

EVENTS & WORKSHOPS

JANUARY

Open House

Introduction to the Center and to Yoga; one-hour introductory Yoga class; introduction to meditation; snack and discussion
Saturday, Jan. 2 from 1:00–3:30pm FREE

Chanting Workshop Saturday, Jan. 2 from 4:00–6:00pm FREE

Saturday Night at Om Movie Night Saturday, Jan. 2 at 7:00pm

Yoga of Devotion with Rajeshwari

Open your heart. Learn about deities, altars, puja... \$15/\$20
Saturday, Jan. 9 from 1:00–3:00pm

Advanced Asana Class with Vishnuprem \$20/\$30
Sunday, Jan. 10 from 3:00–6:00pm

Raw Food for Your Well-Being Workshop with Akemi

Learn how to rejuvenate through a raw diet. \$30/\$40
Sunday, Jan. 10 from 3:00–6:00pm

Temple Bhajan Band Sunday, Jan. 10 at 7:30pm FREE

Special Weekend with Swami Sitaramananda (see reverse)
Friday, Jan. 15–Sunday, Jan. 17

Raw Milk Event with Mark McAfee from Organic Pastures Dairy
Build and nourish your immune system. Free samples. RSVP FREE
Saturday, Jan. 23 from 2:00–4:00pm

Yantra Painting Workshop with Sarah Tomlinson

An opportunity to create a personal yantra from her book "Nine Designs for Inner Peace". No experience needed. \$45 includes materials
Saturday, Jan. 30 from 1:00–5:00pm

Headstand Workshop with Video with Parameshwari and Chandra

Work on the 8 steps, or improve your headstand. \$20/\$30 each
Sunday, Jan. 31 from 2:00–5:00pm

FEBRUARY

Open House (see Jan. 2) Saturday, Feb. 6 from 1:00–3:30pm

Chanting Workshop Saturday, Feb. 6 from 4:00–6:00pm FREE

Advanced Asana Class with Vishnuprem \$20/\$30
Sunday, Feb. 7 from 3:00–6:00pm

Sivaratri, All-night Spiritual Festival Honoring Lord Siva

Join us for chanting of Bhajans, ceremonial pujas and an early morning feast. This celebration brings great energy to your heart!
Friday, Feb. 12 starting at 9:00pm FREE

Eco-movie Night Saturday, Feb. 13 at 7:00pm FREE

Yantra Painting Workshop with Sarah Tomlinson (see Jan. 30)
Sunday, Feb. 14 from 1:00–5:00pm

Deaf Yoga Weekend with Lila Lolling

Uplifting for the hearing as well as non-hearing, witness the Yoga Sign Dictionary come alive, benefitting new audiences.

Free introduction, Friday, Feb. 19 from 7:00–9:00pm

Intensive, Saturday, Feb. 20 from 9:30am–5:00pm

Satsang, Saturday, Feb. 20 from 5:00–6:30pm

Asana Class and Lecture, Sunday, Feb. 21 from 1:00–5:00pm

Vedic Astrology with Bill Levacy

Explore what factors in the Vedic astrology chart indicate a disposition for a spiritual life. We will examine the charts of several famous gurus and sages.

Saturday, Feb. 27 from 2:00–5:00pm

Storytelling Circle

What we cannot imagine, cannot come to pass, so stories are the seeds with which we can sew a positive future. FREE

Sunday, Feb. 28 from 2:00–5:00pm

(Vegetarian community potluck at 1:00pm)

MARCH

Open House (see Jan. 2) Saturday, Mar. 6 from 1:00–3:30pm

Chanting Workshop Saturday, Mar. 6 from 4:00–6:00pm FREE

Advanced Asana Class with Vishnuprem \$20/\$30
Sunday, Mar. 7 from 3:00–6:00pm

Macrobiotics Weekend with David Briscoe

Learn macrobiotic principles, including acid-alkaline health secrets, and how diet affects the health of the body, mind and spirit.

Friday, Mar. 12 at 7:00pm, Free introduction to Macrobiotics

Saturday, Mar. 13 from 2:00–6:00pm, Cooking Workshop at Holy Nativity Church in Westchester: Cooking meals for energy and vitality \$45 including ingredients

Sunday, Mar. 14 from 1:00–5:00pm Cooking Workshop at the Center: Learn how to apply macrobiotic principles to your daily meals; and at 7:00pm, Self-Diagnosis with Macrobiotics (free talk at Satsang)

Sustainable Health Care with Transition Mar Vista/Venice FREE

Join others who are considering what peak oil and climate change will mean for our society and how health care might evolve.

Saturday, Mar. 20 from 1:00–6:00pm

Managing Change with Vidya

The world, society, and technology are all changing faster and faster every day. There is continual pressure both at work and in our personal lives to keep up with the churn. Gain insights on how to manage change in your life from a calm center. \$65/\$75

Part 1, Saturday, Mar. 27 from 1:00–5:00pm

Vegetarian Community Potluck, Sunday, Mar. 28 from 1:00–3:00pm; and Part 2, from 3:00–5:00pm

FOR MORE INFORMATION: www.sivananda.org/la

Sivananda yoga

VEDANTA CENTER

JAN-FEB-MAR 2010

Part of the
International Sivananda
Organization founded
by Hatha and Raja
Yoga Master Swami
Vishnudevanda



Celebrating
40 years in
Los Angeles teaching
classical yoga for health
and peace of mind

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Timetable FIRST OPEN CLASS IS FREE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	
9:00am						All Levels	Pranayama
10:30am	All Levels	All Levels	All Levels	All Levels	All Levels	All Levels	All Levels
1:00pm	All Levels			All Levels			
5:30pm	Spanish** All Levels	All Levels	All Levels	All Levels	All Levels		5:00* All Levels**
7:00pm	Asana Jaya***	All Levels	Satsang	All Levels	All Levels		Satsang at 6:30

Students arriving more than 15 minutes late will not be allowed into the class.

* Not first Sunday of month

** Community classes, by donation

*** 2-hour holding posture class



Swami Sivananda (1887–1963) was one of India's greatest Yoga Masters. As a prodigious author he published more than 300 books, thus spreading all aspects of Yoga and philosophy in simple yet profound words. In 1957, he sent Swami Vishnudevananda to teach Yoga in the West.



Swami Vishnudevananda (1927–1993) is recognized worldwide as a leading authority on Hatha and Raja Yoga. In 1959 he founded the International Sivananda Yoga Vedanta Centers, which have trained more than 20,000 yoga teachers. His best-selling books are *The Complete Illustrated Book of Yoga* and *Meditation and Mantras*.

DROP-IN OPEN CLASSES

Open Classes are 90 minutes—mixed levels—and include breathing exercises, sun salutations, the 12 basic postures with variations, and final relaxation. No pre-registration is required.

PRACTICAL TIPS

Avoid eating for two hours before a Yoga class. Wear loose, modest clothing. Cushions and mats are provided. However, for hygienic purposes it is recommended that you bring your own mat or towel. Please be on time.

MEMBERSHIP

Membership entitles you to a discount on all classes, courses, and workshops, plus books and merchandise in the boutique.

DONATIONS AND PRICES

First Drop-in Yoga Class is free! (not including courses)

Annual Membership: \$40

	MEMBERS	NON-MEMBERS
Single Open Class	\$10	\$14
Community Classes		by donation

Multiple-class passes available to members:

10-Class Pass	\$90
Monthly Unlimited Pass	\$99
3-Month Unlimited Pass	\$270
6-Month Unlimited Pass	\$450

**First Friday
asana classes
FREE**

COURSES

5-session Course	\$65	\$75
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PLEASE NOTE: THERE IS A NO-REFUND POLICY.

The Los Angeles Sivananda Yoga Vedanta Center is a 501(c)(3) non-profit organization. We are a volunteer-based, spiritual and educational organization that relies on the generosity of our volunteers and donors to achieve our mission of providing an oasis of peace where all people can practice yoga and meditation.

COURSES

Yoga 1 5 sessions

New to Yoga or to Sivananda? This course will help you develop a basic yoga practice of breathing, warm-ups, stretching, postures and relaxation. Learn the benefits of the practice.*

Sundays from 10:30am–noon, starting February 14

Yoga 2 5 sessions

Building on the basics of Yoga 1, this course helps you complete the practice of breathing and postures as well as learn more advanced yoga theory.*

Saturdays from 10:30am–noon, starting February 20

Positive Thinking 5 sessions

As you think, so you become. Practice the yogic techniques of manipulating thoughts and gain mastery over negative habits, while increasing self-esteem and confidence. Develop a positive attitude toward life.

Mondays from 7:00–8:30pm, starting March 1

Introduction to Meditation 5 sessions

Theoretical explanation of meditation combined with guided practice. Topics: why meditate?, how to establish a meditation practice, developing concentration, and mechanics of the mind.

Tuesdays and Thursdays from 7:00–8:30pm, starting Tuesday, March 5, then meeting Thursday 11th, Tuesday 16th, Thursday 18th and Thursday 25th

*includes free open classes during course.

Traditional Chinese Medicine 3 sessions

Three-week introductory course! Using Chinese Medicine to Build Immunity and Cleanse according to the Seasons: This series is designed to introduce the benefits of tuning into the seasons using Chinese Medicine. Each season has a building energy and a cleansing energy. Come learn basic theory, qi gong exercises, and diet therapy that will help cleanse your body and build your immunity.

Mondays from 7:00–8:30pm, starting February 8

Ongoing Bhagavad Gita Class with Vidya
Fridays, 7:00–8:30pm \$10/\$14

Programs with Swami Sitaramananda

Weekend of January 15–17, 2010

Swami Sitaramananda, of Vietnamese origin, is a brilliant speaker, giving simple and clear explanations, helping make accessible the deep and profound teachings of Classical Yoga. She is director of the Sivananda Ashram Yoga Farm retreat in Grass Valley, California.



Teachings of the Mahabharata for Our Modern Times

Friday, Jan. 15 from 7:00–9:00pm, Introduction to Mahabharata
Saturday, Jan. 16 from 3:00–5:00pm, What is your dharma?
Sunday, Jan. 17 from 3:00–5:00pm, What is your karma?
\$15/\$20 per session

Swami Sitaramananda will also lead Satsang on Sunday evening, beginning at 6:30pm. All are welcome. No charge.

Upcoming next quarter! Durga will be here from April 30 to May 3 offering a Yoga of Recovery weekend, as well as individual Ayurvedic consultations.