



Join Us Online

An Invitation from Yoga Center

Hello Yoga Community,



Two New Videos from Ramakrishna Ananda

This week we have two new videos to enjoy, as part of a series of video messages from Ramakrishna Ananda to inspire us during this challenging time and to help us stay connected.

Overcoming the False Sense of Self

One of the main projects in yoga is to know that our ego, our false sense of self, is not the doer. Ramakrishna Ananda shares ways of how to let go of thinking we're the doer, and let spirit be the doer and shine through us. He reads quotes from Sri Ramakrishna, such as, "By the grace of God, a man or woman who but once realizes he or she is not the doer, then he or she at once becomes freed while living." You can click [HERE](#) to view this video.

Becoming God's Servant

In addition to knowing we are not the doer, there are other things we can do that can help us graduate from ego school. In this video, Ramakrishna Ananda talks about thinking of yourself as a servant of the Lord of your heart. When you get into the mood of a servant, then your ego becomes more aware, more alive, free. Ramakrishna Ananda also shares other ways for your inner self or soul to dominate rather than your ego. The video is available at this [LINK](#).

Both new videos, along with Ramakrishna Ananda's previous messages, can also be accessed on our website's members page, which you can reach [HERE](#).

SAVE THE DATE —

Yoga Center 50th Anniversary Celebration!

Sunday, October 4 at 10:00 am

(Please plan to log in to Zoom 5 –10 minutes early)



We can't get together in person, but we can certainly have a great 50th Anniversary Celebration on Zoom where we'll be able to see each other virtually! In the next couple of weeks, we'll be sharing more details about the morning's program, which will be very inspiring and fun.

New Yoga Support Group

Wednesdays at 10:30 am

We know that the last six months have been challenging in many different ways for all of us. This group gives us an opportunity to come together to support one another through these challenges. So whether you want to share the things that have helped you; talk about difficulties, large or small; offer support; or just spend some time with other people who enjoy yoga, you're invited to join us. We'll do a short meditation and have a chant, as well as share!

Our get-togethers are virtual, on Zoom, so we can see and hear each other. The group will be hosted by Sevamayi and Lilamayi. They are both looking forward to seeing you! So on Wednesday morning at 10:30, just click [HERE](#) to participate.

Two Classes Will Briefly Pause

Radha will be out of town for two weeks and so both of her classes will take a short vacation:

- **Chair Yoga** at 10:00 am on Tuesdays — on vacation September 15 and 22
- **Hatha Yoga Asanas** at 4:00 pm on Wednesdays — on vacation September 16 and 23

However, you can enjoy watching videos of Radha's past classes by clicking this [LINK](#) to access our *Hatha Yoga Asanas* playlist, which is also found by visiting our members page.

Online Yoga for This Week

You're invited join us at one, two or all of our online yoga events this week:

- Mon. 4:00 pm **Hatha Yoga for Core Strength and Inner Power**
- Tues. 5:30 pm **Pranayams for Healing, Health and Inner Strength**
- Wed. 10:30 am **Yoga Center Support Group**
- Wed. 5:30 pm **Meditation: Peace of Mind Through Self-Awareness**
- Thurs. 5:30 pm **Ramakrishna Ananda: The Great Ideas of Yoga**
- Fri. 5:30 pm (on Zoom:) **Open Your Heart Meditation**

Remember that if you miss a class, you can access it as an on-demand video by going to the members page, located [HERE](#), beginning a day or so after the class was held.

Video Classes with Sevamayi

Yoga Is an Experience, Not a Belief System is the theme for this week's hatha yoga video with Sevamayi. Join her for hatha yoga asanas that help to overcome the physical tension and particularly the mental/emotional confusion that prevent us from living in a state of well being, harmony and inner peace. The purpose of these asanas is to give us a tangible experience of yoga harmony, not just an idea about what it is.

These videos are available on demand, so you can view them at your convenience. Click [HERE](#) for this week's class. And all of Sevamayi's videos are available in the *Hatha Yoga Asanas* playlist which can be accessed on the members page.



Online Class: Audio of Ramakrishna Ananda **The Great Ideas of Yoga**

Thursday, September 17 at 5:30 pm

What is yoga, really? It's so much more than exercises, as you know. It is the conscious state of harmony between body, mind, emotions and inner self. Beyond that, it is a state of harmony with others and the Universal Self.

In this class, Ramakrishna Ananda takes us through the five key yoga ideas or truths

that can take us from wherever our present state of consciousness is to a state that includes harmony with others and with infinite higher consciousness, as well as harmony of body, mind and inner self.

Kali Devi will be hosting the class, and there will be time for questions on the chat. You can click [HERE](#) to register.

Zoom Webinar Class: Hatha Yoga with Kali Devi

Hatha Yoga for Core Strength and Inner Power

Monday, September 14 at 4:00 pm

The class requested last week that we focus on developing core strength through yoga asanas. Join Kali Devi for this week's asanas routine that, in addition to strengthening our core, helps to open the navel chakra, a center for tremendous energy. When energy is running free and clear in this center, we have courage and can more easily access our own inner power. You can click [HERE](#) to register for this week's class.

Since this class is offered as a Zoom Webinar, you will need to register ahead of time. Initially your microphone and video will be turned off, but after deep relaxation, Kali Devi will turn them on so you can ask questions or chat. However, it's fine if you don't want to be on video. Just leave your camera turned off.

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Zoom Webinar Class: Breathing Practices with Kali Devi

The Power of Pranayams for Healing, Health and Inner Strength

Tuesday, September 15 at 5:30 pm

Last week we focused on the series of seven major pranayams from Ramacharaka's book *Science of Mind*. This week, we'll continue that focus by doing a pranayam routine that focuses on the seven minor pranayams from his book, most of which we've not done previously. We'll also practice a pranayama that is not from Ramacharaka's series but which also focuses on inner strength.

In this class Kali Devi will lead the group in a pranayam routine that includes a series

of breathing techniques that help us to more quickly steady our breath and our mind. After doing the routine together, there will be plenty of time for questions.

This class is in Zoom Webinar format, so remember to register ahead of time. You can use this [LINK](#) to sign up.



Online Class: Exploring the Art of Meditation with Bharata

Meditation on Peace of Mind Through Self-Awareness

Wednesday, September 16 at 5:30 pm

Each week, as Bharata takes us on a journey through different meditation techniques, we will hear audios of Ramakrishna Ananda talking about the current topic or practice. After a meditation, there will be plenty of time for questions.

Yogis found a pattern in the way the mind chases. First one thought chases another, forever and ever, until there is an interruption. But when there's an interruption, then the mind chases the interruption. We can't have peace of mind while the mind is constantly chasing. In this class, we'll discover two very simple techniques for allowing the mind to stop chasing for a short period time so we can experience peace of mind.

Fifteen to thirty minutes of Peace Meditation give results which can prove that you, too, can have peace. Moments of informal practice can refresh and renew you, instilling your brain and body with the power and strength which come with peace. You can click [HERE](#) to register for this week's class.

These events are hosted by Bharata, who has practiced yoga for 45 years and serves as Ramakrishna Ananda's archivist.



Zoom Meeting: Meditation Class with Sumedha

Open Your Heart Meditation

Friday, September 18 at 5:30 pm

Are you yearning to express your unique essence more from your heart energy and less from your head? Learning to open the heart chakra helps us experience higher vibrations of consciousness including love, joy, peace and profound happiness.

With meditation, we can become more compassionate, friendlier and more able to foster harmonious relationships that are fulfilling and rewarding for everyone. Join

Sumedha to experience meditation that encourages opening of the heart chakra.

Since this class is held as a Zoom Meeting, registration is not required. Shortly before class begins, just click [HERE](#) to be connected.

Sunday Morning Celebrations

Every week, the Spiritual World Society posts audio recordings of Sunday Morning Celebrations from recent years, at a similar time of year.

The audios of Sunday Morning Celebrations, which were previously on the Spiritual World Society page of the Yoga Center website, are now available on the members page. There you can access the current week's audio as well as all our previously published audios. Click [HERE](#) for the playlist of *Sunday Mornings with the Spiritual World Society*, or use this [LINK](#) to view the members page.