



yoga  
akasha

# your space

May 2008

## A NEW BEGINNING

yoga akasha, opened with an explosion of light and joy on Saturday, 10<sup>th</sup> May. A bright and wonderfully hot sunny day and the 9am class was full of 19 early risers keen to try an Ashtanga class taught by Jody. Those new to ashtanga and those trying yoga for the first time joined experienced practitioners, as the yoga akasha open day got off to an energetic start. Throughout the day well-wishers continued to drop in to see the space and share classes with us. During the heat of the midday sun, Yvonne led a welcome Relaxation class. and afternoon shoppers took time out to stretch and re-energise during Jade's Hatha Yoga class. Although many of the visitors to **yoga akasha** regularly shop in East Grinstead very few of them had even noticed The Old Mill and people were overheard commenting

“walking up the alley and into yoga akasha is like entering a

different world. A space that is light, peaceful and world's apart from the bustle of town.”

“At last somewhere we can come together to practice yoga in comfortable, bright, peaceful surroundings.”



Early evening and the sunlight flowed in through the large windows of the studio, we gathered in a circle completely filling the space. Rev Amanda Edwards, an Interfaith

Minister, led us in blessing **yoga akasha**. Amanda opened the blessing ceremony by cleansing the space with sound moving the 'old energy' out towards the open windows. After cleansing came the nourishing with the pungent smell of incense & 'smudge stick'.



In accordance with American Indian tradition we blessed the four directions or corners, north, east, south and west, that hold this space ending with a centering

invocation. Led by Amanda, sprinkling pure water to bless the space, the gathering spiralled from the

centre to the outer walls and then back symbolising the outward and inward expression of creation. We then all raised our voices when Amanda



invited us to fill **akasha** with our blessings and the primordial sound of OM.

The climax to this exhilarating day was kirtan, led by Krishnadhyanam. One of the oldest sacred music traditions of the world, kirtan is a devotional yogic practise of call-and-response chanting using ancient Sanskrit mantras, kirtan calls upon sacred energies which serve to quiet the mind, remove obstacles, and bring us back to the centre of our being.

Over 100 visitors celebrated the opening of **yoga akasha** with us and in the first week 60 yogis and yoginis attended class.

Subscribe to **YOUR SPACE**. Keep up to date with the latest news on classes, courses and workshops at [www.yogaakasha.co.uk](http://www.yogaakasha.co.uk). To receive our newsletter either email your name and the word "subscribe" to [newsletter@yogaakasha.co.uk](mailto:newsletter@yogaakasha.co.uk), ring us on 07956 969141, or complete a subscription form when you come to class.



## COMING SOON



**YOGA FOR PREGNANCY – Starting Saturday 14<sup>th</sup> June 2008 – 11.00 to 13.00**

**with Amanda Edwards**

Amanda's 2 hour pregnancy classes consist of relaxing both the mind and body, as there needs to be a loving communion between these two parts of a woman, when giving birth. Yoga means union and for birth to be an empowering experience, the woman needs to feel in union with herself and her baby/babies. The form of the birth, be it a home water birth or a caesarean in a hospital, is not so important, as to how it leaves the mother, her baby and partner feeling.

The Yoga postures are gentle and allow the woman to experience movement and 'letting go'. She can move beyond her normal restricted view of her physical shape. Yoga is also about the mind and how the restrictions in our body, reflect the restrictions in our mind. So we time is spent in the class relaxing and expanding these restrictions in our thoughts by listening, talking, sharing, breathing, deep relaxation and visualisations.

For further details or to book contact [enquiries@yogaakasha.co.uk](mailto:enquiries@yogaakasha.co.uk) or telephone 07956 969141

**BHAGAVAD GITA STUDY -Sunday September 21<sup>st</sup> & 28<sup>th</sup> - 10.30 to 13.00**

**Explore this inspiring text through chanting, study, discussion and reflection**

**with Hilary MacRae, (BWY DCT, KHYF Trainer)**

*"I would not hesitate to call the Bhagavad Gita India's most important gift to the world.... Addressed to everyone, of whatever background or status, the Gita distils the loftiest truths of India's ancient wisdom into simple, memorable poetry that haunts the mind and informs the affairs of everyday life." Eknath Easwaran*

£15 per session or £25 for both

For details or to book contact Hilary direct by at [hilary.macrae@hotmail.com](mailto:hilary.macrae@hotmail.com) or on 01273 710505

**FOR DETAILS OF DAILY CLASSES AT YOGA AKASHA**

**PLEASE SEE THE UP TO DATE TIMETABLE ON OUR WEBSITE [www.yogaakasha.co.uk](http://www.yogaakasha.co.uk)**

### WE WOULD LIKE TO THANK YOU

We give thanks to the warmth of the yoga teachers network who got us started with the dream.

Thanks to the following people who helped prepare our 'space' – David, Simon and Peter who advised on interior usage of the space and the floor. Alexandra, Nikita, Maddie, Mikhail, Robert, Alex, Greg, Mike, Tony and Paul who helped decorate the 'space' and oil the floor, and to Graham for laying the terracotta floor in the cloakroom.

Thanks to all who helped with the launch -

Eb for her help with the legal work, David Kelly for his infinite patience whilst helping us create our brand and promotional literature, David Rawstone (Nadarupa) in New Zealand who designed our website. Jane Morris-Brown for proof-reading our literature and to George for her valuable PR work. Others who contributed to our auspicious launch day include Amanda Edwards for the heartfelt blessing ceremony, Krishnadhyanam for preparing and leading the Kirtan supported by Brahmanada, both from the Satyananda Yoga Centre in London. Special thanks to everyone who was at the opening either in body, mind or spirit, supporting us in our launch of **yoga akasha!**



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