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MADYA



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Newsletter

April 2015

Although we have been made to believe that if we let go we will end up with nothing, life reveals just the opposite: that letting go is the real path to freedom.

- **Sogyal Rinpoche**
Glimpse After Glimpse

Next Seminar

Devi Lewis
'Movement – Yoga -Self'

25th April 2015, 10.30am to 4pm (doors open at 10am)

**A FUNCTIONAL YOGA
PLAYSHOP WITH DEVI & ROSS**

***WHY MAKE YOUR YOGA HARD
WORK?***

Join Devi & Ross for a playful exploration of Movement, Yoga & Self.

Morning: **ACCESSING THE BODY'S POTENTIAL TO HEAL**. A playful & practical session to reclaim forgotten healing patterns of movement which can restore the body to healthy functionality.

Afternoon: **PLAYFULLY MOVING TOWARDS WHOLENESS**. A nourishing yoga practice that accesses the body's potential to heal itself through gentle and repetitive movements.

About Devi and Ross

Since her introduction to the yoga practices of asana, pranayam, mantra and meditation by her mother as a child in the 1970s, **Devi** has used yoga as a form of self enquiry to explore and enjoy her experience of self-hood and life.

Despite successful careers as a Environmental / Research Chemist and Secondary School Science Teacher, Devi felt she was not living her own truth. She only truly felt present on her yoga mat or meditation cushion. In 2007 Devi decided to commit her life to yoga and handed in her notice at her part time school teaching job. Freed from the restriction of working for an external authority, Devi immersed herself in a more intimate experience and expression of yoga philosophy; spending at least one month a year in India, practising extended periods of mouna (silence) and exploring the nature of really feeling the present moment. Devi is Editor of the BWY publication 'Yoga: The World Over' and has been delivering BWY Foundation Courses since 2008.

Ross teaches regular and irregular classes and workshops in the UK and beyond. Ross completed a full time traditional Yoga Teaching apprenticeship with Debbie Lewis

who is an established Yoga Teacher in Lancashire.

Ross' apprenticeship and ongoing training have included intensive experiences under the guidance of Swami Yogananda & Yogi Dinesh, Godfrey Devereux, Leslie Kaminoff, Alan Brown, Steve Maxwell, Bridget Woods Kramer, Peter Blackaby and more.

The emphasis on *Movement* Yoga is due to the broadness of the term 'Yoga'. This is the area of Yoga (*How to move well*) that Ross is experienced in and therefore teaches.

Ross' Yoga teaching, and development of ongoing projects, is the continuance of lifelong independent study of the softer 'internal martial arts', which began at age 12 within the context of Judo training.

Through his mid twenties Ross began to feel the effects of regular sport, exercise and lifestyle habits on his body, primarily the joints. Through persistent practise, Ross was able to reverse some knee symptoms that were thought to be incurable. In 2013 Ross worked with Debbie Lewis on the development of Feel Now Yoga. They continue to collaborate.

Seminar venue:

**All Saints and Martyrs Church
Wood Street
Middleton
Manchester
M24 5GL**

Seminar cost: £20

All are very welcome! Free hot drinks available, MADYA stall. Please bring lunch, a mat, a blanket and wear loose comfortable clothing. Parking at venue.

Future Seminars

Please see below our upcoming seminars. We only invite very experienced and qualified teachers. It would be hard to find such high quality seminars at such low cost elsewhere.

19th September 2015, Swami Vishwamandala, Seminar will be based on a theme of chakras.

Cancelled seminar: 27th June 2015, Krishnapremanand, 'The Art of Spiritual Life.'

We may be able to re-arrange this seminar for 2016. However, please see below regarding 2016 and MADYA.

Cost of each seminar is £20.

MADYA Ending

We're looking at possibly doing one more seminar in 2016 (besides the one's planned for this year) but sadly, it is very likely this will be the last one. For some time, we've been struggling to get enough people to our seminars to cover costs. This means we've been gradually eating into MADYA's financial reserves. We're now getting to the point where reserves are very low. The committee has therefore decided to end MADYA after the current planned seminars (and possibly the one yet to be planned in 2016).

This will be a sad loss but, as yoga so clearly teaches us, everything changes and we have to learn to let go (ultimately of everything). When MADYA started yoga seminars and workshops were not so common but since our early first days in 1999, there's been a proliferation of yoga seminars, workshops, classes and teachers. So many other great yoga events to go to. And this is good. But for MADYA this is too much competition. So it seems MADYA has served its purpose. It's given us many wonderful seminars and brought together some lovely people. I (and I'm sure the rest of the MADYA committee do also) feel privileged to have been a part of such a great group and organisation.

The Questionnaire

Hi my name is Rita Mori. The first time I did yoga, I knew I had found my art. I was totally hooked. After practising for seven years I decided to train as a yoga teacher and I gained my qualification as an Iyengar® Yoga Teacher in 2010. I teach yoga because I really enjoy it. I feel passionate about yoga and I want to pass this on to other people and enable them to benefit from it the way it has benefitted me (and continues to do so).

What keeps you practicing yoga?

Yoga has an enormous impact on my life. I have completely changed because of the practice. It has improved me both mentally and physically. Doing yoga makes me feel connected, grounded, alive and well. It makes me feel happy and my body and mind feel fantastic

What is the greatest lesson yoga has taught you? Your body is like a child it needs looking after.

Who has most influenced you in your life? Mr B K S Iyengar

What's your favourite book and why? Light on yoga. All life's answers are there.

What is the most important lesson life has taught you? There is only one life do what you really want to do.

Where's your favourite place and why? A deserted beach

What is your idea of perfect happiness? A body that never ages and never hurts.

Which living person do you most admire? My mother.

What is your greatest extravagance? I eat a lot of Jaffa cakes

What would you like to achieve in your life in the next 10 years? Full padmasana lotus on the right side.

Your questionnaire replies wanted!

We'd really like to know more about you yoga people out there, how yoga has affected your life, what you've learnt along the way, your influences and thoughts. Would you be willing to complete our questionnaire (see above)? It doesn't matter what your connection to yoga is: yoga teacher, someone who attends yoga classes, a beginner or someone with many years of experience, we'd love to hear from you.

If you would be willing to complete our questionnaire and have it profiled in our newsletter, please email karenbuckley26@gmail.com

Look forward to hearing from you!

Review of Last Seminar

Vimuktananda, 'Steps To Meditation: Preparing Body and Mind,' on 13/9/14.

September 13th 2014 - Steps to Meditation with Vimuktananda

Vimukta an eminent Satyananda teacher was one of my tutors on the Satyananda Teacher training course of 2011 – 2013. I had the great pleasure of 'putting her up' the night before she was to present the following day's seminar.

During the morning we worked on preparing the body using a gentle systematic approach working through Pawanmuktasana practices and the Pranayama practice of Nadi Shodana. Working with practices which worked towards helping to balance and optimise body and mind. The

practices as well as inducing positive effects in the physical body directly influence our psychic centres.

Vimukta introduced a walking meditation to the class which we carried out whilst working with Malas without sound inwardly chanting the Mantra Om. Additionally we worked with Japa Likit where we silently wrote down the mantra Om. We were reminded that Om underlines everything and beyond, within our perception and beyond our perception.

The whole day was wonderful. One of the things I love about Vimukta is how approachable, loving and knowledgeable she is. She taught us by working with awareness and sincerity of practice the gift of exploring and working towards Meditation is accessible to all.

Book Reviews

If you have read a book linked to yoga that you'd like to share, we'd love to hear from you. Please send a short book review to karenbuckley26@gmail.com

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Final Word....

Always we hope
Someone else has the answer
Some other place will be better,
Some other time it will all turn out.
This is it.
No one else has the answer
No other place will be better,
And it has already turned out.
At the center of your being
You have the answer,
You know who you are
And you know what you want.
There is no need
To run outside
For better seeing.
Nor to peer from a window.
Rather abide at the center of your being;
For the more you leave it, the less you
learn.
Search your heart
And see
The way to do
Is to be.

- Lao Tzu (6th century BC)

