

# SATYANANDA YOGA® Rocklyn E-news

*Yoga is the science of life*

*spontaneity, simplicity, endurance, regularity, expansion, inspiration, skill, creativity, joy*



*Happiness: It is only after you have realised that you are an immortal child playing an eternal life in the lap of eternity that you will really become happy.*

## **Hari Om Tat Sat**

Rocklyn Ashram is hosting a range of wonderful teachers and courses in the next few months. We invite you to take the opportunity to spend time with these inspiring teachers.

Hari Om Tat Sat  
Swami Atmamuktananda

## **Yoga Lifestyle Retreats**

Living with **consciousness**

Available all year

**Living Consciously Retreats – 1 week to 1 month**

**Yoga Lifestyle Retreats 5 or 7 nights**

[www.yogavic.com](http://www.yogavic.com)



## **Hatha Yoga Cleansing Practices**

### **March 7 - 10 Long Weekend Retreat**

Traditionally known as Shatkarmas - the shatkarmas are a group of purification practices.

- ◆ Neti (nasal and sinus wash)
- ◆ Laghoo (gentle intestinal wash)
- ◆ Kunjal (stomach wash)
- ◆ Yoga Nidra – deep relaxation
- ◆ Tratak (meditation – candle flame as a focus)
- ◆ Lifestyle and natural environment

These ancient cleansing techniques use warm salt water, asana - postures and the natural process of gravity to eliminate toxins from the physical body, subtle bodies and bring balance to the doshas.

## What is Yoga?

Swami Niranjanananda Saraswati

*Look at a bullock cart. The wheel rotates on the axle. The axle is still while the wheel moves.*

*Consider the whirlwind. There is a lot of action in a whirlwind, but in the centre everything is quiet and still.*

*The eternal truths are visible in such happenings. Motionlessness beyond motion: stillness beyond dynamism.*

*'Yogaschitta vritti nirodhaḥ' - to control the modifications of the mind is Yoga.*

*'Tada drashtu swaroop eavasthaanam' - then the seer is established in his own essential nature. These are two statements from the 'Yoga Sutra' of Patanjali. Behind the disorder of the chitta vrittis (mental modifications, the 'drashta' (seer) sits quietly and passively.*

*We have to go from the 'seen' to the 'seer'. The 'seen' is form, activity, decay and bondage. The 'drashta' is formless, void, eternal - liberation !*

*See that which sees all. This is Yoga.*

## Easter Meditation Retreat



Conducted by Dr. Rishi Vivekananda

**March 21–24**

Fri 2 nights \$200

3 nights \$280

Dr. Rishi Vivekananda has been a physician for 46 years, a consultant psychiatrist for 41 years and a sannyasin disciple of Swami Satyananda for 31 years. During that time, he has taken a keen interest in ways to integrate the ancient eastern techniques of yoga and meditation with the modern knowledge of the mind, the functioning of the body, and healing. He has also studied yoga in its role as a system of evolving the quality of the human personality.

Until we can calm the disturbances of the mind, we will always have problems with our mental and emotional states, difficulties in our behaviour and relationships, and be unable to attain our true potential. Raja Yoga, the yoga of meditation shows us how to calm the mind and realise who we really are.

Then we are meditating all the time – eyes open or closed, active or resting, serene surroundings or the hustle and bustle of a busy life. But even before we reach that stage we can carry over the state of peace and concentration into our daily life.

Swami Niranjan said "Meditation is a state of mind and consciousness in which there is alertness, dynamism, dissociation of mind from senses, and total concentration."

Meditation allows us to realize three great skills of life; Swadhyaya, Sankalpa & Santosha, which we will emphasise this weekend. Swadhyaya is self study, the ability to know yourself. It inspires and elevates the mind. It clears doubts, and reduces dissipation and wanderings of the mind. Sankalpa is a personal positive resolve - to direct and enhance your ability to reach your goals.

Santosha is contentment. If you are looking to experience a quieter mind, developing simplicity and contentment is of valuable assistance.

## NEW Practical Yoga Intensives - A new vision, a new **direction**

Anusthanas of 4 days are a designated time for exploration, transformation, sustaining and attaining a specific yoga philosophy and practice.

Please visit the website [www.yogavic.com](http://www.yogavic.com) for more information



### Yoga & Sacred Chanting

**Jun 13 – 15**

#### **Swami Yogakanti**

Swami Yogakanti currently resides and lectures at the Bihar Yoga Bharati the Satyananda Yoga University in Bihar, India.

Swami Yogakanti is a senior teacher in the Satyananda Yoga tradition and has a very keen interest in the effects of yoga practices especially the use of mantra chanting on the subtle bodies of consciousness.

Swami Yogakanti will lead the group into deeper states of meditation through mantra and the other classical yoga practices.

This is a wonderful opportunity to deepen your experience and knowledge of the science of mantra. Mantra has been used for thousands of years and is the way to rectify the misalignment between body, mind, emotion, environment and spirit.

Mantras are sounds that powerfully affect the external and internal worlds in precisely known ways. Seers have observed the effects of their vibrations for centuries on natural events and on the human psyche.

Mahamrityunjaya mantra protects from disasters and guides the transmigrating soul.

Gayatri mantra enhances the ability to learn. Gayatri mantra chanted in the morning at sun rise adjusts all the pranas, sense for the best uses through the body, mind and speech. Gayatri mantra illumines the intellect so that it may be guided for the best purposes in life for direction and peace.

The 32 names of Durga Swami Niranjan says this mantra demagnetizes the mind from its obsessive tendencies thus overcoming difficulties and reducing the effect, consequences and unsettling reactions in life.

Bhagavad Gita's bhakti yoga opens the heart and challenges the emotions to surrender themselves for a higher purpose in life. The Bhagavad Gita gives very clear guide lines and tools for life bringing happiness and contentment to the ordinariness of life.

So Hum mantra purifies and directs us back to the source.

Aum mantra & Aum Shanti (peace mantra) transcends the limited form of consciousness and leads to transformation on all levels.

Practicing the mantra chanting as part of daily life is like clothing ourselves in wisdom and clarity before facing the duties and natural consequences of life each day. Practicing again before sleep heals and realigns pranic energy.

The sacred chants remind us of who we really are why we came here. The lessons we are here to learn are absorbed and strengthen us, giving rise to a passage for disidentification in duality.

Combining the mantras with havan - fire ceremonies (an esoteric aspect of yoga), as an outer practice for an inner purification, intensifies the effect of mantra which reconnects us with the vital and subtle forces surrounding us and within us, enhancing our sense of purpose and wellbeing, allowing the peace we are looking for in all our practices to manifest more easily and completely.



## **Experience Abundance through Tattwa Shuddhi**

With Swami Muktibodhananda - author of 2 Satyananda Publications

**May 16 - 18**

Fri 2pm to Sun 2pm \$220

When you practice yoga essentially you are learning to manage the mind. As well as the physical benefits, on a more subtle level you are learning to heighten your awareness of everyday experiences.

In developing awareness of yourself as the *sakshi* (witness), you realise there is much more to yoga than just the physical. To develop the inner experience you have to undergo fine-tuning or purification (*shuddhi*) of your mind and body. In tantra it is achieved through the practices of *mantra*, *yantra*, *visualisation*, the application of ash (*bhasma*) and fire ceremony (*havan*). Through application of these practices discover the source of your inner joy and happiness in your chosen lifestyle.

## **East/West Meditations - Trika Meditation**

**July 25 – 27**

Reverend Dr. John DuPuche, Swami Samnyasananda and Venerable Lobasng Tendar

for full details on the 3 teachers involved in this weekend you will need to visit the website [www.yogavic.com](http://www.yogavic.com)

## **Weekend 'treats – Refresh and enjoy life**

Visit the website [www.yogavic.com](http://www.yogavic.com) to check the themes allocated to each weekend. Build on your knowledge and deepen your experience of yoga philosophy.

Highlighting a simple yogic concept, such as 'the yoga of acceptance', for contemplation, discussion, enquiry and application over the course of a weekend can surprisingly shift routine approaches and stir fresh appreciation and gratitude for what already is or is not in our lives.

## **2008 Sannyasa Ashram Lifestyle** check the website for full details

3 months July 25 – October 18

A unique and life changing experience based on the teachings of the Bhagavad Gita as daily tools to meet the challenges and joys of life.

Any 1 month during each course is available to all accredited Satyananda Yoga Teachers.

## **Yogic Studies at Rocklyn Ashram 2008**

**YS1A June 15 – 29**

**YS1B July 06 - 20**

Try one as something difference with your vegetable dish.

### **Spinach Dip**

4 cups spinach, chopped  
½ to 1 cup water  
2tbs. apple cider vinegar, or lemon juice  
1/8 tsp. nutmeg  
¼ tsp. sea salt  
2 small to medium avocados  
1 cup cucumber

Blend all ingredients together in a food processor. Try to achieve a creamy, dip-like consistency. Use a little water as you need. This dip is refreshing and light, and good to serve with vegetables.

### **Olive Cream**

Sundried olives, pitted  
2 cups tomato or cucumbers (or 1 cup of each)  
1 large avocado or two small ones  
1 tbs. apple cider vinegar, or lemon juice  
¼ tsp sea salt

Blend all ingredients in a food processor. Add a little water if necessary.  
*Sunfood Cuisine by Frederic Patenaude*

### **Raw Carrot Dip**

Carrots to suit your quantity  
Apple cider vinegar  
Avocado  
Tahini

Blend into a smooth paste.  
*Ashram Kitchen*

### **YOGA magazine**

YOGA is the magazine of Satyananda Yoga/Bihar School of Yoga, published in India. It contains articles and discourses by Swami Satyananda Saraswati, the founder and inspirer, and also by Swami Niranjanananda Saraswati, Swami Satyananda's successor. Containing articles about the various aspects of Yoga, ranging from yoga teaching to yoga research to yoga philosophy etc., it is of interest to and a valuable resource for students and teachers alike. Go to [www.yogamag.net](http://www.yogamag.net) for articles on all aspects of yoga and spiritual life.

**For more information...** please visit our website [www.yogavic.com](http://www.yogavic.com), or contact us.

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