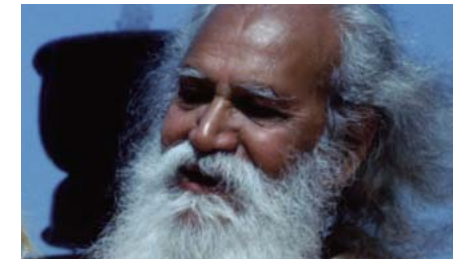
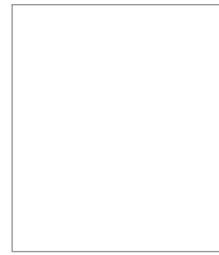


Integral Yoga Institute
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Integral Yoga Institute
 San Francisco

July/August 2009 | Newsletter

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.

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.

Advanced Mixed Level Class

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

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 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.

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 IA Hatha II/III	Hatha IA Hatha II Gentle Yoga
11:00 am						Hatha I	Hatha IA (1 hour and 40 minute class) ASL Yoga Open Meditation
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 \$9.	
7:45 pm	Open Meditation	Open Meditation	Open Meditation	Open Meditation			

SPECIAL EVENTS

Guru Poornima— Akanda Japa

Experience the power of Akanda Japa, (prolonged chanting of a mantra). Guru Poornima is a holiday celebrating and honoring the spirit of guidance manifesting in our Guru, Sri Swami Satchidananda, and all spiritual teachers. The celebration will include two hours of chanting, a devotional service (puja), and a short meditation.

Friday, July 10
 11:00am–1:00pm
 By donation

The Yoga of Breath Swami Vimalananda

Come and experience how just with using the breath you can invigorate the body and mind, making it healthy and peaceful. We will explore the basis of the practices of pranayama and then experience the techniques. The practices will include three-part breathing, alternate nostril breathing, with an introduction to the bandhas.

2 Mondays, August 10 and 17
 6:00–8:00pm
 \$36

Mahasamadhi Puja and Family Bar-b-que

Come join us for a community celebration of the 7th anniversary of Sri Swami Satchidananda's final liberation from the body. This will also be a family summer gathering and bar-b-que. Please bring a salad or dessert to share. No fish, meat, or eggs please.

Sunday, August 16
 1:00–3:30pm
 By donation.

Vegan Cooking Class With Rachel Polak and Special Guest

A vegan diet helps quiet the mind, open the heart and balance the physical body. In this class, we will prepare a four course meal full of summer's bounty. Students will learn how vegan cooking can be easy, simple and delicious. Each participant will be given the Integral Yoga Institute Cookbook, filled with all of our favorite recipes.

Registration is required 1 week in advance.

Rachel Polak is currently the kitchen manager for the IYI and has been delighted to discover how a vegan diet has transformed her life. A visual and culinary artist, she enjoys procuring seasonal, local and organic foods to nourish the body and senses.

Saturday, August 29
 10:00am–2:00pm
 \$30

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.



2 WORKSHOPS

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

Releasing the Neck and Shoulders Workshop

Anandi Slater

Tuesdays July 7 and August 4

6:00–8:00pm

\$20 for each

Learn to Meditate Workshops

Jalaja Korengold and Dee Benefield

Tuesdays, July 14 and August 11

6:00–7:30pm

\$16 for each

Laughing Meditation

Dee Benefield

Tuesdays, July 21 and August 18

6:00–7:30pm

\$15 for each

Yoga Nidra

Dee Benefield

Tuesday, July 28

6:00–7:30pm

\$15

Personalize Your Hatha Yoga Practice

Dee Benefield

In this workshop Dee will offer the perfect opportunity for you to have individual attention to more deeply understand each hatha yoga pose. Each pose will be explored personally for you to either modify or advance it according to your body. Feel free to come with questions.

Tuesday,

August 25

6:00–7:30pm

\$15



Dear Friends,

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

On Mother's Day my son and daughters took me on a picnic at a beautiful lake with some friends. We were hanging out at the picnic table when my daughter noticed a crowd of people surrounding a table a short distance away. There were boys and some adults excitedly pointing and throwing things. It turns out there was a snake under the table.

My friend and I walked over and a man showed us his finger. With animation, he stated that the snake bit him. But I couldn't see any bite marks on his finger. We looked under the table and there was a small (2 feet at the most) garter snake. It was trying to get away and hide. My friend said it was a harmless snake and asked them to stop trying to harm it.

My friend then proceeded to pick up the snake and take it to a grassy area and let it go.

The snake somehow knew my friend was there to take care of it. When I had tried to get it (with some fear) it kept trying to escape. But, my friend had no fear and the snake stayed still without moving or biting. It was taken to the grassy area and when it touched the ground it ran off.

The crowd stayed together for a while and then slowly dispersed. Later a man walking by slightly bowed to my friend. A groundskeeper smiled at my friend some time later too.

I've thought about this episode a number of times. How often do I have fear of something that in reality poses no threat to me? When do I have the courage to be of service and have no fear, and when is it that I am part of the crowd? Or am I the two men who were appreciative of a good deed? My hope is that someday, with the practice of the eight limbs of Yoga, we will all experience true discriminative discernment and just love.

Please join us for meditation. It begins at noon, Monday through Friday. We also offer lunch for a six dollar donation, Monday, Wednesday, Thursday and Friday after meditation. If you are interested in attending lunch please call 821-1117 X303 before 10:00am of the day you would like to attend.

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

Om Shanthi,
Swami Vimalananda

TEACHER TRAININGS

Children's Yoga Teacher Training

Wednesday, August 19 to Saturday, September 19, 2009

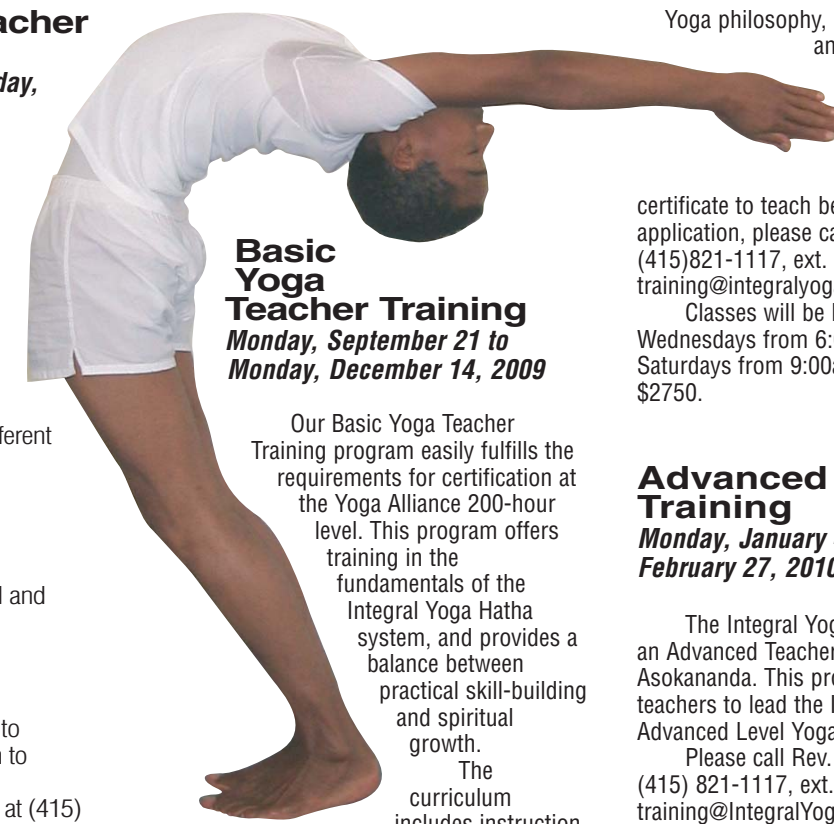
This graduate-level training prepares Yoga teachers to share the beautiful teachings of Yoga with children of all ages. In the training we will cover age appropriate practices for centering, asana, relaxation/yoga nidra, pranayama, meditation, and chanting/sound vibration.

Also included will be:

- Teaching skills to engage different developmental stages
- Yoga Games
- Storytelling
- Creating content and using themes
- Raja Yoga for kids — ethical and spiritual training
- Anatomy of children's Hatha Yoga.

Times: Wednesday from 6:00 to 9:00pm and Saturdays from 9:00am to 5:00pm

Contact: Rev. Jivana Heyman at (415) 821-1117 ext 375 or email him at training@integralyogasf.org



Basic Yoga Teacher Training

Monday, September 21 to Monday, December 14, 2009

Our Basic Yoga Teacher Training program easily fulfills the requirements for certification at the Yoga Alliance 200-hour level. This program offers training in the fundamentals of the Integral Yoga Hatha system, and provides a balance between practical skill-building and spiritual growth. The curriculum includes instruction in teaching Hatha Yoga postures, classes in anatomy and physiology,

Yoga philosophy, pranayama, meditation and more. The program includes a three-day weekend retreat at Commonweal Retreat Center in Bolinas, CA. Graduates receive a

certificate to teach beginner-level Yoga. For an application, please call Rev. Jivana at (415)821-1117, ext. 375, or e-mail 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. Tuition is \$2750.

Advanced Teacher Training

Monday, January 4 to Saturday, February 27, 2010

The Integral Yoga Institute will be holding an Advanced Teacher Training featuring Swami Asokananda. This program prepares Yoga teachers to lead the Integral Yoga Hatha III Advanced Level Yoga class.

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

ONGOING ACTIVITIES

Family Yoga

1st Sunday of each month
Sunday, July 5 and August 2
11:00–11:45am
\$20 per family

Stress-Release Mondays

Angie Davidson

Mondays
7:30–9:00pm
\$12 for each class

Prenatal Yoga

Priya Dallendorfer

Tuesdays
6:00–7:30pm
\$12 for each

ASL Yoga

Sundays
11:00am–1:00pm
\$12 for each

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

Jerry Bezaire and Prabha Duffett

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

Kirtan

Jyothi Weber and Swami Vimalananda

Fridays, July 10 and 24, August 14 and 28
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 and Lunch

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

