



## S O L A R & L U N A R E N E R G Y

### Balancing the Right & Left Hemispheres of the Brain

**Pranayama** (breathing exercise) has always been a very important part of classical hatha yoga practice, **Sivananda** style. There are two basic pranayama exercises that we practice in the class, **Kapalabhati** (forcing exhalation) and **Anuloma Viloma** (alternate nostril breathing). Practice both of them will have our lung and entire respiratory system cleansed and strengthened. However, the latter breathing technique has its own benefits that relate to balance of mind and emotions.

Our breath usually flows more through one nostril than another, switching its current back and forth at different times of the day. So we are not breathing with two nostrils together all 24 hours!

At this alternate nostril breathing (**Anuloma Viloma**), we inhale through one nostril, retain the breath, then exhale through the other nostril with the ratio 1:4:2. This exercise restores an equal flow, balancing the flow of prana in the body between **right** and **left** nostril.

**The right nostril**, along with the right half of the body in general, carries a warming **solar energy**. It connects to the **Pingala Nadi** or solar pranic current that flows around the spine and its chakra system, energizing the right side of the body. When the breath flows primarily through this nostril, it is good for digestion, circulation, exercise, movement and other more dynamic activities that result from increased heat in the body.

**The left nostril**, along with the left half of the body in general, carries a cooling **lunar energy**. It connects to the **Ida Nadi** or lunar pranic current, which flows around the spine and its chakra system, and energizes the left side of the body. When breath flows primarily through this nostril it is good for relaxation, rest, sleep and the building up to tissue mass and other more soothing actions that depend upon coolness in the body.

**Neti kriyas** which is the yogic cleansing method to clear nostril passages for us to breathe evenly through the right and left nostril without disruption, balancing our **solar** and **lunar** energy.

YogaLife, Summer 2007

June 2008, Newsletter



**Yogic Cleansing: natural ways to keep us breathe freely without disruption of sinusitis and asthma**

**Class Schedule Update**

**June 2008**

**Workshops & Events**

**14 June Kriyas (Neti) workshop.**

**16 June Kids Holiday Yoga Program.**

**21 June REIKI by Dimitie Kendall director of Wow This is Living positive development center.**

**Announcement**

**Our Library Corner is up! Students can check out a book for 1 week.**

**Book donation! Yoga, philosophy, spiritual development, natural healing, vegetarian healthy diet related books are welcome to share with this small community.**

### Center's Activities June 2008

**Kriyas Workshop; Neti; Yogic Cleansing: Natural ways to keep us breathe freely without disruption of sinusitis and asthma.**



Date:  
Saturday, 14 June 2008

Time: 2.00-3.00pm

Fee: \$20 (additional \$10 for Neti pot and Neti string)

RSVP: Janaki 98386704 or Sumukhee 90679100  
or email to [info@sivananda.com.sg](mailto:info@sivananda.com.sg)

Topic covered:  
+Kapalabhati (forcing exhalation with abdominal pumping)  
+Anuloma Viloma (alternate nostril breathing)  
+Jala Neti (Nasal cleansing with water)  
+Sutra Neti (Nasal cleansing string)  
+Tongue cleaning

Who should attend:  
Anyone with awareness of quality breathing with clean/  
unblock nasal passage and lungs; People who suffer from  
sinusitis or asthma.

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### 3 Days Kids Holiday Yoga Program



Date:  
Monday to Wednesday  
16-18 June 08  
23-25 June 08

Time: 11am-3pm

Age: 7-14

Fee: \$180 (included lunch and organic farm field trip)

RSVP: Janaki 98386704 or Sumukhee 90679100  
or email to [info@sivananda.com.sg](mailto:info@sivananda.com.sg)

Syllabus:  
+ Yoga Asanas  
+ Yoga Philosophy  
+ Basic Meditation  
+ Breathing Technique  
+ Relaxation  
+ Diet

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### What you should know enough about REIKI before you go for a healing session.



Date:  
Saturday, 21 June 2008

Time: 2.00-3.00pm

Fee: FREE OF CHARGE

RSVP: Janaki 98386704 or Sumukhee 90679100  
or email to [info@sivananda.com.sg](mailto:info@sivananda.com.sg)

Topic Covered:  
+What is Reiki?  
+What's involved in a Reiki session?  
+The Side Effects of Reiki

#### The Side Effects of Reiki

About the speaker:

Dimitie Kendall , Director of the Wow This Is Living, Positive Development Center.

Having worked for many years in the corporate world as a Training and Development professional, she realized, after having her two beautiful children, that there was a greater purpose for her to fulfill. One, was being there for her children and two, was creating a positive development centre that people could come to learn more about themselves and the life they truly want to live.

Her qualifications are as follows:

+Thetahealing™ DNA 1&2 and Advanced Teacher's course, Oct 2007, Gold Coast, Australia

+Thetahealing™ Rainbow Teacher's course, April 2007, New Zealand

+Thetahealing™ DNA 1&2, DNA Advanced, June 2006, Glastonbury England.

+Yoga instructor with the Vivankananda Yoga Institute of India, Singapore, June 2005

+Reiki 1&2 practitioner, Singapore, October 2004 and March 2005.

+Certificate in Training and Development, Institute of Personnel Development, London, December 1995.

+Bachelor of Business Communications, Queensland University of Technology, Australia, March 1990 .

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## Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.00 - 10.15am							
10.00 - 11.15 am		Beginner 2		(coming soon) Beginner 2		10.00 - 10.45am Meditation	Beginner 1
11.00 - 12.15 pm						Open	11.30 - 12.45pm Open
12.15 - 1.15 pm		Intermediate		(coming soon) Beginner 1	(coming soon) Beginner 2		
12.30 - 1.45 pm			3.00 - 4.00pm Kids			Beginner 2	
2.00 - 3.00 pm			4.30 - 5.45pm Gentle		(coming soon) Pre-natal	Event	
6.30 - 7.45 pm	Intermediate	Beginner 2	Headstand	Beginner 2	Beginner 1		
8.00 - 9.15 pm	Beginner 2	Beginner 1	Intermediate	Advanced	Intermediate		

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**Serve, Love, Give, Purify, Meditate & Realize**