



## *Karma Yoga Centre*

*5 Mandy Road, Southbroom, 039 316 8658  
Melody: 082 875 4495 - Bernie: 083 250 7055*

### *Newsletter #12 July to Sep 2010*

#### **NEWS:**

Hello everyone, how I have missed you all!

Just arrived back from my TTC [teachers training course in Orleans, France] - and what a heart-opening wonderful experience it has been.

I am so excited and looking forward to sharing some of my insights and knowledge over the following months with you. Invigorating Surya Namaskars to stretch tone and exercise every muscle of your body - and those revitalising backbends of various kinds to generate heat and provide more energy.

And not forgetting those ever important Pranayama exercises to rid the body of stale air, congestion to relieve colds and flu by warming up from the inside out! Nurturing body mind and soul with practice, perseverance, conviction and above all, with love!

Doing yoga or Asanas simply reminds us that we have a body - as often in life, we are so future-looking with forward planning, working, doing, that the mind takes our focus away from ourselves and into some un-manifest potential future, good or bad. But by nature of not being present, we become stressed, reactive, impatient, aggressive and frustrated.

Yoga Asanas begin by dropping us back into our bodies. It is by being in our bodies that we are reminded of the eternal moment - **now** - and in the now we can be in bliss because there is no worry, future or past debate. In now there is simply the eternal spaciousness of this present moment - whether you are experiencing that through the body, through meditative experience, or Pranayama - of taking this practiced awareness to life.

Yoga is the beginning of integrating mind and body into a connectedness, so that they are more in union with each other, and therefore creating more opportunity

for experiencing bliss. Connectivity of mind and body shows up by how we listen to our bodies - the signals of disease long before disease happens.

That is, listening to the whispers of the body...

Also, due to the busy nature of the mind, operating in a web of thinking and in today's world a web of global consciousness, the body serves as a map to what is really going on in the psyche. Aches and pains, injuries and strange happenings physically are there to show you that on some macro level something is going on with you that you are not noticing - so the body speaks...

And it brings you back to focus.

So yoga is not about ability, flexibility or strength, but about re-establishing the relationship between mind and body, so they can collaborate beautifully together toward bliss. Yoga teaches you to BREATHE properly which brings you back to your body, and back to NOW!

Breath helps us move stuck energy, stuck emotion, stuck mental processes out of the physical. When negative energy is trapped in the physical body it shows up as tight hips, injured ankle or sore lower back - limiting the range of motion in the shoulders.

Breath can aid the healing process, shifting us to a point of inner and outer freedom, joy and happiness.

Let us open our minds and bodies, and enjoy this incredible journey through life with yoga!

### Thanks:

Our sincere thanks to Sally for holding the fort so diligently during this time - she started back in June ending in the first week of August.

### Meditation news:

Our beginner's meditation course which has been running for a few months has now completed session 8 of the 12 week course. Well done to all the students for their dedication. Those who missed out but wanted to be there, here is some exciting news:

We will be starting a new 6-week meditation course before the end of the year for experienced meditators and beginners alike - this course is unlike anything we have done at Karma Yoga Centre before and is not to be missed by anyone with an interest in finding out how to find peace of mind and happiness in this busy world. Rob Nairn will be "guiding" us along for six 90 minute sessions over the duration of the course. The six-week course will cost R300 per person, paid in advance

If you are interested in attending, or would like more information about course content, please let us know

More....

## Visiting Tibetan Lama in Durban

Some of you may recall that Chamtrul Rinpoche visited us here in Southbroom approximately a year ago to do a weekend retreat with us. Well, he is back in South Africa and will be visiting all the major centers in South Africa. He will be in Durban on 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> August giving various talks.

Sat 20/08/2011	14:00 -16:00	Meditation & the Nature of the Mind at Breathing space
Sun 21/08/2010	09:30-12:00	TSSA AGM brunch - talk on My Life in Tibet and Journey to India - what hardships did he encounter and how he overcame them? (45 min talk)
Sun 21/08/2011	14:30-16:30	Finding Happiness in Troubled Times - arranged by Jerald Vedan
Mon 22/08/2010	19:00 - 21:00	Dealing with negative emotions & generating merit at Breathing Space

## Self-practice:

Reminder! Do not forget the studio is open for self practice on Wednesday & Friday mornings. Karma Yoga Centre is a beautiful space for you to spend time quietly on the mat exploring your mind & your body in whatever way you wish. Come & enjoy the sacred space with incense & relaxing music. No fee is charged for self-practice. However Dana [donation] is always welcome & goes towards sponsoring young nuns in the nunnery in Tibet as before.

## Terms & conditions - Monthly payments

All monthly fees are due on the first day of every month. Monthly classes are not transferrable if classes are missed, no refunds will be given if public holiday in that month, there are sufficient classes for students to make up their time if classes are missed - students are permitted to make up for their classes during the month, but will not be carried over into a new month!

## On special in our shop

Many of you have seen the range of Ayurvedic products from India which are sold under the name Himalaya and have been using them since they first went on sale back in February 2011. Ayurveda means traditional medicine native to India - "the complete knowledge for long life" - dates back around 4,000 years. Here are is a brief list of the more popular products:

Shampoos, conditioners, toothpaste, face wash, hand and body lotions  
Reosto and Boswelvia for arthritis, bone and joint support  
Tentex Forte & Tentex Royal for erectile dysfunction  
Liv52 a tonic for liver support  
Himplasia to assist men with benign prostatic hyperplasia  
Mentat a tonic for your brain and memory  
Energising day cream and revitalising night cream plus Acne products  
And so much more... we stock over 70 different products as of today...

## Relic Tour in Durban



**Maitreya Project Heart Shrine Relic Tour**  
*An Exhibition of sacred Relics of the Buddha and other Buddhist Masters*

<b>5, 6 &amp; 7 August 2011</b> Friday: 5pm Opening Ceremony Saturday: 10am to 7pm Sunday: 10am to 7pm Association of Creative Thought (ACT Centre) 2 Target Kloof, Port Elizabeth 6001 Contact: Lee Morgutti Email: <a href="mailto:lee.morgutti1@gmail.com">lee.morgutti1@gmail.com</a> Tel: (041) 368 7068	<b>12, 13 &amp; 14 August 2011</b> Friday: 5:30pm Opening Ceremony Saturday: 10am to 6pm, Sunday: 10am to 4pm Diakonia Centre 20 Diakonia Ave (St Andrews St), Durban Contact: Elizabeth Gaywood Email: <a href="mailto:cormkt@mweb.co.za">cormkt@mweb.co.za</a> Tel: 083 551 3709 <a href="http://www.tibet.org.za">www.tibet.org.za</a>
---	---

**FREE ENTRY!**

## Movies:

Here is the list of monthly movies which will be screened from now until the end of 2011 - can you believe we are already talking about the end of this year? The year seemed to have started just the other day...

<b>Start time 5:30 pm Tuesday</b>	<b>All welcome. Fresh soup &amp; bread. Only R20 pp</b>
<p><b>30th August</b></p> <p><b>Network</b></p> <p>117 minutes</p>	<p>This movie was nominated for Oscar Best Picture in 1976 but lost out to Rocky; however Peter Finch won Best Actor. Also starring Faye Dunaway, William Holden &amp; Robert Duval. A film as appropriate in 2011 as it was back in the seventies.</p>
<p><b>27<sup>th</sup> September</b></p> <p><b>Experiencing the Soul</b></p> <p>70 minutes</p>	<p>Before birth, during life and after death. Award winning documentary featuring exclusive footage. Physical death is only the beginning of something great; it is a step in the evolution of our souls...</p>
<p><b>25<sup>th</sup> October</b></p> <p><b>What on Earth?</b></p> <p>81 minutes</p>	<p>Inside the Crop Circle Mystery. <i>"I know for sure we're not alone in the Universe. I have been privileged to be in on the fact that we have been visited on this planet. It has been covered up for 60 years now."</i> - Astronaut Edgar Mitchell, the sixth man to walk on the Moon</p>
<p><b>29<sup>th</sup> November</b></p> <p><b>Samsara</b></p> <p>138 minutes</p>	<p>The multi award winning film by Pan Nalin. What is more important: satisfying one thousand desires or conquering just one? Exotic, romantic &amp; spiritually rich. <b>Age restriction R18</b></p>
<p><b>December - TBA</b></p> <p><b>As it is in Heaven</b></p> <p>128 minutes</p>	<p>Academy award nomination, best foreign language film of the year 2005. A film by Kay Pollak about the life of an international conductor at the top of his game. But he is lonely, miserable and exhausted by the demands of his high-profile lifestyle</p>

