

Gitananda Yoga Australia

ENews: Volume 4 July 2018

NAMASTE!

Welcome to our winter edition of Enews/

- **Membership fees**
- **Annual Gold coast Satsang**
- **Taste of India Tour**
- **Golden Jubilee Celebration – 50th Anniversary of Ananda Ashram**
- **Lotus Centre New Zealand**

MEMBERSHIP FEES FOR 2018:

Membership Fees are now due for renewal, if you have not renewed for 2018 please click on the link below and fill in the form online; pay by EFT and email the form and your payment details to Murali. <http://www.gitananda-australia.org/memberform.pdf>

- \$30 Associate membership (this is open to anyone with an interest in Gitananda Yoga)
- \$50 GYA Accredited membership (this includes listing on the GYA website)

Please check out our photos from 2017: <http://www.gitananda-australia.org/gallery001d.html>

ANNUAL YOGA SATSANG 2018 - MERMAID BEACH - GOLD COAST

It is still possible to join us this year from Thursday 25 October to Tuesday 30 October 2018. The cost is \$550 for those staying at 241 Hedges (shared bedrooms) and \$200 for those staying externally. If you prefer a single room, we recommend Montego Sands which is nearby and has been used by members for the last three years <http://www.montegosandsresort.com.au/> A deposit of \$100 is required to make a booking and membership must be current for 2018/19. Full payment is required by July 31, 2018. Please note that no refunds will be given after 25 August 2018. Please contact Murali for further information muralidharan33@yahoo.com.au.

TASTE OF INDIA TOUR- JUNE 2018 - MURALI

We arrived at Ananda Ashram on Wednesday 20th June 2018 having visited Mamallapuram rock carvings along the way; Next day June 21st we started as usual with aarthi and were then fitted out with our International Yoga Day (IYD) T shirts and boarded auto rickshaws for Gandhi Square Promenade. There were 5,000 Yoga participants sitting cross legged for as far as the eye could see and as soon as the Pondicherry Governor arrived A spectacular yoga Asana demonstration began as participants, in unison, followed the protocol program instructions over the loud speaker and concluded with everyone sitting cross legged in Jnana mudra for meditation.

In the evening we witnessed the children at Yoganjali Natalayam City Centre, giving their version of the IYD as this year the Swami Gitananda Best Youth and Child Awards was combined with IYD events. These events develop children's bodies and minds in a healthy and natural way. The children are very talented, one girl balanced a cup of water on her forehead whilst performing difficult asanas. Certificates and trophies were presented at the conclusion and we all received a piece of Dhivya's birthday cake.

The following day we visited Satya Special School with Dr. Ananda and Meena and saw how children with disabilities all benefited from their yoga practices. Several days later we were guests at a seminar at CYTER and heard interesting presentations on many different topics related to Yoga and mental health by renowned authorities. Dr Meena gave us a practical session in "letting Go" and tDr Kausthub detailed how 'Swastha' is living in the present, yoga helps us to reconnect as mind is memory, connection is via the heart chitti. He finished his talk with a beautiful mantra.

The key points of the Panel Discussion Contributions to Mental Health were:

- Healthy eating
- Proper sleep
- Laughter and love
- Replace negative thoughts
- Relaxation before and after yoga class

GYA Australia /NZ thanks the ICYER team and the CYTER team for organizing our 10 Day Taste of India stay.



International Yoga Day Pondicherry June 2018

"TASTE OF INDIA TOUR" - by Jenny Lloyd

This is a short report to say how much I enjoyed my trip to Pondicherry in June this year with Murali and Rebecca from Australia and Selwyn from New Zealand.

Once more I felt so welcome, when without hesitation I stepped through the door at Ananda Ashram. Amma had placed us in the "Deluxe rooms" complete with private bathroom. Such a thoughtful gesture. Joythipriya and Kiaan, our yoga teachers who had partaken in the last six months course were to be our guides, teachers, waiters, you name it, they did it. Without them, the ashram would have been very quiet as there were no other students. My heartfelt thanks go to them, for gestures big and small. I enjoyed having them there. Delicious food was prepared by Shanti (resident cook) and helper Kavita.

We visited the ancient site of Mamallapuram, the day after arrival. There were magnificent and majestic stone carvings everywhere you looked, and a feeling of peace filled the air as we walked around marvelling at the works created back in 5-8 centuries. Apart from the usual events of the day, morning aarti, yoga asana and pranayama at the ashram, we had many opportunities to go out by trishaw, shopping for Indian clothing, sightseeing at Auroville, walking along the beach, swimming and partaking in tea/coffee, juice, ice cream or special treat such as a brownie now and again.

There were many highlights: taking part in a mass yoga demonstration of asana with hundreds of people on International Day of Yoga, celebrating Dhivya Priya's 15th birthday celebration, visiting Satya Special School where many children with disabilities, are made to feel inclusive and where many thrive thanks to the great facilities offered. Dr Ananda, in his interest to continue the work started by Swamiji and to continue ancient Indian culture is instrumental in teaching Gitananda Yoga to children of all ages at Yoganjali Natalayam Centre in Pondy where Bharat Natyam Bharat traditional Indian dance is also taught as well as Carnatic music. Ammaji also spends a lot of time with the children, forever supportive.

As a group, we were special delegates at a Seminar held at Sri Balaji Vidyapeeth University, CYTER Centre where many prominent doctors and guests spoke about mental illness. It is clear that depression, lack of sleep all stem from stress in the first place and if not treated can lead to mental illness. It is believed that yoga asana and pranayama in particular, play a great role in helping patients and is now generally accepted in this facility as working hand in hand with traditional medicine.

In the ashram we sang bhajans, listened to interesting lectures by Dr Ananda, had satsang with Ammaji, such a joy to listen to her wise words plus I felt she spent a lot of time talking with us and even coming out to swim and have lunch once. Such precious moments providing many happy memories.

So, I ask myself what it is that attracts me to India. There are so many aspects but the first must be just spending time in the ashram, living in a very basic way, walking barefoot, observing rules and learning to live with others. Leaving the ego behind, leaving shyness behind, the opportunity to lead in singing which for me breaks down many barriers, you just have to do it and have no attachment as to whether you think you sound good or not. We all have different abilities and talents that we may not know we had until exposed in this way.

What else? Well the colour and the vibrance of India, seeing people going about their normal business, same as the cows and dogs wondering around minding their own business. I came away having found peace and quiet in chaos and noise and think myself very fortunate and especially fortunate to be part of the different aspects of the Yoga Gitananda tradition.

Special thanks to Amma, Dr Ananda, our lovely teachers Jyothipriya, Kiaan and especially the members of our beautiful group who got along so nicely and in a fun and enjoyable way.



A bedroom at the ashram



Sunday Puja at Kambliswamy Madam



Murali, Rebecca, Jenny and Selwyn leaving the Madam



Swim and lunch with Amma at Mango Hill



The beautiful swimming pool at Mango Hill

THE LONG, LONG DREAM: 50 YEARS OF ANANDA ASHRAM IN PONDICHERRY

Thoughts from AMMAJI, Yogacharini Meenakshi Devi Bhavanani, Director ICYER and Ashram Acharya of Ananda Ashram, Pondicherry, India. www.icyer.com



The Vedic seers described the life process as a “long, long dream.” Looking back on the past fifty years of existence of Ananda Ashram in Pondicherry, India, I am inclined to agree!

A long dream, a pleasant dream, punctuated with tens of thousands of people and events: Six Month International Yoga Teachers Training Residential Certificate Courses each year; four major International Yoga Conferences (one each decade) and at least twenty minor conferences; four major sites of Institutional buildings in Pondicherry; fifty years of publishing the monthly magazine YOGA LIFE without missing an issue; establishing a publishing house Satya Press with fifty titles to its credit; producing the “Crest Jewel” of the book production unit, the fabulous fifty-two lesson Correspondence Course YOGA: STEP BY STEP, formulated so simply, so brilliantly, so comprehensively by Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj; construction of three major teachings centres: Ananda Ashram at Sri Kambliswamy Madam on five acres of land; the International Centre for Yoga Education and Research (ICYER) on two acres near the Bay of Bengal and the centrally located City Centre Yoganjali Natyalayam, established in 1993 – all these works simply unfolded like flowers destined to bloom on their own accord.

“I have a very simple philosophy about life at Ananda Ashram. We teach. Preach and advocate Yoga, which is Oneness. W do not teach, preach or advocate Two-ness. Therefore, friction, quarrels, the use of force, taking of drugs or the use of tobacco and alcohol are not allowed, for they all create a schism of one type or another. Those who want those habits are welcome to them and should go back into the world for a few more Karmic lessons... that’s what the outer word is for. If one wants the teachings of Yoga, the Philosophy of the Inner Life, then come to Ananda Ashrama”

Dr. Swami Gitananda in his opening address to students attending the six-month Yoga Teachers Training Course in Pondicherry.

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NEWS FROM LOTUS CENTRE NEW ZEALAND

At the Lotus Yoga Centre in NZ we combined the Winter Solstice and the International Yoga Day on 23rd June 2018. A dozen members and friends gathered at the Healing and Meditation Sanctuary at 2 pm. After everybody had settled in Eric suggested that we meditate on light.

We started with quiet breathing in the manipura chakra (solar plexus). Following this we moved into the anahata chakra (heart region). Then came the ajna chakra (in the centre of the eyebrows).

Next all three centres were combined, and the meditation flowed freely.



The Sanctuary

The Sanctuary is the perfect place for meditation. The surroundings are very peaceful and conducive for “tuning in to the higher vibrations”. It also lends itself well to chanting. We concluded the session with three aums.

Afterwards we met at the Centre for a 'cuppa' and snacks. The Winter Solstice may be a time of cooler weather but the heart remains warm. Observation: Yogis like celebrations! You are welcome to join us any time.

Aum Shanthi

ॐ Cathryn

CONTRIBUTIONS REQUESTED

Your contributions are always welcome for our next eNewsletter, if you have a favourite practice, a meditation, a recipe, an anecdote, an interesting story, a favourite quote, or something you could share with us all please email it to margosyoga@hotmail.com for the next issue due in Sept 2018. Please note my new email address.