

Siddha Yoga Meditation Center in Honolulu

# Community Newsletter



## February Newsletter

The Siddha Yoga Message and Focus of Study for 2010 is AUM.

### Center News & Highlights

- Preparation Satsang for A Sweet Surprise – Sunday, February 7, 10:15am to Noon
- Assimilation Satsang – Cancelled
- NO Open Meditation on Wednesday, February 10<sup>th</sup>
- Mahashivaratri – Thursday, February 11, Dinner at 5:30pm, Celebration at 7:00pm to 8:30pm (tentative time)
- Bade Baba Arati – Sunday, February 21, 10:30am to 11:00am
- Hatha Yoga for February – No Hatha Yoga on February 8<sup>th</sup> (M), 9<sup>th</sup> (T) and 15<sup>th</sup> (M).
- A Sweet Surprise and Preparation Satsang Webcast – available until Feb. 28 at <http://www.siddhayoga.org>
- The Daily Attributes – <http://www.siddhayoga.org>
- Siddha Yoga Sadhana Retreats
- Click for calendar - <http://www.calendarwiz.com/symchonolulu>

*Dear Ones,*

*Gurumayi has blessed us with the Siddha Yoga message of 2010: AUM.*

*How fortunate we are that the Siddha Yoga Meditation Center in Honolulu will be offering programs throughout the year that support you in your study of Gurumayi's message for the year 2010.*

*We will meet at the Center and in our hearts again and again. We will revel in the power of exploring this profound message together.*

*Please bookmark our online calendar in order that you have the most updated information.*

*With Love,*

*The Communication Team*

*Lynne Abrisce Charise Joneidi Lynn Hirashima Junko Lowry*

### **Preparation Satsang for A Sweet Surprise Sunday, February 7<sup>st</sup>, 10:15 am – Noon, Free of Charge**

In this satsang you'll be learning and practicing Gurumayi's instructions on posture and breathing. Gurumayi designed these instructions specifically for you to practice in preparation for A Sweet Surprise and beyond. The more you practice the more it becomes a part of you the more it supports your sadhana. Repeat participants welcome! Invite your family and friends.

## Assimilation Satsang for A Sweet Surprise Cancelled

### Mahashivaratri Celebration

**Sunday, February 11<sup>th</sup>; Dinner from 5:30pm, Celebration from 7pm to 8:30pm (tentative)**

Mahashivaratri is the night of the new moon in late February that is especially sacred to Lord Shiva. On this night, each repetition of Om Namah Shivaya is said to equal the merit of a thousand repetitions. In order to support you and the sevites, we will serve a special dinner (\$10/person) promptly at 5:30pm. To reserve your meal, please write your name on a sign-up sheet in the Community Room. You may also e-mail or leave us a voice mail. Our contact information is at the end of this newsletter.

### Siddha Yoga Hatha Yoga

Please note that there will be no Hatha Yoga on Mondays February 9<sup>th</sup> & 15<sup>th</sup> (President's Day) and Tuesday, February 10<sup>th</sup>. All other classes both at the Center and at Hanahau'oli will be held as usual. \$10 per class. It is recommend that you bring a mat and a block.

**Monday's Gentle Hatha Yoga at the Center: 11:00 am to 12:15 pm**

Pre-registration is required. Please register by the first class of the month by leaving a message at the Center (597-9194) for Stephanie Marrack. No drop-ins due to limited hall space.

**Tuesday's Hatha Yoga at Hanahau'oli School: 6:00 pm to 7:30 pm**

Drop-ins are welcome at Tuesday's classes at Hanahau'oli School.

### The Daily Attributes – <http://www.siddhayoga.org>

Swami Ishwarananda, a steering committee member of the Siddha Yoga Philosophy and Culture Area of the SYDA Foundation, speaks on the Daily Attributes: "*The Daily Attributes of Aum* has been one of the study tools for 2009, and this has been a great gift from Gurumayi for all the Siddha Yogis to study *Aum* in depth. Many of you have been sending your requests to the SYDA Foundation, expressing your wish to continue the study of *Aum* with the *Daily Attributes* in 2010. **For this reason, yes, I am very happy to inform you that *The Daily Attributes of Aum*, offered in 2009, will once again be made available to you in 2010.** As a subscriber, you can log on to the Siddha Yoga website each day and access the *Daily Attributes*." (~ Siddhayoga.org)

### A Siddha Yoga Sadhana Retreat: Meditate: Experience the Light of the Self

Siddha Yoga Sadhana Retreats provide an environment for committed Siddha Yoga students to explore and strengthen their spiritual practice over the course of six days. In order to support you in your planning for 2010, here's the list of Sadhana Retreats offered throughout the world.

Dates	Location
February 7 - 12	Boston
March 28 – April 2	Mexico City
July 11 - 16	UK
July 25 - 30	France
August 8 - 13	Germany
October 16 - 22	Boston
October 16 - 22	Oakland
December 28, 2010 – January 2, 2011	Boston

