

## September 2017

With mindfulness, loving kindness, and self-compassion, we can begin to let go of our expectations about how life and those we love should be.”

- Sharon Salzberg, *Real Love: The Art of Mindful Connection*



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### Next Yoga Day

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## **Sarah Lionheart 'Self-Compassion and Mindfulness'**

**Sat 14<sup>th</sup> October 2017, 10.30am to 4pm**  
(doors open at 10am)

Day of Mindfulness and Self Compassion training with some gentle stretches and meditations.

Our yoga day teacher, Sarah writes, 'I have personally found self compassion to be the biggest and most helpful factor in my own journey to overcome trauma and anxiety. I came to yoga, meditation and mindfulness over 30 years ago in order to help calm my system down and of course it has been brilliant. But I still needed more. The 'more' that I found is what I shall be teaching on this day.

Sarah is a qualified self compassion teacher and has taught people how to teach mindfulness for the last 30 years.

She did a lovely weekend seminar for us once before, which we all greatly enjoyed. So, as Sarah says, come and have a lovely enriching soothing day with laughter and tenderness.

**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.

**14<sup>th</sup> April 2018, Amanda Hurst, 'Be a Warrior Not a Worrier.'**

**30<sup>th</sup> June 2018, Marilyn Heginbotham, Title tbc.**

**29<sup>th</sup> September 2018, Rambha, 'Steps to Meditation.'**

Cost of each seminar is £20.

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## The Questionnaire

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The questionnaire has been completed by Be Schofield, who is the newest member of the MADYA committee.

### **Bit of blurb about yourself.....**

My name is Be and I've been practising yoga for about 8 years. I started because I was looking for a form of gentle exercise.....I didn't expect yoga to take me on the fantastic voyage that it is, having a great impact on my life. I became a member of the MADYA committee about 18 months ago and really enjoy helping to organise yoga days that cater for everyone, irrespective of experience. For the less experienced they offer an introduction and for the more experienced an opportunity to spend a full day practising the different aspects of yoga with lots of highly qualified teachers...perfect! I look forward to seeing you all at our next event. Namaste.

### **What keeps you practising yoga?**

Like many people, I began practising yoga as a form of exercise. As time passed I came across a range of different classes/courses and teachers and I began to take an interest in the philosophy and of yoga as a lifestyle. Being on a constant learning curve about yoga and about myself is what keeps me practising...and it keeps me sane in my world that can seem a bit crazy at times!

### **What is the greatest lesson yoga has taught you?**

That everything is as it is meant to be – albeit difficult to accept sometimes! Through yoga I have also learned that everyone you come across in your life is your teacher.

### **Who has most influenced you in your life?**

I have been fortunate to have had a number of loving and positive mentors during my life. They have had an influence on the different paths I have taken in my personal life, work life and self development. Most recently these have been my yoga teachers and yoga peers.

### **What's your favourite book and why?**

I usually consider my favourite book to be the one I'm currently enjoying reading. However, an all-time favourite is *Wuthering Heights* by Emily Bronte. My early memory of reading this as a young teenager is that I thought it very romantic; in later life I realised how very dark it is but I still love it! Most recently, on a visit to the Bronte Parsonage I felt privileged and chuffed to participate in the creation of a new manuscript of the book (the original manuscript has never been located). The new manuscript will be bound and exhibited to celebrate the centenary of the book in 2018. So if any of you are fans and would like to share in this unique experience, make your way to Haworth before the project ends when the manuscript is finished.

### **What is the most important lesson life has taught you?**

That something positive usually comes out of adversity and that every challenge presents an opportunity to grow and learn – not always easy to see at the time but very grounding when things get tough.

### **Which living person do you most admire?**

There is a group of people I most admire. This is the group I have had the privilege to know from the generation of people that were young adults during the second world war,

born in the early 1920s, some who are deceased and some who are still alive. This group includes my parents, aunts and uncles. I admire them because in spite of the hardship they endured during their early childhood and the horrors they survived during the war they still have/had a positive attitude to life and real gratitude for the simple things in life. This inspires me greatly, especially through times of difficulty and in my pursuit of a yogic lifestyle.

### **What is your greatest extravagance?**

I suppose my greatest extravagance is buying all the possessions I have that I don't really need. I've started a cull of these but as a self confessed hoarder (trying to reform) some things are still sticking to my palms....!

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

I would like to put more of what I am learning through yoga into practise...like taking each day at a time, living in the moment as much as possible and accepting whatever comes my way as what is meant to be.

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### **Update on MADYA**

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We continue to thrive and we have been able to start planning for yoga days in 2018. Thank you to everyone who supports us in so many different ways. As always, all profits from our yoga days go back into providing future high quality yoga days. So keep supporting us and hope to see you at our next yoga day.

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

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### **Kirtan Pete 'A Day of Kirtan'**

**Sat 1<sup>st</sup> July 2017, 10.30am to 4pm**

Kirtan is the singing of mantras as an expression of joy and devotion or Bhakti, rather than chanting for meditation. This made for a delightful day. People described this yoga day as relaxing and different; absolutely fab-u-lous; felt grounded and calm, "wow" "amazing" "wonderful."

Following an introduction on himself and his background in yoga and Kirtan, Pete began with simple mantras and explanations of "I am not." He moved on to chanting and circle dancing (whilst singing and playing the guitar). The afternoon began with a long relaxation and a crystal gong bath.

Pete set up a sound system for the afternoon Kirtan. He is an accomplished musician and played guitar, table and harmonium which, combined with his beautiful singing voice, resulted in a joyful and heartfelt Kirtan session that everyone enjoyed.



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### **Yoga/spiritual books or raffle gifts to 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.

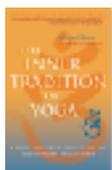
Any funds raised from the books or raffle go back into MADYA and to putting on yoga days.

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### Book Review

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#### **The Inner Tradition of Yoga By Michael Stone**



This book explores how there is more to the tradition of yoga than toning and strengthening. At the root, there is a vast and intriguing philosophy that teaches the ethics of nonviolence, patience, honesty, and respect. Michael Stone provides an in-depth explanation of ancient Indian yogic philosophy along with teachings on how to bring our understanding of yoga theory to deeper levels through our practice on the mat—and through our relationships with others.

"Intense, poetic, wise, practical, intimate, and visionary—the mind-body connection has never been better explored or explained." — Sharon Gannon, cofounder of Jivamukti Yoga

"Michael Stone manages to seamlessly integrate traditional teachings with contemporary advances in the field—and so adds new dimensions of meaning to both." — Richard Rosen, author of *The Yoga of Breath*

"Michael Stone brilliantly reveals the profound underpinnings of yoga that are rarely taught or understood." —Richard Freeman

See the Ted talk by Michael Stone. Well worth a listen:

<https://www.youtube.com/watch?v=DqFgGpoLlNg>

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You visit our facebook page [facebook.com/madya.org](https://www.facebook.com/madya.org) and click 'like' button (just under the Ohm picture) to get updates and reminders in your newsfeed.

We post regular updates and inspiring yoga themed quotes to remind you how enriching yoga can be to our lives

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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Loving yourself isn't just about celebrating your accomplishments and nurturing your talents. Those things are nice, sure. But that's not how we know others love us. We know others love us when they see us with our face on the ground, crying and weak, feeling like we've got nothing to offer the world—and they smile, and they reach out, and they love us anyway.

Loving yourself is what you do when you fail, when you don't know, when you screw up, when you forget, when you lose everything. Loving yourself is what you do when you can't approve of what you've done. Loving yourself is what you do when you're not sure if it's going to get better. Loving yourself is what you must do in those moments when you can't like yourself.

Real love is when you reach out for no good reason at all, except to love.

- Vironika Tugaleva