



# Williamstown Yoga Centre Newsletter

June 2008

*The Buddha said: 'See yourself in others.  
Then whom can you hurt?  
What harm can you do?'*

Greetings and welcome to the third edition of the Williamstown Yoga Centre Newsletter. It's hard to believe that we are now into our sixth month of the year and winter is upon us! Due to the fact that our last newsletter was 15 pages long, we have decided to offer more regular and shorter publications. You can now look forward to receiving one of our newsletters every 6-8 weeks.

We have lots happening at our Centre for the remainder of term two and on into term three. Please get yourself a nice hot cup of tea, sit back (when you have a moment, and preferably in front of a cosy open fire!), and enjoy the offerings contained within these pages. If you wish to view our latest timetable, please check our website: [www.williamstownyoga.com.au](http://www.williamstownyoga.com.au)

Before we look at some exciting new things happening at the Centre, I would like to open this newsletter with an excerpt from an article by Catherine Deveny titled '*To the heroes we see struggling every day: Just. Keep. Going.*' As someone who has struggled with depression at different stages of my life and who is often astounded and delighted at how various individuals, including close friends, family members & yoga students, find the courage and will to 'keep going' at times due to struggles with grief, sadness, despair, depression and pain, Catherine Deveny's article is a wonderful read. Brilliant, in fact. I wonder if we can take Catherine's advice and establish a 'cheer squad'. Perhaps our local *sangha* group at Williamstown Yoga Centre can perform this function. I hope so.

Catherine Deveny: "Every morning I sit on the front deck and drink my coffee, watching people propelling themselves through life. And I'm in awe of how people can keep going. What a wonder the human spirit is.

I watch office workers, jolted out of their slumber by the alarm clock, who have shoveled in their breakfast, thrown on their clothes and rush to catch the train to a job they hate. I say good morning to elderly neighbours who gingerly walk around the block trying to get their creaky bones and foggy heads working after a night of constant pain and little sleep. I wave to the woman from down the road who has lost her mother after a long fight with cancer. She is shrouded in grief, yet she gets her kids up and dressed, the lunches made and has, against all odds, got the kids to school on time again. And I cheer my mate, overwhelmed by anxiety and depression who runs, every morning. He forces himself out of bed when what he wants is to pull the doona over his head and disappear. Where's his medal? Where are all of their medals?

No one will ever know the extent of the battles some people among us are fighting and how tough they are finding life. How they find the courage, the bravery and the blind hope to push them through the day...these people are my heroes...

I saw a postcard last week that reminded me of how rough some people are doing it:

*'Be kind – for everyone you meet is fighting a hard battle.'*

Let's help others in pain find some sweet relief. Let's start a cheer squad for people overwhelmed by emotional pain, physical pain, exhaustion and insomnia. For parents up with

babies night after night, people caring for the sick and disabled round the clock and for those whose lives have been ripped apart at the seams. Let's cheer them on from the sidelines:

'You bloody legend! You're a hero! Just. Keep. Going.'

There's a website called group hug for anonymous online confessions. And amid all the pain I found this contribution:

'There are two things that I have found to always be true in life, no matter what.

1. Every day the sun will rise. It is a different day with endless possibilities.
2. This too will pass. These words, engraved on an ancient Sultan's ring, made him solemn in happy times and happy during sad times. Remember these always.'

You are amazing. You're doing a great job. Just. Keep. Going" (in *The Age*, 28/5/08).

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](mailto:fiona_hyde@hotmail.com)

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

*When we feel the pain and suffering of the world – when we can empathize with others –  
we naturally develop our capacity to respond with caring and compassion.  
When we recognize others as not much different from ourselves,  
we naturally feel kinship and oneness with them. This is the awakened spiritual heart in action.  
It cannot help responding wherever there is need. . . Self and others are inseparable.  
If we let ourselves connect and link up in community with ever-widening circles –  
reaching out to link hands and hearts with those near and far –  
we can experience a oneness and healing that surpasses understanding;  
we can become more fully alive, integrated and at peace.  
This is the secret of spiritual connection (Lama Surya Das).*

### 🌀 *Meditative Self-Care Course - Friday 6, 13, 20 & 27 June, 6.30-8.00pm* 🌀

This four week course will explore practices designed to release residual tension, to enhance the mind-body connection, and to establish your self-care as an ongoing wellbeing priority. The course will include embodied movement, breath work, and self-inquiry to deepen your personal practice.

Facilitator Janet Lowndes is a Yoga Teacher and Psychologist integrating the ancient art of Yoga with the science of Psychology to assist people to live more healthy, happy lives, with greater wellbeing.

Bookings: Janet on 0417 535 904 or [janet@embodymind.com.au](mailto:janet@embodymind.com.au)  
Cost: \$100 / \$90 (conc).

### 🌀 *Winter Solstice Chanting & Meditation - Sunday 22 June, 6.30-7.30pm* 🌀

On the eve of the longest, darkest night of the year known as the 'dark night of the soul', we gather as a group to chant in the candle light to welcome the birth of the sun, the new spark of hope, the sacred fire, the light of the world, before surrendering into the peace & stillness within.

Facilitator: Elizabeth Albrecht (Gita Yoga Teacher & Meditation Teacher)  
Bookings: [susanne@williamstownyoga.com.au](mailto:susanne@williamstownyoga.com.au) or 93973015  
Cost: \$12.00

### ॐ *New Hatha Yoga Classes with Rick Harvest at Williamstown Yoga Centre* ॐ

Commencing Tuesday 15 July, 7.35pm-8.50pm (Level: General/Open, suitable for new students as well as the more experienced).

These classes will focus on stretching and strengthening, balancing and harmonising the body, mind and emotions, as well as integrating all the body systems. A great emphasis will be placed on conscious breath work as the cohesive force that underlies all movement, to create an internal strength and buoyancy, emotional resilience, and to bring energy to the body and clarity to the mind. Asanas and Vinyasa (flowing sequences), working to strengthen and build stamina in the body, and focus and meditation techniques to still the mind will all be elements of these classes.

Teacher: Rick first practised yoga at the age of 18. Many 'careers' followed including classical music, teaching, arts administration, marketing. Leaving the corporate world in 2000 to pursue Yoga full time, he did his teacher training at Gita. Since graduating he teaches full time and has pursued further studies in various areas of interest, including in 2007, Donna Farhi's Advanced Teacher Training and this year, studies in Yoga Therapy with Phoenix Rising Yoga Therapy.

If you would like more information about these classes, contact Rick on 0431 163 130 or Williamstown Yoga Centre – 9397 3015.

### ॐ *Raqs Chakra Workshop with Maria Sangiorgi - Friday 25 July* ॐ

**SensingFeelingDancing**  
**Sensing** our way through the Chakras, we acknowledge  
our deep & potentially transforming **Feelings**  
**Feeling** where that takes us now today through Movement & **Dance**  
**Dancing** the expression of what we feel & **Sense**  
**Sensing** our truth in the **Feeling**  
**Feeling** the need to **Dance**  
**Dancing**  
**SensingFeelingDancing**

**Facilitator:** Maria has spent years facilitating Dance & Movement journeys for people who love to move, physically, spiritually, emotionally & mentally. There is no right or wrong way, just your way. Maria holds the space for you to explore your inner dancer.

Come & journey the many aspects of each chakra in a three hour workshop, using Guided meditation, Movement, Dance, Sounding, Drawing & Writing.

Time: 6.30 – 9.30 pm

Cost: \$60 full (\$50 conc).

Bookings: Maria - [www.dancingisis.com](http://www.dancingisis.com) - 0419 523 710 or Williamstown Yoga Centre - Fiona Hyde 9399 9690

☪ *Yoga for Fertility – Friday 1 August – 29 August, 6.30 - 8.00pm (5 Week Course)* ☪

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

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

Cost: \$150 includes guided relaxation CD for home use, blessed crystal & guest facilitator.

Bookings: [susanne@williamstownyoga.com.au](mailto:susanne@williamstownyoga.com.au) or 93973015

☪ *An Article by Kate Casey & Anne Holland, facilitators of the 'Art for Life' Workshops* ☪

Over the past couple of months Anne Holland and I (Kate Casey) have been running artistic workshops at Williamstown Yoga Centre. We've enjoyed each one immensely and are looking forward to running many more. Just look at these happy faces and the lovely art!



Some of you will know that Anne and I are both graduates from a three year course in Psychophonetic's counselling & psychotherapy. We studied here in Melbourne and also in South Africa. This work that we have come to love so much is a very specific form of counselling and is based on the philosophy of Rudolf Steiner.

Many people have taken the work of Rudolf Steiner and have created dynamic industries around it, such as biodynamics and Waldorf Education and we are using his work in both our counselling and art workshops. Ours is a very creative form of counselling that incorporates bodily experience, gesture, sound, art, drama and visualisation. The workshops have some of this flavour!

Why art workshops? Anne and I have both come to value highly the qualities of art for understanding the inner life. I heard once a definition of what it means to be an artist – that an artist is someone who contributes to the ongoing debate about life! All of us can use our creative and artistic abilities to contribute to this conversation. Steiner wrote beautifully about the importance of doing something artistic in our daily lives.

“We must always be able to dream a little even by day when we are awake; we must be able to give ourselves up to the enjoyment of art, of poetry, or of some other activity that is not concerned wholly with crass reality. Those who can give themselves up in this way form a connection with something that can enliven and invigorate the whole of existence.” Rudolf Steiner

Our workshops are a way of offering people the chance to do this. But also, as counselors, we believe in the importance of creating places of warmth and safety -

the workshops offer people this space and an opportunity to be more in touch with themselves and their inner life.

When we were considering what to include in this newsletter we decided you might like to know a little about the Will! Steiner believed that man is a feeling, thinking and willing being. I have just given a short workshop to my fellow Psychophonetic's practitioners on 'Working with the Will & love of the deed'. I'd like to share some of the key ideas with you.

### **Working with the Will; the importance of loving what we do**

Whew! That's quite a title isn't it? But I will keep it short and if you would like to know more I can email you the full research project ([katemcasey@gmail.com](mailto:katemcasey@gmail.com))!

There are a couple of key ideas that Steiner wrote about in relation to our deeds and actions. Two of the main ideas are 'freedom in our actions' and 'love of the deed'.

The perfect form of human action, according to Steiner's worldview has freedom as its main quality. By this he means an action that acts upon man from within. It's not an action we perform according to duty, biological impulse, religious commandments or moral or social standards. It is done because of our love for the action.

"Only when I follow my love for my objective is it I myself who act. I act, at this level of morality, not because I acknowledge a lord over me, or an external authority, or a so-called inner voice; I acknowledge no external principle for my action, because I have found in myself the ground for my action, namely, my love of the action. I do not work out mentally whether my action is good or bad; I carry it out because I love it." Rudolf Steiner

We need to be pretty humble then don't we if we want to act out of love and freedom? We need to be clear about what motivates us to act. We can ask: "Why are we choosing to act the way that we are?" We can try to be clear about our motivations. We can consider if we are acting because society is encouraging us to act, or religion is encouraging us to act, or social circumstances or our community is coercing us to act. This requires clarity of insight into our actions and to be humble in understanding our motivations. What actions do we perform out of love for the deed? In my experience it's somewhat rare and that is something to reflect on!

Without going too deeply into Steiner's philosophy just a little something he mentioned about the karmic aspect of loving our human deeds. In Rudolf Steiner's Anthroposophical point of view our acts of love in our current earthly life become the joyfulness of our next earthly life. Thus loving our deeds contributes to the ongoing cycle of love and joy in this world. It's a beautiful thought and on reflection it seems to me that love and joy are closely related.

So if we believe that the highest and most perfect form of human actions are freely willed deeds performed out of love, then acting this way is a high ideal, that's for sure! It means holding the idea that all deeds performed out of love are most significant for our own freedom, for the possibility of our fullest self-expression and for the joyfulness of life on earth.

I could go on and on with this – the topic is fascinating. I might simply end with something practical!

So... something practical to end with! In Psychophonic's counselling training we learn to work with clients in relation to vocation and the blocks that stop people from doing what they love and long to do. We explore three key questions and you might like to consider them:

1. What do you love to do?
2. What within you is most longing to be done?
3. What in the world is calling you to service?

I hope you found something in these ideas to inspire you.

### **What next for us at Williamstown Yoga Centre?**

We are holding a *drawing workshop* on **Sunday 29<sup>th</sup> June** from **1.15 - 5pm**. There will be another *clay workshop* on the **20th July**.

### **Ideas for the future**

For those people who would like to do some deeper work we are considering two 7 week block courses (2 hours per week).

1. *The seven conditions for spiritual development*. This was part of our training and we loved learning about it. This course would use various art forms.
2. *Resolving emotional pain*. This would be a deeper course specifically for people who wish to work through a particular issue working through guilt, fear and forgiveness.

We'd like to know how strong the interest is in these 7-week courses so please register your interest by phoning Anne (03) 9387-0931 or 0407-324-593 [anneholland@optusnet.com.au](mailto:anneholland@optusnet.com.au).



Thank you once again for inviting us into your community. Our best wishes, Kate and Anne.

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