



Join Us for Yoga

Weekly Updates from Yoga Center



Hello Yoga Community,

Videos from RAMAKRISHNA ANANDA featured this week

Let Your Mind Reveal Spirit

Explore ways to transcend the mind and live in Spirit

Yogis refer to the mind as a veil which often blocks spiritual awareness. Explore how witness consciousness leads to realization of soul and Spirit. Discover the beautiful experiences one can find beyond the veil of the mind. To view this video, you can click on this [LINK](#).



Dealing with Rascals

Are problem people really a blessing in disguise?

Problem people and situations can bring value, meaning and purpose into our lives. Explore yogic ways to approach challenges. Discover the blessings that come as we learn what life has to teach us. You can click [HERE](#) to view this video.

The video messages of Ramakrishna Ananda featured each week can also be accessed on our members webpage at this [LINK](#).

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We'd love to see you... at one, two or all of our new IN-PERSON and ONLINE classes and events this week.



IN-PERSON Classes at Yoga Center

Hatha Yoga ~ Pranayam Prep for Meditation ~ Meditation ~ Higher Yogas

- Sun. 5:30 – 7:00 pm *Class with Ramakrishnadas*

Chair Yoga

- Tues. 5:30 – 6:30 pm *Class with Radha*

Hatha Yoga ~ Higher Yogas

- Wed. 10:00 – 11:30 am *Class with Kshanti*
- Thurs. 6:00 – 7:30 pm *Class with Ananta*
- Fri. 10:00 – 11:45 am *Class with Kshemi*

ONLINE Classes

Higher Yogas ~ Pranayams

- Tues. 5:30 pm *Go Farther with Ramakrishna Ananda*
- Wed. 5:30 pm *Power of Pranayams with Kali Devi*
- Thurs. 5:30 pm *Ramakrishna Ananda on the Higher Yogas*

Hatha Yoga

- Mon. 10:00 am *Hatha Yoga with Lilamayi — NO CLASSES UNTIL JUNE*

Meditation

- Tues. 5:30 am *Meditation with Lilamayi* (1:30 pm GMT, 6:00 pm India) **NO CLASSES UNTIL JUNE**
- Thurs. 10:00 am *Meditation with Lilamayi — NO CLASSES UNTIL JUNE*
- Fri. 5:30 pm *Meditation with Sumedha — Unlock Your Creativity: Discover the Power of Your Inner Self*

Yoga Center Support Group

- **This week** — Tues. at 10:00 am *Yoga Friends*

Times for classes and events are listed as Pacific Time.

If you miss an online class, remember that it can be viewed as an on-demand video. Look for it on the [members page](#) a day or so after the class was held.





HIGHER YOGAS AND PRANAYAM CLASSES

Zoom Webinar Class: Go Farther with Ramakrishna Ananda

The I and Thou Attitudes

Tuesday, May 7 at 5:30 pm

Ramakrishna Ananda discusses the troubles of the ego — the false sense of self. “The ego that makes a man feel he is a devotee of God or son of God or servant of God is good. But the ego that makes one attached to lust or greed is the unripe ego.” Find out how you can go beyond an unripe ego to your true “I” and, as a result, get to know the Lord of your heart.

You only need to **register once** for this Higher Yogas class. You can click [HERE](#) in order to register.



Zoom Webinar Class: The Power of Pranayams with Kali Devi

Pranayams for Growth, Renewal and Optimism, Week 2

Wednesday, May 8 at 5:30 pm

We continue our journey into greater health, well being and spiritual depth with pranayams that help balance and increase our lifeforce in a way that opens the door to new opportunities and growth in all areas of our lives. We'll also be putting a lot of emphasis on doing breathing techniques to help develop greater optimism — a key to greater health and vitality.

You only need to **register once** to attend the Power of Pranayams class. You can click [HERE](#) to register.



Zoom Webinar Class: Higher Yogas with Ramakrishna Ananda

Projection Techniques (Out-of-Body Experiences), Week 2

Thursday, May 9 at 5:30 pm

By projecting our soul personality to a distant place, we can gain the ability to be objective and experience a heart expansion that gives us empathy and harmony with others, as well as entrance into Mahat — a high spiritual state in which we are aware of the oneness of all living beings. Ramakrishna Ananda talks us through projection practices that enable us to break free from the physical obstacles that keep us from experiencing these high states.

You only need to **register once** for this Higher Yogas class. You can sign up by clicking on this [LINK](#).



HATHA YOGA CLASSES

Zoom Webinar: Hatha Yoga Asanas Class with Lilamayi

Hatha Yoga for Relaxation and Harmony

Mondays at 10:00 am

This class is taking a break in May.

Class resumes on the first Monday in June.



MEDITATION CLASSES

Zoom Webinars

Meditation with Lilamayi

Tuesdays at 5:30 am (1:30 pm GMT, 6:00 pm India)

Thursdays at 10:00 am

These classes are taking a break in May.

Classes resume the first week of June.



Zoom Meeting: Meditation Class with Sumedha

Unlock Your Creativity:

Discover the Power of Your Inner Self

Friday, May 10 at 5:30 pm

This season is a good time to reflect on and connect with your higher self, to learn to be more creative in life and work. In this meditation class, you will learn to open your heart and tap into the power of your Creator within you. This helps you to align your actions with the flow of Divine love, and to wake up daily excited to meet your next challenge. You will also learn to become clear on the kind of work that suits your true nature and feels fulfilling.

The class begins with a guided meditation to help you relax and center yourself. You will then learn to connect with your higher self and tap into this power that inspires your natural creative ability.

This class is suitable for all levels of experience; no prior experience with meditation is necessary. All that's needed is an open mind and a willingness to learn. Ready to transform your life and live your full potential? This meditation class is for you.

Enhance your Friday afternoons! You do not need to register or use a password. To be connected, you can click [HERE](#).



SUPPORT GROUP

Zoom Meeting: Yoga Center Support Group
Hosted by Sevamayi and Akshara

Yoga Friends

Meeting this week!

Tuesday, **May 7** at 10:00 am

You are invited to join us! We're a group of folks who get together monthly, usually on the first Tuesday of the month, to discuss how aspects of yoga can help us deal with issues that come up in our lives and in the world.

On this Tuesday, **May 7**, shortly before 10:00 am, you can click [HERE](#) to connect.

Sunday Morning Celebration

The Spiritual World Society

“Awe and Wonder” presented by Mitra

Sunday, May 5 at 10:00 am
In Person and Live Streaming

Yogis say that we are meant to have awe and wonder, powerful transforming experiences that change our lives and bring great joy. The more awe and wonder we experience, the greater the transformation of our sense of self. On this morning, Mitra will lead us in an examination of awe and wonder. Find out how you can experience these glorious, dazzling, mind-stopping states.

~ **Sunday Morning Celebration via live stream** ~

Just before 10:00 am on Sunday, you can click on this link:

[Spiritual World Society Streaming](#)

Later in the week, a recording from the Sunday celebration will be posted at this **[LINK](#)** which connects to a playlist of Sunday Mornings with the Spiritual World Society. SWS recordings can also be accessed on our **[members page](#)**.

