

Living a Yoga Life Adopting Sadhana

Living a yoga life is best understood by embracing the four refuges of Satsang, Yogam, Guram and Sangham applied within a context of positive living that has a firm foundation within the ethics and vision of yoga. Adopting sadhana is a key step upon which all else is supported.



Clearly understanding what sadhana is and applying it faithfully through whatever comes is the mark of a yogi. Ashram is the support system that allows that ability to be nurtured and to mature.

Atma Vichara is the practice of Self Enquiry it is well and confidently understood, it is transformative, profound and beautiful. As well as being a practice it reveals itself as an insightful and easy approach to all that comes in life. Atma Vichara can be applied anywhere and adopted by anyone who chooses to seek it out and devote effort to its practice.

Derek Thorne

The Aims of YogaLiving

- To make available the accessible teaching of Atma Vichara and its context
- To provide a structure of guidance, practice and community fellowship
- To continue to develop the model of a community ashram
- To faithfully represent the ethics and traditions of yoga

All the efforts, endeavours and resources of YogaLiving are given freely by its members. All income is protected and dedicated to the ashram fund which exclusively supports community ashram development and the free dissemination of the teaching of Atma Vichara.

YogaLiving Community Ashram
Dedicated to the practice of Atma Vichara

www.yogaliving.co.uk

E: admin@yogaliving.co.uk

Ashram membership - becoming a Friend

**Accept what comes
Release what goes
Claim the moment
Trust the future
Realise the Self**

www.yogaliving.co.uk

What YogaLiving is

YogaLiving is an ashram in the community dedicated to the practice and lifestyle of Atma Vichara . This means it provides a teacher, a specialist teaching, a community of practitioners, and access to ongoing satsang and practice without the need for renunciation or for a physical residential building.

In this manner ashram members have the real ability to belong to a genuine yoga community of like-minded people and to progress deep and supported spiritual practice alongside the routines of ordinary independent life.

YogaLiving has achieved purity of aim and a clarity of operation that provides a very significant opportunity for those seekers drawn to it. Whilst continuing to offer open teaching and common practice to all who seek it, some individuals are looking for a deeper personal involvement, commitment and contribution in their spiritual life.

YogaLiving is able to respond to this need by offering ashram membership in the form of becoming a Friend.

Becoming a Friend

Would you like to support a Community Ashram and be part of it?

Would you like to deepen your practice and have access to personal teaching?

Would you like to see yourself as a member of the YogaLiving community?

Then consider making an annual donation to become a Friend of YogaLiving.

This will entitle you to:

- Demonstrate a real commitment to sadhana (practice)
- Belong to an active and living yoga sangha (community)
- Have direct access to personal teaching and guidance
- Have access to the ongoing contact and support of others
- Have the opportunity to support the ashram and work on its behalf
- Receive a regular newsletter and other key communications
- Attend an annual Friends day

Friends need to be genuine and sincere, to demonstrate an ethical standard of conduct and a willingness to support both the ashram aims and its membership. Should you wish to become a Friend please complete the attached form.

Joining Form

Donations at your discretion. Minimum recommended yearly donation £30

I wish to join the Friends of YogaLiving and am willing to pay an annual donation of £.....

NAME.....

ADDRESS.....

.....

.....

POSTCODE.....

TEL No.....

EMAIL.....

SIGNED.....

DATE.....

All cheques and postal orders should be made payable to Yogaliving

Receipt will be acknowledged and you will be sent a Friends pack.