

SIVANANDA YOGA VEDANTA CENTRE SINGAPORE

AUGUST '09 NEWSLETTER

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T.W.O and Teacher Training Course-article

Swami Vishnu-devananda vision was the inspiration for the **True World Order** (T.W.O), aimed at promoting peace and understanding. The first program was the Sivananda Yoga Teachers' Training Courses, designed to train future leaders and responsible citizens of the world in Yogic disciplines. "True Brotherhood and Peace can exist only where there are strong and self-controlled leaders to set an example for the masses. It is of vital importance that leaders have inner vision and inner peace. Not until men have this inner peace can they hope to establish global peace."

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As Dr. Marcus Bach, Ph.D (Director of the Foundation for spiritual Understanding) highlighted the acronym of True World Order: T.W.O. It takes TWO to build better people: it takes an individual and God. It takes TWO to build a better world: you and the other fellow. It takes TWO to realize a dream: you and the dreamer. And it takes TWO, that means it takes you and me.

In 1969, Swamiji (Swami Vishnu-devananda) conducted the first Teachers' Training Course at the Yoga Camp in Quebec. Later, similar courses were established in Nassau, California, New York, South India, Europe, and South America. Today, this internationally-renowned course is taught by his close disciples and over 20,000 teachers worldwide have now graduated.



Teachers' Training Course (TTC) is a four week intensive course covers all aspects of yoga in theory and practice. The course is a profound personal experience, based on the ancient gurukula teaching system in which the student's daily life is fully integrated into the yoga training. In addition students strengthen their own personal yoga practice through self-discipline and exposure to the essence of yoga psychology and philosophy.

Among the many benefits students report are increased strength and flexibility, greater spiritual awareness, improved power of concentration, enhanced self-esteem and a new sense of self discipline. The course is based on the principle of the synthesis of yoga as taught by Swami Sivananda. As such the practice of Hindu devotional rituals are also part of the daily program. Successful graduates will receive a certificate from the Sivananda Yoga Vedanta Centre recognized by the Yoga Alliance in the USA and Canada. Whilst prior experience in the practice of yoga and meditation is not requirement, a sincere desire for knowledge and commitment to personal growth is needed. We recommend that before enrolling for the course, you familiarize yourself with our teachings by

sincere desire for knowledge and commitment to personal growth is needed. We recommend that before enrolling for the course, you familiarize yourself with our teachings by attending classes and courses at one of our ashrams or centers.

Menstruation & Reproduction Workshop through Yoga & Ayurvedic Approach-workshop



Dates:
Saturdays, 15 August 2009

Time:
2.00 – 4.00pm

Venue:
Sivananda Yoga Vedanta Centre
21B Bukit Pasoh Rd, Singapore 089835

Fees:
\$15,-/person (\$35,- for special package: Talk + Cooking Workshop)
\$10,- for Sivananda Centre's Student

Program:
-Combat Pre Menstrual Syndrome
-Combat Irregular Menses
-Improve Reproductive System
Through Yoga, Diet and Ayurvedic Approach

Speaker:
Ong Ju Lee & Sumukhee

Special guest speaker:
Dr.Nirubha-Ayurvedic doctor from Global Ayurvedic Centre

RSVP:
Please email to info@sivananda.com.sg
or call 90679100 / 98386704 to register.

Women's Comfort Food Cooking-workshop



Dates:
Saturdays, 22 August 2009

Time:
2.00 – 4.00pm

Venue:
Sivananda Yoga Vedanta Centre
21B Bukit Pasoh Rd, Singapore 089835

Fees:
\$25,-/person (\$35,- for special package: Talk + Cooking Workshop)
\$20,- for Sivananda Centre's Student

Program:
Learn how to prepare easy and comforting food which improve women's menstrual and reproduction health

Menu:

Menu:

- Salad: Asparagus & Avocado Salad with walnut and dill dressing
- Main: Pumpkin & Sweet potato soup with Chick Pea and Grains
- Side dish: Tempeh with Molasses and Black Sesame seeds
- Dessert: Warm ginger & sesame milk curd

Teacher:

Sumukhee

RSVP:

Please email to info@sivananda.com.sg

Sesame Seeds—eat wholesome

Sesame seeds add a nutty taste and a delicate, almost invisible, crunch to many Asian dishes. They are also the main ingredients in tahini (sesame seed paste) and the wonderful Middle Eastern sweet call halvah. They are available throughout the year.



Sesame seeds may be the oldest condiment known to man dating back to as early as 1600 BC. They are highly valued for their oil which is exceptionally resistant to rancidity.

Not only are sesame seeds a very good source of manganese and copper, but they are also a good source of calcium, magnesium, iron, phosphorus, vitamin B1, zinc and dietary fiber. In addition to these important nutrients, sesame seeds contain two unique substances: *sesamin* and *sesamol*. Both of these substances belong to a group of special beneficial fibers called *lignans*, and have been shown to have a cholesterol-lowering effect in humans, and to prevent high blood pressure. Sesamin has also been found to protect the liver from oxidative damage.

Sesame seeds are a very good source of [copper](#) and a good source of [magnesium](#) and [calcium](#). Just a quarter-cup of sesame seeds supplies 74.0% of the daily value for copper, 31.6% of the DV for magnesium, and 35.1% of the DV for calcium. This rich assortment of minerals translates into the following health benefits:

Copper Provides Relief for Rheumatoid Arthritis

Copper is known for its use in reducing some of the pain and swelling of rheumatoid arthritis. Copper's effectiveness is due to the fact that this trace mineral is important in a number of anti-inflammatory and antioxidant enzyme systems. In addition, copper plays an important role in the activity of lysyl oxidase, an enzyme needed for the cross-linking of collagen and elastin—the ground substances that provide structure, strength and elasticity in blood vessels, bones and joints.

Magnesium Supports Vascular and Respiratory Health

Studies have supported magnesium's usefulness in:

- Preventing the airway spasm in asthma
- Lowering high blood pressure, a contributing factor in heart attack, stroke, and diabetic heart disease
- Preventing the trigeminal blood vessel spasm that triggers migraine attacks
- Restoring normal sleep patterns in women who are experiencing unpleasant symptoms associated with menopause

Calcium Helps Prevent Colon Cancer, Osteoporosis, Migraine and PMS

In recent studies, calcium has been shown to:

- Help protect colon cells from cancer-causing chemicals
- Help prevent the bone loss that can occur as a result of menopause or certain conditions such as rheumatoid arthritis
- Help prevent migraine headaches in those who suffer from them
- Reduce PMS symptoms during the luteal phase (the second half) of the menstrual cycle

-The world's healthiest foods-

CLASS SCHEDULE–from centre

Schedule valid for period: 29 July to 22 Sept (inclusive) 2009

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.30 - 10.30 am						Satsang	
10.45 - 12.00 pm						Open	
12.15 - 1.30 pm						Beginner	
6.30 - 7.45 pm	Beginner	Open		Open	Beginner		
8.00 - 9.15 pm	Open	Beginner		Beginner			

Description:

Satsang = 20 mins silent meditation, followed by Bhajan and Arati.

Beginner = work on coordination between breathing and basic postures; gaining flexibility.

Open = intermediate to advanced students practice together (not suitable for beginner).

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98386704

To ensure that your bowels move on a daily basis, besides incorporating a suitable asana and pranayama practice, add more fibre and water to your diet. An Ayurvedic blend of herbs called triphala is also helpful. A bowel tonic, triphala tones the bowel walls and helps the colon function at its optimal level.

