



GITANANDA YOGA

NEWSLETTER

DOWN UNDER

Official Quarterly Newsletter of the Gitananda Yoga Association of Australia Inc
Australian Registered Body Number 105 451 527; Incorporation Number: A37776
Registered Office: 9 Albemarle Street, West Hindmarsh 5007 South Australia Contact No. (08)8346 7274

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NAMASTE!



Welcome to the first edition of the Gitananda Yoga Newsletter Down Under for 2007. In this edition we will cover the 2007 Gitananda Yoga Meet in Queensland and the Gitananda Yoga Association of Australia Inc. AGM that ensued.

History came to an end as this was the last year that Gitanjali could make her beach house available for the Gitananda Yoga Meet in Southport on the prestigious Gold Coast. Gitanjali has been an ardent follower of Swami Gitananda and his teachings for many years, spending considerable time by his side. On behalf of all Acharyas and students in Australia, we would like to give a big thank you to Gitanjali for her generosity over the years.

I would like to reiterate in this edition that the Gitananda Yoga Association of Australia is a non-profit incorporated body – it has been created for a purpose – to propagate Swami Gitananda's teachings in Australia. It is not designed to highlight certain individuals above others or to pander to individual egos. Both the Association and its Newsletter are the outcome of group consciousness and participation. Everyone that is in it and contributes in some way is equally valuable and forms the complete picture that is called the "Gitananda Yoga Association of Australia Inc."

To this effect, Dr Swami Anandakapila Saraswati, the Ambassador to our Association states the following:

"The last few years have seen wonderful advancement for The Gitananda Yoga Association of Australia including our own website, registration of the Association and the publication of a quarterly Newsletter."

Each and everyone of you have contributed, whether by just joining, participating in yearly meetings, or contributing articles for our Newsletter. We are all being part of something that is bigger than any of us individually.

Gitananda Yoga is now firmly established as a legal entity and firmly embedded itself as part of the unique Yoga fabric of Australia.

Your continued participation as a member ensures the permanent establishment in Australia of The Gitananda Yoga Association, solidarity and sustaining the promotion Gitananda Yoga in Australia. Membership, in return, gives, both individually and collectively, the continued support of the Parampara tradition from ICYER.

A very heartfelt thank you to all members."

***Dr. Swami Anandakapila Saraswati
Ambassador, Gitananda Yoga Association***

In furtherance of the above, we are now looking at registering our Association with insurances that provide liability cover for alternative therapies and activities such as Yoga. Please find some links below, take the time to review the information and provide your feedback to the Public Officer and Secretary at devidasan@bigpond.com. Having liability insurance at a group reduction rate is not only financially advantageous to individual members but also provides representation and further reputation to our Association. Please strongly consider it.

<http://www.iict.com.au/becomeamember.htm>

<http://www.iict.com.au/directory/yoga.htm>



***May 2007 be a productive and enjoyable
year for everyone concerned.***

Yours in Yoga – The Editor



Murali wrote the following experience of the group of Yoga Suddhaks that attended Southport on the Gold Coast this year.

Nocabarara is the Aboriginal name of Gita's beach house at Southport QLD, where five of us met for Gitananda Yoga Sadhana.

Gitanjali, Dawn, Murali, Wendy and Lisa attended. Lisa (Swami Anandakapila's student) joined us for the first time, after recently returning from the Yantra Course at ICYER.

Morning Hatha Yoga class was held beach side, to greet the morning sun, with the Currawongs (Australian Native Birds) singing.

Pranayama was held under the bottlebrush tree, on the front lawn, followed by a healthy lunch.

We took afternoon walks along the beach and swam in the ocean, performed some chikitsa practises, refreshed by Negative "Ions".

Lisa commented that she had really enjoyed the structure, and depth of Gitananda Yoga. Wendy commented that the four days had recharged her with "Shakti".

The AGM was held on Saturday afternoon (24th March). Devidasan participated via phone link and goals were set for the ensuing year. The yoga fellowship was appreciated by all and we would like to express our gratitude for Gitanjali's generosity and hospitality.



Present: Gitanjali Anwar-Joesoef, Trevor Fox (Yogacharya Murali Dharan), Wendy Snape, Dawn Williams, Lisa Wallace.

Apologies: Devaki Kerin, Jean-Michel Ruffier (Yogacharya Devidasan Giri)

Chair and Minutes: Jean-Michel Ruffier

Meeting started at 4.05pm Queensland time on Saturday 24 March 2007

ACTION ITEMS FROM PREVIOUS AGM

Devidasan Giri (Jean-Michel Ruffier) to draft letter of Membership and send to all Gitananda Yoga trained teachers in Australia.

OUTCOME: All Gitananda Yoga trained teachers residing in Australia featuring on the ICYER website have been sent membership invitation letter.

Murali Dharan (Trevor Fox) to organize independent Australian website through Yahoo.

OUTCOME: Independent Australian Gitananda Yoga website now set up and operating.

<http://www.gitananda-australia.org/>

Devidasan Giri (Jean-Michel Ruffier) to create Association Newsletter with first edition to be available and sent to members by 30/06/06.

OUTCOME: The Gitananda Yoga Newsletter Down Under is now in its Volume 2 of production.

Teaching Acharyas in each state to contact the White and Yellow Pages to include a free entry for the Gitananda Yoga Association of Australia or their own Gitananda Yoga school.

OUTCOME: Carry over item.



Gitananda Yoga website

Murali Dharan (Trevor Fox) is willing to absorb the initial costs (5800 rupees or A\$166) for the setting up of the website. This included set up / registration, domain name, 1 year web space, web designing, web hosting and maintenance for 1 year. August 2007 will be the renewal of fee for maintenance.

It was unanimously agreed that the on-going maintenance cost of the website will be accommodated by the Association.

Yoga Meets

This is the last year where the Gitananda Yoga Meets will be held at Gitanjali's house in Southport on the Gold Coast. Extensive discussion was held as to whether the Yoga Meets should continue in Southport, Gold Coast Queensland or be held in other states. It was unanimously agreed that the Yoga Meets Down Under should continue in Southport on the Gold Coast due to the location.

The price of accommodation at the Huntington apartments has risen and they require a \$333 deposit by October or November for the March Yoga Meet.

Murali Dharan (Trevor Fox) will be contacting Margo Hutchinson, yoga teacher, in Queensland to further investigate accommodation.

The question of having guest speakers as a draw card at the Yoga Meets was discussed. It was agreed that the Association would endeavour to have a guest speaker once every three years. This could include senior members of the Gitananda Yoga parampara such as our Ambassador, Dr Jonn Mumford (Dr Swami AnandaKapila Saraswati) and Sri Bala Ratnam of Vibrational Breath Therapy fame.

☺ Insurance

Discussion was held around obtaining group insurance for the Gitananda Yoga Association of Australia Inc. This would provide reduced liability insurance for teachers and reflect well on the professionalism of the organization reinforcing its authenticity and protection of its members all being draw cards for membership.

Mention was made of accessing insurance through the Association becoming a member of the YTAA (Yoga Teachers' Association of Australia). However concern was expressed regarding not becoming absorbed into another Association's rules and regulations as a consequence. Further investigations into Insurance options will be made by Murali Dharan (Trevor Fox) and Devidasan Giri (Jean-Michel Ruffier).

ASSOCIATION FUNDS AND MEMBERSHIP

As at 24/03/07, date of the AGM, latest ANZ Business Cash Management Statement (19/02/2007 to 19/03/2007) for the Gitananda Yoga Association of Australia Inc. show a Closing Balance of \$571.05.

All expenses incurred by the Association have been absorbed by Trevor Fox (website design) and Jean-Michel Ruffier (Newsletter and postage).

Membership fees will stay the same: \$50 for Full Membership (teaching Acharyas) and \$30 for Associate Membership.

It was unanimously agreed that where dues are unpaid the individual will forfeit the right to have their name on our website and Newsletter. **Clarification and a reminder that membership fees are due following the Annual General Meeting (AGM) of the Association – in another word March of every calendar year.** Also amendments to the website with regard to adding or substituting / changing names and address details must coincide with quarterly website maintenance and updates.

APPOINTMENT OF THE COMMITTEE

Clause 6.2a in the Rules for Gitananda Yoga Association of Australia Inc. states: "The Committee shall be comprised of a chairperson, national secretary, treasurer, public officer and four or less committee members."

A vote was called for the maintenance of the committee as per clause 6.2a above.

The committee members present voted and unanimously agreed to the following offices:

Public Officer – Jean-Michel Ruffier (Devidasan Giri)
 Treasurer – Jean-Michel Ruffier (Devidasan Giri)
 Chairperson – Trevor Fox (Murali Dharan)
 Secretary – Jean-Michel Ruffier (Devidasan Giri)

NEW ACTION ITEMS



Trevor Fox to contact Margo Hutchinson regarding accommodation in Southport, Queensland for our next Yoga Meet.

Trevor Fox and Jean-Michel Ruffier to contact Dr Jonn Mumford (Dr Swami AnandaKapila Saraswati) and Sri Bala Ratnam regarding the future possibilities of running workshops at Yoga Meets.

Trevor Fox and Jean-Michel Ruffier to investigate further liability insurance options for the Gitananda Yoga Association of Australia Inc. and its teaching Acharyas.

Meeting concluded at 5.35pm Queensland time on Saturday 24/03/07.

OTHER IMPORTANT DATES

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| 2 nd April - Monday | Hanuman Jayanti |
| 3 rd April Tuesday | Full Moon |
| 14 th April – Saturday | Baisakhi / Tamil New Year |
| 15 th April – Sunday | Bengali New Year |
| 17 th April – Tuesday | New Moon |
| 19 th April – Thursday | Parshuram Jayanti |
| 2 nd May - Wednesday | Buddha Purnima / Vaisakhi Purnima |
| 2 nd May – Wednesday | Full Moon |
| 17 th May – Thursday | New Moon |
| 1 st June – Friday | Full Moon |
| 15 th June – Friday | New Moon |
| 25 th June – Monday | Ganga Dashami |
| 30 th June – Saturday | Full Moon |



OTHER IMPORTANT INFORMATION

To all members, If you have not renewed your membership please do so asap to prevent disappointments such as your name and contact details no longer appearing in the OZ Gitananda Yoga Schools and Contacts section of the Newsletter or on our Australian website.

*Cheers
The Secretary*

ASHRAM DIARY DATES

4th June 2007

Srila Sri Shankara Giri Swamigal Guru Puja

30th June 2007

Srila Sri Manikka Swamigal Guru Puja

10th to 19th July 2007

10 day residential course at ICYER



OZ GITANANDA YOGA SCHOOLS AND CONTACTS



SOUTH AUSTRALIA

- ANAND YOGA ACADEMY

YOGACHARYA DEVIDASAN GIRI

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VICTORIA

- VIBRATIONAL BREATH THERAPY

SRI BALA RATNAM

5A IAN GROVE
MT WAVERLEY VIC 3149
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SRIBALA@BIGPOND.NET.AU



- EASTERN SCHOOL OF YOGA

Verna Fielding

132 High Street Road
ASHWOOD Vic 3147

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- BARWON HARMONY YOGA

NICOLE RUBIO

3/50 HITCHCOCK AVENUE,

BARWON HEADS VIC 3227
barwonharmony@optusnet.com.au

NEW SOUTH WALES

- KAILASH CENTER FOR PERSONAL DEVELOPMENT INC.

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