



Welcome to the May-July 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 May-July 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 Santa Barbara area)

What's New at Drishti

If you visit the **Drishti website**, you might notice a few interesting changes. In response to the popularity of our **Drishti ad campaign**, which highlights many different yoga practitioners in our Santa Barbara community, we decided to create an "[ad archive](#)" on our website where all of our numerous ads can be viewed. The ads can be accessed one-at-a-time or viewed as a continuous slideshow. Creating this collection of ads is also a reminder of the great number of community members who have participated in making our ad campaign a success. We're thankful to all of them for taking the time to contribute their faces and personalities to Drishti's advertising presence.

In order to make the **Drishti Newsletters** more accessible, we added a "[Newsletters](#)" page to our site that features links to all of the past issues. Our newsletters may now be read at anytime. Those of you who might regret missing past issues now have the opportunity to access them easily!

As far as products in our store, we have some new arrivals:

In the **music department**, **Deva Premal's** eagerly-anticipated CD **Dakshina** has been a request of many customers. Deva Premal is a favorite musician of countless yoga practitioners who appreciate her smooth, rich voice and meditative chants. *Dakshina* is her first release in over 2 years. Another important release is **Buddha Bar VII**, the most recent volume in the ever-popular Buddha Bar series. On this album DJs Ravin and David Visan have continued their well-known Asian-influenced electronic sound with new re-mixed songs.

We have also received some new **beautiful jewelry** from three creative designers - two from Santa Barbara and one from Santa Cruz. The new pieces light up our jewelry case and attract the attention of numerous customers. The pieces range from subtle and delicate to bold and colorful and feature semi-precious and precious stones and pendants. Fans of Drishti's jewelry might want to stop by and take a look!

Other new items of interest are 2 recently-released DVDs by Ukrainian yoga instructor **Andrey Lappa**: *Introduction to Universal Yoga* and *Dance of Shiva*. Andrey is one of the most influential yoga figures of the post-Soviet countries, and is rapidly gaining popularity with practitioners here in the West. His **Universal Yoga system** is a unique and comprehensive approach to bodily and spiritual health and well-being. The innovative filmmakers who produced these DVDs also produced the respected DVD *Anatomy for Yoga* with **Paul Grilley**. (Sneak Peak! Paul Grilley's forthcoming DVD *Yin Yoga* is currently in post-production and due out this summer from this same company. Watch for it in the coming months!)

Later this month we will feature the artwork of local photographer **Jenny Horvath**. Jenny recently travelled to India and photographed people, scenery, statues, and more. The images that will be showcased at Drishti are a series of photographs Jenny took in the dark Buddhist cave monuments at Ajanta and Ellora, in Southwestern India. The paintings and sculptures at Ajanta are considered masterpieces of **Buddhist religious art** and date from the **2nd and 1st centuries B.C.E.** We are excited for this important artwork to adorn Drishti's walls!

As always, we continue to receive the beautiful and distinctive **yoga/lifestyle clothing** that so many of you love! We receive new items all the time and have too many to mention here. Stop by anytime to check out our fabulous collections.

Yoga News

Landmark Ruling by Federal District Court: Can Yoga Be Copyrighted?

Bikram Choudhury just can't seem to stop attracting the attention of the yoga community and the media. If it's not franchising over 1,300 Bikram Yoga studios worldwide, holding an annual International Yoga Championship in Los Angeles, flaunting his vast wealth, or spouting profanities during class, it's now the fact that his **copyright/ownership claim of his 26-pose yoga sequence** has come into question. Yoga is and always has been a practice located in the realm of the **public domain**. Yoga styles are available to anyone, taught by anyone, and owned by no one. A few years ago, Bikram decided that he wanted to "own" the specific sequence of yoga that he teaches. He franchised **Bikram Yoga** and claimed copyright protection so that he could sue studios teaching his style who weren't paying his franchise fee, as well as serve cease and desist letters (over 100 to date) to Bikram Yoga studios deviating from his specific teaching in any way.

In response, a group of Bikram-influenced yoga instructors banded together to form **Open Source Yoga Unity**, an organization that filed suit against Bikram in U.S. District Court in San Francisco last year. OSYU asked the court to stop Bikram from using copyright authority to control studios and teachers. They asserted that yoga poses are part of the public domain and cannot legally be harnessed in such a way. "We just didn't want to be looking over our shoulders all the time. We want the freedom to be able to do whatever we want. We did not want policemen to come into the studio and say, '**This is an illegal class; you are not allowed to do this triangle at this time,**'" explained OSYU member and yoga instructor Jimmy Barkan.

In a landmark ruling on April 1 of this year, however, Judge Phyllis Hamilton decided that Bikram's yoga sequence is in fact eligible for protection under copyright law. This cleared the case to go to trial. "[It]

seems **inappropriate and almost unbelievable** that a sequence of yoga positions could be any one person's intellectual property," Judge Hamilton stated. "[But] if a sufficient number of the yoga asanas are arranged in a sufficiently creative manner, copyright protection for the yoga sequence would be available." This was a major setback to Open Source Yoga Unity – and to all those who feel that styles of yoga should not be owned or controlled by anyone. **Sri K. Pattabhi Jois**, founder of Ashtanga Yoga - the only other major style of yoga that also consists of a specific sequence of poses - has been quoted saying, "**Ashtanga Yoga is the whole world's property.**"

On May 3, the litigation between Bikram and Open Source Yoga Unity was settled. The parties resolved their differences and the lawsuit was dismissed. The case will hardly be dismissed, however, by members of the yoga community who are concerned about its implications for their world.

Articles about this lawsuit have been featured in publications such as the **Los Angeles Times**, **Mother Jones**, and our own local **Santa Barbara News-Press**.

Big Changes for The Yoga Studio

Opened in 1987, **The Yoga Studio** is Santa Barbara's longest-standing yoga center. Known for its peaceful and down-to-earth atmosphere, it has attracted many dedicated students over its long life. The big news regarding The Yoga Studio is that **Anita and Bob Cawley**, who have owned the studio for the past 10 years, are giving up their post and moving to the big island of Hawaii at the end of this month. Anita and Bob have been community figureheads in Santa Barbara for years, and their absence will surely be felt. "We have felt very blessed to have been living in Santa Barbara and at The Yoga Studio for so many years," explains Anita. "We have met such wonderful people. . . . It is happy and sad all at the same time." Anita and Bob are selling their studio to long-time Santa Barbara yoga instructor **Nicole English**, who will take over as coordinator and bring new perspective to the studio. Nicole has taught yoga at The Yoga Studio (as well as other venues in town) for years, and is excited about her new role in the community. As she told us, "I've been married to the studio for years and now it feels like I've just given birth. I am so proud of all the teachers there. They are wonderful and talented. I am honored to host them and promote them."

You can watch for any changes Nicole will introduce at www.theyogastudio.net.

The Tapas Project

In the Spring of 2004, Santa Barbara Ashtanga instructor **David Miliotis** founded **The Tapas Project**, a non-profit venture that teaches Ashtanga Yoga to at-risk teens. Through yoga, these teens are encouraged to develop healthier and more mindful approaches toward their lives. The Tapas project hopes that these 'at-risk' teens will subsequently be better equipped to deal with life's challenges in new and constructive ways and thus improve the quality of their lives and the roles they play in the Santa Barbara community. David currently offers 3-4 Ashtanga classes per week to the teenage students of Santa Barbara's La Cuesta Continuation High School. He is thrilled to see these students' genuine interest to cultivate themselves through the transformative practice of Ashtanga Yoga.

For more information about The Tapas Project or to make a tax deductible donation, visit <http://eightlimbyoga.com/tapas>.

Lulu Bandhas Relocates

The popular **Lulu Bandhas** yoga studio in Ojai recently moved from its original "main drag" location on Ojai Avenue to a charming new spot in the heart of town. Lulu Bhandas' new building formerly housed the Ojai Valley Dharma Center and is located at 306 East Matilija Avenue in Ojai. **Kira Ryder**, the studio's beloved owner and director, appreciates that the new location is quieter and softer than the old one – despite the fact that the two spots are a mere 3 blocks apart! The relocated studio is also sits right next to Ojai's Sunday Farmer's Market. We wish Kira and Lulu Bandhas much luck and success in their new spot!

Los Angeles Ashtanga Scene Changes Hands

Nowhere is there more yoga practiced than in Los Angeles, California. But ironically, many yoga students here are longing for instructors! Four of the Ashtanga yoga community's most respected teachers have taught in the Los Angeles area for years – and as of last month, all four of them have moved away!

Chuck Miller and Maty Ezraty were some of Sri K. Pattabhi Jois' very early students, and today they are Certified and Authorized instructors, respectively. Chuck and Maty directed the **Ashtanga program at Yoga Works** in Santa Monica for years, but just left their positions to move to Hawaii. **Noah and Kimberly Williams** have practiced Ashtanga with Jois for 12 years, and are also Certified and Authorized instructors, respectively. In 2002 and 2005, they hosted Sri K. Pattabhi Jois and his family in Los Angeles during the family's world tours. Noah and Kimberly ran the **Ashtanga Yoga Shala in Silverlake** (now known as **Yoga East**) for 5 years, but they gave up this role at the end of last month to study yoga in Mysore, India, and then to move to the big island of Hawaii. Noah and Kimberly's students will be happy to know that they plan to travel back to LA and teach periodically in the future. (Quiz: How many people have we mentioned in this newsletter who have moved to Hawaii? E-mail us back with your full name and the number of people moving in the body of your e-mail, plus the word "Hawaii" in the subject line, and we'll give you 10% off your next Drishti purchase!)

This migration of long-time Ashtanga instructors out of the LA area has threatened to leave some students without a steady teacher. As one student from the Ashtanga Yoga Shala worded it, "Went to practice today at Ashtanga Yoga Shala here in LA. Saw the notice. My heart sank. . . . Anyone know of a great teacher who wants to take over a Mysore studio? The studio comes with an established clientele. It's located in one of the coolest neighborhoods in the entire world." Yoga East is lucky enough to have Maia Heiss holding classes from May 1 - July 15. Maia was loved by many students when she taught class here in Santa Barbara for several months last year while David and Andrea Miliotis were in Mysore. However, the schedule at Yoga East from July 16 on is still a mystery. Chuck and Maty's classes at Yoga Works will be taken over by **John Doyle and Joel Bender**, both of whom have assisted for Chuck and Maty in the past.

For more information about classes at Yoga East in Silverlake, click [here](#).

For more information about classes at Yoga Works in Santa Monica, click [here](#).

For more information about the qualifications for Certified and Authorized Ashtanga instructors, click [here](#).

New Yoga Venues

In addition to the many old favorites, there are a couple of new venues for practicing yoga in the area! **Zanzilla's Yoga** in Ventura features 13 classes a week led by local instructor **Sabrina Zan Ferris**. Sabrina starting training to become a yoga teacher in 1998, and has continued her education ever since! For more information, visit the [Zanzilla's Yoga website](#). Another new venue, **Yogasusu**, is offering yoga classes with **Suzanne Marlow** in downtown Santa Barbara in a very unique location - the historic **Lobero Theatre**! Suzanne teaches four morning classes a week which consist of both vinyasa and yin elements. For more information, call (805) 717-1448.

Upcoming Yoga Workshops & Events

- The Ayurvedic Fountain of Youth: Secrets of Rejuvenation w/ Felicia Tomasko at Santa Barbara Yoga Center
Saturday, May 14, 1:30-4:30pm, \$38
- The Art of the Successful Woman - A Kundalini Journey w/ Alessandra Flanagan at Golden Tree Yoga
Saturday, May 14, 9:30-11:45am, \$25
- Yin Yoga & Chanting w/ Anne Van de Water at Santa Barbara Yoga Center
Sunday, May 15, 1:00-4:00pm, \$38
- Global Dance w/ Kristen Hoye at The Yoga Studio
Sunday, May 15, 7:00-9:00pm, \$12
- Healing Harp, Healing Hands, Healing Movement w/ Sarah Kane & Jeanne Martin at Golden Tree Yoga
Sunday, May 15, 6:30-8:30pm, \$25
- Anatomy for Yogis w/ Arturo Peal at Lulu Bandhas in Ojai
May 19-22, Cost TBD
- Iyengar Yoga Basics for Teachers w/ Lisa Walford at Santa Barbara Yoga Center
May 20-22, \$445 (part of SBYC's Teacher Training Program)
- Yoga & Ceremony: The Embodiment of Spirit w/ Heather Tiddens & Cheri Clampett in Ojai, CA
May 21-28
- Healing the Sacred Feminine Through Erotic Dance Yoga w/ Niav Connor at Santa Barbara Yoga Center
Saturday, May 21, 7:30-10:30pm, \$25
- Restorative Yoga Workshop w/ Nicole English at The Yoga Studio
Sunday, May 22, 4:30-6:30pm, \$25
- Vedic Chanting w/ Rowan Frederick at Yoga Jones in Ventura
Sunday, March 22, 2:00-4:30pm, \$30
- Phoenix Rising Yoga Therapy Workshop w/ Sarah Kane & Phyllis Soloman at Golden Tree Yoga
Sunday, May 22, 4:00-6:00pm, \$15
- Memorial Day Retreat w/ Ganga White & Tracey Rich at White Lotus Foundatoin
May 27-30, \$600
- Lucid Dreaming & Dream Yoga Seminar w/ B. Alan Wallace at Blue Star Rising
Saturday, May 28, \$50
- Free Introduction to Yoga at Yoga Jones in Ventura
Sunday, May 30, 11:30-1:00 FREE
- 11-Day Weight Loss/Control Program w/ Viriam Kaur Khalsa at Yoga Jones in Ventura
June 2-12, \$235
- Backbends & Twists w/ Patricia Sullivan at Lulu Bandhas in Ojai
June 3-5

- The Yoga Teaching of Patanjali w/ Ted Surmon at The Yoga Studio
Saturday, June 4, 9:30-12:30 & 1:30-4:30, \$50 morning only / \$95 full day
- Prenatal Yoga Workshop for Women & Their Birthing Partners at Orcutt Yoga Center
Saturday, June 4, 1:30-4:00, \$50 per couple
- Restorative Yoga w/ Cheri Clampett at Santa Barbara Yoga Center
Sunday, June 5, 1:30-4:00pm, \$40
- Working With Stress & Performance Anxiety w/ Todd Stellfox at The Yoga Studio
Sunday, June 5, 2:00-5:00pm, \$45
- Global Dance w/ Kristen Hoye at Golden Tree Yoga
Sunday, June 5, 7:00-9:00pm, \$12
- Therapeutic Yoga for Your Knees & Hips w/ Bryan Legere at Ventura Yoga Studio
Sunday, June 5, 1:00-4:00pm
- Lululemon Yoga Pilgrimage w/ Wade Imre Morissette at Santa Barbara Yoga Center
Wednesday, June 8, 5:30-9:30pm, \$25
- Teaching Yoga w/ Kira Ryder at Lulu Bandhas in Ojai
June 10-19
- An Anusara Yoga Weekend w/ Ross Rayburn at Golden Tree Yoga
Sat & Sun, June 11 & 12, 1:00-4:00pm, \$35 one class or \$60 both
- Partner Yoga & Thai Massage w/ Cheri Clampett & Victor Borda at Yoga Jones in Ventura
Saturday, June 18, 1:30-4:00pm, \$60 per couple
- Yoga Teacher Training w/ Ganga White & Tracey Rich at White Lotus Foundation
June 18 - July 3, \$3350
- Core Integration: A Total Abdominal Awakening w/ Jill Miller at Golden Tree Yoga
Saturday, June 18, 1:00-4:00pm, \$40
- The Heart of Silence Retreat w/ Scott Blossom & Chandra Easton at Laurel Springs Retreat Center
June 22-26, \$700-\$1,000
- Healing the Sacred Feminine Through Erotic Dance Yoga w/ Niav Connor at Santa Barbara Yoga Center
Saturday, June 25, 7:30-10:00pm, \$25
- Therapeutic Yoga w/ Leslie Bogart at Lulu Bandhas in Ojai
June 25 & 26
- Global Dance w/ Kristen Hoye at Golden Tree Yoga
Sunday, July 10, 7:00-9:00pm, \$12
- You Betta Ayurveda w/ Scott Blossom at Lulu Bandhas in Ojai
July 15-17
- Yoga Wall Training w/ Bryan Legere at Ventura Yoga Studio

July 15-17

-Deepening Your Practice: Advanced Training Course for Yogis w/ Ganga White & Tracey Rich at White Lotus Foundation

July 16-22, \$1350

-Teaching Methodology, Philosophy & Advanced Practice w/ Mark Whitwell at Golden Tree Yoga

July 23-27, \$70 - \$300

-White Lotus Weekend w/ James Morrison at White Lotus Foundation

July 28-31, \$600

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

[Blue Star Rising](#)

[Golden Tree Yoga](#)

[Lulu Bandhas](#)

[Orcutt Yoga Center](#)

[Santa Barbara Yoga Center](#)

[Heather Tiddens](#)

[Ventura Yoga Studio](#)

[White Lotus Foundation](#)

[The Yoga Studio](#)

[Yoga Jones](#)

"Believe those who are seeking the truth; doubt those who find it."

-Andre Gide

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