

Yunus Emre Farm's e-gazete

Autumn, where everything falls into place...

Autumn, the colors i...

After two years of ceaseless work,
at all levels and most of the time out of urgency,
things start to fall into place, settle...



My house

The inside is now finished and comfortable enough for cold winter and hot summer. I am now able to settle, rest, be tranquille in my « home sweet home » and along with a big relief, i permanently feel huge gratitude to ALL of you thanks to whom this has been possible.



Farm's fields



From a devastated condition, the farm's field start to turn into much better shape and it will improve months after months. A lot of work has been done thanks to Emin bey, the Forest department's chief.

- paths which had been opened during the fire and damaged, have been reshaped and will be usable, and useful, both as communication means and to minimize erosion;
- fields border have been prepared to receive new trees: this was the Forest department promise to help me re-plant trees...:o)))
- almost the whole surface of the fields has been ploughed, around 2,5 ha, both to erase the damages done by the big machines and to allow .. crops sowing! (see next)
- tree plantation is coming next (january); type of trees should be like cyprus - thuya , and said to arrest or slow down a fire thanks to their thick foliage... Additionnaly no need of watering these trees, they should grow by themselves... lets Hope so !

Let me add that all this has been "offered" free to me, as compensation for damages.



Around end of February, i plan to sow **Lucerne** almost everywhere and try in some places with **Amaranth**.

Why Lucerne ?

- it is a very strong plant, searching deep in the soil with its very profound roots, its water and nutrients. She opens and enrich the soil .
- Lucerne is not sensitive to drought or frost, she needs nothing yet produces great beautiful plants and flowers which will give to the farm a wonderful appearance.
- she brings Nitrogene to the soil, thus enrich it, she is perennial and may stay there 3 to 5 years according to conditions...
- lastly she produces very appreciated forage and green manure... and according to local people, should be really happy in the farm ..

Lets hope so !

Amaranthe, why ?

Amaranth is a huge plant (over 1 meter high) producing thousands of minuscule high rich seeds. Protein and many other important nutrients are contained in the seed as well as in its edible leaves. Being seemingly happy in dry places, let us see if she will be happy in the farm !



At the present moment, we continue poplar and fig tree plantation. Sucker had been taken off from parent trees last winter, and kept into big pots during summer. They are still alive :o) so hopefully they can continue to grow in the farm. They will be planted along « swales » canals that we are digging along the contour lines, which will retain water, stop erosion, and allow the planted trees to suck their nutrients from them.

A small vegetable garden also starts to emerge...



A day in the farm

Finally we managed to organise a day together in the farm with some friends of Antalya, on Saturday 8 November. We could share delicious meals, a lovely sunny day, and have a nice walk around. Karen Chandra came from London to stay some days in the farm, and brought many lovely presents ! Spices, tiger balm, and even « wellies », rain boots.. Not to mention her fine culinary talents ! Thank you dear Chandra for having also endured the cold nights in the Saraswati tent and the very basic accommodation conditions of the farm.

Let us hope that in a not too far future, the « Guest house Anahat » will become real, so that hosting visitors, friends, and maybe long term residents might become a reality. (see the project next article)



Thai Massages in Yoga Stüdyo Antalya

With Esin who spend some days in Antalya in October before she went back to India. Hopefull she comes again next June and offers her sensitive hands and feeling to some lucky people !
Esin was also kind enough to come and help in the farm with administrative Turkish work !
Ellerine sađlık !



Yoga Stüdyo Antalya

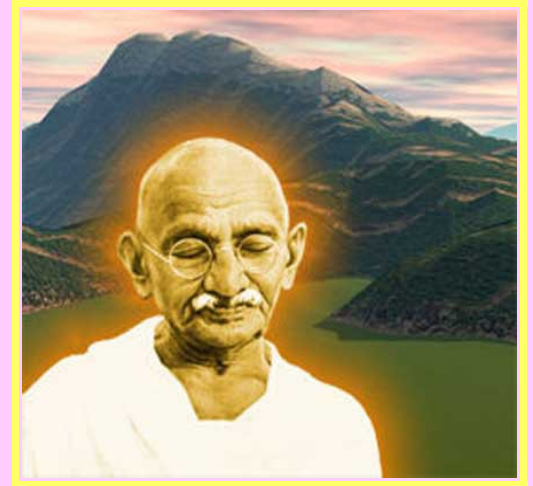
In spite of the need of pausing to do yoga that everyone feels, it seems that most of us are like caught into a ceaseless whirlpool of unending activities which make the days always appear too short !

Same response always come to my mind...

« *If you feel that busy that you cannot find time for yoga, it means... it is Time for Yoga. »*

Just like *Mahatma Gandhi* always would say :

« *The More busy i am, the More i practice* »



Not only Yoga brings the Energy that we need to face the challenges of the modern life and always increasing tempos, but it also brings *Clarity of Mind*, which allow to discriminate, to see deeper, and thus to organise our life better, with less dissipation or waste of time. In short, Yoga allows us to be more efficient, keeping our energy level high and our health optimum.

About this subject, the second paper of this e-gazete « *Yoga and Modern life* » will give you more ideas and clues. **You may find it HERE or in your mailbox !**

Despite of all this, Yoga Studyo Antalya 's activity stays fine. It does not financially cover the farms expanses yet (around the third) but i do hope that incomes will increase in time, specially thanks to other activities like :

→ *the Shop boutique*, where Yoga books, (turkish and english) as well as Yoga Nidra CDs may be found (see next article). Not forgetting the Farm's delicious products.

→ *the Rental of* Yoga Studyo Antalya to other like minded activities, like therapy, massage, taichi, chigong.. Lets see...

Yoga nidra Cds and Downloads in English are available



Yoga nidra up to intermediate level might be practiced by everyone, it is a profound relaxation which along with physical relief calms the mind, loosen tensions... in short yoga nidra is a Must to de-stress your life. Practicing yoga nidra everyday can really change your life for the better and bring wisdom, clarity of mind and much more... there is no effort to do apart from that of taking 30 minutes off!

Four Cds (or download) with 2 practices in each, at a very friendly price (*each CD 8 € , or 7 € download*) are now available. More to come soon for specific purposes (healing, passing exam, studying, sound sleep, express yoga nidra) - (for residents of Turkey price is different, see website for more information)

Here on the farm's website you may read more information about this powerful technique.

In the second paper of this e-gazete too, you may read more about How your super active life may become **more efficient yet smooth thanks to Yoga nidra.**

In this link you may see all practical details and eventually order CDs

Financial and legal situation

No change since last e-gazete. Last audience was on 11 december and lasted 3 minutes ! Financially the living is provided by the Yoga Studyo's incomes and the money stemming from the Moon garden's sale (february 2014) to our lawyer, Maître Stéphane Gürhan. I must add that particularely at critical times, donations sprout up... which is always a wonderful surprise ! And i want to send special thanks to Elisabeth, who despite serious illness cannot attend the yoga classes since months yet pays her « fees » as if she would attend ! Such a lovely intention ! Thank you so much and always sending healing energy of the mantras to you dear Elisabeth !

In the present situation, we have 11 months survival. So within that period the Yoga Studyo should be able to cover all the expenses - this is my focus - or / and hopefully the law suit would bring indemnification which could ultimately allow the building of accommodations.

Of course donations are always welcome and will always help !

Your  might follow this link : **Site Renaissance**

Anahat the Guest House project



The Yunus Emre farm project continues, it is still alive and strong in my heart. Yet it can only become real if accomodation are built in the farm.

That is why the Guest House Anahat project is now under preparation...

(Anahat is the heart chacra in Yoga)

We were just starting the study of Anahat before the fire... so now we resume the work with the same French team : **Karine (eco-architecte)** , **Kiko (lovely baby)** , **et Yannick (eco builder)**.

First stage will be an Eco building – Design workshop in June 2015

Second stage when financials allow, the Building of Anahat...

Design ---Ecobuilding workshop June 2015

Planned dates : June 2015

Duration around 10 days

(everything will become more define in the next weeks)

Anahat Guest house's Design, = learning and designing a house in its whole - with Karine

- specifications
- material, orientation, location, plans,
- interaction with other elements of the farmw

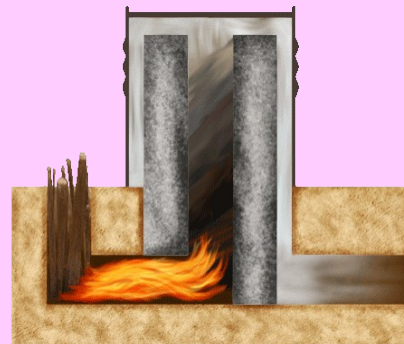
We wont build anything at this stage but hope to start the building during a further workshop, when/ if financials allow.

Eco-construction

→ **Rocket stove** : a revolutionnary oven which is able to heat big houses with only few wood, which can also heat water, be used for cooking, produces neither smoke nor fumes...

A Must which above all can be built out of salvage.

However incredible it may appear, it is true and lots of information are now available on the web, along with plans to build it yourself. So Yannick will be our guide in this work.



→ **Earthly ground for Durga**, the 200 m2 yoga shala, covered last winter with tin roof. Yannick again should help and guide us to build a small part of Durga's ground with the local soil. And hopefully we can continue with the local Usta or friends later on so that Durga offers a smooth earthly ground for our future yoga practices and gatherings:o)



So this workshop aims both at **continuing the rebuilding of the farm**, and at **bringing knowledge, techniques** to those who wish to learn.

Yoga practices will be offered by Isabelle so as to build good energy.

Financial contribution will aim at covering the expenses (*our team's travel - food*) and i do hope to be able to give our team a **remuneration** for they support me and the farm since long...

Their blog might be visited from that link



Karine and Kiko



Yannick and Kiko

Such a lovely family !



Thank you for having read this e-gazete.
And don't forget the other part, *Yoga and Modern life...*
where you will find a lot of simple tips to live a better life !

Om shanti

Isabelle – Yogapushpa

