



SIVANANDA YOGA VEDANTA
CENTRE SINGAPORE

WISHING YOU

HAPPY LUNAR NEW YEAR

Newsletter January 2008

THE HEADSTAND (SIRSHASANA)

January Announcement

Centre Holidays

23 Jan'09, Friday
8pm class, canceled

24–28 Jan'09
Resume on 29 Jan'09

2 Feb'09

Sirshasana is the first pose of the 12 basic postures in the Sivananda Hatha Yoga Class. It is one of the most powerful postures, is often referred to as the King of the Asanas because of its numerous mental and physical benefits. Many rightly see it as a panacea for all human ailments. If you have only a short time to practice, and want to maximize benefits, do the Headstand. In this inverted position, at least 90 percent of the body weight should rest on the elbows. Hardly any pressure should be taken by the head or neck.



Physical Benefits

- > Gives the heart a well deserved rest, as gravity helps to return venous blood to the heart.
- > Regular practice helps to strengthen the respiratory system and the circulation, keeping them flexible and slowing down the rate of breathing and the heartbeat when at rest.
- > Refreshes the entire body through deep breathing.
- > Brings a rich supply of nutrients to the brain, spine, and nervous system, rejuvenating the whole body.
- > Relieves varicose veins.

Caution

You should not attempt the headstand if you have high blood pressure, are more than four months pregnant, have glaucoma or similar eye problems, have recently suffered whiplash or a similar injury, or if you have been advised against this form of exercise.

Mental Benefits

- > increases memory, concentration, and intellectual capacity.
- > Enhances the sensory faculties.

Pranic Benefits

- > “He who practices the headstand for three hours daily conquers time.” - *Yoga Tatwa Upanishad*.
- > Sublimates sexual drive by transmuting seminal energy into Ojas-Shakti.

Common Problems

- > Legs are dropping back and are not together.
- > Knees are bent.
- > Weight is being placed on the head, rather than on the elbows.
- > Shoulders are hunched.
- > Back is arched.
- > Elbows are too far apart.

Vedanta Philosophy

WATER OFF LOTUS LEAF (Padmapatra Nyaya)

When the raindrops land on the lotus leaf, they roll off gently and fall into the water without wetting the leaf.

Interpretation:

The leaf is completely unaffected by the rain. So also, the events of this world have no ultimate effect on Brahman, or the absolute. A movie screen offers a similar analogy. Despite the play of light and shadow upon it, it remains unchanged and unaffected.



Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8.45 - 9.45 am							Kids
10.00 - 11.15 am						10.00 - 10.45am Satsang	Beginner
11.00 - 12.15 pm						Open & Pre-natal	11.30 - 12.45pm Open
12.30 - 1.45 pm		Open				12.30 - 1.30pm Headstand	
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).

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Serve, Love, Give, Purify, Meditate & Realize

