

July 11, 2009

Tamara Page

Power
Grace
Strength
&
Serenity

August 8, 2009

Danielle Tarantola

An Introduction
to the yoga of
Krishnamatcharya

September 12, 2009

Nancy Owens

Yin Yoga



Long Island Yoga Association

SATSANG

Volume 14 Issue 3

Summer 2009



Northport, NY 11768

PO BOX 657





FROM THE PRESIDENT'S DESK



Dear Members,

LIYA is busy preparing for our Fall Retreat which will take place on October 2-4, 2009 at St. Joseph Retreat Center. This retreat will follow the format of the Twentieth Anniversary Retreat held in 2007. The format was so well received by the membership that we are doing it again and, of course, even better this time! Your comments from the last retreat will help guide us in structuring this event. Teachers are needed to present classes from different traditions, so please submit your class ideas as soon as possible so we can work on the schedule. One of the highlights of the weekend will be **WAH!** She will be gracing us on Saturday night with an evening of music. Concert tickets, included in the cost of the full retreat package, will also be sold separately through the website.

During that Saturday afternoon, LIYA will be holding a general meeting for all members. The focus of the meeting will be the future of LIYA. Please plan on attending especially if you are running for election this fall. I strongly urge all members, particularly those who are new to the organization, to step forward and help nurture LIYA into the future.

LIYA's spirit and soul comes from the efforts of a group of people who are committed to carrying on the traditions set forth by our founding members. Some of the board members have been doing karma yoga for LIYA for many, many years. In some cases, serving on the board is not in their future. Transitioning takes time and planning. That is why this next election is crucial to the future of the organization. Our last election, held in 2007, had a slate of 14 volunteers running for board positions. In response to this interest, the number of board positions was expanded from seven to nine. This increase helped the LIYA Board of Directors by providing the necessary manpower to plan and run our events more smoothly. If you are a member who aspires to join the board, now is the time.

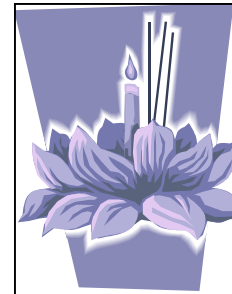
Please make the effort to attend our board meetings at 8:00 a.m. on the third floor of the church before each workshop. Members interested in being nominated must have attended three (3) board meetings and five (5) workshops during the past two years before the nomination date of October 4, 2009. The future of our unique organization relies on its members to keep the traditions alive.

Since its inception, LIYA's focus has been that of the yoga student. However, many of our members are registered yoga teachers and are aware of the recent interest by state legislators to intervene into the world of yoga. Currently, the states are eyeing yoga schools for licensing. Members have contacted LIYA inquiring about the status of legislation. If you are interested in the future legalities of teaching yoga, I strongly urge you to sign up for emails from Yoga Alliance that will keep you current about happenings on the state level.

LIYA's sole mission, carried out through its yoga workshops and retreats, is to provide its members with the opportunity to network and have satsang with fellow yogis. LIYA will continue to do its best by providing its members with highly qualified teachers for our workshops and retreats.

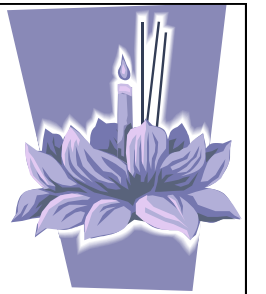
Namaste,

Laura Inserra



In a Word...Dhyana (Part 2 of 4)

By Gail Scamoni



In the last article, I reviewed the physical and psychological benefits of meditation. If you missed it, you can still access it at our website under the spring issue of [Satsang](#).

With reference to Patanjali's eight-limbed system outlined in his [Yoga-Sutra](#), I concluded my previous article with the following statement:

Dhyana is immediately preceded by the inhibiting and restrictive efforts of concentration (dharana), the sixth limb, and succeeded by samadhi, the eighth and ultimate limb. It is through dhyana that we create the conditions necessary for the emergence of the ecstatic and breakthrough state known as samadhi. In this sense, dhyana is both a starting point for transcending our everyday consciousness and an ending point in that it is the gateway to the absolute transcendental state itself.

As Patanjali further informs us, the "obstacles" and "distractions of consciousness" (Y.S., I. 30) must be rendered harmless "through practice (of concentration) on a single principle" (Y.S., I. 32) because these impede spiritual progress, reverse positive attainments, and potentially generate more obstacles. How are they rendered harmless? The fluctuations of mind are stilled. Once the fluctuations of mind have been stilled, a state of meditative absorption arises, and through sustained meditation, samadhi arises and it is in samadhi where the kleshas (causes of affliction) and their progeny of negative states are destroyed.

Although yoga practitioners know the benefits of meditation upon physical and psychological health and that it is key to accelerating our spiritual evolution, many consider their biggest challenge to be finding the time to practice meditation consistently. This, in part, has to do with a misconception about what meditation is and how the state can be attained. We do not create the meditative state but rather prepare the field through concentration and, we do not create samadhi but rather, samadhi spontaneously arises through a period of prolonged meditative absorption.

We can begin a daily practice with as little time as 3 minutes a day. Later, we can progressively build to 10 minutes, then 20, then 30 minutes or longer. There is a formulaic prescription that first appeared in the Vedas but was further elaborated upon in a 1989 discourse given by Sathya Sai Baba, a spiritual teacher still living in India today. The following excerpt from that discourse illuminates this point and reverses any preconceived notions about the amount of time we need for meditation and spiritual progress.

Dharana means looking at one object without wavering. Concentrating your vision on one object for 12 seconds at a time will help you to develop meditation. Fixing our vision on an object for 12 seconds is

Dharana.

Next is Dhyana. When there are 12 Dharanas, 144 seconds, 2 minutes and 24 seconds, there is meditation. Proper meditation means it has to be done for 2 minutes and 24 seconds. If we are able to practice dharana properly, we will be able to practice dhyana (meditation).

Twelve (12) Dhyanas = 1 Samadhi

144 seconds X 144 seconds = 28 minutes and 48 seconds = Samadhi.

Not even one hour, one day, one month. Nothing like that. That is the meaning of Samadhi, 28 minutes and 48 seconds.

If you want to accomplish samadhi in the proper way, you should start with Dharana. You go on practicing dharana for 12 seconds. Twelve (12) Dharanas will become one (1) Dhyana. That is only 2 minutes, 24 seconds. Can we not do that for 2 minutes 24 seconds? Why should we not fix our vision like this for such a short period? If you can practice like this carefully and continuously, you can reach Samadhi.

Obesity and Yoga

By Rosemary Barnitz, RN, RYT

It has been reported that more than sixty percent of the population is overweight. However, it has also been reported that middle-aged yoga practitioners manage to avoid that upward creep of five pounds every decade experienced by the general population.

How do they do it? The reporters did not know and could not come up with a good reason. They postulated that it might be due to the increased mindfulness or increased calorie expenditure of yoga practitioners, but they could not settle on a final conclusion. Nevertheless, any yogi can tell you that it has to do with the 'alchemy' of yoga. Here are some yogic/holistic methods that can be used to address or prevent obesity:

Begin where you are by loving or, at least honoring the body that you are in now.

Asanas are essential for removing energy blockages. Never practice to exhaustion, but to rebalance energy. As a starting point, the Sivananda tradition suggests the pawanuktasana (joint-freeing) series, followed by sunsalutations. After practicing these for a while, move on to major asanas to balance energy.

- Aromatherapy: Lavender and rose are beneficial.
- Pranayama (Breath): Bhramari, nadi shodana, and bhasrika are suggested by Sivananda practitioners.
- Affirmations such as 'I nourish myself with my practice' are helpful.
- Conscious preparation of food: Make meal preparation an act of love.
- Meditation and prayer: Foods can be enriched by starting the meal with meditation, prayer, or a chant (depending on one's tradition).
- Silence: Eat a meal in silence so that each morsel is mindfully savored and eating becomes a meditation.
- Practice a food meditation such as mindfully eating a raisin to avoid compulsive consumption.
- Set an intention, not a goal: Focusing on the end result can distract us from action in the present. For instance, set the intention of healthy consumption, i.e., reducing sugar intake, rather than losing twenty pounds and weight loss may take care of itself.

Notes from the Board

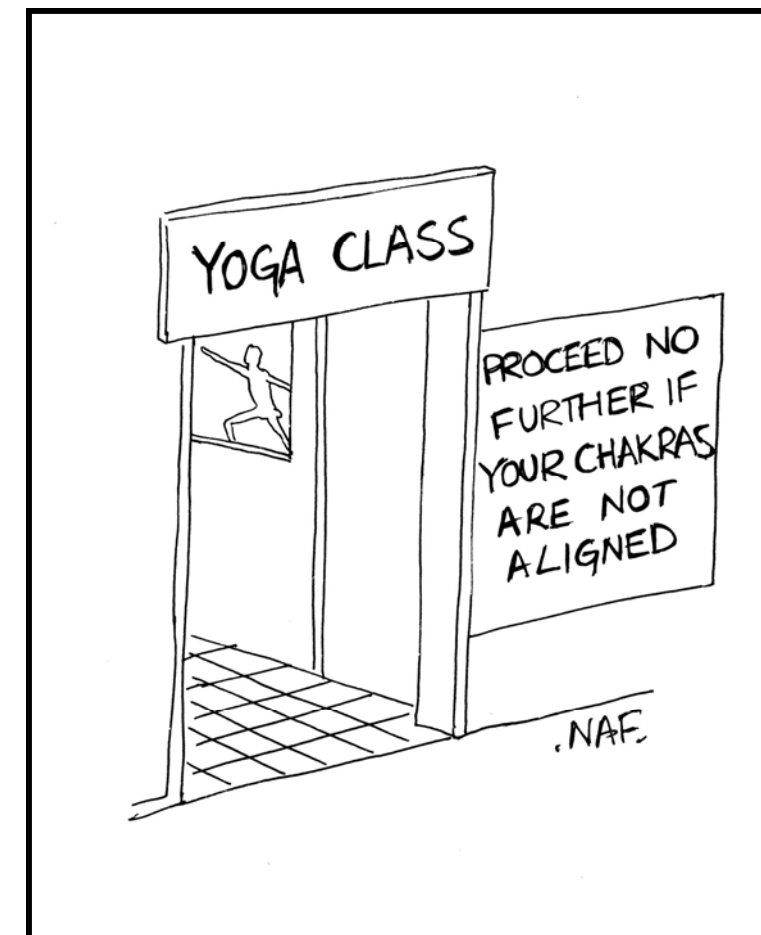
By Nancy Owens

We are busy planning our Fall Retreat at St. Joseph's Renewal Center on October 2-4. Once again, we will have a convention-style variety of yoga classes taught by our own Long Island yoga teachers. Please contact us to volunteer to teach a class in your area of expertise. We choose a variety of styles and program for sixty to ninety minute classes throughout the weekend.

On Saturday night, **WAH!** will be in the house to present kirtan as only Wah! can do it. Tickets to the Saturday night concert will be included in the retreat package and available to the public as well for a nominal fee of no more than \$25 dollars.

Because we will not be paying a presenter for the yoga portion of this spectacular weekend, we will have more hours of classes available, more variety and, best of all, a lower cost per person to attend. Save the dates and look for the "Early Bird Special" pricing available in August.

| | | |
|--|---|---|
| <p>Dorothy J. Ehrman, RYT Hatha Yoga instructor Balance, strength and flexibility Intrinsic energy, asthma, stress Pranayama Chakra sounds Meditation 914-467-0887 djohnson@noli.com</p> | <p>Richard de la Sota, CPCU Independent Insurance Agent Business, Personal, Life & Health 42 Knollwood Rd. Huntington NY 11743 (631) 547-0755 home (631) 697-3934 mobile Email: delasota@optonline.net</p> |  |
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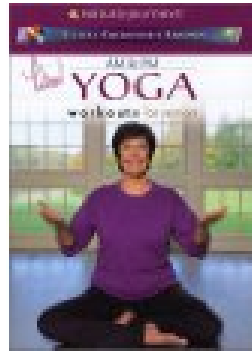
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LIYA-brary Corner

By Betty Philipp



What a joy it is to do yoga with Lilias Folan, even if it is only by DVD. Lilias never disappoints and, in "Lilias! AM & PM Yoga Workouts for Seniors," once again, her warmth and humanity transcend the electronic media. Her wisdom and compassion make her the perfect teacher for the beginning senior yoga student who, more often than not, has some age-related physical challenge and requires a slower and gentler pace.

Lilias is an extremely articulate and sensitive instructor. As she explains in her introduction, the aims of this DVD are to revitalize and "soften the aging process," to maintain heart health, bone health, and boost mental clarity. These are all high priorities for the senior student. She does most of the positions as her students would--while seated in a chair. She gently cautions the student to never tolerate pain. Phrases such as "move in your pain-free range of motion" or, in a particular exercise in which the ideal would be to have a straight leg, she encourages us by saying: "I don't expect you to do this with a straight leg, just go to the point of sweet discomfort."

Her humor is delightful. She reminds us: "Say hello to your feet – the unsung heroes of your body." Conspiratorially confiding in her audience, she tells us: "I confess my husband finds this difficult too."

One of the highlights of this DVD is a simplified seated sun salutation. Senior or not, for those individuals who have shoulder injuries, this important posture has been removed from your yoga practice. With Lilias' easy-to-follow instructions and demonstrations, this energizing posture can now be added back. There are both AM and PM yoga routines to be done in the morning and /or evening. There is also an audio-guided relaxation on this DVD as well as the option to do the yoga class with only music once you are familiar with the instructions.

I found her teaching style, her wisdom, instructions, and humor to be inspiring and a source of inspiration for yoga teachers. You may find that you want to purchase this DVD for your own yoga library as I subsequently did.

SATSANG

Satsang is a quarterly newsletter for distribution to the members of the Long Island Yoga Association. The articles published in *Satsang* reflect the views of the authors and not necessarily of LIYA. However, the Board of Directors reserves the right to make final decisions regarding inclusion of submissions to *Satsang*. Letters to the editor, articles for publication, comments and suggestions are welcomed. Address correspondence to:

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Asana-Jaya

By Jeff Logan

Asana-jaya is a Sanskrit expression that literally means conquest of the yoga postures. However, over the years, jaya has come to be translated as mastery rather than conquest. According to the ancient yogic texts, asana jaya is what the hatha yogi should strive to attain but, what exactly does this mean?

Patanjali teaches us that the mastery of asana has been achieved when a state of "effortless effort" is experienced in the posture and is accompanied by absorption in the "Infinite" [Ananta].

In his pivotal work, *Light on Yoga*, B.K.S. Iyengar states: "True asana is that in which the thought of Brahman flows effortlessly and incessantly through the mind of the sadhaka [practitioner]." He writes: "When one has mastered an asana, it comes with effortless ease and causes no discomfort. The body movements become graceful. While performing asanas, ...[one] looks within himself while practicing and feels the presence of God in different asanas...[and] a sense of surrender unto the feet of the LORD."

When describing asana-jaya, other yoga masters refer to "bhavana," the feeling, understanding, or reflection that God is within oneself.

So, we begin to see that the practice of asana was never intended to be simply a physical endeavor, but instead, a way to attain the goal of Yoga itself--the union of body, mind, and soul with the Supreme Spirit.

Yogi's Kitchen

By Robin Shores

Strawberry Bread



Ingredients

- 1 1/2 cups flour
- 1 1/2 cups whole wheat flour
- 2 cups sugar
- 3 teaspoons cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 1/4 cup canola oil
- 4 Eggs
- 1 1/4 pound fresh strawberries; sliced
- OR unsweetened frozen berries, thawed,
- Drained and coarsely chopped
- 1/2 cup walnuts, coarsely chopped
- 2 (8-1/2 x 4-1/2-inch) loaf pans

Directions

Preheat oven to 350 degrees. Grease and flour the two loaf pans. Mix the flour, sugar, cinnamon, baking soda, and salt in a large mixing bowl. Add the oil, eggs, strawberries, and walnuts. Beat until the dry ingredients are just moist. Pour into the prepared loaf pans and bake for 1 hour. The breads are done when they start to come away from the sides of the pan and an inserted wooden pick comes out clean. Remove from pan within 10 minutes.