



MADYA



Newsletter

August 2011

If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way. –Buddha

Next Seminar

Ishwara, 'The Science of Pranayama'
10th September 2011, 10.30am-4.30pm
(Doors open 10am)

Ishwara (Neil Pendlebury) has been teaching Yoga and Meditation in the Southern Lake District since 2003 and following the path of Yoga since 1991. Ishwara's teachings and practice are an expression of his spiritual devotion, philosophical enquiry and love of Hatha Yoga. He practices and teaches Yoga as illuminated by his teacher Swami Sivananda Saraswati.

Ishwara's seminar will be on the science of pranayama. He will therefore be looking at the various practices of pranayama. Pranayama is the practice of regulating the breath and controlling prana. After mastering asana, it is said that the practice of pranayama is essential if you are to progress in yoga.

For more information on Ishwara, please see his website: www.ishwarayoga.co.uk

All are very welcome! Hot drinks available, MADYA stall. Please bring own lunch, a mat and wear loose comfortable clothing.

Future Seminars

19th November 2011, **Swami Pragyamurti, 'What is Satyananda Yoga?'**

4th February 2012, **Rhamba, Title tba**

21st April 2012, **Zoe Knott, 'Strength in Asana'**

23rd & 24th June 2012, **Sarah Lionheart, Title tba**

Review of Last Seminar

Muz Murray, 'Mantra, - Meditation, Advaita and Satsang Weekend' 25/26 June 2011

Muz has many years experience of mantra and was able to share some of this knowledge with us. It is difficult to summarise all he said in short review but what stood out for me was his explanations of the theory behind mantra and mantra practises. For Muz, mantra is the quickest way to get into mediation; quite literally a way of halting the predominance of

the thinking mind and transforming the beta waves in our brains to calming alpha ones. Muz looked at how mantra sounds work on every level of our being; travelling via the nadi system and into every cell of our body. They can therefore have a profound effect on us (for instance, releasing physical, mental and emotional blockages, changing consciousness). The mantra 'Om Namah Shivaya,' for instance, uses sounds linked to all the chakras (Om, I, ya, na, ma, va, sh). Muz introduced us to the mantric alphabet intonation, as well as to a number of mantras themselves, which we were able to practice. Importantly, he showed us how to make the correct nasalised sound (and therefore vibrational effect). I think some practice is needed before I can achieve some of the high mantra notes Muz was able to demonstrate! During Satsang, Muz explained important yoga philosophical concepts such as Advaita. Put simply, Advaita means non-dualism and the relationship between the self and God that can be accessed when we learn to live in the present, stop identifying with ego or separateness and recognise our omnipresent nature. For Muz, mantra is a way to achieving this transformation. Some of the views Muz expressed over the weekend were not shared by MADYA but overall he made some interesting comments, which gave us all food for thought.

Venue and Parking

As with all future and regular seminars, they will be held at The Green Park Centre. The full address of the venue is:

The Green Park Centre
Matlock Avenue
Haughton Green
Denton
M34 7DR

We have been told that the parking immediately outside the venue is NOT available for our use. This parking is strictly reserved for the people who use the sports ground. In the interests of keeping on good relations with the landlord, we request that you comply with this requirement. There are two areas of parking available. Both are accessed from Mancunian Road. If you need directions for parking please call Dharma or Poornamurti (see contacts)

MADYA secretary required

Unfortunately we are losing our fantastic secretary, Stef Hundsberger, as she is moving away. Does anyone fancy taking on the role of secretary? All committee members of MADYA get free entry to seminars in return for their work with MADYA... For more information, please email Stef on shundsberger@yahoo.com

Newsletter by email

If you would like to receive this newsletter by email (and therefore save trees!), please could you email Dharma on events@madya.org. You don't have to join MADYA to get the newsletter by email (or post). However, if you did join, you would get into seminars cheaper and it's only £4 to join!

New Website

Just a reminder to check out our fantastic new website. Please check regularly for updates. www.madya.org/

Contacts

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Final word....

The thought manifests as the
word;
The word manifests as the
deed;
The deed develops into habit;
The habit hardens into
character.
So watch the thought and its
ways with care,
And let it spring from love
born out of concern for all
beings.
As the shadow follows the
body,
As we think so we become.

- Buddha