complete set to India. Mission accomplished!

Nadarupa

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## Yoga Nidra & Meditation CDs recorded by Swami Pragyamurti

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This new 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 (all new)*

This CD is suitable for all levels. The two shavasana practices can be used when you have limited time but need to or want to relax. An explanation of Sankalpa is followed by the full practice of Yoga Nidra. Ideal for beginners and busy people.

*Volume 2* :: *Yoga Nidra (all new)*

Two beautiful and inspiring new Yoga Nidras (Physical Senses & Healing Light; The Crystal Pool & Guru's Gift).

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

Two Yoga Nidras reissued from the bestselling tape and digitally remastered, this disc includes an extended practice to develop awareness of the chakras.

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

Another bestseller transfer to CD, this volume has a Yoga Nidra and the full practice of Antar Mouna (Inner Silence).

*Volume 5* :: *Hridayakasha Dharana – Heartspace Meditations (all new)*

This CD comprises two practices of Hridayakasha Dharana (meditation on the heartspace), along with an introduction to Shanti Path and chanting with harmonium.

The eight-page colour booklet includes the words to Shanti Path in English and Sanskrit, plus a translation and an explanation of the daily practice from Swami Pragyamurti.

*Volume 6* :: *Chaturtha Pranayama & Introduction to Prana Nidra (all new)*

For experienced students, these meditations are a useful preparation for advanced practices such as Prana Vidya.

**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)

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

You can order online 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.