



Join Us Online

An Invitation from Yoga Center

Hello Yoga Community,

New Video from Ramakrishna Ananda **Finding and Living in Wholeness**

We are so very fortunate to have uplifting video messages from Ramakrishna Ananda during these challenging times.



In this week's video, he talks about the importance of wholeness of being, and how it leads to spiritual attunement. He shares how we can say no when our senses, mind or emotions try to dominate us. And most importantly, Ramakrishna Ananda shows us a different way of living in which we can leave the sense world and experience our Inner Self whenever we want. Then our Inner Self reveals itself, giving us comfort and assurance that we are loved and that we are truly whole.

You can click [HERE](#) to view this video. It can also be accessed, along with his previous messages, on our website's members page, which is at this [LINK](#).



You're Invited to Join Us

at one, two or all of our new classes and events this week:

- Mon. 4:00 pm *Hatha Yoga for Opening the Third Eye, Relaxing and Letting Goodness Express*
- Tues. 11:00 am ***Chair Yoga for Flexibility and Better Balance***
- Tues. 5:30 pm *Pranayams for Releasing Undesirable Emotions;*

Expressing Peace and Compassion

- Wed. 10:30 am **Yoga Center Support Group**
- Wed. 4:00 pm **Hatha Yoga for Strength and Vitality**
- Wed. 5:30 pm **Meditation: Vipassana — Mindfulness**
- Thurs. 5:30 pm **Ramakrishna Ananda's Class on Samyama**
- Fri. 5:30 pm **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

This week's video with Sevamayi is *Hatha Yoga for Overcoming Mind Drift*. Because we are alive, we have active, dynamic minds. Our minds are easily triggered to be busy in thoughts, memories, desires, fears, anger, etc. Our mind can drift while doing yoga postures. It's helpful to become conscious of that so we can better understand our issues, challenges and thoughts. The stillness of yoga poses can help us to observe our mind and also to add calmness and peace. Join Sevamayi this week for hatha yoga asanas that help us observe our state of mind, release tension and free up energy.

Sevamayi's videos are on-demand so you can access them at your convenience. This week's video can be viewed at this [LINK](#). Her videos are also available in the *Hatha Yoga Asanas* playlist on the members page.



Online Class: Audio of Ramakrishna Ananda ***Samyama***

Thursday, October 22 at 5:30 pm

What have you been thinking about a lot today? Whatever you are thinking about habitually, you are becoming. If you are thinking about problems, you'll have more problems in your life. If you are thinking about success and fulfillment a lot, you'll get what you need to be successful and fulfilled.

Ramakrishna Ananda shares the techniques yogis have used for centuries to change our habitual ways of thinking and bring the qualities and experiences we want into our lives.

You can click [HERE](#) to register for this week's class.



Zoom Webinar Class: Hatha Yoga with Kali Devi

Hatha Yoga Asanas for Opening the Third Eye, Relaxing and Letting Goodness Express

Monday, October 19 at 4:00 pm

Join Kali Devi for a hatha yoga routine that helps us release the inner and outer tensions that keep us from having the many benefits of opening the third eye, such as greater stamina, ability to manifest whatever is needed in life, intuition and wisdom. We'll also find it easier to express goodness despite challenging life situations.

You can register by using this [LINK](#). Because the 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.



Zoom Webinar Class: Gentle Yoga with Radha

Chair Yoga for Flexibility and Better Balance

Tuesday, October 20 at 11:00 am

Enjoy taking a gentle yoga class where we can use a chair for support and balance. Radha leads us through a new sequence each week that will help release tension and enable us to enjoy greater flexibility, harmony, balance and inner peace. Whether you're in great shape or have physical challenges, you can get great benefit from this class, and you'll also have fun!

Because this class is in Zoom Webinar format, you'll need to register before the

class begins. You can click [HERE](#) to sign up for this week's class.



Zoom Webinar Class: Breathing Practices with Kali Devi

The Power of Pranayams for Releasing Undesirable Emotions; Expressing Peace and Compassion

Tuesday, October 20 at 5:30 pm

This week we'll do a pranayam routine that begins with opening ourselves to releasing undesirable emotions with a pranayam from Ramacharaka's book *Science of Breath*. Then we'll do several revered yoga pranayams that help free us, to allow the peace and compassion of our Inner Self to express during these challenging next few weeks and months. After Kali Devi leads the group in the pranayam routine, 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 register.



Zoom Meeting Hosted by Sevamayi and Lilamayi

Yoga Center Support Group

Meets on Wednesdays at 10:30 am

IMPORTANT — a password is necessary to enter this Zoom Meeting.

Password: 230050

These past months have been challenging in many different ways for all of us. Our weekly support group gives us an opportunity to come together to encourage one another during 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 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 thoughts and feelings.

Because these get-togethers are virtual (on Zoom), we're able to see and hear each other. The group's hosts, Sevamayi and Lilamayi, are looking forward to seeing you! So on Wednesday morning at 10:30, click [HERE](#) to participate, and remember the password is **230050**.



Zoom Webinar Class: Hatha Yoga with Radha

Hatha Yoga for Strength and Vitality

Wednesday, October 21 at 4:00 pm

Join Radha for a hatha yoga asanas class. She'll be doing an hour-long routine of postures that can easily increase your flexibility, strength and balance, and also give you an overall sense of greater health and harmony.

Be sure to register before the start of class, which you can do by using this [LINK](#).



Online Class: Exploring the Art of Meditation with Bharata

Meditation: Vipassana — Mindfulness

Wednesday, October 21 at 5:30 pm

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

Vipassana, or mindfulness, is a classic Buddhist meditation. Monks practice this method for years. Often people who are busy in their careers will go to a retreat center for two or three weeks to practice this one meditation technique.

In this week's class, we will discover the many levels of vipassana meditation as well as variations in its practice. As a result, we can begin to have a particularly pleasant, mellow feeling, a deep calmness, and a very satisfying sense of wellness and wholeness. This can progress in time into a deep peace, serenity and ecstasy. These benefits can spill into our daily lives.

You can click [HERE](#) to register. 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, October 23 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.

You won't need to register because this class is held as a Zoom Meeting. Shortly before class begins, you can click [HERE](#) to be connected.

Sunday Morning Celebrations

Each 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 available on the members page. There you can access the current week's audio as well as all of our previously published audios. Click [HERE](#) to access the playlist of *Sunday Mornings with the Spiritual World Society*, or use this [LINK](#) to view the members page.

