

Williamstown Yoga Centre Newsletter

August 2008



Greetings and welcome to the August issue of the Williamstown Yoga Centre Newsletter. Yesterday afternoon I attended a Yoga Nidra, or deep guided relaxation session, with Kay Reeves at our Centre. You can read more about Kay's two new classes at our Centre in this newsletter. I wanted to mention this experience here, because Kay's class was not only incredibly relaxing, her voice soothing and nurturing, but she reminded us all of our 'duty' to care for each other. To remember that we are only 'here' because of other people. And to celebrate the fact that we 'belong' here. The class was a true gift to all present.

The theme of Kay's class reminded me of a wonderful story which I would like to share with you here. It's a story that encourages us to get in touch with our compassionate, kind selves and treat others the same way we would like to be treated ourselves. I hope you feel moved by it...

The Wooden Bowl

A frail old man went to live with his son, daughter-in-law, and four year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. 'We must do something about father,' said the son. 'I've had enough of his spilled milk, noisy eating, and food on the floor.'

So the husband and wife set a small table in the corner. There, the grandfather ate alone while the rest of the family enjoyed dinner. Since grandfather had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded, 'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up.' The four-year-old smiled and went back to work.

The words so struck the parents so that they were speechless. Then tears started to stream

down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

I have shared this story here in the hope that, as we continue practising yoga together at Williamstown Yoga Centre, we never forget that at the heart of any spiritual endeavour, is the aim to connect with ourselves and others by opening our hearts more and more – to the pain and suffering of others, as well as our own pain and suffering.

*As long as there is separateness, one sees another as separate from oneself, hears another as separate from oneself, smells another as separate from oneself, speaks to another as separate from oneself, thinks of another as separate from oneself, knows another as separate from oneself. But when the Self is realized as the indivisible unity of life, who can be seen by whom?
(Brihadaranyaka Upanishad 4.14)*

In this newsletter, you will find:

- **Williamstown Yoga Centre's Updated Term 3 Timetable**
(attached to back of newsletter)
- **A Teacher's Profile – Deb Robertson**
- **Information about our new teacher – Kay Reeves (Vinyasa Yoga & Yoga Nidra)**
- **A new regular section on Asanas (Postures) by Emma McMahon**
- **Information about a New Yoga for Fertility Course with Susanne Calman**
- **A reminder of a Feng Shui Workshop on Sunday 21 September**
- **Information about a Yoga & Healing Retreat with Susanne Calman**
- **A new regular recipe section edited by Penne Parbat**

On behalf of myself and Susanne, thank you for taking the time to read our newsletter. All feedback, comments and ideas regarding this newsletter may be directed to Fiona - fiona_hyde@hotmail.com

Also if you wish to be taken off our mailing list, please advise us via e-mail. Thankyou.

ॐ *Teacher's Profile – Deb Robertson* ॐ

How did you come to yoga? When did you start practising Yoga?

Over 20 years ago, I read an article about an elderly yogini who had been practicing for many years. She looked gracious and peaceful – and fit. I remember thinking “this is something I can always do for myself and maybe it will even help my asthma.” For some years, apart from the odd class, I was self-taught from books.

Shortly after I moved to Williamstown 14 years ago, Fiona introduced me to the Williamstown Yoga Centre and to Susanne. I became a regular student, keen to learn more. I had studied Comparative Religion and a little Indian History, so the spiritual and philosophical aspect of yoga interested me greatly.

Who did you do your teacher training with?

I am still training but Fiona encouraged me to do my first teacher training in Sivananda Yoga with Joy Spencer and I am so glad I did, especially as Joy retired the following year. Joy was welcoming and wise. Teaching us from her home studio, we would all bring something vegetarian and yummy to share lunch together. At the outset, I saw my body as too inflexible and limited and didn't imagine I would ever teach. However Joy assured me I would find my own way of working within my limitations, and that students would find me.

At present, I am in my second year of study with the Krishnamacharya Healing and Yoga Foundation (KHYF) to be a Yoga Therapist. It is generally expected that a KHYF Yoga Therapist have at least 7 years of yoga teaching experience in this tradition. As a requirement of the course, I will complete two internships at the KYM in Chennai, which sees hundreds of clients a year on the recommendation of their doctors or other healing professionals. As a yoga therapist, I am being trained to develop and teach personalised yoga therapy programs, and to progress them over time

Our teachings and our teachers, Kausthub Desikachar, TKV Desikachar, and Dr NC emphasise the importance of looking at the individual as a whole, unique person, rather than fixing on the disease or the technique. Yoga offers many models to study and reflect on our approach.

The last study block was 17 days straight on the pathology of 30 or so diseases, with case studies from Chennai, taught by Dr NC, a medical doctor with his own practice and Director of Yoga Therapy at the KHYF. We learnt so very, very much from Dr NC – if only I could remember it all! Thank heavens for all my notes.

Our relationship with our mentor is central to our training. Not only is a mentor able to guide our study, but, also able to offer a mirror so I can learn a little more about myself.

My daily practice offers me the opportunity to study myself. Svadhaya is central to the process of transformation, a life's work. Since 2001, I have attended many intensives on the healing aspects of yoga and on the Yoga Sutras of Patanjali. I feel I have been blessed to be taught by such a lineage, a bridge between east and west, and between the ancient rishis and the modern day – this is the gift of this tradition for me – that it maintains its foundations in the ancient texts, but is adapted to modern dilemmas.

Do you continue to attend classes?

Being a student in a yoga class has always been important to me as a teacher – I can surrender to the instruction of another, to listen and experience, and reflect quietly on my experience.

There is always something new to learn.

Most weeks I do a body, breath and mind class with my mentor Barbara Brian and a chanting class at Agama, which I love. And I enjoy classes with my first teachers, Susie and Fiona when I can.

What type/style of Yoga do you teach?

Many say I teach vinyasa yoga, but TKV Desikachar does not like this term as it doesn't represent the depth and scope of the many tools yoga has to offer. "Vinyasa" really means step-by-step towards the chosen goal.

Yoga in the tradition on Krishnamacharya means to respect each students natural abilities and needs and offers a practice for them, continuously adapting to their changing needs – this is viniyoga.

Do you specialize in certain areas?

I love teaching stronger classes, but am moving always in the direction of Yoga therapy, yoga cikitsa – care for the whole person, not just the dis-ease. Diet, lifestyle modifications, pranayama, meditation or study – always going appropriately for the individual.

My favourite areas of practice and study are Chanting, Sutra studies and Yoga philosophy.

I take group classes at WYC and also offer individual classes by appointment.

Other skills/experience you have that add to your teaching?

My personal experience dealing with chronic asthma and, in more recent years, with the limitations of arthritis, has given me greater empathy with others experiencing illness, infirmity and suffering – this helps me as a teacher in group classes and especially in my one-to-one work.

A few times in my life, I have been privileged to spend time with loved ones and friends in their dying time. It isn't possible for me to put these experiences into words—they are matters of the heart for all of us. But they remind us that life is to be lived fully, to be savoured and enjoyed.

I feel that all my life and all my dharmas – as child, as teacher, as mother and partner, as yoga student and yoga teacher, have been and are an apprenticeship.

How have you found juggling family/kids with your role as a yoga teacher?

I think this is a bit of a juggling act for most of us, regardless of our roles in life. However, I feel that I am able to be more gracious and spacious with my juggling as a yoga teacher than I was ever able to be when I worked for Victoria University. Yoga has helped me accept and embrace that my children and my family are my first responsibility, my primary dharma, and my top priority.

It is easy to get caught up and carried away when we identify too strongly with things; our careers, even our spiritual progress, our internal struggles and path. When I first became a student of yoga, I loved the sense of inner peace and serenity it gave me, but would loose it with my children so easily when they did anything to disturb this “inner peace” after class – not very yogic at all! In 2001, I was fortunate enough to attend my fist teachings with TKV Desikachar and his wonderful wife, Manaka. I learnt so much seeing that yoga is all about relationship, how we are in relationship with others. Yoga is a way to live.

Any other hobbies/ interests you have, apart from yoga?

I love to read and to write, though don't get as much time now as I once did. And I have always loved walking. These days, I am really open to new interests, mostly my children's! At the moment, I love to watch Francis play soccer at 8.30 on Sunday mornings.

I love listening to Max play in his brass bands in places I would never otherwise go.

I have always been interested in diet, nutrition, and, more recently, in ayurveda and aromatherapy. Sometimes I have fantasies of going back to University to study Sanskrit, literature and comparative religion – but first I have to finish my Yoga Therapy. Being a student again isn't exactly a hobby, but I find a real lightness and joy in studying what I truly love and have faith in. It is great being a student, setting an example to Max, our eldest son, who is about to turn 17 and is in VCE next year.

And I look forward to our annual camping holiday, when all the superfluous activities drop away and just the simple things remain – the birds and yoga in the morning, the bush, beach walks,

swimming, meals prepared and shared– even fishing. Family and friends under the sun and the stars....ahh, roll on January.

Additional comments?

Those of you who would like to know more about yoga in this tradition may like to check out the following books.

Heart of Yoga – developing a personal practice, TKV Desikachar, Inner Traditions, 1995. This inspiring book presents the principals of yoga in a way that allows the reader to see their relationship to the sutra-s more clearly

What are we Seeking? TKV Desikachar, KYM, 2001

And you are always welcome to call or email me too:

debyoga@bigpond.net.au

ॐ *New Teacher – Kay Reeves, Vinyasa Yoga and Yoga Nidra* ॐ



The lotus flower starts as a small flower down at the bottom of a pond in the mud and muck. It slowly grows up towards the waters surface continually moving towards the light. Once it comes to the surface of the water the lotus flower begins to blossom and turn into a beautiful flower. The lotus flower has become a symbol for awakening to the spiritual reality of life.

Namaste

My name is Kay Reeves. I first discovered yoga whilst living and working in London about 18 years ago. It wasn't until I was diagnosed with a medical condition a few years back that my practice took on a more meaningful approach. The benefits of yoga on my medical condition were so profound that I decided I wanted to share the many benefits that come with practicing yoga. I am trained in both kids' yoga and yoga for adults and am mum to two delightful children.

I enjoy both the physical and the spiritual aspects of the teachings and feel incredibly blessed that I am able to share my teachings with my students.

I teach two styles of yoga. The first is an energising vinyasa yoga.

What is Vinyasa Yoga?

Vinyasa means linking breath with movement and intention. The class includes music and inspirational readings as well as pranayama (breathing practice) and meditation. The classes are varied and postures are adjusted to meet the needs of each student. There is a strong focus on safety and alignment to encourage students to practice at an appropriate level for their own changing physical and emotional needs. The class level is general and beginners are more than welcome. A typical class will include vinyasa, pranayama, meditation and maybe even a little chanting.

It is my intention to honor the lineage of the teachings of yoga and make it accessible to everyone. I completed my teacher training at Samadhi Bliss Yoga in Newtown, Sydney. The training was lead by Katie Spears. Katie has trained with Simon Low (UK), Donna Farhi and with Jivamukti Yoga New York with Sharon Gannon and David Low. She is a Sadaka-in training

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with Wise Earth Ayurveda. Katie has also written a book called *Spiritual Survival and the City*. It is an inspiring read and I often use readings and inspirations from the book in my classes.

The second style of yoga I teach is Yoga Nidra.

What is Yoga Nidra?

- Yoga Nidra brings an incredible calmness, quietness and clarity both on a physical, mental and spiritual level.
- In yogic philosophy we have 5 'layers' of bodies beneath our physical body.
- Yoga Nidra attempts to work through each layer to achieve deep relaxation and discover the true self.
- Yoga Nidra is one of the deepest of all meditations, leading awareness through many levels of mental processes to a state of supreme stillness and insight.
- Yoga Nidra means yogic sleep. It is a state of conscious deep sleep.
- In meditation, you remain in the waking state of consciousness, and gently focus the mind, while allowing thought patterns, emotions, sensations and images to arise and go on.
- In Yoga Nidra, you leave the waking state, go past the dreaming state, and go to deep sleep, yet remain awake.
- Yoga Nidra is suitable for everybody.

Please contact me directly if you have any questions about either style:

Mobile: 0407 200796

kayreeves@optusnet.com.au

Om Shanti

🌀 *More about...TADASANA (or Samasthiti) by Emma McMahon* 🌀

'Tada' means mountain and 'sama sthiti' means equality or balance. This pose is an opportunity to establish a firm and secure base during your asana practice in order to feel physically and mentally balanced.

Tadasana helps us to tune into our body's natural intelligence and sharpens our awareness of our body, breath and mind. A.G. Mohan describes tadasana as "a brief moment of intentional reintegration."

Tadasana promotes balance, strength and flexibility. It grounds us through our feet as we lift and lengthen through our body to the crown, improving posture, increasing the circulation of blood and prana (life force) and toning the digestive, circulatory and respiratory systems.

The feet hold the key to mastering tadasana and this pose teaches you to be aware of how you are standing. It is therefore a posture that can be practiced to great benefit off, as well as on, the yoga mat.

In tadasana, the feet should be parallel, either together or hip width apart. Spreading the toes and ensuring all four corners of the foot soles are pressing gently but firmly into the floor, move your awareness up your body, lifting the inner ankles, the knee caps, thighs and front of the pelvis and feeling this strong foundation bring an alertness and uprightness to your spine and upper body.

It can help to draw up mula bandha in tadasana, that is, to gently pull in, or contract, the pelvic floor. As the desire to straighten ascends from the lower body, there is a natural urge to move the chest forward and roll the shoulders back and down. Focus on an equal action of lengthening through the collarbones and broadening the shoulder blades.

With so many things to focus on in this seemingly simple posture, it can be easy to neglect the position of the arms, hands, neck and head. Arms, hands and fingers should be extending down to the floor with the palms of the hands facing the sides of the body or angled a little to the front for greater opening in the shoulders and chest. It can be helpful to imagine a golden thread extending from your crown, pulling you gently to the ceiling.

Tadasana is a great teacher, helping us to become aware of our physical, mental and emotional state and habits. Tune into your body, mind and breath in tadasana and you will discover much about yourself. Remember not to judge your discoveries, for they are just that, discoveries on the great journey that is yoga.

A bit about the author: Emma first came to yoga in her late teens to help tackle depression and poor posture. Through realigning her spine, she realigned her thinking and took her first steps on a lifelong yoga journey. A dedicated practitioner, yoga teacher and new mum, Emma teaches 'Dynamic Flow' classes at the centre on Monday nights 7.30-8.45pm. Emma can be contacted on emma.mcmahon@iinet.net.au or 0430 155 989.

ॐ *Yoga for Fertility with Susanne Calman* ॐ

*"and the day came when the risk to remain tight in the bud
was more painful than the risk it took to blossom" - Anais Ninn*

Four week course - Friday 12th Sept – 3rd Oct 2008, 6.30pm - 8.00pm

With Susanne Calman
Hatha Yoga Teacher, Reiki Master, Intuitive Healer, 20 years experience

Investment - \$150.00
includes Guided relaxation CD for home use (value \$34),
blessed crystal & guest facilitator

Embracing all of the gifts of asana, pranayama, chanting, visualization, relaxation & reiki
to align your body & mind with the desires of your heart & soul

enquiries/bookings – susanne@williamstownyoga.com.au or 93973015

Connect....Unfold....Nourish.....Blossom

ॐ *Feng Shui Workshop – Sunday 21 September* ॐ

Balance & connect to your environment with Feng Shui

Come and learn how to transform your home into a special haven. This course will examine ways you can connect with your home to understand what is going on energetically. You will learn Feng Shui methods to identify areas that would benefit from an adjustment and how to make the adjustment.

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Included in the course will be information on:

Feng Shui, Healthy Houses, Building Biology, Creating Dedicated Areas
Creating a Sacred Space

Date: Sunday 21 September 2008, 1:30pm – 5:00pm

Cost: \$89 per person

For more information or to register contact either: Anna via e-mail anna@brightstarfengshui.com
or via phone on 0431 639 320 (www.brightstarfengshui.com) OR Emma at Moksha Yoga on
9766 -4880 or emma@mokshayoga.com.au (www.mokshayoga.com.au)

ॐ Yoga & Healing Retreat with Susanne Calman ॐ

Amarant Retreat, Yarra Valley
Saturday 8th - Sunday 9th November

*Rediscover your
Bliss.....Serenity.....Beauty!!*

Embracing the gifts of Yoga, Meditation, Chanting, Deep Healing Relaxations & Reiki
Delicious vegetarian food to nourish the soul
Nature walks in tranquil surrounds
Healing Treatments

\$427.00 - Retreat cost includes:

Twin share room with bathroom - 2 days/1 night
All Meals & Morning/Afternoon Tea
Yoga & Relaxation classes
1 hr Facial Bliss energetic facial (value \$80)
Chakra Balance & Reiki
Guided Relaxation CD to take home (value \$34)

susanne@williamstownyoga.com.au or 93973015
for retreat schedule - www.williamstownyoga.com.au
www.amarantretreat.comat.com.au

***Listen closely to the voice that speaks to you each day
Open up your heart & mind & hear what it has to say...
(Inner voices, Honey in the Rock)***

ॐ Recipe for August by Penne Parbat ॐ

* this is a new regular section in our newsletter which will be edited/co-ordinated by Penne Parbat. If you have a yummy, healthy recipe that you would like to share, please contact Penne via e-mail: penne20@gmail.com

Dahl is one of the many delicious and nutritious Indian dishes that gained popularity outside of India. There are many different versions varying from region to region, using different types of
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dahl (split mung beans). It is simple to make, and can be eaten as a side dish with other curries, however, I often have it as a main dish served with either basmati or brown rice. Once you have the spices, it's a very inexpensive dish to make, and you can throw in extra vegetables to beef it up. I like to make it really thick - experiment with the consistency to find one you like. Make sure you store your spices in an airtight container and they will last for ages, and if you keep them together it will be faster to get the dish together - it also freezes well. It's lovely to warm you up on a cold evening... but nourishing any time of year. What more could you ask for? I hope you enjoy it!

Basic Mung Dahl

Ingredients

225g moong dahl - split mung beans (Yellow)
2 cloves garlic
2 green chillies (can use dried whole chillies or chilli flakes)
3 tablespoons vegetable oil (or Ghee)
1 teaspoon black mustard seeds
1 teaspoon salt
1 teaspoon ground tumeric (tumeric powder is fine)
750ml Boiling water

2 teaspoons '**Panch Poran**' (or 1 tsp / cup dahl) *This is optional but recommended! (You can buy 'Panch Poran' from Indian / Asian supermarkets – its the spice mix for making dahl)

*Note - you can add extra veggies e.g. carrot / potato

Method:

Wash and drain the Dahl, mince the Garlic and Chillies together. (Wash hands after)
Heat the oil in a pan, and the Mustard Seeds, and cover until they have stopped "popping" (This is important, if you don't pop them, they will be bitter)
Add the Onion and cook until soft and translucent
Add the Garlic and Chilli for 1 minute - stir
Add the Dahl and stir for 1 minute, then add the Turmeric
Add the boiling water, and simmer until most of the water has been absorbed
Test the Dahl between the thumb and forefinger, (it should be soft) If more cooking is required add more boiling water.
Test again when liquid has been absorbed

*Lemon wedges to serve

*Sprinkle with fresh Coriander to serve

*Serve with Basmati Rice, Chapati, Roti, or Toasted Pita bread

*Lovely served with caramelised onion on top (in a small pot or pan slowly cook 1 x onion in vegie oil or ghee (clarified butter) on a low heat until it browns).

*May peace be with you always
Om shanti, shanti, shantih
Fiona & Susanne
(Principals of Williamstown Yoga Centre)*

Williamstown Yoga Centre

Term 3 Timetable: 14 July–05 October 2008

Monday

** school term only*

9:30–10:45am	Vinyasa Yoga	Kay	Beg/Gen
11–12:15pm	Restorative Yoga	Deb	Beg/Gen
2:00–3:00pm	Creative Dance*	Pam	4-6yrs
4:15–5:15pm	Children's Yoga*	Pam	6-12yrs
6:00–7:15pm	Hatha Yoga	Fiona	General
7:30 – 8:45pm	Dynamic Flow	Emma	General

Tuesday

9.30-10.45am	Hatha Yoga	Penne	Beg/Gen
4.45-5.45pm	Teen Yoga	Pam	Beg/Gen
6.15-7.30pm	Hatha Yoga	Susanne	Beg/Gen
7.35pm-8.50pm	Hatha Yoga	Rick	Open/Gen

Wednesday

9:30–10:45am	Energising Yoga	Deb	Beg/Gen
6:00–7:15pm	Relax & Refresh	Deb	Beg/Gen
7:30 – 8.45pm	Yoga for Pregnancy	Jodie	Beg/Gen

Thursday

9.30-10.30am	Creative Dance*	Pam	3yrs
11-11.40am	Creative Dance*	Pam	Toddler
12:15-1:00pm	Creative Dance*	Pam	2-3yrs
4:15–5:15pm	Children's Yoga*	Pam	6-12yrs
6:00–7:15pm	Hatha Yoga	Susanne	General
7:30–9:00pm	Gita Yoga	Jenny	General

Friday

9:30–10:30am	Yoga for Women	Susanne	Beg/Gen
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Saturday

8:30-9:45am	Hatha Yoga	Susanne	Beg/Gen
10–11:15am	Hatha Yoga	Fiona	General
11:30–1:00pm	Yoga for Pregnancy	Jodie	Beg/Gen
3:00–4:00pm	Children's Yoga*	Pam	6-12yrs
4:30-5.30pm	Yoga Nidra	Kay	General

Sunday

7.45–9:00am	Gita Yoga	Jenny	Beg/Gen
9:30–11:00am	Power Yoga	Gabor	Beg/Gen

Please check our website for regular timetable updates.

** school term only*