



Hi Everyone,

We are excited to be sending out our first e-mail newsletter! The Drishti newsletter is scheduled to come out once every other month. It's designed to fill everyone in on what's new in both the local SB yoga world and the yoga community at-large, as well as what's new with Drishti. Your suggestions and feedback on this e-mail are welcome! We are also 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 checking out our first newsletter!

Drishti Newsletter October/November 2003

-The newsletter is best viewed in HTML format if possible!-

In this newsletter you will find the following sections:

- 1) Yoga News - Santa Barbara area
- 2) Yoga News - yoga community at-large
- 3) What's New at Drishti
- 4) Not-so-Yoga News

Yoga News, Santa Barbara area

"Ashtanga, NY" Screening

"Ashtanga, NY", a documentary on Ashtanga yoga and Pattabhi Jois' visit to New York in 2001, screened at the SB Museum of Art on August 22nd. The film was well received by the local Ashtanga community. Mary Wigmore, a director and producer of the documentary, introduced the film and was on hand afterward to answer questions. The film takes a closer look at the community of Ashtangis in New York City and their feelings about their practices. It also focuses on the group's reaction to the attacks of September 11, 2001 (which took place during Pattabhi Jois' visit), and the way in which their teacher helped them cope with this tragedy through their yoga practice.

For more information on this film, visit www.ashtangafilm.com

Avia Spa

A new day spa / yoga studio named Avia Spa is about to open in downtown Santa Barbara. Located at Chapala and Gutierrez streets, the space is rumored to have a beautiful interior. Their yoga schedules will be available at Drishti once they open. For more information, watch for their print ads in the SB Independent and elsewhere.

Yoga Teachers Relocating

Scott Blossom, Chandra Easton, and their daughter Tara, a family who has become a fixture in the local yoga community, are relocating from Santa Barbara to the Bay Area. Scott has taught yoga classes, workshops, and teacher trainings at the SB Yoga Center for seven years, and Chandra has led yin and gentle vinyasa classes there for the past two. They are some of SB's most loved yoga instructors. Hopefully they will return to teach occasional workshops. We will miss them!

New Yoga Classes in SB (Ongoing):

- Yoga for Kids classes for ages 6-12 w/ Gina Winston at the Santa Barbara Yoga Center
Tuesdays & Thursdays 4:30-4:55pm - \$5
Saturdays 12:15-1:00pm - \$8 (great prices!)
- "Youthful Yoga" classes for ages 10-14 w/ Hayley Parlem at The Yoga Studio
Saturdays 12:15-1:15p - \$8
- Gentle Vinyasa classes w/ Victoria de Maio at Blue Lotus Feet Yoga Loft
Wednesdays & Fridays at 7:15am
- Prenatal Yoga class w/ Cory Sipper at Blue Star Rising
Sundays 3:30-4:45pm
- Yoga in Spanish (!) w/ Valerie Gevirtz at The Yoga Studio
Saturdays, 10:45am-12:15pm

Upcoming Yoga Workshops in SB:

- **Special class with Jenny Wilmer and Amy Clifford at The Yoga Studio:
Sound Yoga Therapy - an Integrative Journey
Sunday, Sept. 28, 4:00-6:00pm - \$25
(Jenny Wilmer taught yoga in Santa Barbara for many years until she relocated to Sun Valley, Idaho two years ago. She was a favorite among SB yoga students, and many people are excited that she'll be in town to teach this upcoming workshop!)
- Free Introduction to Yoga Class at Yoga Jones (in Ventura)
Sunday, Sept. 28, 11:00am - 12:30pm - free!
- Yogabirth w/ Shelley Wilcox Purcilly at the Santa Barbara Yoga Center
(separate workshops)
Thursday, Oct. 2, 8:00-9:30pm - \$30
Thursday, Nov. 6, 8:00-9:30pm - \$30
- Yoga Intensive w/ Heather Tiddens at the Santa Barbara Yoga Center
Friday, Oct. 3 through Sunday, Oct. 12, 12:15-2:45pm everyday - \$200
- Intro to Mysore Ashtanga Yoga w/ David & Andrea Miliotis at the Santa Barbara Yoga Center
(separate workshops)
Sunday, Oct. 5, 2:00-4:00pm - \$15
Sunday, Nov. 2, 2:00-4:00pm - \$15
- Core Integration Workshop: A Total Abdominal Awakening w/ Jill Miller at Yoga Jones

Saturday, Oct. 11, 12:00-3:00pm - \$45

-Siddhi's Fall Yogi Cleanse w/ Siddhi Ellinghoven at the Santa Barbara Yoga Center
Thursday, Oct. 16 through Sunday, Oct. 26, 7:00-8:30am everyday - \$235

-Principles of Anusara Yoga w/ Tina Brandt at the Santa Barbara Yoga Center
Saturday, Oct. 18, 1:00-4:00pm - \$35

-Yoga & Politics w/ Bob Cawley at The Yoga Studio - by donation
These are fundraisers for Bob's political campaign! All donations will support his running for SB city council. For more info about his campaign, see "Not-So-Yoga News" at the end of the newsletter.

Saturday, October 25th, 5:30-7:30pm
Saturday, November 1st, 5:30-7:30pm
for more info, call 805-966-6271

-The Organic Body w/ Eric Small at Yoga Jones
Saturday, Oct. 25, 10:00am - 4:00pm - \$65

-Yoga - Deepening Your Practice w/ Ganga White & Tracey Rich at White Lotus Foundation
Oct. 25 - 31 - \$1200

-Restorative Yoga w/ Cheri Clampett at the Santa Barbara Yoga Center
Sunday, Oct. 26, 1:30-4:00pm - \$35

-Ojai Yoga Crib
Oct. 31 through Nov. 2
with Erich Schiffmann, Tim Miller, Patricia Sullivan, Saul David Raye, Scott Blossom, Kira Ryder, Bhagavan Das, and more!
for more info, visit www.ojaiyogacrib.com
(The first attempt by anyone in the Santa Barbara area to create a yoga conference-like event. It has been organized by Kira Ryder, owner of Lulu Bandha's yoga studio in Ojai. Kira is a unique and inspiring yoga instructor whose creative approach to yoga has attracted many fans. The event promises to be a great weekend.)

-Yoga Workshop w/ Donna Fahri at the Santa Barbara Yoga Center
The Body as a Spiritual Vehicle: A Yoga Workshop, Lecture & Book Signing
Friday, Oct 31, 7:00-9:00pm / Saturday & Sunday, Nov. 1 & 2, 1:00-4:00pm - \$165
Free lecture and book signing on Saturday, Nov. 1, 1:00-4:00pm
(Donna is a world-renowned yoga instructor. It is exciting that she is coming to SB and we hope her free lecture is packed and her workshop sells out!)
Donna Fahri has been teaching yoga for 21 years and leads workshops internationally. She has written three books on the practice of yoga and will be holding a book signing for her newest release, Bringing Yoga to Life: The Everyday Practice of Enlightened Living. She lives in New Zealand and is coming through Santa Barbara on her U.S. tour.

-Therapeutic Yoga Teacher Training w/ Cheri Clampett & Arturo Peal at the Santa Barbara Yoga Center
2 weekends: Nov. 7, 8, 9 & Nov. 14, 15, 16 - \$675

-Weekend Yoga Retreat w/ Cheri Clampett at Laurel Springs - Healing Through Cancer
Nov. 21, 22, 23
For info., visit www.chericlampett.com, or call (805)-967-1953

-Weekend Workshop w/ Tim Miller at the Ashtanga Yoga Shala

January 10 & 11, 2004, 1:00-4:00pm, both days - \$95
(We posted this one well in advance because we know it will sell out quickly! For those interested in Ashtanga Yoga, Tim is an excellent teacher, and was the first American certified to teach Ashtanga by Pattabhi Jois.)

For more information on these workshops or classes, visit the websites of their locations:

www.ashtangasantabarbara.com
www.theyogastudio.net
www.bluelotusfeetyogaloft.com
www.bluestarrising.com
www.santabarbarayogacenter.com
www.whitelotusfoundation.org
www.yogajones.com

Yoga News, Yoga Community At-Large

Yoga Expo - Yoga Controversy?

This upcoming weekend, September 25th - 28th, an event called Yoga Expo will take place at the Los Angeles Convention Center. The "executive producer" of this event is Bikram Choudhury, who is well-known for his "hot yoga" method, which he has franchised and claims is the only true hatha yoga that exists. His Yoga Expo is similar in format to yoga conferences which occur across the nation - with one noteworthy exception. An official "international yoga competition" will be held, the first competitive yoga event to ever take place in the U.S. Trophy-winners from regional championships (which already took place across the country this summer) will compete in a literal "pose-off" for the Ghosh Cup World Yoga Championship.

To many, yoga is about anything but competition - they very idea of a yoga championship seems like an oxymoron. The issue of the Yoga Expo has become a hot debate amongst yogis nationwide, and while Choudhury promises to attract thousands of attendees this weekend, many other practitioners say they will avoid the event.

To find out more about the Yoga Expo, visit www.yogaexpo.com

For an LA Times article about the Yoga Championship, visit

www.latimes.com/features/printedition/magazine/?track=mainnav-magazine.

Yoga Works Upsizes

Yoga's increase in popularity in recent years has been experienced nationwide, but no city has felt more changes than Los Angeles, California. Now hailing over 60 yoga centers city-wide, this town has had a yoga practitioner population explosion! Noteworthy in Los Angeles is Yoga Works, whose two studios on Main Street and Montana Avenue were yoga landmarks in this area years before the recent boom. As of July of this year, Yoga Works had acquired 5 additional yoga studios, including Yogatime in Beverly Hills. With seven studios in the LA area, Yoga Works has morphed from a two-studio small business into a yoga "chain".

National Yoga Events

-Krishnamacharya Yoga Festival - San Francisco, CA, USA Nov. 12-16

-Featuring Sri K. Pattabhi Jois and Sri TKV Desikachar, with Sharath Rangaswamy and Kausthub Desikachar

For more information, visit www.yogaofyoga.com/festival or call 1-800-388-1948 ext. 8

-Sri K. Pattabhi Jois' World Tour, October through December

Pattabhi Jois and his grandson Sharath will begin another world tour this October, once again bringing their inspiring presences to Ashtangis in London, New York, San Francisco, Hollywood, and Encinitas! For more information, visit www.ayri.org/tour.html#guruji_tour_mark.

-Yoga Journal's 8th Annual Convention: The Poetry of Stillness in Motion

Estes Park, CO, Sept. 22-28

For more information, visit www.yjevents.com, or call 1-800-561-9398

-The First annual Yoga Show and Conference in Toronto, Canada, Nov. 20-23

For more information, visit www.theyogashow.com, or call 416-962-3636

What's New at Drishti

At Drishti, things have been flowing smoothly. As you probably all know, we completed a major project last month in getting together our website. We were very happy with the finished product. It feels good to now have a presence on the web, where more people can find out about our store. The website address is www.drishtiyoga.com, for anyone who might not know.

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

--We are continually excited about the new **clothing** shipments that we receive. They come in all the time, and stopping in periodically to see what's new is the best way to make sure you haven't missed something great. Fresh on the racks is brand new ****Om Girl****, a favorite of many of our customers. We have it in a beautiful color array of brick red, lavender, and soft blue. Our Hard Tail section is currently full of many classic items in new, fall-themed colors.

--In the **book world**, we are very excited to have Eckhart Tolle's new book entitled Stillness Speaks, hot off the press. Tolle is the acclaimed author of The Power of Now, which came out in 1999 and is still on bestseller lists today (!) If you come by to pick up this book, mention the newsletter and we'll give you 10% off. Another exciting book about to be released in October is filmmaker Michael Moore's new book, Dude, Where's My Country? Look for it this month in our window and on our shelves! (Speaking of Michael Moore, he's coming to speak at the Arlington in October and we couldn't be happier!)

--**Music!** The biggest news is that Krishna Das' new cd, "Door of Faith" is out and available at Drishti. This cd is different from all of his other releases. It isn't his usual call and response chanting - it's simply singing and harmonium. It's more peaceful and less "rockin'", and nice to listen to for these qualities. If you come by to pick up this cd, mention the newsletter and we'll give you 10% off. A few other new releases that are great are: "Siddharta, the Spirit of Buddha Bar", and "Buddha Bar V". People might also be happy to hear that we now have Dave Stringer's "Japa" and Steve Ross' "Grace is the Name of the Game".

--A few months ago we started a **bodywork section** in the back corner of our store to provide our massage therapist customers with a spot to get some well-priced items. We've been adding to it ever since, bringing oils, creams, books, music, and more together in one area.

--**Bamboo blocks** are the new alternative to wooden blocks, preferable because they are much more environmentally-friendly than wooden ones and even cost less than they do. They are beautifully sculpted and presented. Priced at \$24 each.

--**Erich Schiffmann videos!** These have been out for only a few months. They are the first video product featuring Erich since the Ali McGraw video came out in 1994 (which we carry at Drishti as well.) There are four different titles and they were each home-made by Erich. You should watch the ones filmed in his backyard and look for his cat that shows up! Very informative and creative.

Not-so-Yoga News

Twins Born

On July 13, Steve Dwelley and Michele Nichols had twin boys! Ethan Lee and Arran Michael Dwelley were born at home and are healthy and happy. The news of their birth brought smiles to many people's faces. Their birthday also happens to be the birthday of Steve and Michele's guru, Pattabhi Jois! This "coincidence" is considered by many to be very auspicious. Steve and Michele own the Ashtanga Yoga Shala, where they teach Mysore style Ashtanga classes six days a week. For more info on their studio, visit www.ashtangasantabarbara.com.

Yogi Runs for SB City Council

Bob Cawley, owner of The Yoga Studio, is running for one of three open seats on Santa Barbara's City Council. He has been a yogi in Santa Barbara for 18 years and is running as the "Good Karma" candidate, hoping to work toward "fiscal fairness" in the city. Bob aspires to bring a greater focus on environmental issues and social awareness to the council and the city. For more on his campaign, visit www.cawleyforcouncil.com. Keep him in mind when you head to the polls on November 4th (and please do head to the polls - change starts with our votes!) Bob will holding two fund-raising events at The Yoga Studio. Entitled "Yoga and Politics", these are two yoga classes that Bob will teach in which both yoga and politics are addressed. By donation - all proceeds will go toward his political campaign. October 25th & November 1st, 5:30-7:30pm. For more info, call 805-966-6271.

Recent Photo Shoot

Many of you have seen Drishti's print ads in the SB Independent and other publications. Part of the intention behind the ads is to use models who are "everyday people" from the local community, to demonstrate the wide range of people to whom yoga appeals. A new Drishti photo shoot was just conducted last month, so watch for the ads in the SB Independent to see the new models and poses!

"They who in every least thing are wholly honest with the spirit of life, find life supporting them in all things."

-Bhagavad Gita

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