

## SPECIAL EVENTS SUMMER 2010

### AUGUST

#### Open House

Introduction to the Center and to Yoga; one-hour introductory Yoga class; introduction to meditation; snack and discussion  
Saturday, Aug. 7 from 1:00-3:30pm

**Chanting Workshop** Saturday, Aug. 7 from 4:00-6:00pm FREE

**Eco-Movie Night: Dive!** Saturday, Aug. 7 at 7:00pm

**Advanced Asana Class with Vishnuprem** \$30/\$20  
Sunday, Aug. 8 from 3:00-6:00pm

**Community Wellness Project**  
Monday, Aug. 9 from 10:00am-4:00pm

**Vegetarian Cooking Workshop with Yuling**  
Learn to make three different varieties of vegetarian sushi.  
Limited to 6 students. \$30/\$20  
Saturday, Aug. 14 from 2:00-6:00pm

**Tom Farrell on Classical Guitar at Satsang**  
Tom Farrell will perform solo as well duets with local friends and musicians, mixing it up with jazz, tango and improvisation.  
Sunday, Aug. 15 from 6:30-8:00pm

**Community Wellness Project**  
Monday, Aug. 16 from 10:00am-4:00pm

**Hatha Yoga, Stress Management & Relaxation with Sita Chaitanya**  
Sita Chaitanya, a senior hatha yoga teacher from Sivananda Ashram, Bahamas, will share techniques for reducing the effects of modern day life on body, mind and spirit.  
Saturday, Aug. 21 from 2:00-5:00pm \$30/\$20

**Gourmet Dinner Fundraiser**  
Support the center and enjoy a four-course gourmet vegetarian meal cooked with love by staff and students, from food grown in our own gardens. Only 30 seats. Book early.  
Saturday, Aug. 21 at 7:00pm

**Unity in Diversity: Chants and music from many faith traditions**  
Sunday, Aug. 22 from 2:00-5:00pm FREE

**Community Wellness Project**  
Monday, Aug. 23 from 10:00am-4:00pm

**Yantra Painting Workshop with Rajeshwari**  
Enjoy the centering power of this ancient meditative practice.  
No artistic experience necessary. \$30/\$40 including materials  
Saturday, Aug. 28 from 2:00-5:00pm

**Yoga and Natural Living with Shivaji Patil**  
A visiting yoga therapist from India will explain how the practice of yoga can assist the prevention, control and management of hypertension and related disorders.  
Sunday, Aug. 29 from 2:00-5:00pm \$30/\$20

**Songs and Chants for World Peace with Stephen Fiske at Satsang**  
Sunday, Aug. 29 from 6:30-8:00pm

**Community Wellness Project**  
Monday, Aug. 23 from 9:00am-4:00pm

### SEPTEMBER

**Open House** (see Aug. 7) Saturday, Sept. 4 from 1:00-3:30pm

**Chanting Workshop** Saturday, Sept. 4 from 4:00-6:00pm FREE

**Eco-Movie Night: DIRT** Saturday, Sept. 4 at 7:00pm

**Advanced Asana Class with Vishnuprem** \$30/\$20  
Sunday, Sept. 5 from 3:00-6:00pm

**Community Wellness Project**  
Special CAAM talk on Ayurveda. (9:30-11:30am)  
Monday, Sept. 6 from 10:00am-4:00pm

**Special Programs with David Briscoe**  
*One of the most experienced macrobiotic teachers and counselors in the world today returns by popular request!*  
**Free Introduction to Macrobiotics**  
Friday, Sept. 10 from 7:00-8:30pm  
**Macrobiotic Cooking Workshops** \$45 including ingredients  
Saturday, Sept. 11 from 2:00-6:00pm in Westchester  
Sunday, Sept. 12 from 1:00-5:00pm at the Yoga Center  
**The Spirit of Macrobiotic Living** Sunday, Sept. 12 at 7:00pm FREE  
Personal consultations by arrangement

**Community Wellness Project**  
Monday, Sept. 13 from 10:00am-4:00pm

**Special Programs with Komilla Sutton**  
*Demystify many of the fundamental concepts of Jyotish*  
**Free Introduction to Jyotish (Vedic Astrology)**  
Friday, Sept. 17 from 7:00-9:00pm  
**Karma and Jyotish** \$30/\$20  
Understanding karma and how to use yoga as a remedial measure.  
Saturday, Sept. 18 from 2:00-5:00pm  
Personal consultations by arrangement

**Headstand Workshop with Chandra and Parameshwari**  
Headstand workshop with video feedback! Learn how to come into the pose step by step, or improve your headstand. \$20/\$30 each  
Sunday, September 19 from 2:00-4:00pm

**Images of Ancient Yoga with David Wells**  
Ancient yogic techniques as depicted in the sacred art of S/SE Asia.  
Sunday, Sept. 19 from 7:00-8:30pm FREE

**Community Wellness Project**  
Monday, Sept. 20 from 10:00am-4:00pm

**Community Wellness Project**  
Monday, Sept. 27 from 10:00am-4:00pm

MORE EVENTS LISTED ON WEBSITE: [www.sivananda.org/la](http://www.sivananda.org/la)

# Sivananda yoga

## VEDANTA CENTER

AUG-SEPT 2010



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

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

13325 Beach Avenue  
Marina del Rey, CA 90292  
losangeles@sivananda.org  
310-822-9642

# Timetable FIRST OPEN CLASS IS FREE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am	Meditation	Meditation	Meditation	Meditation	Meditation/Puja	Meditation	
9:00am						All Levels	Pranayama
10:30am		All Levels	All Levels	All Levels	All Levels	All Levels	All Levels
1:00pm	All Levels			All Levels			
4:00pm		1 hr Family Yoga**					
5:30pm	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 \*\* Only in July and August \*\*\* 2-hour holding posture class

## 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

## 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.\*

Saturdays from 10:30am–noon, starting August 21

### 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.\*

Sundays from 10:30am–noon, starting August 22

### 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.

Mondays from 7:00–8:30pm, starting August 16

### 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.

Tuesdays from 7:00–8:30pm, starting August 31

\*includes free open classes during course.



**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*.

### Ongoing Bhagavad Gita Class with Vidya

Fridays, 7:00–8:30pm

### Introduction to Vedanta 5 sessions

We study Vedanta in order to discover the truth of oneself and the universe, by being alive to what is, in all areas of one's life at all levels. This knowledge helps one to live intelligently and fully, free from sorrow, fear and all forms of limitations.

Thursdays from 7:00–8:30pm, starting August 26

### Ayurveda and the Mind 5 sessions

Ayurveda, the healing branch of yogic science, recognizes that the mind and body are one. In this course you will learn about ayurvedic psychology, discover your personal mental constitution and how to heal your mind. With Felicia Tomasko

Mondays from 7:00–8:30pm, starting September 20

### Community Wellness Project

Every Monday at the Yoga Center! Experience and learn about a variety of modalities intended to empower you to reclaim your health. We offer community acupuncture, ayurvedic consultation, homeopathy, chair massage, biofeedback, stress management, Reiki, Alexander Technique, lifestyle counseling and therapeutic yoga. Appointments between 10:00am and 4:00pm. Fees sliding scale or use local Time Bank "time dollars." <http://communitywellnessproject.wordpress.com/>

### Vacation Family Yoga sessions

Tuesdays 4:00–5:00pm in August

In this fun and informal session, parents and children work together to learn postures and sequences that you can be done at home. Suggested donation: \$10 per family