



Join Us Online

An Invitation from Yoga Center

Hello Yoga Community,

Let's Allow the Goodness of Yoga to Shine

The first couple of weeks of 2021 certainly didn't start off the way we had hoped. The challenges to the health and well-being of people throughout the world from the surging pandemic continues. That combined with the hatred and violence displayed at the US Capitol on January 6 make it clear that the world needs the lessons yoga teaches more than ever.

Please join us in prayers for health, safety and compassion among all people. And remember, the goodness, kindness, upliftment and unity that shines from all of us makes a difference.

New Video Message from RAMAKRISHNA ANANDA



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After Serenity

The more serene we become, the more dynamic we become. As a result of a serene meditation, *shakti* (spiritual energy) moves and expresses through us, creating an impetus for goodness, for upliftment and especially for greater balance in our lives. Ramakrishna Ananda teaches us how to attune with this dynamic force and, as a result, to live more balanced, creative lives.

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](#).

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.

Higher Yogas and Pranayam Classes

Online Higher Yogas Class: Audio of Ramakrishna Ananda

The Law of Attraction, Part 3

Thursday, January 21 at 5:30 pm



Want a fresh new way to attract what's most important to you? Ramakrishna Ananda takes a very different run at the Law of Attraction. He shows us why affirmations and visualizations often don't work. The elegant new program he'll be sharing gives us simple tools, exercises and scripts for attracting more of the situations we do want in our lives.

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

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Zoom Webinar Class: Breathing Practices with Kali Devi

The Power of Panayams for Radiating Goodness

Tuesday, January 19 at 5:30 pm

Our focus this week is on pranayams that help us get in touch with the goodness of our Inner Self and then radiating this goodness out to specific individuals in need, those around us and others throughout the world. There will be two types of pranayams — those that take us inward and those that allow us to more easily express goodness, compassion, upliftment and unity to others. 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.

Hatha and Chair Yoga Classes

On-Demand Video: Hatha Yoga Class with Sevamayi

Hatha Yoga for Harmonizing Body, Mind and Spirit

Waves of thoughts and feelings keep us from living in the harmony of body, mind and spirit. Yoga postures help us calm these waves so we can more easily experience peace within us and radiate this peace to others. In this class, we'll focus on paying attention to harmonizing our body, mind and spirit while we do our asanas.

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](#).



Zoom Meeting: Hatha Yoga Class with Lilamayi

Hatha Yoga for Relaxation and Harmony

Monday, January 18 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**.



Zoom Webinar: Hatha Yoga Class with Kali Devi

Hatha Yoga Asanas for Releasing Tension and Greater Peace of Mind

Monday, January 18 at 4:00 pm

As we do our asanas this week, we'll be focusing on ways to release tension throughout our bodies as well as the turbulence in our minds. We're paying particular attention to letting go of tension in areas such as the neck and shoulders, which tend to store tension that causes us physical discomfort and also adds to mental/emotional anxiety. Join Kali Devi for a hatha yoga asanas routine that helps us experience and live with greater physical, mental and emotional peace.

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.



Zoom Webinar: Gentle Yoga Class with Radha

Chair Yoga for Flexibility and Better Balance

Tuesday, January 19 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](#).



Zoom Webinar: Hatha Yoga Class with Radha

Hatha Yoga for Strength and Vitality

Wednesday, January 20 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](#).

Meditation Classes

Online Class: Meditation with Bharata

The Lifted Gaze

Wednesday, January 20 at 5:30 pm

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

As we do this lifted gaze practice, you will likely find that it gives you greater clarity of mind and more mellow, harmonious emotions. With a little practice, this technique is very effective at more quickly and easily reducing any mental/emotional turbulence as well as making the intuition keener.

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

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Zoom Meeting: Meditation Class with Lilamayi
***Meditation for Greater Harmony of
the Body/Mind Connection***

Friday, January 22 at 10:00 am

As we grow in yoga, we become more aware of the connection between our mind and emotions, and how we often hold old emotions in our physical body. Postures are a wonderful way to release tension from the body and turbulence from our minds. Today's meditation practice is another way of working with our difficult feelings and the associated physical tension, to consciously integrate them with gentle, loving awareness.

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**.

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Zoom Meeting: Meditation Class with Sumedha
Open Your Heart Meditation

Friday, January 22 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

***New This Week —
Live Zoom for Sunday Morning Celebration***

Sunday, **January 17** at 10:00 AM (Pacific Time, US and Canada)

You won't want to miss this week's Sunday Morning Celebration! It will feature a new video message — "Is Your Life Full of Meaning?" — which was recorded by Ramakrishna Ananda especially for Sunday Morning Celebration. Additionally, we'll enjoy music, prayers and scriptures that will be live on Zoom.

Come early if you want to chat with friends, but please remember that if there are two people at your home connecting on separate devices but in the same room or nearby, you will need to **turn off the speakers and microphone on one of the devices** or else we'll hear horrible feedback and everyone will need to be muted.

Click [HERE](#) to join this Sunday's Zoom Meeting

Meeting ID: 845 2674 5452

Passcode: 610085

Audio recordings of past Sunday Morning Celebrations, which the Spiritual World Society posts each week, are always available. You can use this [LINK](#) to see the playlist of *Sunday Mornings with the Spiritual World Society*, or access them from our [members page](#).



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