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SAT 14th MAY	Doug & Biskit	12.30-3.30pm
SUN 15th MAY	Elena B. Williams	12.30-3.30pm
SAT 21st MAY	Neil Pike	12.30-3.30pm
SUN 22nd MAY	Amrita	12.30-3.30pm
FRI 27th MAY	'MOVIE NIGHT' - CAFE OPEN	from 5.30pm
SAT 28th MAY	Sarah Stando	12.30-3.30pm
SUN 29th MAY	Jammed Tarts	12.30-3.30pm
SAT 4th JUNE	David Barbara	12.30-3.30pm
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Rumblefish are founded in the unconventional and uncompromising blues stylings of local Brisbane legend Blind Dog Donnie.

James (vocals/guitar) and Alex (drums) spent four years backing the Don, learning the school of making simple music swing, before taking the plunge and forming Rumblefish.

Completing the band are Jeremy (bass), and Rob (lead guitar).

The band has for the last three years been playing solidly in and around Brisbane including a longstanding and popular residency at West End's home of the blues, the Boundary Hotel.

Rumblefish are playing at the Nimbin Hotel on Saturday 7th May from 7.30pm.



The Channon open mic



by Ray Flanagan (Rayzor)

We recessed for December and January, and our first open mic for 2016 was on a wet February 28th. Consequently,

we set up on the veranda of The Channon Butterfactory Tavern for an intimate pleasant afternoon.

It was obvious on Sunday morning (24th April) that we would again be setting

up inside. Given the 'dodgy' weather it was encouraging to see such a good turn-out. The highlight of the afternoon was a performance by a group of young year 8 & 9 students from Nimbin and The Channon (pictured). I believe this was their first public performance.

As yet they haven't fixed on a name for their group that consists of George (vocals), Zayden (lead guitar), Will (drums) and Kai (bass guitar).

They were caught off-guard, after playing the only two songs they had rehearsed, when the audience called for an encore. However, George and Zayden came up with a couple of extra tunes and then Zayden followed with some

solo tunes on acoustic guitar, one of which was his own composition.

Regular performer Glen, renowned for his quirky home-made guitars, lived up to his reputation by playing his latest creation – a slide guitar made from an old wooden ironing board.

Our next Open Mic is scheduled for 22nd May, 2pm at The Channon Butterfactory Tavern. Do come and join us then. For more details, give me a ring on 6688-6100.

Don't forget The Tavern restaurant is open on the Sunday for lunch from 12 to 2.30pm and for dinner from 6 to 8pm, and snacks are available in between.

Bob Dylan 75th Birthday Tribute Concert

Twenty-five years ago a huge community fundraising event was held at the Nimbin School of Arts to celebrate Bob Dylan's 50th birthday, and to fund the revival of the grand old hall.

The concert proved to be a lifesaver for the School of Arts, and kick-started a series of major improvements.

Meanwhile Nimbin's 7 Sibley Street Sustainability Hub is still awaiting significant funding to launch

the extensive project, and accruing expenses.

So, a joint fundraiser is planned to benefit both 7 Sibley Street and the School of Arts at the Bob Dylan 75th Birthday Tribute Concert to be held at Nimbin Hall on Saturday 28th May at 7pm.

The concert will feature a host of local and visiting performers in an all-Dylan night of music, song and poetry. The

evening will feature performances by Willy McElroy, Phil Levy, Wendy Ford, Sarah Stando, Peter Bereza, Karen Connors, Jimmy Darling, Jolanda Moyle, Doug & Biscuit, Martin Preedy, Fintan Callaghan, Vic Florey, David Hallett and more.

The Verandah Cafe will be open from 6pm for dinner and snacks, with the show starting at 7pm. Entry \$15/\$10 concession.

Different realities at the Bush Theatre

Previews by Toni B.

Friday 13th May 7.30pm
Putuparri & the Rainmakers
(2014; dir. Nicole Ma, rated 'M')



Spider at Kurtal, one of the most important waterholes in the Great Sandy Desert

Tom Putuparri didn't realise just how much he'd lost his 'dreaming' until he re-visited his family's tribal lands with his grandfather, 'Spider'.

Through a series of desert 'road trips' with his grand-dad, he reacquainted himself with his tribal dreaming and used his newfound strength and conviction to help lead his people to victory in fighting for their traditional rights to land, water, and culture

Director Nicole Ma has created a highly acclaimed film, *Putuparri and the Rainmakers* (2015; rated 'M'), that

spans twenty transformative years of Putuparri's life.

The film, set in and around Fitzroy Crossing and the Great Sandy Desert of Western Australia, is a story of love, hope and survival of Aboriginal law and culture against all odds

Friday 27th May 7.30pm
Fear & Loathing in Las Vegas
(1998, dir. Terry Gilliam; rated 'R/18+')

In stark contrast to the stillness and integrity of Putuparri's experience, Hunter S. Thompson's semi-autobiographical book, *Fear and Loathing in Las Vegas* (1972), documents the radical unraveling of the so-called 'American Dream'.

Eventually adapted into cinematic form in 1998 by the legendary director, Terry Gilliam (best known for his work with the Monty Python comedy troupe), the story follows the crazy desert road trip of Johnny Depp's character (Raoul Duke) and his attorney, Dr Gonzo (played by Benicio del Toro) as they travel across the Nevada Desert and around Las Vegas, all whilst consuming copious amounts of various psychoactive substances.

Through their dream-like experiences we watch as their perceptions of 'reality' disintegrate.

Set against the backdrop of the political upheaval of the 1960's and



Johnny Depp as Raoul Duke in 'Fear & Loathing'

underpinned with a suitable rock soundtrack of the times, the film is an unforgettable sensory experience. The film is rated 'R' thanks to its graphic language, occasional nudity, and... yes, those naughty drugs!

Tickets to both films are \$10, available online at: www.nimbinbushtheatre.com/events or at the Café/shop). Phoenix Rising Café (next door to the Bush Theatre) will be open from 5.30pm before the evening films for dinner and drinks, with desserts and hot beverages still available during each film's intermission.

For further info about the Nimbin Bush Theatre and its events: www.nimbinbushtheatre.com or call Venue Manager, David Hyett on (02) 6689-0095 or 0418-824-598.

Rhett Brambleby



Rhett Brambleby is a singer/songwriter whose most well-known song is 'Gaslands', which featured in the movie of the same name.

Rhett fell for playing guitar as an exchange student in Ecuador back in 1988. Since then, songwriting has pretty much been his abiding passion. In the last few years he started playing in several bands, currently playing with both Wall of Love and My Figment.

Playing solo is where he started back in Brisbane and he still likes to come back to it now and then. Rhett will be playing songs old and new on electric and acoustic

Rhett will be performing at Nimbin's Phoenix Rising Café for the first time on Saturday 7th May from 12.30pm. The gig is free of charge.



Black Woman Magic

by Melissa Williamson

What a fabulous night it was at the Bush Theatre on 23rd April, showcasing some very powerful female singers, and their equally talented bands.

Local artist Jinki, with Womyn of the Sun, started off the night, with a very soul-connecting performance. What a supremely talented singer and songwriter this woman is!

Loa (pictured above left) and her band were next, playing a jazz/reggae/soul set that was both sweet and stirring. Loa has recently moved on from her former



band Chocolate Strings and has launched her solo career – definitely one to keep your ears open for.

Rounding off the night was headline act Grace Barbé (pictured above right), from the Seychelles via WA, backed by her sister Noelle on drums and insanely talented guitarist Jamie.

This was a world class act, with musicianship of the highest standard and an infectious afro-kreol groove that had the audience dancing in rapt appreciation.

More photos can be found at: www.facebook.com/NimbinMusic



Hunter & Smoke

Hunter & Smoke are a Gypsy Jazz and Funk fusion band residing in the lush hinterland of Byron Bay.

The band has grown from the instrumental trio that it began as, with Scott Davey now on drums, Kim Moxham on flute, sax and percussion, Chris Wesely on synth, Alessandro Berra on bass, Dominic Rado on electric violin and Madison Levi as vocalist, they bring new life to Luke Horsfield's incredible acoustic compositions and create an intensely colourful and high-energy musical experience.

Well worth a listen at Sphinx Rock Café on Sunday 8th May, from 1pm, or at Sun Bistro in Byron on Sunday 15th May.

Mapstone



Mapstone have quickly emerged onto the roots music scenes in Australia, Canada and Bali.

Their blend of conscious roots, world, reggae and folk music is of the heart, for the heart and from the heart.

Together for just 18 months, they have already shared the stage with Nahko and Medicine for the People, Dustin Thomas, The Beautiful Girls, Murray Kyle and more.

Mapstone have been moving the dance floor and delighting ears wherever they go, including prestigious festivals such as Woodford Folk Festival, Bali Spirit Festival and Island Vibe Festival.

Catch Mapstone when they play the Sphinx Rock Café on Sunday 15th May, from 1pm and in-joy the medicine.

Carlie and Yosi



Byron Bay based Carlie and Yosi (above) are a powerful duo who crafted their sound playing and performing throughout the ever-growing Israeli music scene. Combining folk, ethnic, electronic and tribal sounds, they present soul-warming music straight from the heart.

Born in Australia and Israel, this dynamic duo is a unique combination that have distinctively combined Carlie's folk roots with Yosi's compelling sound design. Layering their productions with pulsating rhythms and transcendent vocal harmonies, their performance leaves many moving from hypnotised to dancing, tears to joy.

Many years of busking around the globe has given Carlie a sweet authenticity. Her captivating storytelling sings tales of wild women, aching hearts and playful lovers, resonating with audiences around the world.

The intimate connection between this husband and wife duo is transparent on stage, their dynamic chemistry the fuel for a performance quickly gaining a reputation as unmissable.

Having shared the stage with some of Israel's finest, Asaf Avidan, Geva Alon, Maya Isacowitz and Nahko Bear (US) as well as playing some of Israel's biggest Music Festivals, Carlie and Yosi's music has grown them a fan base that stretches across the globe. They are appearing at Sphinx Rock Café on Sunday 29th May from 1pm.

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Sunday Gig Guide

May 1pm start

8th Hunter & Smoke
 From Byron Bay Hinterland, this music will make feet move and feed the soul.

15th Mapstone
 As a world traveller Mapstone's songs have been influenced by rich cultural and musical experiences.

22nd Murray Kyle
 From a musical journey with no beginning and no end comes the prophetic poetry of Murray Kyle.

29th Carlie Fairburn & Yosi
 Combining folk, ethnic, electronic and tribal sounds, they present soulwarming music straight from the heart.

June 5th Loa
 This lady, her music, and her delivery of the tales she offers, will take your breath away.

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May Gigs

Friday 6th	7pm	Coast and Ocean
Saturday 7th	7.30pm	Rumble Fish
Sunday 8th	5pm	Adam Brown
Thursday 12th	7pm	Surf Report
Friday 13th	7pm	Bassix
Saturday 14th	7.30pm	Romanians
Sunday 15th	5pm	Ben Purnell
Thursday 19th	7pm	Bo Jenkins
Friday 20th	7pm	Mecha Mecha
Saturday 21st	7.30pm	Blue Skillet Rovers
Sunday 22nd	5pm	Rhyce O'Neill
Thursday 26th	7pm	Reilly Fitzalan
Friday 27th	7pm	Q
Saturday 28th	7.30pm	Dog Tags
Sunday 29th	5pm	Brommers

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The current exhibition at Blue Knob Hall Gallery is called 'A Sense of Place'. It has been well received and the opening night was enhanced by a poetry piece written and performed by our wizard of words, Len Martin.

A "calm and evocative exhibition" is the expression used to describe the artists' work by visitors and locals alike. The exhibition will run until 22nd May.

Coming: The Fibre Show
Each year the Blue Knob Hall Gallery holds an exhibition devoted to the fibre arts. It reflects a wide range of skills, personal statements and new creative expression. It's a fantastic show told in fibre.

This is a unique exhibition

that focuses only on the fibre arts, with all or part of any piece being made completely from fibre or having fibre as a major element in it.

With all its versatility, functionality and beauty, the fibre arts continue to be a strong presence in the art world and the role that fibre plays in every part of our lives is represented in this annual show. From paper to wood, wool to plant fibres, felting, stitching, weaving and more, this is always an exciting exhibition for artists and viewers alike.

The Fibre Show will run from Thursday 25th May to Sunday 17th July. Opening night will be Friday 27th May, 6.30pm. Meals will be available for \$20/\$25 vegetarian or meat options, price includes dessert. If you



'As the sun goes down' (detail) by Robin Moore

would like to have a meal at the opening, please contact the Gallery on 6689-7449 or email: bkhgallery@aapt.net.au for more details.

The Blue Knob Farmers Market annual Fibre Festival is happening in conjunction with the Gallery's Fibre Show. This one-day festival will be held on Saturday 28th May in the grounds of the hall, with stalls, speakers and demonstrations on fibre related subjects.

Ceramic studio

The Ceramic Studio (pictured) is in full swing with students now booking July sessions. If you would like to learn hand-building and/or throwing techniques, please contact the Gallery to

book your place. Cost is \$25 annual membership, plus \$5 for a two-hour session, plus cost of materials and firing.

Potters are advised to book for at least three sessions to give sufficient time to complete a project. It is hoped to do the first firing sometime in May, which will be an exciting time and a milestone in the whole development of the studio.

Artists & friends lunch

The next Artists & Friends lunch will be on Thursday 19th May at 12.30pm. Cost is \$19 per person for a set vegetarian main, or \$24 for meat option, the price includes dessert. Please contact the Gallery on 6689-7449 if you are planning on coming.



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'Get Back...to the Future', is an exhibition by RealArtWorks Inc. artists' collective and refugees awaiting appropriate status.

It will accompany Leon Vincent Mahony's 'Numinous' exhibition at the Serpentine Gallery, on show until 20th May.

RealArtWorks Inc. prides itself in being an inclusive arts organisation supporting marginalised groups of people to be creative.

Works in 'Get Back... To the Future' will bring together some powerful visual and written stories from many walks of life and we are really excited to be exhibiting artworks from refugee friends who have been waiting on Nauru and Manus Island for their status to be processed.

Works in this exhibition give light to the art that drives in when people are travelling along a road that effects their mental health well being. This exhibition is a show of support for us all as we travel back to the future.

Abbas Alaboudi and Farhad Bandesh are both refugees who have been



Artworks by Farhad Bandesh (above) and Abbas Alaboudi (right)

waiting for over three years to have their status claims dealt with. Abbas is a painter, sculpture and tattooist and Farhad is a painter and poet.

Prints of their original works will be offered for sale, with all proceeds going directly to the artists.



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The art of Rod Johnston

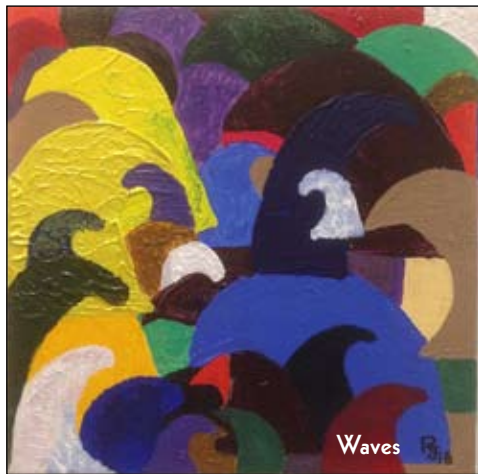
by Peter Warne

The feature artist for the month of May at Nimbin Artists Gallery is Rod Johnston. In the six years Rod has been exhibiting with us, his work has evolved and expanded dramatically. He started with sculptures made of stone or sometimes wood. He has also done some wild steam-punk creations, but they sell as fast as they come in, and apart from a couple of lamps we don't have any examples on show at present. More recently he has turned to painting and produced an engaging and varied range of paintings.

The larger part of his working life comprised a 30-year period of living with the Yolngu people of north-eastern Arnhem Land.

Here, working as a government liaison officer he gathered information on families, and kinship patterns. He speaks Yolngu and has been involved in compiling a Yolngu-English dictionary, as well as collaborating with Yolngu people to collect data on flora and fauna for botanical and zoological records.

The pieces he currently has on display in the gallery give a good idea of the range of his painting and sculpture. His sculpture reveals the relationship he has with nature. He spent



time with the indigenous people of North America, and they gave him the bear totem, which he has since identified with, referring to their quiet, slow way of moving through the landscape while embodying an immense, primeval strength. In addition to bears, other creatures representing the deep, obscure corners of nature are represented: a tortoise, a deep sea fish, and even the man, 'Rock Man', seems to have appeared from a cave.

His paintings often reflect the same interests

as those underlying his sculpture, but also move in very different stylistic directions. In the Gallery's present display, there are abstract works, rectilinear arrangements of strong primary coloured patterns and textures, or one where wave patterns prevail. There are two collages, depicting images and icons associated with Nimbin and its history. There is one extraordinary light filled canvas called 'Lenna and the Ducks' (pictured right), which features an impressionistic, sun-drenched scene on the edge of a pond, with a woman's figure in filmy white dress, ducks, luminous water effects, and a golden blaze of long dry grass as a backdrop. Monet visits an Australian farm in summer.

Finally there are two figure paintings which perhaps represent another new direction for Rod, done in a style we could call contemporary naïve. Each shows a large figure relating to a calf in one case and a chook in the other. These figures, both rounded, hunched, seem to contain their energy in an introverted world that encompasses and protects the creature in their care. It's irresistible to speculate on a parallel with Rod's own relationship to nature and art, where images of animals or formations in rock or stone are absorbed, and from the image stories are created or create themselves, which then become the basis for a work. As Rod said, he learned from his time with the Yolngu



people that every picture contains a story. In this light, Rod's display at Nimbin Artists Gallery could be seen as a panorama of stories – each work telling its own story using its own totems.

We have done a complete rearrangement of the hangings in the Gallery following the Autumn Arts Extravaganza, so as well as the panel of Rod Johnston's work, there are lots of new items to see.

'Those WAGS Again'



'Cast Stones' by Lee Ann Young

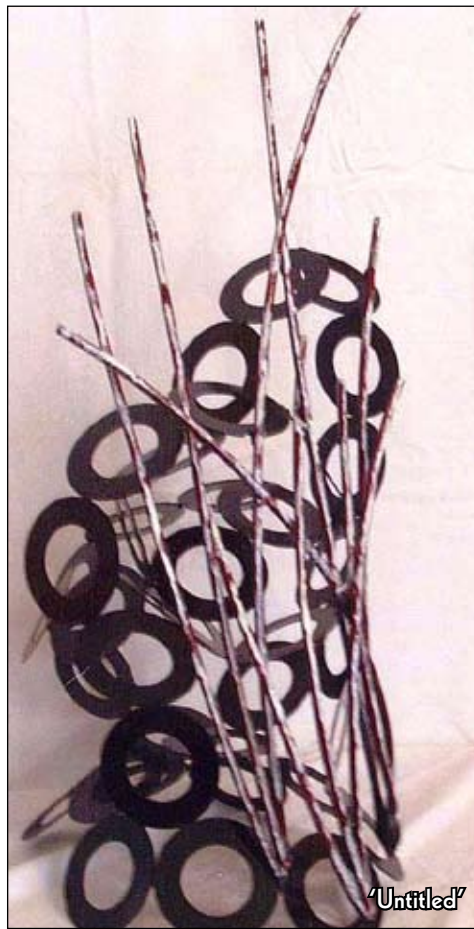
The Woodenbong Arts Group (WAG) is back this month in an exhibition titled 'Those WAGS Again'. This group of artists, living on the lands in the western ranges of the Kyogle Local Government Area, are once again exhibiting their talents.

WAG has been established for a number of years as has a very solid member base of people who practise art making in all ways. The group has members who are creative in quilting, metal sculpture, photography, painting, drawing and printmaking.

For many years they have provided support to keeping a creative focus visible in their communities of Woodenbong, Urbenville, Bonalbo and surrounds, and it is great that the Roxy Gallery can once again display the talents in this group.

'Those WAGS Again' will run until the 4th June.

Photos by Jim Grasby



'Untitled'

Under the radar

The Serpentine Community Gallery has always had a commitment to communicate the messages that reverberate throughout our close-knit community. These are very often the things we care about, believe in and want to uphold, or otherwise would like to change for the better.

From our early 'It's Political' exhibitions to 'CSG the Exploration' in 2013, we have brought the local artists together, to express their fears for the present and hopes for the future.

The Serpentine captured the dynamic atmosphere of a large-scale environmental protest in 2014 with its exhibition 'From Bentley with Love'. It was a landmark exhibition that brought together the signs, photos and tools of a community's resistance. 'Bentley' illustrated how our community could be pitted against the vested interests of big business and survive. This show was very much about the ongoing struggle to protect the land, air and water, for ourselves and future generations.

A groundbreaking exhibition, 'From Bentley with Love' made a deep impact both on the anti-CSG movement who lovingly put it together and those who came to immerse themselves in its atmosphere of camaraderie and vision.

The Northern Rivers region has a deep connection to environmental and social activism. With the recent introduction of the NSW anti-protest legislation, our public entitlement to actively protect this precious ecosystem has become compromised and our democratic right to peacefully protest, has been eroded.

How do these laws reflect on our current governance? Why are the voices of our communities drowned beneath the vested interests of the mining and forestry advocates and how do these laws impact upon our personal sense of empowerment, in this age of surveillance?

These concerns and the many imperative global issues, such as planetary warming, the refugee crisis and the often overwhelming elements of modern life that confront us everyday, will be reflected in the Serpentine Gallery's next member's show.

'Under the Radar' is a month-long exhibition that opens at 6pm on 27th May and runs until 24th June.

As artists, our works often have political overtones, sometimes our images become a social record or even a subconscious perception of the forces about us. 'Under the Radar' will explore the possibilities of social and political activism, personal reaction and the notion of 'protest' art.

This exhibition will essentially promote the freedom of expression which Art is all about. So come join us in exercising our democratic right to express, protest, revolutionise and liberate!



'Thaw' by Susannah French

Numinous

'Numinous' is a contemporary art exhibition by Leon Mahony, presented by the Serpentine Community Gallery until 20th May.

Originally from Brisbane, Leon Mahony is a digital artist who now lives in Larnook. His Self-Portrait (at right) is a vector graphic illustration. The artworks shown in this exhibition have been created over the last seven years Leon has spent living in the Northern Rivers region.

Leon Mahony studied Design at Unitech in Auckland, New Zealand before going on to study Graphic Design and animation at Media Design College.

Working for three years in the film, television and advertising industry, Leon specialised in modelling surface textures for the animation industry. Finding this to be a physically demanding, emotionally draining and often quite toxic industry, he retired and currently works as a freelance graphic designer.

The exhibition 'Numinous' will be a collection of Leon Mahony's high-resolution, vector graphic illustrations as well



as sketches and process drawings from his visual diary. These works are multi-layered and visually dynamic, often making use of vivid colour and complex interwoven detail.

The term 'Numinous' refers to spiritual emanation and denotes a mystical and mysterious presence, underlying the material plane of existence. The 'Numinous', is that which is awe-inspiring and transcendent.

Leon Mahony's graphic illustrations are an interpretation of his interest

in words, pictures and the archaic origins of symbology. Leon's art-making process examines both archetypal images and their modern counterparts in contemporary culture, by exploring their evolutionary links to primeordial experience.

He uses the digital tools that our current technologies provide, to extend the boundaries of both imagination, mythic memory and creative expression.

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News from the Blue Knob Farmers Market



Abaro with produce, Annish and friend selling tumeric tonic, Robyn's famous pies. Photos: Jeni Allenby

by James Creagh

The Blue Knob farmers market will celebrate its sixth year this year. It has endured many up and downs, but continues to be a hub on Saturday mornings for locally grown and produced foods.

It also functions as an information exchange about food sustainability, for example at the well attended Fermentation Festival earlier this year, and a place to meet on a Saturday morning and catch up and meet new people. As a regular stallholder I am regularly meeting people who have recently moved to this area, inspired by the intention and energy of the market.

Over the years we have lost and gained stallholders. One of our new stallholders is Abrao Costa, a certified organic grower from the base of Mt Warning. He has a one-hectare farm where he is growing many fruits and veggies including cucumbers, okra, eggplant, bitter melons, passionfruits, bananas, spinach, paw paw and sugar snaps. Megumi has set up a sacred space and is offering massage and shiatsu. Chris, who new to the area, is selling the best Tasmanian apples.

Jo and Steve, local bread bakers, have moved on. At the moment we have Russian style bread from a bakery at Mt Warning. Greg Seedlings is regular again, selling the most potent seedlings, and Lois has returned. Dolph is now selling organic

hay bales and many organic fertilisers.

We have space for more stallholders to join us at Blue Knob. There are many opportunities in our area to be growing and producing local healthy foods and products. Working with Jenny at the Nimbin Organic Food Co-op, we would like to present ideas and ways to support local food growing and value-adding products. There are so many good reasons to strengthen our local food security by supporting our local Organic Co-op and your local farmers markets.

As a local grower myself, I would say the whole process of growing fruits, veggies and honey has been one of the most satisfying job I have had and not without its challenges and rewards.

Fibre – what's life without it?

by Gillian Tubbs

Get ready for an entertaining day on Saturday 28th May.

The third annual Blue Knob Farmers Market Fibre Festival is a day to focus on our local fibre artists, and reflect on all the fibre in our lives and how it gets there.

The festival day is being held in conjunction with the Fibre Show, opening the previous night at the Blue Knob Hall Gallery.

Hellena Post from the Nimbin Markets will introduce speakers, and anyone who has met Hellena will know we are in for a lively day. Speakers include Granny Breath Weaver and Eric Smith, and Hellena will also be giving a talk on her future activities.

A new component this year is Fibre for Children, with finger-knitting, basket-making, and crochet lessons for the younger set.

Also, there will be a clothes swap in the



workshop space on the day: bring some clothes and take some clothes. If you can't make it on Saturday, you can also leave clothes at the gallery the Friday before.

As well as clothes, we'll have a space to swap craft books and supplies that you might have gathering dust at home.

And then there's the raffle. The prize is a full set of vintage Golden Hands books (classic seventies craft

and dressmaking encyclopedia) for one lucky person, or if that's not your thing you can take the other option of a \$50 market money with a market bag to take your goodies home with you.

The Fibre Festival promises to be a day for stories, family, and inspiration. Put it on the fridge or like the Blue Knob Farmers Market Fibre Festival facebook page.

Kundalini yoga as therapy

by Siri Shakti

Kundalini Yoga is a great practice for increasing and maintaining health; indeed it is a complete practice that encourages good health. When correctly applied it is also a powerful tool to assist people with health conditions to regain health.

When Yogi Bhajan began teaching in the west in 1969 he was teaching to healthy people, and this is what Kundalini teachers are taught when they undertake Kundalini Yoga teacher training. It wasn't until the mid 1980's and the AIDS epidemic that the need for a system of yoga that was targeted towards people who were already sick, that supported them back to health, was identified.

In 1986 Yogi Bhajan began developing the approach to teaching Kundalini Yoga to people who are ill. Nine years later, the Guru Ram Das Center for Medicine and Humanology was created so that these teachings could be shared around the world. Originally this was called simply

'teaching Kundalini Yoga to people with health conditions'. More recently it has become known as teaching Kundalini Yoga therapeutically.

Over the years there has been much research showing the positive effects of Kundalini Yoga in treating health conditions when taught therapeutically. Kundalini Yoga has been used in the management and recovery of many health conditions, including asthma, diabetes, chronic pain conditions and in cancer treatment, and can be beneficial when used alongside other traditional and complementary therapies.

The therapeutic approach to Kundalini Yoga focuses on two main areas: regaining vitality and deep relaxation starting with the breath. Prana is what is known as the cosmic life energy in yoga. Pranayama, the practice of controlled breathing, is the increasing or expanding (Ayama) of Prana. When teaching people with health conditions the breath, pranayama, is a key aspect to raising vitality.

Deep relaxation is what allows the body to heal itself. Many people with health conditions find deep restful sleep difficult due to stress and the tension of illness, dealing with pain and feelings of being unwell, as well as the mental stress of facing a life threatening illness. The techniques used in a therapeutic approach to Kundalini Yoga focus on supporting deep relaxation through gentle movement and relaxation and techniques like Yoga Nidra.

The most important part of this approach is meeting people where they are at, fitting the yoga to the student, not the student to the yoga. In doing so each student is treated as an individual, not a diagnosis, bringing their own strength and capacities and with respect, acceptance and compassion.

Siri Shakti teaches Kundalini Yoga therapeutically and is working to run fixed group courses for people with health conditions and their carers. She also teaches regular Kundalini Yoga classes in Lismore. Contact Siri Shakti on 0431-094-483 or: sirisbaktiyoga2@gmail.com for information