

Friends of Nityananda Institute

2006
Year End
Report

PORTLAND

ONGOING PROGRAMS, THE MOVEMENT CENTER AND RUDRA PRESS

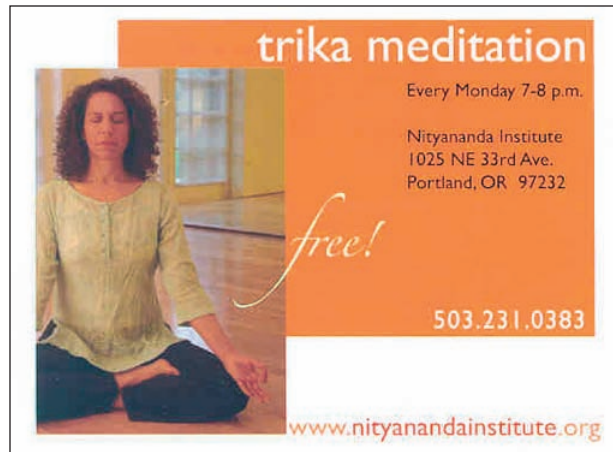
Howard Boster was named Director of the Institute last winter and has implemented several changes in our ongoing programs. One significant change in our schedule was the restructured Monday night program. That program began last fall with Swamiji giving a series of Monday night talks. Howard Boster and Sharon Ward now lead the program on alternate weeks. The program includes chanting ("Om Namah Shivaya"), a short talk on some aspect of our practice, and guided meditation. It continues to attract as many as 30 new people each week and has created a whole new flow for the community.

Right before the 3 Gurus, Swamiji returned to Bend for another evening talk at the Spiritual Awareness Community, with a very enthusiastic crowd. He talked about the process of developing spiritual awareness. Several students from Bend came to the 3 Gurus program, and a number have been coming regularly to Portland.

In Portland this fall, Swamiji has been working intensely, spending four nights a week in programs with us and doing many special pujas for individuals. He also gave a very inspiring series of talks about the four pillars of our practice: the wish to grow, the teacher, circulating the energy, and service. The first installment of these talks is now available on the NityanandaInstitute website at

http://www.nityanandainstitute.org/articles_here_to_grow.php. Swamiji is returning to Tibet House in Manhattan for four nights of programs in early December: a talk on Dynamic Stillness and three nights of

open-eye class. He'll return to Portland shortly before the year end retreat.



One of the exciting developments from the 3 Gurus is the beginning of an informal exchange program with

the Shiva Ashram. In the spring, Swami Shankarananda invited Andrew and Becky Bonner to spend two weeks in Australia teaching and demonstrating homeopathy and osteopathy. They received rave reviews from everyone who participated.



In return, Swamiji invited Ma Devi Saraswati, assistant to Swami Shankarananda at the Shiva Ashram in Melbourne, Australia to Portland to teach a month-long course in the Shiva Process. Shiva Process is a technique of self-inquiry developed by Swami

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Shankarananda in collaboration with Ma Devi. The series included three lectures each week and opportunities for participation in small group inquiry sessions. Ma Devi facilitated a training for students to lead other Shiva process groups, and was available for private sessions with individual students who wanted to experience the work. She was wonderful company, and we were very sorry to see her return to Australia.

Students at the Institute continued work on practices to support the sick, including a new group of trainees for the 100 Handprint practice. The practice is now done with the Chöd every Friday night in the meditation hall beginning at 6:00 pm, and everyone in the community is invited to attend. Chöd practitioners are welcome to participate in the Chöd portion of the practice. The Marchungma sadhana is practiced on Saturdays before class.

We added a new course for beginning students to the Institute curriculum: a four week program called "Elements of Trika Yoga Meditation." The course is designed to give students a foundation in the basics of our meditation practice in four segments: breath, chakras, flow and presence. The format includes lecture and a period of guided meditation. The course was offered for the first time in June, and over 30 people enrolled in the

second session of the course that was held in October. Feedback from students has been very positive.

The eight week Introduction to Trika Yoga course was offered in the early spring. That program is an overview of all of the tools of our practice, from meditation to hatha yoga to chanting and mantra. About 15 students attended, and a number are coming to practice at the Institute.

We continue to practice the Queen of Great Bliss puja together once a month. We have a number of members who make donations for the offerings and decorations, so every month we can have a beautiful event. The last puja was on Thanksgiving Day, and it was a fitting way to begin the holiday. Both Swamiji and Ma Devi joined us for the puja and the traditional holiday feast that followed.



THE MOVEMENT CENTER

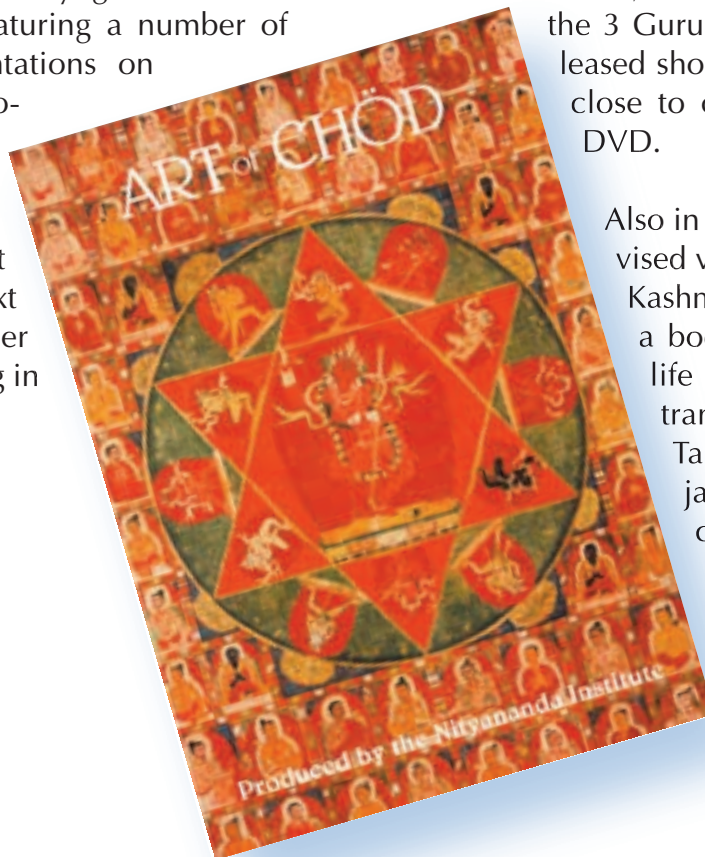
Although 2006 was a relatively quiet year for the hatha yoga program, there has been an upsurge of interest in our classes. Both the quality of our students and our teaching is increasing. We have expanded our advertising and marketing efforts to help grow our student base. The momentum is building for a great year in 2007.



Elements of Trika Yoga
Meditation
Part 1: Breath

There were a number of additions to the Movement Center curriculum. Ruth Knight introduced a Beginner's Immersion series in which new students would attend classes three days a week over a two or three week period to get a foundation for a yoga practice. Ruth also developed a "Breathing Well" workshop designed to provide tools to facilitate conscious, healthy breathing. Laura Washington introduced a new workshop and class called "Perfect Fit Yoga," which approaches issues of body weight and body image from a holistic perspective. During the summer months, Pamela Rico and Mindy Montague teamed up to offer a family yoga class on Saturday mornings outdoors under the large tulip tree on the south lawn.

There was a week of special yoga and meditation programs in March, featuring a number of workshops and presentations on meditation, the philosophy of Trika yoga and mystical poetry. Be on the lookout for a re-designed Movement Center website early next year, and a hatha teacher training program coming in the fall of 2007.



RUDRA PRESS

Rudra Press products are offered through Amazon.com as well as the Rudra Press website, and are now distributed through New Leaf. Our Prenatal Yoga: A Complete Home Practice DVD received an Editor's Choice award from Fit Pregnancy magazine. Sales of the prenatal yoga products topped 2,200 units, and overall sales for Rudra Press increased by 200 percent this year.

We released the Gitartha-Samgraha, a commentary on the Bhagavad Gita by Abhinavagupta, translated by Boris Marjanovich. Work on Spiritual Cannibalism, with a new introduction by Swamiji and a return to the format of the original edition, is nearing completion. A DVD of the 3 Gurus 2006 is expected to be released shortly, and Sarah Mocas is very close to completing the Art of Chöd DVD.

Also in the editorial process are a revised version of Kamalakar Mishra's Kashmir Shaivism, Lion of Siddhas, a book about Padampa Sangye's life and teachings, and a translation of Abhinavagupta's Tantrasara by Boris Marjanovich. Boris Marjanovich is currently working on a translation of the Stavacintamani of Bhattanaryana, an important Shaiva text that is a composition of verses in praise of Shiva.

