

# Kundalini Yoga News

*From B.J. McNeillie, KRI Certified Instructor*

**The Yoga of Awareness**

**As Taught by Yogi Bhajan**

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Volume II Number 1

Fall - Winter 2004

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## **The Holidays Are Coming! Do They Stress You Out?**

Whether you like it or not, we're entering that busy holiday season! It can be a time of extra joy, but for many, it's a time of extra stress. Remember to breathe and enjoy the little things. It's also a great to carve out some "me time" by coming to yoga class every week! New "session" classes are starting in the next week or two, and you can pop in on my [ongoing classes](#) at Alta View and The Movement Center [any time](#). Visit my web site for the complete class schedule – ***YogaForRightNow.com***.

### **Hershey Medical Center, University Fitness Center**

A new 8-week session begins Tuesday, October 26, and continues through Tuesday, December 14. 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 531-7075 to register.

### **West Shore Recreation Commission**

A new 6-week session begins the first week of November. Stress Management Yoga (on the floor) runs Wednesday, November 3, through Wednesday, December 15, from 7:00 to 8:30 p.m. in the Highland Elementary School cafeteria. (There will be no class on November 24 for the Thanksgiving holiday.) Gentle Yoga (in chairs) runs Friday, November 5, through Friday, December 17, from 9:30 to 10:30 a.m. in the Community Room at the Lemoyne Borough Building. (There will be no class on November 26 for the Thanksgiving holiday.) Call West Shore Rec at 920-9515 to register.

## **Come To A Meditation Workshop And Learn To Relax!**

I have two great meditation workshops coming up in the next few weeks. These will probably be the last ones I offer before the holidays, so don't miss out! They are not yoga classes, but three-hour meditation workshops where you will learn a wide variety of techniques to help you be in charge of the tape that's playing inside your head!

### **Alta View Wellness Center, Colonial Park, Saturday, October 30, 9:00 a.m. to noon**

*"Meditation: The Magic of Mudra"* The ancient yogis mapped out different areas of the hands, and how they relate to different types of energy and different reflexes to the brain. This workshop will focus on meditations utilizing "mudra," hand positions that help us work with different emotions and behaviors. Call Alta View at 221-0133 to register.

**New Day Yoga, Lebanon, Sunday, November 14, 1:00 to 4:00 p.m.**

*"Meditation: The Power of Mantra"* Mantra is often referred to as chanting. With the use of mantra, we can choose our vibration, the type of energy that we put out into the world around us. Situations, people, and events respond to the signals we send out. Learning about mantra is a great way to create your life the way you want it to be. New Day Yoga is located at 720 Cumberland Street in Lebanon, and there is wonderful parking behind the building. Call Pam Willeman at 964-3193 to register.

**Share The Benefits of Yoga With Your Kids!**

It's so great when kids can be introduced to yoga, because they are introduced to many helpful coping skills that are hard to find in today's busy, technological world. I'd like to tell you about several opportunities to share yoga with your kids.

**Yoga for Kids ages 5-9, West Shore Rec at the Lemoyne Middle School**

A new 6-week session begins on Thursday, October 28, and runs through Thursday, December 9, from 4:30 to 5:30 p.m. (There will be no class on November 25, Thanksgiving Day.) In this class, basic yoga postures and concepts are presented in a very fun way. Call West Shore Rec at 920-9515 to register your child.

**Yoga for Teens ages 12-17, at Harrisburg's Jewish Community Center**

We are now in the middle of an 8-week session, which will run through November 17. New students are welcome to join at any time, and you do not need to be a member of the JCC. Classes are held Wednesdays from 4:00 to 5:00 p.m. Call Terri Travers at the JCC for more information. Her number is 236-9555.

**"Taking CHARGE of Your Life," a monthly group for high schoolers, ages 14-17**

This new group is designed to give high school students improved life skills through yoga, meditation, yogic philosophy, journaling, sharing, listening, and support. The group will meet the second Saturday of each month from 9:30 to 11:00 a.m. at Alta View Wellness Center in Colonial Park. Dates are 11/13/04, 12/11/04, 1/8/05, 2/12/05, 3/12/05, and 4/9/05. We'll work on dealing with anger and frustration, time management, mental focus, keeping yourself energized, physical exercise, and enjoying the fun times of life! Call Alta View Wellness Center at 221-0133 for more information.

**Relaxation Tip: Meditation for a Calm Heart**

Here's a simple, effective meditation to help you stay calm when you feel like the stress is coming on strong. If you're in a situation where you can't sit down and do the hand positions (for example, standing in a long line at the mall), the breathing works quite well on its own.