



# Join Us Online

An Invitation from Yoga Center

*Hello Yoga Community,*

## Video About Meditation from RAMAKRISHNA ANANDA



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### Hints from the *Gita*

Do you love to meditate yet? Yogis love the opportunity to take some time during the day to meditate. But it's hard at first because our minds wander. In this video, Ramakrishna Ananda shares his own experiences as well as the writings of the *Bhagavad Gita* to give us insights into how we can have deeper meditations and enjoy the bliss of our True Selves.

You can click [HERE](#) to watch this video. All of Ramakrishna Ananda's video messages can be accessed on our website's members page [HERE](#).

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**We'd love to see you...**

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

### Higher Yogas and Pranayam Classes

- Tues. 5:30 pm ***The Power of Pranayams with Kali Devi***
- Thurs. 5:30 pm ***Ramakrishna Ananda's Higher Yogas Class***

### Hatha and Chair Yoga Classes

- On-Demand Video ***Hatha Yoga with Sevamayi***
- Mon. 10:00 am ***Hatha Yoga with Lilamayi***
- Mon. 4:00 pm ***Hatha Yoga with Kali Devi***
- Tues. 11:00 am ***Chair Yoga with Radha***
- Wed. 4:00 pm ***Hatha Yoga with Radha***

### **Meditation Classes**

- Wed. 5:30 pm ***Meditation with Bharata, featuring audios from Ramakrishna Ananda***
- Fri. 10:00 am ***Meditation with Lilamayi***
- Fri. 5:30 pm ***Meditation with Sumedha***

### **Support Group**

- Wed. 10:30 am ***Yoga Center Support Group***

Note: All times are listed as Pacific Standard Time.

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

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## **Higher Yogas and Pranayam Classes**

### **Online Higher Yogas Class: Audio of Ramakrishna Ananda *The Law of Attraction, Part 2***

Thursday, January 14 at 5:30 pm

We continue with Ramakrishna Ananda's in-depth, powerful series on the *Law of Attraction*. This week, he shares new techniques that make it easier to focus our attention on attracting more of the situations we want in our lives and fewer of the ones we don't want! During this 6-week exploration, he takes us step-by-step through many different processes so we can find the ones that help us succeed with the law of attraction.

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



## **Zoom Webinar Class: Breathing Practices with Kali Devi**

### ***The Power of Panayams for Letting Go of Old Habits***

Tuesday, January 12 at 5:30 pm

Do you ever feel like you're stuck in a particular pattern that you don't like but you can't get out of it? Or sometimes, are you so busy you can't seem to stop? Would you like to live in a more balanced, harmonious state of well-being? This week's series of breathing practices can help you open to living a more centered, blissful life. Kali Devi will demonstrate the pranayams, and the group will do them together.

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

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## **Hatha and Chair Yoga Classes**

### **On-Demand Video: Hatha Yoga Class with Sevamayi**

#### ***Hatha Yoga with a Focus on Asana and Breathing***

In this class, we'll be removing tension in our breath so that we can breathe more deeply and smoothly. Since tension in the breath comes from tension in the body, yoga postures are always a great help in releasing tension. As we do some gentle stretches, we'll be freeing tension which enables our breath to flow more freely.

Sevamayi's videos and guided audios are on-demand so you can access them at your convenience. This week's class can be viewed by clicking [HERE](#). All her classes are available in the *Hatha Yoga* playlist on our [members page](#).

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### **Zoom Meeting: Hatha Yoga Class with Lilamayi**

#### ***Hatha Yoga for Relaxation and Harmony***

Monday, January 11 at 10:00 am

Join Lilamayi, a long-time Yoga Center member and teacher who now lives in the UK, for a hatha yoga class that focuses on releasing tension and experiencing greater relaxation and harmony. The class time allows folks across the US and Canada as well as Europe to easily attend.

Because this class is held as a Zoom Meeting, you don't need to register ahead of time. Shortly before 10:00 am, you can click on this [LINK](#) to be connected.

**IMPORTANT NOTE** — You will need to use a **password: 921403**.

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**Zoom Webinar: Hatha Yoga Class with Kali Devi**

***Hatha Yoga Asanas***

***for Greater Flexibility and Inner Peace***

Monday, January 11 at 4:00 pm

We are continuing to focus on different ways to release tension in the hips, an area of our bodies that carries a lot of tension from stressful events and daily activities. As we consciously do this week's hatha yoga asanas routine, we'll be letting go of that tension, and we'll more deeply access our inner peace, as well as increase our energy level.

Click [HERE](#) to register for this class. Because the class is offered as a Zoom Webinar, you do need to register ahead of time. Initially your microphone and video will be turned off, but after deep relaxation, Kali Devi will turn them all on so we 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: Gentle Yoga Class with Radha**

***Chair Yoga for Flexibility and Better Balance***

Tuesday, January 12 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. To sign up for this week's class, you can click [HERE](#).

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**Zoom Webinar: Hatha Yoga Class with Radha**

## ***Hatha Yoga for Strength and Vitality***

Wednesday, January 13 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.

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

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## **Meditation Classes**

**Online Class: Meditation with Bharata**

## ***Contemplation with Flows of Awareness***

Wednesday, January 13 at 5:30 pm

Enjoy a meditation class that features an **audio of Ramarkishna Ananda** talking about the current topic. Bharata, who hosts the class, will lead us in a meditation and is available to answer questions.

We live in flows of awareness. Streams of sensations and information pour into our mind and our emotions from our daily world, its people and inventions. Our bodies are sprinting vigorously from the womb to the grave. Our thoughts are moving and our feelings are in motion. Our awareness of life and of ourselves is also a moving thing, continuously vibrating and changing.

It's important for a serious meditator to do dozens — if not hundreds — of contemplations, starting with different objects or even with pictures of people we love, allowing the flows of awareness to move. In this class, we'll discover how to do these contemplations on flows of awareness. These contemplations can give us a sense of what life is about, and they will enhance our meditation practice.

Bharata has practiced yoga for 45 years and serves as Ramakrishna Ananda's archivist. You can register for this class by clicking [HERE](#).



**Zoom Meeting: Meditation Class with Lilamayi**

## ***Meditation for Letting Go of Self-Destructive Habits***

Friday, January 15 at 10:00 am

So often we sabotage our own growth. How can we let go of our self-destructive habits and attitudes? With this beautiful practice called "Sacred Naming," we can transform our negative self-talk and have a deeper experience of our authentic self.

Lilamayi will be leading us through this meditation from her home in the UK. After the meditation, there will be plenty of time for questions.

Because this class is held as a Zoom Meeting, registration is not needed. On Friday at a little before 10:00 am, you can use this [LINK](#) to be connected.

**IMPORTANT NOTE** — You will need to use a **password: 327377**.



**Zoom Meeting: Meditation Class with Sumedha**

## ***Open Your Heart Meditation***

Friday, January 15 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 don't need to register for this class or use a password. Shortly before 5:30 pm, simply click [HERE](#) to be connected.

## Support Group

### Zoom Meeting Hosted by Sevamayi and Lilamayi Yoga Center Support Group

Wednesdays at 10:30 am

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.

These get-togethers are virtual (on Zoom) so we can see and hear each other. The hosts, Sevamayi and Lilamayi, are looking forward to seeing you! So just before 10:30 am, you can click [HERE](#) to participate.

**IMPORTANT NOTE** — You will need to use a **password: 230050**.



### Sunday Morning Celebrations

**Each week the Spiritual World Society posts audio recordings of Sunday Morning Celebrations from past years.**

The audios of Sunday Morning Celebrations are available on our members page, where you can access the current week's audio as well as all of our previously published audios. You can click [HERE](#) to see the playlist of *Sunday Mornings with the Spiritual World Society*, or access them from our [members page](#).

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