

yogatherapy

Spring 2015 ISSUE No. 61 ireland

Living MEDITATION

The Core
of the Matter

The Five
Tibetan Rites

Yoga In
The Park



THE QUARTERLY
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is dedicated to practising, teaching and researching Yoga as a therapy for specific health-related problems. Each yoga therapist/teacher has weekly yoga classes in their own locality, which are suitable for all levels of practitioners. Individual sessions are designed to meet particular needs of clients whether for specific medical conditions or for good health.

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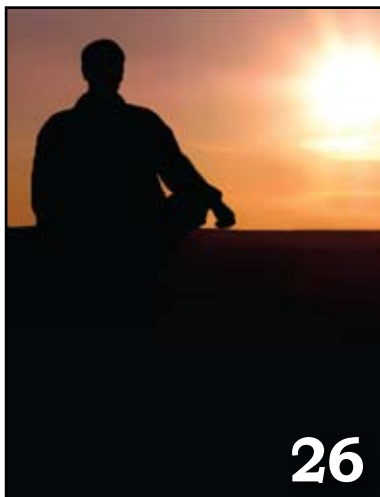
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Dear Yoga Friends,

A very warm welcome to our spring magazine. How lovely to see the wonderful lengthening of days; little bits of growth and colour all around us and my favourite part – the birds singing joyfully from early morning, giving us encouragement and hope of even brighter days to come.

YTI is so fortunate to have fantastic contributors to our magazine and this issue is no exception. We focus once again on meditation – but from a slightly different aspect. We also have articles from Sue Flamm, Zoe Knott, Dagmar Khan and our Patron Julie Gudmestad all of whom will visit YTI for seminars this year. Osteopath, Myles Cottrell writes about Core Strength and we share the Tibetan Rites and Eye exercises with you. We have our regular preview and review pages together with our Teacher Trainee page on Asana. Further contributions from Pam Butler and Mary Moloney ensure that this issue is full to capacity with lots of interesting reading.

News Update: Towards the end of January and on behalf of YTI, I had the pleasure and privilege of attending Independence Day, the Anniversary Celebration of Indian Independence hosted by the Indian Ambassador to Ireland, Her Excellency Mrs Lokesh. In her speech, Mrs Lokesh spoke about the strong spiritual connection between India and Ireland, whether through business, technology or yoga and Indian culture. The Ambassador also told us that the United Nations had designated the 21st June as International Yoga Day – more of which you will read later. Also in January, YTI offered another Yoga in the Chair seminar. This seminar was held in association with MS Ireland and was again very well received with over thirty people attending the day. YTI's Elma Toland facilitated the workshop and we were also thrilled to have Roseanne Duke from MS Ireland in attendance. Thanks to your support and the success of the day, YTI will be delighted to make a donation to MS Ireland.



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YTI Past Pupil, Connie Walsh facilitated a Yoga for Cancer Care course for us, the final day of which will take place in May. As you can see, January has been a very busy month for YTI – lots happening. The launch of the new YTI Ambassador programme has certainly been an exciting highlight. Over the next few months, our new ambassadors will be 'out there' nationwide in their local communities, promoting yoga and YTI. Their stories will become a regular feature in our magazine. If you would like to become an YTI ambassador, please contact the office for more details of what is involved.

Our annual Residential Weekend took place at Emmaus Retreat Centre, Co. Dublin at the end of February. The YTI residential weekend is now very much an extension of our teacher training course and gives all our trainees an opportunity to enjoy different levels of Yoga provided by some of our YTI past pupils. This year they also enjoyed workshops on philosophy, anatomy & physiology and child protection. I would like to offer sincere thanks to all our YTI tutors Marie, Linda, Elma and Jakki and a very special thanks to our visiting tu-

tors for the weekend – Brenda Rock, Anne Macken, Patsy Toland and Michael McCann. A fantastic weekend was had by all.

We are currently preparing for our regular promotional weekend at the Mind Body Spirit Festival in the RDS during the St. Patrick's weekend. The festival weekend will again highlight the benefits of yoga, so come along and see us or even better, if you have some spare time over the Bank Holiday weekend, you might be able to help out on the YTI stand. We are always looking for volunteers. Many of our course participants would have made their initial face to face contact with us through the Mind Body Spirit festivals.

Membership: Sincere thanks to all those who have renewed their membership for 2014/2015. YTI really appreciates your support. As you know, the YTI membership year runs from 1st September to 31st August annually and we depend on your subscriptions to keep the energy flowing within the organisation. To make the task of renewing much easier for you, you can log onto our website and pay through our PayPal scheme, which is working really well for us. I know you will want to continue to be a part of all we do in YTI and as a yoga teacher, stay on our professional register. (For those too late for the printed version of our Referral Register, you may still be included on the YTI website)

Training with YTI: With anatomy and physiology exams just around the corner for all our trainees, I would like to wish them all the very best of luck and hope that they all achieve the result they deserve. If you would like to train as a yoga teacher with YTI this year, we will hold interviews for course places on Saturday 11th April. I would make a special appeal to all our past pupils, who may have potential trainee teachers in their midst, to encourage them to apply for our course. YTI is considered the training leader in the yoga sector, ensuring that all our teachers are qualified to the highest standards through the in-depth study of anatomy and physiology. You know that, having completed our course, your students can also be assured of the highest quality training possible. Do contact us for an application form and details of course commitment.

YTI will also offer a new Yoga Therapists course commencing in September. If you are a yoga teacher with a minimum of two years regular teaching experience; would like to further develop your knowledge and skills; you are eligible to apply for this course. Full details of what the course involves are on our website and available from the YTI office. New courses in Yoga for Sport, Yoga for Children and Yoga for Pregnancy will take place in September/October. So if you are interested in furthering your studies; enhancing your teaching skills, please see further details about all these courses towards the back of the magazine. You will also see that YTI is offering a Yoga in the Classroom day especially for primary school teachers and SNAs, so if you know of local school teachers who might be interested in attending this workshop, please let them know.

Forthcoming Events: Remember that as an YTI registered teacher, we strongly encourage you to attend a minimum of two In-Service training days each year as an on-going commitment to your own self-development. As already mentioned, up to the end of this academic year, we will have visits from Zoe Knott, Julie Gudmestad and Michael McCann. Already there is huge interest in each of these workshops, so don't leave it too late to book in. Looking further ahead to autumn, we will be joined by Dagmar Khan for a Yoga TuneUp workshop and Sue Flamm for a Restorative Yoga workshop. In 2016, we look forward to visits from Charlotta Martinus and Bo Forbes.

To celebrate YTI's 15th Birthday and International Yoga Day on the 21st June, YTI will offer an afternoon of Yoga in the Park at St. Ann's Park, Clontarf, Dublin 3. YTI is delighted that this very exciting event will be held in association with the Indian Embassy. We will bring you more news on this event very soon through our Facebook and Ezine.

We would love as many YTI teachers and their friends, as possible, to come along to celebrate all that is India, yoga and YTI. As I close my letter, may I wish you all the joy and exuberance of the season and hope that you draw enormous energy from the life force that surrounds you.

Yours in yoga, Maureen Nightingale
Yoga Therapy Ireland Spring 2015

Contributors... to this issue...



Dagmar Khan is the first *Integrated Yoga Tune Up®* teacher in Europe and leading mobility expert in Ireland, with over 15 years of experience in Yoga, Stress Management and Pain-Free Wellness. She is a sought-after stress expert who specialises in helping people conquer physical roadblocks, rehabilitate from painful injuries and become the CEOs of their own health. Dagmar regularly presents wellness programmes in universities and medical centres, runs successful online health advice and trains mind-body professionals to embrace self-care into their movement protocols.

Dagmar is the creator of STRESS-LESS: REDUCE ANXIETY & RESTORE EMOTIONAL BALANCE. She is the contributing fitness expert to Beat 102 103 & Waterford Today, and her work has been featured on Dublin City FM, WLR FM, Munster Express and Waterford News & Star. **For more information visit www.dagmarkhan.com**



Pam Butler arrived in Ireland fifteen years ago via Asia and lives in a nature sanctuary and ancient woodland in Carlow. Qualified to teach yoga in 2000, she has instructed beginners and those establishing their own practice for 15 years. She holds an MBA in Professional Arts Management and is editor of *Common Sense*: a book about people, planet and profit by a venture capitalist (**available at www.astraea.net/shop**). **www.pambutleryoga.com; yoga@astraea.net**.



Mary Moloney B.Ed. N.D.. Dip.Herb.. is a naturopath and herbalist with a background in education. She is a graduate of C.N.M. (College of Naturopathic Medicine Dublin). She currently sees people from her own home in Kildare. She has a special interest in digestive problems and pain management. **For more information call 045 875665/0879325435**
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Joanne Bredin has been practising Ashtanga and Vinyasa yoga for eight years. She is completing 2nd year of the YTI Teaching Training Course. The course has been extremely interesting and fulfilling. She is looking forward to continuing her yoga journey through teaching and continuous learning.



Sue Flamm (Puja) is a Yoga Teacher (500 RYT), Yoga Teacher Trainer, author and Certified Massage Therapist who has been teaching yoga for almost 30 years. She has led numerous retreats, trainings and thousands of classes. She spent six years on the staff at the Kripalu Centre in the USA as a yoga teacher, programme director, massage therapist and cook. Originally certified in Kripalu Yoga, she went on to study Iyengar, Ashtanga and Anusara yoga styles. Her teaching encourages physical opening, strengthening of the muscular and organ systems, bridging interconnections within, deep relaxation and the cultivation of loving kindness.



Peter Walsh is a YTI yoga instructor who teaches in Co. Meath. He believes that yoga is not about making shapes with your body but rather about giving people the skills to deal with the stresses of everyday life, and allowing people to develop functional strength with functional flexibility. He believes it's about bringing people back to themselves. He feels privileged to be a YTI Ambassador and being able to make yoga a part of people's everyday lives.



Julie Gudmestad, PT began teaching yoga in 1970 when she was a student at Reed College. Introduced to Iyengar yoga in the late 1970s, Julie became Iyengar certified in 1988. At that time, she opened her own studio and began to train the teachers who currently teach there.

Julie attended physical therapy school at Pacific University, graduating in 1977. She opened her private practice in 1983, and has practiced physical therapy continuously since that time. Julie has advanced training and work experience specializing in orthopaedic problems, chronic pain, sports injuries and stress-related problems.



Charlotta Martinus was born in London to a Swedish mother and an English father, Charlotta had the opportunity to experience the Swedish non-competitive school system, which influenced all her dealings with teens throughout her career.

She worked as a language teacher (as did her mother and grandmother before her) from leaving university until her mid-thirties, then found yoga, which she quickly wanted to share with this age group. Having taught secondary school students for a while, the transition was surprisingly hard.

However with perseverance and some honest reflection, she was able to share yoga effectively and now is honoured to teach this method to others.

Now, as a single mother with two teen boys of her own, she has the opportunity to practise her theories on a daily basis! She is keen to share not only the postures, but also the philosophy, psychology and all aspects of yoga with this age group, as she feels it is such a magnificent life tool.



Michael McCann's interest in Yoga extends back to 1970 when as a youth he met Swami Satyananda Saraswati. His teachers have been Swami Atmananda Saraswati, Swami Satyamurti Satyananda, Norma Duffield of the Yoga Centre of Ireland, Swami Nishchalananda Saraswati of Manadala Yoga Ashram and Marie Quail. Michael is a YTTC trained Yoga teacher and a Senior Tutor on the Yoga Teacher Training Courses.

The Irish Yoga Market

Academic research by Pam Butler identifies the key issues

Any teacher or studio owner will recognise the questions fundamental to an effective marketing plan:

Who is the target client?

How can the client be helped?

What attracts the target customer?

What new market segments can be developed?

These are not the first questions that pop into mind when you think of “yoga”, but they are an important aspect. Original research I undertook earlier this year provides some quantified answers.

The Irish Market

There is no raw data on the yoga market in Ireland, but a reasonable benchmark is that Ireland has 1,500 teachers and 70,000 practitioners (1.5% of the population).

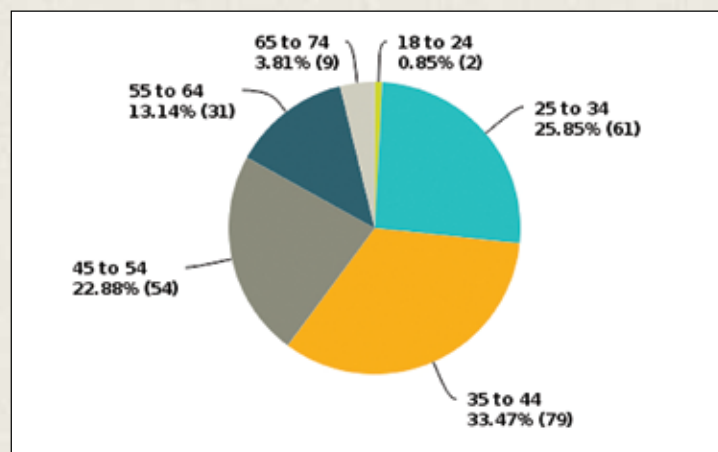
Within the yoga market, there is a great imbalance in the gender participation rate, as anyone who's witnessed an average yoga class will have observed, with only a 12% male participation rate. To give some context, American and Australian research show higher male participation rates:

	America 2012	Australia 2013	Ireland 2014
Female	82.2%	85%	88%
Male	17.8%	15%	12%

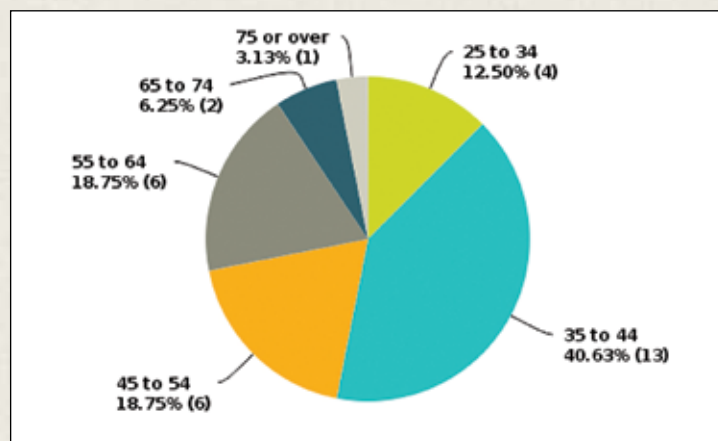
Bikram yoga appears to be more popular with men (it shows up as the most popular form practiced by men at 66%), but such studios operate only in larger urban centres.

Women tend to take up yoga at a younger age than men, as the charts below show.

Female participation by age group



Male participation by age group



Ireland's population is aging, yet participation rates among the older age brackets at 14% is also lower than in America or Australia. This age group defaults to a more “present” rather than “future” temporal view, so to appeal to their sense of happiness, calm colors and a classes timed appropriately (late morning) may work best. Social interaction is appreciated, so encourage it and build a sense of community. This can create loyalty in your customers.

The majority of respondents in Ireland fall in the mid income range, earning €25,000-49,999, followed by slightly higher earners (€50,000-€74,999). These results are slightly different to American research which suggests that higher earners (US\$75,000-US\$124,999) tend to take up yoga. One

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interpretation of this data is that the approach to yoga is more down to earth in Ireland and less attached to brand names and social status as it might be in the US.

Motivation

Given the modern association of yoga with youthful athletic physiques, it is interesting to note that word-association was strongly geared to feelings of peace and calm. The question gave no suggestions – it was free-association. Yet “peace”, “relax/de-stress” and “calm” made up 37% of all responses. The most popular word suggesting physicality was “stretch/stretching”, offered by 6% of respondents. Other words were “breathe”, “strength”, “wellness”, “balance” and “mindfulness”.

Paradoxically, the greatest motivation for starting yoga is “flexibility”. This question allowed respondents to rate answers – so flexibility was the top motivator for 56% of respondents, but mental health (52%) and relaxation (50%) ranked highly as well.

Marketing applications

It's helpful to understand the market profile, but knowing how to capitalise on it is also key.

The Journal of Consumer Research (2012) published an article “How Happiness affects Choice” (Moglner et al). Very briefly, the summary indicates the importance of color in marketing to your target audience. Hot yoga class might try red/ orange images to fire up those wanting athletic yoga; whereas blues and greens will speak to those seeking mindful, calming yoga.

Happiness type	
Calm	Excited
Temporal Focus: PRESENT Colors: Blue/Green Activities: walking, reading, yoga People: spouses, parents Brands: lululemon	Temporal focus: FUTURE Colors: Red/Orange Activities: dance, run, sex People: friends, children Brands: Apple, Nike
Compiled from Mogilner et al (2012)	

New customer segments

Several teachers interviewed for this research commented on how seasons can inexplicably turn up huge numbers one

year and small numbers the next. While some things may be beyond our understanding, tactics for developing new customer segments are available.

For example, knowing that male participation rates are low may encourage teachers to develop this segment by offering stronger classes timed for after-work or evening students. Engaging with athletic clubs and university teams may offer direct routes. The research also shows that men tend to start yoga later than women, so targeting men through men's sheds or other community organisations may yield older (ages 35-44) male participants.

Another tactic is to get inside an organisation, whether corporate, academic or other. Advertising classes that suit that target market (such as an early evening class to catch teachers leaving school at 4:30) may offer results.

Communication

What methods are most effective in reaching the consumer? While the last example – targeting teachers – may involve a flier in the teacher's lounge of your local school, word of mouth is the most cited way people find out about classes, at 56%, through “friends,” “pals” and “fellow teachers” (over 30% of respondents were teachers in this survey).

Internet searches (47%), Facebook (37%) and emails (37%) follow. Fliers account for 18%, but are considered a meaningful way to communicate in small urban centres and when aimed at older market segments. Twitter informs less than 3% of respondents and other apps just over 1% - though this may be on the rise.

Recommendations

- Use simple language for broad appeal.
- Create long-term customer loyalty by creating a sense of community within and outside your class.
- Use appropriate colours and images to target the customer you want.
- Build your brand: If you have a website, business cards and a Facebook page, develop a logo or use the same colour scheme and images across all platforms.
- Identify potential new segments and develop tactics to target your segments – including tailoring your offering.
- Market with satya, truthfulness, taking care to offer only what can be delivered well.

Paschimottanasana

Seated Folded Forward Bend

by Joanne Bredin, YTI Teacher
Training Student Year 2

I love to practice this Asana as it is extremely calming while providing a deep stretch into the back of the legs. It is a regular asana in my own practice. This pose is also very beneficial for the back. Maintaining a bend in the knees enables the student to fully stretch the spine, elongating the vertebrae.

1. Establish the Foundation of the asana

*Starting in Dandasana Pose, sitting on your mat with your legs stretched out in front flat.

Drawing down through the sitting bones, while elongating the spine, crown of the head facing the ceiling, and the chin parallel to the floor.

Palms of the hands flat on the mat, level with the hips.

Draw the shoulders up to the ears, then back, letting the shoulder blades move down the back. Letting the shoulders relax.

Maintain a connection with the breath, while maintaining the seated position.

Engage the lower abdomen muscles and the pelvic floor muscle – keep the core strong.

Continue to maintain a connection with the breath. The breath should be even and relaxed.

2. Show an understanding of the Movement in the asana

*Beginners : allow a gentle bend in the knees.

*Experienced: straight legs, feeling the muscles along the back of the legs connected to the floor. Two feet active-heels pressing toward the wall in front and toes pointing toward the ceiling.

*Elongate the spine, on an exhale, fold forward from the hips, drawing forward with the chest leading the trunk in the fold forward, maintaining a long straight spine. Draw both arms forward in line with the spine.

3. Maintain the asana with ease

Maintain the breath through the Asana. Use the arms as support stretched forward, if you are a beginner.



Elongate the abdomen. Keep the chest open helping to remove rounding in the back.
Keep the shoulders in the sockets as there is a tendency to over extend them.
Gaze toward the big toe.
The fold is working from the Pelvic abdomen.

Students with experience may be able to reach their feet with their hands, let the elbows bend out to the side, moving further into the fold on an exhale.

4. Show Safety Points

Maintain bent knees, particularly if the student has a weak lower back, or if the student has tight hamstrings. Letting the arms rest on the shins or thighs rather than over stretching to the feet.

Maintain a straight spine, Drawing forward from the chest, will help remove rounding in the spine.

5. Return to the start to complete the pose

* On an inhale, unfolding out of the pose, maintain a long spine grounding through the legs unfolding from the hips.

6. Benefits:

Deep stretch and release in the muscles along the back. Stretching the hamstrings and all the muscles along the back of the legs.

Increase circulation in the hips and generally the entire pelvis.

7. Contraindications:

Place a rolled blanket under the thighs to support the legs during the pose.

Place a rolled blanket just under the sitting bones, raising the base of the pelvis, enabling the fold forward.

Yoga – Chill Time for Teenagers

The burgeoning science of neuroscience meets the ancient science of yoga and mindfulness, and the results are astonishing, says **Charlotta Martinus**



Middle-class, middle-aged women stretching in leotards and tights; pretzel shapes in town halls across the land. Is this image indelibly printed on your mind at the mention of yoga?

No longer!

Now it is Ryan Giggs, the English Rugby team, Sting, Lady Gaga, sporting the cool yoga mat, proudly strutting down Sunset Boulevard or onto the pitch in Hello! magazine. Yoga has broadened its horizons and is now available to men, women, babies, kids and now.... teens!

In the beginning, the response from the main schools in my town in the U.K. was overwhelmingly negative:

“You must be joking! You will not find my kids doing yoga!” was the reply.

Forlorn, I returned home, and noticed I started getting emails from Mums.

“I have been teaching my daughter a little yoga here at home and she is really keen to do it at school. Could you teach her?”

“I have heard that yoga might help the boys up their game. Can you come and teach them?”

As Schumacher so keenly observed, ideas go through three stages: ridicule, rejection and finally acceptance. I have experienced all of these, and feel very excited to be in the final phase, where I have more schools than I can take on, and am training yoga teachers to work in schools.

Over the last year, the number of students on the teen yoga courses that have been funded by their institutions has risen from 5 – 20%, or from approx. 7 to 20 students per course. We ran two courses per year for a period of time; now we run 12 per year and all over the world.

The interest has grown exponentially. Why?

In the UK, like in most other countries in this increasingly globalised world, we are experiencing an alarming increase in anxiety and stress. This has led to an uncontrollable epidemic of depression and other mental health difficulties and the health and school systems cannot cope. The lack of money and expertise in the school culture in dealing with these issues, the high cost of pharmaceutical drugs and the diminishing budget within the NHS has led to an increased interest in mindfulness and yoga as a form of both therapy and prevention.

The science of wellbeing

Yoga, as the mother of mindfulness, presents schools with an Yoga Therapy Ireland Summer 2014

infallible science of wellbeing, answering all their prayers. To teenagers, yoga presents a cool exercise class or just chill time, where they can totally be themselves and also relax from the academic and social pressures imposed upon them on a daily basis.

Adolescence is a time of massive transition, neurologically, physically, socially and emotionally. Recent research has given us a deep insight in the workings of our brains in a way that has never happened before.

During adolescence, our brains undergo the biggest change since in utero, where the focus moves from the amygdala, the fear button, to the prefrontal cortex, the place of cognitive maturity, where we are able to make careful and considered decisions.

For those of us who have experienced trauma, this shift may occur to a small degree only, or not at all.

It has been proven that in certain yoga exercises involving new learning, new movement and conscious breathing, the pathway from the cerebellum at the base of the brain to the PFC becomes stronger, thereby encouraging heightened cognitive function. Also, the corpus callosum, which is the part of the brain between the right and left hemispheres, thickens and becomes more effective during alternate nostril breathing, which enhances the communication between the creative, intuitive side and the mathematical and logical side of the brain.

In plain English, this means that you become cleverer when you do yoga and also it can heal trauma!

Well, we knew this, right?

We learn faster, we have a greater ability to hold information and sort it out, and our brain becomes more integrated. This means we have more of our brain available to us at any given time, and all the parts of the brain work better together. We have better emotional regulation and are less impetuous and less affected by our strong emotions. These are only the mental effects of yoga. Imagine these combined with the physical effects? It becomes quite an attractive tool for both parents and students!

Leeds University in the U.K., together with many other universities across the world, has been monitoring the outcomes of the impact of yoga on a group of young kids aged between 11 and 16 years and found that they:

- Feel a greater sense of community
- Feel more able to be themselves
- Feel calmer
- Have reduced symptoms of ADHD
- Remedial for autism
- Feel more focussed
- Attain better academic results
- Are able to regulate emotions more effectively
- Feel more in control

Quite some result for the cost of a yoga teacher each week! No wonder yoga for teens is taking Europe by storm! It is proving itself to be the science of wellbeing it set out to be 7000 years ago!

The Five Rites were designed by the Lamas of Tibet to stimulate the Chakras, leading to better overall wellbeing by restoring health and vitality to our mind and body. Apart from the physical movements, the Rites were designed to also teach us principles similar to the Yamas and Niyamas of Patanjali's Yoga Sutras, the fundamental principles of a noble existence.

Nowadays, they are "promoted" for their powers of rejuvenation, anti-aging properties and as a quick-fix workout routine. Whatever your motivation, this sequence of movements will leave you feeling energised and ready to face the day.

The Sixth Rite

There is a crucially important sixth Rite, one that is not commonly practised. It is linked to the higher yogic practices laid out by Patanjali in the Eight-Fold Path. The sixth Rite relates to one of the Yamas, Brahmacharya, the practice of strict celibacy by means of abstinence from sexual activity and the loss of sexual energy through orgasm. It is also one of four stages of life in the Vedas and Upanishads. As this is a practice which most of us have not yet reached, in this article we will focus on the physical movements only.

The Practice

At first, simply get to know the movements and let them flow naturally through you. Ideally, each Rite should be performed 21 times, but to begin with, break them into three sets of seven; or simply do what you can at any given time.

RITE No. 1

The first Rite is designed for the purpose of speeding up the Chakras.

Stand upright with arms outstretched, parallel to the earth. Lead with the left foot as you pivot on your right, turning clockwise until you get slightly dizzy. To lessen dizziness, find two focus points, or Dristhi, one in front, the other behind you. Focus on these two points and spin your head quickly to find them before your body does, like a dancer would. Do not forget to breathe and engage your lower bandhas.

Rest in Tadasana (Mountain Pose) with eyes closed, in preparation for the next movement. Focus on your inner sensations.

RITE No. 2

The second Rite is designed to further stimulate the Chakras and strengthen the abdominal muscles and core.

Lie on your back with arms stretched out beside you and your

legs fully extended and engaged. Inhale to prepare, then exhale to bring your legs up overhead, vertebrae by vertebrae, as you would for Halasana (Plough). Do not let the knees bend. Hold, take another breath, then exhale and roll back down the same way you came up; breathe as you feel is necessary. Make sure not to hold your breath. With each repetition, establish a breathing rhythm. The more deeply you breathe, the better.

Rest when you need to and listen to your body. Hug your legs into the chest and rock side to side to soothe the back and pelvis. In preparation for the next Rite, relax in Savasana (Corpse Pose) and tune inward.

RITE No. 3

This Rite should be practiced immediately after Rite No. 2.

Practice with the eyes closed.

The third Rite is designed to mobilise the mid-body, strengthen the core and stimulate the Solar Plexus, heart, and throat Chakras.

This Rite is similar to Ustrasana (Camel Pose). Come on to your knees, placed slightly further than shoulder-width apart, and place your hands on your lower back for support. Inhale to gently bring your hips forward as you lift the heart centre upward. Tilt your head half-way back and exhale to return to upright.

Rest in Balasana (Child's Pose) when necessary as well as at the end of the set. Focus your attention on your breath as you breathe into your lower back, hips and pelvis. Now massage your Ajna Chakra (Third Eye), in preparation for the next Rite.

RITE No. 4

Energetically, Rite No. 4 works on same Chakras as Rite No. 3. It strengthens the arms, legs and gluteus muscles.

Sit with the knees bent and both feet on the floor, shoulder-width apart. Bring your hands just behind you and finger tips faced forwards. Inhale and raise your hips up as high as possible, maintaining the alignment of head, neck and spine. Exhale to come back down with control.

When necessary, as well as when you are finished, rest in Savasana or lie on your back with the knees bent towards the armpits, rocking side to side. Focus on the sensation of letting go and allow your body to melt into the floor as you make the transition to the last Rite.

RITE No. 5

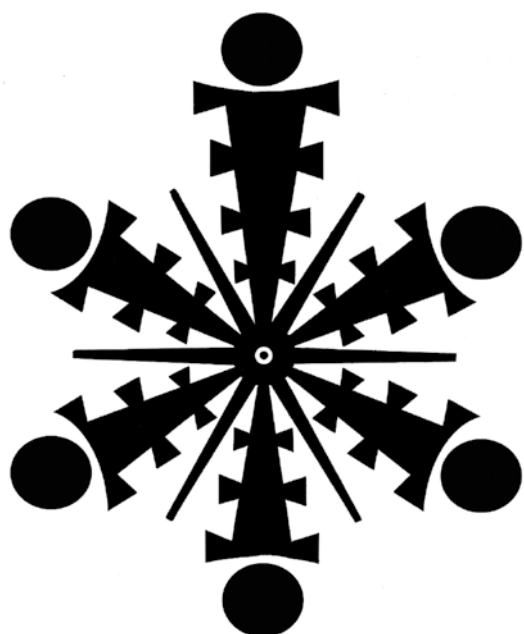
The last Rite is designed to stimulate all the Chakras. It strengthens the entire body.

Start in all fours with your hands and feet shoulder and hip-width apart. Check that your elbows and knees are not locked by keeping them slightly bent. Inhale to move into Adho-Mukha Svanasana (Downward-facing Dog). Exhale to return Upward-facing Dog. As you get better, speed up the movement a little.

When you need a break, rest in Balasana (Child's Pose), then continue.



**Recharge your
mind and body
with these five
mystic rituals
from Tibet**



The Tibetan Wheel Eye Chart

The Tibetan Wheel

Exercises to Strengthen and Heal the Eyes

The "snowflake" image should be enlarged to about 12 cms. diameter. You can also get the Tibetan Eye Chart as an app. www.TibetanEyeChartApp.com.

For generations, the people of Tibet have used natural methods to correct visual weakness and improve their eyesight. Chief among the methods employed has been the use of certain eye exercises. The figure on this chart was designed by Tibetan Lama Monks to give the necessary corrective exercises and stimulation to the muscles and nerves of the optical system. If practised for just a few minutes, twice per day, it is believed the eyesight should improve greatly over a period of time.

Normal eyes shift rapidly and continuously. Eyes with defective vision are fixed. When staring, eyes learn to shift and vision is improved. The eyeball is like a camera and changes in focal length. To focus the camera you must adjust the distance from the negative to the front of the camera lens. Increase this distance to focus for close vision and decrease it for distant viewing.

The importance of relaxation

Tension causes eyestrain and impairs vision. Relaxation relieves tension. Relaxed eyes are normal eyes. Whenever the eyes lose their relaxation and become tense, they strain and vision becomes poor. Vision can be improved only by education in proper seeing. Proper seeing is relaxed seeing. Six muscles on the outside of the eyeball control its shape: four reach from front to back that flatten the eye, the other two belt it around the middle and squeeze it lengthwise from front to back. When the eyes are relaxed, these six muscles are flexible and co-operate automatically, adjusting the focal length as described above so that your eyes may see both near and far. Relaxation of the eye and mind brings relaxation to the entire body. This general relaxation increases circulation and brings improved visual, physical and mental health. Relaxation is therefore essential to optimum visual performance.

Palming to relax the eyes

The best way to give eyes a rest is to place them in darkness. Eyes need rest periodically. Three to five minutes of palming is good; 10 to 20 minutes is even better. Put the left palm over the left eye at an angle to your nose and try to achieve a perfect fit. Then do the same with the right eye. The four fingers of one hand should be held gently across the four fingers of the other hand, the angle where they meet fitting over the bridge of the nose, so that the hollow of the hand makes a slight vacuum pressure on the eyeball. Keep the hands loose and soft. Try to rest the elbows on your lap or a tabletop. There must be no pressure on the eyeballs. Check this Yoga Therapy Ireland Spring 2015

by opening and closing your eyes under your palms.

It is more important to achieve absolute darkness in front of the eyes than the duration of the palming. Also, try to imagine blackness; it will help your mind to relax. Another extremely important point is proper posture. The spine and the neck must be in correct alignment. If you need to bend, make sure that you bend from your waist so that your spine and neck are still aligned. It is extremely important for the blood vessels. Also, natural sunlight is good for the eyes. Try to do your exercises using real sunlight, not artificial light.

How to use the Tibetan Wheel Chart

Attach the chart to a convenient wall with the white centre spot in line with the nose. It is very important that you hold the image very close to the tip of your nose. By moving your eyes in various steep angles around the dial, you begin to stretch your eye muscles, and as a result they begin to recover their normal flexibility and your corneas will revert to their original shape, restoring clear, natural vision. The idea is to move the eyes slowly clockwise following the outer edge of each arm of the figures, including the black spot, until the beginning point is reached. Then repeat the same action in a counter clockwise direction.

Directions: 1 Place the Tibetan Wheel about 3 cms ($1\frac{1}{4}$ inches) from your nose, with the tip of your nose in line with the white circle in the centre. You may not be able to see the chart sharply; the purpose is to exercise your eye muscles.

2 As you inhale, move your eyes straight up until you can see the ball. Begin to move your eyes down at the same rate you are exhaling, as slowly as possible, letting your entire body relax.

3 Continue around the chart, first in a clockwise direction, and palm; then in a counter-clockwise direction, and palm again.

(You may do this exercise four times a day, but take at least two hours of rest in between.)

Distance movements: Look at the tip of your nose. Then look at the furthest horizon for two seconds, then near again for two seconds, continue. **Peripheral movements:** Circle first anti-clockwise and then clockwise in a big circle; repeat five times. After each cycle, blink to relax the eyes and then do three to five minutes of palming. Repeat the exercise, always being careful to avoid eyestrain.

...and breathe

Remember to breathe deeply and rhythmically. Breathing is essential to vision, as it oxygenises the blood. These eye exercises are designed to release the tension you may be holding in your eye muscles. It is important that you co-ordinate your breathing with the action of the eyes.

Synovial Fluid & Inflamed Joints

Continuing our series on Yoga Therapy for Common Ailments and Injuries by **YTI Patron, Julie Gudmestad**

Yoga can help Synovial Fluid keep your Joints at their Strong and Supple Best

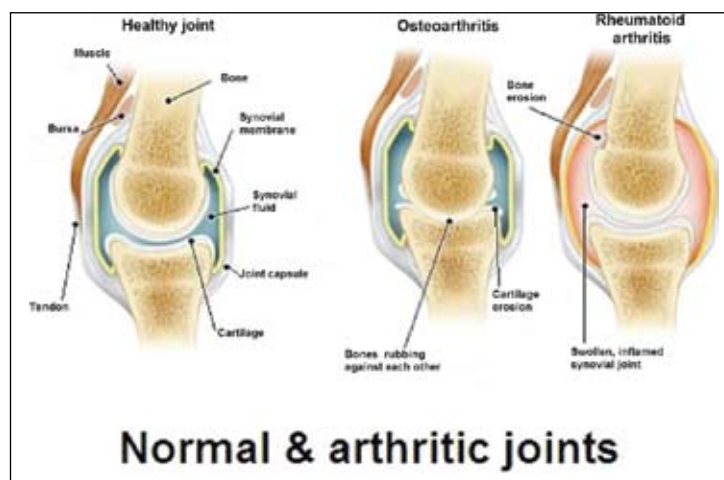
When my students are feeling warm and good and happy after a class, I jokingly ask if they feel like they've just had a tune-up and oil change. In fact, while yoga doesn't change any fluids, it does do a wonderful job of moving fluids around in your body. Your blood circulates in your arteries and veins, and your lymph flows through the spaces around all your cells; both fluids can be cleansed of metabolic by-products and your blood replenished with oxygen and nutrients. Yoga also helps circulate the synovial fluid inside your joints, but - contrary to common perception - it doesn't warm up or stimulate the manufacture of this important substance.

So what is synovial fluid? And if yoga helps move it around, what effect does that have on your health and mobility?

synovial joints, which are freely movable and need a system that cushions the ends of the bones, allowing them to glide over each other without friction. This system consists of hyaline cartilage, the smooth, whitish covering on the ends of the bones, and the synovial fluid, which fills the space between the cartilage surfaces and facilitates smooth, painless movement between bones.

This clear, slightly viscous fluid is also important because it delivers nutrients and oxygen to the hyaline cartilage, which - unlike most body tissues - doesn't have its own blood supply. Any joint movement helps circulate the synovial fluid, which feeds the cartilage; practicing yoga poses therefore helps keep the cartilage well nourished. Each synovial joint has a fibrous capsule surrounding the joint, which helps hold the bones together, along with the ligaments (which join bone to bone) and tendons (which join muscle to bone).

The joint capsule is lined by the synovial membrane, which manufactures the synovial fluid. Your body automatically produces the necessary amount of this lubricating fluid. Although the idea that yoga stimulates production of synovial fluid creates a lovely image, there actually isn't any time when the well runs dry.



Inflammation: When Too Much Is Too Much

In fact, the only problem with the amount of fluid occurs when there is too much. This problem is part of the inflammatory process, which is defined by the presence of swelling, pain, redness, and heat.

Inflammation is the body's response to injury, as well as part of the process of arthritis, which includes the wearing away of hyaline cartilage. (In more advanced cases of osteoarthritis - the wear-and-tear arthritis commonly associated with old age - and in rheumatoid arthritis - the autoimmune disease in which the body attacks its own joint tissues - the synovial membrane also becomes painfully inflamed, and the cartilage can wear away until bone rests painfully on bone.)

Because increased synovial fluid production - we see it as swelling - is associated with injury and inflammation, you don't want your yoga practice to stimulate this production. In fact, we teachers should encourage students to practice in such a way that, over the months and years, their joints become healthier and stronger, and that they avoid strain and injury. One of the best ways to avoid joint damage is to teach students to pay attention to any pain in or directly around a joint, and to modify or change the alignment of

Understanding Synovial Fluid

Synovial fluid is the slippery fluid that fills most of the body's joints. All joints occur where two separate bones intersect or overlap, but there are a few that don't contain synovial fluid and have very limited movement, including the intervertebral (between the vertebrae) discs and the two sacroiliac joints on the back of the pelvis. The rest are



“Pain in or around a joint means one of two things: you are overstretching connective tissue, such as tendons and ligaments; or you are compressing the joint surfaces”

the pose to eliminate that pain. Pain in or around a joint means one of two things: you are overstretching connective tissue, such as tendons and ligaments (which are designed to stabilize joints and will cause a joint to become hypermobile if overstretched); or you are compressing the joint surfaces, which can contribute to arthritis. So "no joint pain" should be your teaching rule. Leave the work on joints to trained health care professionals who know whether, and precisely how, to improve joint mobility without damaging the joint's cartilage or support system.

On the other hand, what should a teacher do if a student arrives at class with an already inflamed joint? A common example is a sprained ankle, which is painful, swollen, hot, and may be red. Ankle ligaments are often violently overstretched by stepping in a hole or slipping off a high heel, but any joint can become inflamed by damage to a ligament or tendon. Common examples are tears, which are often associated with accidents and athletic activities, and overworking a joint beyond its current level of condition.

Overworking a joint to the point of inflammation can occur while doing yoga, perhaps by repetitively practicing a pose in incorrect alignment and thereby putting strain on ligaments or tendons. Also, seriously deconditioned or even atrophied shoulder muscles, for example, can easily be overworked by even a few Sun Salutations. And arthritis, of course, provides joint conditions that are easily provoked into inflammation.

How to Respond to Inflammation

The bottom line here is that an inflamed joint should never be pushed, stretched into pain, or worked vigorously, because the risk of increasing or prolonging the inflammation is great. It's much better to train your students to respond to the inflammation in a way that promotes health. Use the example of a sprained ankle to guide your problem solving. A sprained ankle is usually stabilized with a wraparound bandage, brace, or, in severe cases, even a cast. These stabilizers prevent movement, allowing the strained tissues to heal without disturbance. But if, instead, you move and stretch and work an inflamed joint, you'll likely cause repetitive micro-trauma, which disrupts the healing process and may actually cause more damage.

So when dealing with inflammation, encourage your student to work vigorously on other parts of the body, and to choose poses that keep the inflamed joint relatively quiet until the pain and swelling have receded significantly. This is not to say you shouldn't move the joint at all - mild, unforced movements help the healing process by circulating the blood to ligaments, tendons and muscles, and by circulating synovial fluid to hyaline cartilage. However, if the inflammation or pain is severe, or the problem is showing no improvement or is even getting worse, urge your student to see a health care provider to evaluate the problem, run necessary tests, and prescribe a treatment plan.

Core Strength Vs Core Stability

by Myles Cottrell

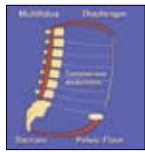
Core strength / stability is a real buzz-word at the moment, and with good reason. The lumbar spine needs strength to help support the upper body, allow effective body movement and thus reduce the strain on the lumbar discs and pelvic viscera.

The difference between core strength and core stability

There may be some confusion regarding the difference between core strength and core stability: Core strength can be described as the amount of strength that the core can produce to perform a desired movement.

Core stability is the ability of the body to resist strain from movement. In other words, it is the ability of the core muscles to work in an efficient and coordinated fashion to maintain correct alignment of the spine and pelvis while the limbs are moving. Therefore, it is imperative to develop core stability before you strengthen it.

Muscles that support the lumbar spine



The majority of core strengthening tends to focus on the abdominal structures but there are other important muscles that must be trained in synergy with the abdominal muscles to support the lumbar spine. These can be split into two groups:

Deep muscles:

- Multifidus - located under the erector spinae along the vertebral column. These muscles extend and rotate the spine.
- The Diaphragm
- Transverse Abdominis (TVA) - located under the obliques. It is the deepest of the abdominal muscles and wraps around the spine for protection and stability.
- Hip Flexors - located in front of the pelvis and upper thigh. The muscles that make up the hip flexors include: psoas major, iliacus, rectus femoris, pectineus, sartorius.
- The Pelvic Floor

Superficial muscles:

- External Obliques - located on the side and front of the abdomen.
- Internal Obliques - located under the external obliques, running in the opposite direction.
- Rectus Abdominus ("six-pack")
- Erector Spinae- This group of three muscles runs along down your neck to your lower back.

Other muscles outside the core area are important to help stability, such as the gluteals, quadriceps and hamstrings; but I will focus on the core muscles listed above.

Training for stability and strength

Training for stability requires resisting the motion / movement of the lumbar spine whilst actively working the muscles that support the spine - e.g. plank and bridge. Training for strength requires the lumbar spine to move whilst actively training the muscles that support it - e.g. sit ups, crunches.

Exercises

You may be already doing some, if not all of these exercises but it is vital they are performed correctly. I often find that the fittest people tend to do core exercises incorrectly with the belief that as

they are fit and strong, they can do the exercises quickly, and at times quiet aggressively. Quality is the key, not quantity. Once the exercise is performed well and comfortably, the repetitions can be increased, or the length of time "in hold" can be increased. The deep core muscles are examples of slow twitch fibres - i.e. they are designed to work hard over long periods of time, unlike the fast twitch fibres found in large muscles like the quadriceps.

The most common type of injury in the lower back I see in my practice is from postural strains from office workers. Their core is simply not able to support their back for hours behind a desk, especially if they adopt a poor posture. The combination of weakness and strain leads to dysfunction and pain.

The same can be applied to high-level athletes. If their dominant movement muscles "outgun" their core stabilisers, then lumbar spine and pelvic dysfunction often occurs.



1. Bridge: Stage 1: Lie flat on your back with your knees bent at 90 degrees and feet flat on the floor, arms to the side and palms down. Raise your hips up so that

you create a flat line from your chest to your knees, and hold. Start with just 10 seconds and build from there. Once you can hold comfortably for one minute, progress to next stage. Stage 2: Maintain the lift and without allowing any hip rotation bring one knee up so it is held above your waist and hold. Hold for 5 seconds, slowly lower knee down and then raise other knee.



2. Bird Dog: Start on all fours with your hands flat on the floor directly under your shoulders and your knees directly under your hips. Make sure that your knees are

either on carpet or on a mat; if the knee is uncomfortable some hip rotation may occur. Keeping your back straight and flat, raise left arm up and straighten right leg back, a good way to maintain a flat back is to rest a water bottle on your lumbar spine, if it slides or rolls then your back is moving. Hold the position for 10 seconds then change to right arm and left leg.



3. Side Bridge: Lying on your side, raise yourself up on your elbow, making sure the elbow is directly under your shoulder. Keep your body straight and flat with one foot resting on the other. The opposite arm can be held straight up in the air (some find this helps balance) or flat on your side. Again,

start with 10 seconds and build. Don't forget to change, sides.

There are many others, but for the purpose of this article I have selected these three. A lot of you will be familiar with the Plank Pose, which can be included as well.

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Yoga Therapy Ireland Spring 2014

Be your own



“Roll Model”

Do you store wellness in your core?



by Dagmar Khan

When I was going through puberty during my teens, I discovered the world of food and bingeing as a doorway to self-medication, and a way to help me deal with my emotional stresses. I learned how to bury my sorrow in dozens of donuts, reclaim my broken heart with death by chocolate and deal with my personal insecurities by ordering large ice-cream sundaes.

At the same time, I was trying to escape the danger of gaining weight, so I would often “punish” my body with extreme workouts. The treadmill was my GURU and I could not skip a day without heavy cardio workouts, which would still leave me “empty on the inside”.

My life was built on two extremes - one side was the world of eating and bingeing and the other consisted of calorie counting, extreme diets and punishment through exercise. There were no days filled with love, rest and self-compassion, as I was constantly at war with my body, especially with my core. Unfortunately, years of playing with food and ignoring my natural hungers created an environment where my body stopped processing food very well. Apart from my emotional wounds, I began to suffer with constipation and often would go for days without visiting the bathroom. My belly would swell extensively, and people would congratulate me on being pregnant. Furthermore, I would often suffer bouts of such pain that I had to curl up in bed and spend hours without any movement.

In my early twenties, upon meeting my beloved teacher, Jill Miller, creator of Yoga Tune Up®, I knew that my life, and my relationship to food, was going to change - forever. Jill's love of the human core, and her signature “CORE INTEGRATION” work has COMPLETELY helped me to overcome my eating disorders and changed the way I relate to myself and my body, every single day.

The Beauty of your Midline

The human core consists of multiple layers of abdominal muscles, including the rectus abdominus, internal and external obliques, transverse abdominus, quadratus lumborum, psoas major and respiratory diaphragm.

All of these tissues affect your digestion, because all of these muscles are wrapped around the abdominal organs, affecting the position of the ribcage to pelvis (which has a profound effect on the optimal downward movement of food).

If some of these tissues are weak or filled with scar tissue, compensatory movement patterns and incorrect biomechanics will set in, massively affecting your ability to absorb nutrients and experience real wellness in your core. In addition, the health of your gut is vastly based on the amount of stresses your body goes through in life. Therefore, if

you are someone who is constantly exposed to alcohol, large amounts of caffeine, garbage food or if you are simply lacking sleep, you will create an environment in which your gut might be more vulnerable to painful cramps, gas and constipation.

The Magic Touch of your Belly

One of the incredible techniques Jill has taught me is massaging my abdomen with a squishy air-filled ball, known as the “COREGEIOUS BALL.” Placing the ball on the abdomen, and practising deep breathing combined with gentle spinal movements is an incredible way to restore circulation into the gut. The enhanced movement of blood will help condition the digestive tract and encourage better performance, thus reducing pain, improving core mechanics and even inducing whole-body relaxation. According to Dr Kelly Starret, founder of Mobility Wod, this practice “should be the first stop for anyone with back pain, post-abdominal surgery, post-partum depression etc.”

Moreover, your stomach area is the BIGGEST reservoir of white blood cells loaded in your body. Recent research clearly indicates that abdominal massage helps to move the white-cells’ rich lymph into your ribcage cavity. In another words, gut rolling helps to move the most potent dis-ease fighting cells into area of the body that might need immune support (such as when you are fighting a cold).

Your lymph does not move north, it is always in a one-way system, which is why exercise and massage are incredible ways to boost your immune system. Placing a COREGEIOUS BALL on your abdomen is a super-effective way to stimulate a deep internal massage that will greatly boost your entire immune system, and speed up recovery from infection.

The Healing Journey

Fast forward 10 years, and I am happy to share that I am in love with my belly, respect my food and comfortably process all of my emotions.

I am not a fan of shredding my abs, or crunching myself into pieces, but I adore intelligent core work that respects and honours all of my abdominal tissues at once.

Exploring the “wounds in my core” was and is a process of deeply conditioning my abdomen, on a regular basis, from inside-out.

The journey of creating wellness in our core may not simply involve sitting in front of therapist. It requires us to look deeply inside ourselves, and to honour every aspect of our being - the parts that are wonderful, the parts that we want to improve, and everything in-between.

I will be teaching the entire process of gut rolling with the COREGEIOUS BALL as a part of my

BE YOUR OWN ROLL MODEL: STRATEGIES FOR PAIN-FREE LIVING workshop on 26 September 2015, hosted by Yoga Therapy Ireland.

If you were to pick out one food that is a given in everyone's diet, it would have to be the humble carrot. From the simple orange mush served to bemused babies to the sophisticated crudités at drinks parties (served to bemused adults), the carrot is a credit to its food group and an all-round versatile vegetable.

Carrot Nutrition

Carrots are an ideal source of antioxidants – in particular carotenoids. They contain a high amount of beta-carotene, the antioxidant that protects your DNA by preventing free radicals from causing damage to your cells – damage which may lead eventually to degenerative diseases. Carrots are also said to have cancer-preventing powers. They provide vitamin C, iron and folate. Juiced carrots in particular provide the body with calcium and digestive enzymes, and are great for detoxing. So, in terms of nutrition, carrots are an excellent vegetable.

Carrot Cuisine

There was a time when the way to prepare carrots was to wash off the mud, scrape, cut into rounds, boil vigorously until soft, verging on droopy, and serve with a big knob of butter, the meat and other vegetable. But of course those days are over. In these enlightened times of celebrity chefs with an awful lot of knowledge about what's good for us, we can forget about boring carrots cooked in

Carrot Cuisine

10 Ways to Eat a Carrot

boiling water. Nowadays, you can juice, blend, mash, roast, steam, grate, make a cake or even eat them raw...

Here are 10 Ways to Eat a Carrot:

1. Carrot Juice

Put two large carrots and two cms of ginger through your juicer (maybe with a small slice of lemon as well) to make a simple and warming pick-me-up juice, great to drink at any time of the day.

2. Carrot dip

Peel and finely chop one onion, then lightly steam-fry until soft. Add two large carrots and one medium sweet potato (diced) and cook for a further 10 mins in a little water. Add more water to just cover the vegetables and simmer for 20 minutes. Drain and reserve the water. Add ginger juice (from a 2 cm chunk of ginger) and a handful of toasted walnuts, then blend it all in a blender until smooth – add more of the reserved water until you achieve your desired consistency. You can also add cinnamon. This dip is a great alternative to a sauce.

3. Carrot Stew with Tarragon

Peel carrots and cut into thick

slices or chunks. Put them in a pan with some water and lightly steam-fry for five minutes. Then add tarragon, a little more water (to cover the base of the pan) and turn the heat down low. Leave to cook for 1 hour 30 mins, stirring occasionally and add more water when needed to prevent sticking.

4. Carrot and Almond Soup

Ingredients

25g. butter
1 clove garlic (peeled and crushed)
125g. onion (chopped)
2 sticks celery (chopped)
250g. carrots (grated)
1 teasp. thyme
1 teasp. cumin
1 teasp. tomato puree
30g. flour
1200 ml. water or homemade vegetable stock
1 tblsp. tamari
90g. ground almonds
sea salt and freshly ground black pepper
1 tblsp. freshly chopped parsley

Method

1. In a large pan, gently fry the garlic and onion until soft.
2. Add the carrots, celery, thyme and cumin and cook for a further 5 mins.

A little bit of Carrot History

An interesting fact about carrots is that they were not always orange. It is believed that the carrot originated some 5000 years ago in Middle Asia around Afghanistan, and slowly spread into the Mediterranean area. The first recorded carrots were mainly purple or yellow, with some white or black.

For more fascinating facts about our favourite vegetable, visit **The Carrot Museum** (yes, really...) www.carrotmuseum.co.uk

3. Stir in the tomato puree and sprinkle over the flour and cook, stirring, for a further 5 mins.
4. Add the stock, tamari and almonds, bring to the boil and simmer for 20 mins. Add the parsley.
5. Blend in a food processor or using a hand blender. Add salt and pepper to taste.

5. Carrot Fries

Cut the carrots into strips and toss in a tablespoon of olive oil and rosemary or paprika. Roast them in a medium oven for 30 mins or so. Carrot fries make a light alternative to sweet potato or potato chips.

6. Carrot Dressing

A lovely dressing to pour over salad or even roasted vegetables can be made from carrot and ginger: juice the carrot and ginger, then combine with olive oil and lemon juice.

7. Carrot and Parsnip Mash

Cut into chunks and boil until soft; then mash with lots of ground black pepper and butter.

8. Carrot Salad

Grated carrot with raisins (soak beforehand to allow them to plump up), nuts and grated apple with honey and mustard dress-

ing (olive oil, white wine vinegar, honey, mustard, salt and pepper).

9. Carrot Dhal

Ingredients

200g split yellow (or red) lentils, soaked in cold water overnight and drained
50ml vegetable oil
500ml vegetable stock
1 onion, finely chopped
2 cloves garlic, minced
1 inch piece of fresh ginger, minced
1 small carrot, peeled and finely diced
1tsp chilli powder
2 tsp ground cumin
2 tsp ground coriander
1 tsp garam masala
1 tbsp coriander, finely diced
salt and pepper
1 tbsp lemon juice

Method

1. Heat half the vegetable oil in a

large casserole dish over a moderate heat, then sweat the onion for 4-5 minutes until softened. Add the garlic and ginger and continue to cook for a further 2-3 minutes. Add all the spices (apart from the chilli powder) and 1 tsp. of salt and stir well.

2. Add the lentils and mix well. Add the stock and bring to the boil, boiling vigorously for 5 mins, then reduce to a simmer for 20-25 mins until soft.

3. Heat the remaining vegetable oil in a frying pan and saute the carrot for 3-4 mins, tossing occasionally. Add the chilli powder to the carrots, stir well and remove from the heat.

4. Adjust the lentils for seasoning and stir in the coriander. Spoon into a serving bowl and top with the carrot, then serve.

10. Carrot Cake with Cashew Nut Topping

Ingredients

4 free-range eggs
150 ml. sunflower oil
80 ml. organic apple juice concentrate
2 bananas
225g. carrots (finely grated)
90g. toasted walnuts (roughly chopped)
55g. sun-dried raisins
220g. organic wholemeal flour
2 teasp. baking powder
1 teasp. cinnamon

Method

1. In a large bowl, whisk the eggs. Add the oil and apple juice concentrate and continue to whisk until the mixture is light and fluffy.
2. Peel and mash the bananas until smooth. Add to the bowl along with the grated carrots, 55g. of the walnuts and the raisins.
3. In a separate bowl, mix together the flour, baking powder and cinnamon. Add the wet mixture and mix very well. Pour into a 23cm (9 in.) oiled and base-lined cake tin.
4. Bake in a pre-heated oven at



gas 5/190 degrees C/375 degrees F on centre shelf for 1 hour until the cake is springy to the touch. Set aside to cool on a wire rack.

Topping

Ingredients

115g. cashew nut pieces
160g. cube tofu
1 dessertsp. organic maple syrup

Method

1. Grind the cashews finely in a coffee grinder or food processor.
2. Blend the tofu until smooth. Stir in the cashews and maple syrup.
3. Spread over the cake, when cool. Sprinkle with the remaining walnuts.

The Meaning of Meditation

Meeting “the
wanting
creature”
within by
Mary Moloney

The^{word} “meditation” has its root in the Latin word “mederi”, which means “to heal”. This would appear to have no connection with the modern usage of the word, but viewing it, as it were, from the root up, I find it rather fascinating.

How does one define meditation? Does it mean sitting cross-legged in an ashram in India chanting as a group in unison, or sitting at home under a tent repeating some sonorous sound out loud through paper thin walls, much to the disconcertment of the neighbours?! There are so many stereotypical views of meditation, and indeed the meditator, that the whole area needs a perceptual disassembling simply to uncover the truth, and in so doing, elevate this ancient art and way of being to the level of public consciousness that it deserves.

Meditation is a practice, a discipline, whereby one quietens the inner chatter of the mind and enters a state of expanded awareness while remaining calm, centred and alert. When one remains concentrated on a state of
Yoga Therapy Ireland Spring 2015



alert stillness, Gabriel Weiss, author of *The Healing Power of Meditation*, says something special happens: "Stillness speaks". According to Eckhart Tolle, writing in his book, *A New Earth*, this shift in consciousness is a type of awakening.

The Zen Buddhists say we have woken up from a dream. The Hindu tradition sees the hum-drum of daily life as a waking dream. Aboriginal culture reiterates this concept. How can meditation, in its many guises, help us recognise the illusion and re-connect with our very essence? How can it ground us so we become aware of what the poet, Kabir, describes as "the wanting creature" within us? Once we become aware that our thoughts, fears and emotions are the stuff of our desires and often a self-styled blueprint for living, for better or worse something happens to us. For the first time we recognise thoughts as just thoughts, feelings as just feelings. Through quietening the mind we become, so to speak, observers on the river bank of our own lives, allowing these said thoughts and feelings to pass by, without engaging with them; neither do we seek to block them.

Buddhist Meditation

In his book *Full Catastrophe Living*, Jon Kabat-Zinn speaks of sitting down to meditate with intention and attention. He speaks of a foundational attitude of kindness and friendliness towards oneself. In what he terms a "sitting meditation", one begins by sitting either in the normal sitting position or the typical cross-legged pose. He then instructs us to bring awareness to our breath. Follow the breath all the way in as it enters the body, through the nostrils, into the chest and finally the abdomen. Then gently track its progress outwards, observing the beginning, middle and end of the exhalation. The meditator then attempts to stay focused on the breath, using it as an anchor for the mind. When thinking reasserts itself, as is normal, one must not get angry at the intrusion but gently, time and again and with a lot of self-compassion, return to the breath. For the beginner, the analogy may be used of a horse whisperer, who may tame the horse through sheer force or alternatively just let him run and rear up as he will, simply observing him calmly. Then the horse whisperer turns away, and eventually the horse gives up and curiously follows the trainer, allowing the halter to be gently placed around his neck. For the new meditator, thoughts can be "the wild horse" and very difficult to subdue. This should be viewed compassionately and non-judgementally. In fact, thoughts can even be named, for example: home thoughts, work thoughts, happy thoughts, sad thoughts etc.

Eventually, thoughts become like the horse, more easily tamed. This takes time, and again the word "non-judgemental" applies. Yoga Therapy Ireland Spring 2015

pears. One shouldn't judge one's efforts. After all, the mind hates a vacuum and all sorts of files present themselves for opening, now that that we're not busy! In fact one new meditator I know remarked, not only do unwanted thoughts present themselves, they positively queue up once he sits down! This does not mean that meditation is only for a select few with excellent concentration. It is a discipline like any other, except this discipline leads us home to our true selves. So often we speak of leading our lives but in fact we should consider following our lives in a more organic way and this is what meditation can show us if we allow ourselves to be led. The quieter the mind, the more we are connected to the ever-present and unchanging, which is always there for our consideration and which is our true home. Unfortunately, most of the time, we run around, never coming home to who we truly are. We remain perpetually distracted by and immersed in externals. We run from pleasure to pleasure, mountain peak to mountain peak, eschewing the valleys. In mindfulness meditation we are encouraged, through present moment awareness, to open up to difficulties with an attitude of kindness and, above all, compassion towards ourselves. We sit with an ever-increasing reverence for the life-flow always emerging in and through us.

Hindu Meditation

Mantra meditation is probably the other great Eastern method of coming home to our true selves. Hindu philosophy refers to the two selves, the small self or ego (which is the "I") and the greater self (with a capital S) which is the Soul, Brahman or Atman. We are encouraged, through meditation, to leave the "separateness" of the ego behind and merge with the greater Self. In what is known as Advaita, the philosophy of non-dualism, we are seen as one with the spirit or one with the universe. We are all truly truth, consciousness and bliss. Unfortunately this innate perfection of our being has been covered over by life, but meditation takes us on a journey, not forward to what sounds like a nebulous goal but back into ourselves, where we uncover this hidden, but never lost, true Self.

Mantras are usually based on a pure resonant sound (invoking the Divine) such as "Om" or "Ram". These sounds vibrate in the mind as anchors to return to again and again, as thoughts attempt to intrude on our consciousness. Gently and gradually the mantra can be released as we merge silently in our minds into the great oneness of our true self. Again there are perils for the new meditator as he or she attempts to "whip the mantra into shape!" or pass it along a conveyor belt, hoping for some result at the end. The mantra should be sounded carefully, giving due attention to each individual repetition in the mind, so the effect goes deep and has an effect which

is vertical as opposed to horizontal. This helps it to dissolve and merge appropriately like sugar in our tea. We may return to it at any time when concentration fades. Initially the mind will challenge this non-doing and restlessness, or sleepiness may occur. If either of these is experienced, it may be wise to do some yoga exercises first to bring the body to stillness and also to energise it. Cold water may be poured on the face if sleepiness persists. Jon Kabat-Zinn says we should do whatever it takes to help us fall into a state of wakefulness. We should treat our efforts as if our life depends upon it, which arguably it does.

There are several different meditation techniques, including chakra meditation, meditation on an object, meditation with a candle flame, creative meditations (where, for example, the meditator visualises enhanced well-being and life flowing as the meditator would desire). For the purposes of this article, I have dealt with the two great eastern traditions of Buddhism and Hinduism.

Benefits of Meditation

What are the scientifically measurable benefits to us of meditation? Deepak Chopra MD states clearly that meditators make only 25% of the visits to their G.P. that non-meditators make. In studies which were conducted, meditators had 87.3% fewer admissions to hospital for heart disease and 55.4% fewer admissions for benign and malignant tumours of all types. Blood pressure and cholesterol levels have also been shown to be significantly reduced by meditation. This is extremely important in terms of life expectancy. Anxiety depression and addiction have also benefitted significantly.

Clearly, sitting down and coming into the well of our own being impacts not just on our mental and emotional health but also on our physical health, and since any disconnection between body and mind is a myth anyway, why wouldn't it? Meditation can be a great ally in times of personal crisis but obviously, one mustn't start the practice when the crisis begins. It must be the bedrock of one's life all along. Just as rice is a staple diet in many world populations, I would advise meditation as another staple.

Many people think it is, perhaps, a way of escaping from reality and entering a type of Nirvana. It is, in fact, neither of these things. Jon Kabat-Zinn refers to it as a state of non-reactive, non-conceptual, choice-less awareness. We embrace our true reality as opposed to all the externals of form and identity which often plague and confuse us in the swirl of life. We already are everything we hope to attain. We must not polish the brass. Really, all one needs to do in meditative awareness is to carefully remove the layers and let its true beauty shine.



“Walking Meditation”

Take my hand.
We will walk.
We will only walk.
We will enjoy our walk
without thinking of arriving
anywhere.
Walk peacefully.
Walk happily.
Our walk is a peace walk.
Our walk is a happiness
walk.

Then we learn
that there is no peace walk;
that peace is the walk;
that there is no happiness
walk;
that happiness is the walk.
We walk for ourselves.

We walk for everyone
always hand in hand.

Walk and touch peace every
moment.

Walk and touch happiness
every moment.

Each step brings a fresh
breeze.

Each step makes a flower
bloom under our feet.

Kiss the Earth with your
feet.

Print on Earth your love and
happiness.

Earth will be safe
when we feel in us enough
safety.

“Walking Meditation” by Thich Nhat Hanh, from Call Me by My True Names: The Collected Poems of Thich Nhat Hanh. © Parallax Press, 1999. Photo: “Monks Passing Vietnam’s Pongua Falls,” by Lilly Calandrello, 2012

“Kinhin” Walking Meditation

Extracts from: *A Guide to Walking Meditation* by Thich Nhat Hanh

Your Steps Are Most Important You Can Do It

In order to have peace and joy, you must succeed in having peace within each of your steps. Your steps are the most important thing. They decide everything. I am lighting a stick of incense and joining my palms together as a lotus bud to pray for your success.

Walking meditation is practicing meditation while walking. It can bring you joy and peace while you practice it. Take short steps in complete relaxation; go slowly with a smile on your lips, with your heart open to an experience of peace. You can feel truly at ease with yourself. Your steps can be those of the healthiest, most secure person on earth. All sorrows and worries can drop away while you are walking. To have peace of mind, to attain self-liberation, learn to walk in this way. It is not difficult. You can do it. Anyone can do it who has some degree of mindfulness and a true intention to be happy.

Going Without Arriving

In our daily lives, we usually feel pressured to move ahead. We have to

hurry. We seldom ask ourselves where it is that we must hurry to.

When you practice walking meditation, you go for a stroll. You have no purpose or direction in space or time. The purpose of walking meditation is walking meditation itself. Going is important, not arriving. Walking meditation is not a means to an end; it is an end. Each step is life; each step is peace and joy. That is why we don't have to hurry. That is why we slow down. We seem to move forward, but we don't go anywhere; we are not drawn by a goal. Thus we smile while we are walking.

Trouble-Free Steps

In our daily life, our steps are burdened with anxieties and fears. Life itself seems to be a continuous chain of insecure feelings, and so our steps lose their natural easiness.

Our earth is truly beautiful. There is so much graceful, natural scenery along paths and roads around the earth! Do you know how many dirt lanes there are, lined with bamboo, or winding around scented rice fields? Do you know how many forest paths there are, paved with colourful leaves, offering cool and shade? They are all available to us, yet we cannot enjoy them because our hearts are not trouble-free, and our steps are not at ease.

Walking meditation is learning to walk again with ease. When you were about a year old, you began to walk with tottering steps. Now, in practicing walking meditation you are learning to walk again. However, after a few weeks of practice, you will be able to step solidly, in peace and comfort. I am writing these lines to assist you in doing that. I wish you success.

Shaking Off the Burden of Worries

If I had the Buddha's eyes and could see through everything, I could discern the marks of worry and sorrow you leave in your footprints after you pass, like the scientist who can detect tiny living beings in a drop of pond water with a microscope. Walk so that your footprints bear only the marks of peaceful joy and complete freedom. To do this, you have to learn to let go – let go of your sorrows, let go of your worries. That is the secret of walking meditation.

This World Contains All the Wonders of the Pure Land

To have peace and joy and inner freedom, you need to learn how to let go of your sorrows and worries, the elements that create unhappiness. First of all, notice that this world contains all the wonders you could expect to find in the Buddha Land. It is only because of our veil of sorrows and worries that we cannot always see these wonders.

I always think that I like this world even better than I would the Pure Land because I like what this world offers: lemon trees, orange trees, banana trees, pine trees, apricot trees, and willow trees. Some people say that in the Pure Land there are valuable lotus ponds, seven-gem trees, and roads paved with gold, and that there are special celestial birds. I don't think I would like these very much. I would rather not walk on roads paved with gold and silver. I wouldn't even use roads that were lined with marble here on earth. Dirt roads with meadows on both sides are my favourite; I love pebbles and leaves covering the ground. I love bushes, streams, bamboo fences, and ferries.

When I was a young novice, I told my Master, "If the Pure Land doesn't have

lemon trees, then I don't want to go." He shook his head and smiled. Maybe he thought I was a stubborn youngster. However, he did not say that I was right or wrong. Later when I realized that both the world and the Pure Land come from the mind, I was very happy. I was happy since I knew that lemon trees and star-fruit trees exist also in the Pure Land, with dirt roads and green grass on all sides.

I knew that if I kept my eyes open in mindfulness and my steps at ease, I could find my Pure Land. That is why I do not let a single day pass without practicing walking meditation.

The Seal of an Emperor

Choose a nice road for your practice, along the shore of a river, in a park, on the flat roof of a building, in the woods, or along a bamboo fence. Such places are ideal, but they are not essential. I know there are people who practice walking meditation in reformation camps, even in small prison cells.

It is best if the road is not too rough or too steep. Slow down and concentrate on your steps. Be aware of each move. Walk straight ahead with dignity, calm, and comfort. Consciously make an imprint on the ground as you step. Walk as the Buddha would. Place your foot on the surface of the earth the way an emperor would place his seal on a royal decree.

A royal decree can bring happiness or misery to people. It can shower grace on them or it can ruin their lives. Your steps can do the same. If your steps are peaceful, the world will have peace. If you can take one peaceful step, you can take two. You can take one hundred and eight peaceful steps.

A Lotus Flower Blooms Beneath Each Step

When an artist or a sculptor creates a picture or a statue of Buddha sitting upon a lotus flower, it is not just to express his reverence towards the Buddha. The artist must above all want to show the Buddha's state of mind as he sits: the state of complete peace, complete bliss. We all sit several times a day, but few of us can sit in peace and with ease, few of us can sit majestically like the Buddha. Most of us get restless after a while, as if we were sitting on hot coals. The Buddha may sit on the grass or on a rock, but he looks as serene as he would look sitting on a lotus flower.

When I first entered the monastery, my master taught me to observe this thought just before sitting: "Sitting with my back straight, I wish all beings may be seated on the platform of enlightenment, their hearts freed from all illusion and mistaken views." Only after I said that

would I slowly sit down. That is the way to learn to sit like a Buddha.

I have a message for students of Pure Land Buddhism: Sit on a Lotus Throne right now, at this moment; do not wait until you get to the Pure Land. Be reborn on a lotus flower in each present moment. Don't wait until you face death. If you can experience rebirth on a lotus flower now, if you can sit on a lotus flower now – then you won't have any doubt about the existence of the Pure Land. The same is true for walking. The Infant Buddha is often portrayed taking his first seven steps on earth, causing a lotus flower to appear in each of his footsteps. We should all cause a lotus flower to bloom with each of our peaceful steps. Next time you practice walking meditation, please try visualizing a lotus flower opening as your feet touch the ground, like a newborn Buddha. Don't feel unworthy of this vision. If your steps are serene, they are worthy of this flowering. You are a Buddha, and so is everyone else. I didn't make that up. It was the Buddha himself who said so. He said that all beings had the potential to become awakened. To practice walking meditation is to practice living in mindfulness. Mindfulness and enlightenment are one. Enlightenment leads to mindfulness and mindfulness leads to enlightenment.

Miracle is Walking on Earth

Walking with ease and with peace of mind on the earth is a wonderful miracle. Some people say that only walking on burning coals or walking on spikes or on water are miracles, but I find that simply walking on the earth is a miracle. Neige Marchand, when translating *The Miracle of Mindfulness* into French, entitled the book *La Miracle, C'est de Marcher sur Terre*. I like that title very much...

...Maintain your practice, aware that your steps are creating miracles. The earth appears before your eyes as something miraculous. With that correct understanding, with that meditative thought, you will achieve blissful steps on this planet earth.

Stand on one foot, and be aware that it is resting upon the earth; see the great sphere upon which it rests. See it clearly – how wonderfully round it is. While walking, look down and anticipate the ground where you are about to place your foot, and when you do, mindfully experience your foot, the ground, and the connection between your foot and the ground. Think of your foot as an Emperor's seal.

In the meditation hall, while doing *kinhin* (walking meditation) remember 'The Emperor's Seal', or 'Lotus flowers blooming', or 'The earth appears' as themes of your walking meditation.

REF: <http://www.abuddhistlibrary.com>

Meditation on the Eternal Flame in the Heart



by Michael McCann

This meditation is an archetypal Yoga meditation based on a profound Upanishadic teaching, echoed in all spiritual traditions, that the Atman or Spirit has its shrine deep within the “cave of the heart”.

Jesus said *“the Kingdom of Heaven is within you”*; and he encouraged us to *“enter thy closet, and when thy hast shut thy door, pray to thy Father which is in secret”*. The “closet” is of course an image of the spiritual heart. Sri Ramana Maharsahi observed: *“That everyone points to the chest when referring to himself by gesture, is sufficient proof that the Absolute resides as the Self in the heart. Prayer is not verbal. It is from the heart. To merge into the heart is prayer”*.

Swami Sivananda tells us: *“The most comfortable, best furnished, and wonderful cave, inspiring holy fear, is in your heart. It is the **hridaya-guha** (cave of the heart) spoken of in the Upanishads, and in which formerly dwelt Dattatreya, Shankara, and Yajñavalka. It is here in modern times that rishis still dwell, who have withdrawn their mind and senses from the outward world”*.

In the **Chandogya Upanishad** there is a beautiful teaching: *“There is a Spirit that is in my heart, smaller than a grain of rice, or a grain of barley, or a grain of mustard seed, or a grain of canary seed, or the kernel of a grain of canary seed. This is the Spirit that is in my heart, this is Brahman”*.

Elsewhere it states: *“In the centre of the castle of Brahman, our own body, there is a small shrine in the form of a lotus flower, and within can be found a small space. We should find out who dwells there, and we should want to know Him. The little space within the heart is as great as this vast universe. The heavens and earth are there, and the sun, and the moon, and the stars; fire and lightning and winds are there; and all that now is and all that is not; for the whole universe is in him and He dwells in the heart”*.

Yoga talks of spaces in the inner body upon which we can meditate, and one of these is the **Hridayakasha** (the “heart space”). When we submerge our attention, deep below the surface of the discursive mind, we enter the heart space, which is replete with a rich treasure trove of symbols and images.

These include: the candle flame, the inner witness, the teacher, inner guru, Divine being, rose of the heart, rising sun, the cross, the figure of OM, star of David, golden egg, jewel in the lotus, Holy Grail or lustrous mirror. Using our creativity and intuition, we can create a meditation on any of these themes and use the template I have provided here.

Each seeker will be drawn to their own sacred symbol for their private meditations; but it is sensible, for a general class, to use more secular, universal archetypes, such as the candle flame, rose, rising sun, or the tiny space in the heart centre. I have used the traditional spiritual imagery of the candle flame in this meditation, but for the general class it is acceptable to pass over any interpretation.

When we move inwards, we experience what is known as **pratyahara**; as Yoga teachers we have many ways of inducing this state of progressive inwardness, and in the example below, we simply submerge the awareness in the heart space, and breathe in and out of that space.

However, you can also use other methods: for example chanting OM three or seven times and then abiding at the heart centre in the potent silence; or even using the **“Closing of the Gates Mudra”**; or sounding the Brahmari vibration at the heart centre. You may also consider engaging **Hridaya Mudra** throughout the practice.

Establishing a comfortable position

- Sit in a comfortable dignified position, spine straight, but not rigid
- Relax the shoulders, let pelvis be stable and supportive
- Eyes closed gazing down towards the heart centre
- Or soft eyes, if eyes are open
- Perhaps resting on the floor, a little distance before you
- Or, alternatively, lie in corpse pose, or with soles on the ground with knees drawn up

Engaging Hridaya Mudra

- Sit in a comfortable meditative position
- Bring the hands into Hridaya Mudra, the mudra of the heart

- Place the tip of the index fingers at the base of the thumb
- The tips of the middle and ring fingers connect with the tip of the thumb
- The little finger remains straight
- Do this with both hands
- The mudra is held lightly, and not tightly
- The eyes are soft, or closed with downward gaze towards the heart
- Awareness rests at the heart centre, behind the breastbone
- This is the centre and core of the being
- The grove of the spiritual heart

Moving in towards the heart centre

- Let the awareness settle on the heart centre, just behind the breastbone
- Feel that the breath is moving in and out of the heart space
- As if the heart is breathing
- Or being breathed
- Be easy with the breath, simply move in close to it
- And allow it to make its gentle passage in and out of the heart space
- Not concerning yourself with the exact location, you know it and feel it
- Alternatively, you may feel the heart space softly expand and contract in harmony with the breath
- As you root your complete attention on the heart space
- Mind resting on a wider expanse, a realm of stillness and silence
- So that mental activity subsides
- As you are drawn progressively inwards
- Now letting go of any sense of practice
- Just abiding, in your centre, in being, in the heart

Entering the cave of the heart

- Now awaken your powers of visualisation
- Visualisation is not mere imagination but a powerful energy
- Go deep into the hyridakasha, the heart space
- The space is dark, but a rich, restful and inviting darkness
- As you continue to gaze within you become aware of a little speck of light
- It seems far away, as if in the depths of a cave
- As you continue to gaze it becomes brighter, and larger
- It gradually takes the shape of a lustrous candle flame
- You see it clearly and note that the flame is unflickering
- A steady, bright flame in a windless place
- You see the flame clearly and your attention is drawn to its background
- The background glows with an ethereal, rose-coloured light
- This is the cave of the heart, the

Meditation ^{A Living}

Meditation and Anger together. Is it possible? asks

Sue Flamm

Is it possible to meditate in the middle of an emotional crisis or when strong anger is present? This partly depends on how you define meditation and its many techniques. If meditation can be defined as “being fully present and conscious with compassion and kindness”, then the answer is “yes”. For me, meditation is not only sitting in complete silence and getting to a quiet, still state of mind; it is bringing awareness into every moment, no matter what is up for me or where I am. This is a living meditation. I have had many quiet, still meditations sitting by the sea near my home and on other occasions. The sea is one of the places that helps me to find that quiet place within. Every morning when I greet the sea, I am grateful for a new day, a new beginning, a new opportunity to embrace life. Meditation can be connecting with nature, it can be watching the breath, repeating a mantra or other technique in an attempt to quiet the mind. Meditation can also be entering into a moment with full consciousness.

Embracing Anger

The other day I was feeling extremely angry and frustrated. Recently my husband

and I decided to separate after 15 years of marriage. Having never been through a divorce before, I found myself in new territory, encountering disappointment, sadness, frustration, anger and relief. One early Sunday afternoon, I asked my almost 14-year-old daughter if she wanted to take a walk to eat at the new little pizza and salad joint that recently opened down the beach from us. She was not at all interested in going, at least not powered by own her legs. I was entertaining a romantic view of us walking down the beach and doing a “mother-daughter thing” together, remembering how walking down the beach brings me such peace and help me to connect to my source. I also knew it was good exercise, which is not always easy to work into both of our busy schedules. She only wanted to go if we took the car. I refused and found myself triggered into a mini-crisis of disappointment, anger, sadness and frustration about our little date and that triggered the same feelings I was having about the bigger divorce that had been encompassing me. I threw a hard-boiled egg that I had been preparing at the tiled wall in the kitchen without thinking, as frustration and rage had risen inside of me. Amidst my anger I had a moment of consciousness, and I thought of one of my beloved teachers, Thich Nat Han, and remembered what he said about embracing anger as you would a baby. The moment

I did that, the compassion, love and tears came flooding in. I embraced my anger and frustration and looked deeply into it. I saw deep sadness and disappointment of having devoted years of myself to my marriage and my dreams all falling to the ground. I felt and embraced my pain. I loved myself in my anger, then in my disappointment and also in my sadness. It changed me.

Healing

I have been reflecting on this for some time and practising embracing my anger in meditation, looking deeply to understand what is beneath this often overwhelming feeling. This was a beautiful moment of being inside the anger and bringing conscious awareness to my absorbed, angry state, experiencing it, and then moving beneath it. Later, I spoke to my daughter about what had happened and learned more about her resistance to walking to the restaurant. We both shared our insights as we ate the simple meal I ended up preparing.

The following morning when I went to teach my yoga class, the teachings flowed out of me. I experienced each word, each breath, each posture and each explanation, fully absorbed in the moment. Something had healed and shifted inside of me; I felt different. I had lovingly embraced more of me. There had been a shift in my consciousness and a deepening of my connection with myself.

Hridaya-Guha

- The candle flame which shines eternally in the darkness represents the Spirit, or Atman
 - It is the Akhanda Jyoti, the eternal flame
 - Its light is the light of Awareness
 - Its flame is the warmth of Love and Compassion
 - But each may interpret the beautiful symbol in their own way, or not at all
 - Feel yourself becoming one with the
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flame

- Commune with it
- And let your mind rest in the silence of the heart

Coming back to the body

- Now become aware of the physical body, your surroundings, and the breath
- With each of several out-breaths feel that you are becoming more grounded
- Finally visualise a cross of light over the heart chakra and surrounded by a circle

of light

- Hari Om Tat Sat

Key stages

- ESTABLISHING A COMFORTABLE POSITION
- ENGAGING HRIDAYA MUDRA
- MOVING IN TOWARDS THE HEART CENTRE
- ENTERING THE CAVE OF THE HEART
- COMING BACK TO THE BODY

yogatherapy ireland

Ambassador Programme

YTI is excited to launch our Ambassador Programme this month! It's a formal programme that targets past pupils who participate as Brand Ambassadors to be an extension for the mission and values of the YTI brand.

This month we turn the spotlight on YTI Ambassador, Peter Walsh – Peter has had an

amazing Yoga journey and his feature story is truly inspirational! Two other Ambassadors, Valerie Herbert and Laura May share their enthusiasm for the new programme.

For more information on the Ambassador Programme, contact debbie.harrington@hp.com



Ambassador Name:

Valerie Herbert

About me: I am a Yoga Therapy Ireland trained teacher. I currently teach

Hatha Yoga (Beginners & Mixed Ability) and Yoga for Sports in Kilcock, Celbridge and Cherrywood.

I am passionate about becoming a YTI Ambassador for a number of various reasons. I believe in YTI and what it stands for. YTI is the leading and most professional yoga training organisation, in my opinion. With an emphasis on safety and under the excellent tuition from highly experienced teachers, the YTI format is second to none.

I have a fun, friendly and extremely positive approach to my teaching and I think this would be valuable to the Ambassador

Programme. YTI can benefit enormously from using the platform of social media, where people enthusiastically and quite regularly share their common interests and goals through creative dialogue.

I am extremely excited to be involved with this programme and I am looking forward to proactively discussing and promoting Yoga Therapy Ireland by getting out there and discussing the value, the image and the perception of Yoga Therapy Ireland, not just on social media but face to face with people.

My innovative plan to be a successful Brand Ambassador:

1. Sun Feb 22nd: World Yoga Day, I taught at the event, distributed magazines and flyers and talked to as many people as possible.

2. Thurs March 12th: Migraine Association of Ireland Seminar. I will be manning a

stand for YTI in the Keadeen Hotel in Newbridge Thursday March 12th 6-9pm

3. Promote YTI and YTI events to my students and friends through my classes and on my social media sites. I am setting up a blog to document my year as Yoga Ambassador throughout the year

4. Hoping to organise a stand at our local village events. We have local festivals, sports events, business association meetings and family fun days in our local sports clubs throughout the year.

5. I am going to try to get into the local schools and offer a class to the teachers. Teachers work in a very stressful environment and spend a lot of time leaning over students or over a desk and I know they could benefit from a yoga class. I will also distribute magazines to my local physiotherapist, osteopath, GPs, local gym and sports club and coffee shops throughout the year.

Arthritis and Yoga

Arthritis is an umbrella term used for a group of medical conditions. Arthritis comes from the Greek terms 'arthro', meaning joint and 'itis', meaning inflammation. In Ireland around 915,000 people, including 1,100 children, are living with arthritis. People who have arthritis experience many symptoms, including pain, fatigue and joint stiffness. This often results in decreased levels of physical activity.

There are many types of arthritis, and the most common types are:

- Osteoarthritis
- Inflammatory arthritis, including rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis
- Fibromyalgia

Guidelines recommend that the majority of people with arthritis should partake in regular exercise in the form of aerobic exercise, strengthening and mobility exercise. The main objective of exercise is to preserve muscle strength and joint mobility, with the aim of maintaining optimum function and quality of life. Exercise is important in mild, moderate and severe disease and at all stages of the condition. Maintenance of conditioning and fitness to a reasonable level is important

for good daily function.

In people with arthritis, yoga is safe and does not exacerbate pain or worsen disease. In fact, Yoga may play a key role in promoting joint health. The health and psychological benefits of yoga are widely recognized. However, regular physical activity is especially important for people with arthritis, who often have decreased muscle strength, physical energy, and endurance in part due to their arthritis. The psychological benefits of exercise such as stress reduction, fewer depressive symptoms, improved coping and well-being and enhanced immune functioning also contribute to greater overall health.

Arthritis Ireland is in the process of building a database of yoga teachers to roll out classes with our branch network nationwide.

If you would like to get involved please contact Rosie Begley, Arthritis Ireland, Community Support Officer Ph: 4960204 E: rbegley@arthritisireland.ie



Arthritis Ireland

Little Things make a Big Difference



Ambassador Name: Laura May

About me: I've been practicing yoga for over ten years now and came to yoga initially as a way of switching off from the daily demands of being a stay-at-home Mum with two small children. My weekly yoga class with Elma Toland soon became the highlight of my week where I learned that yoga is about much more than just 'making shapes'.

I thought about YTI's teacher training course on a number of occasions over the years but with a busy family life there always seemed to be more important things to do. It was just never the right time for me but when my third baby was born I realised that there is no 'perfect time' and you just need to go for it! So with Elma's encouragement I decided to do YTI's Foundation Course in 2011 which led me to undertake the two-year Teacher Training Course which I completed in 2014.

I teach my Hatha Yoga classes locally in Leixlip and Celbridge and feel passionate about sharing my love of breath-centred yoga which connects the mind, body and breath – the true essence of yoga. I believe that yoga is for everyone regardless of age or flexibility!

My innovative plan to be a successful Brand Ambassador:

1. Amend my promotional material (flyers, business cards etc) to reflect the YTI brand and use the logos accordingly in a professional manner.

2. Introduce myself at the start of each new term as a YTI teacher with a therapeutic approach to yoga and an emphasis on safety. This sets all YTI teachers apart from other yoga teachers.

3. Distribute back issues of YTI magazines and bookmarks at the end of a term to encourage students to sign up for workshops.

4. I taught at a yoga event with other YTI teachers to promote World Yoga Day on 22 February and to promote YTI as a professional organization by distributing literature (magazines and bookmarks).

5. All new YTI graduates could be encouraged to use standard promotional material so that yoga is viewed by the general public positively as a professional therapy.

Our other Ambassadors are Brenda Rock, Peter Walsh, Laura May, Ruth Burke, Martina Mullins, Veronica Yeomans, Christina Captieux, Nicola Ryan and Sharon Denver. Watch out for their profiles in the coming issues.

Yoga Therapy Ireland Spring 2015



Yoga Holidays in Donegal

Imagine a long weekend of yoga, great food, walking on the beach and enjoying the company of friends and local people. Stand on the edge of the Atlantic and breathe deeply, sample some of the best local food in Nancy's Barn restaurant (www.facebook.com/nancysbarn), lovely surroundings of The Market House and just take time for yourself to unwind. All of this is yours to enjoy in 2015.

Book now for your yoga holiday: 1. May Bank Holiday: Fri 1st – Mon 4th May.

Or 2. June Bank Holiday: Fri 29th May – Mon 1st June

Cost: €350

This covers all meals, accommodation, yoga, guided walks, etc.



With over 10 years' experience in running yoga holidays in Donegal, Elma and Patsy will organize a wonderful weekend that will engage and refresh you in the beautiful surroundings of Clonmany, Inishowen, Co Donegal (www.visitinishowen.com)

You will stay in holiday homes located close to the beaches of Ballyliffen. Main meals will be in Nancy's Barn restaurant. Your yoga will be in the local community restored Market House.

Beach and hill walks are organized and guided, but only if you are feeling the need – taking time to chill and read your book or share time with others is perfect also.

For more information and to book a place contact:
Elma 087 7717178
elmatoland@hotmail.com



My Yoga Journey



Peter Walsh, YTI Yoga Teacher and Ambassador, shares his yoga experience

I don't remember when I had my first yoga class. I don't remember much from that period in my life. I had suffered a mental breakdown and as a result, I don't remember certain years. I do remember that, as part of my recovery programme, the psychologist in Beaumont Hospital wanted me to start doing yoga. My wife had done yoga in the past and had always commented that yoga would be good for me. At this stage in my life I rarely left the house and the thoughts of having to go into a room full of strangers filled me with dread.

My first experience with yoga was with Carmel Finnegan (a YTI trained instructor) in Trim. It was a tough class, both physically and mentally. I suffer from several chronic illnesses. I was totally disconnected from my body, this diseased, failing thing I was attached to. I had paid for my five classes but decided that I was not going back. It was the fear of telling the psychologist that I wasn't going back to yoga that made me go to the second class. Carmel once again greeted me with a warm smile and open heart. I don't think I would have kept up yoga had I had another instructor. Yoga showed me how to breathe again, how to move again and how to be open to change.

After my five weeks, I decided to sign up for another five classes, with only a little prompting from the psychologist. Over time, I started to notice changes in both my mental and

physical health. I was, and still am, on a lot of medication but I no longer felt disconnected. Yoga has not cured my illnesses but has helped me to manage them. I have been told that my condition will continue to degenerate, but I never felt better and more connected than I do now. Yoga allowed me to come back to myself, to accept what had happened to me and gave me the skills to live with what can be a very stressful condition. I don't think I will ever be able to express how much gratitude I owe to my wife and Carmel.

In 2011 I decided I wanted to become a Yoga instructor. It was a major turning point in my life. I wanted to show others how yoga can be a positive, life-changing skill to be learned. After talking it over with my wife and Carmel, I decided to join the YTI family. Those two years of training were amazing. I learned a lot about myself, life and the world. So when I was asked about becoming a YTI Ambassador for Yoga, I was delighted. Yoga has had such a huge positive influence on my life and I want to share what I have learned and am still learning with others - that yoga is for everyone; it's for every body.

As for me, now, I don't know what my future holds, but I'm here, now, in this moment and that's all that matters.

Om shanti.

I really enjoyed the day with Anne-Marie! When I arrived at Marino College that morning I was feeling quite tired and a bit apprehensive. I didn't know any of the other participants and noted that more than half of them were at least half my age. Even though I have been practising Yoga and meditation for most of my life and am an IYA graduate, I felt a bit apprehensive about the day. But I quickly realised that those feelings were un-called for. Very soon I was beginning to relax and felt that I had definitely arrived at the right place at the right time. Anne-Marie's gentle voice and words of wisdom together with her superb teaching style was a wonderful experience. Half way through the morning I was struck by the awareness that my body was beginning to feel refreshed and my mind was calm and happy.

I also enjoyed meeting so many of the nice yogis and trainees from Yoga Therapy Ireland. Thank you for letting me know about the seminar. It was a wonderful day and I would always attend Anne-Marie's classes again! – **Dore Fischer**

I thoroughly enjoyed the seminar with Anne-Marie. Even though it was a truly relaxing day, we got through a lot of work and I felt I had done a lot of work on myself that day and the days to follow. Anne-Marie helped you to work on the feelings and emotions taking place within you. – **B. Mayo**

I am currently in my first year of Teacher Training with YTI and I was very interested in taking part in Anne-Marie's seminar. I now understand why it was compulsory for first year yoga teachers to take part in this seminar. Anne-Marie really pared the day back to the basics, working with the breath and infusing all our movements with reminders of the importance of the breath in movement. In asana practice, if we just move then it is no different to any other physical exercise. It is the connected focus on movement with breath that helps us tune into our 'Spiritual Muscles'. This was a very apt title for our day and I thoroughly enjoyed Anne-Marie's seminar. Her insight and knowledge into all areas of yoga were inspiring and I came away with lots of new ideas to bring to my practice. – **Bernie McHugh**

I had a fantastic experience at Anne-Marie's workshop. The theme of the workshop, "Yoga for Spiritual Yoga Therapy Ireland Spring 2015

Anne-Marie McGlinchey

Working with your Spiritual Muscles – 22 Nov. 2014

Muscles", focused on how we can use the energy within ourselves to find our inner peace, our inner light and our inner strength. Anne-Marie's workshop reinforced for me the importance of bringing awareness into my yoga practice. This awareness will naturally bring more energy and purpose to our physical practice and ultimately into our everyday living. As Anne-Marie so eloquently expressed it, "Energy flows where our attention goes". To have the power to harness this energy and use it to feed the soul and bring happiness and peace is the true purpose of yoga. Every time we do a physical pose we have an opportunity to infuse and strengthen our spirit. Anne-Marie highlighted the



importance of the breath in connecting the body and mind. By using the breath to connect our body and spirit we can connect to the light centre within all of us, our heart centre, and bring light into our lives. I found the teaching of the poses hugely beneficial, with Anne-Marie emphasising the important points of all postures

and teaching us the importance of tuning into our own bodies and recognising that we ourselves are our greatest teachers. This workshop was inspirational and Anne-Marie is a shining light. I thoroughly enjoyed the experience and hope to embody what I have learned in my own practice. Thank you, Anne-Marie.

– **Sinéad Collins**

Yoga In A Chair: Elma Toland and M.S. Ireland – 31 Jan. 2015



The yoga in a chair day was wonderful. As a yoga teacher, I felt this type of class would be one I could facilitate. I was thrilled that my Scottish friend, who does not attend any yoga class, really enjoyed the day. She always considered herself not supple enough to take a yoga class, and Elma's day changed her mind. The fact that the day was structured for yoga teachers but appealed to a novice, is a testament to the purpose of teaching yoga in a chair. Go raibh mile maith agaibh, Elma agus YTI.

Anne Knightly

Thanks for a wonderful day - I am so grateful for the experience. Elma is an inspiration to all. Her simplistic approach to yoga and openness to share her wealth of knowledge is so refreshing. On the day, there was a lady next to me that had never been to a yoga class. By the end of the day she was talking about looking into hatha yoga classes in her area. She was privileged to have Elma as her first introduction to yoga. I loved the way Elma thinks outside the box, not looking at the person's disability, but seeing their ability to take part in the class. Elma has a lovely, soft tone to her voice that draws one in to a place of peace and warmth. After the class I felt at home with myself. Blessings.

Mary Leahy

The Yoga in a Chair course was an excellent addition to my Yoga teaching toolbox. Elma offered us a systematic structure to follow however she encouraged us to express ourselves by bringing our own experience and innovations to the lively chair exercises. I'm already using many of the techniques in the nursing home where I work and it's really good fun, the residents seem to have a good time too!!

Emer Duffy (Jasraj Kaur)

Julie Gudmestad Workshops:

23 May 2015

YTI Patron, Julie Gudmestad, P.T., has been active in Portland, Oregon as a yoga teacher and licensed physical therapist for over 30 years. She has integrated Western medical knowledge with yoga training

into a unique teaching style, and has taught many workshops throughout the U.S., Canada and Europe. She is a certified Iyengar yoga teacher, and is the former author of the Yoga Journal column "Anatomy of a Yogi."



YTI Patron, Julie Gudmestad

Muscle Imbalances and Back Pain: Yoga Solutions

Muscle imbalances can contribute to pain, injury, and chronic problems in any part of the body, and a thoughtful yoga practice can help to correct these imbalances.

In this workshop, we will look at the anatomy of important muscle groups, and how imbalances (strong vs. weak and tight vs. flexible) contribute to misalignments that set the stage for problems. Then we'll practice yoga poses and sequences to help correct imbalances, improve alignment and relieve pain.

During the workshop there will be focus on the pelvis and lower back. Important muscle groups include the psoas and hamstrings, and the abdominals and erector spinae.

Julie will also focus on the shoulder and upper back. Important muscle groups include the trapezius, pectorals, serratus anterior and rotator cuff.

Some previous study of anatomy is helpful but not mandatory.

Hips, Pelvis and Low Back : Anatomy Awareness in Asana

This workshop is designed to acquaint yoga students, teacher-trainees and teachers with anatomical vocabulary, musculoskeletal structures and movement patterns in relation to the yoga asanas. Our particular focus for the workshop will be on the hips, pelvis and lower back. Our time together will involve lecture, demonstration and discussion, as well as direct work in the asanas. We will:

- Learn to "see" muscles in action, and correctly describe the movement
- Understand how muscles interact to form movement patterns in yoga poses
- See demonstrations of both structure and function
- Participate in asana practice sessions that allow you to feel, in your own body, the actions of muscles and the dramatic effects of subtle changes in alignment.



YOGA IN THE CLASSROOM


(Suitable for School Teachers and SNAs only)

Workshop Dates: 18th April

Would you like to learn how to use Yoga skills in your classroom and see how yoga complements the SPHE and Learn Together programmes?

Yoga has been proved to help children with:

- » Self Regulation Skills.
- » Self Esteem.
- » Co-Ordination.
- » Fine & Gross Motor Skills.
- » Literacy & Numeracy Development.
- » Special Needs.
- » Relaxation and Mindfulness skills.

Yoga Therapy Ireland, a highly respected, internationally accredited training organisation is offering a training day for primary school teachers and SNAs in Marino Institute of Education, Griffith Ave., Dublin 9, from 10am - 3pm.

Included in the day will be:

- » Yoga for 4 – 8 year olds.
- » Yoga for 8 – 12 year olds.
- » Chair Yoga – suitable for children in classroom chairs or wheelchairs.
- » Yoga for Special Needs children.



Cost for the day is €50.00. (A non-refundable deposit of €25.00 is required to secure a place). Booking can be made by emailing yti@eircom.net or telephone 01 2352120.

Michael McCann - Symbols: The Hidden Language of Yoga Workshop

27 June 2015

The Archetypal Symbols of Yoga: We live in a world of facts and information but most things are in reality more than they seem. Facts are food of the mind, but symbols are the food of the imagination; and yet, sadly, our imaginations can become undernourished, and

crave depth of meaning.

And yet, if we peer behind the veil, Yoga is a treasure trove of symbols and poetry. In fact, Yoga teaches that "everything is a symbol!"

In our workshop we will delve into the archetypal symbols of Yoga, and how they

can add a ritualistic and mythic dimension to our practice. We will explore the fascinating meaning behind a range of familiar Yoga practices.

Our day will be experiential, with a rich mixture of subtle Yoga practice to renew our "sense of wonder".



Yoga Therapy Ireland Spring 2015

STRENGTH IN ASANA

Zoe Knott — 25 April 2015

Zoe Knott has practised yoga for nearly 40 years with many different teachers from a variety of traditions and as a Diploma Course Tutor and Foundation Course Tutor for the British Wheel of Yoga. She uses a combination of these styles in her own teaching. Zoe has taken the additional BWY Modules in Pranayama and Pregnancy and currently serves on the BWY Training Committee as DCT Training Officer.

As well as running regular yoga classes, the Foundation Course, Teacher Training, travelling around the country giving workshops and taking CPD for yoga teachers, Zoe is a popular teacher at yoga weekends, retreats and runs regular yoga holidays.

Her Mission



Zoe is passionate about making yoga postures a journey, with stages for all learners, from beginners to the most experienced. Of equal importance is her emphasis on bringing strength into asana practice to protect the joints. She believes that

from a strong, balanced grounding in the physical, the more esoteric aspects of our yoga practice can be explored safely.

Workshop Outline

Morning:

The principles of working with strength in asana.

Specific techniques to develop strength in key areas.

Afternoon:

Discussion.

Moving body weight in and out of gravity - ie. moving into and out of asana.

Learning Outcomes

Participants will:

1. Understand the principles and reasons for working with strength in asana.



2. Practice specific techniques to develop strength.
3. Practice how to move in and out of asana with strength.
4. Learn how they can relate this to their own teaching.

What to bring

Yoga mat
Two firm blocks

Afterwards

After the workshop, those who would like further information can email Zoe for an electronic Information Pack that accompanies the day.

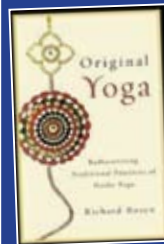
Zoe Knott,
zoeKnott@tiscali.co.uk



BOOK REVIEWS

Every issue, Dervish Book Shop will review some useful books to further your enjoyment

Original Yoga by Richard Rosen, selling at Dervish for €11.00 ISBN: 978-1590308134



Part history, part philosophy, part yoga instruction manual, this book clears up some of the confusion and misconceptions about the development of yoga, both traditional and modern. Richard

Rosen draws from ancient yoga manuals, which combine philosophy with postures and meditations, to show how traditional practice compares with what we do today. He is an engaging, experienced guide who reveals the development of modern yoga through the centuries and shows how the ancient yogis did it. Each section offers a guided practice session of ancient poses and breathing techniques to enable readers to connect to the roots of their yoga and to provide a framework for understanding the sequences they use in their regular sessions.

Zen Mind, Beginner's Mind by Shunryu Suzuki, hardback selling at Dervish for €10.00.

ISBN: 978-1590308493



In the forty years since its original publication, Zen Mind, Beginner's Mind has become one of the great modern Zen classics, much beloved, much reread, and much recommended as the best

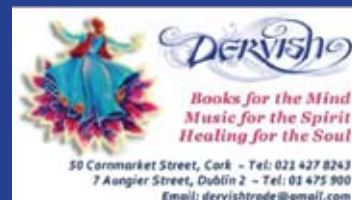
first book to read on Zen. Suzuki Roshi presents the basics—from the details of posture and breathing in zazen to the perception of nonduality—in a way that is not only remarkably clear, but that also resonates with the joy of insight from the first to the last page. It's a book to come back to time and time again as an inspiration to practice, and it is now available to a new generation of seekers in this fortieth anniversary edition, with a new afterword by Shunryu Suzuki's biographer, David Chadwick.

Dervish Bookshop

Cork: 50 Cornmarket St, Cork.
Tel: 021-4278243.

Dublin: 7 Aungier St, Dublin 2.
Tel: 01-4759000.

www.dervishtrade.com



TRAINING WITH yogatherapy ireland

FOUNDATION COURSE 2015-2016

Are you attending a weekly yoga class?
Do you want to further your practice and deepen your knowledge of yoga?
The next six-day certificate course commences in November 2015.

YOGA TEACHER TRAINING COURSE 2015-2017

Have you completed YTI's Foundation Course?
Have you been practising yoga for two years or more?
Have you ever considered training as a yoga teacher?
The next two-year diploma course commences in September 2015.

The course covers all aspects of yoga including:
ASANAS, PRANAYAMA, KRIYAS, MUDRAS, BANDHAS, PHILOSOPHY,
RELAXATION AND MEDITATION, 50 HOURS OF ANATOMY AND PHYSIOLOGY, FIRST AID CERTIFICATE

THERAPY DIPLOMA COURSE 2015-2016

Are you a qualified Yoga Teacher with a minimum of two years teaching experience?
Do you wish to advance your studies and become a Yoga Therapist?
Do you want to teach Yoga for Common Ailments or work one-to-one with clients?
The next 16-day diploma commences in September 2015

The course provides an in-depth study of:
ADVANCED ANATOMY, PHYSIOLOGY AND PATHOLOGY; POSTURE MODIFICATIONS FOR COMMON MEDICAL CONDITIONS AND PHYSICAL LIMITATIONS; ADVANCED PRANAYAMA AND MEDITATION; YOGA PHILOSOPHY including THE EIGHT LIMBS OF YOGA and FOUR SPECIALIST MODULES comprising an advanced study of the MUSCULOSKELETAL; RESPIRATORY; CARDIOVASCULAR; NERVOUS SYSTEMS.



***All courses take place in Marino Institute of Education,
Griffith Avenue, Dublin 9***

Further details from: YTI Office: 01 2352120

email: yti@eircom.net

web: www.yogatherapyireland.com

Yoga Alliance



**The YTI Teacher Training Course
is fully accredited by the Yoga Alliance.**

Yoga Alliance



yogatherapy

ireland

Short Intensive Courses

YOGA FOR CHILDREN: NEW COURSE COMMENCING IN OCTOBER

We know that children really love yoga, so maybe the idea of teaching children's yoga classes appeals to you. Just recently YTI was offered another opportunity to teach Yoga to children in a primary school in Limerick – and undoubtedly there will be more such opportunities; so we need more Yoga for Children teachers. The Stretch Yourself – Yoga for Kids course has been upgraded to warrant Yoga Alliance recognition and so will be delivered over six days; four days on site training and two days teaching assessments with children.

The course compliments the SPHE (Social, Personal, Health Education) curriculum currently used in schools. In a 'fun' way, it will include Child friendly Yoga, Child Development, Child psychology, Child protection, Classroom management, relevant Anatomy & Physiology to include the physical developmental stages of children together with conditions they might experience – eg. Obesity, Diabetes, Asthma etc. Child specific Yoga postures will be taught through drama, art, music, story-telling/poetry, role-play, discussion, group-work, visualisation and relaxation. If you would like to part of the next course, do let us know as soon as possible.

YOGA FOR PREGNANCY: 3 & 4 OCT, 31 OCT & 1 NOV AND 28 NOV & 29 NOV 2015.

There is still great interest in Yoga for Pregnancy classes and further feedback from all our previous course participants has been that the course, not only has helped them manage their own pregnancies but has also given them the confidence to set up specialised classes for pregnant women. If you would like specialise in this area – this course is certainly a must. Trish Malone, Yoga teacher and Active Birth instructor is the main facilitator for this course and has many years of teaching experience.

The course, now of five days duration, will include Ante Natal and new for this course, Post Natal Yoga.

For those who have already completed our Pregnancy course but missed the Post Natal Day, YTI will offer the opportunity to attend the Post Natal day on the next Pregnancy course. If you would like to attend, please contact our office.

YOGA FOR SPORT: DATES TBC

The aim of this course is to provide yoga teachers with the skills to enable them tailor yoga practices to suit athletes/sports people.

Yoga stretches/asanas will be explored as a cross training technique. The course will explore the use of yoga in a variety of ways that can help athletes. For example:

- ▲ Increase of flexibility and range of movement.
- ▲ Create better alignment and symmetry.
- ▲ Develop stamina and endurance.
- ▲ Improve balance of muscle action.
- ▲ Increase core strength.
- ▲ Improve breathing function to help performance.
- ▲ Mental focusing and relaxation techniques to improve performance and performance anxiety.

Teachers will also explore how the practice of yoga can help prevent the most common sports injuries. Sports-relevant anatomy will be studied.

*All courses take place in Marino Institute of Education,
Griffith Avenue, Dublin 9*

Further details from: YTI Office: 01 2352120

email: yti@eircom.net or go to web: www.yogatherapyireland.com



**The YTI Teacher Training Course
is fully accredited by the Yoga Alliance.**



yogatherapy ireland

FORTHCOMING EVENTS 2015-2016

Events 2015

25 April: Zoe Knott – Strength in Asana

23 May: Julie Gudmestad USA
(for qualified yoga teachers only)

21 June: Yoga in the Park: Fundraiser for
Temple Street Children's University Hospital in
St. Anne's Park, Raheny, Dublin 5. 2.6 p.m.

27 June: Michael McCann – Symbols: The Hidden
Language of Yoga Workshop

26 Sept: Dagmar Khan – Be your own "Roll Model"

Nov: Sue Flamm – Restorative Yoga



Venue: Unless otherwise stated, all events
and training courses are held at the **Marino
Institute of Education, Griffith Avenue,
Dublin** and run from **10.00am – 4.30/5pm**.
Accommodation available at Marino
Institute – see ad on page 36.

Training 2015-2017

2015 - Dates TBC: Yoga for Sports Course

**3 & 4 Oct, 31 Oct & 1 Nov
and 28 Nov & 29 Nov 2015:**

Yoga for Pregnancy Course

Beginning in Sept. 2015: Teacher Training
Course 2015-17

Beginning in Sept. 2015: Therapy Diploma
Course 2015-16

Beginning in Oct. 2015: Yoga for
Children Course

Beginning in Nov. 2015: Foundation Course
2015-16

United Nations International Yoga Day

“YOGA IN THE PARK”

in association with Indian Embassy
and Yoga Therapy Ireland

*St. Anne's Park, Raheny, Dublin
Sunday, June 21 @ 2pm-6pm*



Join us for a great day out for all the family!

All proceeds go to:

Temple Street Children's University Hospital

MULTI-BOOKING FORM

Please tick appropriate boxes

EVENTS 2015

	Members	Non-members
25 April: Zoe Knott — Strength in Yoga	€55.00 <input type="checkbox"/>	€65.00 <input type="checkbox"/>
23 May: Julie Gudmestad (USA)	€65.00 <input type="checkbox"/>	€75.00 <input type="checkbox"/>
27 June: Michael McCann — Symbols: The Hidden Language of Yoga	€55.00 <input type="checkbox"/>	€65.00 <input type="checkbox"/>
26 Sept: Dagmar Khan — Be your own "Roll Model"	€55.00 <input type="checkbox"/>	€65.00 <input type="checkbox"/>
Nov: Sue Flamm — Restorative Yoga	€55.00 <input type="checkbox"/>	€65.00 <input type="checkbox"/>

Book two one-day events at the same time
and pay €100 (members)
or €120 (non-members)

Booking vouchers are valid for one year.
Offer does not apply to the
Julie Gudmestad workshops.

TRAINING 2014-2017

Foundation Course 2015-2016	€480.00 <input type="checkbox"/>
Teacher Training Course 2015-2017	Full details from office <input type="checkbox"/>
Therapy Diploma Course 2015-2016	Full details from office <input type="checkbox"/>
Yoga for Sports 2015	€150.00 <input type="checkbox"/>
Yoga for Children 2015	€495.00 <input type="checkbox"/>
Yoga for Pregnancy 2015	€495.00 <input type="checkbox"/>

Name: _____

Address: _____

Tel: _____ Mobile: _____ Email: _____ Membership No.: _____

A non-refundable deposit of €50.00 per Event and €100.00 per Short Training Course is payable in order to secure a place.

The balance is payable on the day for Events and on the first day of the course for Training Courses.

I wish to book for ___ Events and ___ Training Courses Total: € _____

Methods of Payment: 1. By cheque, made payable to Yoga Therapy Ireland; 2. By bank transfer to Yoga Therapy Ireland, Bank of Ireland, Main Street, Dundrum, Dublin 14. Account No.: 43287902 / Sort Code: 90-10-95 / BIC: BOFIIE2D / IBAN: BOFI90109543287902. Please include your name and course title as reference. Please post completed forms to:

Yoga Therapy Ireland, 20 Auburn Drive, Killiney, Co. Dublin. Tel: 01 2352120 / Email: yti@eircom.net

YTI MEMBERSHIP

€35

Benefits of Membership:

- ▶▶ YTI's quarterly magazine, full of interesting and informative articles, will be posted directly to you
 - ▶▶ You will receive special discounts on YTI workshops and yoga holidays (See our new reduced rates for 2013 on the Booking Form above!)
 - ▶▶ Yoga teacher members may avail of the competitive rates on the YTI Group Insurance Scheme
- (Note: Yoga teacher members must keep their subscription up-to-date in order for their insurance under the YTI Group Insurance Scheme to remain valid)

▶▶ Members in the YTI Group Insurance

Name: _____

Address: _____

Tel: _____ Mobile: _____ Email: _____ (Renewal Only): Membership No.: _____

Yoga Teacher members only:

YTI recommends that all members attend two In-Service Training days / Events each year

I wish ☐ do not wish ☐ to be included in the YTI Professional Referral Register

YTI Group Insurance No. _____

Please fill in all sections and return this form with €35.00 subscription to: Yoga Therapy Ireland, 20 Auburn Drive, Killiney, Co. Dublin.

Garlic is good for YOU!



- ✓ Aged garlic contributes to normal heart, liver and immune function
- ✓ Odourless
- ✓ Produced from organically grown cloves cold aged for 20 months



Sinuforce Nasal Spray



- ✓ **Nasal Congestion**
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Colds often leave people congested, and the last few seasons' colds have definitely left a legacy of snuffles that are hard to shake off. For clearing catarrh from the nasal passages and tackling chronic congestion, try Sinuforce.

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For all your printing requirements, contact:

Judita Press

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Baldoyle, Dublin 13.

Tel: 087 23 53 160

Email: ciaranebrady@eircom.net

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Advertising Rates

YTI Magazine is distributed at major Health Shows in Dublin and throughout the country and by post to members nationally and internationally.

RATES

	COL
30 word classified ad	€25
1/8 page	€40
1/4 page	€75
1/2 page	€125
Full page	€175
Inside front cover	€250
Inside back cover	€250
Back page	€300

Deadline Dates for Advertising:

Spring issue - 22nd January; Summer issue - 22nd April;

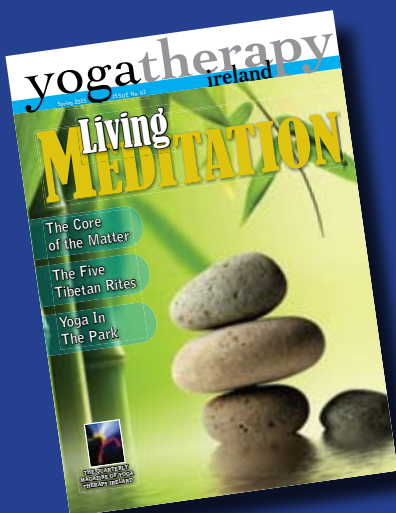
Autumn issue - 30th June; Winter issue - 22nd Oct

Payment must accompany advert copy

Contact Yoga Therapy Ireland, 20 Auburn Drive, Killiney, Co. Dublin.

Tel: 235 2120, email: yti@eircom.net. www.yogatherapyireland.com

Publication of adverts and articles is at the discretion of the editor



Be a contributor to our next issue!

Submit an article, a review or promote your business.

Contact us by email:
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