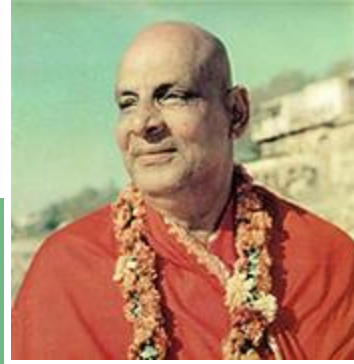


SIVANANDA YOGA VEDANTA CENTRE SINGAPORE

JULY'09 NEWSLETTER



**H.H. Swami Sivananda
(1887-1963)
Mahasamadhi
14 July**

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Remembrance of The Guru-article

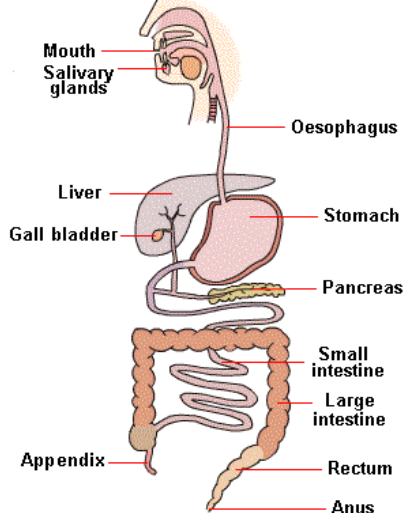
Every year on July 14, Sivananda Yoga Vedanta Centres and spiritual aspirants all over the world celebrate H.H. Swami Sivananda's Mahasamadhi (left the physical body and merged in God). It is good time of the year to remember this great saint and his teachings. Swami Sivananda was born in Pattamadaj in Tamil Nadu, India on 8 September 1887 with the given name Kuppuswami. He graduated with medical degree and immediately worked as a doctor in Malaysia to help serve the poor immigrant Indians who work on the rubber plantations. After 13 years of humanitarian service in Malaysia he returned to India to pursue a spiritual quest. He started The Sivananda Ashram in 1932 in Rishikesh with the sole aim of disseminating spiritual knowledge. During his lifetime, Swami Sivananda wrote nearly 300 books on yoga and philosophy, becoming one of the most widely known yoga teachers in modern times.

Although he practiced and taught yoga in India, his vision was that yoga should benefit the whole world. Having been a doctor before dedicating his life to the path of yoga, Swami Sivananda presented teaching on yoga in a scientific way, expressing even the most complicated of philosophical subjects in a simple, accessible way. He wrote many authoritative books on all aspects of yoga and established an Ashram, a Yoga Academy. In 1936 he founded an organization known as the Divine Life Society, which is dedicated to the ideals of truth, purity, non-violence, self-realization and world peace. Swami Sivananda also opened the teachings of yoga to women-a courageous step at a time when India was still under British rule and yoga was taught mainly to men. His foresight is reflected today by the current popularity of yoga, an area in which the majority of practitioners are women.

Swami Sivananda sent one of his exceptional students, Swami Vishnu-devananda (1927-1993), to the West (initially the United States) in 1957, where he then lived and taught yoga for over 35 years. Swami Vishnu-devananda's dedication and inspired approach to yoga really took hold in North and South America and Europe, as well as in India itself. Under the motto "clarity and simplify", he taught yoga according to five basic principles (Proper exercise; Proper breathing; Proper relaxation; Proper diet; Positive thinking and meditation) in a well-structured sequence of exercises. He also founded the International Sivananda Yoga Vedanta Centres and, after a vision during meditation, started the Yoga Teacher's Training Course as a practical tool for world peace-in line with his great teacher's visions.

How to Have Good Digestion through Yoga, Diet, Lifestyle & Ayurvedic Approach-workshop





Dates:
Saturday, 11 July'09

Time:
1.00 – 3.00pm

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

Fees:
\$15,-/ person (\$35,- for special package:
Good digestion + Cooking workshop)
\$10,- for Sivananda Center's Student

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

Program:

- Problems caused by a poor functioning digestive system from Ayurvedic prespective
- How does stress impact digestion
- Aware and recognise what a bad digestion is, and the symptoms
- Simple and easy dietary and lifestyle recommendations to improve digestive function
- Learn about yogic cleansing techniques and beneficial yoga postures to aid digestion problems such as constipation, IBS, Flatulence, Indigestion and Gastroesophageal Reflux

Teachers:

Ong Ju Lee and Sumukhee

Special guest speaker:

Dr Nirubha - Ayurvedic doctor from Global Ayurvedic Centre.

Good Digestion Cooking Workshop-workshop

Dates:
Saturday, 18 July'09

Time:
1.00 – 3.00pm

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

Fees:
\$25,-/person (\$35,- for special package: Good diges-
tion + Cooking workshop)
\$20,- for Sivananda Centre's Student



Program:

- Learn how to prepare a simple and easy meals to ease digestion
- Know more about food choices available which is good for your digestion system
- Lean how to prepare harder digest food to become easier to digest

Menu:

- Lemon Millet Rice

Menu:

- Lemon Millet Rice
- Prune Vegetables Stew
- High Fiber Salad with Tofu Miso Dressing
- Pineapple Lassi with Aloe Vera

Teacher:

Sumukhee

RSVP:

Please email to info@sivananda.com.sg

or call 90679100 / 98386704 to register.

Prunes-eat wholesome

Prunes are excellent dietary food which aid with digestion systems. Because they are loaded with fiber and natural laxatives, which help regulating bowel movement. Even though prune juice is lacking of fiber, but it contains stool-softening sorbitol which is still effective as laxative as the fruit itself. Sorbitol also remains in the intestines, and acts as mild antibacterial and cleansing agent to promote good digestion.



The soluble fiber in prunes help to normalize blood sugars and increases insulin sensitivity, which can help to control type 2 diabetes. It also help lower cholesterol level, as soluble fiber will reduce the amount of cholesterol produced by the liver during bile excretion.

The potassium in prunes is also help for reduce high blood pressure and prevent the thickening of the artery wall cause by cholesterol.

As a high antioxidant food, prunes are known to combat free radical and prevent certain cancer and diseases.

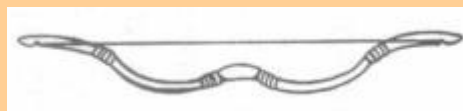
So for all the good reasons, try to add adequate amount of prunes in your diet.

For tasty and easy prune recipes, please register yourselves for "Good Digestion Cooking Workshop" on 18 July'09.

The Bow-Dhanurasana-posture



THE BOW *Dhanurasana*



The Bow gives a full backward bend to all parts of the back, combining and enhancing the benefits of the Cobra and the Locust. These three exercises form a set and should be practiced together.

As the Forward Bend flexes the spine, the Bow extends it.

the Bow extends it.

Physical Benefits:

- Massages and invigorates the internal organs, especially the digestive organs.
- Strengthens the abdominal muscles.
- Expands the chest region-a benefit to people suffering from asthma and other respiratory problems.
- Enhances the elasticity of the spine.
- Massages all the muscles of the back.
- Just as the Forward Bend hyperextend the spine, so the Bow hyper contract it.

Mental Benefits:

- Regular practice develops internal balance and harmony.
- Strengthens concentration and mental determination.

Pranic Benefits:

- The person who practices the Bow regularly can never be lazy, but will be full of energy, vigor, and youthful vitality.
- Stimulates the lung, small intestine, stomach, liver and urinary bladder meridians.

Open Class Video Clip—from the centre

A creative & talented student helped us recorded an open class and put it up at Youtube for viewing pleasure. Check it out! And share with your friends!

<http://www.youtube.com/watch?v=FcFwr5LS14M>

CLASS SCHEDULE—from the centre

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.30 - 10.30 am						Satsang	10.00 - 11.15pm Beginner
10.45 - 12.00 pm						Open	11.30- 12.45pm Open
12.15- 1.30pm							
6.30 - 7.45 pm	Beginner	Open	Open	Open	Beginner		
8.00 - 9.15 pm	Open	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.

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.

