

Williamstown Yoga Centre Newsletter

September 2008



*Meditation can take place when you are sitting in a bus,
or walking in the woods full of light and shadows,
or listening to the singing of the birds,
or looking at the face of your wife or child
(Krishnamurti)*

Greetings and welcome to the September issue of the Williamstown Yoga Centre Newsletter. Term four is just beginning, the last for the year. The long, long winter is now behind us and day light savings has just begun. It's a lovely time of year to get outdoors and go for a stroll along the beach or practice yoga in your back garden.

Recently, my family and I headed off to Apollo Bay for a short break. The beaches were windy and quite cold, so we headed inland and spent our days walking through glorious rainforests, rich with lush green ferns, enormous myrtle beech trees and powerful waterfalls. With a two year old on my back and a five year old by my side, there was much noise and laughter, yet every now and then we would pause and soak up the silence and the stillness of the forest. The peace was exquisite. The tall trees, many 200 and 300 years old, seemed so wise and knowing. In this space, I was reminded of an important quote from the Upanishads:¹

*Meditation (dhyana), assuredly, is more than thought.
The Earth meditates, as it were (iva). The atmosphere meditates, as it were.
Heaven meditates, as it were. The waters meditate, as it were.
Mountains meditate, as it were. Gods and men meditate, as it were.
Hence those among men here who attain greatness – they are, as it were,
a part of the estate of meditation... [Therefore] appreciate meditation*

(in Georg Feuerstein *The Deeper Dimension of Yoga*, 2003, p. 349)

What does this mean? In answer to this question, Georg Feuerstein writes, the author of this statement: "...did not want us to think that the mountains were engaged in a deliberate exercise. Nevertheless, he insisted, they were engaged in something resembling meditation. If we take a leisurely hike in the countryside with no worries on our mind, simply experiencing the hills, trees, and brooks, we will no doubt be struck by their stillness, their utmost simplicity. They simply abide without any concerns or problems. This is exactly the condition of meditation. Meditation is simply being present in the ways hills, trees, and brooks are present.

Meditation is abiding. The word 'abide' comes from the Anglo-Saxon *bidan* meaning 'to wait'...Meditative waiting is resting in the present, without the usual flight into thought. It is 'just sitting,' as the Zen Buddhists put it. Meditation is thus a form of centering, which involves our disengagement from the machine of the mind and our resting in the heart" (p. 349).

¹ The Upanishads were composed by Hindu sages from the second millenium BC onward and provide the earliest references to the tradition of yoga as well as esoteric explanations of Vedic lore.

If you have time over the next few months, you might like to get out and 'be' with nature. The Otway National Park may not be close to us here in Melbourne, but we have the beach, plenty of parks, the Botanical Gardens and Newport Lakes. We can learn so much from nature – being in nature, listening to nature, watching nature – and these activities should not be seen as separate from our 'practice'. Any activity that helps us to acknowledge the interconnectedness of all living things and that helps us to break down the artificial barrier between 'subject' and 'object', 'us' and 'them', or human' and 'tree', is a valid, and indeed, essential component of our practice.

*The healing of the mind takes place gradually on contact with nature,
with the orange on the branch, the blade of grass
eating its way into the cement, and the hills hidden by the clouds
(Krishnamurti).*

From all of us at Williamstown Yoga Centre, we hope you continue to enjoy your yoga classes over the next few months as we head towards summer. If you would like to write your own experience of yoga (or how yoga has helped you in your life), for our next newsletter, please contact Fiona via e-mail. We would love to have some student contributions soon.

Please read on for news of a wonderful Sound Mandala Meditation being held at our Centre soon. I was fortunate enough to meet the facilitators of this event, Linda Laasi & Arrayah of Ambient World Events at the recent Yoga Expo, and am delighted that they agreed to come out to our Centre. I'm sure it will be an amazing session. Yoga teacher Penne Parbat has been kind enough to put together quite a few articles – thankyou Penne. Our Monday night teacher, Emma, has a special spring offer for you. And yoga teacher/psychologist Janet Lowndes, provides news of two fundraisers to raise money for a Nepalese orphanage.

All feedback, comments and ideas regarding the newsletter may be directed to Fiona - fiona_hyde@hotmail.com
Happy reading!

Contents:

- **Special Spring Offer – Yoga Classes with Emma McMahon**
- **New Hatha Yoga Class with Penne Parbat**
- **Yoga Expo: Review**
- **Yoga of Giving Fundraisers**
- **Sound Mandala Meditation**
- **New Section: Product Recommendation**
- **Book Review: 'The Ethics of What We Eat'**
- **September Recipe**
- **Williamstown Yoga Centre's Updated Term 4 Timetable**

*Make the universe your companion, always bearing in mind the true nature of things –
mountains and rivers, trees and grasses, and humanity.
Enjoy the falling blossoms and the scattering leaves (Basho).*

ॐ *Special Spring Offer* ॐ

Join us on Monday evening and start your week feeling refreshed and energised!

Dynamic Hatha Yoga with Emma

Monday 7.30 to 8.45pm

All levels welcome

SPECIAL INTRO 2 FOR 1 OFFER:

INTRODUCE A FRIEND AND YOUR FIRST CLASS IS FREE

(or pay \$8.50 each!) Offer valid until Nov 30.

ॐ *New Hatha Yoga Class with Penne Parbat at Williamstown Yoga* ॐ

Commencing: Thursday 7:30 - 8:45pm ~ Starting 9th October

Level: General/Open: Suitable for those new to yoga and more experienced students

In addition to Penne's Tuesday 9:30am class, there will be a new timeslot on Thursday evenings, starting from 9th October. You may have met Penne when she has filled in classes for Deb, Fiona and Jodie over the last few months.

Penne's teaching focuses on breath awareness & postural alignment; and she aims to create a nurturing environment for students. Students are encouraged to take a gentle approach and adapt poses to suit their own body. Penne likes to include postures that help us build strength & improve flexibility, and to balance them out with restorative asanas at the end of our practice that nourish the soul and calm the mind.

If you haven't tried one of Penne's classes please come along on either a Tuesday morning or Thursday evening - she looks forward to sharing the joy of yoga with you.

Please feel free to contact Penne on (03) 9397 3617, or Williamstown Yoga (03) 9397 3015 if you have any questions.

ॐ *Melbourne Yoga Expo – 31st August 2008 by Penne Parbat* ॐ


On Sunday 31st August the first Yoga Expo was held at the Melbourne Showgrounds in Flemington. The celebration of all things yoga was a big success, with over 2,000 of Melbourne's yoga community coming through the doors. There were yoga demonstrations by well-known yoga teachers from Melbourne, Sydney and overseas. Two different Yoga classes were run consecutively throughout the whole day, giving Melbournians access to different styles of yoga and teachers. 'Sacred Earth' graced us with their divine music – it was such a treat to hear them live... you may have heard their music played in some of our classes. One of the most popular aspects of the events were the natural therapies e.g. massage and reiki... there was a Reiki stall right next to us and I saw many people floating away looking very content after their complimentary sessions....and all of this was included in the entry fee! There was

something for everyone at the event... regardless of whether you are a teacher... or student (we are all students!) It was a wonderful opportunity to explore and enjoy all things yoga.

I was on the Byron Yoga stall, and despite being on my feet & talking non-stop all day, the energy and enthusiasm of the visitors was contagious – it was a great atmosphere to be in. Thank you to those of you who stopped by to visit me – it was lovely seeing so many familiar faces.

If you didn't make it along this year, I look forward to seeing you there next year.

Thank you, Penne.

	<p>Yoga of Giving Session ONE Saturday October 25th, 9am-4pm Lucy Guerin Studios, 14 Batman Street, West Melbourne. \$150 donation - includes teaching, lunch and snacks Classes include: Kimberley Roberts: Yoga of Voice Arian Young: Meditation in the 21st Century Janet Lowndes: Yoga and Emotional Wellbeing ...and others to be announced</p>
<p>Yoga of Giving fundraiser days Raising money for the Ghimire Foundation, creating scholarships to educate girls in Nepal (www.ghimirefoundation.org)</p>	
<p>Celebrate the true essence of Yoga REGISTRATION IS ESSENTIAL Places are limited Contact: Janet Lowndes, jlowndes@ozemail.com.au Ph: 0417 535904</p>	<p>Yoga of Giving Session TWO Sunday November 9th, 1pm-5pm Williamstown Yoga Centre, 109 Douglas Parade, Williamstown. \$70 donation - includes teaching and snacks Classes include: Leigh Blashki: Living your Yoga and Meditation Fiona Hyde: Loving Kindness Yoga Nidra Kimberley Roberts: Yoga of Voice</p>

ॐ *Sound Mandala Meditation – Friday 31 October, 7pm* ॐ

Presented by Linda Laasi & Arrayah of Ambient World Events

Experience the pure harmonic resonance of Sacred sound & voice! Sound Mandala Meditations are an opportunity to relax, release stress and find a moment of stillness in your life. Immerse yourself in the gentle harmonies of Tibetan & crystal singing bowls. Experience a deeper sense of peace and be uplifted by serene vocal soundscapes & ambient instruments. Join in a group Sound Mandala with vocal toning, whirlies, singing bowls and more.

Cost: \$20 (bookings essential) Bookings: Arrayah - 0432 948 430

Further information: www.naturaltherapypages.com.au/therapist/16846 or arrayah@aapt.net.au

www.williamstownyoga.com.au

Page 4

What are Crystal Singing Bowls?

Crystal singing bowls are made from 99.9% pure crushed quartz and heated to 4000 degrees in a centrifugal mold. The bowls emit a powerful, pure resonance when struck or played by a therapist. The larger the bowl, the stronger and longer lasting the resonance (although size does not determine the actual note).

How do they work?

Crystal singing bowls combine the pure vibrational energies of sound and quartz crystal.

All things in nature vibrate to sound, light and colour, and sound frequencies affect everything about you. It has been scientifically proven that sound or vibration has a strong impact upon substance. Dr Emoto has shown us how it can even change the molecular structure of water to create beautiful, perfect crystalline formations. Sound and vibration can affect your health and wellbeing by creating an internal environment of perfection to promote healing and balance on a cellular level.

Numerous studies have shown that sound can produce changes in the autonomic, immune, endocrine and nervous systems. Your body and all its parts vibrate at certain frequencies, and when in harmony it creates a natural vibration that emanates health and wellbeing. When this vibrational frequency is out of harmony, you get dis-ease, disorder and imbalance on all levels of your being. Your body is in a perfect and healthy state of being when each cell, each organ creates a resonance that is in harmony with your whole being.

ॐ New Section – Product Recommendation by Penne Parbat ॐ

This section is to recommend any products we have found to be good quality and value. They do not have to be only yoga specific, e.g. anything that comes under general Health & Wellbeing sector e.g. organic food products, natural skin care, etc. would be of interest.

Byron Yoga Clothing – Yoga Pants

For our first product recommendation, I thought I'd start with a Yoga product.... Next time you need some yoga gear, I'd like to recommend checking out Byron Yoga Clothing. I often have students and yogis ask me about my yoga pants so that's why I thought I'd start here....

I have the 'Supplex' pants – they are a firm fabric with a waist-band that rolls up or down to make them hipsters. (They help to hold everything in! ;-)) If you prefer something looser the 'Supplex Micro-Touch' is great too, very light weight, yet still flattering.

They cost more than tracksuit pants, however, the fabric is excellent quality, and they really do last. I'm so happy with them I've just bought my 3rd pair in a different fabric/style. They don't have a store in Melbourne, so you have to buy them online at www.byronyogaclothing.com

If you have a product you'd like to share, please contact Penne directly on penne20@gmail.com

ॐ Book Review: 'The Ethics of What We Eat' by Peter Singer & Jim Mason ॐ

A short time ago, a student at Williamstown Yoga Centre leant me this book. In passing the www.williamstownyoga.com.au

book over, she said something like: 'once you read this, your eating habits and food choices will be irrevocably changed forever.' She was so right. It's a hard and painful read. But it is wonderful to be more informed about food production and to then think more carefully about the choices we make when purchasing food.

It is also particularly interesting to read in light of Gandhi's comment that the greatness of a nation and its moral progress can be judged by the way it treats its animals (p. 33).

While the book focuses on food production in America, the authors state that there are lots of similarities with Australia. So what's it all about?

In 1980 Peter Singer and Jim Mason published *Animal Factories*, a landmark work on the harm factory farming inflicts on the environment, rural communities and animals. A generation later, in *The Ethics of What We Eat*, the pair embark on a remarkable journey to investigate the food choices we make. Their findings are both shocking and illuminating.

Their adventure begins at the dinner tables of three families with differing tastes and shopping habits. From this starting point the authors scrutinise every food group, including the factory farming of cattle and pigs, of chicken and fish. They explore the increase of genetically modified foods now available from our supermarket shelves, the burgeoning organic food movement, the fair trade movement and the pros and cons of buying locally. And they explain how it is possible to be an ethical consumer in the twenty-first century.

Here are a couple of quotes from the book (***with an initial warning that this information is disturbing and quite upsetting***): "Enter a typical chicken shed and you will experience a burning feeling in your eyes and your lungs. That's the ammonia – it comes from the birds' droppings, which are simply allowed to pile up on the floor without being cleaned out, not merely during the growing period of each flock, but typically for an entire year, and sometimes for several years. High ammonia levels give the birds chronic respiratory diseases, sores on their feet and hocks, and breast blisters. It makes their eyes water, and when it is really bad, many birds go blind. As the birds, bred for extremely rapid growth, get heavier, it hurts them to keep standing up, so they spend much of their time sitting on the excrement-filled litter – hence the breast blisters...Professor John Webster of the University of Bristol's School of Veterinary Science...regards industrial chicken production as, 'in both magnitude and severity, the single most severe, systematic example of man's inhumanity to another sentient animal'" (p. 22).

"Like human females, dairy cows do not give milk until they have given birth, and their milk production will begin to decline some six months after the birth. So after they reach maturity they are made pregnant by artificial insemination roughly every year. Normally a calf would suckle from its mother for six months, and the bond between mother and child would remain strong during that period, but dairy farms are in business to sell milk, not give it to calves. At Lawnel Farm...a cow gave birth and began to lick her calf, but forty minutes later a farmhand came and took the calf away. The cow sniffed the straw where the calf had been, bellowed, and began to pace around. Hours later she was sticking her nose under the gate to the barn in which she was confined, bellowing continuously. Meanwhile her calf was in another part of the farm, lying shivering on a concrete floor. Within a few days he was dead, and his body was lying on the farm's compost pile" (p. 53).

"...it is probable that anyone who eats meat, will, unknowingly, from time to time be eating meat that comes from an animal who died an agonising death" (p. 63).

I am very relieved to see that Penne's recipe for September contains vegetables! Thankyou for your time, Fiona x

ॐ *Recipe for September by Penne Parbat* ॐ

If you have a delicious recipe that you would like to share, please e-mail it directly to Penne on penne20@gmail.com Does anyone have a good recipe for (relatively) healthy sweets/dessert? The sweet-tooths amongst us would be grateful.

Penne's Carrot & Beetroot Salad

This is so incredibly easy, however, whenever I make it friends have asked me for the recipe so I thought I'd share it. Apart from the time to grate the carrots & beetroot - I don't have any measurements as it's something I usually throw together. So please experiment with the quantities – depending on how many you are making for. It is so colourful, crisp and refreshing – perfect for spring and summer.

Ingredients

4 carrots

2 beetroots

Juice of ½ lemon (Use a whole lemon if your lemon is small – or you like it sour)

Extra Virgin Olive Oil

Sea Salt & Cracked Pepper (fresh ground) – add if you want extra seasoning

Optional Extras (highly recommended!)

Fresh Mint - A small handful of freshly chopped mint leaves – goes really well with the carrot)

Fresh Ginger – 1 inch of ginger very finely grated (If you like ginger – this gives it a kick)

Simply grate the carrot & beetroot, stir the lemon juice through (this will stop the carrot from browning), drizzle over the olive oil (1-2 tablespoons) and then season and add the Mint and/or Ginger if you like. I always make quite a large amount – as it keeps well stored in an airtight container in the fridge for a few days. Voila! That's it! I hope you enjoy ☺

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

Williamstown Yoga Centre

Term 4 Timetable: 06 October – 21 December 2008

Monday	<i>* school term only</i>		
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
7.45pm-9.00pm	Hatha Yoga	Rick	Open/Gen
Wednesday			
9:30–10:45am	Energising Yoga	Deb	Beg/Gen
11.00-12.00pm	Mother & Baby	Jodie	Open
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
7:30–8:45pm	Hatha Yoga	Penne	Beg/Gen
Friday			
9:30–10:30am	Hatha Yoga	Susanne	Beg/Gen
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	Guided Relaxation	Kay	General
Sunday			
7.45–9:00am	Gita Yoga	Jenny	Beg/Gen
9:30–11:00am	Power Yoga	Gabor	Beg/Gen