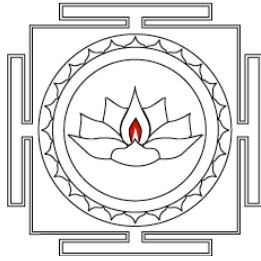


# Spring/Summer 2007 Announcements

## The Yoga Darshana Center

180 Great East Neck Rd. • West Babylon, NY, 11704 (631) 893-1146 • yogadarshanacntr@aol.com

*Whatever you are willing to be with, you go beyond. —Richard Miller*



### YOGA POSTURES (Asanas)

*—For a peaceful mind & healthy body*

#### New Class

Vinyasa Flow: Saturday @ 10 am  
(starts June 9)

Sunday, 9 am (*Dolores*)

Tuesday, 7 pm (*Vicki*)

Thursday, 7 pm (*Matt*) Thursday, 10 am (*Matt or Regina*)

Saturday, 10 am (*Regina*)

### MEDITATION

(Dhyana)

*—Key to spiritual practice—*

Message, readings, music & instruction.

Sundays at 10:30 am-12:30 pm

*Class fee: \$15 or one & a half coupon*

**Every other week Starting May 27**

### PRACTICE

(Sadhana)

*—Spiritual practice—*

Tuesdays at 8:15 pm – 9:45 pm

Call for details

*Class fee: \$15 or one & a half coupon*

#### Other Payment Options

Coupons: \$75 for 10 yoga posture classes, 75 meditation/practice classes.

Membership: \$90 per month for all classes plus \$100 to join.

ONGOING CLASSES

### Two New Classes

**Eights Week Intensive:** Sign up begins now for Tuesday at 9:45 am—Gentle Yoga breathing and guided meditation—Get close to your True Nature—Learn to let go of past pain and strip the layers of the unnecessary suffering. Teach: Regina LoBosco

**Vinyasa Flow:** Starting Saturday, June 9<sup>th</sup> 10 am. Learn the secret of a flowing sequence which unites yoga postures with breath. Teacher: Nicholas Gioglio One coupon or \$10

### REIKI CIRCLE

Join a Reiki healing circle. This ancient hands-on technique deepens one's connection to the healing Source. A circle is a beautiful way to get introduced to Reiki.

*Susan Mitchell—Monday, June 11<sup>th</sup> 7:30 pm*  
Donation

### SUNRISE MEDITATION

Enjoy meditation & peace. Starting with Salutations to the Sun at the beach (Robert Moses Field #2) and continuing at the Center. There will be yoga postures, breathing, guided meditation & chanting. We will end with a small brunch at 12:30 pm. This half day retreat yields tranquility and is a perfect occasion to deepen Spiritual practice.

**July 22<sup>nd</sup> & August 19<sup>th</sup>**  
Fee: Three coupons or \$30

### The Kingdom of Heaven is at Hand

Peace is not the absence of war. Peace begins within each individual person. One cannot give peace, one can only show peace. To show peace is to have peace. To have peace requires inner healing work.  
Speaker: **Cliff Brennan—Tuesday, July 10<sup>th</sup> 8:15 pm: Donation**

### YOGA TRADITIONS

The last of this series: Tues. 8:15 pm  
*Class fee: \$15 or one & a half coupon*

Integral Yoga—May 22<sup>nd</sup>  
*Speaker: Matthew Pecorella*

Integral Yoga is a synthesis of methods that develops all sides of the spiritual aspirant. It is a scientific system verifiable by anyone who practices sincerely.

### GREAT LIVES SERIES

An Ongoing Workshop Series

A new workshop series starts in June. This will explore the lives of great saints and sages of our time or in history. Please join. Tues. at 8pm.  
*Class fee: \$15 or one & a half coupon.*

Msta Amntanandamayi Devi:  
*Speaker: Victoria Wilmarth — June 19<sup>th</sup>*

A unique embodiment of love and compassion, Amma has dedicated her life to relieve human suffering and bring love and joy to the world. She lovingly receives and embraces all that come to her, her life summarized in the movie, River of Love, will be viewed followed by a discussion.

Mother Meera—July 31<sup>st</sup>  
*Speaker: Lisa Smyth*

A living Avatar and incarnation of the Divine Mother, Mother Meera calls down the Universal light to help others. "For this I came—to open your hearts to the light". In this evening lecture you will learn about her life and work.

WORKSHOPS

### MOVIE NIGHT

**ZEN NOIR**—A nameless detective still mourning the loss of this wife investigates mysterious death in a Buddhist temple, but his logical, left-brained, crime-solving skills are useless in the intuitive non-linear world of Zen. "A strange, funny, happy, sad, moving, wonderful film into the mystery of mystery itself." (Brad Warner) Winner: Audience award. R.I International Film Festival. Moondance Film Festival. Grand Jury Award, D.C. Film Festival. Friday, June 1—FREE

Massage therapy, individual yoga training, Spiritual counseling available. Call for information. 631-987-7860

#### ~ PLEASE CALL FOR MORE INFORMATION ~

Directions: From West: Take Southern State Parkway to exit 33 (Route 109 east) Take Route 109 east (about 3 miles) to fork. Bear right at fork, (Great East Neck Road.) Go 3 lights plus one block. Make a right on Nill St. and a left into parking lot (across from St Nicholas Church). Go to rear door. Follow signs. Yoga Darshana Center is located in lower level. From East: Take Belmont Ave South to fork and follow directions above.