



# Guru Poornima Celebration

2.30pm – 7.30pm,

Sunday 25<sup>th</sup> July 2010

Friends Meeting House, New Adel Lane,  
Leeds LS16 6AZ

In yogic traditions, **Guru Poornima** is celebrated every year on the **full moon day in July**. It gives us the opportunity to pay our respects and offer our heartfelt gratitude to all spiritual masters, past and present. The guru (spiritual teacher) may be embodied in a living person or may be the principle that exists dormant in all of us – the inner guru. It is an opportunity for a spiritual stocktaking, a chance to renew and strengthen ourselves through coming together as a 'sangha' and rededicate ourselves to spiritual practice and inner growth.

**Whether you have a guru or you don't, whether it is inner or outer, you are most welcome to come to join us in this celebration.**

The focus of the celebration will be a **Havan**, which is a **yogic fire ceremony** that links back to the discovery of fire and its enormous importance. With our modern living we have moved away from the deep understanding of fire as described in the ancient Indian Vedas. Body, mind, mantra and ritual balance the external and internal world to form an experience that lightens the inner being and allows man's inner essence to shine forth.

**Please bring something (waterproof) to sit on.**

## Programme (subject to late changes)

- 2.00pm Doors open
- 2.30pm AGM Satyananda Yoga North
- 3.30pm Tea and treats
- 4.00pm Chanting and Kirtan  
Preparations for havan and malas
- 5.00pm DVD Swami Satyananda Saraswati
- 5.45pm Havan

### Directions

Venue is 200m off the A660 (Otley – Leeds road), nr Leeds.

Enter the postcode at [www.streetmap.co.uk](http://www.streetmap.co.uk) to obtain a map of the area.

The venue can be viewed at <http://www.leedsquakers.co.uk/meetings/adel>

### Other information

The event is free of charge, no booking is necessary but an RSVP would be appreciated.

Please bring a vegetarian dish for a shared feast after the havan.

Children are welcome.



**Contact:** SYNorth Secretary, Vimuktananda [vimuktananda@phoncoop.coop](mailto:vimuktananda@phoncoop.coop) 01535 609488