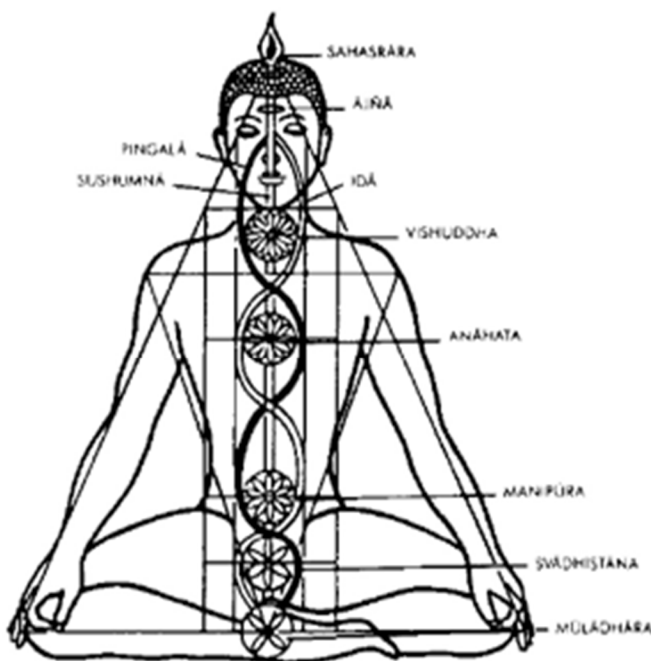


# Satyananda Yoga Centre

## London Newsletter

Spring/Summer 2015



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## Editorial

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For many of us 2015 did not get off to an auspicious start. The Australian Royal Commission are currently reviewing the child abuse cases which took place in the Mangrove Ashram in Australia in the 1970s and 1980s and this is being widely publicised on social media sites. Stories of child abuse are deeply disturbing, and it is particularly upsetting to hear that this happens in some yoga centres and ashrams.

Spiritual life is not without difficulties and challenges? But our Gurus, Swami Satyananda and Swami Niranjanananda, have passed on an impeccable system of yoga practices which nurture and heal not just the body, but mind, psyche and spirit.

Let us always remember that Yoga means unity, oneness - with all aspects of ourselves, with others and with the world around us.

Let us remember that years ago Swami Satyananda asked us to chant Gayatri Mantra for wisdom, knowledge, Mahamrityunjaya Mantra for the relief of suffering and OM, the universal sound of creation and oneness - for ourselves and for others. And many Satyananda yoga teachers have integrated these mantras into their classes ever since.

As many of you know, I have been teaching at HMP Wandsworth for over 20 years, and those classes, as well as being quite challenging, have also been amongst my favourites. Yes, some of the men just come to class in order to get out of their cell, but many more are realising that yoga practices can be hugely self-empowering, and they use them to help relax and to feel better about themselves and to re-discover their sense of Self (always followed by our mantra "Because I deserve it!"). This alone, given the painful upbringing and lack of education of many prison inmates, is astonishing, and why yoga classes play an integral part for those on drink/drug rehab courses.

As we move into springtime and brighter mornings could we not join the joggers and dog-walkers in the park, and practise Chaturdik Pranam Mudra, the Greeting of the Four Directions. We might just inspire people's curiosity and be able to pass on this beautiful and unifying practice, which they in turn can pass on to family and friends! In no time at all the days would get off to a fine start!

By the time you receive this newsletter Sn. Mahesh will probably be back at the Yoga Centre - he has just completed the 3-year sannyasa course at the Munger Ashram - and hopefully will be fully inspired to undertake some music/chanting classes. Check with him directly.

Another bit of good news is that Swami Atmajyoti will also be here during April!

***Swami Pragyamurti***

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## Swami Pragyamurti Around & About

9/10 May 2015	IST Day Mandala Ashram
13/14 June 2015	Meditation Course Sheffield. Full with waiting list. Contact Tapasvi info@sheffieldyogaschool.co.uk
27/28 June 2015	Sneaton Castle, Whitby. Details from Namrata Devi namratadevi@satyanandayogauk.com
4/5 July 2015	Meditation Course Sheffield
16/20 July 2015	Retreat near Nantes, France.
19/20 September 2015	Meditation Course Sheffield
3/4 October 2015	Heartspace weekend, Thurleigh Rd.
17/18 October 2015	Tattwa Shuddhi weekend, Thurleigh Rd.
21/22 November 2015	Meditation Course Sheffield

### Empower Yourself - Help the world

A day of yoga with Swami Pragyamurti at Thurleigh Road  
The day will include asana, pranayama and Yoga Nidra to help you empower yourself.

#### **Saturday 23 May**

Please see booking form to book your place—places will fill quickly and are limited.

### Contributions and Karma Yoga

The newsletter is produced bi-annually by karma yogis and we are always on the look out for contributions, please do consider writing a short piece about your experience on a Satyananda event or course you have attended, a personal experience as a student or a teacher or maybe even a poem or a few words of inspiration for readers. Also welcome are images for the front cover.

We love to hear each other stories of inspiration so please consider sharing yours (in the name of karma yoga)

Help with proof reading, editing and collaboration is also needed

Please do contact Ishwari at goddessyoga@gmail.com with submissions or offers of help.

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## Towards Nirvana

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In December Sam(my husband) and I again visited The Nirvanavan Foundation in Alwar. As the majority of you are aware this is the organisation that 'Towards Nirvana' - fund raises for. We, over here, are the major fund-raiser and without our help this charity would not be able to exist as it does. It really relies on our UK funding and we cannot thank enough all those who already donated and who help to make a difference to these children's lives.

Krishnadhyanam, who many of you know, travelled with us from Delhi to Alwar too. This time we were able to visit six of the schools that we look after. The flagship school – Advaita Garden. Advaita Garden has eight classes and a different teacher for each class. The children are happy and healthy and enthusiastic. When the children go home each day there are several boys who stay on and live in one of the classrooms. They are well cared for there and these are the children, and those like them, which we are wanting to build a children's home for. Eventually we want to provide a safe haven there, for both boys and girls with housemothers to look after them. Sadly this looks very much a future venture at the moment, rather than something that is imminent.

We also visited five other schools, Dhobi Ghatta, Gajuki, Hatundi, Teen ki Rudi and Pipalgarh. One of these schools is in the slum areas and four in the prostitute districts. These schools consist of one class only, mostly with only one teacher but sometimes with two. The age of the children ranges from five or six years old up to about fourteen and the classes are mixed boys and girls. I was very privileged to be able to work with these children. They really enjoyed learning the English names for different animals and getting me to make the various growls, barks, meows and neighs that go with them!! They are very enthusiastic and very willing to learn. All these children are also particularly good at art and making things. It is a real joy to see what they can make with such little material. They improvise and show such skill and fully use their imagination.

The dedicated team at the Nirvanavan Foundation work ceaselessly for the good of these children. Nirvana himself oversees a good team of loyal staff who work tirelessly, not for the money because we can't afford to pay them much, but because they care. Care about these young and vulnerable youngsters and their lives. Giving them hope for a better future.

We also found time to visit Alwar Childline which The Nirvanavan Foundation helps to fund. Childline gets funded by the Indian Government but they don't receive enough funding to keep going for twenty four hours a day. Often the Government money is late in arriving and the staff

remain unpaid for some time. Our funds allow Childline to keep going and it means that there are always two members of staff on call day or night to be on hand to help the most vulnerable and frightened children.

So I can personally assure you that every penny of the funding that 'Towards Nirvana' raises is being well spent. Nothing ever goes astray or on administration costs. We, team 'Towards Nirvana', do this because we care passionately about these children and their future. We will continue to work tirelessly for this cause and ensure that every penny is well spent and that every donation will get to the right place and to where it is intended to go. I am the Chairperson and a Trustee and I keep in constant touch with Nirvana so I can keep on top of what is happening there and see that all is running as it needs to. When funds allow (my personal funds not funds donated to 'Towards Nirvana'!!!!), I visit Alwar, so I can be there and visit not only Nirvana himself and 'Towards Nirvana' but I also go to the different schools and mix with the children and the teachers. So I will now put the usual plea out that if anyone wants to become a regular donor, or if anyone has any experience with fund raising or wants to give some of their time to help us, we would be really thankful and grateful!! The donations we receive do make a difference and if we didn't receive them then 'Towards Nirvana' would be really struggling and schools would close and life in the slums and prostitute districts would be much bleaker for these wonderful, vibrant, intelligent youngsters. Life is challenging for everyone at the moment – in more ways than one!!! But one way is financially, so over the last year sadly and with regret some regular donors have found that their finances are too stretched to donate or have needed to decrease their regular donations. So please don't just put this magazine to one side. If it is making you think – then take just one more step and do. And remember – you are all welcome to visit Alwar to see what is happening there!

### **Swami Satvikananda**

Donations can be made at [www.towardsnirvana.org/](http://www.towardsnirvana.org/)

### **New Friday Evening Nada Yoga sessions with Mahesh**

Content of the Friday class:

- short asana / pranayama session
- introduction to swara sadhana (nada yoga)
- introduction to devanagari (only sounds, not writing!) alphabet
- introduction to mantra

Regular attendance is encouraged to allow for progression

**Time:** 6pm-7.30pm

**Dates:** 10 April 2015 - 29 May 2015 (no class on 1 May 2015)

**Cost :** £11 per class/£9 prepaid

Book with Mahesh via email: [e-mahesh@protonmail.ch](mailto:e-mahesh@protonmail.ch) or call 07518040990 see website for more details [www.yogasquare.net](http://www.yogasquare.net)

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## Sat Chandi Maha Yajna

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On Wednesday 19<sup>th</sup> November 2014 at 4.20pm I caught the train from New Delhi to Jasidih in Jharkhand. I was travelling with Sam, my husband, and four students to the Rikhiapeeth. I try to go every year in November / December to help with the preparations for the Sat Chandi Maha Yajna and Sita Kalyanam which was held last year between the 23<sup>rd</sup> and the 27<sup>th</sup> November 2014 (the dates are changeable each year and are governed by the moon). We arrived the next afternoon and then the scramble began to get an auto-rickshaws to go to Rikhia. The accommodation in the Ashram is clean and basic, but all you need. Expect to share a small room with two or three other people. It just fits three beds plus a mattress on the floor. The beds are solid wood, the mattresses thin; so don't expect to sink into soft comfort at the end of a very busy day! There is usually a shelf each for your 'stuff' but no hanging space or hooks. There are four bucket shower cubicles and four loos in most accommodation buildings often between thirty people. The water is cold – sometimes freezing, and so often is the weather especially as November turns into December and December into January. It is often the case of starting off the showering with enthusiasm but as the days get colder, (and I have noticed as you get older!!), washing quickly just where it matters!! Don't expect to use your mobile phone. Mobiles and other forms of outside communication are banned. There is a phone in the Ashram office for emergencies but ringing for any other reason is discouraged. Even if you were to sneak a mobile in against the rules you would soon run out of battery and there are no power sockets to recharge. And if you haven't gone for an actual course don't expect to need a yoga mat! So what do we do at the Ashram?

As we know Satyananda Yoga is very much about 'serve, love, give' and the yoga in the Ashram centres around both Karma & Bhakti Yoga. Many Satyananda students from all over the world come together to work for the needs of others. When Swami Satyananda first went to Rikhia it consisted of some of the poorest people in India. They had no running water, electricity, schools and villagers existed in terrible conditions. Thanks to Swami Satyananda and the Ashram the people and local villagers are now totally looked after. Life for these people has completely changed and with all the negativity around at the moment we need to remember how Sri Swamiji has changed these lives for the better and not just for now, but for generations to come. I see every year the difference that has been made in Rikhia and the surrounding areas. The children are cherished and the elders loved and cared for. There is running water, electricity in the homes, a medical centre and all the people over seventy get a pension. There are two schools, one for boys and one for girls and all the children are confident and outgoing English speakers and cannot wait to share with you their love and gratitude for is

enabling them to step out into the wider corners of India and to prosperity, both Spiritually and materially that they would never have dreamed could be theirs.

So why do I always try to go for the Sat Chandi Maha Yajna and Sita Kalyanam when it is so VERY cold!!? Because that is when I can give the most help. It is a big festival and every day the people who come receive gifts. Villagers receive buckets, cooking utensils, flour, rice, blankets, suitcases full of clothes and much more. Some families receive a cow, men receive cycle rickshaws so that they are able to earn their own living, school children receive bicycles so that they no longer have to walk miles and miles to get to school. There are always several thousands of people to feed every day. The food is the same for all. Basic mild, vegetable curry, rice, sometimes a roti, sometimes dhal. Water from the well throughout the day and black chai, or sometimes a cup of milky chai for a treat at breakfast. There are always people needed on the accommodation desk, people to be in charge of the accommodation buildings, people to work in the kitchen and serve the food, people to pour water, people to prepare the gifts to be given away, people working in decorations and many more jobs to do, people to chant. Chant, chant, chant letting the positive vibrations out into the Universe for good of all mankind and all creation. This time our group were in charge of preparing all the 'prasad' to give to all the people at the end of each day as they left the festival. Sometimes this consisted of small bags of sugar and raisins, sometimes small bags of crisps and once even chocolate biscuits – yum!

So for those of you who want to know what a typical day consists of. The answer is that there is no typical day. But roughly getting up at 4.30am, chanting and then cleaning the accommodation blocks or other areas as directed. Breakfast at 6.30am. 7am working on whatever duty you have been given. Programme starting at 8.30am – Brahmins and Rishis, usually from Varanasi chanting around the Havan, (sacred fire), Gurus – Swami Niranjanananda and Swami Satyasangananda giving spiritual guidance and enlightenment with those of us lucky who are enough to snatch time out from our duties and also listening, chanting and more chanting. Then lunch at 12.00pm with much of the same in the afternoon. The festival coming to a close around 5.30pm. Dinner at 6.30pm and flopping into bed exhausted by 8.00pm if we are lucky!! We have worked flat out all day but are humbled by witnessing the joy of the people in Rikhia who have so little and who are always so grateful for all they receive. I have witnessed myself in previous years, elderly people walking to the Ashram in the freezing cold and leaving their homes in the early hours of the morning because they live miles away, just to be able to get to the Ashram by 6.30am – 7.00am to partake in this festival. I have personally heard the cold chattering teeth of these wonderful people and felt their freezing hands, they just feel the need to be at the Ashram,

at this time, not just to receive their gifts but to show their gratitude for their changed lives. Who would not be humbled by witnessing this? And are we all happy whilst there? Wonderfully. Do we ever get cross and frustrated when things go wrong? Frequently! Would we do it again and brave the lack of Western luxury the experience the very cold conditions? Absolutely - and do every year!!! So I urge anyone with doubts to leave their warm homes and soft beds behind and visit Rikhia to serve, love give. You will then experience first hand what Satyananda Yoga stands for and is really like!

**Swami Satvikananda**

## **Well Woman Yoga**

**on Saturday 27 June 2015 with Swami Satvikananda**

This day will benefit both **men and women** teachers and women yogis who wish to further their knowledge of 'Well Woman' yoga. The day is aimed specifically to encourage and maintain good health for women from menstruation to menopause and beyond, as well as helping those with existing female problems so it is suitable for women of all ages. It will cover problematical menstrual cycles, infertility, fibroids, difficult menopause, stress incontinence and endometriosis. Postures are geared to maximum health and of benefit to women at all stages and conditions of their life cycle. Suitable diets are discussed and yogic breath taught to relieve stress and anxiety and to cool those hot flushes.

## **Nada Yoga Workshops with Mahesh**

Dates: 25 April 2015, 9 May 2015 and 23 May 2015

Each of the days will include:

asana/pranayama, swara sadhana, meditation and recommendations for home practice

Audio recordings will be made available for participants.

Complete a booking form to book your place

Or contact Mahesh for further info via email :

e-mahesh@protonmail.ch or call 07518 040990

For more details see [www.yogasquare.net](http://www.yogasquare.net)

Pavitrabhav (Emma) will be running a six-week back to basics beginner course on Thursday evenings from 1800-1915. If you're interested in joining the course, which starts on 9 April, please email [emma.hill-french@new-oxford.com](mailto:emma.hill-french@new-oxford.com)



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# Teaching Yoga

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I have always felt blessed to have had the good fortune of being introduced to the amazingly diverse yet simple practices of Satyananada yoga. Not only has it enriched my life but it also allows me to enrich the lives of others, often in some very surprising ways.

As a Satyananada teacher on the Isle of Wight I have, for the past 13 years, worked with a wide range of groups and individuals ranging from prisoners, adults with learning disabilities, children with cerebral palsy, individuals with a wide range of neurological conditions as well as 'the general public'. To date I have never yet found a situation in which I was not able to use the tools of Satyananda yoga to good effect. With the students I work with this often means thinking outside the box - finding new ways of communicating (if people have no verbal skills), of assisting people with movement (if they have no independent physical movement) or sometimes just giving people space to experience themselves as they are at this moment.

Today I was reminded of the effectiveness of the simple practices. For a while now I have been working weekly with a teenager with foetal alcohol syndrome, who also has some learning difficulties. She is a very angry, disillusioned and troubled young woman, often battling with her adopted family and the challenges of growing up without having had a firm start in life.

After some asanas to help release her very chaotic and flighty mood we practised the lion breath which she loves, partly I think because it gives her great pleasure to be encouraged to shock her family by making so much noise. She sat in silence at the end of the practice and after a few minutes I gently asked if she could explain how she was feeling. "Empty. As if all the bad things have been sent away". After a few more minutes I encouraged her to think again about how she was feeling. "As if I can fill the emptiness with something good".

Oh that we could all experience and express the effects of the practice so eloquently. We went on to practice some sun salutations together (her variation is a little unconventional as like many teenagers she struggles with flexibility and co-ordination). She loves this practice as she can really connect with the idea of a "God" or power warming and lighting the earth and reaching out each day to lighten her life (again, her words not mine).

We finished with some simple alternate nostril breathing, 5 breaths one side, 5 breaths the other and 5 breaths both - not too concerned about right and left sides as this often leads to confusion and a fear of having made a mistake.

At the end of the session she said "I feel all balanced up – not too tired, not angry anymore and just calm. I'm going to show mum that next time she's angry with me."

Thank you to yoga for the simplicity of making this teenagers life so much easier. And thank you to all my teachers who have inspired me to take these practices and make them accessible to everyone regardless of their age, gender, ability or station in life.

***Tulsi***

### **Yoga and Mental Health Module - Jan - June 2016**

in Nottingham with Shantipriya and Amarajyoti

This module is for qualified yoga teachers to explore how yogic tools can help students with mental health problems come towards balance and wellbeing in a range of general and mental health classes.

It will start with a non-residential weekend (Sat/Sun) in January 2016 followed by 5 further Saturdays over 6 months.

For more details please email Amarajyoti at

***amarajyoti@ntlworld.com*** or tel ***0115 9206397***

### **A DAY OF ASANA, PRANAYAMA, MEDITATION and EXPLORATION**

**Date: June 5th 2015**

**Venue: Satyananda Yoga Centre, London**

Working with awareness of the KOSHAS—the 5 sheaths or realms of experience which surround the Self.

Jivanmukta has been teaching Yoga for 30 years and was initiated as a karma sannyasin in 1985. As well as regular classes and classes for those living with HIV, she has a special interest in teaching the classic texts.

For more info and booking see booking form

### **Shankhaprakshanla and Laghoo Shankhaprakshalana**

With Swami Satvikananda

The Yoga Room - Surrey

Saturday 19 September 2015

Contact : [satvikananda@theyogaroom.plus.com](mailto:satvikananda@theyogaroom.plus.com) or tel 01932 872587

[w.satvikyoga.co.uk](http://w.satvikyoga.co.uk)

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## On Teaching and Learning

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*In 2014, the Satyananda Yoga Academy in Europe (SYAE) ran its first teacher training course. Here, Pavitrabhav (Emma Hill-French) reflects on the experience of becoming a Satyananda Yoga teacher.*

I always assumed there was no end to learning in yoga. The system is so vast and so rich that most people can only skim the surface of all there is to understand and experience. As a child, I had my first existential crisis when I scanned the packed shelves of a public library and realised there was no way I could read all its books before I died; that was my first recognition of how much might be unexperienced upon death. I felt something similar when I contemplated the massive back catalogue of the Yoga Publications Trust. So many treasures, so little time. Now, having started my training, I've reconsidered what it means to teach and to learn. I thought the training would be a process of acquiring knowledge and skills. As it turned out, our course tutors quickly crushed any hopes we had of being told or shown what to do. The training demanded independence – non-reliance on books or tutors or external supports – and the effect of this was to create trust in our own inner resources. The process made me think hard about our tradition's approach to education. I'm less wistful about those unread books now.

So why, if I've decided that experiential, self-generated learning is so great, am I now writing an article that others will read? Because I believe that theory still has its place, and that sharing experience is helpful. And because I think the insights (note the word *in-sights*) I had apply as much to someone practising yoga as someone wanting to teach.

Most of us have had the experience of being hit by a powerful realisation that changes the way we look at things. James Joyce called them epiphanies; Oprah Winfrey calls them 'Aha!' moments. Here, in no particular order, are a handful of the Aha!s I had while training to teach:

### **1) An ounce of practice really is better than tons of theory**

Swami Sivananda's maxim could have been the motto for our teacher training. Entering the sadhana hall for the start of our first residential, each trainee was presented with a workbook that was 15 pages long. The slimness of this workbook was a sign of what was – or wasn't – to come in the following weeks. Many of us had the expectation that we'd be given

everything we needed to become good teachers. This was understandable considering that most of us were raised in cultures where learning involves ingesting information and then regurgitating it.

But Satyananda Yoga doesn't work like this. You learn by doing, and then reflecting. In classes, teachers will guide people into practices, but you're left to explore on your own. You're not given tons of theory about how or why a practice works; you're not told what to think or feel or experience. Students might not notice this while they're in a class, but good teachers will encourage self-education.

While the trainees, including myself, might have been hungry for specific instructions about how to teach, we didn't get this. Instead, we had to practise and then reflect. And this was hard. I remember my panic at being asked to guide shavasana for the first time without having had a lesson in how to do it. I'd practised shavasana hundreds of times myself, but for some reason (the way I was schooled, maybe) I felt totally ill-equipped to guide it.

Anyone who hasn't experienced the relativity of time should try instructing shavasana when they're not sure what they're doing; ten minutes can seem *a lot* longer. As halting and uncomfortable as my first attempt was, I learned more about how to – or how not to – guide shavasana in those ten minutes than I would have in an hour-long theory class. This applied to each and every practice we covered: we learned more deeply by doing than by talking or reading about it. Besides, the thing ostensibly being studied was rarely the thing being studied.

## **2) It doesn't have to be perfect**

Most groups have a few 'achievers', competitive types who place a high value on getting things right. Achiever students want to execute practices perfectly; achiever trainees want to deliver classes perfectly.

I was struck by the strength of my own inner achiever when I made a mistake during my first assessed class. I was supposed to guide people into *vayu nishkasana* (wind releasing pose), but halfway into my instruction, I noticed several puzzled faces and realised I'd got everyone into the wrong starting position.

"What did you think of the class?" my tutor asked me afterwards.

"Well, vayu nishkasana was a disaster"

The tutor smiled kindly "It wasn't a disaster"

"It was a disaster. I got everyone to do the wrong thing"

"And then you caught yourself. Why do you think it's all about perfection?"

He had a point. The achiever in me thought it was about perfection, so I told myself I'd done a lousy job. But the important thing wasn't to always get it right – it was to be aware. *I caught myself*. I suddenly saw how egocentric it was to worry about how well I was doing something. Would I ever have suggested to a student that the purpose of yoga was to execute practices perfectly? Would I have thought any less of them for not getting something right? No way.

Not only can perfectionism make you feel rotten, it's also counter-effective to want to avoid messing up. Why? Because you often get better at something by getting it wrong.

### **3) Failing is great**

Whether you're teaching or learning, it's excellent to mess up (providing you're aware). Mistakes are revealing - they draw attention to deficiencies, highlight where we need to improve, show us what we need to work on. Yes, they're sometimes uncomfortable and hard to forget, but this is what makes them good lessons.

I embraced mistakes with gusto while teaching my first beginners' class. Every week, as soon as the students had gone, I'd make a note of things that hadn't worked and things I'd do differently next time (examples: don't try to make meringues immediately before the class; ipads are potentially as disruptive as mobile phones). As time passed, I realised how useful my slip-ups were and started welcoming them.

### **4) You need a good guide**

While teachers don't give students anything they don't already have, it's still advisable to have a good guide. Swami Sivananda talks about education as a "drawing out from within of the highest and best qualities inherent in the individual". Students' best qualities might be innate, but

these are more likely to surface if they're drawn out by someone further along in their personal evolution.

Good guides in yoga aren't like tour guides: they're not always cheery, and their job isn't to impress you or make sure you're comfortable. Critically, they don't always give you what you want; they'll give you what you need. If you find yourself questioning your guide's methods (as many of the trainees in our group did), consider that what you want might not be what's best for you.

### **5) You have to laugh**

Yoga is a serious business. And it's right that people who choose to explore it, whether they're teachers or learners, treat it as such. However, there's an important difference between seriousness and joyless earnestness.

Being serious about yoga doesn't mean becoming solemn or po-faced. On the contrary, sometimes a bit of levity is exactly what's needed.

Our group laughed a lot over the course of our training, partly thanks to our tutors (who knew what we needed) and partly thanks to funny situations which arose spontaneously. The fact that many people were teaching in their second or third language meant we got some colourful instructions. My two favourites were for shoulder rotations - "Now bring your toes up on to your shoulders," and a breath awareness segment in shavasana, which was guided by the only man on our course - "Begin to take your attention to the natural breasts. Focus on the rise and fall of the natural breasts."

How freeing it is to laugh sometimes. And what a powerful antidote to self-importance.

### **6) Teachers are learners, and vice versa**

As often happens in yoga, you go for one thing and you find another. I thought my training would make me into a good teacher, but the process made me a better learner; I thought I had something to impart to others, but I've realised I learn more from students than they do from me.

I still think there's no end to learning in yoga, but the line between teacher and student is more blurry than I thought.

***Pavitrabhav***

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## Satyananda Yoga Gathering!

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**Date** Friday 25 to Sunday 27 September 2015

**Times** Arrival from 11am Friday, departure before 6pm Sunday

**Venue** East Dene a wonderful manor house in the village of Bonchurch on the south of the Isle of Wight. Set in 10 acres of grounds with direct access to the beach and coastal path, outdoor heated pool and hot tub, evening fires (weather permitting), simple but clean bedrooms. Fantastic wildlife and peaceful gardens. Stately rooms for yoga practices, or lawns with sea views if weather allows, fire pits in the woods for havan.

**Cost** Kept to a minimum! Single room £140 Twin room £115  
Dorm (max 6 people and no top bunks) £90

**Programme** Determined by participants!

If you have a favourite Satyananda practice that you are willing to share (early morning class, meditation, Yoga Nidra, kirtan etc) then please let me know and I will allocate you a teaching slot. Stimulating walks in countryside or gentle stroll to local cafes. Something for everyone.

**Catering** Fully catered - vegetarian - please advise any dietary requirements

Payment In full by cheque made payable to: Nickie Short,  
8 Blendworth Terrace, Clarence Road, Ventnor PO38 1NF

(marked Satyananda Gathering) or by bank transfer to:

Sort Code: 11-08-58 Account Number: 00193637

Ref: SYG (and name)

Further info: Tulsi 07799 032824 or by email [nickie@yogaisleofwight.co.uk](mailto:nickie@yogaisleofwight.co.uk)

### SIX MONTHS YOGA NIDRA COURSE for TEACHERS ONLY

**This course is for qualified yoga teachers from other schools of yoga who wish to teach the Satyananda Practice of Yoga Nidra**

Yoga Nidra is an ancient, important healing meditation and deep relaxation practice and it enables teachers from other schools of yoga to teach this wonderful Satyananda practice safely and with confidence. It comprises of one Saturday a month over six months and provisional dates for this course are : 5th Sept, 10th Oct & 14th Nov 2015 & then 23rd Jan, 20th Feb & 12th Mar 2016

Booking essential - 12 places only

With Swami Satvikananda @ The Yoga Room - Surrey

Contact : [satvikananda@theyogaroom.plus.com](mailto:satvikananda@theyogaroom.plus.com) 01932 872587

[www.satvikyoga.co.uk](http://www.satvikyoga.co.uk)

“Regularity inspires confidence in oneself. Develop this virtue and attain success in all your undertakings”

Swami Satyananda Saraswati



**Satyananda Yoga Centre  
70 Thurleigh Road  
London SW12 8UD**

**Tel: 020 8673 4869**



**Monday-Friday, 9am-7pm**

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

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