

# Yoga Expo 2008

## Come as one but bring two!

The Sydney Yoga Expo, held last October at Wharf 8 Darling Harbour, was once again a real success, not just as an event in itself but as a means of bringing the yoga community closer together and the community in general closer to yoga. This has always been the aim and the underlying theme of the Yoga Expo.



Yoga Expo was first conceived in 2003 by Percy Garcia as a non-profit enterprise dedicated to promoting awareness and appreciation for all things yoga. Percy was introduced to yoga at a young age. He first joined a yoga ashram at the age of 10 and has been a serious practitioner of yoga ever since. It was Percy who first felt the need to somehow establish a greater sense of unity amongst the increasingly various schools of yoga developing in today's world as well as the need to promote 'serious' yoga, and the spirituality of yoga, more effectively to the broader community.

### **YOGA, AS MANY REALISE, ULTIMATELY AIMS**

to bring the myriad narrow streams of our personal individual lives into the one broad stream of eternal spiritual life. Yoga innately increases a sense of oneness, not just with each other but with each other thing. Through yoga, peace and harmony, beyond being just a political cliché, is fostered as a natural consequence of a deep and profound inner awareness. Through yoga we really can transform ourselves, and ultimately transform others also. Through yoga we can, as Gandhi said, "You must be the change you want to see in the world".

With unity and harmony as its foundation and aim, it is ironic that sometimes yoga itself can become a victim of individualism, of the competitive instincts of modern practitioners, and even a vehicle for material society's entrepreneurial bent. With unity at its heart, yoga's natural emotion is to reach out, to embrace. Ultimately the spirit of yoga is one of *audharya* – generosity, and *karunika* – kindness or compassion. It is not egotistic or self-centred. It is not individualistic or exclusive.

As we mature in yoga, compassion, the innate loving sympathy one soul feel towards another, begins to manifest in the urge to extend ourselves, to reach out to others, to share the gifts that we have received. In so far as we receive, we are required to give. It is this understanding, and this spirit, that lies at the heart of the Yoga Expo.

### **IN PRACTICAL TERMS THE MAIN PURPOSE OF**

Yoga Expo is to create a vehicle for sharing and caring, for reminding us all that unity, oneness, harmony, peace and spiritual awareness are not just the essential ideals of yoga, but of life itself. The overriding intention is to inform, to

embrace, and to unify. Although the journey of yoga starts within, ultimately it reaches out. For our mutual support and strength of purpose we naturally seek to share that journey with other serious practitioners, our fellow travellers. Inevitably we are also moved to invite others to join us on that journey.

### **THIS IDEA BRINGS US TO THE THEME, AND**

the challenge of Yoga Expo 2008: Come as one, but bring two! This year we are requesting every yogi to help us extend the loving embrace of yoga, not just by coming themselves (in the mood of loving oneness) but by also bringing along at least two friends, preferably new to yoga. Yoga has so much to give on so many levels. Let's all work to extend the hand of yoga and share those gifts with others. Come as one, but bring two!

In keeping with our ethos to bring yoga to more people, and to increase people's accessibility to the internal world of yoga, Yoga Expo is set to expand. In an effort to involve first timers more fully and enable them to gain a taste of yoga directly, this year we intend to increase the range and number of free modalities and to stage a series of introductory classes aimed at various age demographics and

levels of physical capacity. Also, in addition to the Sydney Yoga Expo (to be held on October 19), we are taking Yoga Expo interstate for the first time. The Melbourne Yoga Expo will be held on August 31 at the Melbourne Showgrounds and details will be announced in the coming months. Many of the Melbourne yoga schools and other participants have already come on board and we are looking forward to a wonderful event.

**BY COMING AS ONE, BUT BRINGING TWO, WE CAN ALL JOIN IN THE** spirit of yoga more profoundly and thus fulfil the mandate of Yoga Expo in the way it was intended. Yoga is about inner awareness, of oneness, and the Yoga Expo is about bringing everyone closer together – yogis as a community, and the community with yoga as a force for the good, of positive change. This is the hope and the intention of Yoga Expo as we move forward in 2008.

### [Yoga Expo 2008]

#### **Melbourne Yoga Expo**

Sunday 31st August, Melbourne Showgrounds

#### **Sydney Yoga Expo**

Sunday 19th of October, Wharf 8, Darling Harbour

#### **Contact details**

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If you are interested in exhibiting at Yoga Expo 2008 please email [exhibit@yogaexpo.com.au](mailto:exhibit@yogaexpo.com.au)

