



Join Us for Yoga

Weekly Updates from Yoga Center



Hello Yoga Community,

Videos from RAMAKRISHNA ANANDA featured this week

The Ego Stick

Discover the key to softening the ego

The ego is our sense of self which often comes from a false, inaccurate level of awareness. Our unenlightened ego separates us from others, acting like a barrier. Explore the practice of humility, a necessity on the spiritual path. Discover what it is like to move from an ego focus to a soul perspective. To view this video, you can click on this [LINK](#).



Relationships — So Essential

Explore ways to improve your relationships

Positive, constructive relationships are a major influence on our health, happiness and overall well being. It is important to value our relationships and their positive benefits. Consider the goodness that can come to you from a relationship with God. 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](#).



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

- **April 2** — Tues. at 10:00 am **Yoga Friends**

Times for classes and events are listed as Pacific Daylight Savings 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

Talks with Devotees:

Your Character — Yamas and Niyamas, Week 8

Tuesday, March 12 at 5:30 pm

This week's talk is a continuation of last week's talk on *character* — an essential factor in our spiritual growth. Ramakrishna Ananda shares that the eight-fold path of Patanjali starts with an emphasis on the yamas and niyamas. Explore how the refining of your character with the yamas and niyamas enables awakening.

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

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Zoom Webinar Class: The Power of Pranayams with Kali Devi

Pranayams for Living in Greater Harmony

Wednesday, March 13 at 5:30 pm

If we are going to have good health, abundance, vitality and spiritual growth, it is essential to live in a state of harmony of body, mind and inner self. The foundation for progress in meditation and spiritual growth is establishing this harmony, not only within ourselves but also with infinite consciousness. This week's pranayams focus on harmonizing our life force, helping us to live in a greater state of overall harmony within ourselves, with others and higher consciousness.

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

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Zoom Webinar Class: Higher Yogas with Ramakrishna Ananda

Are We Human Beings or Spiritual Beings? Week 7

Thursday, March 14 at 5:30 pm

We came here to live with certain purposes and needs, and certain jobs and lessons to be learned. We came here with this gift of life. What did we do with it? Did we get completely lost in what was going on? Or did we make something beautiful? Did we use our life as a wonderful expression of our True Self — our love, the love deep within us, the wisdom deep within us? Did our spiritual nature come out, or not? Find out how you can see your life with new eyes, live in joy, shift from mortal to immortal life. See how tapas transforms you and how your deepest desires are met when you live in your true self.

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 March, April and 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 March, April and 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, March 15 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, **April 2** 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 Tuesday, **April 2**, shortly before 10:00 am, you can click [HERE](#) to connect.

Sunday Morning Celebration

The Spiritual World Society

“The Teaching of Sri Ramakrishna” by Ramakrishna Ananda

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

Remember to set your clocks ahead on Saturday night — daylight savings time!

On this morning, we will dive deeper into the profound insights and spiritual wisdom of Sri Ramakrishna. He tells us: “God can be seen, He can be touched.” We can even talk with God. And further, God realization is the purpose of life. He often said: “I drink

no ordinary wine, but the wine of everlasting bliss.” Join us as we attune with the wisdom and bliss of Sri Ramakrishna.

Mask policy: We are currently not requiring that masks be worn on Sunday mornings, but you are certainly welcome to wear one. For everyone’s good health, we strongly request: Please do not attend in person if you are feeling unwell.

~ 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](#)**.

