

the devon school of yoga newsletter

SPRING 2015

Welcome to spring!

It's here!

This is the second mailout of our Spring Newsletter!

We have made a number of small changes. Thank you to everyone who contributes and reads the newsletter and please feel free to share it with anyone you think may be interested.

Enjoy the camillias and magnolias!

Duncan, Sue & Jules

www.devonyoga.com / info@devonyoga.com

DSY workshop dates

11 April 2015, 10am-4:30pm

Yoga Day Workshop with Duncan Hulin

Broadmayne Village Hall

Near Dorchester. For bookings, contact Nancy: nchantrell@uwclub.net

2 May 2015, 10am-12pm

DSY Yoga Therapy Course Open Morning

For more information about the post graduate yoga therapy course and to meet the teachers and discover the venue.

Lotus Loft, Exeter

Free (Those attending need to be present for the whole 2 hours.)

30-31 May 2015, 10am-5pm both days

Eastern and Western Psychological Models and Energy

Systems Workshop with Duncan Hulin.

Scottish School of Yoga Therapy, Melrose, Scottish Borders
Bookings via www.scottishschoolofyogatherapy.co.uk/home

27 June 2015, 10am-5pm

Summer Yoga Workshop with Duncan Hulin

Holistic yoga including breath kriyas, asana, pranayama, DSY bodywork and chanting. The Barefoot Barn, Chagford, Devon. £40, deposit to hold a place £20. For bookings contact: info@devonyoga.com

5 July 2015, 10am-4:30pm

Holistic Yoga Workshop with Duncan Hulin and Andrea Guest

Holistic yoga including breath kriyas, asana, pranayama & DSY bodywork The Yoga Barn, Lee, Nr. Ilfracombe, North Devon. Bookings via www.breathingyoga.co.uk

DSY Holistic Yoga Summer Retreat on 17-19 July 2015

Experience a weekend of yoga, pranayama and meditation with time to relax and enjoy the beautiful surrounding countryside at Rill Estate near Buckfastleigh, South Devon. Delicious and nourishing vegetarian cuisine and spacious light studio.

Summer Retreat - 3pm Fri to 3pm Sunday (2 nights) £290.

NOTE - prices for the residential includes accommodation, all food and drinks, six yoga sessions, evening kirtan (chanting) on Saturday and use of hot tub



For retreats, workshops and training visit www.devonyoga.com



DSY Postgraduate Teacher Training and Yoga Therapy Course

Yoga therapy currently seems to be the buzz word. Courses, articles, blogs, emails all seem to be popping up stimulating much debate around the subject. In fact, the IYN (Independent Yoga Network) offers several insightful perspectives. For more, please see the following webpage: www.namaskaram.co.uk/yoga_therapy.

With all this in mind, we are pleased to say that the next Devon School of Yoga postgraduate teacher training and yoga therapy course will begin this September 2015. This course is aimed at empowering the confidence and spirit of the yoga teacher through developing teaching skills, deepening spiritual practice and the study of yoga therapy. Qualified, self-motivated yoga teachers from any tradition who want to evolve and integrate the diversity of their life experience into a therapeutic practice are invited to apply.

"This course has taken me far deeper into my own practice so I can help others with greater intuition, confidence and joy" - Toby Taylor, 2013-15 postgraduate course.

For anyone interested, there is an open morning for more information about the course where you can meet the tutors, see the venue and ask any questions. Open Morning, Saturday 2nd May, 10am-12pm at the Lotus Loft yoga studio in Exeter. (Note: those attending need to be present for the whole 2 hours. Thanks!)



DSY Students open a new yoga studio

By Tara Hubbard & Carl Pratley

February will see the opening of a brand new yoga studio in Newton Abbot. Samasthiti Yoga can be found on King Street in the heart of Newton Abbot and will be the only studio in the area dedicated solely to the practice of yoga.

With its large, sprung wooden floor space and light, airy ambiance, it provides the perfect environment for yoga and meditation. There is also a large, purpose built changing room, male and female toilets and all the necessary equipment such as mats, blocks, straps and blankets.

Our aim is to cater for everyone, from those just beginning their yoga journey to those wishing to explore and deepen their practice. Classes will aim to improve the strength, flexibility and energy of the body along with the quietening of the mind and reduction of stress.

At present our timetable, which can be found at www.samasthitiyoga.moonfruit.com, ranges from more dynamic Ashtanga inspired classes to relaxing Yoga Nidra sessions.

We hope there will be something to appeal to everyone and intend to offer an ever expanding range of classes, teachers and workshops in the future, including free classes for children and teenagers on the autistic spectrum.

'Our aim is to cater for everyone, from those just beginning their yoga journey to those wishing to explore and deepen their practice.

The idea for Samasthiti Yoga arose as a result of trying to find yoga classes in the Newton Abbot area and realising that there was a real need for a dedicated yoga environment where people could practice and relax in peace and comfort. We hope we have fulfilled that need and will work towards establishing a warm, vibrant, supportive yoga community that welcomes everyone.

We hope to see you soon...

To like their page click onto: <https://www.facebook.com/pages/Samasthiti-Yoga/788493874494729>



Hospital



yoga events

Vegetarian and Vegan Food for NHS Hospital Patients in Exeter

By Judith Morrison

Do you live in the catchment area of the Royal Devon & Exeter Hospital?

I was an inpatient for 10 weeks in 2014. I had contact with the Patients' Catering Manager as, being vegetarian, I found it impossible to have an adequate diet. The Vegetarian Society are interested in improving vegetarian food in hospitals nationwide. Would you like to join me in working with the Vegetarian Society and the hospital to ensure there are balanced vegetarian and vegan diets available?

If so, see the following link: <http://www.enjoylivingcontentedly.com/wellbeing/73-wellbeing-right4me/232-improvevegetarian-and-vegan-food-in-hospitals>

New Idea for Integrated Personal Health Management Plans.

By Judith Morrison

I believe radical and beneficial shifts in attitudes within the NHS will bring benefits to patients and the NHS budget.

Is there support for a patient led initiative to encourage GP surgeries to be proactive in encouraging an integrated approach for patients opting into involvement in their health care?

The "opt-in" plan starts with an overview of the patient's physical, emotional, mental, spiritual and life circumstances. Then an integrated personal health management plan is made with the patient. The plan includes tailored advice and goals on nutrition and exercise and encouragement to explore slow but sure ways of making changes and adopting beneficial new habits.

For more see the following link: <http://www.enjoylivingcontentedly.com/wellbeing/231-right4me-movement>

18-25 May 2015

Yoga holiday in Turkey with Saghar Amozgar The Olive Garden Kabak, south west Turkey

£580 pp for one person in a double cabin. £460 pp for two people sharing a cabin. Come along and experience idyllic rural Turkey Including, two yoga session, seven nights accommodation (bed, breakfast and dinner). For more info, call Saghar 07974470610 Email: ayurvedicyoga@yahoo.com www.ayurvedicyogamassage.org.uk

10-12 April 2015

Weekend Residential Retreat!

Venue - The Edgcumbe, Bude, North Cornwall. A wonderful location overlooking the beach. Price - £265 per person. Limited spaces available. Includes - all accommodation, Breakfast and Dinner.

Yoga - Approx 8 hours yoga included. Time allowed for a surf or coastal walk. Suitable for all levels - a chance to deepen your practice. A chance to soften your body and your mind.

Led by - Rosie Lewis of The Yoga Studio. Please contact Rosie for further details, swimandyoga@gmail.com www.yogastudiobude.com

25 April 2015, 11-5pm

Yoga beats workshop, by David Sye
Open to all level

Location: The Ashtanga yoga workshop King St business centre, 7-9 king street, Exeter, EX1 1BH. **Early Bird Discount £55 *If booked by 5PM April 10th 2015**

Full price £65. Booking, please call Saghar 07974470610 Email: Ayurvedicyoga@yahoo.com For more details: www/ayurvedicyogamassage.org.uk or www.yoga-beats.uk

Love and all that Jazz

Yogabeats 4 Step Foundation Course with David Sye

By Lucy Barber

The Devon Yoga Festival has been a highlight of my yoga journey, and I know many others will also be forever grateful that Duncan had the courage to take the seed of an idea and plant it in 2011, for us all to participate in and flourish over the last three years.

For me yoga is a voyage of self-enquiry; a quest to find your truth and realise your full potential. The path can be challenging as we risk looking in instead of out, but when we step to the precipice and face our fears we are rewarded with self-evolution and the empowerment to live our lives with joy, freedom and passion.

We have been blessed to include David Sye amongst the inspiring teachers who have shared their teachings at the Devon Yoga Festival in 2012 and 2014. By the end of the first festival I thought I was due a restful session of restorative yoga but as I crossed the quadrangle at Seale Hayne the air was palpable with excitement as fellow yogis gravitated to the Great Hall for David Sye's 'From Fear to Love' workshop. My stretched and aching legs followed them.

And what followed was nothing short of mind-blowing! David is creator of Yogabeats™, a name that operates on many levels; every workshop is practiced to a background of jazz and funky beats, stimulating energy and encouraging everyone to tune in and tune up! The emphasis is on spontaneity, encouraging practitioners to explore and unfold, physically and emotionally. The practice is fun and experimental, taking you to a place deep into the heart of you, into a space where you can clearly view your own inner obstacles and fears, and start to make some very real changes.

David is a trail blazer, a non-conformist, and has a unique talent for creating a cocktail of welfare emotions in his workshops, inspiring self-acceptance, unconditional love, compassion, gentleness, humility, gratitude, and happiness. Based on an eclectic mix of yoga styles suitable for all levels of fitness and experience, the emphasis is on giving yourself permission to let go and bring out the inner child. The practice engages all of the senses and everyone seems to leave David's workshops on a natural high; energised, uplifted and inspired.

I was further inspired by David's passion for using yoga as a tool for social change. The word yoga comes from the Sanskrit language meaning to join or unite and over the last 10 years David has successfully implemented Yogabeats™ Conflict programmes aimed at resolving conflict within communities ranging from the war-torn Middle East and Bosnia, to working with troubled youths, prisoners and victims of domestic violence throughout the UK. Whether conflicts arise from crime, drugs or war, yoga is an effective way for achieving lasting change to restore harmony to communities.

I was immediately struck by David's boundless energy and commitment for using the tools of yoga to render meaningful change to our wider communities, not just for those who have purchased a yoga mat and stepped into a class practice. I jumped straight in to attend David's first 4 Step Foundation course in 2013 but circumstances led to me postponing my training until November 2014, when a group of yoga enthusiasts and teachers came together in North London for an amazing four day course led entirely by David. I drove from Cornwall to London with a sheer sense of excitement in anticipation of the days to come. What would it be like working with David for four long days?

In a word: Amazing! It was a journey of discovery and learning. It was such a joy to be able to immerse myself in David's teachings, to tear up the rule book and start living from instinctual thought, feeling and behaviour. David walks and talks his truth and facilitates you to reveal your truth too. A Yoga Elder, David draws from the wisdom he has drawn from a diverse range of traditions and philosophies that have inspired and influenced him, from the Toltecs and Shamans to neuroscientists and physiotherapists. His teaching style is quite exceptional and has been developed over 30 years of practice of styles as wide ranging as Tibetan Yoga, Ashtanga, and Angela Farmer's creative, fluid style of yoga, all combined with his passion for music and his own specially compiled CDs. And I am talking seriously funky – think Mark Ronson's Uptown Funk! The constant rhythm results in an amazing euphoria, that many of us found we were able to take ourselves to levels of our practice we had perhaps never even aspired to.

He is the son of famous singer Frankie Vaughan and a born entertainer himself; he is a hilarious raconteur and shares his jokes as well as his wise words liberally, and the course was full of laughter every day. It would be impossible to cover in this article the methodology of the course; the magic of Yogabeats™ can really only be fully understood by participation.

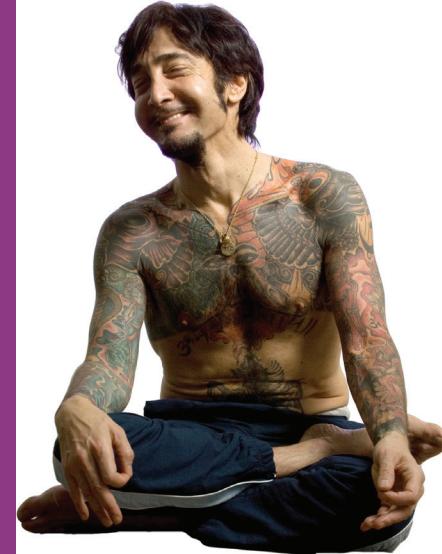
Each day was packed with a generous mix of movement, bandhas, meditation and pranayama practices, along with a tremendous amount of Ayurveda yoga massage partner work, and practices as diverse as uninhibited Tequila Yoga and Sufi dancing to bring ourselves to a point of absolute stillness in the mind. David teaches with incredible generosity and humility; he's addicted to love and his radiation of love is so strong that I think we all caught that addiction! I left feeling physically 6" taller, leaner and suppler than I have ever felt, with a glowing realisation that I had actually been in Scorpion posture for a short while! I had a list of inspiring quotes (from Zorba the Greek to St Francis of Assisi!) and recommended books to read, and new friendships to continue enjoying with my fellow course participants.

Moreover, I left flying high, and the positive energy soars on. Having reconnected with the things in life that excite me, I have the courage to follow my heart and an increased desire to keep exploring, take risks and grow! The training has brought a new light to my path and my students have noticed a shift in the vibrations in my kundalini yoga classes. Many of them would like to practice with the source of my inspiration and it is with great excitement that we are due to welcome David back to the West Country for two workshops in April, with the possibility of him returning later in the year to hold a 4 Step Foundation Weekend.

This is not just for Yoga teachers but for anyone that wants to share the Yogabeats™, vibe - please contact:

Lucy Barber. Sunday 12th April Cornwall, 10am-4pm
07887 780880/ lucy@kamalayayoga.co.uk

Saghar Amozgar. Saturday 25th April Exeter, 11am-5pm
07974 470610/ Saghar_amozgar@hotmail.com





Acro Yoga – What's it all about?

By Jules Yount

What is acro yoga? AcroYoga is a blending together of the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. These three lineages form the foundation of a practice that cultivates trust, playfulness, and community.

Acro yoga is not a new concept as we can see from the photo included here of Krishnamacharya doing this type of yoga with one of his students in 1938. The word 'AcroYoga' has had some debate as to who first used it – However, if we can get past the label, past the word, and look closely at the practice, it is a wonderful tool to quiet the mind - "Yogah citta vritti nirodah" - after all, isn't that what yoga is all about? And whether we're doing classical hatha, kundalini, ashtanga vinyasa, scaravelli, yin, vinyasa flow (as well as other forms of yoga such as bhakti, jnana, laya, raga, svara, etc).....these are all tools for reaching that same state of union - stilling the fluctuations of the mind so that we may go beyond duality and 'experience the one-ness of all things'.

Doug Swenson kindly shared the following with us in his recent workshop in Totnes, Devon: "Years ago when doing this type of yoga [acro yoga] on the beach with a friend, someone approached and said 'You're doing acroyoga.' To which I replied 'We just call it yoga. It's all yoga.'" And as his little brother David Swenson illustrates further "Wisdom and spirituality unfold in the same manner as a tree grows....every tree in the forest has the same goal; to reach the light." So whatever form of yoga which you may practice, we all have the same 'goal' - yoga - union.

So, how does acro yoga help to calm the chattering monkey mind? Well, much like other forms of physical yoga practice – with use of breath, drishti and maintaining posture (or set shapes - similar to asana). Plus, as one goes deeper into the practice (just like in other forms of hatha yoga), bandhas (internal energetic/muscular locks within the body), dharana (concentration), an overall surrender of the asmita (ego, individuality, I-am-ness) among other yogic tools. Acro yoga is an excellent union of community in that immediately at every practice session all practitioners perform vital rolls with each being just as important as the other.

"Yogah citta vritti nirodah" - after all, isn't that what yoga is all about?

The rolls are: 1) a BASE – this is the one who has the most points of contact with the ground, 2) a FLYER – this is the one who is elevated off the ground by the base, and 3) the SPOTTER – this is the one who has the objective view of the partners and whose focus is on making sure they are safe. None of the poses (asana) in acro yoga would begin to take shape without a coming together of these rolls. It's a matter of WE versus ME with SYNERGY being the key: "the creation of a whole that is greater than the simple sum of its parts" – e.g. WORKING TOGETHER! Likewise, communication is perfected with succinct and clear descriptions of movement so that, no matter at what angle in space you find your body (annamayakosha) in or how that can confuse the mind (manomayakosha) in relation to up/down/left/right, etc – intellect (vijnanamayakosha) can follow the simple words as calibrations of movement with the overall sensation being that of existing completely in the here and now – together as one – a wonderful sense of working while letting go and trusting! AND - Size matters not! You may think big people do the lifting and tiny people do the flying. This is NOT the case. Acro yoga doesn't defy gravity, it honours it! Technique is more important than strength. Therefore, bone structure alignment is more important than using muscles which can tire quickly whether pouring weight through the hands for a healing touch or counterbalancing someone twice your size!

The next acro yoga workshop in Exeter is scheduled for Saturday 7th March at the Lotus Loft yoga studio with more details to follow soon. If you are interested in attending, you can email Jules (yogawithjules@hotmail.co.uk) to find out more about this workshop.

Also, there are several groups in Devon offering acro yoga classes and practice sessions. For more information please the following: Acro Yoga Exeter – contact Jules (yogawithjules@hotmail.co.uk)/ www.facebook.com/groups/630128470419651/

Acro Yoga Plymouth – contact Jo (info@yogaloft.co.uk)
<https://www.facebook.com/groups/713845062041472/?fref=ts>



Fundraising for the Ganga Prem Hospice

By Jules Yount

As many of you are aware, the Devon School of Yoga's "Devon Yoga Festival" supports the Ganga Prem Hospice in Rishikesh. At each Festival and Sangha, Swami Saradananda, April Pierrot and Caroline Tauntz have blessed us with their presence and offered the most wonderful handmade items from India which festival goers can purchase in aid of the Ganga Prem. Each year, I wondered who's hands had so lovingly made these items and offered them so graciously to support such a wonderful cause and, more importantly, other than purchasing some of the items on offer, can I help in a deeper more meaningful way?

As some of you are aware, I endured some unexpected bad news in February of 2014. This surprising news left me feeling bewildered and unhitched like a boat slowly floating out on its own into unknown waters. My morning meditations became ruffled - the emotions of primitive amygdala mind hijacking the calm I had previously found and I turned to crochet as a form of japa mala (repeated/ counted) focus to quiet and sooth the scattered energy within manomayakosha.

As a result, these crochet creations, which so wonderfully helped to keep the mind calm when I needed it most, have turned into something extra special – a way to help contribute to the wonderful work of the Ganga Prem Hospice. Over the Christmas holidays, £300 was raised for this worthy cause (£180 from selling some of the beautiful handmade items from India and £120 from selling my own crochet creations thanks to the Lotus Loft yoga studio in Exeter.) Plus, I'm very happy to say, that the bad news I received just a year ago has had a complete reversal and has become, like the crochet offerings, something even more wonderful than I originally thought it could ever could be.

AND – the giving continues. There are currently more items on sale at the Lotus Loft (including leg warmers, coasters, book marks, and more) and these will soon be made available in other yoga studios as well including the Ashtanga Yoga Workshop in Exeter. If any other yoga studios would like to sell some of these items in aid of the Ganga Prem Hospice, please contact me at: yogawithjules@hotmail.co.uk

Or if you wish to contribute your own creativity and time to this worthy cause, I encourage you to GO FOR IT! Start creating, contact your local yoga studio and get the ball rolling.

How you can help support the Ganga Prem Hospice:

- You can contact April Pierrot (pierrotapril@yahoo.co.uk) at the Ganga Prem Hospice UK to purchase their

handmade items from India (including socks, shawls, incense and more).

- You can contact Jules Yount (yogawithjules@hotmail.co.uk) to purchase some crochet crafts in aid of the Ganga Prem Hospice.
- You can start your own creations and sell them in aid of the Ganga Prem Hospice.
- If you're a yoga teacher, you can offer a class with proceeds going to the Ganga Prem Hospice.
- You can donate directly to Ganga Prem Hospice www.gangapremhospice.org
- You can help spread the word about the Ganga Prem Hospice

Webpage: www.gangapremhospice.org

Twitter: www.twitter.com/GangaPremHosp

Facebook: www.facebook.com/gangapremhospice

Every little bit helps!

Together we are stronger!

And – no matter what you are going though, there is probably someone going through something much worse. Allow a change in perspective from "why am I hurt" to "how can I help" and, chances are, the world will light up bigger and brighter with your new view (and it might very well become the help that is needed).

"The main goal of Ganga Prem Hospice is to provide palliative care and to improve the quality of life for terminally ill cancer patients in the last days of their journey. We will provide medical, social, emotional and spiritual support for individuals and their loved ones as they face life threatening cancer, and in their ongoing grief."

"Every terminally ill patient has a right to information, good quality of life and a dignified death. The patient's family and care givers need support and consolation."

Ashtanga Yoga as it was and as it can be

By Tanja Bartlett



In the last few years I've become increasingly inspired by Ashtanga Vinyasa Yoga as it was taught to the early American practitioners, David Williams and Nancy Gilgoff, who first took Ashtanga over to California from Mysore in the early 1970s and taught future luminaries such as David Swenson and Doug Swenson.

After a few years enjoying David Swenson's short forms CD and Ashtanga manual, building up my own primary series practice at home, and noticing how fantastic I felt every time I did the full sequence especially, I began to realise you really don't have to be a driven, body-beautiful go-getter in lycra hot pants, sweating your way through advanced gymnastics, adhering to strict rules and pushing yourself through a two hour practice every morning at 4am, to practice Ashtanga.

In 1973, Pattabhi Jois was teaching his Ashtanga Vinyasa system to a handful of Indians of varying degrees of health in a little room in Mysore. As I began reading about the experiences of David Williams and Nancy Gilgoff, I discovered that the apparently set-in-stone sequences of this system have actually undergone a fair bit of evolution since David Williams wandered into the little shala in Mysore; what's more, what David was learning was not exactly the same as what Nancy was learning - just as Krishnamacharya had taught him, Pattabhi Jois tailored the practices according to the students' different needs. David was fit and strong, with an advanced Iyengar practice, so he got the most challenging version of the system (and it's his fault there are all those vinyasas apparently - he kept asking for Jois to make it stronger!); whereas Nancy was very weak when she arrived, so Jois gave her gentler options.

The therapeutic purpose of the primary series is easily overlooked now, but it remains fundamental: it is called "Yoga Chikitsa" - "Yoga Therapy" -

after all... And it's this that really drew me to the practice of Ashtanga - the sequences are fantastic, systematically healing and strengthening every part of the body and through this, the more subtle aspects of our being.

Ashtanga Yoga doesn't have to be an elite, semi-religious discipline; it can be practiced in a more adaptable way - still incorporating a deeply spiritual aspect and nurturing strength and discipline, but without the emphasis on strict obedience to the rules which is sometimes found now. As Nancy Gilgoff said in Portugal last year, "We were hippies! If you'd given us all these rules we would've run a mile!"

Last year I was lucky enough to start getting some first-hand experience from these Ashtanga pioneers, going to extended workshop trainings with Nancy (in Portugal) and David (in London); and in the autumn I seized the chance to spend a day with Doug Swenson in Totnes. If you get the chance,

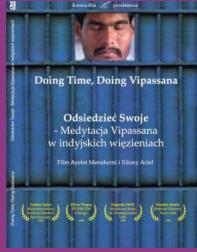
I highly recommend all of these wonderful (not to mention fun) teachers - their rich experience, humility and great humour and warmth is hugely inspiring! I'll be sharing some of what I've learned from them in future DSY newsletters.

Tanja Bartlett teaches Ashtanga classes inspired by the teaching of Nancy and David - find her "Holistic Ashtanga Yoga" page on Facebook or visit www.exeterlovesyoga.co.uk/Tanja-Bartlett for more information!)

Film

Doing time, doing Vipassana. A film by Eilona Ariel and Ayelet Menahemi

(Thanks Helen Macleod for sharing)
This is the story of an ancient meditation technique named Vipassana, which shows people how to take control of their lives and channel them toward their own good. It is the story of a strong woman named Kiran Bedi, the former Inspector General of Prisons in New Delhi, who strove to transform the notorious Tihar Prison and turn it into an oasis of peace. But most of all it is the story of prison inmates who underwent profound change, and who realized that incarceration is not the end but possibly a fresh start toward an improved and more positive life.



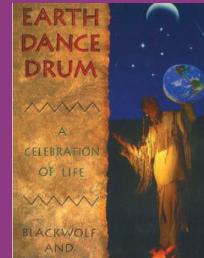
Winner of the Golden Spire Award at the 1998 San Francisco International Film Festival.

www.youtube.com/watch?v=WlxSyv5R1sg

Books

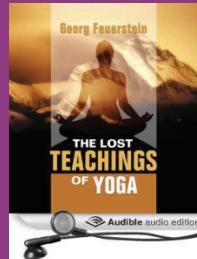
Earth Dance Drum: A Celebration of Life by Blackwolf and Jina Jones

(Thanks Paula Kaminska for sharing)
Quotation: "I have never seen two birds collide. Have you? Birds fly swiftly through Sky Father without the need for traffic controllers. Why is this? They are aware. Aware of their surroundings, aware of themselves, their abilities, their intentions, their destination, their possibilities, their choices, their purpose."



The Lost Teachings of Yoga by Georg Feuerstein (Audible)

(Thanks Jules Yount for sharing)
About the book: "Georg Feuerstein has said that today in the West, we need yoga more than ever. Not simply because we want to develop strong, flexible bodies, but because yoga's vast spiritual heritage can help us uncover the deeper purpose of life. Discover for yourself yoga's ultimate achievement and your foundation for a more effective daily practice with The Lost Teachings of Yoga."

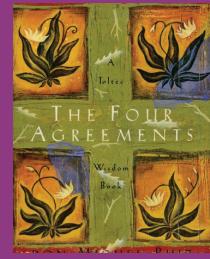


The Four Agreements - Don Miguel Ruiz's Code For Life

(Thanks Duncan Hulin for sharing)

Agreement 1

Be impeccable with your word - Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.



Agreement 2

Don't take anything personally - Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Agreement 3

Don't make assumptions - Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Agreement 4

Always do your best - Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

For more about this book, please visit the following link: www.toltecspirit.com

TED talks

My Stroke of Insight by Jill Bolte Taylor

(Thanks Ty Lynne for sharing)

Jill Bolte Taylor got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions — motion, speech, self-awareness — shut down one by one. An astonishing story.

www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight?language=en

Vipassana Meditation and Body Sensation by Eilona Ariel

(Thanks Helen Macleod for sharing)

Eilona Ariel is a documentary filmmaker whose work was deeply inspired by her life in Asia and her practice of the ancient meditation technique called Vipassana.

<https://www.youtube.com/watch?v=ixu4Kd5R1DI>



OBITUARY

Alf Clibery passed away on Monday 9th 2015.

Alf Clibery was a committed lifelong yogi. He graduated from the Devon School of Yoga in 1999 and then went on to study at the Sivananda Vedanta Organisation in 2000.

He was introduced to vinyoga and progressed through the Association for Yoga Studies completing their three years Sadhana Mala Yoga Teaching/Therapy Diploma in 2008. More recently, he was involved with bringing A.G. and Indra Mohan to the UK.

Alf had an ongoing interest in mindfulness-based cognitive therapy and in the philosophy and practices inherent in Buddhism and Taoism- both of which he found reflections in Patanjali's Yoga Sutras.

Alf had a wonderful satirical sense of humour, which was not only expressed in personal social situations but also he brought it into his teachings. For example, one of his recent yoga workshops was entitled "Sgt Pepper's Lonely Hearts Club Bandhas"! As a yoga friend, he had a knack for showing up at the right time with unconditional emotional support.

He will be missed.

Namaskaram

The online magazine for The Independent Yoga Network

Here you will find news, views, and authoritative articles on all matters Yoga, plus an up-to-date list of workshops, retreats and seminars put on by Independent Yoga Network members. If you are an Independent Yoga Network member you can list your classes, workshops and events - go to the 'what's on' page to find out how to add your listing. For more information: www.namaskaram.co.uk



For retreats, workshops and training visit www.devonyoga.com

6 June 2015, 2-5pm

Lotus loft, yoga studio, Exeter
Ayurvedic yoga workshop
Cost single £30 couples £50 This workshop is design to introduce the basic skill of Ayurvedic yoga massage, It is suitable for beginners and practitioners come along or bring a friend, partner, sister And enjoy this interactive day of giving and receiving massage , you not only feel lighter and de -stress but also you will learn to give this massage to friends and family.
Booking, please call Saghar 07974470610
Email: ayurvedicyoga@yahoo.com
For more info. www/ayurvedicyogamassage.org.uk

6-13 June 2015

"Journey Home" Yoga Residential with Sally Ornella and Alex Giffoni Casa de Laila, Andalucia, Spain.
"Be easy. Take your time. You are coming home. To yourself.' Spend an inspiring week immersed in breath taking surroundings deepening all aspects of your practice through yogasana, mindfulness meditation & movement, breathing, walking and creative expression – and there's always the pool...
Cost: £ 795.00 all inclusive: flights and Spanish transfers, full board vegetarian meals, 3 Yoga sessions daily. Bookings contact: sally_shiatsu@btinternet.com or 07879478747 or Alex: xgiffoni@yahoo.co.uk, 07794917674 www.breathinyoga.co.uk

New ongoing yoga class:

Pre crawlers and their mum / care givers
Mondays: Woolwell Centre, Darklake Lane, Woolwell, PL6 7TR 1.30-2.30pm
Tuesdays: Holy Spirit, Clittaford Road, Southway 10.30– 11.30am
Wednesdays: St John Ambulance Training Centre, Crownhill fort Road, Crownhill 10.30 To 11.30am
Single session £8
Promotion: Pre booked 6 sessions £30
Booking Essential: Places are limited
Contact Shilpa: 07711899530/
livehealthy.shilpa@gmail.com