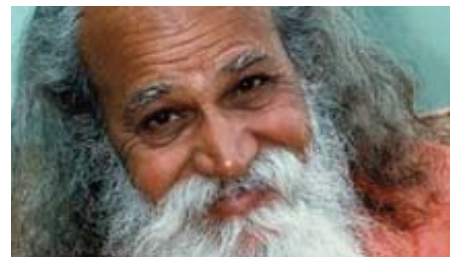




770 Dolores Street
 San Francisco, CA 94110
 phone 415.821.1117
 www.IntegralYogaSF.org
 email: mail@IntegralYogaSF.org
 RETURN SERVICE REQUESTED



May/June 2009 | Newsletter

SPECIAL EVENTS



author of Peaceful Weight Loss Through Yoga.
<http://www.peacefulweightloss.com>

Thursday, June 4
 6:00–8:00pm
 \$24

Guru Puja

These devotional services are a time to come together for blessings from our spiritual teacher, Sri Swami Satchidananda. A puja and a short video of the teachings of Sri Swami Satchidananda will be offered. This service will include our noon meditation.

Friday, May 22 and Monday, June 22
 11:00am–12:40pm
 By donation

The Foundation of All Faiths
Swami Vimalananda

All faiths have the same goal—to purify our hearts and minds to live in peace and joy. We will explore the means to purify our hearts and minds and how to overcome the obstacles that keep us from living in our True Nature. The required text is The Yoga Sutras of Patanjali.

4 Wednesdays beginning June 17
 6:00–7:30pm
 \$72

Summer Solstice Puja

This will be a devotional service, asking for blessings as we enter the time of warmth and fulfillment, Summer. This will lead into our noon meditation.

Friday, June 19
 11:30am–12:40pm
 By donation



DROP-IN CLASSES

Hatha Yoga I Beginner Class

This class is for students interested in the traditional Hatha Yoga class. A comprehensive, balanced class with a steady flow, relaxation between asanas and guided instruction throughout. Newcomers are welcome.

Advanced Mixed Level Class

This class is suitable for intermediate and advanced students, and those who are ready to move from IA to II.

Hatha Yoga III Advanced Class

This class is for more advanced students who have a solid understanding of the Hatha II format, and have the experience and ability to maintain a rigorous Hatha practice. New and more difficult asanas will be introduced including inversions, and more advanced pranayama and Kriya techniques will be practiced. Please consult your teacher about progressing in levels.

Mixed Level Class

This class is not appropriate for beginners. Continuing students of any level may attend this class. The teacher will adapt the poses to meet your level of practice.

Hatha Yoga IA Advanced Beginner Class

This class is for students interested in exploring a transition from Hatha I to Hatha II. New asanas will be introduced, and others will be held longer to deepen the experience. Students attending this class should be comfortable with Hatha I. Not for new beginners.

Hatha Yoga II Intermediate Class

This class is for students who are experienced with our Hatha Yoga class format, and are ready to move at a faster pace. Asanas are held longer for an experience on a deeper level. New asanas, including *Mayurasana* (peacock) and *Sirshana* (headstand), and *Kriya* (purification) techniques will be introduced. Please consult your teacher about progressing in levels.

Drop-In Hatha Yoga Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am						Hatha IA	
9:30 am	Mixed Level	Hatha IA	Hatha IA Advanced Mixed Level	Mixed Level Hatha I	Hatha I Mixed Level	Hatha I Hatha IA Hatha II/III	Hatha IA Hatha II Gentle Yoga
11:00 am						Hatha I ASL Yoga Open Meditation	Hatha IA (1 hour and 40 minute class) ASL Yoga
12:00 pm	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation		
4:30 pm		Gentle Yoga					
6:00 pm	Hatha IA	Hatha I Hatha II Prenatal Yoga	Hatha IA Hatha II	Hatha IA		Hatha classes are approx. 1 hr. and 25 mins. Students arriving more than 10 mins. late for classes will not be admitted. Please bring a towel or mat for your class.	
7:30 pm	Stress Release		Introduction to Meditation			Drop-in classes are \$12 each. Your first class is \$8.	
7:45 pm	Open Meditation	Open Meditation	Open Meditation	Open Meditation			

About Our Guru

The Reverend Sri Swami Satchidananda (Sri Gurudev) is one of the most revered Yoga Masters of our time. A much-loved teacher, well known for his combination of practical wisdom and spiritual insight, he gave his life to the service of humanity, demonstrating by his own example the means of finding abiding peace within one's life and within one's self. His message of peace and harmony among all faiths and countries has been heard worldwide.

Sri Gurudev did not belong to any one faith, group or country. Dedicated to the principle that "Truth is One, Paths are Many," he went wherever he was asked to serve, bringing together people of all backgrounds and beliefs to learn respect for all the different paths and to realize their common spirit and the universality of their goal.

Sri Gurudev opened the Light of Truth Universal Shrine (LOTUS) in 1986. LOTUS, located in Virginia, is dedicated to the light of all faiths and to world peace and stands as a beautiful example of the universal teachings of Sri Swami Satchidananda.

Peaceful Weight Loss Through Yoga—Personal Experience, Practical Advice

Brandt Bhanu Passalacqua

Easefully find tools for transforming yourself. Explore how knowledge gained in the practice of Yoga postures can be applied to your relationship with food and your body. The seminar begins with a gentle Hatha practice, followed by a presentation of the principles that guide peaceful weight loss. This easy, gentle, restorative approach is appropriate for everyone. It was created and is taught by an instructor who has lost 100 pounds through an easeful, restorative Yoga practice.

Brandt Bhanu Passalacqua is a certified IYI teacher and Structural Yoga therapist. After struggling with weight, food and substance addiction, and serious illness, he discovered Yoga. He teaches Yoga for weight loss, injury, and chronic conditions privately in Manhattan and Northampton, Massachusetts, and is the

2 WORKSHOPS

For Details About Our Classes, Please Visit Our Website – IntegralYogaSF.org

Releasing the Neck and Shoulders Workshop

Anandi Slater
Tuesdays May 5 and June 2
6:00–8:00pm
\$20 for each

Learn to Meditate Workshops

Jalaja Korengold and Dee Benefield
Tuesdays, May 12 and June 9
6:00–7:30pm
\$18 for each

Laughing Meditation

Dee Benefield
Tuesdays, May 19 and June 16
6:00–7:30pm
\$18 for each

The Back Workshop

Jeanine Diaz de Rivera
Wednesdays,
6:00–7:30pm
\$16 each

Moon Salutation

Diana Meltsner
Thursday, May 21
6:00–8:00pm
\$20

Thai Yoga Massage

Kristie Home
This deep, loving, and accessible healing art is an ancient practice with roots in Yoga, Ayurveda, and Buddhism. You will be guided through meditation and gentle rhythmic movement and stretching which increases connection and vital energy for both the giver and receiver. No experience with Yoga or massage is necessary. This practice is performed fully clothed.

Tuesday, May 26
6:00–7:30pm
\$18

The Yoga of Knitting

Saraswati Takehashi
Knit 1, Om 1, Knit 2, Om 2....Experience the joy of combining two ancient practices: yoga and knitting. In this workshop we will explore the relationship between knitting and meditation by incorporating the repetitive motions of knitting to mantra and breath work. Knitting is a wonderful tool for engaging in process and the present moment. By bringing one's awareness on the repeated formation of a stitch, practitioners will learn to cultivate an inward state of peace while creating something beautiful at the same time. Please come prepared to do Hatha as specific asanas will also be introduced to attend to and prevent some of the common aches and pains that knitters experience.

This workshop is appropriate for both knitters and non-knitters. Beginners will learn the basic stitch and how to follow a simple pattern. Knitters are encouraged to bring any current project they are working on, or any wool or needles they have at home. Those new to knitting will have materials provided to get them started.

Tuesday, June 23
6:00–7:30pm
\$18

TEACHER TRAININGS

Intermediate Teacher Training

Monday, June 29 to August 24, 2009

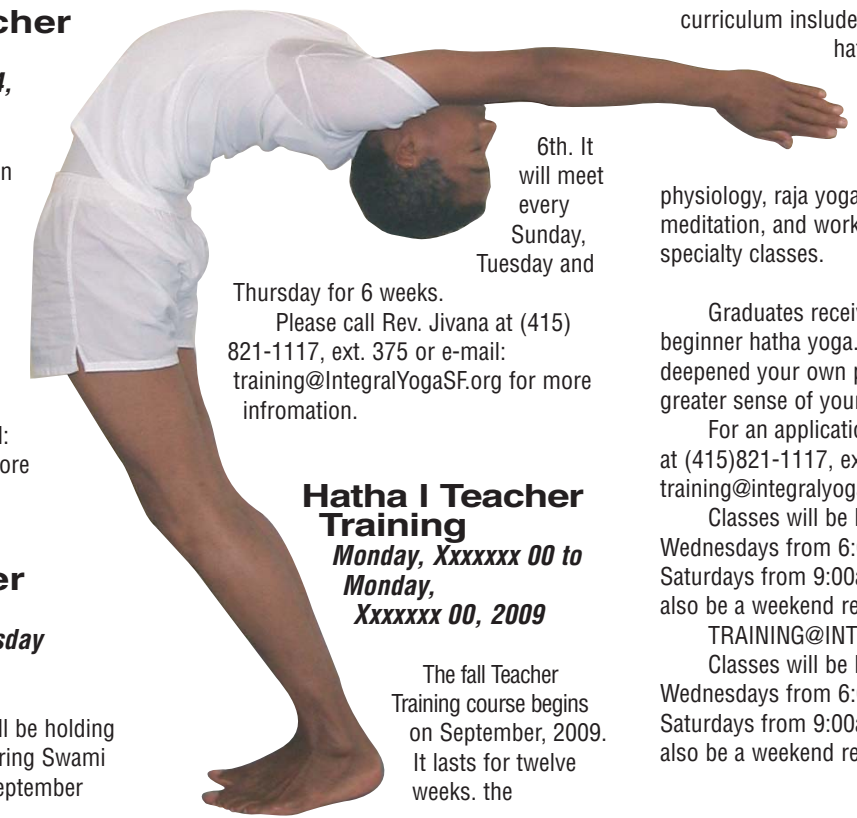
The Institute will be holding an Intermediate Teacher Training program beginning Monday, June 29, 2009. It will meet every Monday and Wednesday from 6:00 to 9:00pm and Saturdays from 9:00am to 5:00pm for eight weeks.

Please call Rev. Jivana at (415) 821-1117, ext. 375 or e-mail: training@IntegralYogaSF.org for more information.

Advanced Teacher Training

Sunday, September 6 to Thursday October 15, 2009

The Integral Yoga Institute will be holding an advanced teacher training featuring Swami Asokananda, beginning Sunday, September



6th. It will meet every Sunday, Tuesday and

Thursday for 6 weeks.

Please call Rev. Jivana at (415) 821-1117, ext. 375 or e-mail: training@IntegralYogaSF.org for more information.

Hatha I Teacher Training

Monday, XXXXXXX 00 to Monday, XXXXXXX 00, 2009

The fall Teacher Training course begins on September, 2009. It lasts for twelve weeks. the

curriculum includes instruction in teaching hatha yoga postures, workshops to deepen your personal practice, classes in diet and nutrition, anatomy and physiology, raja yoga, pranayama and meditation, and workshops on teaching specialty classes.

Graduates receive a certificate to teach beginner hatha yoga. you will also have deepened your own practice, and developed a greater sense of your inner self.

For an application, please call rev. jivana at (415)821-1117, ext. 375 or e-mail training@integralyogaf.org

Classes will be held on Mondays and Wednesdays from 6:00pm to 9:00pm, and Saturdays from 9:00am to 5:00pm. There will also be a weekend retreat. The cost is \$2750.

TRAINING@INTEGRALYOGASF.ORG.
Classes will be held on Mondays and Wednesdays from 6:00pm to 9:00pm, and Saturdays from 9:00am to 5:00pm. There will also be a weekend retreat. The cost is \$2750.

ONGOING ACTIVITIES

Family Yoga

1st Sunday of each month
Sunday, May 3 and June 7
11:00–11:45am
\$20 per family

Stress-Release Mondays

Angie Davidson and Livia Jenney
Mondays
7:30–9:00pm
\$12 for each class

Prenatal Yoga

Priya Dallendorfer
Tuesdays
6:00–7:30pm
\$12 for each

ASL Yoga

Radha Alexander
Sundays
11:00am–1:00pm
\$12

Evening Meditation

We have open evening meditation Monday through On Thursday at 7:45pm. It includes some chanting, pranayama and silence, and lasts 40 minutes. Please come a few minutes early. Thursdays we offer an Introduction to Meditation Class at 7:30pm. There is no charge for meditation.

Gentle Yoga for the Mind, Body and Spirit

Jyothi Bezaire and Prabha Duffett
Sundays and Tuesdays
Sun: 9:30–11:00am
Tue: 4:30–6:00pm
\$12 per class

Kirtan

Jyothi Weber, Amala Pallitto, and Swami Vimalananda
Fridays, May 8 and 22 and June 12 and 26
6:00–8:00pm
By donation

Living Yoga Training

Living Yoga Training (LYT) is a mentorship and support program for those who wish to delve more deeply into the practice and philosophy of Yoga. The LYT program provides you with guidance while taking course classes and workshops. You will be matched with a mentor to discuss applying Yogic principles to daily life. To inquire, please contact Swami Vimalananda at (415) 821-1117, ext. 302.

Integral Yoga Study Group

This is an ongoing group that meets every Thursday studying Sri Swami Satchidananda's books. If you are interested in learning more about this group please contact Swami Vimalananda at (415) 821-1117, ext. 302.

Meditation

We have noon meditations, Monday to Friday, from noon to 12:40pm, and everyone is invited. We also serve lunch, Monday, Wednesday, Thursday and Friday, \$6 donation. Please call before 10:00am of the day you would like to join us for lunch.



The Way It Is

William Stafford

There's a thread you follow. It goes among things that change. But it doesn't change. People wonder about what you are pursuing. You have to explain about the thread. But it is hard for others to see. While you hold it you can't get lost. Tragedies happen; people get hurt or die; and you suffer and get old. Nothing you do can stop time's unfolding. You don't ever let go of the thread.



Dear Friends,

Hari Om. Greetings of peace and joy, love and light.

What is your thread?

Let us not have the thread, fear. Let's not have the thread, desire. These diminish us and cause heartache. Let's hold on to a thread that is nourishing, fulfilling, freeing and growing; ever durable and can see us through death.

I think I want my thread to be love—for love masters our lower self, is what all people want and fills up all the lonely and small places in my

being. As Hafiz states, "it takes profound courage to never relinquish love". I see no higher goal than to truly learn to love. Love without regard to another's response, love because love works to be able to abide in our True Nature. Love heals the wounds of our life, other lives and the world. Is there a better thread?

Please join us for meditation. The meditation begins at noon, Monday through Friday.

May we all come to know that Truth which is in each of us.

Om Shanthy,
Swami Vimalananda