

UPCOMING EVENTS

MARK YOUR CALENDARS!

Please note: The following groups meet weekly.

Meditation Group meets every Sunday 10:30 am– 12:30 pm

Book Club meets every Thursday 5– 6:30 pm

JANUARY

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| Jan 3 | Yoga Classes Begin New Year's Challenge Begins | |
| Jan 8 | Kirtan Night | 7–9 pm |
| Jan 9 | Creative Visioning <i>presented by Cynthia Hubbard</i> | 9 am–1 pm |
| Jan 10 | Talk & Meditation <i>The Effects of Meditation— presented by Ellen Balis</i> | 7–9 pm |
| Jan 30 | Tips on Meditating Series <i>Pranayama—presented by Anandi Ma & Dileepji</i> | 9–11 am |

FEBRUARY

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|---------------|--|------------|
| Feb 5 | Kirtan Night | 7–9 pm |
| Feb 6 | Yoga for Weight Loss <i>presented by Janani English</i> | 10 am–Noon |
| Feb 7 | Talk & Meditation <i>Creating Wellness—presented by Jen Jensen</i> | 7–9 pm |
| Feb 12 | Valentine's Day—Yoga & Chocolate <i>Partner Yoga—presented by Andreea Ichim</i> | 6:45–9 pm |
| Feb 13 | Spirituality & Psychology <i>Presented by Anandi Ma, Dileepji & Ellen Balis</i> | 9 am–1 pm |
| Feb 20 | Tips on Meditating Series <i>Mudras—presented by Anandi Ma & Dileepji</i> | 9–11 am |
| Feb 28 | No Group Meditation | |

MARCH

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| Mar 5 | Kirtan Night | 7–9 pm |
| Mar 6 | Wellness 101: Spring Cleaning <i>Presented by Jen Jensen & Phil Madden</i> | 10 am–Noon |
| Mar 14 | Talk & Meditation <i>Vision Quest: tools for focused intention— by Cynthia Hubbard</i> | 7–9 pm |
| Mar 26 | Student Appreciation Night <i>Free team-taught yoga class, followed by tea & treats</i> | 7–9 pm |
| Mar 28 | No Group Meditation or Yoga Classes | |

STUDENT APPRECIATION NIGHT

MARCH 26 7–9 pm

In appreciation of your continued support and commitment to our center and your yoga practices, we would like to invite you to this special complimentary class that will be team-taught by all our teachers. Class will be followed by tea & treats.

GET INVOLVED! Here at Dhyanyoga Centers, our mission is to bring you the purest form of yoga to help you go within to know yourself, reach your own source, and ultimately find your internal truth.

We offer a rich selection of classes, workshops and special events for every mind, body & soul!

WORKSHOPS WITH ANANDI MA

TIPS ON MEDITATING SERIES

presented by Anandi Ma & Dileepji

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| Jan 30 | Pranayama | 9–11 am | \$40 |
| Feb 20 | Mudras | 9–11 am | \$40 |
| Apr 10 | Tratak | 9–11 am | \$40 |

Don't miss this opportunity to learn from a master. Join us for this new series of workshops designed to enhance and enable better meditations as we all get older.

SPIRITUALITY & PSYCHOLOGY

presented by Anandi Ma, Dileepji and Dr. Ellen Balis

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| Feb 13 | 9 am–1 pm | \$81 |
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Where does psychology end and spirituality begin? When do these two paths for understanding and transforming ourselves intertwine and when do they go their separate ways? Bringing together new discoveries about the brain and psychology with ancient wisdom about meditation and yoga, this workshop will help us to explore and differentiate between the spiritual and psychological journeys and how they can enhance each other. There will be meditation with Anandi Ma.

UPCOMING WORKSHOPS Each workshop requires a minimum of 3 registered students or it will be subject to cancellation.

CREATIVE VISIONING —Cynthia Hubbard

Jan 9 9 am–1 pm \$45/\$35 if you register by 1/5

Creative Visioning is a fun and interactive workshop that will explore the creative process, its challenges and solutions and give participants an opportunity to create a vision board to blueprint desired intentions and goals they would like to bring into reality in their lives.

YOGA FOR WEIGHT LOSS—Janani English

Flowers in the Kitchen

Feb 6 10 am–Noon \$35/\$25 if you register by 2/2

For long-term weight loss you need to go to the root of the problem and make changes in your life and lifestyle. In this workshop, you will learn tools to incorporate into your daily practice including asanas, pranayama, meditation, diet and much, much more.

YOGA & CHOCOLATE: Partner Yoga—Andreea Ichim

Feb 12 6:45–9 pm \$35/\$25 per couple if you register by 2/8

Bond and indulge with your other half by deepening your yoga practice and enjoying our sweet delights. You will explore the art of partner-style yoga that will help strengthen and support your relationship both on and off the mat, followed by sampling delicious artisanal chocolates. All levels welcome!

WELLNESS 101: Spring Cleaning—Jen Jensen & Phil Madden

Mar 6 10 am–Noon \$35/\$25 if you register by 3/2

Spring is the perfect time for healing and new growth; spiritually, emotionally, and physically. The phrase from Chinese Medicine that captures the energy of spring is: 'Come forth into display.' Join Jen & Phil as they teach us the best ways to spring clean our bodies. The focus will be on cleansing the liver and the blood, which express the movement of the chi in nature and in our physical bodies.