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your space

September 2008

A MASTER CLASS ON THE TATTWAS AT



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yoga akasha welcomes

ACHARYA SWAMI VEDANTANANDA SARASWATI

Who will be leading a Master Class on **the Tattwas**

Date: Thursday 9th October 2008

Time: 19.30 – 21.30

Venue: Yoga Akasha

Cost: £9

Acharya means Yoga Master. This is the title that Swami Vedantananda Saraswati received from her guru Paramahansa Satyananda Saraswati. As part of her visit to East Grinstead, Vedanta is offering a **'Master Class on the Tattwas.'**

The 'Tattwas' are the fundamental elements that make up the manifest world!! Anyone interested in working with a Yoga Master skilled in giving students a deeper experience, will not be disappointed. Suitable for all!

Please book in order to avoid disappointment, as this will be an extremely popular class -

Bookings to: Yoga Akasha, with a cheque payable to 'Yoga Akasha'. A booking form can be downloaded from the events page on: www.yogaakasha.co.uk

INTRODUCING SCARAVELLI YOGA AT YOGA AKASHA

Vanda Scaravelli was a talented pianist living in the Tuscan hills. She was introduced to yoga when her friend Krishnamurti, the philosopher and the violinist Yehudi Menuhin invited T. Krishnamacharya from India to teach them yoga at her summer-house in Switzerland. Krishnamacharya did not travel so he sent two of his students B K S Iyengar and Desikachar in his place. Vanda, who was in her mid forties received daily private lessons and found through yoga practice, "a different life begins and the body expresses a happiness never felt before." She continued to study with Iyengar and Desikachar for many years. She is pictured in **Light on Yoga** demonstrating *Paschimottanasana* (seated forward bend) with Iyengar balancing in *Mayurasana* (peacock pose), on her back. (wearing a striped two-piece bathing suit - a hint at her attitude to convention!)

From her training in the anatomical precision of Iyengar Yoga and the emphasis on breath and ease in Desikachar's Viniyoga, Vanda developed her own distinctive way of working with breath and gravity to

free the spine. She noticed that by following the natural journey of the breath the more her spine released, producing an honest, beautiful and graceful movement. The less she tried to "do" the asanas (postures) and gave up the wanting of a "perfect" posture the more effortless the posture became. She believed that poses required "undoing", having no goal; going with the body, rather than pushing or telling the body what to do in a linear fashion – which causes the movement to become fragmented. She believed that learning yoga required "infinite time and no ambition" and that the teaching of yoga could not be organised into a "method". She transmitted hands-on to individual students what she had discovered in her own body, the way that yoga has been taught for centuries. Vanda chose to work in particular with 4 special students, one of whom, Sandra Sabatini has been my teacher and inspiration for the past 15 years.

So what is this way of working and how is it so different from other approaches to yoga? To me it is about finding a wholeness of movement, which is profoundly relaxing & healing. It requires a different kind of hard work. Undoing tension is an intense process. Letting go of old patterns of holding and effort requires attention. A way of working with the body that is beautiful, respectful & intelligent.

"Relaxation" in Vanda's vocabulary does not mean collapsing. Undoing is not passive but alert and attentive. As tension is released, joints become free and new deep muscles awaken. As we clear some of the old debris away, a new vitality comes into the body. Our practice becomes one of integrity and discovery, about getting to know ourselves better and less about creating shapes, fragmenting movement and disconnecting from who we are.

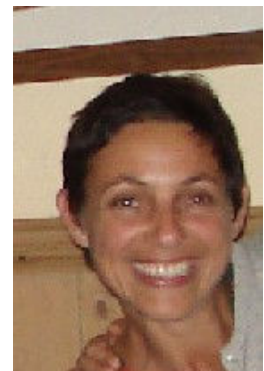
I am very excited to be teaching at Akasha and invite all of you who are curious, to come and explore this way of working.

Vanda Scaravelli's yoga is relevant to all; beginners starting out on their yoga journey and those interested in deepening their understanding of yoga and its practical relationship to their life.

Namaste Ruth

Ruth's class is held on Thursdays at 18.15 till 19.30

For further reading:
Awakening The Spine
Vanda Scaravelli
Breath: The Essence of Yoga Sandra Sabatini





WORKSHOP REVIEWS

"I wish to share my utter joy at having been so privileged as to share the teachings and sheer diligence of the extraordinary **Elisabeth Wengersky**. I have been lucky enough to benefit from practicing yoga in various forms for about twenty years. In fact the first class I went to, I attended with Jade on a freezing Saturday morning in London, and didn't know what to expect! It was an Iyengar Class and all these years later I travelled from London to attend an Iyengar Workshop again through Jade's example. But how different the two experiences are. Firstly, to come into the beautiful light spacious studio with sun streaming through its large windows - what a fabulously conducive space you have all created. Thankyou - and then to be put through my paces by such a Master as **Elisabeth Wengersky**. The inspiration of her! She is Awesome! And such an example to have that dedication of mind, spirit and physicality, and how we all just went with her, achieving - seemingly the impossible, but we certainly did achieve. I felt emotionally and physically energised the whole week and think of the workshop often. I'd love to come to the next **Elisabeth Wengersky** day at Yoga Akasha. I do hope there will be one in the future." *Shelley*

Deeper into Yoga with Meditation with Annabelle Tame "What a treat! This experiential morning was punctuated by discussion and reflection. We explored two very different meditation techniques from opposite ends of the spectre. Annabelle's wealth of experience supported sound guidance, which helped demystify this simple and effective tool for life. The group was keen to meet again so a regular practise time is being considered. I left the workshop content, energised and inspired to vary and deepen my practice." *Kriya*

What an exciting workshop! **Liz Larks' creative ashtanga workshop** was so full of bodies that numerous sun salutations left the windows of the studio running with condensation. Liz broke down the primary series beautifully, allowing each of us to work at our own pace. In fact the 4 hours flew by so quickly that no one noticed we had not stopped for tea. Before we knew it Liz's voice held us gently in a 61 point yoga relaxation - a lovely way to end the day which left us feeling exhilarated but relaxed. *Jade*

WORKSHOPS

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OCTOBER

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BWY SE Region In-Service Training Day & Satyananda Yoga In-Service Training Day



THE USE OF SWARA & TATTWA IN TEACHING
with **Swami Vedantananda Saraswati**
Friday 10th October 2008 - 10.30 to 16.30

Swara means 'to flow' and relates to the breath; and the 'tattwas' are the elements from which the whole manifest world is created. These are very subtle aspects of yoga; and by watching the breath very closely we can begin to tune into the changing 'pranic' flows. We can learn to manipulate these flows and be more in tune with our inner environment and act accordingly in our outer environment. The day will comprise practice, theory and discussion and through experience of these aspects we can see how they could be introduced into yoga classes and give students a deeper experience.

The price for this training day is £30

For details or to book contact
enquiries@yogaakasha.co.uk or call
07956969141



yoga akasha ASHTANGA VINYASA YOGA

With **Gingi Lee**

Sunday 26th October - 10.00 to 16.00

An exploration into the dynamics and practice of Ashtanga Vinyasa Yoga with one of the most respected teachers of the tradition in the UK.

Gingi Lee is the Director of the Shala in Battersea and has been teaching yoga for over 15 years, his teaching is characterised by sensitivity and warmth

The price for the workshop is £40

To book or for further details contact Scott at
yogiscott@mac.com
or call Scott on 07951 574818.

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FOR DETAILS OF DAILY CLASSES SEE THE UP TO DATE TIMETABLE ON OUR WEBSITE www.yogaakasha.co.uk



1st floor, The Old Mill, 45 London Road, East
Grinstead RH19 1AW
www.yogaakasha.co.uk, Tel:07956 969141

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