



MADYA



Newsletter

January 2012

The voice of intelligence is drowned out by the roar of fear. It is ignored by the voice of desire. It is contradicted by the voice of shame. It is biased by hate and extinguished by anger. Most of all it is silenced by ignorance. -- Karl A. Menninger

Next Seminar

RHAMBA

'Developing the Witness'

4th February 2012, 10.30am-4.30pm (Doors open 10am)

This day will focus on developing the practice of awareness through asana, pranayama, yoga nidra and the first 2 stages of the meditation technique of antarmouna (inner stillness). The practices and techniques used help us to begin to experience our world, our body and our emotions, feelings and thoughts, with an objective interest and compassion. This enables us to "stand back" and to then choose how to act rather than react. We begin to work towards being able to use the powerful attitude of a witness, the Drasta Bhava, to move more comfortably through our life and into death.

The day will be predominantly experiential, exploring asana, pranayama, mudra and bandha in relation to awareness. Yoga nidra and antar mouna will take this further. There will also be some talk and discussion. The day is suitable for all practitioners of yoga.

Rambha's interest in meditation began when she was 16, when she learnt, and regularly practiced transcendental meditation to help with exam stress at school. She went on to become an intellectual property litigation solicitor in London. In the early 1990's she was introduced to the teachings of the Bihar School of Yoga through Swami Vedantananda and Swami Pragyamurthi at the Satyananda Yoga centre in London. In 1996 she stopped working as a solicitor in order to work part time training lawyers whilst also training to teach Satyananda Yoga. She qualified as a Satyananda Yoga teacher with Swami Vedantananda in 2000, and has been teaching Yoga as her full time career since then. Rambha took name and mantra initiation in 1999 and Jignasu initiation in 2001. Rambha has taught regular weekly classes in London, then Somerset and has also assisted on Satyananda Teacher Training and Integration Courses. She now lives and teaches in Sheffield, she also teaches pregnancy yoga and yoga for ME and is one of the tutors on the Satyananda Teacher

training course currently being run in Birmingham.

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

Future Seminars

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

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

23rd & 24th June 2012, Sarah Lionheart, 'Mind Training to Increase Happiness and Kindness'

15th September 2012, Anna Semlyen, Title tba

17th November 2012, Ishwara, 'The Science of Pranayama'

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)

Review of Last Seminar

What is Satyananda Yoga with Swami Pragyamurti

This wonderful day began as it meant to go on. By connecting with everything around us in a loving manner. When we do this, we feel at home, secure with that and those around us. For me, this was profound. It is so essential for this period in our existence and particularly in this modern time of division. I have continued to practice *Chaturdic Pranam Mudra* as have other attendees I know. This practice is directly aimed at joining with all 4 corners of the earth and its inhabitants. The rest of the asana practices were reasonably simple and Sw. Pragyamurti explained the reason for this was to notice oneself and the breath. To be present.

After lunch we practiced and then discussed Yoga Nidra while also having the pleasure of discussion with Sw. Pragyamurti. We were then directed into Viloma Pranayama with a focus on the physical body, awareness of chakras, and the mantra AUM. As was the theme of this uplifting day, we finished with chanting mantra. Sw. Pragyamurti encouraged us to practice the mantras everyday; for good, the world, others, and specific people. We chanted each mantra three times. They were Gayatri Mantra, Mahamrityunjaya, and Aum. If you have no mantra in your practice, why not try these?

Sw. Pragyamurti was selling her current publication, 'Yoga for Prisoners and Other Castaways'. The proceeds going to charity. We have a couple of copies of it on the MADYA bookstall.

Hari Om.

MADYA secretary required

We are still looking for a MADYA secretary, as our current secretary, Stef Hundsberger, is moving away. Does anyone fancy taking on this role? We are a very friendly group and all committee members of MADYA get free entry to seminars. For more information, please email Stef on shundsberger@yahoo.com

Visit our website!

Our website keeps getting better and better with regular updates and new and exciting features added regularly. Well worth a visit. A new feature is that you can sign up for email reminders of upcoming seminars. See www.madya.org

Sign up for newsletters by email

We're trying to get more of you to sign up for our newsletter by email. This makes it easier for us to get the newsletter to you and importantly saves trees! Please visit our website, email Dharma on events@madya.org, or give us your email address at seminars. We're aware not everyone is able to use email so are still sending out paper copies to all who request this.

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Final word....

To Celebrate Growing Older

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first paycheck.
9. Make peace with your past so it won't screw up the present.
10. It's OK to let your children see you cry.
11. Don't compare your life to others. You have no idea what their journey is all about.
12. If a relationship has to be a secret, you shouldn't be in it.
- 13.. Take a deep breath. It calms the mind.
14. Get rid of anything that isn't useful, beautiful or joyful.
15. It's never too late to have a happy childhood.
16. When it comes to going after what you love in life, don't take no for an answer.
17. Burn the candles, use the nice

sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.

18. Over prepare, then go with the flow.

19. Be eccentric now. Don't wait for old age to wear purple.

20. The most important sex organ is the brain.

21. No one is in charge of your happiness but you.

22. Frame every so-called disaster with these words 'In five years, will this matter?'

23. Forgive everyone everything.

24. What other people think of you is none of your business.

25. Time heals almost everything. Give time time.

26. However good or bad a situation is, it will change.

27. Don't take yourself so seriously. No one else does.

28. Believe in miracles.

29. Don't audit life. Show up and make the most of it now.

30. Growing old beats the alternative -- dying young.

31. Your children get only one childhood.

32. All that truly matters in the end is that you loved.

33. Get outside every day. Miracles are waiting everywhere.

34. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

35. Envy is a waste of time. You already have all you need.

36. The best is yet to come...

37. No matter how you feel, get up, dress up and show up.

38. Yield.

39. Life isn't tied with a bow, but it's still a gift."

Written by Regina Brett, 90 years old,