

Siddha Yoga® Ashram in Sydney

Learning and Teaching Events

February 2010

SPECIAL EVENTS

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

SECOND OFFERING: SUNDAY FEBRUARY 7, 10am – 1.15pm

Study Gurumayi's teachings on Aum and chant Aum with Gurumayi

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

PREPARATION SATSANG:

In preparation for *A Sweet Surprise* you can participate in this satsang and receive Gurumayi's instructions on posture and breath. Available via webcast at siddhayoga.org.au (no charge)

MAHASHIVARATRI CELEBRATION SATSANG

Mahashivaratri, the Great Night of Shiva, is a time when we celebrate and invoke the presence of Shiva, the divine power within the heart. This year, *Mahashivaratri* falls on February 11. We will celebrate on

Friday February 12

7.30 – 9.30pm

DAY	DATE	TIME	EVENT
Sundays	February 7, 14, 21, 28	8.00am	<i>Sri Guru Gita</i>
Sunday	February 14	9.00 – 9.30am	<i>Abhishek</i> to Bhagavan Nityananda
Sunday	February 21	10.30 – 11.30am	<i>Family Satsang</i>
Sunday	February 7	10am – 1.15pm	2nd Offering: <i>A Sweet Surprise</i>
Wednesdays	February 3, 10, 17, 24	7.30 – 9.00pm	Hatha Yoga: 4 week course
Fridays	February 5, 12, 19, 26	6.30 – 7.00pm	Evening Arati (Course Room)
Fridays	February 5*, 12**, 19, 26	7.30 – 9.00pm	Evening Satsang *Intergenerational Satsang
Friday	February 12	7.30 – 9.00pm	**Mahashivaratri Celebration Satsang

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 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 8.00 – 9.30am

Arati

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

Fridays 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 February 14 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*.

Sunday February 21 – Mahashivaratri Celebration 10.30 – 11.30am

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 February 5 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: February 3, 10, 17, 24 (4 week course) 7.30 – 9.00pm

Adults: \$60 Young Adults (aged 18-24 years): \$45

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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.