

2021 Winter/Spring Edition
Issue Number 39



Mandala Yoga Ashram

NEWSLETTER



*Photo courtesy:
Swami SatyaDaya*

Please visit us online at MandalaYogaAshram.co.uk for more content and details



About the Ashram

Mandala Yoga Ashram is an internationally renowned centre of yogic knowledge, founded by Swami Nishchalananda. It is dedicated to presenting yogic science, including advaita and meditation, to all who are sincerely looking to awaken joy and deeper meaning in their lives. It is an independent institution which is not affiliated to any religious beliefs; it is only concerned with awakening the intelligence and potential which exists innate in each human being. It is one of the few authentic ashrams outside of India.



Booking an Ashram Course

To book a course please visit the Ashram website www.MandalaYogaAshram.co.uk/courses or you may call the office direct: +44(0)1558 685358.

Gift vouchers are available to purchase, valid for courses, stays or Ashram shop purchases. Please don't hesitate to contact the Ashram for any further help.



A Message from Swamiji

Dear Friends in Yoga,

We are all confronting the challenges and consequences of the coronavirus pandemic. Many are suffering. Let's reach out to others with a kind word, a supportive email or in a hands-on practical way. Thinking of others and, where appropriate, helping others is an important aspect of the yogic path. In giving, we receive.

We live in a world in which we are stimulated by constant information. Yet, at the same time, we may feel empty and unfulfilled. Moreover, this relentless digital bombardment can easily overload our mind and take over our lives. Everything – the world, our mind and our lives – seem to be in flux, constantly changing. Many of us are searching for some stability and certainty. Maybe we are looking in the wrong direction? Instead of exclusively, and perhaps desperately, looking for fulfilment in the world, we could look within. Without neglecting our responsibilities or rejecting the facilities of modern life, all we need to do is to give some time to reflect on existential questions.

Life is short; we all know this. What are we doing here? Who or what are we? What is the 'I'. Is it just the body-mind? We will not find conclusive answers through thinking, but rather by emptying the mind of preconceived ideas through yoga and meditation. Then we will discover 'something' so simple and yet profound that it defies all expectations and definitions. We will realise that we are not a personality that is conscious, but rather Consciousness, or Conscious Presence that expresses Itself through the personality. This applies to you, me and every other human and creature on planet earth, as well as every human and creature that has ever lived and which will ever live.

The pandemic has given many of us more time, something we have perhaps been dreaming about. Let's use it. Whilst facing all the difficult challenges of the coronavirus, let us take this opportunity to nourish ourselves by practising yoga. Even five minutes of stillness every day will bring invaluable change in the quality of our life. In the depths of our being, we will find meaning, fulfilment and joy.

A quiet mind means a receptive Heart.

— Swami Nishchalananda

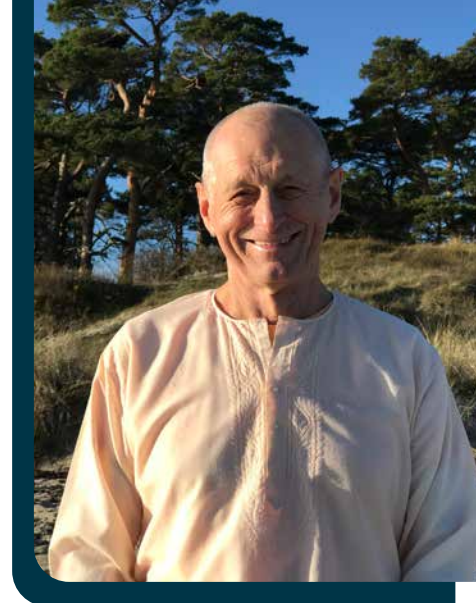




Photo credit: Swami SatyaDaya

Embracing Change

Welcome to this new version of the Ashram Newsletter...

Life is change. We all know this on one level, yet we can still be thrown when life moves and changes around us in ways we do not expect. We often find ourselves clinging to our notions of how life used to be, or how life 'should' be, and thereby resisting life as it is.

2020 brought unprecedented change to all of us with the coronavirus pandemic. Countless people worldwide have died or suffered the medical consequences of Covid-19. Many more have experienced the very significant government restrictions, associated economic turbulence, and mental health implications of isolation and highly restricted contact with loved ones and social networks.

It is in such times that the value of yoga and meditation practice can become so evident. However challenging life can be, yoga offers us not only hope but so many possibilities for dealing with what life brings. Skilful and sustained yoga practice helps us develop a natural flexibility of mind, a greater trust in Life and a range of inner resources – creativity, resourcefulness, self-belief - that we can draw upon when facing change and adversity.

Yoga also deepens our acceptance of who we are, including those aspects of self which resist change or fight against what is. We are encouraged through our practice to bring the whole of our personal story into the compassionate light of Awareness, wherein it can start to heal and integrate.

Yet at times the rate of change can feel too great. We can feel saturated or overwhelmed. At such times, yoga practice simply offers us a refuge. A little time each day on the yoga mat or cushion can help to restore some much needed sanity, from which we can begin to face life again with a renewed strength of purpose, greater clarity and a little more gentleness for self and others.

Photo credit: Swami SatyaDaya



Ashram Changes

For over 30 years, the Ashram has been in an established rhythm of hosting residential courses for ten months of each year; with countless people coming and going on courses and Ashram stays. This established rhythm came to an abrupt halt in March 2020 due to the pandemic. Faced with an uncertain future financially, the Ashram had to be creative in its response and consider new ways of sharing the depth of teachings on yoga, advaita and meditation that constitute the touchstone of the Ashram. Embracing the new situation as best we could, we started offering live online courses from late May. The positive feedback received from the first few courses encouraged us to develop this alternative way of teaching. Since then it has become established as an effective

way of meaningfully sharing with and inspiring yoga practitioners worldwide. For more details of these online courses kindly see the Ashram website, the address of which is on *page 7*.

At the time of printing this newsletter, we are hoping to start residential courses again at Easter 2021, although this will depend on the Covid-19 regulations and national picture at that point. In 2021 and into the future, the Ashram will offer two ways in which it delivers teachings on yoga and spiritual sciences: firstly, **residential courses** – as before, whereby you can come and experience the Ashram energies, natural location and teachings in the hall – and secondly, **online courses** in which you can participate from the comfort of your own home.

Associated Changes to this Newsletter

In the context of these and other changes, the Ashram newsletter is also undergoing significant renewal. This edition will be the last one that you receive through the post. This smaller version will be published twice a year, no longer just annually, and you can access and download it from the Ashram website. This new biannual form of the newsletter will convey uplifting content, links to prominent new retreats and up to date news. Some copies will be printed and made available to Ashram visitors and for Ashram teachers to distribute in their seminars nationally and internationally.



To keep you informed we need your up-to-date email address. Kindly go to www.MandalaYogaAshram.co.uk/newsletter-subscription to enter your email details.

Via your email address we will inform you of the publication of each version of the biannual newsletter, and also share the regular Ashram Inspirations which is the email form of the newsletter. We are also in the process of developing an online platform for the Ashram which will contain a wealth of yoga, advaita

and meditation resources, which you will be able to access using your email address. This project is currently at the preliminary stages, however it offers exciting possibilities regarding how you, and seekers worldwide, will be able to access and imbibe the Ashram teachings.

We hope you enjoy this shorter version of the newsletter. *Remember:* please visit our website and let us know your up-to-date email address so we can keep in regular contact with you, and in turn you can keep connected with the teachings and inspiration of the Ashram. ॐ

Swami Krishnapremananda

Photos credited: Swami SatyaDaya



Planning your visit

www.MandalaYogaAshram.co.uk

Email: info@mandalayoga.net

Ashram Office: +44 (0)1558 685358

(Office hours are from 9:30 - 12:00)

 www.facebook.com/mandalayogaashram

PANTYPISTYLL
LLANSADWRN
LLANWRDA
SA19 8NR,
WALES, U.K.

Payment & Amenities

All course and stay costs include full board, yoga classes (according to the course or stay timetable at the time) and spiritual guidance.

Payment can be made by card, cheque, bank transfer or cash (whilst in the Ashram). If you pay by cheque, please make it payable to Mandala Yoga Ashram. Your deposit secures your place and is non-refundable.

Concessions are available for those in need, e.g. students, those on low income and senior citizens, at the Ashram Director's discretion. Children under 12 years of age stay free.

Pricing for Ashram stays, course costs and travel directions can be found detailed on our website.

Staying at the Ashram without attending a course can be very useful in that it gives you the time and space to practise yoga in its different forms and gain a deeper perspective on your life's direction. Kindly see our website or contact the Ashram office for more information.

Photo credit: Swami SatyaDaya

2021 Ashram Calendar

Please note: the residential course schedule is dependent on the Ashram being open again after being shut due to the Covid-19 pandemic.

All dates are available to book unless seen in green.

Courses that are online are shown in blue.

FEBRUARY	6	Chanting the Bhagavad Gita - Song of Consciousness
FEBRUARY	7	Exploration of the Yoga Sutra (day 2 of 3)*
FEBRUARY	13	Yoga for Resilience (day 3 of 4)*
FEBRUARY	27-28	Pranayama for Daily Life and Meditation
MARCH	7	Exploration of the Yoga Sutra (day 3 of 3)*
MARCH	13	Yoga for Resilience (day 4 of 4)*
MARCH	20-21	The Gunas: Finding Balance in Daily Life
MARCH	27-28	Letting Go into the Heart Space
MAR/APRIL	31-05	Tattwa Shuddhi – Awakening to our Essential Being
APRIL	9-11	Restore, Replenish and Renew
APRIL	15-18	Ashram Team Break
APRIL	19-25	Spell of Silence
APR/MAY	29-09	PranaVidya - COURSE FULL
MAY	14-16	Exploring Ashram Life
MAY	19-23	Yoga Therapy: Anxiety and Sleeping Disorders
MAY	21	Yoga Nidra training course (day 1 of 6)
MAY/JUNE	29-06	The Chakras: Discovering Our Fullest Potential (1)
JUNE	13	Ashram Open Day
JUNE	24-27	Alchemy of Mantra
JULY	4	Yoga Nidra training course (day 2 of 6)
JULY	7-14	Ashram Team Break
JULY	24	Guru Purnima (Thanksgiving to the Spiritual Teacher)

* The online Yoga Sutra days and Yoga for Resilience days are interwoven yet independent of each other. Each course day needs to be booked separately.

“Even though I have missed visiting, I have been so fortunate to have the chance to deepen my spiritual practice in the last 6 months through attending many of the Ashram's online courses. Such learning would have taken me years even if I had the time and space to attend the Ashram physically. You have supported me to slow down, move away from the noise, let go, and create more space. This has been an absolute gift, and it has made me a much better yoga teacher and human being and I share it with others every moment I can. Thank you all so much for being there and being you.”

—Satyavani

AUGUST	4-8	The Chakras: Discovering Our Fullest Potential (2)
AUGUST	8	Yoga Nidra training course (day 3 of 6)
AUGUST	12-22	Facing Death, Embracing Life
AUGUST	25-29	A Celebration of Kirtan
SEPTEMBER	1-14	Ashram Team Break
SEPTEMBER	17-19	Private Yoga Group led by Lynn Holloway
SEPTEMBER	19	Yoga Nidra training course (day 4 of 6)
SEPT/OCT	30-03	Meditation: Gateway to the Unknown
OCTOBER	10	Yoga Nidra training course (day 5 of 6)
OCTOBER	23-30	The Chakras: Discovering our Fullest Potential (3)
NOVEMBER	4-7	From Sound into Silence
NOVEMBER	11-14	Ashram Team Break
NOVEMBER	14	Yoga Nidra training course (day 6 of 6)
NOV/DEC	27-04	Private Yoga Therapy Group Training
DECEMBER	6	Ashram closes for the Winter

Please see our website: www.MandalaYogaAshram.co.uk/courses for full course descriptions and details. Further online courses will be added throughout 2021.

Current Yoga Teacher Training Course

— 2021 Dates —

JUNE 17-20, JULY 17-31, SEPTEMBER 23-26, OCTOBER 14-17, & NOVEMBER 18-21

Thank You

'Thank you' is one of the most important phrases in Spiritual life. Whatever has happened or is happening, whether we perceive it as good or bad, comfortable or uncomfortable, pleasurable or painful; it is exactly what the Intelligence of Life is bringing in each moment. Hence our simple prayer can be *thank you*, even if we seek to change things in the very next moment. *Thank you* softens the mind's usual resistance to what is and opens our heart in gratitude to Life as it is arising.

We offer our heartfelt gratitude to all of you who have supported the Ashram financially and in so many other ways through the unique challenges of 2020. Whether you have committed yourself as a member of *Friends of the Ashram* by offering smaller monthly donations, or you have made valued periodic donations, or helped in a myriad of other ways, we simply say 'Thank you'. May you be blessed on this yogic path and may your families and all around you also be blessed. 🙏

Supporting the Ashram

If you feel touched to support the Ashram financially, you can do so via:

- * *Friends of the Ashram* - giving an affordable monthly donation to support the Ashram and its ongoing growth and development
 - * **One-off donation** - which is always received with gratitude
 - * **Your Will** - Including the Ashram in your will means that the Ashram can continue to be sustained into the future

* To keep you informed we need your up-to-date email address. Kindly go to www.mandalayogaashram.co.uk/newsletter-subscription to enter your email details. *

2021 ASHRAM COURSE TEACHERS



Swami
SatyaDaya



Tulsi



Swami
Krishnapremananda



Reva



Swami
GyanDharma



Maha Sattwa



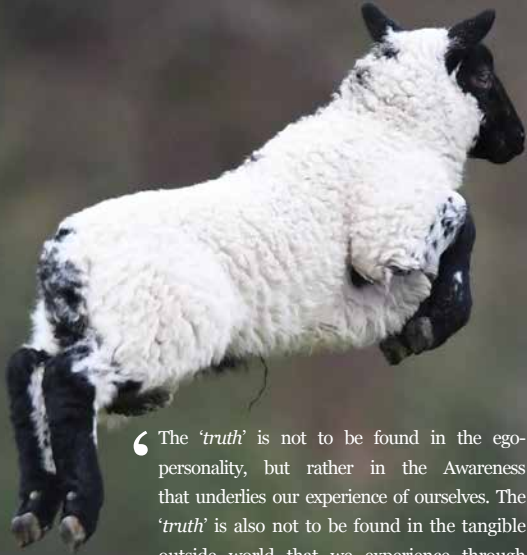
Dr. Hania Katarina
Kramlund



Yoga
Bijananda

Much gratitude for the usage of photography, seen throughout the newsletter, courtesy of Swami SatyaDaya

Newsletter design by OmKara



What is an ashram? It is a sacred place that gives us the space and time out from our daily preoccupations, worries and responsibilities. In so doing, we can get a deeper and wider perspective of our life on all levels. We are enabled to feel energy pulsing through our body-mind, to be filled with inspiration and to intuit that life, our life and the life of everyone and every creature, is sacred. An ashram helps us to realise our fundamental identity as *Conscious Presence*. This is essential for us to live a harmonious, creative and happy life.

The 'truth' is not to be found in the ego-personality, but rather in the Awareness that underlies our experience of ourselves. The 'truth' is also not to be found in the tangible outside world that we experience through the senses, but rather in our Awareness of sensory input. Awareness is another name for *Conscious Presence*.



Quoting Swami
Nishchalananda

Please note: This is the last time you will receive the Ashram newsletter in the post.
To subscribe to future biannual Ashram newsletters, kindly visit:
mandalayogaashram.co.uk/newsletter-subscription and enter your email address.



Mandala Yoga Ashram

www.MandalaYogaAshram.com

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