



**February
Announcement**

**Satsang Saturday
move to 9.30am**

**Open class Saturday
move to 10.45am**

**New Beginner class
Saturday 12.15pm**

Love is the Law of life. To love is to fulfill the Law. And to fulfill the Law means eternal peace and everlasting happiness.

This world has come out of love. It exists in love. It finally dissolves in love. Love is the motive-power of the universe.

Love is Life. Love is Joy. Love is Warmth. Love is the Golden tie which binds Heart to Heart, Soul to Soul.

Love is constructive and creative. Love binds and builds. Love is the principle of regeneration. Love is an actual substance you can use with confidence. Love is a positive, concrete thing. He who applies the law of love with scientific precision can work wonders. The law of love is a far greater science than any modern science. The law of love prevails among saints and good men.

To live is to love. To love is to live. You live that you may learn to love. You love that you may learn to live in the Eternal. A life without faith, love and devotion is dreary waste. It is real death.

There is no virtue higher than love; there is no treasure higher than love; there is no knowledge higher than love; there is no Dharma higher than love; there is no religion higher than love; love is God. God is an embodiment of love. In every inch of His creation, you can verily understand His love.

Love is the immediate way to Truth or the Kingdom of God. It is the life-principle of creation. It is the highest expression of soul-force. It is the sum total of all the duties of religion. It is the magic wand in the hand of a devotee by which he conquers the whole world.

Bliss Divine, Swami Sivananda

The Cobra (Bhujangasana)

Relax on your frontal body, bring the legs together and the forehead to the floor.

Place the hands, palms downward, on the ground directly beneath the shoulders.

Inhale while pushing the chin forward, slowly roll the body up and back. When you have come up as far as comfortable, rest your lower abdomen on the ground, slightly bent your elbows to hug your body, to ensure that the shoulders are not tensed. Always keep your hip and thigh resting on the ground. Totally feel the stretch from the navel up to the chin.

Breathe as you hold the position. To come down, exhale while unroll the body from the base of the spine, vertebra by vertebra, bringing the forehead back on the



Breath as you hold the position. To come down, exhale while unroll the body from the base of the spine, vertebra by vertebra, bringing the forehead back on the floor.

Physical Benefits

- > Increases flexibility, rejuvenates spinal nerves, and brings a rich blood supply to the spinal region.
- > Works, massages, and tones the back muscles.
- > Stretches the thoracic region and expands the rib cage, bringing relief from asthma.
- > Massages all organs through gentle pressure on the abdomen.
- > Helps relieve problems of the uterus and ovaries, and menstrual problems.

Mental Benefits

- > Demands considerable concentration, and thus strengthens this faculty.

Pranic Benefits

- > Stimulates pranic flow to the lung, stomach, kidney, bladder, and spleen meridians.
- > Awakens the Kundalini (potential spiritual energy), thus assisting the realization of one's full potential.
- > Bhujangasana produces body heat.

Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8.45 - 9.45 am							Kids
10.00 - 11.15 am						9.30 - 10.30am Satsang	Beginner
11.30-12.45 pm						10.45-12.00pm Open	Open
12.30 - 1.45 pm		Open				12.15 - 1.30pm Beginner	
4.30 - 5.45 pm			Gentle				
6.30 - 7.45 pm	Open	Intermedi-ate	Open	Intermedi-ate	Beginner		
8.00 - 9.15 pm	Intermedi-ate	Beginner	Open	Beginner	Open		

Description:

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

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

Intermediate = start learning headstand and postures on strength training.

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

Sivananda Yoga Vedanta Centre Singapore

69M Spottiswoode Park Road

Singapore 088658

Email: info@sivananda.com.sg

Phone: 90679100

Email: info@sivananda.com.sg
Phone: 90679100
98386704

Serve, Love, Give, Purify, Meditate & Realize