



Karma Yoga Centre

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Newsletter #6 Oct to Dec 2009

Hello to all our loyal yoga and meditation students

Food for thought:

Is man's sole impulse to escape the tortures of his conscience?
See article below.

Studio:

As from 1st September, all students were required to bring their own yoga mats to class, or hire @ R5 per mat per session from us. For those interested we have top-class bio-degradable mats still available in various colours [guaranteed no slip!] Your yoga mat is as important to you as golf clubs are to golfers, or a quality racket to a tennis player....

New Karma Yoga Centre Website

Please check out our website at - www.karmayogacentre.co.za
We are very excited to share this with you - newsletters & timetable updates will also be posted here. The Picture Gallery will be updated after retreats and special events

Upcoming guest speakers and retreats

- HEART & MIND RETREAT from 27th to 29th November 2009:
 - Mark Joseph with his vast experience in mindfulness training [Mindfulness Africa trained] & meditation will be the main teacher. Marloes Joseph is a qualified "Heart Yoga" teacher. In summary there will be two yoga classes per day, teachings, meditation instruction, "fun activities", and scrumptious vegetarian meals from Friday evening to Sunday lunch included.
 - *OPEN UP YOUR HEART & MIND - This is just too much fun to miss!*
 - Interest has been very good with bookings from Johannesburg and locals so please ensure you pay your

50% deposit by Wednesday 11th November to confirm your place.

- Chris Page will be back by popular demand in early 2010 to give both talks and further follow-up Cheirology readings
- Lorraine Deraay - We also hope to provide dates in the near future for a retreat in 2010. Lorraine is a practicing clinical psychologist in Johannesburg, who teaches meditation and mindfulness and hosts retreats around the country.

Yoga attendance numbers:

We have been monitoring attendance at our seven weekly classes & have found that Thursday morning classes are less popular than we anticipated. These extra classes were included due to requests from students and times were changed to accommodate YOUR needs. Karma Yoga Centre will continue to monitor the situation and review the weekly class schedule in January 2010

This is a great time to abandon laziness and get yourself off the couch and onto the mat in time for the festive season - you owe it to your body and mind!

Meditation news

As from September we have started "meditation themes" for each month. In September we dealt with intuition and during October we dealt with the law of Karma culminating in the teaching of Geshe Michael Roach's "The Book" - where students learnt the 10 Antidotes [virtues] to dealing with life, and were given copies of "The Book".

In November the key theme will be "archetypes"

Future monthly subjects will be topics such as "emptiness", Intuition II, Karma II, mindfulness training, "thoughts", impermanence, dependant origination II, meditation frequency & type of practice & more CD or DVD guided meditations.

We will also introduce the subject of "death & dying" in 2010, and how we can prepare for our own death and those of our loved ones - there are numerous DVDs and CDs at Karma Yoga Centre on this important & often avoided subject

- *No meditation class on Tuesday 3rd November while we are on retreat*
- *Last meditation class of 2009 will be on 8th December 2009 and the first class of next year will be on 12th January 2010*

Meditations in 2009:

- Walking, music [various], silent, loving kindness, "object" [candle, sound, incense, touch & taste], Tonglen, Shamatha, Vipassana, gratitude, guided [numerous CDs, DVDs and teacher], thoughts, heart-centred, mentors, "offerings", mantra
- In 2010 most of these will be repeated with new variations and additions
- Having meditated once on one of these subjects does not make one a master. Discipline, regular & repeated practice is required

Movie News

We have started showing movies on the last Tuesday of the month by public demand. Other dates will be considered if there is sufficient interest - contact us!

Our next movie will be Cave in the Snow on 24th November 2009 @ 6:00 pm as the movie is only 52 minutes long

FAR-INFRA-RED Sauna

Reservations may be made to hire the sauna for 60 minute sessions
"Once-off" session cost R100 each
Contracts of 5 sessions at R450

For more information visit www.bodyology.co.za

Teachers training at Karma Yoga Centre:

Local students expressed some interest in becoming qualified yoga teachers. We have been offered the services of a teacher in Johannesburg who is prepared to travel to KYC to train interested teachers & so enable them to be qualified. If you know of anyone who may be interested, please contact Melody for more details. Please visit Swami Yogasagar's website at www.yoga.co.za for more information - the course would be quite intense lasting for around 4 months. We owe him the courtesy of a reply by the end of November.

Karma Yoga Centre SHOP:

You will see a number of items for sale in our new shop to enable you to improve your practice. The price list is there for your perusal, or visit our website for more offers. Many of these items have been imported from Samye Ling Shop in Scotland

Up-coming dates when Melody & Bernie will be away:

From 29th October 2009 to 9th November - furthering our training with Rob Nairn on a 10-day retreat

Diego will be offering the following classes during our absence:

Monday through to Wednesday evenings, inclusive - times as usual

All classes on Thursday 5th November are cancelled

Class schedule returns to normal on Monday 9th November

Yoga Holiday Closing:

Karma Yoga Centre will be closed from Tuesday 15th December 2009 and classes will resume on 7th January 2010. So Monday 14th December is the last class of 2009

New Weekly Schedule of Classes:

**Karma Yoga
Centre**

**Weekly Class
Schedule
August to December
2009**

We reserve the right to cancel classes due to poor attendance If only 1 student

Monday	Tuesday	Wednesday	Thursday
	08:00 to 09:00 Hatha Yoga [Melody]		08:00 to Hatha Yoga
	9:30 to 11:30 Gentle Yoga [Melody]	09:00 to 12 noon Self- Practice	9:30 to 11: Yoga [M
17:30 to 19:00 Hatha Yoga [Melody]			
	18:00 to 19:00 Meditation class [Bernie]	17:30 to 19:00 Kundalini @ KYC [Diego]	17:30 to Hatha Yoga

Is man's sole impulse to escape the tortures of his conscience?

Surely not!

Take the man who lives three miles up town. It is bitter cold, snowing hard, it is midnight. He is about to enter the horse car when a grey and ragged old woman, a touching picture of misery, puts out her lean hand and begs for rescue from hunger and death.

The man has only a quarter in his pocket, but he does not hesitate he gives it to her, and trudges home through the storm.

There it is. Noble, it is beautiful; its grace is marred by no fleck or blemish or suggestion of self interest.

Can you put yourself in the man's place and tell me what he felt and what he thought? The sight of that suffering old face pained the generous heart. He could not bear it. He could endure the three mile walk in the storm but not the tortures his conscience would suffer if he turned his back and left that poor old creature to perish.

He would not have been able to sleep, for thinking of it.

Then let us see how much he got for his 25c.... Let us try to find out the REAL reason why of his making the investment. In the first place HE couldn't bear the pain which the old suffering face gave him. So he was thinking of HIS pain, this good man. If he did not succour the old woman HIS conscience would torture him all the way home. If he didn't relieve the old woman HE would not get any sleep. To sum up, he bought himself free of a sharp pain in his heart, free of the tortures of a waiting conscience. He bought a whole nights sleep for 25c - it should make Wall Street ashamed. His heart was joyful, and it sang.

Profit on top of profit!

Mark Twain said: "What is man?"

So then what makes for a "good man"?

NOT THE PRUDENT MAN....

Who is always sincere, and feels horror at the very thought of exposing himself to the disgrace which attends upon the detection of falsehood. But though always sincere, he is not always frank and open; and though he never tells any but the truth, he does not always think himself bound, when not properly called upon, to tell the whole truth.

Adam Smith: The Theory of Moral Sentiments.

NOT THE CRITIC....

Who points out how the strong man stumbled or how the doer of deeds might have done them better. The credit belongs to the man who is actually in the arena; whose face is marred with the sweat and dust and blood; who strives valiantly, who errs and comes up short again and again; who knows the great enthusiasms, the great devotions and spends himself in a worthy cause; and who, at best knows the triumph of high achievement and at worst at least fails while daring greatly, so that his place shall ever be with those cold and timid souls who know neither victory nor defeat.

Theodore Roosevelt.

THE GOOD MAN....

Is HE who no matter how morally unworthy he has been, is moving to become better.

John Dewey.

With thanks to Michel Pireu [Streetdogs]