



Kaadaa!

Svaroopa® Yoga: Experience Your Divine Self

Volume 1 No 7

July 17, 2013

Editorials By Swami Nirmalananda Saraswati

Master Yoga Foundation

Change is the One Reality

You started yoga because you wanted to change. I warn new yogis, if you don't want to change, don't do yoga. If you're happy with how your body feels, how your life is going and how you feel within your life, keep doing exactly what you've been doing, because it's giving you proven results. Hold steady to the course!

Yet change is inevitable. Nothing remains the same, even when you want it to. If you don't do regular maintenance, your garden will die, your house will fall apart and so will your body. Physical objects need physical care. Your mind and emotions also need care, whether it is a respite from the pressures you are under or it is finding something new that will spice up your life and your attitude. Change is part of being alive.

continued on page 2

Svaroopa® Vidya Ashram

The Unchanging Reality

Meditation reveals the changeless essence that is your own Self. Shaktipat opens the doorway. Then you move through light-years of change along the way. Your greatest support is the one who makes the goal clear, who has already been through the process and is there to help. This is why yoga is a Guru tradition; you don't have to lose your way, trying to figure out how to find your Self.

Plumbing the depths of your own existence is a deeply internal process, yet yogis have always lived in community. Even the yogi meditating in a solitary Himalayan cave has people bringing two meals a day. Meditation is not about getting off the grid, living off the land or escaping to a quiet cabin by a lake. It is about finding your Self in the midst of life, even when

continued on page 2

Tadaa!

Vol. 1 Number 7

July 17, 2013

PUBLISHER

Svaroopaa Teachings Collection, Inc.

EDITOR-IN-CHIEF

Swami Nirmalananda Saraswati

MANAGING EDITOR

Rukmini Abbruzzi

EDITORS

Marlene Gast & Rudrani Nogue

WRITERS

Swami Nirmalananda, Devapriyaa Hills, Karuna (Carolyn) Beaver, Marlene Gast, Sarah Hunter, Priya Kenney, Devi McKenty, Sheynapurna Peace, Jyoti (Rebecca) Yacobi, Liza Marshall, Bindu (Maureen) Shortt, Savitri (Louise) Harkema

PHOTOGRAPHERS

Joanne Burows; Sharada Macdonald; Iqbal Memon's Photo Shop, Mumbai, INDIA; Maggie Williamson; Saraswati (Sara) Yacobi-Harris

COPY EDITORS

Connie Mohn, Joanna McNeal, Wendy Hickey

GRAPHIC DESIGN & TYPESETTING

Rosalena Graphics

table of contents

Editorial: Change is the One Reality by Swami Nirmalananda	1
Editorial: The Unchanging Reality by Swami Nirmalananda	1
Foundations is for Everyone by Marlene Gast	3
Student Experience: My Shaktipat Retreat by Liza Marshall	4
The Universe in My Belly & Being by Devapriyaa Hills	5
Honoring Guru Purnima by Priya Kenney	5
A Sacred Adventure by Devi (Elizabeth) McKenty	6
Trainer Profile: Tish Roy by Marlene Gast	7
Reawakening: Master Yoga Board Report by Marlene Gast, Vice President of Communications	8
Diving into the Deep End by Swami Nirmalananda	8
Reawakened Exton Home by Sarah Hunter	9
YTT in Australia by Karuna (Carolyn) Beaver	10
2 Personal Pujas by Jyoti (Rebecca) Yacobi & Sheynapurna Peace	11
Celebrating the Guru by Bindu (Maureen) Shortt	12
Do More Japa by Savitri Harkema & Swami Nirmalananda	12
Svaroopaa® Calendar Upcoming Master Yoga & Ashram events	13

Editorials *continued from page 1*

Master Yoga Foundation

You like change when you've chosen it, while you resist change caused by others. This is why it's hard when your yoga organization goes through changes. Master Yoga's programs provide you physical healing as well as an expanding sense of Self (svaroopaa). But when Master Yoga changes, which it does because it's a living thing, it's hard on you. You don't know whether to jump in and help, or hang back and wait. Whichever choice you make has a profound effect on the outcome. Being more involved means you have input into the changes. When you wait and see, your absence affects the outcome by diminishing the people and resources supporting Master Yoga. You're in charge.

It's the same way that you are in charge of the changes you get from yoga. When you do more yoga, you get more change; when you do less yoga, you get less change. You are in charge.

Svaroopaa® Vidya Ashram

your life is shared with others who have no interest in their spiritual depths. Yogis participate in the ever-changing reality called life.

In ancient India, everyone ran to the yogis when they needed help. The yogis knew the healing herbs. Their blessing could pierce through confusion, salve a wounded heart and make the impossible possible. Yogis today serve the world, sharing their blessings and their knowledge. Yet the yogis must be supported. If they plant the fields or commute during rush hour, when will they serve you? Thus you get your teachings from the Guru, but you are the one who supports the Guru through your financial gifts as well as offering your time and energy. What you offer makes a difference. You're in charge.

You're not only in charge of your own rate of progress, by how much practice you do, but you're in charge of how much the Guru can support you. You are in charge.

Foundations is for Everyone

By Marlene Gast

Whether they are beginning yogis, or experienced in Svaroopa® yoga or another style, students enroll in Foundations of Svaroopa® Yoga for a range of reasons: to take the first step into Teacher Training, to share yoga with family and friends, to learn about the philosophy and anatomical principles of Svaroopa® yoga as well as to deepen their experience of opening inward. Whatever the reason, unexpected rewards inevitably also flow from this five-day immersion program. In Boise ID, Karuna (Carolyn) Beaver and I have had the privilege and pleasure of hosting Foundations twice: October 2010 and March 2013. Here's what four of our students have to say.

Liza M.

I took Foundations because my teachers encouraged me. Having begun Svaroopa® yoga classes a year or so before, I'd had good gain in independence from neck pain. I knew I was committed to these poses for life! In Foundations I learned the poses in detail and was introduced to the philosophy as well as to chanting and meditation. I learned how to arrange blanket props so that I could sit comfortably. Before Foundations, because of my chronic neck pain, I would never have been able to sit in meditation.

After Foundations, though I had no time in my schedule for teaching classes, I found I was immediately sharing Svaroopa® yoga informally. Seeing a friend obviously in pain, I would say, "I know something that can help you!" This impulse simply arose from the state I found myself in after the deep changes from Foundations — walking around on a cloud, feeling incredibly good. It was great to have the tools and skills to help other people find the same experience. For myself, I wondered how I could maintain that amazing feeling daily. It seemed that mediation was the key, so I took two "Learn to Meditate" series, one from each of my teachers. When Swami Nirmalananda honored us with a Shaktipat Retreat in Boise this past May, it was amazing timing for me. I was ready! So now I see a new path ahead of me!!

Marti M.

Having first taken Foundations in 2010, I signed up again for May 2013. As a Foundations-repeater, worries of long days, short nights and attacks of "relapse-brain-fog" were on my mind as I began the first day. However, this time my experience was a bit different. Although the days were still long, the nights still short and relapse still played tricks on my body, I came away with a deeper understanding of my own practice. My first Foundations gave me the HOW of the practice — this time around I gained the WHY.

I've now added the occasional seva of being a yoga helper to my routine of daily yoga practice and bi-weekly studio sessions. Having previously made a difficult decision to not pursue Yoga Teacher Training (YTT), I began looking for a way to share Svaroopa® yoga while practicing seva. A few months ago during a busy time in the studio, my teacher presented the answer. She asked if I would be interested in assisting with several beginner yoga classes. I immediately agreed. While helping to prop, adjust and support eager first-time students, I found blissful feelings of peace and well-being emerged.

"Can this foot soften a bit? More pressure, less or the same? Let's try one more blanket." Sound familiar? Although I'm not a Svaroopa® yoga teacher, nor have I reserved a spot in the next YTT class, yoga students do hear me speak those words. My Svaroopa® yoga teacher lovingly classifies me as one who practices "the seva of assisting." I simply think of myself as a Yoga Helper. I remember what I learned about karma yoga — the practice of seva — in my first Foundations: giving of our time and work not only serves others, but also heals and benefits our own body and mind — and more.

Brindi B.

When I signed up for Foundations, I wanted to know more. I'm inquisitive. I also know that when I fall in love with something I must share it!

I fell in love with Svaroopa® yoga when I stumbled into a class last January. Away from my yoga classes in another style for a while, I found Svaroopa® yoga immediately effective for my sciatica. Also I started noticing changes in my neck. At first I had neck pain and had to sleep on a little flat pillow; I knew things were changing and aligning. Quickly the neck issues were relieved too and started healing. I was sold on Svaroopa® yoga!

When I learned about Foundations, I had fears and expectations that I wouldn't be able to do five days of yoga. But I found I wasn't tired. The information was well communicated, and I love the way we all interacted with each and bonded. I did not fall asleep in the philosophy and anatomy talks as I feared. It was all fascinating!

After Foundations, I bought 20 blankets. The seven that I had already weren't going to be adequate for my Sukhasana stack! The yoga that I did in the past was fun, but it was just exercise. Now I spend a small portion of my life telling others about this amazing "yoga of undoing," in which there is so much more available to them. I want to teach and to know more, so I am planning to enroll in the next YTT Level 1.

Darlene W.

Deepening my experience motivated me to take Foundations. Planning to move from Boise to a very small town 40 miles away, I wanted to be able to rely on a daily practice. After Foundations, I did find that I was receiving deeper benefit from the poses daily, yet I was also overwhelmed with all of the new information. But we Foundation Grads gathered with our local teachers for a potluck a few weeks later and reviewed some poses and adjustments. That helped a lot; I am confident enough to even want to share this with my husband. I know the Dual Knee Press will help relieve his pain.

In Foundations, being with fellow Svaroopis and sharing was a wonderful part of the course. In the long Shavasana in Foundations, guided by Swamiji's voice, I experienced such deep opening, and I feel that doing it with the group increased the power of that experience. In May I was well prepared for the Shaktipat Retreat with Swamiji. I didn't know what to expect, but had very deep and amazing experiences in meditation.

Taking Foundations and then the Shaktipat Retreat was a great combination, and I loved how the philosophy in Foundations tied in with Swamiji's wonderful talks in the Shaktipat Retreat. It was a different yet related deepening into Self, adding to Foundations experiences in a phenomenal way.

Student Experience: My Shaktipat Retreat

By Liza Marshall



Liza Marshall

meditation practice had seemed stalled since last fall. I was primed for guidance.

To set the stage for the experience, an everyday meeting room was transformed into a sanctuary, with large photos of the Gurus Muktananda and Nityananda hung on the wall behind Swamiji's orange seat, their eyes finding ours each time we met their gaze. Incense gently sweetened the air, and stacks of blankets were scattered on the floor. Rukmini Abbruzzi co-taught the retreat; under her loving direction and care our space began to fill with a sense of safe haven and refuge.

Swamiji likens Shaktipat to turning a key in the lock of the contracted energy of our own divinity, releasing our own energy of expansion to fuel the awakening to the knowing of our own divine Self, fulfilling the highest purpose of human life.

In this room, we shared nourishing vegetarian meals and were invited to participate in the beautiful arati ceremonies with flower petals and ghee candle flames. We received teachings on the meanings of the Five Powers of Shiva, of Guru, Grace, Karma and Kundalini. We shared our personal interpretations of the meaning of Shaktipat. We chanted the entire Shree Guru Gita in the early hours of the morning, and a beautiful mantra chant that filled the room with the sweetest vibration. We meditated. Swamiji's voice softly intoning the words of Mantra brought us up and out. The flow of our days and evenings was rhythmic and undulating, the energy building like a wave gathering its strength, then subsiding ever so gently into a limitless pool of silence and peace.

Three times Swami Nirmalananda gave Shaktipat, twice through touch, and once by will. Through her Grace flowed the gift of the permanent awakening of Kundalini, the cosmic force of creation that lies contracted and dormant at the base of the spine: the conduit of consciousness. Swamiji likened Shaktipat to turning a key in the lock of the contracted energy of our own divinity, releasing our own energy of expansion to fuel the awakening to the knowing of our own divine Self, fulfilling the highest purpose of human life.

My experience was profound. It deepened each time as it became easier to let go and to simply welcome what was being offered. The more I could stay with mantra, the greater the flow of Shakti. There were surges of heat as well as an opposite sense of frigid cold. As spontaneous

movements began to arise, my brain interrupted: "Is this new? Is this scary? After giving in and allowing my chin to tuck to my chest, suddenly my torso folded in the middle, forehead on the blankets in front me. Brain interrupts again: "Isn't this embarrassing?" Returning to mantra was key to just allowing things to happen as they would. We had learned that mantra is the power of Kundalini in words; that every repetition counts, supporting and encouraging Kundalini to do her work, clearing the accumulated blockages that keep us from Self-knowledge.

Mantra has become intensely meaningful since the retreat. A sense of powerful peace flowed from the words uttered by Swami Nirmalananda, a special gift every time she said them. When we chanted the beautiful, slow, drawn out mantra chant, our voices all blending into one, the room filled with a timeless and achingly beautiful sense of my deepest longings fulfilled.

Since the retreat, my commitment to meditation practice has been joyfully renewed. Mantra is more of a companion, not just saved for meditation time. I do not just hope; rather, I can rely on Kundalini to be doing her work, taking me to my own Self. Invited and encouraged, all sorts of kriyas continue to arise during Shavasana and meditation. Knowing that blockages and old resistances are being scrubbed away is so freeing!

Allowing the internal sense of purposeful presence to set my pace as my days unfold translates into less resisting, less projecting, less judging and less hiding; finding joy and peace in every moment that is lived with the awareness of the essence of my own beingness. Thank you, Swami Nirmalananda, for traveling to Boise to bring us these gifts.

movements began to arise, my brain interrupted: "Is this new? Is this scary? After giving in and allowing my chin to tuck to my chest, suddenly my torso folded in the middle, forehead on the blankets in front me. Brain interrupts again: "Isn't this embarrassing?" Returning to mantra was key to just allowing things to happen as they would. We had learned that mantra is the power of Kundalini in words; that every repetition counts, supporting and encouraging Kundalini to do her work, clearing the accumulated blockages that keep us from Self-knowledge.

Shaktipat Retreats

with Swami Nirmalananda Saraswati

The profound inward path of Self-Discovery (svaroopavidya) begins with you receiving shaktipat initiation, awakening your Kundalini energy. This makes you able to attain the highest purpose of human life — the knowing of your own Divine Self. Kundalini is the force underlying the power and ease of all the Svaroop® sciences designed and taught by Swami Nirmalananda.



**Experience the power of your inner force
by receiving Shaktipat from Swamiji in 2013:**

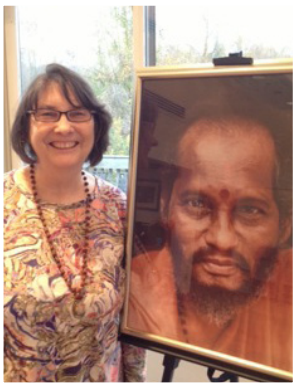
Aug. 30 - Sept. 1 in West Chester PA

**Post Conference Workshop in West Chester PA
October 6 - 8**

Questions? Need extra support?
Contact us at enroll@svaroopavidya.org or 610.644.7555.

The Universe in My Belly & Being

By Devapriyaa Hills



Devapriyaa Hills

I came home from India with the whole universe in my belly. Swamiji said I birthed the Universe. This was a new concept to me. I had never imagined such a thing was possible. The whole of the Universe — the Milky Way, Galaxies and beyond inside of me.

Now to see the whole of the universe in everything is my goal. Of course I had no idea where to begin with this massive undertaking. So far I have been seeing the outside world as one-dimensional. This presented itself clearly when I looked out and saw a flat one-

dimensional world that appeared like paper and paper dolls.

I realized from a depth I had not known that I had made my life choices from a place of need, greed and fear.

The struggle began inside of me. It felt like a wrestling match was going on inside of me. The war of living from the inside or from the outside began. Wanting so-o-o much to live from the inside but not wanting to give up what I know so very well — living from the outside.

A yogi friend came along and shared with me about a problem she was having. It was a difficult problem for her. I started crying for both of us, saying, "It is so hard to live from the inside." Suddenly, I could see it so clearly. The size of the task is great, yet it is as easy as it is hard. Another concept that is amazing.

At that point I realized that I have been reading about this in Swamiji's book, *Yoga: Inside & Outside*. I picked up the book and reread its back cover.

"Your attention is externalized for most of your day and for most of your life. Yoga's practices first bring your awareness inward so you can begin to explore who you are within yourself... These articles speak to the next step of your yogic process: once you have found your way inside, how do you live your life: people and places are important to you; responsibilities and opportunities fill your days. How do you do all these things without losing the inner bliss and spaciousness of your own being? These articles give you the key to living a yogic life, a way of living that sources you in your own divine essence and empowers you to share that with the world."

This is what I am working on: a way of living that sources me in my own Divine Essence and empowers me to share that with the world.

It seems as though I have been working on this for my whole life — driven by the yearning for my own inner depths, the yearning to live with the whole Universe in my belly and in my being, and seeing it in everyone and in everything. As I experience more inner depth, I am brought back to the basics. The things I have read or have heard Swami Nirmalananda say are now making sense on a new level. These basics are my guide to deciphering multi-levels of my Self. It is an intrinsic expansion.

Thank you Swamiji.

Honoring Guru Purnima

By Priya Kenney

The auspicious full moon of the Guru, Guru Purnima, falls on July 21st this year. Of all the Hindu holidays, Guru Purnima and your own Shaktipat anniversary are the most holy. While Guru Purnima is a cosmic holy day, it is also deeply personal.

Swami Nirmalananda says, "Guru Purnima is dedicated to "celebrating the embodied Divinity who has dedicated their time on this earth to you becoming embodied Divinity." This year's Guru Purnima is particularly auspicious, with our beloved Guru wearing the full moon on her head! By shaving her head in early June, she gave up a symbol of personal identification.

Swamiji has completed what she came to do for herself — the only thing left is to serve others in the highest and most expanded way. As she puts it, "I am dedicating myself to your Enlightenment." She can focus even more on that since turning over the leadership of Master Yoga and the Ashram. Honor the One who is dropping That in our laps!

It is easy to get confused about the goal. Health and happiness are often substituted for cosmic happiness. We forget how to use the Guru most fully and instead ask her to be our therapist or life coach. That's not her role. While everyone can benefit from a therapist or life coach, the Guru is not the one to whom we should turn for that work. Swami Nirmalananda is a conduit of radiating Consciousness! She is the One who can give us our own Self.

How do we get the fullest benefit of our relationship with the Guru, the One who is radiating Consciousness? "Surrender to the Grace," says Swamiji. If that sounds too cosmic, then turn to the sun analogy. Go to the Guru. Stay in relationship with her. Visit her, go on a retreat, do phone courses, listen to satsang recordings. Think of the Guru, do arati to her photo, chant the Guru Gita in person with Swamiji, on the phone, or in your own home.

If you really long to be in relationship with the Guru, you can work it out, one way or the other. You get to choose what is right for you. If you're ready for the flames, you will be in the front row. If not, you'll put yourself right where you need to be.

"Cosmic Consciousness has manifested in this world in order to be in relationship," says Swamiji. "When you're in relationship with me, you're in relationship with the Self."



Swamiji and Devaraja (Steve) Thoman

A Sacred Adventure

By Devi (Elizabeth) McKenty



Devi (Elizabeth) McKenty

I love sutras. In YTT (Yoga Teacher Training), the sutras were always my favorite. I was unsure, though, if my students would be interested in sutras. Would they be interested in more than asana? Would they want to spend their time and money on the study of sutras? Interestingly, near the end of my training in how to teach sutras, out of the blue a student asked me if I was ever going to teach yoga philosophy. Ears perked up around the room at the sound of the words “yoga philosophy.” Other students stated they wanted more talks like they heard in

my *Intro to Meditation* course. They asked me to schedule a Sutra course ASAP! I mentioned this surprise to a *Svaroopaa*® yoga teacher in my area. Just as enthusiastically, she invited me to come to her studio to teach sutras for her students. So there was my answer: a resounding ‘Yes! Students are interested in *Svaroopaa*® Yoga Sutras.

I completed the training, *Teaching Sutras* (TS), which was an adventure itself. Even though I knew I loved the sutras, this training really scared me. Could I actually put words to my experiences and understandings? Swamiji instructed us thoroughly and coached us individually. Obviously, we learned how to write talks and deliver information accurately, but there is more to teaching sutras than that. The training covered everything I needed to know to make this venture successful for the students as well as for myself. From formatting individual classes and marketing, to dealing with students’ minds and questions, it was all included. When I completed the training, I had gone beyond what I thought I could do. I was ready and confident about teaching.

Teaching sutras is just as incredible as the training to teach poses. It is an intimate adventure. It is intimate because of the material presented and the students who come. Students interested in a sutra class are those

who have a desire to “do more yoga.” They are the students who want more than mere poses; they want more because somewhere inside, they know there is more. They are hungry for that “something more.”

I know this predicament personally and intimately because it is my story too. These students are like me. It truly is my pleasure to be in such company. Teaching *Svaroopaa*® *Sutras* is all about The Self; their Self, my Self, your Self, the capital-S-Self in everyone. I describe the atmosphere as intimate but a more accurate description is sacred. For me, teaching sutras is sacred. What is more sacred than the knowledge of your own Self? What is more precious than spending time exploring your own Self and sharing that with others?

In the same way that YTT yoga philosophy changed my life, teaching sutras has changed my life yet again. Delving so deeply into sutra study has altered the way my mind works; it has a similar effect on my students. In addition, these courses have been instrumental in creating our local yoga community. Student discussions are so rich and so profound. Where else can you go to hear this stuff? Who else can you talk to about it except other yogis? The sutras explain experiences that everyone has at one time or another. They put words to the longing that everyone feels but has no words for. They allow people to understand their experiences, and ultimately discover who they are.

There is effort; I have had to put work into it. And as in all *Svaroopaa*® yoga practices, there is Grace too. Swami Nirmalananda says, “Without Grace, you’d merely have an intellectual understanding of the sutras. With Grace, the experience the sutras describe is revealed within you.”

Taking the training, and now preparing and delivering my talks to students, both enable me to sit deeper in my own Self. Teaching sutras places me in the flow of Grace, and the Grace overflows into the community. My students and I are grateful to have a forum to explore the ancient teachings and share our experiences together. I feel like this is such a great service I am able to provide while at the same time indulging my own love of yoga. This is definitely what you call a win-win situation!

A yoga weekend, three days of core opening through *Svaroopaa*® yoga’s amazing techniques and teachings. Align your body, heart and mind with Grace. Deepen your yoga experience, deepen your teaching, deepen your yoga relationships and deepen your Self-Knowingness. Discover what Grace really is and how it empowers your yoga practice and your life.

- ▼ Yoga Weekend Track
- ▼ Ashram Track
- ▼ Community Track
- ▼ Teacher Track
- ▼ Foundations Track
- ▼ Seva Team
- ▼ Pre-conference & Post-conference Programs

Registration: \$175 – 720 based on track.
Your vegetarian meals are included.

Enroll by August 31 and receive \$51 discount!

To register or learn more, visit www.svaroopaconferenc.org

Do the practices, catch the Grace!

Cosponsored by Master Yoga Foundation & *Svaroopaa*® Vidya Ashram



Svaroopaa® Sciences Conference 2013

**October 4 – 6
Philadelphia PA**

Alignment
with *Grace*

**\$51
OFF
Through
AUGUST 31**

TRAINER PROFILE

Tish Roy

By Marlene Gast



Tish Roy

Tish Roy took Foundations of *Svaroopa*® Yoga to deepen the practice that had already proved transformative for her. She planned to begin teaching local *Svaroopa*® yoga classes, but during the training she had a vision of herself teaching Foundations one day. “To be in that place,” Tish says, “amazing ‘reprogramming moments’ have propelled me forward, carried by so much Grace — surrendering into poses, into the practice and into the Self.”

Tish describes how she became a yogi: “The first pivotal moment came as I saw in a mirror that I was fatigued, my mind was busy, my body was not happy. I thought, ‘There has to be more to life than this.’ I had been commuting to weekly *Svaroopa*® yoga classes with Nancy Nowak, who was always encouraging us to take the yoga home. So I decided to do it. I gave up the gym and lifting weights, taking a lot of flak from friends about giving up the workouts, which, I knew, were not

serving me. I dove into daily *Svaroopa*® yoga practice. In just one month the changes were incredible. When I saw my chiropractor at a social event, he asked why he hadn’t seen me lately. I said ‘I fell in love with yoga.’ I had been empowered with tools to take care of myself and my life.”

Later Tish experienced another reprogramming moment with her small children in her kitchen. Remembering only some sort of chaos, Tish says, “I told my children ‘I’m going upstairs to do my breathing practice.’ After 20 minutes of Ujjayi Pranayama, I walked downstairs again, and didn’t even remember what I had been reacting to. Everything changed for me. I knew I had made a pivotal conscious choice to do something different. Instead of struggling with reactivity, I had employed the tools learned in *Svaroopa*® yoga. After that, it was easier for me to take care of myself — to be in my inner state — and that took care of everything outside. It became so crystal clear.”

About that same time, Tish was trying to figure out a career change. Unable to come to a decision, she surrendered to the process by promising herself to try whatever landed in her lap. That week, her *Svaroopa*® yoga teacher handed out information about an upcoming Foundations near Tish’s northeastern Connecticut home. “I thought my husband would say ‘no’. We had two small kids — five days is a long time to be away. But, to my surprise, he said ‘yes!’”

“So I stepped into air, as it were, but the Foundations course connected all the dots. That’s when I had a vision of myself as a Foundations teacher. I also made enduring connections to other *Svaroopa*® yoga teachers. Until going on to YTT and doing Overlap Healing with Vidyadevi during YTT, I never imagined I could feel so open in my mind and body. Yet I just kept going deeper and growing more open — carried by so much Grace. So here we are 15 years later!”

Three years ago, this process led Tish Roy to begin the specialized training to become authorized as a Foundations Teacher Trainer. Then as Board President, Tish was involved in long-term strategic planning for Master Yoga. As the course that brings Teacher Training to students’ own doorsteps, Foundations is a primary vehicle for growing Master Yoga. “So,” explains Tish, “I felt a call to be one of the trailblazers for that concept. At the same time I was looking for ‘something more’ than teaching weekly classes.” Tish continues, “In the back of my mind, I held that decade-old vision of teaching Foundations. I wanted to teach more of the philosophy and anatomy of *Svaroopa*® yoga, to enable dedicated Svaroopis to connect the dots themselves.”

Now Tish reflects on the wealth of learning that becoming a Foundations Teacher Trainer has given her. “I had a very instructive challenge in learning to teach Blade,” says Tish.

“I had to repeat the instructions over and over again to my supervising Teacher Trainer and colleagues. But, as one colleague pointed out, I did so without getting rattled or embarrassed. That experience made me see the Grace of this practice and the fullness of its gift in a whole new way.”

Tish continues, “Every time I teach weekly classes, meditation, a half-day workshop, or a Foundations course, I find that being a conduit of the teachings is both humbling and empowering. It’s such a privilege, especially in Foundations, to be in the presence of the teachings. It’s even more than powerful when I meet students’ eyes at the moment they recognize themselves as Consciousness-Itself: Chaitanyam Atman!

“My job is to hold the space as students unfold to their full potentiality. To be allowed to do so is sacred. When students share their experience, I see the truth that the first sutras of yogic texts deliver the most important teachings. In Foundations, we Teacher Trainers are there to support students. We are in turn supported by the way that Swami Nirmalananda has designed the course. We are holding the space for students’ transformation along with her. Being present with each one as she or he lands in a new place, within only five days, is a profound honor!”

**Clair Oaks Music
and Other Inspirations**

Svaroopa inspired
music steeped in the
Bliss of True Form

Used in classes, private
sessions, and personal
practice worldwide

CD sale in progress!
www.clairoaks.com

Blog: www.clairoaks.wordpress.com
clairoaks@me.com

Reawakening: Master Yoga Board Report

By Marlene Gast, Vice President of Communications

Nine months ago Swami Nirmalananda accepted the call to serve again as President of the MYF Board of Directors, precipitated by our October 2012 financial crisis. As she rejoined the Board, several new Board members volunteered their time in order to meet the challenge. The widespread and generous support from Svaroopis, along with many months of concentrated efforts, has resulted in a newly balanced budget. And more has been done — the comprehensive initiatives that Swamiji designed for strengthening the organization are providing more opportunities, more support and more empowerment to everyone. This long “to do” list included:

- More dates, new titles and new types of programs in the 2013 Calendar — and the 2014 YTT, EYTS and ATT dates have been announced, with scheduling underway for On-The-Road programs.
- Expanded Scholarship program for SATYA members
- Expanded MYX faculty and programs
- New monthly online magazine — *Tadaa!*, telling your yoga story through collaborative communications from both Master Yoga and Svaroopa® Vidya Ashram
- Free audio recordings from Swami Nirmalananda, including the monthly contemplation article as well as selected talks from Exton trainings
- ATT DTS, which means there is no more ATT homework!
- New online Enrollment System to simplify your shopping as well as our in-house operations
- Full-year contemplation theme for 2013, with special poses for teachers to focus on in their classes
- New SATYA Marketing Library, established by dedicating SATYA funding to teachers' needs
- Free monthly marketing course, offered in conference phone calls
- Panel of marketing consultants offering discounts on private coaching sessions

After a job done phenomenally well, Swami Nirmalananda has now celebrated her departure from Master Yoga's Presidency. A [Master Yoga](#)

[Blog](#) described her June 4 ceremony and this process: “Having led our Reawakening, which encompassed many programming and administrative processes, she is delighted to be returning to her focus on teaching and writing, while continuing to teach in Master Yoga's Exton programs and support our Teacher Trainers. Master Yoga's Board has asked Swamiji to continue as a Member.” Swami Nirmalananda's new role on the MYF Board is that of Master Teacher. As members of the Board, we are committed to continuing the Reawakening.

It truly is a continuing process. The second phase began several weeks ago. When I joined the Board to serve and support communications, I joined a series of group meetings with Swami Nirmalananda, learning how specific yogic principles underlie the communications that keep us mutually informed and continually inspired. This is the beginning of the Board's exploration of these principles and how they provide the foundation for our existence as an organization. We'll be reporting in blogs and relying on your responses; through blog comments, through our SATYA e-Forum and other communications, this exploration can take place among all of us.

We are also cultivating collaboration with our sister organization, Svaroopa® Vidya Ashram (SVA). While the two organizations have been cosponsoring events since SVA opened, we deepened that work together in January when both began contributing to *Tadaa!* Offering a focus on student experiences, the fresh look with photos, news and stories about both organizations, are harbingers of an expansive and expanding future — a future we create together through intention, through choice and through service.

In the beginning of June, we expanded our collaboration with SVA by sharing Sharada Macdonald's skills as Business Administration Manager, helping us all to see how working together can serve everyone. In visioning and planning Master Yoga's future we will be reviewing and rewriting our two-year, five-year, and ten-year plans. In our planning ahead, we are working to expand the impact of Svaroopa® yoga in the West — planning how to expand our footprint. As a Svaroopi you know that core opening leads to a larger shoe size! It means you are more grounded, more embodied, more present in your life and in your Self. MYF is working on the same thing!

Diving Into the Deep End

By Swami Nirmalananda

Summer picnics, a berry-picking expedition, Thanksgiving dinner — we love getting more than we need. What about in yoga? Too many yogis are doing subsistence-level yoga, though they surely indulge themselves in an oversupply of other things.

If you do yoga only when you need it, you're starving yourself. The problem is that everyone and everything else is more important than how you feel. You're at a subsistence level. A medium amount of yoga is daily practice, plus taking one or two weekly classes. This is enough to stay ahead of the accumulating years, or you find yourself making gradual and steady progress.

What happens if you dive into the deep end? An immersion provides a reliable boost on all levels: physical condition, mental and emotional state as well as a spiritual deepening. Svaroopa® yoga guarantees this because core opening opens all the levels of your

being simultaneously. Yogis from recent immersions describe it better than I can:

“You will never be the same. You will be so much more.”

“I got profound changes in my body and mind from doing Svaroopa® yoga for five days.”

“The program changed my life in ways I never expected. My whole life has expanded and at the same time become more stable and settled.”

I created so many opportunities for you to dive in because I want you to get results. Diving into an immersion is like getting on a superhighway. Whether it is a weekend workshop, a Teacher Training or retreat, you can prioritize your progress in yoga. You can prioritize your Self.

Reawakened Exton Home

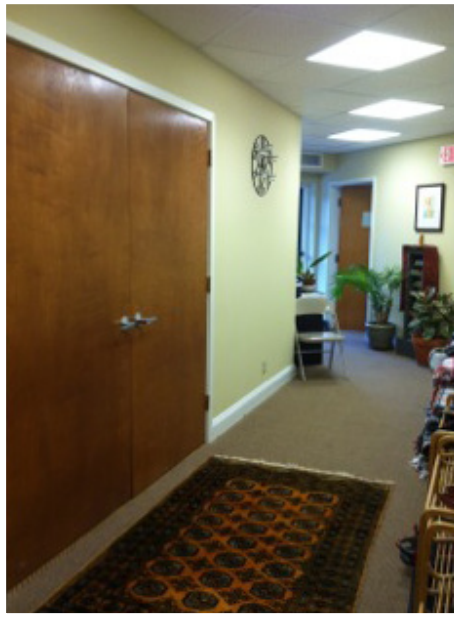
By Sarah Hunter

My YTT Level 1 was at the newly renovated Master Yoga in Exton PA. Being in that space the first time, I could feel the history that came before me. It is peaceful and yet full of positive energy.

The ReAwakening has brought changes that you may be familiar with already. It has become more compact, yet effective. The classroom is spacious and comfortable. There is wonderful light from all the windows as well as the light that emanates from the puja (altar). Gazing down on us were the pictures of the Gurus; each day we lit the candles, adorned the puja with flowers and placed chocolate (a lot!) as our offerings.

The meal area is separated from the classroom by a light and airy drape. Fellow student Cherie Bronsky shares, "The kitchen was awesome with two microwaves and two refrigerators. It is so close to the classroom that I could easily sneak out for a quick snack. Sometimes I think it was calling my name!" This efficient kitchen also provides tables that enable group gatherings and conversations.

Many of us signed up for the Ashram meal plan. The food was delicious, affordable and conveniently delivered to Master Yoga in plenty of time before breaks. If you would prefer, Monica Kaps, our Namaste



As you proceed down the Exton hallway, you pass the shop, with its new double doors, on your left.

Coordinator, provides a list of many restaurants and grocery stores nearby.

The gift shop still provides exclusive items as well as those found on line through the website. Timers, CDs of music for chanting and classes, teaching materials, books and malas are available for easy purchase. The new double door on the shop provides security, since now there are new neighbors sharing our floor of the building and hallway. They have taken over the original kitchen and are transforming it into space for therapeutic massage and facials. Their presence lends a very spa-like atmosphere!

The best part of being in Exton for YTT was meeting fellow students who share common goals, and who provided companionship, understanding, good laughs and cries. Cherie recalls, "It was a deep mental, physical opening and cleansing for me and my fellow students. We all realized that what we were feeling inside was the same for all of us as we are truly connected."

This is, of course, the sacred space within. Our Exton facility, as it has evolved, continues to provide the physical space for the Svaroopa® yoga experiences that open us and awaken us to this place of our own Self.

Host Foundations

Teachers! Propel your students to a deeper level and empower them to share their yoga. Grow yourself some peers — yogis who want work with you to change the world, one tailbone at a time. Invite Master Yoga to your home town. Our Trainers pair together to provide your students with maximum support in a process of yogic empowerment — with you serving a pivotal role in their training.

Visit our [Foundations Faculty webpage](#) for more information about these amazing teachers and to contact them directly:



Bhakta (Leslie) Johnson



Devi (Elizabeth) McKenty



Janaki (Janet) Murray



Kamala (Michelle) Gross



Margo Gebraski



Tish Roy

See what happens when your students do more yoga, just like you have been doing. We have dates available in 2013 and 2014.

YTT in Australia

By Karuna (Carolyn) Beaver

The openings *Svaroopa*® yoga provides, while deep and profound, are designed to be gradual so that we can maintain those changes. It can take time, sometimes years of practice, to fully integrate the depth of *Svaroopa*® yoga. In this same way, the experience of developing a Teacher Training program in Australia has been progressive, steady and rewarding.

Janaki (Janet) Murray and Margaret Howard-Smith were the predominant Australian *Svaroopa*® yoga pioneers, growing their student bases, jointly hosting events and bringing Foundations of *Svaroopa*® yoga to their communities. In 2008 they planned their first Yoga Teacher Training (YTT) program in Margaret's new home community of Emu Park. As they progressed in planning, Margaret retired so Janaki stepped in. While she says that "it was tricky organizing the training remotely," from her own community of Brisbane in Queensland, Australia, the training was successful. Janaki describes Emu Park as "a lovely little holiday place," which well suited the first 12 *Svaroopis* taking YTT Level 1 in Australia. From that group 10 continued on to Level 2 in Emu Park six months later. Janaki says the second training was much easier to organize, since then she knew her way around.

Fast forward five years: Australia is now hosting its second Level 1 (preceded by Foundations Review) in Brisbane, Janaki's home base. Of course it's really not fast forwarding. It has been five years of the patient, steady pace required to build community. Janaki became a Foundations Teacher Trainer to build the beginning teacher base and serve more students. She and the other *Svaroopa*® yoga teachers in Australia have been tirelessly working to get the word out about this unique yoga style through organizations such as Yoga Australia (the equivalent of the Yoga Alliance in the United States), through articles in various yoga publications, and presenting at yoga conferences.

They formed a loosely knit organization to promote *Svaroopa*® yoga. Brisbane was a Master Yoga GeoCenter before Master Yoga even had GeoCenters! Janaki adds, "The organization and its promotions were necessary at first to ensure that when Swami Nirmalananda came to teach, and then eventually Vidyadevi and Karobi, we could get enough people to the programs." Their organization has recently become a not for profit, incorporated association, the Australian *Svaroopa*® Yoga Association Inc. (ASYA Inc), making it easier to raise funds for and promote the advancement of *Svaroopa*® yoga in Australia.

"What I'm finding now," Janaki says, "in talking with yoga teachers from other styles, they say, 'Oh yes, *Svaroopa*® yoga. I've heard of that.' It's getting out there, slowly but surely. We've been working on it gradually for several years. We have a committed *Svaroopa*® yoga community and great teachers, and that's helping to make things happen." Of the ten yogis in Level 2 five years ago, five have traveled to the U.S. to take YTT Levels 3 and 4, and a sixth is going later this year.

"Still," Janaki says, "it's been hard for us to grow. We can put lots of people through Foundations, but because we don't have Level 1 in Australia every year or two, it's hard to keep them on the Teacher Training path. We have needed the critical mass to put the group through Teacher Training."

With time, patience and dedication, this year the Australia GeoCenter achieved that critical mass. "With the 11 yogis currently enrolled in July's Level 1, it instantly doubles the number of teachers we have in Australia. It will make a difference in the next couple of years," says Janaki, "as

those new teachers attract students, increase the base of potential Foundations students and thus increase the potential base of future YTT Level 1 students."

In the 2008 Level 1, Janaki says, "Most of the people were local to Brisbane. Now half are local and half are from somewhere else in the country. It will help us to spread out." Spread out, indeed.

Australia is a huge country! This year they have students ranging from Victoria to Western Australia to New South Wales. "People who are coming from interstate are people who have made a connection through an article or an event, or have done Foundations with me, and then decided to go on.

"We hope it won't be five years before the next Level 1," Janaki says. "We should be increasing the number of people exponentially, but it will take awhile for the Level 1 students to get established as teachers. I would like to see YTT Level 1 happen again in two or three years. "And then after that, we'll double the number again," she concludes enthusiastically.

Patience, persistence, planning. Incremental and exponential growth, all at the same time. It's the *Svaroopa*® yoga way, and the Australian *Svaroopis* are very effective at it!

In the 2008 Level 1, most of the students were local to Brisbane. Now half are local and half are from somewhere else in the country. Australia is a huge country! This year they have students ranging from Victoria to Western Australia to New South Wales.

Advertise with Tadaa!

Make your product or service available to our 8,000 yogis, including over 1,500 yoga teachers. **Tadaa!** reaches a global yoga market, including thousands of *Svaroopis*.

If you need any support or have questions about the guidelines, and to submit advertising, please contact us via email at Advertise@svaroopayogateachings.com.

ADVERTISING RATES

Size	1x	6x \$ per issue	12x \$ per issue	Graphics Charge
Business Card (3.625 x 2 inches)	\$35	\$30	\$25	\$18
1/6 page (2.375 x 4.825 -or- 3.625 x 3.125 in.)	\$60	\$55	\$50	\$30
1/4 page (3.625 x 4.825 in.)	\$85	\$80	\$75	\$40
1/2 page (3.625 x 9.875 -or- 7.625 x 4.825 in.)	\$170	\$160	\$150	\$80
Full page (7.625 x 9.825 in.)	\$310	\$300	\$290	\$100

2 Personal Pujas

By Jyoti (Rebecca) Yacobi & Sheynapurna Peace

Jyoti (Rebecca) Yacobi

My personal puja consists of photos of the three Gurus of our lineage as well as several murtis (statues) and personal items like the ash from the Ganeshpuri fire ceremony as well as my mala dipped in the Ganga River at the Prayag (confluence of rivers) during the Kumbha Mela. A recent addition is a lock of Swamiji's hair from her Shaktipat anniversary ceremony.

Doing aarati (candle flame ceremony) at my puja is a way for me to evoke the spirit of the Gurus and Gods (through their murtis) as they guide me through my inner journey.

The pilgrimage within my own being and into my heart is an ongoing process. My puja acts as a witness, both on the outside and on the inside, gathering the Shakti in the same way as I am cultivating my own container — as a way of surrendering to my own Self.

Sheynapurna Peace

Pujas abound throughout my home and even at work. These areas of God/Guru/Self both ground and release me, outside & inside. There are 2 pujas in my yoga/meditation room; I'll share about one.

My husband built the small table expressly for this puja. Made of two types of walnut, it boasts a drawer (for my journal, etc.) and a cupboard for candles. A photo of Swami Nirmalananda in India sits atop a decorative box from my childhood home. The photo of Nityananda is a small version of the photo sitting on his bed in his Ganeshpuri home, to me the most sacred of sacred places. There is a beautiful copper and brass Ganesha (my first sacred statue), a Shiva Lingam and Nandi from the marble shop in Varanasi plus the small jeweled container of Ganeshpuri Yaj-na ash. This puja also holds a mantra card, the rudraksha mala from my YTT graduation and a piece of glass from the Zion National park area.

One look, one glance, or just the sight of the candle burning during early morning practices fills me with Grace, and sits me at the feet of my Guru. Should something happen to this table or to its contents — that would be OK; that Grace is always there, it is part of my very self.

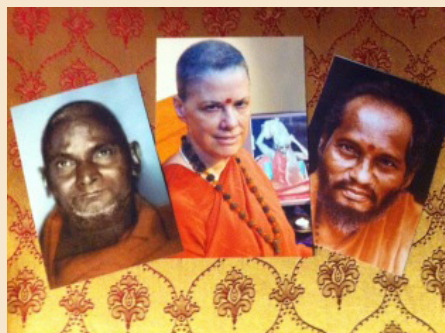


Jyoti's puja



Sheynapurna's puja

Personal Puja



Create your sacred altar with a photo of Swami Nirmalananda, even add a photo of her Guru, Swami Muktananda, and his Guru, Bhagavan Nityananda.

Every day offer a leaf or flower, light a candle, repeat mantra a few times aloud and meditation will capture you, guaranteed by Grace.

[Click here](#) to browse the Ashram's selection of photos.



Celebrating the Guru

By Bindu (Maureen) Shortt

I and my local Svaroopa® yoga community live about an hour from the Ashram and Downingtown Yoga. A number of us attend events, including Swami Sundays — so delicious to chant together in such an intimate setting. Several of us were at Swamiji's recent Shaktipat celebration. The room was filled — with people, with palpable Grace and with devotion. And we will organize ourselves to carpool to the Guru Purnima celebration in July.

It is a beautiful mystery to experience these events together. Just as we share the values and principles of this lineage, joining together in celebration of Swamiji at Guru Purnima is a sharing of reverence, of gratitude, of joyous surrender. There is power in being present together in Swamiji's Presence. She serves and supports us by living consciously, Shiva embodied. She needs no gifts from us. But what greater gift could we give ourselves than to offer to her our openness and receptivity for the Consciousness that she radiates?

The Guru does not need to be celebrated. We need to celebrate the Guru. By doing so, we draw to ourselves, and through ourselves, even more of the Reality of the Self.

We organize ourselves to gather when she is coming to teach in our studio and when we are going to hers, and the return on our effort is immeasurable. Each time, our whole community dives deeper into the inner ocean of Divinity. Each of us becomes more vested in our local community, interested in and willing to participate in activities beyond scheduled classes. Each time, we become more in-vested in our path of discovery of the Self, for community is both outside and inside.

Do More Japa

Quotes from "Imprinting Consciousness upon Your Mind," March 17 2013, Downingtown Yoga Meditation Center.

By Savitri Harkema & Swami Nirmalananda

Mantra amplifies the light of Consciousness, concentrates it and shines it through your mind.

The purpose of all of yoga's practices is to clear your mind of all the questionable quality of stuff that is stored there, so the light of your own Divinity can shine through without being obscured or distorted.

Use the mantra to wash your mind clear...to purify the imprints that block Consciousness from registering ...to invoke the imprint of Consciousness upon your mind.

You don't actually have to do any work to attain the Self, because you already are the Self. But there's something blocking your consistent experience and knowledge of your Self — that's your mind.

The imprint of consciousness upon your mind is inhibited by the other things that are already imprinted there.

You must (1) clear the stuff that is stored in your mind, as well as (2) imprint Consciousness upon your mind.

Replace the thoughts that resurrect old mental imprints with mantra: take a mantra bath.

Once you get an imprint of consciousness upon your mind, other imprints won't take hold.

There is a lot going on in mantra...like the current of energy that it stimulates along the spineit opens you to the flow of grace... it steepens you in the experiential knowledge of your Self.

Mantra is the active form of Consciousness.

The power of Consciousness, the whole of Consciousness is in the mantra.

Ayurvedic (Overnight) Chai Steel-Cut Oats

- 1 cup steel-cut oats
- 1 cup non-dairy milk of your choice (we use 'So Delicious' Coconut Milk)
- 2 tablespoons chia seeds
- ¼ teaspoon ground cardamom
- ¼ teaspoon vanilla extract
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- 1 pinch nutmeg
- 1 pinch black pepper
- 1 tablespoon maple syrup
- 1 tablespoon shredded coconut, optional — for serving
- 1 tablespoon chopped pistachios, optional — for serving

योगा पुस्तकालय

By Jennifer Saville, Ashram Chef

Instructions:

Combine oats, milk, chia seeds, spices & maple syrup in a glass jar with a lid. Stir, close lid tightly and refrigerate overnight.

In the morning, open lid, stir & serve with shredded coconut and pistachios.

Svaroopā[®] Sciences Calendar

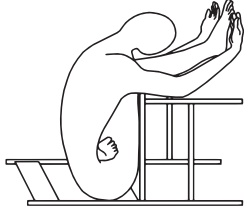
Click on titles for info about **Master Yoza** and **Ashram** Programs. DYMC is **Downingtown Yoza Meditation Center**.

July 2013		
18	Shree Guru Gita 6:30 - 8:00 am (EDT)	Swamiji at DYMC
18	Shree Guru Gita 6:30 - 8:00 am (EDT)	Swamiji at DYMC
19 - 23	Foundations of Svaroopā[®] Yoga	Bhakta & Kamala in Groton CT
21	Guru Purnima Satsang 7:30 - 9:00 pm (EDT)	Swamiji at DYMC
25	Shree Guru Gita 6:30 - 8:00 am (EDT)	Swamiji at DYMC
26	New! Wringing Out the Tension, Half Day Workshop	Vidyadevi in Exton PA
27 - Aug 2	ATT 221: Twists	Vidyadevi in Exton PA
28	New! ATT 221: DTS program	Phone calls begin Aug 16
28	Swami Sunday 8:30 am - 12:30 pm (EDT)	Swamiji at DYMC
August 2013		
5 - 7	New Dates! Experiential Anatomy	Vidyadevi & Karobi in Exton PA
7 - 12	New Dates! Embodiment[®] Yoga Therapy Training	Vidyadevi & Karobi in Exton PA
8	New! Embodiment[®] At-Home Practicum	Phone calls with Vidyadevi & Karobi begin Aug 26
14 - 16	New Dates! EYTS Foundations Review	Polly in Exton PA
15	Bondage & Freedom audio #5	Swamiji
16	New! Embodied Bliss, Half Day Workshop	Vidyadevi in Exton PA
16 - 18	New Dates! EYTS Embodiment[®] Weekend	Vidyadevi in Exton PA
18	Swami Sunday 8:30 am - 12:30 pm (EDT)	Swamiji at DYMC
19 - 30	Meditation Teacher Training <i>rescheduled for February 19 - March 2 2014</i>	Swami Nirmalananda
20	Svaroopā[®] Sutras	Phone Course begins with Swamiji
20	Satsang 7:30 - 9:00 pm (EDT)	Swamiji at DYMC
21 - 25	Foundations of Svaroopā[®] Yoga	Karobi & Polly in Exton PA
24	Teaching Sutras	Phone Course begins with Swamiji
25	Swami Sunday 8:30 am - 12:30 pm (EDT)	Swamiji at DYMC
26 - 29	New Dates! Vichara Training	Vidyadevi in Exton PA
27	Satsang 7:30 - 9:00 pm (EDT)	Swamiji at DYMC
30	New Dates! Lunge Is Your Friend, Half Day Workshop	Karobi in Exton PA
30 - Sept 1	Shaktipat Retreat	Swamiji at Temenos Retreat Center
31	Shree Guru Gita 6:30 - 8:00 am (EDT)	Swamiji at Temenos Retreat Center
September 2013		
3	Satsang 7:30 - 9:00 pm (EDT)	Swamiji at DYMC
6	Bondage & Freedom article #6	Swamiji
8	Swami Sunday 8:30 am - 12:30 pm (EDT)	Swamiji at DYMC
7 - 8	New! The Shavasana Course, Weekend Workshop	Vidyadevi in Exton PA
10	Satsang 7:30 - 9:00 pm (EDT)	Swamiji at DYMC
12	New! Yoga Business 101 (Phone Course)	Swamiji & Personal Mentor Team
13 - 18	Foundations of Svaroopā[®] Yoga	Janaki in Nundah Australia
4 - 15	Svaroopā[®] Yoga & Meditation	Yogeshwari in Warwick RI
15	Shree Guru Gita 6:30 - 8:00 am (EDT)	Swamiji at DYMC
17	Satsang 7:30 - 9:00 (EDT)	Swamiji at DYMC
18 - 20	EYTS Foundations Review	Polly in Exton PA
20 - 29	YTT Level 1	Karobi & Polly in Exton PA
22	Bondage & Freedom audio #6	Swamiji
24	Satsang 7:30 - 9:00pm (EDT)	Swamiji at DYMC
28 - 29	Happy Body, Peaceful Mind	Addie in Atlanta GA
29	Swami Sunday 8:30 am - 12:30 pm (EDT)	Swamiji at DYMC
October 2013		
1	Satsang 7:30 - 9:00 pm (EDT)	Swamiji at DYMC
3 - 6	Svaroopā[®] Conference	
6 - 8	Shaktipat Retreat	Swamii at Temenos Retreat Center

Janushirshasana in the Chair

Janu, Crook't Leg Pose, Head to Knee Pose (Magic 4 Pose #2)

Sanskrit: *janu* = knee; *shirsha* = head



Concerns & Dangers: Same as in SloMo — do not do Janu Stage 2 if you have high blood pressure, history of detached retina, glaucoma, hiatal hernia, have a headache right now, just ate a big meal, or having trouble breathing in Janu Stage 2.

If you have knee problems: Move your ankle as close toward your hip as possible. This makes the pose safe by realigning & protecting your knee. Also use *Props — *Thigh Cushion* for comfort & ease of mind. *Substitute Pose:* Half Frog.

INSTRUCTIONS

To Do Before: Tailbone Pose. The best pose to pair with Janu is SloMo.

Preparation: Sitting all the way back in your chair, bring your legs in side-by-side & slide your feet slightly forward, about one big toe length.

STAGE 1

Moving In: Bring your right ankle up on your left knee, placing your anklebone on your thighbone near your knee. Pause for a breath or two.

Use your right hand to raise your knee 1-2" toward the ceiling, holding it up while you use your left hand to slide your ankle along your thigh toward your hip, keeping your anklebone on the center of your thigh (side-to-side).

Allow your crook't knee to lower slowly. Lean back in your chair & bring your shoulders gently back. Lower your head & neck forward with your shoulders staying gently back.

Staying in: Allow your belly to soften as you rest here. [Minimum - 45 seconds; Maximum - 3 minutes, but if you do the maximum, don't do Stage 2.]

STAGE 2 (optional)

Moving In: Lift your lowest front ribs as you inhale. Exhaling, lead with your lower ribs as you move your chest forward. Allow your back to round over as you place your arms between your knees, leaning your arms & head toward the floor. After you have leaned forward, you may move your arms along the outsides of your legs, with your torso & head still leaning toward the floor, but it is more effective to leave your arms between your knees.

Staying in: Soften into your pose & continue with easy breathing. It's OK if you are not leaning evenly into the two sides of your seat. [Minimum - 45 seconds; Maximum - 2 minutes. Stage 1 & Stage 2 Total Maximum - 4 minutes.]

Moving Out of Stage 2: Place both hands on your left knee, using your arms to push your torso up to Stage 1 while your head continues to lean forward.

Moving Out of Stage 1: Bring your head up. Use your hands to lift your knee & bring your foot down.

Janushirshasana in the Chair

Janu, Crook't Leg Pose, Head to Knee Pose (Magic 4 Pose #2)

Resting/Observing: Notice the differences between your two sides before you do your other side.

To Do After: A pose for the vertebrae through your waist area. Lunge is best.

PROPS

Blanket Platform: Place both of your feet on a blanket platform, which is a minimum of two stacked flats (wide-folded blankets) or a maximum of four stacked flats. Use for the following —

- Your chair is too tall for you
- Your big toe & ball joint (on the floor) lift up while you are in the pose.

Folded Blanket on Chair: If your chair is too low for you, place a folded blanket or two on your chair to sit on.

Thigh Cushion: Use for knee pain or "knee anxiety." Place a second chair at a 45° angle to the chair you are sitting on with the seats of the chairs touching. Slide a blanket roll under the thigh of your crook't knee without raising your knee.

Ankle Padding: If your ankle or the top of your thigh hurts, pad it with a thin pad, using 2 layers of a yoga blanket, a sweater sleeve, folded sock, etc. Do not use a kneepad (garden pad) because it strains your knee.

POSE ANGLES

Ankle: The anklebone of your crook't leg must be on the thighbone of your supporting leg, & your ankle remains soft, not bent or flexed.

Supporting Leg & Foot: Your toes on the floor must face forward, like cars on a highway. Your foot must be a little forward, so your shinbone is sloped, not vertical.

In Janu Stage 1, if your supporting knee drifts out toward your side, use a few inner thigh muscles to keep your knee in line with your midline.

In Janu Stage 2, if your knee drifts out toward your side, use your opposite hand (or both hands) to pull your knee inward so it is in line with your midline, & continue to hold your knee in place while you are in Stage 2.

Reliable Spinal Release: Your sacrum (S)

Possible Spinal Release: Your tailbone

Other Benefits: often provides immediate relief of back & neck pain, sciatica, menstrual & menopausal symptoms. May open your sinuses & may relieve jaw tension. Helps cure knee problems. Creates space for your internal organs, which improves your breathing & all organ functions.

Movement Type: Lower Spinal Release (LSR); Forward Bend (FB); Re-Release Pose (RRP)

When to Use: Doing supported poses, especially in chairs, can help you get a deeper release in your spine because your body is accustomed to the angles in the chair & the support it provides.

Janushirshasana in the Chair

Janu, Crook't Leg Pose (Magic 4 Pose #2)



S

FB
LSR
RRP