



Yoga Today

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Rewards of teaching: professional profiles

Surrendering to life's lessons

Wheels of Life

Where cycling meets yoga



Teaching Yoga: Challenges and Rewards

By Nancy Jackson

Three teachers from Queensland, New South Wales and the Northern Territory comment on their commitment to their profession

Drive off the busy street and up a dirt track for about a half kilometre and you'll find the 13-acre property known as the Tewantin-Cooroy Yoga Studio. **Kevin Huckstep** founded the business on the Sunshine Coast in 1997. He says, 'Everybody seeks a little heaven on earth. It's an oasis here'.

Kevin first started practising yoga about 25 years ago. He says, 'I took up yoga to help sort out neck and lower back problems. I had no inkling at that time that I wanted to teach. Many years later I discovered a yoga class in Sydney

that called itself GitaYoga. I found out they were based in Melbourne, and decided to do their intensive course over a 13-month period, and have

pains associated with gardening with a passion! They use their regular class to get straightened out, then they are able to enjoy their

People are usually searching for something. It starts on a physical level, then they see the bigger picture.

been teaching full time since then. I think it's imperative to get a good background. Teaching teachers is a specialty that I highly admire. When people ask me to teach them how to become a teacher, I recommend they study with an accredited yoga organisation'.

gardening lives. A number of my students now practise on their own, so they experience less aches and pains and enjoy greater quality of life'.

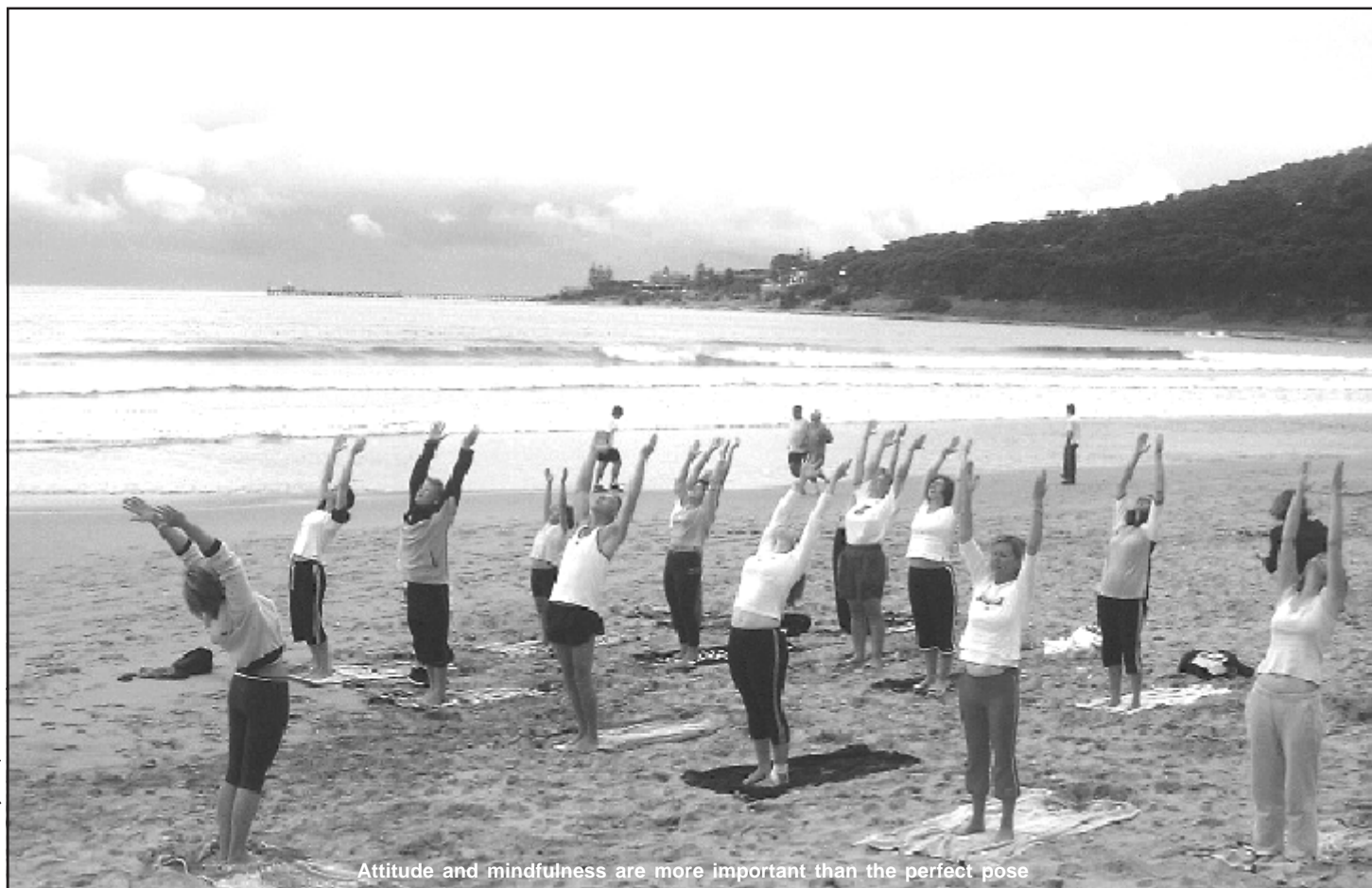
The biggest challenge Kevin has found is to stay in the public eye. In establishing the business, it was a battle to keep on advertising and reminding people. Even now that he's a fixture in the community, he continues to promote the business.

'People are full of wonderful intentions', he says. 'Surprisingly, I find the ones who can barely fit in time for yoga are the ones who stick with it. The most rewarding part is when people take the bull by the horns and go with it. I'm continually reminded that people usually are searching for something. It starts on a physical level—some health issue—then gradually they start to see the bigger picture and begin to make changes in their lives'.



Building classes takes time

Kevin built his business to include up to 12 classes a week, which he has trimmed to six because he's planning an extensive leave. To meet the fluctuating demand between beginners and intermediate/advanced, he either runs a beginners course or ongoing beginners yoga. He also caters to individuals with special needs. 'I always try to relate yoga to their everyday lives', he says. It's not just an isolated yoga session. It needs to be integrated. For instance, I have some older students who enjoy gardening, but invariably suffer the aches and



Attitude and mindfulness are more important than the perfect pose

Penny Cuthbert's studio, the Hatha Yoga Desha, is at the corner of Wairoa Avenue and Hastings Parade in North Bondi, New South Wales. A yoga teacher for 13 years, Penny did her initial training at Iyengar, because, as she says, that was what was taught back then. She regularly studied in Pune and received her introductory Iyengar certificate. She also studied Ashtanga Vinyasa Yoga and integrated vinyasa sequencing into her teaching style. Through the years she's taught at the Sydney Yoga Centre, the Australian School of Yoga and Yoga Synergy before opening her own yoga space about a year ago.

Today she's committed to Shadow Yoga, developed by Shandor Remete (www.shadowyoga.com). She says, 'Rather than juggling different methods, it feels right to present one style. I still work with the intelligence of all the systems I've studied in the

past. Shadow Yoga is based on four set forms and is progressive. Each form has a prelude, asana-vinyasa sequence and conclusion of inversions and pranayama. Students are given asanas therapeutically to build strength. There's also a lot of work with bandhas and mudras'.

Each class is a dialogue, an ongoing exploration

Penny says, 'I think there's a tendency that yoga is so fashionable students treat it like other fashionable exercise. There's a tendency for them to rush. But they quickly learn it's not about building up a sweat or jumping from one end of the mat to the other. It's important to be mindful. It's not about the perfect pose but an open attitude. A good yoga practice is about the point

of balance between overdoing and underdoing, with steady breath and complete awareness'.

Penny also is a curator at the Australian National Maritime Museum. Since her job is on the intellectual side, she

particularly enjoys the balance with her vital side. Yoga helps her with the demands of her work. Currently she teaches five classes a week as well as private classes. In the past she's taught up to 11 classes a week.

'To me, each class is a dialogue, an ongoing exploration', she says. We

always have challenges or blocks that arise. Every time I do the practice it's a different mindset and a different body. In teaching I might have something in mind and a different group comes in than I expected. It's a matter of being responsive to what's in front of you, being flexible in your mental attitude'.

What are the rewards of teaching yoga? She says, 'I think it's when students have a greater understanding of who they are. It might be as simple as understanding posture or a movement of the body. It might be finding what their habits are—thinking or moving habits. People might say they're blocked. Once they recognise it, it's then about how they move through it. Their old pattern isn't serving them any more. It all shifts. When I see it dissolve I know they're getting somewhere. They have a confidence and trust in themselves. I can see it in their faces, a palpable difference. That's an absolute delight'.

Sanjit Kumar Das teaches at the Om Yoga Health and Relaxation Centre in Nightcliff, a suburb of Darwin. A yoga teacher for about four years, he took yoga teacher training at Yoga Niketan in Puri, India. His teacher, Yogacharya Pundit Ramakanta Kar, is a direct disciple of Swami Sivananda. Sanjit teaches 10 classes a week and does volunteer teaching at his son's school.

In his experience, Sanjit believes a good yoga teacher should understand

and respect the needs of the individual. He says, 'I teach them to be satisfied with where they are. That makes it more relaxing. It's about listening to their bodies, understanding their limitations and knowing themselves. I also talk about patience. In yoga, all the motions are fluid and graceful. No jolts, no impact. That's why yoga is so beautiful'.

He says, 'For me, the biggest challenge is the variety of people who come to yoga. To blend all the individual minds and individual bodies into one class is challenging. Particularly, they find it

asanas help to still the mind. As long as the mind is still the body will follow. I ask them to lie down for meditation calmly and quietly, to practise contentment and stay in the present'.

Sanjit says the most rewarding aspect of teaching yoga is when he sees the students open to the spiritual side. He says, 'Yoga, of course, is more than asanas. Yoga is infinite. Once their minds and hearts open up they want to know more and I feel elated. Gradually the students become interested in the eight limbs and are

In yoga, all the motions are fluid and graceful. No jolts, no impact. That's why yoga is so beautiful.

difficult to keep the mind still. Physically they can be disciplined but mentally they are fickle. During the savasana, some people just can't keep still. I understand—they have family and job problems—but it's important to still the mind, even if it's difficult. I encourage them to practise, to focus the mind on openness. That brings awareness. With practice, all the

ready to step into the other areas.

'In India you're born into yoga. You sit in postures and on the ground. So yoga is alive. It's your lifestyle. You learn how to sit, how to pray, from the day you're born. Once you open your heart and your mind, the world is a playground'.☸

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jackieb@yogateachers.asn.au or PO Box 4230, East Burwood VIC 3151



Trusting the Universe

By Leigh Blashki

How often do we talk nowadays of the 'lessons' which the universe continues to provide?

It seems each person we talk with either professionally or socially, is going through some 'stuff'. And if they aren't going through it, then we are!

With the increasing awakening of awareness many individuals are starting to recognise and accept that all that 'stuff' they are going through represents the lessons that they need to learn at that time and place in their journey.

Sometimes the lessons are quick and easy and can be learnt with something as simple as an apology, a hug, or recognising a different approach to an old task. At other times the lessons seem almost cryptic yet go to the core of our beliefs and perceptions and deeply challenge our commitment to grow.

Over the years I seem to have had my fair share of lessons, many of which have taken me deeply into the understanding of Self. And while I try to recognise that such lessons are a gift to support my growth and that I also have the potential to actually learn the lessons, I sometimes want to shout from a mountain top, '

Enough already! Can't I have just a little rest without so much learning?'

Well I tried that (near the water, not on a mountain) and my piteous cries were answered with yet another lesson: that we have to let go of the

notion of a static, stable, totally reliable world and embrace the true nature of things—that of change, growth and learning.

The process of life is like a flowing waterway. If we try to stay in one place against the tide of the flow, we will always be fighting and struggling; like holding onto a rock amid a swift mountain stream. However if we let go into the stream, the flow of new circumstances seems effortless and learning the lessons, like avoiding the obstacles in a stream, becomes a more comfortable proposition.

It seems that when we try to hold on to things in pursuit of surety, the world seems to be somehow against us and we experience a sense of separation instead of feeling part of an integrated universe. When this happens, we feel at the mercy of a threatening, non-integrative 'multiverse'. However, as I am ever so slowly learning, when we relinquish the urge to hold on to things, control life, or modify our lessons, we start to experience an overriding intelligence at work.

We start to experience integration, both personal and global, as gradually we come to see that the concept of a universe, or unified, whole existence naturally flows out of the lessons we allow ourselves to accept and we find ourselves swimming peacefully with the tide, responding with dignity to each challenge and lesson that presents itself as yet another confirmation of our sure place on the universal team. ☸



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Wheels of Life

By **Krista Bernard**

With a sudden burst of inspiration I decided I would make a solo pilgrimage by bicycle from Australia to England! My vision was to deepen my yoga practice, living in ashrams and temples along the way.

I was 24 and as a naturalised Australian I longed to reconnect with my roots. I had cycled around Australia and revelled in the connectivity I experienced with the land and people.

Friends and family thought I was completely mad. Shaking sceptical

My consistent yoga practice balanced and re-energised body, mind and spirit

heads, they thought of all the mishaps that could befall me from Australia to England, by bicycle.

‘But you’re just a woman. You can’t go alone, it’s far too dangerous!!’

‘Easier to catch a plane, mate!’

‘What about wars, bandits, kidnappers?’

Although not many believed I would undertake such a journey, I had faith in the dream and trust in myself.

Seven months of preparation and it was time to go. I was standing at the threshold of a journey amid ambiguity and excitement. There was no guarantee whether I would arrive safely, if at all. Yet not to begin would be to deny myself the challenge.

Suddenly I felt scared as I realised the magnitude of this epic journey. Saying goodbye was the hardest thing—letting go, reaching out, embracing the unknown.

In the first few weeks travelling across Indonesia, my consistent yoga practice balanced and re-energised body, mind and spirit. Yoga builds up a store of physical health. Typically I would cycle 100 kilometres a day and I found that yoga gave me the tangible physical benefits of loosening up sore and tight cycling muscles. BKS Iyengar, a leading authority on hatha yoga, states that ‘When the body is flexible, then so is the mind’. Regular daily practice

throughout the journey gave me the flexibility to deal with problems and face the challenges of such arduous travel with equanimity. Amid the outer turmoil an inner peace can be found.

I pedalled through Malaysia, Singapore and into Thailand. Here I rested in a Buddhist monastery observing the monks’ daily meditations, imbuing the timelessness of their sacred practices.

By the time I reached Cambodia, travel funds were running low and it was time to stop and work. I found a job teaching English in a privately run school and supplemented this by freelancing for a local English newspaper. Then, after 6 months, I was invited to join 300 Buddhist monks in a one month, 338 kilometre Peace Walk through the infamous Khmer Rouge provinces of Battambang and Banteay Chhmar.



The walk was called a Dhammayietra. Dhammayietra is a Pali-Sanskrit term, ‘yietra’ meaning to walk, therefore a walk to spread the Dharma. The goals of the Dhammayietra were:

☞ To pray for people in suffering and the removal of greed and ignorance.

☞ To advocate peace and non-violence.

☞ To demand the removal of landmines and stop their importation.

☞ To pray and meditate for peace and real independence in Cambodia.

☞ To plant trees along the way as a simple protest against deforestation.

Wide-eyed crowds gathered at the sides of the road with flowers, candles and incense, eagerly awaiting water blessings from the monks. Some women cried hysterically at the sight of the long line of monks holding flags which read, ‘A peaceful community makes a peaceful nation and a peaceful nation makes a peaceful world’. For these people the walk was a symbol of hope and change.

Days were beautiful. We'd wake up to the sound of drums and the deep meditative chanting of the monks at 3am. Walking began at four. The cool of the morning was relished as the heat of the day built rapidly. At night we slept where we could—in hammocks strung beneath villagers' pole houses, in schoolrooms, on balconies or on mats on the floor. I was often touched by the thoughtfulness and the assistance we were given along the way.

With us was an energetic team member from the Project Against Domestic Violence who ran an education campaign for the duration of the walk, supporting one of the Dhammayietra's goals to encourage non-violent solutions to conflicts. Trees were planted in wats (temples) and schools to express our concern at the destruction of the Cambodian forests. A mine awareness team joined us on a mission to highlight the continuing danger of the mines and the UXOs (unexploded ordinances) that litter the region, a legacy of too many years of war. There were many deep issues to contemplate as we walked.

338 kilometres and enough blisters, worn out shoes, knees and ankles later, we arrived at Banteay Chmar. Sunburnt but smiling, our journey was complete.

We got back from the Peace Walk and much to our horror, found Phnom Penh was brewing to explode. Newspapers reported rumours of an imminent coup within Cambodia's coalition government. I hotfooted it out of Cambodia just three weeks before Hun Sen's coup d'etat which threw the country back into yet another despairing state of turmoil. I was lucky to be in Vietnam—but what

continued over page

Gomukasana

Cow face pose

By Kali Nolle

In Gomukasana it is said that the shape of your body resembles a cow's head, with the feet as the ears.

How to do it

Sit in the easy posture. Bend your right leg further and place the outside edge of your right foot on the floor beside your left hip, toes pointed away from the body. Your left leg is bent under your right leg. Place your left foot by your right hip, toes pointed away from the body. Align your knees vertically. Place your left arm behind your back, bending your elbow and stretch your hand upward between your shoulder blades. Raise your right arm above your head, bend your elbow and with your left hand clasp your right hand. Keep your head upright. Hold for as long as is comfortable. Repeat on the other side.

Variation

Once in the posture lean forward to gently squeeze the reproductive organs.

Alternatives

If you are unable to bring your hands together you may use a strap. Hold one end in your left hand and the other in your right. Slowly work your hands up the strap until they touch. This may take a few months of practice.

The arm position of this posture may also be done from the easy posture (Sukasana) or the hero posture (Virasana).

Awareness

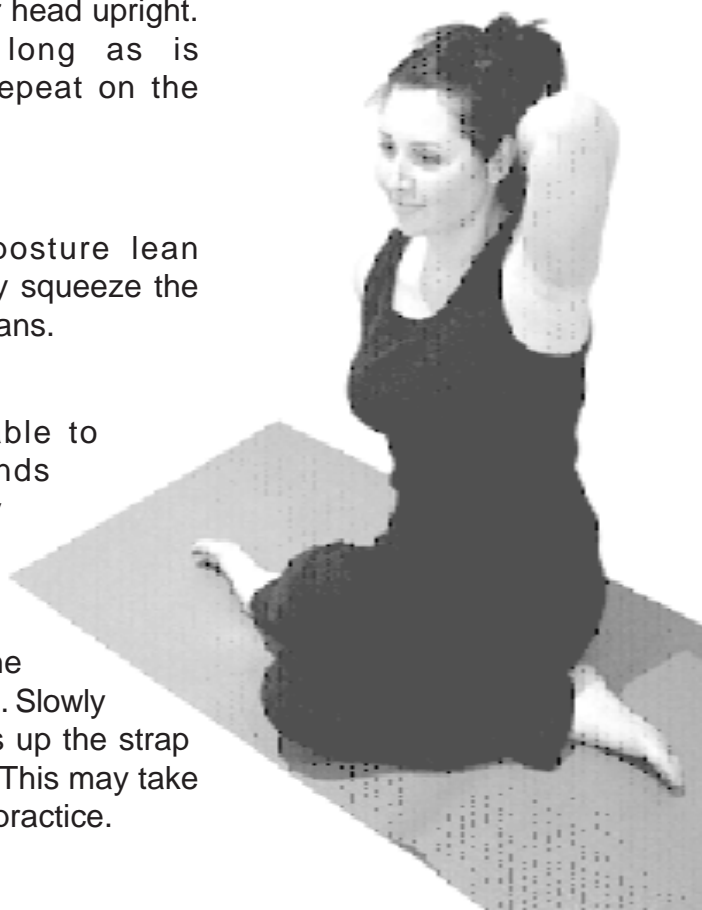
Focus on your breath and expanding the chest area. Feel the energy in your body moving upwards along the spine towards the crown of the head.

Effects and Benefits

Stretches the shoulders, neck, upper back, armpits, and legs. Also opens the chest area and helps to relieve sciatica. Stimulates the kidneys.

Caution

If you have serious neck or shoulder injuries practise this posture with care. ☸



of all the Khmer friends I had left behind?

With a heavy heart, I cycled through Vietnam and into Laos, spending as much time as I could in wats among the monks. These days I didn't ask for much and needed little. I was humbled and grateful for the simplest comforts that came my way, a smile, a hello, and acknowledgement of our shared humanity. The monks would always

detached from my body and pure awareness filled my breath. It was in this state that I experienced Nepal.

Upon reaching Kathmandu, I was keen to study yoga and I found an ashram boasting an austere program. It was run by a Nepalese swami who went by the name of Dr Shakti. The morning started at 4am for two hours of hatha yoga before breakfast and two

seven times.

I can only describe my first attempt at this practice as bizarre. I gulped down a full glass with an upturned nose, trying to persuade myself that it was something else that I was drinking. The urine's texture was surprisingly soft and silky and had a slightly bitter taste. Dr Shakti told me that this was because my urine was not yet pure and I would have to refine my diet. The

Simplicity served to nurture my spirit, igniting an inner strength and clarity

greet me with a straw mat to sleep on, a mozzie coil, a candle and a bar of soap. This simplicity served to nurture my spirit, igniting an inner strength and clarity.

By the time I had pedalled my way to India, a year and a half had passed. As I cycled north towards Darjeeling, I caught my first sight of the Himalayas. Since a child, I had dreamt of these mountains. They appeared first as a hazy mirage in the distance. Surreal, blue sculptures that were so perfectly formed they had a pinch-me quality about them. Pinnacles towered high, gracing the heavens, making me feel infinitely small yet incredibly expanded.

India is never silent, but at that moment a hush came upon the world that echoed eternity. Following the call from the Himalayas, I crossed into Nepal. It was here that I realised that my cycling had become a meditation. The scenery would unfold before my eyes and my senses had become so acute that every sound had a colour, every colour a sound. At these times I lost myself and became the gravelly noise of the wheels on tarmac, the colour of a passing temple. I became

hours of karma yoga. Then we would rest and read until lunch. The afternoon was followed with more hatha yoga, meditation and discourses on natural medicine. I was in my element!

No sooner had I committed to study with Dr Shakti she declared that we were to start urine therapy. I wasn't entirely enamoured by the idea, even after hearing about the great benefits it was supposed to give, especially as it necessitated drinking one's own urine. The theory is that trace elements and the body's own healing agents are returned to the body to do their good work. I wasn't really convinced, but was intrigued and the next morning I found myself participating in this unusual rite.

The ritual proceeded as follows: in the evening we would eat a meal of fruit accompanied by large volumes of water. The next morning we were required to fill a glass with the middle part of our urine flow, which is completely sterile, but before drinking this it was to be infused with the sound of the eternal Om, chanted

urine was also used as a skin and hair tonic and I duly applied it as per instructions, all over my body. My skin soon took on a beautiful glow and I had to admit that I did feel exceedingly well. But could I continue this practice forever? Once away from the gaze of Dr Shakti it was easy for the monkey mind to think that I no longer needed to follow such a strict routine. ☸

Part II to be published in the next issue.

Krista Bernard is a yoga teacher and freelance writer from Byron Bay. She teaches workshops and retreats around Australia and writes for yoga, health and travel publications. In 2000, she was awarded 'Young Adventurer of the Year' by Australian Geographic for her tenacious solo bicycle ride from Australia to Egypt. Krista can be contacted on kristabike@yahoo.com

Story first published in Australian Yoga Life (ayl.com.au).



Question & Answers

With Manjula

Q: I am interested in doing a yoga retreat. How can I find a good one?

A: Yoga retreats are advertised in yoga magazines. They vary from rustic simplicity to top-of-the-line health spa vacations. You might want to decide first on what you'd like to get out of it. Is there a particular teacher or teaching you'd like to

study? Do you want to break through to another level in your own practice or improve your teaching techniques? Maybe you'd like to concentrate on meditation or healing, or perhaps you'd just like to visit a new and exotic location. Once you get information about a retreat, call the retreat organisers and ask questions. How many people will be there? What is their level of accomplishment? What is the general purpose of the retreat? Can

you talk to someone who's done one? Are there readings that would help you prepare? Once you're there, let go of expectations. Be open to accepting what is being offered to you. And have fun!

Q: I recently had a falling-out with my teacher, whom I greatly respected. He says his students must follow his yoga and I feel there are many variations. How can I convince him?

A: You might want to ask yourself about your own motivations. If you feel bad about the split, examine if the decision is ego-based. Can you open yourself to his point of view? The reason teachers offer consistency is because they have found it works. If you have already made the decision to move on, empower yourself by exploring other teaching traditions or go ahead and teach yoga from your experience.

If you have questions or issues you'd like to present, please write or email us at jackieb@yogateachers.asn.au.

Letter to the Editor

Yoga is a science of transformation, of liberation, of healing, and of service. Yoga removes the veils that keep us from realising our connectedness to all that is.

The tendency to criticise or to feel competitive with other yoga teachers is in direct opposition to the very principals on which yoga is based. Competition is inherently part of the delusion of separation.

There is an important place and purpose for all the systems of hatha yoga. Each system will appeal to a person with a particular nature, a particular temperament.

It is our dharma as yoga teachers to show love and respect towards all other teachers and all other paths.

One of the classes which we offer as part of our training course is called 'Ethics for Yoga Teachers'. All aspects of the yamas and niyamas are explored in this context. New graduates are asked to never 'put down' other teachers, which would be the opposite of Ahimsa, non-harming. We ask them to never try to 'steal' students from other teachers, practicing Ashteya, non-stealing.

With the rising popularity of yoga and the phenomenal amount of media exposure, literally millions of people are becoming open and receptive to yoga. As the great Master Yogananda said, 'That which is yours will come to you'.

Your unique style and energy will attract those students who are meant to come to you. Trust that, and rest in the knowledge that if you serve with compassion and a pure heart, you will be provided with everything you need. Your joy will soar as you begin to support and encourage your fellow teachers of all paths and all systems.

We are privileged to share this ancient wisdom which has been handed down to us through countless teachers, saints and sages. Let your teaching be a vehicle for unconditional love and healing, and students will come flocking to you.

Be a living example of generosity, compassion, and service. The rewards that will be yours are immeasurable.

Nilá Bornstein
Co-founder—Radiant Light Yoga

Is your membership up-to-date?

Remember, your insurance may not be valid unless you are a current YTAA member.

Membership applications may be made through the website at www.yogateachers.asn.au

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Workshop Review

Stress & the relaxation response

By Sandra Boyd

Workshop presented by Jose Goossens October 25, 2003

Jose's background as a yoga teacher, nurse, naturopath and current lecturer in physiology for the Diploma of Health (yoga teaching) certification made her an ideal choice to deliver this workshop on stress and relaxation.

As yoga teachers, we all experientially understand the relaxation response. To have an understanding of the physiology underpinning this experience provides us with a further tool for teaching it.

It is my experience that many students new to yoga find it difficult to take the leap of faith and participate fully in relaxation (let alone meditation). Their minds are busy examining, rationalising and criticising the situation and this prevents them from accessing the experience. As yoga teachers, if we have the tools to explain the process in a rational and scientific way we gain the trust of these students, allowing them to feel safe and so they can better participate in relaxation.

Jose gave us a thorough overview of the complexities of the sympathetic and parasympathetic divisions of the autonomic nervous system (ANS), emphasising the importance of both. Yes, it is important to operate in the

sympathetic mode—to be stressed—this allows us to get things done! It's only when we spend too much time being stressed that problems arise. When the body is predominantly operating in the sympathetic nervous system it is catabolism—energy is broken down and being used up. Only when we are operating in parasympathetic mode can we build up the body again as anabolism takes place: we rest and digest and energy is restored.

We learned about the General Adaptation Syndrome's three stages: alarm, resistance or adaptation, and exhaustion, and how the nervous and endocrine systems work to effect these changes in homeostasis.

I was astounded to find out just how resilient our bodies are when Jose told us that many diseases require a 60 to 70 per cent loss of function before becoming manifest! And I was relieved to learn that by practicing regularly we really can enjoy a busy lifestyle and maintain a good attitude towards stress in our lives (by practising contentment) and get away with it!

Thanks Jose for a very informative workshop. ☺

Workshops & Courses: What's On

As part of professional development the YTAA will be holding some in-depth ongoing workshops.

Two anatomy and physiology workshops will soon be held: one by Kaye Tribe and Jose Goossens in the northern suburbs and another by Teri Giannetti and Alex Buxton in the southern suburbs. Both courses will be based on similar material including theory and practical application. We are envisioning that they will be held on a fortnightly basis over successive months. The courses will be open to those prospective members looking to complete their anatomy requirements or members hoping to deepen their knowledge of anatomy and physiology.

Another workshop being offered is an extensive study of Patanjali to be facilitated by Jani Baker from Classical Yoga.

Finalised dates are impending.

For more details contact Anandi at superbob@netspace.net.au or Deepa at eol@pacific.net.au

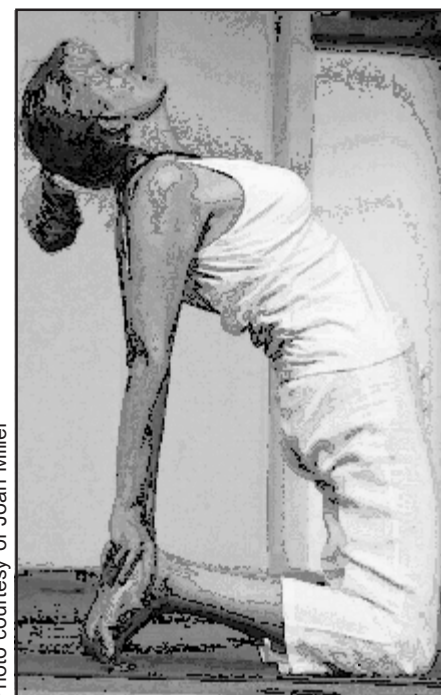


Photo courtesy of Joan Miller

The views expressed in this newsletter do not necessarily reflect the opinions of the YTAA Committee.

Newsletter Production Team:

Julia Renaud, Purnima Robertson, Jackie Bos, Kali Nolle

YTAA Weekend Conference

The YTAA will be holding a bi-annual conference on Saturday May 28 and Sunday May 29 at the Shiva Yoga Ashram. It will include workshops and presentations on asanas, pranayama, meditation, philosophy and yogic practices. The weekend will be a perfect opportunity for professional development and peer support in a retreat atmosphere. More details available next issue or email jackieb@yogateachers.asn.au

Gala Event

The unveiling of the YTAA brochure is coming soon.

A wonderful launch night jam-packed full of events including chanting, synchronised yoga and special guests will be held on Friday May 28.

We will also be inviting people that produce yoga products to show their wares.

The brochure will enable all of Australia to know about the YTAA and promote its benefits.

We would love to see you all there and it will be a fabulous opportunity to meet other yoga teachers.

For more information see next issue or contact jackieb@yogateachers.asn.au

President at Expo

YTAA President, Ma Devi will be speaking at The World Health Expo at the Melbourne Convention Centre in April in both a YTAA and a Shiva Yoga capacity.

Her appearance on either Tuesday April 27 or Wednesday April 28 (date to be confirmed) will involve her promotion of the YTAA; awareness-raising regarding certification; and she will also lead a meditation.

Shiva Yoga will present synchronised yoga and short yoga workshops will be held at the event.

YTAA Committee Report

The second meeting of the new committee was held at Deepa's home in Hawthorn on January 23, 2004.

Since the inaugural meeting, sub committees have been busily working on workshops set up; conference venues, scheduling and running order; the writing and design of the new YTAA brochure and the fine-tuning of the business plan.

We are saddened to announce the resignation of Andre Blom, the NSW President. A replacement has not as yet been appointed. Due to work and family commitments Dinesh Di Florio discontinued his database and website roles. Many thanks for his ongoing input and continued hard work. Since the January meeting, Kali Nolle (Shiva Yoga) has assumed his database duties. Sandy Kouripidis, Scott Pederick and Ma Devi have assumed the website management.

The meeting focused primarily on financial, membership, website, meetings, workshops, and conference issues.

The core issues from the meeting included:

- ☞ Presentation of a budget by Geoff and Julia
- ☞ Start up amount of \$500 for Queensland branch determined
- ☞ \$20 joining fee approved
- ☞ Pro rata fee for late joiners carried
- ☞ Review and upgrade of non-assessed members by the committee
- ☞ Impending online registration for new members

- ☞ Ensuing modification of the website
- ☞ Remuneration for some administrative duties
- ☞ Meeting set for Professional Standards Committee on Sunday May 2 at 10:30am at Shiva Yoga
- ☞ To request that Leigh head a course approval sub committee
- ☞ Organisation of workshops
- ☞ Advertising in major cities in Yellow Pages
- ☞ Brochure Launch and Conference in May
- ☞ Advertising in newsletter
- ☞ Ma Devi to speak at World Health Expo at the Convention Centre in April

Regards,

Jackie Bos (Assistant Secretary)

YTAA Committee

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Helen Staley (Vice President)

Geoff Newton (Treasurer)

Sally Dawson (Secretary)

Jackie Bos (Assist. Secretary)

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