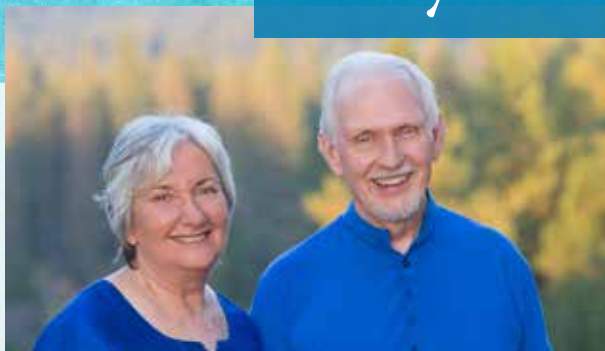




Ananda

A place of awakening

CALENDAR May–August, 2018



SPECIAL EVENTS

Jyotish & Devi in the Bay Area

Weekend of June 1-3

Jyotish is spiritual successor to Swami Kriyananda. He and Devi serve as directors for Ananda worldwide. They are remarkable spiritual lights—warm, humorous, deep. Don't miss their only Bay Area visit this year.

6/1 Joyful Service: Path to God 7 am-3 pm

6/2 Yogananda Fest, Mitchell Park (Jyotish & Devi are among the speakers on the interfaith panel, and also speak at noon)

6/3 Sunday Service 10-11:30 am

Yogananda Fest

June 2, 10 am-9 pm, free

Reserve tickets at YoganandaFest.com/Palo-Alto/

This day-long festival in a family-friendly park offers events and activities for all ages. Explore:

- Yogananda's wide-ranging teachings
- An interfaith panel of Bay Area spiritual leaders
- Yoga and meditation classes throughout the day
- Sustainably made handcrafts • Healing practitioners
- Spiritual stories and activities for children
- Live music and delicious food • Programs in Spanish

Mitchell Park Community Center, Palo Alto

Guru Day Retreat

Saturday, July 28, 6-10 pm, Ananda Community

Outdoors in the courtyard, listen to stories of the gurus of Yogananda's lineage. One of the highlights of the year, with breathtakingly arrayed shrines, chanting, meditation, and a candlelight devotional offering at each shrine.

DEEPEN YOUR SPIRITUAL LIFE

The Art & Science of Raja Yoga

Thursdays, Aug 23-Dec 13, 6-9 pm, \$495

Offered twice each year • Begins in August and January

Raja Yoga is a scientific approach to the spiritual life, with techniques for stilling the mind and expanding our awareness of spiritual realities. It offers techniques for self-mastery in every aspect of life, from calming turbulent emotions to awakening deep compassion and love for others. Ultimately, it is a well-explored pathway to union with the Divine. One of our most popular programs. Dr. Shanti Rubenstone, MD, Vivekadevi, and others

How to Use Your Chakras in Everyday Life

Wednesdays, June 6-27, 7:30-9 pm, \$60

The chakras contain the energy patterns of past lives and the karmic tendencies of this life. Understanding them gives us the power to change our thoughts and attitudes, and to change our lives.

Dr. Shanti Rubenstone, MD

How to Be Happy All the Time

Wednesdays, July 11-25, 7:30-9 pm, \$45

What attitudes and ways of living will bring us lasting happiness? Explore Yogananda's original writings in depth.

Brahmacharis Saiganesh and Tandava



NEW TO ANANDA?

Last Wednesday of each month, 7:30 pm

Hear a little about Ananda's offerings & roots in a casual setting. All questions welcome.

more...



MEDITATION

Experience the benefits of meditation in your life—inner peace, health, and spiritual awakening. Ananda is one of the oldest and largest centers for meditation training in the Bay Area. Thousands of people from every walk of life have learned to meditate in Ananda classes over the past fifty years.

Learn to Meditate

Wednesdays (3-4 weeks) 7:30-9 pm
5/2-23 • 6/6-27 • 7/11-25 • 8/15-29

or a single Saturday class 10 am-1 pm
5/26 • 6/16 • 7/28 • 8/25

There is a vast universe of consciousness to explore within us, say both saints and scientists. Continue your studies with advanced meditation classes. These are also preparation for the Kriya Yoga technique, if desired. You may 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 as well as longtime meditators.

- Mon Inner Bliss 9:30 am & 6 pm
Restorative 7:30 pm
- Tue Awake & Ready!..... 9:30 am
Chair Yoga 11 am
- Wed Inner Bliss 9:30 am
Inner Bliss-Intermediate.....6 pm
- Thu Inner Bliss 9:30 am
- Fri Healthy Spine 9:30 am
- Sat Fundamentals..... 9:30 am

For updates and a current calendar of offerings:

AnandaYogaPaloAlto.org



CONNECTIONS

Worship Sundays, 10-11:30 am

Joyful, music-filled, and relevant. Thoughtful answers to serious, real-life questions.

Family Service 1st Saturdays, 10-11 am

2nd Sunday in June because of Yogananda Fest
Children, like all of us, are hungry for meaning. Families and children share in this service.

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

except 5/4 and June

Joyful singing to the Divine to open the heart.

Art & Spirit Retreat with Dana Andersen

Weekend of 5/11-12

Dana is renowned for her ability to catalyze creativity. A unique, expansive experience.

Deep Nature Play

Saturday 5/26, 9:30 am-3 pm, Ananda Farm

Games and awareness activities in nature, in the exquisite beauty of rural Half Moon Bay.

All Classes & Events at Ananda * May-August '18

Register/more info
AnandaPaloAlto.org

SPECIAL EVENTS • HOLIDAYS

- Fri 6/1 Joyful Service: A Direct Path to Finding God with *Spiritual Directors Jyotish & Devi* 7 am-3 pm
- Sat 6/2 Yogananda Fest, Mitchell Park, Palo Alto 10 am-9 pm
- Sun 6/3 Sunday Service with Jyotish & Devi 10-11:30 am
- Wed 7/4 July 4th Pool Party & Potluck 3-6:30 pm
- Sat 7/28 Guru Day Retreat 6-10 pm
- Week 8/5-12 Spiritual Renewal Week, Ananda Village

MEDITATION • THE INNER LIFE

- Wednesdays Learn to Meditate 7:30-9 pm
5/2-23 • 6/6-27 • 7/11-25 • 8/15-29
- Saturday Learn to Meditate 10 am-1 pm
5/26 • 6/16 • 7/28 • 8/25
- Wed 5/2-30 Introducción a Los Chakras 7:30-8:45 pm
- Thu 5/3-6/7 Kriya Yoga Technique—Preparation 1 7-9 pm
- Wed 6/6-27 Grupo de Meditación en Español 7:30-8:45 pm
- Thu 6/14-7/5 Kriya Yoga Technique—Preparation 2 7-9 pm
- Wed 7/11-25 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

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

Watch
Sunday
Service
live-stream

CONNECTIONS • GATHERINGS

- 1st & 3rd Fri Kirtan/Chanting (except 5/4 and June) 7:30-9 pm
- Sat 5/5 Let's Memorize Samadhi Together, Part 1 10 am-1 pm
- Wkd 5/11-12 Art & Spirit: Creativity and the Soul's Journey
Retreat with Dana Andersen Fri 6-9 pm, Sat 10 am-9 pm
- Sat 5/26 Experience the Divine: Deep Nature Play 9:30 am-3 pm
- Sat 6/9 Sadhaka Retreat 9 am-5 pm
- Sun 6/17 Summer Solstice Kirtan 7-9 pm
- Sat 6/23 Cooking & Crafting with Lavender 10-2 pm
- Wed 7/4 July 4th Pool Party & Potluck 3-6:30 pm
- Sat 7/7 Let's Memorize Samadhi Together, Part 2 10 am-1 pm
- Fri 8/24 An Evening of Healing 7:30-9 pm
- Last Wed's New to Ananda? Welcome & Orientation 7:30-8:30 pm

DEEPEN YOUR SPIRITUAL LIFE

- Wed 5/2-23 Yogananda's Energy Principles for Success 7:30-9 pm
- Wed 6/6-27 Use Your Chakras in Everyday Life 7:30-9 pm
- Tue 6/26-8/28 Conversations with Yogananda 7:30-9 pm
- Sat 6/30 Receive Power from Your Spiritual Teacher 10 am-1 pm
- Wed 7/11-25 How to Be Happy All the Time 7:30-9 pm
- Sat 7/14 Enhance Energy for Health & Happiness 10 am-1 pm
- Sat 7/21 Amazing Subconscious Mind: Friend or Foe? 10 am-1 pm
- Fri 7/27, 8/24 Webinar with Asha: Essence of the Bhagavad Gita 6-7 pm
- Wed 8/1-29 The Heart of the Bhagavad Gita 7:30-9 pm
- Sat 8/18 Pranayama and Astral Energy 10 am-1 pm
- Thu 8/23-12/13 The Art & Science of Raja Yoga 6-9 pm
A 16-week immersion; one of our most popular programs
- Sat 8/25 Cultivate Bliss Through Yogic Principles 10 am-1 pm
- Last Sundays Healing Prayers 11:45 am-12:30 pm

For our complete Yoga Postures calendar, see AnandaYogaPaloAlto.org

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

Events in green: Ananda Valley Farm, 1050 Frenchmans Creek, Half Moon Bay Red: Ananda Community, 240 Monroe Drive, Mountain View