



Sheffield Yoga Days

14th January : Swami Shivadhara : Ajapa Japa

"Ajapa Japa is a complete sadhana in itself which can take an aspirant from the most elementary level of body and environmental awareness to the highest stages of meditation. Its practice, if undertaken gradually and with full awareness, will eventually bring all the hidden desires, fears and complexes of the mind to the mental surface. When this occurs, little by little, over a period of months, the practitioner should view these previously hidden samskaras with the attitude of the unconcerned witness. Through this process, ajapa japa relieves the mind of all tensions, which in turn removes the root cause of most physical and mental ailments."
- Swami Satyananda Saraswati

This Yoga Day follows on very well from the last one as its subject is another ancient meditation technique rediscovered and formalised by Swami Satyananda.

Like Antar Mouna, **Ajapa Japa** is a simple but profound meditation practice. It can be used as a short practice to bring calm and clarity to the mind, or it can be a long term sadhana to bring about a state of meditation.

The day will involve Asana, Breath Awareness, Mudra, Bandha and Yoga Nidra, with an emphasis on discovering the subtle aspect of the practice of Ajapa Japa.

Swami Sivadhara taught an excellent day for us a couple of years ago so we are very pleased to have her back in Sheffield. She very rarely teaches in the North of England and we are lucky to have her here.

Ajapa Japa is her favourite subject so this should be a very good day!

Swami Sivadhara initially trained with Swami Pragyamurti. She met Paramahansa Satyananda in 1982 and was initiated into Sannyas in India in 1984.

She co-founded *Mandala Yoga Ashram* with Swami Nishchalananda in 1985, where she lived for 12 years.

She now lives quietly in the South of England and continues to teach in France.

- Days are 10am - 4pm.
- Cost £25. Cheques are payable to 'Sheffield Yoga School'.
- For lunch, please bring a vegetarian dish to share.
- Venue : Grenoside Community Hall, Sheffield, S35 8PR