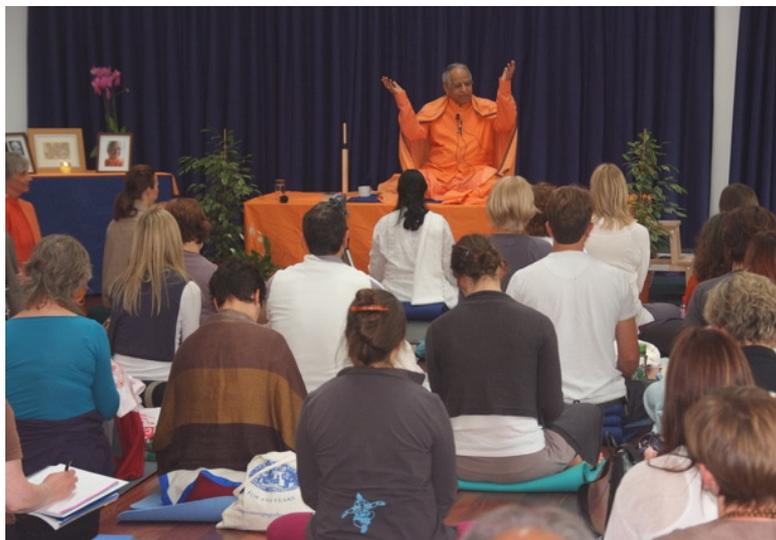


Himalayan Yoga Tradition

UK Newsletter

“love, serve, remember”

Spring 2012



Let's Get Together! June 1—3 UK Retreat

Spring has sprung, days are getting brighter and longer, it is the perfect time to think of sunny summer days and getting together to enjoy the glow of the sun and the glow we feel from the teachings of Swami Veda Bharati.

You are all invited to the UK retreat with Swami Veda Bharati and Swami Nityamuktananda: for 1 day, 2 days or all 3 days – whatever time you have to come and be inspired you are most welcome. The retreat will be at The Ware Priory in Hertfordshire, UK, which was founded as a Franciscan Friary in 1338. It has tranquil surroundings and riverside views, a perfect place to meet, study, walk, meditate and share.

This is the last opportunity to study with Swami Veda Bharati in the UK before he begins 5 years of Silence in 2013 – so don't miss out. [The retreat will explore:](#)

'Stories to Feed and Stabilise the Mind'

Peace comes from our 'state of mind', but how can we cultivate a beautiful mind (chitta prasadanam) so we feel at Peace? **Using Ancient Wisdom for Modern times** we will study the stories from the Bhagavad Gita and the Yoga Vasistha to provide the answers.

Support Swami Veda's Silence – which he enters for 5 years from March 2013. Help continue the mission of the Himalayan Tradition and the various causes that Swami Veda supports by considering a donation—one off or a regular amount. Those of you who remember the Power of One from the last newsletter know that £1/month makes a huge difference when we all get involved. Email awareyoga@hotmail.com for more details on how.

Events in the UK

Hertfordshire—Aware Yoga
www.awareyoga.co.uk

Satsang—Hatha Yoga & Philosophy

Once a month we have Satsang at Aware Yoga, on a Sunday after Hatha Yoga asana, relaxation and meditation. Come and Join Us!

1—3 June: UK Retreat with Swami Veda Bharati and Swami Nityamuktananda

8 July, 19 August: Cultivating Silence with Denise Martin-Harker 1 day workshops to develop techniques that support Silence, includes 1/2 day of Silence

5—7 Oct and 9-11 Nov: Silent Retreat with Swami Nityamuktananda

Explore Silence in a retreat environment in beautiful Hertfordshire countryside

30 Nov—9 Dec: UK group retreat to Swami Rama Sadhaka Grama, Rishikesh

Events in Europe www.ahymsin.org

18th - 20th May, Living an ethical and spiritual life in our every-day troubled world, Ireland with Swami Nityamuktananda

19th - 21st May, "Eat, Love, Pray - the Yoga of Food for Body and Mind", Cremona, Italy with Pandit Hari Shankar Dabral.

25—28 May TT days in Holland and weekend seminar The Five Elements and Yoga Philosophy with Swami Nityamuktananda

1st - 10th June, Silence Retreat in Lithuania with Dr. Stephen (Stoma) Parker and Swami Nityamuktananda

11th - 18th June, Swami Veda in Hungary with Swami Ritavan, Dr. Stephen (Stoma) Parker, and Ashutosh Sharma.

21st - 24th June, European Retreat of Meditation and Yoga in the Himalayan Tradition in La Verna, Italy with Swami Veda Bharati, Swami Ritavan Bharati, Dr. Stephen (Stoma) Parker, and Swami Nityamuktananda

22—29 July Silence camp in Hungary

28 Sept—4 Oct Hatha Yoga Intensive, Germany, with Ashutosh and Andrea Sharma

Ashram events at Swami Rama Sadhaka Grama

11—24 Nov 2012 HYT Teacher Training retreat

20—25 Feb 2013 “Nurturing Spirituality in Family” conference

From 27 Feb 2013 All Teachers and Sangha Gathering, before Swami Veda Bharati takes a 5—7 year vow of silence

24 Mar—6 Apr HYT Teacher raining Retreat, Level 1

21 Nov—20 Dec 2012 Yoga Sutra 4 course with Swami Veda

Resources and information

www.ahymsin.org

www.swamivedablog.org

www.himalayanyogatradition.com

www.swamiveda.org

www.yogaineurope.eu

Nicky Dix www.yogabliss.co.uk for meditation blankets, mats;

Willen Meijer www.yogaineurope.eu for books, CDs, DVDs

Swami Veda Bharati

'Tips and Tricks' Mind Training

Whatever you do with your mind repeatedly will become your mind's habit, and it will rediscover its own original calm nature.

Whenever you have two minutes or three, come back to yourself, to the true home of your consciousness.

Full Moon Meditations

2012	May 6	June 4	Jul 3	Aug 2
Aug 31	Sept 29	Oct 29	Nov 29	Dec 28

Sit with Swami Veda Bharati—wherever you are! 8pm UK (Greenwich Mean Time). Those in Europe please adjust your sitting time to coincide with 8pm United Kingdom (GMT).

A little charity—goes a long way!

A while ago Swami Nityamuktananda began a charity to help educate children from the Himalayas. The numbers of children are expanding so we are thinking of ways we can help support more children.

The workshops that Swami Nityamuktananda gives at Aware Yoga are being filmed and produced on DVD for everyone to purchase. **All profits** go to the charity. So in this way we study, learn, grow and help others...we could say that this is something for the highest good as Swami mentions in her philosophy corner!

We have the weekend workshop Yoga in Daily Life available now at £10 (for 4 DVDs, includes lectures and meditations).

We have also started a monthly scheme where you can contribute from £1 / month and receive updates about the children and be part of this global family doing good for others (see Philosophy Corner—'What's in it for me?', for encouragement!)

E-mail us to join the scheme / for a copy of the DVD awareyoga@hotmail.com

Anonymous, from Silence

No more Pushing

No more Rushing

No more Struggle and causing pain

Time to Rest in the arms of That Divine Mother

Time to be Nurtured

Time to be Kind

Time to Be...

Let there be Joy

Not the kind of Joy others tell you is Joy

Not the kind of Joy that you Acquire or Purchase

Not a temporary Joy but a lasting Joy

That Joy the Atman has, That Joy inside you

Go back to That Joy

Rest and be Restored by That Joy

ACCESS some great resources to help your SADHANA

You can now download audio files of Swami Rama and Swami Veda from the internet. Below you will find the internet links, and they will lead you to more information.

Swami Rama <http://www.cdbaby.com/Artist/SwamiRama> and <http://itunes.apple.com/us/artist/swami-rama/id447105898>

You can download **Swami Veda Bharati** on Diaphragmatic Breathing: Crocodile Pose, Diaphragmatic Breathing: Corpse posture, Systematic Relaxation: Counting the Breaths, Systematic Relaxation: Point to point, and Meditation: Using breath awareness and so-ham mantra at: <http://www.cdbaby.com/Artist/SwamiVedaBharati> You can also download Lectures on the Shiva Sutras. You can also do some MP3 downloads of Swami Veda on meditation through Amazon at this link http://www.amazon.com/s/ref=ntt_srch_drd_B004OYOGXU?ie=UTF8&search-type=ss&index=digital-music&field=keywords=Swami%20Veda%20Bharati

Philosophy Corner

with Swami Nityamuktananda www.athayoga.info

You know the phrase: What's in it for me?

Whatever we do in life, we want to know that we get "something out of it". Now there are two different ways to answer this... From the materialistic—What do I gain, energetically or economically (which means: how can I use the situation / people to my advantage?)

OR From the highest good—Where we act with compassion, so that the highest is achieved, for the good of all, including ourselves. Then your action helps to evolve / ascend on the spiritual path, and thus benefits you as well as others! For this to happen we have to keep our vision not just focused on ourselves, but on others. *The problem is, we haven't got a wide enough vision..to know what is good for all / for others! We are not open enough to perceive what is good for others; The solution is to learn to keep your heart open! The mind and hands will follow!*

The AHYMSIN NEWSLETTER has a great feature that we can all contribute to

Is there **one thing that Swamiji has said** that has impacted on your life? As we know, Swamiji is planning to take a vow of silence for 5—7 years on 10th March 2013. Many of us have benefitted from something he has said.

We invite each of you to search your life and if you have had such an experience, please write to us at <http://www.ahymsin.org/main/index.php/Contact-Us/AHYMSIN-Office.htm>

You can subscribe to this newsletter—sign up at www.ahymsin.org where you will find all the latest events and articles by Swami Veda Bharati