

DHYANA MUDRA (*seal of meditation*) is one of the hand gestures (*mudra*) used in *Yoga*, especially in conjunction with the various *meditation* postures. It is performed by resting the open left hand, palm up, on one's folded legs, and placing the right hand, also palm up, on top, with the tip of the thumbs touching. *Georg Feuerstein*

reflections

yoga, wellness & you!

Shreyas, an Inner Challenges initiative, is a retreat for discerning guests to step away from the hectic demands of modern life and spend time in unwinding, reflection, rejuvenation and rediscovering the simple pleasures of life.

Spread over 25 acres of landscaped gardens, the architecture and interiors are a seamless confluence of traditional and the modern styles.

Guests' Comments...

Shreyas has completely dazzled me with its stunning simplicity, attention to detail, faultless service & wondrous food...

... I doubt I have ever been looked after so well & made to feel so special. Shreyas is unique in that it only caters for up to 25 guests which means that each guest is made to feel like royalty – no, better than that!

I also admire the fact that it is part of the community and helps out so many people. How every encouraging to know that a place like this exists.

Many thanks for everything & I know I shall return back.

Carla Mckay, United Kingdom (February 2010)

An incredibly rejuvenating experience. What a wonderful way to start the new decade. I loved the Yoga, Meditation and Pranayama sessions. The massages were very good as well. But most of all I really enjoyed the fact that it felt more like home than a hotel. The staff are so gracious - and the communal needs are a wonderful way to connect with people from diverse life experiences.

Kudos to the creators of this space...

Would love to return again and again... Thanks.

Naheed Islam, USA (February 2010)



One of the 61 Rain Water Harvesting systems sponsored by the guests at Arjunabittahalli Village

Joy of Giving

The times when we lower our eyes in prayer when passing a place of worship... and instead of making another wish, gratitude for what we already have fills our consciousness.

The occasions we see someone less fortunate and realize – “There, but for the grace of god, go I”, and count our blessings rather than our unfulfilled desires.

The instance when a simple act of giving – a treat to a child, a helping hand to the frail – fills us with joy and inner warmth....

The ancient scriptures tell us that the Universe is connected and that we are each a part of one Supreme Consciousness.

There is no ‘other’ to compete with or hoard from. We give to ourselves which is why the act of giving is permeated with joy.

At Shreyas, the guests as well as the employees are continuously reveling in the joy of giving in their own way for quite some time now.

In this newsletter we have highlighted a few efforts taken by us, with the guests’ participation, in this direction.

Yoga is that inhibition of the functions of the mind which leads to the absolute abundance of the soul in its own real nature of Divine Glory and Divine Splendour.

Swami Sivananda

www.shreyasretreat.com/JoyOfGiving2.htm

Community Service

addressing **ECOLOGICAL CONCERNS**
enable **RAINWATER HARVESTING**
empower **ORPHANAGES**
serve **RURAL SCHOOLS**

Community Service initiatives enable in us “a genuine desire to serve the needs of others.” This is one of the practical aspects of one’s stay at Shreyas that helps us to think and thank all that we have as well as evolve as a responsible human being. Guests are involved in one or many of these initiatives :



Involving Rural children in Million Seed Ball campaign (<http://millionseedballs.org/content/corporate-sponsors-million-seed-balls>)



Guests on the way to a Rural Community Feed



Village School Children receiving Stationery

01. Community Feeding: Guests are encouraged to participate in Community Feeding Exercise during their stay. The experience include picking vegetables, herbs and other available produce from Shreyas Organic Farm, procuring other required raw material from near by village, cleaning and cutting vegetables; assist in cooking the food for the feeding, serve the food either at a chosen rural school or an orphanage. Though it appears simple, this activity tests the individual’s attitude towards Service. It is an opportunity to serve those who cannot serve us back directly!

02. Million Seed Balls: Shreyas is part of a green revolution that is happening based out of Bangalore. Here, Seeds of native trees are provided and they have to be sandwiched in a mixture of organic manure and sand. Each seed then takes the form of a ‘table tennis’ ball. These balls are then planted by volunteers at hill ranges and forests.

03. Rain Water Harvesting (RWH): Shreyas has facilitated the installation of RWH systems at Arjunabittahalli with generous contributions from Pitamber and Jyoti Sakhrani (Hongkong) as well as Dr. Sunita Verma (UK). A total of 73 homes benefitted from this initiative. The local governing body (panchayat) provides bore well water to villages. Due to the irregular electricity, water supply timings and absence of storage mechanism, the women at these village households find it difficult to store the fetched water or save rain water. Installation of RWH systems has served two purposes: automatic storage of rain water and as a storage tank for bore water. More on RWH in next issue!

04. Serving an Orphanage: Since October 2008, Shreyas is associated with a rural orphanage called Kaveri Vanita Sevashrama. Nicky Shepherd (African Explorations) started the charity initiatives by contributing cooking utensils, educational and sports materials, a refrigerator and bicycles for the inmates. Shreyas is presently facilitating ‘fund raising’ to bring up a proper building to house the 34 inmates.

This world is a great school. This world is for your education. You learn several valuable lessons daily. If you are wise enough to utilise all opportunities to the best possible advantage in the spirit of Yoga, your capacities and will-power will develop to an astonishing degree. You will grow. You will evolve. You will expand. There will be integral development.

Swami Sivananda

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Orphanage (*Kaveri Vanita Sevashrama*) Construction in progress

Background: This orphanage is part of the Community initiatives network at Shreyas that also comprises of 6 Rural schools. These schools are located at villages such as Yadalu, Bolemaranahalli, Byrasettyhalli, Arjunabittahalli, Gollahalli & Guttepalya. Shreyas does not involve itself in the day to day management of either the orphanage or these rural schools, but acts as a catalyst in their growth and well being by introducing interested guests. They then take a decision on the mode of assistance based on the requirement.

Developmental initiatives: Mary Barrett (stayed at Shreyas in December 2007) was one of the first guests to visit the orphanage. She went on a Fund Raising walk in the UK and create awareness about the Orphanage.



Work in Progress at Construction site



Shreyas Guest, *Alexandra Longmore* can be seen inspecting the work in progress.



Orphanage secretary *Sarojamma* at the site

Even during her stay at Shreyas, along with another guest, Sharon White, she donated high quality pure cotton mattresses, pillows and bed spreads.

Since Mary Barrett, a lot of guests took special interest in the all round development of this orphanage. Subsequently Nicky Shepherd of African Explorations donated bicycles, educational aids and a host of other stationery items that were in need by the 14 school children that stay here.

Since 2008, a host of other guests such as Carole Schuster, Saroj Patel, Marie Claire, Emanuel Sharp, Sheel Patel, Laura Brancato, Sascha Ladenius, Jorge Pante and Jose Fraga provided the Orphanage children with stationery and other learning material from time to time.

Orphanage Building

Towards the new building, the first one to contribute was Mary Barrett (£1600). Followed by her, the following guests contributed a total of £3000: Louisa Thorpe, Suraj Salhotra, Alexandra, Gary Vidor, Laurie Schlosser, Penny, Kirsten Parker, Elizabeth Mayfield, Jane Kibbey, Eva Hagman, Dipa Chakrabarti and Reshma Thakkar.

Since December 2009, Simon Binder (£5000) Bonnie Ward & Tina Schimdt (\$1500), Richard Calleri (£2000), Sascha Ladenius (€1500) have whole heartedly contributed to the orphanage building fund. The total contribution till date is £14100 and the complete construction cost of the Orphanage is estimated to be £45000 to £50000, depending on the prevailing foreign exchange rate.

Based on the available corpus, Shreyas has already initiated the construction process.

**Do charity regularly, every month, or even daily according to your means.
Never fail in this item (charity).**

If necessary forego some personal wants but keep up this charity regularly.
Swami Sivananda, from The 20 Spiritual instructions

A few of the completed Community Projects

(1) Based on the requirement, Kaveri Vanita Sevashrama (Orphanage) is provided with mattresses, utensils, pillows, dresses, provisions etc., from time to time. This is sponsored both by Shreyas as well as guests .

(2) Library (Byrasettyhalli Higher Secondary School) building was sponsored by Kantu & Raju Mahtaney (Kripa Foundation) .

(3) Shreyas sponsored separate hygienic toilets (Byrasettyhalli Primary School) were constructed for Boys & Girls .

(4) Shreyas also constructed the Compound Wall at the Gollahalli rural school to prevent the children from extending their play area to the main road and preventing them from meeting accidents !

(5) Bore Well (Basavanahalli): Provided by Shreyas to alleviate the water problem at this village.

(6) Employees of Capital One, the leading Finance power house, provided Sports goods to the Gollahalli rural school.

(7) Compound Wall: This now allows the children to play fearlessly; prevents cattle from getting into the campus and make sure the kindergarten kids can play safely. Sponsored by Mumbai based IT company eclerx.

(8) Stationery distribution: Every academic year, this is distributed to rural schools around Shreyas .

(9) Uniform Distribution: Village Schools at Yaddlu, Byrasettyhalli were the beneficiaries. We are now working to provide this to more schools.

If, in spite of your daily struggles, you feel blessed with abundance and wish to share your love, time and maybe more with those who will appreciate it, we invite you to Shreyas for a Retreat that celebrates the gift of life and the spirit of giving.

THE JOY OF GIVING - A 7-night hiatus from our demanding lives to restore our inner balance and realize the immense joy that arises from simple acts of giving and sharing.

[Write](#) to us to know more about this package.



The structure as on first week March 2010



A strong foundation!



Rain Water Harvesting system at Arjunabittahalli

**To LIVE is to SERVE!
To LIVE is to GIVE!**
Swami Sivananda

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