



AUROLABYOGA NEWS

‘That is the importance of the mystic Fire. What you are internally is this Fire, and this Fire has an origin...’
Sri Aurobindo



India 2013

Dear friends,

Much has happened since our last news letter and so far the year is unfolding steadily and beautifully. The trip to India in January was a delight, and offered a mellow break from the harshness of the British winter. We had a small group of dedicated practitioners and very much enjoyed the sharing with Aurovillians at the end of the course.

There was my 5 week full on trip to the US and Canada in the spring which was very inspiring particularly the workshop collaboration with my friend Dr. Claudia Welsh (www.drclaudiawelsh.com) in Vermont, and of course the second instalment of the Shamanic Yoga workshop at Cat Creek Studio, Hornby Island with my sister in Yoga, the talented Diane Smith (www.tarayogaindia.com www.dianesmithsilk.com)

On my return to London I was happy to catch up with students, friends and family and teach a couple of modules (my new ‘Vedic Meditations’ and refreshed ‘Koshas’ workshops) on the Awayoga Teacher Training, a chance to hang out with dear friend Nigel Gilderson (www.awayoga.com)

So far the Summer has a gentle buzz and will continue to buzz on till we start our classes again in Septembre.

Please read on for more information on upcoming workshops and courses and the new regular class timetable for Autumn/Winter 2013.

at The Green House

Regular Classes

Yoga

Tuesdays 6.30-8pm

10 Sept - 17 December

Except 12,19 & 26 November

Thursdays 9.45-11am & 6.30-8pm

12 Sept-19 December

Except 21 & 28 November

Sonic Meditation

Thursdays 11am-12.15pm

12 Sept - 19 December

Except 17 Oct / 21 & 28 November

Workshops and Courses

Aurolab TTC II 9-11 August

Yoga Study Circle 8 month advanced studies course 14 Sept- 12 April (fully subscribed)

Shamanic Yoga Weekend 20-22 Sept

Aurolab TTC I 4-6 Oct

Nada Yoga Weekend 11-13 Oct

Aurolab TTC II 18-20 Oct

Yoga Immersion Weekend 1-3 Nov

Aurolab TTC II 29 Nov-1 Dec

Aurolab TTC I 6-8 Dec

Events

40th Celebration International Yoga Congress 18-23 August Zinal, Switzerland

I will be teaching several workshops and giving presentations on this year's theme:

Attention/Awareness/Awakening www.yoga-europe.org www.euycongress.org

Fund Raiser in Swansea Saturday 29 September 1.30-5pm St James Hall, Uplands SA14QF

This is a project close to my heart. I will be touring Israel and the West Bank in Palestine in mid November as part of the Yoga beats conflict events organised by my dear friend and visionary teacher David Sye. www.yogabeats.com

The afternoon workshop is a collaboration with two dedicated practitioners and wonderful local teachers Beci Aspland and Debbie Brooks.

Please come and join us for a lovely afternoon of varied and rich practices open to all!

Funds will go to support the teaching of women in the West Bank as well as bringing both Israeli and Palestinian communities together in Yoga.

£25 register with Beci

beci.aspland@gmail.com

0770 58817337

From Virabhadrasana I to ...Rajakapotasana II

Get the sense of being a reed on the surface of a tranquil lake and slowly, very delicately, let a breeze arise. Increase your inhalation lengthening each vertebrae away from the one below, with every exhalation stabilise the core, gently lifting the pelvic floor and swallowing the navel back. Increase the breeze (1-0-1-0) until it becomes a wind. Yield to its impetus.