

**CYF Newsletter Autumn 2015**



# **Comprehensive Yoga Fellowship**

**Newsletter  
Autumn 2015**

[www.yoga-teacher-training.org.uk](http://www.yoga-teacher-training.org.uk)  
[www.cyfyogameetings.org.uk](http://www.cyfyogameetings.org.uk)

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### **A word from the Chair:**

Hi Everyone,

Welcome to our autumn newsletter, the summer may be fading but as we approach the cooler, darker months we will have 2 fabulous seminars organised for you all in October and February and I am sure that you will all enjoy them and the CYF will continue to go from strength to strength.

I would like to welcome all our new trainees. Our training course is growing steadily and we are gaining new trainees all the time. Our training days and workshops continue on through the months on its three year rolling programme with Deb and Ange. In January 2016 it will be First Aid refresher time again... and information will be sent out in due course.

Finally I would like to thank Sam Wiltshire and Barbara Tomkinson for continuing with the roles of organising and editing and printing this magazine, remember it's your magazine, so please continue to send Sam your poems, recipes, essays etc. as without your contributions there is no magazine. I hope to see you all at the seminars, workshops or training days throughout 2015 and 2016.

Namaste  
Phil.



**A big thank you to all those who have submitted contributions to the newsletter. Your efforts are, as always, much appreciated. Please keep them coming in and submit them to: Sam Wiltshire.**

Email: [sam@yogatales.org.uk](mailto:sam@yogatales.org.uk)

**ALL CONTRIBUTIONS TO THE  
CYF NEWSLETTER  
ARE  
MOST WELCOME!!**

## RECENT NEWS:

OUR CONGRATULATIONS go to Gilliam Smith (CYF Treasurer), who recently successfully completed the CYF teacher training course and is now a fully qualified CYF yoga teacher. We wish her all the very best on her continuing journey as a yoga teacher. Well done Gill, this serves as positive encouragement to all our current trainees to see all the hard work come to fruition!

Alan Paddick conducted an enjoyable afternoon session at our June seminar and kindly donated his payment from the CYF to the Sivananda Yoga Vedanta Centre in London. This was their letter to the CYF:

*“OM Namah Sivaya*

*Blessed Self*

*OM Gill,*

*Greetings from the Sivananda Yoga Vedanta Centre. We pray that this message reaches you well and inspired for your yoga practice.*

*Thank you very much for your kind contribution on behalf of Alan Paddick towards the work of the London Sivananda Centre. It is accepted with gratitude and will be used for the continuation of Swami Vishnudevananda’s peace mission.*

*With best wishes for health and inner peace.*

*OM shanty,”*

*Swami Joyotirmayananda  
Sivananda Yoga Vedanta Centre  
45-51 Felsham Road  
LONDON SW15 1AV*

*Tel 020 8780 0160 [www.sivananda.co.uk](http://www.sivananda.co.uk) [www.sivananda.eu](http://www.sivananda.eu)*

***STOP PRESS ..... STOP PRESS ..... STOP PRESSSS .....***

***We would welcome any of our qualified teachers who would like to take part in the CYF seminar days, either by taking the morning session of Hatha Yoga, or by leading an afternoon session. There must be a diverse and interesting wealth of yoga-related knowledge among our teachers, please share this with us and help to keep the CYF vibrant and active!***

***STOP PRESS ..... STOP PRESS ..... STOP PRESSSS .....***

## CYF Extra Seminar Day Sunday 5 July, 2015



The day was led by Swami Pete who has followed the path of yoga for thirty years. He became a Hatha yoga teacher a number of years ago and from 1987 has devoted himself to the practice of Bhakti and Nada Yoga, *'the yogas of love, devotion and mystical sound.'*

He is an accomplished musician and has established himself as a practitioner of kirtan and mantra with the aim of helping *'people find their true Selves through communal chanting of these sacred soundscapes.'* Pete views chanting kirtan as a viable and accessible alternative to those who find the more traditional forms of meditation difficult to achieve.

The theme for the day was *'Enlightenment, your true nature and the easiest way to find it'*, which for Pete is through the profound and mystical transformative effect of chanting kirtan. The day was varied, enjoyable and interesting, beginning with a chant, moving through a hatha yoga session which included pranayama and a number of dances accompanied by chanting.

The afternoon session took us through a deep relaxation with the use of a glass singing bowl, a philosophical discussion on Patanjali's Eight Limbs of Yoga and more chanting. All those who attended the day were thrilled with their experience and thoroughly appreciative Pete's expertise in his field and his relaxed approach to his teaching.



Pete was particularly interested in the origins of the CYF and its conception and development by its founder members, Ted, Joan, Gordon and Pam, making the following comments:

***“It was truly a pleasure to be invited and spend the day with you all, wonderful to meet you and your fellow yogis. Very heart-warming to see that you embody the true essence of yoga and are mindfully passing this on to your students....CYF has a great lineage and future.”***

**Just a reminder that the extra CYF seminar day is free of charge to all members.**

Non-members are also welcome at a cost of £25 for the day. Make a date in your diaries to take advantage next year of this chance to get together to help expand your experience of yoga.

**Information on all CYF Seminars is available to view on our websites:**

**[www.yoga-teacher-training.org.uk](http://www.yoga-teacher-training.org.uk) and  
[www.cyfyogameetings.org.uk](http://www.cyfyogameetings.org.uk)**

Just type in ‘CYF Yoga’ or ‘CYF Yoga Meetings’ to your Google search string and go to the ‘CYF Events Calendar’ or ‘CYF Seminars’ page respectively. Booking forms can also be downloaded if necessary.

*“Through the practice of asanas we can learn to be accepting of our limitations (ahimsa), truthful in our commitment to do our best (satya), and content regardless of the outcome (santosha). We can bring our enthusiasm and curiosity (tapas) to the practice and look deeply at our reactions and responses to difficulties or ease (swadhyaya) and ultimately surrender up our practice to something greater than ourselves (ishvarapranidhana). When we find our right relationship to the ground, gravity, and space, the breath is experienced as a whole-body phenomenon. When this happens we begin to feel ourselves as conduits for the life force and there is energetic continuity throughout our bodies (pranayama). As we delve deeper, the practice of asana involves consciously moving into stillness (pratyahara), focussing our attention on one thing at a time (dharana), and sustaining this awareness regardless of what is going on around us (dhyana). When a posture has been perfected, an absolute balance is struck between effort and non-effort, the result of which is a neutralization of all sensation. When this happens the mind returns to original silence (Samadhi).”*

*Donna Farhi, Bringing Yoga to Life*

(Submitted by Sam Wiltshire)