



August 2005

NEW CLASSES

Evening Pregnancy
Thurs: 6.30 - 7.30

Teacher: Kelly Davies Practices designed to be supportive and calming for the mind. New students are welcome to register.

Lunchtime Class
Wed: 12.15 - 1.00 pm
Begins 10 August

Teacher: Elizabeth Cox. Class is open to beginners and those with some yoga experience. Focus of the class is gentle stretching and moving while adapting to individual needs. If possible try not to eat two hours before class.

Spring Meditation Intensive:
September 5 to 9
Mon to Fri 7 – 8 am
Weekly Meditation
Thursday 7.30pm

Weekend Classes
4pm Sat/Sun

Bookings only:
+61 3 9690 2238
agama@yogapractice.com.au

Yoga of Krishnamacharya World Tour: Steadiness in Change, Yoga as the Anchor

19-22 May, Melbourne Australia

Firstly, thanks to everyone who attended the seminar, especially those of you who traveled from overseas and inter-state and from country areas. We hope your stay in Melbourne was comfortable, enjoyable and rewarding. Luckily, we were blessed with some fine weather so hopefully many of you were able to get out and about to enjoy some of the delights of the city. It was great to meet the people behind the e-mails “face to face” and to share in this rare opportunity to study with the Desikachar family.

We’ve had some wonderful feedback, as well as constructive comment. The biggest bugbear was the difficulty in seeing the whiteboard clearly. Thank you for bearing with us on this.

Secondly, a huge round of applause to all those who pitched in and tirelessly volunteered their time prior to, during and following the seminar. Your efforts are greatly appreciated and without your involvement, the conference would not have been the success that it was.

Please take a bow...

For many, it was a first encounter with the Desikachar family, who seemed amazingly fresh and relaxed having just completed a world tour of nine cities prior to Melbourne. They were all great examples to us of how to learn from, adapt and enjoy changing circumstances, (country, climate, culture, food, time-zone) through the practice of yoga.

Over the four days, as we explored the topic of “Change” and how it applies to living our lives today presented in such a warm and entertaining way. Through theme presentation, dialog, insightful meditation, inspired practices and



chanting. The rich spectrum of this perennial philosophy revealed the myriad of holistic yoga tools available to us.

Patanjali’s Yoga Sutra’s presents yoga as a means towards understanding our mind, refining it and using it for our chosen purposes, whether it be health, healing, personal transformation or spiritual growth. Since all people are unique, it follows that the mind doesn’t function the same way for all of us and what is appropriate for one may not be so for another but with an open **clear** mind, positive attitude, commitment and faith, anything is possible.

Last, but definitely not least, congratulations to Kausthub on his beautiful book “Yoga of the Yogi: The Legacy of T Krishnamacharya”, an invaluable resource for anyone interested in yoga and the life and teachings of T Krishnamacharya. We’re sure it will take pride of place on many a coffee table, not only for its beautiful presentation but to be picked up and referred to again and again. It was great to see so many of you at the book launch and again, thanks to Kausthub for taking the time to sign them for us.

Until next time..... Elizabeth Cox

[Click here](#) to view some images from the May event with the Desikachar family.

“Yoga of the Yogi: The Legacy of T Krishnamacharya” still available at \$55+ postage to your city.

Calendar of events 2005

September

Sat & Sun 10 – 11

[Queenscliffe Retreat](#)

October KYM TOUR

Auckland: 5 – 9
[KYM Auckland](#)

Brisbane: 10 – 13
somake@email.tc

Perth: 14 – 16
[KYM Perth](#)

2006

May

[Blue Mountains Retreat](#)

This retreat is the third part of a series. There will be an opportunity to complete the first two parts in spring & summer if you are interested in applying.

Look out for tutorials being offered in your state. **Yoga of Healing, parts one and two.**

[Retreat in Thailand](#)

Workshop at Kamalaya "The Spiritual Path of Yoga" More soon.

2007

January

Study at the KYM:
3rd & 4th Week of Jan
2 week Intensive

Applications to:

agama@yogapractice.com.au

Wedding celebrations in India

Mekhala Desikachar was married to Hemanth Kumar Athiraman, on June 10 2005. Barbara was able to attend and give us some news.

This was a traditional wedding over 3 days of fun and attended by close to 2000 people, including some VIPs of the country. Check out the pics!

We would like to wish the newly weds happiness and prosperity for their new life together in Detroit where Hemanth is doing his PHD in radiology. Click here to see more pics.



Menaka Desikachar, will be returning to Australia in October 2005 on a fundraising tour for the KYM. Topics on "Yoga for women" will be presented in both NZ & Australia. Click here to read an Interview with [Menaka Desikachar](#)

International Sanga

While Barbara was in India studying, she was able to ask one of her sanga members Amy Wheeler, to write a few paragraphs on how she will apply what she has learned to her teaching situation in USA.

Amy Wheeler:

I have been a Professor of Kinesiology at California State University for 7 years. My degrees are in Psychology and Health Promotion, both of which contribute perfectly to my 14-year interest in yoga. The teachings that I learned from the Desikachar family in the 1-month Sanga Course are from the most pure source that I am aware of, from T. Krishnamacharya. The Yoga Sutras and Yoga Rahasya are translated and taught with clarity, depth and heart. I will take some time to digest teachings on an experiential level and then eventually I will share them with my yoga classes at the University.

The course structure of each class period at the University consists of about 30 minutes of yoga philosophy lecture, 45 minutes of asana and pranayama and 15 minutes of meditation and journal writing. The students are graded on their knowledge of the lecture material, class participation and writing assignments. I really enjoy this style of teaching because it allows me to introduce yoga in a holistic way, rather than breaking it down into just asana and pranayama, as it often done in Western yoga classes. The students really seem to enjoy the exploration that is involved in using many tools of yoga to heal themselves, including svadyaya (self-analysis) via journal writing.

The students also love that I am responsible to my teacher, who is connected to his teacher, who is the son and long-term student of T. Krishnamacharya- the Grandfather of Modern Yoga.

