

Balance Food Balance Mind

Yogis believe the body is made of air, water and food. So the food one puts into the body matters.

Every seven years, all our cells change and the quality of the new cells will depend on the food ingested. We are what we eat. Given this context cookies and hotdogs don't seem like a good choices.

The International Sivananda Yoga Centres, founded in 1959 by Swami Vishnu-devananda, emphasize hatha yoga. This 5,000 years old system, based on ancient (Indian) Sanskrit texts, advocates a vegetarian diet. The diet, prescribed by the sages is to ensure the body is healthy enough to perform a series of asanas (physical exercises). The purpose of these asanas is to prepare the body for meditation, by strengthening it.

Serenity of mind, achieved through long hours of mediation leads to a state of mind yogis equate with happiness and union with the universal oneness.

+Yoga Centre Closes on National Day
9 August'08

+Sattvic Vegetarian Cooking Workshop
16 August'08

+ Kids Yoga
FREE TRIAL
20 August'08

+ Class Schedule
More Open Classes
On Tuesday & Wednesday

Three Categories of Food—3 Gunas

Food is divided into three categories, according to the three qualities of energy that make up the universe. These qualities are known as the *gunas*:

- +Sattva—purity
- +Rajas—agitation, restless
- +Tamas—lethargic

Sattvic Food



A *sattvic* diet is the purest diet. It maintains the body and mind in a peaceful state. This is the ideal yogic diet leading to harmony. It is favorable for spiritual growth and the contemplative life.

Foods include:

- Grains—corn, barley, wheat, rice, oat, millet and quinoa.
- Pulses—lentil, soy, split pea and dried beans.
- Nuts—almond, walnut, pecan and cashew.
- Seeds—sesame, sunflower, pumpkin and flax seed.
- Vegetables—leafy (broccoli & spinach), seeded (cucumbers & squashes), root (carrot & yam).
- Fruits—fresh and dried.
- Natural sweeteners—honey, molasses and maple syrup.
- Dairy products—milk, light cheese and yoghurt.

In its purest form, a *sattvic* diet is fine for a cloistered life, but not for a hectic working life in a big city.

Rajasic Food



The over-stimulating effect of *rajasic* foods can create both physical and mental stress. Yogic say too much *rajasic* food over-stimulates the body and passions, at the expense of a calm mind & body balance.

Foods include:

- Coffee, tea and other stimulants (especially ones contain the chemical taurine), refined (white) sugar, soft drinks, pungent spices, highly seasoned foods, and anything that is excessively hot,

stimulating, bitter (pungent), salty, and sour. A diet of such spices, highly seasoned foods, and anything that is excessively hot, bitter, salty and sour. Eating on-the-run is also *rajasic*.

Tamasic Food



Tamasic food generates heaviness, inertia and dullness of mind. A *tamasic* diet encourages negative emotions such as anger, greed, and aggression.

Destructive foods, including:

Meat, tobacco, stale or over-ripe produce, take up to eight hours to digest, causing excessive work for the digestive system.

Processes and over-cooked foods are also considered *tamasic* and so is over-eating.

Adapted from Sivananda YogaLife Summer 2007

Up Coming Class

Kids Yoga Class (age 6-12 years)

FREE TRIAL 20 August 2008

Wednesday, 3.00-4.00pm

Fee \$160/ 10-session-course

Register Now!



August Event

Vegetarian Sattvic Cooking Workshop

Balanced Carbohydrate, Protein and Vegetables Meal.



Date:

Saturday, 16 August 2008

Time:

2.00-3.00pm

Class Size:

Maximum 10 (registration required)

Fee:

\$25,- / person

\$20,- for Sivananda Centre's student

RSVP:

Janaki 98386704 or Sumukhee 90679100

or email to info@sivananda.com.sg

Menu:

+Cuban Black Bean Soup

+Beetroot Salad

+Italian Shepherd's Pie

+Banana Chocolate Delight

+Banana Chocolate Delight

Includes:

+Recipes

+Having today's cooking together

New Schedule

Time	Mon-day	Tues-day	Wednes-day	Thursday	Friday	Saturday	Sunday
10.00-1.15 am		Open				10.00-10.45 Meditation	B 1
11.00-2.15 pm						Open	11.30-12.45 Open
12.30-1.45 pm		Open				12.30-1.30 Headstand	
3.00-4.00 pm			Kids			2.00-3.00 Event	
4.30-5.45 pm			Gentle		Pre-Natal		
6.30-7.45 pm	INT	B 2	Open	B 2	B 1		
8.00-9.15 pm	B 2	B 1	Open	B 1	ADV		

Description:

B1 = Beginner 1 (no experience or few months of practice)

B2 = Beginner 2 (more experience, we start to teach headstand)

INT = Intermediate

ADV = Advanced

Open = multi-level students practice together

Headstand = coaching class

Event = talks & workshops (scheduled dates only)

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Serve, Love, Give, Purify, Meditate & Realize