



yoga  
akasha

your space

October 2008

### NEW TO YOGA AKASHA.....SCOTT

We are delighted to welcome Scott to **yoga akasha**. Starting on Thursday, 13th November 2008, Scott will be teaching Ashtanga Vinyasa Yoga every Thursday from 20.00 to 22.00.



Scott has been practicing yoga regularly since 1999 and has been studying and practicing Ashtanga Vinyasa Yoga for 7 years. He has experienced Ashtanga teacher trainings with Brian Cooper and John Scott and expanded

his knowledge with numerous senior teachers.

"Of particular importance in my development has been my work with John, who has shown me what is possible through the practice of yoga. My own practice and understanding of what I have learnt has brought me to how I am now 'a participant of life', where if I remember to look I become immersed in everything and I smile."

*Scott Johnson*

### BOOK CORNER

**yoga akasha** now has a small selection of books either donated or loaned to us by fellow yogis. These books are about yoga and related subjects and can be borrowed for short periods of time by completing the sheet on the noticeboard at **yoga akasha**

*We would like to thank all those who have allowed all of us to enjoy sharing their books.*

### IDEAS FOR CHRISTMAS

are friends and relatives asking you what you want for Christmas? How about eco friendly yoga equipment?..... A limited supply available from

**yoga akasha:**

Cork Block £11.25

Ecoyoga Mat £30.00

Meditation Cushion £20.00

And for that special gift -

**1 months membership at yoga akasha** £50

enables your loved one to attend as many classes in the month as they like. Ask Jade, Jody, Kriya or Yvonne when you are next at **yoga akasha**

### MASTER CLASS REVIEW

"I really enjoy my time sitting quietly on the yoga mat at **yoga akasha**. I lead such a busy life that I feel if I did not attend, I would never find the time to just sit and be aware of how I am feeling and to let go of negativity. I believe we all need to be able to do this in our lives, to regulate stress, both physical and emotional, and stay in better health.

It is a real treat too that with increasing frequency, the centre plays host to guest teachers - advanced in their particular field - to conduct classes, which allow us to experience deeper aspects of yoga than we might normally in our regular classes. One such class I attended was "a Master Class on the Tattwas" with Swami Vedantananda. A well-known 'teacher of teachers' of the 'Satyananda' school of yoga. The atmosphere in the room was special. There was the smell of incense, and the room filled to capacity with people quietly and patiently waiting on their mats. All the teachers were there too, eagerly waiting to be on the receiving end of a class for a change.

The 'tattwas' is a philosophical concept where all the phenomena of the world can be divided into 5 distinct 'spheres of existence' as symbolised by



Earth Water, Fire, Air, and Aether.

We explored each one in turn, using appropriate postures to work the body and imagery to focus the mind - in order to get a tangible feel for what each tattwa really means. Our minds had no time to wonder as Swami Vedantananda skilfully manoeuvred our attention from one object to another; from a certain smell, taste, sensation, or to a particular visualization -all this resulted in profound relaxation on all levels. The postures were not too demanding on the body but were held for longer periods than usual and it all ended with a long relaxation in 'savasana', so deep and peaceful that by the end we had let go and re-energized every part of our body. Expertly done!

So thank you for a great experience and to have a deeper insight for this form of yoga, an intensely vibrant, colourful and sensual experience." *Simon*

## “THE USE OF SWARA AND TATTWA IN TEACHING” IN-SERVICE TRAINING DAY REVIEW

On Friday 10th October **yoga akasha** hosted it's first In-Service Training (IST) day for teachers. In the UK some yoga governing bodies require their registered teachers to undertake a set amount of training each year to ensure quality control in which skills are updated. The British Wheel of Yoga is one of these organisations. Established in 1965 it is the largest yoga organisation in the UK. It is recognised by The Sports Council as the National Governing Body for Yoga in the UK and has a nationwide network of over 3000 qualified teachers. Swami Vedantananda Saraswati hosted the IST day for both the British Wheel of Yoga and Satyananda Yoga. The day was well attended with 23 teachers from many different organisations and traditions of yoga taking part. Swami Vedanta expertly guided us through a series of asana, pranayama and relaxation techniques developing awareness of the tattwas (elements) and how their subtle flow (swara) can deepen the experience of yoga. We experienced how to subtly manipulate these flows to be more in tune with our outer environment and given ideas on how to introduce this into our teaching practice. The day finished with yoga nidra on the tattwas expertly guided by the yoga master. The event evaluation forms filled out by those who attended suggested that the day was a huge success - comments included:  
*“Wonderfully inspiring day! True yoga - and a wonderful teacher presentation”...“Very good and clear teaching of how to use in teaching”...“An excellent day”...“A new and different area - very interesting”...“Good to do something different”...“Thank you - an inspiration - beautifully presented by a yoga master”.....“It was very interesting, loved the teacher and the place.” .....*

On behalf of **yoga akasha** we would like to thank those who made the day possible and hope that Vedanta will return to **yoga akasha** to share some more gems. Watch this space.....*Kriya*

# DECEMBER WORKSHOPS

## VITALISE TO REVISE

**With Kriya and Jane Morris-Brown**  
**Sunday 7<sup>th</sup> December 2008 - 10.00 to 16.00**

A one day workshop for 15 to 18 year olds exploring supportive strategies to deal with GCSE and A Level exam pressure, including: Yoga; Breathing & Relaxation; Organisational skills; Motivation techniques & Peer support.

Kim Leys (Kriya,) experienced 'teen yoga' instructor and Jane Morris-Brown, secondary school teacher and complimentary therapist, join forces to inspire, empower and promote well-being in this decisive and stressful time.. The price for the workshop is £50

For details or to book contact  
**yoga akasha** 07956969141 or email  
[enquiries@yogaakasha.co.uk](mailto:enquiries@yogaakasha.co.uk)

# COMING IN 2009

## THE JOY OF MANTRA

**With Hilary MacRae**  
**Sunday 25<sup>th</sup> January 2009 - 10.00 to 13.00**

The session will give you the opportunity to incorporate mantra into your yoga practice. All are welcome. The price for the workshop is £15  
For details or to book contact Hilary direct by email at [hilary.macrae@hotmail.com](mailto:hilary.macrae@hotmail.com) or on 01273 710505

## DISCOVER AYURVEDA

**With Hilary MacRae**  
**Sunday 1<sup>st</sup> March, 2009 - 10.00 to 13.00**

Find out how this ancient system of wellness links to your yoga practice. All are welcome.

The price for the workshop is £15  
For details or to book contact Hilary direct by email at [hilary.macrae@hotmail.com](mailto:hilary.macrae@hotmail.com) or on 01273 710505

**FOR MORE DETAILS OF WORKSHOPS FOLLOW THE 'EVENTS' LINK ON OUR WEBSITE [www.yogaakasha.co.uk](http://www.yogaakasha.co.uk)**  
**FOR DETAILS OF DAILY CLASSES SEE THE UP TO DATE TIMETABLE ON OUR WEBSITE [www.yogaakasha.co.uk](http://www.yogaakasha.co.uk)**



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