

June 2010 Edition Volume 5 No 1

EDITORIAL

Namaste Dear Divine Gitananda Sadhak,
You will discover our topic '**Yoga; the Fuel for Human Evolution**' is quite the apt time-of-year focus for this edition.

The winter months are cooling down the southern side of our hemisphere and while it is tempting to stay in a warm bed pre-dawn, these cooler months can also provide a wonderful opportunity to allow our Sadhana to go even deeper within and further evolve past Tamas/inertia.

It's apt to start this reflective newsletter with an essay from our Honourary President of Gitananda Australia Assoc, Dr. Ananda. Dr. Sir shares with us the depth and power of a seemingly simple but ancient Pranayama practice that has been passed down in this tradition.

Sadak Bernadette gives us a personal insight into her own journey and experience of VBT- Vibrational Breath Therapy as facilitated by Sri Bala-a long term student of Swami Gitananda and an incredible devotee to the Pranawa AUM.

Sadak Gowri shares what 'Yoga; the fuel for human evolution' means to her with some beautiful quotes from ancient Yogic timeless texts such as *The Bhagavad Gita* and Patanjali's *Yoga Sutras*.

As Dr. Ananda's return visit to Australia draws in to the 'countdown' for September, our Brisbane Sadak and supreme Yoga Retreat organiser Margo gives us the finer details of this wonderful workshop that Dr. Ananda will be sharing.

Unfortunately, the contributions from members for this newsletter edition was lacking, hence the delay in putting this edition out and the shorter-than-usual length of this newsletter.

As this newsletter is voluntary I would like to once more encourage you to please share your Yoga Sadhana/insights with us. You'd be amazed how a simple one page letter can further clarify your thoughts or intentions on a topic. It can be that tiny spark of understanding or motivation to another Sadak struggling or wondering. As a valued member of the Gitananda Australia 'family' this is your newsletter and forum to air views/ question/ query aspects.

I look forward to a more renewed influx of articles/musings after Dr. Ananda re-invigours our Sadhana in September-be sure not to miss this wonderful Yogic 're-inspirer'!

More about the core concepts of Gitananda Yoga at:
<http://www.gitananda-australia.net/page11.php>

Do take time to stop, smile and breathe deeply-we are so very blessed!

Yours in Yoga,

Yogacharini Devaki

A/Newsletter Editor & Secretary,
Gitananda Yoga Assoc of Australia





NEWSLETTER FEATURES

- Yogacharya Dr. Ananda on SUKHA PURVAKA PRANAYAMA
- VBT-Vibrational Breath Therapy by Sadak Bernadette Hearn.
- Thoughts and ancient quotes on "Yoga; The Fuel For Human Evolution" by Sadak Gowri.
- Details on getting to and from Gitananda Retreat
- Details on Gitananda Retreat 2010 program

Yoga: Moving from Distress to De-stress with Dr Ananda Balayogi Bhavanani

- Contact details of Gitananda Teachers
- Teachers Books and DVDs

SUKHA PURVAKA PRANAYAMA

On my recent tour 'down under' I was stimulated into thought by a statement of Sri Bala that police in the USA were using Pranayamas as part of their training to reduce adrenaline overload during pursuits. After some further research on the topic I discovered that they were using something called 'combat breathing' to help lower adrenaline levels.

During pursuit, intensity of the situation causes a surge in adrenaline level leading to the decrease in fine and complex motor skills. Short term memory that is part of the creative and reasoning part of the brain can be severely hindered, leaving an officer with nothing more than long term memory and primal, emotional instincts to operate with. I was pleasantly surprised to see that the technique of 'combat breathing' that was attributed to the Chinese martial arts tradition was actually the Sukha Purvaka Pranayama of our ancient Yoga tradition.

Sukha Purvaka (Poorvaka) Pranayama is one of the important Pranayamas in the Gitananda tradition of Rishiculture Ashtanga Yoga. It has been described by Swamiji as a necessary and fundamental part of any Pranayama training. Sukha means pleasant or comfortable and Purvaka refers to the fact that this needs to be completed prior to other practices.

Sukha Purvaka has three initial parts that are then brought together in the fourth part that is the Sukha Purvaka itself. The ratio used in all the four parts is of an equal count of 4, 6, 8 etc depending on the student / patient's capacity. It is important to remember that we must always start with counts that are in tune with present capabilities of the student / patient and then gradually work up as they improve through practice. Teachings should always be from known to the unknown and from present to the future!

The first part of the Sukha Purvaka quartet is known by different names. It is called Sama Vritti or Shwasa Prashwasa or Gita Pranayama but is more commonly known by as Sukha pranayama for it is a comfortable process of breathing in (Puraka) and out (Rechaka) for an equal number of counts. This may be either a count of 4, 6 or 8 depending on the person's capacity. This is usually quite easily performed by most students / patients and helps calm down the mind and develop inner awareness. It is a useful practice for breath observation in Prana Darshana (reverential witnessing) techniques.

The best posture for any Pranayama Sadhana is the Vajra Asana as it allows the maximum movement of the diaphragm with the spine at its straightest and most stable position enabling us to breathe at our maximum capacity.

The second and third parts are known as Visama Vritti Pranayamas and consist of the Loma and Viloma Pranayamas. The Loma Pranayama is performed by breathing in for a 4, 6, or 8 count, holding in the breath (Antara Kumbhaka) for an equal count and then breathing out for the same count before repeating the whole cycle. The Viloma Pranayama is performed by breathing in for a 4, 6, or 8 count, breathing out for the same count and then holding out the breath (Bahira Kumbhaka or Shunyaka) for an equal count before repeating the whole cycle. Loma pranayama is also known as converse breathing while Viloma pranayama is called inverse breathing.

It is important to note that the process of holding the breath (Kumbhaka) goes against our primitive 'billions of years old' animal conditioning and helps us to gain conscious control over our breathing mechanism. Animals fear the holding hold of the breath as they are afraid of dying, but as humans we know that we can





hold our breath safely and this gesture of opening up to our higher nature helps conscious control of

respiration to occur. Technically speaking we can never die by holding our breath! Yoga is the science of consciousness and this is why the

phase of holding the breath (Kumbhaka) has been given so much importance in yoga literature and the Pranayamas are referred to in classical literature as Kumbhaka.

The final phase where the previous three parts are brought together is known as Sukha Purvaka Pranayama. This is a four part breath where we inhale, hold in the breath, exhale and then hold out the breath.

As it unites all four phases of Pranayama namely, Puraka, Kumbhaka, Rechaka and Shunyata it is also called the Yoga Pranayama. A 4, 6, or 8 count is used to breathe in, hold in, breathe out and hold out the breath. This Pranayama reduces respiratory frequency from 15 - 20 respirations per minute to 3-4 respirations per minute. This brings about a decrease in other vital parameters such as heart rate, blood pressure and body metabolism that are intrinsically related to respiratory frequency. The body temperature is lowered and a calm and quiet state of mind results from decreased sympatho-adrenergic discharge. Areas of the lungs that are normally not being used in our day-to-day 'tidal volume' life are opened up creating health and well being at all levels of our existence.

*Yogacharya Dr. Ananda Balayogi Bhavanani
Chairman of Yoganjali Natyalayam and Hon
General Secretary of ICYER.*



Dr. Ananda with Swamiji in Ananda Ashram

ATTENTION!! STOP THE PRESS!!

Dr. Ananda has been invited to present at the IYTA Conference in Sydney next year which means...Dr. Ananda is coming back to us here 'downunder'!! He will be holding another very special weekend workshop in **Brisbane 24th-26th Sept 2010**

PLEASE NOTE; THIS IS ONLY AVAILABLE TO GITANANDA MEMBERS.

Please encourage any family members/friends or Yoga students to join the Gitananda Association to experience Dr. Ananda and the wonderful wisdom of his Paramparai lineage he so easily and warmly shares.

More details below on how to secure your place for this very special weekend





VBT-Vibrational Breath Therapy

by Bernadette Hearn.

Vibrational breath therapy began with Dr. Ananda's tour in 2009. It was a beautiful meditation of which I was so impressed that I purchased the cd's that day in order to begin this practice for myself.

Being invited to do the course was an honour that brought blessings and conflict. My teacher Niramathi had moved to England and so I was missing her deeply as she had been both friend and Guru. I had been to I.C.Y.E.R and so remained my connection with Amma and Dr. Ananda having a deep reverence for Swami Gitananda Giri and his teachings.

The conflict was to replace my guru with another as it is my belief that going from one tradition to another is in fact detrimental to ones own growth. However, I was not to be worried as Sri Bala has his teachings firmly imbedded within the Rishi culture and after communications with Niramathi and Dr. Ananda I was encouraged to attend this course.

In the words of Sri Bala it is 'God's work' and with much enthusiasm we began.

The course began not long after I had had a knee reconstruction. My injuries were large having snapped my anterior crucial ligament, fractured both my patella and tibia and having a high grade tear in my medial ligament. The operation in itself was keyhole surgery and less invasive with technology improving the procedure I was in luck. The key to healing however, was in my belief. Sending Prana down my left leg during meditations enabled the energy blockages to be removed so that once again my nervous and lymphatic systems could repair. I say lymphatic and nervous system as the mechanics of the knee had been surgically repaired and yet the swelling would not subside. The movement was still quite minimal as the connection from brain to knee had been compromised. During meditation at one time I could in fact hear, smell and feel the entire operation. I was reliving this in my mind to the point where I could see my leg being moved about after repairing but before surgery was complete. All of this occurred while I had been sitting. I feel this was occurring in the reptilian part of my brain connected with the physical plane of existence.

Using the Pranava AUM chanting AAAA at the

physical plane has allowed all traces to be removed from the physical. Even the surgeon was impressed with my progress and told me that my quick recovery had been clearly due to my practice. Incidentally, he told me that at my 6 month check up to not expect to be able to sit in padmasana again. Well I had my 6 month check up and I can now sit in padmasana.

I will always be indebted to vibrational breath therapy with the recent passing of my beloved mother. We had 10 days of nursing her whilst she was in hospital. I am one of 8 siblings. Most of them were staying with me during this time. We all had to either go home during the day to sleep or sleep in the hospital. I survived on approximately 9 hours of sleep broken up between ten days. How was this possible? Chakra Meditation. Not only did it energize and rejuvenate me, I was able to have precious moments to share with my mother before she passed away. I could not have done this without the teachings of both Rishi culture and vibrational breath therapy, giving me the awareness of oneness.

Vibrational breath therapy has given me the tools to release traumas and tensions. This has presented itself to me through tears. Many times in my grief, Chakra Meditation at the heart has released tears leading to a sense of peace and clarity. It's like the apprehension one feels as climbing the highest and most challenging peak. All of this anxiety and tension turn to elation at the view before you and the sense of calmness and peace that encroaches as you see the beauty.

Understanding Mahat breath was an advantage. Stepping into the Chakras and moving the energy with the Pranava AUM between the different locations has been very powerful. There has been a distinct connection between physical plane of existence in the reptilian brain and the navel centre as experienced during my knee.

There has been a distinct connection between the throat Chakra, the mammalian brain and the astral plane of existence. During an altercation with another woman, I felt that this is where energetically lower vibration can attach which sets up tension.





With my meditations I had to continue to send the vibration 'UUU' into my astral plane in order to clear tensions. Regularly during this time I would just sit moving Pranava AUM particularly UUU from the throat Chakra to my astral body and to the mammalian brain to clear any negativity.

At this time I also increased my Savitri Pranayama to 10 x 5 x10 x5 which came to me in my meditations. It was as a result of this vibrational breath therapy practice that the period of conflict settled quite quickly.

There has been a distinct connection between the brow centre, neo-cortex and causal plane of existence experienced in my meditations. This is where clarity is, making it possible to find the answers to all the questions and circumstances of which we encounter day by day. Even when I think I know the solution in my meditations a different answer the fact that God knows best is revealed here, vibrational breath therapy gives the space to hear.

Vibrational breath therapy is obviously the greatest tool in order to assist us in Ashtanga Yoga. In Chakra meditation alone without Nidra and Savitri Pranayama we have Asana, a seated posture, in order to meditate and Pranayama, Prathyahara, Dharana and Dhyana. The Yamas are integrated- Ahimsa, Satya, Asteya, Aparigraha and Bramacharya. Clearing tensions and traumas purifying (Bramacharya) this and previous lives one must live in truth (satya) being aware then of ethical conduct non-harming (ahimsa) greed (aparigraha) and taking from others (Asteya).

In order to practice Vibrational Breath Therapy we must cultivate the Niyamas. Discipline is the first and foremost (Tapas) again cleansing and clearing our Pranamaya Koshas or 5 bodies (Soucha); discovering ourselves (Swadhyaya) ;bringing us contentment (Samtosha) and finally opening our brow centre connecting to the higher consciousness and surrendering to God (Ishvara Pranidhana).

Vibrational Breath Therapy is truly the path to Samadhi.

May all be inspired by Vibrational Breath Therapy.

— *Bernadette Hearn*

Some interesting quotes on Yoga below-fuel for thought!

<http://www.quotegarden.com/yoga.html>

“Inhale, and God approaches you. Hold the inhalation, and God remains with you. Exhale, and you approach God. Hold the exhalation, and surrender to God.” ~Krishnamacharya

“For those wounded by civilization, yoga is the most healing salve.” ~Terri Guillemets

“Blessed are the flexible, for they shall not be bent out of shape.” ~Author Unknown

“*Vogue* and *Self* are putting out the message of yoginis as buff and perfect. If you start doing yoga for those reasons, fine. Most people get beyond that and see that it's much, much more.” ~Patricia Walden

“The last time I opened my chakra so I could feel my peace, I got thrown right out of the pub.” ~Terri Guillemets

“Don't just do something - sit there!” ~Author Unknown





Thoughts on 'Yoga; the Fuel For Human Evolution.'

By Gowri

As we experience the effects from a regular Yoga practice, we become aware of improvements in our bodies, minds, and spirits.

The body is healthier. The mind calmer. The spirit more content.

Then we begin to realise that we are something more than our own puny selves, and in fact are an integral part of the natural world, humanity and the universe.

The rishis have left us clear guidelines on the path to realising this union with God or the inner reality.

The Hatha Yoga Pradapika, by Yogi Swatmarama Suri says, uniting Prana, Apana, Nada and Bindu gives success in Yoga.

Patanjali, in his Yoga sutras, ch.2; sutra 1, defines Kriya Yoga as being austerity, study of self and scriptures, dedication of fruits of ones works to God, and surrender to higher will.

In ch. 1; sutra 2, he says: "Yoga is the cessation of the whirlpools of the mind."

The Bhagavad Gita, compiled by Maharishi Ved Vyasa (perhaps 5000yrs ago) is considered 'The Bible of Yoga' along with Patanjali's *Yoga Sutras*.

Also known as The 'Gita', *The Bhagavad Gita* is a dialogue between Krishna and Raja Arjuna on the eve of the great battle of Kurukshetra. It contains important definitions of Yoga such as:

"Perform your duty, Oh Arjuna, without attachment to the result. Remain even-minded in success and failure. Equal mindedness, equilibrium is Yoga."

(chapter II; verse 48)

In Chapter 6; verses 29-32 say;

"With a mind harmonized by Yoga, the Yogi sees himself in all beings and all beings in himself. He looks upon all

with equal eye and feels all to be his very own self. To the one who is fixed in an equal-minded state, who looks upon the opposites as equals, who has risen above duality, and thus frees himself from both vice and virtue, is a Yogi.

Therefore, o Arjuna, devote thyself to Yoga. Verily, work done to perfection....is Yoga."

Yoga is skill in action. Yoga Maharishi Dr. Swami Gitananda has many descriptions of Yoga. Some are:

"Yoga is a way of life."

"Yoga is a method and technology of conscious evolution."

"Yoga is the Mother of all Sciences."

"Yoga is the Mother of all Religions."

"Yoga is one pointedness in all we do."

"Yoga is the rocket propulsion fuel we need for rapid evolutionary thrusts."

"Yoga is entrenching ourselves in our natural birthright-health and happiness, and realising our human goal....Mergence wth the Divine."

Of course we evolve as we practice Yoga. It enables us to walk upon the Earth like liberated Gods.

-Gowri.





Gitananda Retreat 2010

Yoga: Moving from Distress to De-stress

with Dr Ananda Balayogi Bhavanani

Riverglenn Conference Centre

70 Kate Street Indooroopilly, Brisbane

September 24 – 26

Dear Gitananda Sadaks,

The time is drawing very near now for our special annual retreat in Brisbane with **Dr Ananda** and it would be preferable from my point of view to have all bookings finalised and **fully paid by the end of July** so that I can confirm this with Riverglenn as they have been kind enough to keep the whole convention centre almost solely for our use, there may be a small group of Christian Brothers in residence Therefore if you have only paid a deposit of \$130, it would be very much appreciated if you could finalise your booking and pay the \$250 balance **by the end of July at the latest**.

Membership of the Gitananda Association is a prerequisite to attend this retreat, however membership current to March 2011 has been structured into the cost. If you know anyone who would be interested in attending please pass the details on to them. The programme for the weekend is attached.

Arrival times:

Please let me know by email

- whether you will be arriving by car or flying
- which airline/flights you are booked on
- Your approximate arrival time, so that we know when to expect you.
- Please advise me **if you are not able to bring a yoga mat and cushion** these can be supplied if prior notice is given.
- Registration will be at the Reception area in the front foyer **from 3pm**

onwards on Friday 24th September. Please **do not arrive before 3pm**.

·All you need to bring apart from your yoga mat, rug and cushion are your personal belongings. If you plan to bush walk bring your walking shoes, insect repellent, hat and sun screen.

Riverglenn is a beautiful venue on the Brisbane River: 70 Kate St Indooroopilly

P (07) 3878 9333 or Fax (07) 3878 2366

riverg@riverglenn.com.au

www.riverglenn.com.au

Type **Witton Road** into Google to obtain the map. Click on the map and you should see Riverglenn.

It is within 5 mins drive from Lone Pine Koala Sanctuary.

Directions:

From the city, take the **Western Freeway (5)** and exit left into **Witton Road** then right into **Kate St**. Riverglenn is on the Brisbane River next to **Nudgee Junior College** and the entrance is opposite the school playing fields.

- If you are arriving by air, and plan to take a taxi, bear in mind that Brisbane traffic can be very slow during peak hours (3pm to 6pm) which can make it an expensive trip but if there are several people sharing this will reduce the cost and may be cheaper than the Airtrain/taxi option.
- Another option is to catch the **Airtrain from the airport** to Roma St Station and take a taxi from Roma Street Station. The Airtrain is also expensive so please read **all** the information on the Airtrain link <http://www.airtrain.com.au/> and note that special conditions apply as Airtrain is a private company and not part of Queensland Rail.

If you need any further information please contact:

Yogacharya Muralidharan Giri (Murali)

muralidharan33@yahoo.com.au

www.gitananda-australia.net





Gitananda Association

Weekend Retreat

From Distress to De-Stress

with

Dr Ananda & Devasena

Friday September 24 to Sunday September 26 2010

Riverglenn Conference Centre- 70 Kate Street
Indooroopilly, Brisbane

Friday

- 3.00– 6.00 Registration
- 6.00 – 7.00 Evening meal
- 9.30pm Introduction and Satsangha on Yoga and Stress in Light of the Yoga Sutras and The Bhagavad Gita

Saturday

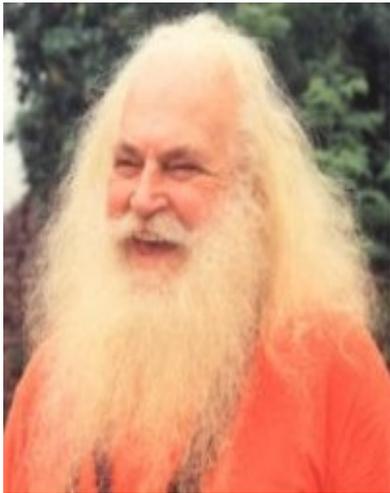
- 6.00 – 7.30 Hatha Yoga Practices for Managing Stress
- 7.45 – 8.45 Breakfast
- 9.30– 11.00 Physiology of Stress
- 11.00am Break [Tea/juice/water]
- 11.30- 1.00 Pranayamas for Prevention and Management of Stress
- 1.00 – 1.30 Vegetarian Lunch
- 1.30 Gitananda Association Australia - Annual General Meeting 2010
- 4.00 – 5.00 Mantras to Calm and Focus the Mind
- 5.00- 6.00 Free time
- 6.00 – 7.00 Vegetarian Dinner
- 7.30– 10.30 Satsangha and Chanting of Yoga Sutras

Sunday

- 6 .00 – 7.30 Hatha Yoga Practices for Managing Stress -
- 7.45 – 8.45 Breakfast
- 9.30– 11.00 Pathology of Stress Disorders
- 11.00 Break
- 11.30 – 1.00 Hatha Yoga and Jnana Yoga Relaxation Practices
- 1.00 Vegetarian lunch
- 2.00 – 3.00 Q & Answers: Refresh the Practices and Concepts Learnt
- 3.00 Closing Ceremony and Certificate Distribution



Find a teacher near you to experience
Rishiculture Ashtanga Yoga as taught by
Yogamaharishi Dr. Swami Gitananda



SOUTH AUSTRALIA

ANAND YOGA ACADEMY
YOGACHARYA DEVIDASAN GIRI, Adelaide, SA
devidasan@virginbroadband.com.au



<http://www.geocities.com/anandakapila/devidasan.php>

VICTORIA

VIBRATIONAL BREATH THERAPY
SRI BALA RATNAM, Melbourne, VIC



<http://www.vbt.com.au>
sribala@vbt.com.au

Kanchana Rao, Melbourne, VIC
emailkanchi@gmail.com

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<http://www.jonnmumfordconsult.com>

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murali@gitananda-australia.net

http://www.geocities.com/gitananda_yoga_aust/muralidharan

QUEENSLAND

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Yogacharini Margo Hutchison, Brisbane, QLD



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FOR ALL ORDERS PLEASE

EMAIL: murali@gitananda-australia.net

Title	Retail Cost	10% Gitananda member discount
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NEW RELEASE!! MEDITATION THE INNER YOGA: 20 Euro		
Yoga LIFE: Monthly Journal	\$70 per annum	\$63
Yoga Life ANNUAL	\$105	\$94.50
Yoga World Wide Directory 1992	\$132	\$118.80
Siddhis and Riddhis	\$88	\$79.20
Yoga For Expectant Mothers And Others	\$27	\$24.30
Yoga - One Woman's View	\$62	\$55.80
Yoga And Sports	\$88	\$79.20
SURYA NAMASKAR	\$88	\$79.20
Tribute To A Great Guru	\$70	\$63.00
A Heart That Is Distant	\$44	\$39.60
Frankly Speaking	\$88	\$79.20
The Ashtanga Yoga Of Patanjali	\$88	\$79.20

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Yoga For Breathing	\$44	\$39.60
Hatha Yoga of Gitananda (Tamil)	\$35	\$31.50
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Yoga For Weight Loss	\$18	\$16.20
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Yoga For Health and Healing	\$27	\$24.30
Pranayama in Gitananda Tradition:	\$88	\$79.20
A Yogic Approach to Stress:	\$44	\$39.60
Yoga and Modern Man	\$44	\$39.60





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Audio CD \$18 each (\$16.20 for Gitananda Members)

NEW RELEASE!!

1. **10 LESSONS IN YOGA FOR STRESS REDUCTION AND SLEEPING DISORDERS (DVD)** Ten lessons in Yoga practices for sleep disorders with voice over by Amma Complete with 100-page book. **EURO 35**

NEW RELEASE!!

2. **PRANAYAMA FOR HEALTH AND WELL BEING (DVD):** contains 25 evergreen Pranayama techniques of Rishiculture Ashtanga Yoga Presented by Yogacharya Dr Ananda Balayogi Bhavanani. This is the first time the Pranayama teachings of Yogamaharishi Dr Swami Gitananda Giri are being presented for a worldwide audience through this medium. **EURO 20**

NEW RELEASE!!

3. **SATYAM-SHIVAM-SUNDARAM. (DVD).** Staff and students of Yoganjali Natyalayam, Pondicherry, India present their Yoga skills mingled with soothing music creating a Reality, Goodness and Beauty (Satyam-Shivam-Sundaram) that is a joy forever. This unique presentation is a treat for the eyes and will linger in your mind for a long time, inspiring all fortunate enough to view it to implement these high yogic ideals in their own lives. Coordinated and presented by Yogacharya Dr Ananda Balayogi Bhavanani. **EURO 20**
4. **PRANAVA SADHANA:** Excerpts from a Live Recording of the All Night AUM (Om) Chanting Performed on the Occasion of the 130th Birth Anniversary of Sri Swami Kakananda Bhriyu Guru Maharaj.

2nd February 2004 at Ananda Ashram South India. Ideal companion for relaxation, contemplation and mediation.

5. **PANCHAKSHARA JAPA:** Excerpts from a Live Recording of the Chanting of 1008 Om Nama Shivaya Mantras Performed on the Occasion of the Maha Shivaratri Puja Celebrations 2004 18th February 2004 at Sri Kambliswamy Madam, Ananda Ashram, Pondicherry, South India. The CD contains 504 chants of the Panchakshara Mantra. Ideal companion for timing Yoga practice as well as Puja, contemplation and mediation.
6. **BHAJANS WITH SWAMIJI** Wonderful Spiritual Music sung energetically by Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj and the Ananda Ashram International Bhajan troupe (1988) Includes many other all times Ananda Ashram favorites.
7. **The Yoga Of Sound:** Meditative Carnatic Music with English Lyrics Composed and sung by Yogacharya Dr Ananda Balayogi Bhavanani. Includes selections from Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj's "Gita Inspirations".
8. **TAMIL INBAM:** Meditative Carnatic Music in Tamil sung by Yogacharya Dr Ananda Balayogi Bhavanani. An ideal way to enjoy the meditative quality of the wonderful Carnatic Music Tradition of South India.
9. **BHAKTI MANI MALA:** A selection of many favorite compositions of classical Carnatic Music. Ideal for all music lovers.





10. **MANTRAS AND BHAJANS OF ANANDA ASHRAM:**

Includes Gayatris used for Morning Aarathi, Mantras used in Sunday Puja at Sri Kambliswamy Madam Sri Maha Ganesha Pancha Ratnam, The Guru Strotra, Saraswathi Prarthana, Universal Prayer from Rig Veda, Surya Namaskar Mantras, and Many Bhajans sung at the Ananda Ashram, Pondicherry, South India

11. **VINTAGE CLASSICAL VOCAL:**

Classical Carnatic vocal music by Kalaimamani Srirengam Ranganathan, one of the finest traditional Carnatic vocalists of South India and Guru of Dr Ananda Balayogi Bhavanani. Ideal for all music lovers.



12. **DIKSHITAR KRITHIS:** A rare collection of compositions of Muthuswami Dikshitar one of the greatest composers of South Indian Classical music. Sung by one of the finest traditional Carnatic vocalists of South India. Ideal for all music lovers. *Saraswathi the Goddess of knowledge, music and the arts.*

