



**MADYA**



# Newsletter

August 2018

*As long as we're rejecting ourselves and causing harm to our bodies and minds, there's no point in talking about loving and accepting others.*

- ThichNhatHanh

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## Next Yoga Day

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### 'Steps to Meditation' With Rambha

**Sat 29<sup>th</sup> September 2018**  
**10.30am to 4pm**  
(doors open at 10am)

The day will focus on developing the practice of awareness through asana, pranayama, yoga nidra and meditation. These practices aim to help us experience our world, body, emotions and thoughts with a more objective interest and compassion. This enables us to 'stand back' or 'witness' without judgement and to choose to respond rather than react.

The day will be predominantly experiential but 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. 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 in 2000, and has

been teaching Yoga as her full time career since then.

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 in Birmingham.

**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.

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## Future Yoga Days

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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.

27<sup>th</sup> April 2019, **Vishwamandala**,  
**'Pranayama'**

29<sup>th</sup> June 2019, **Krishna Prem, 'Chakras'**

21<sup>st</sup> September 2019, **MaryeWyvill, 'Bones for Life'**

Cost of each seminar is **£20**.

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### **MADYA News and Updates**

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Namaste from Sadhana.

Thank you from all of us on the committee for your continued support. At our last yoga day with Marylin, we welcomed old friends and new, undeterred by the heatwave and the call of the BBQ. With all the doors open and a lovely breeze we were surprisingly cool and calm in our exploration of the energy of the summer solstice.

As we look forward to autumn and our next day of yoga with Rhamba, we are moving towards the balance of the equinox before the shift in energy and the quiet contemplation of winter.

Om Shanti  
Sadhana (Gail Booth)

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### **Review of last Yoga Day**

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**Marilyn Heginbotham, 'Summer Solstice,' Sat 30<sup>th</sup> June 2018**

We had a wonderful day with Marilyn, exploring our energy levels in relation to Manipur chakra the embodiment of the sun energy at this vibrant time of year. Literally tapping into our energy channels – meridians or nadis (whichever resonates with you), we gently woke up our bodies for a standing hara breath sequence. This was followed by a carefully balanced sequence of asanas to stimulate and balance Manipur chakra and the hara centre.

Marilyn always incorporates a wide range of practices into her workshops and so we had surya namaskar with bija mantras, pranayama,

philosophy and Ommms all before lunch. I particularly liked the idea of the link between the warrior and servant archetypes as aspects of Manipur.

After lunch we worked in pairs to share a spinal massage and then had a silent meditative walk in the tradition of Thich Nat Hhan. The day finished a yoga nidra and lots of hugs. Hari Om Tat Sat.

(Review from Sadhana)

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### **Yoga Stories**

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Life can often bring many difficulties but life crisis's can be especially challenging. Although yoga cannot make the difficult experiences go away, it can help us tap into our inner resources to find the strength, hope, resilience and wisdom we need to deal with these experiences. This is when yoga becomes much more than a weekly exercise class and instead, a way of life and a path of transformation.

Brettan's story

In November 2013, Brettan Hawkins, a Vinyasa yoga teacher and writer, lost her father to cancer. Six days later, her mother-in-law died of heart disease. Brettan and her husband were devastated, and their lives felt chaotic and unfamiliar. Brettan, now 33, felt lost without her father, her "favorite person in the world." And, yoga, which she'd always turned to as an outlet on tough days, was suddenly not the answer. She went from a vigorous six-day-a-week practice to nothing. "I couldn't even touch my mat, which scared me," Brettan says. She didn't want to feel the sadness and anger she was afraid would come up during practice. "I could picture myself in Savasana in tears, and I didn't want to go there," she says. Instead, she and her husband leaned on each other, and their siblings, and tried to get help with talk therapy.

Three months passed before Brettan came back to yoga, and in an unexpected way.

Before her loss, she'd been regularly sharing pose selfies and inspiring posts about her practice with thousands of online followers. When she shared that yoga wasn't helping her during this time, she was met with a swell of disappointment. "There were people who seemed upset—who were like, 'You have a bump in the road and you just stop practicing?'" she recalls. But one person had a helpful suggestion: "To take out my mat and just lie on it. Just see what comes," she says. And she did just that. She unrolled her mat, lay down, and simply felt what it was like to be there. "I realized that things didn't have to go back to being normal in X number of days or months," she says. "It felt good not to pressure myself to move on."

Brettan had just moved to Nashville, so she went looking for a new studio. She found a teacher, with a mellower practice than she was used to, who encouraged her to listen to her breath and slow down. She began to be more gentle with herself. "Yoga is about letting go of your ego, not having to be perfect," she says. "I've learned you don't always have to be OK."

As for her online presence, she doesn't post yoga selfies anymore; instead, she's focusing on taking care of herself. "My yoga practice has helped me realize that every day is going to be different," she says. "My world isn't the same as it was a year ago, and I'm not the same. I'm grateful every day for my husband and our bond, and the family we do have left. And for putting one foot in front of the other."

Bettan's story is from <https://www.yogajournal.com/lifestyle/6-inspiring-yoga-stories-practice-changed-yogis-lives>



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### Yoga/spiritual books or raffle giftsto donate?

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Do you have any yoga or spiritually themed books or yoga paraphernalia that 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.

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### Please 'like' our Facebook Page!

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Please like our MADYA Facebook page to get regular updates and reminders as well as yoga quotes and teachings

See: [facebook.com/madya.org](https://facebook.com/madya.org)

Please also see our website for updates and sign up to get newsletters and reminders about seminars emailed to you:

<http://www.madya.org>

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### Contacts

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### Final Words....

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What is Yoga?

Yoga is a way to restore our lost wholeness, our integrity as complete human beings, by unifying the personality around a centre that is silent, unbounded, spacious, and joyful.

The techniques of yoga are methods of purifying the nervous system so that it can reflect a greater degree of consciousness and our lives can become an increasingly positive force in the world.

If these techniques are correctly practiced, the whole nervous system is revitalized – the body enjoys better health and more energy, the rested mind is freed from the burden of past experience, and perception is restored to its primal freshness. Thought and activity become coherent and integrated, life becomes richer and more fulfilling.

Yoga is not a religion. Its techniques, however, will gradually lead you to the direct experience of those truths on which religion rests. Yoga is a catalyst that allows us to grow in whichever direction is natural and life supporting.

From: Yoga Sutras of Patanjali, Translated and Introduced by Alistair Shearer

