

# PremYoga Center

## AUGUST 2009 SCHEDULE

4855 Belvedere Rd., Haverhill (West Palm Beach) FL 33415 • 2 blocks west of Military Tr., on the NE corner of Belvedere & Park Ln. • 561-351-3680 • office@PremYoga.com • www.PremYoga.com

Voted "Best Yoga Center in the Palm Beaches & Treasure Coast" – WPBF(ABC)-TV viewers

OFFERING EVERYTHING YOU NEED TO REALIZE YOUR FULL POTENTIAL!

Yoga • Meditation • Spiritual (Vedic) Knowledge • Social Events • Satsang • Kirtan • Drum Circles  
Healthy (Ayur Vedic) Lifestyle Education • Counseling • Life-Coaching • Tantra (Sacred Relationship)

Founded by Acharya PremShakti: lifelong seeker & teacher; co-founder of the famous  
Kripalu Yoga Center in Lenox MA; world-renowned master teacher of yoga teachers

## Take Acharya PremShakti's PremYoga/Kripalu Yoga 200-hour Yoga Teacher Training Program

A Yoga Alliance Registered School • A Kripalu Affiliate Training  
Held here in West Palm Beach on 10 weekends over the course of 14 weeks  
Comfortable schedule for those who work and/or have families • No travel - no room & board  
Small classes (personal contact with the teachers) • Plenty of time to digest & integrate the material

Choose from 2 great reasons to enroll in this program (or choose both!):

(1) To become a certified yoga teacher • (2) To profoundly deepen your own spiritual path

Next local program starts September 5th 2009

For info, or to receive a beautiful 8-page descriptive brochure, call PremShakti at 561-351-3680  
Or visit <http://www.premyoga.com/YogaTeacherTraining.htm>

**AUGUST SCHEDULE** Our yoga classes are open to all levels of experience unless noted otherwise. Whether you're a beginner, serious student, or teacher, our professional teachers will take you from the stressful outer world of activity to an inner world of deep silence, peace, and fulfillment. For class and event descriptions, please see the reverse side.

### PREM/KRIPALU YOGA CLASSES – EVERY WEEK

Closed on major holidays: New Years eve & day, Easter, Memorial Day,  
4th of July, Labor Day, Thanksgiving, Christmas eve & day.

#### MONDAY

• 6:00-7:15pm

Lainie Rydell until 8/22  
Acharya PremShakti after 8/22

#### TUESDAY

• 9:00-10:15am

• 6:00-7:15pm

Faith Schullstrom until 8/22  
Acharya PremShakti after 8/22  
Pavaki (Jane Bruno)

#### WEDNESDAY

• 6:00-7:15pm

**CANCELED UNTIL 8/22**

*Chakra Yoga*  
Acharya PremShakti

#### THURSDAY

• 9:00-10:15am

• 6:00-7:15pm

Faith Schullstrom  
Kalyani (Gill Harmon)

#### SATURDAY

• 9:00-10:15am

Kalyani (Gill Harmon) till 8/22  
Acharya PremShakti after 8/22

#### SUNDAY

• 9:00 -10:15am

**CANCELED UNTIL 8/22**

*Yoga Mysteries Revealed -  
A class for experienced students*  
Acharya PremShakti

• 10:30-11:45am

Malti until 8/22  
Acharya PremShakti after 8/22

### SPECIAL EVENTS

**SATURDAY, AUG 22<sup>ND</sup>** (usually the 3<sup>rd</sup> Friday of the month)

• 7:30-11:00pm

*KIRTAN CELEBRATION -  
With PremShakti & Friends*

\$10 admission\*

\* Pay what you can afford; no one turned away.

(1) **DESSERT POTLUCK** (7:30-8:00pm)

- **POTLUCK SOCIAL** – bring a dessert or beverage to share
- **GREAT CONVERSATION** – network with conscious folks

(2) **KIRTAN – By PremShakti & Friends** (8:00-9:30pm)

A profound, ancient method to bypass the thinking brain & directly enliven and awaken the heart.

- **KIRTAN** - spiritual chanting, plus poetry from the mystics  
Led by Acharya PremShakti: vocals & harmonium, poetry  
Friends: vocals, sitar, tabla, flute, guitar, singing bowls...
- **PREMSHAKTI'S** "voice & devotion will light up your life"  
She's traveled the world leading kirtans, teaching yoga, & serving thru her life-coaching & living example of bhakti.
- **PARTICIPATE** - sing along, harmonize, drum, dance, meditate, or just enjoy this delight for the ears & the heart!

(3) **MUSIC & DANCE JAM** (9:30-11:00pm)

*Flowing seamlessly from the kirtan into spontaneous music...*

- **MUSICAL JAM CIRCLE** - drummers, musicians, vocalists...  
bring your instruments.
- **EXPRESS YOURSELF IN MOVEMENT & DANCE** - it's hard to sit still when the lights dim & the jam begins. Let your heart and your body have their way!

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## THURSDAY, AUG 27<sup>th</sup>

• 7:30-9:30pm

### TURIYA MEDITATION (TM): FREE INTRODUCTORY TALK

Free

**The very informative 1<sup>st</sup> step in learning yogic meditation.**

*This simple, effortless, deep meditation has been the subject of more scientific research than all other meditation techniques combined! It unfolds the full 200% potential of life - 100% inner spiritual awakening (peace and freedom), plus 100% outer success (energy, intelligence, creativity, love, health, & happiness). It is expounded by Maharishi Patanjali in the Yoga Sutras to bring fulfillment to yoga by establishing samadhi (infinite, unbounded Self) as a 24-hour/day reality.*

## FRIDAY, AUGUST 28<sup>th</sup>

• 7:30-9:00pm

### TURIYA MEDITATION (TM) FREE PREPARATORY TALK

Free

**The very informative 2<sup>nd</sup> step in learning yogic meditation.**

**Prerequisite: any TM Introductory Talk (see above)**

*Gain tools to wisely evaluate any system of meditation.*

*Dispel common myths about meditation & spiritual paths.*

*See how to utilize fundamental laws of body/mind to experience & stabilize samadhi.*

*Understand the mechanics of how Turiya Meditation works so effortlessly & naturally*

## FRIDAY, AUGUST 28<sup>th</sup> (usually the 2<sup>nd</sup> Friday of each month)

• 7:30-9:30pm

### AWAKENING SATSANG

\$10 admission

Led by Acharya PremShakti

**PremShakti has been practicing Self-Inquiry since 1975 and was certified to lead Enlightenment Intensives in 2001.**

Self-Inquiry is an ancient spiritual practice which asks "Who Am I?" - 'behind' or 'beneath' it all. Offered in the spirit of Ramana Maharshi, Gangaji, etc., here is an invitation to

put down all your practices, beliefs, expectations - to stop the search & innocently see what is True - to discover 'how much' awakening is already present for you.

## SATURDAY, AUGUST 29<sup>th</sup> (the last Saturday of each month)

• 7:00pm-1:00am

### BONFIRE DRUM CIRCLE, PARTY, POTLUCK, & PARTNER DANCE

\$5 admission

*Bring something for the potluck (main dish, dessert, beverage); seating for drum circle ((beach chair, stool, blanket); musical instruments; dancing shoes...*

**All evening** - Potluck feast, socializing, piano sing-alongs, musical performances, healing & massage exchanges, card readers, henna artist, professional body painter (Carl Flick)

**7:00-9:00pm** - Partner dancing - ballroom, Latin, swing, disco, tango. Mini dance lesson (or refresher) at **7:30pm**

**9:00-midnight** - Tribal bonfire drum circle with brief drum lesson, live drumming (African, Latin, Middle-Eastern, world beats), bellydancers, fire-performers, poi-spinners, hoopers...

**12:00-1:00am** - birthday celebrations, dance & music performances & jam session, intimate merriment - magical time...

## FRIDAY, SEPTEMBER 4<sup>th</sup> (monthly on the full Moon night)

• 8:00pm-midnight

### FULL MOON DRUM CIRCLE

Free (except parking)

Led by Dr. Michael Dean Goodman

A wonderful gathering of our conscious tribe - drummers, dancers, fire-performers, quiet on-lookers. It's the perfect confluence of the 5 elements - soft sand underfoot (earth), gently lapping waves (water), the full Moon reflecting the Sun (fire), ocean breezes (air), enchanting rhythms (space/sound). A special spiritual celebration in many cultures.

**Held at: Lake Worth Municipal Beach, just north of Lake Worth Pier, at the back of Barton Park, Lake Ave. at A1A.**

## YOGA CLASS DESCRIPTIONS

Regular yoga & meditation release anxiety & stress, help lose weight, strengthen your body, relieve aches & pains, lower blood pressure, expand your mind, build confidence, & unfold latent energy, intelligence, creativity, & love.

### Prem/Kripalu Yoga

Experience real aliveness & unfold your full potential, on & off the mat. Remove mental, emotional, & physical constrictions, explore your 'edges' with compassion & awareness, experience the true Self. This sacred environment will help you move beyond mechanical exercise to a profound inner healing - both energizing & relaxing. Not 'gentle yoga' but 'deep yoga with awareness'. Modifications available for students with needs.

### Yoga Mysteries Revealed

**For experienced students.** Learn advanced pranayamas, pos-

tures, & bandhas to enliven & balance your energy field & life. Strengthen your physical & energetic bodies & prepare for 'Meditation in Motion' - a natural flow of prana that moves & heals the body, clears the mind, & draws you into a profound state of awakened consciousness (the source & goal of yoga).

### Chakra Yoga

Based on an ancient yogic system of spiritual development, we explore the transformative power of the 7 energy centers (chakras) of the body, each relating to a specific aspect of physical and mental/emotional functioning.

## FEES & SERVICES AT THE PREMYOGA CENTER

### A. NEW STUDENTS - 2 GREAT NEW WAYS TO TRY US OUT:

1. Enjoy our **FIRST CLASS GUARANTEE**: we guarantee your satisfaction or you take another yoga class for free!
2. Ask for a **2-WEEK UNLIMITED YOGA PASS** for only \$39 (use it to attend up to \$270 worth of classes!)

### B. DROP-IN (any 75-minute yoga class) \$15

### C. YOGA CLASS PASSES - NOW 33% LOWER PRICES FOR UNLIMITED YOGA CLASS PASSES!

4 classes \$54 (\$13.50/class) • 8 classes \$99 (\$12.36/class) • 16 classes \$188 (\$11.75/class) • 32 classes \$350 (\$10.94/class)

1-mo. unlimited \$110 (was \$155) access to \$580 of classes

3-mo. unlimited \$299 (was \$425) access to \$1740 of classes

6-mo. unlimited \$559 (was \$780) access \$3480 of classes

1-yr. unlimited \$995 (was \$1440) access to \$6960 of classes

### D. ACHARYA PREMESHAKTI OFFERS: (in West Palm Beach FL, or by phone as appropriate)

Life-Coaching for Enlightened Living • Spiritual Guidance • Private Yoga Classes & Yoga Therapy • Yoga Teacher Mentoring • Stress Management, Yoga & trainings are available for your group or business - call to inquire. Beautiful CDs of PremShakti's yoga classes are available - let her be your 'private yoga instructor' at home.

### E. DR. MICHAEL DEAN GOODMAN OFFER: (in West Palm Beach or Boca Raton FL, or by phone)

Counseling (for individuals & couples) • Relationship Coaching • Tantra Instruction (sacred relationship & masculine/feminine energy flow) • Spiritual Guidance • Healthy Lifestyle Consultation (ayur veda, nutrition, etc.) • Performance Coaching (singing, dancing, acting, musicians) • Partner Dance - Instruction & DJing • Drum Circle Facilitation & Instruction Presentations and workshops are available for your group or business - please call to inquire.

Free initial consultation - to discuss your needs & goals. Forty years of experience. **Very reasonable hourly rates.**