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# AUROLABYOGA NEWS

*"For our daily life to be a practice leading to the Real, for it to be Yoga, an intensity of engagement is needed. There is no recipe for this, but there are stages..."*  
*Dr. Ravi Ravindra*



*May we all enjoy a fruitful year in practice,  
may we all embrace our dharma with clarity and joyfulness!*

Dear friends,

It is with a sense of anticipation that I write to you about the coming year, both here at The Green House and elsewhere. Much has occurred in the past few months, notably the journey to Palestine and the successful completion of a three-year intensive course in Shamanic Studies. Both events have brought profound changes to my perception of the Real, and renewed my commitment to the varied practices that inform my life and give it sustenance.

Recently me and Tanya have put together a project for children which incorporates Classical music and natural sounds, known to stimulate concentration and creativity, developing the listening body as we move through sacred gesture and playful asana. These two classes will be offered on Wednesday evenings from 5 March.

The Inner Call, Tanya's monthly session in Sacred Sound, explores the physical and subtle pathways of the body with voice, intention and resonance. Tanya will show how to resonate sound in our bones, tissues, organs and spaces in the body with *prana* generating tones. First session is on Sunday 19 January.

Due to the continued interest, I am offering a new Yoga Study Circle 8-week course commencing on 10 May. This is a process course, where we investigate, with the group's support, our relationship to the practice, what we understand of it, what we are able to integrate in our daily life and how we are affected by the knowledge and the insights that we receive from our meeting with the self. The enquiry aspect is balanced with solid practical applications in pranayama, kriya, bandha, vayu, sound and movement. The course offers a sharing space where we can question the teachings and deepen our understanding of the Yogic lore.

This course serves both as a foundation for the Teacher Training and as an on-going enquiry for established teachers and committed practitioners. (please get in touch for an application form)

Our new Teacher Training program starts on 5-7 Sept and we are planning an Autumn week away in the sun next October. We are currently preparing our next trip to Auroville, India for January 2015.

Please contact us to register your interest for any of the above courses and/or get your application form(s)

# Winter/Spring/Summer Calendar

## Classes at The Green House

### Yoga

Tuesdays 6.30-8pm  
7 January-12 May

Wednesdays Children Classes  
5-5.45 and 6-6.45  
5 March-9 April

Thursdays 9.45-11am & 6.30-8pm  
9 January-22 May

### Sonic Meditation

Thursdays 11am-12

### Monthly Inner Call practice

Sundays 10am-12  
19 Jan/16 Feb/16 March/13 April  
11 May/15 June

Yoga and Sound Weekend Retreat  
2-4 May

### Next Study Circle Saturdays

10 May/14 June/5 July/30 August  
27 Sept/25 Oct/29 Nov/13 Dec

[Please contact us for a detailed document about this course.](#)

### Next Teacher Training Course

Starts 5-7 September

[Please contact us for a detailed document about this course.](#)

The Green House Clinic offers:  
**01792 845 909**

Craniosacral Therapy

Shamanic Counselling

## Else where

### Swansea

Yoga Day 10am-4pm  
Mind and Spirit in the practice of backbends  
Sunday 2 February  
St Thomas Community School,  
80 Grenfell Park Road, Swansea, SA1 8EZ  
Contact Michele  
[michelelambert21@hotmail.com](mailto:michelelambert21@hotmail.com)

### Potsdam, Germany

22-23 March  
Contact Nitya  
[nitzsche@gmail.com](mailto:nitzsche@gmail.com)

### Tullamore, Ireland

28-30 March  
Contact Caroline  
[carolinebarry2004@yahoo.ie](mailto:carolinebarry2004@yahoo.ie)

### Burlington, VT USA

23-28 May  
Contact Surinda  
[surindac@stoweflake.com](mailto:surindac@stoweflake.com)

### Dharma Fellowship Hermitage

Denman Island, BC Canada  
30 May-1 June  
Contact Ken:  
[erskine49@hotmail.com](mailto:erskine49@hotmail.com)

### Moksana Yoga Center, Victoria, BC Canada

2-5 June  
Contact Ida  
[ida@moksanayoga.com](mailto:ida@moksanayoga.com)

### Cat Creek Shamanic Yoga Weekend for Women

Hornby Island  
6-9 June  
Contact Diane  
[dianesmith.silk@gmail.com](mailto:dianesmith.silk@gmail.com)

### Squamish Yoga Studio, BC Canada

9-10 June  
Contact Sarah:  
[theyogastudiosquamish@gmail.com](mailto:theyogastudiosquamish@gmail.com)

### Devon Yoga Festival

1-3 August  
Contact  
[info@devonyogafestival.com](mailto:info@devonyogafestival.com)

*"Feel the circulation and the heart beat at the tip of your fingers, your life is in your hands, you create the conditions for your own enlightenment!"*

[www.aurolabyoga.net](http://www.aurolabyoga.net)  
[www.thelisteningbody.co.uk](http://www.thelisteningbody.co.uk)