

# Kundalini Yoga News

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The Yoga of Awareness

As Taught by Yogi Bhajan

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Website: [YogaForRightNow.com](http://YogaForRightNow.com)

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## HAPPY NEW YEAR!

Here are some new things coming up for 2005 . . .

### B.J. to Start a New Class in Lemoyne at “Just Plain Yoga”

Due to many requests to offer more classes on the West Shore, B.J. has arranged to offer a weekly class at the Just Plain Yoga studio in Lemoyne. The class is called “Easy Yoga for Beginners,” and if you can sit on the floor, you can do this class. The time is **Wednesdays** from **7:30 to 8:30 a.m.**, January 5 through February 23. This class will be a stretchy way to start your day – even get you ready for a stressful day at the office! **Pre-register today by calling 717-975-9642**, and keep that New Year’s resolution to take better care of yourself!

### New “Session” Classes Set to Begin for Hershey Med and West Shore Rec

A new 8-week session begins **Tuesday, January 4**, and continues through Tuesday, February 22, at Hershey Med’s University Fitness Center. There are two classes to choose from – 5:45 to 7:00 p.m., and 7:15 to 8:30 p.m. **Call the UFC at 717-531-7075 to register.**



New sessions are slated to start through West Shore Rec a little later in the month. **Stress Management Yoga** at Highland Elementary School begins Wednesday, January 19, 7:00 to 8:30 p.m. **Yoga for Kids** (ages 5-9) at Lemoyne Middle School begins Thursday, January 20, 4:30 to 5:30 p.m. **Gentle Yoga** (done sitting in a chair, not on the floor) at the Lemoyne Borough Building begins Friday, January 21, 9:30 to 10:30 a.m. For more information or to pre-register, go to [www.wsrec.org](http://www.wsrec.org) or call **West Shore Rec at 717-920-9515**.

Ongoing classes at Alta View Wellness Center, The Movement Center, and the Riverside Office Center are continuing in the New Year. Classes will be restarting soon at the Finance Building in downtown Harrisburg, and at Harrisburg’s Jewish Community Center. **You can go to B.J.’s website, [YogaForRightNow.com](http://YogaForRightNow.com), anytime to check for updated class information!**

### More Meditation Workshops Coming in 2005!

B.J. will be offering more meditation workshops in 2005. “The Power of Mantra” is set for Saturday, January 22, from 1:00 to 4:00 p.m. at Just Plain Yoga in Lemoyne. “The Magic of Mudra” will be offered Saturday, March 5, at Just Plain Yoga. Go to [www.YogaForRightNow.com](http://www.YogaForRightNow.com) for details!

## And a look back at some of the highlights of 2004 . . .

### December

B.J. and some of her students were featured on WHP-TV's weekend morning news show on Saturday, December 11. They talked about some of the benefits of a regular yoga and meditation practice, with a light-hearted approach. This will hopefully be the first of many appearances to help educate the public about the great stuff yoga can do for you!

### November

B.J. discovered a tasty and easy recipe to use some of those winter vegetables! Time to share:

#### **Roasted Winter Vegetables** *(makes about 8-10 servings)*

1-1/4 lbs yams, cut into 2x3/4-inch pieces	nonstick vegetable oil spray
1-1/2 lbs butternut squash, peeled, cut into 3x1/2-inch pieces	2 tablespoons olive oil
1-1/2 lbs rutabaga, peeled, cut into pieces about 1/2 inch thick	1/4 teaspoon cayenne pepper
	1/4 cup chopped fresh chives
	2 tablespoons apple cider vinegar

Preheat oven to 350°F. Spray large baking dish with nonstick spray. Combine yams, squash and rutabaga in large bowl. Add olive oil and cayenne pepper; toss to coat. Spread vegetables in baking dish. Sprinkle with a little salt and pepper. Roast until vegetables are tender, turning and stirring occasionally, about 1 hour. Transfer roasted vegetables into large bowl. Add red onion, chives and vinegar. Toss to blend, and enjoy!

### October



The Kundalini Yoga community and peace-loving people around the world mourned the passing of Harbhajan Singh Khalsa Yogiji, known as Yogi Bhaijan, on October 6, 2004. He was 75 years old. Yogi Bhaijan was the first to publicly teach Kundalini Yoga in the West in 1968, when he arrived from India. He was an ardent advocate of world peace and religious unity, meeting with such leaders as Pope John Paul II, the Dalai Lama, and two Archbishops of Canterbury. In June of 1985, he established the first International Peace Prayer Day Celebration in New Mexico. He was founder and director of the 3HO Foundation (Healthy, Happy, Holy Organization), which today thrives in 35 countries around the world. His motto was, "If you can't see God in all, you can't see God at all." To learn more about Yogi Bhaijan's life and teachings, go to [www.kundaliniyoga.com](http://www.kundaliniyoga.com) or [www.sikhnet.com](http://www.sikhnet.com).

### September

B.J. took her ritual "revitalization" trip to the beach. If you want to start your own ritual, here's what you do. Get into the ocean, so that the water is at least covering your navel center. (Early September is a great time for this around here, since the water is usually nice and warm.) Breathe deeply from the navel center and feel your body taking in all the energy of the ocean! This is great to get you ready for the cold, dark months to come. Another great way to energize your body is to walk barefoot on the earth (not the sidewalk). Try to do this on a regular basis, as weather permits, so your body can take in energy from the earth.

### August

B.J. had the opportunity to lead the congregation at the Unity Church of Harrisburg in a meditation, which was quite powerful with this wonderful group of people. Many folks provided very positive feedback about the experience. If you'd like to try something like this with your group, just let B.J. know, and she'll be glad to help you prepare. We need to share the good stuff!

## July

One of B.J.'s students had a baby shower in July, and B.J. was happy to be invited. The joy of helping someone through a loving pregnancy is one of her favorite things about teaching yoga, so she has decided to take KRI's "Conscious Pregnancy" training in the summer of 2005. So, look for specialized classes for mothers-to-be, beginning in fall, 2005!

## June



Summer Solstice is the "family reunion" time for Kundalini Yoga folks, and B.J. traveled to New Mexico to be a part of it. She had the opportunity to study with some of the top teachers from around the world, in classes large and small. One of the best parts of Solstice is making yoga friends from around the world as well. B.J. also had the opportunity to sell some of her videos, with the long-distance award going to a teacher from Japan! Solstice is open to everyone, so if you'd like information on the 2005 gathering, let B.J. know.

## May

B.J. took part in the annual Employee Health Fair sponsored by the State Treasury Department. She even got to show State Treasurer Barbara Hafer a stretch or two! If you are involved in planning a wellness event and would like B.J. to participate, let her know. You can e-mail her via the website, [www.YogaForRightNow.com](http://www.YogaForRightNow.com).

## April - March

B.J. continued to offer her popular weekend meditation workshops. These are normally three-hour classes held on a Saturday or Sunday, giving participants time to learn more about the incredibly wide range of meditation practice. B.J. now offers an overview workshop, as well as sessions on the chakras, mantra (chanting), and mudra (hand positions). These workshops will continue in 2005, on both the East and West Shores, so keep checking the website for the events you want to attend!

## February

One of B.J.'s students had a "spa party" at her home for a small group of friends, and she invited B.J. to participate by leading a brief gentle yoga class for the group. We sat in a circle of chairs in a candlelit room, and we did a variety of exercises to maintain flexibility of the spine, to relax the shoulders and neck, and to strengthen the navel center. If you think a spa party sounds like a great idea, contact B.J. via the website, [www.YogaForRightNow.com](http://www.YogaForRightNow.com).

## January



B.J. received an award from the West Shore Recreation Commission as their Instructor of the Year for 2003. She is shown here with members of her "Gentle Yoga" class, who were instrumental in nominating her for this honor.

