



ACHARYA'S YOGA

since 1969

NEWSLETTER

August 2010, 2nd Edition

www.acharyasyoga.com.au

Acharyas Yoga and Meditation Centre
373 Pitt St, Sydney NSW 2000
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SPECIAL EVENTS

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- Kids Fun Day
- Summer Retreat

FEATURE STORY

- Introducing Editor

HEALTH WELL-BEING

- Recipe Aloo Tikki

YOGA TALK

- Postures Shoulderstand
- Philosophy Yoga Sutras 1*

FEATURE STORY

Dear readers, thought I might introduce myself as the Editor of Acharyas Yoga Newsletter. I am hoping to provide you with regular Newsletters that contain interesting and helpful articles, and with your input they may be relevant to you locally and globally. A bit about myself. Mother of three beautiful young women with dad Christian, I work full-time as a Local Government Councillor in Gosford. After having children I decided to upgrade my lifestyle from law to politics and am currently studying Environmental Science at Newcastle University. I love cooking, *especially Indian* for its meditative and delicious qualities. I also enjoy reading, covering all topics with an emphasis on permaculture and ecology both social and environmental. My roots are in environmental protection and animal rights activism. I am reading a great book at the moment "Evolve your Brain" by Joe Dispenza. Terrific read if you enjoy learning about the enormous benefits of healthy mind -> healthy body. Many thanks to Chris for the loan. I also have a passion and lust for bushwalking. Our home is in a perfect location for all of these things and is distinguished by the wonderful natural environment around us on the Central Coast. Our last two retreats at Mangrove have highlighted to me just how essential a peaceful and natural environment can be to help stimulate health and happiness. Please let me know if you are interested in more info on any articles in the Newsletters or if you would enjoy a particular topic to be included in a newsletter as I would be most grateful to research issues that are of interest. Hope to see you all soon at our September Drumming Concert and the Kids Fund Day. Just a quick note: our auspicious teachers at the yoga centre will soon be circulating a Survey, we would really appreciate your time and reflection in completing this Survey as it will assist us in engaging your thoughts and needs. *TERRI L*

TeresaLatella@netscape.net

SPECIAL EVENTS

SATURDAY, 25 SEPTEMBER

6.30pm to 8.30pm

Drumming Concert - Rhythm Hunters perform their world renowned drumming style at Yoga Centre in Sydney. Purchase tickets from Centre or contact Editor.

SATURDAY, 9 OCTOBER

2.00pm to 4.00pm

Yoga Fun Day for Kids

Children are encouraged to join us in a fun day for them as an introduction to yoga for kids.

All welcome, - \$10 pp.

4 to 7 NOVEMBER

Enjoy our Spring Yoga Retreat this year at Satyananda Mangrove Mountain Yoga Ashram. Practise yoga amongst the seclusion of a bush and valley haven - enjoy Relaxation and Rejuvenation.

Bookings essential - Early Bird Rate also also so get in early.

HEALTH & WELLBEING

Delicious Aloo Tikki Recipe

3 large potatoes, 2/3 cup green peas, 1 med onion finely diced, 1/2 tbsp minced ginger, 1/4 tsp garam masala, red chilli powder, salt and pepper to taste, 1 tbsp cumin.

Method: Boil potatoes/peas separately. When tender mash peas and dice potatoes in small squares. Fry onion & ginger until caramelised add all spices and fry for 2 min. Add veggies and stir for 5 min or until well combined. Work into patties and shallow or deep fry.



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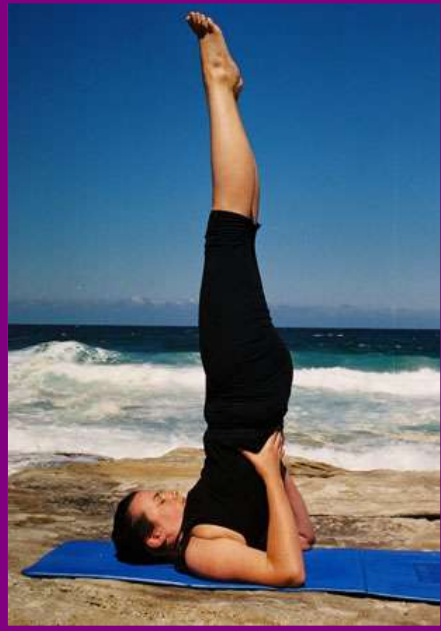
YOGA TALK

POSTURES - YOGA

The Shoulderstand - "Sarvangasana"
by Christian Simpson

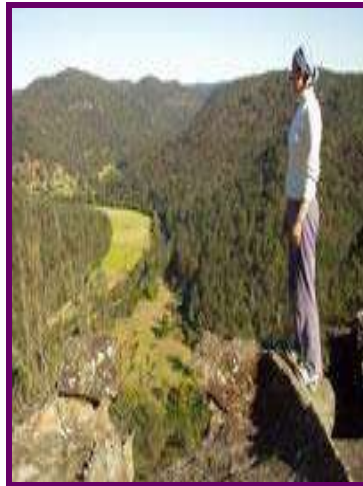
UNDERSTANDING THE YOGA POSTURES AND THERE BENEFITS HELPS WITH OUR PRACTICE AND APPRECIATION OF THE POSTURE. Here we look at the shoulderstand, in Sanskrit "Sarvangasana", is an inverted posture, and involves standing on the shoulders. This posture is very beneficial for the body, it gives good stretch for the muscles on the back of the neck, the breathing slows down and becomes deeper. These are both very relaxing for the mind, tension is being released this is very good. The posture also causes the organs in the abdomen, the stomach, spleen, kidney, liver pancreas and the bladder all to be turned upside down, this massages the organs and stimulates the organs making them healthy. Also, the brain is given a really good supply of blood (nutrients and oxygen) this stimulates the brain and is essentially for healthy function of the eyes, ears and faculties of the brain. The posture is also great for looking good. The legs are kept very healthy and this will help stop varicose veins. Inverting the body this way for 2 minutes or more will help with depression and you will feel rejuvenated. If this posture is a bit strong on the neck then try using a blanket under the shoulders. Or ask the Teacher for assistance as a variation is possible using the wall. Enjoy the posture, hold on longer before trying variations and if possible practice everyday.

Thanks to Zoe Pollock - the student in these photos.



INDIA YOGA TOUR 2011

Are you interested in coming to India with us for 2-3weeks. Experience the beauty of India. Contact Emily or Christian for further info.
Christian@acharyasyoga.com.au



SUMMER YOGA RETREAT MANGROVE MOUNTAIN ASHRAM

Enjoy the practice of yoga and meditation for four days at this peaceful and tranquil location only 70 minutes north of Sydney nestled in the pristine Mangrove valley. Our Spring Weekend Retreat will awaken your inner soul and heighten your yoga experience within the harmony of nature.

\$455.00 - Early Bird Rate
Book and pay by Friday, 1st October
\$525.00 - FULL PRICE book and pay by 22nd October
\$425.00 - SPECIAL RATE FOR GROUP BOOKINGS OF 3 OR MORE
Bookings close, Friday 22nd October

PHILOSOPHY -SUTRAS

Part 1 of series - by Maurie Earls

What are the Yoga Sutras?

The Yoga Sutras of Patanjali comprise the classic text on Yoga. The practice of Yoga equips us to understand the nature and purpose of our human existence and to lead a "yoga way of life" that may bring us true contentment and inner peace. The Yoga Sutras are comprehensive in nature and include amongst its many insights, instruction on the "eight limbs of yoga" Raja yoga (or Ashtanga yoga) and detailed explanations on meditation. Raja Yoga is complemented and supported by the practice of Hatha Yoga which itself brings great physical and mental steadiness as well as the control and better direction of our psychic energies. The Yoga Sutras are a series of aphorisms or terse sayings of immense wisdom condensed into a few words. They are rooted in the oral traditions of yoga whereby the yoga student learned the Sanskrit sutras by heart and then came to the yoga master for explanation. Any one of the sutras alone might take many lessons to explain. Today we rely on translations by Sanskrit scholars and accompanying commentaries. Fortunately Acharya left us with a careful and precise translation of the Yoga Sutras. Those who have seen the Yoga Sutras will know they are not so easily comprehended by our Western minds which are conditioned to a particular notion of the nature of reality. In addition when encountering Sanskrit words and Sanskrit terms we expect to find an exact word for word dictionary meaning, but in fact the Sanskrit expression will invariably embody a total concept of multi-layered importance. Also in our culture we tend to look externally to gain understanding of something we are having difficulty with, another teacher perhaps or maybe a better book! These two avenues for help which are quite useful, but in yoga ever deepening understandings come from inner reflection together with even just a little practice of the principles under review: ultimately yoga learning comes from the heart and the intuition rather than from intellectual analysis alone.



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