

**2007 "Down-Under" GET-TOGETHER / ANNUAL  
GENERAL MEETING**

**"JOIN US"**

**At Gita's Beach House / Near-by Apartment, on the  
"Gold-Coast" [QLD]  
For "Gitananda Yoga".**

**Time: Get-Together Starts [Thursday] 22nd March  
Through To 26th March [Monday] 2007.**

**You can Join us For "Week-End" Only, if You Wish.  
We Share The "Classes" and The "Karma Yoga".**

**Those Interested Contact**

**[muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au)**

**2007 Get-together Report**

**2007 GITANANDA YOGA MEET DOWN UNDER**

Murali wrote the following experience of the group of Yoga Saddhaks that attended Southport on the Gold Coast this year.

Nocabarara is the Aboriginal name of Gita's beach house at Southport QLD, where five of us met for Gitananda Yoga Sadhana.

Gitanjali, Dawn, Murali, Wendy and Lisa attended. Lisa (Swami Anandakapila,s student) joined us for the first time, after recently returning from the Yantra Course at ICYER.

Morning Hatha Yoga class was held beach side, to greet the morning sun, with the Currawongs (Australian Native Birds) singing.

Pranayama was held under the bottlebrush tree, on the front lawn, followed by a healthy lunch.

We took afternoon walks along the beach and swam in the ocean, performed some chikitsa practises, refreshed by Negative "Ions".

Lisa commented that she had really enjoyed the structure, and depth of Gitananda Yoga. Wendy commented that the four days had recharged her with "Shakti".

The AGM was held on Saturday afternoon (24th March). Devidasan participated via phone link and goals were set for the ensuing year. The yoga fellowship was appreciated by all and we would like to express our gratitude for Gitanjali's generosity and hospitality.