



KYTAI

Spring News

Big Girls Do It, Too

Yoga is for every body... regardless of body type or age. Being plus sized and living in Asia where most women's bodies are the size of my one thigh, my journey with yoga has been one of extreme enlightenment. I enlightened people that even Big Girls can do it.

I've always been a big girl, right from the time I was born but that never stopped me from doing all the things in the sports arena. I was a good swimmer and swam competitively in school. When I was in school, I badly wanted to be the swimming captain for my house, but no one would vote for me. I got used to the sneers and jeers which made me even more determined that when I got on that starting block, I was going to win and win I did!! I finally became swimming captain for the remaining 4 years in school!

I am blessed to have a loving family who never made fun of my size and my mother being a designer made sure that I enhanced my good qualities. My husband never once thought of me as Fat and it used to drive him crazy when I decided I need to be thin and started fad diets. Society seems to have a problem with persons that are size challenged and often assume they are not able to perform physically as well.

I have enjoyed the practice of Hatha Yoga and recently Kundalini Yoga for many years and have had wonderful teachers who helped with adjusting the poses. My first experience with doing a shoulder stand was terrible; my upper body parts fell over my nose and smothered me. Needless to say we were all laughing so much, my pint size yoga teacher said she would love to have a "problem" like that. During the Sun Salutation, I would have difficulty with the lunge; my belly got in the way. I enjoyed my yoga class so much that I would not let these things get in the way. Despite having done sports competitively, like swimming and judo, this was the first time I could feel centred and focused and very much at home in my own body. What a great feeling to feel every muscle in you body and to enjoy that feeling. Yoga was definitely something that I wanted to pursue.

Yoga gave me a peace of mind, it made me feel good about myself. And the more I practiced, the better I got. I now do a shoulder stand with without smothering

myself. A few years go, I attended some Kundalini Yoga classes and was enthralled by this practice. The teachers were visiting teachers and I was not able to find anyone locally. One of the gurus came to me at the end of the class and out of the blue said, "you would make a good teacher", and so began my journey to become a Kundalini Yoga Teacher.

It was quite an exciting feeling to even imagine myself as a yoga teacher. The first module of my teachers training was rather difficult for me but I persevered and it became easier and easier, my body was able to flow, it was able to move with surprising ease. I started being able to live with so much more ease and my self-esteem boosted. I began liking who I was. I stopped getting offended at the pencil-sized girls in the shopping malls offering me slimming treatments. I began to glow. I started living "Ang Sang Wahe Guru" (God is in every cell in body), and I became happier and best of all my joint pains lessened.

Due to a sporting injury, I had both the cartilage of my knees smashed and they were removed, until I took up Yoga seriously, I struggled to sit on the floor with my body weight on my legs. Many larger persons, both men and women, often feel intimidated to join a yoga class. Being large, one does have problems with stress on the joints form the excess weight. But with a regular practice, this can all be overcome.

Carrying extra weight means every joint in the body has to work harder. A yoga practice will give you the strength and flexibility in order to live pain free. Plus



size persons feel ashamed of not being able to “compete” with others in the class. Yoga is non competitive and never has been, nor should it ever become! Most people going to a yoga class are already fit and are looking towards enhancing their own flexibility, which most traditional excises are not able to provide. So when one is size challenged, it is easy to feel intimidated and discouraged in such an environment.

A yoga practice does not just end in the class; it carries on with us in our daily living. With yoga I've learnt to respect and honour my body for what it can do and where it can take you. As we work on the body on a structural level, helping to align the vertebrae one develops better posture and can stand tall with confidence and grace.

One of my students commented after an hour and a half's class that he felt so much slimmer. Just after one class, it had such a difference. He has been practicing with me for 6 months and feels taller, dropped a size in clothing because he does not need to eat junk food, and best of all has stopped smoking. When you are living your life in union with body, mind and spirit, you then have a wonderful life experience. Despite the hurdles of size, health or weight put in you path, you learn to overcome these as I have.

Fezia Tybally
Kundalini Yoga Teahcer

Kundalini Yoga & Sacred Sound Workshop with Prabhu Nam Kaur & Sat Santokh Singh Khalsa

Prabhu Nam Kaur has studied and performed Kirtan in the Sikh tradition for over 30 years. She is a teacher of Naad Yoga (the yoga of sacred sound) and a singer of devotional chant music, through which the listener/participant is transported to a sublime experience of the sound current.



Prabhunam Kaur Khalsa & Sat Santokh Singh Khalsa

Snatam Kaur writing about her mother, Prabhu Nam Kaur:

"Somebody asked me once what it is like hearing my mother sing..... When I hear her sing it is like hearing my own voice. How can you explain something like that? In the womb she sang to me, throughout my child hood she sang to me. When I hear her sing it takes as about as much effort as it takes a person to look at the palm of their hand for me to sink deeply into a state of bliss...If you have ever seen my mother sing the Shabad Guru it is like watching someone who is absolutely and deeply in love.Her voice gently dances through the space around her, reverberating off of the bedroom walls and echoing into the living room, bathroom, the whole house, and floating out the windows. The Shabad Guru became a part of the house, a part of us, so familiar that you almost don't remember that she is singing, because the whole house is singing."

Sat Santokh Singh is a leader in the field of transformational workshops, and the application of yogic technology to living in the world and caring about it deeply. A former manager of the Grateful Dead, he is the senior Kundalini Yoga teacher in Northern California. His workshops generate a profoundly magical and sacred space in which one's heart is deeply touched.

Naad Yoga is the practice of cultivating union with the sound current. Through Naad Yoga, a state of ecstasy is experienced, by aligning one's consciousness with the Infinite. This workshop seeks to assist in developing a daily practice to regularly achieve and maintain such a state of consciousness – that place in which one is complete, where one's cup is full, where nothing is wanted, nothing is lacking.

*"Sing the praises of the Infinite One, O Saints and friends,
with total concentration and one-pointedness of mind.*

(We shall achieve)

*Comfort, peace, wealth, the nine treasures, wisdom,
knowledge, and all spiritual powers.*

*The four cardinal blessings, the opening of the heart lotus,
in the midst of all and yet detached from all"*

There will be chanting, meditation, Kirtan (singing of sacred hymns), Naad Yoga related Kriyas, lecture and discussion.

When: July 18th - 20th

Where: Rainmaker Studio, Co. Limerick, Ireland

Cost: TBA

Contact: Jai Kartar Kaur Mohan

Email jai@kundaliniyoga.ie

Phone 021 487 7669 or 087 333 9642

Listening To Angelic Whispers Meditation for the Sattvic Guna

(The Mind, Yogi Bhajan, Ph.D., page 151)

Posture: Sit in Easy Pose. Make your spine straight.

Focus: Close your eyes.

Breath: As you listen to the instruments play this tune, whistle with it. Hear the sound of the whistle at the brow point.

Mudra: Put your hands on opposite shoulders. Your arms must cross. Hold your shoulders well, the arms relaxed on the chest. This is a posture of peace.

Mantra: Listen to a tape of the mantra:
Ardaas Bhayee, amar daas guroo,
Amar daas guroo, ardaas bhayee,
Raam daas guroo, raam daas guroo,
Raam daas guroo, sachee sahee.

The translation of the mantra is: "The grace of Guru Amar Das (who is the hope of the hopeless) and Guru Ram Das (who is the King of the yogis and Bestower of blessings—past, present and future) guarantee the prayer will be answered and all one's needs provided for."

Shakti Dance with Sarah Avtar Oliver

Shakti Dance is the 'yoga of dance' – the conscious practice of dance, infused with the wisdom of yoga to develop awareness and understanding of body, mind and emotions. With a unique and harmonious blend of flowing asanas and various styles of dance, Shakti Dance works energetically to develop the art of intuitive and free movement through a state of mystic, meditative union. The practice gently opens the pranic currents (life force), so that body and mind are able to surrender and merge with the intelligent, creative flow of Shakti, the divine feminine principle of all manifest life.

Sara Avtar Olivier, a life long dancer, Sat Nam Rasayan healer and 20-year yoga practitioner and teacher, is the creator and founder of this discipline and its yogic system.

Shakti Dance has its roots in the science and tradition of Kundalini Yoga as taught by Yogi Bhajan. It implements insights drawn from yogic philosophy to awaken and embody universal principles of harmonious movement. It also develops an understanding of the qualities and levels of en-

ergy induced through different dance movements and styles. It fuses breath, motion and mindfulness to expand the practitioner's consciousness.

Sara Avtar Olivier will be holding an intensive weekend workshop in London on May 17 & 18 at the Special Yoga Centre. She is also offering the Shakti Dance Teacher Training Programme in Viterbo, Italy that will take place over 5 weeks, throughout April to November, 2008. For more info and booking, contact Sara Avtar at sonarshiva@gmail.com.

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Time: Continue for 15-31 minutes. Then begin long, slow, deep breathing. Mentally listen to the echo of your whistling. Hear the sound you created before. Continue long, slow, deep breathing for 3-11 minutes.

End: End with 3 powerful breaths. Inhale deep through the nose, hold for 5-10 seconds, then exhale powerfully through the mouth. As you hold the breath in, put all the pressure downward on your shoulders with your hands. Press them down and keep the spine steady and straight. Repeat the breath three times. Then relax.

Comments: This meditation will refine the sattvic guna of your mind. Inside of yourself be very calm, quiet. Once you begin long, slow, deep breathing and mentally listen to the sound you made whistling before, bring your unison power of the mind, the subtle sattvic guna mind, to listen. Once you learn to listen this way, you can listen in exactly the same way to what God's Will is. When you can still the mind, refine it, command its guna, then you can listen to God's Will, discern what it is, then act. Life will be very easy, content and fulfilled. In the Bible you are told the same thing. There is a word called, "Behold" "Behold yourself. Be within yourself and listen."



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An Experience in Conscious Pregnancy Training 16th March - 25th March 2008

Thanks to the organisational efforts of Esther (Guru Dharam Kaur) Moser, an eager group of women gathered in Ballinrobe in March to attend the Conscious Pregnancy training with Tarn Taran Kaur and Seva Kaur. This was the first time this Pregnancy Yoga course has been taught in Ireland. For two weeks, the group were immersed in an intensive, yet enjoyable, course covering every aspect of pregnancy, birth and parenting from a Kundalini yogic and practical view.



Women at all of the various stages of their lives shared their experiences of womanhood and motherhood. On the practical level, two full practice Conscious Pregnancy Yoga classes were taught by trainees each day. We also engaged in group discussions about pregnancy, birthing and parenting. We were encouraged to work together on a very intimate level and the depth of conversation that was born from such discussions was highly informative and often heart felt. Tarn Taran Kaur and Seva Kaur's many stories and meditations further enhanced our perspectives and experiences related to all aspects of child birth and motherhood.

Much giggling was had with cushions being regularly stuffed up tops to get that 'pregnant' feeling. We had the fortune to have a local midwife come to the training to give a talk about the practicalities of home birthing. Esther, a Hypno-Birthing practitioner and a former pediatric nurse gave a talk about Hypno Birthing. Also a gorgeous baby girl of 7 months, came for the Baby Massage and Baby Yoga section and happily demonstrated for the group. Topics such as

breastfeeding, epidurals, caesarian birth, home births, natural births were all juxtaposed with Kundalini Yoga teachings and meditations under the guidance of Tarn Taran Kaur and Seva Kaur.



For many it was a chance to connect with their own experience of being a child, of giving birth and for others of their hopes to become parents themselves. The appreciation of being trained in Conscious Pregnancy created a very enthusiastic group, some of whom are already out teaching Conscious Pregnancy classes, helping a new generation of Conscious Parents and babies be born into the world.

Our appreciation for Tarn Taran Kaur and Seva Kaur for coming from New Mexico and Norway to teach this course knows no bounds. Special thanks to Esther for organising the course and giving us, as teachers and future generations, such a wonderful gift of Conscious Pregnancy and Kundalini Yoga right here in Ireland.

A contact list of Conscious Pregnancy Yoga teachers can be found on the KYTAI website at:
http://www.kundaliniyoga.ie/cp_teachers.htm

Sat Nam,
Mer Azad Kaur
Conscious Pregnancy and Kundalini Yoga Teacher



Conscious Pregnancy Teacher Training Group

Just Call Upon Him

The boy walked along the ocean shore . . . trying not to stray.
He looked up to his father saying, "Dad, I want to play."

His father looked upon him, with love showing in his eyes.
"Do what you want to, my son . . . but do not leave my side."

"I would never leave you Daddy, I love you way too much."
But the boy took a step away, out of his father's range of touch.

He walked through the surf, the waves tickling one toe.
"If I take one more step in . . ." he thought, "Father will never know."

His father called out to him, "Son, to me remain true!"
The boy thought with glee . . . "At the moment I don't need you!"

His father felt a sadness, but he held his tongue.
Sometimes lessons need to be learned . . . even when so young.

The boy stepped out a little further . . . the water covering his waist.
His father spoke with urgency . . . his father spoke with haste.

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"My son, come back to me," he said, "The day is almost done!" "Not yet, Dad," the boy yelled, "I'm having too much fun!"

But the boy did not have his father's insight so he could not yet tell.
The tide was coming in fast . . . there would be no time to yell.

"Father!" he tried to scream, as the water covered his head. "I need you now, Daddy!" was what the boy had said.

And in a single instant his father was by his side.
"I thought you left me, Daddy . . . I thought you went to hide."

The father looked upon his son . . . a tear streaming down his cheek.
The boy looked upon his father . . . and cried the sobs of the meek.

"I would never leave you son . . . for I love you just the same."

"I was only waiting . . . for you to call upon my name."

Author Unknown

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7 Chakras Workshop with Gurmukh & Gurushabd in Istanbul



World famous Kundalini yoga teacher and the author of "The Eight Human Talents" GURMUKH and her husband Gurushabd will be offering a workshop about the Chakras in Istanbul May 27th - May 30th.

Dates:

May 27th Tuesday

IRON STRENGTH AND CONFIDENCE!

Working on Chakras: 1, 2, 3

May 28th Wednesday

GOODBYE TO FEARS & HELLO TO JOY!

Working on Chakra: 4

May 29th Thursday

CREATE BY THE POWER OF YOUR WORD!

Working on Chakra: 5

May 30th Friday

BECOME INTUITIVE AND FIND PEACE NOW!

Working on Chakras: 6 TH & 7TH

Time: 19: 30 - 23:30

Place: HOTEL VI.LLA

SIRASERVI.LER CAD. NO; 49

80090 TAKSI.M – I.STANBUL

Registration: Esra Banguoglu (Fateh Kaur)

0538 552 08 70

kundaliniyoga@esrabanguoglu.com

www.kundalinesra.com

Kundalini Yoga at Cultivate's Health & Yoga Day



When: Saturday June 21st

Where: Cultivate Centre, Temple Bar, Dublin 8

Cost: 20 euro

The Kundalini Yoga Teachers Association of Ireland is pleased to announce that we will be participating in the Cultivate Centre's Health & Yoga Day on June 21st, summer solstice. This is a wonderful opportunity for people to come and experience a variety of Kundalini Yoga practices that will be offered throughout the day. We will also have a stall where Kundalini Yoga teachers will be available to answer questions about Kundalini Yoga and the yogic lifestyle. We will have some books and CDs for sale and there will be Yogi Tea!

KYTAI Leinster regional representative, Guru Sant Kaur, is facilitating the KYTAI participation in the event. Contact Guru Sant with any questions via email at gurusantk@gmail.com or by phone at 085 151 8671. Visit Cultivate's website, www.cultivate.ie, for more information about Cultivate's Health & Yoga Day. We hope to see you there for an enlightening experience!

Sat's Salad - A Spring Cleansing Recipe

(From *Food As Medicine*, Dharma Singh Khalsa. M.D.)

A tasty unique salad that will tempt your taste buds. Not only does it help improve kidney function but watercress and endive are powerful cleansers of the intestinal and circulatory system.

Salad

- 2 medium heads of yellow endive
- 1 medium apple, thinly sliced
- 1/2 cup walnuts, chopped
- 1/2 cup watercress leaves
- 1/4 cup blue cheese

Dressing

- 1 T nonfat cottage cheese
- 1 tsp apple cider vinegar
- 3 tsp walnut oil
- 1 medium clove of garlic, crushed
- salt and pepper to taste

Carefully remove all the leaves of the endive without breaking them. Wash and dry endive leaves, apple and watercress. Arrange endive leaves at the bottom of each individual plate in a circle, apple slices in the middle and watercress over endive. Sprinkle walnuts and blue cheese on top. Place dressing ingredients in a blender or food processor and puree. Pour over salad and serve. Makes 2 servings.

Announcements

We would like to send a shower of blissful birth blessings to Sat Susie Cornally (aka Sat Santokh Kaur) and Marcus who are expecting their first child in mid-June.

Calendar of Events

May

May 17th - 18th

Shakti Dance Workshop with Sara Avtar Olivier

Special Yoga Centre, London

Email: sonarshica@gmail.com

May 27th - 1st June

The Great British Yoga Festival

Thorngrove House, Gillinham, Dorset

Website: www.gbyf.co.uk

Email: gbyf@btconnect.com

Tel: +4407962323064

May 27th - May 30th

7 Chakras Workshop with Gurmukh Kaur & Gurushabd Singh

Contact Fateh Kaur

Tel: 90 + 535 301 67 67

Website: www.kundalinesra.com

June

June 13th - 19th

Shakti Dance Teacher Training (2nd Week)

Giulia di Gallese, Viterbo, Italy

Website: www.shaktidance.net

Email: saravtar@yahoo.it

July

July 18th - 20th

Naad Yoga Weekend Workshop with Prabhunam Kaur & Sat Santokh Singh Khalsa

Rainmaker Studio, Co. Limerick, Ireland

Email: jai@kundaliniyoga.ie

Phone: 021 487 7669 or 087 333 9642

July 22nd - 30th

European Yoga Festival

Domaine de Fondjouan, France

Website: www.3ho-europe.org

August

August 8th - 10th

Kundalini Yoga Classes at the Green Gathering (details TBA)

Woodbrook House, Killanne, Co Wexford

Email: jai@kundaliniyoga.ie

Phone: 021 487 7669 or 087 333 9642

August 11th - 17th

II International Kundalini Yoga Festival in Spain - Galicia Sat Sangat - 2008

"The Sound of Self Esteem!"

Website: www.kundaliniyogavigo.com

August 22th - 28th

Shakti Dance Teacher Training (3rd Week)

Giulia di Gallese, Viterbo, Italy

Website: www.shaktidance.net

Email: saravtar@yahoo.it

October

October 18th - 24th

Shakti Dance Teacher Training (4th Week)

Giulia di Gallese, Viterbo, Italy

Website: www.shaktidance.net

Email: saravtar@yahoo.it

November

November 7th - 9th

Kundalini Yoga Weekend Workshop with Sada Sat Kaur

Boghill Centre, Kilfenora, Clare, Ireland

Email: jai@kundaliniyoga.ie

Phone: 021 487 7669 or 087 333 9642

November 9th at 5pm

KYTAI Annual Meeting

Boghill Centre, Kilfenora, Clare, Ireland

Email: jai@kundaliniyoga.ie

Phone: 021 487 7669 or 087 333 9642

December

December 28th - 1st

Shakti Dance Teacher Training (5th & final week)

Giulia di Gallese, Viterbo, Italy

Website: www.shaktidance.net

Email: saravtar@yahoo.it

Disclaimer

The opinions, services and instruction being offered in the newsletter are NOT medical advice, consultation, Therapy or treatment, nor does it include any other medical, mental, physical or spiritual diagnosis. The educational services and instruction provided herein are not intended to be in place of or in lieu of any medical advice or treatment. It is strongly advised that you seek the guidance of a KRI certified Kundalini Yoga Teacher before practicing Kundalini Yoga at home.

Editor: Kuldeep Kaur Choong

For more information about the Kundalini Yoga Teacher's Association of Ireland visit www.kundaliniyoga.ie or contact Jai Kartar Kaur Mohan via email at jai@kundaliniyoga.ie or phone 087 333 9642