



# Join Us for Yoga

Weekly Updates from Yoga Center



Hello Yoga Community,

Videos from RAMAKRISHNA ANANDA featured this week

## More on Yoga Is Skill in Action

*Discover how daily activities can take you closer to God*

The world is a field of action. Through yoga we learn that our actions can liberate, empower and fulfill us. Discover the emotional, mental and physical actions of yoga which can bring wisdom, love and freedom into your life. To view this video, you can click on this [LINK](#).



## How Stillness Increases Your Vitality

*Would you like greater health and vitality?*

Yoga enables us to cultivate stillness, thus bringing a state of harmony to both mind and heart. By releasing tied-up energy, we can allow a heightened level of life force into our experience. Discover how to have a better quality of life through practicing stillness. 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 Vishnudas*
- 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

- **May 7** — Tues. at 10:00 am *Yoga Friends*

Times for classes and events are listed as Pacific 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.



## Zoom Webinar Class: Go Farther with Ramakrishna Ananda

### *The Holy Spirit, Part 3*

Tuesday, April 23 at 5:30 pm

This is part 3 of a 4-part series on the Holy Spirit. The Holy Spirit can transform anything in your life. If you're not in a state of joy or happiness — if you're in a state of depression, confusion, being distraught, or being entirely preoccupied with the world — the touch of the Holy Spirit is hovering near you. Discover how to receive the Holy Spirit and be open to it showering you with blessings.

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

.....

## Zoom Webinar Class: The Power of Pranayams with Vishnudas

### *Pranayams for Spring: Breathing for the Health of It, Part 2*

Wednesday, April 24 at 5:30 pm

This week we'll take another journey into greater health through pranayams with a focus on the 5 kinds of Prana (Life Force) Vayus (Flows) with Mudras (Hand Gestures). Getting familiar with the different kinds of prana can help us understand how to increase our life force and health in different areas.

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

.....

## Zoom Webinar Class: Higher Yogas with Ramakrishna Ananda

### *What Do You Want to Become? Week 6*

Thursday, April 25 at 5:30 pm

How do you make decisions? If we want to grow spiritually and live a more fulfilling life, it is crucial that we make decisions the *yoga* way, not the normal way people make decisions. It's essential to consult our soul rather than our ego. If we consult our soul first, yoga helps us make the best decisions possible for ourselves and others. By going to our soul first, according to Ramakrishna Ananda, "we plant better seeds for a more abundant harvest." Enjoy yoga practices, including open-eye meditations, that can help you transform your life.

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 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 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, April 26 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

Tuesday, **May 7** 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, **May 7**, shortly before 10:00 am, you can click [HERE](#) to connect.

### *Sunday Morning Celebration*

**The Spiritual World Society**

**“From Slavery and Hatred to Freedom and Love”**  
**presented by Narendra**

Sunday, April 21 at 10:00 am  
In Person and Live Streaming

Passover is a celebration of freedom. It commemorates the exodus of the Israelites from slavery. For one person to gain freedom is a miracle — for a million people, it is a



spiritual masterpiece. This morning Narendra will share the story of Passover, how to go beyond slavery into freedom.

**~ 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](#).

