

namaskar

A VOICE FOR THE YOGA COMMUNITY

October 2019

TWO TOOLS TO STILL YOUR MIND

Using breath & gaze, practitioners can quieten and bring focus to our mind.....p16

MUSIC IN YOGA

Yoga teacher Samrat Dasgupta talks to four teachers about the role of music in yoga.....p18

TEACHER BURNOUT

How to keep our selves & our teaching freshp24



Samrat Dasgupta in Handstand variation. Photo by Bianca Dasgupta



DIPLOMA IN YIN YOGA (1000 HRS)

#SettingGoldStandards

FOUNDATION (200hrs)

200hrs TT
(Yinspiration)

OR

200hrs
(Paul Grilley + Sarah Powers)

OR

200hrs
(any Yoga TT)

SPECIALTY (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 SPECIALTY (500hrs)

Chakra & Mindfulness
Meditation, Brain
& Spinal Cord
Anatomy

Advanced Fascia
& Anatomy Study

Sports &
Rehabilitative
Medicine

Teachers Lab:
Advanced Yin
& Anatomy of
Standing Poses

China Immersion:
University of
Traditional
Chinese Medicine

Yoga Therapeutics
& Wall Yin

Human Cadaver
Fascial Dissection Lab

Pre-Natal Yin

Urogenital Anatomy
& TCM Gynaecology

Fascia/ Biotensegrity
Conference

Africa Karma
Yoga Trip

Bone Anatomy &
Skeletal Morphology

Anatomy of the
Viscera:
Stanford University

FOUNDATION
(200hrs) + SPECIALTY
(300hrs)

RYT 500

RYT 500 + ADVANCED SPECIALTY
(500 hrs)

DIPLOMA IN YIN YOGA
(1000HRS)

LETTER FROM THE EDITOR

He who has a why to live for can bear almost any how.

Observed Friedrich Nietzsche, one of the most influential philosophers of the modern era.

Although a man living in Germany in the 1800s would have a different life experience than whoever wrote the Bhagavad Gita, they seem to have made a similar conclusion about the importance of having a purpose in purpose.

Patrick and Gabrielle, writing on our *dristi* "Teacher Burnout," came to a similar conclusion - having a clear purpose in life helps ward off teaching blues. Part two of Eric's history of yoga teachers shows us how the yoga we study today was passed down to us through a long line of wonderful teachers.

Samrat, who graces our cover, collates the opinions of several notable teachers, on the using music in yoga class or home practice. Eugene and Lai Chow tell us how lessons they learned on the mat are informing their lives off the mat. Christine and Sophie share learnings from their teachers. While Quinn and Krishnaa explain simple techniques which can benefit all.

Thanks to all these contributors, and those behind the scenes - Angela, Carol, Wai-Ling, Joe, Chester and Anny, all working hard to bring you each issue.

Our next *dristi* will be "Studio Owner's Path." We are hoping to hear from studio owners themselves or teachers or students with broad experience of studios to share. If you have a studio, can you tell about your vision and any sense of obligation. How do you balance "giving the clients what they want" versus "guiding them to a higher purpose?" Or maybe you are a teacher or student who has worked at or practiced at lots of different studio and would like to comment on the approaches.

On the topic of contribution, can you tell us what you think about our Kula section? Is it helpful, should we continue to include it or has on-line marketing made it obsolete? We ask because we're receiving fewer submissions from contributors and we're thinking about what to do. Please drop us a note on NamaskarEditor@gmail.com with your thoughts on this and any other areas of Namaskar.

ABOUT NAMASKAR

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SUBSCRIPTION Angela Sun, NamaskarSubscription@gmail.com
EDITOR Frances Gairns, NamaskarEditor@gmail.com

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.

ON THE COVER - SAMRAT DASGUPTA



Samrat teaches yoga classes, leads retreats and teacher trainings. He lives in Hong Kong with his wife, Bianca, and their two sons.

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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.

CONTRIBUTORS

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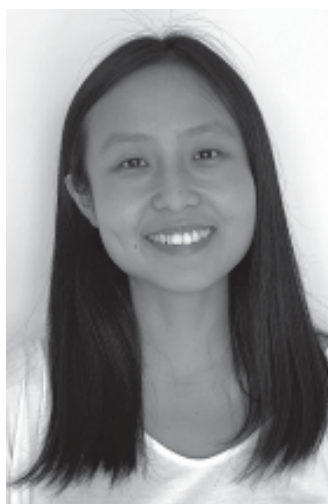
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NamaskarAdvertising@gmail.com

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Christine is a yoga teacher in Hong Kong. She loves teaching, writing, shooting photos and videos. She believes we are all travellers in life, and yoga is a beautiful way to live with love and freedom.
yeungchristine@gmail.com

ERIC SHAW



Eric has studied yoga and meditation for more than 30 years and taught both since 2001. He maintains a lively international teaching schedule and is the creator of Prāsana Yoga and Yoga Education through imagery. He is an E-RYT 500 with two degrees in Art and a Master's degree in Education, Religious Studies and Asian studies.
www.prasanayoga.com

EUGENE LEE



After a full career in finance and banking, Eugene took a 200-hour TT with Dharma Mittra in 2017. He has founded BetterMe a company focused on empowering individuals to motivate corporations globally to carry out their Social Development Goals.
www.bmegss.mystrikingly.com

GABRIELLE MCMAHON



Gabrielle is a life and spiritual coach, incorporating meditation, yoga and Ayurveda. She is based in Byron Bay, Australia.
www.bebliss.com.au

KRISHNAA KINKARIDAS



Krishnaa lives in London. She studied with B.K.S.Iyengar and now runs classes in London and teaches Sanskrit and mudras for yoga for the Yoga Alliance and British Wheel of Yoga. She has written 15 books on Bhakti Yoga.
kinkaridasi@hotmail.com

LOW LAI CHOW



Lai Chow manifests words for a living. The journalist of 15 years and sometime editor is based in Singapore. www.lowlaichow.com

PATRICK CREELMAN



As Pure Yoga's founding teacher Patrick has been and continues to be a pillar in the yoga community throughout Asia. Since the opening of Pure Yoga in Hong Kong in 2002, Patrick has taught thousands of students and trained hundreds of yoga teachers from around the world. Informed by the wisdom teachings as taught to him by his profound teachers, Patrick continues to walk this path studying regularly and practicing as a way of life. patrick@pure-yoga.com

QUINN TAPLIN



Quinn is a student and teacher of mind-body awareness. He has well over 1,000 hours of training in Ashtanga, Iyengar, therapeutic, restorative yoga and bodywork. He travels yearly to India and Bali. quinn@samadhibali.com

SAMRAT DASGUPTA



Samrat is a senior yoga teacher at Pure Yoga in Hong Kong and leads workshops, retreats, foundation and advanced teacher trainings globally. samrat.dasgupta@pure-yoga.com

SOPHIE SANDERS



Sophie is a Tier 2 certified Baptiste Yoga Educator, an aspiring writer and a teacher mentor. She is living and breathing her empowered (yoga) life, moment to moment, day by day in Singapore and writes on www.sophiexanders.com/blog

WAI-LING TSE



Wai-Ling practices and teaches mindfulness, therapy and is Kula editor for Namaskar. NamaskarKula@gmail.com

namaskar

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

Dristi for December 2019:

Studio Owner's Path

Dristi for February 2020:

History of Asana

Dristi for May 2020:

Yoga & Buddhism

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 November 10 for December issue; January 10 for February issue and; April 10 for May issue.

KULA Updates

AUSTRALIAN

Laughter Wellbeing Conference

23 - 30 October
Greenmount Beach Hotel, Gold
Coast
www.laughterwellbeing.org

HONG KONG

Accessible Yoga for Everyone with YAMA Foundation

Platform, Sai Ying Pun
Yoga for people with special
needs, disabilities or
physical challenges. Individual
and group classes for different
ages and abilities. Held on
Mondays 2-6 pm, classes by
donation. Bookings required.

For more information
info@yamahk.org / yamahk.org /
(852) 5507 0268



Martha Collard will be at the Global
Wellness Summit

Self-Attunement Meditation

PICER, Central
For the past 20 years, this
community has been assisting
people to help bring about real
change to their lives. Sessions
held Mondays 3 - 4 pm and
Wednesdays 8 - 9 pm; HK\$100.
Call to reserve a space.

For more
information www.picer.com /
(852) 2167 8661

Global Wellness Summit

15-17 October
Grand Hyatt, Wanchai
Learn about the latest research
for, and the crucial trends
developing in Asia, China and
Hong Kong's wellness markets.

Namaskar's founding editor &
Gong teacher, Martha Collard
will be one of the presenters.

For more information
www.globalwellnesssummit.com

Free Lecture on Medicines of the Rain Forest

November
Central
A medicine man and biotherapist
will deliver a lecture on the South
American tradition of healing.
Participants will gain knowledge
of healing qualities of medicinal
plants from the Amazon jungle.

For more information whatsapp
(852) 6432 2208 /
bullpiesek@gmail.com



Valerie Ho & CoCo Chan, founders on OMSA online platform

OMSA, e- commerce & Lifestyle Platform Launches

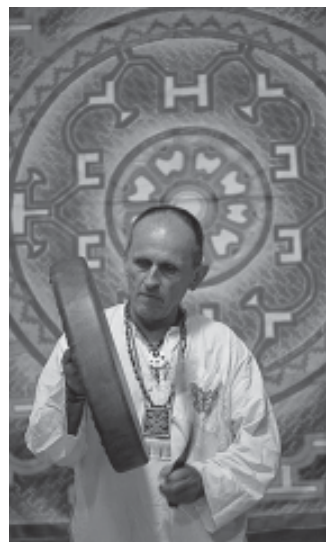
Aromatherapist and energy
healer, CoCo Chan and invest-
ment manager, Valerie Ho, have
launched an online platform selling

crystals, herbs, essential oils,
angel and oracle cards.

They are offering free shipping in
Hong Kong and Singapore for
orders over HK\$500.

CoCo and Valerie plan to expand
the platform to include a direc-
tory of holistic therapies and a
community of events and
workshops in Hong Kong and
Singapore.

For more information
www.omsa.world



Amazon Rainforest medicine practitioner
will give a free lecture in Hong Kong

Classes at Iyengar Yogasala

Quarry Bay
Daily classes on Yoga Basics
Thursdays & Saturdays - Yoga II
with Maggie / Icy
Saturdays & Sundays - Yoga III
with Maggie / Icy
3-4 pm on Fridays - Beginners
Wall Rope with Margie
Monday, Thursday & Sundays -
Restorative for Beginners with
Sandy

For more information
www.yogasalahk.com /
info@yogasalahk.com

KOREA

Korea Yoga Conference

4 - 6 October
Ilsan Kintex Kintex Exhibition Hall

Celebrating it's ninth year, this claims to be the largest yoga conference in Korea. This year there will be 37 presenters, including Ashtanga teacher David Swenson and yogini & musician Daphne Tse.

For more information
www.yogaconference.kr

NEW ZEALAND

Hauora Yoga Conference

2 - 24 November
AUT University, Auckland

The second New Zealand yoga conference features 25 presenters over three days.

For more information
www.hauorayoga.org.nz

TAIWAN

OceanSound Yoga Festival

4 - 6 October
Bishan Campground, Taipei

Aims to be a healthy and fun event inclusive of the English-speaking community set in the mountains of Yangmingshan.

For more information
www.oceansoundyogafestival.com

THAILAND

Museflower Life Festival

11-14 October
Museflower Retreat & Spa,
Chiang Rai

The 5th annual Museflower Life Festival, celebrating all things healing, holistic, and green with workshops, fitness classes, health counseling sessions, alternative therapies, signature spa treatments, nutritious Asian vegetarian buffets, wellness gifts and prizes.

For more information
www.museflowerretreat.com /
retreat@museflower.com

Yoga, Art & Dance Festival

4 - 7 October
Aonang Villa Resort, Krabi
www.asiawellness.net

Bangkok Acro Convention 2019

7 - 9 December
Thai Euro Gym, Bangna, Bangkok
www.bangkok-acro-convention.com

USA

10th Hanuman Festival

11 - 14 June 2020
Boulder, Colorado
An outdoor yoga, music and dance festival. This year's lineup includes Seane Corn, Gurmukh, Jai Uttal and others.

For more information
www.hanumanfestival.com

UNITED KINGDOM

Om Yoga Show

18 - 20 October
Alexandra Place, London
The biggest yoga gathering in Europe, this event is now in it's 15th year. Former Namaskar contributor Sue Yen Wan joins a huge list of presenters.

For more information
www.onyogashow.com

VIETNAM

Essential Yoga

Zenith Yoga, Hanoi
"20 hours of Applying the Principles of Iyengar Yoga for Correct Alignment" programme successfully completed at Yoga Thai Tam Giang in Da Nang city at the end of March with Marzena Kierepka.

For more information
www.zenithyogavietnam.com



Marzena Kierepka (centre) and the most recent graduates of her Iyengar programme in Vietnam

KULA Workshops

CHINA

Carlos Pomedá Yoga Philosophy lectures

18 - 20 October
Y+ Shanghai
www.pomeda.com

HONG KONG

Foundations to Flight with Katharina

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

Foundations to Backbends with Katharina

7 October
The Yoga Room, Sheung Wan
info@yogaroomhk.com /
www.yogaroomhk.com/ (852)
2544 8398

Therapeutic Foundations Program with Dr. Ganesh Mohan

2-6 October
The Yoga Room, Sheung Wan
info@yogaroomhk.com /
www.yogaroomhk.com/ (852)
2544 8398

Props for Yoga Workshop with Dr. Eyal Shifroni

16-17 November
Yoga Central



Eyal Shifroni
yogacentralhk@gmail.com

INDONESIA

Awakening The Chakra Connection

13-17 December
Rumah Yoga, Jakarta
contact@kiranayogaschool.com /
www.kiranayogaschool.com

Hansa Flow Water Series

6-8 December
Jakarta
contact@kiranayogaschool.com /
www.kiranayogaschool.com

JAPAN

Buddhism, Yin Yoga & Mindfulness with Sarah Powers

14-16 June
Tokyo
sarahpowers.com/iyi/insight-
yoga-intensive-june-2019/

PHILIPPINES

Mysore Sadhana with Dylan

26 June-2 July
Ashtanga Yoga Manila
dylanyo@gmail.com

Daily Mysore and Sitting Practice with Dylan

3 July-30 August
Sadhana Siargao
tarik.com/siargao/

SINGAPORE

Ashtanga Yoga Primary Series Weekend Immersion with James Figueira

1-2 June
The Yoga Shala
theyogashala@gmail.com / (65)
93635544 /
www.theyogashala.com

SPAIN

Immersive Yoga course with James Boag

29 June-7 July
Casa Cuadrau
www.casacuadrau.org/en/
destinations-view/yoga-course-
james-boag/

TAIWAN

Leslie Howard's Weekend Workshop

2 - 3 November
Space Yoga, Taipei
www.withinspace.com

Doug Keller 5-day Immersion

11 - 15 November
Space Yoga
www.withinspace.com

VIETNAM

Mysore Sadhana and Further Explorations with Dylan Bernstein

5-9 June 2020
Mandala Wellness, Saigon
www.mandala-wellness.com.vn/

UNITED KINGDOM

Yoga & Meditation according to Ayurveda

26 October
TriYoga, London
www.triyoga.co.uk

Adam Hocke & Adam Husler's Contemporary Yoga Flow

8 - 10 November
TriYoga, London
www.triyoga.co.uk

Carlos Pomedá Yoga Philosophy lectures

30 November - 2 December
TriYoga, London
www.pomeda.com

KULA Retreats



Tabata Ogilvie

AUSTRALIA Womens' Retreat with Tabata Ogilvie

15-17 November
Byron Yoga Retreat Centre
www.byronyoga.com

AUSTRIA Breathwork & Yoga Retreat

1 - 3 November
The AlpenRetreat, Austria

www.alpenretreat.com

EGYPT Ashtanga Yoga Retreat with Laruga

31 October - 2 November
Ardi Sahshur, Egypt
www.laurugayoga.com

INDONESIA

Desa Seni Anniversary Yoga Escape

1-20 November & 1-20 December
Desa Seni, Bali
info@desaseni.com

Ashtanga Meets Baptiste Yoga Retreat with Clayton & Tryphena

6-11 November
Bali
www.pure-yoga.com

Hot Yoga Retreat with Missy & Noy

21 - 26 November
Jeda Yoga Retreats, Bali
www.pure-yoga.com



Marie Maccagno

Writing from the Heart: Bali Retreat with Marie Maccagno

24-30 November
Bali Floating Leaf Eco-luxury
Resort, Central Bali

marie@mariemaccagno.com

7-day Dharma Healing Fasting Retreat with Hilary Hitt

1-8 December
The Yoga Barn, Ubud
detox@theyogabarn.com

ITALY

Ashtanga Yoga Retreat with Clayton

28 September-5 October
www.pure-yoga.com

Italy: Live the Magic with Martina & Anjan

6-12 October
www.pure-yoga.com

NICARAGUA

Rest, Sweat, Ocean Conservation & Digital Detox with Julia McCabe



Julia McCabe

Los Cardones, Nicaragua
14 - 21 October
www.juliamccabe.com

Yoga Seva Nature with Dayna Seraye & friends

2 - 9 November
Verdad Nicaragua Retreat Centre
www.hanumanadventures.com



Dana Lai

JAPAN Inversion Retreat with Dana Lai

10 - 14 November
Aso Villa Park Hotel & Spa
Resort
www.pure-yoga.com

PORTUGAL Hiking, Surf & Yoga Retreat

3 - 9 November
Sagres
www.pfmyoga.com

Christmas & New Year Yoga Retreat

21 - 28 December & 28 December
- 4 January 2020
Castelo Branco
www.yogaevolutionretreats.com

SPAIN Integrated Yoga, Meditation & Hiking Retreat with James Boag

8-14 June
Casa Cuadrau
www.casacuadrau.org/en/destinations-view/yoga-meditation-hiking/

THAILAND Expand the Boundaries with Annie Chang

12 - 20 October
Samahita Retreat, Koh Samui
www.samahitarettreat.com



Lauren Pisano

Yoga Meditation & Meditation Retreat with Lauren Pisano

26 October - 2 November
Samahita Retreat, Koh Samui
www.samahitarettreat.com

Handstand & AcroYoga Retreat with Brett Morgan

3 - 10 November
Vikasa Yoga Retreat, Koh Samui
www.brett-morgani.com

Yoga Retreat with Richard Freeman & Mary Taylor

8-18 December
Samahita Retreat, Koh Samui
www.samahitarettreat.com

Centred Yoga Retreat with Paul Dallaghan & the Samahita Team

21-28 December; 28 December-4
January 2020
Samahita Retreat, Koh Samui
www.samahitarettreat.com

Yin & Yang Yoga Retreat with Simon Low

Samahita Retreat, Koh Samui
11-18 January 2020
www.samahitarettreat.com

UNITED KINGDOM Iyengar Residential Retreat with Annamaria Sacco

5 - 9 October
Cardy Net House, Fife
www.bodysymphonies.co.uk

Yoga Retreat with Aisling Guirke

8 - 10 November
Monales Forest, Dublin
www.dubliniyengaryoga.ie

New Year ecoYoga Retreat

29 December - 3 January 2020
ecoYoga Centre, Argyll
www.ecoyoga.org

VIETNAM 4-day Yoga & Meditation Retreat with Victoria Nhan



Victoria Nhan

Gratitude Vietnam, Hoi An
4 - 7 October
www.gratitudevietnam.com

7-day Alternative New Year Retreat

Gratitude Vietnam, Hoi An
27 December - 2 January 2020
www.gratitudevietnam.com

KULA

Teacher Trainings

AUSTRALIA

300-hr TT with Nicky Grimsdale & Sarah Metzger

1-29 October
www.hereyoga.com.au/teacher-training/
sarah@hereyoga.com.au

CHINA

300-hr Hansa Yoga Therapy Professional Training

22 October-5 November
ChaoWai SOHO, Beijing
info@hansa.yoga /
www.hansa.yoga

HONG KONG

Integral Yoga 200-hr TT

12 October-17 May 2020
Platform, Sai Ying Pun
info@hershayoga.com /
hershayoga.com

The Foundation Training for Yoga Teachers with Patrick Creelman & Rinat Perlman

14 October - 7 December
Pure Yoga
www.pure-yoga.com

90-hr Yin Yoga TT with Ariel Tang

19 October-10 November
The Yoga Room, Sheung Wan

info@yogaroomhk.com /
www.yogaroomhk.com/ (852)
2544 8398

100-hr Pranayama & Meditation TT Certificate Course

29 October-5 December
Anahata Yoga, Central
www.anahatayoga.com.hk / (852)
2905 1822 /
enquiry@anahatayoga.com.hk

85-hr Prenatal & Pregnancy Yoga TT (Chinese) with Holly Wong

6-24 November
The Yoga Room, Sheung Wan
info@yogaroomhk.com /
www.yogaroomhk.com/ (852)
2544 8398

Forrest Yoga Advanced TT with Ana Forrest & Jose Calarco

2 - 10 November
Pure Yoga
www.pure-yoga.com

Yoga for the Special Child 95-hr Certification Programme

Part 1: 20-25 November
Part 2: 27 November-3 December
info@hershayoga.com /
hershayoga.com

15-Hour CET - The Art of

Assisting & Adjusting with Tymi Howard

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

300-hr Advanced Yin Yang Vinyasa Yoga TT (Chinese Program) with

Janet Lau
150-hr Mindfulness (Module Part 1) 28 September-4 October 2020
150-hr Mindfulness (Module Part 2) 13-22 November 2020
The Yoga Room, Sheung Wan
info@yogaroomhk.com /
www.yogaroomhk.com/ (852)
2544 8398



Ganesh Mohan

RYT 200 Svastha Yoga TT (Bilingual) with Ganesh Mohan & team

13 December-15 March 2020
flotraining@gmail.com / (852)
9888 2400

200-hr Yoga TT with Emma Linnitt & Tamika Savory

November-June 2020
Sai Kung
theyogaschool@outlook.com.hk

50-hr Hot 26 Immersion with Missy & Noy

4 - 19 January 2020
Pure Yoga
www.pure-yoga.com

INDONESIA

The Collective TT

Desa Seni School of Yoga
28 September-26 October
info@desaseni.com

60-hr Advanced TT for Teachers with Mark Whitwell

20 - 28 October
Yoga Barn, Ubud
www.theyogabarn.com

Kirana Yoga School 200-hr TT

4-11 October, 1-5 November, 1-11 December
Yoga Heart Corner, Bandung
contact@kiranayogaschool.com /
www.kiranayogaschool.com

300-hr Passion & Purpose YTT

1-29 October
Samadi Bali, Canggu
www.Hereyoga.com.au

300-hr High Vibe Yoga TT with Emily Kuser

3 - 30 November
The Yoga Barn, Ubud
www.theyogabarn.com

Shamanic Yoga TT with Levi Banner

12 November-11 December
The Yogi's Garden, Ubud
levi@levibanner.com

300-hr Level 2 TT with Gwendoline Ferreira, Echo & Lisa Nelson

22 November-20 December
Yoga Bliss, Nusa Lembongan
yogablisslembongan@gmail.com

Living Wisdom with Bex Tyrer

2-9 December
Yoga Barn, Ubud
freedomthruovement@gmail.com

100-hr Vaidika Dharma with Daniel Garza

6-16 December
The Yoga Barn, Ubud
sohaytt@gmail.com

Unwind the Feminine Specialised Yoga Training with Bex Tyrer

13-20 December
Yoga Barn, Ubud
freedomthruovement@gmail.com

Yoga Immersions Training with Damien De Bastier

Module I: 27-31 December
Module II: 3-7 January 2020
Samadi Bali, Bali
www.samadibali.com

Insight Yoga TT Intensive Primary Level with Sarah Powers

10-19 January 2020
The Yoga Barn, Bali
www.sarahpowers.com

TAIWAN

150-hr Advanced TT with Hart Lazer

14 - 23 December, 14 - 23 February & 1 - 10 August 2020
Space Yoga, Taipei
www.withinspace.com

THAILAND

International Sivananda Yoga TT

29 September-27 October
www.sivananda.org/thailand

200-hr TT

27 October - 24 November
Vikasa Yoga Retreat, Koh Samui
www.vikasayoga.com

Kundalini Yoga & Karam Kriya TT

8 - 13 November
Fisherman's Village, Koh Samui
www.kundaliniyogaasia.org

Foundation Course led by Arielle Nash

9 November - 7 December
Samahita Retreat, Koh Samui
www.samahitarettreat.com

200-hr Yoga TT with Peter Clifford

10 November - 6 December
The Sanctuary, Koh Phangan
www.thesanctuarythailand.com

95-hr Kids Yoga TT with Christina Lin

18 - 24 November
Alogo Yoga, Bangkok
www.rainbowyogatraining.com

100-hr Anusara Yoga TT with Jonas Westring

5-19 January 2020
Amaravati Ashram, Chiang Mai
www.shantaya.org

Foundation Course led by Arielle Nash

9 May - 6 June 2020
Samahita Retreat, Koh Samui
www.samahitarettreat.com

300-hr Advanced Yoga TT

7 May - 11 June 2020
Vikasa Yoga Retreat, Koh Samui
www.vikasayoga.com

USA

95-hr Kids Yoga TT with Lesley Carney

3 - 10 November
St Petersburg, Florida
www.rainbowyogatraining.com

Mystical 200-hr Yoga TT

10-30 January; 9-29 February 2020
School Yoga Institute
[www.schoolyogainstitute.com / info@schoolyogainstitute.com](http://www.schoolyogainstitute.com/info@schoolyogainstitute.com)

VIETNAM

100-hr Ayurveda Training with Balarama Chandra

10-22 October
La Veranda, Phu Quoc Island
www.shantaya.org

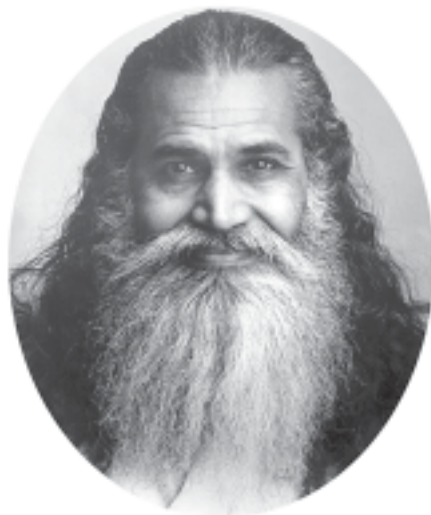


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HARD TO FOCUS?

Breathe & Gaze your Mind to Stillness

BY QUINN TAPLIN



Our *drishti* helps to steady the afflictions of the mind, find physical stability and enter more deeply into ourselves. To put it more simply, driving your eye gaze to focus will slow down your racing thoughts.

Yoga is an opportunity to practice focusing for our daily lives. Learning to focus during asana and meditation practice can evolve into daily life. When the power of conscious concentration is discovered, the light begins to peek through onto all areas of your life.

Lack of direction, not lack of time, is the problem. We all have 24-hour days.”

ZIG ZIGLAR

How do you focus in yoga? An easy way is to start with breath. Tuning in to the breath with body movement - one breath to one movement, as if breath-posture were not separate from each other, yet one entity.

For example, exhale *samastithi* stand straight, inhale raise your arms above the head, exhale forward fold *uttanasana*, inhale lift your head and engage your core and extend the spine, exhale jump or step back to *chatturanga*. Once you understand the concept of linking the breath with an engagement of movement, then your practice serves as powerful tool for gaining a better understanding of body awareness. Breathing also allows you to send consciousness to areas of tension you may be holding in your body. The result is a sensation of softness beginning to arise.

Once you can stay with your breath, add the technique of *drishti*, or eye gazing. It requires a more advanced focus that enhances the attentiveness of the mind. In Patanjali's Yoga Sutras, *drishti* is directly coupled with *dharana* and *dhyana* which are the sixth and seventh limbs of Pantanjali's Ashtanga Yoga. *Dharana* works on cultivating focus on a single point to prepare for meditation.

In the Ashtanga Vinyasa yoga method, there are nine *drishti* points:

1. *Angusthamadhye drishti* rests on the middle of our thumb
2. *Nasagra drishti* rests on the tip of our nose
3. *Hastagre drishti* rests gently on our hands
4. *Parsva drishti* (left) looks to the left side of us
5. *Parsva drishti* (right) looks to the right side of us
6. *Urdhva drishti* looks up or outward
7. *Nabhi Chakra drishti* brings the gaze to the middle of ourselves, our navel
8. *Padayoragre drishti* brings our gaze to our feet
9. *Bhrumadhye drishti* directs our eyes to the middle of our brow at the third eye center.

2019年度
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Ann 和 Keiki 老師十多年來全心投入學習和教授瑜伽，足跡遍佈各地，是香港 Glo Yoga Academy 創辦人兼培訓總監、印度 Svastha Yoga 培訓導師，桃李滿天下。

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Module 4: Mar 6-8 & 13-15, 2020



Dr. Ganesh Mohan



葫蘆正念瑜伽學院

MUSIC & YOGA

Better Focus or mostly Distraction?

BY SAMRAT DASGUPTA

When I started yoga, more than 30 years ago, I didn't have a proper yoga mat or air-conditioning, let alone music to practice by. Today music is a popular tool in yoga classes. The big, and controversial, question is whether music holds a place during practice.

I discussed this topic with a few experienced yoga teachers who have inspired my journey. They have taught in different corners of the world and not to my surprise, all have similar opinions, which I will share with you.

Personally I do not use music in my classes. Though I am not against playing music in classes. I do my own practice in silence because it helps build my *dharana* (concentration) and *drishti* (focus) within myself. As teachers, it is always good to teach what we practice and that's why I defer playing music during practice. However I sometimes play soft, soothing and calming music at low volume during Yin and *shavasana* because music can help dive the mind into a deeper state of relaxation during long static postures including *Shavasana*.

GANESH MOHAN



According to Dr. Ganesh Mohan - "When practicing yoga, inner awareness of one's own body and mind is important. How is my body? How is my mind? Students should be encouraged stay in touch with this when practicing. Music is neither necessary nor appropriate in every yoga class. Music is powerful. It can shift awareness, energy and mood. Music that distracts from present moment awareness, disturbs the energy or vitiates the mood, is unsuitable in a yoga

class. However, if chosen wisely, music can calm the mind, balance the emotions, and steady the energy. Consequently, music can be selected judiciously and used if it supports the intention and flow of the class."

There was a time I used music in my classes. I later realized it was more difficult for me to connect with students' energy because of the disruption of the music. In the absence of external sound, it was easier to mould them into their own breath and body awareness.

MAS VIDAL



Mas Vidal, Director of Dancing Shiva Yoga & Ayurveda says - "Music can be an inspirational tool for spiritual transformation or even for enhancing *asana* practice, although the quality of the music needs to be carefully examined. According to Hatha-Raja, for yoga traditions focused on *asana* as a preparation for a higher meditation, modern music if not *sattvic* (pure) can become an obstacle to *pratyahara* or sensory withdrawal.

Hearing loud music or music produced under *tamasic* (heavy) and *rajasic* (stimulating) states of mind will do the same to the listener. What junk food does to the body, so do junk impressions have on the mind.

The responsibility of a yoga teacher is to teach students how to transcend the senses, to go beyond them to realize...we are not the body or the mind. Music can create attachments and limitations to sensory withdrawal. Yoga also endorses self-motivation or support from the *sanga* (community) rather depending on some outer tool like music to transcend to a higher

awareness we should rely on will power, discipline and a reflective mind to use *asana* as a powerful transformational tool.

Let's not reduce *asana* to aerobic fitness and superficial ear candy that takes away from our inner bliss. The music is already playing within us, it's a matter of Divine attunement."

Practicing in silence can be rather challenging as there are no external aids to help let go of stress. Playing music on the other hand can be an external trigger which allows the individual to let go and be present. Music does lift up one's endorphin level and distracts minds from thoughts.

For a beginner, music would undoubtedly help lessen the *vrittis* and it works better on them as they tend to forget the duration or intensity of class when tuning into the harmony. If choosing music, soft instrumentals, low background mantras should be used during this early stage of practice if it helps a practitioner to fall in romance with the ancient yogic science. Bear in mind music is very personal and one doesn't know what kind of emotional response a student could have to a particular song. It can be supportive for some and repulsive for others. For this reason we should avoid music with any form of lyrics.

MASTER KAMAL



Master Kamal, founder of KriYoga and a pioneer of yoga in Hong Kong says - "Adi yogi is a great dancer. There must be a tremendous connection between dance and sounds of music.

Nature is filled with melodious sounds, if you become sensitive to sound. What's wrong to have musical sounds that suits your moves, uplifts your spirits and makes you stay focused within yourself. You could appreciate a yoga demonstration when the participant synchronizes with the musical sounds. Differentiate between noisy sounds and music that soothes your mind and emotions.

People listen to certain sounds of the music that can make them loving, some sounds of music can make you aggressive.

Many Indian ragas and sounds can help reduce blood pressure and promote states of relaxation and meditation. I am not boasting about Indian music or ragas, just try any sounds to help bring tranquility.

Spend some time finding a right sound of music that suits your class. Perfect music in a yoga class will make you forget the chaos of city life and keep you focused within the room creating an atmosphere of calmness and self-centeredness. Choose a dynamic music for dynamic moves and soft sounds for stillness and relaxation and play them as a soft background sound synchronized with your movements.

I also suggest you to sing/chant certain sounds, if you can sing to bring the state of wellbeing during relaxation and meditation to deepen your practice. But when you are in

nature, let the sounds of the nature be the rhythms of your yoga training. Nature has the best sounds of music that reconnects and reverberates your very sound within."

The question here is whether we should use an external aid for calibrating our minds or should we use our austerity and *tapas*? Isn't yoga a spiritual discipline, blissful when an individual's three greatest elements (body, mind and spirit) attain internal harmony? You might have questioned this as well, but ultimately there isn't any right or wrong, and what's important is to find your own purpose of practice and work towards self-realization of your true nature.

After sharing thoughts from different teachers, you may have come to your own conclusion. My personal view is one should create his own melody through the cadence of his own inner divination and tranquility of breath, which guides our body's speed and movements. This movement might be altered with the rhythm of music.

If one is practicing *Pratyahara* (withdrawal of senses) which is an authentic reason of *asana* practice, he will not hear the music or sound anyway because he is receded from the sense of hearing. So music is not a requisite during *yoga-asana* practice. Although one can use it as an initiator and a source of building motivation in initial stages, but eventually as a teacher, we should explore

where we want to take our students and whether the track is correct.

DAVID SWENSON



I leave you with a final thought from Ashtanga teacher David Swenson - "In Ashtanga Yoga we use the sound of our breath as the guide for our practice. It soothes the mind and acts like an internal mantra to keep us focused and present. Breath is the central hub of a yoga practice and that is another reason we use a type of sound breathing. This keeps us engaged and cognizant of the quality, texture and energy of our breath. Breath is our music!"

Having said that I will add if someone is practicing at home alone and they need inspiration to get to the mat and a little music helps, then go for it! Overtime maybe they can wean themselves off the external stimulus of music and return to the god-given music of our life, breath!"

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Student's Feedback

This was a very comprehensive course covering a broad range of concepts and injury rehabilitation through yoga. I am very thankful to the kind yoga masters who helped administer the course. My favorite topics were chakras, marma points, meditation, and ayurvedic nutrition and lifestyle. Injury rehabilitation was less useful for me but it is good to get a basic understanding of adaptive yoga postures for pain management and recovery. Thank you very much, Anahata!

Student ID : 2018000959

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THE GOLDEN BRIDGE

To a Better Me

BY EUGENE LEE



In the summer of 2016 I was in Soho, New York City, in dire need of a bathroom. The reflection of a sign - “Golden Bridge,” caught my eye and in a split-second decision, I rushed in for their kindness. As I walked out of the toilet, my friend was speaking to a tall gentleman behind the counter. At 6’ 5” he towered over us! He had a white turban on his head, a long white *bandhgala* (Indian style jacket) covering a bright shirt and a pair of extremely short cut-off jeans!

“I was once a runway model in Paris and posed for Vogue magazine. My life centered around parties, champagne and drugs. But all that came to a dramatic stop when I found yoga, it settled me, brought me to this state, a calmer and better version of myself,” he said.

Coincidentally, we were in New York searching for a unique business to bring back to the HK yoga scene. So we asked, “what are the top studios to visit in NY?” Sure enough Dharma Yoga was at the top of the list, funny enough both of us had practiced Dharma yoga religiously under Joakim Olin in Hong Kong, and neither knew Dharma Yoga was born in NYC. We then spent the remaining part of our vacation with Sri Dharma Mittra, practicing for two hours a day with him. It would set us on a different path in our lives.

As the Yoga settled in, we became minimalists, detaching from material goods. We both eventually became vegetarians and became much more grounded compared to our previous selves. There were friends and

families around us who questioned our reasons; the truth was, we didn’t know why but it felt right. There were those who also understood and supported our journey and others who didn’t.

Fast forward to 2017, I returned to NY to study under Sri Dharma Mittra and started developing an idea about how to help others through purification and self-realization. Further discussions with yoga teacher Andre Ram helped us solidify this idea.

As I look around it seems the world is crumbling. Violence has reached new heights and people are suffering from their unmindful acts. I ask myself “how can we motivate people to become better?”

I think the change would have to come from within and happen one person at a time. And I feel it’s my responsibility to bring teachers who have the right knowledge, intentions and character to those in need of their help.

This mission took a life of its own when in 2018 I founded BetterMe (BBM). It is inspired by the UN’s 17 Sustainable Development Goals (SDG), a blueprint for dealing with the global challenges of poverty, inequality, environmental degradation, climate and others.

BetterMe is an online platform through which people can undertake health and altruistic challenges. As they work towards their goal, they accumulate points. These points can be spent on services and goods offered by member companies. As part of their membership covenant, these companies are obligated to commit resources to their Sustainable Development Goals.

For example, an overworked mother, struggling to balance family and business wants to start a meditation practice. She lives in a country lacking in self-help resources. BBM uses technology to connect her with a teacher who teaches her how to reduce her stress. Simultaneously BBM brings in third-party partners such as artificial intelligence, which assists in diagnosing her health situation to automate advice on her diet, sleep patterns and exercises routines. As she gets better at reducing her own stress, she gains points, which she can use to purchase goods and service at BBM member companies.

It’s extremely difficult to motivate people to change their habits, and it takes time and endurance to set them on the right path. However we undertake this challenge willingly because it forms our mission: to become a better version of ourselves, for those we love.

We are slowly realizing the potential of this platform and are expanding into new initiatives such as challenges to help save the rain forest, mental health, depression, and relationship management.

In September BBM aims to spread the teaching of *Ahimsa*, non-violence, the highest virtue and the root of all other virtues. Non-violence means not harming or injuring oneself, or any living being, intentionally or unintentionally. Whether it’s mental, physical, vocal, we aim to remind and strengthen a group of teachers, influencers and purposed individuals in their study of *Ahimsa* and to spread this core value to our students and society.

If you seek enlightenment, or if you seek happiness, go to the cause. Nothing exists without a cause. The root cause of happiness is compassion.

H.H. DALAI LAMA

JUST SHOW UP Again & Again

BY LOW LAI CHOW

Author and philosopher Alain De Botton once wrote in his New York Times article, *Why You Will Marry the Wrong Person*, that we must all lay to rest a certain notion – and that is...

... the founding Romantic idea upon which the Western understanding of marriage has been based for around the last 250 years: that a perfect being exists who can solve all our needs and satisfy our every yearning.

This is how I feel about the allure of yoga. Or rather, how I feel a lot of us who believe in yoga feel about yoga: that it can do anything from deliver ultimate transcendence beyond the monkey mind, to dissolve the deep-seated

Yoga had seen me through trying times, as it had good ones



The only way to master Standing Forehead to Knee Pose, as Low Lai Chow demonstrates, is to keep showing up on the mat, again & again.

dissatisfaction we have with ourselves – and give us the beach bod we all want (for which I suggest go the beach). Perhaps it can also bail us out from that health condition that’s dogged us for years? Name your medical malady, and someone out there, I guarantee it, will vouch for yoga as a cure.

Strangely enough, it took an accidental intervention from X, my ex-husband, for me to realise I too, was a convert to this fantasy, that yoga is everything. I had frequented a particular yoga studio in Singapore for the past five years, taking classes as a daily ritual. One day, while picking up our two-year-old daughter for the weekend (co-parenting is our only reason for maintaining contact), he announced he would soon be teaching at this very studio.

“But yoga is my way of self-care,” bubbled up in my mind. “Yoga is my sanctuary.” While I was happy for X to find a new steadying base in his teaching, I was unsettled by the impending loss of my own practice as I knew it. Yoga had seen me through trying times, as it had through good ones. I sought it to keep my peace undisturbed, for my atoms to stay in place, for me to stay functional. “Just show up,” was the advice when I started yoga in 2012. Simple advice, but it was now looking shaky; yoga had suddenly become complicated.

That entire month, I scrambled to make the switch to a studio in the CBD where I would not run into X. Change is good, I thought. Wouldn’t it be good to have a change of environment? But I was still feeling unsettled

after a week at the new studio. I wasn’t really embracing change. I was running away. I liked the original studio just fine. Why not stay?

And so I stayed.

It’s a strange feeling to see a person when you’re no longer seeing each other. It wasn’t long before I did see him at the place I’d deemed sanctuary. But I’d already imagined I would. I see him – I’ve seen him – I saw him before I did. The space is vast enough to accommodate us, and so much more. Yes, even for our weird dynamics to exist fleetingly as past lovers cocooned into current co-parents.

Tadasana is the classic mountain pose. In Sanskrit, *tada* means mountain. Coincidentally in Korean, it means ‘let’s ride’ (it’s all about the journey, not the destination – how’s that for collateral context). And of course, when you exclaim it out loud – “TADA!” – it simply signals, ‘Here I am’. All in, staying present, in whatever configuration. Surrendering is not the solution. Neither is seeking control. Letting go of worrying is.

“Yoga is magic – haven’t you heard?” was what one of my teachers, Kiki, once wryly observed as she gently coaxed a student into *sasangasana*. “The thing is, you need to support that magic.” This rabbit is not coming out of a hat; it is surfacing from the mat.

Here I am. Here we are. Here is yoga. Here is life.

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Everything taught, given & shared has been worth every penny. I have gained a lifetime's worth of knowledge. This training is the best outlet for teachers who are passionate & willing to change the world! Thank you so much Jenny.

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LONGEVITY

On the path of teaching

BY PATRICK CREELMAN

BURNOUT'S KNOCKING ON OUR DOOR.....26
WHO DELIVERED YOGA TO YOU.....27



Photo by Paul Green on www.Unsplash.com

At the end of one of my first yoga classes a more experienced student came to me and said, 'wow, you're enthusiastic! Are you a new teacher?'. I have been teaching yoga for two decades now and wonder what her response to my class would be today.

Enthusiasm ebbs and flows with anything in life, and often I hear about the search for inspiration, as well as the description of burn out from fellow yoga teachers. Getting burned out on something you love sucks. So what can I do to avoid burn out? A question I ask myself is, 'Can I foster genuine interest in my yoga over time as a service to my students and my business? If so, how?'

Teaching yoga is the one role I have spent the most time in as an adult. A life of teaching shares many of the same ups and downs as with any chosen career path. Including the rising and falling of enthusiasm toward our work. One aspect of this life I discuss when teaching teachers is that most people who choose this path, do it by passionate conscious choice at the sacrifice of other more stable and lucrative paths. It is something people want to do. And that was certainly the case for me.

choosing a life based on learning, I fend off the threat of burn out

The people, the atmosphere, the practice, the sweat, the effect on my mind and emotions all lead me to choose this as my career, my art, my light, my community, my life.

Although the intensity of my yoga has fluctuated over the years with different teachers, different teachings, different people, different places - the one constant has been the commitment to learn. I have found by choosing a life based on learning I have managed to fend off the threat of burn out, and of the painful fade away. Complacency being my worst fear as a teacher. So here follows a few key points which have helped me over these years.

ONE, I CHOOSE TO PRACTICE FIRST

The instagram meme of 'First the Yoga, then the things' has been my greatest guideline. Practice always supersedes anything else.

This is not meant to be a badge of honour as much as a safeguard against the creeping lethargy and emotional barriers to hard work that I am susceptible to.

Through the great and loving guidance of a few extraordinary teachers and friends I have been supported in maintaining this commitment. Day in and day out, the main objective

is to practice. Some days it happens at home in the early hours before the city awakes. Other times it happens mid-morning, after coffee with music on and the windows open. Still other days it happens at the studio between the classes I am teaching that day - taking final *savasana* as my students spill into the yoga room awaiting my class.

TWO, I GO TO CLASS

Two - three classes per week, consistently. The class needn't be advanced. A clear steady sequence allows me to trust the teacher and let go of my leadership mind set. With the atmosphere of someone else's leadership along with a group of people, going to class helps dissolve whatever sense of isolation has built up around me through my teaching and my practice week by week.

Too much alone time and I can feel miles away from any human, even whilst surrounded by devoted loving students. The collective mutual suffering of class is key.

THREE, I HAVE A TEACHER

My primary teacher has changed over the years. I thank the gods for the people who have been in this role for me. Some it seemed

I reached a point where my practice no longer matched what they were teaching, so I stepped into a different path with a new teacher. Other times, the teacher themselves stopped teaching, or became less accessible and I had to seek guidance elsewhere.

Either way, I have always sought out a more established person whom I could lean into, think of, work hard for, seek answers from, or simply go to for full whole-hearted practice with throughout the years.

Some years it would take the form of a week-long intensive or training every few months, reading and practicing what I had learned in-between. Other years it has taken the form of month-long intensives where I indulge all the way into practice and let go of thinking I am getting somewhere new. Just practice. To have someone in my mind or heart that triggers my deeper will power to do the work, to dig into my self and not give up has been infinitely rewarding.

Over the years I have on occasion had to fend off the desire for finding 'the right teacher' to simply have a teacher. Nothing is perfect, and I am a better human when I have someone I can be accountable to for my practice and teaching. Find someone you trust, and trust them for a while.

FOUR, MAKE A FRIEND

From the plethora of people we are surrounded by in yoga, the studio, class, during our teacher trainings, etc. we have the opportunity to choose one person, to dedicate ourselves to practice with them, to encourage them when they are unmotivated, to listen to them when they encourage us.

To cultivate a yoga partnership is one of the keystone aspects of my life in yoga. Yoga teaches us to seek freedom, and to find independence. This is undeniably challenging, and yet a worthy goal. The caveat to it for me, is that when supported, when not isolated, I tend to progress.

With a yoga friend, the conversation of yoga stays alive. The practice takes new turns when I let another perspective take a hold of what I might do. Yoga is not a straight path, and not one where you can see the destination. A friend on the path day by day serves a different role to the teacher. For me it has proven equally as valuable over time.

FIVE, CHOOSE A STUDENT

Or two. Regardless of whether a student chooses us as their teacher, we can choose them as our student.

Teaching someone you've decided is your student brings a whole realm of ourselves, and our wisdom that is often hidden even to ourselves.

It is an act that has brought up great vulnerability for me, and made the experience of teaching a personal one. Not just a function of knowledge transference, but of authentic connection, responsibility and accountability.

These are the true markings of great teaching that I attempt to stride toward. From an authentic connection we transform. And even if burnt out, transformation is the goal.

Here's to the calling of the teacher within.



even if burnt out,
transformation is the goal

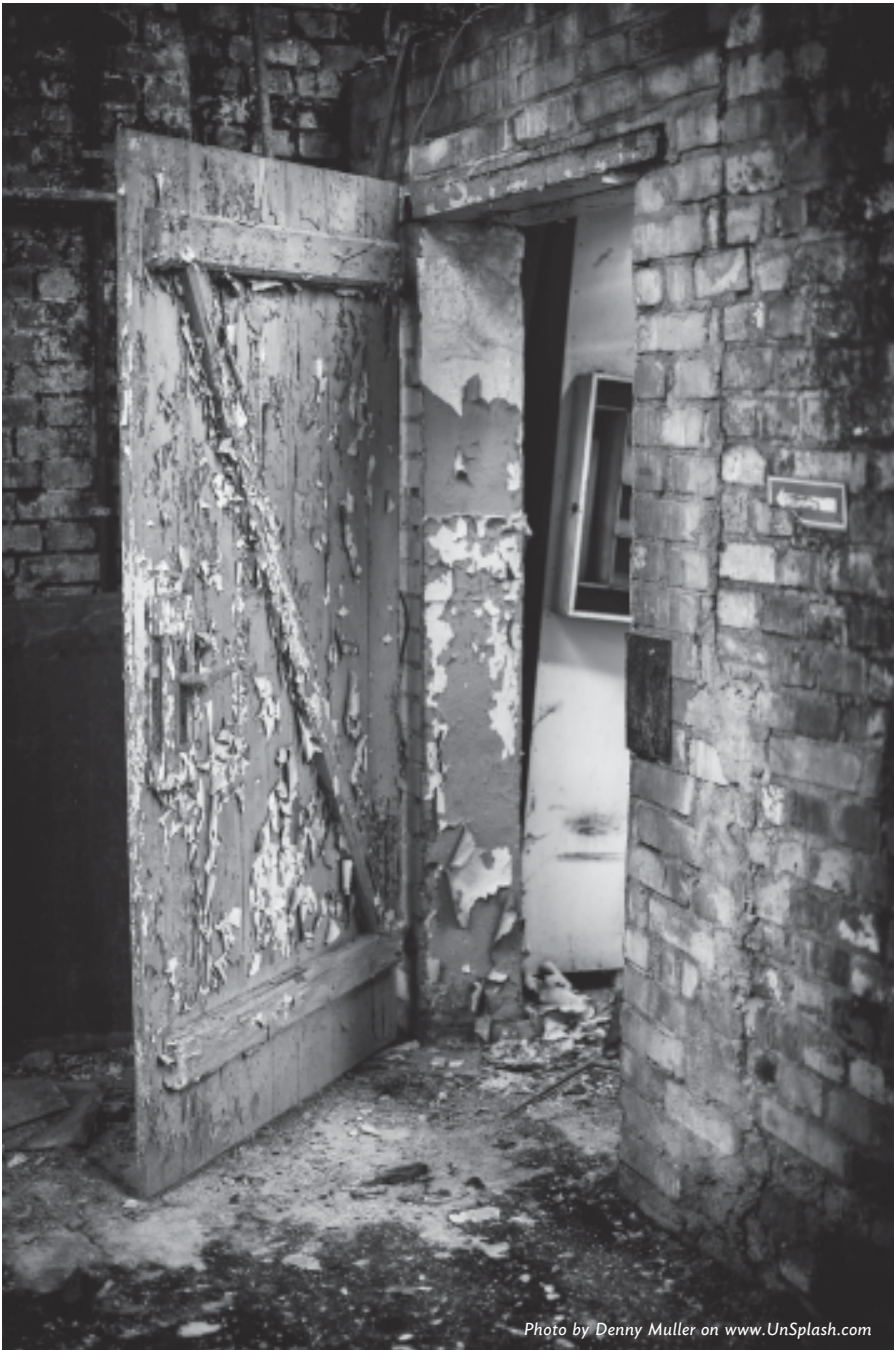


Photo by Denny Muller on www.UnSplash.com

DRISTI - TEACHER BURNOUT

BURNOUT'S KNOCKING AT OUR DOOR

Open with Care

BY GABRIELLE MCMAHON

We are all teachers in some way, formally or informally. Whether professional yoga teacher, parent or friend, we have a role to play in inspiring others. So it's important to have some tools to maintain our equanimity, and help us regain our balance when we falter, when we fall prey to our human condition of suffering.

TWO DARTS OF SUFFERING

Buddha explained how we experience the pain and suffering of the initial thought or bodily sensation, then we deepen this initial hurt and pain with the second dart - how we react to the first dart (also known as arrow). "When an untaught worldling is touched by a painful (bodily) feeling, he worries and grieves...He thus experiences two kinds of feelings, a bodily and a mental feeling. It is as if a man were pierced by a dart and, following the first piercing, he is hit by a second dart."

Each day we are faced with many opportunities and challenges to make wise and wholesome choices for our physical, mental and emotional wellbeing. By holding our deep purpose close to our hearts we can stay connected to each moment, to make the right choices to live authentically as best as we know how.

If I revisit the times when I felt depleted, burnt out or overwhelmed, I see those times correspond to a lack of connection with my purpose. This loss of connection and awareness can lead me out of present moment mindfulness, into layers of mindlessness, accordingly unwise and unhelpful choices seem to arise more readily.

By determining the tools and resources to support ourselves each day we can maintain our internal equilibrium and over time practice our ability to bring ourselves back to this state more easily and quickly.

To regain the even ground, we need a starting point. Purposefulness and connection for me begins with CARE: Connection, Awareness, Reflection and Expansion. This is an acronym I developed over ten years ago to identify and realise how best to live my life of choice.

CONNECTION

Connection with self, others and nature through various practices help us to embrace this world and its experiences more fully.

We can look at this connection from both a gross physical perspective and a subtle energetic practice. What daily tools do you have to support and nourish you deeply? Perhaps physical practices of *asana*, tai chi, walking, gardening? Or the more subtle practices of pranayama, breath work, relaxation techniques and meditation practice?

Swami Vivekananda said, “each man must begin where he stands, must learn to control the things closest to him”. That is from the body, to the mind, to the most subtle prana. We must begin and maintain healthy lifestyles: physically, mentally and emotionally.

Additionally, Ayurveda, the world’s oldest system of healthcare, offers much insight into how to achieve perfect health for our entire being. By working with the laws of nature and keeping a close connection with nature rather than against it, Ayurveda offers common sense preventive medicine tips for all of us.

AWARENESS

Awareness of thoughts, words, actions and emotions is paramount. Swami Vivekananda writes in his book Raja Yoga “A Yogi must not injure anyone by thought, word or deed.”

If we begin with right and wholesome thoughts, then we can begin to change our internal world and how that flows out to our external world. Patanjali explains this beautifully: “The restraint of the modifications of the mind-stuff is yoga”.

Sharing our thoughts and opinions, our experiences and feelings mindfully and with respect takes awareness of both our internal and external environment. Creating awareness of what is going on within us and how we are responding to a given situation and ultimately mindfulness in our daily life and how we choose to live.

Taking a step back and developing the ability to recognise negativity arising in one’s thoughts, words and actions is a powerful reminder of our full potential for awareness. Many of us are prone to negativity and become trapped in negative loops of thinking.

REFLECTION

Reflection on our daily life, our purpose and our contribution to society, includes areas for improvement, gratefulness and appreciation. Create some time each day for quiet enjoyment, stillness, and observation. The clarity that arises affords us self-compassion and the opportunity for loving kindness for others. With a more positive perspective and awareness, we can connect to our heart with a wiser intent.

the times I felt
burnt out
correspond to a
lack of connection
with my purpose

Buddha said: “So watch the thought and its ways with care. And let them spring forth from love. Born out of compassion for all beings. As the shadow follows the body, as we think, so we become.”

By creating the space to soak up times we are in awe, we can nourish ourselves in our purpose. This feeling of awe may well reconnect us with the natural world, away from our busyness and screens. This week I was in awe of whales and dolphins playing in the ocean, and of children laughing unbounded.

Latest research shows times of awe can create flow-on effects, like deep satisfaction, for days after.

Albert Einstein expresses awe in this way: “The most beautiful thing we can experience

is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.”

EXPANSION

Expansion here means personal growth into our full potential, to be our contented best, with creativity and curiosity, as we make a difference to the lives and the world around us. We have the capacity to learn how to create greater peace, harmony and equanimity in the world, whether we are professional teachers or symbolic teachers.

In either case, we may be faced with burnout. Using CARE as a daily practice, I better understand how to connect with myself, others and nature. It is my tool for coming back to a purposeful and connected life.

DRISTI - TEACHER BURNOUT

WHO DELIVERED YOGA TO YOU? Lineages of Modern Yoga, Part II

BY ERIC SHAW

In the last issue of Namaskar, I traced the lineages of Modern Postural Yoga (MPY), beginning with Swami Vivekananda’s work in the West beginning in 1893.

Not only is he the first figure of MPY, he’s also the first figure to burn-out - to follow this issue’s theme! He basically worked himself to death, traveling India and the world nonstop once he turned 25 and his guru passed away (in 1888). He died at age 39—strangely, having predicted his death years before.

Nonetheless, he started our contemporary conversation with India’s hatha yoga traditions (teaching postures and other practices, even as he disparaged hatha in his writings), and he is the singular figure who opened the door for a flood of later teachers of every persuasion.

From the seeds planted in his first speech in

Chicago, on 11 September 1893, we can apply a generational model to yoga, labeling Swami V: “Gen 0.0”

Using very approximate dates, each subsequent generation of prominent teachers began their public teaching in the following years. Sometimes, these dates are stretched quite wide - as in the case of Bikram Choudhury, who clearly belongs to the Gen 2.0, but began to teach in 1970, at age 34. Contrastingly, his similarly prominent 2.0 colleague, BKS Iyengar, began his instruction in 1934 at age 16.

The Generations roll out this way:

Gen 1.0, in 1920 (Krishnamacharya, Swami Sivananda, Yogananda, Bishnu Ghosh, etc.)
Gen 2.0, in 1950 (Bikram Choudhury, Desikachar, Indra Devi, Iyengar, Pattabhi Jois, etc.)
Gen 3.0, in 1980 (Baron Baptiste, Ana

Forrest, Shiva Rea, Rod Stryker, etc.) Gen 4.0 (not discussed here) in 2010.

Having walked through many lineages in the previous article—Vivekananda, Yogananda, Iyengar, etc., we circle back here to tell the story of the seminal Gen. 1.0 figure, Tirumalai Krishnamacharya...

GENERATION 1.0

Iyengar's older brother-in-law is widely understood to be the most influential teacher of Generation 1.0.

This man, Tirumalai Krishnamacharya (1888 - 1989) (I'll call him "K") was Iyengar's direct teacher from 1934 - 37, and is the person we most look to for updating yoga's ancient practices for contemporary audiences.

Raised in a Brahmin, Vishnu-worshipping household, Krishnamacharya studied with his father, the vedic scholar, Sri Tirumalai Srinivasa Tatacharya (d. 1895), the posture master Ramamohana Brahmachari, and accomplished professors such as Ganganath Jha (1872 - 1941) before becoming an undisputed master of numerous Indian arts and sciences and reformulating yoga's posture practices for the modern world.

He seemed to understand something about burn-out. Despite his many activities, he cultivated his energy carefully, chanting and meditating often, and doing postures till his last days. He died at 100, having maintained an impressive clarity of mind.

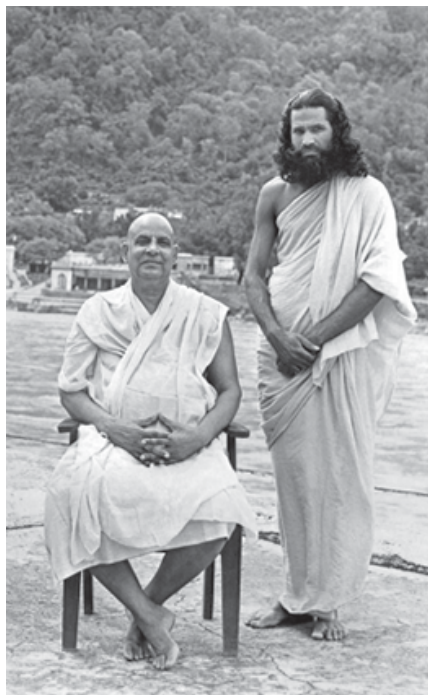


Krishnamacharya (standing) and his son T. K. V. Desikachar

K's son (and Iyengar's nephew) T. K. V. Desikachar (1938 - 2016) was a world teacher of yoga therapeutics.

Desikachar wrote significant books on the *Yoga Sutras*, yoga and religion, and yoga practice. He was also the founder of both the Viniyoga style and Chennai's yoga teaching and health center, the Krishnamacharya Yoga Mandiram.

Krishnamacharya was part of a pan-Indian Hatha Yoga Renaissance in the first half of the 20th century, which - spurred by an emerging confidence in the power of India's deep spiritual insight - successfully steered yoga's somatic practices toward the imperatives of modern fitness.



Swami Sivananda (seated) with Swami Satchidananda

Besides Krishnamacharya, other Generation 1.0 teachers include the doctor-turned-renunciant, Swami Sivananda (1887 - 1963), the laboratory tester of pranayama and posture, Swami Kuvalayananda (1883 - 1966), and the householder yogi, Shri Yogendra (1897 - 1989).

Though B. K. S. Iyengar was Krishnamacharya's most impactful student, writing over 25 books, popularizing yoga throughout the world, and translating the practice into a system for health and beauty, a number of other teachers who studied under K meaningfully affected world yoga, too.

GENERATION 2.0

Chief among these Generation 2.0 teachers were the aforementioned Desikachar, the Ashtanga Yoga master, Sri Pattabhi Jois (1915 - 2009); and Indra Devi (1899 - 2002)—who spread the yoga gospel by publishing books, teaching yoga to prominent politicians and movie stars while linking yoga to holistic health.

This quaternary of "World Teachers"—Iyengar, Desikachar, Jois and Devi—interpreted K's teaching in divergent ways and gave the wider world its first practical lessons in the yogic arts.

Other students of K who have had global influence are the innovator of yogic movement, Srivatsa Ramaswami (b. 1939 and a student of K for 33 years); K's other son, the teacher in Europe, Sri T.K. Srihashyam (1940 - 2017); the traditional Ashtanga Vinyasa teacher, B. N. S. Iyengar (b. 1927); the master of a multi-faceted practice, A. G. Mohan (b. 1945) and the subtle teacher of yoga's emotional side, Mark Whitwell (b.

1949).

Swami Sivananda was also a titan of the Hatha Yoga Renaissance whose produced a number of powerful disciples.

An Indian doctor who served in Malaysia, he renounced householder life upon his return to India in 1923, founded the Divine Life Society in Rishikesh, and authored over 200 books.

Like Krishnamacharya, Sivananda also tutored four primary teachers who offered meaningful guidance to the modern yoga project.

These include the posture master, popularizer of Sivananda Yoga, and founder of a worldwide chain of Sivananda Vedanta Centers, Swami Vishnu Devananda (1927 - 1993); the founder of Yogaville and the style called Integral Yoga, Swami Satchidananda (1914 - 2002) the German-Canadian founder of Yasodhara Ashram and *Ascent Magazine*, Swami Sivananda Radha (1911- 1995); and the master Tantrist, prodigious author, and founder of northwest India's accredited graduate school, the Bihar School of Yoga, Swami Satyananda Saraswati (1923 - 2009).

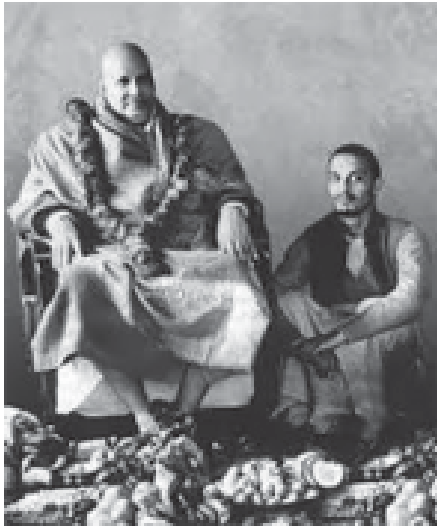
In the last article, we discussed the Generation 2.0 teacher Bikram Choudhury and his Generation 3.0 disciples. Behind Iyengar and Choudhury, the third most influential teacher in Gen 2.0 traces his lineage to a number of obscure and semi-obscure Indian gurus.

Yogi Bhajan (1929 - 2004) was a master of PR and the builder of a worldwide spiritual organization, 3HO. He synthesized powerful asana, pranayama and chanting techniques into a coherent and effective yoga system—



Swami Sivananda (seated) and Swami Sivananda Radha

called Kundalini Yoga—within a new form of Sikhism. In 1968, he arrived in North America from India and applied methods he learned from the highly-regarded Sant (Baba) Virsa Singh (1899 - 2007) and the controversial Dharendra Brahmachari (1924 - 1994) along with his own insights to create Kundalini Yoga's mix of practices. Bhajan' contemporary, Amrit Desai (b. 1932), also emerged from a little-known lineage.



Swami Sivananda (left) and Swami Satyananda Saraswati

Desai arrived in America in 1960, having demonstrated miraculous powers in his youth. His teacher was Swami Kripalavananda (1913 - 1981). He eventually brought Kripalavananda the U.S. to teach at his prosperous Massachusetts, Kripalu Center. Desai created both Kripalu Yoga and Amrit Yoga and was famed for granting shaktipat to his followers. Though he is less influential now, his school was a "Harvard" of yoga in its heyday.

Swami Rama (1925–1996) is the last key 2.0 outlier.

After training under great masters and founding ashrams in Asia, he came to the U.S.



Yogi Bhajan (seated right) and Amrit Desai (standing left)

in 1969. Rama soon amazed U.S. doctors by stopping his heart and changing his brainwaves at will. He went on to found Pennsylvania's Himalayan Institute in 1971 - an institution with branch centers in Cameroon, India, Great Britain, Malaysia, and Mexico. In 1997, the Institute began publishing the highly-regarded *Yoga International Magazine*.

Rama's primary disciple and current president of the Institute is the scholar and Tantrist, Pandit Rajmani Tigunait (b. 1953).

GENERATION 3.0

Rajmani became the teacher of the famed 3.0 scion, Rod Stryker (b. 1957). Stryker's teaching is characterized by unapologetic masculinity, articulation of a practical Tantric philosophy and - in his Parayoga form - a deep knowledge of subtle body processes.

At this point influential teachers start to proliferate in such a way that a complete account would stretch to book length.

To keep the size of this essay manageable size, I must leave some number of important players within Generation 3.0 unmentioned.

That said, most of these individuals I'll discuss are disciples of either K. Pattabhi Jois or B. K. S. Iyengar.

Some smaller number of them are students of Desikachar, Sivananda, or gurus who have never been well-known.

Besides Stryker, the most prominent teacher of this generation is distinguished by his humor, integrity, emotional warmth, posture mastery, worldwide teaching career, unique insights into meditation and movement, and long proctorship of a successful yoga school, The Yoga Workshop, in Boulder, Colorado. Richard Freeman (b. 1950) is a direct disciple of Iyengar and Jois, and a student of Japanese and Tibetan forms of Buddhist meditation.

Gary Kraftsow (b. 1955) mastered Desikachar's Viniyoga form, becoming an important author of books and videos and a leader in the yoga therapy movement.

Expressing her California roots, Shiva Rea (b. 1967) is a master of PR and an advocate for motherhood, dance practice and environmental causes. She is a gifted teacher and rooted innovator who studied under John Friend as well as a host of important Iyengar and Ashtanga teachers in the fervent period of the late 1980s at Maty Ezraty's (1963 - 2019) Los Angeles YogaWorks studio.

Ana Forrest (b. 1956) studied with Iyengar briefly in Pune in 1981, but had an early tutelage under Ganga White. Her method has

integrated a great deal from America's Native American traditions as well as techniques from addiction recovery. Her powerful personality, unyielding work ethic, and awe-provoking asana practice continues to inspire innumerable students. Her yoga teacher trainings are famed for their potency and rigor and have fostered a new generation of consequential preceptors in the practice.

Though Tim Miller, Ganga White, Roger Cole and Bryan Kest did important work translating K. Pattabhi Jois Ashtanga Yoga system into a simplified, fitness-focused regimen, the chief effort was done by Beryl Bender Birch in the mid-1990s. She has published four books on "Power Yoga" and continues to lead workshops and retreats throughout the world.

In comparative history, modern postural yoga rushed into prominence in nearly the exact same period as modern psychology. Similarly, it looks toward a pair of foundational figures.

In this way of thinking, B. K. S. Iyengar and K. Pattabhi Jois are the Freud and Jung of Modern Yoga.

Though both have come under criticism of late, their shared influence is difficult to deny. Almost all living yoga teachers have been touched by their potent teaching in some way.

Our living tradition - the bright lights of Gen 4.0 - are inventing new forms from the Iyengar-Jois matrix and a host of other influences. They are exploiting new media, and spreading the practice to new people and places in ways that their generational forbears would be proud to see. And, hopefully, they are maintaining a healthy work-life balance in all these creative pursuits, avoiding the kind of burn-out this issue of Namaskar warns us about.

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BEGINS with a single step
WHERE WILL YOU TAKE THAT STEP?

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REVIEW

A month with a Himalayan Master

BY CHRISTINE YEUNG

“You have tried and you continue to try, this is *sadhana*.” Swami Janardhanananda’s words echo in me whenever strength is needed the most.

During the one-month yoga teacher training in the Himalayas, he came from Uttarkashi to Nitala everyday to teach us Vedanta, the timeless wisdom from the Vedas.

Dressed in saffron robes with a light orange scarf and tote bag with our homework, he arrived the asana hall before most of us. He sat on the low platform with Swami Sivananda and Swami Vishnudevananda’s pictures



Swami Janardhanananda

behind him, waiting for us to come with our foldable wooden benches and cushions borrowed from the satsang hall. We were sitting on the floor, all dressed in the same yellow shirt and white pants with our manual and notebooks ready.

Five minutes before the class started, Panditji would bring coffee from the kitchen for Swamiji. They exchanged infectious smiles, filling the entire environment with love.

The class began with chanting of *dhyana sloka* to invoke divine energy for a fruitful study.

“Is everybody here? Are your



The river Ganges, India

three bodies in good shape?” Swamiji jokingly referred to our mental and astral body apart from the physical.

The way he sits delivers great sense of freedom. By watching him, it becomes effortless to enter into meditation. We became lakes without ripples to hear what he has to say about topics from karma to reincarnation to mind of the aspirants.

From the beginning of the course he emphasized purity is needed to receive the teachings of Vedas.

“Are you eligible to study the Vedas?” Swamiji raised this crucial question from time to time. A calm and stable mind is needed to hear and understand the truth.

“When you are eligible, knowledge keeps coming everywhere, like a direct access from nature,” he said. But before that, it is a long process of preparation to cultivate purity and enter the subtle realm of life.

That is why our study and practice are to prepare ourselves and gain eligibility to receive the timeless knowledge. It is not an easy path as one proceed to cultivate the *shatsampat*, six-fold virtues. They include tranquility of mind, control of

the senses, sense withdrawal, endurance, faith and perfect mental balance.

I asked myself - am I ready to take this, and my being told me if it is what you want for life then go for it. And come what may, you continue to try.

After the class, I went and watched the Ganges, I saw her flowing. Then I felt on the spiritual path, I can just keep flowing like Ganga.

knowledge from which to offer advice.

The students may perhaps not practice or are irregular in attendance. Nowadays most people are in stressful situations of every possible type and therefore are tense and exhausted. You might be teaching in a place with a large turnover of students and it is difficult to give continuity. It is a luxury and desired situation where your students have been coming to you for 20 years!

In every case a teacher must be able to generate within themselves enough motivation, rooted in a sense of responsibility and be a worthy representative of Yoga and the Guru, able to present refreshing and varied ways to help all of their students to enter the deeper dimension of Yoga and there be able to realize their own capabilities to help themselves.

For the teacher this constant openness to the innovative and also solid adherence to the ancient basic foundations of the Great Masters, that are eternal and still packed with power, is essential.

You have to see each student as a spirit soul and be humbly ready, at any time, to guide them. The solution to teacher burnout is

IN BRIEF

MUDRA

To boost Strength & Joy

BY KRISHNA KINKARIS

Being a yoga teacher needs a lot of enthusiasm and powerful energy. Many of those who will enter your class will be looking for a solution to a problem. Yoga in all its aspects offers a wide range of such solutions, whether they are physical, mental or spiritual.

In every situation the teacher must have the insight and great patience along with a store of



Rudra Mudra, said to stimulate earth, wind and fire energies within

BOOK REVIEW

INTRO...

to First of Baptiste's Eight Principles

BY SOPHIE SANDERS

The edge is where we come up right up against ourselves and what we can do and be. It is the boundary between where we are and where we grow, the place of comfortable discomfort, where all the growing and healing happens. The edge is the point in every pose when you are still within your capacities but are challenging yourself to go just a little bit farther. Stepping up to this edge and daring to leap is how you break through and thus break with old ways of being.
- Baron Baptiste

This is the first of eight articles, to introduce the Universal Principles for Stepping up to the Edge, by Baron Baptiste from his "Journey in Power".

Each principle gives access to what's possible beyond the edge if you are willing and ready to leap off.

PRINCIPLE 1: WE ARE EITHER NOW HERE OR NOWHERE

As I am writing this, I am conscious of my fingers furiously typing on the keyboard and speaking to myself out loud. And a voice of doubt comes "Who am I to write about Baptiste Yoga? What if I say the wrong thing?"

While assisting a Baptiste programme a few weekends ago, I thought "what's the point of me being there? Who am I? No one! I can't do this. My body isn't strong enough. What if I fail to live up to expectations?"

I have fears of not being good enough, not being worthy, of being a failure, of being judged etc. I have a long list of concerns that stop me from seeing the possibilities of leaping over the edge.

That's the Nowhere world. The Nowhere world are like our movies of past and future, which

live in our head. Our thoughts are real but not true.

YOU ARE NOT YOUR THOUGHTS!

Being Now Here is the first step to go beyond our edge and into the fire. Because what stops us from leaping off the edge are fears, doubts and worries.

Being Now Here is giving yourself permission to invite more love and kindness, into your headspace.

By choosing to be Now Here, you choose to drop the negative thoughts, fears and judgement.

It's not about running away from the thoughts, but being aware of the thoughts that come up. Not to judge but to bring your kind attention to the present moment. You have the choice to be Now Here, with what's coming up for you right now. Whenever you find yourself struggling or drifting off into the Nowhere world, re-anchor and follow your breath back to your physical body.

Pause. Slow down. Breathe. Feel

every sensation, see what's around you, appreciate what is Right Here, in the present moment.

I'll be writing about the second principle "Be in the Now and You will Know How" in the next issue.

In the meantime, I invite you to be in discovery of what's possible for you if you embody being Now Here, in your life and yoga practice.

Practice being present when you wake up, are on the train, at work; with your partner, kids, family; are practicing yoga and meditate; are walking, are taking a shower, are alone; notice your home movie starting.

Play with your Edge.
Start by being Now Here.

well defined in Sri Patanjali Yoga Sutras,1,12:
Abhaysavairagyabhyamtan nirodha: the cessation of the fluctuations of the consciousness is attainable through practice and renunciation. Despite all odds, a soul truly dedicated to yoga teaching will be constantly observing themselves and making sure their teaching career reflects evolution in their deepest self and hence a continued ability to satisfy the students' needs.

RUDRA MUDRA

Here the Rudra Mudra can be very useful. It activates the energies of earth, wind and fire to stimulate the earth element in the body to further activate the lower and heavier energies so there is a steady upward flow, thus providing a good store of ever self-generating inspiration.

In all mudras the contemplative time is a charge to the battery and a healthy reboot: gratitude arises in the heart for the wonder that is this yoga and this can be truly shared, paid forward.


Adopt a suitable still position, sitting, lying or standing.

Palms facing up, join the tips of the ring finger, index finger and thumb. The other two fingers are extended and relaxed.

Regulate the breath, hold for at least 5 minutes; you can do it 3 times a day or at any time when you need to boost the strength and joy that lie at your centre.

Adopt the favourable and let go of the unfavourable for optimum health and keep burnout at bay.

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"During the session, I accessed a deeper level of oneness with my surrounding (nature). I did not only feel strong, but with a very natural or neutralised ego."
Johannes, HK

"What I was given an opportunity to see with my inner eye, that night in our circle, I am forever grateful. (...), I have been seeing once again in different forms here in reality, in people, in nature and also in my dreams. All of which I can recognize better now, revealing a deep deep knowing."
Wilson, HK

Cast — **Lui Si Lan Chow Chi Fai Cheung Ngai Lai Wang Wei**
ManMan Kwok Eddy Au Yeung Yives Hon Nate Leung Kalok Chan

Set cum Costume Designer — **Shybil Yuen**

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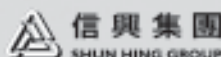


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Publication date	Booking Deadline	Material Deadline
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April	March 1	March 10
July	June 1	June 10
October	September 1	September 10

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