

Om Saha Nāvavatu
Shanti Path mantra from the
Taittiriya Upanishad

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

om saha nāvavatu |
saha nau bhunaktu |
saha vīryam karavāvahai |
tejasvi nāvadhī-tamastu mā vidviṣhāvahai |
om śhāntiḥ śhānith śhāntiḥ ||

Om, May we be protected and may our work be pleasing to the gods. May we work together with strength and vigour. May our study illumine us. May we be friendly towards each other.
Om Peace, Peace, Peace.

Offering to Tara

ॐ त्रेतु त्रेतु त्रेतु त्रेतु

om tāre tuttāre tāre svāḥa

Om Tara, I call to you. Om Tara I call to you. Tara I offer myself to you

ॐ नमः शिवाय
Om Namaḥ Śhivaya

With great respect and love, I honour my heart, my inner reacher

Invocation to Sarasvati
from the Stotram of Sage Agastya

या कुन्देन्दुतुषारहारधवला या शुभ्रवस्त्रावृता
या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना ।
या ब्रह्माच्युतशंकरप्रभृतिभिर्देवः सदा पूजिता
सा मां पातु सरस्वति भगवती
निःशेषजाड्यापहा ॥ १ ॥

yā kundendu-tuṣhāra-hāra-dhavalā yā
śhubhra-vastrāvṛtā
yā vīṇā-vara-daṇḍa-maṇḍita-karā yā
śhvetapadmāsana |
yā brahmā-chyutaśham-kara-prabhṛti-
bhirdevaḥ sadā pūjitā
sā mām pātu sarasvati bhagavatī niḥśheṣha-
jāḍyāpahā ||1||

(Salutations to Devi Saraswati) Who is Pure White like Jasmine, with the Coolness of Moon, Brightness of Snow and Shine like the Garland of Pearls; and Who is Covered with Pure White Garments, Whose Hands are Adorned with Veena (a stringed musical instrument) and the Boon-Giving Staff; And Who is Seated on Pure White Lotus, Who is Always Adored by Lord Brahma, Lord Acyuta (Lord Vishnu), Lord Shankara and Other Devas, O Goddess Saraswati, Please Protect me and Remove my Ignorance completely.

Prayer to Kali

कालि कालि महाकालि
कालिके पाप् हारिणि
धर्म काम् प्रदेदेवि
नारायणि नमोऽस्तुते

kāli kāli mahakali
kalike pāp hārini
dharma kām prade devi
nārāyaṇi namostute

You are Kali, great Kali, who removes all impurities. You grant us love to fulfill our duty – you are the giver of both desire and dharma. Honour, worship to you

A big warm WELCOME TO OUR 13th YEAR of SANTOSA YOGA CAMP!

Santosa (pronounced SANTOSHA) = happy acceptance of whatever arises, just as it is. OUR 2018 THEME : WEB OF HEARTS

WELCOME HOME, you've arrived at the Mother of all Yoga Camps!

So thank you very much for being here – every person present makes this camp special and unique. This is the fifteenth camp... We've been offering these camps since 2005 (there were two in 2010 and 2011), and we are very glad you are here with us now for the thirteenth year anniversary ...

This brochure gives you all you need to make choices about what to attend. The map shows you where to find everything, schedule pages set out what's happening, and DAILY TREATS section tells you our key activities around which the camp revolves.

Please bear in mind that the schedule is an evolving entity (aren't we all?) and there are likely to be spontaneous additions, delights and shifts as the camp unfolds, so do be sure to attend the morning meeting to check in with the latest news! Every teacher on the schedule is here for the pure joy of it, and we hope you will be nourished and delighted by the connections you make at this special camp.

SITE AGREEMENT...

Please appreciate that by purchasing tickets for this camp you are bound by the site agreement which asks you to keep the site and yourselves totally free from alcohol and drugs so that we can maintain a space of clearly conscious kindness for everyone. You are asked to clear up after yourselves (and your kids!), to keep your pitches beautiful, and to chip in as necessary with all daily tasks needed to keep the site functioning, and everybody safe. Please show up ON TIME for your assigned karma yoga opportunities.

ABOUT WATER AND FIRE...

All the standpipes around the site deliver mains water: safe for drinking and washing. Please use the established community fire pits and **do not break ground** for new fires.

WE DEEPLY APPRECIATE OUR AWESOME SPA FACILITIES...

There is plentiful hot water up at the showers, for **showering** and bathing. The fires are lit early in the morning, so there is plenty of hot water to go around. We also have a **lovely new sauna** staffed by our dedicated and devoted Spa Facilities Team. They are on hand to help you ENJOY this delightful aspect of the camp!

PLEASE use only **BIODEGRADABLE SOAP, SHAMPOO** and **CONDITIONER** in our showers and at the sinks –available to buy up at the Spa facilities.

ABOUT MEALS ... DELICIOUS!

We all eat together, delicious sattvic (pure) vegetarian food prepared in our fabulous karma yoga kitchen with a most special cook: Her Very Divine Loveliness, DIDI MOON and her team. Be sure to bring your own cutlery, bowls, plates, and wash them up and put them back in your tents.

ABOUT WEE and POO and LOOS and MOON BLOOD...

Wild wees are fine – appreciate offering your liquid gold to the grass and hedges. This is especially handy for children in very urgent need of a pee. We have many beautiful composting toilets near the car park under the ash trees. Please put a handful of sawdust over your poo when you finish. Please accompany small children (up to age six) into the toilets and make sure the toilets are clean when you leave. **MOON SISTERS** please put towels, tampons and nappies in the bins provided and not down the loos because they don't compost very well (even eco-friendly ones). Alternatively offer your moon blood to nourish the trees of the meadow.

LEAVE ABSOLUTELY NO TRACE ...

There is a composting box near the loos, on the way to the car park. Please compost any organic matter. Please sort other items and bring them home with you to recycle. *Leave nothing behind when you depart.* **PLEASE APPRECIATE THIS BEAUTEOUS MEADOW** Keep our camp clear - **there is no waste, only mis-placed resources.**

LOVELY NOTES FOR PRECIOUS CHILDREN AND THEIR BLESSED PARENTS

**...for the one who says they
tire of their child... there are
no flowers!**

**HOW TO HAVE
OODLES OF FUN
AT SANTOSA YOGA CAMP...**

**Crucial notes for parents and
kids – you will find the KIDS /
TWEENS and TEENS schedule
right at the back of this
brochure ...**

We'd love for you to have a marvellous and fantastic time at our wonderful camp. The camp was set up in 2005 by two mothers (Uma Dinsmore-Tuli and Amanda Brown) who wanted to enjoy a yoga camp where we could bring our children along, and know that they would have plenty of great stuff to do, in the context of a fully conscious and yogic inspired community... over the years we've learnt a few things, so here are tips:

• **we do not operate a crèche:** your children are your responsibility at all times. Many of our workshops are family friendly, so check with the workshop leader if you'd like to attend with your child/ren and you could find yourself enjoying activities together!

• **the GANESHA kids' tent** is a fabulous resource, so come and make yourselves at home, so that your kids can enjoy coming to this lovely tent.

• **the Kid's Captain ELENA** has a brilliant team of volunteer helpers offering lots of activities (see timetable) so choose with your kids what appeals and bring them along!

• **please check with the leaders of the kids' activities** about what is age appropriate for your child – many are happy to get along with activities whilst you go and enjoy a yoga class or workshop, but this is more likely to happen if the activity is right for your child

• **let your child and the workshop leader KNOW WHERE YOU ARE** at all times

• **this is a friendly camp** so loads of people find they get together and can share child care and have their kids be playmates – then the kids really enjoy themselves

• **wild-weeing into hedges is fine**, so long as you don't piss on someone's tent ...

• **please keep our toilets beautiful:** accompany small children (up to age 6 / 7) into toilets to ensure all goes down the hole, sawdust on top. It helps if parents are positive about benefits of composting loos – this as an opportunity for eco-education!

• **NO KIDS in the sauna**

• **complimentary hot chocolate** around 1900 in the chai tent for the children who are going to listen to stories – so remember your mug!

• **SNACK TIME** every day around 1130 – free for the kids!

**WE ARE ALL ONE BIG FAMILY
ON SITE**

**so we mind out for everyone's
kids as if they're our own!**

It takes a village to raise a child...

DAILY TREATS

Every single day we have:

TOTAL YOGA NIDRA – the meditative heart of yoga

Five times daily with a cracking team from
Yoga Nidra Network

Santosa is the *only* yoga gathering to give you yoga nidra FIVE TIMES every day. Why so much yoga nidra? Because yoga nidra, uniquely amongst all other yoga practice, is utterly effortless and totally accessible to *everyone*. It is *PURE SANTOSA* in its form, effect and nature. All you need to do is to lay down your bones and listen. That's it. And you need to be warm enough – so bring a blanket and some socks and a sweater (and maybe a hat!).

**** MORNING MEETING – 1000 -1030**

With everyone! Come and join us around the fire every morning together in friendliness for complimentary chai (bring your cup) and a warm welcome, whatever the weather. An opportunity to be a present part of the Santosa camp community, to hear the latest news, share poetry on the day's theme, reasons to be cheerful, and any karma yoga jobs that are going!

FIRESIDE DREAMSHARE – 0700-0730

Gather together to share last night's dreams with friends around the fire.... A treat!

KID'S yoga nidra specially designed for kids is on offer on some evenings, and parents are welcome to come too. But this is not the only time the kids can enjoy the nidra: Children and babies are welcome at all the Yoga Nidra sessions throughout the day at the discretion of each individual teacher.

INFORMAL DAWN MANTRA

0545-0615 Every morning rain or shine around the fire. Come and find out what wakes up the energy of the camp so sweetly and profoundly with ancient mantras and chants. We chant informally around the fire; so you are welcome to join when you can, stay for as long as you like... we bring the words, you bring something warm to sit on.

BAREFOOT IN THE DEW 0640-0700

Dancing barefoot on the dew together to align humans and planet, feel GREAT for the day.

BHAJANS – 0830 -0930 see BHAKTI yoga for description of what to expect.

BHAKTI YOGA – The heart of Santosa.

The yoga of devotion, using music and song to access the heart space. Bhakti music daily and every evening is the pulse of the camp's heart. Deliciously simple, beautifully engaging and uplifting. Come when you are able and stay as long as you like - children and babies are welcome.

CAMP HEARTSONG – 0930 – 1000

with Eliza, Eloise, Siri Sadhana and Susie. Morning community singing outside, if weather permits, inside the Annapurna dining big top if it's raining. Join us to sing your heart out – a great precursor to the camp meeting.

CIRCUS SKILLS – School of Larks

1500-1600 every day: Hula-hooping, juggling, Diablo, flower sticks and spinning plates: expert help from School of Larks Circus School, Stroud: www.theschooloflarks.com

INFORMAL YOGA SPACE – 0700-0800

informal yoga space for early risers– babies and kids and everyone is awelcome, enjoy gentle, movement and breath. Sometimes self practice, sometimes led by teacher.

HANUMANA CHAALISA 1730 - 1750

Forty verses sung every day in praise of Lord Hanuman, son of the wind and devotee of Sita Ram. Words provided, join us when you can! Another part of BHAKTI yoga.

KARMA YOGA – for everyone!

This is literally the 'yoga of action' – or selfless service. The intention is that we perform the necessary actions (like chopping onions, tending fires, cleaning toilets...) with no attachment to the outcome. When we do what needs to be done without attachment or desire for glory then we encounter an opportunity for liberation. This camp runs on the selfless service of everyone involved – lets all do our bit and then things run smoothly!

KIDS' YOGA – see DAILY TREATS

Elena and Debbie are all offering kid's yoga classes that are full of fun and games, for the young and the young at heart!

LUNCH (1245) AND DINNER (1800)

With everyone! Come (on time please!) with your plates and eating irons, and join us at the Annapurna dining temple to eat as one huge family. It's a big one to pull off: so smilingly celebrate together a joyful feast at every meal. Breakfast is a bit more informal, come anytime between 0800 & 0900, so all are fed by 0915.

DESCRIPTIONS

... what's going on?

Listed **alphabetically, by the workshop titles in your schedule, and with date and time so you can pick your choice.**

ANUSARA INSPIRED YOGA –

Arianna Friday 24th August 0730-0900;
Saturday 25th & Friday 31st August 2000 – 2130;
Monday 27th August 0730 – 0900;
Friday 31st August 1500 -1700;

Strong slow flow yoga: inspired by hatha, ashtanga and Anusara yoga. Fluid yet at the same time encouraging the body to develop strength and stamina. Nurture Your Nature... Breathe Your Body... Resonate Your Stillness

AYURVEDA WORKSHOPS –

Ariadne Yoga of Herbs and other wisdoms; Explore how Ayurveda can support health and vitality.

Yoga of Herbs

Saturday 25th August 1030 - 1215

Ayurveda for Woman see RED TENT

Monday 27th August 1030 -1230

Food as Medicine

Thursday 30th August 1030 -1230

ASHTANGA YOGA – see

ANUSARA, FORREST, ACRO, FLOW, HATHA

This year many of the teachers who have been inspired by Ashtanga practice are in fact teaching other forms, wherein the strength and flow of Ashtanga remains. Self-practice is always welcome and possible in our morning informal yoga space, and if you are a keen Ashtangi, perhaps you may enjoy exploring what happens when experienced Ashtanga teachers and teachers get out of the box...

BABAJI ARATI – Sivani

Monday 27th - Wednesday 29th August
0700-0800

Sung bhakti yoga practice in honour and reverent worship of the Siva avatar and guru Sri Haidakhan Babaji. Involves the offering of lights, incense, chanting and Prasad (edible gifts) at the altar. Words to the mantras and songs are provided, but it is fine to simply sit,

watch and listen with full attention and an open heart. A part of **BHAKTI** yoga

BHAJANS — a form of **BHAKTI YOGA**
see **DAILY TREATS**

BHAKTI YOGA – see DAILY TREATS

Our Esteemed Bhakti Wallahs this year are: ANTARMA, BARRY KRISTADAS, TIM CHALICE, SIVANI MATA, HABIBA AND BUDDHENATH, VANDITA and Amma devotee friends, , SOLAR SIMO, BABAJI TEMPLE SINGERS, Plus our COMMUNITY SHARING KIRTAN nights – all welcome to share

Also see **SWEET AS HONEY** – a bhakti workshop with Sivani Mata.

BIG DREAM MATRIX – UMA

Friday 31st August 1030 - 1130

And daily DREAMSHARE by the fire at 0700
Checking in to the collective subconscious – we invite guidance from the web of life. Bring your dreams to share, and piece together the poem of Santosa's dreamlife in a creative collaborative constellation.

BIODYNAMIC YOGA – Amanda B

Friday 24th August 1500-1700

Saturday 25th August 1500 -1700

Wednesday 29th August 1500 -1700

Exploratory movement with biomechanical intelligence, subtly and wisdom. Discover the deep knowing at the essence of your ground of being, through this rich and rewarding form of yoga practice taught by a teacher with over twenty years of experience.

BREATHWORK, KRIYA AND MEDITATION – DEVAMURTI

Friday 24th –Tuesday 28th August 0730-0900

Integrated heart-based practice rooted in yoga tantra. Utilising every dimension of being to come home to ourselves through movement and meditation.

CACAO MOVEMENT MEDICINE CEREMONY – Ben, Eliza, Keef, Wioletta & friends

Saturday 25th August 1500 - 1730

A safe and nourishing space in which to open the heart – in circle, with Cacao, and movement medicine. Keef says: 'I have been

exploring, practicing and teaching many approaches to conscious evolution for over 20 years now... Essentially it is my innate passion for life, love and laughter; community, connection and creativity; words, humour and music; yoga, massage and dance that revitalizes my life every day and enlivens the work that I am called to share. I have been incredibly blessed on my journey to have been supported and guided by my many wonderful teachers, friends and family and it is a profound, yet simple, honour to share with you as we explore together this curious dance we call being human.

CACAO CEREMONY – Sivani

A nurturing and safe circle in which to allow the medicine of Mama Cacao to open the heart, maybe receiving guidance or insight. Bring your pens and papers to make notes if you like. Bring a blanket to lie down and snuggle with Caco Nidra Durin ghte journey with Cacaoista Sivani Mata.

CELEBRATION of LIFE MUSIC – Antarma

A nourishing mix of song, poetry, word stream from the source, mantra, hymns of praise and contemporary global vibes to celebrate that *Life is Amazing!* All nourished by heartfelt passion, community connection and grooving radiance.

CEILIDH for the CAMP with Kevin

Tuesday 28th August 1815 – 2015

Dance for joy, reconnect with the Celtic roots and have loads of fun together. Dancing to traditional Celtic music, with instructions for groovy moves and plenty of laughter and delight from Chief Ceilidh Wizard Kevin.

CELTIC YOGA – RIVERS OF HONEY in the Land of your Body – Uma

Friday 31st August 1130 – 1230 after the Big Dream Matrix

A delicious, nutritious devotional movement series that welcomes the goddess Prana Shakti into every part of bodymind. Fluid, sweet movement, conscious awareness, mudras, bandhas and deep connection to the source power of vitality. Yummy. This approach to yoga welcomes the seasonal rhythms of the Celtic year into a practice rooted in the lands and stories of the Celtic islands, rooted in and enraptured by the presence of the living earth. All of Uma's sessions informed by this

approach, and copies of *The Celtic School of Yoga* by Uma and Jack Harrison, available for sale at Santosa bazaar and from Uma directly at a camp discount price!

CHI GUNG – Jacob

Daily as required, usually from 12noon til 1300 outside Wahe Guru near the sacred grove.

Chinese movement discipline to cultivate and sustain energy, physical, emotional well being.

CHI YOGA — Barry

Sunday 26th August 1030 -1200

Monday 27th August 1030 -1230

Chi Gung meets yoga and fall in love. Deliciously nourishing fluid flow with elemental connections –

CIRCUS SKILLS – everyday See DAILY TREATS

CONTACT IMPROVISATION – Sam B

Friday 31st August 1500 -1700;

Saturday 1st September 1030 –1230;

Explore space and movement through contact and response. Contact Improvisation is a dance form originally referred to as an "art-sport" in which the point of contact with another dancer provides the starting point for a movement exploration. It is most frequently performed as a duet, but can be danced by more people. There can be music or it can happen in silence. It is about sharing weight, rolling, suspending, falling, passive and active, energy and awareness.

CRAFTS – Stin

CHECK ~THE KIDS PROGRAMME for details

A variety of fun and accessible crafts for kids and their grown-ups, including Lantern making, Seedbombs, Bows and Arrows... check out the kids' schedule. Also check FLOWER CROWNS crafting for all.

DANCE MANDALA – Shaku

Sunday 26th August 1930 -2100

An integrated dance experience for body, heart and soul! Beautiful music, heartfelt playlist from Shakuji, and a truly uplifting dance encounter with spirit.

DANCE YOUR CHANTS – Shaku

Wednesday 29th August 2030 -2130

Friday 31st August 1030 - 1230

Combining dance movement with mantra – a great playlist of inspiring devotional music and the opportunity to move your heart, body and spirit to the sound of the Holy Names with Shakuji!

DEATH CAFÉ – Annee

This is a special space at Santosa, time-sharing with the RED TENT (qv), a place to explore our relationship with death and dying. Annee is offering a range of different workshops:

Welcome to the Death Café –

Saturday 25th August 1100 – 1200

Tuesday 28th August 1100 -1200

A safely held circle to consider ideas about death and dying, to introduce the concept of death café, and for those who wish to put a toe in the water.

Facing Our Own Mortality –

Wednesday 29th August 1030 -1230

Exploring feelings and concepts in a safe space.

Reconnecting with Our Ancestors –

Thursday 30th August 1500-1700

Connecting with our roots, honouring with grief and praise. And **Grief Tending...** Sharing how best to nurture our grieving selves and others, and how to care for our mourning processes.

DREAMSHARE

daily by the fireside at 0700 – all dreamers welcome.

DREAM SONG – Susie & Uma

Tuesday 28th August 2000 - 2200

Dreaming the song: Singing the dream; this is a sacred evening gathering that integrates yoga nidra with harmony and song. Enjoy multiple practices of Uma's Total Yoga Nidra (with mantra, music and poetry) interwoven with songs and music from Susie. Rest and be sung and dreamt into being by Susie and Uma, both delighting in this collaborative co-creation.

(MORNING) FLOW YOGA / VINYASA FLOW – Gladey, Lorraine (qv YOGA)

are sharing flowing sessions, A graceful moving meditation that feels nourishing on all levels.. Suitable for all levels. Also please note that

many of our teachers have decades of experience in this discipline, and are offering yoga with roots nourished by Ashtanga Vinyasa: please also check out

FAMILY MEDITATION – Elena

A time for families to meditate together with simple and effective techniques taught in Plum Village – the monastic centre in Europe of Vietnamese Buddhist teacher and world peace visionary Thich Nat Hanh. Daily treat in the kids space with Elena.

FIND YOUR VOICE – SINGING FOR JOY with Eloise

Friday 24th August 1030-1200

Wednesday 29th August 1030 -1230

Friday 31st August 1030 – 1230

Saturday 1st September 1030 –1230;

A safe friendly space, a chance to sing your heart out and find your true voice with freedom and fun. Held by a super-experienced choir leader and voice coach, with love, and joy and delight.

FIVE ELEMENT YOGA- Intersections of Ayurveda, Tantra and East Asian Medicine – Yoli Maya Yeh

Tuesday 28th August 1500-1700

Friday 31st August 1030 – 1230

Saturday 1st September 1030 –1230;

The indigenous traditions of the world have long exchanged their ideas and systems with each other and the meeting of the India and Chinese systems is nothing new. Come explore a therapeutic asana and pranayama practice with Yoga Therapist Yoli Maya Yeh that intersects the structure of hatha yoga, the theories of Tantra and the philosophy of East Asian Medicine.

FORREST YOGA – Craig Nadashakti

Tuesday 28th August 1500 -1700

Wednesday 29th August 1030 -1230

A physical and mental journey into the core of your own being. Develop a heightened sense of awareness through breath and asanas. Connect to your core, shed what is no longer useful to you. Keep what is of value and with the breath: blow the rest away. Come and sweat, move and breathe deeply into the incredible mystery of your core.

FLOWER CROWNS – Amanda B

Sunday 26th & Thursday 30th August: 1700-1800
Fun to make, delightful to wear, inspired by Frida Kahlo!

**FOOD AS MEDICINE – see
AYURVEDIC WORKSHOPS****FULL MOON SOUND BATH – see
SOUND BATH****HAVAN – SACRED FIRE Jai Krishna**

Fire ceremony – offerings of sounds and material gifts to the spirit of the fire in the Vedic tradition. About two hours of sitting and chanting – come clean and before eating to keep the vibration high. And bring something comfy to sit on.

HANDFUL OF QUIET – Elena

Meditation and peace: Thich Nat Hanh pebble meditation: how to integrate this technique into your yoga class and practice.

**HANUMANA CHALISA – Bhakti
crew of Hanuman Bhaktas**

Daily 1700-1730

Singing forty verses in praise of Lord Hanuman – to recall our own immense potential, inspired by Him

HATHA YOGA and FLOW – Gladey

Sunday 26th August 0730 - 0900

Yoga is a natural state of being that makes us feel alive! If we observe babies they are natural Yogis and Yogini's! Santosha Yoga Festival for me is about bringing together all styles of Yoga without discrimination....and sharing the love. Its a place to feel free and connected.

**HERBAL TONIC MAKING – Belinda
Betony**

Sunday 26th August 1500 -1700

Make a traditional health giving herbal tonic from local plants. Bring a jar to take some home with you.

**HRIDAYA MEDITATION – the
Meditation of the Spiritual Heart.
Maeioum**

Daily from Tuesday 28th August – Saturday 1st
September 0830-0900

Hridaya means “Heart” in Sanskrit, it is the Yoga of the Spiritual Heart. It is based on the non-dualistic (Advaita Vedanta) teachings of Self-enquiry Method for Self-Realization by the Hindu saint Sri Ramana Maharshi and the Tantric teachings of Kashmir Shaivism. It is a loving path that invites the Inner Wisdom of the Heart to guide our unfolding towards Truth. It consists on Spiritual Heart Meditation, constant awareness of the Spiritual Heart and Meditative Hatha Yoga.

Ramana describes Self-enquiry in a very simple way: “What is essential in any sadhana [spiritual practice] is to try to bring back the running mind and fix it on one thing only. Why then should it not be brought back and fixed in Self-attention. [To the pure feeling of ‘I’]? That alone is Self-Enquiry (atma-vichara). That is all that is to be done!” – Sri Sadhu Om, The Path of Sri Ramana Vol. I (Sri Ramana Kshetra: Tiruvannamalai, 1997)

This pure feeling of “I am” – related, at least in the beginning of the practice, with the middle of the chest, a little to the right – has a privileged role in revealing who we really are. If we accept this idea, then, as Ramana noted, it follows logically that this is the main aspect on which our mind should focus while in concentration, meditation, and in our daily life.

Hridaya Meditation is a spiritual path itself, it consist on a beautiful simple and constant cultivation of awareness of the Spiritual Heart for the revelation of our True Nature, keeping a witness attitude, we gradually realized we are not only our body-mind and emotions, awakening the realization of our True Self. In general, the awareness of the chest area is a simple, direct, basic practice. It is an important element in Sufism, Christianity, Judaism, Tibetan Buddhism, etc.

From a technical point of view, the practice of the Spiritual Heart Meditation consists on 3 attitudes:

- 1) The awareness of the Heart Center (in the chest area)
- 2) The awareness of short pauses after inhalation and exhalation
- 3) Self-enquiry (asking the question “Who am I?”)

HONOURING THE WISDOM GODDESSES – Uma & Sivani

Monday 27th August 1030 -1230

Deep dive into the arms of the Ten Great Wisdom Goddesses – honouring their presence in our lives through movement, meditation, breath, bhakti, sound and voice and total yoga nidra. An intimate encounter with the power of Maha Shakti – the great power manifesting in these Goddesses.

INDIAN HATHA YOGA

Dr Kamaraj

Friday 24th August 0700-0930;

Wednesday 29th August 2000 -2100;

Friday 31st August 0730 -0900;

Saturday 1st September 0730-0900;

Traditional Indian yogic methods of moving physical and energy bodies, through posture, breath and bandhas, taught with verve and inspiration by a master teacher.

KIDSTAN – Elena This is the kid’s version of Kirtan – fun and friendly for the young and young at heart.

KASHMIR YOGA - Veronika

Monday 27th August 1500 -1700

Wednesday 29th August 1030 -1230

Thursday 30th August 2000-2100

Hatha Kashmir Yoga is a very deeply meditative technique which inspires the body to open up almost of its own accord. It is effortless and pain free and produces excellent results. We approach the body through the lens of retraining it to do what it was able to do once, the perfect blue print we each have of our very own. There is no wrong way of doing this type of yoga, there is only your way. Yoga, but not quite as you know it.

KIRTAN – part of BHAKTI YOGA –

A call for reconnection – the song of the heart. Everyone welcome – this is the simple call and response and unison singing from the folk traditions of India. Every body is in the band and we sing to the deep soul of all. Different ‘Bhakti Wallahs’ share in different ways, and all our Santosa Bhakti Wallahs are fab! We also have KIDSTAN – the fun, friendly version of Kirtan for Kids - with Elena.

KUNDALINI YOGA – Shared for us this year by Sat Prakash Kaur, Siri Sadhana and Anjali Joanna. As taught by Yogi Bhajan.

Tuesday 28th August 1030 -1230;

Wednesday 29th August 1500 -1700;

Thursday 30th August 1500-1700;

Friday 31st August 0730 – 0900

Saturday 1st September 1030 –1230;

Kundalini yoga involves dynamic postures, classical asanas, pranayama, mantra, mudra and meditation placed together in a specific sequence that works on physical, emotional and mental levels. All welcome: for everyone from complete beginners to seasoned practitioners. **Sat Prakash’s** two hour workshop will empower the emerging planetary consciousness through sacred prayer and dance. We start with chanting an opening mantra to connect us to the purity of the infinite teacher within each of us. Followed by Pranayama/ life energy, a kriya to increase mental clarity & physical vitality, deep relaxation and Meditation to help clear negative patterns and connect with our higher consciousness. Bring a yoga mat or sheep skin or I may have a couple of spare mats & try to avoid eating food 2 hours before attending

LAUGHTER YOGA – Shaku

Tuesday 28th August 1600-1700

Invented in India, Laughter Yoga has become commonplace. Using exercises, games, and a willingness to be playful we will bring our natural laughter bubbling naturally up to the giggly surface until we have tears streaming down our faces and are beside ourselves with joy laughing for no reason whatsoever.

MAGICAL HERB WALK – Belinda

Betony

1530-1630 Friday 24th August

Gather by the fireside and Join Belinda for a family herb walk down a nearby green lane to learn all about the amazing magical world of plants! (This is a 1 hour workshop)

MANTRA DANCE – Siri Sadhana

Thursday 30 August 1030 -1230

Chanting and dance medicine for soul. Sound and movement taps our bodies wisdom to release “feel good” chemicals, aligning into creating habits of happiness. We can then intelligently yield and twist, within the dance of life.

MEDITATION AND HATHA – Kamaraj

Saturday 25th - Monday 27th August 0730 – 0900;
Wednesday 29th – Thursday 30th August 0730 - 0900

Combining meditation and the techniques of Hatha Yoga for a fully comprehensive and integrated practice with a master teacher of traditional Indian yoga.

MORNING FLOW – see HATHA YOGA

MUSIC OF THE SPIRIT – Ravi

Thursday 23 August 1700-1830

Ravi offers Heart Songs and Sacred Chants with acoustic guitar & kora (African harp) Most recent albums were 'Songs for the Golden Age' and "Two Rivers" with Adrian Freedman "Ravi is a rare talent - a musical shaman who knows no fear. He has been an inspiration to us over the years as he continues to cross borders and boundaries in his quest for musical expression and freedom"

MYSTIC POETS – Uma, Sivani, Antarma and Friends

Monday 27th August 1500 -1700

A sweet informal and reverent sharing of the words and music of our inspirational mystic poets, Lalleshwari, Hafiz, Rumi, Yeats, O'Donohue... mixed in with some kirtan, heartsong and a few words of our own. Bring poems to share...

NAMES OF THE MOTHER (MAA) – Antarma Singing to the Mother

Sunday 26th August after the nighttime nidra

Tuesday 28th August 1230 -1400

Chanting the many holy names of the Goddess with devotion, and offering worship and honour to the Deep Feminine in the form of mantra (words of power) and yantra (geometrical forms) is a form of BHAKTI YOGA (qv). Simply to come and hear the names is to soak in the beauty and power of the ParaShakti – the supreme power of life herself. Antarma is offering Lalita Sahasranama and maybe also Sat Chandī /Shri Chakra meditations in the temple. Jai MAA!

NAKED VOICE – Tim Chalice

Friday 24th August 1500-1700

"The Naked Voice is your original voice, fully-embodied, naturally-expressed, and free of self-consciousness. It is your authentic sound, as unique as your DNA or fingerprint." Chloe Goodchild. After a spiritual awakening and some years experimenting with different kinds of voice and sound healing Tim did his first workshop with Chloe Goodchild and The Naked Voice in 2005. Since then Tim has worked extensively with Chloe, becoming a Naked Voice Facilitator and been witness to the incredible power of the voice and chanting in particular.

OUTDOOR GAMES FOR ALL - Kevin

Monday 27th August 1600-1730

Fun, games, frolic and festivities for everyone who fancies a truly delightful afternoon diversion! Rekindle your joy in living by tapping into the playful child within – no cheating!

PARKOUR GOES WILD – Tejomaya

Daily from Friday 24th – Monday 27th August only 1030 – 1200

Parkour is a combination of dancing, climbing and elegant gymnastics: using a scaffold, using the earth, landing sweetly and rising high. What to expect? Clear instruction to empower you to perform vaults, jumps, rolls, landing, and slow transitions with grace, power and fluidity. The skills and techniques Tejo shares are proven practices of power and grace that allow you to embody mindfulness in action, clarity of thought in movement, and focus in strength: the intelligence and precision of the movement teaches kindness and compassion in the physical flow of grace and power. It's also loads of fun! Meet your edge, find your own path and enjoy the process with a skilled instructor...

What to bring: yourself and a bottle of water. What to wear: loose clothes.

PARTNER YOGA – Lara & Lioba

Friday 24th August 1030 -1230

Sunday 26th August 1500 -1700

Monday 27th August 1030 -1230

Thursday 30th August 1030 -1230

Come and experience the joy of practising yoga in pairs! This is a fun, playful workshop aimed at giving you a fresh perspective of yoga by breathing and creating shapes together, exploring giving and receiving through simple bodywork techniques and

building trust and connection in order to deepen and feel supported in your asana practise.

PLANT SPIRIT CONNECTION – Belinda Betony

Tuesday 28th August 1500 -1700

Learn to tap into the magical world of plant spirits, receive messages and guidance and deepen your connection with our beloved Pachamama (2hrs) Please bring a journal and pens/pencils if you have them.

POST LINEAGE YOGA – Theo

Wednesday 29th August 1500 -1700

Now is the time to talk! Moving through traditional lineages, inspired by their teachings, and inspired to move beyond their limitations, together we are making a whole new world of yoga – lets get together and see what's afoot. Debate skilfully managed by Theo, who is currently completing a PhD thesis on this very subject...

RED TENT EVENTS

– a women only space for women and girls to rest and be together, sometimes there are teachers sharing. NB Please note this space is time/shared with the **DEATH CAFÉ (qv)** and during Death Café events the Red Tent is open to welcome men and women.

Sunday 26th August 1045 -1230

Grief Circle for Women – Uma, Yoli and Sivani will be holding a humble and sacred space to speak and mourn our womb losses (terminations, pregnancy losses, surgeries and other procedures...

Loving Our Breasts –

Monday 27th August 1500 -1700

self care, healing and massage with Amanda H

Women as Elders –

Friday 24th August 1100 -1200

Annee offers two circles to explore our roles as we step into our power as Elders.

Women and Girls Circles – Yoga

Blossoms with Elena, Jo and Uma and daughters

Friday 24th August 1500-1600

Sunday 26th August 1600 -1700

Tuesday 28th August 1715-1800

Ayurveda for Woman

Monday 27th August 1030 -1230

REFLEX YOGA – Veronika

is a new unique style of Yoga specifically designed to target the Body-Brain neurological, physical and emotional connections. It is a powerful art of movement that gets to the root of all pattern making and pattern breaking, with its fusion of calming restoring Hatha/Kashmir Yoga flow and a range of subtly dynamic Neuro-Sensory movements that have been proved to help children and adults with all types of conditions. Some being:- ADHD- OCD- ASD- Stroke recovery- Anxiety - Sleep disorders- Depression- Learning or developmental difficulties- low muscle tone - Motor-coordination difficulties, and the list could go on.....

RHYTHMS OF LIFE – Sivani

Tuesday 28th August 1030 -1230

Experience intuitive yoga stretches that honour your inner rhythms and flow into a expressive dance meditation set to a sound track of mantra and uplifting music. Then integrating our movement and dance with relaxation and a Kirtan – singing healing sound formulas, from the heart, the seat of love within. Connect to a state of inner peace and enjoy free expression of the self.

SACRED ACTIVISM & SOCIALLY ENGAGED YOGA – Yoli Maya Yeh

In this age of great change how are communities coming together to tackle the barriers of equity and accessibility of yoga? How is yoga being made culturally relevant in marginalized communities while addressing rampant cultural appropriation? How are the voices of the people being heard at all levels of leadership? Join Yoli Maya Yeh as she shares her experiences of exploring the intersections of Yoga and Activism in her home the wild, wild streets of Chicago!

SACRED ACTIVISM – Vandita

Monday 27th August 1500 -1700

Friday 30th August 1500 -1700

The spiritual is political, the sacred is global. How to act from the heart for planetary healing, and personal integrity and authenticity. Vandita is sharing from her wide experiences as a spiritual activist, eg. providing

legal support for indigenous peoples in the Amazon. Everyone is welcome to share their experience in this sacred circle.

SANTOSA 2019 Future Visioning Meetups – with You & the Crew

Friday 31st August 1300

By the fire with your lunch – join the crew for informal talks and sharings to vision future camp Santosa experiences.

SANTOSA BAZAAR _

Bring, buy, trade and share

Sunday 26th and Monday 27th August, also

Friday 31st August: During and after lunch in and around the dining table

SATSANG –

Literally the company of the wise – a coming together and sharing of wisdom and experiences. The whole of Santosa is SATSANG even if you never attend a single session.

SCARAVELLI YOGA – Claudia

Saturday 25th August 1030 - 1215

Sunday 26th August 1030 -1200

Inspired by the teachings of Vanda Scaravelli, time is allowed within the postures and an easiness and playfulness within them. Yoga can be so accessible and with care (and most cases!) very safe to practice. With each breath there opens up infinite possibilities of which path to follow and yet when it comes down to it, yoga can be so simple...

SHAMANIC YOGA – Sam A

Monday 27th August 1500 -1700

Tuesday 28th August 1030 -1230

Deeply rooted and connected yoga that interweaves the threads of yoga and shamanic awareness. Profound, delightful and engaging.

SHAKTI DANCE – Anjali and Debs are both sharing sessions

(and also see Sivani offering

RHYTHMS OF LIFE) Tuesday 28th August 1030 -1230

Thursday 30th August 1500 - 1700

The Yoga of Dance: with its roots in Kundalini yoga. It is a powerful practice: a harmonious blend of flowing yoga stretches, energising dance exercises, free dance meditation, relaxation and synchronised mantra with movement.

Shakti Dance is taught in 8 stages to bring the dancer into a heightened state of awareness and consciousness. It is a fusion of flowing yoga postures , rhythmic movement using breath ,free dance , meditation & celestial communication. It enables you to connect to a space of inner pace, reducing stress, liberating your body and mind in a free expression of the self. As we connect consciously to our breath with movement and intention , the mind let's go , allowing us to explore our inner world in relation to our outer world. Connecting us more deeply to ourselves each other and the elements. Our pranic body is charged and any stagnant and blocked energy released . After the dance We feel more relaxed , realigned and recharged

SIVANANDA YOGA – Nilakantha

Tuesday 28th August 0730 - 0900

Thursday 30th August 1030 -1230

Friday 31st August 1030 – 1230

Beginners are most welcome and the class will take approximately 90mins with opening and closing mantras. It follows a very classical Hatha Yoga style which has changed little in 60 years since it was first introduced by Swami Vishnu Devananda, disciple of Swami Sivananda. Includes pranayama exercises followed by twelve basic Sivananda asanas including headstand. The class concludes with a final relaxation and prayers.

SOCIAL PRESENCING THEATRE –

Sophie (TBC) Social Presencing Theatre is an embodied practice to help understand our current reality and explore emerging future possibilities. This is not "theatre" in the conventional sense, but uses simple body postures and movements to dissolve limiting concepts, to communicate directly, to access intuition, and to make visible both current reality, and the deeper – often invisible – leverage points for creating profound

change. It is absolutely open to everyone. No prior experience needed, just a willingness to play!

SOUND BATH and RESTORATIVE SOUND BATH – Ling Sunday 26th August 1500 -1630; Thursday 30th August 1500-1700 (with restorative yoga and Yin) Soak up the deeply restful, calming resonance of the singing bowls, expertly played by Ling, as you move gently in YIN yoga and settle into restorative poses. ABSOLUTE BLISS, you will be restored and rejuvenated...

SURYA NAMASKARA – Kamaraj Tuesday 28th August 0730 - 0900
Traditional sequence of revitalisation and solar worship to optimise the pranic flow in the body and maintain physical and emotional well being – an epic chance to dive right in with this beautiful practice taught by a master teacher.

SWEET AS HONEY – BHAKTI YOGA workshop – Sivani Mata Friday 31st August 1500 -1700
Join Sivani Mata to explore the yoga of devotion in the arms of the inner beloved: sing, dance, drum, shake, clap and sway to the rhythms of devotional music straight from the heart. Ideal for beginners and all those who love the heartspace of devotion which is Bhakti Yoga.

TEACHINGS FROM TURTLE ISLAND*: A Personal Vision Quest – Yoli Maya Yeh

**'Turtle Island' is the Native American term for the landmass of North America*

Friday 24th August 1500-1700

Let us gather in the sacred Teaching Lodge for an exploration of our superpowers and dormant talents in an effort to cultivate self-knowledge. From this strong foundation, the sky is the limit! Using traditional Native North American teachings on the medicine wheel, visualization, animal medicine and ritual we will let our inner voices be the guide in learning how to create the lives we want!

TEACHINGS FROM TURTLE ISLAND* FOR TEENS: Peace Circle for All Beings – Yoli Maya Yeh

**'Turtle Island' is the Native American term for the landmass of North America*

Saturday 25th August 1030 - 1215

Truth and Reconciliation are key practices for we Earth Beings in our unveiling and healing process right now. Let us remember and reclaim how the Peace Circle can be used in our homes, workplaces, communities and nations in order for all voices to be heard.

THAI YOGA MASSAGE WORKSHOP – Dr Kamraj

Friday 24th August 1500 -1700

Saturday 25th August 1500 -1700

A fabulous opportunity to explore the interface between Yoga and Thai Yoga Massage through assisted postures, stretches and nourishing movement, Taught by a master yogi and Thai Yoga Massage practitioner.

TIME FOR CONVERGENCE – see TEACHINGS FROM TURTLE ISLAND – Yoli

At the fireside, special gathering

Saturday 25th August 1900 -2000

TRANCE AND TRANSFORMATION – Nirlipta

Friday 24th August 1030-1215

Utilising yoga nidra and deep trance induction work, yoga nidra master teacher Nirlipta offers a creative and engaging, powerful route to transformation that is effortless. What's not to love?

UAMSA = Urban Avatars Mixed Spiritual Arts – Felix

Everyday 1030 – 1230

These are fresh and inviting classes to uplift and inspire you through a dynamic and balanced sequence of exercise and relaxation to develop health, vitality and self-awareness. Felix's UAMSA combines the spiritual arts of Yoga and Shamanism with approaches from weight training, calisthenics, and martial arts to his practice. This is a powerful combination: 'Good physical health and vitality is the essential preparation for the great journey of Yoga and forms the foundation of all the classes. Through the vehicle of the body we can come to experience the subtler aspects of ourselves and the true essence of wellbeing' Felix.

UPLIFT YOUR HEART - Siri Sadhana Kaur

0930 Thursday 30 August

Morning heartsong + song + dance. Come and experience yourself as a joyful instrument of expression and transformation. Siri performs internationally for many years she developed voice work, music and movement,. She skillfully facilitates events sharing Dance, Kundalini Yoga, Singing, and leads accapela choirs sharing world music and kundalini mantra music. Her music and mantra CDs are available to buy and as downloads.

VEDIC CHANT – Craig Nadashakti

Tuesday 28th August 1500-1700

Wednesday 29th August 1500 -1700

Chanting as in the Krishnamacharya yoga tradition is the form of timing, notation and pronunciation as is in the Vedic scriptures. The practice of learning the mantras, call and response, is the main part of the practice itself and has a powerful and profound effect on body and mind.

WATERING THE FLOWER OF APPRECIATION – Elena

Wednesday 29th August 1500 -1700

Thursday 30th August 1500-1700

A simple and moving ceremony to support the experience of Appreciation... meditative and heartbased, a way to connect and share.

WILD YOGA – Theo

Thursday 30th August 1500-1700

Friday 31st August 1500-1700

Yoga is the work of embodiment, of being well in one's skin. But it is also the work of social justice, of being a force for gentle good in the world. Small, focused communities of ritual practice have been quietly becoming the change they want to see in the world since history began. Join me each morning at Santosa for a new way of sharing yoga; sharing community; sharing devotion, through movement, stillness and voice, as we dedicate each day to the world within, the world without, and the worlds between us.

WORLD HEART CIRCLE – Eliza

Sunday 26th August 1030 -1200

A ceremony of song, with and for the Heart of the World. Bring your voices, your hearts, yourself and sing from your heart with love

for the whole world. Unison and call and response songs of upliftment, connection and deep joy.

YIN YOGA – a slow and restful form – and also **SOUND BATHS** – both Ling and Amanda H are incorporating Yin in their teachings.

YIN YOGA– Amanda H

Friday 31st August 1500-1700

Deep, quiet, self healing yoga practices giving you space to sink into the holding patterns of your body, mind and emotions, nourishing and relaxing all levels of your sacred Being. Held in a space of mantra, drawing on Native American teachings, lunar phases and the practicalities of body mechanics, these Yin style classes create a space so very gentle that you can melt deep into your own radiance, your own pain, your own needs, and with tenderness and enquiry softly let go at your own pace, releasing fascial and heart strain, stress and anxiety, belief systems and busy monkey mind noise. It's useful to bring blocks, pillows, cushions and bolsters to support your beautiful body and to wrap up cozy and warm.

YOGA BLOSSOMS – Elena

See RED TENT

A circle for girls who have welcomed their first Moons, or are so close to doing so that they want to be in a space where Moon blood talk is welcome.. A safe friendly space to share and be supported by other girls and women.

YOGA OF THE HEART FOR WOMEN - Lorraine Taylor

Friday 24th August 2000 -2130

Saturday and 25th & 26th August 1500 -1700

We will explore different ways of opening and softening the heart through yoga asana, breath, music and poetry. The Sufis say you are a real Sufi when your heart is as soft as wool. And many mystics, gurus and poets talk about the importance of the heart and how it is our gateway to freedom and love.

Through the practice of Yoga, we start to see more clearly all the different layers of who we are by investigating the transient nature of mind, emotion and sensation. We also discover how the boundaries of the physical body can dissolve if we let go of this idea that we are only a body mind entity. Within this, we realise the deeper functionality of our

interior and its relationship with the heart of our Being. This class is a soft and tender moving meditation which nourishes and opens the feminine body to greater wholeness. It doesn't matter what shape or size you are or what level of flexibility you have. Its for the inflexible and the un-enlightened, its for the tall and the short, the light and the heavy, the wise and the bendy. Whoever you think you are, just come and open to discover more...

YOGA NIDRA – the yoga of sleep. No movement necessary – five times a day in the Hanuman temple. see DAILY TREATS

YOGA OF HERBS - see AYURVEDIC WORKSHOPS

YONI SHAKTI – Uma & Elena are both offering sessions

Saturday 25th August 1030 – 1215

Wednesday 29th August 1030 -1230

This literally means Source Power or Cunt Power, and it is the title of Uma's epic fourth book (on sale at specially discounted camp prices!) To encounter Yoni Shakti is to meet the source origins of power, vitality and energy. Practice and theory to explore the feminine roots at the origins of yoga. Radical juicy feminism at its irreverent and cheeky best – prepare to be amazed and delighted.

YOTISM = YOGA FOR AUTISM

Veronika

Tuesday 28th August 1500 -1700

A chance to explore the benefits of Yoga for people on the autistic spectrum. Questions will be: what is the Primitive Reflex system, why we treat it; how significant our Body-Brain connections are to overall health/well-being; how this can lead to certain types of behaviours/addictions and how this powerful method breaks physical patterns.

THERAPISTS and HEALERS

We are very fortunate to be hosting a number of skilled therapists at our camp. They are all placed in the main circle, on the right hand side on the way down to the showers and the nature healing sanctuary.

Please book in with the therapists and pay them directly... a proportion of their earnings is given back to the camp.

Deep appreciation to all who offer their skills in healing to us, linking us together on the web of hearts.

AYURVEDIC MASSAGE and CONSULTATIONS on Diet

– **Ariadna Landman**

Here for the whole camp

BODYWORK, MYOFASCILA RELEASE, SWEDISH, ABDOMINAL PREGANANCY MASSAGE

– **Adrianna**

(from Wednesday 29th until the end of the camp)

DEEP TISSUE MASSAGE, ABDOMINAL, BACK, NECK, FASCIA, THAI-INSPIRED TRANSFORMATIONAL BODYWORK

– **Sam Bloomfield**

(with us for the whole camp)

SHAMANIC HEALING and REIKI

– **Katrina**

23rd to 28th August

EMDR and HYPNOTHERAPY

– **Janine Hurley** (24th August til end of camp)

FACIAL MASSAGE

– **Shaku**

(from Saturday 25th until the end of the camp)

SOMATIC BODY WORK

– **Ali**

(From Wednesday 28th until end of the camp)

SOUND HEALING and THETA HEALING

– **Gayatri Linsey Robertson**

THAI YOGA MASSAGE

– **Ling**

(from 23 to 28th August)

THAI YOGA MASSAGE

– **Yarrow Wolfe**

(from 28th August to end of camp)

VORTEX AND ENERGY HEALING

– **James Coombes**

(with us for the whole camp)

Santosa 2018 Theme: WEB OF HEARTS

HOLDING THE SPIDER'S WEB IS HER:
PRAISE TO THE FORMS OF THE GODDESS
(chanted in the dawn mantra circles)

YA DEVI

From the Devi Mahatmyam

Yā Devī Sarva-Bhuteṣhu Buddhi Rūpeṇa Saṁsthitā
Namas-Tasyai Namas-Tasyai Namas-Tasyai Namō Namaḥ

*Salutations to the Great Goddess who abides in all beings as the form of Wisdom
We bow to you again and again*

Repeat with other forms that Devi takes (in place of Buddhi):

Nidrā - sleep	Śhraddhā - faith
Kṣudhā - hunger	Kānti - beauty
Chāyā - reflection	Lakṣmi - good fortune
Śhakti - power	Vṛtti - activity
Thriṣṇā - thirst	Smṛti - memory
Kṣhānti - forgiveness	Dayā - compassion/kindness
Jāti - genus (original cause of everything)	Tuṣṭhi - contentment
Lajjā - modesty	Mātri - mother
Śhānti - peace	Bhrānti - delusion

DAILY POETIC INSPIRATIONS AND THEMES for REFLECTION AND TEACHING

WELCOME HOME : Thursday 23rd

I went everywhere with longing in my eyes
Until here, in my own house
I felt truth filling my sight

LOVING WELCOME : Friday 24th

I made pilgrimages, looking for God.
Then I gave up, turned around,
There God was inside me!
In the form of a love that fills my heart

FULL MOON EVE : Magic, Potions and Dreams: Saturday 25th

I exhausted myself, looking.
Nobody ever finds this by trying.
I melted in it and came home,
where every jar is full,
but no one drinks.

FULL MOONSHINE SHARING:

Loving Everyone: Sunday 26th

Meditation and self-discipline
Are not all that's needed, nor even
A deep longing to go through
The door of freedom.

You may dissolve in contemplation,
As salt does in water,
But there's something more
That must happen

THE DEEP FEMININE: Celebrating Her Embrace Monday 27th

Meditate within eternity.
Don't stay in the mind.
Your thoughts are like a child fretting
near its mother's breast, restless
and afraid, who with a little guidance,
can find the path of courage.

CELTIC YOGA of interweaving, the Thin Places between Life and Death Monday 28th

When you see yourself
and someone else / as one being,
When you know the most joyful day
and the most terrible night as one moment,
then awareness is alone with its Lord.

HEADSPACE! Communications, Yoga of Knowledge: Wednesday 29th

Awareness cleaned my mind
to a polished mirroring.
The presence came near, and I knew
that That was everything, and I nothing.

YANG Chi: Celebrating the SOLAR MASCULINE: Thursday 30th

As my love and my faith, / And my interest in
the inner / Grew, the darkness diminished,
Within and without, and Lalla
Lost herself in that light.

LOVING WEB: Collaboration and Community: Friday 31st

Lalla, there's no birth or death.
You are one, but not with happiness
or difficulty, not with / desire or anger.
You do not walk with people
who only *talk about* truth.
The experience of God is continuous
amazement.

CELEBRATING MATURITY: appreciating opportunities to let go Saturday 1st

I, Lalla, entered the jasmine garden,
where Shiva and Shakti were making love.
I dissolved into them,
and what is this to me, now?
I seem to be here,
but really I'm walking
in the jasmine garden

FAREWELL / GO WELL: Sunday