



SIVANANDA YOGA VEDANTA CENTRE SINGAPORE

MAY'09 NEWSLETTER

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NEW LOCATION-from centre

MAY Announcement

1-17 May, Centre Close

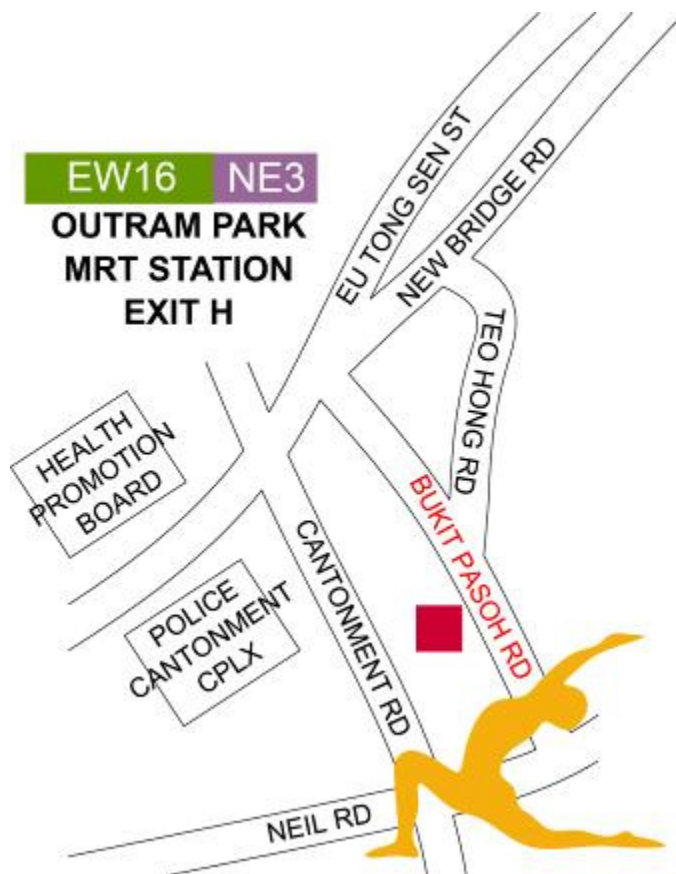
18 May, All Classes Start
at New Location

New Address

21B (3rd Floor)
Bukit Pasoh Rd
Singapore 089835

Exit H
Outram Park MRT Station

Bus:
New Bridge Rd (Opp
Pearl's Ctr):
2, 12, 33, 54, 63, 124, 143,
147, 190, 851, 961, 970,
CT18, CT8.
Neil Rd (Aft Kreta Ayer
Rd): 61, 166, 197.



May is another exciting month for Sivananda yoga centre in Singapore. We celebrate yoga centre anniversary in May and this year, we are going to move to a bigger location start from Monday May 18th. The current location at Spottiswoode Park Road will cease operation on Friday 1st May. Then there will be a break for two weeks from May 1st to 17th. The new location is on the 3rd floor of a well-maintained conservation building on 21B Bukit Pasoh Road. We all love this place because it is more convenient for all students, who take public transportations or drive. Students who take MRT, it is still the same Outram MRT station, new exit H, only need to walk 2 minutes to yoga centre. Bus commuters of course have shorter walk too, because we are closer to the main roads now (New Bridge Rd & Neil Rd). There will be a bigger yoga hall, with one changing room and one rest-room. At this new place we will have more workshops and healing yoga most recommended for people with special needs such as: back pain/stiff, arthritis, indigestion, constipation, insomnia, thyroid condition, weight loss, diabetic and many more.

many more.

Buses to new yoga centre:

New Bridge Rd (Opposite Pearl's centre) :

2, 12, 33, 54, 63, 124, 143, 147, 190, 851, 961, 970, CT18, CT8.

Neil Rd (After Kreta Ayer Rd):

61, 166, 197.

Please refer to the map for new location.

Class schedule changed. Starting May, we are going to offer only two levels of practice, Beginner and Open classes to maintain the uniformity with the rest of the Sivananda yoga centre world-wide. Beginner class is suitable for someone new to yoga or have some experience. Open class is for intermediate to advanced students to practice together.

CARD EXPIRY EXTENDED-from centre

Your Pass-card. As you all know that yoga centre is going to have a break between May 1-17th, therefore we thought it would be nice to extend the expiry date of all pass-cards for another month. For example: if your pass-card Period end at 10 May 2009, it will be automatically extended to 10 June 2009. Thank you for your continues supports.

THE LOCUST-posture

Unlike most asanas, the Locust or Salabhasana requires a sudden movement to get into the pose. Its effects supplement those of the Cobra but where the Cobra concentrates on the upper half of the body, the Locust works mainly on the lower half, strengthening the abdomen, lower back and legs. Like the other backward bends, it massages the internal organs, ensuring efficient functioning of the digestive system and preventing constipation. To begin with, you may only manage to raise your legs a few inches off the floor-in fact, it is at this stage that the pose most resembles a locust, tail in air. With regular practice you will discover how to contract your lower back muscles to thrust your legs up high, as well as developing the necessary strength.

Step 1-Face Down

Lie on your front. Rest your chin on the ground, then move it forward as much as you can, so that your throat lies almost flat. Put your arms by your sides, then push your hand under your body, and make them into fists or flat down or interlocked them together. Bring your elbows as close together as possible.

Step 2-Half Locust

Inhale as you lift one leg. Hold this position for at least 10 seconds, then exhale while lowering your leg and repeat the pose with your other leg. The further forward you push your chin, the more your spine can stretch and the more you will gain from this asana.

Step 3-Full Locust



Lie with your chin out, as in the Half Locust, then take 3 deep breaths. On the third, lift both legs off the ground. They may not come up far at first, but with practice you may be able to lift them much higher. Hold for as long as you can, then lower your feet.

then lower your feet.

The Advanced Locust



This more difficult pose must be attempted only by experienced students of yoga. The aim, in the advanced asana, is to raise your feet straight up and then lower them over our head. This backward bend compresses your vertebrae while stretching the front of your body to its greatest extent. The strength and flexibility necessary for this pose will eventually develop with regular practice.



Physical Benefits:

- Bring a rich blood supply to the spine.
- Tones the nerves and muscles, particularly in the neck and shoulders.
- Increases abdominal pressure, regulating intestinal function and strengthening the abdominal walls.
- Improves sluggish digestion.
- Expands the chest, benefiting sufferers from asthma and other respiratory problems.
- Strengthens shoulder, arm, and back muscles.
- Regular practice of the Locust relieves back pain and sciatica.

Mental Benefits:

- Encourages concentration and perseverance.

Pranic Benefits:

- Stimulates pranic flow in the lung, stomach, spleen, heart, liver, small intestine, pericardium, and bladder meridians.
- Increases the digestive fire-and ancient Yogic way of saying that the energy flow maximizes the use of all nutrients.
- Produce body heat.

Common Problems:

- The nose or forehead, rather than the chin, is resting on the floor.
- The chin is lifted off the floor.
- Hips are twisted.
- One leg is higher than the other.
- Hands are twisted into different positions.
- Hands are parts instead of being held together.
- Breath is being held while in the position.

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
10.45 - 12.00 pm						Open	11.30 - 12.45pm Open
12.15 - 1.30 pm						Beginner	
6.30 - 7.45 pm	Open	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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