



MADYA



Newsletter

August 2016

*When you plant a seed of
love, it is you that blossoms.*

- *Ma Jaya Sati*

Next Yoga Day

**Swami Krishnapremananda
'The Heart of Spiritual Life'**

Sat 1st October 2016, 10.30am to 4pm
(doors open at 10am)

Swami Krishnapremananda is resident senior teacher, as well as part of the management team, at Mandala Yoga Ashram in Wales. He has trained in many aspects of yogic study and practice, gradually deepening his capacities to deliver the teachings to others in a clear and accessible way. Importantly, he endeavours to imbibe and live the spirit of Yoga in and through daily life. He regularly teaches both within the ashram and further afield on many aspects of yoga.

Swami Krishnapremananda summarises his yoga day on the 'Heart of Spiritual Life' as follows....

The energy of life itself calls to each one of us to seek abiding happiness, fulfilment and security in our lives. Yet we are educated to seek these abiding qualities in a world that is destined to be ever changing, essentially transient; as if trying to build a stable house on ever shifting foundations.

Yoga and spiritual life offer us an alternative – authentic and time-tested practices and attitudes which offer real and practical benefit in our daily life.

In this day of yoga, we will be integrating the qualities of the manipura (navel), anahata (heart) and agya (3rd eye) chakras to foster a greater authenticity, empowerment and a deeper compassionate connection in our lives. There will also be a focus on letting go... and thereby opening up to the mystery of our own embodiment and indeed of manifest life.

The day is open to all who are called to explore the heart of spiritual life.

This yoga day will be at our usual 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 (for warmth during relaxation/

meditation) and wear loose comfortable clothing (layers are best). Free parking at the venue.

The Questionnaire

The following questionnaire has been completed by our upcoming yoga day teacher, **Swami Krishnapremananda.**



What keeps you practicing yoga?

It is my life, my passion and my sustenance.

What is the greatest lesson yoga has taught you?

To be fully open to life, both manifest and unmanifest; to live fully in the here and now.

Who has most influenced you in your life?

My spiritual teachers.

What's your favourite book and why?

I have many, from the 'Bhagavad Gita' to 'How Yoga Works', to 'I am That' to 'Falling into Grace.'

What is the most important lesson life has taught you?

To trust in, and surrender to, Life.

Where's your favourite place and why?

A wild place with a beautiful river and mountains near the ashram. It feels so primordially alive.

Which living person do you most admire?

My teachers.

What is your greatest extravagance?

Chocolate

What would you like to achieve in your life in the next 10 years?

To be as fully in the Now as possible, and thus, in greater remembrance and connection to the Mystery that underlies creation; and thereby, to be of greater service to Life.



Future Yoga Days

Please see below for 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 anywhere else.

April 2017, date and teacher TBC.

June 2017 (date TBC), possible extra seminar with Kirtan Pete, 'Introduction to Kirtan.'

14th October 2017, Sarah Lionheart, 'Mindfulness and Self Compassion.'

Cost of each seminar is £20.

A Word From The Chair

Namaste from Sadhana

I am now officially chair of MADYA, which is a great honour. However MADYA owes its continued existence not only to all our dedicated committee members but also to all of you who support us with your attendance at our Yoga Days and contributions to raffles and stall items.

We had a wonderful day with Marilyn in April and numbers exceeded our expectations. This reflects all the support we received from Pat and other local teachers and their students - thank you all and I look forward to seeing you in October for what promises to be an inspirational and heart-warming day with Krishnapremananda.

Many thanks to Barbara, our secretary for her excellent organisational skills and timely reminders to me; also to Karen and Phil for maintaining this newsletter; to Carole for advertising; to Be for printing and distributing flyers; to Olive and Jeanette for the raffle and to Polly for her help with refreshments.

I would love to hear from you with any suggestions for future speakers or contributions to the newsletter – you can email me at gailbooth@tiscali.co.uk.

Don't forget – “Om is where the heart is,” as said to me by Poornamurti last night.

Prem and Oms

Sadhana x

Update on MADYA

Thank you to everyone who has been attending our yoga days in recent times. It continues to be wonderful to see so many of you and it is much appreciated. Thank you also to the yoga teachers and anyone else who has promoted our yoga days and given out leaflets to people. We made a little profit on our last yoga day, which has not happened for a long time. All profits go back in to providing future yoga days. So we continue to plan our low cost but high quality yoga days for the time being and will continue to do so as long as we can. So keep supporting us and hope to see you at our next yoga days.

Review of last Yoga Day

Marliyn Heginbotham – Spring Clean Renewal, 30/4/16

What a wonderful day. Marilyn's passion, drive and her desire to help us cope with everyday life shone to the fore. I felt as if on a personal note she had prescribed and delivered a restorative day just for me! Marilyn helped us give ourselves permission to stop and allow S P A C E into our lives a good old Spring clean.

The seminar was held at the end of April we began to come out of hibernation and back to life. The season of renewal and light, working to cleanse and restore for the months ahead. Helping to bring about freedom and expansion in our inner being and burst back to life.

One of Marilyn's many gifts is the ability to balance the deep yoga philosophy with the physical aspect of yoga to awaken body, mind and spirit. We had the opportunity to work with the niyamas a short series of sentences of wisdom as taught by Pantanjali trying to embed the self-disciplinary qualities to bring about spiritual development; foundations for good living, a wonderful way to try and live our lives.

We had the chance to explore Saucha (cleanliness), purity of body mind and environment. We worked with swadhyaya (study of the self) looking at our conditioning, peeling off the old layers and letting the 'real you' shine helping to moderate negativity through observing the self. Also Tapas (austerity), burning the 'old' stuff we hang on to, allowing new shoots, new beginnings to surface and allowing ourselves to let go.

The physical aspects of the day allowed us to let go of physical tension and renew vitality to our bodies. We were introduced to Kespna

Mudra which helped us get rid of what we no longer need and help absorb positivity in our lives. We also worked with Manipura, the centre of vitality helping to balance our energy, working with it tapping into our personal power and self-esteem helping bring about transformation. We also practiced a beautiful meditation allowing us space and the chance to be in the moment.

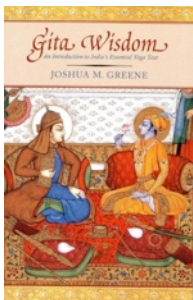
After the 'retreat' of winter we began to look ahead feeling energetically aligned emotionally, physically, mentally and spirituality open to the realm of new beginnings. Marilyn please deliver a seminar in Summer, Autumn and Winter too.

Ommms, Carole

Book/film Review

Gita Wisdom: An Introduction to India's Essential Yoga Text

By [Joshua M Greene](#)



"Bhagavad Gita" translates into English as "Song of the Supreme Person" and is a founding document upon which the Hindu religion and Yoga traditions are based. It is also the story of an epic war between two massive armies of four million soldiers with all the panoply of an ancient battlefield that included warrior elephants, gold-plated war chariots, beating drums, men grimly bent on killing other men with bows and arrows, spears and clubs. "Gita Wisdom: An Introduction To India's Essential Yoga Text" translated and provided with extensive footnoting by Joshua M. Greene is the 'story within the story' of prince Arujuna who

foreseeing the carnage to come and turns to his friend and advisor Krishna (who also serves as Arjuna's charioteer). Their extended dialogue is what comprising the "Bhagavad Gita", and whose enduring ethical message is one of love's transformative power with respect to the hearts of men in even the most dire of circumstances. A recommended introductory text to understanding the Bhagavad Gita.

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

Yoga/spiritual books or raffle gifts to donate?

Do you have any yoga or spiritually themed books you'd like to donate to our MADYA stall? If so, please bring them to be sold or swapped at one of our yoga days.

Do you have any unused gifts you could donate to our raffle? Any contributions much appreciated.

Any funds raised from the books or raffle go back into MADYA and to putting on yoga days.

Visit our Website or Facebook Page

Please see our website for updates and sign up to get newsletters and reminders about seminars emailed to you: <http://www.madya.org>

You can also visit our facebook page and click 'like' to get updates and reminders: [facebook.com/madya.org](https://www.facebook.com/madya.org)

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Final Words....

*When you plant a tree
every leaf that grows will tell
you,
what you sow will bear fruit.
So if you have any sense, my
friend
don't plant anything but love,
you show your worth by what
you seek.
Water flows to those who want
purity
wash your hands of all desires
and
come to the table of Love.*

*Do you want me to tell you a
secret?
The flowers attract the most
beautiful lover
with their sweet smile and
scent.
If you let God weave the verse
in your poem
people will read it forever.*

- From: Rumi - Hidden Music
(Translated by Maryam Mafi)