

YOGASKILLSMONTHLY

December 5, 2012

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HOW YOU CAN GET CERTIFIED AS A YOGA SKILLS KEMETIC YOGA INSTRUCTOR IN BEAUTIFUL JAMAICA

Global Business Network
For Certified Instructors



KEMETIC YOGA™

THE BATTLE FOR YOGA

Refuting those advocating that there was no Aryan Invasion of India

By YIRSER RA HOTEPE

To trace the historical changes in western religious practice and thought epoch by epoch would be a life-long complicated and tedious task. To do the same thing for the progression of Yogic, Dravidic, Jain, Aryan, Hindu, etc, thought in India is almost mind boggling. This is why Dr. Subhash Kak and his cohorts Fuerstein, et. al, are able to create this anti-historical movement that distorts world history and

denies an on-going atrocity that is one of the greatest holocausts in recorded history, ie the Hindu caste system.

The effects of their deception is to remove Yoga and the true Yogis from the position of the first liberation fighters and warriors for righteousness who were oppressed and persecuted under Brahmanic Hinduism into the position of devout adherents of Hinduism. This allows

Fuerstein and the Gaim "Yoga Empire" to control the dialogue about everything Yogic and Indian and to white wash the on-going racist, sexist oppression that is endemic to Brahmanic Hinduism. It also takes Indian history out of the context of the Black/African origins equation and provides the white Aryan imposed Brahmins with an origin as old as India itself.

This legitimizes caste, Hinduism and Aryanism and puts Yoga squarely in the hands of American proponents who have watered the practice down primarily as a practice of postures. Yoga Journal has 1.3 million monthly subscribers by last count. They control the flow of information. Where is the black or African content of Yoga Journal? Why are the Hapis, Khanes, Chandlers, Hoteps, Awrewas and even Ashbys (who expound an African Yogic origin and/or connection with Yoga) cut out of the few articles that do include Black practitioners of Yoga? The oldest artifacts found in ancient India (Dravidic and Harappan) are seals which picture men in seated Yoga meditation positions with two serpents representing twin dual energies, four animals (elephant, Rhino, Lion and buffalo) representing the 4 cardinal points, "worshippers" with hands held in prayer positions (sending energy to the seated figure). The basic construct of this symbology system is identical to that of ancient Egypt/Kemet which used the icons of seated figures, serpents, individuals transferring energy and animals representing the four cardinal points to communicate sacred knowledge to initiates schooled in interpretation of this "language". The important point here is that these Yogic symbols and the Harappan/Dravidic cultures that created them predate Hinduism and Vedantic literature by thousands of years in spite of the claims of the Kak/Fuerstein et. al group. Yoga and the Yogis of India have to be disassociated with Hinduism. The truth is that the Aryans with their Brahmin dominated caste system "had religion that has been characterized as brutal and materialistic with rituals involving horse sacrifices that went on for 3 weeks or more". The Vedas: Scriptures of the Aryan conquerers. hymns,

mantras, prayers and psalms dealing with religious ceremony and ritual and their use in rites and holy occasions. Almost unreadable today. These are the most ancient of extant Hindu scriptures. The earliest Veda is commonly ascribed a date of around 1500 B.C., but some recent scholars believe that it dates back as far as 6000 B.C. or even 12,000 B.C.

The revisionist who attempt to make the Vedas much older are no less than the Fuerstein, et. al group.

The Yogis regarded the Vedas as non-sense. They adhered to a system of belief that saw nature (the Kemetic NTR) as supreme. In response to the oppression and brutality of the Brahmins they and other Sramanas (free thinkers) gathered pupils with them in the forests and became the Rishis or forest philosophers. Their movement created the Upanishads which disputed the Vedas. Over time some of the teachings of the Yogis as espoused in the Upanishads became incorporated into the Vedas and Hinduism. In essence the most ancient traditions of Yoga and Yogis is as independent thinkers who not only practiced self-development and spirituality but also opposed the powers that be and fought for justice and the rights of humanity. These are the points that must be emphasized about Yoga. That it is a system of personal liberation but also and as importantly a system of social liberation and freedom on all levels.

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Yirser Ra Hotep

THIS ARTICLE IS FROM THE
 YogaSkills
 School of
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**KEMETIC
YOGA
& Bien-Être**



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click here for Ebony

Hidaya Nehanda

Commercial



**Hebni Hidaya Nehanda
Afrikholistic Institute & Nehapu Yoga**

"Ebony Hidaya Nehanda is the epitome of Kemetica Yoga"~Yirser Ra Hotep

Consumed with Africa and the Yoga of our Ancestors, Nehanda, an African Woman from Martinique, simply defines herself as Natural and Spiritual. by teaching Kemetica Yoga, she wishes to resurrect the ancient ways in practical fashion. Ebony promotes the Kemetica practices and works in the best interest of those who need her most by epitomizing the spirit of MAAT. Her aim is to work for the African Rebirthing by bringing More Light, Peace, Unity and Serenity in the Afrikan Community by being an example of the African holistic practices for her Sisters.

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nehanda.hidaya@gmail.com

DECEMBER BOOKINGS AND CLASSES

Date : each Wednesday

Schedule : 5:00 to 6:30 Pm

Place : Maison rouge at Fort de France, Martinique

Date : each Saturday

Schedule : 8:30 to 10:00 Am

Place : Maison rouge at Fort de France, Martinique

Date : Thursday 13th December 2012

Event : Free class

Schedule : 7:30 to 9:00 Am

4:00 to 5:30 Pm

Place : Parc Paysager du Gosier, Guadeloupe

Date : Saturday 15th December 2012

Event : Kemetica Yoga & Harmonie

Nature

Schedule : 9:00 am to 4:00 pm

Place : Jardin d'Eau at Goyave, Guadeloupe



[click here for
YenNefer Maat
Commercial](#)



YenNefer Maat YenYang Yoga

YenNefer Maat discovered her first yoga class as a high school senior in wellness class. "I experienced a level of relaxation and altered consciousness that I'd not ever felt." She was hooked. She began to notice the change in her environment and perspective of her environment, as she continued to practice yoga in its forms of mediation, deep breathing and posture flow. "It became a necessity for maintaining inner peace throughout my very tumultuous twenties." "I discovered Yirser and Kemeti Yoga via Facebook, it drew me in like a vacuum and hit close to home because it

connected me directly to it." "I had to know it and embrace it." Now, you can find her a true follower and dedicatee to the practice of Kemeti Yoga. "I am eager to share this ancient healing art of movement and peace with all who desire a deeper connection to being." YenNefer is also an intuitive and priestess in training.

[YENYANG YOGA](#)



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commercial



Sanovia SoDaye' KaVibrations Yoga & MaYoni'at Steam

Sanovia SoDaye' is Umi (mother) of 6, XhoXho (grandmother) of 7 and 64 light years young. Certified Kemetic Yoga Teacher in 2009. Certified Kripalu Yoga Teacher in 2010 and Registered Nurse, Sacred Woman Initiate and Creator of MaYoni'At Yoga for Yoni Health "Honoring the Sacred Seat of Creation". Upcoming Event: Yoni Steam Practitioner Training offering MaYoni'at Yoga on the 1st Day. Currently teaches Beginners Kemetic Yoga twice a month at "My Place of Being" In

Birmingham, Alabama. Offering: Six Week Group Sessions; Private Classes; Workshops in Kemetic Yoga and MaYoni'At Yoga.

Call or E-Mail for more information:
Haleemah@gmail.com

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YOGASKILLSMONTHLY

JANUARY 2013

11-21 MONTEGO BAY JAMAICA TEACHER
CERTIFICATION

26-27 DC/VIRGINIA TEACHER CERTIFICATION

FEBRUARY 2013

9-10 ATLANTA TEACHER CERTIFICATION

16-17 DC/VIRGINIA TEACHER CERTIFICATION

MARCH 2013

9-10 ATLANTA TEACHER CERTIFICATION

APRIL 2013

6-7 HOUSTON TEACHER CERTIFICATION

13-14 ATLANTA TEACHER CERTIFICATION

27-28 DC/VIRGINIA TEACHER CERTIFICATION

MAY 2013

11-12 ATLANTA TEACHER CERTIFICATION

18-19 HOUSTON TEACHER CERTIFICATION

JUNE 2013

8-9 HOUSTON TEACHER CERTIFICATION

JULY 2013

6-7 HOUSTON TEACHER CERTIFICATION



The YogaSkills Method™

The YogaSkills Method involves movements and postures that flow. It incorporates the Kemetic or ancient Egyptian principle of geometric progression. This means that the body flows from one pose into the next. We flow geometrically, meaning from a simple pose into increasingly complex poses. The flow of the movements is based upon an understanding of anatomy, physiology, the bio-energetic body and the flow of internal energy.2. The YogaSkills Method involves movements and postures that flow. It incorporates the Kemetic or ancient Egyptian principle of geometric progression. This means that the body flows from one pose into the next. We flow geometrically, meaning from a simple pose into increasingly complex poses. The flow of the movements is based upon an understanding of anatomy, physiology, the bio-energetic body and the flow of internal energy.

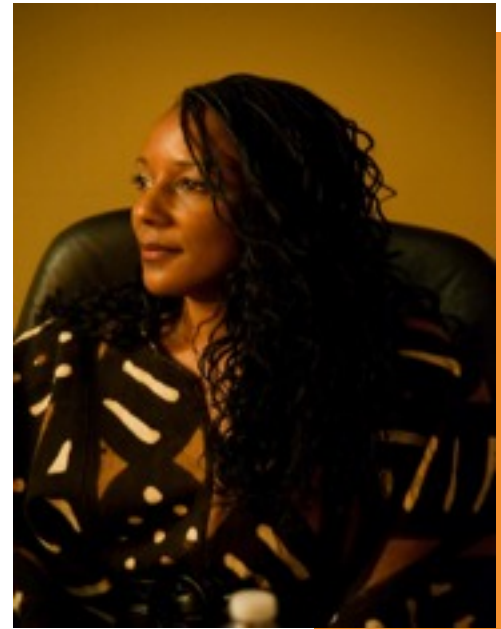
[SOCIETY OF KEMETIC YOGA FACEBOOK GROUP](#)

Sacred Woman Auset Aswad Business Network Founder/Coordinator

Sacred Woman Auset Etnab Aswad began her business career early as a Data Entry Operator at Florida State University's Robert Manning Strozier Library while still in High School. Her corporate Business Resume reads like a Who's Who spanning a broad range of Industries. However it was her position with LaFace Records' Carter, Turner & Company, the Financial Managers for LA and BabyFace, Bobby Brown, TLC and Toni Braxton which illuminated the spirit of Entrepreneurship and served as her first model of Successful Black Business Ownership in the Entertainment Industry. She would vow from that point forward to only use the talents and skills she had perfected in the field of Corporate Business Management and Administration for the upliftment and Success of Black Entrepreneurs.

After a Career in Entertainment with Fox Family Channel/SABAN Entertainment, National Promotions & Advertising, Paramount Pictures and Wesley Snipe's AMEN RA Films, she took a break to become Initiated as a Sacred Woman by Queen Afua and as the White Resonant Mirror by Wanique Shabazz, Auset has shared her talents turning Wellness Centers, Speakers, Film Makers and Scholars into functional Businesses leading to prosperity and greater notoriety. As technology and its resources have grown, Auset has stayed on the cusp of these technological advancements to initiate and support several small businesses and non profit organizations while initiating her own Home Office serving her Production Company Sacred Sistrum Productions and The Idea Mystery School.

Now at Your Service for
THE YOGASKILLS BUSINESS NETWORK



SW AUSET ASWAD
404-447-4768
BUSINESS COORDINATOR, AUTHOR & CERTIFIED KEMETIC YOGA

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