

Aurolab Yoga News letter



September 2021



'No problem can be solved by the same consciousness that created it'
Albert Einstein

Dear friends,

As Yoga practitioners and teachers how do we stay grounded in a practice that stabilises the central nervous system, that widens and strengthens the heart, that promotes mental plasticity and sanity.

For this news letter, I have invited some friends in Yoga whose work I respect and support, to contribute their wisdom, teaching events and healing methods. For now I have kept to local teachers and practitioners around the South Wales area. I hope that further news letters will attract more of those who have remained interested in the development of my teachings.

I hope you will find this offering interesting and resourceful.

Your feedback is always welcome.



Intentional Exhalation and the Power of
Spontaneous Inhalation
Sama Fabian April 2021

We live in a culture that understands taking a breath, taking time, taking it easy...etc, as an act of will. In those everyday expressions we recognise that the word 'taking' is the driving force. Unconsciously we integrate the movement that goes with the language which, in this case, implies an intentional pull that draws from the outside towards the inside.

As Yoga practitioners we are occupied with breath, its relationship to mind and body and their mutual integration into an undivided, unfragmented whole. For it is not perfection that we seek but wholeness.

In the current pandemic context and the ensuing increase of anxiety, what many people are experiencing is a shortness of breath, a sense of asphyxiation, an inability to draw a breath in as we have all been taught to do. 'Take a deep breath' is the recommended movement. But this simple gesture may no longer be available, possibly resulting in a full blown state of panic. How can we change the culture of 'taking' and invert it into its opposite movement: to release, to give ourselves a long,

uninterrupted and complete exhalation. There might even be a lingering of the out breath into a peaceful suspension from which, almost unexpectedly, a spontaneous inhalation can arise.

This is the art of pranayama, an entirely different culture which starts with an exhalation.

An intentional exhalation that we consciously follow to its full expression allowing it to linger into the finest filament outside of the body until an inhalation laps gently in from the back body like an inevitable tide.

The power of spontaneous inhalation is a revelation to the system. It transforms and integrates the deep ecology of body, psyche, emotions and intellect.

This radical change opens new perceptual fields, promoting a renewed dialogue between the inner and outer lives. The practice requires refined sensitisation, the gentlest of touches and an unwavering trust in the power of letting go.

From here all pranayama becomes an inspiration, a rising of light that holds creative potency.

A precious gift from Spirit.

Sama, this morning i woke up with the thought of joy and clarity . I asked myself ; "what is this excitement you feel?"

Now, after the practice , i know that i finally met that which i was longing to meet : the whole integrated practice , integration with all at the same time, not just the bits and pieces that we feel while travelling, but a sense of arriving . What a tremendous voyage, your work, a Beauty . Thank you !

2

Mira Heikkila, Writer / Yoga Teacher Trainer, Arles, France

'Hanfod' Yoga Teacher
Training
Laura Karadog August 2021
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'If you talk to a man in a language he understands, that goes to his head... If you talk to him in his language, that goes to his heart' Nelson Mandela



After a few covid related false starts, the Hanfod Yoga Teacher Trainees finally left the starting blocks on a sunny weekend in July. Hanfod is a Welsh word meaning 'essence', and this teacher training course is my humble attempt to convey the essence of yoga through the Cymraeg / Welsh language – my mother tongue. Hanfod has been 3 years in the making – o'r awen i'r creu (from inspiration to creation) and I'm thankful to Sama for guiding me through this process, and to Aurolab for giving the course a home.

The inspiration for Hanfod stems from my own experience of learning to teach yoga through the medium of English. As I am bilingual, I didn't think this would be a problem – until I came to teach. Confronted with a room full of Welsh speaking students in my hometown, I suddenly found myself tongue tied. All the instructions and alignment cues that I'd been taught were in English, and my initial attempts to translate these to my mother tongue felt awkward at best.

The next few years were about finding my own voice as a yoga teacher, one that enabled me to ditch the scripts and memorised cues and learn how to speak my own yoga in my own way. And this voice, when it started to bloom, was very much Cymraeg. The experience of embracing yoga through my mother tongue has deepened my spiritual connection to the practice, and I also feel that it has improved my teaching, as it enables me to connect more deeply with my students.

And this is what I wish for the Hanfod trainees – for them to develop their own, unique voices as yoga teachers, and to have the tools, and the confidence, to get out there and share yoga in the language that is closest to their hearts.



Laura's new book '**Rhuddin**' speaks of her experiences in Yoga. It is written in Cymraeg and beautifully illustrated. It is published by Cyhoeddiadau Barddas and will be out by mid September. To purchase the book please get in touch with Laura.

"What is homeopathy?"
and "How does it work?"

Áine Tormey (Lic.I.S.Hom) Homeopath /
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I have been a homeopath for 20 years (a student of homeopathy for 24 years!) and still my answers to these questions fall short. The answers are inadequate in that they fail to convey the incredibly powerful force for healing that IS homeopathic medicine.

Homeopathy is based on the premise that "like cures like", in other words if a substance can produce symptoms in a healthy person, that substance, (specially prepared as a homeopathic remedy) can be used to cure those same symptoms when they manifest during an illness.

The symptoms are not viewed as "separate" from the person but rather seen as evidence that the "vital force" (the dynamic intelligence/ life energy that strives to keep us healthy) needs to be "re-tuned".

A well-chosen homeopathic remedy resonates with the "mistuned" vital force to restore health.

Over time I've come to hold the questions close and to view not having all the answers as a very good thing. Knowing that I do not know informs my approach to the people who come to me for homeopathic treatment. My intention is always to listen and observe without prejudice and allow the process to unfold.

The vital force shows me the way, my job as a homeopath is to follow.

This 'gap' of not knowing can be uncomfortable and it is only through yoga that I have learned how to stand in it.

The yoga mat is my training ground, the place where I cultivate true curiosity.

In contrast to a culture which reveres "the expert" (ie the one who knows and can predict the outcome) Yoga shows us the value of simply staying present and making ourselves available to inspiration in the moment through whole body awareness.

It is this ability, honed through yoga that has helped me the most in my homeopathic practice.

Again and again I have witnessed profound improvements in people's health and in their lives as a consequence of treatment. I look forward to sharing the benefits of homeopathy with you.

'Yoga of the Earth'
Helen Wilson August 2021
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Yoga is everywhere in the outdoors, if we only open our eyes. If we stop and feel the stillness and the silence, it is then we are able to truly appreciate what nature has to teach us.

Stand tall, with your feet on the ground. If you are able, take off your shoes and socks and feel the earth, grass or sand beneath your feet. Take a deep breath and as you exhale, connect the soles of your feet into the ground and broaden your toes. Feel your spine drawing down towards the earth and allow your shoulders to drop.

Expand the nostrils and allow them to fill with fresh air. As you breathe out, point your fingers downwards and part the fingers to receive.

Breathing again, invite yourself to open your eyes, fully, with the intention of widening your field of vision up and down, left and right.

Notice the details of your surroundings, near and far.

In a field or in the woods, notice the silhouettes of the leaves and all the many varying shades of greens or browns. At the beach or river take your gaze into the distance, following the view away and around, running your eyes across the dance of the water.

Enjoy its stability and once again breathe deeply, rooting yourself downwards while standing tall.

When you are walking, enjoy every step like it is your first, with attention and consciousness. Feel the air on your skin and pay attention to the changing terrain and surroundings as you proceed.

And when we have had a bad day, when the mind is perhaps heavy, sad or troubled, always remember that the yoga of the outdoors is here for us as soon as we take a step outside and breathe.

Helen has been leading Yoga classes on Swansea Bay since 2014



The Horse, my Guru.

Mari Evans August 2021

I trained as a yoga teacher under the guidance of Sama and Tanya at Aurolab Yoga, qualifying in the year of the pandemic, 2020. My final teaching presentation was held in an open field in the presence of horses.

My love of horses has been life long and over the years I have come to appreciate the importance of connection and presence.

My understanding of yoga has always been that it is about connection, learning to come back to oneself and being able to relax into who you are. To feel harmonious, integrated and complete.

It has been an inspiration to combine the world of yoga with the world of horse. Both worlds require similar traits from the practitioner. The yogic process allows for a deepening relationship between horse and human. This is achieved through breath work, stillness, being present and listening to the horse.

Horses are naturally sensitive to the intentions of the beings around them, therefore they reflect our inner state and so help us to find balance and harmony.

Mari is a Horse Whisperer, Massage Therapist and Yoga Teacher.

She is also a Massage Healer for Horses. marieevans50@gmail.com





Riddle Poem

It is an elemental day for walking;
I have been treading some rain-whipped miles,
Scattering my malcontents like crows through the
muddy fields.

At the brow of a hill an oak tree
Anchored against a low sky
Reminds me of a riddle:
“How can a man carry an oak tree in his pocket?”

How can a woman?

The scud clouds travelling;
Leave me balancing on a moving world
- I could do with some of those gnarly roots.

Impossible of course,
The riddle
Until you change your point of view

See that if the seed sits in the pocket
Of the woman who walks the land,
It nestles suspended between
Hope and growth,
Now and time to come.
Offering the promise
Of rooting down,
Of unfurling and glossiness,
Of spreading skyward,
Of holding the universal note.

I return, wet coat hung in the hall,
Rid of my discontentments,
Pick an apple from the bowl and eat it whole.

Amanda Ellis

Amanda Ellis. AurolabYoga Teacher

Riddle Poem: at a time when life as I had known it had fallen apart and I didn't quite know what to do with myself, walking became a solace and a way through the quietening of my mind. The simple, primal act of moving in landscape, being in the weather and tiring myself out took me through many difficult days while I was healing.

Currently: Today I am working in my little shop in Craig Y Nos Country Park (LARK). Tomorrow I'll be teaching Yoga. On Monday I'll be working my part-time job as a Volunteer Coordinator for a food gardening project in Glynneath. In between I'll still be walking the hills in the Brecon Beacons. It was difficult to get here, but life is varied and interesting and I am grateful.

Yoga classes: mostly for Celtic Leisure and a few independent .
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Buzzard's Blessings

Whilst out walking this evening I was graced by the presence of a beautiful Buzzard, hovering effortlessly over the rugged landscape just in front of Eli (elegant 4 legged creature) & I. This majestic winged being invited us to stop and hover also, we all paused, drawn into the great lake of stillness. The divine beauty of the buzzard appearing so still in the vastness of sky took the breath running through this form away, I was awestruck!

The wisdom that bubbled up from stillness revealed that the buzzard hovering in effortless grace could be compared to the most high & refined quality of the mind as the stream of unbroken concentration. Dhyana, as it melts effortlessly into complete presence, Samadhi. Yet even this high & refined quality of the mind, the hovering 'rise above' presence of the buzzard, arises in an unlimited expanse of sky/space, the vast, unfathomable, mysterious timelessness emerging into the pulse of Mother. We are invited through the aids of yoga to become open & receptive so we may hear the call from Ma as she manifests through the day. She gifts us with opportunities to stop, pause and become aware of our vastness, spontaneous micro meditations revealing our inter connectivity to all that 'She' is. As the sublime wholeness of our true nature is revealed we, like the majestic buzzard, embrace all the vast expressions of Ma in the dance of life with resilience, piercing discernment and an exquisite blend of freedom & fullness.

Michele Lambert



Michele Lambert IYN Yoga Elder YR500H
Holistic Therapist (Aromatherapy, Massage, Reflexology, Healing)
www.michelelambertyoga.co.uk

To get in touch with the teachers you will find their email and /or website addresses on their article page.

Laura Karadog is an IYN Yoga Elder. She teaches in the Camarthen, Llanelli areas

Aine Tormey sees clients in Swansea and teaches classes in Port Eynon

Helen Wilson teaches beach Yoga from March to Oct on Swansea Bay.
She runs a vegan cafe in Swansea, Ground Plant Based Coffee, Francis Street,
Swansea SA14NH

Mari Evans is based in Glais where she has her clinic and tends to her horses.

Amanda Ellis classes are in Glynneath, Cwmgrac and Ystalyfera, Her new shop,
Lark shop is in the Brecon Beacons National Park SA9 1FD.

Michele Lambert is an IYN Yoga Elder She runs regular classes, workshops and
retreats in and around Bridgend and elsewhere in Britain. She holds a regular
Monday evening meditation group.



'Thoughts' Sam Hinton Junior Yoga Teacher / Gardener

Like many I was drawn to Yoga for the physical benefits, but also knew intuitively that there is more to Yoga than the purely physical. For me though the physical remains a foundation of a good practise, to literally 'get out of your head'.

I have noticed a huge improvement in my body awareness and ability to be mindful of my movement on a daily basis, which for someone who is not naturally the most spatially aware is a real help in my job, which can be quite physical. I feel very thankful to have the guidance and support of amazing teachers, and for me this is a really important part. Find a good teacher and stick with them and I don't think you can go wrong.

Yoga has also helped me to consider some of life's deeper questions in a practical and experiential way - an ongoing journey of exploration. It's helped me see that answers may lie, less in an intellectual understanding but realise that perhaps it's helpful to acknowledge life is an experience - to be experienced! Yoga helps one become self aware, a first step to realise the Self in Yogic language.

It's difficult to put into words what Yoga does and means to me but I'd like to say that right effort put into a practise is never wasted, no matter how seemingly small or insignificant.

Sama's schedule overview 2021/22

Weekly Classes:

Online: Tuesday 6.30-8pm / Wednesday 8-9am

In person at The Green House: Thursday 9.45-10.45am and 6.30-8pm

Please get in touch for descriptions, dates , links and fees.

25-26 September Anfod Teacher Training with Laura Karadog in Pontyberem, Llanelli, SA155HF

1-4 October Mira Heikkila Yoga Study Group with Mira Heikkila, Arles, France.

22-24 October Nature Yoga Retreat Weekend with Shamanic components in Capel y Ffin, Brecon Beacons. For more information please get in touch. Friday 4pm to Sunday 4pm.

21 November Teacher Development Study Program Session 9 at The Green House

4 December Teacher Development Study Program last Session 10 at The Green House

January 2022 Shamanic Lore training starts. Friday to Sunday Residential Course. Three times a year. January / May / September Information coming soon. Please register your interest as places on this course will be limited.

February 2022-23 New 250H (192 contact hours) Teacher Training starts. One weekend per month for 12 months. Please get in touch for brochure.

In the current of the coming year I will be offering **Full Practices** typically 3 hours 7-10am on a Sunday. Dates and information available soon.

Private Yoga / Craniosacral Therapy / Shamanic Healing available by appointment.

'On practice' Sue Davies

I do the yoga practice Sama personalised for me, then rest on an inclined bolster for a couple of breathing cycles.

I stay in that position for the vowel series of sonic meditation, I love going through the sounds , feeling the connection with my body parts and noticing how the voice changes as I progress upwards. I finish with an attempt at harmonics by joining up the sounds. I love hearing them reverberate around my room and I feel good I treasure the memories of the sonic meditation I learned with Tanya especially when we had a few in the class to support each other in making a good sound.

