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Relax @ Be More Productive

by Joan Borysenko, Ph.D.

WHEN I WAS DIRECTING AT THE MIND/BODY CLINICAL PROGRAM, A STRESS-DISORDERS PROGRAM AT WHAT IS NOW THE BETH ISRAEL DEACONESS MEDICAL CENTER IN BOSTON, MANY OF THE PARTICIPANTS WERE HIGH-POWERED EXECUTIVES. A little brush with a heart attack or cancer had them knocking reluctantly on my door. They wanted to use the power of their mind to heal, but were afraid that learning to relax would take away their competitive edge and dull their motivation. Visions of transcendental zombiehood danced through many minds. Some feared that they would have to trade their three-piece suits for a turban, and a lifetime of navel-gazing and herbal teas. More than once I heard the sentiment that it might be better to forget the whole thing and just die in the saddle.

My department chief and mentor, cardiologist Herbert Benson, M.D., knew better. In the late 1970s, he wrote an article for the *Harvard Business Review* featuring an arcane, but immediately obvious, relationship called the Yerkes-Dodson Law. Don't let the words scare you. Named after two intrepid physiologists, this handy little law looks like an upside-down letter *U* on a piece of graph paper. As stress increases (the *x* axis), so does productivity (the *y* axis). In other words, the more stressed you are, the better your output until you get to the top of the curve, where the upside-down *U* is poised to start down again. From there, it's a rapid downhill slide to poor productivity. Whereas mild to moderate stress helps us power through to-dos, more serious stress gives rise to the *un*-dos.

Let me give you a down-home case in point. If company is coming in an hour and the house is messy, I feel slightly stressed, and challenged to clean up so

as to avoid looking like a slob. I get a certain look in my eye, and swoop into action like a white tornado. My husband, Kurt, calls this "getting initialized." My output is truly unbelievable. Like a thousand-armed goddess, I vanquish the dirt and sort the piles of clutter. But suppose, on a particularly bad dirt day, I find out that company is coming in ten minutes. The stress is so great, and the job seems so big, that I'm likely to get flustered and confused. I may then be found wandering around the house, looking dazed, with the same pile in my hand for several minutes. My internal wiring is sizzling, and smoke seems to be coming from my ears, because the load on the circuits is too large.

I believe that most busy, highly productive people operate in the high-stress range, somewhere on the descending limb of the stress/productivity curve. Their output is still high, but the internal wires are starting to short-circuit and burn. If they learned to relax and shifted back to the left on the Yerkes-Dodson curve, they would find themselves nearer to the top of the inverted *U*. Their output would actually be greater, while the toll on their body would be lessened. If they relaxed even more—to a point where it seemed like the turban was only another breath away—they would still be able to maintain the same output they had before, when they were burning out.

The only workable strategy for maintaining productivity over the long haul is to learn how to relax. There are literal-

ly thousands of ways to do that. I don't know what relaxes you, and neither does anyone else. You are the best and only judge of what it is that shuts off the internal dialogue that's always urging you to do more, do faster, and do better. But shut off the internal dialogue we must, if the clever system of body and mind is to restore itself and be available in its full power.

This week, put aside an hour a day—yes, I really mean that—to relax in whatever way you enjoy. You'll find that instead of constricting the amount of time available for you to get things done, the day will seem to unfold in a more languorous, spacious way. The to-do list will still get done, but you will live to tell about it. ▲



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Retreats/Intensives

May 2-4: Bayside Reflections: A Weekend to Reclaim Your Life. Come nourish your mind, body and spirit at a weekend gathering of Wise Women by the Chesapeake Bay with Life Coaches Karin Marcus and Patt Osborn. \$495 if you register by March 1st Call or email Patt: 609-953-0027, patt.adventure-coach@verizon.net.

May 30-June 1: Introduction to the Practice of Thai Yoga Massage with Paul Cramer, Canada. Nourish the heart, mind and soul! The goal of this class is to give a 1h. Thai massage with confidence! Fee \$275 (all inclusive: accommodation, meals, 10 tuition) Visit www.leelamata.com or Email: contact@leelamata.com.

June 6-9: Ayurvedic Healing Weekend with Dr. Shekar! Take this opportunity to learn from an Ayurvedic renowned doctor how to live a healthy, happy and balanced life according to ayurvedic principles. Fee: \$350, all-inclusive: ayurvedic meals, accommodation and 10 h tuition Schedule a private consultation with Dr. Shekar: \$ 100 Visit www.leelamata.com or Email: contact@leelamata.com.

June 27-29: Qi Gong, Powerful, Simple Self-Care, a weekend retreat on Pendle Hill's beautiful campus with Kevin D. Greene. Simple breathing and gentle movements of Qi Gong reduce pain and stress, enhance circulation, and empower spirit. Visit www.pendlehill.org; contact 610-566-4507, ext. 3 to register.

July 11-13: Spiritual Awakening through Authentic Movement, a Pendle Hill weekend retreat with Sara Workeneh. Experience increased awareness, comfort in your body, and a deep sense of well-being through gentle Authentic Movement. Contact 610-566-4507, ext. 3, or visit www.pendlehill.org to register.

July 13-18: Descend into the Heart of the Mother Sound, Breath & Spirit Retreat with Pankaj & Friends July 13-18, West Chester, PA Transformational Breath, Yoga of Consciousness, Sound Healing, Working w/Angels & More. www.lighttofove-sf.com, wholistichealing@verizon.net.

July 27-31: Bless This Body: Nurturing Right Relationship from Within, a Pendle Hill retreat with Valerie Brown (Inder Kaur). Slow down, welcome new habits, and cultivate greater awareness through mindfulness meditation and gentle Kundalini yoga. Contact 610-566-4507, ext. 3, or visit www.pendlehill.org to register.

Aug. 14-17: Healing Seminar Media, Pa. Classes offered each day, all levels: USUI Reiki, KARUNA Reiki®, RYOHO Intensives: Shoden, Okuden, Shinpiden, Magnified Healing®, Private Healing Sessions. 14th & 15th Dr. Usui's Birthday: Reiki Meditations, Attunement Boosts, Networking. 16th Reiki Share, Magnified Healing Celebration®. 17th Closing, Global-Healing Meditation. Choose classes, Sign-up early, Discount. www.reikihealing-center.org, (610)348-5698.

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Kids Weekly Yoga Classes: On-going, Wednesdays, 4:30 - 5:30 PM, ages 6-13 yrs with Christopher Paynter. Improve flexibility, self worth, creativity, focus and concentration. Yoga postures, breathing exercises, meditation, relaxation, games and group discussions. The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

Lionville Natural Pharmacy and Health Food Store: Upcoming events. Workshops, seminars, demonstrations, documentary films. please check our website www.lionrx.com for schedules.

First Tuesday: Reiki Share at 7:15pm, by donation. Enrich your Reiki practice, receive as well as give support. For those who have completed Reiki level one or above. Please register in advance. Ask about our Reiki Master Practitioner Training. Creative Healing Arts, West Chester. 610-738-0988 www.CreateAndHeal.com.

Tuesdays: Zen Sitting Group 6-7PM. All faiths welcome. Facilitated by a Mountains & Rivers Order student of John Daido Looi Roshi, Abbot of Zen Mountain Monastery. If unfamiliar with Zen sitting, call ahead for initial conversation and instruction. For further info. contact Joe: jmieloch@rcn.com 610-933-0594.

Tuesdays: 6:30p.m. 1 hour Hatha Yoga class (all levels), followed by free Group Meditation at 8:00 p.m. Meditations are



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SUMMER 2008 SCHEDULE

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<p>Classics on Sundays at 2PM Sherlock Holmes May 4, The Hound of the Baskerville (1939) May 11, The Secret Weapon & The Scarlet Claw (1942, 1944) May 18, The Private Life of Sherlock Homes (1970) May 25, The Hound of the Baskerville (1959) Great Escapes Jun 1, Brute Force (1943) Jun 8, Stalag 17 (1953) Jun 15, The Dirty Dozen (1967) Jun 22, The Great Escape (1963) Jun 29, Stir Crazy (1980) Children's Summer Series Tuesdays at 10:30AM July 8, The Cat's Pajamas, \$5 July 15, Balloon Freak John Cassidy, \$5 Jul 22, Kristin Pedemonti (Storyteller), \$5</p>	<p>Jul 29, Silly Rockabilly, \$5 Aug 5, Hooray for Bugs! \$5 Aug 12, The Great Holtzie, \$5 Aug 19, Jack and the Beanstalk, \$5 Aug 26, Craig Collis, \$5 Jun 23-27, Shadow Mask & Chinese Dragon Camps First Friday Fright Night at 9:45PM May 2, A Clockwork Orange Jun 6, The Evil Dead Aug 1, The Texas Chainsaw Massacre Sep 5, Alien Special Events May 11, Pipe Organ Concert, 5pm, Free! July 11&12, BlobFest Point Entertainment presents Jun 11, Tommy Emmanuel 7:30pm <i>Tickets available at the Colonial box office.</i></p>
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Art and independent films seven nights a week | Classic Films on Sundays at 2:00pm | Children's Series on Saturdays at 2:00pm | Baby Nights on Mondays at 6:30pm | Matinees on Wednesdays at 2:00pm | Film Discussions on Wednesday at 9:30pm | Live concerts presented by Point Entertainment | **FILM PRICES:** \$7.00 Regular Admission. \$4.00 Children under 13 and Members \$6.00 Seniors/Students with ID.

Advertise your event in *Yoga Living* – email it – info@yogalivingmagazine.com

guided and no prior experience is necessary. They are followed by a discussion related to spiritual development. Arsenijevic Integrative Wellness Center. 233 S. 6th Street, Philadelphia. 215-574-8899, www.aiwellnesscenter.com.

2nd Tuesdays: COLOR HEALING CLINIC. Adults/children. Appointments from 6:30PM with Sharon Hicks. Reduce effects of stress and trauma, chronic and disease patterns, visual deficits, acquired brain injury. Enhance creativity, self-awareness, connection with true life path. Try color light by donation. Newtown Square. 610-299-6210. www.seeingislearning.com.

Tuesdays: The Center for Optimal Health and Katie Tandon offer a FREE meditation series Tuesday nights this May in celebration of spring cleaning. An Introduction to Chakra Meditation will inspire us to lighten and brighten the energy centers, 6:30-7:30PM. four Tuesdays: 5/6; 5/13; 5/20; 5/27. 832 W. Germantown Ave., Plymouth Meeting. 610 239 9901; www.c4oh.org.

First Wednesdays, Reiki Share: students of all levels are invited to come together to practice and to gain confidence in using Reiki skills. Enjoy receiving and giving Reiki. Anyone who has studied Reiki is welcome. Led by Reiki Master, Marlene Henkin. RYAH Yoga and Health www.ryahyoga.com 610-834-1551, 7pm, \$5.

Wednesday: Spirit Work: Discussions. 1st Wednesday of the month 12:30-1:30pm. Creative Healing Arts, Westtown Business Center, 1568 McDaniel Dr., West Chester, Pa. 19380, 610-738-0988. 3rd Wednesday of the month. 12:30-1:30pm, www.spiritatwork.org, a non-profit organization.

Wednesdays, Meditation, Finding Peace Within: Calm abiding group meditation at Dungkar Ling Meditation Center in Honey Brook, Pa. No prev. experience or registration necessary. Instructions and training CDs available to newcomers. For directions and info contact Sandra at dungkarling@aol.com or 610-942-2512 www.dungkarling.org.

Last Wednesdays, Book Club: Do you want to expand your literary horizons in the company of like-minded people? Sign up today! RYAH's Book Club reads an assortment of books that will focus on enhancing the readers' consciousness and awareness of life! RYAH Yoga and Health www.ryahyoga.com 610-834-1551, 7:30 pm, FREE.

Spiritual Cinema Circle: 3rd Thurs of each month we invite you to join us at the Center for Human Integration for films that "open the heart" and discussion. Donations go to the Helping Hands fund. (215) 742-3505. chi4wellness.org.

1st Fridays: Talk Circle, Dinner & 20-min. Massage, 6-10pm. Facilitated by licensed psychotherapist Karen Wrigley, LSW. Introductions of participants at every event \$30/50 1823 West Main St Norristown, PA 19403 (610) 631-0880. Great for stress reduction & connecting with new people. www.RejuvenationExpress.com.

1st Friday: Free Intro to Yoga Class: First Friday of the month. 7-8:30 PM. For beginners, wear loose comfortable clothing. Gentle exercise only, all ages and levels of ability welcome. The YogaLife Institute, 821 W. Lancaster Ave, (next to Devon Whole Foods) call 610-688-7030 or visit www.yogalifeinstitute.com.

Mt. Airy First Fridays: On historic Germantown Avenue, art galleries, boutiques and restaurants stay open till 9 p.m. Germantown Avenue from Cresheim Valley Drive to Washington Lane. Mt. Airy, USA is a non-profit at 6703 Germantown Avenue in Philadelphia that is revitalizing Mt. Airy. Visit www.mtairy-usa.org or call 215-844-6021.

First Saturday: Meditation Mornings at Bryn Mawr College: held one Saturday each Month from 9:30-12:30. (May 10, Jun 7).

Learn how to gain the benefits of a meditation practice. CEUs available. We request a \$10 donation to cover costs. For more information go to www.meditationmornings.blogspot.com.

Saturdays, Tapping the Crone: Women's Journeys of the Heart™, whole-integrated living course (wellness based on body mind heart and soul) at The Studio for Yoga and More, Moorestown. Created/facilitated by Ms. Lee Forest Knowlton. Four Saturdays: in April, June, September and November. Call Rochelle, (856) 430-1116, or visit www.thestudio4u.net for information!

2nd & 4th Sundays: Circle of Friends: 4-6PM Workshop for deepening spiritual life, support and learning, All faiths welcome. Share, explore, and experience the sacred through emotional and spiritual activities drawn from many traditional paths. The Healing Touch Center, 1327 East Darby Rd, Havertown, carlmarcus@comcast.net, 610-667-5247. Free.

Sundays: The Artist's Way, Are you creating a life you love? This program is for anyone who wants to reconnect with their passionate, creative self and have fun doing it. Join us Sunday evenings 7-9PM bi-weekly beginning June 1st. Day and Eve times also available. Bucks County Location. www.empoweredwomeninaction.com or (215) 651-3636.

Sundays: Ocean Earth Wind Fire: Regular Sunday "Surf Lesson" Workshops for yoga, chakras, meditation, art, music, environment & more! Yoga w/Live Music, Fridays 7pm; Kids Yoga Saturdays 11am & Sundays 4pm; Prenatal Yoga Sundays 6:30pm; Pilates Tuesdays & Fridays 5:45pm; Writing Circles Tuesdays & Thursdays. Check our full schedule at www.oceanearthwindfire.com.

Second Sundays: Circle of Sisters, 2nd Sunday of every month starting April. Second Sunday of every month at 6:30-8:30pm. Come Learn, Listen and Share. Open to all women looking to connect and heal through spiritual journeys. Facilitated by Renee Welde and Mia Bosna in Valley Forge. For more info: Mia.Bosna@verizon.net or 610 933-4545.

Remove this one Sundays: Swedenborgian Church at Temenos: Worship 10:30-11:30 am, Fellowship 11:30 am, Spiritual Discussion 12:15-1:00 pm. All are welcome to informal worship in the Farm House chapel. Children's message, Child Care and Sunday School provided, www.temenosretreat.org, Temenos Retreat Center, Farm House 685 Broad Run Road, West Chester, (610) 696-8145, information@temenosretreat.org.

Sundays: Yoga Meditation, Free Workshops: Sundays, 2 pm. Learn techniques focusing on heart chakra, including breathing, concentration, chanting. Advice on setting up a practice, ancient wisdom on living a balanced life. Sri Chinmoy Centre, 139 N. 4th St. (between Race and Cherry), Philadelphia. Call for schedule of next series, 215-425-3300.

Sunday nights: 6 PM, Red Tara: An Open Door to Bliss and Ultimate Awareness, a Sangha gathering at Dungkar Ling in Honeybrook, PA. A concise English version of the Vajrayana Buddhist practice of prayers, mantra and meditation, in the lineage of H.E. Chagdud Tulku Rinpoche. CDs available. Donation only. 610-942-2512 or dungkarling@aol.com. www.dungkarling.org.

ON-GOING MEDITATION: held every Sunday, Tuesday and Thursday 7:30-8:45PM at The Philadelphia Meditation Center, 8 E. Eagle Rd., Havertown, PA 19083. Center opens at 7 PM. Phone (610) 853-8200 or email PhlMedCtr@aol.com. Website: www.philadelphia-meditation.org.

CAUCUS for Autism: invites all who care for children with Autism Spectrum Disorders to join interested others on the FIRST Monday

and THIRD Tuesday of the month from 7-9 pm at Upper Main Line YMCA at 1416 Berwyn-Paoli Road in Berwyn, PA. Peggy at 610/408-8635 or Ann at 610/644-3727. caucusforautism@att.net. Free.

FREE: Meetings for exploring Gurdjieff's three-centered approach to self-development. We will be reading from his books: "All and Everything" and "Meetings with Remarkable Men". The reading is followed by a discussion of how to apply the teachings of Gurdjieff's work onto oneself. Visit: <http://www.reikihealing-center.org/gurdjieff.htm> Call for Schedule: Myra 610.348.5698.

Sundays & Wednesdays: United Lodge of Theosophists is a non-profit dedicated to teachings of Theosophy without charge. The United Lodge of Theosophists, 1917 Walnut St, Philadelphia, PA 19103 215-563-4692 www.ultphiladelphia.org Sundays, 11am-Noon Lecture and Discussion Wednesdays, 7:45-9 pm Study Class: The Ocean of Theosophy ALL EVENTS ARE FREE.

Classified Announcements:

Staff Needed: Lionville Natural Pharmacy and Health Food Store: Experienced health-food store help needed. Mature, dedicated, multi-tasking and holistic-minded individual will enjoy this position in our family operated facility. Excellent opportunity. 610-363-7474 ask for Ben or Linda. www.lionrx.com.

Thinking of expanding your practice? Shared Office Space Available in Holistic Center, Main Line Area. Beautiful light-filled treatment rooms, reception, bathroom and small teaching space. Call 610-647-5407 for more information.

Holistic Home Business Opportunity: Rewarding, exciting opportunity to share wellbeing and create abundance with Zrii™, the new ayurvedic nutritional supplement endorsed by the Chopra Center for Wellbeing™. Part or full time, outstanding training and support. Ground-floor opportunity. Explore www.zrii.com and call Independent Executive Elizabeth Chesla (ID#1242640) at 917-405-8031 or email echesla@comcast.net.

Looking for Volunteers: Karma Yogis and Yoginis. All skills and talents are welcome. Take part at Satsang and participate in ongoing yoga classes and workshops at the beautiful spacious 12-acre Peaceful Valley Ashram! Please visit www.leelamata.com or EMail us: contact@leelamata.com.

Practitioners wanted: Beautifully furnished, spacious, light-filled treatment rooms available long term. Shared waiting room. Ideal for bodywork, reiki, acupuncture, psychotherapy. Convenient Mainline location in Narberth. \$425 per month for M, W, F, Sat, Sun includes utilities and wireless internet. 610 322 5646.

Yoga & Tai Chi spaces: suitable for small Yoga or Tai Chi workshops, classes and holistic practitioners in prime area in conjunction with like minded practitioners. Call Lionville Natural Pharmacy (www.lionrx.com) 610-363-7474 ask for Ben. Rates variable by class, workshop or monthly... very flexible.

Sierra Club Volunteer Opportunities: to sustain and preserve one of America's best-known parks. Check the park website at www.nps.gov/vafo or Volunteers-In-Parks Coordinator Michelle Ortwein at 610-783-1044 or michelle_ortwein@nps.gov To join Sierra Club, www.sierraclub.org. Pat Beaudet 215-985-1536.

Ministry of Friendship: Compeer matches adults in same-gender, one-to-one friendships with people isolated, lonely and recovering their mental health. Human connected-ness and friendship promote mental health recovery. Men and women throughout Chester County await your answer to this call of voluntary service. Call 610-436-4445 or visit compeerchesco.org.



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Foster Families: Can you make a place in your family for a foster child? Catholic Social Services is looking for married or single adults to be foster parents to children of all ages, races, religions. Homes are needed for children with special medical or emotional needs and for siblings who wish to live together. Call Melissa or Pat (215) 587-3960.

PreNatal/Youth Events

Prenatal Yoga Teacher Training starting September 5, 2008: (see ad) 95 hour training in accordance with Yoga Alliance guidelines, taught by Jade Groff, RN, ERYT at Yoga On Main, Manayunk. Contact Jade for details, 215-779-6448, jadema73@yahoo.com. Jade offers weekly prenatal classes in Manayunk and Center City.

HypnoBirthing: This four session series will provide self-hypnosis techniques for a birth experience that is full of joy and free of fear. Classes are held in Doylestown/Perkasie area. Books and CDs are included. Instructor is certified by the HypnoBirthing Institute. 800-200-BABY(2229) www.birthshops.com.

Kids Weekly Yoga Classes: on-going, Mondays 4:30-5:30PM ages 6-12 with Christopher Paynter. Improve flexibility, self worth, creativity, focus and concentration. Yoga postures, breathing exercises, meditation, relaxation, games and group discussions. The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

PreNatal Yoga in Devon: Mondays at 6 PM, Wednesdays 11 AM. Yoga designed specifically for the second and third trimesters. (First trimester may attend a regular class) Develop deep breathing, relaxation and awareness. Beginners are welcome. YogaLife Institute in Devon next to Whole Foods, info. 610-688-7030 or www.yogalifeinstitute.com.

May

2: Free Intro to Yoga Class Friday Night, For true beginners, gentle yoga poses for all levels, brief explanation of Yoga 7-8:30 PM At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

3: Core Muscles with Donna Dufoe, Sat., 1:30-3:30 pm \$20/25 at YogaLife Institute, 821 W Lancaster Ave, Wayne, Pa (Next to Devon Whole Foods) www.yogalifeinstitute.com reg. via paypal or 610-688-7030.

3: 30th Center for Advancement in Cancer Education Anniversary Celebration, 30 years...30,000 patients, 7pm, Symphony Ballroom, DoubleTree Hotel Philadelphia Dinner, Dancing, Live Auction Susan Silberstein, Founder, Director To attend the gala or learn more about the Center: www.BeatCancer.org 888-551-2223 "Prevention is the Cure."

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4 & 11: PEACE VIGILS FOR TIBET, 2-6 pm, One North Independence Mall Park East in front of the National Constitution Center. Market St. between 5th & 6th Sts., Philadelphia, PA 19106. Karma Gelek Media Contact 310.347.9973.

4 & 10: AFT Fall From Grace Workshop with Dr. Kurt Ebert and Dr. Robert Schwarz, undo core negative energy patterns and reconnect at fundamental level to the source. Create deep generative change. To register call 610.664.8053 or visit www.the-tree-of-life.com.

4 & June 14: Life coaching retreats in beautiful Blue Ridge Mountains, Nelson County. Getting

Unstuck May 4 and Energy Management June 14. Certified coaches gently facilitate sharing, stillness, journaling and art. Individual thirty-minute follow-up session by phone included in price-\$69 per half-day retreat. True-colorscoaching.com, 540-456-7110.

7: Concerned about an overweight child? Attend these FREE seminar, Childhood Obesity hosted by Excel Physical Therapy. Guest speakers include, Dr. Una Brewer, pediatrician, Cam McCormick, physical therapist, and Tara Simpson, nutritionist. Location: Excel Physical Therapy, 331 Rt 202, Glen Mills, PA. Time: 6-7:30. Call now to reserve your place! 610-558-5866 or email Ltolotta@excelphysicaltherapy.com.

7: Creating a Home Yoga Practice with Bob Butera, Wed., 7:35-9:15 pm \$20/25 at YogaLife Institute, 821 W Lancaster Ave, Wayne, Pa (Next to Devon Whole Foods) www.yogalifeinstitute.com reg. via paypal or 610-688-7030.

9: Fasting and Cleansing Diets with Joanne D'Ambrosio 7-9 PM \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

10: Kundalini Workshop Spring Cleaning from the Inside Out: Recharge Your Lymphatic System! May 10, 2008, 9:30am-12:30pm Lunch included. \$50/person West Chester Wellness Center contact Milan for more information: milansandhu@hotmail.com 508-561-7428. Must register to attend.

10: Advanced Yoga Poses with Suzi Costello, Sat., 1:30-3:30 pm \$20/25 at YogaLife Institute, 821 W Lancaster Ave, Wayne, Pa (Next to Devon Whole Foods) www.yogalifeinstitute.com reg. via paypal or 610-688-7030.

11: Happy Mother's Day!

14: How to Pray and Meditate with Bob Butera 7:35-9:15 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

14 & 28: 'Dancing With the Scarves' Women's Danskinetics. 7:00-8:15pm, with Jeanie Matteson, Creative Healing Arts, West

Chester, 610-738-0988. Every woman intuitively knows how to move with a beautiful, colorful scarf and every woman is a dancer. Release pent up energy, breathe and move. Please register. \$15.

16-18: "Geriatric Massage Level 1" CE credit for RNs, PTs & MTs. May 16-18. Learn physiological, psychological & sociological aspects of aging: client assessment, cautions, contraindications, modifications of standard massage & hands on practice. Must be RN, MT or Massage Student or Physical Therapist. Info @ (215) 742-3505 or www.chi4wellness.org.

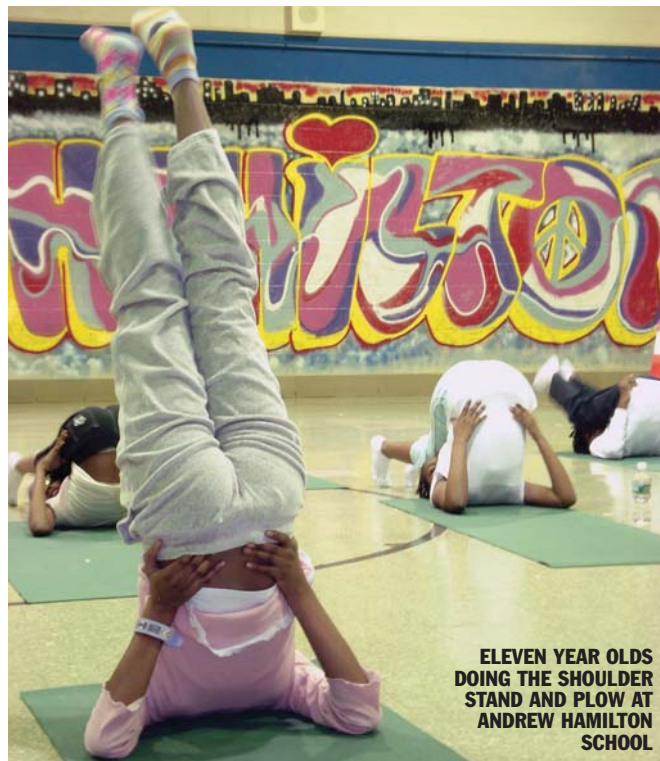
17: Yoga Practices for Overcoming Fear with Carol Elia 1:30-3:30pm. \$20/25. At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

17: Usui Reiki Level II Training with Reiki Master Marlene Henkin. Inclds two additional attunements, being taught 3 Reiki symbols enabling you to direct, expand, focus energy to send over distance and time, for emotional and mental healing, and working off the body in the energy field/aura. RYAH Yoga and Health www.ryahyoga.com 610.834.1551 May 17-18, \$250.

17-21: Shivabalayogi Maharaj Meditation Tour. See www.shivabalayogiguru.org for info. Contact Andrea for local info, 215-633-3731.

18: Living Beyond Breast Cancer Yoga Unites Sunday, May 18 @ 8-Noon At Phila. Art Museum, 610-645-4567 www.lbbc.org Co-sponsored by Yoga Living.

18: Mind Body Spirit Event, 11AM-4PM, Temple Har Zion, Historic Mt. Holly, NJ. Exhibitors, Speakers and Sponsors needed to participate in this mystical & healing experience. Community: Come for healing! Admission \$10 before April 30 or \$15 at door. For information call 609-267-0660 or e-mail: info@templeharzion.org. www.templeharzion.org.



ELEVEN YEAR OLDS DOING THE SHOULDER STAND AND PLOW AT ANDREW HAMILTON SCHOOL

Our leaders love to hear from you! Say "Hello," from "Yoga Living"!

June Events | Inside YogaLiving

Join the holistic movement and give a call!

18: QiGong for Self Healing Learn from a great energy medicine teacher Roger Jahnke, OMD, author of the best selling books *The Healer Within* and *The Healing Promise*. Learn practical applications of QiGong for daily life to heal and sustain wellness. \$30 Sunday 2:30-5:30 at Swarthmore Wellness, Swarthmore, PA. 610-543-0112 to prereg.

20: South Jersey Yoga Living Networking Event, 7-8:30 PM at Transformations. Bring business cards to network. RSVP required to Donna 856-470-1399. See www.readytotransform.com for directions to 2301 Evesham Rd, Suite 109, Voorhees, NJ 08043.

21: Karma Yoga with Bob Butera 7:35-9:15 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

23: Yoga Living Networking at Lionville Natural Pharmacy, Friday, 7-8PM. Bring business cards/brochures (no tables, no product demos nor selling). Meet greet, hear a short talk to inspire your work and Network. Lionville Natural Pharmacy, Rt 113 & Gordon Dr., Exton, Pa 19341. RSVP info@yogalivingmagazine.com or 610-688-7030.

24: Animal Totems and Yoga Poses with Angela Nevius 1:30-3:30pm, \$20/25, At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

31: Yin Yoga with Kristen Butera, 1:30-3:30pm. \$20/25. At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

June

4: Visualization for Life Purpose with Bob Butera 7:35-9:15 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

5: FREE LECTURE Presenting Dr. R.K. Ramesh, Thurs, June 5, 7-9:30pm. Visiting the Center for Human Integration from Dubai, come & meet world renowned Dr. R.K. Ramesh who will be teaching a series of workshops June 6-20! See course info & register @ www.chi4wellness.org (215) 742-3505.

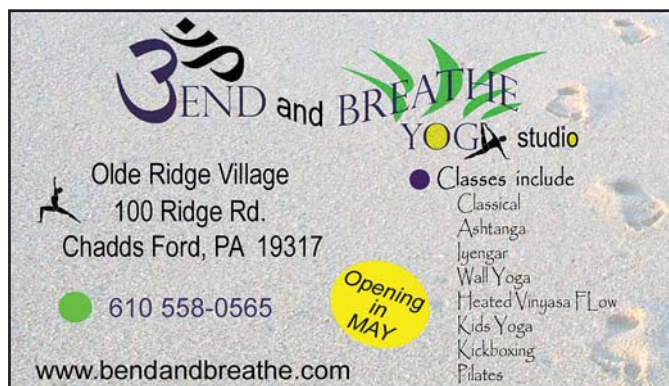
6: Soular Power (Friday June 6): Recharge your batteries and join us for a women's gathering on the beautiful shores of Cape May, with Life Coach Karin Marcus and an introductory Chi Kung class by Linda Marrical. Times: 10:30 to 3:30 Fee: \$60; register by May 23rd \$50. Contact: Karin at 610-667-5247 or Karin@Stepping-OutCoaching.com.

6: Free Intro to Yoga Class Friday Night, For true beginners, gentle yoga poses for all levels, brief explanation of Yoga 7-8:30 PM At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

7: Balancing the Fire Within: A Taste of Seasonal Wellness May 31, 2008, 10am-1pm Learn how to prepare for and thrive with the natural fire energy that dominates in hot times of year. Join us in the kitchen to explore what foods, herbs, and floral essences will keep you cool this summer. Jewels of wisdom on nutrition, health, and lifestyle. 610-293-3603 or www.seasonalwellness.com, \$150.

7: Anatomy of the Lower Back with Jim Dougherty 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

8: Easy Advanced Bodywork Seminar Sunday June 8, 1-3 pm Learn to ease tight muscles and relax your loved ones with a gentle, intelligent touch. Appropriate for everyone from Olympic athletes to fibromyalgia patients. No massage experience required!



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Inside YogaLiving | July Events

Our Holistic Resources are growing... so join an event!

Info at rosefamilyclinic.com. Limited to 12. Sharon Rose, 484-238-8127 for reservation. \$35/person or \$60/pair. At The Spirit of Yoga Wellness Center in Downingtown.

9: Yoga Living Magazine Deadline for July/August 2008 issue. Celebrating 10 years of publication! Call 610.688.7030 for information, www.yogalivingmagazine.com.

11: Pranayama: Breath to Calm the Mind with Bob Mauch 7:35-9:15 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

12-15: Zero Balancing Class June 12-15, 2008, CHI 8400 Pine Rd, Phila. Cutting edge bodywork based on physics and Nature. 25 CEUs. \$595 (\$495 if paid by May 21) Contact Mary Alice Cullinan at 610 272 0626 or macullinan@hotmail.com.

13 & 14: Lama Shenpen Drolma: Relationships as a Spiritual Path Fri, June 13, 7-9pm, Sat, June 14, 10-6pm,. Transform deeply rooted habits into healthy, stable relationships. Dungkar Ling Meditation Center, Honeybrook, PA. Open to the public. Sug. donation \$15 Friday night sliding scale Saturday. Sandra at 610-942-2512, dungkarling@aol.com. www.dungkarling.org.

14: Tara Brach & Jonathan Foust will offer a daylong workshop titled Buddhist Meditation, Emotional Healing and Spiritual Awakening. Main Line Unitarian Church, 816 South Valley Forge Road, Devon, PA. Sliding scale \$50-\$75. For flyer and registration, visit www.clearlightmeditation.org/TaraBrach.JonathanFoust-Flyer.Registration.doc.

14: Joan Borysenko, Phd, Minding the Body, Mending the Mind. Full day workshop. 10-5 PM \$95 At UU Church, Cherry Hill, NJ Reg. at www.readytotransform.com 856-470-1399.

14: Mindfulness Meditation with Suzi Costello 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

15: Happy Father's Day

18: Balancing Emotions in Yoga Poses with Bob Butera 7:35-9:15 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

20: Spiritual Medium & Psychic Clairvoyant, Joseph Tittle, at Transformations in Voohees, NJ 856.470.1344, see www.readytotransform.com.

21: YogaFest, Join a health fair at The Center for Yoga and Health, Yoga and Arts. 12-3 PM 15 Green St., Downingtown, Pa. 610.269.7171. www.thecenterhya.com Vendors inquiry welcome.

21: AUM Seminar with Mythri Menon 1:30-3:30pm, \$20/25. At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

21-22: The Yin and Yang of Yoga with Paulie Zink, Founder of Yin Yoga Saturday & Sunday, 1-5pm both days Fees: \$200 before May 25/\$225 after. At Inner Bliss Yoga at City

Fitness 200 Spring Garden St, Philadelphia PA 19123 www.innerblissphilly.com To register call: (267)236-2783.

28: Yin Yoga & Chakras with Joanne D'Ambrosio 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

July

2: Yoga Sutras on Enlightenment with Bob Butera, 7:35-9:15pm, \$20/25. At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030. www.yogalifeinstitute.com.

4: Happy Independence Day!

9: Bhagavad Gita on Enlightenment with Bob Butera, 7:35-9:15pm, \$20/25. At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

12: Breathing in Vigorous Yoga with Erika Tennebaum 1:30-3:30pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

16: Poses for Meditation with Bob Butera, 7:35-9:15pm, \$20/25. At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

19: Yin Yoga with Kristen Butera, 1:30-3:30pm, \$20/25. At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

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2008 YOGALIFE EVENTS IN MAY/JUNE/JULY

SAT. MAY 3, 1:30-3:30PM \$20/25
Core Muscles w/Donna Dufoe

WED. MAY 7, 7:35-9PM \$20/25
Discipline & A Home Yoga Practice w/Bob Butera

FRI., MAY 9, 7-9PM \$20/25
Fasting & Cleansing Diets w/Joanne D'Ambrosio

SAT. MAY 10, 1:30-3:30PM \$20/25
Advanced Yoga Poses w/Suzi Costello

WED. MAY 14, 7:35-9:15PM \$20/25
How to Pray & Meditate w/Bob Butera

SAT. MAY 17, 1:30-3:30PM \$20/25
Yoga Practices for Overcoming Fear w/Carol Elia

WED. MAY 21, 7:35-9:15PM \$20/25
Karma Yoga w/Bob Butera

SAT. MAY 24, 1:30-3:30PM \$20/25
Animal Totems & Yoga Poses w/Angela Nevius

SAT. MAY 31, 1:30-3:30PM \$20/25
Yin Yoga w/Kristen Butera

WED. JUNE 4, 7:35-9:15PM \$20/25
Visualization for Life Purpose w/Bob Butera

SAT. JUNE 7, 1:30-3:30PM \$20/25
Anatomy of the Lower Back w/Jim Dougherty

WED. JUNE 11, 7:35-9:15PM \$20/25
Pranayama: Breath to Calm the Mind w/Bob Mauch

SAT. JUNE 14, 1:30-3:30PM \$20/25
Mindfulness Meditation w/Suzi Costello

WED. JUNE 18, 7:35-9:15PM \$20/25
Balancing Emotions in Yoga Poses w/Bob Butera

SAT. JUNE 21, 1:30-3:30PM \$20/25
AUM Seminar w/Mythri Menon

SAT. JUNE 28, 1:30-3:30PM \$20/25
Yin Yoga w/Joanne D'Ambrosio

WED. JULY 2, 7:35-9:15PM \$20/25
Yoga Sutras on Enlightenment w/Bob Butera

WED. JULY 9, 7:35-9:15PM \$20/25
Bhagavad Gita on Enlightenment w/Bob Butera

SAT. JULY 12, 1:30-3:30PM \$20/25
Breathing in Vigorous Yoga w/Erika Tennebaum

WED. JULY 16, 7:35-9:15PM \$20/25
Poses for Meditation w/Bob Butera

SAT. JULY 19, 1:30-3:30PM \$20/25
Yin Yoga w/Kristen Butera

WED. JULY 23, 7:35-9:15PM
Deep Relaxation w/Bob Butera

SAT. JULY 26, 1:30-3:30PM \$20/25
Heart Chakra w/Angela Nevius

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