

Yoga, Life and Relationships

Context-sensitive action for a more fulfilling life

Yoga originated in India many centuries ago and has over the course of history continually been hailed as one of the most important and supportive life philosophies. At the time of its origins people's lives were much more physically orientated and so it becomes very clear that yoga's intended purpose was not merely directed at perfecting the physical body. A closer look at its fundamental texts clearly reveals that yoga offers a whole system for enabling us to live life in all its aspects in a more fulfilling and meaningful way.

Yoga not only offers tools for practice, but also reflections and meditative experiences to challenge the way we perceive life and to help us make decisions to support our life. It also brings us face to face with many questions connected to the things we do and the way they are done. Yoga can help us to make decisions that direct our lives on a path that does not lead us to short or long term suffering. It also reminds us of the need to factor into our decision-making the concepts of context and change.

Professor T Krishnamacharya is widely regarded as the grandfather of modern yoga and in the 20th century he was instrumental in seeking to make yoga useful and relevant to people regardless of age, culture, religion or life circumstances. His teachings were further developed by his son, TKV Desikachar who sought to develop yoga as therapy and these teachings are now being extended further by his

son, Dr Kausthub Desikachar who is keen to make the teachings of yoga a guide for living in the modern context. It takes some considerable skill to unpack those ancient teachings, which can seem esoteric and mysterious, and to make them applicable to a world of high speed travel, 24 hour a day interconnectivity and endless choice.

Dr Kausthub Desikachar has created the concept of context-sensitive action which he says will lead us into appropriate relationships to our actions so that we can "live" life rather just manage it. He will be offering a seminar on this topic in May 2011 in the UK to introduce his teaching on this concept and to present some of the most important principles of yoga surrounding fundamental aspects of our life, and how we can integrate these into our own life in the contemporary context.

The seminar will be presented through the form of lectures, discussions and meditative practices and will be open to all kinds of participants who are interested in enhancing their lives. Some of the classical yoga texts such as the Yoga Sutra of Patanjali and the Bhagavad Gita will serve as our guides on this journey.

For further information on the seminar which is being held in Peterborough from 11-14 May please contact cillastevensyoga@aol.com or telephone 07771 523136



**Grampian Yoga
Association**

www.grampianyoga.org.uk

Scottish Charity Number SC016624

Marian van Oorschot

An introduction to the chakras

Connecting to the subtle energy that informs our practice

Saturday 26th March April 2011, 10am - 4pm

Murtle Estate Hall, Bielside, Aberdeen

Swami Pragyamurti Saraswati

Director Satyananda Yoga Centre

Off the yoga mat and into life

Saturday & Sunday 8th & 9th October 2011

Organised by Grampian Yoga Assoc & Kathy Julius Yoga Trust

Summer Yoga Classes

with various teachers run from end of June to end of August 2011

Details to follow on website, or contact

janet@houseofdeer.co.uk Tel: 01771 623402

GYA aims to offer yoga to all. Individuals who are restricted financially, or in other ways, may apply for support when booking.



**TAYSIDE YOGA
ASSOCIATION**

SEMINAR PROGRAMME SPRING 2011

Date	Teacher
20 February (full day)	Maggie McKeen
20 March (morning)	Max Scott
24 April (morning)	Marie Hartigan

at Ward Road Gym, 14 Ward Road, Dundee DD1 1NE

Sunday full day: 09.45 - 15.45

TYA MEMBERS: £20, NON-MEMBERS: £25

Membership available at these events, cost: £5

(TYA AGM will be held during the lunch break on 20 February.)

**For further details, please e-mail:
taysideyogaassociation@hotmail.com**

or find Tayside Yoga on Facebook

**or telephone the Events Secretary, Frances Morgan
01575 575982**

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