



Welcome to the November-January issue of the Drishti newsletter! As always, if you have any feedback or suggestions, feel free to e-mail us! Thanks for reading...

Drishti Newsletter November 2004-January 2005

-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

In the **yoga dvd department**, we have some new items which might be of interest. **Yoga for Teens** is the first yoga DVD targeting the teenage demographic and it received a great review in a recent issue of *Yoga Journal*. We are now also carrying **Shandor Remete's** coveted 3-DVD series which features his style of yoga called Shadow Yoga. Shandor is a well-known instructor based in Australia whose teachings have influenced yoga teachers worldwide, including our own local instructors **Matt Pesendian**, **Tina Brandt**, and **Scott Blossom** (who is technically no longer local, but visits us so often that he is an honorary "local teacher".) We are awaiting the imminent release of **Shiva Rea's** new DVD **Sun Salutations**. Her first DVD, *Yoga Shakti*, has flown out of Drishti due to its beautiful cinematography and its "create your own practice" features. Her new DVD will be available soon and could make the perfect holiday present for your home-practicing friends and family.

In the **yoga mat department**, we have a new item in our Drishti line: the **Microfiber Yoga Mat**. Meant for practitioners whose sweat causes them to experience the "slipping-on-your-mat blues", this mat is a union between a yoga mat and a yoga rug or towel. The surface of the mat is made from a thinly-woven microfiber material which actually grips more as you sweat more. The bottom side of the mat is sticky and grips the floor as any other sticky mat would. Most people solve their slipping problems by practicing with a mat and a separate towel or rug on top of it - the mat keeps the practice area from slipping on the floor, and the towel or rug keeps the practitioner from slipping on the mat. Drishti's new **microfiber mat** has both of these needs built into one product - what an idea! (*To our online customers*: this product is so new that it is not yet available on our website. If you are interesting in ordering one, please phone or e-mail your order in instead of using the website. Thanks!)

In the **clothing department**, we continue to offer the beautiful and stylish selection of yoga/lifestyle clothing that is so coveted by our customers. We have too many new items to describe here, but you might want to come by and take a look to see our current collections.

We have a few new interesting arrivals in our **music & book sections** as well. **Krishna Das** has just released a greatest hits cd called **Greatest Hits of the Kali Yuga**, and Dave Stringer's latest release **Mala** is now finally available for those of you who have been waiting! Well-known Ayurvedic scholar and doctor **David Frawley** has just published a new book titled **Yoga and the Sacred Fire**, and Eckhart Tolle's ever-popular **The Power of Now** has recently been released in paperback for the first time.

Yoga News

Yoga Presentation in Mysore

A unique **yoga demonstration** took place on October 15, 2004 in Mysore, India, the home of Ashtanga Yoga founder **Sri K. Pattabhi Jois**. The event was officiated by Jois himself and featured 4 yoga practitioners, including local yoga instructor **David Miliotis!** Drishti Newsletter Correspondent Autumn Jacobsen was on hand and had this to report:

"Namaste from Mysore, India! We [Adriana, Micah, Andrea, Jennifer, I (Autumn) and many other Ashtangis here in Mysore] enjoyed witnessing Guruji [aka Sri K. Pattabhi Jois] give a lecture while simultaneously conducting a yoga demonstration which featured Annie Pace, Olaf Kalfas, Rolf Naujokat and Santa Barbara's own David Miliotis. The presentation, held 15 October, was part of the "Mysore Travel Mart 2004" -- a rather regal convention that included speeches by numerous politicians [including Mr. S.N. Wodeyar, descendant of the distinguished Wodeyar Maharaja of Mysore]. The event focused on boosting Mysore's economy by increasing tourism; though of course, Guruji's speech was strictly about yoga and was given in his native tongue, Kannada. In the tradition of his guru, Sri T. Krishnamacharya, Guruji lectured about yoga's physical, mental and spiritual benefits for extraordinarily long periods of time while his students were left holding postures from the primary, intermediate and advanced series."

For a **photo slideshow** of this dynamic yoga demonstration, visit this link:

<http://www.eightlimbyoga.com/gurujidemo.htm>.

Kundalini Yoga Founder Dies

Yogi Bhajan, the founder of **Kundalini Yoga**, **died at his home** in Espanola, New Mexico on October 6 at the age of 75. Bhajan played a crucial role in bringing yoga to America during the late 1960s and early 1970s, and has continued to serve as a momentous figurehead in the yoga community ever since. He founded the **Sikh Dharma** religious community in New Mexico, whose members live on the grounds and practice yoga, meditation, vegetarianism, and community service. Bhajan's influence was not limited strictly to the yoga realm, however. His financial empire included **Golden Temple**, the company that produces the ever-popular **Yogi Tea** and other natural food products, and oddly enough, **Akal Security**, a company that specializes in providing security guards and protection for government sites across the country. Boasting 12,000 employees and more than \$1 billion in federal contracts, Akal Security has become one of the nation's major players in the big business of security. Bhajan's presence was felt in the political realm as well - he achieved recognition from U.S. governors, legislators, and heads of state, as well as religious leaders like the Dalai Lama and the Pope. One significant non-profit organization owned by Bhajan and Sikh Dharma is the **3HO Foundation**, which stands for Happy, Healthy and Holy Organization. This group is dedicated to the **spread of Kundalini Yoga** and has started over 300 yoga centers with 4,000 yoga instructors. Some of Yogi Bhajan's most well-known students include **Gurmukh Kaur Khalsa** (yoga for pregnancy authority), **Shakti Parwha Kaur Khalsa** (Yogi Bhajan's first American student), and **Krishna Kaur** (founder of the International Association of Black Yoga Teachers). A memorial service was held for Yogi Bhajan on October 23 at Sikh Dharma with hundreds of people in attendance.

Yoga Works in the Hot Seat?

We included a piece in our last newsletter about the transformation of Yoga Works from a 2-studio Mom-and-Pop business to a full-blown yoga chain. Well, on September 10 the **Los Angeles Times** ran a [front-page article](#) entitled: "Assuming the Profit Position: Two entrepreneurs are establishing a national chain of yoga studios [Yoga Works]. Critics consider such commercialization an intolerable stretch." (Who is the award-winning LA Times taking their cues from? Obviously the Drishti Newsletter!) Did you know that one of Yoga Works' chief investors is affiliated with **24-Hour Fitness**? This and many other interesting facts are reported in another excellent and informative piece in [this week's LA Weekly](#). People all across the Los Angeles area are now affected by the expansion of Yoga Works. The issue has become the new **hot topic** discussed amongst yoga students throughout LA and beyond. How the new yoga chain will fare in the sea of controversy that it has managed to stir up remains to be seen.

Sri K. Pattabhi Jois World Tour

In our last newsletter, we reported that Ashtanga founder Sri K. Pattabhi Jois was rumored to be planning a **Spring 2005 World Tour**. Well, it turns out that our sources were not wrong, and Jois and his family will indeed conduct a tour this Spring, traveling to both England and the U.S. to hold yoga classes for thousands of students. Jois will visit London, Encinitas, Los Angeles, San Francisco, and New York City over a 2 1/2 month period. His last World Tour in 2003 was unexpectedly cancelled partway through due to a death in his family, and he was unable to make his scheduled California visits. Students in California will therefore be extra excited at the opportunity to practice with Jois this Spring! You can find more details about this upcoming tour at <http://www.ashtanga.com/html/Guruji2005.html>.

Yoga in the News

In our last newsletter, we cited some interesting examples of **yoga-mentionings** that we had found in recent **news media**. We received such positive feedback about this from our readers that we've decided to make "Yoga in the News" a regular part of the Drishti newsletter. We find it intriguing when mainstream media chooses to report on yoga-related stories. What does this say about America's attitude toward the practice?

- On September 22, **CNN** ran a story entitled "[Naked Yoga OK in San Francisco](#)". Apparently practicing yoga on the street in the nude has now been deemed legal!
- On October 17, **Fox News** featured a story called "[Punk Rock Latest Yoga Trend](#)" about a yoga instructor in Seattle who leads yoga classes with live music in a nightclub.
- In September, **Consumer Reports** published a piece on "[The New Options in Yoga](#)", in which different types of yoga are explained.
- On August 29, our local paper, the **Santa Barbara News Press**, ran a report on "More Yoga Centers Popping up in Santa Barbara", in which they interviewed 5 local yoga instructors and studio owners. (*no link available*)
- On August 29, the **Washington Post** published a lengthy article titled "[Beyond the Mat: Yoga Stretches Out](#)", comparing yoga's origins and philosophy to today's "fitness yoga" craze.

Upcoming Yoga Workshops & Events

-Golden Tree Yoga Thanksgiving Food Drive

November 8 - 24: GTY will be collecting non-perishable foods to be distributed to local needy families.

-3-Week Meditation Course w/ Tricia Keen at Yoga Jones in Ventura

Tuesdays, Nov. 9, 16, & 30, 6:00-7:00pm, \$30

-Iyengar Training w/ Eddy Marks & Mary Obendorfer at The Yoga Studio

Friday, Nov. 12 - Sunday, Nov. 14, call Nancy for more info: (805) 569-9857

- Relaxation Bliss w/ Jay Schwed & His Healing Crystal Bowls at Golden Tree Yoga
Friday, Nov. 12, 7:00-9:00pm, \$25
- Back to Basics Yoga Intro w/ Kristen Hoyer at Golden Tree Yoga
Friday, Nov. 12 - Sunday, Nov. 14, \$35
- The Yoga Zone: An Exploration of the Asana High w/ John Patrick Sullivan at Golden Tree Yoga
Saturday, Nov. 13, 1:00-4:00pm, \$35
- Introduction to Anusara Yoga w/ Desiree Rumbaugh at Yoga Jones in Ventura
Sunday, Nov. 14, 2:00-5:00pm, \$45
- Cooking for Life with Ayurveda w/ Dr. Mishra at Prana Ayurveda Center
Sunday, Jan. 14, 5:30-7:30pm (followed by dinner), \$45 (incl. book & video)
- YogaBirth w/ Shelley Wilcox Purcilly at Santa Barbara Yoga Center
Friday, Nov. 19, 6:30-8:00pm, \$35
- Intuitive Alignment w/ Kat Connors-Longo at Santa Barbara Yoga Center
Saturday, Nov. 20, 1:00-4:00pm, \$35
- Global Dance w/ Kristen Hoyer at The Yoga Studio
Saturday, Nov. 20, 7:30-9:00pm, \$12 suggested donation
- Restorative Yoga w/ Cheri Clampett at Santa Barbara Yoga Center
Sunday, Nov. 21, 2:00-4:30pm, \$35
- Giving Thanks w/ Nicole English at The Yoga Studio
Thursday, Nov. 25, 9:30-11:30am, by donation (all donations given to Transition House)
- Thanksgiving Day Yoga w/ Eddie Ellner at East Beach Studios
Thursday, Nov. 25, 9:00-11:00am, by donation (all donations given to Transition House)
- Restorative Yoga: A Special Afternoon of Ease and Joy w/ Nicole English and Daniel Bowen at
The Yoga Studio
Sunday, Nov. 28, 3:30-5:30pm, \$25
- Yoga for Surfers w/ Monica Mesa & Greg Lewis at Golden Tree Yoga
Saturday, Dec. 4 & Sunday, Dec. 5, \$160
- Golden Tree Yoga Toys for Tots
December 1-19: GTY will be collecting new, un-wrapped toys to be distributed to needy
families.
- Back to Basics Yoga Intro w/ Emma Rollin Moore at Golden Tree Yoga
Friday, Dec. 3 - Sunday, Dec. 5, \$35
- Relaxation Bliss w/ Jay Schwed & His Healing Crystal Bowls at Golden Tree Yoga
Friday, Dec. 3, 7:00-9:00pm, \$25

- Yoga Retreat w/ Eddie Ellner & Steve Ross in Ojai
Friday, Dec. 3 - Sunday, Dec. 5, \$450
- Global Dance w/ Kristen Hoye at Golden Tree Yoga
Sunday, Dec. 5, 7:00-9:00pm, \$10
- Yoga Soup 4th Anniversary & Chanting w/ Dave Stringer at Unitarian Church
Sunday, Dec. 5, 7:00pm, by donation
- Holiday Crystal Bowl Concert w/ Jay Schwed at Golden Tree Yoga
Friday, Dec. 17, 7:30-9:00pm, \$10
- Global Dance w/ Kristen Hoye at The Yoga Studio
Saturday, Dec. 18, 7:30-9:00pm, \$12 suggested donation
- Setting Our Intentions for the New Year w/ Nicole English at The Yoga Studio
Sunday, Jan. 2, 4:00-6:30pm, \$25
- Global Dance w/ Kristen Hoye at Golden Tree Yoga
Sunday, Jan. 9, 7:00-9:00pm, \$10
- Receiving the Blessings of Our Lives (Meditation Retreat) w/ Edward Espe Brown at Golden Tree Yoga
Friday, Jan. 14 - Sunday, Jan. 16, \$165
- Weekend Workshop w/ Tim Miller at the Ashtanga Yoga Shala
Saturday & Sunday, Jan. 15 & 16, \$100
- Yoga & Ayurveda w/ Scott Blossom & Felicia Tomasko at Santa Barbara Yoga Center
Friday, Jan. 28 - Sunday, Jan. 30, \$285
- Yoga Day USA at Golden Tree Yoga
Saturday, Jan. 29: Golden Tree joins Yoga Alliance, Yoga Journal, and Yoga International in celebrating Yoga Day USA.
Details TBA.
- Yoga Workshop w/ Seane Corn at Golden Tree Yoga
Saturday, Feb. 5, 1:00-4:30pm, additional details TBA

You can find more information about these events at the websites of the studios hosting them:

[Ashtanga Yoga Shala](#)

[Golden Tree Yoga](#)

[Prana Ayurveda Center](#)

[Santa Barbara Yoga Center](#)

[The Yoga Studio](#)

[Yoga Jones](#)

[Yoga Soup](#)

"Since no one really knows anything about God,
those who think they do are just troublemakers."

-Rabia

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