



*Svaroop<sup>®</sup> Vidya Ashram*

**kaadaa!**

**Svaroop<sup>®</sup> Yoga: Experience Your Divine Self**

Volume 3 No 4

July 30, 2015

## **Editorial**

# ***A Living Tradition***

**By Swami Nirmalananda**

The importance of the Rosetta Stone is well known, with the same decree scribed in three ancient languages, two of which were already deciphered by the scholars. It gave them the ability to translate Egyptian hieroglyphics. What this means is that hieroglyphics was a lost language and had to be recovered.

The Oracle of Delphi was of major significance in ancient Greece, one of the best documented religious institutions of the ancient world. From 800 BCE until 400 CE, selected virgins served as the voice of God (Apollo), even giving directives to kings about wars and other royal decisions. But the tradition is lost. Gone.

The religion, culture and language of many native American civilizations were lost when their lands were invaded by Europeans founding what we now know as the USA. Some of those traditions are gone forever, while some are being researched, reconstructed or protected.

But yoga was never lost. It never had to be recovered or reconstructed. It was never protected for it never needed protection. Yoga's roots predate the Egyptian pyramids; the ancient language of yoga, Sanskrit, is still intact, preserved through the oral tradition that includes

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# Tadaa!

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Swamiji

**yoga. Yoga is a living tradition.**

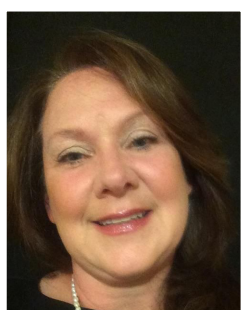
**You make yoga a living tradition, through your study, your practice and your experiences. The science of cosmic consciousness is not mere theory or ideology. It is not**

**based on faith, hype or hope. It is not a fable or tall tale. It happens to every Svaroopi in every class — the experience of svaroopaa, your own Divine essence.**

**My job is to make the experience accessible to you in any way possible, including through this publication. Let the stories of Svaroopis inspire and uplift you, helping you to commit to doing more yoga. In this way you preserve yoga as a living tradition, living in you.**

# Unstuck in a Short Time

By Brenda Mastrippolito



Brenda Mastrippolito

Last winter I began *Svaroopaa*® yoga classes at Downingtown Yoga & Meditation Center (DYMC), and then *Svaroopaa*® Yoga Therapy with my teacher, Devaraja (Steve) Thoman. Now total strangers approach me to say they are noticing what a calm and positive person I am. This was not always the case — just ask my daughters!

Over a two-year period I had three car accidents, followed by surgery on my upper spine in 2013. After a year and a half of physical therapy, I realized it was not helping my pain. I am an open-minded person, and was willing to be patient to experience benefits from the POINT, but after each session I was in more pain, and medication was the only remedy suggested. Although I did accept anti-inflammatory pills, I had no interest in pain killers. I also worked with a biofeedback pain management psychiatrist; I often felt better after the breathing practices he taught me, but couldn't hold on to those improvements. I still went to sleep with pain and woke up with pain. I figured I would just be living with pain. Moreover, going through a painful divorce over the past four years added extreme stress to my life, and again, stress medication was suggested. But I believe in going through pain, getting to the root of it, not masking it but rather allowing the process to heal you.

*Devaraja asked us, "What are you aware of?" Then he asked, "What do you hear when you let your body speak to you?" I replied, "My body is saying 'ouch, ouch, ouch.'"*

Even so, I did appreciate my daughters' suggestion to take yoga, but the first place I tried didn't resonate with me. Then at a Downingtown street festival where I was working on behalf of my food business, right across from DYMC, I felt a strong pull to it. So I called the phone number and enrolled in classes.

In my first class, Devaraja asked us, "What are you aware of?" Then he asked, "What do you hear when you let your body speak to you?" I replied, "My body is saying 'ouch, ouch, ouch.'"

Then Devaraja said, "If you're suffering from a lot of pain, do *Embodiment*® sessions." So I decided to embrace his recommendation with an open mind and NO expectations and thus no risk of disappointment. Before my first session, I had an extra high level of pain, but regardless I drove to DYMC because I had committed to trying *Embodiment*®. Devaraja guided me in easy breathing and gentle attention to what I was experiencing during the session. Immediately, I could feel relaxation. I was glad I had come to the session, and felt as though I were floating. The feeling was unusual in a good way.

After Devaraja completed the bodywork on one side, he asked me to walk around to notice

differences. I experienced a calm that I never remember feeling before. I was convinced that he simply took my pain away. There are no words to describe my gratitude. I like answers when I get results, but I only know the *Embodiment*® Yoga Therapy worked. I don't know why.

Now I am regularly doing yoga therapy with Devaraja for life events, including the ongoing process of my difficult divorce. I have found it effective as well to work with a counselor, but what I love about the yoga therapy is that it has led me to find my own answers, deep inside. Finding my own answers, arising from within, is so much more rewarding, and the experience gives me a sense of wholeness. I find peace of mind as I settle the challenges in my life.

The practices that I have learned through *Svaroopaa*® yoga classes and therapy sessions are so powerful! For a recent divorce court date, I prepared with 20 minutes of Ujjayi breathing, mantra repetition and prayer. In my handbag, I carried photos of my grandmother and Swami Nirmalananda, as well as Devaraja's business card. I kept my handbag open so I could view these items at will. I was comforted and so pleased with how I was able to handle myself fearlessly, with strength, calm and clarity. I stood my ground in a way that would not have been possible without this yoga. Had I gone through this court thing before walking through the doors of DYMC, I would not have been able to stand my ground.

As I have continued to repeat the mantra given to me by Swarniji, I have experienced unexpected abundance. The divorce settlement resulted in an unexpected financial award, and my business is bringing in a great deal more income than last year. I am amazed to be in complete peace in my heart. My mind is so calm now that sometimes I find myself not thinking at all. I didn't know it was possible not to have a busy mind.

*After Devaraja completed the bodywork on one side... I experienced a calm that I never remember feeling before. I was convinced that he simply took my pain away. There are no words to describe my gratitude. I like answers when I get results, but I only know the *Embodiment*® Yoga Therapy worked. I don't know why.*

I was so stuck for so many years. I gave up caffeine, saw counselors, and still wondered why I couldn't move forward. But now the barriers to finding inner strength in my own Divine Self have dissolved through the practices and therapies of the *Svaroopaa*® sciences. I have such respect and gratitude for this yoga and its teachers and therapists. I recommend it to everyone.





# Konasana and Its Variations

By Betsy Ayers

Since completing ATT 402: Deeper Practice, I am teaching Konasana and its variations; it's my favorite pose at the moment. I first learned the pose in YTT Level 3, a course that was a significant, heart opening immersion for me. Now that I am teaching forward bending, including the challenging Konasana, in my Deeper classes, it's such a joy to see students get the same release that I experienced in Level 3. And they can get that depth of opening in a single class!

But Konasana was not a pose that I resonated with at first. In Level 3 it was a struggle and I experienced spinal tightening. The Hands on the Wall variation, however, was super helpful. Of course, it was support that allowed me to find extension in my spine. When I found that extension, then I could lean into my leg bones for more support. That actually enabled my spine to lengthen even more. In the Sitbones on the Wall variation, my back softened and my spine extended effortlessly. Being able to experience how support makes release possible, even in the midst of difficulty, granted me heart opening.

In Level 3, we spent a great deal of time in forward bending poses that significantly release the spinal muscles behind your heart. It turns out that in those poses, including Konasana, you can experience discomfort and difficulty. At first Konasana just brought up my reactions to pain. But by "studying" the pose in my body through its variations, I was able to learn to rest in a deeper level of opening and knowing. I came to understand that my struggles were due to emotions, reactions and all the "shoulds" I lay on myself. And that awareness began to dissolve the blockages on all levels.

Lately teaching a month of Deeper forward bending, I have been able to teach each of the Level 3 Konasana variations in individual classes. Given this preparation my students benefited greatly from the Deeper Practice

variation of lying supine on the floor, with legs supported straight on the wall and arms extended straight along the floor above the head. In the final Deeper class in this series, my students were able to find the same effective alignment and angles in the freestanding pose.

enabled me to see that significant heart opening emerges from the support that I receive in my life and through my Svaroopa® yoga community, including from our Teacher Trainers and from Swami Nirmalananda. These are the avenues of Grace through which support flows.



In my own body, I love the quiet inner revelation that support equals release. During freestanding Konasana in my personal practice now, I simply drop into the internal softening and effortless spinal extension. Seeing this process unfold in my Deeper students is so affirming. Our "support equals release" sutra is so much more than a statement you would read in a book. It's a living reality.

The mechanics of Konasana were important to learn in my body by "studying" them in the supportive variations. But the pose has been so much more than its mechanics. It has

I have gone through stages of opening through Konasana and its variations in my own body. I have experienced the joy of seeing the same process in my Deeper students. That gives me the knowing that I can trust the steps and stages of opening ever more deeply inward to Self. On this path, the support of Grace flows through all of the teachings and the practices of the Svaroopa® Sciences, brought to us so generously by our Teacher Trainers and Swamiji.

## Advertise with Tadaa!

Make your product or service available to our 8,000 yogis, including over 1,500 yoga teachers. **Tadaa!** reaches a global yoga market, including thousands of Svaroopis.

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1/6 page (2.375 x 4.825 -or- 3.625 x 3.125 in.)	\$60	\$55	\$30
1/4 page (3.625 x 4.825 in.)	\$85	\$80	\$40
1/2 page (3.625 x 9.875 -or- 7.625 x 4.825 in.)	\$170	\$160	\$80
Full page (7.625 x 9.825 in.)	\$310	\$300	\$100

# A Retreat Moves You Forward

By Kalyani (Evy) Zavolas



Kalyani (Evy) Zavolas

I attended last May's Deepen It Yourself (DIY) weekend entitled Knots in Your Neck. These DIY programs for deeper yogis are a new type of immersion — retreats that feature plenty of poses, yoga philosophy talks, chanting and meditation. Although I've been teaching *Svaroopa*® yoga for 15 years, in our yoga immersions I always find that I have something more to learn. Yet in this program I was in a retreat — not in a teacher training program. I could just allow myself, for my own Self, to soak in

all of the marvelous teachings. And that experience has moved me forward in my life.

I was ready for this wonderful program, and it was a blessing in every way. I had not been in a program for more than six months. The program title was so fitting: who doesn't have knots in their neck! I know that it all starts at the tail bone, but what a gift to be able to focus on those stuck places in my upper spine.

I loved everything in the course, but especially the feeling that there was time for everything. Even with a full day starting 6:30 am and going until 9 pm I never felt rushed. The long recesses gave ample time for rest, and the time for meals and snacks was spacious.

I enjoyed the balance of chanting, meditation, talks and poses. It was so nice to immerse in each practice. Because of having rooms and meals at The Desmond there was no need to drive, to shop for food or to cook, and I enjoyed the food immensely. I am a vegetarian who follows an Ayurvedic diet. I do bring my own ghee and extra spices, but I found the

food to have better flavors now than when The Desmond first began to host our programs.

Receiving a printed diagram of the neck was a practical aid to my learning in retreat. Of course, Swamiji's talk about the impact of the head-heart conflict on your neck was illuminating. She described how they are truly more connected than we think; she said when we have to make a decision, sometimes your head wants A and your heart wants B. Your head can tell your heart that one choice is better than the other. You agonize over the belief that "If I choose one over the other, I'll be happier." But Swamiji explained that this apparent choice was false. No matter what decision you make, both "good and bad" things will result.

Given my immersion experience, including Swamiji's teachings, my neck feels better, and I am incorporating what I have learned about decision-making. The back and forth, back and forth agonizing is pointless. Recently, it was fun to share this new wisdom with a friend who could not decide whether to enroll in Foundations. It can be hardest to convey a teaching to a friend, but she was obviously ready for it. She practices at home daily and she has been wanting to do Foundations for years. But her planned trip to family in Greece conflicted with the next Foundations. When she told me how she just could not decide whether to go to Foundations and send her kids to Greece with her husband — or whether to just forget Foundations and go along on the trip, I suggested that she just make a decision and accept that either way she would be missing something. She chose Foundations. It was cool to see that "she got it," and that her agonizing stopped.

I know that it was being in the immersion for four days that made me more able to bring what I learned into my own life and then convey it to my friend. I am grateful for this deep blessing, and can hardly wait for my next immersion.

## DIY: Strength & Flexibility

### "Deepen It Yourself!" Weekend Retreat

### August 20 – 23 2015 in Malvern PA



Learn how true strength comes from an open core and discover the stamina, vitality and sense of purpose in your life that gets you through the day. Join us to develop deep and profound openings unique to your own body that you can carry with you in practice at home.

#### Enrollment Advisors

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# Save the Date: California Conference

## Full Spectrum Yoga

By Sheynapurna Peace, interviewed by Maitreyi (Margie) Wilsman



Sheynapurna Peace

It's so wonderful that the Ashram's first regional conference is returning to *Svaroopaa*® yoga's birthplace. This is an important and special opportunity for a wide variety of local people. For many years, Master Yoga Foundation, our original organization, was the center of a huge, vibrant, local community. In nearby La Jolla, Master Yoga's studio had many teachers and ongoing classes weekdays and weekends. Over the years, among asana teachers, yoga therapists and meditation teachers, Swamiji established

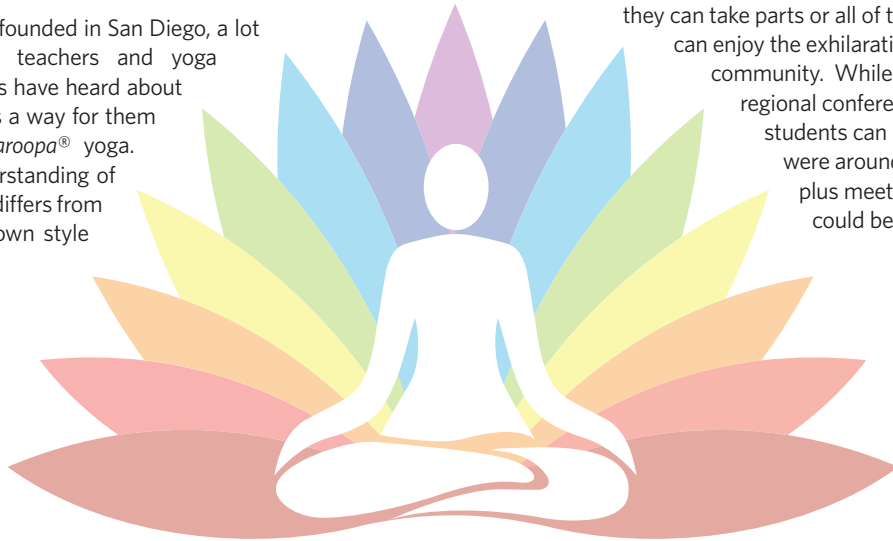
quite a presence in the San Diego area.

Since *Svaroopaa*® yoga was founded in San Diego, a lot of yoga and meditation teachers and yoga therapists from other styles have heard about it. The conference provides a way for them to come and explore *Svaroopaa*® yoga. They can develop an understanding of what it is, as well as how it differs from and compares with their own style

and tradition. Plus, they, as well as we Svaroopis, have the rare opportunity of developing or deepening our personal connection with Swamiji, the founder of *Svaroopaa*® yoga.

For many San Diego asana teachers, particularly the ones who taught for Master Yoga, the conference provides an opportunity to reconnect. They can learn how *Svaroopaa*® yoga has developed over the years in the US and abroad. Many teachers from the USA and other countries did their original training in La Jolla and relish the chance to return. Local teachers are excited to come back to a conference specific to *Svaroopaa*® yoga, rather than most yoga conferences which are general to all styles.

Finally, students of existing San Diego teachers can come to the conference to join the larger community of Svaroopis. Local students might stay at the conference hotel or commute from home, and they can take parts or all of the conference. Mainly they can enjoy the exhilarating experience of the larger community. While this will also be true at future regional conferences, here the current students can meet many teachers who were around during the birthing years, plus meet our founder, Swamiji. What could be more exciting!





**Svaroopaa®  
Yoga Conference**



Full Spectrum Yoga  
Crowne Plaza  
Mission Valley Hotel  
San Diego CA  
December 4 - 6 2015



**Celebrate with us the breadth and depth of the *Svaroopaa*® Sciences. Deepen your yoga experience. Find within yourself what you really seek, while benefitting from the company of other deeply practicing yogis.**

**Treat yourself to a weekend luxury; enjoy the retreat setting with your workshops, your bed and your meals all in one location, as well as new friends and long-time yoga buddies.**

**To register or for more information, [click here](#) or call our Enrollment Advisors at 610.806.2119.**



# To Be Closer to My SELF

By Soraya Pereira



Soraya Pereira

I began teaching *Svaroopa*® yoga in a gym 21 years ago, and I have continued because, through teaching, I become most open to other people and I move inward more deeply, ever closer to my own “capital ‘S’” Self. I am more non-judgmental, and I have no agenda for others. When I teach, I am more present and more compassionate. Relying on the support of all the knowledge that I have received through the *Svaroopa*® Sciences, I am ready for whatever comes.

When I am teaching, I step in closest to my Self. Serving as a *Svaroopa*® yoga teacher differs from all of my other life roles. In those, I might have the most wonderful and honorable intentions, yet there are strings attached. For example, being a mother, I am

invested in parenting in a way that makes my role biased. My role as a *Svaroopa*® yoga teacher is the most unbiased in my life. It brings me closer to my Self. When my sons were born I stepped away from teaching for three months. During those maternity leaves, while I love my children, I did miss the way that teaching brings me into the practices of *Svaroopa*® yoga and leads me truly into my “biggest” Self. I was so eager to get back to teaching, even though I had to pump my milk so my babies could be fed in my absence!

I started *Svaroopa*® yoga classes with Swami Nirmalananda (then Rama) in 1994, right after moving from Sao Paulo, Brazil to the US. I loved this yoga from the beginning. In Brazil I'd taken classes in another yoga style, and *Svaroopa*® yoga was a different approach. I saw the differences immediately and felt they were good ones. My practices in the previous yoga came from an accomplished yogini. Her body could do amazing things. She would demo the pose, and then say, “You do it.” I received little information in terms of anatomy, and none about the importance of the spine in yoga. In that first exposure to yoga, I experienced neither opening nor releasing.

But from the first asana class with Swami Nirmalananda, the experience of *svaroopa* (Self) was there for me, so I took a meditation course with her and entered YTT shortly after that, because I wanted to get deeper into the yoga. Even though my English was limited at that time and language was a big barrier, I was soon subbing for a friend of mine at a gym. When I first started teaching, and English was new to me, I thought I had to look for the right words. But YTT gave me plenty of guidance on how to lead students into poses, which helped a great deal with communication in this new language of English.

Thus, I was drawn into *Svaroopa*® yoga and began to teach because of all I was learning about what was going on in the body, including

my spine. It was enlightening to turn my awareness into my body, into experiencing the movement rather than performing. It was such a profound experience to shift my attention from outside to inside. I was thrilled to be freed from the external focus and the need to look like my teacher. I could experience *svaroopa* rather than struggle to look right in the pose.

Over the years, *Svaroopa*® yoga teacher training programs have fine-tuned and polished how we share with our students the teachings that have transformed us. So as I find my own Self in teaching, each of my students as well can experience his or her own Self through this yoga. One of the refinements over the years that has supported students is how we talk them into poses. The wording we use has been continuously polished since 1995, yet the protocols we teachers all use to lead students into poses remain essentially consistent. That makes our experience as teachers easier from the get-go. So even while I teach from my Self, I greatly appreciate the practicality of having a standard way of teaching, aligning and adjusting students so that they, too, find their *svaroopa*. I find our approach optimal for successful teaching, and it makes the experience of the students full of more and more clarity on all levels. This is why I have been able to teach *Svaroopa*® yoga consistently and effectively, from my own Self, for over two decades.

## Foundations of *Svaroopa*® Yoga

### Upcoming Dates

#### Aug 9 - 14

Kripalu Center, MA

#### Aug 12 - 16

South Melbourne, VIC, Australia

#### Sept 9 - 13

Frazer PA

#### Oct 21 - 25

Malvern PA

#### Nov 11 - 15

Calgary AB, Canada

#### Nov 25 - 29

Brisbane QLD, Australia

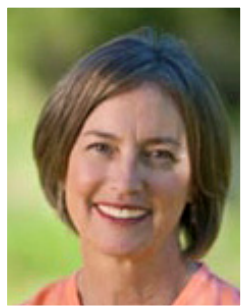
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SATYA Members in Current Standing get a **40% discount** off tuition when they retake a Foundations Course in PA!

To register or for more information, call 610.806.2119 or email [programs@svaroopayoga.org](mailto:programs@svaroopayoga.org)

# Diving Deeply into New Levels

By Carolyn (Karuna) Beaver



Karuna (Carolyn) Beaver

The Teacher Training brochure promises “superb training in an environment that supports your profound healing and transformation — far beyond anything you even think is possible for you to achieve.” Two teachers in training found this statement to be true in a recent Level 3 yoga teacher training (YTT).

Cherie Bronsky, from Hilton Head SC, has been on a fast and steady path since she began YTT two years ago. She went straight from Levels 1 and 2 to Level 3, and has just completed Level 4. She says, “I was so excited with the first two levels that I couldn’t wait to get to the next one. Each level has opened me up more and more. It wasn’t just learning the poses; it was the whole process of opening up and learning how to go deeper inside.”

Her Level 3 classmate, Trine (Medhira) Larsen of Denmark, has taken a longer route, one that has been deep and fulfilling, but one with a “fast track” component as well. She began YTT in 2009, then had some time before beginning a flurry of training in 2012 and 2013, which included Meditation Teacher Training. “I stayed a whole month in the States to do training and deepen my practice, including a week of staying at the Ashram and getting lots of *Embodiment*® sessions.”

Afterwards she says, “I thought I would have a really nice, large break. It’s nice to have time in between trainings to teach and use it in your own practice, but suddenly, I was just ready for Level 3. I found myself enrolling in Level 3 and wondering, ‘where did that come from?’ It was impulsive, but I needed to do it.”

That impulse led Medhira to openings in her body she had never experienced before. In the early part of Level 3, she could feel the constriction behind her heart in the forward bends being taught. When one pose was revisited later on, she “felt very open, very light, and open

in my whole spine behind my heart.” She had a profound experience in Karnipadasana (Ear Closer). When she experienced a spontaneous chin lock, or bandha, her breath was suspended. “I knew it was okay, but I panicked a little bit too. Maybe my mind wasn’t ready. When I came out of the pose, I had really huge Kundalini movements. I felt like some people might be thinking ‘what is happening to her?’ But I was going for it, because I knew I needed to get through these layers. This comes from a deeper seeking, a deeper longing, and then suddenly you find it.”

Both teachers are grateful for the physical openings and deep experiences they had in the course, and the depth they now bring to their students. Cherie says, “Every training is preciously planned out so that we experience the same openings in the new poses as we will be teaching when we get home.” She was especially excited to experience this in the balance poses, finding they “are much different in *Svaroopa*® yoga because you actually learn how to lean into your bones” in the upper level trainings. Cherie has had “the same students now for 18 months, and they are excited to get up off the floor and into some standing poses.”

Medhira has been working on her own practice, trying to maintain the openings she received in the course. “When you come back from a training, your everyday life hits you, and sometimes it’s hard to keep up,” she says. “I try to do Plow every day, and I don’t think I’ll go back to where I was before Level 3. Still, right now, I have to go more slowly. You get more progress when you go faster, but for now I need to go slower.” For this reason, and because she travels a great distance for trainings, she delayed taking Level 4.

No matter what pace a teacher in training decides to go, they receive benefits they will ultimately pass along to their students. As Cherie says, “The students are the lucky ones, because we as teachers get to experience the whole magical process of core opening, so our students do as well.” She calls *Svaroopa*® yoga the “best practice there is for preparing your body and mind to age gracefully.”

## YTT Level 3

**September 11 – 20 2015**  
**MALVERN PA**

Take your teaching to a new level and bring your students along with you. Component B includes deeper openings, classical poses, inversions, the bliss of twists and, as always, amazing physical changes, profound personal growth and the support you need for all this to happen. Especially in a retreat environment, you’ll get more than ever before.

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# Trusting Shaktipat

## The Essence of Svaroopa® Yoga

By Uma (Jeanne) Ormiston, interviewed by Priya Kenney



Uma Jeanne Ormiston

"The thing that really stands out for me is that the shaktipat weekend is the essence of Svaroopa® yoga," says Uma (Jeanne) Ormiston from Quebec Canada. "It's as distilled as you can get." With shaktipat, she says, "You get the purity of Svaroopa® and everything that's behind that — the lineage. There is such a depth to it because it is so ancient."

Uma has been teaching Svaroopa® yoga asana (poses) for 16 years. Even though she knows asana inside and out, the term "shaktipat" was less familiar to her. Two

years ago, she took the big leap of faith and went to her first Shaktipat Retreat. She was both excited and apprehensive. "I knew it would be powerful," says Uma, "but would it be too much? I was a newer meditator. Could I sit that long?" No it wasn't too much, and yes she was able to sit that long. In fact, the shaktipat environment helped her to sit longer than she thought possible. Two years after that, nearly to the day, she went back for her second Shaktipat Retreat.

Initially there was a lot of mystery around shaktipat and the peacock feathers, but the second time she went to a Shaktipat Retreat, that was all gone. "It was comfortably familiar and I could just be open to the experiences without wondering what was going to happen," said Uma. "The process was very much the same."

Although Uma had heard many stories about kriyas and dramatic experiences, her experiences with shaktipat have been powerfully subtle. What stands out for her is the complete safety of the retreat and her trust of Swami Nirmalananda. Swami reassures participants that they are only going to open to the extent they are willing. "There is a personal safety there," says Uma, "so if you're wondering 'is it too out there' for me, I want to give some reassurance that it is safe. It is the best of the best — it's pure essence."

The fact that you're not trying to learn a new teaching technique or required to do anything is radical. "You just show up," says Uma. "It is the non-doing taken to the extreme." She believes this is especially important for asana teachers like herself who are so accustomed to being activity-oriented.

In her classes Uma had been recently using April's contemplation article about the goals of yoga, about the fourth goal — moksha (freedom) and the yearning for freedom. At the Shaktipat Retreat, she felt as if she was bathing in a very potent mumukshutva, the yearning for freedom: "You're surrounded by people who are experiencing mumukshutva and that deepens your experience."

## Shaktipat Retreats



Swami Nirmalananda awakens your Kundalini, the spiritual power that is hidden within. Honored as the divine feminine and the power of creation and revelation, once awakened by the Guru, Kundalini climbs your spine from tail to top. Jump start your spirituality and rocket light-years ahead in one weekend:

- [Sept 18 - 20 2015](#) in Malvern PA\*
- [Oct 23 - 25 2015](#) in Boston MA\*
- [March 4 - 6 2016](#) in Malvern PA
- [May 13 - 15 2016](#) location TBA

\*may be used as a prerequisite toward our January 2016 [Meditation Teacher Training](#)

### Enrollment Advisors

call direct 610.806.2119  
[programs@svaroopayoga.org](mailto:programs@svaroopayoga.org)

## Being a Grown-Up By Yogeshwari (Lissa) Fountain



**Yogeshwari Fountain**

(kama); and staying on your spiritual path (moksha) — are interwoven into every stage of your life: your student/ learning years, your householder period, the days of your retirement and your time for spirituality. They describe the interplay between doing your dharma and developing your relationship with money, in both your brahmacharya stage (student years) and your grihastha stage (being a householder).

I see, in looking back at my life, how these goals have always been at play within me. I even recall that as a child I played “supermarket,” exchanging play money for plastic cans of soup. At my first real summer job, as a waitress in Maine, I relished the end of each shift when I could spill all my tips onto the braided rug in my living room, sorting out what would go into my savings account and how I’d spend the rest! I wasn’t a householder yet but I was preparing for that stage, while my parents were still taking care of the rest. Later it became important for me to give a portion of my income to charity and the causes I believed in. By learning about money, I was growing into a grown-up, into finding myself. Yet it wasn’t until the middle of my householder years (in my forties) that I found *Svaroopaa*® yoga, and then all I wanted was to find the Self.

This innate longing was always there. In the years it took for my Guru to find me, I was simultaneously driven to excel in the world, yet

Swamiji has been expanding our horizons with yoga’s teaching of the four stages of life and the inherent goals embedded within each stage. It’s easy to see that everything we’ve ever experienced or ever will has a deeper purpose — our own upliftment. The four stages and goals provide an overview of life’s progression and where we find ourselves at any given time within it. By understanding the “why” of what I am doing, and how it fits into the bigger picture, I am more aware of my self-limiting beliefs, which keep me from always living in the Self. At the same time, I feel more empowered to do something about it.

In June’s article, *Being a Grown-Up*, Swamiji and Rukmini describe how life’s four goals — fulfilling your responsibilities (dharma);

growing and managing your finances (artha); enjoying life’s bounty

your student/ learning years, your householder period, the days of your retirement and your time

for spirituality. They describe the interplay between doing your dharma and developing your

relationship with money, in both your brahmacharya stage (student years) and your grihastha

stage (being a householder).

totally lost in it. This is true for so many of us. We became very good at achievements, earn the degrees, nurture our relationships, manage the funds and still we want more: a fully embodied life of the Self, even when we don’t have words for it. Before *Svaroopaa*® yoga, I was a seeker. My householder years were filled with inner quests, even in the midst of diaper changing! There wasn’t a healing modality that I hadn’t tried. Yet now, while in relationship with Swami Nirmalananda, I have become a disciple, with a divine purpose that I could only have dreamed of in my brahmacharya years.

You see, even as a householder, I faced the doubt of others that I had the right to pursue the spiritual life with such intensity. I recall an older woman once told me that I should put it all aside until I was an empty nester; then I could have the time to focus on the inner life. That never made sense to me. Swamiji, while being Rama Berch, modeled for me pure grace in action: how to be a yogi in the midst of life,

inside and outside, all at the same time. And I wanted that.

As Rukmini says: “The stages of life can be confusing!” All the stages of life and goals of life, according to the ancient texts, flow in and out of one another. They support and inform one another as well. When you are in *svaroopavidya*, the experiential knowing of your own Self, it’s like being everyone and everywhere at once. For example, these days, as I have the privilege to take part in my elder parents’ last years, I see how I am my mother’s appointment keeper, financier, guardian, teacher and friend. She often says to me, with a twinkle in her eye, “O.K., Mom, if you say so!” The tables have reversed. And still, at the same time, I am her daughter and her student, still learning from her wisdom and humor. And in the mix of all of it, there is *kama*: enjoying this time we have together, and feeling the blessings of it.

The roles Shiva plays as us are fluid and expansive. I am still a householder, while planning for retirement and being an earnest student who wants *moksha*. Recently my college graduate sons (steeped in their brahmacharya roles) challenged me for retaking Foundations again. They assume my brahmacharya years are behind me. They wonder what I could possibly learn anew, after all these years as a yoga teacher. I guess from their perspective it is baffling. But it is my hope for them, as they become “grown up,” that they will always be students, open to learning again and again, as if for the first time, what they thought they knew. This is Grace in action and how Swamiji describes the balanced life: “to enjoy pleasures while being careful with your money, fulfilling your life responsibilities and developing your spirituality.”

*OM svaroopaa svasvabhava.h namo namah.*

## Antioxidant Cobbler

*The berry season is in full swing — Enjoy!*

### **Crust (Gluten-free)**

2 cups gluten-free oats  
 ½ cup almond meal (fine ground almonds)  
 1 tablespoon chia seeds  
 1 tablespoon flax seeds  
 ¼ cup melted Vegan shortening  
 1 teaspoon vanilla extract  
 pinch cinnamon  
 pinch salt  
 warm water as needed to form a crumbly texture

*Combine and set aside.*

2 cups blueberries  
 1 cup raspberries  
 1 cup blackberries  
 ½ cup pomegranate seeds  
 ½ dried cranberries

## योगा पुलमेड

**By Chef Anthony**

### **Instructions:**

Combine fruits and then mix with crust mixture. Put into shallow baking dish that has been sprayed with Pam. Place into 350°F oven for 30 minutes. Serve warm with frozen yogurt, ice cream, gelato, whipped cream or by itself.



# Upcoming Programs

Click on [titles](#) for info about Programs. DYMC is **Downingtown Yoga Meditation Center**.

July 2015		
30	<a href="#">Shishya Guru Gita With Swamiji</a>	Phone
30	<a href="#">Shree Guru Gita With Swamiji</a>	DYMC
31	<a href="#">Guru Purnima Satsang: Free Program</a>	DYMC
August 2015		
9 - 14	<a href="#">Foundations of Svaroopa® Yoga</a>	Stockbridge, MA
12 - 16	<a href="#">Foundations of Svaroopa® Yoga</a>	South Melbourne, VIC, Australia
13 - 27	<a href="#">Meditation 101</a>	DYMC
15 - 16	<a href="#">Svaroopa® Yoga for Your Neck &amp; Shoulders</a>	St. Paul, MN
16	<a href="#">Half-Day Workshop with Devaraja</a>	DYMC
20	<a href="#">Half-Day Workshop: Beyond Your Limits</a>	The Desmond
20 - 23	<a href="#">DIY Strength &amp; Flexibility</a>	The Desmond
25	<a href="#">Phone Q&amp;A Satsang</a>	Phone
25	<a href="#">SATYA Marketing Call: Communicating Via Email</a>	Phone
27	<a href="#">Shishya Guru Gita With Swamiji</a>	Phone
27	<a href="#">Shree Guru Gita With Swamiji</a>	DYMC
28	<a href="#">Half-Day Workshop with Vidyadevi</a>	The Desmond
September 2015		
2 - Nov 18	<a href="#">Leading a Discussion Group</a>	Phone Course
3	<a href="#">Meditation Made Easy</a>	DYMC
9 - 13	<a href="#">Foundations of Svaroopa® Yoga</a>	Sheraton Great Valley Hotel Frazer,PA
10	<a href="#">Free Intro to Yoga Training</a>	DYMC
11	<a href="#">Half-Day Workshop: Improving Your Neck &amp; Shoulders</a>	The Desmond
11 - 20	<a href="#">YTT Level 3</a>	The Desmond
12	<a href="#">Meditation Made Easy</a>	DYMC
18	<a href="#">Half-Day Workshop: Bliss-Full You</a>	DMYC
18 - 20	<a href="#">Shaktipat Retreat</a>	The Desmond
20	<a href="#">Half-Day Workshop with Devaraja</a>	DYMC
23 - Oct 21	<a href="#">Who Will I Be?</a>	Phone Course
24 - 27	<a href="#">ATT 202: Teaching in Yoga Conferences</a>	The Desmond
24 - Oct 8	<a href="#">Meditation 101</a>	DYMC
27	<a href="#">Muktananda's Punyatithi Celebration</a>	DYMC
28	<a href="#">Half-Day Workshop: Finding Ease in Your Neck and Shoulders</a>	The Desmond
28 - Oct 5	<a href="#">ATT 463: Yoga Therapy — Neck &amp; Shoulders</a>	The Desmond



# 2015 - 2016 Program Calendar

Currently planned events & trainings and Svaroopa® Yoga & Svaroopa® Vidya professional trainings plus retreats with Swami Nirmalananda.

OCTOBER 2015		
7	Phone Q&A Satsang	Phone
9	SATYA Marketing Call: Conversing About Surveys	Phone
10	Half-Day Workshop: The Owner's Manual for Your Body	The Desmond
10	Meditation Made Easy	DYMC
10 – 11	Retreat: Happy Body – Peaceful Mind	Milton DE
10 – 15	Embodiment® Yoga Therapy Training	The Desmond
15	Meditation Made Easy	DYMC
16	Half-Day Workshop: Where is my Tailbone?	The Desmond
16 – 18	Radical Anatomy for Yogis	The Desmond
18	Half-Day Workshop with Devaraja	DYMC
19	Free Intro to Yoga Teacher Training	DYMC
21 – 25	Foundations of Svaroopa® Yoga	The Desmond
23 – 25	Shaktipat Retreat	Boston MA
23 - 25	Weekend Workshop: Slow Down	Brisbane, Australia
25 – Nov 1	ATT 262: Yoga Therapy – Treating Pain	Queensland, Australia
NOVEMBER 2015		
1	Half-Day Workshop: You Are Bliss	The Desmond
1-5	Retreat – Bliss is Your Birthright	The Desmond
6 – 8	Radical Anatomy for Yogis	The Desmond
8 – 15	ATT403: Lower Spinal Release	The Desmond
11 – 15	Foundations of Svaroopa® Yoga	Calgary AB, Canada
11 – 15	Foundations of Svaroopa® Yoga	Frazer PA
15	Half-Day Workshop with Devaraja	DYMC
17	SATYA Marketing Call: How To Market a Special Event	Phone
19	Phone Q&A Satsang	Phone
25 – 29	Foundations of Svaroopa® Yoga	Brisbane, Australia
DECEMBER 2015		
4	Half-Day Workshop: Itty Bitty Details	San Diego, CA
4 – 6	Regional Conference: Full Spectrum Yoga	San Diego, CA
JANUARY 2016		
2 – 5	Leading Teacher Training	The Desmond
8 – 17	YTT Level 2	The Desmond
22 – 25	Foundations Review	The Desmond
25 – Feb 5	Meditation Teacher Training	The Desmond
27 – 31	Foundations of Svaroopa® Yoga	The Desmond
FEBRUARY 2016		
6 – 8	Leading Short Meditations	The Desmond
9 – 15	Meditation Group Leader Training	The Desmond
24 – 28	EYTS: Intro to Teaching Gentle Yogis	The Desmond
MARCH 2016		
4 – 6	Shaktipat Retreat with Swami Nirmalananda	The Desmond
8 – 11	Foundations Review	The Desmond
11 – 20	YTT Level 1	The Desmond
21	Year-Long Programme with Swami Nirmalananda begins (theme TBA)	Multi-media course
21 – 25	Foundations of Svaroopa® Yoga	The Desmond
25 – 30	Enrich & Advance - YTT Level 2	The Desmond

APRIL 2016		
1 – 3	Radical Anatomy for Yogis	The Desmond
5 – 10	Embodiment® Yoga Therapy Training	The Desmond
22 – May 1	YTT Level 4	The Desmond
MAY 2016		
5 – 8	DIY 1: Deepen It Yourself (3-month mentored practice program)	
9 – 12	DTS Mentor Training	The Desmond
13 – 15	Shaktipat Retreat	TBD
13 – 17	Foundations of Svaroopa® Yoga	The Desmond
20 – 24	Australian tour: free programs	Australia
25 – 29	5-day Retreat with Swami Nirmalananda	Australia
18 – 25	ATT 221: Twists	The Desmond
JUNE 2016		
2 – 5	YTT Module #1-A	The Desmond
9 – 12	DIY 2: Deepen It Yourself	The Desmond
14 – 21	ATT 402: Deeper Practice	The Desmond
24 – 26	Radical Anatomy for Yogis	The Desmond
JULY 2016		
7 – 10	DIY 3: Deepen It Yourself	The Desmond
13 – 17	Foundations of Svaroopa® Yoga	The Desmond
15 – 17	Shaktipat Retreat	TBD
19 – 22	Foundations Review	The Desmond
22 – 31	YTT Level 1	The Desmond
AUGUST 2016		
5 – 14	YTT Level 3	The Desmond
17 – 21	5-day Retreat with Swami Nirmalananda	The Desmond
24 – 28	YTT Module 1-B	The Desmond
29 – Sept 2	Foundations of Svaroopa® Yoga	The Desmond
SEPTEMBER 2016		
9 – 18	YTT Level 2	The Desmond
21 – 28	ATT 522: Beginner's Bliss	The Desmond
30 – Oct 2	Shaktipat Retreat	The Desmond
OCTOBER 2016		
2 – 6	Vichara Therapist Training	The Desmond
7 – 9	Radical Anatomy for Yogis	The Desmond
15 – 20	Embodiment® Yoga Therapy Training	The Desmond
21 – 23	Year-Long Programme Retreat	The Desmond
27 – 30	YTT Module #1-C	The Desmond
NOVEMBER 2016		
2 – 6	Foundations of Svaroopa® Yoga	The Desmond
8 – 15	ATT 415: Leading Weekend Workshops	The Desmond
19 – 22	Half Day Workshops	Australia
23 – 25	Foundations Review	Australia
25 – Dec 4	YTT Level 4	Australia
DECEMBER 2016		
8 – 11	EYTS: Deceptive Flexibility	Australia