



The Drishti Newsletter!

-March 13, 2006-

Hello, friends of Drishti! Welcome to our most recent newsletter. As always, if you have any comments or suggestions, feel free to e-mail us. 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)
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What's New at Drishti

Drishti Benefits From Wind-Generated Power, Thanks to prAna!

Wind-generated power is a clean, renewable energy source which produces no greenhouse gas emissions or waste products. **prAna**, a yoga clothing and accessory company with whom Drishti has worked for over four years, has just launched an innovative campaign to minimize its impact on the environment and heighten awareness about renewable energy. In order to achieve this goal, prAna now purchases an amount of wind power equal to the **total electrical energy usage** of 250 prAna retailers throughout the country (**Drishti included!**) This massive purchase of wind power offsets the large amount of electrical energy used by prAna's retailers. In addition, prAna is now using certified green-e energy at its own headquarters, as well as at the homes of all of its permanent employees. This firm commitment to environmental change is impressive, and we applaud this progressive work! Drishti is proud to take part in this exciting project. The next time you visit our store or website, you will know that the power behind our business is wind-generated!

Exciting New Products!

If you're like a great many yoga practitioners, you may experience a hard time remembering the **Sanskrit names** for yoga poses (*ekapadarajakapo-wha???*) If learning these names is one of your goals (think **New Year's Resolution 2006?**), then the new book/CD set [The Language of Yoga](#) by **Nicolai Bachman** will serve you well. This book features exact pronunciations and detailed definitions for over 200 poses, plus 2 chanting CDs to help with memorization. This new product is an excellent reference tool for any student of yoga!

Another product to recently hit our shelves is the new [Drishti travel mug](#), available in 3 hand-chosen colors. The attractive Drishti logo sits on one side of the mug – a reminder at your desk of the importance of the point of focus - the definition of "drishti" – or simply a reminder of our unique store!

For all of you [Lisn incense](#) fans who have been lamenting the lack of Lisn on our shelves, we are excited to inform you that we have **loads** of Lisn incense back in stock! For those of you who are unfamiliar with this fabulous incense pack, you might want to give it a whirl. Lisn is top-quality, hand-rolled Japanese incense in a sleek, portable container. We are excited to welcome back this wonderful product!

[Yoga Paws](#), the popular mini-yoga mats for your hands and feet, are now available in a **larger, "men's" size**. This unique solution for yoga-while-traveling or yoga in your living room is now accessible to men (and women with larger hands and feet)!

In yoga clothing news, we just received the fabulous new Spring collection from **Be Present**, featuring all of their beloved classic items in a dynamic new color palette! We're also happy to report that **AMMA**, the popular clothing line with the wonderful fit and great holding power, is back in stock. Core items from the line are on our racks now, with more styles arriving soon! We are also pleased about a new line in our store that is made from **90% organic cotton: Inner Waves Organics**. This line features many choices for women and even a few key pieces for men! Speaking of men's items, new offerings from the small Colorado-based company **Verve** have made another great addition to our men's clothing selection. In addition to these updates, we are constantly receiving new shipments from the many other irresistible clothing lines that our customers covet so much. Stop by any time to take a look!

Yoga News

New Yoga Studio Opens in Downtown Santa Barbara

Most yoga practitioners in Santa Barbara are familiar with **Eddie Ellner** (a.k.a. **Yoga Soup**), a popular yoga instructor who is well-liked for his wit and unique take on yoga. The eclectic blend of music played and the philosophizing that Ellner shares in his classes are two elements that make his teaching style unique. "Yoga Soup" is the term that Ellner coined for his classes and his particular style of instruction. The new Yoga Soup studio, which opened on February 10th, is described as beautiful by nearly everyone who has visited. It is colorful and large, featuring a separate office space for class sign-in and chatting. Ellner is not the sole yoga instructor at the Yoga Soup studio; other local instructors on the schedule include **Arturo Peal, Emily Kligerman, Monica Mesa, Karl Schiffmann, Toby Sternlieb, Ariel Howland**, and more. The Yoga Soup studio is now the **fifth** yoga studio in downtown Santa Barbara. Find out more at www.yogasoup.com.

Sri K. Pattabhi Jois to Visit U.S.!

This month, **New York** and **San Francisco** will once again be graced by the presence of Ashtanga Yoga founder **Pattabhi Jois** and his family! Jois' U.S. visits are a chance for Ashtanga practitioners from across the country to gather together in a single venue. Students are grateful for these opportunities to practice with the revered Jois, his daughter **Saraswathi**, and grandson **Sharath**. Jois' world tours are always well-attended. The combined attendance of his two classes per day often reaches well above **200** students. Aside from these international visits, the only way to see these valuable teachers in person is to travel thousands of miles to **Mysore, India**.

The family will be teaching in San Francisco from March 12-17 and 19-23, and in New York from March 26-31. To find our more information about the San Francisco tour, visit [this link](#); for New York, visit [this link](#).

As a **side note**, for anyone planning on visiting Mysore, India in the near future, be advised that Sharath Rangaswamy - Pattabhi Jois' grandson and generally-accepted successor to head the Ashtanga tradition once Jois himself stops teaching – will **NOT be teaching** from May – July 2006. Why? Rumor has it that his back is giving him significant trouble, which is only to be expected given his dedication to teaching

year-after-year. (If you're reading this sentence right now, simply respond to this e-mail with the word "10%" in the subject line, and your full name in the body, and we'll give you 10% off your next in-store or online purchase! Whoo-hoo!) We sincerely wish Sharath quick and complete healing, and hope that he resumes teaching after his break.

What Pose Would Jesus Do?

Yes, you read the title of this piece correctly - what pose would **Jesus** do? Apparently, the founder of **PraiseMoves**, a **Christian-oriented yoga program**, has set out to answer just this question. PraiseMoves has certified teachers in 22 states, including California - and more specifically, **Santa Barbara!** **Laurette Willis**, the Texas-based creator of PraiseMoves, believes that the yogic goal of "clearing" or "settling" the mind is **dangerous**. "If we empty our minds and give up control, as it were, of our minds, we can be open to unhealthy influences," states Willis. "Some might even say demonic influences." (Yes, you read correctly - *demonic!*) Willis continued, "It is impossible... to separate the subtleties of yoga the technique from yoga the religion." (For the record, yoga is a *discipline* and in some regards a *philosophy*, but it is not a religion. It does not have a universal creed, it does it not require allegiance to a deity or God-like figure, and it does not include religious obligations like attending a regular worship service.) From the context of Willis' beliefs about yoga, she created a yoga-type practice with a decidedly Christian bent. What looks like a Warrior or Virabhadrasana pose to most yoga students, for example, is actually called the "**Angel**" pose by PraiseMoves, and when it's demonstrated by an instructor, a **Bible verse from the Gospel of Mark** is also recited. What is known as a forward lunge in traditional yoga classes is called "**The Runner**" pose by PraiseMoves - a pose meant to remind students of a verse from the **New Testament book of Hebrew**. In December, local Westmont College graduate **Heather Meurer** completed the PraiseMoves certification program. She taught her first class on January 13 at the Linda Vega Dance Studio in Santa Barbara. Thanks to PraiseMoves, yoga practitioners in our community now have the choice of attending a class in which the focus is **to still the mind** or one whose goal is to stretch while remembering **all things Biblical**. For more information, visit <http://www.praisemoves.com/>.

Random Video Clip for Your Enjoyment!

For something interesting, visit this link (and make sure your sound is turned on):

<http://video.google.com/videoplay?docid=7338400765555658225&q=dragon>

Dragons are retro and cool.

Upcoming Yoga Workshops & Events

- YogaBirth w/Shelley Wilcox Purcilly at Santa Barbara Yoga Center
Friday, March 17, 7:00-8:30pm, \$40/couple
- Yoga Essentials & Tibetan Heart Yoga w/Lama Sumati Marut & Erica Giovinazzo
March 17-19, \$35-\$175
- Cultivating the Five Spiritual Faculties w/Edward Espe Brown at Golden Tree Yoga
March 17-19, \$150
- Restorative Yoga w/Cheri Clampett at Santa Barbara Yoga Center
Sunday, March 19, 1:30-4:00pm, \$40

- Siddhi's Yogi Cleanse Spring 2006 at Santa Barbara Yoga Center
March 20-30, \$235 (includes products)
- Transdermal Marma Therapy w/Dr. Vaidya R. K. Mishra at Golden Tree Yoga
Friday & Saturday, March 24-25, \$195
- Yoga Mom, Buddha Baby: Six-Week Postnatal Course w/Rowan Frederick
at Yoga Jones in Ventura
Fridays, March 24-May 5, \$90
- Kirtan w/Girish at Golden Tree Yoga
Saturday, March 25, 7:00pm, \$15
- The Jewel of Yin Yoga w/Chandra Easton at Santa Barbara Yoga Center
Saturday & Sunday, March 25-26, \$85
- Introduction to Shadow Yoga w/Matt Pesendian at Yoga Jones in Ventura
Sunday, March 26, 1:00-4:00pm, \$30
- Free Introduction to Yoga at Yoga Jones in Ventura
Sunday, March 26, 11:30am-1:00pm, FREE
- Spring Into Your Mojo w/Scott Blossom at Santa Barbara Yoga Center
March 27-29, \$90
- Yoga and Thai Massage Weekend w/Phoebe Diftler at White Lotus Foundation
March 31-April 2, \$475
- Yoga w/Thomas Fortel at Golden Tree Yoga
March 31-April 2, \$125
- Prenatal Yoga Teacher Training w/Janice Clarfield at Santa Barbara Yoga Center
March 31-April 2, \$285
- The Principles Behind The Practice: Pranayama w/Chase Bossart
at Santa Barbara Yoga Center
Saturday, April 1, 2:00-4:00pm, \$38
- Ashtanga Yoga Workshop w/Kristen Laak at Ashtanga Yoga Shala
Saturday & Sunday, April 1 & 2, \$85
- Ayurveda and Yoga: Your Personal Path to Alchemy w/Scott Blossom
at Lulu Bandha's in Ojai
Saturday & Sunday, April 1 & 2, \$120
- Improving Your Power of Digestion w/Dr. Robert Svoboda
at Santa Barbara Yoga Center
Wednesday, April 5, 7:45-9:45pm, \$20
- Ecstatic Chant / Kirtan w/Larissa Stow & Gathering Guru
at Yoga Jones in Ventura
Saturday, April 8, 7:30pm, \$20
- The Ed Brown Experience Yoga Workshop w/Edward Espe Brown

- at Lulu Bandha's in Ojai
April 13-16, \$225
- Going Deeper w/Heather Tiddens at Santa Barbara Yoga Center
Saturday, April 15, \$35
 - YogaBirth w/Shelley Wilcox Purcilly at Santa Barbara Yoga Center
Friday, April 21, 7:00-8:30pm, \$40/couple
 - Anatomy of Yoga & East-West Physiology w/Paul Grilley & Scott Blossom
at Santa Barbara Yoga Center (Teacher Training Course)
April 21-23 & Friday-Sunday, April 28-30, \$495
 - Introduction to Shadow Yoga w/Matt Pesendian at Santa Barbara Yoga Center
Saturday, April 22, 12:30-2:30pm, \$20
 - White Lotus Weekend w/Ganga White & Tracey Rich at White Lotus Foundation
April 27-30, \$600
 - Acroyoga: Flying and Partner Acrobatics
w/Jenny Sauer-Klein, Jason Nemer, & Carolyn Cohen at Lulu Bandha's in Ojai
Friday, April 29, 6:00-9:00pm, \$35
 - Yin & Restorative Yoga w/Cheri Clampett at Santa Barbara Yoga Center
Sunday, April 30, 1:30-4:00pm, \$40
 - Yoga Workshop w/Cyndi Lee at Santa Barbara Yoga Center
May 5-7, details TBA
 - Consciousness and Yoga of the Mind w/Joel Kramer at Lulu Bandha's in Ojai
May 12-16, \$150
 - The Ayurvedic Fountain of Youth w/Felicia Tomasko at Santa Barbara Yoga Center
Saturday, May 13, 1:00-4:00pm, \$38
 - YogaBirth w/Shelley Wilcox Purcilly at Santa Barbara Yoga Center
Friday, May 19, 7:00-8:30pm, \$40/couple
 - YogaROCKS: Flexibility and Core Strength for Rock Climbers
w/Matthew Fienup & Audrey Marcia at Yoga Jones in Ventura
Saturday, May 20, 1:00-3:30pm, \$30
 - Going Deeper w/Heather Tiddens at Santa Barbara Yoga Center
Saturday, May 20, \$35
 - Introduction to Shadow Yoga w/Matt Pesendian at Santa Barbara Yoga Center
Saturday, May 20, 12:30-2:30pm, \$20
 - Chakras in Asana w/Anne Van de Water at Santa Barbara Yoga Center
Sunday, May 21, 1:00-4:00pm, \$38
 - Iyengar Yoga Basics for Teachers w/Lisa Walford at Santa Barbara Yoga Center
May 26-28, \$385

- Memorial Day Retreat w/Cheri Clampett at White Lotus Foundation
May 26-29, \$600
- How Yoga Works: The Principles Behind the Practice w/Chase Bossart
at Yoga Jones in Ventura
Sunday, June 4, 1:00-4:30pm, \$40
- The Principles Behind The Practice: Meditation w/Chase Bossart
at Santa Barbara Yoga Center
Saturday, June 3, 2:00-4:00pm, \$38
- Restorative Yoga w/Cheri Clampett at Santa Barbara Yoga Center
Sunday, June 4, 1:30-4:00pm, \$40
- Teaching Yoga w/Kira Ryder at Lulu Bandha's in Ojai
June 8-18, \$??
- Introduction to Shadow Yoga w/Matt Pesendian at Santa Barbara Yoga Center
Saturday, June 11, 12:30-2:30pm, \$20
- YogaBirth w/Shelley Wilcox Purcilly at Santa Barbara Yoga Center
Friday, June 16, 7:00-8:30pm, \$40/couple
- Yoga Teacher Training w/Ganga White & Tracey Rich at White Lotus Foundation
June 17-July 2, \$1600
- Going Deeper w/Heather Tiddens at Santa Barbara Yoga Center
Saturday, June 17, \$35
- Walking the Earth: The Roots of Yoga: Exploring Standing Poses and Hip Openers
w/Shelley Piser at Yoga Jones in Ventura
Sunday, June 25, 1:00-4:00pm, \$35
- Yoganesha's Third Annual Yoga Summer Camp for Children
w/Anne Van de Water at Santa Barbara Yoga Center
June 26-June 29, \$60

For more information about these events, you can visit the websites of the studios hosting them:

[Ashtanga Yoga Shala](#)

[White Lotus Foundation](#)

[Santa Barbara Yoga Center](#)

[Source Yoga Studio](#)

[Golden Tree Yoga](#)

[Lulu Bandha's \(in Ojai\)](#)

[Yoga Jones \(in Ventura\)](#)

“Life is movement. The more life there is, the more flexibility there is. The more fluid you are, the more you are alive.”

-Arnaud Desjardins

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