

CYF Spring Newsletter 2015



# Comprehensive Yoga Fellowship

Newsletter  
Spring 2015

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

## **CONTENTS:**

**Page 2:** A Word from the Chair (Phil McAree)  
STOP PRESS An invitation to all our CYF Teachers

**Page 3:** Comings and Goings on the CYF Committee

**Page 4:** IYN Summer Yoga Festival

### **ARTICLES (Yoga Philosophy)**

**Page 5:** The Self (Gordon Smith)

**Page 7:** The Chakras (Deb Auden)

**Page 10:** The Yoga of Listening (Gordon Smith)

**Page 13:** New Lamps for Old (Gordon Smith)

### **STUDENT ESSAYS**

**Page 14:** Describe and comment on Lower, middle, upper and full lung breathing. (An essay by Lisa Russell)  
A quote from Marcel Proust (Lisa Russell)

**Page 17:** How do you think Yoga will help improve the condition of a patient with a heart condition? (An essay by Sam Wiltshire)

**Page 19:** Brahman: an excerpt from an essay by new trainee teacher Gill Drummond.

### **ARTICLES**

**Page 20:** Yoga is good for your Heart (Gill Smith)

**Page 22:** Confused about fats? (Barbara Tomkinson)

### **POEMS AND QUOTES**

**Page 26:** Be Positive (Phil and Angela McAree)  
Reiki Principles (Gill Smith)

**Page 27:** 'Read this slowly' (Gill Smith)

**Page 28:** A newspaper article quoting from the United Nations and  
A quote from Martin Luther King (Claudia Maranhao)  
Walk a mile in my shoes (Phil and Angela McAree)

**Page 29:** Gratitude (KiTie) and Hasidic Mondo

### **RECIPES**

**Page 30:** 'You are what you eat Comfort Food,  
Green Lentil Casserole (Gill Smith)'! (Gill Smith)

**Page 31:** Sivananda Cookies (Lisa Russell)

**Page 32:** Winter Fruit Cake (Gill Drummond)

## A WORD FROM THE CHAIR: Phil McAree

Hi Everyone,

Welcome to our new look newsletter and on behalf of the CYF committee may I take this opportunity to wish you all A Happy New Year!

We have 3 fabulous seminars organised for you all and I am sure that in 2015 the CYF will continue to go from strength to strength.

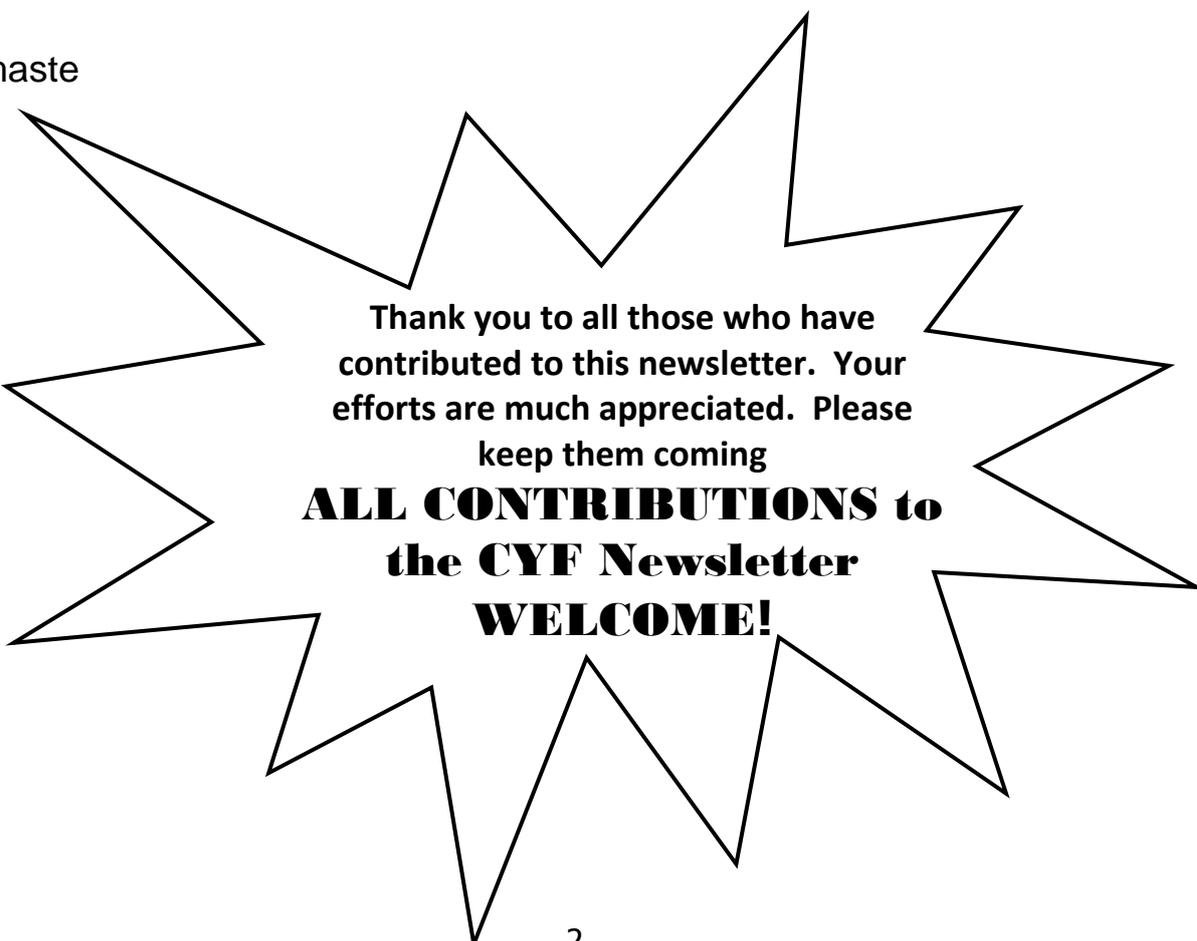
I would like to welcome all our new trainees. Our training course is growing steadily and we have had 9 new trainees join us since the AGM in October.

Also I would like to say big congratulations to Claudia Maranhao, (our hard working secretary) and Linda Shipley on completing the course in 2014. Good luck to you both on the start of your journey as a qualified yoga teacher.

Finally I would like to thank Sam Wiltshire for taking on the role of gathering information for this magazine. Remember it's your magazine, so please continue to send Sam your poems, recipes, essays, articles etc., as without your contributions there is no magazine.

I hope to see you all at the seminars, workshops or training days throughout 2015.

Namaste  
Phil.



Thank you to all those who have  
contributed to this newsletter. Your  
efforts are much appreciated. Please  
keep them coming

**ALL CONTRIBUTIONS to  
the CYF Newsletter  
WELCOME!**

We bid a fond farewell to Gordon and Pam Smith from the CYF Committee, who announced that they would be stepping down at the October 2014 AGM. Gordon and Pam are founder and honorary members of the CYF who have given many years of dedicated work to the running of the Fellowship. They will still be attending our seminars when possible and we look forward to seeing them and sharing their abundance of wisdom. Enjoy your well-deserved space and time, with love and gratitude from the CYF membership and Committee.



We would also like to thank Ann Simmonett who stood down from her position as librarian on the CYF Committee at the October AGM. Ann has given many years to the care and organisation of the library books and in addition has contributed countless pearls of wisdom from her wealth of experience to the running of the Fellowship. Ann now has a thriving yoga studio of her own and we look forward to having her back to our seminars whenever she is able to attend.

We warmly welcome **Sam Wiltshire** who is the newest member of our committee. She takes on the role of gathering information for the newsletter, which is quite a task. **Please help Sam in her quest for articles, recipes, poems and any other yoga-related material by emailing them to her at: [sam@yogatales.org.uk](mailto:sam@yogatales.org.uk)**

***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 .....***

## **IYN Summer Yoga Festival 2015. May 28th-31<sup>st</sup>. Celebrating freedom and diversity of yoga**

Come and join a rapidly expanding and diverse Yoga community at the Independent Yoga Network's 7th annual Yoga festival, a not-for-profit, family friendly event celebrating freedom and diversity in Yoga.

There are Yoga classes and workshops for everyone, from the quiet and meditative to vital and dynamic, given by inspirational teachers from across the UK. There's also the Suryah children's club, chai tent, talks, art, drumming, music, dance and more... plus a special community event on the Saturday night.

Held at Gaunts House, a large country house set in the idyllic, rolling Dorset countryside, this is a weather-proof festival! Come and lay back and relax, meet new people, share practice and build community. Tickets prices include delicious veggie food, refreshments, comfy accommodation or camping, workshops & childcare (day tickets also available).

<http://www.yogafestival.org.uk/>

General enquiries, Ellen Lee, [info@yogafestival.org.uk](mailto:info@yogafestival.org.uk) 01902 689218

Bookings and booking enquiries, Deb Auden, [bookings@yogafestival.org.uk](mailto:bookings@yogafestival.org.uk) 07515 103411



The beautiful Gaunts House

## The Self (Atman)

When in reference to Yoga, is usually written with a large 'S', as it is a reference to the soul, in its pure intrinsic nature. We do not have a soul, as we are a soul that is a solo zone of Absolute Sentient Power, or the life-force without which we would have no form and no individuation. In general, mankind can be described as fallen, that is fallen into identification with the limitations of his life and the situation within which he finds himself, it is then appropriate to refer to this level of self, written with a small 's'.

The Yogi is in essence a visionary and works to discover his true nature and transcend the limitations of his lower ego self, and then restructure himself, guided by his own inner voice of light and wisdom. This means discovering your Guru which is on the inside and not outside.

The Eight Limbs of Yoga are a bit like a tree with its branches reaching up toward the light and ever increasing levels of refinement and detachment; this means a genuine interest in the freedom afforded by spirit, which is a bit like getting out of jail after being held in by the limitations of the world of time. How often have you met people who have told you that they have had a hell of a time, or used words of a similar import when describing their life situation?

That famous line in the Star Wars films, 'May the Force be with you' is a reference to that ubiquitous power that flows through life, giving the edge and support to all who are prepared and able to work with it. The refinement and transformation needed is the work of the Yogi, who must remain continually watchful, clearing away the fog of delusion from his own mind and awakening to the spirit within.

To quote: There are two birds, two sweet friends, who dwell on the self-same tree. The one eats the fruits thereof, and the other looks on in silence, (*Mundaka Upanishad*). The first is the human soul who, resting on that tree, though active, feels sad in his unwisdom. But on beholding the power and glory of the higher spirit, he becomes free from sorrow.

the opportunity for the descendents of Adam to return back to the clear The lower bird tempted by the fruit on the tree is reminiscent of the story of Adam and Eve who tempted by the fruit, were drawn out into worldliness and prodigality, seeking knowledge of good and evil. This drew them away from the clear light of spirit, and their vision became clouded, and their body, a body of untruth, and death a necessity, which in a sense is an act of mercy as it provides light of spirit.

The Self in the highest sense of the word, refers to the clarity that lays within, untrammelled and free of the distortions of the world of time, and Yoga the means by which we are able to re-unite with our spiritual origins.

Patanjali's advice and definition was simple and direct with his sutra, "Yoga is controlling the activities of the mind". More recent Philosophy teachers had other ways of promoting Self awareness in their students. For example G.T.Gurdjieff at his retreat in Fontenbleau would shout 'Stop', at which command, his followers would freeze, stop what they were doing and observe what their thinking, feeling and intention was in that moment...this is a useful exercise that we could all learn to practise, as it is surprising how often the lower self is in control at any given moment.

Learning to grow in Self knowledge is Atman Yoga, whether practising asana, teaching a Yoga class or meditating, and is about developing Self Responsibility, that is the ability to respond, guided by the wisdom that lies within.  
Gordon Smith

"Praise and blame,  
gain and loss,  
pleasure and sorrow,  
come and go like the wind

To be happy,  
rest like a giant tree  
in the midst of it all."

Buddha

