

**SIVANANDA YOGA VEDANTA CENTRE
SINGAPORE**

NOVEMBER '09 NEWSLETTER

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Swami Vishnu-devananda
1927-1993

The "FLYING SWAMI"-article

In 1983 Swami Vishnu-devananda performed symbolic peace mission by flying over Berlin wall from West to East Berlin in a open, ultra-lite aircraft. He landed in a farmer's field, where he had to plead with the farmer and the villagers to turn him over to the East German authorities so that he could deliver his message of peace.

The Swami's message was, basically, that the human spirit-like his little ultra-lite craft could be made to transcend man-made barriers like the Berlin wall as long as it bore a message of love and peace for all.

As part of a pre-arranged peace march he led some sixty-persons including myself, an

Anglican priest in a Yogic "fire walk" over live coals in front of the Berlin Wall, to illustrate the point that the human spirit when aided by faith and courage has the potential capacity to overcome "fire" of all sorts, and thus also to take whatever extraordinary steps necessary to prevent a world-wide thermonuclear holocaust by the ending hostilities.

In the following year 1984, Swami Vishnu outfitted a London double-decker bus marked "Yoga for Peace" and had it driven overland through Europe to Turkey, through Iran into the Punjab, where he tried to mediate between Hindu and Sikh factions in Amritsar, entering the Golden Temple accompanied by a small entourage, including my wife, Dr. Marilyn Rossner to try to speak to Sikh leaders who were then fortressing within.

One of the keys to Swamiji's earliest success was the publication of his now-classic world best seller, *The Complete Illustrated Book of Yoga*, and the establishment of popular "Yoga Teachers Training Courses" throughout the world. In 1969, he established the "True World Order," a symbolic membership in "a new world without borders, where equality and justice, with love for all humanity" would one day become the norm.

Today many thousands of people of all faiths and races all over the world have found inner peace and some have regained their health through the practices of Yoga and Meditation that Swami Vishnu-devananda brought to them. And many more in many countries have been inspired by the faith and courage which he showed in his acts witnessing to peace, as bright sparks of light and hope in the midst of very dark situations. He never won the Noble Peace Prize or the order of Canada, but the records of his life and his objective accomplishments show that he didn't have to. He was a truly great "world citizen," one of India's distinguished sons, and one of Canada's greatest but unsung citizens of our time.

Swami Vishnu was an innovator and pioneer in his methods of disseminating the classical Yoga teachings he had learned from his Guru, the great Indian saint, Swami Sivananda of Rishikesh, Himalayas. Swami Vishnu exemplified the practical wisdom and dynamism of his Master's teachings with courage and compassion. The press named him "Flying Swami" for his daring Peace flights across the Suez Canal in 1971 and the Berlin Wall in 1983. Yet perhaps his greatest contribution was to popularize Yoga philosophy and practice throughout the West.

This wave of Yoga enthusiasm could have just passed as a fad, but Swami Vishnu solidified the theory into practice by pioneering Yoga Centres, Yoga Vacations and Yoga Teachers Training courses worldwide. The key to this injection of Yoga into the mass culture was the Yoga Teachers Training Courses. Since 1969, more than 24,000 Yoga teachers have been trained into the essence of Yoga and Vedanta. Countless graduates are now teaching throughout the world, within and without the Sivananda Yoga organization. Even those who do not actively teach, have integrated some aspects of Yoga into their life and work. Swamiji taught "the only way to change society is like changing a cotton cloth to silk-by changing each thread." Through this vast network of Yoga teachers, the social fiber is changing.

BLISS–guru’s teaching

How do you get this experience you call bliss? Bliss is not scratching, it is a state where the mind is peaceful, not agitated by the nerves or senses. Pleasure in the mind is agitated by each of the senses, by activity and excitement. So in the West you are looking for more excitement and more excitement and there is no end to it. In the East the happiness, the bliss is keeping the mind steady without disturbance even from the senses.



That is why when you meditate you close your eyes. Why? Why put off the light? Why put on soft light? We don't want to hear noise, sound and so forth. We want to get away from the sensual world and withdraw into one's own Self. And that experience is called bliss, the mystical experience. You all want that. You have never taste it, but you know it is there. How do you come to the conclusion there's a mystical experience there? You close your eyes and you find out.

*Swami Vishnu-devananda
UPADESA–The Eightfold Path*

Spinal Twist (Ardha Matsyendrasana)–asanas



After the forward and backward bending of the spine, the **Spinal Twist** gives a lateral stretch to the vertebrae, back muscles, and hips. This important asanas takes its Sanskrit name from the great sage **Matsyendra**, one of the first teachers of Hatha Yoga.

Physical Benefits

- Helps to keep the spine elastic by retraining side-to side mobility.
- Helps to relieve muscular problems in the back and hips.
- Removes adhesions in the joints caused by rheumatism.
- Increases the synovial fluid of the joints, and makes the joints active.
- Tones the roots of the spinal nerves and the sympathetic nervous system, and brings a fresh supply of blood to the area.
- Massages the abdominal muscles, relieving digestive problems.
- Benefits the gall bladder, spleen, kidneys, liver, and bowels.

Mental Benefits

- Helps to cure disorders of the nervous system.
- Brings peace of mind.

Pranic Benefits

- Augments the vigor and vitality, removing innumerable disease.
- Rouses potential spiritual energy.

Common Problems

- Buttocks are lifting off the floor.
- Back is not straight, and the body is leaning, rather than twisting laterally.
- Looking over the wrong shoulder.
- Foot is not flat on the floor.
- Back hand is too far from the body.

*Yoga Mind & Body
Sivananda Yoga Vedanta Centre*

Satsang & Peace Mission Video–friday night special class

Date:

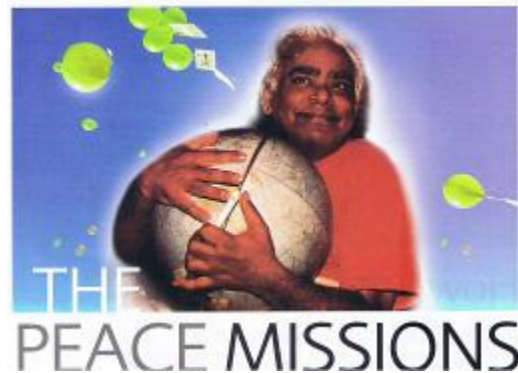
Friday, 6 November 2009

Time:

8.00–9.30pm

Venue:

Sivananda Yoga Vedanta Centre
21B Bukit Pasoh Rd



Fee:

Free of charge, all are welcome

Program:

- 30 minutes silent meditation
- Kirtan chanting
- To commemorate Swami Vishnu–devananda’s Mahasamadhi on 9th November, we are playing a video showing The Peace Missions by Swamiji, where his self–pilot plane flew to conflict areas around the world only carrying his homemade Planet Earth Passport. He ‘bombs’ those troubled areas with flowers and leaf–lets calling for peace.

Nasal Cleansing & Breathing–workshop

We shower or bathe our body everyday to keep it clean and free from germs or any accumulations. We use our nose and lung for breathing everyday, but most of us don’t even care to keep them clean even though the nose and lung play very important roles to keep us alive and healthy. This yogic cleansing exercise is natural ways to improve breathing, ease sinusitis or nasal allergies or asthma.



Date:

Saturday, 14 November 2009

Time:

2.00–3.00pm

Venue:

Sivananda Yoga Vedanta Centre
21B Bukit Pasoh Rd

Fee:

\$20 (additional \$10,– for Neti pot and Neti string)

You will learn:

- Jala Neti (nasal cleansing with water)
- Sutra Neti (nasal cleansing with string)
- Tongue cleaning
- Kapalabhati (forcing exhalation with abdominal pumping)

Who should attend:

Anyone with awareness of quality breathing with clean/unblock nasal passage and lungs. Highly recommended for people who suffer from sinusitis, nasal allergies or asthma.

Global Family Yoga–enrich yourselves

Global Family Yoga™ is coming for two weekends of Kids Yoga Teacher's Training in Singapore in November! These training sessions are great as an introduction to the benefits of Yoga for children or as part of a 200 hour certification programme.

Week 1: 13th – 15th Nov 2009 Planting Seeds – teaching Yoga 5–7 year olds. For this age group the focus is on enjoying Yoga through play – using games, imagination, stories and simple practices to introduce the healthy benefits of yoga. Social, emotional, physical and cognitive development of children at this stage will be addressed.

Week 2: 20th – 22nd Nov 2009 Branching Out – teaching Yoga to 11–13 year olds.

Kids in this age group want to learn in deeper ways and are ready for more subtle aspects of the practice. We will explore ways to express the essence of each pose in a clear, simple, engaging way – keeping the atmosphere relaxing and soothing for these kids who can be overwhelmed with intellectual input from many aspects of their lives.

Each weekend consists of 20 hours of training. A certificate of completion will be provided upon successful completion of each course.

The training will be conducted by Mira Binzen. Mira is a certified Yoga teacher, Yoga therapist and co-founder of Global Family Yoga™ a Yoga teacher training program focused on children and families. She graduated from the University of Minnesota in 1991 with a degree in child psychology and received her Yoga teacher's training certificate from Sivananda Yoga Vedanta Ashram in India in 1999. She is certified to teach both children and adults, and is registered at the 500-hour level with Yoga Alliance®.

**GLOBAL FAMILY YOGA
IS COMING TO SINGAPORE!**

Please join us for our upcoming trainings.

13-15 NOV - Planting Seeds: teaching
Yoga to ages 5-7

20-22 NOV - Branching Out: teaching
Yoga to ages 11-13

Great as an introduction to the benefits
of Yoga for children or as part of a 200
hour certification programme.

LOCATION:

Om Shiva Yoga @ Horse City
01-02B Horse City
100 Turf Club Road, Singapore
Tel: (+65) 64662257

HOURS (same for both weekends):

Friday - 5:00p - 9:00p
Saturday - 8:00a - 7:00p
Sunday - 8:00a - 2:00P

PRICE:

One weekend - USD \$375
Both weekends - USD \$700

A certificate of completion will be
provided upon successful completion of
each course.

Register at www.globalfamilyyoga.org or
contact info@globalfamilyyoga.org for more.

CLASS SCHEDULE--from centre

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.30 - 10.30 am						Satsang	
10.00 - 11.15 pm							Beginner
10.45- 12.00pm						Open	
12.30 - 1.15						Beginner	

1.45 pm							
5.00- 6.15 pm					Gentle		
6.30 - 7.45 pm	Beginner	Open	Beginner	Open	Beginner		
8.00 - 9.15 pm	Open	Beginner	Open	Beginner	Special Class		

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).**

**Gentle = Gentle stretching to slowly bring back flexibility and strength.
Suitable for elderly or overall stiffness.**

Special Class = Check at www.sivananda.com.sg for program details.

Sivananda Yoga Vedanta Centre Singapore

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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.

