



# Ananda

*A place of awakening*

## CALENDAR Sept–Dec, 2018



### SPECIAL EVENTS

#### **Whispers from Eternity: An Original Play**

*Friday, October 5 & Saturday, October 6, 7:30 pm*

Yogananda's *Whispers from Eternity* is the script for this immersive play. It portrays the soul's gradual awakening through theater, dance, and music. An unusual production, this is also a sacred evening for the audience, who are invited to participate in some of the musical interludes.

#### **Celebrate the Holidays at Ananda**

*Thanksgiving, Christmas, and New Year's*

Invite the sacred into your life. It's tangible this time of year, as if angels were celebrating so joyfully that even we, here on earth, can feel it. The holidays at Ananda are lively and beautiful—and a gentle reminder that “the kingdom of God is within.” Set aside time this holiday season for yourself, and for deep spiritual renewal.

- Thu 11/22 Thanksgiving Service & Banquet 10-12, 12:30 pm
- Sun 12/2 Sacred Music, Annual Christmas Concert 12:15 pm
- Sun 12/9 Caroling Party (at Ananda Community) 6-9 pm
- Sat 12/22 Eight Hour Christmas Meditation 10 am-6 pm
- Mon 12/24 Christmas Eve Celebration, Live Creche 7:30 pm
- Tues 12/25 Christmas Day Family Service, Live Play noon
- Tues 12/25 Christmas Day Banquet 1:30 pm
- Mon 12/31 New Year's Eve Celebration 7:30 pm



### DEEPEN YOUR SPIRITUAL LIFE

#### **The Art & Science of Raja Yoga**

*Thursdays, Aug 23-Nov 15, 6-9 pm, \$495*

*Offered twice each year • Begins in August and January*

One of our most popular programs, Raja Yoga offers a scientific approach to the spiritual life. Learn techniques for stilling the mind and expanding your awareness of spiritual realities. Discover techniques for self-mastery, from calming turbulent emotions to awakening deep compassion and love for others. Includes: yoga postures, vegetarian potluck, new friendships, and interactive class.

*Shanti Rubenstone, MD, Vivekadevi, and others*

#### **Conversations with Yogananda**

*Tuesdays thru 11/27, 7:30 pm, \$15/class, drop-ins welcome*

What does a great master talk about when he is with his close disciples? Asha shares insights and spiritual gems to help guide our lives as we slowly read through *Conversations with Yogananda*.

*Asha Nayaswami*



#### **Saints: Those Who Walk with God**

*Wednesdays, Oct 3-24, 7:30-9 pm, \$60, drop-ins welcome*

Remarkable stories of saints show us how it is possible to live a God-centered life. Each week explores the life of a different saint and their unique expression of devotion.

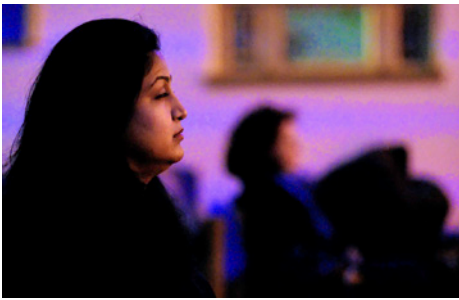
*Shanti Rubenstone & Lakshmi LaPine*

#### **NEW TO ANANDA?**

*Last Tuesday of each month, 7:30 pm  
Informal Q & A—all questions welcome.*

*more...*





## MEDITATION

There is a vast universe of consciousness to explore within us, say both saints and scientists. Experience the benefits of meditation in your life—inner peace, health, and spiritual awakening. Ananda is one of the oldest and largest meditation training centers in the Bay Area. Thousands of people have learned to meditate in Ananda classes over the past fifty years. The approach is non-sectarian; people of any faith (or none) are welcome.

### Learn to Meditate

Wednesdays (2-4 weeks) 7:30-9 pm  
9/5 & 19 • 10/3-24 • 11/7-28 • 12/5-19

or a Saturday class 10 am-1 pm  
9/22 • 10/13 & 20 • 11/17 • 12/1

Advanced meditation classes are also offered as preparation for the Kriya Yoga technique described by Yogananda in *Autobiography of a Yogi*. Learn more online.



## YOGA POSTURES

Ananda Yoga combines the best of a revitalizing workout with a gentle inward approach that leaves you feeling mentally rejuvenated and peaceful. All of our instructors are postures experts and experienced meditators.

Mon	Inner Bliss .....	9:30 am & 6 pm
	Restorative .....	7:30 pm
Tue	Awake & Ready!.....	9:30 am
Wed	Inner Bliss (Intermediate) .....	6 pm
Fri	Healthy Spine .....	9:30 am
Sat	Fundamentals.....	9:30 am
Sun	Strength & Stillness .....	6 pm

### Immersion:

Yoga Teacher Training: 9/8/18-6/8/19  
Yoga & the 12 Steps: 9/10-12/10/18

### Complete calendar:

[AnandaYogaPaloAlto.org](http://AnandaYogaPaloAlto.org)



## CONNECTIONS

### Worship Sundays, 10-11:30 am

Joyful, music-filled, and relevant. Worship services at Ananda offer thoughtful answers to serious, real-life questions.

### Family Service 1st Saturdays, 10-11 am

Children, like all of us, are hungry for meaning. Families and children share in this service. *For families with children ages 6-12.*

### Kirtan 1st & 3rd Fridays, 7:30 pm

*except 9/21 & 10/5*

There's nothing like chanting to awaken the heart's natural devotion and quiet the mind for deep meditation. Join others in joyful kirtan.

### Point Reyes Hike

*Saturday 10/13, 7 am-7 pm*

Take a stunningly beautiful walk to the ocean, guided by experienced hikers. A long, easy hike, perfect for connecting along the way.

## All Classes & Events at Ananda \* Sept-Dec, 2018

### SPECIAL EVENTS • HOLIDAYS

Wed 9/12	Swami Kriyananda's Discipleship Celebration	7:30 pm
Sat 9/15	Fall Afternoon Solo Concert	3-4:30 pm
10/5 & 6	<i>Whispers from Eternity</i> , an original play	7:30 pm
Fri 10/26	Deep Nature Play with Joseph Cornell*	7-9 pm
Sat 10/27	The Sky & Earth Touched Me, Joseph Cornell*	10-2
Thu 11/22	Thanksgiving Service & Banquet	10-12, 12:30 pm
Sun 12/2	Sacred Music, Annual Christmas Concert	12:15 pm
Sun 12/9	Caroling Party	6-9 pm
Sat 12/22	Eight Hour Christmas Meditation	10 am-6 pm
Mon 12/24	Christmas Eve Celebration, Live Creche	7:30 pm
Tues 12/25	Christmas Day Family Service, Live Play	noon-1 pm
Tues 12/25	Christmas Day Banquet	1-3 pm
Mon 12/31	New Year's Eve Celebration	7:30-9 pm

### MEDITATION • THE INNER LIFE

Wednesdays	Learn to Meditate	7:30-9 pm
	9/5 & 19 • 10/3-24 • 11/7-28 • 12/5-19	
Saturdays	Learn to Meditate	10 am-1 pm
	9/22 • 10/13 & 20 • 11/17 • 12/1	
9/1, 10/6, 11/17	Pranayam & Astral Energy	10 am-1 pm
9/4-11/29	Kriya Yoga Technique—Preparation 3	7-9 pm
Wed 9/5-11/28	Grupo de Meditación en Español	7:30-8:45 pm
Wed 11/7-28	Deepening & Strengthening Meditation	7:30-9 pm
Tue-Fri	Drop-in Meditations	noon-12:30 pm
Wednesdays	Drop-in Meditations	7:30-9 pm
Thursdays	Walking Meditation	7-8 pm

### DEVOTION • WORSHIP

Sundays	Meditation & Fire Ceremony	9-9:45 am
Sundays	Sunday Service	10-11:30 am

Watch Sunday Service live-stream 10 am

### ESPECIALLY FOR FAMILIES

1st Saturdays	Family Service	10-11 am
Sundays	Sunday School (ages 6+)	10-11:30 am
	Childcare (ages 3-5)	10-11:30 am

### CONNECTIONS • GATHERINGS

1st & 3rd Fri	Kirtan/Chanting (except 9/21 & 10/5)	7:30-9 pm
Sat 9/22	Fall Equinox Kirtan	7:30-9 pm
Sat 9/29	Operation Golden Palace Fundraiser	3 pm
Sat 10/13	Point Reyes Hike*	7 am-7 pm
Fri 11/9	In the Temple of My Heart; An Evening of Healing	7-9 pm
Sun 11/18	Holiday Arts/Crafts Fair	11:30 am-12:30 pm
Last Sundays	Healing Prayers	11:45 am-12:30 pm
Last Tuesdays	New to Ananda? Welcome	7:30-8:30 pm (except Dec)

### DEEPEN YOUR SPIRITUAL LIFE

Thu 8/23-11/15	The Art & Science of Raja Yoga	6-9 pm
Tue 9/4-11/27	Conversations with Yogananda	7:30-9 pm
Wed 9/5-26	Harmonium 101B	7:30-9 pm
Sat 9/15	Interplay of Mental Health & Spirituality	10 am-1 pm
Sat 9/22	Find Your Tribe: Benefit of Spiritual Community	10 am-1 pm
Wed 10/3-24	Saints: Those Who Walked with God	7:30-9 pm
Sat 10/13	The Rubaiyat of Omar Khayyam	10 am-1 pm
Sat 10/20	How to Forgive Yourself and Others	10 am-1 pm
Sat 10/20	Cómo Tomar Las Rendas Del Estrés con Yoga Terapia	10-1
Sat 11/3	How to Grow Your Spiritual Relationship	10 am-1 pm
Sat 11/10	Bring Kriya into Everyday Life: Kriyaban Retreat	9 am-1 pm
Sat 11/17	Cómo Controlar Las Emociones	10 am-1 pm
Sat 11/24	Seva: Joyful Service as True Gratitude	10 am-1 pm
Sat 12/1	Meditations on Christ Consciousness	10 am-1 pm
Some Fridays	Webinar with Asha: Essence of the Bhagavad Gita	6-7 pm

Register/more info  
[AnandaPaloAlto.org](http://AnandaPaloAlto.org)

All events take place at Ananda Temple/Teaching Center, 2171 El Camino, Palo Alto unless noted

Red: Ananda Community, 240 Monroe Drive, Mountain View \*for these events, see our website for information and location