



## Gitananda Yoga Association Australia Inc.

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### eNews: Volume 10:1 – February 2024

**NAMASTE dear members of the Australian GITANANDA family**

Wishing you all a very Happy New Year full of positive new beginnings and exciting possibilities for 2024.

It is an honour to be of service to all members by accepting the role of editor/publisher of this e-newsletter with the assistance of Margo Hutchison who will help edit and be the proof reader. There are big shoes to fill with this role previously being held by Margo and it is my hope to continue to bring you some great articles and quotes by Dr Ananda, recipes, and entertaining reading this year.

Recently I have been in contact with Dhivya Priya Bhavanani, who has kindly given permission for some of her articles, quotes and photos to be included in these e-newsletters. My thoughts were to have something from Dhivya Priya who may share a young person's perspective on the teachings. As a grandmother of 7 myself, I find they have a great outlook and teach me much through open discussion about many topics. Dhivya's topic for this newsletter is Gratitude.

I am relatively new to this association with my membership starting in 2019 and it has been truly enjoyable over the years following the Gitananda family's teachings via the internet, books, newsletters, Facebook and reading the Australian Association's newsletter.

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## GYAA ONLINE FORUMS

Yoga is connectivity. (Quote by Dr. Ananda) Join us for practice of Bindu Jnana Kriya and Jnana Surya Kriya led by Muralidharan at our first forum of 2024. We plan to meet once a month to offer a relaxed space where we can stay connected to Gitananda yoga teachings and other Sadhaks in Australia to strengthen our Sadhana to grow and glow.

**Topic:** Bindu Jnana Kriya and Jnana Surya Kriya

**Date:** February 4th 2024

**Times:**

**Adelaide:** 05:30 PM

**NSW, VIC, ACT, TAS:** 6:00-7:00 PM

**QLD:** 5:00-6:00 PM

**WA:** 3:00-4:00 PM WA

**Join Zoom Meeting:**

<https://us06web.zoom.us/j/84555816477?pwd=kGgRXFabFHNNB6rYabc8jGNiVeVEI.1>

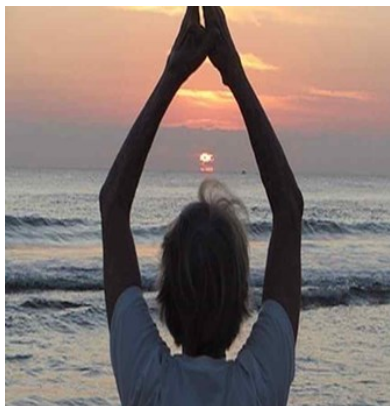
**Meeting ID:** 845 5581 6477

**Passcode:** 710033

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**Quote:** To see the Divine in everything and everything in the Divine, that is the highest state of being. By: **Yogacharya Dr Ananda Balayogi Bhavanani**

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## GYA RETREATS FOR 2024

We are delighted to invite you to our retreats in 2024 at the Gold Coast. This is where we can unwind and immerse ourselves in the teachings of Rishiculture Ashtanga Yoga.

Retreats with GYA are a wonderful opportunity to meet and connect with other Sadhaks from across this vast country of Australia and to enjoy a practice of Yoga asana, pranayama and meditation in the beautiful outdoors and for lovely early morning walks along the beach.

In our next e-newsletter we will bring you a participant's reflections of their experience at the March retreat as a tempter for you to consider attending the Retreat later this year.

Please check your emails for information on Retreats from our Secretary Hwamin Fettes, or contact her by email:

[secretary.gitanandaaustralia@gmail.com](mailto:secretary.gitanandaaustralia@gmail.com)

Please contact Muralidharan at [muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au) if you have any questions about the upcoming Retreats..

### Members Please Note!

Committee is considering presenting a "Northern Retreat" at Mermaid Beach Qld and a "Southern Retreat" in Adelaide. Committee would very much appreciate feedback from our members to help them plan the Southern Retreat.



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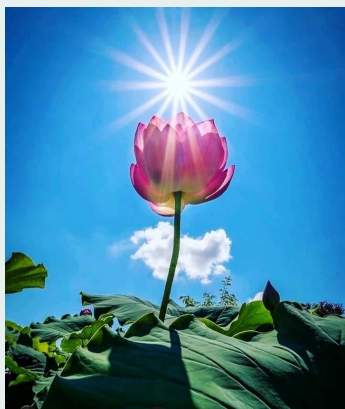
**Quote:** *When we teach, we learn and when we learn, we grow.*  
*Photo and words by Yogacharya Dr Ananda Balayogi Bhavanani to his daughter in 2014.*

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The words in the photo and quote above are truly wise and very useful for us all to ponder and reflect upon:

Something you may like to ponder and reflect upon:

1. When did you first start Yoga and what has Yoga taught you?
2. Why did you decide to become a Yoga teacher?
3. What does being a teacher mean to you?
4. How have you grown through Yoga?



The lotus flower is an ancient symbol that holds a profound significance in various spiritual practices, particularly in yoga. The flower's unique ability to grow and flourish in murky waters is seen as a metaphor for the human experience. It represents the journey of spiritual awakening and how one can rise above their surroundings to attain enlightenment.

In yoga philosophy, the lotus symbolizes the seven chakras or energy centers in the body. The lotus grows from the base of the spine or muladhara, which is the location of the first chakra. As the flower grows, it opens and blossoms, much like the chakras, which are associated with different aspects of our physical and spiritual selves.

## "My Journey of Understanding Gratitude" ~ Week 1 By: Dhivya Priya Bhavanani

In my first week of Gratitude travel and journaling, I would like to dedicate this to *Ammaji Meenakshi Devi Bhavanani* - my dearest & divine grandmother/guru.

All that I know and am today is only because of and thanks to you. As we would joke that I was your grandmother and our relationship didn't get enough time together, that's why I have been born as your own granddaughter now. Neither do we know where all this started nor where all this is yet to go. All I pray and wish is that you be there with and for me as I cannot do anything without your blessings.

When I was a baby you were the hands I wanted to be lifted by and lie on;  
When I first stood on the stage to dance at the age of 2 you were the dancer I wanted to become;

When I studied at school you were the bright student I wanted to be;  
When I moved to University you were the role model I strived and am still striving to become;

When I organized the 6th Decennial Meet you were the main source of inspiration that kept me on the move.

Thank you for being such an incredible source of guidance, inspiration and love. You have clearly shown me what it means to live with fun, compassion, sincerity, success and meaningful milestones. I am forever ever grateful and thankful for being given the chance to be in such close proximity with you. I love you beyond this Milky Way Galaxy!

You will always be that special person for whom I shall work hard, for whom I shall be good and for whom be my true self. I hope that one day I become even one hundred and eighth of who you are paati. You have my heart and soul at your service for all time! Love you long long long time.



Striving to be your mini,

Dhivya Priya Bhavanani with her grandmother, *Ammaji Meenakshi Devi Bhavanani*



## My Introduction to Gitananda Yoga

*Margaret Willcocks*

2017 was the year I first saw and heard in person Dr Ananda Balayogi Bhavanani. I had heard about him from friends in WA who had been to IYTA's 2012 conventions in NSW and were speaking so highly of his presentation of "Thoughts on Patanjali and his teachings". As a long term full member of IYTA since 1995, I was intent on attending the International Yoga Teacher's Association's 50th Anniversary convention in 2017 as I learnt that Dr Ananda would be a presenter and be presenting the "Energy Matrix of Yoga". If you 'click' on the link here, you may view the wonderful presentation. [Dr Ananda at IYTA 50th Anniversary 2017 on the "Energy Matrix of Yoga"- part 2 \(youtube.com\)](#) The presentation of "Thoughts on Patanjali and his teachings" can still be viewed in PDF on the Internet.



*"Health and happiness are your birthright. Learn and live Yoga for then you will know true health and happiness" from transcripts by Dhivya Priya Bhavanani at Gitananda Yoga Parampara (Swamiji, Ammaji and Anandaji)*

## Gains from Covid 19 isolation in WA

*Margaret Willcocks*

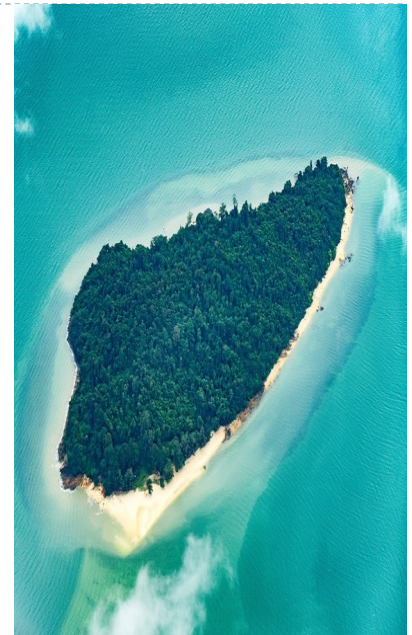
It was in March 2020 when I was in lockdown due to Covid, that I really started learning more about the Gitananda practice of Yoga. I was comforted by watching YouTube videos generously presented on a daily basis by Dr Ananda, and it was something that kept me inspired to get up in the mornings and get ready to watch another refreshing presentation.

Living in Perth, the most isolated city in Australia and the world, we felt very alone, like we were on an island. Having the guidance and wisdom of such a wonderful teacher as Ananda-ji reaching out to all who were watching, really made me feel very much at ease.

I have followed as much as I can since that time and have learnt much. I have shared the links with my students and friends and they too have enjoyed the sessions as much as I have.

It has been a great joy to watch Ananda-ji with his family members and particularly his dedication to his mother. From watching this, I was able to see the power of Love in action and to also see how his daughter Dhivya Priya Bhavanani has blossomed.

What I have learnt from this is that lineage, tradition, ritual, dedication to practice and family are all equally crucial for one's Spiritual growth.



Feeling  
alone on an  
island



## LINKS TO ANADAJ'S YOUTUBE TALKS

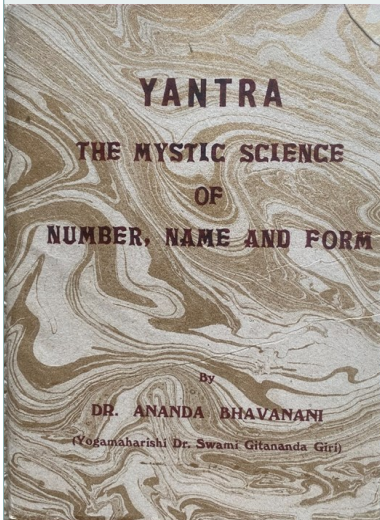
Did you know that Dr. Ananda is putting recordings of some past courses on Youtube? This is such a generous offering that can help people learn more and in their own time.

Some available courses are Adhikara Yoga, Satsangha 999, Primer of Yoga Theory, Secrets of Yoga Therapy and more. You can find Dr Ananda's courses via the link below, under Playlist tab.

You can find Dr. Ananda's playlist here.

<https://youtube.com/@YogacharyaDrAnandaBhavanani?si=7Xw-leiUWAPTRCf0>

We would LOVE to learn of any other resources you as members have found as interesting viewing. Please share with us for the next Newsletter.



## YANTRA WITH MURALIDHARAN

YANTRA—The Mystic Science of Number, Name and Form by Dr Ananda Bhavanani (photo left) is a book that interests me due to learning why Muralidharan uses his name as Murali in writings rather than “I”. I found this very interesting and I have Murali's permission to share.

The reason murali is used instead of I or me is because of the Yantra balancing of Names with Birthpath—As Ananda says the letters of the Alphabet vibrate so we use our name - which creates positive vibrations

## CONTRIBUTIONS PLEASE

You are unique, and with that,  
have a unique contribution to  
make in the world.



VladimirEile.com

In the following issues of this association's e-Newsletter, we would love to deliver some contributions from our members. A Newsletter is a team effort from many sources to bring diversity of articles.

Contributions can be short or long as this Newsletter can be extended to more pages. Any sharing from Dr. Ananda's online courses experiences, learning outcomes would be interesting. “Sharing is caring” (Also interesting to hear stories about practicing yoga concepts in daily life such as Pratipaksha Bhavanam, Abhyasa Vyragya, Yama, Niyama etc.

Recipes (for Doshas, Vegan, Gluten Free etc.) or light humour are always interesting. Also, from Accredited Gitananda teachers, you are welcome to share any Yoga events you will be delivering—e.g. workshops. This would be helpful to members if they are travelling into your state.

## RECIPE CORNER

### Vegan cake - From NZ member Gargi

#### *Ingredients:*

##### Dry ingredients:

- 2 cups flour.
- 1 tsp baking powder
- 1tsp baking soda
- 1 cup brown sugar (I use 1/4 or 1/2)

##### Wet ingredients:

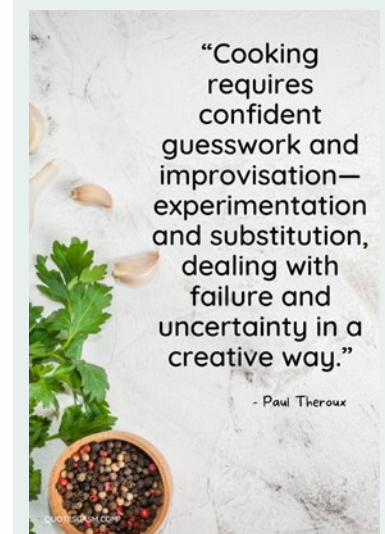
- 1/4 cup coconut oil (any oil works or vegan butter)
- 1 cup alternative milk (I use soya) (\*\*Coconut or almond is just as good)
- 1tsp vanilla essence
- 1 medium soft smashed banana (for binding)

#### *Notes:*

- Add spices of your choice. I add coco powder, cinnamon or ginger. Or cinnamon, nutmeg and ginger.
- I also add choices of combinations of:
  - ◇ chopped dates, chopped nuts and pumpkin seeds, or
  - ◇ desiccated coconut, chopped cashews and pumpkin seeds
  - ◇ chopped nuts and dates to my chocolate cakes and chopped dates and walnuts to my banana bread

#### *Method:*

- I add all the extras to the dry ingredients and add the wet. If it's too dry I add a little more milk or banana.
- Bake at 180 degrees for about 30 to 40 mins.
- ◇ It all depends on the container! And how wet the mixture ends up being. I can usually tell by the smell. Once I can smell the cake and my 30 mins is up I'll pick it to see. And if it's still too wet I'll add another 5 mins and test again.



## ICYER:

International Centre for  
Yoga Education and Re-  
search.



## ATTENDING ICYER IN 2024

Any members of GYA who are keen to join Murali at ICYER India for September 13th 2024, Amma's Birthday, please contact Murali.

Hatha Yoga Classes will be available from August 26th thru 8th September 2024. We will have Hatha Yoga classes on the roof every morning.

We will also visit the Institute of Salutogenesis where Ananda has a special Team of Yoga and Music Therapists creating an atmosphere / environment for Holistic Healing which has unlimited potential.

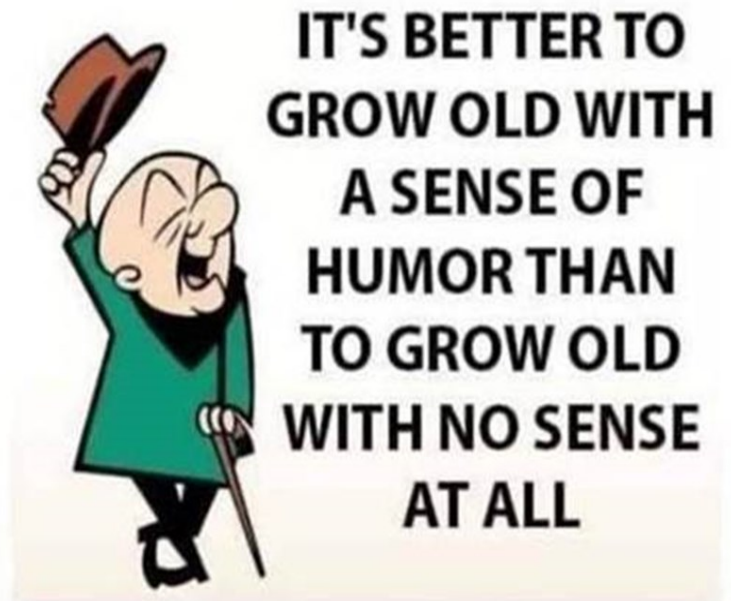
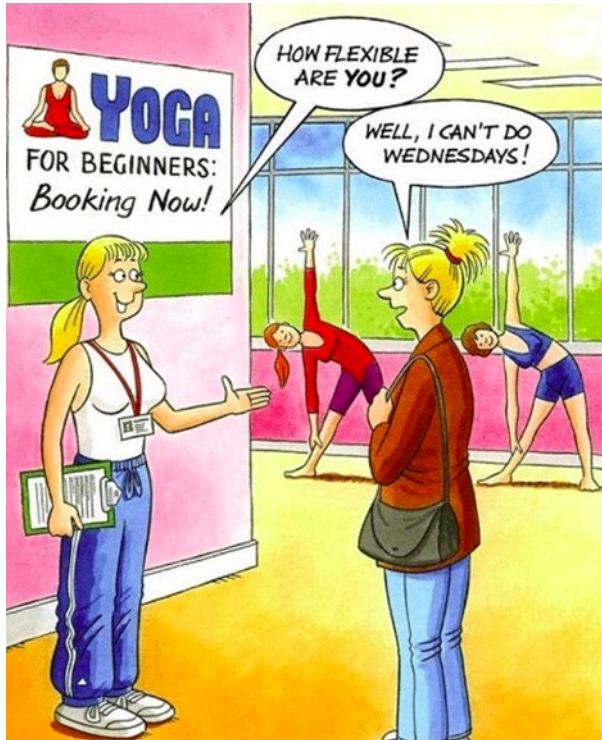
We will have a day tour of Shiva Temple at Chidambaram. Ganesh our temple pandit and guide explained that Lord Nataraja temple within the complex was considered to be the center of the universe where Shiva manifested reality as we know it.



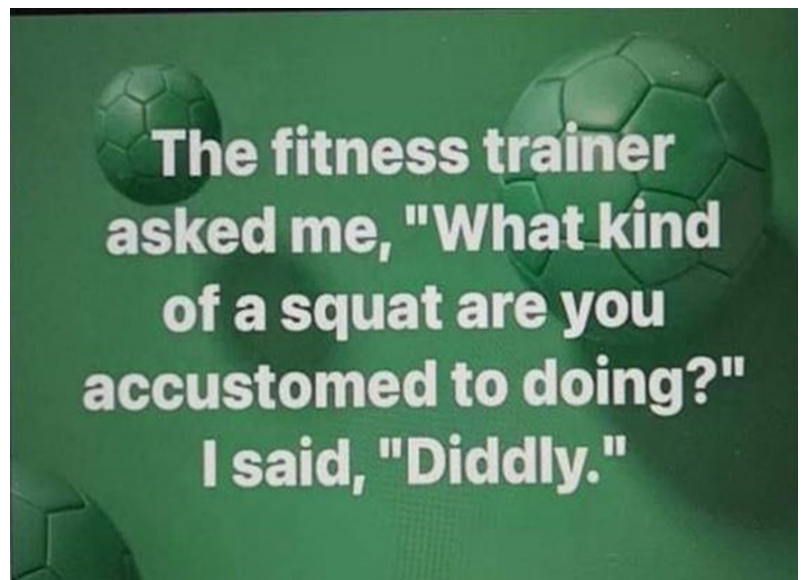
*Photo of rooftop Yoga class with people of all ages enjoying their practice.*



## LIGHT HUMOUR



*What did the yoga student say to his mum when she wanted to leave yoga early? Nah ma, stay!*



# **Gitananda Yoga Association Australia Inc**

## **Committee Contacts: 2023 – 2024**

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