



AUROLABYOGA NEWS

August 2015

'Again let her be absorbed in that Yoni where dwells the fire of death, the nature of Shiva. Thus has been described by me the method of practicing the great Yoni-Mudra. From success in its practice, there is nothing which cannot be accomplished.'

Shiva Samhita
IV-5



At The Green House with Kanchana Natarajan and Michele Lambert who teaches a Foundation Course for Aurolabyoga

Dear friends,

I hope the practice has been a steady companion over the last few months and has yielded a harvest of insights and renewed happiness.

Here at The Green House we have been occupied with different projects close to our hearts and souls. Challenges have been met bringing a renewed sense of joyful living.

In our April news letter, we told you of our fundraiser on 2 May to celebrate my 30 years of Yoga teaching. The night was memorable, we danced and danced and danced...and raised £276 which went to both Medical Aid for Palestine and Doctors without Borders.

Shake your Chakras second edition will be back on 7 May 2016. Put the date in your diary!

Two weekends ago we were blessed to host Professor Kanchana Natarajan from Delhi University to give us some talks about the nature of the Self, the origin of the universe according to Vedanta and she also presented the great sage and seer Kala, a woman saint of South India, whose powerful mystical poems she has just translated and published. Kanchana's passion and erudition was an inspiration to us all.

Our summer is occupied by two 5 day Teacher Training intensives at the house and the visit of friends and family! The following is our schedule for next term which commences on Tuesday 8 September.

Schedule at The Green House 8 Sept - 10 Dec
Note there are no classes on 10-11-12 November

Yoga

Tues pm 6.30 - 8 Sustained practice
Wed am 9.45 - 11 Beginners gentle yoga
Thurs am 9.45 - 11 Breath and gentle Yoga
Thurs pm 6.30 - 8 Open to all

Sonic Meditation

Thurs am 11-12 all welcome

Full term 13 weeks £91

7 term sessions £56 Single class £9

Please send your cheques in good time to secure your place in your chosen class/es.

Yoga Day with Sama

Sunday 13 September 9.30-4.30

9.30 Meditation followed by pranayama
11 Tea - 11.30 Asana sequences
1.30 Lunch
2.30 - 4.30 Afternoon study and Yoga Nidra
Fee: £50

To reserve your place contact Sama

01792 845 909 samyoga@btinternet.com

Elsewhere

Sunday 27 September Sama and Tanya teach at KULAFEST Port Talbot kulatribe@gmail.com

Saturday-Sunday 3-4 October Sama is in Zurich contact Cristina go.c.world@gmail.com

Sunday 11 October Yoga day in South London contact Nigel thewitnesstree@aol.co.uk

Saturday 17 October in Liverpool contact Wendy moran86@btinternet.com

Saturday 7- Sunday 15 November Sama and Tanya teach on Yoga Beats Foundation Course for Palestinian practitioners in Fuerteventura, Canarias please donate generously for this project.

Details at: <http://yogabeats.com/yoga-beats-conflict-a-peace-movement-fuerteventura-2015/>

Early 2016

Friday 15-Sunday 17 January Yoga silent retreat residential weekend at The Green House.

Immersed in the silence and darkness of winter we meet our deepest self. Meditation, journey work, advanced pranayama and asana. Introducing the practice of *shaucha*, purification.

By invitation only. To apply get in touch with me and I will forward all the details and requirements.

Saturday 21-Saturday 28 May Yoga retreat in France. Open to all. To register your interest mail us.

Next Teacher Training Course starts
12-14 Feb

Next Study Circle starts

Saturday 6 Feb (6 monthly sessions)

Get in touch for details and applications

**Have a great summer break
and see you all in September!**

Michele's flight
with Laura
supporting
The Green
House
Yonista Circle
2015

Tanya's
chanting
session for
Humbrella
Choir
July 2015

