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Newsletter End of year 2011

No 32

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Beloved Students of The South African School of Yoga, family and friends,

India Trip



**Ready, Steady, Set, Go for India Nov /Dec 2011!!!!**

Can you believe it!!!! November is upon us!!!! I will be leaving for India on Tuesday the 22<sup>nd</sup> November 2011 but the School will be running as usual with a special program from Tuesday 22<sup>nd</sup> through to Wednesday 29<sup>th</sup> November – last evening class of the year. The School will re open on Monday the 16<sup>th</sup> January 2012-----please diarise.

Program starts

- Tuesday 22<sup>nd</sup> November – evening DVD to be shown
- Wednesday 23<sup>rd</sup> November – morning and evening DVD to be shown
- Friday 25<sup>th</sup> November – morning DVD to be shown
- Monday 28<sup>th</sup> November – evening DVD to be shown
- Tuesday 29<sup>th</sup> November – evening CD to be heard on Structure of the mind by Swami Niranjan.
- Wednesday 30<sup>th</sup> November – morning and evening CD to be heard on Structure of the mind by Swami Niranjan.

The following DVD/CD will be shown during the yoga classes.

1. The Abhishek of Swami Niranjan Satchandi 2010- A once in a lifetime experience. A filmed record of the Abhishek of Sw. Niranjan marking his passage into to Sannyas Tradition at the Ashram of his guru, Satyananda in Rikhia, India – I, Kamala was there personally to experience this most awesome auspicious ceremony and would like to share it with all my students!!!!!!
2. The structure of the mind and how it functions- a talk by Swami Niranjananda on CD mentioned on the above days and dates. Please DON'T miss out!!! All are welcome!!!

### Christmas Party 'childline' Invitation

The 'childline' Christmas Party will be held at 'childline' Parktown on Saturday the 19<sup>th</sup> November 2011 at 10AM to about 2:30PM. The party is bigger this year and the School is amalgamating with the Director of 'childline' and her groups! We are looking at 360 children!!!!!!!!!! Please open your hearts in service at this most celebrated time of the year!!!! Please join us!!!!

It has been a challenging year to say the least. We have successfully achieved in managing and handling our lives gracefully in the true yogic sense of the word!!! Looking forward to teaching and sharing my knowledge with you all next year 2012.



'Childline' children performing yoga on a Saturday morning - Parktown

## Yoga Form Newsletter

Nicki Levitan-Forman and her beautiful family now living in Israel created the below newsletter for her students

Inspiration on Seva:

**Ubuntu:** The African Spirit of Service, Love and Giving

Dearest Yoga Form sangha,

Quite a few years have passed now that we at Yoga Form have been privileged to work in support of my mentor and (humbly shall I call her) friend, Swami Kamalavidya of the South African School of Yoga. I have often spoken to you of the amazing work she is doing to uplift the lives of underprivileged children in South Africa through sharing the science of yoga with them. We as a sangha have been inspired to create YogAspire to support this lofty initiative and through the sales of my jewellery line, Kamala we have played a modest role in contributing to the support of this incredible work.

I had the joy and blessing to reconnect with Swami Kamalavidya these last weeks in a visit to

South Africa, where I could enjoy not just a sublime yoga session, but also to meet with her and get some feedback on the developments with the children these last few years (as well as introduce our baby, Aidan to her.)

Today she emailed me a link that I would like to share with you about the work being done through the South African yoga magazine, [Yoga Awakening](#). Please visit their site for a beautiful article about the work Swami Kamalavidya has been doing, of which you all as a sangha have been intricately involved in supporting, growing and nourishing! Most inspiring are the interviews with the children themselves that truly Inspire and remind of Truth.

I am reminded through the article about the South African spirit of Ubuntu, which is service, love and giving. This for me remains the essence of Yoga, expressed through the lives we touch, through the spreading of the diverse teachings we are blessed to share. May Yoga continue to Inspire us to Truth, to lead us to Universal healing and bring us back to the essence of Ubuntu, to service, love and giving! May these articles inspire you all to do and embody this quintessence of seva.

For those of you in Belgium on 11-11-11, join us at Yoga Form in support of the Childline children. Our beautiful teachers, Mona Ahmad and Kristen MacPherson are graciously donating their time. Yoga Form will be donating the rest. All proceeds of the day will be donated in full to this amazing project!

I send you again my deepest love from Israel, from South Africa and soon back on Belgian soil.

In love, light and truth, -----Nicki