



It is the objective of this Ashrama to disseminate the Teachings of
H.H. Swami Sivananda Maharaj
according to H.H. Swami Venkatesananda Maharaj

November 2019 - April 2020

Update from Sri Yogeshwari Mataji

Hari Om! Loving greetings to you all!

Here is an update of our activities during this period of time!

On 1st November we had our Friday morning Interfaith Satsang at 12pm.

On 9th November we had a special Satsang which was arranged to inaugurate the release of the DVDs of Swami Venkatesananda's talks on the Yoga Vasishtha. We had never sold these at our ashram before. We watched the first talk which deals with the search for the meaning of life. This was followed by a meal provided by Primella Magan and her mother Lalitha.



On 10th November, we left at 5.15 for the temple for the Global Peace Prayers, organised by the Sathya Sai Baba organisation, which was very beautiful!

On 25th November, we were greatly blessed to have the darshan of H.H. Swami Nirliptanandaji, of DLS Headquarters, Rishikesh. Swamiji gave a series of talks on Amritashtakam, which are eight special verses in the 12th chapter of the Bhagavad Gita. We are indeed very grateful for these special days. Thank you, Swamiji!

On 2nd December, we held our yearly Interfaith Satsang. In view of the lockdown, it was strange that the theme was on Communication!

On 4th December a group from USA visited us. This was requested by Nila Patel who had met Swami Vidyananda in India. Both Swami Vidyananda and myself gave a meditation.

On December 14th we had a special Satsang with a small group to commemorate the Mahasamadhi of our Guru and patron saint Swami Venkatesananda Maharaj, with a talk and chanting.

There were no Hatha Yoga classes from 17th December to 17th January, but Satsangs continued throughout.

On 24th December, we celebrated Christmas Eve. Swami Vidyananda gave a discourse on

the Beatitudes. This was followed with offering of flowers to Lord Jesus by all present.

On 29th December our good friend and priest, Guru Krishna, did Puja to the Murthi of Swami Venkatesanandaji on the patio outside. All offered flowers chanting "Om Namoh Bhagavate Venkatesanandaya".

Throughout this period, Swami Vidyananda sorted and cleared out Ravibhai's home, which was bequeathed to the ashram! This was a mammoth job. Swamiji was assisted by Santosh daily. Vaniji and Rosemary also helped.

On the night of the 31st when most people were celebrating New Year, we stayed home and slept!

Hatha Yoga classes commenced again on 17th January.

From 26th to 29th January, Swami Vidyananda conducted a Yoga Camp at the invitation of Chrysalis Academy to train youth ambassadors in yoga for their work in the townships.

Our Satsang on Thursday evening 30th January was dedicated to H.H. Swami Sivananda. We listened and watched Him singing His own

songs on video on this day. We then inaugurated a new set of Swami Sivananda's song book called 'Inspiring Songs And Kirtans'.

The Raja Yoga course began on Monday 3rd February and continued every Monday until the Lockdown. Hopefully we shall continue again soon!

We dedicated the Thursday evening. Satsang on 6th February to Swami Vidyananda whose Birthday was the day before.

The Cape Town Interfaith Initiative (CTII) included the ashram on their seven-day sacred tour. We hosted this charming group, which included dignitaries from USA (Dr Bhadra Shah, Vice Chair of the Parliament of the World's Religions, and Dr Jayana Clerk, a distinguished author and lecturer in comparative religion) with lunch followed by an afternoon programme on 7th February.

On 13th February we had a special Satsang for Vaniji's 50th Birthday. Maitri Makan planned this celebration presenting her with a tabla which was paid for by all of her many friends. Maitri has been teaching Vaniji how to use this amazing instrument. Vaniji even

demonstrated what she had already learnt! The evening was well attended and a very happy one.

On the weekend of 14th to 16th February Swami Vidyananda conducted a weekend retreat at The Blue Butterfly Retreat Centre. As the retreat was conducted as part of Vaniji's birthday celebrations, Terri, the owner of the centre, kindly took over the cooking, which Vani usually does.

On Sunday 16th February, we attended a satsang at the Vishnu Temple and sang the opening prayers to celebrate the 60th Birthday of Primella Magan. Primella is a wonderful Karma Yogini and has prepared many meals for the ashrama with great love! She never forgets to smile!

We attended the birth anniversary of Sri Ramakrishna at the Rama Krishna temple in Table View. It is a cozy, friendly temple. Swami Vidyananda gave a talk and I offered a song.

On Friday 21st we held our usual all-night Satsang for Sivaratri from 6pm to 6am. The energy created by the chanting did not make this difficult with plenty of energy to carry us through the next day! The Cape Andhra Jyothi Satsang group joined us with much

enthusiasm. We were delighted to see Rukmini (who had just arrived from America) for part of the evening.

On the 11th March we had the Darshan of Sri Swami Shivashankarananda. It was a most welcome visit !

On 15th March we went to the Vishnu Temple and listened to a brilliant and insightful talk on the Bhagavad Gita by the charismatic Swami Abhedananda of the Chinmaya Mission. We were made most welcome by all the loving devotees.

On the 27th March we began our Lockdown. It has had a remarkable effect on everyone.

One of my best is the remark by someone. "So God, you

are forgotten, since the lockdown all places of worship are closed?" On the contrary replied God, "I have entered everyone's homes!"

The ashrama has continued to offer discourses and yoga classes online during the lockdown: Swami Parvathiananda gave a series of talks on 'Ayurveda for Immunity', Swami Vidyananda gave a series of talks on the Bhagavad Gita and thereafter started a series of talks on 'The New Testament Gospels In The Light Of Yoga and Vedanta', and Vaniji gave daily yoga classes.

May God and Guru bless all,

Yogeshwari

Watch your breath. You see that it flows on, your thought is not relevant to it; you do not grasp it with your thought. Similarly it is possible to live, to let the stream of life flow along without the interference of thought.

Swami Venkatesananda

Cosmic Links

“Prana is Spandana or vibration. When all this universe shall have resolved back into its primal state, what becomes of this infinite force? Do they think that it becomes extinct? Of course, not. If it became extinct, what would be the cause of the next wave, because the motion is going in wave forms, rising, falling, rising again, falling again?”

Swami Vivekananda

“The word ‘prana’ is perhaps as old as the word ‘yoga’ itself, but the elaborate technique concerning its control, which ... take place as a result of its intense and prolonged practice, have been acknowledged at several places in the yoga texts. ... to mean two different things, namely : (i) the life force or the principle of life and, (ii) the air (vayu) which flows in the body.”

Ramana Maharshi

“A genuine smile distributes the cosmic current, Prana to every body cell. The happy man is less subject to disease, for happiness actually attracts into the body a greater supply of the Universal life energy.”

Yogananda

“The Vedas define the two fundamental forces in the universe as Prana or life-energy, which we experience mainly through the breath, and Vak, which is speech, articulation or expression overall.”

David Frawley

“All life is conscious, all consciousness alive." "Whenever a form is infused with life (prana), consciousness (chetana) appears by reflection of awareness in matter.”

Nisargadatta Maharaj

“When right posture (asana) has been attained there follows right control of prana and proper inspiration and expiration of the breath.”

Patanjali

“Prana is implicate to matter but explicate to mind; mind is implicate to prana but explicate to soul; soul is implicate to mind but explicate to spirit; and the spirit is the source and suchness of the entire sequence.”

Ken Wilber

Prana and Pranayama

By Sri Swami Sivananda

Breath is external manifestation of prana, the vital force. Breath, like electricity, is gross prana. Breath is sthula (gross) and prana is sukshma (subtle). By exercising control over this breathing you can control the subtle prana inside. Control of prana means control of mind. Mind cannot operate without the help of prana.

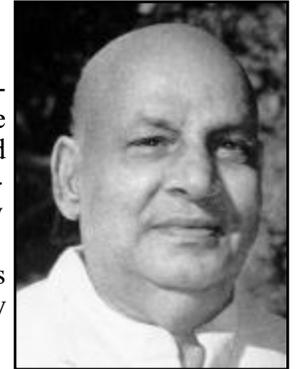
The vibrations of prana produce thought in the mind. It is prana that moves the mind. It is prana that sets the mind in motion. It is the sukshma prana or psychic prana that is intimately connected with the mind.

Breath represents the important flywheel of an engine. Just as other wheels stop when the driver stops the flywheel, all other organs stop working when the yogi stops the breath. If you can control the flywheel you can easily control the other wheels.

Likewise, if you can control the breath, the external breath, then you can easily control the inner vital force, the prana. The process by which the prana is controlled, by the regulation of external breath, is termed pranayama.

Just as the goldsmith removes the impurities from gold, by heating it in the hot furnace and by strongly blowing the blow pipe, so also the yogic

method removes the impurities of the body and the senses, by blowing the lungs that is, by practising pranayama.



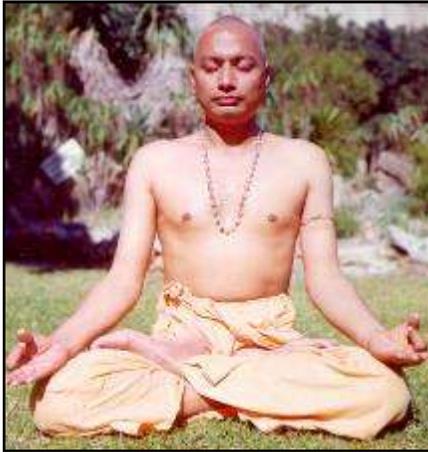
The chief aim of pranayama is to unite the prana with the apana and to take the united pranapana slowly towards the head. The effects, or fruit, of pranayama is the awakening of the sleeping kundalini.

“He who knows prana knows the veda," is the important declaration of the shrutis. In the Vedanta Sutras you will find: "For the same reason, breath is Brahman." Prana is the sum total of all energy that is manifest in the universe. It is the sum total of all the forces in nature.

Prana is the sum total of all latent forces and powers which are hidden in men and which lie everywhere around us. Heat, light, electricity and magnetism are all manifestations of prana. All forces, all powers, and prana, spring from the fountain or common source the atman.

Pranayama

By Swami Venkatesananda



Prana is not merely the 'breath', but it is the Power that makes us breathe. It is in the air, food and drink we take in. It is in every atom of existence. Pranayama, in its true sense, means coming face to face with this prana and understanding its nature, its function. Prana is in everything and does everything. Prana is the energy of the life-force that sustains the whole world and all things in it. It is even in the corpse! Like electricity, prana has multiple functions.

It is in every form, odour, taste. In objects that we enjoy, that invigorate us, it is the prana that does so. The prana that is already in the body absorbs the prana from outside.

We do not really know what this prana is and how it works, whether it is static or whether it flows or vibrates. But we can say that as it vibrates or flows through the body, there is physical action, and prana flowing through the mind is thought. As prana passes through the mind it makes you think. One cannot really think about it, as it is that which enables thinking! One cannot talk about prana as it is the energy that talks. How can we know and control this prana?

When you are on the threshold - the middle path - you know what prana is. When you hold your lungs empty you are neither knocked unconscious nor completely conscious in the normal way. As the prana is the energy of the mind, there is an intimate link between it and the mind. Understanding the function of prana you understand the mind. The yogi who wishes to practise pranayama for spiritual progress does not only pay attention to the breathing as such, but to the whole of life, which should be balanced. In our normal everyday life, prana is in constant motion. There is constant income and expenditure of prana. It is never absolutely balanced. Sleep may be regarded as the greatest source of prana:

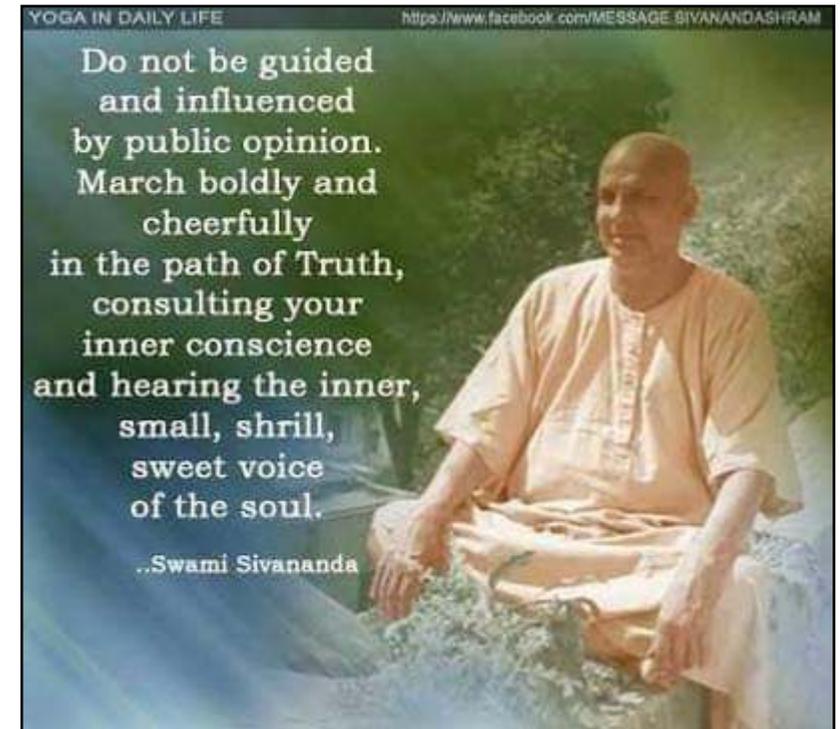
here there is almost no expenditure of prana.

Prana, being dynamic, cannot be stopped, held back. When you know what makes you breathe, what makes you hungry and demands food and digests it, what makes you thirsty and take drink, then you know everything!

Prana is ever vibrant, never absolutely quiet. The energy of

prana has to function, but yogis suggest that a life of moderation is most conducive to progress. We find it hard to walk the middle path and tend either to go all out or to stop completely.

However, a life of moderation is pranayama!



News from Children Of Light Educare

We were very blessed to have Swami Nirliptananda, Vice President of The Divine Life Society, Rishikesh visit the Educare. Swamiji met each child and most lovingly gave each one a sweet treat. The staff then had an inspiring question and answer session with Swamiji. Swamiji is always able to disentangle our worries and keep our focus on calming the mind of the child and giving them love.

Educare staff and volunteers attend weekly Yoga Philosophy sessions with Swami Vidyananda. The purpose of these sessions is to deepen understanding and develop tools for self awareness. Swamiji shared this passage from the Bible; "Be ye therefore perfect, even as your Father which is in heaven is perfect". Every human has the ability to be perfect, to be love. Teachers can only be of help to others if they are at peace within, and this is only possible with constant vigilance and self-discipline.

The regular Yoga Philosophy sessions and meeting with Revered Spiritual Masters are beneficial to the whole school community and an integral part to nurturing traumatised children. The staff are the custodians of these children, possibly the only positive role models in their young lives. The qualities of the teacher

are reflected by the children. We see this at our Educare, the children are repeating the same words and actions of Teacher Nushfeekah and Teacher Juliet, as their spirit has touched the children deep within.

Magic Moments.....

Lameck's father shared with us; "I told Lameck that you are going to be a truck driver one day. Lameck said no, I am going to be a pilot and fly an aeroplane."

Three of the children regularly bring R1 or R2 to the educare to place in the school money box. Near the end of the first term Teacher Juliet and the three children emptied the box to count the money. An amount of R115 was raised from January to March 2020! We were all surprised and so proud of our children. The three children and Juliet walked to the supermarket and used the money to purchase



rolls, butter, cheese, chips and juice for the Autumn Festival celebration. They were so happy to share the food with all the children.

At the end of 2019 six of our children graduated to Grade R. Four children currently attend Morgenson Primary School in Hanover Park, and two children were awarded scholarships to attend an independent school, Christel House in Ottery. The scholarship covers transport, tuition fees, uniforms, school meals, and extra mural activities from Grade R through to Grade 12.

In December we celebrated the Christmas Festival. The celebration of seasonal festivals is integral to the rhythm of life and this is an enriching way for children to honour the cycles of nature. We are most grateful to the many donors and friends who participated in this elaborate and fun-filled event.

Siyasanga Tyiba, a graduate from the Chrysalis Academy joined our team in November 2019. This placement is funded by the Expanded Public Works Programme and she is currently doing a 12 month internship at COLT Educare. Her experience as a class assistant is a stepping stone in her career path. Siya shared this with us; "I like to work at COLT as the people I work with are my mentors and they always correct

me. I love the work I do and working with the little ones. Thank you."



Above is Siya at our first ever Sports Day organised by the LKRS ECD Forum. Our children participated with confidence and all the parents were there to cheer their children along in the races.

There are 12 children regularly attending the Educare and our wish is to invest in a suitable vehicle to transport them daily to and from the Educare. Also, it will be used for educational outings and to transport our parents to meetings



and training sessions.

Yours in Service
Maitri Mala Makan

News From The Outreach Project

In spite of dwindling finances the Outreach project has continued to support clinics in our disadvantaged communities: Masincedane Clinic in KTC, Phumlani and Crossroads Clinics in Crossroads. Mzamomhle clinic in Browns Farm receives sandwiches, hardboiled eggs and fruit once a week donated by those on a home roster. Our dedicated groups of volunteers meet at the ashram three days a week to prepare peanut butter sandwiches for the clinic clients. Having something to eat relieves the nausea caused by the TB and the ARV medications.

Some highlights during the past 6 months:

- On the 7th November we held our annual lunch for the clinic sisters and the volunteer sandwich makers. This is a special time for us to get together with the sisters to celebrate the work they do in their communities and for them to share with us their challenges. Lunch is always a delicious assortment of tasty dishes lovingly prepared by our volunteers. This year we enjoyed the company of the sisters from the Mzamomhle clinic.

- Biscuits and juice for 60 clients were given to the Phumlani

Clinic for their Open Day held on the 21st November.

- Our annual appeal for Christmas hampers for the clinic clients was most heart-warming. This year we decided to buy food buckets from Pick n Pay and were able to give 55 to Masincedane clinic in KTC.

- Clothing and household items from Sri Ravi Liebman's estate were gratefully received by the ashram domestic staff and the clinics on a first come first served basis.

- Thanks to St Luke's Hospice who took all the remaining items in the Outreach Wendy House – these had been accumulating for years and we were happy to give them to a most deserving organization.

No sandwiches were made during the holiday period starting on 17th December. Our groups of faithful volunteers started making sandwiches again on 15th January.

It was decided in February 2020 to reduce the weekly bread orders from 220 loaves of brown bread to 150 and to discontinue the apple order. As a result of the bread arriving too late for the Monday volunteers to make sandwiches we decided to look for alternatives. Before the lockdown we started buying bread from

Golden Crust Bakery, a non-profit organization based in Delft.

“Golden Crust is a community bakery that empowers people from the area by training them up as business people to do our distribution by way of assisting them with finance for vehicles, setting up routes for them as well as other administrative functions.” (from their website)

During the lockdown, as the ashram had to be closed, we reluctantly decided to discontinue the bread delivery to the clinics. However as the lockdown has been extended we are hoping that Golden Crust will be able to deliver the bread directly to the clinics. We are waiting for an answer from them.

Our grateful thanks go to all those who support the Outreach project. In these very challenging times our financial resources have dwindled and as of 30th April we have funds for only 6 more months.

We are looking at ways to raise funds so that the Outreach Project, started by Mother Yogeshwari and Swami Parvathiananda in the 1980's can continue to support those in our very disadvantaged communities. Any help or suggestions will be gratefully received.

Rosemary Frith on behalf
of the Outreach team
Damyanti Gajjar
Jennifer Stephens
Elsa Oliver

By the practice of Pranayama you can become a veritable god. Certain symptoms manifest when the Nadis are purified. Your body will become light and slender. There will be a peculiar lustre in your eyes and a remarkable glow in your countenance. Your voice will become sweet and melodious. The breath can be retained for a long time. You can hear the Anahata sounds emanating from your heart-lotus quite audibly. The digestive fire is augmented, you enjoy perfect health, and you are cheerful and happy.

Swami Sivananda

News From The Yoga Community Classes

Both of the community-based Yoga classes are currently not being taught. South Africa's fast pace into a serious lockdown is a contributor but there have been some other obstacles on the path.

Adapting to altered circumstances during Covid-19 won't be new for the seniors who attended the classes held at the Maitland Town Hall on Tuesday mornings. The last time our teacher, Devi Harker, was able to provide a somewhat 'normal' class was in the first quarter of 2019, this being before builders, carpenters, tilers and painters found their way into the Town Hall. This hall, now serving as a community centre, is undergoing extensive renovations which will in time benefit many. Without its usual venue, this yoga class continued through 2019 despite a number of challenges, mainly related to the delay in an alternative venue being made available by the City of Cape Town. From May last year, the classes were held in various soccer clubhouses at the Royal Road Sports fields. None of the three clubhouses were entirely suitable for yoga and we eventually ruled out the first one with a large braai and pub area and its residual odours from the night before. We also didn't stay too long in the

draughty one hosting nesting birds and a floor that was constantly being sprinkled with droppings. By November the class, originally held in the Maitland Town Hall and led by Devi Harker was being held in a room that proved to be most unsuitable as the floor was uneven and the ventilation poor. We saw it through for a part of summer but could not continue with this particular brand of 'hot yoga' – a complete mismatch for a group of yoga students with multiple chronic ailments. We found our way to the well maintained soccer fields and taught outdoors on occasion but a decision was finally made to delay further classes until the Maitland Town Hall is ready to receive its students again.

While classes at Maitland Garden Village resumed in February 2020, it was after just 6 classes that our teacher, Taryn Botha, had to inform the ladies that she would no longer be available to continue teaching. Recent changes have restricted the time that she has available and she announced this with a very heavy heart. Taryn is most treasured by these students and it surely has much to do with the gentle care and humility that she brings to each class. Her last class was on the 20th of March and they planned to meet up after the lockdown to

go for their final 'Nature Walk'. Nature Walks arose from a meeting with the group where the students' experience of the yoga classes was discussed and Taryn asked if there might be any changes or suggestions that they felt might add value. The group unanimously voted for a Nature Walk once a term. These have proven to be a real highlight and there is always great excitement in the run up to these outings. So far, the group have walked the Alphen Trail in Constantia and meandered through Wynberg Park where they soaked up the majestic beauty of a wide variety of huge trees that they discovered there! For all the women it was the first time they had ever been to the Alphen Trail and they were blown away by both the beauty surrounding them as well as the size of the mansions along the perimeter! These outings are such a joy and with all the laughter amidst this group, one is always left with aching sides. This class is now comprised of ten

highly committed and passionate students, who hardly ever miss a class, as well as three newly welcomed women who have attended many of the classes and are really enjoying doing yoga. One of the younger ladies expressed how surprised she was to be enjoying the class, especially the breathing as she felt so relaxed. Before the lockdown there was talk of the Community Hall undergoing a full renovation. This would mean moving the class to a less ideal venue at the Maitland Golf Driving Range. Once we are all safely out of the lockdown restrictions, we will continue looking for a new teacher or perhaps even two teachers who would like to work with this inspiring and rewarding group of women.

Kamala Wengrowe
Devi Harker
Taryn Botha

Anger throws up a lot of poison into the blood and in order to remove it and purify the blood, we breathe hard and fast.

Swami Venkatesananda

What Is Yoga?

By Swami Venkatesananda



If you look at even a small Sanskrit dictionary you'll see that this word 'yoga' has twenty to twenty five meanings. Most of the meanings of the word are basically intended to convey a getting together, a coming together.

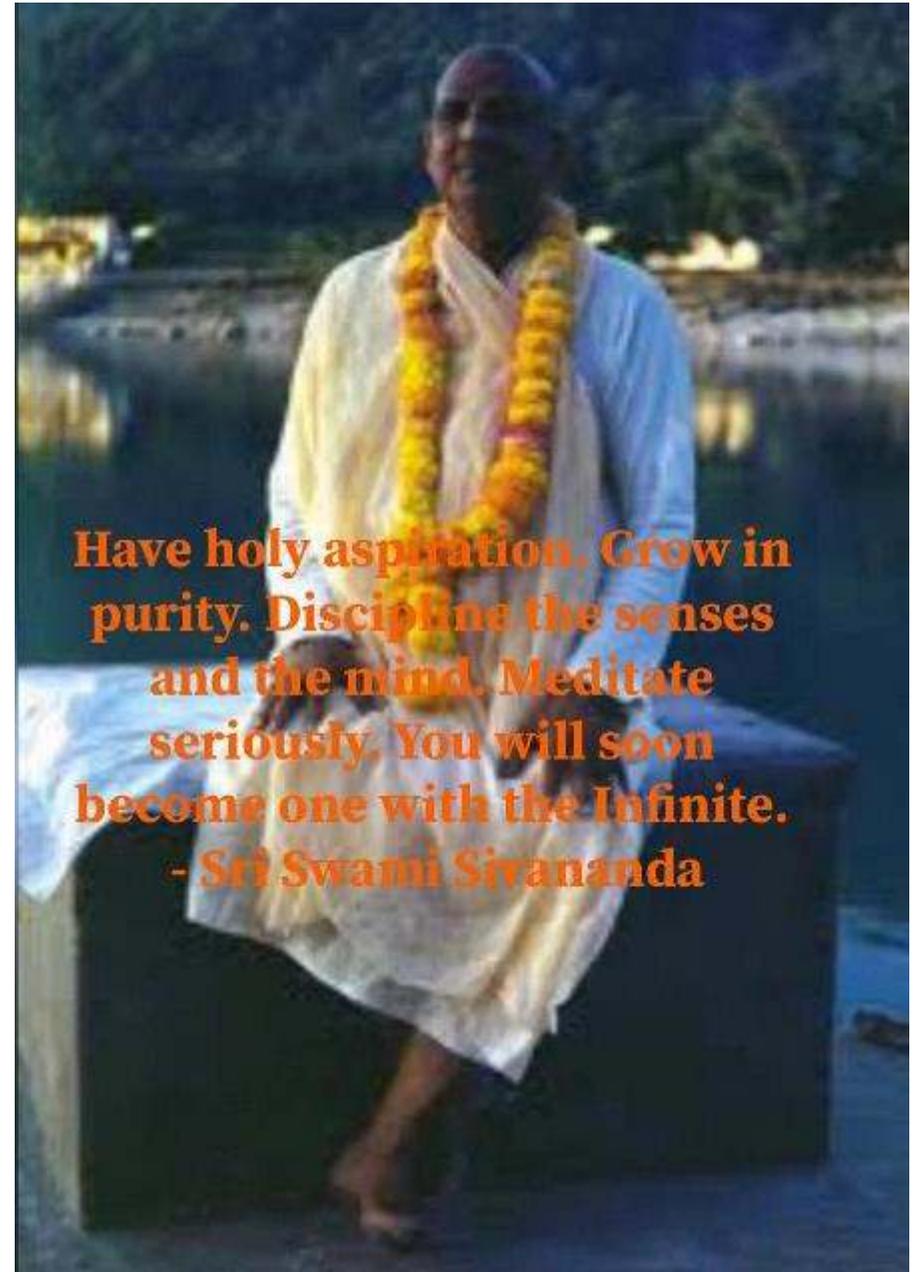
In order to see if there is the spirit of yoga, I must know what comes together with what. I must first of all become aware of the elements involved in it and I must become aware of how they got away from each other. If they were not together before, they cannot be brought together again. Two completely dissimilar things whose

natures are completely different cannot be brought together.

When it comes to the practice of what you and I call yoga, we should not forget this basic principle: health is there already, and it has been disturbed. What disturbs this inner health? According to the yogis, toxins interfere with the free flow of prana or life force (energy). In that unity, in that harmony, a split has been created by the toxins. When that toxin is removed, the flow is restored. Hatha yoga dissolves these toxins.

Now comes the problem. Am I aware of this disharmony? And, do I want this harmony to be restored? Am I serious about it? If I am serious I will not with one hand try to restore this harmony and with the other feed disharmony. This is what many people do. They practise some asanas, some pranayama every day but their living habits are wrong.

If I understand the spirit of yoga correctly, I would realise the toxins must be removed and no new toxins put in. Otherwise we practise yoga as some kind of an exercise and feel frustrated that nothing happens. This is because we are not serious and we don't value the fundamental principle of yoga.



Have holy aspiration. Grow in purity. Discipline the senses and the mind. Meditate seriously. You will soon become one with the Infinite.
- Sri Swami Sivananda

Kundalini Yoga

By Sri Swami Sivananda

Kundalini shakti is the coiled up, dormant, cosmic power that underlies all organic and inorganic matter. It is the primordial energy that lies at the basal centre (muladhara cakra) in a dormant, potential state. Kundalini yoga treats of kundalini shakti, the seven cakras (centres of spiritual energy), and the arousing of this sleeping kundalini.

Nadis are astral tubes that carry pranic currents. They cannot be seen with the naked eye. They are not the ordinary nerves, arteries and veins. There are 72,000 nadis. Three are important. They are the ida, the pingala, and the sushumna. Sushumna is the most important because kundalini passes through this nadi only.

The first step in kundalini yoga is the purification of the nadis. When sushumna is pure, then only will the kundalini pass through it. Kundalini is awakened by pranayama, asana and mudras by hatha yogins; through concentration by raja yogins; through devotion and perfect self surrender by devotees; through analytical will by the jnanis; by japa (repetition) of mantra (God's name) and the grace of the guru (preceptor).

That aspirant who has firm faith in the scriptures, who is cou-



rageous, devotional, humble, generously merciful, pure and dispassionate, can easily awaken the kundalini and attain success in samadhi (superconsciousness). He should also be equipped with right conduct and self restraint. He should constantly engage himself in the service of his guru and he should be free from lust, anger, delusion, greed and vanity.

When kundalini is taken to the sahasrara (the crown of the head), when she is united with Lord Siva, perfect samadhi (the superconscious, blissful state) ensues. Now the yogi drinks the nectar of immortality. May mother kundalini guide you all in your yogic practices! May her blessings be upon you all!

Wisdom from Mother Yogeshwari

FULL CIRCLE

**We begin life by going to bed with a bottle.
We end life by going to bed with a hot-water bottle.**

Six ethics of life

Before you pray- Believe

Before you speak- Listen

Before you spend- Earn

Before you write- Think

Before you quit- Try

Before you Die- Live

Ananda Kutir Ashrama Membership Application Form

Seekers who are keenly involved in the Ashrama and who are actively supportive of its objectives can become members. A member receives a copy of Swami Sivananda's 20 Spiritual Instructions and Swami Venkatesananda's Prayer. A member can vote at the AGM and can serve on the management committee.

PLEASE PRINT CLEARLY

R200 valid for the financial year March-February. R300 for married couples.

Name _____

Postal Address _____

Phone _____

Cellphone _____

E-mail _____

Signature _____

Date _____

**For more information please contact:
Ananda Kutir Ashrama
031-418 NPO**

Tel: +27 21 696 1821

Email: info@anandakutir.org.za

www.anandakutir.org.za

Residential Address: 24 Sprigg Rd, Rondebosch East, 7780

Cape Town, South Africa

Postal Address: PO Box 36134, Glosderry, 7702

Cape Town, South Africa

Banking Details

Donations to the Ashrama

Bank: Standard Bank
Branch code: 025009 (Rondebosch Branch)
Account name: Ananda Kutir Ashrama
Account No: 275500551
Reference: Your name & purpose of payment

Donations to the Outreach Project

Bank: Standard Bank
Branch code: 025009 (Rondebosch Branch)
Account name: Ananda Kutir Outreach Project
Account No: 275471152
Reference: Your name & purpose of payment

Donations to the Children of Light Educare

Bank: Absa
Branch code: 632005 (Claremont)
Account name: Ananda Kutir Education Trust
Account No: 9322073615
Reference: Your name & purpose of payment