

Siddha Yoga® Ashram in Sydney

Learning and Teaching Events

March 2010

SPECIAL EVENT DURING THE EASTER WEEKEND IN APRIL

MUKTANANDA® DHYANA SAPTAH

The *Muktananda Dhyana Saptah* is an opportunity for experienced meditators to spend a day in silence, focused fully on the practice of meditation. This event is designed for Siddha Yoga students who have established a regular meditation practice and can meditate for extended periods.

Led by a Siddha Yoga meditation teacher, the day includes a succession of extended meditations, reflecting on teachings from Gurumayi Chidvilasananda and Baba Muktananda, chanting the Siddha Yoga mantra, and the practice of silence.

SATURDAY APRIL 3

7.45AM – 5.30PM

Registration: Adults: \$135 *Yuvas: \$45 *(Young Adults: 18 – 24 years)
Meals: Lunch: \$15 Dinner: \$10

Accommodation is available for Friday 2 and Saturday 3 April

Please take a flier or visit the website for details of prerequisites, registration, and accommodation for this event.

www.siddhayoga.org.au

DAY	DATE	TIME	EVENT
Wednesdays	March 3, 10, 17, 24 March 31	7.30 – 9.00pm	Hatha Yoga Class: Four-week Course Hatha Yoga Class: Single Session
Fridays	March 5, 12, 19, 26	6.30 – 7.00pm	Evening Arati (Course Room)
Fridays	March 5*, 12, 19, 26	7.30 – 9.00pm	Evening Satsang *Intergenerational Satsang
Sundays	March 7, 14, 21, 28	8.00am	<i>Sri Guru Gita</i>
Sunday	March 7	9.00 – 9.30am	<i>Abhishek</i> to Bhagavan Nityananda
<u>UPCOMING EVENT</u> SATURDAY	APRIL 3	7.45am – 5.30pm	<i>Muktananda Dhyana Saptah</i>

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: Evening Satsang 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 8.00am

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 March 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* (February), Gurumayi's Birthday (June), Bhagavan Nityananda's Solar *Punyatithi* (August), and Baba Muktananda's Lunar *Mahasamadhi* (October).

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 March 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: March 3, 10, 17, 24 (4-week Course) 7.30 – 9.00pm
March 31 (Single Session)

Fees: Adults: 4-week Course \$60 Young Adults: (aged 18 – 24 years) \$45 Single Session: \$15 (no concession)

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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.