



MADYA

Newsletter

March 2018

Many people think that being spiritual means being positive, but being spiritual means being conscious and aware. To become conscious is a much different thing than to become positive. To become conscious and aware, we must become authentic. Authenticity includes both positive and negative.

- Teal Swan

Next Yoga Day

Amanda Hurst

'Be a Warrior not a Worrier'

Sat 14th April 2018, 10.30am to 4pm
(doors open at 10am)

Be a warrior, not a worrier.
A closer look at anxiety

The day will involve using the imagery of warrior-ship to explore how yoga can help us manage our anxieties. Our practice will aim to bring about a state of sattva to transform us into warriors of peace.

Amanda has worked as an occupational therapist in NHS mental health services for over 20 years. □ Her yoga journey started at a

similar time, leading to completion of the BWY Diploma Course in 2012 and the BWY pregnancy yoga module in 2014. She is currently undertaking the BWY meditation module and has recently spent time studying "yogic mindfulness" with A.G. and Indra Mohan.

"Warrior-ship is a continual journey. To be a warrior is to learn to be genuine every moment of your life."

- Chogyam Trungpa

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.

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.

30th June 2018, Marilyn Heginbotham, Summer Solstice.

29th September 2018, Rambha, 'Steps to Meditation.'

Cost of each seminar is £20.

MADYA News and Updates

Namaste from Sadhana

Welcome to a new year and our MADYA yoga days for 2018. Following the success of our varied and interesting programme last year, we are able to present three yoga days again this year.

We have another exciting programme of events with the return of popular teachers - Marilyn in June and Rhamba in September, who are familiar to us all, but also extending a very warm welcome to Amanda who is presenting our April yoga day "Be a Warrior not a Worrier".

It is with very great sadness that I must let you know that our very good friend and hard working committee member, Carole Sharples, died suddenly last September. Carole was a dedicated Christian and yoga practitioner and she gave herself wholeheartedly to everything she did. With her lovely smile and wicked sense of humour, she is greatly missed by all who knew and loved her.

We are grateful to Be Schofield for taking on the role of advertising (which had been Carole's role) in addition to existing responsibilities. Be took our yoga

questionnaire last year so check out the newsletter from June 2017 to get to know her better.



(Carole is second from the left in this photo from last year)

I would like to thank you all for your continued support. It was heart warming to see so many new faces last year and to realise that the messages and practices of yoga are still thriving in our local area.

I am sure that many people are aware that yoga is not a "one size fits all" system; it is not just asana or meditation. There are many different styles of yoga with emphasis on all aspects of practice. Consequently we strive to stay true to the original purpose of MADYA by bringing you the opportunity to work more intensively with a range of different aspects of yoga with highly qualified and experienced teachers. So even if, like me, you find yourself wondering on occasion "what on earth am I doing with this compass?" Or "why did I agree to this dancing/ singing?" - rest assured that it is all grist to the mill of our yoga development. Sometimes we have to find out what doesn't work for us before finding what does.

I wish you all well on your yoga journey and wherever it may take you, have fun.

Love Peace and Oms

Sadhana (Gail Booth)

The Questionnaire

The questionnaire was completed by Sarah Lionheart (who taught at our last yoga day). For 30 years she has taught yoga, mindfulness, compassion, self compassion and meditation.

WHAT KEEPS YOU PRACTICING YOGA?

The emotional balance it brings plus the feel good factor physically, emotionally and mentally.

WHAT IS THE GREATEST LESSON YOGA HAS TAUGHT YOU?

To soften and not over push or strain at anything.

WHO HAS MOST INFLUENCED YOU IN MY LIFE?

My parents obviously, but after them my husband, and after him my kids, and after them, my beloved Akong Rinpoche. Also, three therapists I have sought help from.

WHAT'S YOUR FAVOURITE BOOK AND WHY?

In Yoga, it is "Yoga Heals your Back" by Rita Treiger, My favourite of all. Great to teach from and great for students.

WHAT IS THE MOST IMPORTANT LESSON LIFE HAS TAUGHT YOU?

That we are all born with a clunky brain, that doesn't work very well and it makes us fragile as human beings. So the main thing is to be kind to each other as we never know what troubles another person is carrying.

WHERE IS YOUR FAVOURITE PLACE AND WHY?

My husband's shoulder where I lay my head. The bedroom in my boat (berth), which is like a completely different place, especially in the middle of an ocean. My home and my bed. Any high view: mountain or the top of some building. There is not just one, as they are all my favourite places :-)

WHAT IS YOUR IDEA OF PERFECT HAPPINESS?

Just being happy with this moment exactly as it is, no matter how it is, with self compassion, an open soft heart and wisdom.

WHICH LIVING PERSON DO YOU MOST ADMIRE AND WHY?

My husband (he gets mentioned a lot). His name is Bill and he is a Professor of Mathematics at The University of Manchester. He likes to do applied mathematics and his humanitarian projects are to do with finding land mines, airport security, breast cancer and premature babies lungs fill. His work fills me with admiration. He is also a good kind man and I am amazed I got lucky and found him 34 years ago! (I don't like that he works too hard, too long too much - but he's not perfect and neither am I)

WHAT IS YOUR GREATEST EXTRAVAGANCE?

I have a great love of travel, going to amazing places and volunteering there, so my money tends to go there. Things? I bought a silk rug in India in 2003. It is beautiful. It felt like a stupid amount of money at the time but it gives me so much pleasure. I worry about the kids fighting over it after I am gone though so I might have to buy another so they have one each!!

WHAT WOULD YOU LIKE TO ACHIEVE IN YOUR LIFE IN THE NEXT TEN YEARS?

I would like to write several books, one of which would be my life story including how I over came the challenges I have encountered. I would also like my project 'Compassion in Action' (where I freely help people from Britain, Europe and the USA, to give their skills freely to other countries) to flourish. Either by going out as a volunteer or via Skype. I would also like to have helped even more people, in one way or another.

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Mantra Section

Shanti Mantra

(See Deva Premal's version of this mantra on You Tube)

Om Saha Naav-Avatu
Saha Nau Bhunaktu
Saha Viiryam Karavaavahai
Tejasvi Naav-Adhiitam-Astu Maa
Vidvissaavahai
Om Shaantih Shaantih Shaantih

Meaning:

- 1: **Om**, May God **Protect** us **Both** (the Teacher and the Student) (during the journey of awakening our Knowledge),
- 2: May God **Nourish** us **Both** (with that spring of Knowledge which nourishes life when awakened),
- 3: May we **Work Together** with **Energy and Vigour** (cleansing ourselves with that flow of energy for the Knowledge to manifest),
- 4: May our **Study** be **Enlightening** (taking us towards the true Essence underlying everything), and not giving rise to **Hostility** (by constricting the understanding of the Essence in a particular manifestation only),
- 5: **Om, Peace, Peace, Peace** (be there in the three levels - Adhidaivika, Adhibhautika and Adhyatmika).

Review of last Yoga Day

Sarah Lionheart 'Self Compassion and Mindfulness' 14/10/17

Sarah took us through the essentials of self compassion and mindfulness . Along with stories from her own life, Sarah utilised a lot of findings from Compassion Focused Therapy; a therapy gaining much respect in the Psychology worlds as a way of helping people to overcome self criticism and shame. Besides looking at how we develop self compassion, she helped us explore what is

