

Change for GYAA ONLINE FORUMS in 2025!



The presentation of the Online Forums commencing in 2025 will be different due to the committee deciding that the presentation/teaching of the monthly Zoom forums are to be shared by accredited members. This will deliver different perspectives of the teachings for a broader experience of the topics.

A Calendar is being prepared and will include presenters, topics, dates, and times for all members. The Zoom meetings will be facilitated by Niraimathi.

Our Secretary Hwamin will open

the Zoom room 30 minutes prior to meeting to give technical support to sort out any issues before the meeting commences.

The first Forum date is **Sunday 2nd February**. Details of time, topic, presenter and link will be forwarded by email by committee Secretary.

Forum recordings will be uploaded to Gitananda Yoga Australia YouTube channel <https://youtube.com/@gitanandayogaaustralia?si=1NP2-rAITnDN6sY3> for easy and convenient access.

Quote by Yogacharya Dr Ananda Balayogi Bhavanani

“Yoga is first and foremost a spiritual science for the integrated, holistic development of the physical, mental and spiritual aspects of our being.”



GYA RETREAT 23RD—27TH OCTOBER 2024

This Retreat was presented simultaneously in 2 locations to connect and strengthen the Gitananda Yoga community in Australia. The 5 night Northern retreat facilitated by Muralidharan was in Queensland, and the 3 half day Southern retreat facilitated by Niraimathi was in Victoria.

Each Retreat conducted daily Sadhana of Hatha Yoga, Pranayama and Jnana Yoga Kriyas.

The online Zoom sessions from India on the 26th & 27th October were with Pudevai Kalamamani Yogacharya Dr Ananda Balayogi Bhavanani.

These retreats were very successful for the Gitananda Yoga Association in Australia and we are delighted to share some experiences of the Retreats in the following pages.

The committee accepts donation of \$60 for the recordings of the online zoom session at the retreat which will be given to Ammaji as Dakshina. Payment to be made via EFT into GYA's account.





Quote by Yogacharya Dr Ananda Balayogi Bhavanani

“Bring out the warrior in you and vanquish the worrier that holds you back!”

Hwamin's Report on Southern Retreat

Having participated in the first Southern Retreat in Victoria run by Niraimathi, I would like to humbly share my experiences from this amazing event.

From the beginning, it was very clear to me that this retreat was carefully crafted with each practice building onto the previous ones to experience a deeper and deeper aspect of self.

Niraimathi's ability to teach, polished through years of experience as Yoga Step by Step Tutor, clearly highlighted her firm understanding of Swamiji's teachings, and her exceptional gift to communicate ways to navigate subtle intricacies of the psychic world in a simple and loving way.

Participants were given space to explore the inner world and share their experience, if they were inspired to, in a safe and relaxed environment. We felt at ease with ourselves and with others and it was so lovely to see each of us transform as the days go on.

Judith was very kind to open her home to us so we can join Dr. Ananda's zoom sessions together. There was amazing sharing by everyone accompanied by plenty of laughter. We bonded effortlessly and the energy built up over the three days was magical. It truly was a fabulous weekend of rewinding, re-connecting and re-centering and I am eagerly looking forward to the future retreat.

RETREAT ~ NOTES FROM NIRAIMATHI

How blessed we were as a small community of Australian Gitananda members to have the Grace of Dr Ananda as we gathered together for our inaugural combined Northern and Southern Retreats. Of course, we are all used to the online presence of Dr Sir as he is wholeheartedly generous with his availability to his global family. However, to have him in what felt like our own lounge room, speaking directly to us, added a touch of something a bit more... magical, personal.

As we sat in attendance, the Northerners led by Murali and the Southerners delighting in home made Chai (thank you Bernadette), there was a strong sense of energy reaching, even touching each one of us.

The explanation that Dr Ananda gave about the Tantric aspect of the teachings were emanating and being delivered by the internet gods! This is one way of experiencing the living nature, the ALIVE nature of this lineage as it lands on the skin and carries on the breath. It fills the room with its wisdom and infuses its knowing into the atmosphere.

As the talk continued, it was apparent that something was happening beyond the words. There was delight, insight, care and compassion and ultimately, there was love. Profound interest, as we have been taught to see it. We were gathered and lifted, led and then gently placed in a space of more awareness, deeper knowing and harmonious connection. As a recipient, all I can say is that it was gratefully, so very gratefully received.

Over the two evenings, each 90 minutes in length, Dr Sir took us on a beautiful journey of the importance of lineage and prac-

tices for graceful and embodied aging. He shared what is particular to the Gitananda teachings, starting with the adoption of the name 'Gitananda' Yoga and made sure to discuss the role Ammaji played. Swamiji's incredible ability to draw information directly from Source meant that he was instrumental in the codification of these teachings, while Ammaji brought her resourceful and particular flavour of care to the systemisation of them, creating the wonderful books, courses and Ashram structure that we have available to us today.

As Dr Ananda expressed, 'We are enabling each person to be what they can be. We can be the support system. The goal of this tradition is for each person to be a better version of themselves. That's all. We are the loving caretakers of this process.'

We, the recipients of these teachings experience what has been passed down through the line of Guru's, codified by Swamiji, systemised by Ammaji and now generously and lovingly shared by Dr Sir.

'Grow and Glow in Yoga', as Dr Ananda says 'This is where the Gitananda family comes in, comes together. We are brought together by choice- the superhuman power. We move from separation to Oneness. Open hearted sharing of the teachings is essential.'

From all of us here in Oz, thank you from the bottom, top and middle of our hearts.

Niraimathi

PHOTOS FROM RETREAT IN QUEENSLAND



Practicing Hatha's at 2024 Retreat.

Old Group in the park are; Murali, Zigi, Gowri and Jenny.

All 4 of us joined indoor Kirtan group. Mantra chanted when we attended was:

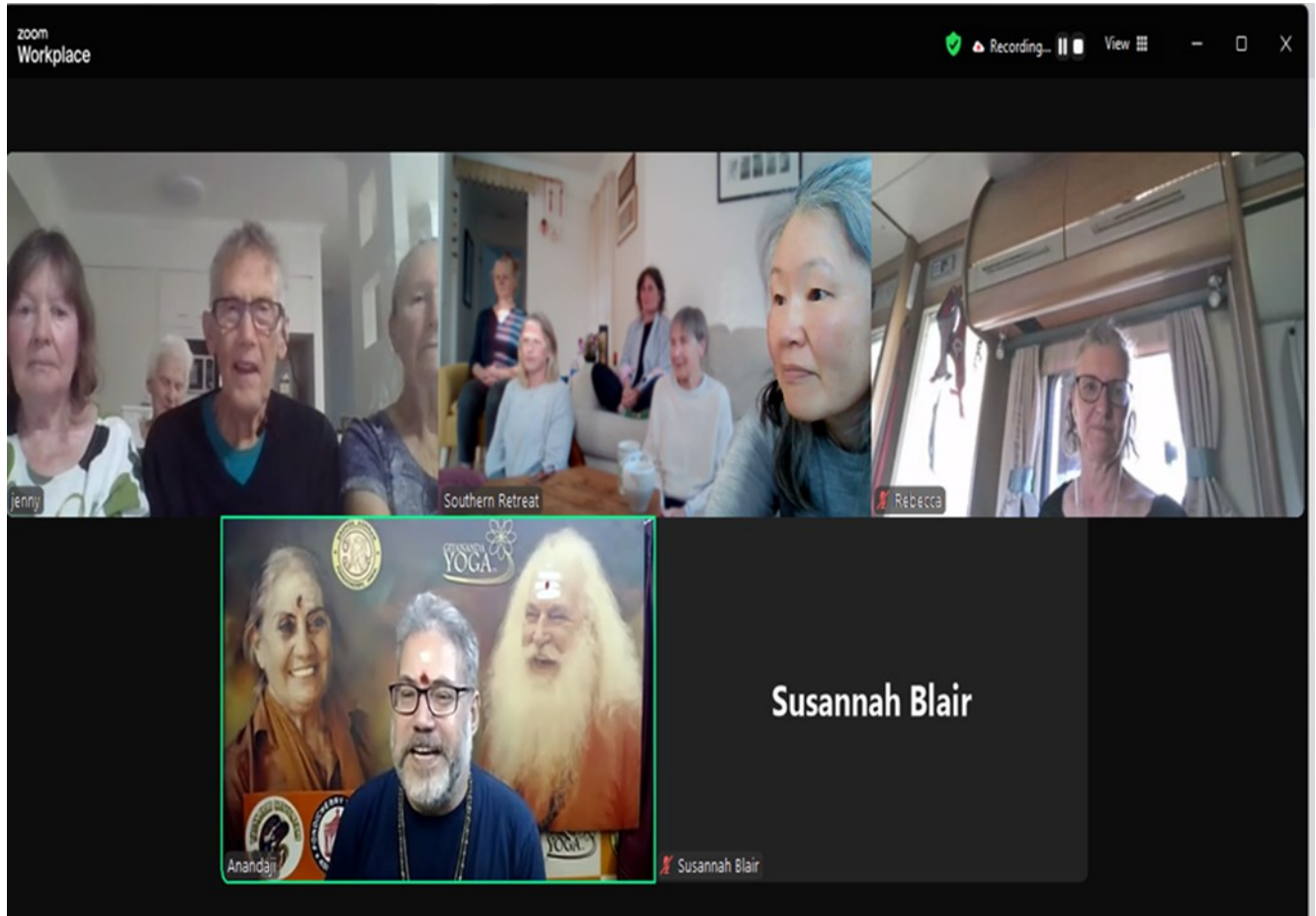
"Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare"

Note: the words for this Mantra were on the Wall - as the photo below shows.

Murali



ZOOM SESSIONS WITH DR ANANDA AT OCTOBER RETREAT



Wow, what fabulous sessions we had with Dr. Ananda. It was lovely to see you all. I hope you had a great time rewinding, reconnecting and re-centering.

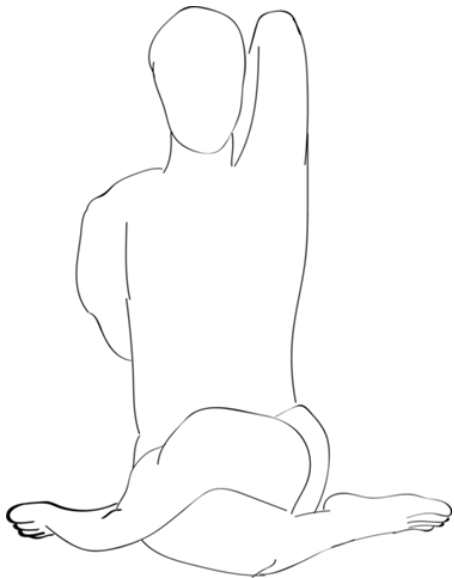
Hwamin

Quote by Yogacharya Dr Ananda Balayogi Bhavanani

Yoga is life and everything we do is Yoga. Yoga is in every second of life, Yoga is in every action you do and in every thought you have and in every emotion that you feel.

ASANA ~ GITANANDASANA

This pose is dedicated to Yogamaharishi Dr. Swami Gitananda Giri, a modern yogi born in 1907 and is one of the most recognized modern yogis of our time. Yogi Gitananda is also credited with bringing yoga to the Western world in the 1950s. He received many recognitions and awards during his time, one of it being hailed as the Father of Scientific Yoga.



Effects

- Hatha yoga boosts overall health.
- Tones the spine.
- Improves flexibility.
- Strengthens muscles.
- Enhances balance.
- Revs up blood circulation.
- Increases immunity.
- Relieves stress.
- Helps with focus and concentration.
- Balances the flow of energy.
- Makes you happy.

Quotes by Yogacharya Dr Ananda Balayogi Bhavanani

Yoga is not just performing some contortionist poses or huffing and puffing some pranayama or sleeping our way through any so-called meditation. It is an integrated way of life in which awareness and consciousness play a great part in guiding our spiritual evolution through life in the social system itself and not in some remote cave in the mountains or hut in the forest.

*It is only when we are healthy and happy
that we can fulfill our destiny.*



LINKS TO ANANDAJI'S YOU TUBE TALKS

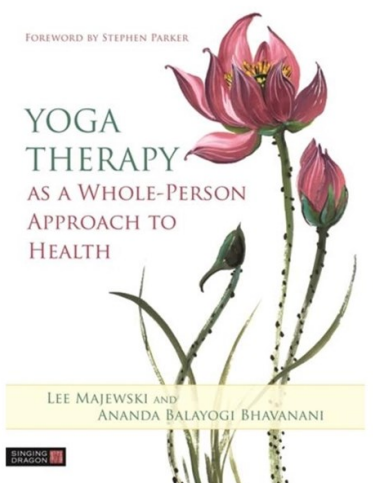
Have you viewed any of these courses yet? Dr. Ananda's generous offerings on You-tube can help people learn more and in their own time.

Some available courses are Adhikara Yoga, Satsangha 999, Primer of Yoga Theory, Secrets of Yoga Therapy and more. You can find Dr Ananda's courses via the link below, under Playlist tab.

You can find Dr. Ananda's playlist here.

<https://youtube.com/@YogacharyaDrAnandaBhavanani?si=7Xw-leiUWAPTRCf0>

We would LOVE to learn of any other resources you as members have found as interesting viewing. Please share with us for the next Newsletter.



YOGA THERAPY

This is a brilliant book both for teachers and students of Yoga.

Lee Majewski and Ananda Bhavanani present Yoga and Yoga therapy as a multifaceted approach to wellness, which includes the energetic, the emotional and the spiritual. The authors carefully clarify Yogic concepts and explore how deep Yogic work can be practically applied to a range of chronic conditions.

MEMBERSHIP

Having a membership to an association is like being part of a special community. Membership joining fees for Gitananda Yoga Association of Australia are:

- 1 year Student \$40/ Teacher \$60
- 2 years Student \$70/ Teacher \$110
- 3 years Student \$90/ Teacher \$150

Membership fees are to be paid into the following bank account. Please make sure to include your name so we can send you receipt of payment.

Account name: Gitananda Yoga Association

BSB: 015 025

Account number: 498569383

Reference: Your Name

Your membership with GYAA assists us to promote Rishiculture Ash-tanga (Gitananda) Yoga in Australia and help support Ananda Ashram to carry on the works of Yogamaharishi Dr. Swami Gitananda Giri. Your membership of the Association entitles you to the following benefits:

Quarterly newsletter + Online Forum via ZOOM + Opportunity to attend retreats + Accredited teacher listing on our website + Regular group visits to Ananda Ashram, Pondicherry, India



RECIPE CORNER

Refreshing Summer Sattvic Drink & Food

Mint lemonade juice

Mint lemonade is fresh juice good during summer days.

Ingredients:

- Mint leaves – handful
- Lemon – 1 big size
- Sugar – 2 tbsp
- Honey – 2 tbsp
- Salt – a pinch
- Pepper powder – 1/4 tbsp
- chilled water – 3 cups

Method :

1. Take mint leaves in blender, squeeze lemon juice in blender.
2. Add pepper powder, salt honey, chilled water, sugar mix well



3. Stir nicely and adding chilled water blend well for 3-4 minutes
4. It can be strained but the nutrition will be lost.
4. Serve juice with ice cubes.

Reference: [Mint lemonade juice - Sattvic Recipe](#)

Daliya pulao is simple healthy lunch box recipe which is suitable for people who follow low-carb diet.

Ingredients:

1. Daliya – 2 cup
2. Beans – 1 cup
3. Carrot – 1 cup
4. Green peas – 1/4 cup
5. Potato – 1 cup
6. Ghee – 2 tsp
7. Coriander leaves – 1/2 cup
8. Ginger – 1 inch
9. Green Chilly – 2
10. Spices – 2 cloves, 2 cardamom, 2 cinnamon sticks, 3 bay leaves



Method:

Heat pan and add ghee, now on low flame fry chopped green chilly and ginger. Add all the spices whole and saute for 5 min so that nice aroma starts. Now add all vegetable which are cut in small pieces along with soaked green peas. Stir all the vegetable on medium flame so that they become soft. Now add washed dalia mix well for 5 min and add hot water, let it boil for 5 min. Now low the flame and close the pan with lid for 15 min till the dalia and vegetables are cooked. Add salt as per taste and stir well. Now garnish with chopped coriander leaves and serve.



MURALI'S VISIT TO ICYER IN 2024



Above photo ~ Amma on her birthday on 13/10/2024

Below photo ~ Amma receiving 2024 Dakshina.



Photo to the Right ~ **School of Music Therapy:** We travelled by bus to Sri Balaji Hospital where Ananda had organized "Music for Healthfulness" which included speakers from Auroville and UK.

Shiva Temple: We travelled by bus to Chidambaram being guided through Shiva Temple complex.

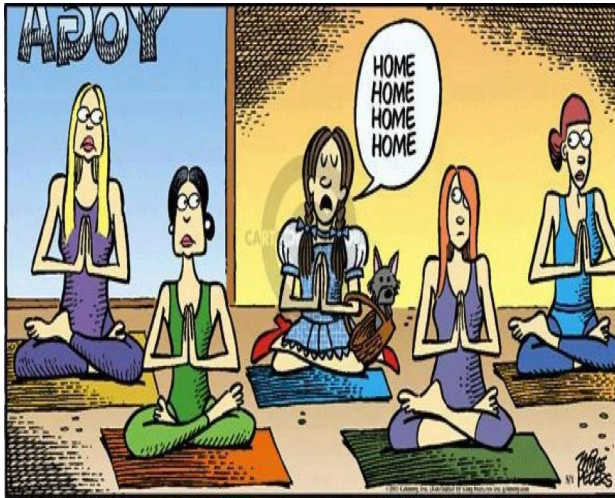
Murali arrived at ICYER India on 20th August 2024, and joined Kalavathi's sadhana group from Wales UK.

ICYER Sadhana Routine:

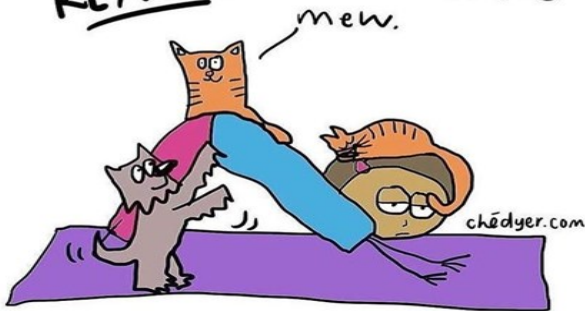
- 6am: Our group chanted Gayatri Mantra's with Ananda performing Aarthi / Puja to Saraswati , Lakshmi , Our Guru, etc connecting with the Mantra's Energies of Spiritual Growth.
- Hatha Yoga Classes were lead by Kalavathi and Devasena on the roof.
- Nutritious breakfast prepared by Shanti was well received.
- After breakfast it was Karma Yoga as everyone contributed to keeping Ashram clean.
- Pranayama in Pranayama Hut: Under Kalavathi and Devasena guidance we practised a variety of Gitananda Pranayama's.
- Nutritious lunch prepared by Shanti was well received.
- Free time: Swimming / Shopping etc
- Mantra Chanting: In Patanjali Kutir /Hut with Ananda. Ananda highlighted that Chanting Mantras quietens the Mind allowing for deeper connection with our inner self.
- Nutritious evening meal prepared by Shanti.
- Our group would then Sing Bhujan's to Ammaji



LIGHT YOGA HUMOUR



WHAT A HOME
YOGA PRACTICE
REALLY LOOKS LIKE



HEY - WHEN YOU'RE PICKING UP
MY SOCKS, IT LOOKS JUST LIKE
ONE OF YOUR YOGA POSES!



*"Warrior 2?" my instructor asked.
"No, I'm actually a writer," I replied.*



2025 VISIT TO
A N A N D A
Ashram

18 - 30TH AUGUST 2025

GITANANDA YOGA RESIDENTIAL
PROGRAM
CLASSES LED BY

PUDUVAI KALAIMAMANI YOGACHARYA DR ANANDA BALAYOGI BHAVANANI

YOGA SHAKTI YOGACHARINI DEVASENA BHAVANANI

YOGACHARINI NIRAIMATHI NICOLE RUBIO
Please email Yogacharininiraimathi@gmail.com
or reply to this email



2025 VISIT TO
A N A N D A
Ashram
18-30TH AUGUST 2025

Join Niraimathi Nicole Rubio on an enriching visit to Ananda Ashram, India.

Applications are open to participants who have undertaken (or begin) the Step By Step Yoga Immersion course in the Gitananda Lineage.
[More Info on this course available here.](#)

A rare opportunity to experience life in the Guru Kula (the womb of the Guru) beside the Bay of Bengal in Pondicherry, India.

Enjoy a daily enriching Sadhana
Hatha Yoga
Pranayama
Bhajana
Mantra
Satsangha
Ganeesha Chaturthi Festival
and more....

with a focus on the principles of Yama and Niyama.

Please email Yogacharininiraimathi@gmail.com



DETAILS

ARRIVE ASHRAM

MONDAY 18TH AUGUST BY 11AM

DEPART ASHRAM SATURDAY 30TH BY 11AM

Students joining this trip will have the chance to connect with and arrange travel buddies if desired.

EARLY BIRD FEE \$2000/ \$2150 non members*
deposit paid before 10/12/24

MID MORNING BIRD FEE \$2150/ \$2300 non members*
deposit paid before 10/3/25


AFTERNOON BIRD FEE \$2300/ \$2450 non members*
deposit paid after 10/3/25

A non refundable deposit of \$500 is to be paid upon acceptance of application. Remainder of fee to be paid at the Ashram in August.

*Discounted rate is for members of the Gitananda Association of Australia. Enquire for more details.

Please note this fee is for all Ashram accommodation, food and tuition. Flights, visas, transport to and from Ashram and accommodation before and after are not included and is to be arranged privately (we will book the transport to and from the airport) . Many students are coming to the Ashram for the first time and we will of course assist you with abundant information as you make arrangements for your journey.


Please email Yogacharininiraimathi@gmail.com



Welcome to an exciting adventure!

An enriching 2025 trip to Ananda Ashram.


Life in the Ashram is simple and nourishing, Your own room, a generous schedule of profound and health giving practices, delicious vegetarian food and some rest time each afternoon. A rare moment to adopt a Yogic lifestyle in the integrity of a living lineage. Retreat from the rigours of day to day life and invest in yourself in this unforgettable experience .




Once your application has been approved you will be sent more information for each step of the journey. The first thing is to ensure you have undertaken the Step By Step course (even if you are just starting on this journey, you will need Module 1 under your belt to have a grasp on necessary practices and teachings. More info on that [here](#).

The EARLY BIRD FEE is available to you if your deposit paid before 10/12/24
\$2000/ \$2150 non members*


Once your deposit is paid, you will receive more information about the next steps. If you have any questions please get in touch.



You can find out more about short stays at the Ashram and the Gitananda tradition [here](#).



*Discounted rate is for members of the Gitananda Association of Australia. Enquire for more details.
yogacharininiraimathi@gmail.com
or reply to this email





Gitananda Yoga Association Australia Inc

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our program and how to get
involved, please contact us at:
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