



# Join Us Online

An Invitation from Yoga Center



*Hello Yoga Community,*



## *Updates about Yoga Center and SWS Reopening on June 5*

### **Classes Begin in June**

Check this newsletter each week for our class schedule as it evolves. We'll be adding Yoga Center classes as there is a demand for more in-person classes.

#### **Starting Wednesday, June 3:**

- Wednesday morning class: **10:00 – 11:30 am**
- Wednesday evening class: **6:00 – 7:30 pm**

#### **Starting Sunday, June 5:**

- Sunday evening class: **5:30 – 7:00 pm** (Everyone is welcome.)

**Online Zoom classes** will continue on the **same schedule (days and times)** as they are currently offered. Our on-demand videos will continue to be available on the Yoga Center members page.

### **Sunday Morning Celebrations**

In preparation for the official opening on June 5, Sunday Morning Celebrations continue a **soft reopening** with in-person Sunday services at Yoga Center **May 22 and 29**. Details are included in the SWS section at the end of this newsletter.

You're also invited to watch the live stream of our Sunday Morning Celebrations. Shortly before 10:00 am you can click on this link:

[Spiritual World Society Streaming](#)

*Please be careful to only share the link with people you know, so we don't invite intruders.*

## This Week's Video from RAMAKRISHNA ANANDA



### *Chant the Name*

Chanting the name of God helps us profoundly gather our attention and focus our awareness. Discover how chanting can help you sense God's attributes such as goodness, love, Spirit, light, and to become completely immersed in God.

You can click on this [LINK](#) to watch this week's 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 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 Class on Higher Yogas*

#### 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*
- Wed. 11:00 am *Chair Yoga with Radha – NO CLASSES until June*
- Wed. 4:00 pm *Hatha Yoga with Radha – NO CLASSES until June*

#### Meditation Classes

- Wed. 5:30 am *Meditation with Lilamayi (1:30 pm GMT, 6:00 pm India) – NO CLASSES until June*
- Wed. 5:30 pm *Meditation with Bharata featuring audios from*



*Ramakrishna Ananda*

- Fri. 10:00 am **Meditation with Lilamayi**
- Fri. 5:30 pm **Joy Meditation with Sumedha**

### Support Group — NEW DAY AND TIME

- **MONDAY, June 6 at 12:00 NOON** **Yoga Center Support Group**

Note: Times are listed as Pacific Daylight Time, plus additional time zones are included for Lilamayi's Wednesday meditation class.

***If you miss a 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

### Zoom Webinar Class: Higher Yogas, Audio of Ramakrishna Ananda

#### **Gifts of Life and Yoga, Week 2**

Thursday, May 26 at 5:30 pm

Your consciousness contains so many gifts. Would you like to know how to access these treasures? In this 8-week series, you'll discover how you can claim these gifts. What's more, you'll get to do practices to experience: the Corridor of Light, the Great Soul, Transcendence, the Vast Heart, and Three Limits of Meditation.



You only need to **register once** to attend the Higher Yogas class. You can sign up by clicking on this [LINK](#).



### Zoom Webinar Class: The Power of Pranayams with Kali Devi

#### **Pranayams for Increasing Our Focus, Week 2**

Tuesday, May 24 at 5:30 pm

One of the joys of doing pranayams is the increase in our ability to concentrate and focus. This makes it easier to go deeper in meditation and be more present and successful in our daily activities, work, etc.

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



## Hatha and Chair Yoga Classes

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

### ***Hatha Yoga for Inner Peace***

*Although we don't have a new video this week, you might enjoy catching up on last week's class, if you missed it.*

Hatha yoga is much more than a physical exercise. Yoga postures give us the opportunity let go of distractions, go within and experience our true self. By holding postures in this class with firmness and steadiness, we'll be able to deeply relax and more easily bring our body, mind and spirit into harmony.

Sevamayi's classes are available on demand, to view anytime. You can see this class [HERE](#). All of her classes are available in the Hatha Yoga Classes section on the [members page](#).



**Zoom Webinar: Hatha Yoga Asanas Class with Lilamayi**

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

Monday, May 23 at 10:00 am

Join Lilamayi, a long-time Yoga Center member and teacher who lives in the UK, for a hatha yoga class that focuses on releasing tension and experiencing greater relaxation and harmony. This class is held at a time when folks across the US and Canada as well as Europe can easily attend. *Lilamayi will be teaching this class while she is on holiday in the US.*

You only need to **register once** to attend this hatha yoga class. You can sign up at this [LINK](#).



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

### ***Hatha Yoga for Harmony of Body, Mind and Inner Self***



Monday, May 23 at 4:00 pm

We're continuing to focus on opening ourselves to a deeper connection of body, mind and inner self. We'll be using affirmations and breathing techniques to help us keep our mind and emotions engaged in what we are doing in each pose. We'll have an extra focus on strengthening our core and freeing our hips from tension.

You only need to **register once** to attend this hatha yoga class. You can click [HERE](#) to sign up.



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

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

Wednesdays at 11:00 am

***NO CLASSES this week through June 8.***

Classes resume June 15.



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

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

Wednesdays at 4:00 pm

***NO CLASSES this week through June 8.***

Classes resume June 15.



## **Meditation Classes**

**Zoom Webinar: Meditation Class**

## ***Meditation with Lilamayi***

Wednesdays at **5:30 am** (1:30 pm GMT, 6:00 pm India)

***NO CLASSES this week through June 1.***

Classes resume June 8.

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Zoom Webinar: Meditation Class with Bharata

***The Divine Way of Tapas, Week 3***

Wednesday, May 25 at 5:30 pm

This week Ramakrishna Ananda explores how to apply the tapas of body, speech and mind in daily life. Tapas is also referred to as “soul power.” In Western mysticism it is called “turning lead into gold.”

This class features an audio of **Ramakrishna Ananda** each week. Our host, Bharata, will lead us in meditation and is available to answer questions.

You only need to **register once** to attend this meditation class. You can click [HERE](#) to sign up.

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Zoom Webinar: Meditation Class with Lilamayi

***Opening to Your Soul Call***

Friday, May 27 at 10:00 am

At various times in your life, have you experienced the call of your soul? Are you aware of the inner pull to lead a more spiritual life? Remembering these precious moments can be a wonderful doorway to living a more fulfilled life. *Lilamayi will be teaching this meditation class while she is on holiday in the US.*

You only need to **register once** to attend this meditation class. You can sign up by using this [LINK](#).

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Zoom Meeting: Meditation Class with Sumedha

***Joy Meditation —***

***Connecting in a New World Post-COVID***

Friday, May 27 at 5:30 pm

Are you ready to connect with the world in a new way? As the whole world slowly comes out of isolation and we move back into the ability to create a renewed experience of what we truly want in life, joy can be our most powerful ally.

Joy brings us into a deep connection with Spirit found only in our Inner Self. Joy is so much more than happiness, which is triggered from outside life. Joy comes from within and is abiding in nature. Joy gives us the chance to stay centered in Spirit, and all we have to do is focus on it. Living in joy is a choice we can make every day.

Join us on Friday nights and discover the delights of living in joy. You do not need to register or use a password. To be connected, you can click [HERE](#).



## Support Group

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

*Our meeting day and time are changing —*

**Our next meeting is**

**Monday, June 6 at 12:00 noon**

**The support group will be meeting ONCE A MONTH, on the first Monday of each month.** Our support group provides us with an opportunity to come together to encourage one another during life's challenges.

The support group will use a **new link** which will be included next week.

*Note:* A password will no longer be needed.

## SUNDAY MORNING CELEBRATIONS

**The Spiritual World Society celebrates  
Sunday worship at Yoga Center with  
two videos about Buddhism from Ramakrishna Ananda  
– in person and live streaming –**

On May 22 and 29, we continue our “soft reopening,” meeting in person at Yoga Center and also live streaming. Please be aware that there could be some glitches,

as we prepare for the official reopening on June 5.

This Sunday, we will celebrate the birth and enlightenment of Buddha by viewing two videos by Ramakrishna Ananda. In “With the Buddhists in Bodh Gaya,” he shares experiences from a day he spent in Bodh Gaya where he was inspired to dance for joy. In the second video, “Buddha’s Four Unlimited States,” we learn that the *unlimited states* are remedies to four character flaws that obstruct our spiritual awakening. Join us to learn how to stop suffering and live in joy.

**We strongly request that if you are not feeling 100% healthy —*please do not attend in person!* We will not be requiring vaccinations or masks at this time at Sunday Morning Celebrations. If you are not vaccinated, please consider wearing a mask.** And of course, masks can be worn by anyone to increase their comfort level. Our attendance policy is in line with current public health policy. Our policy may be adjusted at any time, as necessary.

The SWS team will be live streaming Sunday service so that those who are not ready to attend in person have an option to participate. Live streaming also makes it possible for folks who are not living in southern California to enjoy Sunday Morning Celebrations. ***Please be careful to only share the link with people you know, so we don’t invite intruders.***

### **To join Sunday Morning Celebration via live stream**

Just before 10:00 am on Sunday, click this link:

[Spiritual World Society Streaming](#)

We will be streaming on Twitch. You don’t need to register or create a login unless you want to receive notifications. We recommend clicking the icon on the lower right-hand side to maximize the screen.

Later in the week, we will post a recording of this week’s Sunday celebration at this [LINK](#) which connects to a playlist of *Sunday Mornings with the Spiritual World Society*. The many SWS recordings can also be accessed from our [members page](#).

