

EVENTS

RICHARD FREEMAN AT MANDARIN ORIENTAL, HONG KONG

Those who expected a traditional Ashtanga weekend workshop with Richard Freeman were in for a big surprise! Richard's subtle and profound presentation of the Ashtanga system has a way of enlightening and confounding at the same time.

He approaches the practice of Ashtanga Vinyasa yoga from the inside out. Rather than discussing postures or sequencing, he addresses patterns in the body and mind. He focuses our awareness on consciousness itself, through the use of metaphor and entertaining analogies. He switches easily between the traditional and the slightly outrageous. In one moment he describes the awakening of our life force through the ancient imagery of Patanjali's thousand-headed serpent, while in the next he explains the proper shoulder alignment through the "pizza pose." And strangely, both make perfect sense.

What is so remarkable about his teaching is that he practices what he teaches, as he is teaching it. He demonstrates the techniques he describes to maintain alignment by the way his awareness is so keen and heightened. His presence is calm and inspiring.

Many of us are grateful for this new inspiration as a result of his refined approach, and look forward to his guidance again, hopefully next year in Hong Kong!

contributed by Kim Roberts

HONG KONG JOINS GLOBAL MALA PROJECT

It started with a passionate conversation with Shiva Rae, the catalyst behind the project, when she was visiting Hong Kong for the Evolution conference back in June.

Fast forward to Saturday, September the 22nd at Pure Yoga Central where over 65 people gathered to be part of the Global Mala Project. They were there to celebrate peace and to link up with millions of other yogis all around the world in a symbolic mala of 108 beads. The date was chosen because it is the United Nation's International Day of Peace, as well as the Autumn Equinox.

The evening started with everyone chanting OM 7 times and 7 peace mantras to the vibration of the harmonium. The group practiced 27 full rounds of Surya Namaskar led by Satyananda yoga teacher Yoganidhi, set to the beat of a drum and the Bija seed mantras. After a short Shavasana, Yoganidhi led the yogis with 108 chants of the Mahamrityunjaya Mantra, which naturally put them into a heightened state of awareness and then followed 10 minutes of silence. The yogis proceeded to light 108 candles and send out prayers and wishes for peace. Kirtan further lifted spirits as the group joyfully chanted ancient Mantras for world peace.

The evening winded down with 108 organic cookies and Indian Chai as master drummers Kumi & Oz drummed their infectious beats to bring Hong Kong's effort to a close. Over HK\$8,000 was raised for global peace initiatives. For more information, visit www.globalmala.org

contributed by Bobsy



SATYANANDA YOGA TEACHER YOGANIDHI





PRACTICE LIGHTLY ON THE EARTH

Celebrating the confluence of environmental awareness and the teachings of yoga, the 2nd International Green Yoga Conference was held at Mount Madonna in the Northern California Santa Cruz mountains May 18-20. Yogis from around the planet gathered to learn more about how to practice lightly on the Earth, internal ecology and methods of personal, communal and planetary sustainability. Some workshops were held outdoors with sunrise and sunset meditations, while others offered hikes in the surrounding hills and forest with the intention of creating a direct and real connection with nature.

Conference highlights include, Scott Blossom’s workshop on the internal ecology of Agni (fire), Katchie Ananda’s presentation on “Being an empowered and embodied agent for change in the world,” Ocean Robbins’ talk “When Hope takes a Stand: Bringing Spirit into Action, and Green Yoga co-Director Chris Chapple’s speech weaving together teachings of the Vedas & Upanishads with the works of Emerson & Thoreau.

GIANT REDWOODS OF NORTHERN CALIFORNIA

consciousness, reverence and action in the yoga community. Their Green Studio Program assists yoga studios in becoming more environmentally friendly. www.greenyoga.org

The Green Yoga Association is dedicated to raising ecological

contributed by Clayton Horton

GOING GREEN IN HONG KONG

By Catherine Touzard & Fabienne Malaval Dupré

A new guidebook about how to lighten our footprint on the environment has been published recently by two French ladies living in Hong Kong. Going Green in Hong Kong includes information on:

- where and how you can shop greener
- how have environmentally-friendly and healthy food
- what to do at work, on holiday
- how to save water and electricity
- useful books, references and websites

Going Green in Hong Kong is available for HK\$120 at:
 Dymocks, Discovery Bay, IFC, Stanley, Prince’s Building & Lyndhurst Terrace
 Emmanuel F. Hair Salon, 10 Pottinger St., Central
 Harmony Café, 1 F, 21, Causeway Bay
 Health Gate, 126, 8f., Des Voeux Rd Central
 IMI, Health Realities, 17 Kailey Tower, 16 Stanley St., Central
 Kinoa-shop.com (online)
 Life Café, 10 Shelley Str., Soho
 Little Giant, 15F, Chung Wai Cal Bldg, 447-449 Lockhart Rd
 Parentheses Continental Bookstore, 2F, 4 Wellington St., Central
 SustainAsia (online)
 The Body Group, 10 Pottinger St., Central
 Threesixty, 3F, The Landmark, Central
 Xtreme Green, 9A Hang Lok Bldg, 128 Wing Lok St., Sheung Wan



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