

Gitananda Yoga Association Australia Inc.

Incorporation Number : A37776
gitanandaaustralia@gmail.com

eNews: Volume 10:4 – February 2025

NOTES FROM NIRAIMATHI

Namaste Dear Friends,

We are not long into 2025, and already so much has changed. With heavy hearts, we shared the news that our dear Chairperson and dedicated member of the International and Australian Gitananda family, Murali passed away on the afternoon of Thursday 30th January. His passing leaves a deep void in our community, but his spirit, devotion, and unwavering dedication to the tradition can be the light that guides us onward.

As a tribute to this gentle soul, we have chosen to dedicate this issue to him, a man whose life was infused with the teachings and values of the Gitananda tradition. We have invited members to send stories, photos, and memories, so that we may weave together a tapestry of his life's work and impact. Already, many have shared reflections on how he touched their lives in the first of our online gatherings for the year. It was evident from the heartfelt words spoken that Murali's presence was far-reaching and deeply cherished.

Murali's commitment to the tradition was nothing short of inspiring. His yearly visits to see Ammaji and Dr Ananda, his tireless dedication to service, and his willingness to turn up and get involved all embodied the essence of Seva (selfless service).

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NOTES FROM NIRAIMATHI Cont.

His steadfastness in his Sadhana and his unwavering loyalty to the Gitananda family are qualities that will continue to guide and inspire me. When I picture Murali, I see his cheeky sideways smile and the twinkle in his eye when something poked his sense of humour.

It has been a true privilege to know such a man, and in his honour, I reaffirm my own commitment to upholding the values and teachings of the Gitananda tradition through my role on the committee. May we all find renewed strength and resolution in his memory, carrying forth his dedication with the same quiet humility and determination.

As an active committee member of the Australian Association, I am deeply grateful for Murali's perseverance and unwavering dedication to keeping the Oz flag flying. Without his efforts, we would not have the strong foundation upon which we now stand.

The Gitananda tradition extends across an international community, yet the Australian Gitananda Yoga Association remains unique in its formal structure outside of the Ashram in India. Murali was instrumental in ensuring that we had an association to support and sustain our shared journey, and for that, we owe him our deepest gratitude.

As we move forward, let us honour Murali's legacy by continuing to nurture and strengthen this association. Let us keep learning, practicing, and supporting one another. In doing so, we ensure that his contributions and his spirit continue to guide us, lighting the path for future generations of seekers who will find solace and inspiration in the tradition he so dearly loved.

With love and gratitude,

Xxx Niraimathi



*Yogacharini Niraimathi Nicole Rubio
Gitananda Yoga Association of Australia
Administrator/ Member Relations &
Learning Facilitator*

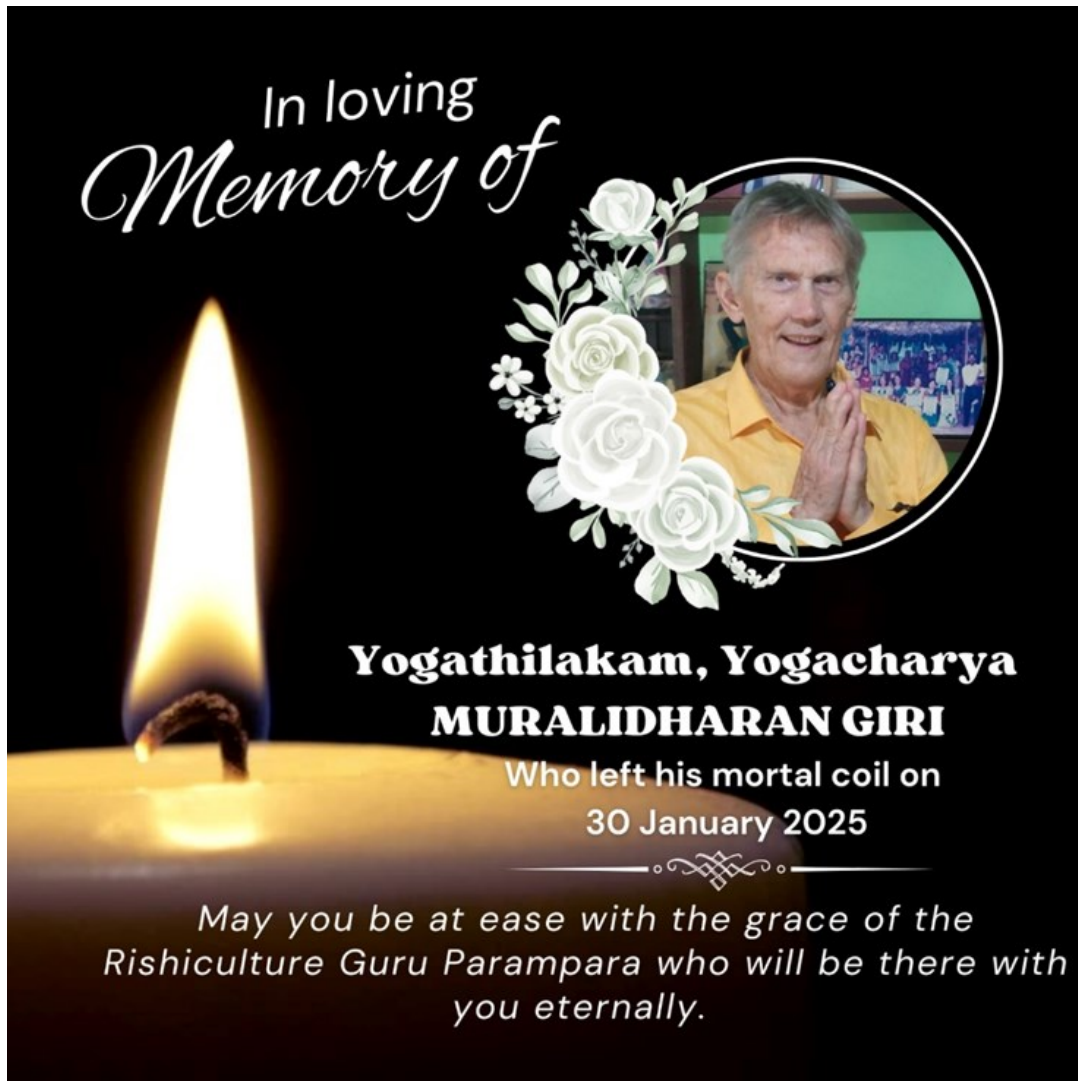
Tribute from the Dr Anandaji

Dr Anandaji offers a heartfelt tribute to Yogacharya Muralidharan Giri of Sydney, Australia who passed away on 30.1.2025.

<https://youtu.be/jYV3MnAr8FI>

Murali has been a student and teacher of the Rishiculture Gitananda Yoga Parampara since 1993 when he first met Param Pujya Swamiji. Murali has been one of the rare Yogis and noble human being we have known and has spearheaded Gitananda Yoga Down Under as the Chairperson for the past 3 decades. May you be at ease and be with the teachings of the great master who will be pleased to have you with them in the eternal now. OM shanti shanti shanti OM

TRIBUTE TO MURALI



Yogacharya Muralidharan Giri passed away about 4.p.m. Thursday 30th January 2025 in Royal North Shore Hospital, Sydney, Australia.

The Rishiculture Gitananda Yoga Family offers our deep condolences and prayers for his eternal ease with the Divine Universe.

We salute his dedication, devotion and commitment to the teachings of the Guru Parampara who will await him with open hearts in the highest abode of ease.

The worldwide Gitananda Family

TRIBUTES TO MURALI Cont.

Murali at Chiddambaram Temple last September where clearly it was a happy place for him. Will miss you Murali!

Thank you, Kalavathi

Yogacharini Kalavathi Devi Wales UK



TRIBUTES TO MURALI Cont.

The photos and words below were submitted by Niraimathi

The first photo is in a local wildlife sanctuary on the Bellarine Peninsula, Victoria. I love Murali's head poking up in the background because that's how he felt to me. A serious but also a little bit of a cheeky presence. The second photo is of Murali patting a koala at the same wildlife sanctuary.

The third photo shows Dr Ananda, Murali, Bernadette and myself at a Symposium for Health in Melbourne that Dr Ananda presented at. This was after the event and a bunch of happy smiles as it was also the completion of a successful Victorian leg of the tour with Dr Ananda and Murali as his companion.

The fourth photo shows Murali in action with Bernadette, sharing his knowledge and passion for all things Gitananda!



TRIBUTES TO MURALI Cont.

Tribute submitted by: Jenny Lloyd (Newcastle area NSW)

I had the honour of attending Murali's funeral in Sydney on 11th February and met some of his family. Those who watched the live screening of the funeral will have discovered many things about him in his younger days and his many endeavours exposing an interesting and full life. He certainly scrubbed up very well in a suit or tuxedo but he just preferred to live a humble and simple life.

He loved his mother and dedicated his last three years since his father's death (the best father he could have asked for, he once told me) into making sure she was comfortable and well looked after and visited her regularly in her care home. Surprisingly his mother is 99 years of age. I managed to speak to her briefly and she neither looks nor comes across as being that age. She is just amazing. He was very close to his brothers and when his niece had her children, he was always there to assist any way he could. It was total dedication to family for him and of course to his Yoga family too.

He told me some years ago that he used to go to an Indian music teacher in Sydney to improve his singing as he felt unable to always sing in tune. He did improve. Probably not widely known is that Murali hosted musical evenings in his yoga studio. He would squeeze in over 30 mostly 18-something year-olds who were students of this particular music teacher. They would come along with their Indian musical instruments and set up to showcase what they had learnt and provided a wonderful show of singing Indian classical songs. We, the older women would bring along a dish and at the end of the evening we would share in a wholesome supper. I attended two of these concerts many, many years ago, not something he did in recent years.

A great joy to me was catching up with Dawn Williams who like me was a student of Murali's. She used to join us on yoga retreats when younger and able to do so.

Murali is sadly missed and will leave a big void in our lives. May he rest in eternal peace.

Quote by Yogacharya Dr Ananda Balayogi Bhavanani

*Yoga is something that you "live" until your last breath,
and even that last breath should be completed with awareness.
You should go with the satisfaction of knowing that you have done your best.*

HOW DOES YOGA HELP US?

by Dr. Ananda Balayogi Bhavanani

The Yogic concepts of Samatvam (mental and emotional equanimity) and Stitha Prajna (the even minded, balanced human being) give us role models that we may strive to emulate.

An understanding of the Pancha Kleshas (five psycho-physiological afflictions) and their role in the creation of stress and the stress response help us to know ourself better and understand the how's and why's of what we do.

The concept of the Pancha Koshas (the five layered existence of man as elucidated in the Taittiriya Upanishad) helps us to understand that we have more than only the physical existence and also gives us an insight into the role of the mind in causation of our physical problems as well as psychosomatic disorders. All of these concepts help us to look at life with a different perspective (Yoga Drishti) and strive to evolve consciously towards becoming Humane Beings.

The concept of Vairagya (dispassion or detachment) when understood and cultivated enables us to be dispassionate to the Dwandwas (the pairs of opposites) such as praise blame, hot-cold and the pleasant-unpleasant situations that are part and parcel of our existence in this life.

The regular practice of Yoga as a 'Way of Life' (as taught by Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj) helps us reduce the levels of physical, mental and emotional stress. This Yogic 'way of life' lays emphasis on right thought, right action, right reaction and right attitude. In short Pujya Swamiji defined Yogic living as —right-use-ness of body, emotions and mind.

The regular practice of Yogasanas, Kriyas, Mudras, Bandhas and Pranayamas helps to recondition the physical (Annamaya Kosha) and energy (Pranamaya Kosha) bodies.

The practice of Pratyahara, Dharana and Dhyana techniques helps to recondition the mind body (Manomaya Kosha) apparatus. All of these Yogic practices help to foster a greater mind emotions-body understanding and bring about the union and harmony of body, emotions and mind. This right-

eous (right-use-ness) union is Yoga in its truest sense.

Patanjali advises us to cultivate the following attitudes for right living. These attitudes are friendliness towards those who are happy (Maitri - Sukha), compassion towards those who are miserable (Karuna - Dukha), cheerfulness towards the virtuous (Mudhita - Punya) and indifference towards the wicked (Upeksha - Apunya).

Yoga helps us to take the right attitude towards our problems and thus tackle them in an effective manner. "To have the will (Iccha Shakti) to change (Kriya Shakti) that which can be changed, the strength to accept that which cannot be changed, and the wisdom (Jnana Shakti) to know the difference" is the attitude that needs to be cultivated. An attitude of letting go of the worries, the problems and a greater understanding of our mental process helps to create a harmony in our body, and mind whose disharmony is the main cause of 'Aadi - Vyadhi', or psychosomatic disorders.

CONCLUSION Through the dedicated practice of Yoga as a way of life, we can become a truly balanced humane being (Sthitha Prajna) with the following qualities as described in the Bhagavad Gita:

- Beyond passion, fear and anger. (II.56)
- Devoid of possessiveness and egoism. (II.71)
- Firm in understanding and unbewildered. (V.20)
- Engaged in doing good to all beings. (V.25)
- Friendly and compassionate to all. (XII.13)
- Having no expectation, pure and skilful in action. (XII.16)

This is an excerpt from an article—Integral Psychology of Yoga by Dr. Ananda Balayogi Bhavanani www.icyer.com.

⇒ **Editor's Note. Please read the entire article here at: [INTEGRAL PSYCHOLOGY OF YOGA](#)**

GYAA ONLINE FORUMS in 2025



It was a lovely online forum session in February remembering our beloved friend and the Chairperson, Muralidharan Giri. Thank you to members who were there in person and for sharing your memories of Murali. The next Forum date is the **2nd March 2025**.

Times:

- 7pm Adelaide
- 7.30pm Melbourne

- 6.30pm Brisbane
- 4.30pm Perth

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

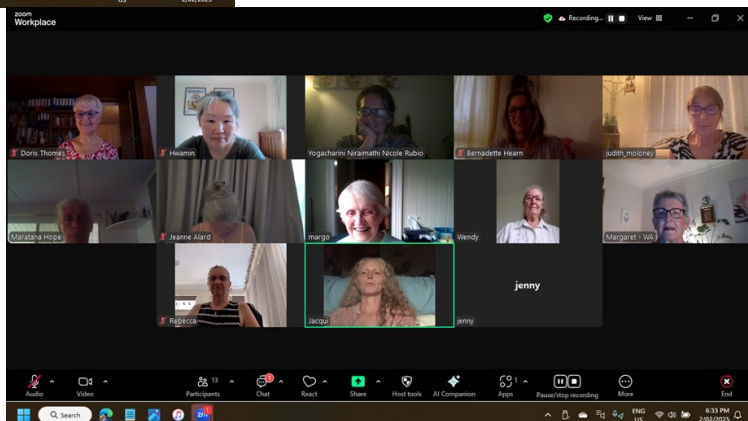
Forum recordings will be uploaded to Gitananda Yoga Australia YouTube channel <https://youtube.com/@gitanandayogaaustralia?si=1NP2-rAITnDN6sY3>

Quote by Yogacharya Dr Ananda Balayogi Bhavanani

“A lighted lamp gives off more light when it ‘shares’ itself by giving to other lamps thus enlightening the universe.”



Photos to the left and below are screen shots of the participants in the recent online Forum.





Quote by Yogacharya Dr Ananda Balayogi Bhavanani

“May we all grow gracefully through Yoga, the mother of all sciences.”

GYAA’S ANNUAL GENERAL MEETING

Please do not forget to attend the upcoming Annual General Meeting of the members of the Gitananda Yoga Association of Australia Inc. to be held by Zoom. The details of this meeting are as follows:

Date: Sunday 9th March 2025

Time: 5:30pm NSW, VIC, ACT & TAS Daylight Saving Time.

The times for the other states are listed below, please make a note in your diary:

QLD 4:30pm AEST

SA 5:00pm ACDT Daylight Saving Time

WA 2:30pm AWST

Join Zoom Meeting

<https://us06web.zoom.us/j/83507800142?pwd=Oa9EHVppd7sSxyHGUCI8EGAR9Sdzqh.1>

Meeting ID: 835 0780 0142

Passcode: 059328

MEMORIES OF MURALI



Photo above left: with Australian members and friends in the early days.

Photo above right: with dear friends Margo and Zigi at the Qld retreat in 2022.

Photo below: with dear friends at the Ananda Ashram Aug/Sept 2024.



Quote by Yogacharya Dr Ananda Balayogi Bhavanani

“The Divine is ‘That’ which is beyond name and form yet manifests to us through every name and form dear to us. “

GITANANDA ASANA ~ DHARMIKA ASANA From Hwamin Fettes

I have always had a favourite Asana which gives me an absolute joy to be in and wanting me to practice over and over. My favourites have changed several times through the years as I transform in my body and mind. Some of my favourites were Sarvanga Asana (Shoulderstand pose), Trikona Asana (Triangle pose) and Paschimottana Asana (Posterior stretch), just to list a few.

Studying Gitananda Yoga with Dr. Ananda has broadened the way I approach Asana to tune into the Pancha Kosha of Asana and to align my Pancha Kosha to it. My current favourite Asana is Dharmika Asana, Devotional Posture or Prayer Posture.



It is done from Vajra asana, sitting upright on the heels. As the breath is let out, the head is brought down to the floor in front of the knees. Catching hold of the feet and relaxing the elbows to the floor.

I like Dharmika Asana because it relaxes me straight away. It allows me to let go of tension of body and mind and awakens the feeling of serenity.

In this Asana I become face to face with my breath, forcing me to slow down and become aware of my intimate connection to Prana, the life force behind all that is. I am reminded that my life is being sustained by the higher force to experience life so that I may know who I am and why I am here.

In Dharmika Asana I feel safe and protected like a child in the womb of the mother universe. Dharmika Asana evokes qualities of love and trust. I believe the essence of Dharmika Asana is Ishwara Pranidhana, Surrendering of the personal will to the higher Divine will, and is the attitude required for living one's Dharma.

The more I practice Dharmika Asana, the more it reveals its hidden meanings, and I am filled with a sense of joy and gratitude to the Gitananda Yoga Parampara for the precious teaching.

Note from Editor: Thank You to Hwamin for sharing your favourite Gitananda Asana with us.

We would love to learn of members' favourite Gitananda Asana. Please send your contributions to the Editor.

Quote by Yogacharya Dr Ananda Balayogi Bhavanani

“If we don't have the ‘experience’ of the Yoga technique and its ‘state of being’, what are we going to research, and what is the effect we are going to report?”



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.

MEMBERSHIP TO GYAA



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

Cardamom and Fennel Spiced Root Vegetable Soup



- 1 tsp fennel seeds
- 20 seeds of cardamom pods
- 1/2 tsp sumac
- 1/4 tsp cracked black pepper
- 80g leek (roughly chopped)
- 1 clove garlic (peeled)
- 25g butter (or coconut oil)
- 240g peeled swede (cut into 1cm cubes)
- 210g peeled celeriac (cut into 1cm cubes)
- 135g peeled carrot (cut into 1cm cubes)
- 500ml hot vegetable stock
- Juice of 1/2 lemon
- To taste Sea salt flakes

Method

Step 1

Grind the fennel and cardamom seeds together in a pestle and mortar until they are a fine powder. Add to the jug along with the remaining spices, leek, garlic, and butter. Select CHOP, then run the SAUTÉ programme.

Step 2

Add the remaining vegetables then press down with a silicone spatula and select CHOP. Tamp down the veggies again with the spatula then add the hot vegetable stock.

Step 3

Run the CHUNKY SOUP programme. Once cooking has finished, add the lemon juice and sea salt flakes and pulse. Serve immediately with your favourite bread if you wish.

Step 4

Store in the refrigerator in an airtight container for up to 48 hours.



Cooking
is love made
Visible

ICYER AT ANANDA ASHRAM, PODICHERY



Above photo ~ Murali with Amma receiving Dakshina from Niraimaithi and Margaret on her birthday on 13/10/2024

Dakshina is a Sanskrit term that refers to an offering or gift, typically to a guru or priest. The word comes from the Sanskrit, da, meaning “offering” or “giving”; kshi, meaning “to abide” or “to dwell in”; and na, meaning “knowledge.”

Members are most welcome to make Dakshina anytime to ICYER to assist with their teachings and maintenance of the Ashram.

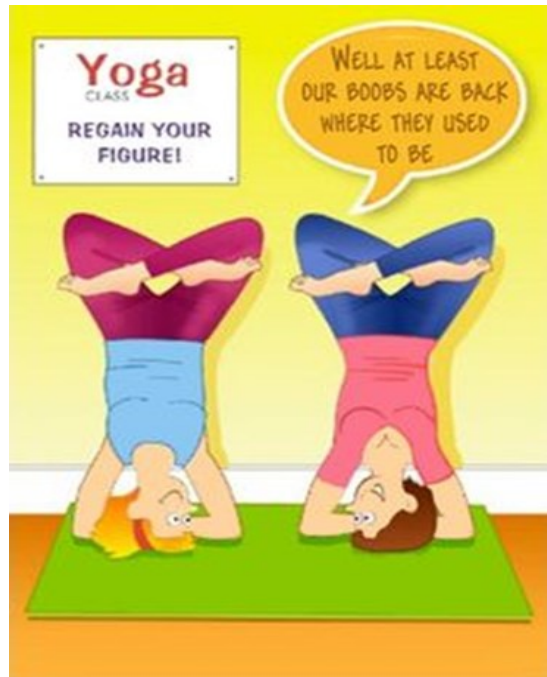
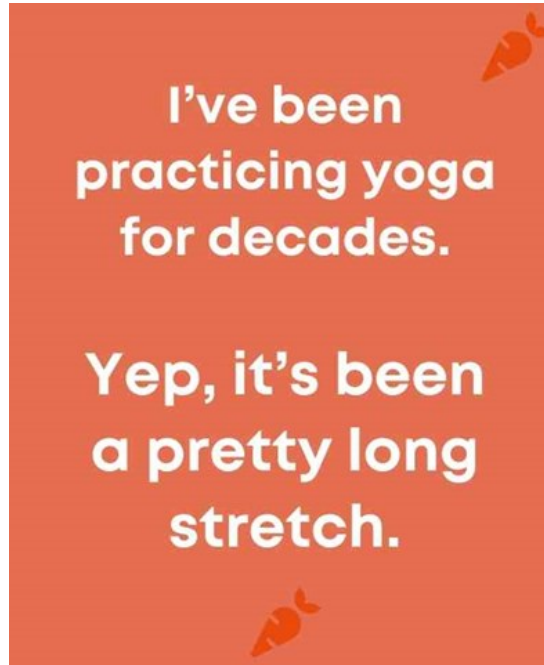
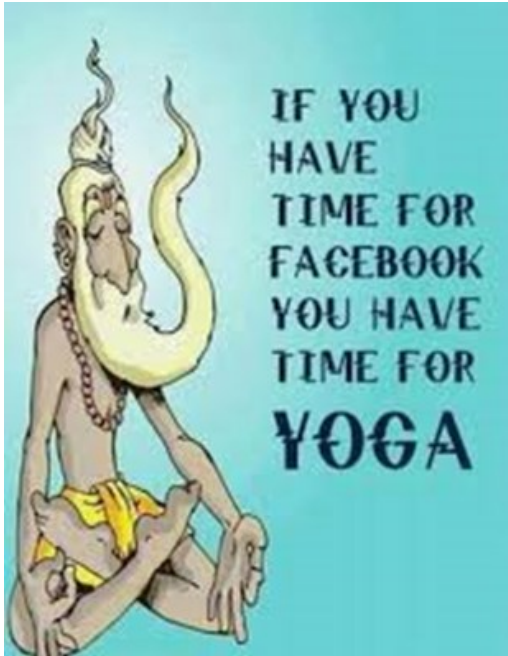


Photo to the upper right ~ Murali at the Ashram in 2024. Murali enjoyed his studies at the Institute for Yoga Education and Research (ICYER) Ananda Ashram.

Photo to the right ~ Murali with Oszlár Kálmán András, who was studying at the Ashram in 2022.



LIGHT YOGA HUMOUR



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 accommdation 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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For general enquiries about
Gitananda Yoga,
our program and how to get
involved, please contact us at:
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