

## Re: introducing myself

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From: Ahimsadhara Saraswati <ahimsadhara[REDACTED]>  
 To: "Amamath (Anthony) Cormack" <anthonyc[REDACTED]>, Atma <yogarock@satyananda.net>, Bert Franzen <bertfranzen@electassociates.com.au>, haribodhananda[REDACTED] Krsnadhara <secretary@syt.org.au>, Poomamurti <pmc[REDACTED]>, Sarah Tetlow <sarahjtetlow[REDACTED]>, Suryamitra <suryamitra@satyananda.net>  
 Date: Sun, 23 Mar 2014 21:38:02 +1100

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Hello again,

I forgot to mention that I know Bhakti Manning. I knew her when she was 16 as I was friends with her sister who asked me to come to my first yoga class. I saw her again for the first time last year in Ganga Darshan. It was my duty to meet with foreign guests so I had quite a long talk with her then.

om, Ahimsa

On Sun, Mar 23, 2014 at 8:52 PM, Ahimsadhara Saraswati <ahimsadhara[REDACTED]> wrote:

Hari Om,

This is by way of introducing myself to those of you who don't know me.

I started Satyananda Yoga in 1975 when I was 14. My first teachers were Swami Goraknath (from India) and Swami [AQA] (SHISHY's mother). In 1976 I met Swami Satyananda and Swami Niranjan at the World Yoga Convention in Sydney. I lived very close to Manly (Queenscliff) and went to classes several nights a week in the premises they had before the current building. Swami Akhandananda was my meditation teacher there. As I mentioned before, [SHISHY] and I went to the same school - she was 3 years older than me and I didn't really know her until I met her at yoga. I never had a friendship with her. I also went to Mangrove for weekends and various programs. Swami Niranjan was one of the teachers and I came to know him quite well at that time. We are about the same age. After '77 I stopped going to the ashrams. I heard about the problems from a friend who was going there in the 80s and I was astonished. I had no direct contact with anyone from the ashram at that time. I reconnected with Swamiji in the early 90s and came to a session of the WYC Sydney in '96. By then I had two children and was pursuing my interest in writing. In 2001 I took poorna sannyasa in India. At the time I was working at the ABC in Hobart, so had exposure to the world of the media and large organisations. I was writing freelance for some magazines and publishing some books. In 2003 I was asked to manage the Satyananda Yoga Centre (later renamed Hobart Yoga and Meditation Centre) in Hobart, which I did until end 2011. I also started teaching in 2003 and continued as a freelancer (mainly for gardening and then yoga magazines). My teaching included a group of Vietnam War veterans. Through that work I learned about trauma and the effectiveness of using yoga for recovery from trauma. Another role was as a yogic studies coordinator at Mangrove Mt. At the end of 2011 the HYMC was closed according to Swami Niranjan's instruction, as the 3 key teacher/administrators were going to Munger for extended stays. I returned from 2 years at Ganga Darshan at the end of last year. During my time there I was a senior editor and teacher. This gave me the opportunity of working directly with Swami Niranjan. At the moment I am staying at Rocklyn until the end of April. After that I'll be in Hobart to teach the war vets group and will spend a few months in India between teaching terms.

Also, FYI, Swami Ratnashakti, our contact person in India, has post graduate qualifications in law from NZ and is effectively Swamiji's PA.

it's good to be working with you all on this. If a meeting is called I should be able to travel up from here.

hari om,  
 Ahimsadhara