

# Siddha Yoga® Ashram in Sydney

## Learning and Teaching Events

December 2009 – January 2010

### SPECIAL EVENT

THE GLOBAL SIDDHA YOGA® AUDIO SATSANG FOR NEW YEAR'S DAY 2010

*A Sweet Surprise*

FRIDAY JANUARY 1, 2010

9.30am – 12.30pm

On New Year's Day the worldwide sangham comes together to celebrate the Siddha Yoga teachings and practices in *A Sweet Surprise*.

Fee: Adults \$85.00, Young Adults (age 24 and under) \$30.00

#### PREPARATION SATSANG:

In preparation for *A Sweet Surprise* we will be receiving Gurumayi's instructions on posture and breath.

Friday December 11, 7.30 – 9.00pm

Sunday December 20, 10:30 am – 12.00pm

(no charge)

*A Sweet Surprise* will be offered for a second time at the Siddha Yoga Ashram in Sydney on Sunday 7 February

DAY	DATE	TIME	EVENT
Sundays	December 6, 13, 20	8.00am	<i>Sri Guru Gita</i>
Sunday	December 6	9.00 – 9.30am	<i>Abhishek</i> to Bhagavan Nityananda
<b>Sunday</b>	<b>December 20</b>	<b>10.30am – 12.00pm</b>	<b><i>Preparation Satsang</i></b>
<b>Sunday</b>	<b>February 21</b>	<b>10.00 – 11:30am</b>	<b><i>Assimilation Satsang – CHANGED date</i></b>
Wednesdays	December 2, 9	7.30 – 9.00pm	Hatha Yoga: 2 single classes
Fridays	December 4, 11, 18 January 8, 15, 22, 29	6.30 – 7.00pm	Evening Arati (Course Room)
Fridays	December 4*, 11, 18 January 8, 15, 22, 29	7.30 – 9.00pm	Evening Satsang <b>*Intergenerational Satsang</b>
<b>Friday</b>	<b>December 11</b>	<b>7.30 – 9.00pm</b>	<b><i>Preparation Satsang</i></b>
<b>Friday</b>	<b>January 1</b>	<b>9.30am – 12.30pm</b>	<b>Global Audio Satsang <i>A Sweet Surprise</i></b>

## REGULAR SATSANGS

### Evening Satsangs

*Satsang* is a gathering of seekers for the purpose of meditation, chanting, listening to scriptural teachings, and discussing spiritual topics. *Satsang* means the company of the good, the company of spiritual seekers; by extension, the company of the Truth. A seeker can also have *satsang* by keeping their own good company through doing the practices, entertaining good thoughts, and cultivating the virtues.

Fridays (December 18 last one of the year, they will resume January 8)

7.30 – 9.00pm

### Swadhyaya (the chanting of sacred texts)

#### Sri Guru Gita:

*Guru Gita* means The Song of the Guru. It is an ancient scriptural text in praise of the Guru, the One in all.

Sundays (December 20 last one of the year, they will resume February 7)

8.00am

### Arati

The Evening *Arati* is a text chant invoking the power of the inner light. [It is chanted in the Course Room.]

Fridays (December 18 last one of the year, they will resume on January 8)

6.30 – 7.00pm

### Bhagavan Nityananda's Abhishek

*Abhishek* is the ritual bathing, offered as worship (*puja*), of a *murti*, a statue enlivened with the spirit of the saint.

Everyone is warmly invited to join us for this beautiful form of *puja*.

**Sunday December 6** (next one February 7)

9.00 - 9.30am

## FAMILY & CHILDREN'S EVENTS

### Family Satsang

Satsang for children aged up to 12 and their families. We explore the teachings and practices with stories, art and games. These will be held four times a year, to celebrate *Mahashivaratri* (the Great Night of Shiva), Gurumayi's Birthday, Bhagavan Nityananda's Solar *Punyatithi*, and Baba Muktananda's Lunar *Mahasamadhi*.

### Intergenerational Satsangs

On the first Friday of each month teens and families are invited to join the first part of the evening satsang before leaving the Hall to participate in a variety of activities designed to explore the teachings and practices in ways that are appropriate to the different age groups. (Children to be accompanied by a parent).

**Friday December 4**

7.30 – 9.00pm

## GURUSEVA

Guruseva, selfless service to the Guru, is a transforming practice. At each satsang and on Sunday mornings there are many opportunities to share in offering seva to support the event and to maintain the beauty and cleanliness of this sacred space.

If you would like to know more about participating in this practice please speak to any of the Ashram Managers.

## HATHA YOGA

Siddha Yoga hatha yoga offers the opportunity to be immersed in the practice of self inquiry both on a spiritual and physical level. Through the guidance of the Siddha Yoga teachings we reconnect with our own greatness and inner stillness. This connection is supported by balanced alignment and action within hatha yoga postures.

Wednesdays: December 2, 9 (2 single classes)

7.30 – 9.00pm

Fees: \$15 per class (no concession for young adults)

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Please note: Retreats, programs, Intensives and other offerings are subject to change without notice.

Additionally, we reserve the right to correct any inaccurate information and/or inconsistencies.