

namaskar

A VOICE FOR THE YOGA COMMUNITY

May 2020

HAPPINESS IS A MORAL IMPERATIVE

The case for our individual happiness as a way to improve our immunity and help the world.....p10

IN ISOLATION

Stuck in lockdown? Use the time and space to learn something new about yourselfp12

YOGA & BUDDHISM

Similarities and difference between these two ancient philosophies.....p16



Bianca Dasgupta,
photo by Siiman Yuen



DIPLOMA IN YIN YOGA (1000 HRS)

#SettingGoldStandards

FOUNDATION (200hrs)

200hrs TT
(Yinspiration)

OR

200hrs
(Paul Grilley + Sarah Powers)

OR

200hrs
(any Yoga TT)

SPECIALITY (300hrs)

CM

Chinese Medicine,
Meridian Nidra
& Hip Anatomy (I)

ACU

Acupressure,
AcuYin &
Hip Anatomy (II)

MFR

Myofascial Release,
MyoYin &
Spine Anatomy

YYF

Yin Yang Flow,
Yoga Nidra &
Shoulder Anatomy

QI

Qigong &
Lower Arm/Leg
Anatomy

ADVANCED (500 hrs)

Chakra & Mindfulness
Meditation, Brain
& Spinal Cord
Anatomy

China Immersion:
University of
Traditional
Chinese Medicine

Sports &
Rehabilitative
Medicine

Teachers Lab:
Advanced Yin
& Anatomy of
Standing Poses

Advanced Fascia
& Anatomy Study

Yoga Therapeutics
& Wall Yin

Human Cadaver
Fascial Dissection Lab

Anatomy of the
Viscera:
Stanford University

Urogenital Anatomy
& TCM Gynaecology

Fascia/ Biotensegrity
Conference

Africa Karma
Yoga Trip

Pre-Natal
Yin

Bone Anatomy &
Skeletal Morphology

FOUNDATION (200hrs) + SPECIALITY (300hrs) → RYT 500

RYT 500 + ADVANCED (500 hrs) → DIPLOMA IN YIN YOGA (1000HRS)

LETTER FROM THE EDITOR

At the time of publishing, most yoga studios around the world are closed.

Those which are open, do so with restricted class sizes and stringent operational procedures.

In response, we have not printed paper copies of the magazine and this issue comes to you only in a digital pdf format - the first time in Namaskar's 20-year history.

As such we are reliant on individuals' and studios' help in distributing digitally. Though this issue may reach only a handful of readers, nevertheless we want to offer continuity and support to you, our community.

An international community of like-minded individuals sharing our experiences and knowledge with the intention that it may inspire another to grow. The timely articles herein are about isolation from Cassandra (in U.S.), about happiness from Dylan (in South Africa), about online yoga classes from Heather and Julianne (in Hong Kong), about yoga and Buddhism from Dylan, Andrew (in Vietnam) and Gabrielle (in Australia), about veganism from Tia (in Nepal), about personal growth from Sophie (in Singapore) and about prana from Krishnaa (in U.K.) On the production side, Wai-ling who edits Kula is in Hong Kong, Angela who handles circulation lives in the U.S., while our administration queen Carol and myself live in the U.K.

Like many entities around the world, we are examining our purpose and way of operating. Questions we are asking ourselves include: whether Namaskar is serving its purpose or just providing an opportunity for advertisers to share their message; will there be a place for a paper yoga magazine if studios, shops and cafes (our primary distribution points) have to disinfect surfaces every two hours; is there any need for another yoga website; does Namaskar's content lend itself to the digital medium; do we even have the skills, or energy, to take Namaskar online? If you have any thoughts, please feel free to share them with me NamaskarEditor@gmail.com

Until the next issue (whether paper or pdf), take care of yourself so you can take care of those around you.

ON THE COVER - BIANCA DASGUPTA



Bianca teaches yoga at Pure Yoga in Hong Kong.

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Namaskar provides a voice for the yoga community around the world. The publication is an opportunity for practitioners on a yogic path to selflessly offer their knowledge, learnings and experiences with others.

We welcome unsolicited submissions, therefore the opinions expressed within these pages are not necessarily those of Namaskar or its volunteers.

Articles and photographs in Namaskar are contributed at no charge.

Advertising income covers production, distribution, administrative costs and discretionary contributions to selected charities and causes.

Namaskar, is published quarterly, usually January, April, July and October. About 5,000 copies are printed and distributed for free to yoga studios, teachers, fitness centres, retail outlets, cafes and yoga-friendly outlets. Mostly distributed in Hong Kong, with 1,500 copies mailed to readers in 32 other countries.

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namaskar

Now on-line at:
www.issuu.com/namaskarasia

Dristi for August 2020:

Seva

Dristi for November 2020:

Shavasana

If you'd like to contribute on any of these topics, please email NamaskarEditor@gmail.com with the idea for your article.

Contributions are also welcome on other topics. Final articles are welcome before July 10 for August issue and before October 10 for November 2020 issue.

Updates, Workshops, Retreats, Teacher Trainings

CHINA

Power Workshop with Marysia Do

3-5 July
Central Place, Beijing
www.pure-yoga.cn/beijing/workshop/detail/1276

Wild Lotus 2-Day Foundation with Patrick Creelman

4-5 July
Central Plaza, Shanghai
www.pure-yoga.cn/shanghai/workshop/detail/1221

200-hr TT with Patrick Creelman

6 July-1 August
Pure Yoga, Central Plaza, Shanghai
www.pure-yoga.com/hongkong/workshop/detail/1090

200-hr Mindfulness Yoga TT with Chris Su

15 July-11 April 2021
Pure Yoga, TST
www.pure-yoga.com/hongkong/workshop/detail/1164

Gokul Yoga Weekend Workshops with Jani Jaatinen

17-19 July
Plaza 66, Shanghai
www.pure-yoga.cn/shanghai/workshop/detail/1335

Wild Lotus 4-Day Immersion with Patrick Creelman

3-6 August
Central Plaza, Shanghai
www.pure-yoga.cn/shanghai/workshop/detail/1222

HONG KONG

Free Online Yoga Sessions

Life Management Yoga Centre (LMYC) has started free online sessions via Zoom. These sessions help students to relax and be mentally at peace thereby bringing calmness in their daily schedule. LMYC founders, Mr. and Mrs. Ahuja are providing free online counselling to individuals to assist them to tackle sleeplessness, anxiety, fear.

Their mother institute, The Yoga Institute in Mumbai is also conducting various live sessions on Youtube, by their Director, Dr. Hansaji to help boost immunity and stay fit both mentally and physically.

www.facebook.com/theyogainstituteofficial/

Integral Yoga Sangha Classes

Mondays 6:30-8:00pm
Zoom sessions / Platform, Sai Ying Pun
iysangha@hershayoga.com

Weekly Silent Sitting Meditation

The Psycheprimus Institute of Cognitum Engineering Research (PICER), Central
For the past 20 years in Hong Kong PICER has been assisting people understand their difficulties and provide solutions. They are offering 3 weekly silent sitting meditation sessions on Mondays 3-4pm: Tuesdays 10-11pm; and Wednesdays 8-9pm. Participation at the centre, or online via skype or wechat.

www.facebook.com/PicerHK/
www.picer.org/ (852) 2167 8661

conTEXTualizing Yoga - Online Study Sangha

Ongoing group study of important texts.

For more information
www.facebook.com/groups/ashtangayogahongkong

Hersha Yoga's Raja Yoga & Meditation

Starting 10 June (Wednesdays from 6:30-8:30pm)
Zoom sessions
info@hershayoga.com

Weekend 200-hr Hatha Yoga TT (Chinese) with Ann & Keiki

23 June or 17 October (Intake) & 20 September or 24 January 2021 (Graduation)
Flo Yoga Academy, Sheung Wan
flotraining@gmail.com / (852) 9888 2400

Ashtanga Weekend with Laruga Glaser

26-28 June
Pure Yoga, Central
www.pure-yoga.com/hongkong/workshop/detail/1319

AntiGravity TT with Tamer Begum

16-19 July & 23-26 July
The Yoga Room, Sheung Wan
info@yogaroomhk.com / www.yogaroomhk.com/ (852) 2544 8398

100-hr Preparing to Teach with Tin Ming Lau

17 July-16 August
Millennium City 5, Hong Kong
www.pure-yoga.com/hongkong/workshop/detail/1162

Yoga Rangers 95-hr Children's TT (Chinese)

Module I: 17-19 July & Module II: 20-26 July
Flo Yoga Academy, Kowloon
flotraining@gmail.com / (852) 9888 2400

Singing Bowl & Tuning Fork workshop with Malbert

The Yoga Room, Sheung Wan
1-2 August
info@yogaroomhk.com / www.yogaroomhk.com/ (852) 2544 8398

200-hr TT with Victor Chau

The Yoga Room, Sheung Wan
Module 1 - The Power of Practice
8-16 August
Module 2 - The Power of Self
21-27 September
Module 3 - The Power of Sharing
24-30 October
info@yogaroomhk.com

3-day Adjustments workshop with Jonas Westring

14-16 August
Pure Yoga, TST
www.pure-yoga.com/hongkong/workshop/detail/1244



The FloYoga team will be offering a children's yoga teacher training course in Hong Kong.

200-hr TT with Rinat Perlman

14 August-11 October
Pure Yoga, Central
www.pure-yoga.com/hongkong/workshop/detail/1288

85-hr Mindfulness Yin Yang TT (Chinese) with Ann da Silva & Keiki To

26 September-4 October
Flo Yoga Academy, Sheung Wan
flotraining@gmail.com / (852) 9888 2400

INDIA

Ayurveda Therapeutic Restoration Retreat with Prabir Karmakar

5-10 November
Somatheeram Ayurveda Village, Kerala, India
www.pure-yoga.com/singapore/workshop/detail/1223

INDONESIA

Yoga & Surf Retreat with Philippa Ho & Fabien Roels

9-13 July
Mondo Surf Village, Canggu, Bali
www.pure-yoga.com/hongkong/workshop/detail/1258

Ubud Bali Yoga Retreat with Lisa Mak

9-13 September
COMO Uma Ubud, Bali
www.pure-yoga.com/hongkong/workshop/detail/1248

Retreat with Janet Voo & Daria Soloveyck

10-13 September
Desa Seni Village Resore, Canggu, Bali
www.pure-yoga.com/hongkong/workshop/detail/1318

Vegetarian Retreat with Gloria Day

18-23 September
Adiwana Jimbawan, Ubud, Bali
www.pure-yoga.com/hongkong/workshop/detail/1339

Ariel Yoga Retreat with TT HO

29 September-4 October
Adiwana Svarga Loka, Ubud, Bali
www.pure-yoga.com/singapore/workshop/detail/1309

Bali Retreat with Yen Then & Sheryl Lim

15-18 October
Komune Resort & Beach Club, Bali
www.pure-yoga.com/singapore/workshop/detail/1330

LAOS

Soul Travel with Deva Biswas

21-26 August
Belmond La Résidence Phou Vao
www.pure-yoga.com/hongkong/workshop/detail/1263

NEPAL

Yoga Pilgrimage

25 September-2 October
www.nataliemacam.com

Himalayan Yoga Retreat with Jen Kentrup

27 September-2 October
Baber Mahal Vilas, Kathmandu
www.pure-yoga.com/hongkong/workshop/detail/610

Nepal Yoga Adventure

4-21 October
www.nataliemacam.com

PHILIPPINES

Morning Mysore with Dylan

1 July-31 August
Siargao Island
dylanyo@gmail.com

Online events by Spiritual Science Research Foundation

Online Group Chanting, Meditation & Healing Session with the Guru on 2, 4, 7, 9, 11, 14, 16 June
Depression - Signs, Causes and Solutions on 10 June
How to Stop Negative Thoughts and Develop Positive Thinking on 17 June

www.ssrf.org/spiritual-tour/ssrf.workshop@ssrf.org

SINGAPORE

200-hr Attitude of Gratitude TT with Sandy Shum

4 July-6 September
Pure Yoga, Suntec City
www.pure-yoga.com/singapore/workshop/detail/1305

Hand Balancing Workshop with Miguel Santana

24-26 August
Pure Yoga, Asia Square Tower 2
www.pure-yoga.com/singapore/workshop/detail/1316

THAILAND

Hot Yoga Retreat with Jacequeline & Jeanie

30 July-2 August
Absolute Sanctuary, Koh Samui
www.pure-yoga.com/hongkong/workshop/detail/1320

Tropical Rejuvenation with Samrat Dasgupta

28 September-3 October
Samahita Retreat, Koh Samui
www.pure-yoga.com/singapore/workshop/detail/1179



POEM

THE LAKE

BY NATASHA DEVALIA

Branches lean into each other,
forming an archway
for us two, to amble through,
holding hands as we do
beside the still lake.

Yellow leaves spin as the wind
offers them a moment
of weightless hope,
whistling by as we do
before the soft fall.

We peer into each other's eyes,
into the deepest mystery of all,
searching for perfection,
and that what we find
is our own reflection.

Photo by Colin Moldenhauer on Unsplash.com

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Ariel has an eclectic background in both Yin and Yang styles of yoga, Taoism, healing, yoga anatomy, fitness, business and personal transformation.



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|--|---|--|---|--|
| 200-Hour Yin & Vinyasa Yoga | ✓ | ✓ | ✓ | ✓ |
| 90-Hour Yin Yoga | | ✓ | ✓ | |

****Modules can also be taken separately as Yoga Alliance Continuing Education Courses or to make up the RYT200 requirement for participants from Ariel's previous teacher trainings****



Photo by Joe Caione on Unsplash.com

OPINION

HAPPINESS IS A MORAL IMPERATIVE Now More Than Ever

BY DYLAN BERNSTEIN

I was on an African wildlife safari when the pandemic erupted across Earth. Of course, like all Hong Kongers, I'd already been acutely aware of the potential for this disease to reach global proportions. But it was still surreal to watch the map of continents gradually turn red and to phone my parents in the US as they prepared for quarantine-like conditions. We all had many questions but a primary concern was, "What is the most responsible thing for us each to do?"

The pandemic has revealed our deep interconnectedness. We've been quite wary of the idea of spreading the pathogen. Even if we

could survive the sickness, the thought of bringing disease into the lives of countless others is scary. Precautions were enacted everywhere. I'm certainly no expert in epidemiology, but I do have some perspective on personal health and well-being. If we want to avoid illness, we must keep our immune systems highly functional. There are many proven techniques to boost the immune system. One essential way to do this is immediate: happiness.

The link between happiness and immune system functionality has been well documented in publications such as *Nature*,

Scientific American, Time and Psychology Today. Although the exact biological workings of the connection are still being studied, all of the research that I've seen is clear. Happier adults are far less likely to contract diseases, such as influenza or a common rhinovirus, than adults who report less happiness in their life. Immunity is boosted even from being shown a short humorous video before exposure to pathogens.

also have instant influence over one another's emotional state. During my own regular calls to my folks, I felt much more at ease knowing that they were relatively safe and content. When others were concerned about my situation, I could calm them by sharing some joyful part of my day.

Conversely, conflict could work against health. Arguments arising over politics and policy are usually borne of concern for

Immunity is boosted from being shown a short humorous video before exposure to pathogens.

We have come to understand that our own happiness could actually save the lives of our neighbors, their extended family, or even strangers across the globe. Especially during times of crisis, stress can play the role of an invisible attacker. It weakens our immune systems and thus makes it easier for a pathogen to travel onto countless victims. So keeping our own stress at bay has proven critical. It's never been more clear. For the health and well-being of others, our own happiness is a moral imperative.

Of course, our interconnectedness not only manifests through the biological systems. We

collective well-being. But when those conflicts take on nasty overtones they run the risk of bringing everyone down. And as stated previously, this can threaten health and collective security.

None of this is new information. The pandemic has simply highlighted just how much we matter to one another and how important happiness can be for society. We hope that we remember these vital lessons as history creeps forward. The choices we make now will certainly set up the future we all inhabit.

Transformation

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18 July - 6 September
Langham Place Office Tower - Mong Kok

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For enquiries,
email teachertraining@pure-yoga.com

IN ISOLATION? Opportunities Abound

BY CASSANDRA KISH

Seems most of the world went into quarantine around mid- March 2020, to slow the spread of COVID19. Being in isolation has given many people a feeling of loneliness. Many peoples' self-esteem has taken a hit and most of the people I have spoken to have a sense of having their rights taken away.

I work in Emergency Medical Services (EMS) as an Emergency Medical Technician (EMT) and after seeing people in advanced stages of COVID19, and how it ravages their bodies, crystallizes their lungs and takes their breath away, I think we should be in quarantine for much longer than two months.

My opinion aside, this article is about isolation so I will stick to my guns here.

I was looking up isolation to get different peoples' opinions and was surprised to find most articles are about how isolation is used as punishment. We isolate an unruly child, we put prisoners in isolation after they have

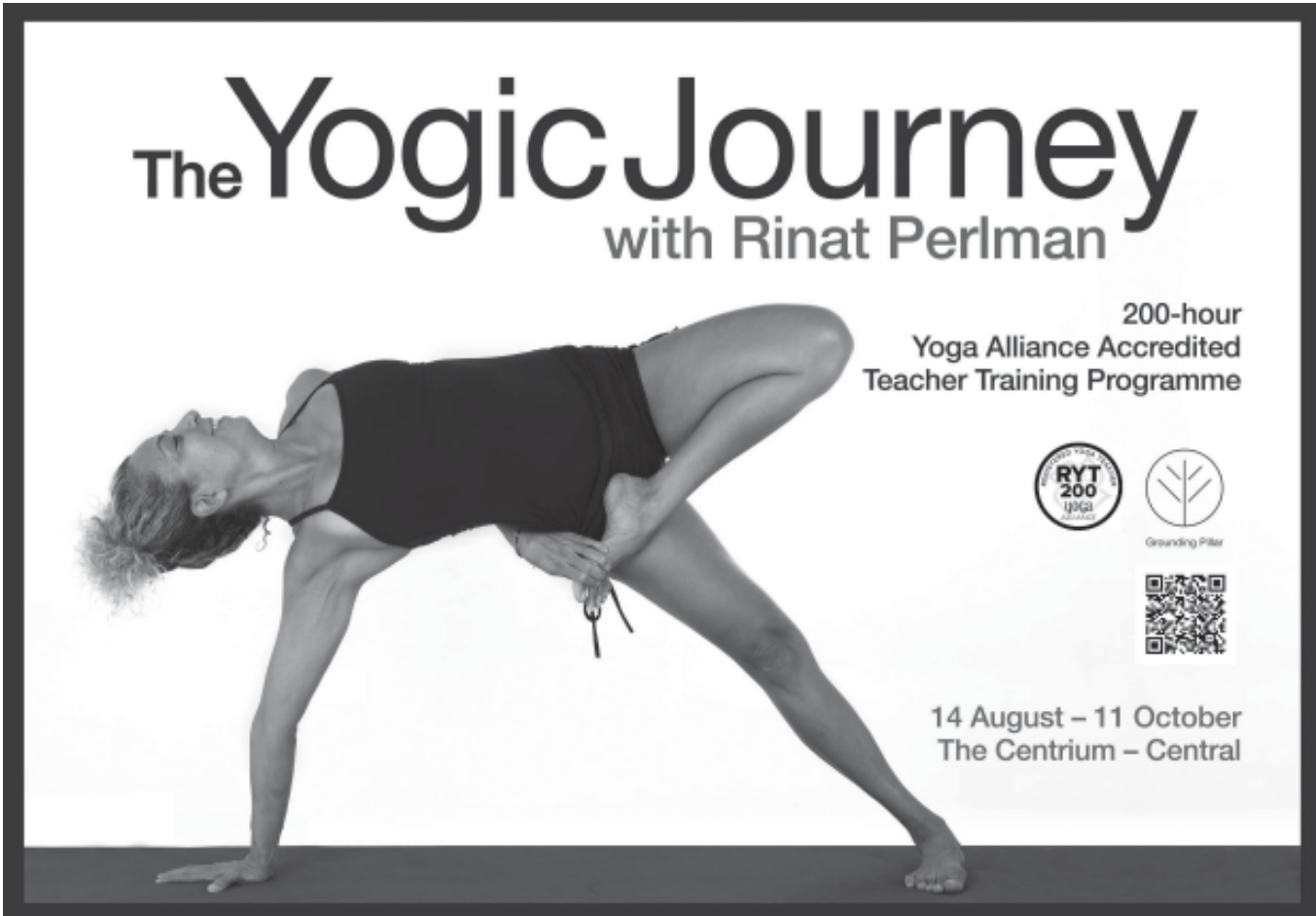
Buddha gave up his stuff & went into isolation

broken the rules, the idea around isolation is quite negative. Children are taught they should have lots of friends, that there's something wrong with having only one friend, and never be seen alone.

There are a few 20-year-old EMTs at one of the EMS squads where I work. The effort they go to to prove everybody likes them is mind boggling, as if their personal power is fueled by a large number of friends.




I think we have had it drilled into us that one of the driving characteristics in success is being social. Spending time alone is almost an embarrassment. So now here we are, a government-imposed quarantine. Isolation at its most necessary.

As a "frontliner", I have been working seven days a week. In my free time I mountain bike. As you don't come into contact with many other people while mountain biking, I have been riding straight through the quarantine. My gym is closed, so I workout and do my yoga



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practice at home. Truth be told, my life hasn't changed much. There are a couple of friends I used to see quite often, so I haven't seen them, but all in all, being at home by myself has been absolutely awesome! I really like me, I think I am quite fun.

I have painted furniture and shelves, cleaned and organized and my "Netflix- Must watch" list is dwindling. I have spent a lot of time making food I wouldn't normally make and it has all been a positive experience.

MOVING BRISKLY FORWARD

How did Sidhartha (Buddha) become enlightened? Gave up his stuff and went into isolation. He came out enlightened, smarter, opinionated, knowledgeable, with clear perception. Wow! I want a plate of that! I am getting it, COVID has afforded me the opportunity to fine tune my body and mind.

How did Gandhi sway the opinion of an entire nation? He refused to speak. Who would have thought just "shutting up" would be so powerful?

If you look at many successful powerful people in the world, they meditate, they spend a huge amount of time alone, they were socially awkward when they were young. One of the benefits of self-quarantine is the ability to be poised under pressure. Going through life with grace and poise is not achieved by being out with friends, gossiping, chasing boys

(or girls) and having constant stimulation. Nobody ever became top in their field by only reading other people's opinions about the subject matter. They take time to develop their own ideas and opinions and then more time to test their hypotheses. They take time off from society and all the glorious ideas and joys come flooding in. Time off from the grind of society is a gift.

Cassandra be?" I responded "no, I was wondering who you are? Are you apologetically you?"

Anyway, figure out who you are and don't discuss it with everyone and just be that.

American motivational speaker Wayne Dyer used to say society is a tribe whose purpose is

take time off from society & glorious ideas & joys come flooding in

Time alone is a tried and true way to demolish the drama queen inside of us. The addiction to creating paranoid ideas others are constantly trying to demean us is paranoid drama and comes from the inability to relax. We are in a state of needing to have all who are around us in a state of panic. In my opinion, other people's lives do not revolve around us, we aren't that interesting. So slow down long enough to retrain your mind to enjoy the calm and even seek it out.

Another squad story - my EMS partner (meaning we rode a shift together) last weekend, said to me. "Cassandra you are unapologetically you" I started to say "Well who..." and she interrupted me and said "I know what you are going to say "who should

to keep any one individual from rising up.

When you self-isolate, you take time off to develop who you are, to develop your mind, to become poised and confident. So put on your DIY clothes or your painting clothes or your pajamas and jump into some alone time. Discover who you are and step out of Society's idea of you.

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Module 2 : 26-27 September
Module 3 : 1-4 October



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18 September - 4 October
Peninsula Office Tower – Tsim Sha Tsui

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- Hersha Chellaram

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Accessible Prenatal Yoga 85-hrs (TT)

Yoga for the Special Child 95-hrs (TT)

Accessible Yoga (CE)

Kidding Around Yoga (CE)

Raja Yoga Foundation (CE)

Community-Based Yoga (CE)

Online Courses

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Neuroscience, Yoga & Mindfulness (CE)

Ayurveda: Healing Within (CE)



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inclusive, diverse and
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Proceeds of all trainings support our NGO, **YAMA Foundation** - making yoga, arts & meditation accessible to Hong Kong's most vulnerable or needy communities.

ONLINE YOGA

How to Choose Your Class

BY HEATHER SHALABI & JULIENNE RABOCA

With countless yoga classes available online, choosing the right one may seem a little daunting. If you already have some yoga basics down, here's a few ideas for navigating your path to an online practice.

The great thing about online yoga is the flexibility to practice when it suits you and at very reasonable cost. On the flip side are the loss of human interaction, missing your instructors' hands-on adjustments, no more break from your work and home!

Before you start, ask yourself what do you want in your yoga classes? A great physical workout or calm restorative practice, lots of chanting or none at all, a class with spiritual context or straight up asana? List everything you want and then narrow it down to your primary and secondary priorities. This will help define your scope so you're not piling too much on your plate. Then look for classes that meet your needs.

You might discover that combining online classes with real life ones suits your best, or exclusively go for either one. But before you get to that point, you'll need to explore your options.

Do you know anyone whose practice you appreciate? Or follow anyone on social media you want to emulate? Ask them for online class referrals. You can also cast the net wide and post on Instagram and Facebook asking your network if they know any inspiring classes that can be taken digitally.

You are no longer bound by physical limitations, which has freed everyone up to taking online classes from Asia, Australia, Europe or even Latin America!

If you want to go local, look up studios in your city and check their websites if they offer online classes. E-zines and media outlets also typically publish roundups listing all studios and teachers offering live stream classes.

If you want to go international, do the same but for the country or city you'd like to explore. Classes in more affordable cities will

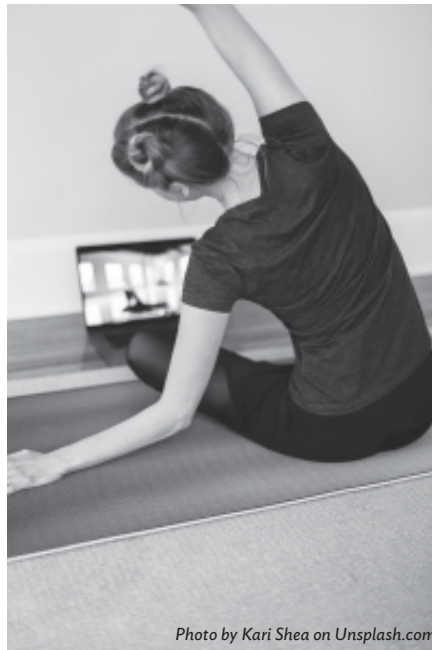


Photo by Kari Shea on Unsplash.com

price accordingly. Here comes learning yoga in a foreign language, or hearing instruction in a Kiwi accent!

TRY FREE TRIALS FIRST

There are loads of free trials running for on-demand video subscriptions as well as live stream class packages that happen in real-time. After narrowing down your search based on the previous points, spend a few weeks doing free trials or introductory packages from the likes of GloYoga or Alo Moves, which has a 30-day free trial. Also try downloading the MindBody app, which most studios use as their booking platform. It has a section dedicated to virtual classes you can explore.

LIVE STREAM VS ON DEMAND

If your budget is tight, YouTube has so many channels publishing quality yoga content that you would almost never run out. Look them up first on Google, shortlist the ones you want to try out and stick to the ones you like best. YouTube will even recommend more of what you like based on your watching algorithm – just make sure you're logged in when you watch the videos so it can track which ones

This is your chance to explore different styles, teachers, disciplines to enhance your yoga

you've already completed and make intelligent suggestions for you. This is your chance to explore different styles of yoga, different teachers, meditation, sound healing, Pilates, and other disciplines to enhance your yoga practice!

If you need human interaction, then you're better off going for live stream. Some people find this more motivating as well.

Then there's on-demand which requires more self-discipline; however, you can take almost unlimited classes as the videos have been pre-recorded.

SET YOUR SCHEDULE

Once you've done all your research and trials, make a shortlist of classes which appeal to you. If you are practicing exclusively online, make sure to have an holistic mix of stretch, power, cardio, strengthening, restorative and meditation. Gather enough options to give you some flexibility in scheduling. Then once you've narrowed the choices, set a regular class rotation you can stick with weekly.

Consistency is key for delivering results. Whether you want to get stronger, learn some new poses, increase your flexibility or fix your sore back, you'll have to practice regularly. Now get your home practice space ready and go find your Zen!



Photo by [Thewonderlice on Unsplash.com](https://www.unsplash.com)

DRISTI - YOGA & BUDDHISM

TO BE OR TO NOT BE That is the Quest

BY DYLAN BERNSTEIN



Photo by Eric Prouzet on Unsplash.com

Yoga and Buddha have been in conversation with each other since the latter appeared some 2,600 years ago. Of course, Yoga was already around, building upon the transcendent visions of the Vedas. But Buddha was a game changer. Once he started teaching and amassing followers, Yoga and Vedanta would undergo some serious navel-gazing and clarification of their teachings.

Buddha was a rebel, his challenges to the Vedas and the Brahmin priests were controversial

How much one influenced the other is an ongoing field of research. Luckily, we don't need to know the specifics today. To better understand the conversation between the two old friends, we can simply examine one huge point of ideological difference.

The Vedas and Upanishads are spiritual. I mean this in the strictest definition of the word. They teach there is a Soul, a Self, *Atman*, *Purusha*, etc. They say at your core, you are Truth at the highest level.

Buddha was not so spiritual. This might sound shocking, given the way we casually use words. But according to the actual definition and context, we have to remember Buddha was a rebel. His challenges to the Vedas and the Brahmin priests were extremely controversial. The Brahmanic society of the time had other challengers as well. We know of wandering teachers (*shramana*) who argued against the belief in eternal Soul. Some were strict materialists, arguing consciousness was

a product of the physical brain, which in turn was a product of the living body.

So Buddha arose on an ideological battlefield. One side was saying "You are not the body nor mind. You are the eternal Self, unchanging, divine Godhead." The other side, "You are not the hypothesis of a Soul. You are the mind and body alone." Buddha rose his voice and spoke his response to the essential question, "Who are you?"

"You are not," said Buddha. "You don't exist."

Buddha used the Pali term, *anatta*. Or in Sanskrit, *anatman*, literally non-Self. Non-existence can feel disheartening, but before we become offended or mournful, let's try to understand what was meant. Buddha was definitely contradicting the theory of Self-existence. But he was not trying to deny you the experience of being alive.

Buddha was saying we don't exist as entities, as any kind of fixed and unchanging being. Of course, we live, breathe and go about all sorts of interesting experiences. But these experiences spur constant change. So the person who went by your name and wore your shoes five years ago is not the same person who does so today. With time, all the cells in our living bodies are replaced, just as our thoughts and feelings evolve. This process is happening each and every moment. The person who began this article is not the same one who will finish it. Everything is changing, even ourselves.

Buddha also noted we do not arise independently. Existence in this moment arises from a vast array of variables: our parents, their parents, upbringing, previous choices, weather, friends, etc. And our lives are intrinsically linked to the lives of many others. So in this way, all is connected.

Interdependence and interconnectedness, two fundamental pillars of Buddha's teaching, can help explain his shocking statement that we don't exist. Again, we don't exist as entities. We are dependent parts in much grander processes and we are never unchanging. So we exist, in process. But we don't exist as an independent and permanent being.

The two philosophies conflict on the vital point of existence. Yet fascinatingly, their practices do not differ so greatly. One might expect diametrically opposed perspectives to employ starkly contrasting methods. Yet both systems use techniques that are quite similar indeed.

Practitioners' days revolve around meditative experiences and noticing the transient workings of the mind and body. From the outside, sitting meditation and asana practices look identical in both Hinduistic and Buddhist streams. Such similar chanting

language is used even particular mantra and phrases are shared verbatim.

Given the contrast in ontological (related to the nature of being) theory, one might think we'd encounter different codes of conduct. Yet the ethical tenets are almost identical, with taboos on violence, lying, theft and the standard pitfalls of misconduct. How is it these fundamentally opposing philosophies can find so much to agree upon?

I think an answer is seen in their shared wariness. Both traditions caution against attachment to the comings and goings of everyday life. The physical body and conscious mind are not to be mistaken for the absolute, nor to be clutched onto, as they will transform and fade away. Whether you believe in an eternal soul or constant flux, attachment to the momentary will only lead to misunderstandings and suffering.

Instead of only narrowly focusing on the ultimate answer of existence, both lineages emphasize practical approaches. Although both seek complete transcendence, they also both offer paths for gradual realization. And these paths are quite similar indeed. Even if seeing the true nature of being is difficult, noticing what is not true is relatively easy. The agreement we are not simply the body-mind is enough common ground that practices and approaches can easily be shared.

They met in polarizing opposition. Yet over the millennia, Buddhistic and Hinduistic teachings have also grown, if not closer, certainly more accommodating to one another.

The non-dualistic Advaita perspective of the Vedas has allowed for far more acceptance of interconnectedness. Ancient pre-Buddhist Vedic interpretations were focused more specifically upon the realization of the true Self. Less value was given to the material and experiential world. However, Buddhism spread throughout the subcontinent and Tantra also arose. By the time Shankaracharya modernized Vedanta, a non-dualistic treatment had to be given to even most venerable teachings.

Interconnectedness had earned its place even in the musings of traditional Brahmanic practices, from Advaita Vedanta to Yoga. On the other hand, Buddhism has certainly grown to include many views which see some permanence. It may sound incompatible to Buddha's great breakthrough of non-existence. Yet many schools of Buddhism now seek to realize an eternal and internal constant. Often dubbed Emptiness or Buddha-nature, this constant doesn't contradict the interconnectedness and interdependence so prized by Buddha and his followers. In fact, it treasures those ideals. By seeing the true nature of global flux, one might

find oneself empty of any permanent identity. And that taste of Emptiness may tap one into one's own Buddha-nature. This Buddha-nature is said to exist within all, so the harkening back to Atman is certainly worth noting.

It may even appear as though the two old friends are reaching towards agreement. Certainly to the casual modern observer, the teachings and practices might appear compatible. But I do think it wise to remem-

The two philosophies conflict on the point of existence... Yet their practices do not differ so greatly.

ber the philosophical bedrock that supports each lineage. Their fundamental doctrines are not in agreement.

Beyond the doctrinal differences, however, the core of the practical teachings is paramount. Both venerable traditions mandate that we sit down, quiet the mind and renounce our attachment to this daily existence. Perhaps noting the differences is merely another function of mental attachments. The journey of sitting and detaching from the mundane body-mind obsession is at the heart of both approaches. And this journey should reveal deeper truths, regardless of the titles attached.



Photo by Thao Le Hoang on Unsplash.com

BUDDHA'S CONTRIBUTION To the Eight-Limb Method

BY ANDREW SEYMOUR

Einstein said: "If you can't explain it simply, you don't understand it well enough." This is especially true for the sixth and seventh limbs of yoga – *dharana* and *dhyana*.

"How *exactly* do we practice the sixth and seventh limbs of yoga?" Ask a dozen yoga teachers and you'll get 12 different responses. Something about meditation.

When looking for answers to these questions, I stepped back and asked myself two related questions:

- Who has had the most success with their meditation practice?
- What is their technique?

The short obvious answer is the Buddha. His technique for reaching Enlightenment was *vipassana* meditation. To prepare for *vipassana*, he first practiced *anapana* meditation.

In other words, *anapana* is a simple and effective method of practicing the sixth limb and *vipassana* the seventh limb. These two techniques are simple to teach, but difficult to practice.

MY FIRST VIPASSANA – MIXED RESULTS

Back in 2007, I took a 10-day *vipassana* meditation retreat in Maymyo, Burma. This was my first experience with meditation ever. Rather than starting with a cushy yoga retreat, I decided to jump into the deep end with a 10-day silent retreat. My goal was to directly experience the profound sense of inner peace *vipassana* claims to offer.

The only problem was that it wasn't working for me. There were a few moments of deep calm. By day five, I was becoming bored and restless. On day six, I visited the head teacher during his office hours and kindly told him: "This has been great, but I've hit a wall regarding my practice. And I'd like to leave now, thanks."

He just smiled. And in the most polite way, told me I needed to stay. That I just needed to keep practicing. I stuck with it and finished the retreat. Although I didn't make much

progress meditating, it still felt great having 10 days of silence, 10 days of sitting and letting things slow down. If I were to describe it in a word, I felt lighter.

A few days after the retreat, I gave up trying a daily meditation practice. Life returned to what it was before. Which is not what I had hoped for. My takeaway from this retreat: I wasn't going to develop a meditation practice on willpower alone. I needed help, something to make meditation easier. This is where yoga came in.

to quiet our mind, we first need to engage our body

YOGA MAKES MEDITATION EASIER

We all know meditation is good for us. That we should do it. It clears our mind, calms our nerves and gets us grounded. On the other hand, sitting on a cushion and observing our breath is one of the hardest things we'll ever do.

So how can we make it easier? How can we bridge the gap between meditation being a daily chore to a daily ritual? Yogis have an answer: If we want to quiet our mind, we first need to engage our body.

In his book *Light on Yoga*, BKS Iyengar notes: "My experience has led me to conclude that for an ordinary man or woman in any community of the world, the way to achieve a quiet mind is to work with determination on two of the eight stages of Yoga mentioned by Patanjali, namely, *asana* and *pranayama*."

Our yoga journey starts here – *asana* and *pranayama*. After lots and lots of *asana* practice, meditation becomes easier. Over time, it becomes an effortless extension of *asana* practice. In my case, it took years. But now I see my yoga practice fuels my meditation practice, and vice versa. They create a

real synergy I can't get anywhere else.

BUDDHA'S CONTRIBUTION TO YOGA

In 2015, I traveled to Rishikesh for my 200-hour yoga teacher training. Our Indian teachers were well-informed on *asana*. Still, I wasn't able to find clear instruction on how to practice the higher limbs. Over the course of our one-month training, the Buddha's name never came up once.

It seemed to me Buddhist meditation can enhance our yoga practice. And yoga helps us make steady progress in meditation. But where is the guru who can reconcile these two traditions? Enter S.N. Goenka – an Indian who devoted his life to the Buddha's teachings on meditation.

The late S.N. Goenka (1924-2013) was an Indian businessman born and raised in the predominantly Buddhist culture of Burma. In the 1950s, he developed chronic migraine headaches. After a variety of unsuccessful treatments, his doctors began recommending morphine. Fortunately for him, he tried *vipassana* meditation and his headaches went away. Fortunately for us, he decided to share this practice with the world.

Goenka carefully studied the Buddha's teachings on meditation. He removed all religious elements and distilled it to the most essential philosophy and practice. In the 1960s, he began leading 10-day *vipassana* meditation retreats.

His 10-day method begins with three days of *anapana* meditation followed by seven days of *vipassana* meditation. Goenka's method has set the standard for 10-day silent meditation retreats today. You can find one of his 200+ meditation centers through his website at dhamma.org.

PATANJALI'S 6TH & 7TH LIMBS – A BUDDHIST INTERPRETATION

Regarding the sixth limb of yoga, Patanjali states in the *Yoga Sutras*: "One-pointedness is steadfastness of the mind" (YS 3.1).

This can be interpreted as focusing our mind completely on our breath. The practice itself is quite simple. Focus on your inhale, focus on your exhale. If you get distracted by a thought, notice it, let it go and return to your breath. That's it.

Through this focus on our breath, we begin to train our mind. We start to notice when we're lost in thought. We begin to see our thoughts more objectively. This practice helps us switch from the participant of our thoughts to the observer of our thoughts. Over time, we are able to bring this "observer experience" with us off the mat and into our everyday lives.

The seventh limb is the deepest state of meditation. Patanjali has one sutra devoted to this practice: "Unbroken continuation of that

mental ability is meditation" (YS 3.2).

In *vipassana* meditation, we shift the focus to the most subtle physical sensations at one point on our body. Rather than being distracted by stronger sensations in other parts of our body, we train our mind to focus deeply on one point of the body.

With enough practice, we begin to discover tiny, subtle sensations at our point of focus. We may notice a sensation rising. And sooner or later, passing. Then we move our attention to a new point of focus, and repeat this exercise.

We experience firsthand through this practice that our sensations have an impermanent quality. We shouldn't become attached to them. Just like thoughts, they rise and pass.

With disciplined practice over years, we slowly train our mind to let go of our attachment to the most fundamental

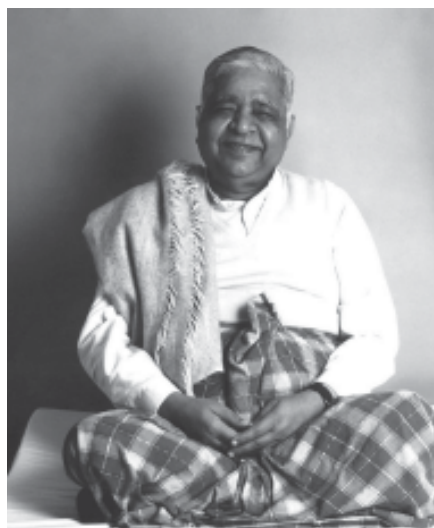
we train our mind to let go of attachment to our own senses

experience we have in life – our own senses.

SECOND VIPASSANA – MUCH BETTER THANKS TO YOGA

In 2017, I took my second 10-day retreat near my hometown in Atlanta, Georgia. Although this retreat was on the other side of the globe, it was identical to the one in Burma – both centers affiliated with Goenka's method. This time, I had many years of *asana* practice to lay a foundation and make greater progress with my *vipassana* practice.

Patanjali laid the foundations of yoga with the eight-limb method. The Buddha's teachings added to the threads of Patanjali's *Yoga Sutras*. Goenka simplified the Buddha's method. Now it's up to us to practice, practice, practice.



S.N. Goenka

FINDING STILLNESS

Even in these times

BY GABRIELLE MCMAHON

With the changes in our community due to Covid-19, have you noticed things seem quieter, more still around you?

I have. There doesn't seem to be the usual busyness of having to get somewhere, or to do something. Our community is quieter, fewer cars and people moving around and those that are moving around seem to be slower, quieter and more mindful. Maybe that is just me, still transitioning from my month-long meditation silence.

Lately I have been reflecting on "finding stillness" and how stepping a bit more into stillness at this time can support us in these challenging and uncertain times.

Buddhist and Yoga philosophy are wonderful tools to support our journey.

The dictionary says stillness is "a state of freedom from storm or disturbance". To delve more into stillness let's consider there is are external and internal environments.

The external environment is outside us and beyond our control. The cars, people moving around and some perhaps breaking social distancing rules, children talking some maybe fighting, laughter of others, a barking dog, the sounds of birds and music, other's energy we can unknowingly mirror - their emotions and feelings.

These are all external to us. Some we like and some we don't like, also known as Desire and Aversion in Buddhism teachings. In Yoga Philosophy this is also referred to as Liking and Dis-liking, where we dwell on pleasure resulting in attachment and aversion arises when dwelling on pain. We want more of the laughter and less of the barking dog at 3am. We desire stillness and quiet, but is everything external to us ever really still and quiet? Is it ever possible to stop the breeze, the sounds of insects and birds etc. These are beyond our control, but we can choose how we respond to them.

Deepak Chopra, Indian-born American author and alternative medicine physician. "In the midst of movement and chaos, keep stillness inside of you."

Our internal environment - the movement of our body and our senses - seeing, hearing, smelling, tasting, feeling, our thoughts.

These sensations all stimulate a response within us, our thoughts attach to the sensations so we want more of this or less of that. We might desire the delicious smelling cake, the desire for a better job, bigger house, new car, the desire to do more, to be more. This constant busyness takes us out of our body and out of being in the now where we can find true stillness and peace.

The Swiss Poet Hermann Hess said "within

yourself is a stillness, a sanctuary to which you can retreat at any time and be yourself."

Though we can see around us and within us there is always movement and change, we can create our own stillness just by observing how we respond to stimulus and situations.

By preserving this precious energy also known as *prana* in yoga, we can care for ourselves on a day to day basis. Caring for ourselves gives us so much more capacity to be available for others also. Through the practice of pranayama, rhythmic breath control, one can achieve greater mental and inner peace.

In Buddhism there is an analogy of the wings of a bird- one wing is mindfulness and the other is compassion. For the bird to fly properly both the wings need to be balanced.

With regular practice we can realise thoughts are just thoughts, and we can begin to disentangle ourselves from their seduction.

The power of stillness, enables us to step deeper into the now with ourselves. To not be in the past wishing "I had done this or not done that," or in the future, planning and organising.

I notice my own habits of the mind when I go on a silent meditation retreat. My thoughts going from disliking of past situations through to desiring, craving certain outcomes, so I spend time planning, imagining a future that may never happen. A lot of my energy is wasted, when I know pausing, being still and present in the moment makes me more open, calm, connected and aware.

Eckhart Tolle, author of Power of Now said "Wisdom comes with the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions."

So what if we were to not push away or react to the irritating barking dog, and just see it as a dog making sound, naming it just "Hearing, Hearing". And what if we weren't attached to that delicious surprise in the oven with desire and craving and just name it "Smelling, Smelling." Observing, without reacting to, our habitual thoughts (around 100,000 each day) takes practice, persistence and patience.

The Yoga Sutras of Patanjali refers to this as the restraint of mental modifications and practice firmly grounded over a long time, without break and in all earnestness.

We can all create more stillness, peace and harmony in our lives, by being connected and aware of ourselves. By offering ourselves the gift of the pause, the pause of the breath, the pause of the body.



In an age of movement,
nothing is more critical than stillness.

Pico Iyer

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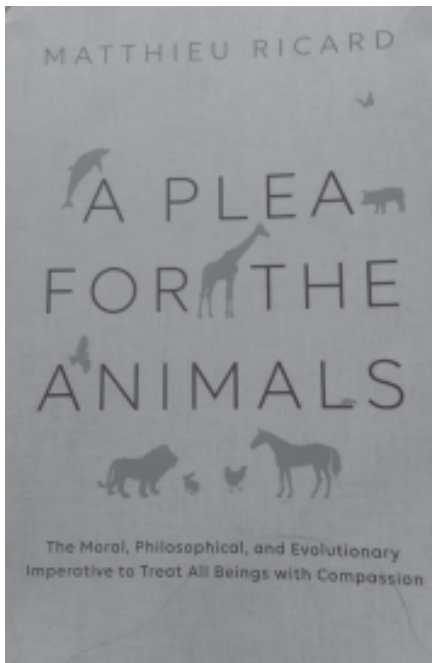
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BOOK REVIEW

A PLEA FOR THE ANIMALS

by Matthieu Ricard

BOOK REVIEW BY TIA SINHA

It is far from my intention to rebuke people who in one way or another cause animals to suffer. They often do it without thinking, as I myself used to do. - Matthieu Ricard

It is truly difficult to make the connection between the latest consumer items, including food and medicines that save our lives and the suffering that is usually involved in their fabrication. - Matthieu Ricard

Scientists, ignoring conspiracy theories, claim the corona virus has jumped from animals to humans. It is not the first virus to do so. SARS, HIV, Ebola and several other viruses also originated in animals and crossed over to human beings. Legendary conservationist Jane Goodall, in her recent message of hope (www.youtube.com/watch?v=9TbkN5BkxFg) and another talk (www.youtube.com/watch?v=K6y6bkPYFLI) claims it is our cruelty to animals has brought upon humans the havoc wreaked by the coronavirus. As habitats of wild animals are destroyed, crowding of different species occurs and diseases in one species easily cross over to other species. If our cruelty to animals does not stop, more pandemic diseases originating in animals, and not just wild animals, but also animals in industrial meat farms are bound to afflict humans.

A Plea For The Animals by the world-renowned cellular geneticist turned Buddhist monk, Matthieu Ricard, is the story of the gruesome, continuous, vast-scale extermination of animals brought on by us humans eating them. It is a book that might cast a bad light on your dinner. So why would you care to read it?

Matthieu Ricard presents hard evidence, often first-person accounts of slaughterhouses, unhygienic meat and poultry factory farms akin to concentration camps, industrial fishing vessels, experimentation labs, zoos, circuses, bullrings, all routinely functioning on the basis of brutal disregard for the life and suffering of animals.

Would any human endure being treated the way we humans treat animals? Horror piled upon horror. Slaughterhouses are not made of glass. Who would want to look through them if they were? Matthieu presents hard facts revealing how humans have reduced animals who, like human beings are also creatures who breathe and feel pain, both physical and emotional, to mere objects that are to be used in the service of humans.

Matthieu Ricard presents some ideologies that humans have devised through the ages to camouflage their guilt at causing hapless animals to suffer so they can become food, clothing, ornaments, medicine, religious offerings, sport or entertainment for humans. One such bogus 'ideology' is animals are incapable of feeling pain!

Matthieu quotes philosophers, scientists, writers, poets, and several religious texts from major religious traditions condemning our cruelty to animals. In the words of the French philosopher Voltaire, "The disgusting carnage that is continuously on display in our butcheries and in our kitchens does not seem to us to be an evil thing; but on the contrary, we regard this often pestilential horror to be a blessing of the Lord, and on top of that we have prayers in which we give thanks to Him for these murders. But what could be more abominable than to continually nourish oneself on corpses?"

The scientist, Isaac Newton wanted to extend the commandment, "Love your neighbour as yourself" to include animals. The English writer Oscar Wilde once quipped, "Animals

are my friends and I don't eat my friends." The English poet, Percy Bysshe Shelley, an ecologist before his time, said, "The meat on which rich men gorge is literally grain stolen from the mouths of the poor." Shelley maintained at the rate at which the human population was bound to increase, it would become necessary in time to adopt a vegetarian diet, for only such a diet would be able to meet the increased needs of humanity.

Sixty billion land animals and a 1,000 billion marine animals are killed every year for our consumption. All this meat-eating is destroying our environment.

Every year, 775 million tons of grain and 200 million tons of soy which could feed the inhabitants of the countries where they are grown, are set aside to feed livestock used for meat production in the developed countries. Thus, the poor starve.

Matthieu Ricard devotes an entire chapter to 'Sorry Excuses' for eating the flesh of animals. Using hard facts, he blasts certain dietary myths. Milk, eggs and meat are not richer in protein than soy, vetch peas, red beans, lentils and other vegetables. Nor is a meat-based diet necessary for physical strength and agility. Several super-achieving athletes are vegan!

Matthieu then goes on to argue the great majority of the forms of animal exploitation we are perpetrating today are not necessary, or are no longer necessary, for our survival. The aim is not to repress one's desire for meat or to terminate one's use of animal products by a draconian act of will. Instead, according to Matthieu, our task is to develop a heartfelt compassion and a genuine sensitivity to the suffering of animals, such that the desire to exploit them and feed on them naturally dissolves and we live causing as little harm to animals as possible.

Brilliantly argued and thoroughly researched, drawing on data from many fields such as science, ecology, history, western as well as eastern philosophies and the world's major religions, Matthieu Ricard's *A Plea For The Animals* lays bare the exploitation of animals by humans that has been taking place on our planet for centuries.

A Plea For The Animals exposes our moral schizophrenia that has us pampering our pets and at the same time planting our forks in

Conservationist Jane Goodall claims it is our cruelty to animals has brought upon humans the havoc wreaked by the coronavirus.

pigs, even though they are in no way less conscious, less sensitive to pain or less intelligent than cats and dogs.

Rather than a fanatical diatribe against our cruelty to animals, *A Plea For The Animals* is a plea from the heart to end our centuries old cruelty to animals, our fellow creatures on this planet.

A Plea For The Animals is one of those rare books with the power to make us recognize the enormous pain we humans inflict on animals. Capable of awakening our compassion, *A Plea For The Animals* can galvanize us into changing our eating habits and lifestyles and acting to stop the myriad ways we abuse animals, our fellow creatures on this planet.

Author's suggestion for documentaries on related topics:
"What the Health" www.youtube.com/watch?v=X1QDkpUPi18 & "Earthlings"
www.nationearth.com/

BOOK REVIEW

INTRO...

To the fourth of Baptiste's eight Principles

BY SOPHIE SANDERS

This is the fourth of eight articles about Baron Baptiste's Universal Principles for Stepping up to the Edge from his book "Journey into Power."

To refresh our memories, the first three principles were about being in the present moment. When we are present, we will know the answers to how and what is possible when we commit to our growth.

PRINCIPLE 4: EXCEED YOURSELF TO FIND YOUR EXCEEDING SELF

So now you've stepped up and are committed to your growth. You get into action and do the thing, for example you get into crow pose, but

you fail. The default is to listen the voices in your head: "this is too difficult. I suck. I can't do this." You get frustrated and angry. You stop doing the thing.


Baron thinks "staying focused on what you cannot do prevents you from discovering what you can do."

Those voices in your head will always show up. You will always have fear and worries. But when you exceed yourself to find your exceeding self, you put all the mental chatter aside, and no matter what happens, you keep doing the work.

Ironically you may need to surrender to exceed yourself. By this I mean you may have to relax so you can receive whatever comes, without being attached to the outcome.

Right now, you may feel hopeless and worthless, sad and angry, and it's ok. Especially in these uncertain COVID-19 times, some may not know if they can get food on the table, if things are going to be the same, or if it's too late?

If you've always done what you've always done, you'll get what you've always gotten. — Baron Baptiste





300 Hours Yoga Alliance
Accredited Teacher Training Programme

TRANSCEND

Glorify The Teacher Within with Samrat Dasgupta

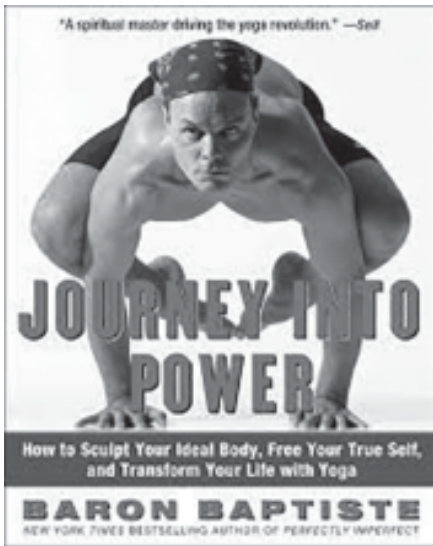
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This is your edge right now - an opportunity to see what's possible in life beyond the new normal. Instead of giving in to frustrations and listening to those voices in your head, focus on your commitment for growth and ask yourself - what's coming up for you? Breathe and find equanimity where you are.

Every morning you wake up, is an opportunity to begin anew. You have the choice to expand yourself or retreat into your disempowering thoughts. You have the choice to re-create yourself newly or to binge on Netflix or social media. It's your choice!

HOMEWORK

Each time you feel hopeless and want to give up, pause and give yourself permission to feel whatever you're feeling. There's nothing to do but acknowledge the fear. Then at that moment, recommit to whatever you're up to.

JOURNALING

1. Where is my comfort zone when I'm on my yoga mat? Where is my comfort zone at work and in my relationships with people ?
2. What would be possible if I were to move out of my comfort zone in all areas of my life?
3. What is so scary about moving outside of my comfort zone?

IN BRIEF

MUDRAS

BY KRISHNAA KINKARI

Anukulasya Sankalpah, Pratikulasya Varjanam. - Resolve to adopt the favourable and renounce the unfavourable.

This period of uncertainty and isolation is a great time to develop patience, wisdom, determination and motivation. Further to

drop doubt, anxiety, regret and grief.

We are all graced with varying degrees of knowledge of yoga and should recognise this is a great blessing; for yoga offers us many ways of self -improvement on every level, especially forbearance (patient self-control).

We do not know exactly will happen next, but certainly this too shall pass. Let's use the time to practise what we have already learnt and research new methods to help ourselves and others who might not be savvy to the enormous health benefits of regular yoga practice. More and more people now wish to know what they can do to relieve their agonies, both physical and psychological.

Mudras are very special at this time; simple gestures do so much to generate, nourish or mend the heart on all levels. Fear is a huge emotional burden wherefrom psychosomatic problems arise.

Remember mudras can be practiced by pretty much everybody and anybody. They can be done standing, sitting or lying. I would advise, that for best effect, they be practiced at the end of some movement (yang activity) so the ensuing yin state is more automatically achieved. In this way the *stuhl* (gross) and *sukshma* (subtle) bodies are attuned and the *karana* (causal) body is ready and receptive.



Sankalpa Mudra

SANKALPA MUDRA, GESTURE OF FIRM RESOLVE

We have looked at this before but it seems

especially relevant now when we must pull ourselves together and be confident and strong enough to cope. Its reflections are found in a number of faiths and also in common usage to enhance a mood of self-reliance and imbibing the power to carry on and be joyous!

METHOD

In a stable position grasp the two hands together with the fingers interlaced and tightly clasped and the palms firmly pressed against each other. Keep the whole shape in front of the heart with the elbows down and on either side of the navel. If you can do it with your back upright, then clasping tightly sustains an appropriate meditative pose.



Dhyani Mudra

Relax the mouth and keep the corners up a mite!

Face relaxed, forehead smooth chin tucked down a little bit. The breath rhythm should be long and strong whilst also calm and nourishing. Hold for as long as you can!

Then release and totally relax, perhaps in the very calming and balancing *Dhyani Mudra*.

Place two hands in the lap with the palms facing upwards, one on top of the other with the fingers pointing in opposite directions and with the thumb tips touching.

Perfect calm even for a few seconds can get the overactive mind to melt into the realisation that goodness, compassion and mercy can prevail when truly believed.

We do not know exactly will happen next, but certainly this too shall pass.

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Photo by Edgar Castrejon on Unsplash.com

DIET

10 FOODS TO BOOST IMMUNITY

1. Almonds
2. Broccoli
3. Citrus (orange, grapefruit, lemon etc.)
4. Garlic
5. Ginger
6. Pumpkin
7. Red Peppers
8. Spinach
9. Sunflower Seeds
10. Tumeric



KEEP CALM AND DO YOGA



2021

50-HOUR YIN YOGA TEACHER TRAINING



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DAVID KIM

MODULE 1 **YIN FUNDAMENTALS**

19-22 FEBRUARY (Friday-Monday)

- Yin Theory & Practice
- Skeletal Variations
- Adapting Asana For Everybody
- Mindfulness In Action

MODULE 2 **FASCIAL CHAINS & RESTORATIVES**

26-28 FEBRUARY (Friday-Sunday)

- Chains, Trains & Meridians
- Intro Restorative Yoga
- Nervous System: Stress & Rest
- Sequencing Yin & Restorative



THE YOGA ROOM

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Guide to yoga studios & teachers

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 s: group retreats, yoga for private & corporates. Yoga studio available for rent.
 l: Indonesian & English
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| Individual listing | HK\$670 | for full or partial year |
| Studio listing | HK\$1,400 | for full or partial year |

PUBLICATION DATES, BOOKING & MATERIAL DEADLINES

| Publication date | Booking Deadline | Material Deadline |
|------------------|------------------|-------------------|
| February | January 1 | January 10 |
| May | April 1 | April 10 |
| August | July 1 | July 10 |
| November | October 1 | October 10 |

NOTES

Advertising materials should in black & white and submitted as 300 dpi high resolution .tif files (no pdf or ai files please)
 Listings should be submitted as text only (approx 35 words)

PAYMENT

Payments should be made in Hong Kong dollars to:
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HEMA



DAPHNE

MODULE 1 The Power of Practice

Asana practice, teaching theories, adjust and assist

AUG 8 - 16

MODULE 2 The Power of Self

Philosophy, anatomy, asana practice, adjust and assist

SEP 21 - 27

MODULE 3 The Power of Sharing

Asana practice, teaching with integrity and confidence, kid's and prenatal yoga, chanting and mantras

OCT 24 - 30

Teacher Training Retreat Workshop in 2020



Teacher Training in 2020 (100- & 200- & 300-Hour)

Patrick Creelman
WILDLOTUS: Advanced Teacher Training (300-Hour)
22 June – 16 November
Starstreet Precinct, Hong Kong
2 June – 30 September
Central Plaza, Shanghai

Samantha Chan
Pre- & Post-Natal Yoga Teacher Training (100-Hour)
1-10 June
Central Plaza, Shanghai
18 September – 4 October
Peninsula Office Tower, Hong Kong

Sandy Shum
Attitude of Gratitude Teacher Training (200-Hour)
4 July – 6 September
Sumco City, Singapore

Patrick Creelman
The Foundation Training for Yoga Teachers (200-Hour)
6 July – 1 Aug
Central Plaza, Shanghai
2 October – 13 December
Central Plaza, Beijing
19 November – 17 January 2021
The Centrum, Hong Kong

Chris Su
Mindfulness Yoga Teacher Training (200-Hour)
15 July 2020 – 11 April 2021
Peninsula Office Tower, Hong Kong

Tin Ming Lau
Refinement: Preparing to Teach (100-Hour)
17 July – 16 August
Millennium City 5, Hong Kong
12 September – 11 October
Langham Place Office Tower, Hong Kong

Rajiv Kapil
A 4D Teacher Training (200-Hour)
18 July – 20 September
Soundwell Plaza, Hong Kong

Samrat Dasgupta
Transformation: Unveil the Teacher Within (200-Hour)
18 July – 8 September
Langham Place Office Tower, Hong Kong

Rinat Perlman
The Yogic Journey (200-Hour)
14 August – 11 October
The Centrum, Hong Kong

Andrey Lappa & Christina Cheng & Kelsey Xia
© Universal Yoga Teacher Training (200-Hour)
2 September – 1 October
Plaza 66, Shanghai
28 October – 20 November
Ngee Ann City, Singapore

Anarjit Kumar
Awakening: Yoga Teacher Training (200-Hour)
12 September – 14 November
Starstreet Precinct, Hong Kong

Nicky Hadjithoma
Yin Yoga Teacher Training: Chinese Medicine & Functional Anatomy (70- / 100-Hour)
3-11 October
Asia Square Tower, Singapore (70-Hour)
24 October – 29 November
Asia Standard Tower, Hong Kong

Karen Wightman
Creative Yogis – Children's Yoga Teacher Training (80-Hour)
8-18 October
The Centrum, Hong Kong

Retreats in 2020

Philippa Ho & Fabien Roels
Badokon Yoga X Surf Retreat
9-13 July
Mondo Surf Village, Canggu, Bali

Jeanie Chu & Jacqueline Soon
Hot Yoga Retreat
30 July – 2 August
Absolute Sanctuary, Koh Samui

Deva Biswas
Soul Travel
21-26 August
Belmond La Résidence Phou Vao, Laos

Lisa Mak
Ubud Bali Yoga Retreat
9-13 September
COMO Uma Ubud, Bali

Janet Yoo & Dana Soloveyichik
Eat, Sleep, Beach, Yoga, Repeat Retreat
10-13 September
Desa Seni Village Resort, Canggu, Bali

Gloria Day
A Vegetarian Wellness Retreat
18-23 September
Adiwana Jembawan, Ubud, Bali

Jen Kentrup
Himalayan Yoga Retreat
27 September – 2 October
Baber Mahal Villas, Kathmandu, Nepal

Samrat Dasgupta
Tropical Rejuvenation
28 September – 3 October
Samahita Retreat, Koh Samui

TT Ho
Pure Air Freedom & Light Aerial Yoga Retreat
29 September – 4 October
Adiwana Svarga Loka, Ubud, Indonesia

Yen Then & Sheryl Lim
Foundations of Flight: Bali Retreat
15-18 October
Komuna Resort & Beach Club, Bali

Prabir Karmakar
Ayurveda Therapeutic Restoration Retreat
5-10 November
Somatheeram Ayurveda Village, Kerala, India

Missy Szymanski & Noy Petchwikel
Hot Yoga Retreat
18-24 November
Jeda Yoga Retreats, Bali, Indonesia

Workshop in 2020

Laruga Glaser
Ashtanga Weekend
26-28 June
Asia Standard Tower, Hong Kong

Marysia Do
Power On & Off the Mat
3-5 July
Central Plaza, Beijing

Patrick Creelman
WILDLOTUS 2-Day Foundation
4-5 July
Central Plaza, Shanghai

WILDLOTUS 4-Day Immersion
3-6 August
Central Plaza, Shanghai

Susie Vanessa
Arm Balance & Handstand Workshop
11-12 July
Starstreet Precinct, Hong Kong

Jani Jaatinen
Cakul Yoga Weekend Workshops
17-19 July
Plaza 66, Shanghai
4-6 September
Starstreet Precinct, Hong Kong

Jonas Westring
3-day Yoga Adjustments Training: Attitude, Alignment, Action
14-16 August
Peninsula Office Tower, Hong Kong
2-4 October, Singapore

Miguel Sant'ana
The Art of Handbalancing
24-26 August
Asia Square Tower 2, Singapore

Garth Hewitt
A Weekend of Anatomy Exploration, Asana Breakdown and Sequencing
4-6 September
Asia Standard Tower, Hong Kong

David Swenson
Ashtanga Weekend Workshop
5-6 September
Central Plaza, Shanghai

50-Hour Ashtanga Training
7-13 September
Central Plaza, Shanghai

Brian Campbell
Therapeutic Bodywork & Yoga
11-13 September
Starstreet Precinct, Hong Kong

Swami Govindananda
Living a Yogic Life & Wisdom-Infused Meditation
12-17 September
Singapore

Marcus Leung
Weekend Workshop
12-13 September
Millennium City 5, Hong Kong

Marysia Do
50-Hour Asana Playground CET
3-10 October
Ngee Ann City, Singapore

Martin Zilbauer
50-Hour Yoga Wall Core Training
17-25 October
World Trade Centre, Hong Kong

Jared McCann
50-Hour Immersion Training
21-25 October
Republic Plaza, Singapore
31 October – 4 November
Starstreet Precinct, Hong Kong

Michelle Papa & Samantha Braticco
Yoga for Pregnancy, Birth and Baby Training
7-15 November
Asia Square Tower 2, Singapore

Sara Clark
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6-8 November
Pacific Place, Hong Kong
13-15 November
Republic Plaza, Singapore

Sin Hee Ye-MoCabe
5-Day Balance Yoga Workshop
18-22 November
Langham Place Office Tower, Hong Kong

Chris Su
Singing Bowl Therapist Training
27-29 November
Starstreet Precinct, Hong Kong

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3-7 December
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5-9 December
Asia Standard Tower, Hong Kong

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