

## 2012 Edition Volume 7 No 1

### Ananda Ashram Fundraising Appeal

by Meenakshi Devi Bhavanani

I am taking paper to pen again on a separate matter now. We had received an excellent re-sponse to my request to our World Yoga Fami-ly to join in our over-ambitious project (I ad-mit) to construct a state of art modern Yoga Centre adjacent to our Yoganjali Natyalayam. We had asked our World Yoga Family to sup-port this project by making a donation for the package of books my History of Yoga almost 1000 pages and knowledge gleaned over 40 years! Dr Ananda's Yoga Sutra and his book on Surya Namaskar. I am very grateful to those who responded to the call. Still, there are quite a few of our students whom I wish would participate in this project. If you have not joined us in this way, now is a good time to re-organize your finance and help us. I must make another larger payment within two month to the builder. As well, we now have a larger amount of money to repay monthly to the bank for the bank loan which it took to put on the roof. We walk a tight financial rope (who does not these days) but if you have found some extra funds in your budget and would like to own these books as well as support us, now is the time to do so.

If you have contemplated taking out a Life Membership this is also a good time to sup-port us in this way. For some of you, your Yo-ga Life Membership has lapsed. We would ap-preciate it if you would keep yourself current.

I do not like to mention it, but we have also faced a big financial shock with Cyclone Thane and suffered about two lakhs rupees damage. This does not includes the immense loss of my carefully cultivated garden and

trees. This is just the compound wall, and the thatch huts on roof, cost of generators doing two weeks for electricity, extra workers to clean premises, repairing, electrical work etc.

If there are any books you have been wishing to have, including past bound up issues of Yoga Life (Euro 50 per year, available from 1990), now is the time to order them. If you have any talent for fund raising, we would be happy to accept that as well. If you can help us without harming yourself, we will be grateful.

The new building now has a ground and first floor and we will begin working on the inside refinement soon. I think I was over – ambitious in this project, but once we jumped in, we have to swim! The main vision of the building is to extend our work with adults, provide rooms, which can be used by visiting students, have a stage and hall for small performances, and to offer opportunities to senior students who would like to stay a year or more in India, running adult Yoga programmes for us! We will invite families to come back as well and be in residence there. It will give people contact with Ashram but more freedom than actual Ashram living. That is the vision! We move to-wards it!

Hopefully, we have worked out our balance Karma for the last cycle! I start a new cycle this year and I feel the call for change Evolutionary growth means one is always changing! Much love in Yoga to you! May God – Guru bless us, each and everyone!

Affectionately yours in Yoga,

Amma





## Newsletter Features

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## My Indian Adventure

by Ann-Maree Bukholt

My first trip to India had been quite different to the most recent one. Of 12 sadhaks, I had been the only Kiwi; the remaining 11 were Australian. I'd travelled there on my own, only having met Murali and Dr Ananda some months before when we'd had a retreat in New Zealand. The learning that we were exposed to on this three day retreat had such a profound impact on many that one was left with an overwhelming desire to know more.

As Ammaji shared with us one evening during satsanga; "When the student is ready – the Guru appears". And so, four weeks before departure, I had confirmed my details with Murali and flew to India.

This most recent visit to Ananda Ashram was a little different as I had five travelling companions from New Zealand; one being my son, Thor. We were joined by Murali and Margo with four sadhaks from Australia. It was such a lovely balance; six from New Zealand and six from Australia. Watching this group of very different individuals co-exist every moment of the day, learning together, caring for each other and being open to every experience was fantastic.

Seeing India and the Ashram experience through my son's eyes made this trip very special. The relationships he forged in the short time, the learning, language and culture will be with Thor always. Sharing a very important part of my life with one of my greatest treasures was such a privilege.

The Ashram experience was so amazing one could write about it forever; however, here is a little taste of some favorite moments. Arriving at Chennai Airport and seeing Thor's reaction to the smells, sounds, heat, people, but most of all the drive to our Hotel ... nothing can prepare you for this. Thor found it easier just to close his eyes! It was wonderful to eventually arrive at the Ashram and see Shalini once again, meet Swetha and Vibha, and see friends new and old.

How privileged we were to have Ammaji take us in satsanga. We would gather and sing mantras and bhajans until Ammaji arrived. On one occasion, Dhivya and Anandraj lead our group; incredibly talented children. We would be together for hours, but this seemed to pass so quickly.



*International Cricket on stage at ICYER*

Dr Ananda patiently took our group through mantras and bhajans, but most exciting of all was the Yoga Sutras. We all have our CD's that we are enjoying and learning from; such beautiful works by Dr Ananda



# GITANANDA YOGA ASSOCIATION OF AUSTRALIA INC



Morning Hatha yoga with the lovely Shalini, Vibha (who makes the best chai tea!) and Shwetha was almost always accompanied by the Ashram's k9's, Akash and Bhumie, and of course the crows (one of which left a deposit on one of our lovely ladies!).

Who could forget Anandraj and Dhivya's international cricket competition that left a little damage to the wall! We shared many wonderful moments with these very special children. And of course, we shared many special moments together blessed by Shanti's fantastic cooking.

After our ashram stay, the fun continued. I fondly recall the night a group of sadhaks (whose names I will not disclose, but they know who they are!) went swimming in the pool at one of the resorts after it was closed for the evening and taught a certain young lady how to do bombs ... and a discussion that ended with us all in fits of laughter that must have kept the whole resort awake (including the security, who we met as we made our way back to our rooms)!

So many people are interested enough to ask questions about our trip to India. This is a very difficult question to answer in few words but I often recall something I wrote to Ammaji on the return of my trip in 2009.

*"When people ask me of my experience at the ashram interestingly enough I often begin by saying that in a way you are emotionally, physically and spiritually stripped and you are just who you are.*

*Right there at that moment. You are there for your own reasons and this in a way is the beginning of a new life or chapter in your life. That nothing can prepare you for the experience of a life time. That you are given a gift to learn should you choose to. That we are all so tenderly cared for by many and will have the honour of being involved in so many experiences. That you feel and are part of an amazing group of people. One is truly blessed".*



*Dhivya and Anandraj entertaining group in Pantanjali Hut.*

The same can be said of this visit. Many wonderful friendships were made along the way. As with all travel, at some stage you must return to your part of the world, so we said our farewells one by one and continued on our journeys. Sadness came knowing that our experience came to an end, but we went knowing that one has to leave to be able to return.



*Yoga Sadhaks boarding a bus going to ICYER*





## BANK INFO FOR NZ MEMBERS

**ANZ Bank**

**Paraparaumu**

**Name: Gitananda Association**

**Account #: 01-0731-0223208-00**

NZ Members should email Anne-Maree and Murali after transferring funds into this account for payment of membership dues, Yoga Life or Brisbane Retreat in November.

## Memories of Ananda Ashram

*by Heather Box*

I really enjoyed the 10 days at Ananda Ashram and felt very much at home, thanks to the hospitality shown by Ammaji, Dr Ananda, Devasena and the children. I loved the morning yoga sessions overlooking the Bay of Bengal, the beautiful gardens surrounding the buildings and going to bed at night listening to the sounds of the ocean. I had been given a great room on the rooftop.

In 2009, I had attended Dr Ananda's retreat in Brisbane, and experienced Gitananda Yoga for the first time. This style of yoga was quite new to me, and initially I was a little confused. I now greatly appreciate the structure of the Samasthiti, Hathenas and Loma-Viloma sessions. These were so wonderfully instructed at the Ashram by Shalini, Vibha and Shwetha; such young people with so much knowledge.

The talks given by Dr Ananda and Ammaji, and Devasena's Carnatic vocal classes were inspiring. The Bhajans, Mantras, Kirtans and chanting were uplifting. Shanti's ayurvedic food nourished my body and soul.

Presentation evening was extremely entertaining, with the lovely and very talented traditional Indian dancers, Dr Ananda and his band and the yoga display by the boys. We were all presented with a certificate by Ammaji, which will always be a reminder of my stay at Ananda Ashram.

I came home feeling like a new person; returning to what I call 'unreality'.

Thank you to all – especially Murali for organising the trip.

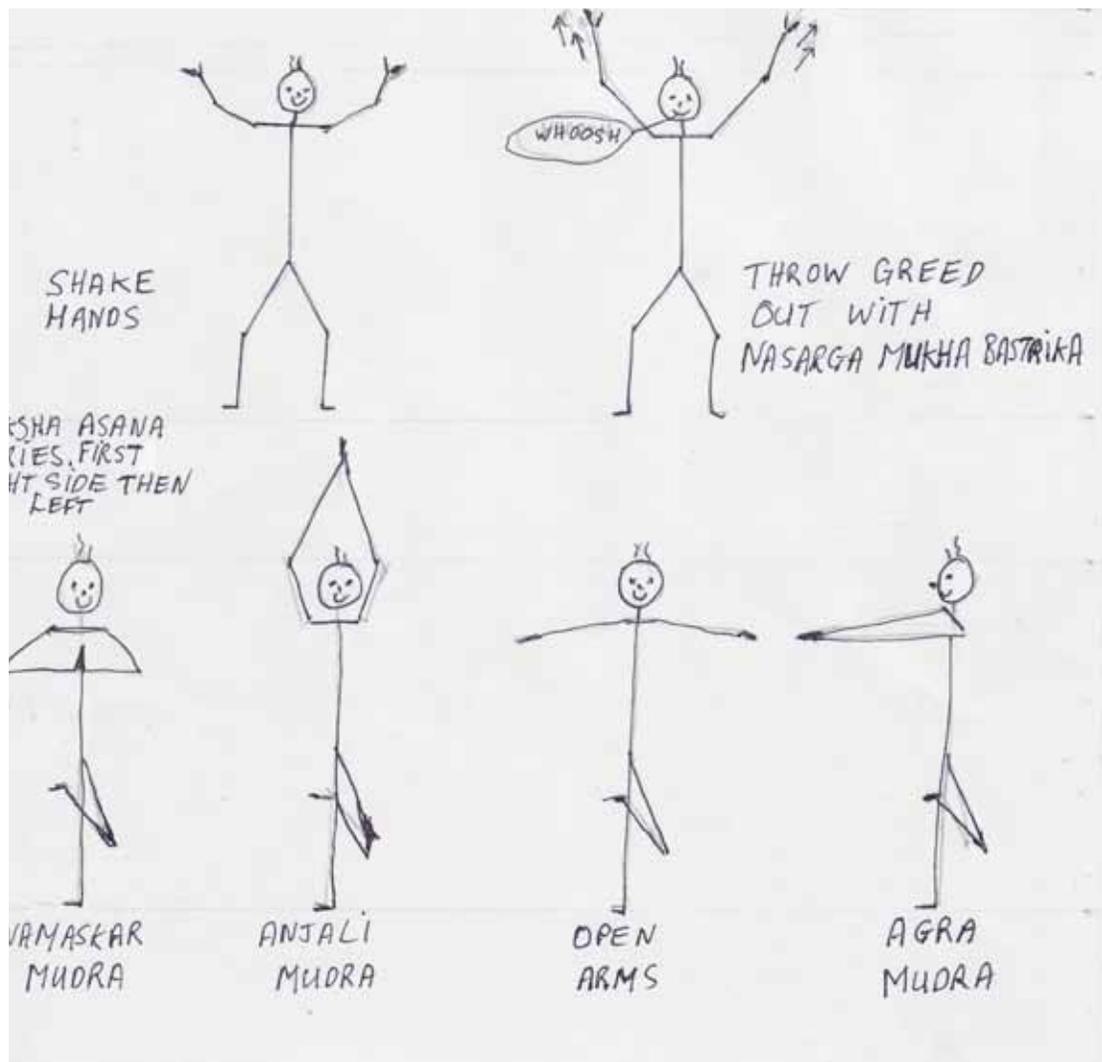


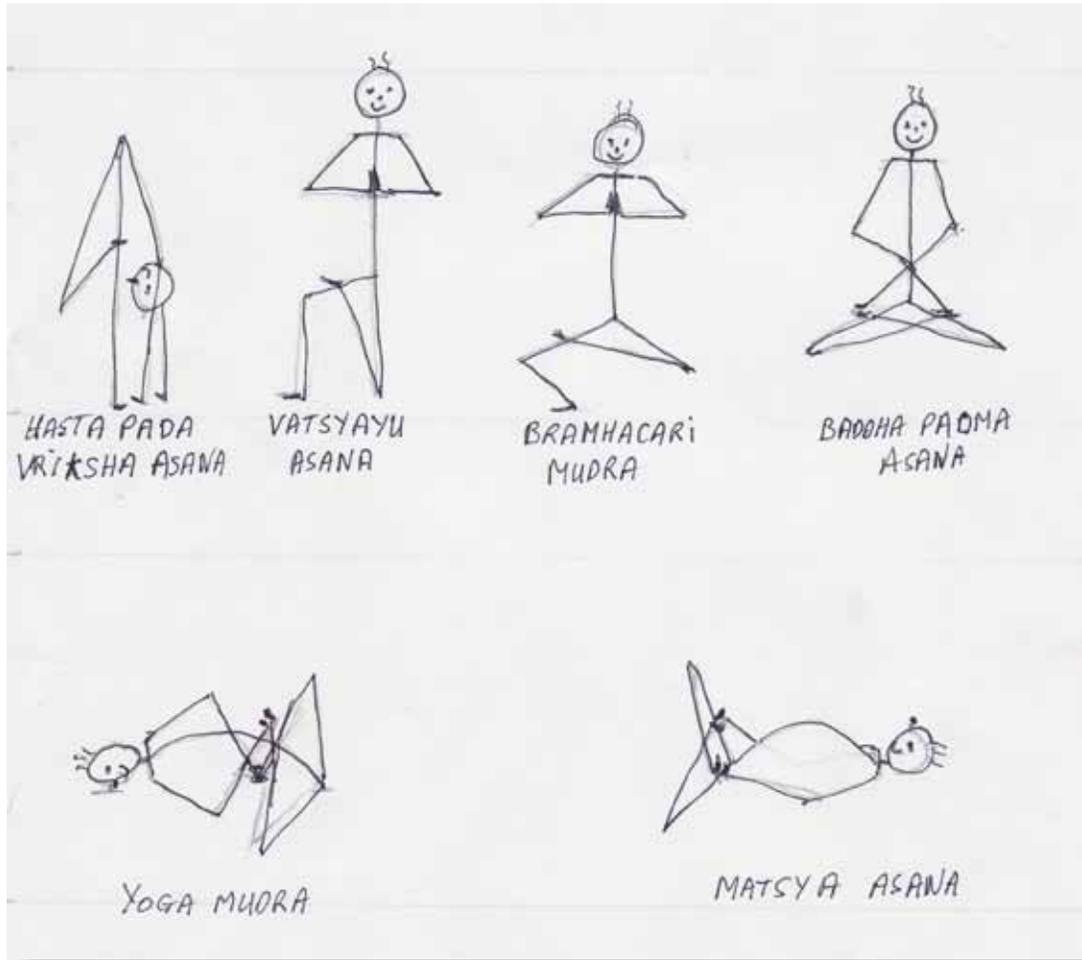


## Shat Ripus

by Yogacharini Gowri (Wendy Snape)

The six ripus, (destroyers of the human spirit) are Kama (desire), Krodha (anger), Lobha (greed), Moha (illusion), Mada (pride), Maatsurya (malice, jealousy). This is the third group of asanas, mudras, kriyas and pranayamas to help to overcome Lobha (greed).





## INTERACT WITH THE GITANANDA YOGA FAMILY

The Gitananda newsletter is a brilliant forum for us to share stories about our experiences, words of wisdom, or to keep up to date with exciting happenings like weddings and pitter patter of teeny-weeny feet. We will be starting a section called 'Gitananda Yoga Family' for us all to share the joy of such news. Contact [murali@gitananda-australia.net](mailto:murali@gitananda-australia.net) with your news.





## Mark Your Calendar Plan to Attend

Friday, November 16th, 2012 to  
Sunday, November 18th, 2012

## Retreat and AGM with Dr. Ananda in Brisbane

### Back to Basics: Revisiting the Foundations of Gitananda Yoga

16th - 18th November 2012

The Gitananda Yoga Association of Australia is delighted to welcome Dr Ananda back to Australia in 2012. All members are invited to attend the Special Gitananda Association retreat and AGM to be held at the Riverglen Conference Centre, 70 Kate Street, Indooroopilly, Brisbane.

#### The full cost is \$480 and includes:

- 2 nights accommodation
- All meals from Friday evening to Sunday lunch
- All sessions
- Membership to April 2013

A deposit of \$100 is required to secure your booking with final payment by August 31st.

#### Early Bird special for Members only:

Pay \$130 by April 1st and \$300 by June 30th

Current membership of the Association is a pre-requisite to attend the retreat. Yoga teachers and students from other traditions wanting to learn more about Gitananda Yoga are welcome to attend provided they join the Association.

Visit our website for more information or to download the registration form: [www.gitananda-australia.net](http://www.gitananda-australia.net)

## MEMBERSHIP RENEWAL NOTICE

Your membership expires on March 31.

**FEES: \$Aus30 for Associate Members  
\$Aus50 for Accredited Members**

Send payment to:  
Murali, Gitananda Yoga  
26 Trevitt Road  
North Ryde 2113 NSW  
[murali@gitananda-australia.net](mailto:murali@gitananda-australia.net)

“The key principle in yoga is awareness. When yoga is not approached holistically and self awareness is lacking, it definitely has the potential to harm. Yoga is balance, so if you have a balanced approach to your practice then you will derive benefits. This means you do not do too little, neither push too much. Then you will gently allow the body to relax, open up and release old traumas to blossom into its true magnificence.”

Yogacharini Maitreyi

Read the full article : <http://bit.ly/ziu6Ek>

“Pacemaker: Can Yoga Harm?”





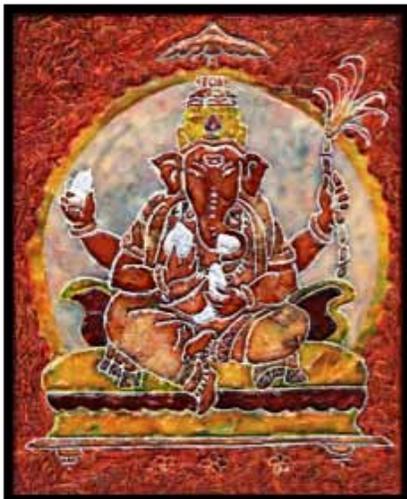
## Sale of Ganesha Art Cards to Raise Funds for Ananda Ashram

by *Jennifer Dany Aube*  
[www.JenniferDany.ca](http://www.JenniferDany.ca)

Ganesha, the son of Siva and Parvati, is one of the most revered deities. He is so important, that in India, no important activity is started without paying homage to Him. He is known as the Lord of Wisdom and Remover of Obstacles. There are many names that accompany his many forms. Since Ganesha is the obstacle to obstacles, it seems appropriate to use His image to help raise funds for the Ananda Ashram.

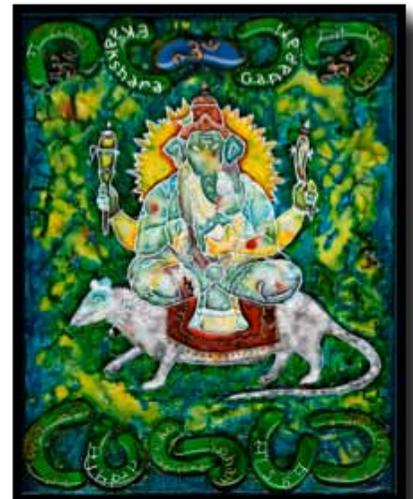
My art practice is part of my Yoga practice. To sit and meditate is impossible for me, but to sit in front of a canvas and paint mantras and deity forms over and over again until the paint is a raised texture, I can do and love to do. During moments of intense concentration I feel that I do fall into a meditative state, if only for a few moments at a time.

This original set Art Cards includes seven unique 5x7 Ganesha images and most include mantras. The back of the Art Card is blank. No additional cost for shipping and you may choose to have envelopes for your cards.



**For every set purchased at \$25.00, the Ananda Ashram will receive \$12.00 to help cover the cost of the damage caused by cyclone Thane and support the new Yoga Center for adults and Yogis-in-Residence program.**

**Cards must be purchased online:**  
[www.jenniferdany.ca/Yoga\\_Art\\_Store.html](http://www.jenniferdany.ca/Yoga_Art_Store.html)



## ARTICLES URGENTLY NEEDED FOR NEXT NEWSLETTER

The newsletter is very much a collaborative endeavour. Consider putting some of your thoughts on paper to share with the rest of the Yoga family.

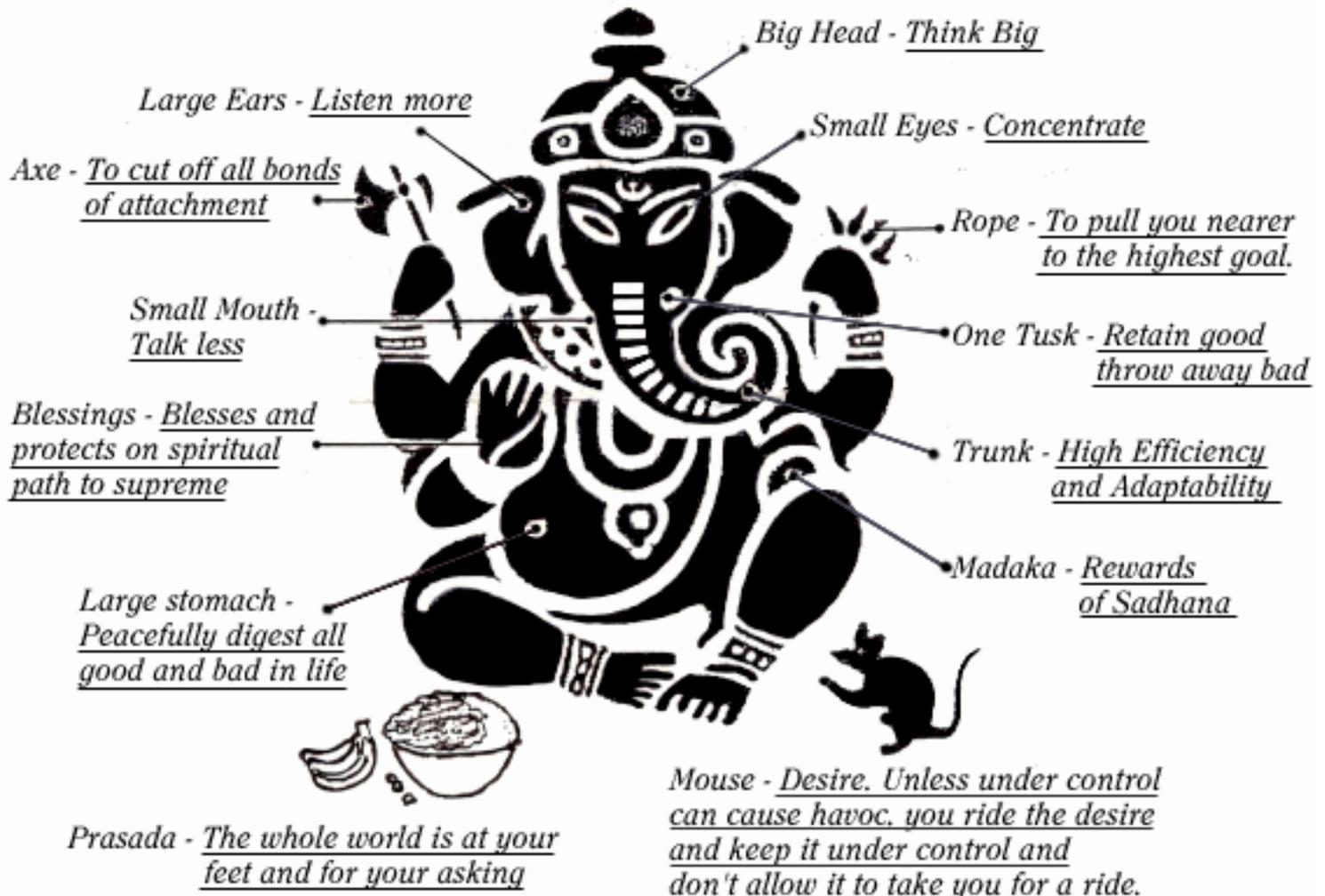
DEADLINE: May 15      Submit to: [jendany@yahoo.com](mailto:jendany@yahoo.com)

Send me an email confirming your interest in submitting an article. I can help with editing if it is required.





# Ganesha Symbolism



# GITANANDA YOGA ASSOCIATION OF AUSTRALIA INC



## Find a Gitananda Teacher

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  
www.geocities.com/anandakapila/devidasan.php



### Victoria

VIBRATIONAL BREATH THERAPY  
SRI BALA RATNAM, Melbourne, VIC  
<http://www.vbt.com.au>  
sribala@vbt.com.au



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### New South Wales

KAILASH CENTRE FOR PERSONAL  
DEVELOPMENT INC. Sydney  
SWAMI ANANDAKAPILA SARASWATI  
<http://www.jonnmumfordconsult.com>  
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**Yogamaharishi  
Dr. Swami Gitananda**

