



Hi Everyone,

It's time for the second issue of the Drishti e-mail newsletter! Thanks for your comments about our first newsletter – we really appreciated them. Your suggestions and feedback on our new e-mail newsletter are also welcome. We are always on the lookout for events and happenings to include in future newsletters – so if you know of something that might be appropriate for this venue, feel free to e-mail us the info and we'll take a look at it. Thanks for your continued support of Drishti! We look forward to seeing you soon.

Drishti Newsletter December 2003/January 2004

-The newsletter is best viewed in HTML format if possible!-
In this newsletter you will find the following sections:

- 1) What's New at Drishti
- 2) Yoga News
- 3) Upcoming Yoga Workshops & Events (in the SB area)

What's New at Drishti

The Holidays

The holidays are fast approaching, and we've been doing our best to prepare for them at Drishti. If you're considering shopping at our store for holiday gifts, we think you'll be able to find something just right. We also offer the option of **gift certificates** for the yogi(s) in your life, which can be a nice option if picking out a specific gift for your yogi proves to be a challenge - i.e. 'What size does she wear again?', 'Does he already have a Manduka mat, or not??', 'Would she prefer this book on Iyengar yoga, or this other book on Ashtanga yoga???' Maybe a gift certificate is the way to go in such cases. (Gift certificates can be purchased either at our store or through our website at www.drishtiyoga.com.)

In addition to holiday preparations, there are some other new things at Drishti that you might find interesting. Here are a few:

--One of our most exciting projects is the launch of our new **Drishti yoga mat line**. We are beginning by carrying a standard 1/8" thick Drishti yoga mat, available in 5 colors. We have tested this mat out and have found it to be of very high quality. In the future we may expand our line to include mats of different thicknesses, as well as other yoga props. We are happy to begin offering the Drishti mat to our customers within the next week.

--Another piece of Drishti news is that we recently received a new **men's yoga line** to add to our men's section. So far the customer response to this line has been great. We will also be bringing in a second new men's line within the next couple of weeks. For those of you who may have not noticed, our men's section was not exactly enormous. We have been on the lookout for more men's clothing ever since we opened, but aside from the companies we were already carrying, no one out there was producing quality clothing for the male yogi. We are pleased that we can now offer our customers a greater selection in this department.

--As far as clothing for the female yogi goes, our holiday shipment of **Om Girl** has just arrived! The order features all new colors (holiday-themed) and many new designs. In addition to checking out the new selection for yourself, Om Girl clothing makes a great gift because its design and beauty appeal to almost everyone. We are continually receiving new clothing shipments from other lines as well, and stopping in periodically to see what's new is the best way to make sure you haven't missed something great.

--In the **book world**, we have some new interesting titles. Judith Lasater (acclaimed yoga instructor and author of the widely-read Relax & Renew) has just released her new book, 30 Essential Yoga Poses - sure to be an important core book for many yogis' bookshelves. It will be available in stores shortly. International yoga instructor Donna Fahri (who was recently in town for a workshop at the Santa Barbara Yoga Center) has published a new book entitled Bringing Yoga to Life: The Everyday Practice of Enlightened Living. Marsha Wenig, whose 'Yogakids' videos have become useful tools for many families, has just released her first book, Yogakids: Educating the Whole Child. A few other intriguing books include Following Our Bliss: How the Spiritual Ideals of the 60's Shape Our Lives Today by Don Lattin, and (for the fiction lovers) The Da Vinci Code by Dan Brown and Love by Toni Morrison – her first novel in five years!

--In the **music department** there are some new releases that we enjoy listening to. Samite's new cd "Tunula Eno" (Triloka records) is a beautiful, touching album devoted to his late wife Joan - a favorite among the staff at Drishti. Also noteworthy are Wah's new cd, "Jai Jai Jai", Jai Uttal's new release, "Kirtan!", and "Mariama" by Senegalese artists Pape & Cheikh (Realworld Records). Shiva Rea has also released a new yoga instructional cd entitled "Beginner's Guide to Yoga", complementing her four previous audio yoga classes.

Yoga News

Krishnamacharya Yoga Festival

The Krishnamacharya Yoga Festival, an event to commemorate the 115th birth anniversary of Sri T. Krishnamacharya, took place this past November 12-16 in San Francisco, CA. Krishnamacharya is considered the 'grandfather' of modern Hatha yoga, and was the teacher of such revered yoga figures as Sri K. Pattabhi Jois, Sri T.K.V. Desikachar, and Sri B.K.S. Iyengar. This festival was an exciting opportunity for dedicated Hatha yogis to learn more about the history and background of modern yoga, and to pay respect for Krishnamacharya and his lineage. We talked to Autumn Jacobsen, a local yoga student who attended the event. Autumn is currently a graduate student in Religious Studies at UC Santa Barbara whose studies focus on Hatha yoga in America and the lineage of Krishnamacharya. We appreciate the comments she offered us about the festival:

We were informed at the start of the KYF that the gathering's intention was to bring unity-- union--yoga-- to the seemingly divergent yoga communities (of the Krishnamacharya lineage) in the U.S. In addition to the yoga practices and meditations, the two evening

sessions presented the “Asthanga, NY” documentary and a French documentary about Krishnamacharya’s 100th birthday, as well as a question and answer session. To see Krishnamacharya on film was awesome, and I learned some new things. The question and answer period cleared up some confusions of mine (as well as generated new questions!). Perhaps the most interesting answer concerned the nature and history of the three styles of hatha yoga derived from Krishnamacharya’s lineage. In short, Desikachar explained that Krishnamacharya taught yoga to his three well-known students at different times and with different purposes. All in all, I learned a lot!

To read more information about the festival, visit their website at www.yogaofyoga.com/festival.

International Yoga Championship

The controversial International Yoga Championship took place September 26-29 at the Yoga Expo in Los Angeles, an event co-ordinated by Bikram Choudhury, founder and franchiser of his own “hot-yoga” method. The yoga championship was the first competitive yoga event to ever take place in the U.S. Contestants competed in a “pose-off” consisting of seven yoga asanas, all from the Bikram series. The top 5 ranking contestants were given awards. A \$3,000 cash prize, a 2-week vacation, and the Bishnu Gosh trophy were all awarded to Lesli Christensen from San Diego, CA, who placed first in the competition.

The Yoga Championship has stirred debate amongst the yoga community, with many practitioners claiming that yoga is about anything but competition. While Bikram drew attendees to the Yoga Expo, many others chose to avoid his event.

For more information about the yoga expo, visit www.yogaexpo.com

Pattabhi Jois’ World Tour Cancelled

Sri K. Pattabhi Jois, founder of Ashtanga Yoga, was partway through his World Tour with his family when he received word that his son-in-law had passed away. Mr. Rangaswamay died suddenly on October 27th of a heart attack. The family returned home to India that evening. Ashtanga students were expecting to practice with Jois in San Francisco, Hollywood, and Encinitas, CA. Jois was also scheduled to appear at the Krishnamacharya Yoga Festival in November. Tim Miller was chosen to represent Pattabhi Jois at the festival, and Jois urged all those who were planning on attending the festival to still do so, out of support and appreciation for Krishnamacharya and his legacy. The abrupt cancellation of Jois’ tour came as a shock to the Ashtanga community, and their thoughts and prayers were with their teacher and his family during that difficult time.

For more information about this turn of events, visit www.ayri.org and look for “Recent Updates”.

Kirtan in the News

It’s always interesting when a mainstream, national publication prints an article about yoga. Recently two noteworthy articles have been published about kirtan, or devotional chanting – a Hinduism-rooted practice which has become very popular amongst yoga practitioners in America. Well-known kirtan leaders such as Krishna Das, Dave Stringer, Jai Uttal, and Wah travel to yoga centers with their bands and host concerts of sorts, leading people in a call-and-response form of devotional chanting. All four of these singers have visited Santa Barbara multiple times. These musicians also record their music and produce cds, which have become core titles in the music collections of many yogis.

The following links will direct you to recent articles on kirtan that may be of interest:

From the Washington Post, November 27, 2003:

<http://www.washingtonpost.com/wp-dyn/articles/A17672-2003Nov27.html>

From Time magazine, October 6, 2003:

http://www.time.com/time/archive/preview/from_redirect/0,10987,1101031006-490684,00.html

Being Here

On November 18 the film "Being Here" screened at the Center Stage Theater in Santa Barbara. This movie is about environmental artist Dan Horgan, who lives in Santa Barbara and studies Ashtanga yoga with David and Andrea Miliotis. The film was produced by Bison Films, a company run by Russ Spencer, who studies Ashtanga yoga with Steve Dwelley in Santa Barbara. This unusual film takes viewers into the heart of Dan Horgan's contemplative world, exploring his unique approach to creating art using the natural world. Santa Barbara yogis attended this screening in large number, both because the filmmaker and his subject are local yogis, and because the film's underlying themes include healing, growth, and being present with oneself. Russ and Dan were greeted with a sold-out crowd and an enthusiastic standing ovation at the film's conclusion. The viewers' consensus seemed to be one of awe and admiration toward both Russ Spencer and his subject Dan Horgan.

For more information about Bison Films, visit www.bisonfilms.com.

Upcoming Yoga Workshops & Events

- Yogabirth w/ Shelley Wilcox Purcilly at the Santa Barbara Yoga Center
Thursday, December 4, 2003, 8-9:30pm, \$35
- Chakras in Asana w/ Anne Van de Water at the Santa Barbara Yoga Center
Saturday, December 6, 2003, 1:00-4:00pm, \$35
- Yoga Soup 3rd Anniversary Celebration and chanting with Dave Stringer at the Unitarian Church
Sunday, December 7, 2003, 7:00pm, \$15 suggested donation
- Restorative Yoga w/ Cheri Clampett at the Santa Barbara Yoga Center
Sunday, December 28, 2003, 1:30-4:00pm, \$35
- Intro to Mysore Ashtanga Yoga w/ David & Andrea Miliotis at the Santa Barbara Yoga Center
Sunday, January 4, 2004, 4-5:30pm, \$15 (Regular Class Series Accepted)
- New Year Intensive w/ Scott Blossom at the Santa Barbara Yoga Center
Friday, January 9 through Sunday, January 11, 2004, \$60
Friday 6-8pm, Saturday & Sunday 1-3:30pm
- Weekend Workshop w/ Tim Miller at the Ashtanga Yoga Shala
Saturday, January 10 and Sunday, January 11, 2004, 1-4pm both days, \$95
- Demystifying the Chakras w/ Niav Connor at the Santa Barbara Yoga Center
January 10-17, 2004, \$145
- Core Integration: A Total Abdominal Awakening w/ Jill Miller at Lulubandha's in Ojai
Saturday, January 11, 2004, 1:00-4:00pm, \$45
- Siddhi's Yogi Cleanse Winter 2004 at the Santa Barbara Yoga Center
January 15 through January 25, 2004, \$235
- Postnatal Workshop w/ Joy Golbere at Lulubandha's in Ojai
Saturday, January 18, 1:00-3:00, \$20

-Yogabirth: Yoga for Pregnancy and Birth Preparation w/ Shelley Wilcox Purcilly at the Santa Barbara Yoga Center
- an Advanced Studies and Yoga Teacher Training Program
Friday, January 23 through Sunday, January 25, 2004, \$285

-Yin Yoga w/ Paul Grilley at Lulubandha's in Ojai
Saturday, February 22, and Sunday, February 23, 2004, 12-5 both days, \$125

"There is always an excuse not to do yoga and I've heard them all. 'I'm not feeling well,' 'It's too cold (or too hot),' or 'The city is too hectic and not a spiritual place.' I think New York City is the best place to practice. Forgive my paraphrase, but as the song says, if you can achieve it here, you can do it anywhere. I know many yogis in India who can renounce the world, sit under the tree, and raise their kundalini because they have no distractions. But then they come here and get tempted by the world, cars, fame, women, money, and...well that's why there are so many scandals around yogis. If you can overcome the temptations here, you really have mastered the senses."

-Dharma Mittra, March 2003

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