

vision

australasia



SATYANANDA YOGA®



SATYANANDA YOGA

Inspirers of our tradition



Swami Sivananda Saraswati (1887–1963) was one of the great spiritual masters of the 20th century. Born and educated in Tamil Nadu, he served in Malaya as a medical doctor for several years before he renounced worldly life and settled in Rishikesh, where he was initiated into Dashnami Sannyasa¹. Swami Sivananda practiced intense yoga sadhana and at the same time lived to serve humanity. He often spent more than twelve hours a day in meditation and then visited the sick to offer medical aid. Passionately inspired to both see and serve the divine aspect in everyone, he attracted thousands of disciples in India and around the world, founded medical, charitable and spiritual institutions and authored over 200 books on yoga and spirituality.



Swami Satyananda Saraswati (1923–2009) was born in the north Indian hill station of Almora. In 1943 he travelled to Rishikesh where he met his guru, Swami Sivananda. He took initiation into the Dashnami Sannyasa tradition and spent the next twelve years fully immersed in ashram life. Swami Satyananda went on to found Bihar School of Yoga in 1964 and over the next 20 years he developed his unique system of yoga and travelled the world to spread his teachings. In 1988 Swami Satyananda retired from public life, moved to an impoverished rural area of northern India (Rikhia) where he performed higher sadhanas and entered a new phase of service to humanity to actively uplift the local community. Swami Satyananda consciously left his body on December 5th 2009, entering the exalted state of mahasamadhi.

Vast is the ocean of sacred words which enlightens
the universe with divine vision

—*Rigveda 1.3.12*



Swami Niranananda Saraswati was born in 1960 in central India and was recognised as a 'balyogi', a yogi from birth. Swami Niranananda began his ashram training at the tender age of four and was initiated into Dashnami Sannyasa in 1970. He travelled extensively throughout the world for the next 11 years, which prepared him for the years ahead as a yoga master who would convey the ancient wisdom and teachings of yoga across a broad spectrum of the global community. In 1993 he was initiated into Paramahansa² Sannyasa, and in 1983 was chosen as Swami Satyananda's spiritual successor, inheriting the role of guiding the activities of Satyananda Yoga worldwide. Now retired from ashram administration and national and international travel, he has entered a new stage of sadhana and service.



Swami Satyasangananda Saraswati was born in 1953 in West Bengal, India. As a young woman of 22 years, she began to experience profound inner awakenings, which led her to meet her guru, Swami Satyananda. In 1982, she was initiated into Dashnami Sannyasa and began a life of dedication and service to her guru and his work. An inspired teacher, speaker and gifted writer, she is the author of several major texts on yoga and tantra. Since 1989 she has resided at Rikhiapeeth (the sadhana place of Swami Satyananda), where she has succeeded – through the expansion of Sivananda Math³ – in transforming the lives of the people in the surrounding areas. At the same time she has also created a vibrant, dynamic centre of spirituality and education within the gates of Rikhiapeeth.

¹ Dashnami Sannyasa is an ancient yogic and spiritual lineage devised by Adi Shankaracharya (788 CE – 820 CE)

² Paramahansa literally means 'supreme swan' – one who has attained a higher, illumined state of consciousness

³ Sivananda Math is a philanthropic organisation which aims to facilitate the growth and development of the underprivileged sections of society

Yoga is...

- ▼ union between the individual and the cosmic self.
- ▼ a universal science of self discovery, which evolved from the lifestyle and practices of the ancient seers.
- ▼ a comprehensive and practical system of transforming the human personality, which leads to a balanced development of physical health, mental harmony and spiritual upliftment.
- ▼ a lifestyle that can change the quality of body and mind, allowing us to understand and fulfil our true potential.
- ▼ a positive way to enhance our creativity and expression in life through the unfolding of deeper dimensions of consciousness.
- ▼ a system that has a unique and universal appeal and may be practised by people from all walks of life, on all continents and of all religions.
- ▼ a practical philosophy which can create better human conditions and situations around the globe.

The Vision of SATYANANDA YOGA®

Satyananda Yoga is a unique and integral system of yoga, created by the world renowned master Swami Satyananda Saraswati, to make the healing and transformative power of yoga available to all who seek it. Satyananda Yoga offers every person a means to practise and live yoga, according to his or her level, interest and need. It is taught progressively and tailored to suit one's personal needs and aims, ensuring a safe and positive experience of yoga.

Satyananda Yoga is founded upon the ancient philosophies of Tantra, Vedanta and Samkhya. It has only been in the last fifty years that visionaries, such as Swami Satyananda felt that yoga was going to be the need of society in the future. Swami Satyananda gave yoga a dynamic twist, bringing it out from philosophy and into practice.

Swami Satyananda taught the main branches of yoga: hatha yoga, raja yoga, bhakti yoga, jnana yoga and karma yoga. He also taught less widely known esoteric yogas, including kriya yoga, kundalini yoga, mantra yoga, every kind of yoga as found in the texts. As a tribute to the work of Swami Satyananda, we have called this combination of teachings 'Satyananda Yoga'.

Satyananda Yoga does not highlight one branch of yoga, but incorporates all the different yogas to achieve the experience of wholeness. The synthesis of the different yogas enables the practitioner to restructure all the aspects of his or her life in a way which is conducive to spiritual growth.

Branches of SATYANANDA YOGA®

Satyananda Yoga is an authentic system of teachings synthesising the branches of yoga to address different kinds of personalities and temperaments. Whether you are devotional, intellectual, psychic or active by nature, Satyananda Yoga offers a path for you.

Hatha yoga promotes flexibility and good health by awakening and balancing the physical and mental energies that govern one's life. It includes asanas (postures to promote physical health, awareness and relaxation), pranayamas (breathing techniques to expand vital energy), shatkarmas (physical detox techniques), and mudras and bandhas (physiological energy releasing techniques).

Raja yoga is a comprehensive system of mental training through progressive techniques of relaxation, breath awareness, mindfulness and concentration. Satyananda Yoga offers many unique meditation practices to deal with mental problems, such as stress and anxiety, and to discover and develop the immense potential of the human mind.

Bhakti yoga is the path of channelling the emotions towards the divine to realise the transcendental nature inherent within. Through bhakti yoga you experience the unity of

all life. Kirtan (singing the many names of the divine) and satsang (being in the presence of living truth) are important practices of this tradition.

Karma yoga is the path of awareness in action. Although actions are performed by all, very few are able to act with awareness in daily life. This yoga is imbibed during time spent in the residential centres, where all students and residents work together on different tasks to maintain the yogic community.

Jnana yoga is the means to attain the highest state of inner knowledge. Through continuous self-study, self-analysis and meditative awareness of the self, intellectual knowledge is converted into practical wisdom.

When performed in a balanced sequence and proportion, Satyananda Yoga transforms the whole person, integrating the different layers of the personality and providing physical and mental relaxation, wellbeing and peace. However, yoga does not end with the classroom experience. In order to experience wholeness and completeness in life, it is important to realise the connection between your material expressions and spiritual aspirations.

Yoga beyond the mat

The awareness and skills developed through practice of Satyananda Yoga extend beyond the yoga mat into all levels and conditions of life. The application of yoga helps you to develop a more balanced and integral lifestyle, and to stand on your own two feet. Such a person is able to assume responsibility for him or herself in all situations and to act in ways which are appropriate and constructive. As a part of yogic life, you learn to take part in the relationships and events of life with an attitude of non-attachment, without becoming entangled. Ultimately, yogic awareness allows you to understand the problems and difficulties of others and how to lend a helping hand. In this way yoga becomes the means to uplift all beings, along with yourself. When yoga becomes part of your life, each expression, each thought, each sentiment conveys that quality of applied wisdom. This is the vision of Satyananda Yoga beyond the mat.



learning how to do the headstand is awesome



but learning how to stand on your own two feet is the highest yoga!

Vision of Yoga

Swami Niranjanananda Saraswati

In the 1930s Sri Swami Sivananda, the giant spiritual luminary of the present age, came to the realization that the physical, mental and spiritual needs of modern society would be fulfilled by the wisdom and science of yoga. Aspiring to serve and uplift humanity, Swami Sivananda prepared his disciples to work for the propagation of yoga throughout the globe and his teachings became the foundation for the development of yoga in the 20th century.

Sri Swami Satyananda, ignited by the flame of his Guru's inspiration, became a blazing sun bringing the light of yoga from door to door and shore to shore. Undoubtedly the major exponent of yoga in this century, Sri Swamiji had a vision of the future of yoga and he proclaimed that 'yoga will become the culture of tomorrow'.

Although the subject matter of yoga is very ancient, dating back many thousands of years, its place in modern history is only about four or five years old and our understanding of yoga is similarly limited. Yoga is a spiritual science, which allows us to explore the deeper layers of human nature and consciousness, and denotes a process of training through which one comes to the source of one's actions and then lives and expresses that awareness. The process of yoga begins by making us aware; it allows us to explore how we function in life and how we can develop the dormant, hidden potentials within ourselves. But this is not achieved by a collection of practices which one does for an hour a day. Real yoga is achieved not by what you practise but by how you live.

In yoga the effort is made to harmonize, regulate and balance the body, mind, energy, emotions and spirit to acquire spiritual purity. The practices have to match the lifestyle and the lifestyle has to match the desires and aspirations in life. To begin and sustain a spiritual practice for a long period requires an adjustment in lifestyle. These adjustments have to be made in philosophy, which must become more practical and concrete. The philosophy of life must provide a method by which one can experience the tranquillity, joy and peace within. The routine of daily life also has to be modified, so that you are not accumulating stresses and tensions and are able to progress in a gentle, systematic manner by improving your environment, conditionings, behaviours and habits. These adjustments in philosophy and routine require continuous and constant awareness of the influences, people and situations where you are restricted, and the places, situations and conditions where you are able to express yourself and grow.

The first adjustment comes through realizing one's associations and connections in life. A positive association cultivates a positive mind. When you are surrounded with good people you feel good and when you are surrounded by negative people your own thoughts, expressions and attitude become negative. From the yogic perspective we need to associate with people who inspire us to face life with dignity and who can help us to follow a system by which we can realize the beauty life has to offer. Association can also be with a person, or with an idea, a thought or belief. You have to cultivate the right virtue in your life which can inspire and guide you. People

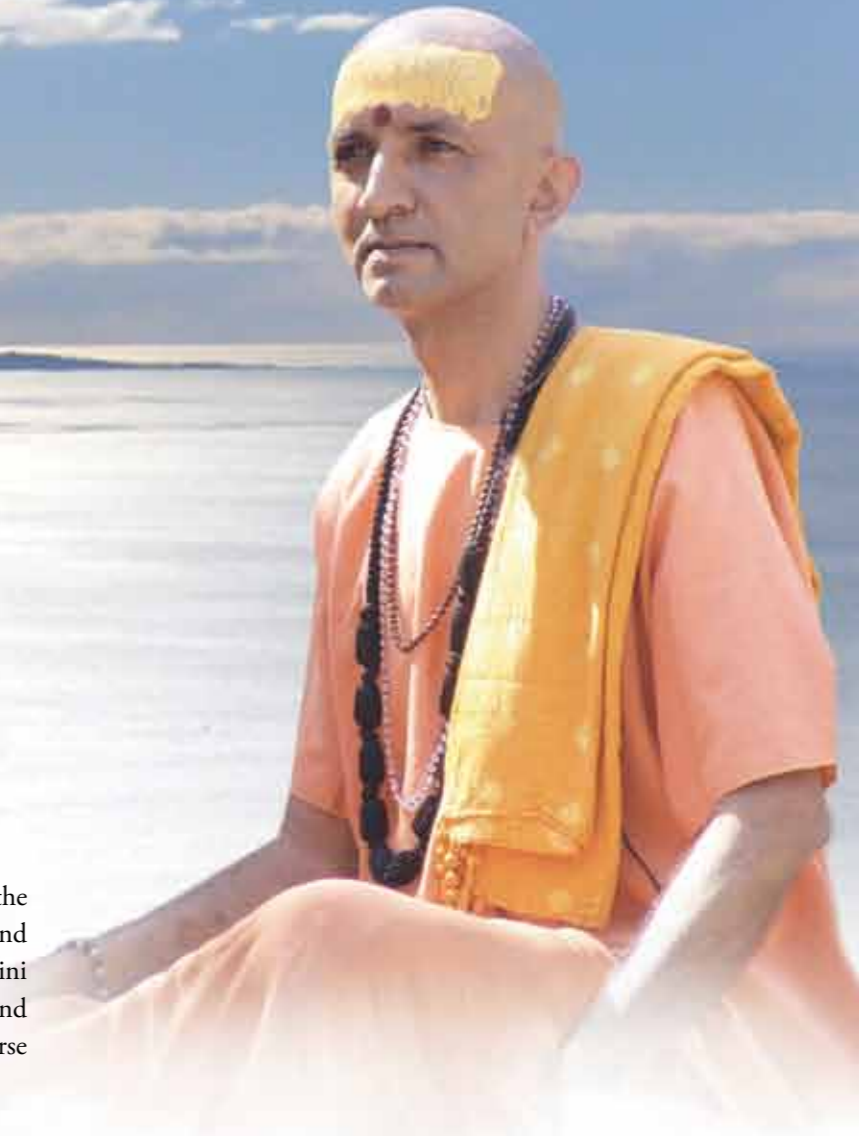
who are trying to improve their associations in life are the true yogis. Yoga means taking responsibility for yourself and making the effort to change. Postures, meditation, kundalini and kriya do not represent yoga. It is your conviction and motivation to change and bring the beauty of the universe into your life which is the aspiration of yoga.

The second adjustment in lifestyle is to always maintain an optimistic and positive attitude. If the attitudes are negative then inner and mental clarity is lost. Learn to observe and modify the expressions, attitudes and mentality in life. Aim to maintain a positive outlook in all situations. Start with ten percent optimism. Over the course of time keep multiplying and increasing until you are fully stable in that positive, optimistic attitude. Maintaining positivity and optimism of mind in times of pressure is very difficult. But if you keep on trying, the right virtue and strength will be cultivated.

By the use of certain practices and techniques you can develop an altered state of mind, which can shield you against negative influences that disturb your peace and cause distress. One important item in this sequence is the practice of mantra. Mantra should become part of the lifestyle and is the first item to be incorporated in life for spiritual awakening. Mantra should be done first thing in the morning, to create a positive attitude or state of mind and to define how positive and constructive your associations are going to be during the day.

The third component is the cultivation of humility in life. Humility indicates absence of arrogance and ego. Humility indicates a balanced self-esteem, a positive self-image that one cultivates and corrects with the softer sentiments and emotions of life. Cultivation of humility represents the sattvic quality of mind whereas arrogance is the tamasic quality of mind. Humility is seen in actions and expressed in life. Humility means that you remain unaffected by the ego manifestations. No hatred, no jealousy can touch you. No arrogance can alter your perception. You remain simple and pure. Simplicity and purity constitute humility.

As we begin to live yoga, the world becomes a place where we have the opportunity to express our creativity, and improve ourselves and our environment through determination and wisdom. Therefore the hallmark of Satyananda Yoga has always been the ability to integrate the expressions of head, heart and hands. When head, heart and hand unite, an ordinary moment can become divine. By following the yogic process and lifestyle, the yogic culture will be experienced through creativity, positivity and excellence in our family, society and environment.



History of Satyananda Yoga in Australia



During the late 1960s and early 1970s yoga became more widely known to the Australian public through the success of television programs featuring yoga teachers Roma Blair and Swami Saraswati.

In 1966 Roma Blair and Michael Volin, who started the first yoga school in Australia, visited Bihar School of Yoga in Munger, India. There they were initiated by Swami Satyananda, who had established the school with the aim of providing a place where people could live yoga rather than simply practice yoga. Living yoga is at the core of Satyananda Yoga.

Roma Blair (now Swami Nirmalananda) returned from India keen to promote the growth of yoga in Australia, and in 1967 a small group formed the Yoga Teachers Association (YTA), which later became the International Yoga Teachers Association (IYTA). The organisation aimed to bring all yoga teachers together and provide a forum for discussion and cooperation between members, to share knowledge and training and further the understanding of Eastern philosophy in the West.

It was against this backdrop that IYTA invited Swami Satyananda to lead the 2nd National Yoga Convention in Richmond, NSW, in 1969. In the next few years an increasing number of people began teaching Satyananda

Yoga in and around Sydney, and it was decided that an ashram was needed. From a small, one-bedroom flat above a shop in Manly in 1973 arrangements were made to buy land at Mangrove Mountain, near Gosford. The following year Swami Akhandananda came out from India to coordinate yoga activities.

Swami Satyananda inaugurated the Satyananda Yoga Ashram at Mangrove in 1976, and initiated the first group of people in Australia into poorna sannyasa. This was a period of rapid expansion, with a corresponding growth in the number of yoga teachers trained. Many of these initiates are still teaching throughout Australia today.

In 1983 a second Satyananda ashram was set up in Rocklyn, Victoria. During these years Swami Satyananda visited frequently and guided the expansion of Satyananda Yoga throughout the country, so that within a short time there were Satyananda centres and ashrams in most capital cities and many country areas.

The establishment of ashrams reflects the Satyananda Yoga tradition of 'living yoga', which is firmly based upon the principle of students having a direct link to a living master, or guru, and which systematically teaches a holistic yoga that works with mind, body and spirit, as well as an integral system of yoga that aims to develop the whole personality.



Mangrove under construction in the late 1970s



Rocklyn under construction in the early 1980s

Since 1988 Swami Niranjanananda Saraswati has been guiding the development of Satyananda Yoga around the world. From 1994 he has visited Australia most years to teach, guide and support. During that 1994 visit Swami Niranjan outlined his vision for Satyananda Yoga Australia as being a dedicated teaching organisation, and that is certainly how it has unfolded since then. Part of this vision was to hold another World Yoga Convention, this time in 1996, which was again very successful and initiated another phase of development and growth. He also inaugurated the Satyananda Yoga Academy, which has developed into a widely respected professional teaching body. Recognised by the Australian government as a Registered Training Organisation, it provides a popular instruction in yogic studies and teacher training leading to a VETAB-accredited qualification. At the heart of this training are the ashrams at Mangrove and Rocklyn, which provide an authentic and direct experience of a living and evolving yogic tradition.





Mangrove Yoga Ashram, NSW



Rishi Hridayananda has served and taught within the Satyananda tradition in India and Australia for over 40 years. She has been a disciple of Swami Satyananda since 1969, and was initiated by him as a swami in 1976. In 1993 she was initiated into rishi sannyas by Swami Niranjanananda and was appointed by him as the acharya (spiritual head) of Satyananda Yoga Australasia two years later. Since then she has lived at Mangrove Yoga Ashram, working continually to fulfil the mission of her guru to create a mecca for all. This has been achieved through the avenues of yoga and selfless service, and the centre continues to flourish under her spiritual guidance.

Satyananda Yoga has been taught, practiced and lived at the ashram at Mangrove Creek for almost 40 years. Many of the buildings, as well as the terraced hillside gardens, were constructed in the early years by hundreds of residents and visitors who were inspired by the teachings of Swami Satyananda. It is a beautiful place, nestled in the crook of the tidal Mangrove Creek and surrounded by sheer sandstone cliffs and pristine native bush.

Mangrove offers the opportunity to step outside of one's day-to-day life and experience a different lifestyle. This yogic way of life draws deeply on centuries of traditions and practices, adapted to meet the needs of people today. Mangrove brings together ashram, retreat centre and yoga academy. This diversity of function brings a steady stream of new people and creates a vibrant and life-enhancing atmosphere. Life is rarely dull at Mangrove, but even when busy and full of people, a sense of space and peace is maintained. This is helped partly by the tranquil setting, but also because thousands of people have volunteered their time, energy and creativity over many years to shape a space of reflection and retreat.

There is a distinct pattern and rhythm to daily life at Mangrove, which encourages the yoga aspirant to develop regularity in their own sadhana or practice. Each day there are early morning yoga classes, mantra chanting, deep relaxation sessions, afternoon asana or meditation practices, and evening programs such as kirtan to open the heart and transform the emotions. At the heart of the yogic lifestyle at Mangrove is the opportunity to both give of yourself and learn more about yourself through the practice of karma yoga. The extent to which you immerse yourself in this practice depends upon you.

Mangrove offers a number of regular retreat programs. These include introductory programs such as Yoga Relax and Open Days, and more in-depth programs that aim to give the participant an experience of yogic living. There are regular Yoga Meditation weekends, Family Yoga, Yoga Intensive and a variety of cooking weekends which run two or three times a year.

Each year Mangrove also offers an extensive range of retreats and courses on topics as diverse as Yoga for the Blues, Yoga Art, and Deepening Sadhana (for more advanced yoga practitioners). For a small fee donation, weekends can also be spent taking part in Bush Regeneration and on the Farm Project, as well as Seva Week, which is about putting into practice Swami Sivananda's maxim of 'Serve Love Give'. For all up-to-date information about our retreats check the website www.mangroveyoga.org

For details of future courses, retreats and special events, sign up at www.satyananda.net to receive the Satyananda Yoga e-newsletter. You can also check out our Facebook page at www.facebook.com/satyanandayogamangrove

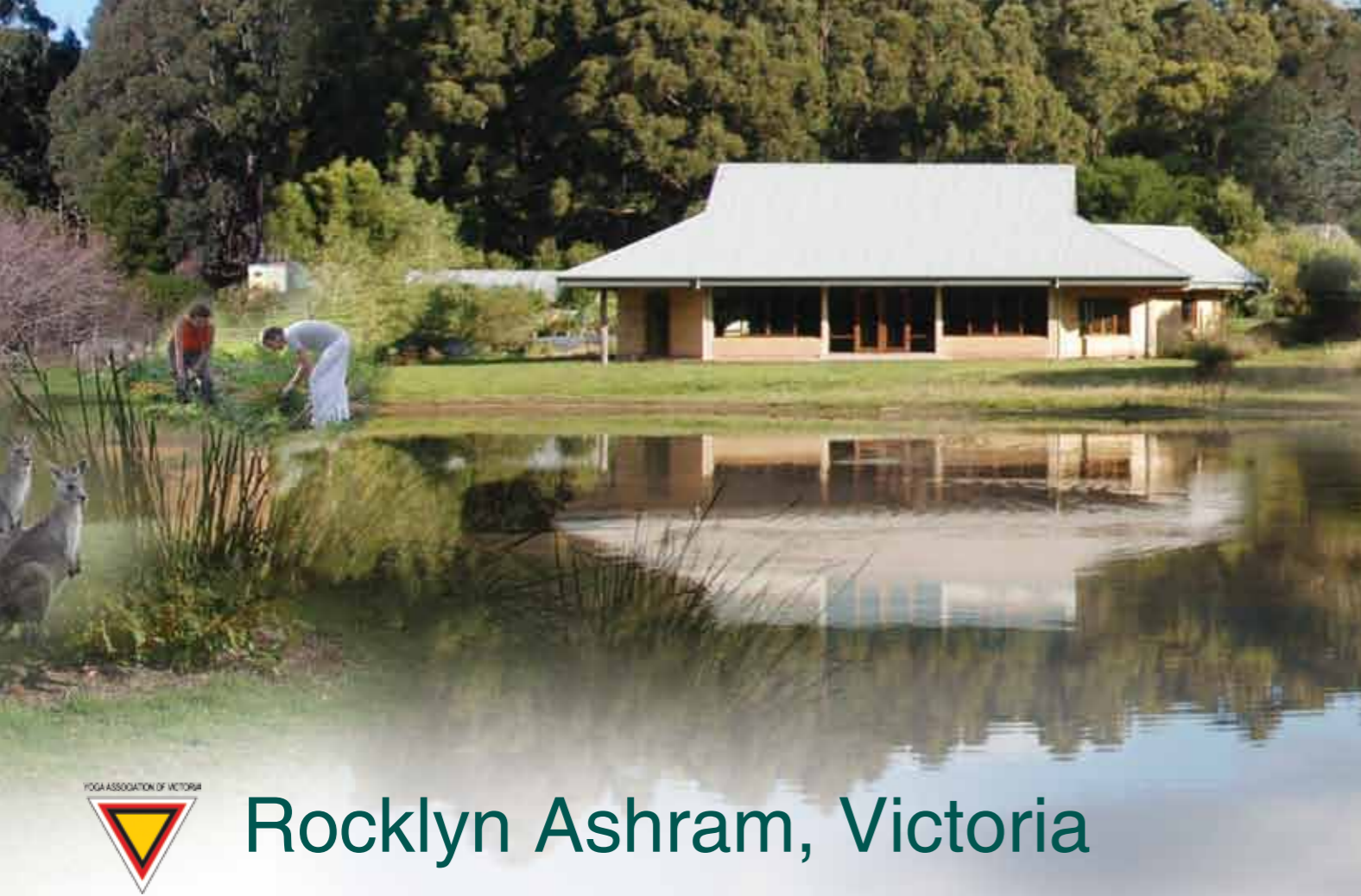
If you would like to run your own program, Mangrove has simple but excellent facilities available for groups to hire for their own programs or for the ashram to tailor a program to meet your needs.

Mangrove is also home to the renowned Satyananda Yoga Academy. This provides the VETAB-registered course Diploma in Satyananda Yoga Teaching (see page 12 for more details).

Mangrove: a place of retreat...

All year round, visitors come to Mangrove for a period of quiet personal retreat, where they can choose to rest, relax, join in yoga classes, bush-walk, swim or kayak in the creek, or discover the excellent bookshop and Saraswati Library. Others join in the skills and lifestyle program where they can work alongside ashram residents for half a day and so gain a deeper perspective about what ashram life is all about. Some are inspired to take part in the more structured Ashram Lifestyle program, through which they learn more about the integration of yoga into daily life.





Rocklyn Ashram, Victoria

Here in Victoria you have this ashram in a very wonderful place. All of you and many more people should think of developing this ashram to become the ideal centre of knowledge and light. People from many parts of this state should come here from time to time and give their share of work to create vegetable and flower gardens, plant trees, and this hall could become bigger a little later. Here I'm sure you will come to understand all the forms of yoga and in the course of time this ashram in Victoria will become the guiding light for all yoga-minded people.

—Swami Satyananda Saraswati
Inauguration of Rocklyn Ashram 1984



Rocklyn Ashram is distinguished by its tranquil setting in a secluded forest environment abundant in wildlife and natural beauty, with quiet gardens, a prolific organic vegetable garden and open spaces surrounded by native forest. The serenity of the environment enhances the ashram as a place of retreat from worldliness enabling one quite naturally to re-discover inner balance and peace. The daily lifestyle is creatively balanced between traditional yoga practices and engaging in the ashram life and routine.

Since its inception the ashram has maintained a strong link with the vision set by Swami Satyananda. What makes the yoga lifestyle at Rocklyn special is the accessibility for all people. It encourages self reliance, positive change and an opportunity to utilise personal skills. Karma yoga as mindfulness in action is practised with the attitude of Swami Satyananda's lifetime direction to "serve, love, give" and Swami Niranjanananda's direction to integrate "head, heart and hands".

All the branches of yoga, consisting of karma yoga (shared work with evenness of mind), bhakti yoga (channelling the emotions), hatha yoga (body purification), jnana yoga (enquiry), and raja yoga (a comprehensive system of yoga as described in the Yoga Sutras of Patanjali) are considered with equal importance and practised to educate and develop the whole personality. This gives the opportunity for both the individual and the ashram community to live more fully and consciously in everyday life. The ashram's focus is on simplicity, regularity and developing personal discipline as a basis to all yoga teachings.



The ashram neighbourhood community, a vision inspired by Swami Niranjanananda, brings yoga and life together through an expression of unity and sangha (spiritual community) with shared goals and opportunities for seva. Today, a number of nearby sannyasin and initiate neighbours are actively involved in the management of the ashram and in yoga teaching. Following Swami Niranjanananda's vision for the wider community, Rocklyn Ashram aspires to cultivate the upliftment of society through the development of practical ashram lifestyle skills in co-operation with local community welfare services.

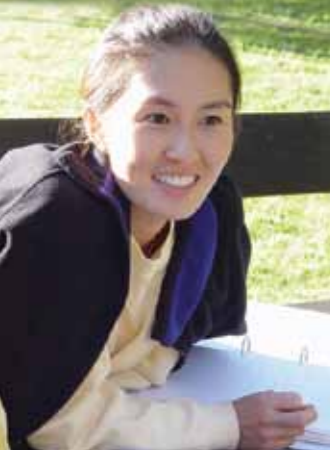
Rocklyn is an ashram which has adapted to modern needs and yet still maintains and sustains the deep values and traditions of a lineage through the teachings and heritage of Swami Satyananda.

Courses held on a regular basis are conducted by Satyananda Yoga Accredited Teachers and are accessible to all (visit www.yogavic.org.au for full details):

- Yogic Studies Modules 1 & 2 of the Diploma of Satyananda Yoga Training
- Sannyasa Ashram Life – 3 months duration twice yearly
- Living Consciously & Yoga Lifestyle Retreats – available all year
- Yoga & Ashram Life – available all year
- Weekend retreats – throughout the year
- Special spiritual celebrations and teachings
- Residential short or longer stays – available all year



Swami Atmamuktananda, Acharya at Rocklyn, has developed her skills in ashram life through many years of ashram living in Munger, Rikhia and Australia. Her years in Rikhia with Swami Satyananda have been one of the most profound influences on her life. From her guru she took away a clear and deep understanding for managing a life in sannyasa, ashram and yoga. This understanding involves a life of dedication, simplicity and awareness. She has instilled this message throughout her time at Rocklyn in every aspect of ashram life. Today Rocklyn is a strong beacon for the tradition, a welcoming shelter, and a place where a lifestyle may be cultivated and developed in order to face life's challenges boldly and fully.



Satyananda Yoga Academy

Diploma of Satyananda Yoga Training (91462 NSW)



If you wish to experience the full potential of yoga in your life then this course is for you. Throughout the two years of this Diploma, your practice and study are guided from essential foundations to in-depth techniques and philosophies. This process enables you to absorb yoga into your life, in a way that is real and sustainable.

What can be gained from this course?

- An appreciation of your own potential and purpose in life
- Practical application of asana, pranayama, yoga nidra and meditation
- Thorough knowledge of the human body and how to adapt asana to develop strength, flexibility and endurance, improve posture and balance body composition, in oneself and others
- Yoga teaching qualification accredited by the Australian Government
- Portable units of competency from several training packages
- Pre-requisite qualification for higher study in yoga and allied modalities
- Periods of retreat in Satyananda Yoga ashrams that demonstrate the merging of yogic tradition and modern day life.

Structure

The Diploma of Satyananda Yoga Training takes a minimum of two years to complete. However, once the study of yoga begins, it becomes clear that two years truly is, only the beginning.

The course is divided into four half-year semesters with practice and knowledge systematically deepening. Each semester begins with a two to three week residential at a Satyananda Yoga ashram. These periods of retreat allow awareness to be completely focussed on the techniques and concepts being introduced.

At the end of the residential, students typically return to their homes and usual commitments, integrating yogic study and practice into their lives. To do this course comfortably you need to put aside around eight hours for yogic practice and twelve hours for study each week.

As an Australian Government accredited course, each aspect of the course has been rigorously checked to ensure they meet the requirements of quality assurance contained within the Australian Quality Training Framework. Austudy or other forms of government assistance may be available for eligible students.

Yogic Studies modules

Yogic Studies 1 explores the branches of yoga and their place in yogic lifestyle and practice. The principal asana, pranayama, mudra, kirtan, yoga nidra and meditation techniques of the Satyananda Yoga system are introduced alongside the essentials of anatomy and physiology.

Yogic Studies 2 introduces yogic psychology, bringing together eastern and western concepts of mind, consciousness and awareness whilst experiential study of prana, nadis, chakras and koshas opens up the world of yogic physiology.

Yogic Studies 3 delivers the jewels of yogic culture: the study of higher yogic texts such as the *Bhagavad Gita*, Patanjali's *Yoga Sutras* and Swami Satyananda's *Kundalini Tantra*. The practical component expands and progresses into an intermediate level of yoga.

Yogic Studies 4 is the teacher training component of the Diploma. Trainee teachers engage in a three-week process of teaching peers in a safe and encouraging environment which cultivates the skills and confidence needed to deliver the techniques of asana, pranayama, yoga nidra, mudra, kirtan and meditation.

For a yoga teacher, business and marketing knowledge are a practical necessity. The 'professional yoga' component in YS4 ensures teachers have the skills and resources to approach the financial aspect of teaching yoga with a clear mind. 'Student support skills' completes the picture, focussing on the personal side of teaching.

Our teachers

One of our greatest assets is the calibre of our faculty. The combination of a first class academic institute set within an established yogic environment makes SYA Australasia a magnet for teachers from around the world who enrich the courses with their knowledge.

The Academy offers Teaching Internships to trainees and newly accredited teachers to crystallise their teaching experience. A mentoring process guides interns towards their full potential as a teacher and eventually as a teacher trainer, and so the tradition continues.

Ashram life options

To study yoga while living in an environment dedicated to yogic practice is a rare opportunity. Students choosing to live at either the Mangrove or Rocklyn ashrams have study periods scheduled into their weekly timetable, along with access to internet, library and the living experience of their teachers and fellow students.

Yogic studies around the world

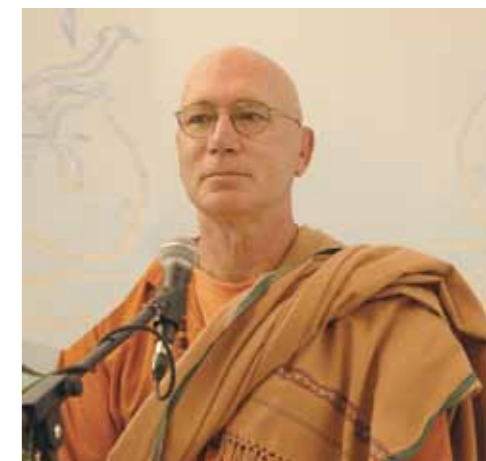
From Bihar Yoga Bharati, India to Satyananda Yoga academies in the USA, South America and Europe, reciprocal arrangements are in place allowing students to study in different locations and cultures.

India: www.biharyoga.net

Europe: www.syae.org

North America: www.yogaacademyna.org

South America: www.satyananda-yoga.net



Swami Kriyatmananda is the Director of Education for Satyananda Yoga Academy Australasia. His main role (under the instruction of Swami Niranjanananda) has been to gain mainstream recognition for the benefits that yoga can bring to people from all walks of life. To this end he has overseen the development of Australian government accredited training for yoga practitioners and yoga teachers. In addition to this, he has also played a part in fostering high quality research into the validation of the many benefits and applications of yoga in contemporary society.





Satyananda Yoga Academy

Vocational Graduate Diploma of Satyananda Yoga Training (91544 NSW)



Vision

One of the ongoing challenges encountered with yoga in the west is for it to be accepted and respected and not be marginalized by mainstream western culture through lack of understanding. It is an ongoing challenge to maintain the purity, and hence potency, of yoga, while at the same time adapting it to the realities of our times. Towards this end, Swami Niranjanananda recognized the usefulness of mainstream recognition for our training through Government accreditation of our courses. This recognition was initially achieved in 2003 with the Diploma of Satyananda Yoga Teaching, which in 2008 evolved into the Diploma of Satyananda Yoga Training. We can say without hesitation that it is a most thorough and rewarding course that attracts students from all around the world in ever-increasing numbers. In early 2011, another and higher qualification, the Vocational Graduate Diploma of Satyananda Yoga Training, was added to our scope of courses.

Yoga, as we all know, has the potential to significantly and positively influence the wellbeing of many Australians, regardless of age, spiritual persuasion, socio-economic or current health status. This fact is evidenced by the

ever-expanding numbers of people from all walks of life now undertaking yoga practice in one form or another.

Our tradition can take some credit here in Australia for this occurrence by having made yoga, as taught to us by Swami Satyananda, available to anyone interested, now for well in excess of forty years. This has been achieved through the provision of well-trained teachers who have gone out and taught in all corners of our society.

Rationale

The motivation for the creation of this higher qualification is to further improve the standard of teaching in our community. The thinking has been to recognise that within the range of students that attend our general yoga classes, there are sub-populations with specific needs. The primary focus of the Vocational Graduate Diploma is on working with these specific sub-populations. These particular needs fall into two broad categories: age-related and health-related. Age here refers to children, teenagers and older. Health refers to conditions commonly encountered in the general population, which are hence equally represented in yoga classes: perinatal, anxiety and depression, addiction, cancer and weight issues.

Time

If done in its entirety, Vocational Graduate Diploma of Satyananda Yoga Training requires the completion of six units of competency. The minimum time in which it can be completed is one year. Each year is broken into two half-year terms of 19 weeks each, with three units in each term. There are around 120 hours of study and assessment involved per unit. Therefore, if you were doing the full workload, you would need to allocate around 20 hours per week towards this training. If you elect to undertake only one unit at a time, you would need to be able to allocate around six to seven hours per week for your training.

Structure

Each unit has three components: Pre-residential, Residential and Post-residential. The pre-residential is around four to five weeks in length, and the focus there is on developing the underpinning knowledge that each respective unit is concerned with. This is achieved predominantly through completing the prescribed reading of current literature relevant to that unit and completing associated online assessment for demonstrating the understanding of these readings. The residential period, (which is only two days in length), focuses on the underpinning skills associated with those units. This is achieved through discussion and interactive activities addressing how to integrate the heightened knowledge gained in the pre-residential period into class planning and delivery. The Post-residential period focuses on the application of both the underpinning knowledge and skills through conducting classes for the relevant special need groups, reflecting on the strategies employed in teaching, and sharing this experience online with the course coordinator and the other students in the course.

Content

Of the six units required for the qualification, three are Core (as in compulsory), and three are chosen from the Electives.

The three Core units are foundational research skills, chronobiology, and lifestyle coaching. The nine electives include: perinatal, teaching children, teaching teenagers, teaching the elderly, weight management, anxiety and depression, cancer, addiction and intermediate research skills.

Research

An impediment to mainstream recognition of yoga is the sparsity of quality research that validates the claims made by yoga in regard to its efficacy. While practitioners of yoga gain direct personal experiential feedback on its usefulness, and while yogic literature is full of anecdotal evidence of the benefits of sustained yoga practice, western academic validation of these claims is in short supply. For this reason, research methodology has been included at two levels within the VGD. At the first level as one of the Core units, the focus is on training in how to access information relevant to one of the particular conditions/ages, and then how to critically appraise the validity of this information. At the second level, an Elective unit within the course, concerns how to prepare a quality research proposal. These units have been designed in close collaboration with SRI (Swan Research Institute), which is the Australian Satyananda Yoga research body instigated by Swami Niranjanananda for this very purpose.

Conclusion

It is wonderful to see that not only within Satyananda Yoga, but with other systems and traditions also, the standard of yoga training has progressed in leaps and bounds from that which was available forty years ago. For now at least, the Vocational Graduate Diploma of Satyananda Yoga Training is the highest Government level of qualification offered in yoga training in Australia. How exciting it is to consider the esteem in which yoga may be held in another 40 years.



For more information contact Mangrove: (+61 2) 43771171 or email: education@satyananda.net



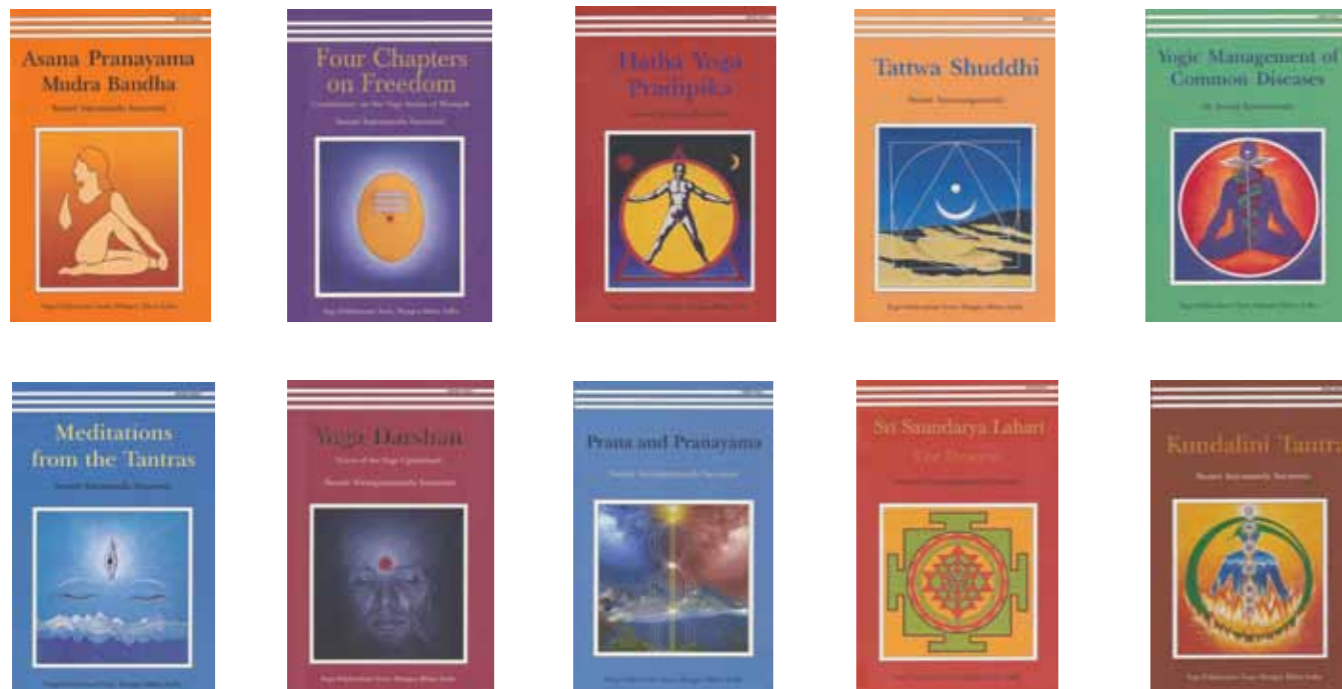


Satyananda Yoga Today

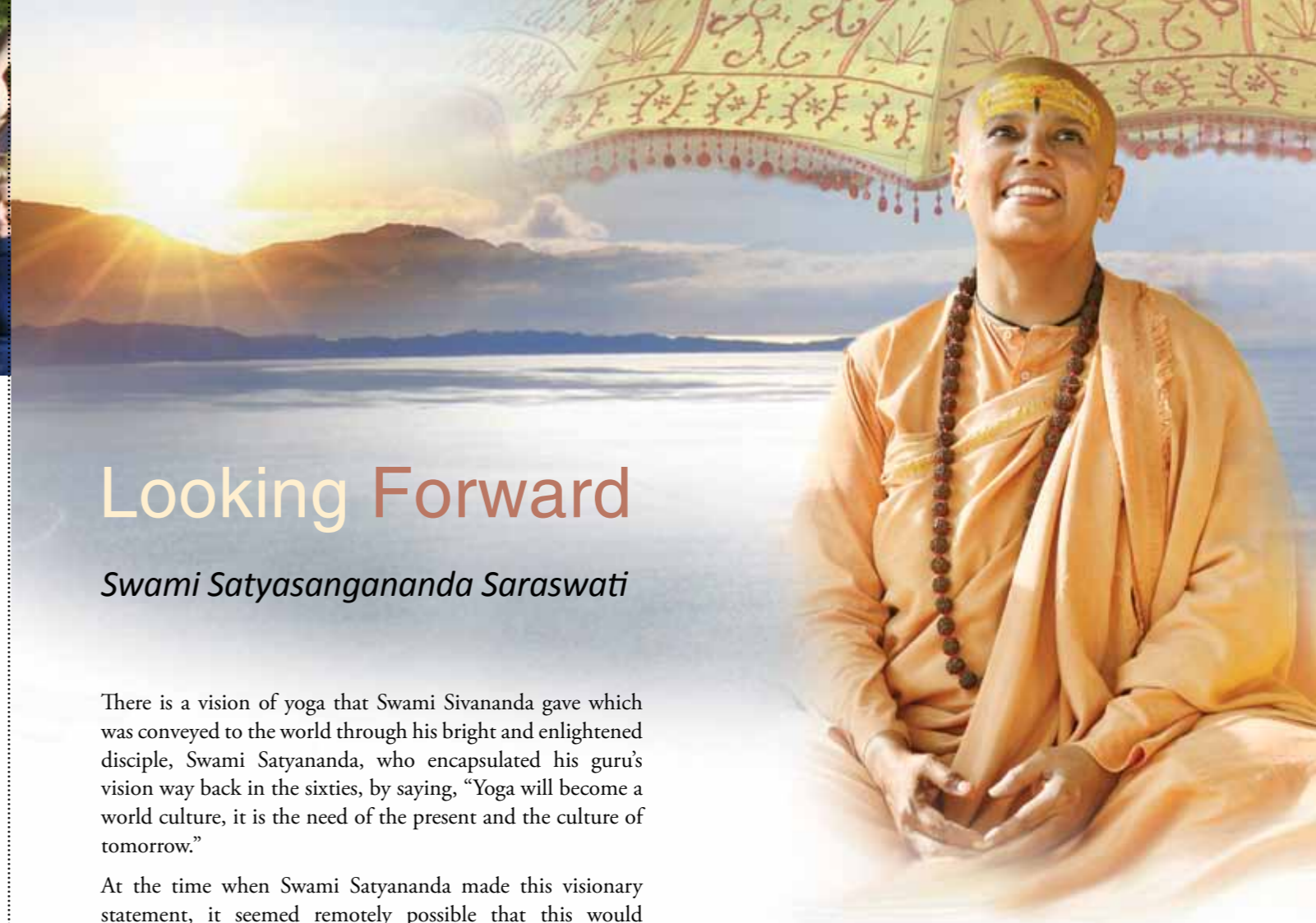
Swami Satyananda's mandate has been to 'spread yoga from door to door and shore to shore.' Many years ago, he stood on the hilltop of Bihar School of Yoga, Munger, overlooking the vast gangetic plains, and declared that 'yoga will become the culture of tomorrow.' Today the vision of Swami Satyananda's work continues to develop and grow throughout the world, and a holistic understanding of yogic science has blossomed in the sublime settings of Mangrove (NSW) and Rocklyn (Vic).

For over thirty years, Satyananda Yoga teachers have been trained in the art of yogic living and their dedication and inspiration has produced a vibrant yogic culture. Today there is an extensive network of over 400 accredited Satyananda teachers who conduct classes in schools, hospitals, drug rehabilitation centres, prisons, and the work place, right across Australasia. These teachers have undergone specific training and are either affiliated or accredited with the Satyananda Yoga Academy.

For More Inspiration . . .



For more details of our books and other yoga resources please contact us:
Mangrove Yoga Ashram (NSW) ph: (+61 2) 4377 1171 • publications@satyananda.net • www.satyananda.net/shop
Rocklyn Ashram (Vic) ph: (+61 3) 5345 7434 • yogarock@satyananda.net • www.yogavic.org.au/shop



Looking Forward

Swami Satyasangananda Saraswati

There is a vision of yoga that Swami Sivananda gave which was conveyed to the world through his bright and enlightened disciple, Swami Satyananda, who encapsulated his guru's vision way back in the sixties, by saying, "Yoga will become a world culture, it is the need of the present and the culture of tomorrow."

At the time when Swami Satyananda made this visionary statement, it seemed remotely possible that this would happen. But today we can see for ourselves the truth of his words, for yoga has permeated every aspect of our personal, professional, academic, social and cultural lives.

Yes, yoga is here to stay and it is at this moment when yoga is at its zenith that we have to sit back and remind ourselves of the vision the luminaries, Swami Sivananda and Swami Satyananda had when they decided to propagate yoga. What was their true aim in divulging the most valuable and hitherto unknown and powerful practices of yoga to the masses? Was it just for health, peace, joy and bliss or something more than that?

Good health, peace, joy and bliss are the side effects of yoga. You get them gratis. They are not the aim and purpose of yoga and nor was that the vision of the Satyananda tradition. The practices Satyananda Yoga offers are unparalleled for their simple, systematic, authentic and scientific approach. They reveal in depth insight into the entire spectrum of human existence whether it be emotional, intellectual, dynamic, psychic or intuitive. The practices and techniques have been tutored by the enlightened adept of yoga, Swami Satyananda, to achieve a transformation at every level of existence that a person encounters in their journey of life, so that they can arrive at the final aim of yoga which is initiating the process of evolution in awareness.

It is not enough to know and practice yoga asanas and pranayama. To understand and experience how yoga can

awaken our dormant and creative potential the branches of yoga which compliment hatha yoga and raja yoga, such as karma yoga, bhakti yoga and jnana yoga, will have to be added into the yoga curriculums. Certainly asana, pranayama and meditation create an awakening of energy. But then the awakened energy has to be balanced, streamlined, and channelled to the higher centres. Otherwise it will dissipate and cause disharmony, resulting in negative expression.

The yoga upanishads say that without removing the impurities which we have inherited in the form of karmas and samskaras that are embedded in us, the progress we make is halted and sometimes we even face regression. Yoga practitioners who want to unleash the inner potential by entering the states of pratyahara and dharana will have to seriously look into how to overcome the obstacles in the form of impurities that do not allow this to happen.

That is the vision of yoga in the coming years and in the last twenty years of his life Swami Satyananda gave ample indication of this. In fact all that he had taught in the preceding years was to prepare humankind to reach the threshold of pratyahara and enter the state of dharana or one-pointed focus which is so essential for us to achieve the myriad tasks we are faced with.

This will be the future demand on yoga, and the institutions and traditions founded by Swami Satyananda are firmly equipped to accomplish this task in times to come.

Contact information

Australia

Mangrove Yoga Ashram

(Yoga Association of Mangrove Mtn)
ABN: 48596099032
300 Mangrove Creek Road
Mangrove Creek NSW 2250
Ph: (+61 2) 4377 1171
mangrove@satyananda.net
www.mangroveyoga.org

Rocklyn Ashram

(Yoga Association of Victoria)
ABN: 82991961413
393 Dean-Barkstead Rd
Rocklyn VIC 3364
Ph: (+61 3) 5345 7434
yogarock@satyananda.net
www.yogavic.org.au

Satyananda Yoga Academy Australasia (SYAA)

ABN: 12075357818
300 Mangrove Creek Road
Mangrove Creek NSW 2250
Ph: (+61 2) 4377 1171
academy@satyananda.net
www.satyananda.net/yogic-studies

Satyananda Yoga Teachers in Australia

For a detailed listing of all our accredited and affiliated teachers visit www.satyananda.net/teachers

Satyananda Yoga International Contacts

For a listing of all international centres visit www.satyananda.net/international-links

New Zealand

Anahata Yoga Retreat

PO Box 155 Takaka
Golden Bay 7142 New Zealand
ph: (+64 3) 525 9887
yoga@anahata-retreat.org.nz
www.anahata-retreat.org.nz

Anahata Yoga Retreat provides yogic living in the midst of native bush and expansive ocean views of Golden Bay. It is a residential eco-friendly yoga retreat offering nightly to monthly stays, private yoga training, daily and weekly programs and ongoing retreats. Visit their website for full details of courses and events.

India

Munger Ashram

Ganga Darshan Munger
Bihar 811201 India
Ph: (+91) 6344 222430
www.biharyoga.net

Munger houses the institutions of Bihar School of Yoga, Bihar Yoga Bharati, Yoga Research Foundation and Yoga Publications Trust. It aims to integrate yogic education with a traditional gurukul lifestyle, providing the ideal environment for spiritual growth. For further information about courses and events visit their website.

Rikhia Ashram

PO Rikhia Dist Deoghar
Jharkhand 814112 India
Ph: (+91) 9304 488889, 6432 290870
Ph/fax: (+91) 9430 799449
www.rikhiapeeth.net

Rikhia houses the institutions of Sivananda Math, Sivananda Ashram and Rikhiapeeth Ashram. Primarily a centre for seva (selfless service) Rikhia aims towards cultivating social growth and upliftment in surrounding rural areas, including education and medical care. Visit their website for course and event information.

