



Join Us for Yoga

Weekly Updates from Yoga Center



Hello Yoga Community,

Ramakrishna Ananda Is Speaking at Yoga Center in Person

Sunday Morning Celebration, May 19, 10:00 – 11:30 am

Everyone is invited to enjoy Ramakrishna Ananda sharing life-transforming yoga teachings. If you wish to join the live streaming, click the link below (in the section for Sunday Morning Celebration) just before 10:00 am.

A memorial honoring Satyajit (Scott Morningstar) will be held after the morning service, starting at 11:30.

Ramakrishna Ananda will be speaking in Sunday night class at 7:00 pm.

Videos from RAMAKRISHNA ANANDA featured this week



Dealing with Challenges (and Rascals), Part 1

How to grow and develop from difficult situations

Challenges are situations that call for special effort or dedication. They offer us opportunities to grow and develop. Discover how yogis deal with challenging situations and people. To view this video, you can click on this [LINK](#).

Dealing with Challenges (and Rascals), Part 2

Discover how to distinguish between ego desires and soul insights

Challenges give us opportunities to learn, grow and change. They can help us develop skills and attributes that improve our lives and the lives of those around us. Discover how your challenges can become your blessings. 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 ~ Meditation ~ Higher Yogas

- Sun. 5:30 – 6:30 pm ***Class with Ramakrishnadas***
7:00 pm Ramakrishna Ananda Speaks

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

- **June 4**, 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.



HIGHER YOGAS AND PRANAYAM CLASSES

Zoom Webinar Class: Go Farther with Ramakrishna Ananda

Ask the Lord into Your Life

Tuesday, May 21 at 5:30 pm

Need help in any area of your life? Ramakrishna Ananda says that the best thing to do is ask the Lord of your heart for the help you need. Find out how the Lord can come into your life in a very real, tangible way and bring about transformations on a physical, mental, emotional and spiritual level.

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 Kali Devi

Pranayams for Health and Vitality

Wednesday, May 22 at 5:30 pm

Having reserves of lifeforce or prana is key to upliftment on every level. When we are low in energy, our health, focus, relationships and meditations all suffer. This series of pranayams focuses on very gently helping us to increase our vital lifeforce and enjoy greater physical, mental, emotional and spiritual well-being.

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



Zoom Webinar Class: Audios of Higher Yogas with Ramakrishna Ananda

The Garden Technique (Out-of-Body Experiences), Week 4

Thursday, May 23 at 5:30 pm

You won't want to miss this class! Ramakrishna Ananda talks us through a guided meditation that can help you experience a profound heart expansion which opens the

door to greater compassion, empathy and harmony. This reversed practice will also enable you to know you are more than a body and release physical obstacles that keep you from experiencing high states.

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 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 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, May 24 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, **June 4** 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, **June 4**, shortly before 10:00 am, you can click [HERE](#) to connect.

Sunday Morning Celebration

The Spiritual World Society

Ramakrishna Ananda In-Person and a Memorial for Satyajit

Sunday, May 19 at 10:00 am
In Person and Live Streaming

Ramakrishna Ananda is speaking this Sunday morning! We are grateful for the profound teachings of yoga which he has shared with us at Yoga Center since

1970. Today, once again, we have an opportunity to receive instruction and inspiration from our beloved teacher and guru. Join us to hear him speak about growing on the spiritual path and living as an expression of soul and Spirit.

A memorial for Satyajit (Scott Morningstar) will be held after the service. If you want to stream the memorial, disconnect after the morning service and reconnect a little before 11:30. Join us to honor Satyajit's life and say a final good-bye to our brother in the Lord.

~ 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](#)**.

