



GITANANDA YOGA

NEWSLETTER

DOWN UNDER

Official Quarterly Newsletter of the Gitananda Yoga Association of Australia Inc
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NAMASTE!



Welcome to another vibrant Newsletter of the Gitananda Yoga Association of Australia Inc. This edition is dedicated to Dr Ananda's visit to Australia. First let us read from this wonderful Yoga personality about his inaugural journey to our land Down-Under.

After my wonderful world tour in September and October 2008 teaching, lecturing and performing in the UK, USA and Europe, I have become more and more aware of the deep desire and actual hunger that the of the world people have for REAL YOGA. I find that many people have become tired of all the nonsense being passed around in the name of Yoga and are looking for the REAL THING.

I realize that my life mission is to spread Swamiji's unique message throughout the world enabling the world to accord him his rightful place as one of the greatest Yoga luminaries of the past century.

Having been blessed to be born to the greatest Yoga team of the past century, the responsibility on my shoulders is truly large, but all my life I have tried to do my best. Swamiji and Amma have guided me in all my activities including cultural performances that are a meditation for me as well as my teaching and lecturing that enable me to learn so much. Swamiji and Amma continue to bless me and guide me at all times and nothing else can explain the unqualified successes of my travels with me receiving so much unqualified love from so many all over the world.

Having this wonderful chance to teach, lecture and perform Down Under in April 2009 brings great joy to my heart as there are so many lovely members of my Gitananda Yoga family there. Having the golden opportunity to travel to places that I visited as a mere child, and now try to entertain and hopefully enlighten others is a lovely challenge for me.

I am looking forward to introducing newcomers to completeness of the Gitananda system as well as help to refresh and rejuvenate the old timers back into Yogic skill in action.

If we all pull in the same direction the journey will be much easier - the journey of taking Swamiji's message to all the eager aspirants down under.

May Swamiji continue to guide and bless us in all our evolutionary endeavors.

Yogacharya Dr. Ananda Balayogi Bhavanani

Chairman : Yoganjali Natyalayam and ICYER

Hon General Secretary, Pondicherry Yogasana Assoc.



**Dr Ananda's Visit
to Australia - April
2009**

😊 **"Gem of the Art of Yoga"**

Yogacharya Dr Ananda Balayogi Bhavanani was awarded the title of "YOGA KALAIMAMANI" meaning "Gem of the Art of Yoga" by Muthamizh Mamani Pulavar I Pattabiramane on behalf of the Valluvar Villisai Kuzhu on 7th December 2008.

This is only the latest in a long list of accomplishments and awards, academic, medical, and in the area of carnatic music and yet, for me, these awards give no indication of the wonderful human being, multitalented as he is, that I have experienced.





As with his father, my life has been much enriched through all my contacts with Yogacharya Dr Ananda Bhavanani. He has always demonstrated a fantastically sharp intellect balanced with an equally sharp wit and enjoyment of life.

Born as the blend of two great Yogi's, he is the first of the triad, and the successor to the lineage, to demonstrate what I would term truly Sattwic qualities rather than the Rajasic qualities which were needed to establish the lineage firmly in Pudacherry.

I myself am an extremely volatile mix of Rajasic and Tamasic qualities so to be around Dr Ananda is an extremely calming and relaxing experience - as the students at the Ashram know well.

His teaching skills are exquisitely gentle reflecting his inner nature and it goes without saying that his knowledge is a boundless ocean so those who experience his presence on his forthcoming Australian tour will be privileged.

His creative output in the last five years has been staggering, and although my travelling days are mostly over, Dr. Ananda's "Yoga One to Ten" is always with me as the best reference book I could have. I always joked with the students that I only with simple questions should be asked of me and anything complicated they would have to wait for Dr Ananda to come.

After ten years of teaching "Yantra" at Ananda Ashram it has been a wonderful experience to see his integration of the Yantric principles, so beloved by his father and myself, taken to new heights and I leave knowing this aspect of his father's lineage, like everything else comprising "Gitananda Yoga" will grow and prosper.

A truly magnificent man, Yogacharya, Medical Doctor and Carnatic musician, the progeny of two "one of a kind" parents, he is the future of "Gitananda Yoga" and "Ananda Ashram".



Jai Jai Guruji

Dr. Swami Anandakapila Saraswati
Ambassador, Gitananda Yoga Association

😊 Cross Roads

My personal association with Dr Ananda Balayogi, may be of interest. Often, when we arrive at a cross roads in our lives, we wonder which road to take, that will lead us on our destined path. This point is often of great anxiety. The right decision could lead one to fame and fortune, while another could get one stuck where one's life is a mere existence.

Between 1988 and 1989 I spent the best five months of my life learning the science behind the cosmic vibratory energy of AUM, which creates and sustains all things, from my revered guru, Dr Swami Gitananda Giri. He was not only an

authority on Pranayama, but also an intellectual giant. He had a commanding personality, and he mesmerised us with his eloquence. Complementing him was Meenakshi Amma, his beloved wife, brilliant in everything she undertook, whether it be yoga, the many cultural arts, writing etc. She was an outstanding personality in her own right, but preferred to keep a low profile.

They had a young son, Ananda Balayogi, who was doing exceedingly well in his studies and excelling in sports, in particular cricket, the rage in India even twenty years ago. Swamiji was telling us of his son's achievements, but he appeared to be in a quandary. Although the young lad had been groomed from the age of four at the Ananda Ashram, and being prepared for the responsibility of taking over Swamiji's mission and passion, the son seemed to have a will of his own, and Swamiji was finding it difficult to convince him to do this.

I noticed Ananda, who had returned to Pondicherry for a break, often looked very pensive and kept to himself. I had experienced by then the round of several schools of yoga during a period of twenty years. I always believed that Yoga was the mother of sciences, and that it should hold the answer to all our problems. But my experience till then had been most disillusioning. The yoga practiced under the different schools of yoga had not made any serious impact on me, nor attracted me sufficiently to practise their teachings diligently to achieve any desired results. But the very moment I attended the first lecture by Swamiji in September 1988, I was able not only to relate to his in-depth knowledge of yoga, but also realise the value of his practices. It seemed to me as if I was continuing to practise something familiar, which I had learnt in a previous life.

Before I went to study under Swamiji I had been blessed by an aged yogini in the vicinity of an ancient Siva temple in the foothills of the Himalayas, to become a competent Yoga Therapist. When I returned from the pilgrimage to Bangalore, from where I had started the journey, the yogini guided me from within to assist a lady who had been bed-ridden for three years with lumbar spondylitis. She inspired me to get the lady to chant "Om" twenty seven times on the first day, allowing the sound to vibrate and resonate in her lower back. She was to add one more chant each subsequent day for eighty one days till she reached 108 chants. Before she could complete 81 days of chanting, she was able to walk perfectly. It was an incredible experience and the yogini has continued to guide me in my work as a Yoga Therapist.

Swamiji's first lesson was on the science behind Pranava AUM. I knew immediately it was no coincidence I was there. For the first time I was aware of the fact that the koshas were energy bodies, requiring daily sustenance of energy. I was swept off my feet by his concepts, practices and his mind-boggling statements of their benefits. In January 1999 after four months of daily practice, I started experiencing the benefits and the value of his teachings. In



short I had become convinced that Swamiji was teaching the ultimate in yogic practice, and his son should be persuaded to learn and continue spreading Swamiji's teachings for posterity.

So I decided I would try my best to influence the young man to take over the responsibility of his father's work. I knew that I could share my experience with him and convince him of the tremendous value of his father's teachings.

Trying to convince him to step into his father's giant shoes was a different matter, it would have seemed a most daunting task for anyone!

I thought if I gave him an assurance that I would support him all the way, if he needed my help, he may consider Swamiji's request favourably. Being a man of integrity, I considered the possibility of leaving Melbourne, and living in Pondicherry for a period of time, if necessary.

So I approached Ananda, expressed my understanding of his dilemma, told him of my long search for an authentic school of yoga and how I had found it at long last in International Centre for Yoga Education and Research. I told him that I felt it was my duty to convey to him how I sincerely felt that Swamiji's teachings were unique, and that he was born to Swamiji and Amma, for the purpose of continuing his father's great work. Swamiji had perfected his teachings, and Ananda would take it to the four corners of the world. I assured him of my support, reminded him that duty is considered sacred in the Hindu faith and he would be happy one day to have taken on this role. I really cannot remember saying anything else, but I knew from that day a special bond had grown between us.

Though I did not have the good fortune of meeting him after that, I kept track of his progress, thanks to Amma keeping me informed of her son's progress in Yoga Life. Ananda had decided to step into Swamiji's shoes and everyone was truly happy he had done this with ease and grace, and is today spreading the psychosomatic and therapeutic applications of Rishiculture Ashtanga Yoga throughout the world.

In my many years I'm yet to meet a more accomplished man than Dr Ananda Balayogi. His enthusiasm and dedication to service through yoga is infectious. His humility touches everyone. He has given a new face to Rishiculture Ashtanga Yoga.

Thanks to the inspiration and motivation of Swamiji and Amma, I too have researched Pranava AUM for twenty years, and have developed a "Chakra Meditation for Healing" program based on Swamiji's teachings and practice. This program successfully treats stress-related and immune-deficient conditions, within the constraints of one's karma, and as a result, I've discovered that Pranava AUM is Yoga Therapy at its pristine best.

I also discovered that the many Yoga Therapies practised

today do not go beyond treating the symptoms. Healing takes place naturally when one develops oneself physically, emotionally, mentally and spiritually. And the simple practice of Pranava Aum for a minimum period of eighty one days in an integrated program was all that was necessary to achieve it.

This practice further keeps one in a state of wellbeing preventing emotional trauma, which results in disease.

Dr Ananda requested me to write a forward to his fascinating book 'YOGA 1 to 10'. We are in touch with each other, more or less on a daily basis, and correspond with each other when necessary.

In my capacity of Founder of Vibrational Breath Therapy, together with Prof. Avni Sali, Director, National Institute of Integrative Medicine, we look forward to hosting Dr Ananda Balayogi to a two-day Intensive Seminar on April 16th and 17th 2009 in Melbourne.

This program, to Regenerate & Rejuvenate with Yoga & Breathing is essentially to interest medical practitioners, health professionals, yoga students and the general public, in the immense therapeutic benefits that are derived from the practice of Pranayama in the tradition of Rishiculture Ashtanga Yoga. Dr Ananda Balayogi and I hope to make the participants aware that good health can be maintained and a wide range of stress-related and immune-deficient conditions such as asthma, cancer, depression hypertension etc. can be improved or cured by this practice.

Sri Bala Ratnam

*Founder, Vibrational Breath Therapy
(based on Rishiculture Ashtanga Yoga)*



☺ Rishiculture Ashtanga Yoga,

When the six month teacher training course at Icyer started on October 2nd 1994, Ananda was at medical college in Nagpur located in central India. Renuka who was assistant Acharya of the teachers' course told us that we would be in for a treat in November when Ananda would return briefly from college.

On November 28th, Monday, the ashram was given a special karma yoga clean up in preparation for Ananda's arrival as written in my diary. Ananda was involved in some ashram classes as well as entertaining all those present with his carnatic singing and mridangam drum. He also took a major role at the madam on Sunday 1st January 1995, when respects were given to our line of gurus followed by annual flag hoisting ceremony and a huge feast for all in attendance. On 3rd January Ananda left for medical collage.

On January 23rd 2000, the millennium meet at Icyer, with 45 sadhaks including those from Australia and New Zealand gathered with optimistic thoughts, shakti for Rishiculture Ashtanga Yoga [Gitananda Yoga]. Ananda conducted a special dakshina at Swamiji's Samadhi, then officially opening the meet by cutting the inaugural ribbon at the entrance to Icyer.

Ananda took a supervisory role of the program, giving many appropriate medical explanations during the sessions. During one group discussion the comment was made that Rishiculture Ashtanga Yoga had been practised for at least 5000 years by sadhus and sadhaks alike in this land called India. Calling these practises and techniques timeless, they were contemporary and worked then and also work now because what was true then is true now.

Sure Ananda is not Swami Gitananda. However all sadhaks agreed that Ananda has his own qualities, enabling him to propagate Rishiculture Ashtanga Yoga in a scientific manner, using his medical background.

By every good man's side there is a good woman; marriage is teamwork. February 25th 2001 saw the marriage between Ananda and his lovely wife Devasena in Pondicherry, now Puducherry surrounded by their yoga family and friends all followed in procession from the temple, to the marriage hall. Now 7 years on little princess Dhivya and the latest edition to their family her brother Anandraj, add to the Lineage.

Yantra course was held February every year 2001-2007 at Icyer taught by Swami Anandakapila, giving us an opportunity to interact with Ananda. Whilst touring South India Gitanjali and I were able to visit Ananda's school where he went till 12th standard at Kodai Kanal, in South India.

August 4th 2006 Balaji and I accompanied Ananda to Kanchipuram, and we were escorted to the Kanchi Kamakoti Peetam where Ananda received darshan of the junior acharya.

April 2009 will give all Sadhaks a unique opportunity to share sadhana with Dr Ananda who will join us in Australia for 18 full days and NZ for 3 full days. Melbourne venues organized by Niraimathi and Sribala, NZ venue by Eric and Cathryn, Brisbane venue by Margo Hutchison, Sydney venue by Muralidharan.

All dates/ locations available at
www.gitananda.australia.net
<<http://www.gitananda.australia.net/>>

After recently being elected the next President of the USA, Barack Obama commented calling the win a defining moment.

On a smaller scale, let us seize our window of opportunity

to give exposure to Rishiculture Ashtanga Yoga, during Ananda's first trip Down-under, to those who cannot make the trip to India In April, 2009.

Yogacharya Muralidharan



☺ DR

ANANDA, A GENTLE REFLECTION OF THE LION OF PONDICHERRY

Dr Ananda is the spiritual successor and son of Dr Swami Gitananda Giri. I have never had the good fortune to meet or correspond with Dr Swami Gitananda Giri in person. I became aware of ICYER and Swami Gitananda's teachings through my Guru, Dr Swami Anandakapila Saraswati.

I had been initiated in Kriya Yoga by the Self-Realization Fellowship and was taught the traditional art and science of Mantra, Yantra and Tantra by Swami Anandakapila. My desire was to learn and experience the Ashtanga Yoga of Patanjali in a traditional setting and obtain an international licence to teach. My Guru was quick to suggest Ananda Ashram, South India. He stated that the 6 months teacher training is tough but more than worth it as an experience with a life-time of practices and teachings. He was absolutely right!

The direct introduction to Swami Gitananda's teachings was through the Yoga: Step-by-Step 12 months Correspondence Course. During this time, I corresponded with Yogacharini Meenakshi Devi Bhavanani (affectionately known as Amma or Mother), Dr Gitananda's patni and mother to Dr Ananda. These interactions were most enriching for me. I knew the right school was chosen for me.

I had then the good fortune of meeting and studying with Dr Ananda during the 6-months teacher training course at Ananda Ashram. I discovered a gentle and much talented soul. A man that had been groomed by his Guru and father. I saw an all-rounder, a living expression of both Yoga being 'four-fold awareness' and Yoga being 'skill in action'. His numerous sports trophies and Bharat Natyam dancing recognition in his younger days, his sattvic temperament, his medical studies and achievements and artistic talents as a carnatic vocals and mridungam exponent all testify to this. I also really admired Dr Ananda's patience with continual mispronunciation of Sanskrit slokas by Western students.

What I saw in Dr Ananda was a talented and gentle soul, a gentle reflection of what I had been told his father was, a lion, the Lion of Pondicherry.

Dr Ananda's visit to Australia will be an opportunity for Yoga enthusiasts as well as the Yoga curious to meet with

him and get an appreciation of what has become to be known as Gitananda Yoga.

For the Gitananda Yoga Saddhaks, it will be an opportunity to reconnect with Dr Ananda and the Ashram on home ground as well as give a boost to their Sadhana.

For the Gitananda Yoga Association of Australia Inc., it is an opportunity to further spread Gitananda Yoga 'Down Under' and boost its membership.

Yogachariya Devidasan Giri



😊 First Recollection

My first recollection of Ananda was back in 1996 on my first visit to the Ashram. He was home on holidays from medical school. I remember the excitement generated in our Yoga family by his imminent arrival.

Amma took on a life and energy that a mother has when her son is returning to the fold. I felt the buzz in the air as the time grew closer and we were told of delayed trains and rains and the chaos of the Indian transport system. Somewhere amongst this whispered hype (for there is NEVER what I would consider true hype in the sanctum of our Yoga home, but the mind likes to latch onto things!!), a young, somewhat handsome man appeared in the grounds of what was my home at that time.

He was self contained, perhaps relieved to be home and seeing friends and family but, it would appear, not overly interested in the eager eyes that formed our group of 5. Even though he was a transitory figure, only appearing to me in his walk to being somewhere else, I could feel in the air around him some kind of enchantment. This enchantment spoke of things to come, a potential that was quietly accumulating its ingredients.

It was many years before meeting Ananda again, this time with his accomplished title of doctor. Once again I found a man that I would glimpse as he made his way from here to there and back again. The difference was, however, that his walk now was purposeful. I noticed that his points of travel from A to B and onto C had so much passion, commitment and dedication. My recent (albeit short) stay at Ananda Ashram in June this year, revealed to me something to which I hold dear.

A man of the Gitananda tradition who speaks with eloquence, who embodies wisdom, who radiates intelligence and integrity, who leans into humor, who soars into realms of knowledge and can weave all these qualities together into threads of delight and wonder. A man whose eyes sparkle with the light of true teachings and whose very heart and mind dance before us with all honesty and openness. We were blessed to have had some classes conducted by Ananda. I say classes with the intention of conveying a

structure, for what I cannot convey was Dr. Ananda's ability to spin stories of fact and ideas, culture and wisdom, teaching and truth into our hearts and souls at the same time as capturing our minds. Dr. Ananda quoted Swamiji in my time there as saying 'Love is profound interest'. Yes indeed, which makes Dr. Ananda a man who inspires Love.

Niraimathi



DR ANANDA'S 'DOWN UNDER' VISIT - SPRING 2009 AUSTRALIA & NEW ZEALAND

<http://www.gitananda-australia.net/page6.php>

DATE	LOCATION	ORGANISATION
Apr 13 - 15	VICTORIA, GEELONG AUSTRALIA	GITANANDA YOGA ASSOCIATION OF AUSTRALIA barwonharmony@optusnet.com.au www.gitananda-australia.net www.icyer.com/documents/AnandaMonastery.pdf
Apr 16 - 17	HAWTHORN EAST, VICTORIA AUSTRALIA	THE NATIONAL INSTITUTE OF INTEGRATIVE MEDICINE AND VBT sribala@vbt.com.au www.vbt.com.au www.niim.com.au http://icyer.com/documents/AnandaNiim.pdf
Apr 19	SYDNEY AUSTRALIA	IYTA pwigleyoga01@optusnet.com.au www.iyta.org.au
Apr 22 - 24	PARAPARA UMU NEW ZEALAND,	LOTUS YOGA CENTRE lotus.yoga.centre@paradise.net.nz http://homepages.paradise.net.nz/lotusyog/upcoming.html
Apr 26	SYDNEY AUSTRALIA	GITANANDA YOGA SYDNEY muralidharan33@yahoo.com.au www.gitananda-australia.net
Apr 28 - 30	QUEENSLAND AUSTRALIA	YOGA THERAPY GOLD COAST Gitananda Yoga Association of Australia muralidharan33@yahoo.com.au www.gitananda-australia.net
May 01 - 3	BRISBANE AUSTRALIA	GITANANDA YOGA BRISBANE bodywise1@bigpond.com

OZ GITANANDA YOGA SCHOOLS AND CONTACTS

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