

Finance update from our Treasurer **Gordon**

The Trust's Financial Policy has been to preserve the funds bequeathed by Kathy Julius, using the interest earned to fund its activities. From July 2007 to June 2009 the interest earned was enough to fund seminars and establish the KJYT website. However, due to the economic downturn, the interest earned has plummeted, so from July 2009 activities are being funded by interest earned prior to July 2007.

Despite this, the Trustees are determined to continue to follow the Trust's objectives.

Hopefully the current income deficit will be short term once the economy and interest rates recover.

The Trust files audited accounts with the Office of the Scottish Charity Regulator (OSCR) without any issues being raised by OSCR.

The Trust's Auditor, a Chartered Accountant, has interestingly always waived his audit fee, with the fee donated to the Aberdeen Cyrenians (a Charity for the Homeless) as requested by the Auditor.

Exciting opportunity to study with
Swami Nirmal Saraswati - Yoga Nidra

YOGA NIDRA COURSE

We thought it fitting in memory of Kathy that we should run a Yoga Nidra course here in Aberdeen.

This is a certificated course provided by 'The Bihar School of Yoga and the Satyananda Yoga centres UK and Eire' taught by Swami Nirmal Saraswati, from London's Satyananda Centre.

The course is run in conjunction with the Scottish Satyananda Yoga

Network. The course is open to qualified yoga teachers.

Daily personal practice and completion of home assignments is a required part of the course.

The course was run in Glasgow in 2009 and will run in Aberdeen providing we have 9 applicants.

For personal testimonies and further info contact our secretary.

From The Chair

Dear Fellow Yogi,
We hope you have enjoyed reading our newsletter.
We very much want to engage with the yoga community and welcome feedback from you.
Please feel free to email comments: eunicestephen29@yahoo.co.uk
Wishing you a happy yoga year ahead.
Yours in Yoga
Eunice Stephen

Trust Members

Chair: Eunice Stephen
Secretary: Jim Fraser
Treasurer: Gordon Edward
Founder trustee: Richard Ward

KJYT NEWS Issue No 1 Summer 2010

Kathy Julius Yoga Trust
is a registered charity
Scottish Charity
Number SCO35978

YOGA TEACHERS!

Register with us for free to
publicise your classes and seminars.

YOGA STUDENTS!

Register with us for regular updates by
email of forthcoming seminars in Grampian.

Newsletter

Issue 1 • Summer 2010

Kathy Julius Yoga Trust - What's it all about?

Welcome to our first newsletter. We hope this will inform you, about the Kathy Julius Yoga Trust, which was founded in 2004 in memory of Kathy Julius who left her estate for the promotion of Yoga in the North East.

The KJYT Aims to:
Share and promote the values of yoga in the North East of Scotland in memory of Kathy Julius.

Be welcoming and inclusive of all schools of yoga which recognise yoga as a spiritual path.

Provide opportunities to enhance skills and knowledge of yoga.

To achieve these aims we will:
Maintain an information website on yoga available in the North East of Scotland

Empower local teachers to share their expertise.

Bring well known yoga teachers to the area.

Ensure that self evaluation is integral to the running of the Trust.

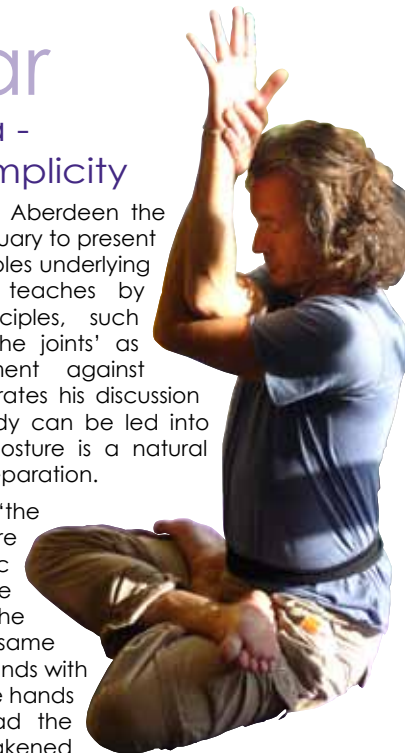
Marc Woolford Seminar Scaravelli Yoga - subtlety and simplicity

Marc Woolford visited Aberdeen the last weekend in February to present a workshop on the principles underlying Scaravelli Yoga. Marc teaches by discussing general principles, such as movement through the joints' as compared to 'movement against the joints' and then illustrates his discussion by showing how the body can be led into a posture so that the posture is a natural conclusion to sensitive preparation.

Urdhva Dhanurasana or 'the wheel' is a difficult posture for a lot of people. Marc showed how to move the hips out into the feet so the hips rise easily and at the same time bringing back the hands with the wrists taut so when the hands are placed by the head the upper spine is already awakened into a potential upward bend.

The contact of the hands and the contact of the feet on the mat awakens the entire spine and the body floats up into a backward bend.

The workshop was very practical and we learned from postures we all know, headstand, plough, shoulderstand etc. The approach in all of them is to find axial strength through opening the joints and extending the limbs so the spine is directly activated. Hands and feet affect mudras which influence the whole body so the body moves freely into postures. No pushing. No struggle. No overbreathing. No gritted teeth.



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About Kathy Sannyasi Omananda



She...

- was born in 1931 in Pietermaritzburg, South Africa on the 4th of July.
- trained as a midwife in Greenock and became a British citizen in 1961.
- worked overseas in Uganada and Solomon islands.
- is remembered for her cheerfulness and kindness: "she was like a ray of sunshine... nothing was too much trouble for her to do."
- had strong ties with Satyananda Yoga, even visiting India
- eventually settled in Aberdeen where she retired.

The Story So Far...

From its inception in 2004 the trust has been faced with how to honour Kathy's wishes. The present four trustees agreed on a mission statement (see front page) meeting regularly to discuss strategy and next steps.

KJYT Seminars

After much discussion of the question: 'what would Kathy want us to do to promote Yoga in the North East?', we decided to invite local teachers to share their expertise. Folks from the North East are renowned for being modest so a lot of expertise is hidden away. KJYT would try to make that local expertise more available locally.

We also thought it is important to increase opportunities to learn from international teachers preferably more than once, so that keen students could study intensively over a few weekends, giving them time to distill principles taught and really embed the practice. We wanted our seminars to really make a difference to our local teachers and recognise that many of them would not perhaps be able to travel afar to work with these teachers.

We launched out Yoga Seminars with popular Glasgow teacher Gerry Kielty in Oct 2007. This was followed by a series of seminars on Dynamic Yoga by Godfrey Devereux who taught his principles broaden, lengthen and soften with minimum muscular effort..... and his interpretation on the Bandhas. Local teachers: Jeanne Christison, Pam Welsh, Lynne Newcombe shared their own particular passion for meditation, asana and the body respectively.

We also invited two Scottish Satyananda Yoga teachers Jenni Connaughton and Jane Russell. This year we had hoped to pull off a joint venture with Grampian Yoga, but due to unforeseeable circumstances Swami Pragamurti's seminar was cancelled. We hope to announce a further date soon.

Q&A

Do our seminars count for Yoga Scotland registered teachers OGT points?

YES they do! Marc Woolford weekend in its entirety would earn 13 points, and Lynne's seminar 5 points.

Q&A

Seminar Blethers continued...

Lynne Newcombe

As part of our mission statement we seek to empower local teachers to share their expertise and unique perspective of their yoga journey. Lynne gave a three hour

seminar based on her passion for the body. (Lynne is a qualified practising physiotherapist) During the seminar, which was very well received, we were given a brief

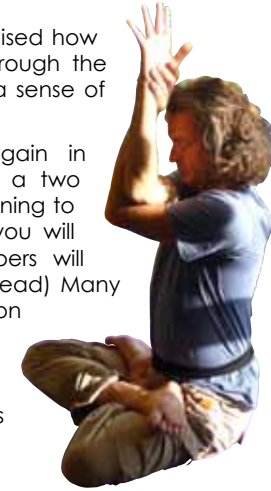
insight into Kundalini Yoga which gave us the idea of asking her to hold a days seminar dedicated to this practice. Guaranteed to get your energy moving!

Continued from page 1

In Savasana the body recognised how well it had been worked. Through the whole body there remained a sense of integration and peacefulness.

We have booked Marc again in September and are offering a two hour session on the Friday evening to tempt any waverers for £7, you will not be disappointed! (Numbers will be limited so please book ahead) Many students tell us on our evaluation forms they want to learn about anatomy. Marc is an anatomist whose hands on approach to anatomy makes great sense.

(Article by Jim Fraser)



Dates For Your Calendar...

Mark Woolford Seminar
3rd - 5th September, Alex Collie Sports Centre
Friday 3rd September - 7pm - 9pm
Saturday 4th September - 10am - 5pm
Sunday 5th September - 10am - 3.30pm

Lynne Newcombe
Saturday 2nd October
Kundalini Yoga

Swami Pragamurti
Date to be arranged,
probably August 2011



Richard our Webmaster

The website is designed not only to publicise the Trust, but to be a focal point for dissemination of information about Yoga in the North-East of Scotland. We are still some distance away from achieving that aim, but we do provide details of 30 teachers, including their qualifications and experience, and where and when they teach. It would be impossible to keep all the information up to date: so we give contact details for the teachers so that enquirers can

contact the teacher direct for more info. The other main function of the website is to give information about forthcoming seminars, both those organised by the Trust and by others, e.g. Grampian Yoga Association. We will be happy to put information on the website without charge so, if you are a yoga teacher who is not yet registered, or you are organising a seminar or workshop, please let us know. Likewise if you would like our regular emails let us know. Nowadays even websites are

seen as rather static means of communication, relying on people to actively go there. We are therefore looking at more direct means of communication such as Facebook and Twitter. Watch this space! If you have any ideas for improving the website or generally as to how we can best get the message "out there," we would be keen to hear from you.

Richard Ward

mailto:
richard@duthieward.co.uk