

Yoga Directory

LEHIGH COUNTY

BreathWorks Yoga 484-851-3822 65 Butternut Rd, Hellertown, PA 18055
Easton Yoga 610-923-7522 524 Northampton St Easton PA 18042
Lehigh Valley Yoga Center 610-776-2676 1701 Union Blvd Suite 115 Allentown PA 18109
Ojas Ayurveda Yoga Wlns Cntr 484-347-6110 567 Thomas St Coopersburg PA 18036
Yoga On the Go 610-504-2540 567 Thomas St Coopersburg PA 18036

MONROE COUNTY

Arsha Vidya Gurukulam 570-992-2339 x1216 PO Box 1059 Saylorsburg PA 18353
Wellspring Holistic Center 570-421-3708 243 E Brown St East Stroudsburg PA 18361
Yoganamaste Studio 570-476-1714 Mosier Knob Rd Shawnee on DE PA 18356

MONTGOMERY COUNTY

Amma Center 215-572-9881 2285 Cross Road Glenside PA 19038
Yoga Studio, Bodywork and Massage www.ammayanniyoga.com

Aim High Studio 484-686-0067 3015 Germantown Pk Fairview Villiage, PA 19403
Aim High Yoga 610-825-1992 827 Fayette St Conshohocken PA 19428
Aquatic & Fitness Ctr. 215 887-8787 921 Old York Rd Jenkintown, PA 19046
Art & Soul Yoga 610-220-8572 1690 Valley Forge Road Worcester PA 19403
Banyan Yoga & Ayurveda Banyan 215-254-9123 8080 Old York Rd Elkins Park, PA 19027
Becoming Center 215-643-9908 250 N Bethlehem Pike Ambler PA 19002
Dana Hot Yoga 267-974-9805 224-6 Bala Ave Bala Cynwyd PA 19004

Focus Fitness Mainline 610.525.5515 www.focusfitnessml.com

Focus Fitness 610-525-5515 1111 Lancaster Ave Bryn Mawr PA 19010
HeartCentered Wellness 610.992.0257 580 Shoemaker Rd KoP PA 19406
High Street Yoga 484-524-5204 141 E High St Pottstown PA 19464
Jimsyoga 267-664-0748 17 W Main St Lansdale PA 19446
MB Fitness Studio 215-407-3631 409 W County Line Rd Hatboro PA 19040
MOYO Yoga 610-584-1108 4402 Skippack Pike Skippack PA 19474
OmniQi 610-409-6200 555 Second Avenue, Suite A-100 Collegeville, PA 19426
Privately Pilates 610-642-2072 301 County Line Road, Ardmore, Pa. 19003
Reality Pilates 610-787-2237 241 Main St Royersford PA 19475
Rena Raso Studio 610-275-0307 145 Medinah Drive, Blue Bell, PA 19422
Shakti Yoga Healing Arts 267-880-9567 7906 High School Rd Elkins Park, PA 19027
Sol Yoga Studio 610-636-0391 117 West Ridge Pike - Conshohocken, PA 19428
Sonkei Bushido Dojo 215-628-0323 650 Cannon Ave, #34, Lansdale, PA 19446
Stillpoint Yoga Studio 610-246-8935 217 West Church Road K of P PA 19406
Twisters Yoga Studio 215-654-5394 131 E Butler Ave Amber PA 19002
Twisters Yoga Studio 215-654-5394 813 Bethlehem Pk Erdenheim PA 19422
Whole Body Yoga Studio 215-661-0510 213 N. Main St. North Wales PA
Yoga Evolution 215-885-1800 261 Old York Road Ste 105 Jenkintown PA 19046
High Street Yoga 484-524-5204 141 E High St Pottstown PA 19464
The Yoga Garden 610-664-2705 131 N Narberth Avenue Narberth PA 19072
Thrive Yoga Studio 484-459-3082 1000 Grosser Rd Gilbertsville PA 19525
Yogability 215-654-1120 707 Valley Rd Blue Bell PA 19422

YogaOne 610-761-3620 4 N Park Ave ParkRidge Ctr Trooper PA 19403
Yoga*TaiChi*Reiki*Massage Therapy*DoTerra Oils www.yoga-one.co

NORTHAMPTON COUNTY

Easton Yoga 610-923-7522 524 Northampton Street Easton PA 18042
Jai Yoga! 610-417-3804 514 3rd Ave Bethlehem PA 18015
Olde Mill Yoga & Wellness Ctr 610-438-0288 336 Bushkill Street Tatamy PA 18085
Stress Relief Center 610-760-0488 530 Hickory Rd Northampton PA 18067
The Energy Center 908-464-4314 504 Berwick Street Easton PA 18042
The Gentle Spirit 610-838-4975 800 Main St Hellertown PA 18055
The Yoga Loft of Bethlehem 610-867-YOGA 521 E 4th St 3rd fl Bethlehem PA 18015
Yoga For Better Health 610-866-1013 4351 Hilltop Ctr Bethlehem PA 18020

PHILADELPHIA COUNTY

Balance Studios 215-636-9661 108-114 Bonall Phila PA 19103
Bikram Yoga College of India 215-977-9642 1520 Sansom St Phila PA 19102
Blue Banyan Yoga 267-974-6527 7153 Sprague St Mt Airy PA 19119
Breathing Room 215-370-5362 3168 Richmond St Phila PA 19134
Dhyana Yoga Centers 215-496-0770 1611 Walnut St, Phila, PA 19103
Dig Yoga 215-800-1993 410 Monroe Street Philadelphia PA 19147
Guerin Recreation Center 215-685-1894 2201 S 16th St Phila PA
Fountain of Yoga 215-259-8403 9259 Roosevelt Blvd Phila PA 19114
Inner Bliss Yoga Center 267-236-2783 200 Spring Garden St Phila PA 19123
Intl Soc for Krishns Consnss 215-247-4600 41 West Allens Ln Phila PA 19119
Maha Yoga 215-864-0770 1700 Sansom St 6th floor Philadelphia PA 19103
Mama's Wellness Joint 267-519-9037 1100 Pine Street, Phila PA 19107
Moving Arts Studio of Mt Airy 215-842-1040 6819 Greene St Phila PA 19119
Teeny Yogini 215-500-2829 969 N 2nd St Phila PA 19123
Philly Power Yoga 215-636-9642 2016 Walnut St Phila PA 19103
Power Yoga Works 215-243-YOGA 3527 Lancaster Ave Phila PA 19104
Sankhya Yoga School 267-234-0196 725 North 4th St, 2Fl. Phila PA 19123
Wake Up Yoga 215-235-1228 2329 Parrish St Phila PA 19130
Wake Up Yoga 215-235-1228 4916 Baltimore Ave W Phila 19143
Wake Up Yoga 215-235-1228 1938 Passyunk Ave, Phila PA 19148
Yoga Garden 215-238-0989 903 South St Phila PA 19147
Yoga On Main 215-482-7877 4363 Main St Phila PA 19127
Yoga On The Ridge 215-792-6400 493 Domino Lane Phila PA 19128
Yoga Research Soc 215-592-9642 341 Fitzwater St Phila PA 19147

YORK COUNTY

Eight Stones Yoga Studio 717-840-4183 2805 Eastern Blvd York PA 17402

DELAWARE

NEW CASTLE COUNTY

Greater Wilmington Yoga Association (GWYA) www.gwyoga.org
Website includes yoga teacher directory, e-newsletter, info@gwyoga.org
membership application 1809 Delaware Ave. Wilmington DE 19806

Empowered Yoga 302-654-YOGA 230 East Main St Newark DE 19711
Empowered Yoga 302-654-YOGA 2000 Pennsylvania Ave Wilmington DE 19806
Pure Yoga Pilates 302-225-9642 14 A Trolley Square Wilmington, DE 19806
The Awareness Center 302-738-7006 280 East Main Street Suite 109 Newark DE 19711
The Awareness Center at Fit 302-777-4348 62 Rockford Rd Wilmington DE 19806
Tulaa Yoga 302-478-YOGA 3100 Naamans Road Wilmington DE 19810
Very Near Yoga Studio 302-777-3484 1301 Gilpin Ave Wilmington DE 19806
Yoga U 302-368-4440 2900 Concord Pike Wilmington DE 19803

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

Retreats/Intensives

July 19-21: ChildLight Yoga Basic Level Teacher Training, 17 contact hours, comprehensive manual, CD. Held in Devon, Pa. \$385 visit www.ChildLightYoga.com for more information.

August 10-11: Learn To Access Your Akashic Records class. Practical daily life tools and soul guidance to clarify and transcend limiting beliefs and emotional, mental, karmic and genetic patterning. Transform ANY area at through all DNA levels. Anchor in peace, love and joy. Register: AkashicConnection.com - Cherie Lyon - 610-458-9876.

August 16-18: ChildLight Yoga Level II Teacher Training 18 contact hours, comprehensive manual, CD. Held in Devon, Pa. \$385 visit www.ChildLightYoga.com for more information.

August 30-Sept 2: Evolvefest is the Northeast's leading transformational/transitional-culture gathering, attracting thousands of Hyper Creative, Radically Responsible and Heart Centered individuals from all walks of life www.evolvefest.com.

September 26-29: Spirit Voyage: Sat Nam Fest East. Thursday to Sunday, Waynesboro, PA. Annual immersion of Kundalini Yoga with meditation and chanting. www.satnamfest.com.

September 28-29: Break Through to the True You! A 2-day event that will change your life! Experience processes to create happiness, success and authenticity for your life. Hosted by Jon Satin and Chris Pattay -The Possibility Coaches. Location: Doylestown, PA. To learn more and pre-register: www.TrueYouWeekend.com or call 215-794-0135.

October 25-27: Primordial Sound Meditation Weekend: Master Educator for the Chopra Center, Danielle Mika Nagel, joins Focus Fitness Main Line for a 3-day program. PSM is a silent practice utilizing a mantra and is a classic form of meditation that enhances all aspects of well-being. Visit: www.focusfitnessml.com.

October 25-27: Chakra Yoga Weekend: Learn how the Chakra system relates to yoga poses and serves as a map of consciousness. \$225, at the YogaLife Institute in Devon, PA: 111 Lancaster Ave, Suite G. Call 610-688-7030 or visit www.yogalifeinstitute.com.

On Going Events

May-January: History of Yoga and the Art of Transformation: at the Smithsonian Institute at the Freer Gallery of Art and Arthur M. Sackler Gallery, 1050 Independence Avenue SW, Washington DC, 20560. www.asia.si.edu/exhibitions/future.asp.

ADVERTISING INFORMATION (All rates listed are per issue)

ALL RATES ARE PER ISSUE	ONE ISSUE	TWO ISSUES	FOUR ISSUES
Business Card (3.5w x 2h")	\$ 110.	\$ 100.	\$ 90.
Quarter Page (3.5w x 4.5h")	225.	210.	195.
Half Page (7w x 4.25h or 3.25w x 9h")	450.	420.	390.
Full Page (7w x 9h")	800.	760.	725.
Page 3 (7w x 9h")	1,500.	1,425.	1,350.
Inside Covers (7w x 9h")	1,150.	1,050.	950.
Back Cover (7w x 9h")	2,500.	2,425.	2,350.

Color Ad Surcharges | Full Page add \$100. | 1/2 Page add \$85. | 1/4 Page add \$65. | Bus. Card add \$35.

Graphic Design | Full Page add \$95. | 1/2 Page add \$75. | 1/4 Page add \$65. | Bus. Card add \$50.
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DIRECTORIES: Holistic, Restaurant, Green Business & Yoga

65 SPACES PER LINE, 1 LINE, ONE YEAR (4 ISSUES) \$75.

65 SPACES PER LINE, 2 LINES, ONE YEAR (4 ISSUES) \$150.

65 SPACES PER LINE, 3 LINES, ONE YEAR (4 ISSUES) \$225.

EVENT LISTINGS: 50 WORDS FOR \$15. | 50 WORD MAXIMUM.

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FOR FULL MEDIA KIT: www.yogalivingmagazine.com

AD QUESTIONS?

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info@yogalivingmagazine.com

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All digital files (email or snail-mail) must be accompanied with a hard copy.

Mondays & Fridays: Mobile Chair Massage appointments available. Corporate Events, Parties and Personalized in Home Massage to suit individual wellness goals. Licensed and Insured Massage Therapist. Serving Chester Co. Contact Hope at 484-345-1334 or em: hdamanskis@yahoo.com. www.hdamanskis.wix.com/bodyismytemple.

Mondays: 7:30 pm - Workshop for Parents with Special Needs Children. Share your journey with parents who "get it." Learn strategies for everyday challenges and for making one's well-being a priority using Mindfulness, Meditation, and Guided Imagery. Main Line Area. For more info, contact Patricia Lambert, 484-318-1219 or e-mail plambert@helpbeginshere.com.

Mondays: Laughter Yoga 10 am at The Resiliency Center in Ambler, PA. Laughter yoga combines fun laughter activities with deep yoga breathing. Benefits include improving mood, strengthening immune functioning, decreasing stress, having fun, and learning to take ourselves less seriously! RSVP at www.meetup.com/laughterclub or call 215-542-5004.

Tuesdays: Come Play, Have Fun, Laugh and De-stress with us doing Laughter Yoga 7pm at the Equilibrium Spa located on 1038 West Lancaster Ave Bryn Mawr Pa. 19010, For more information please log onto www.LaughterYogaFriends.com or call Ernie at # 267-970-5696.

Tuesdays: Evening Sangha and Bhagavad Gita Class at Govinda's Vegetarian Restaurant Broad and South Philadelphia 6-8pm. Free vegetarian meal served at 8pm www.iskconphiladelphia.com.

Wednesdays: Wellness Wednesdays 9:00 pm ET 206-402-0100 Pin Code: 833276# http://wellness.restoration90.com/.

Third Wednesdays: Meditation for Personal Healing and Transformation: 7 pm \$5: Healing Arts Studio, Phoenixville. Explore meditation practices and journeying experiences to support & enhance your personal journey. Whether a seasoned meditator or just beginning, you will benefit from these classes. Info: www.wellnessinharmony.com; Linda Dieffenbach: 484-354-0499 linda@wellnessinharmony.com.

Wednesdays (Bi-Weekly): The Wise Women's Café: Join a circle of like-minded women for inspiring evenings of personal exploration, with Life Coach Karin Marcus. 7-8:30pm; Havertown: \$30 per session. Contact Karin: 610-667-5247 or Karin@SteppingOutCoaching.com or www.steppingoutcoaching.com.

Wednesdays: Greendrinks Delaware Valley: Monthly social gathering of all things green, ecological, environmental, organic, renewable, regenerative and restorative. greendrinks.delaware.valley@gmail.com.

Thursdays: Yoga taught in the classical tradition by SKY foundation at Garland of Letters Bookstore: 527 South Street, Philadelphia, PA 19147. Each series is four sessions beginning the first Thursday of every month at noon or 6pm. For more information please call (215) 923-5946.

Thursdays: Beginner Yoga Series with Alicia McBride Thursday's 5/9 – 6/13; 7:30pm; \$65; 6-week series. We will concentrate on beginner postures, correcting form and answering questions. This will give you a great foundation to enter into other classes and feel more confident. Sign up: www.gatewaybodyworks.com.

Thursdays: Pottstown book club, currently studying Shantideva's The Way of the Bodhisattva. Every other Thursday 6:30-7:30pm Contact ptownmeditation@gmail.com or Karen 484-432-8756.

Thursdays: The Family Group of the Northeast Chapter Fibromyalgia Support Groups - Bethesda Presbyterian Church, 808 Red Lion Road, Philadelphia, PA 19115, go to http://www.orgsites.com/pa/ne-fibromyalgia, or call 215-393-3493, Arlene.NEFibro@gmail.com.

Thursdays: Weekly TimeBank Media Social @ Seven Stones Café 7pm-8:30pm Meet a coordinator and find out what timebanking is all about! www.timebankmedia.org.

Fridays: Unwind for the Weekend: Gentle Yoga 6pm to 7pm \$5 drop in; Meditation 7:15pm to 7:45pm \$5 drop in; Restorative Yoga 8pm to 9:30pm \$20 must register with instructor. Classes at MB Fitness 409 W County Line Rd Hatboro, PA 19040. To register: email JenniferRadowski@comcast.net or call 215-490-3749.

Fridays: Qigong Training Summer classes in Medford NJ. Sifu Karen Schlachter will be teaching Qigong to Yoga teachers, Reiki Masters and Tai Chi Chuan Instructors in Medford and Cherry Hill NJ area. Certification endorsed and approved by MAGI. theandeinstitute@gmail.com or call 609 560-8300.

Fridays: Insight Session: 7-8:30PM. Theme: "Unconditional Love" At The Meditation Center, 910 Riverton Road, Cinnaminson, NJ 08077. Free service to the community, all are welcome. (856) 786-2800, Email: cinnaminson@us.bkwsu.org, Website: www.themeditationcenter.net.

Saturdays: Qigong - Come experience this simple yet profound healing practice. This combination of graceful movement, breath and intention can produce many benefits to physical health and mental wellbeing. Can be equally effective sitting or standing and is accessible to everyone. 11:30-12:30 Awakening Wellness Studio, Malvern ~ www.Awakeningwellness.info, 610-858-3663.

Saturdays: Concerts under the Stars @ 7:00 PM. \$12 Donation (Kids 16 & under are free) Gazebo Park, 9 South Bryn Mawr Avenue, Bryn Mawr, PA 19010 www.brynmawrtwilightconcerts.com dbroida@gmail.com 610-864-4303.

Sundays: T'ai Chi & Qigong - All levels with expert Master Teacher JingShan Tang of China. Discover the many health benefits and relaxation of these gentle practices, plus more. Designed programs to meet each individual's specific needs. \$20 walk-in, \$65/month, 105 Forrest Ave, Narberth, PA. 732-331-2823. www.OrientalFitnessInstitute.com.

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

Sunday Afternoons: Free Yoga Meditation Workshops -

Practice heart-centered concentration, breathing, chanting, mantras. Explore positive lifestyle changes and spiritual directions. At the Sri Chinmoy Centre, 139 N. 4th Street (between Race and Cherry), Old City, Philadelphia. Call for next series - 215-425-3300, www.philameditation.org.

Sundays: On-Going Meditation held every Sunday, Tuesday and Thursday, 7:30PM to 8:45 PM, 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. www.philadelphiameditation.org.

Sundays: Healing Bowl Harmonics. Let the sound of healing crystal bowls wash over you, bringing deep peace, healing and rejuvenation. 2-3PM. Dibellayoga, Paoli, PA www.dibellayoga.com. For Information or to confirm, contact Jack Gillette: 610-842-0013.

Sundays & Wednesdays: United Lodge of Theosophists 1917 Walnut Street, Philadelphia, Discussions of Universal Laws and Principles, Sunday 11 – 12 Wednesday evenings 7:45 – 9, Library open Wednesday evenings from 5:30 – 7:30. 215-563-8492, website: <http://www.ultphiladelphia.org> email: ultphila@aol.com. Meetings are free and open to the public. Friendly atmosphere and comfortable surroundings.

Sundays: Reskilling with Transition Town Media 1st and 3rd Sundays. Learn/Teach a new skill or craft and pass it on to the greater community. Build resilience, sustainability and friendships. www.transitiontownmedia.org.

Classified Announcements

Private Rooms & Studio Space in Malvern: Growing Yoga and Healing Arts Studio has modality rooms and a beautiful studio space to host your holistic class or event. Flexible scheduling, and co-operative advertising arrangements available. Interested email awakeningwellness1@gmail.com or call 610-858-3663.

Office Space: Seeking community? The Resiliency Center of Ambler, PA seeks practitioners in private practice to join our multidisciplinary team of professionals devoted to integral wellness. Experience the positive difference community can make for you and your clients. Learn more at www.theresiliencycenter.com and contact Elizabeth Venart at 215-542-5004 or evenart@verizon.net.

Private Session Rooms for Rent: with shared waiting area in Devon Design and Lifestyle Center, 2nd floor, parking on site, across from Devon Horse Show, adjacent to YogaLife Institute. Perfect for complimentary holistic practices. Full/split rents available. Contact Stacey, Eadeh Enterprises 610-647-1776, Eadeh.com.

PreNatal/Postnatal/ Youth Events

Nutritional Programs for Children: Introducing individual and group programs that educate children ages 8-16 on how to eat healthy, make good delicious food choices, handle peer pressure, weight management, obesity, and prevent eating disorders to stay healthy for life. Includes hands-on cooking demonstrations. Rosemary Nardone, CHHP, RM Certified Nutritional Health Counselor 610-651-8181.

Kids Yoga Camp: Monday – Thursday, 6/17-6/20; 9-4 pm, Kids ages 5-13; \$250 Bring your kids to Gateway Bodyworks to enjoy full days of yoga, meditation, arts and crafts, music and chanting! Benefits of yoga include focus, body awareness, and self-esteem. Save \$50 if you sign up two children. Sign up: www.gatewaybodyworks.com.

Prenatal Yoga in Devon: Mondays 6-7:30 pm and Wednesdays 11 am-12:15 pm. Yoga for expectant mothers. Develop deep breathing, relaxation and other skills as preparation for birth, while connecting with other moms and moms to be. All levels welcome. Open Enrollment. At YogaLife Institute in Devon. Call 610-688-7030 or visit www.yogalifeinstitute.com.

Kids Yoga in Devon: Ages 6-12. Classes focus on yoga poses and other techniques to harness mental focus, manage stress, feel strong and be empowered. Call for next 8-week session. At the YogaLife Institute in Devon 610-688-7030. www.yogalifeinstitute.com.

Free Childbirth Seminar: The Birth Center, 918 County Line Rd, Bryn Mawr, sponsors free childbirth seminars to every woman who is pregnant or planning a pregnancy should know regardless of where she plans to have her baby. The cesarean and episiotomy rates are unnecessarily high. Call 610-525-6086 for the next seminar.

June

June 21: Summer Solstice: Welcome Summer!

21: Summer Solstice Salutation Marathon 6:30 until. All are welcome! Donations accepted to benefit Philabundance. [dibellayoga](http://dibellayoga.com), the Depot Shoppes, Paoli, PA 610-578-0733 www.dibellayoga.com.

22: Awakening the Dreamer Symposium at St. Timothy's Church educates and inspires participants to bring fourth an environmentally sustainable, socially just and spiritually fulfilling world. 610-812-7756 www.pachamama.org.

22: Yoga for Tennis Players with Libby Piper, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

22 & 23: Solstice Expo and Holistic Fair Tune up your body, mind and spirit. \$5 At New Hope Eagle Firehouse, 46 N. Sugan Rd, New Hope, Pa 267.261.2768 www.wearmesme.com.

When you call, let'em know you read Yoga Living!

27: Introduction to the Spiritual Mind Explore the meaning of meridians, chakras, auras, spirit guides, crystals and Reiki. This class will give you an overview of topics, so you can further explore your spirituality. 7:00pm - 8:15pm. Hartford School, Mount Laurel \$25.00. Register online at www.terraaurumcompany.com or call 609-509-3772.

29: Developing Muscular Awareness in Yoga Poses with Donna Dufoe, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

July

4: Happy Independence Day: Let freedom ring!

9: Reiki I Certification Mount Laurel, NJ. Reiki is a technique for stress reduction and relaxation that also promotes healing. Learn this amazing gift for yourself and your family as you will become certified. Sign up online at www.terraaurumcompany.com or call 609-509-3772. Class time 7:00 pm - 9:30 pm.

10: Chakra Sounds in Yoga Poses with Mark Moliterno, 7:30-9 PM, \$15/One Class. At YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

11: Reiki I Certification Mount Laurel, NJ. Reiki is a technique for stress reduction and relaxation that also promotes healing. Learn this amazing gift for yourself and your family as you will become certified. Sign up online at www.terraaurumcompany.com or call 609-509-3772. Class time 1:00 pm- 4:00 pm.

13: Down & Dirty Mud Run, Sponsored by Merrell. Saturday morning at Fairmount Park, Philadelphia, PA. <http://www.downanddirtyudrun.com/event-cities/philadelphia/>.

13: Teaching Prenatal Yoga with Randi Coen-Gilbert, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

13: Pregnancy and Childbirth Yoga for Couples with Randi Coen-Gilbert, 4-6 PM, \$30/35 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

14: Be Happy! Learn to Meditate - Free 5-Week Workshop. Try simple, powerful yoga meditation techniques and discover happiness within. Sundays, July 14, 21, 28, August 4, 11; 2:00-3:30pm, Sri Chinmoy Centre, 139 N. 4th Street, Philadelphia. Progressive series - July 28 is the last day to join. Call 215-425-3300 to reserve a place, or visit www.philameditation.org.



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wynnewood, pa 610 • 896 • 3737	devon, pa 610 • 688 • 9400	north wales, pa 215 • 646 • 6300	princeton, nj 609 • 799 • 2919

Inside YogaLiving | July/August Events

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

17: Concentration Points in Yoga Poses with Bob Butera, 7:30-9 PM, \$15/One Class. At YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

19: Yoga 4 Classrooms: Professional Development Workshop for educators, 9-3 PM \$180, 6 hour interactive workshop, manual and certificate. See www.Yoga4Classrooms.com.

20: Meadow Walk, Schuylkill Center for Environmental Education. Saturday 8:30-10:00 am, Philadelphia, PA. Free guided outdoor experience to appreciate summer's burst of life! For more information call 215-482-7300 x110.

20: Yogic Tools for Mindful Eating with Joshua Rusbult, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave., Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com

24: Moonlight Walk, Peace Valley Nature Center. Wednesday 8:30 pm, Doylestown, PA. Enjoy a midsummer night's stroll through Peace Valley Nature Center. No fee or flashlights! Call 215-345-7860 for more details, no need to pre-register.

24: Vocal Techniques for Yoga Teachers with Mark Moliterno 7:30-9 PM, \$15/One Class. At YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

27: Meet your Inner Wisdom Guide with Qatana Samanen. 1-3pm dibellayoga, The Depot Shoppes, Paoli, PA. 610-935-9335 qatana@drqatanasamanen.com www.dibellayoga.com.

31: Karuna® Reiki Level One Certification, Wednesday, July 31, 10:00 to 5:30 at Creative Healing Arts, www.createandheal.com, West Chester, PA with Jeanie Matteson. International Center for Reiki Training curriculum required. Reiki Master is a pre-requisite. To register email jeanie@createandheal.com.

August

3: Breaking Down Upward Facing Dog with Erika Tenenbaum, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

7: Karuna® Reiki Level Two Certification, Wednesday, August 7, 10:00 to 5:30 at Creative Healing Arts, www.createandheal.com, West Chester, PA with Jeanie Matteson. International Center for Reiki Training curriculum covered. \$175. To register email jeanie@createandheal.com.

7: Attitudes in Yoga Poses with Bob Butera, 7:30-9 PM, \$15/One Class. At YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.



Youth Yoga with Theoga

10: Awakening the Feet in Yoga Poses with Joshua Rusbult, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

14: Creative Movement and Spontaneous Sound with Christine Casullo, 7:30-9 PM, \$15/One Class. At YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

17: Meet your Chakra Guide with Qatana Samanen. 1-3pm dibellayoga, The Depot Shoppes, Paoli, PA. 610-935-9335 qatana@drqatanasamanen.com www.dibellayoga.com.

17: Yoga for Cyclists with Kelly Rainville, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

21: Introduction Yoga Therapy with Bob Butera, 7:30-9 PM, \$15/One Class. At YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

24: Transition Town Media's Annual Transition Jam along the bank of Ridley Creek. Create community singing, strumming and drumming along beside a bonfire. Bring a dish to share. Free! www.transitiontownmedia.org.

24: Partner Yoga Experience with Joshua Rusbult, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

28: Yoga Living Magazine Fall Issue Deadline is August 28. Fall issue covers September 10 to December 21. See www.YogaLivingMagazine.com or call Christine at 610-688-7030.

29: Reiki I Certification Reiki is a technique for stress reduction and relaxation that also promotes healing. Learn this amazing gift for yourself and your family as you will become certified. Sign up online at www.terraaurumcompany.com or call 609-509-3772.

September Events | Inside YogaLiving

When you call, let'em know you read Yoga Living!

September

2: Happy Labor Day: Back to School!

7: Yoga for Healthy Skin with Erika Tenenbaum, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

8: Philly Green Fest. 10-5 PM at Headhouse Square, 2nd and South Streets, Philadelphia. Hundreds of 'green' booths, learn new ways to conserve our environment for a healthy tomorrow. Yoga Living is a proud sponsor! www.greenfestphilly.org.

11: Yoga Brain & Spinal Health with Jennifer Hilbert, 7:30-9 PM, \$15/One Class. At YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com

14: The Physiology of Motion in Yoga Poses with Joshua Rusbuldt, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

18: Balancing Emotions in Yoga Poses with Bob Butera, 7:30-9 PM, \$15/One Class. At YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

21: Reiki Level One Certification, Saturday, September 21, 9:30 to 5:00 at Creative Healing Arts, www.createandheal.com, West Chester PA with Jeanie Matteson. International Center for Reiki Training curriculum covered. \$175. To register email jeanie@createandheal.com.

21: Yoga for Youth Athletics with Libby Piper, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.

21-22: Scarecrow Festival. Saturday and Sunday 10 am-6 pm, Lahashka, PA. Family fun weekend full of scarecrows and pumpkins at Peddler's Village. Live music and children's activities. www.peddlersvillage.com.

22: Autumn Equinox: Welcome Harvest Season!

28: Meditation: Opening the Heart in Gratitude with Tina Devine, 2-4 PM, \$20/25 at door, YogaLife Institute: 111 Lancaster Ave, Devon, Pa 19333. Call 610-688-7030 or visit www.yogalifeinstitute.com.



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Natural Protection from *Bugs*



SUMMER IS HERE AND SO ARE THOSE PESKY BITING BUGS that can make going outside for a walk in the park unpleasant and sometimes even dangerous. Mother nature can be either a great equalizer or protector. With heavy duty chemical solutions lining the local drug store shelves, it can be tough to decide on how to best protect yourself and your family. Fortunately there are some great natural solutions to these challenges.

I personally do not like using pesticides like DEET on my skin, or even on my clothes. In Penn State's study on pesticides, it showed that DEET applied to the skin does enter the circulatory system. So one does need to be cautious in using it. My recommendation would be that if you want to use a product with DEET, apply it only to your clothing.

In 2005, the CDC approved the use of botanical bug sprays containing "para-menthane-3,8-diol" (PMD) which happens to be the active constituent in lemon eucalyptus (*Corymbia citriodora*). The following year, a study published in the Journal of the American Mosquito Control Association concluded: "PMD has shown unprecedented repellency and consistency for a botanical." So looking for this in commercial products might be an excellent choice for many people.

Natural Alternatives

Studies have shown that both soybean and Neem infused oil are both fairly effective bug repellents and by adding essential oils such as of eucalyptus and lavender, it is even more potent. In terms of essential oils, there are many that have bug-repelling properties such as: basil, catnip oil, clove, fennel, geranium, lemon, lemongrass, rosemary, peppermint, yarrow and ylang-ylang. However, I would avoid using peppermint directly on the skin.

Essential oils shouldn't be confused with infused oils, so always check the label before buying if you are going to make your own spray. Essential oils are the plants volatile oils. If you rub your hand on rosemary or lavender and smell your hands—this is the essential oil of the plant. But to actually make essential oils for commercial use, they have to be distilled and bottled.

Recipe for Homemade All Natural Insect Repellent Spray

Ingredients

- 4 oz bottle (with a spray nozzle)
- ¾ ounce of vodka (alcohol helps disperse the essential oils)
- One ounce of soybean oil or Neem infused oil (if neither is available then use any carrier oil)
- Two ounces of witch-hazel water or distilled water if you don't have witch hazel

- Ten drops of either lemon eucalyptus or eucalyptus
- 40 drops of any of the following combinations: basil, catnip oil, clove, fennel, geranium, lavender, lemon, lemon grass, rosemary, yarrow and ylang-ylang
- Always shake well before using

Remember to write down your formula and experiment with it until you find one that works for you—not everyone's essential oil preferences are the same! Finally, if one is using a spray made of botanicals, then one should spray the repellent on every hour to make sure that the coverage lasts.

Natural Remedies for Bites

For spider and other insect bites I have found that a tea or poultice of plantain (*Plantago major, lanceolata*) applied to the affected part has helped disperse the swelling of many bites. I always keep dried plantain on hand but tend to use fresh – given that it's a weed, it's often readily available! Others have found that an external tea or poultice of comfrey leaf (*Symphytum officinale*) is as effective as plantain. I also like to carry tea tree oil (*Melaleuca alternifolia*), slightly diluted in a carrier oil or a cream, when I go out hiking for bites, scrapes, etc.

Don't forget to spray your house, too! According to the following study, a number of essential oils have been found effective against dust mites including clove, matrecary (chamomile), rosemary, eucalyptus, and fennel.

Other Natural Suggestions

- Wear long sleeved tops and long pants whenever possible. There are many lightweight fabrics that can be worn all summer long and are meant for hiking and other outdoor activities.
- Tuck your pants into your socks so that ticks can't bite your ankles.
- Avoid wearing dark-colored clothing. According to a study by Penn State Department of Agriculture, wearing dark clothes increases your chances of being bitten. Also, deer ticks are much easier to spot if you are wearing light colored clothing.
- Always wear a hat to protect your head from ticks and bugs that you cannot see. Hats with the flap in the back are extra protective.
- For your home, burning candles with essential oils of citronella. Ceylon citronella (*Cymbopogon nardus*) and Java citronella (*C. winterianus*) have been shown to offer relief from mosquitoes. These citronella oils can be found in many natural insect repellents.
- For your home, install a bat house. Bat houses are inexpensive and bats love to eat mosquitoes. ▲

Footnotes & References

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1661675/>
Herbalgram Volume 9, Number 10, October 2012: 'Plant-Based Insect Repellents Provide an Alternative to Synthetic Formulas'
"The Complete Medicinal Herbal" by Penelope Ody
"The Illustrated Encyclopedia of Essential Oils" by Julia Lawless
<http://www.extension.org/pages/20437/ipm-in-your-home-a-guide-to-insect-repellents>

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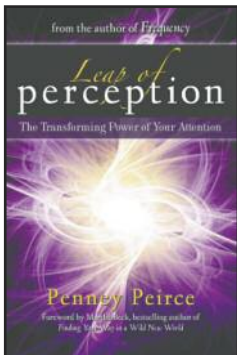
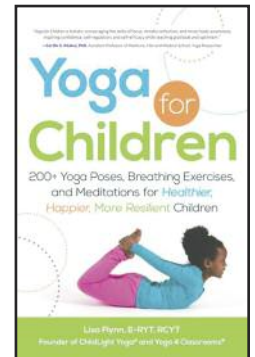
by *Lissa Rankin, M.D.*

For years, pioneers in the medical community have been extolling the virtues of the mind's power to heal the body. Yet their insights into the connection between our physiological states and our thoughts, beliefs, and emotions have long been dismissed as pseudoscience. Intrigued but skeptical, Western-trained physician and author Lissa Rankin, M.D. pored over hundreds of objectively evaluated, peer-reviewed studies from medical journals to find proof that the mind can heal the body. With extraordinary medical case studies offered alongside practical insights into how to apply some of the basic lessons learned into daily life, this book offers a necessary perspective to the dialogue between holistic healing arts and modern medical science.

YOGA FOR CHILDREN: 200+ YOGA POSES, BREATHING EXERCISES, AND MEDITATIONS FOR HEALTHIER, HAPPIER, MORE RESILIENT CHILDREN

by *Lisa Flynn*

Yoga for Children will encourage your child to learn about yoga with an attentive, at-home instructor—you! With special considerations and adaptations that can be applied to a variety of age groups, this new book from mom, yogini and kids yoga expert Lisa Flynn is truly suitable for children between the ages of 2 to 12. It offers a vast choice of yoga explorations, including poses, breathing, meditation and creative play that can be guided by and used for practitioners of all levels. Complete with full-color photographs, instructional scripts, and modifications, Yoga for Children will help build your child's confidence, self-awareness, and focus while strengthening your connection—one yoga session at a time.



LEAP OF PERCEPTION: THE TRANSFORMING POWER OF YOUR ATTENTION

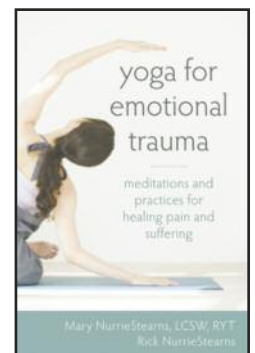
by *Penney Peirce*

As our holistic view of the world grows and we become more aware of personal and collective energy, our level of perception is transforming from something singular—the physical form—to a greatly expanded awareness that includes intuition, past and present, right and left brain, and heart and body. Building on her first two books, *The Intuitive Way* and *Frequency*, author Penney Peirce once again translates a powerful and complex concept into an effective life practice that is accessible to all. Readers will learn to materialize the situations they want, resolve conflict in relationships, expand their creativity, reduce exhaustion and anxiety from multitasking, ease fear caused by the transformation process, develop new attention skills, and more.

YOGA FOR EMOTIONAL TRAUMA: MEDITATIONS AND PRACTICES FOR HEALING PAIN AND SUFFERING

by *Mary & Rick NurrieStearns*

Many of us have experienced a traumatic event in our lives, whether in childhood or adulthood. This trauma may be emotional, or it may cause intense physical pain. In some cases, it can cause both. Studies have shown that compassion and mindfulness based interventions can help people suffering from trauma to experience less physical and emotional pain in their daily lives. This new book presents a yogic approach to transform trauma into joy. Combining yogic principles, gentle yoga postures, and mindfulness practices, the information is filled with practical guidance that will guide the reader on their healing journey. Yoga teachers will find it to be a helpful tool in order work skillfully this population in a variety of settings.



Enlighten Up!



2013 YOGALIFE SUMMER EVENTS

WED. JULY 10, 7:30-9 PM

Chakra Sounds in Yoga Poses with Mark Moliterno

SAT. JULY 13, 2-4 PM

Teaching Prenatal Yoga with Randi Coen-Gilbert

SAT. JULY 13, 4-5:30 PM

**Pregnancy and Childbirth Yoga for Couples
with Randi Coen-Gilbert**

WED. JULY 17, 7:30-9 PM

**Concentration Points in Yoga Poses
with Bob Butera**

SAT. JULY 20, 2-4 PM

**Yogic Tools for Mindful Eating
with Joshua Rusbult**

WED. JULY 24, 7:30-9 PM

**Vocal Techniques for Yoga Teachers
with Mark Moliterno**

SAT. AUGUST 3, 2-4 PM

**Breaking Down Upward Facing Dog
with Erika Tenenbaum**

WED. AUGUST 7, 7:30-9 PM

Attitudes in Yoga Poses with Bob Butera

SAT. AUGUST 10, 2-4 PM

**Awakening the Feet in Yoga Poses
with Joshua Rusbult**

WED. AUGUST 14, 7:30-9 PM

**Creative Movement and Spontaneous Sound
with Christine Casullo**

SAT. AUGUST 17, 2-4 PM

Yoga for Cyclists with Kelly Rainville

WED. AUGUST 21, 7:30-9 PM

Introduction Yoga Therapy with Bob Butera

SAT. AUGUST 24, 2-4 PM

**Partner Yoga Experience
with Joshua Rusbult**

SAT. SEPTEMBER 7, 2-4 PM

Yoga for Healthy Skin with Erika Tenenbaum

WED. SEPTEMBER 11, 7:30-9 PM

Yoga Brain & Spinal Health with Jennifer Hilbert

SAT. SEPTEMBER 14, 2-4 PM

**The Physiology of Motion in Yoga Poses
with Joshua Rusbult**

WED. SEPTEMBER 18, 7:30-9 PM

**Balancing Emotions in Yoga Poses
with Bob Butera**

SAT. SEPTEMBER 21, 2-4 PM

Yoga for Youth Athletics with Libby Piper

SAT. SEPTEMBER 28, 2-4 PM

**Meditation: Opening the Heart in Gratitude
with Tina Devine**

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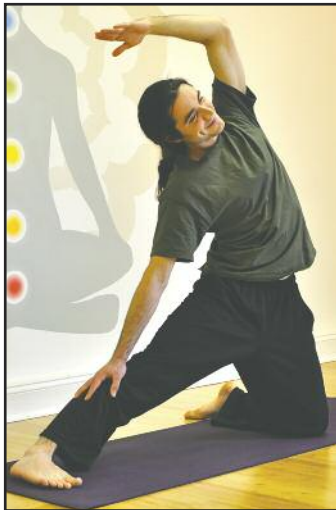
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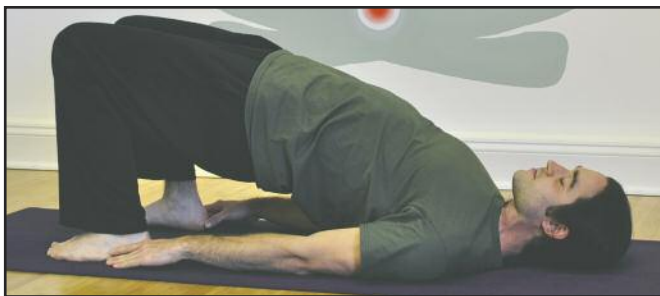
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Gate: Leaning forward to stand on your knees, gently step your right foot out to the end of your mat. Sweep the left arm out and up, relaxing the shoulder and lightly resting the right hand on the extended thigh. On an exhale, arc the torso to the right over the leg. Allow the right hand to glide down the leg to a comfortable, supporting position without putting any pressure on the knee

structure. Inhale deeply into the space you create on the left side of the torso and back of the right leg. Exhale into the compression in the right ribs and hip. After three rounds of breath, inhale through a strong core to lift up, exhale back to the standing kneel and repeat on the other side.



Bridge: Gently lowering your back to the mat, bend the knees and plant the soles, heels as close as comfortable to your bottom, slightly rolling the shoulders under you. Inhale to press into the soles and lift the hips up towards the ceiling, each vertebrae slowly unzipping from the floor. Exhale as you slowly lower the spine back down to the floor. Pulse up and down in this way slowly with the breath for six rounds, then hold the lifted bridge shape for three complete breaths before returning to the earth.

Happy Baby: Exhale and draw the knees to the chest, hands clasping the soles, toes, or ankles, imagining you are squatting on the ceiling. Allow the back body to deeply rest into the floor as you breathe into the



compression of the hip space. Explore side-to-side movements at the hips and pelvis, looking for a sweet spot where you want to hold the stretch through six rounds of breath.

Legs up the Wall, Arms Overhead: Position the side of one hip an inch or two away from a wall. Slowly begin to lower yourself to your other side as you then roll on to your back and swing your legs up to rest on the wall. Reposition yourself from the wall to be comfortable in your lower back. With the heels resting into the wall and the back into the mat, inhale and take the arms up and overhead, backs of the hands and arms coming to the floor. As you rest here for a few minutes, return to reflecting on the concept of vibrant health however that resonates with you: a tranquil sense of purity, an internal ball of radiant light, a blanket of snowy whiteness. Though physical and even mental health wax and wane, the inner vitality is forever taintless. With each round of breath, allow the inhalation to infuse that pure essence into every space of your physical being; the exhalation washes and flushes away any temporal, superficial impurities. ▲



References

¹Arora S and J Bhattacharjee (2008) *Modulation of immune responses in stress by yoga. International Journal of Yoga 1 (2): 45-55.*

²Qu S, SM Olafsrud, LA Meza-Zepeda, and F Saatcioglu (2013) *Rapid gene expression changes in peripheral blood lymphocytes upon practice of a comprehensive yoga program. PLoS One 8 (4): e61910.*

³Thich Naht Hanh. *Heart of the Buddha's Teachings. Broadway Books, New York, NY 1998*

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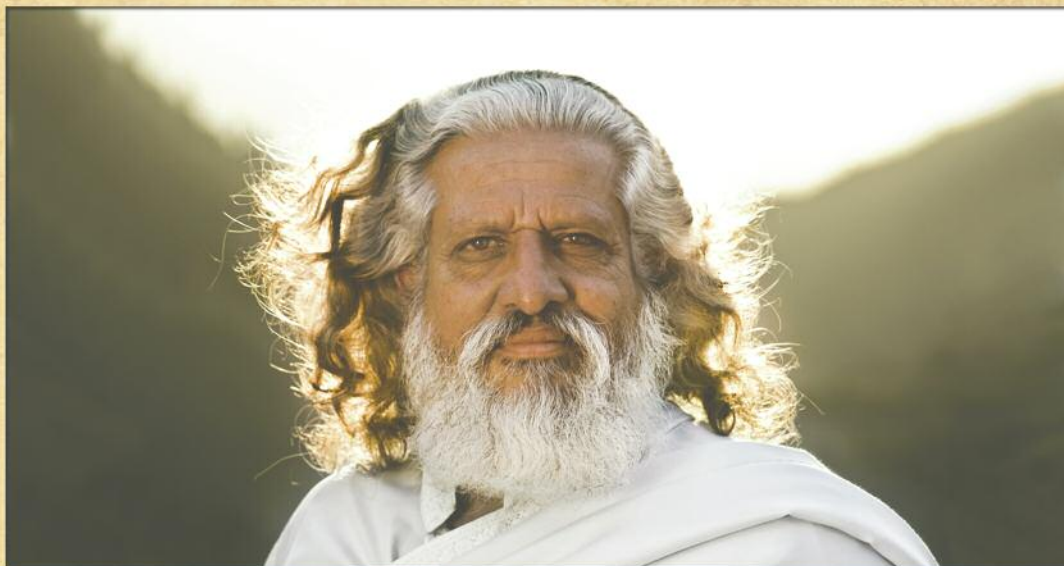
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