

## A FEAST OF YOGA : CLASS DESCRIPTIONS SANTOSA SUMMER 2011

LAST MINUTE CHANGES ARE WRITTEN ON NOTICEBOARD AND OUTSIDE EACH STRUCTURE

### OPENING and CLOSING CEREMONIES – & DAILY MEETINGS

*Our ceremonies are a space to hold respect for teachings from all wisdom traditions. They include simple Sanskrit chants and collective connection, a structure that opens our hearts and souls to experience our own deep connection or YOGA - learning from each other and from the heartfelt sense of UNION that brings us all together here to gather on this land.*

*Enjoy!*

*At our daily camp meetings, to which all are invited, we address more practical matters, always with the affirmation:*

**WITH GREAT RESPECT AND LOVE, I HONOUR MY HEART, MY INNER TEACHER**

Alphabetical listing by session name – Match with your timetable to learn about what is on offer.

**AFTERNOON DEVOTIONS:** With Uma and friends. A variety of chants including Hanuman Chalisa and Sundari Laharai (in praise of the goddess. Words provided. No experience necessary.

**ASHTANGA VINYASA YOGA** – Jane. Challenging series of sun salutations and postures, a moving meditation with breath, asana and bandha. For those with some experience of working with yoga asana I sequence.

**AVATAR YOGA** – Felix: Beginning the mastery of the state of union, from Yama to Samadi, incorporating shamanic cleansing rituals with smoke bells drums and paint. Structured around an inspection of Surya Namaskar, the sun salutation, in preparation for the journey of personal Sadhana.

**BABY/Toddler Yoga** – Janine, Hannah, Tanya, Heidi & Lucy- Integrated practices for parents, siblings and babies and toddlers to do together. Asanas, pranayama, relaxation and sound work. Some stories and images, and lots of fun. Suitable for families with babies from birth to about four years old or the young at heart of all ages

**BAZAAR SANTOSA** - Camp market– bring and buy – all kinds of lovely things.

**BELLYFIT** – Monika incorporates dance moves taken from Bellydance, African Dance and Bollywood, and also elements of pilates, yoga and a small mudra meditation in an hour-long workout

**BHAKTI YOGA** (Devotional path of yoga) Including: **BHAJANS** - (see also KIRTAN) Indian devotional singing (call and response and unison singing), with Habiba and Buddhenath in the mornings and with in the evenings with Barry, Jo, Bharati, Dinesh, Vrajdevi, Devdas, Uma & friends

**BLUE SKY Yoga** - Lou  
Hatha yoga, with a strong emphasis on mindfulness and finding contentment within each posture. Inspired by the teachings of Thich Nhat Hanh, classes have a meditative focus, using mindfulness of the breath to become centred in the body and to touch the stillness within. Class will include 15 minutes relaxation, so please bring warm clothes or a blanket.

**DANCES OF UNIVERSAL PEACE** - Deborah (Saturday & Sunday) and Emma (Weds, Thursday, Friday). Mantra, melody and simple, rhythmic steps and gestures unite the circle of dancers and give them a profound experience of the sacred. This spiritual dancing is a form of body prayer that opens the heart and spirit to devotion.

**DAWN MANTRA** Gayatri, Hanuman Chalisa and Saundari Lahari chanting– in the dawn light, facing east

in main circle. Sanskrit chants create positive vibrations at start of each day. We bring the words so no experience necessary. All welcome, join when you can, stay as long as you can. Dress warm and bring something to sit on.

**DYNAMIC** – Relaxation - Dynamic Relaxation  
Sounds like a contradiction in terms, but no. Relaxation should be alive, felt, vibrant, and leave us feeling the same way.

**FAMILY FLYING FUN** – Simple acro yoga with support and flying for adults and kids (and the young at heart to enjoy together)

**GENTLE Yoga** with Lucy Time to let go, relax and be. Especially healing if you feel tired. Babies /small children welcome to these sessions

**GENTLE GREETINGS:** Prithvi Namaskara with Annette. Reverential Earth Salutes, flowing asana and accessible movement and breath to honour the heart of the land on which we are gathered.

**HEART OPENING Hatha** – Morven- An all-levels Hatha yoga class incorporating heart-opening Anusara's flowy, alignment based approach into traditional Hatha flow. Heart-opening Hatha invites you to make deeper inquiries into the body and from this depth to joyfully push your boundaries further. Anusara principles of alignment offer you the opportunity to experience a deeper engagement in your pose, while the theme of the class helps you to sense your actual embodiment of the teachings.

**ICAN Yoga** – Jon / Natalia As a Hypnotherapist and after overcoming 3 slipped disc Jon and Natalia offer deeply relaxing classes, culminating in a stretching and energizing session that will leave you feeling recharged and rejuvenated and wanting more

**INNER Yoga**- Jennifer Restorative Poses, Mantra Mudra and Pranayama,

**KASHMIR YOGA** – Veronika - An unusual, hypnotic and fascinating approach to yoga practice, using image and metaphors during asana to expand your **awareness of energy and consciousness.**

**KIDS Yoga** – Debbie - Fun classes for children of any age, parents welcome to join in. Yoga games, posture practise, stories and colouring. Input from the children greatly accepted. Focus on FUN!!

**KIDS Yoga** –Janine = Lots of lovely noisy yoga fun with games and giggles.

**KIRTAN** – devotional song, easy to follow call and response usually in Sanskrit or Hindi with simple words in praise of the divine. Part of the BHAKTI YOGA path.

**KIRTAN WORKSHOPS** – with Vrajdevi and Devdas. A great introduction to singing kirtan. Take your first steps, or learn some new kirtan, or practice together for the evening session with our visiting teachers and inspirational Kirtan wallahs!

**KNOTTY Kids** – Morven - Knotty Kids do yoga together with creativity. Children can affirm the universal language of yoga through music, dance, song and physical storytelling. The class is fun and student-centre, designed to flow with the imagination and creative input of the children. Kids journey through the Himalayas, the jungles of India and the plains of Africa and have the chance to discover and play instruments from around the world - but do not forget the inner journey of self-discovery leading to true self-expression. Ages 6-9

**LAUGHTER Yoga** – Carrie Short sessions Explore the possibilities of unconditional laughter. Life is serious and laughter may be the secret ingredient to maintaining your physical, emotional & mental equilibrium. These lighthearted sessions will help you rediscover your inner laughing place and help you take the laughter back into your everyday life: they combine gentle physical exercise, with games and fun activities. These sessions are also suitable for children.

**NAAM Yoga** – Ian - Naam Yoga is designed to inspire enlightenment through the practice of self-healing. It is a simple system that works on the energy behind the human being. Its roots are based in the teachings of Yogi Bhajan the founder of Kundalini Yoga in the west. Particular emphasis is put on the union of the mind, body and soul. The benefits of Naam Yoga are that it: raises energy levels, puts you more in touch with your true inner self, relieves dis-ease, by helping you be at ease with your true self, makes you feel more content, beautiful and at peace

**HEART OF TANTRA** - Devamurti The Heart of Tantra is a system that incorporates the gentle, mindful hatha yoga practices of Satyananda yoga with more physical and energy centred practices of Agama yoga. The hatha yoga practices of this system are distinctly tantric in their approach, incorporating techniques such as visualisation, mantra and chakra awareness. There is also a strong emphasis on Jnana yoga and the unfolding of truth through the wisdom of the spiritual heart. Another important aspect of this system is the cultivation of the inner quality of profound stillness through relaxation. This can bring about an awareness of our more essential nature, that is to say awareness of consciousness itself.

**SATSANG** - The yoga of sharing – meeting with like minds. Literally this means 'in the company of the truth' Opportunities to speak, listen and learn.

**SATYANANDA Yoga** – Ramdas, Atmashradha, Neelakash - incorporates the whole person, not just the physical body – it promotes the balance between body, mind, emotions and spirit. There is an emphasis on awareness and students are encouraged to learn about all aspects of their personality through yoga. By steadying the emotions and calming the mind, a sense of perspective can be gained, bringing a feeling of peace, freedom and inner strength. A typical class consists of asana (postures), pranayama (breathing practice), Yoga Nidra™ (deep relaxation) or meditation.

**SHADOW Yoga** - Sasha – Drawing from Iyengar and Shadow approaches to yoga. A focused and profound practice.

**SHAMANIC DRUM JOURNEY** – Alexander. Drum, rattle and voice. Lay down and listen. A psychic and

emotional journey for cleansing, inspiration, guidance and healing. Also available one to one.

**SOULFOOD SWEETMAKING** – with Positive living Bath and friends. Have fun making tasty healthy snacks in the lounge

**SOUND JOURNEY THROUGH THE WORLD'S SOUL** – Lucy and Alexander. Voice, violin, guitar, shruti and percussion. A beautiful mystical global journey including chants from the Torah, the Quran and the Vedas. Lay down and listen or sit. Be silent or join in as you feel, as the sounds move through you.

**SPACE AND FLOW (JIVAMUKTI/Vinyasa Flow)** – Raphan - Move with the rhythm of the breath through intelligent and dynamic sequences of flowing yoga postures designed to cultivate stamina, focus and flexibility while realizing the wisdom, strength and grace of one's body. Meditation, breath manipulation exercises and chanting will be intertwined within the practice.

**SURYA NAMASKAR** \_ Neeklash – Mantra, Chakra visualization and surya namaskar and Yoga Nidra

**TEEN YOGA** – Lucy For 12s and over's. -For young people to connect with yoga specially for them. .

**UNIVERSAL YOGA**-Charlotte trained as a Yoga Teacher in the Sivananda tradition in 2004 in California. Yoga has been a life changing experience for her and she loves to share this incredibly powerful and integrated yoga with as many people as possible to alleviate physical, emotional and mental strain and pain. The classes are aimed to include all levels and are easily adapted for complete inclusion. You will be doing breathing exercises, vinyasa, holding postures and deep relaxation as well as some chanting and meditation in these 1 1/2 hour classes. This is a chance to dive deep within, open your heart and feel great!

**VEDIC CHANTING** – Lucy C. Call and response chants from the Vedas. Authentic, ancient and powerful: meditative sound practice to promote concentration, connection and liberation.

**VINYASA Flow - Vinyasa** style flow class that incorporate a variety of asanas: classes creative, fun, geared for all levels.

**WOMB YOGA** – For women. Fluid pelvic movement and feminine gestures to empower women to honour feminine intuition through yoga. Uma.

**WOMEN'S CIRCLE with WOMB YOGA MUDRAS.** Sharing moon stories, menstrual and womb knowledge, Hand gestures and sound meditations. Shanti stuff for women and girls. Uma

**YOGA of Awakening** – Jane - pranayama, flowing yoga, relaxation

**YOGA GAMES** Games 5 plus year olds –Veronika Many games are easily adapted to doing yoga. Duck, duck goose, Simon says, and follow my leader to name but few. We are going to concentrate on playing as many games as we can, doing yoga without even knowing we are. Then we will have a story and a lie down to rest after all our exertions. This session is for children who can follow rules and can play more complex games.

**YOGA NIDRA** – Every afternoon in Bhakti temple. Yoga Nidra is literally yogic 'sleep': a remarkable state of creative, receptive and transcendental being, accessed through techniques of progressive relaxation and yogic self hypnosis, visualisation and affirmation. To revitalise, refresh and transform. Bring a blanket.s

**YOGA PHILOSOPHY** – Barry - 3000 years in an hour or so. An interesting whizz through 3000 years or so of yoga, stopping to look at the main schools of philosophy and yoga texts, and how these still influence the practice of yoga today. No previous knowledge required!

**YOGASEVA** – An inspired and friendly collective of yoga teachers and therapists committed to sharing the light of yoga for all in service to humanity. Join us for lunch to get involved.

**YOGA OF VOICE** - Stefan - Using the voice and simple sounds we will explore the use of sound as a liberating and nourishing Yoga practice. As requested

upon Stefan's arrival.

**108 SUN SALUTATIONS** – Marilyn - All things on earth are nourished by the light and warmth of the sun, so we are provided with all our needs through its creative power. We offer our respects with One Hundred and Eight Salutations to the Sun - a significant number in Yoga teachings -the careful repetition, in this format, will truly bring us in touch with our own capabilities and limitations It is a prayer and a joy, but mostly it's fun! We will do it in sections, with stops and rests. It is not an endurance test! You may stop at any time. It will take us about an hour and a half and will finish with a glorious relaxation. Imagine how you are going to feel after 108!

### **FINAL NOTE ON THE SCHEDULE**

All these marvelous teachers listed above are offering their classes for free because they love to be here together and share yoga. This is not a profit making fancy yoga conference, it is an exercise in sharing and SANTOSA!

So please be aware that we cannot be certain how many students will turn up for any given class on the schedule. Do be prepared to swap domes if your class is overflowing, and the one next door is quiet.

Also be prepared to adapt to enable everyone to enjoy the camp. For example, if there are many keen students for any given class, it may be wiser to offer two shorter sessions from the same teacher, one following the other, than to offer only one long session. We have put a lot of work into the timetable, but in the end, it is only a guide, and the adaptations we may need to make around it will surely grow our skills in the practice of SANTOSA!

So smile and share nicely, please, lovely yoga people!

### **HEALERS AND THERAPISTS ON SITE**

We have many gifted healers and therapists on site.

Most are working from their own structures in amongst the big yoga domes on the main circle, and some are using the yoga structures in free times for healing work.

Appointment times for therapists are listed on the boards outside the structures, so you can sign up for a time that suits you.

Each has their own rate of costs, so please be sure to settle up with the therapist after your treatment.

At the time of printing this leaflet, the following therapists had confirmed attendance:

**Shamanic Drum Journeying / Sound baths – Alexander (Sunday – Tuesday only)**

**Shiatsu – Jonathan**

**Indian Head Massage – Kasia**

**Ayurvedic Massage (with oils) - Corinna**

**Reflexology – Annmarie**

**Osteopathy – Claire and Wesley**

**Holistic and sports massage, including pregnancy massage – Sarada**

**Swedish, Lomi Lomi and Thai Massage – Justine**

**Emotional Freedom Technique – Carrie**

**Yoga Therapy one to ones – Uma**

**Hypnotherapy – Nirlipta Tuli**