



## Bhakti Blessings of Love

February/March 2008

Beautiful, it is to have February, a month dedicated to love. Whether or not you are in a romantic partnership, you can enjoy romance & love all-ways.

I must have some karma around valentines day. Every year I am alone. I was away from my lover this month, again, on Valentines day.

It's become a ritual to connect to nature, the rhythms of my heart and to the ocean, my muse.

I'm in Playa Nosara, Costa Rica now. Sending you waves of love.

Read about my encounter with a Costa Rican sting ray in this months issue of 'Yoga and the City'.

For those of you not in the LA area, this months issue of [LA Yoga Magazine](#) features an article I wrote and a cover shot. Check it out below, or you can goto: [LAyogamagazine.com](http://LAyogamagazine.com)

Have fun loving yourself and the divine.

Much love,

A handwritten signature in cursive script that reads 'Hemalayaa'.

"May love lead you to the glorious dance of life"



### Hemalayaa

Professional Indian Dance & Yoga Teacher  
[www.hemalayaa.com](http://www.hemalayaa.com)

"May Love fill your Heart and help you be your True Self"

## Ongoing Classes

### ODISSI, CLASSICAL INDIAN DANCE CLASS

March 9th - March 30th. 2 pm - 2:45 pm

4 week series for \$60 or drop in is \$18/ea

at Arts Alive Center

1 N. Calle Cesar Chavez

To register or for more info, call 805-646-7382

Odissi is an incarnation of grace and strength rooted in the devotional arts of the Jagannath temples in Orissa, India.

[Read about Odissi Dance](#)

### BOLLYWOOD DANCE CLASS

March 9th - March 30th. 2:45 pm - 3:30



### Laguna Beach ~ March 3rd

### The Kama Sutra Dance Journey in Laguna Beach

Sunday March 3rd

1 pm - 6 pm

Come to know the blissful union of the sacred and the sensual through yoga, dance, meditation and heart awareness.

For more info and registration goto [kensho.bz](http://kensho.bz)

### Shakti Retreat; Weekend of renewal for women

This months focus is to receive your energy back!!!

Come enjoy a two-day mini-retreat in beautiful Ojai, the magical secluded valley at the foot of the Topa Topa Mountains, led by yoga, Indian dance and meditation instructor Hemalayaa.

April 12th - 13th, 2008

To register or for more info, call 866.436.5621

or visit [www.hemalayaa.com](http://www.hemalayaa.com)

### San Fransisco

April 26th - 27th

### Bollywood Nights

April 26th 8 pm

Yoga Flow Castro

97 Collingwood (at 18th),

SF CA 94114

415-701-9642

[www.yogatreesf.com](http://www.yogatreesf.com)

[workshops@yogatreesf.com](mailto:workshops@yogatreesf.com)

### The Kamasutra Dance

Get ready to dance Indian style!

Inspired by the Indian film tradition and infectiously expressive bhangra music and dance, Hema will lead you through the steps and moves for the playful and fun exercise routine. Those fun, seductive steps will help you dance away stress, strengthen your core and appreciate life! Get ready to open up and let loose!

4 week pass is \$50 or Drop in for \$15

at **Arts Alive Center**

1 N. Calle Cesar Chavez

If you choose to do both classes, the cost will be \$100 for the 4 week series, and \$30 drop in for both.

Both classes are open to all, no dance experience required.

Due to the lack of space, please register early.

For information and reservation please e-mail or call Hema as soon as possible: 805-646-7382 or email [yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

#### Yoga I - all levels

Thursday's ~ 11:10 am - 12:10 pm

YMCA Montecito

591 Sata Rosa Lane, SB, 93108

(805) 969-3288

#### Prana Veda Yoga - all levels

Sunday's ~ 4:15 pm - 5:45

YMCA Montecito

591 Sata Rosa Lane, SB, 93108

(805) 969-3288

#### Bollywood Dance Aerobics

Thursday's ~ 8:30 am - 9:30 am

YMCA Montecito

591 Sata Rosa Lane, SB, 93108

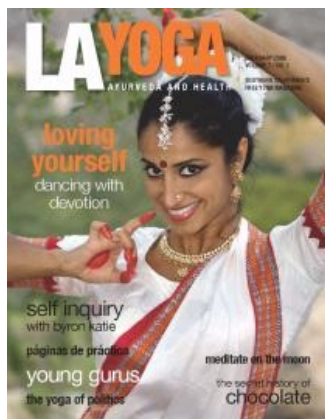
(805) 969-3288

#### Private One-on-one classes Or small groups.

Teaching 1- 2 hr sessions in your space or mine.

[yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

Learn more about [Yoga](#) or contact [yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)



#### 'DANCE AS DEVOTION'

Making an offering to the Earth

By Hemalayaa

I touch my hands first to the Earth and then to my forehead, in the sacred gesture of Bhumi Pranam (the salutations to Mother Earth); I am asking for her blessing. This offering is my prayer before I begin the traditional warm-ups that initiate my practice of calculated rhythmic foot stamps played in a staccato rhythm while I sliding the gaze of my eyes in evocative and deliberate glances while my hands form a series of precise mudra (gesture). My entire body creates shape in rhythm, moving in opposing forces. I am studying Odissi, a form of classical Indian dance, from the state of Orissa.

#### Journey

Sunday April 27

1-4pm

#### Yoga Tree Valencia

1234 Valencia (at 24th),

SF CA 94110

415-647-9707

[www.yogatreesf.com](http://www.yogatreesf.com)

[workshops@yogatreesf.com](mailto:workshops@yogatreesf.com)

#### Spring Shakti Retreat at Kripalu

May 29 - June 1st 2008

Come replenish and sooth your soul with a weekend of yoga, dance, meditation and good company. The retreat is an opportunity for women to embrace their sensual and sacred nature. We'll do this through ancient and modern styles of Indian dance and a gentle yoga practice geared toward opening the heart. We will learn rituals of reverence: chants and meditation practices that honor the feminine that will help guide us to rest in the heart -- our center of love, courage and unbounded creativity.

[Kripalu.com](http://Kripalu.com)

Learn more about [Kama Sutra Dance Journey](#) or contact [yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

Learn more about [Yoga](#) or contact [yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

#### DVDs

#### NEW - Bollywood Burn

Bollywood Burn

#### Dance of the Kama Sutra

Dance of the KamaSutra DVD

#### Bollywood Dance workout



In India, the women who are devoted to this devotional practice are called Maharis or Devi Dasis. Preparing themselves to be of service through their bodies, they dance privately in prayer for the temple deities. [READ MORE](#)

## YOGA AND THE CITY



This month's issue can be called 'Yoga and the Jungle', since I'm in Costa Rica.

I'm happy to report that my intentions for this trip are coming to fruition. My vacation is full of

writing, working on my projects, doing my own yoga practice, reading, and dancing too! I feel balanced, healthy and relaxed.

Daily I go to the beach; a 7min walk, and get into my muse, the ocean. I am reminded that my connection to nature is imperative to my health.

By the sounds of it, it's all-good, right? Here's where things shifted a little. [READ MORE](#)



Andrew Soliz of Sacred Ways leads Inipi ceremonies (sweat lodges)

every month in Ojai. Starting now, all the lodges we run from Ojai

will be Wopila Lodges (gratitude lodges).

These have changed my life and those around me in a very positive way.

### Sweat Lodge Schedule for December & January

Feb 16th - Community Lodge

Feb 17th - Men's Lodge

Please email to sign up and to receive new location.

If you are interested in having an Inipi Ceremony (sweat lodge) for your group, class or retreat, contact [andrew@sacred-ways.org](mailto:andrew@sacred-ways.org)

Andrew Soliz also does wedding ceremonies, healing sessions, funerals and rites of passage ceremonies. For more info email [andrew@sacred-ways.org](mailto:andrew@sacred-ways.org)

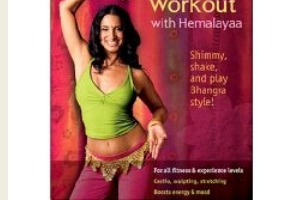


## Sacred Ways Kayak Trip March 6th - 9th

Join the Sacred Ways community as we take a rare journey through stunning Black Canyon on the Colorado River March 6-9, 2008.

The \$395 cost includes admission to all ceremonies, kayak, paddle and life vest rental and first night's shared rooms at the Hacienda Hotel.

Participants will be responsible for their own



### [Yoga for Young bodies DVD](#)

[yoga for Young bodies](#)



[Yoga for Urban Living DVD and video's are available.](#)



[Doshha Yoga](#)

## Hema Recommends

Download great music from [www.omstream.com](http://www.omstream.com) use the code **HEMA1** in order to get 5% off all Omstream purchases

Download some of my favorite tracks on OmStream.com  
[Hema's Picks](#)

**DJ Cheb I Sebbah**

[Free Download for "Devotion" New Album](#)

**Bhangra Music Artists:**

Punjabi MC  
Jassi Sidhu  
DJ Sanj

**Bhangra Music Compilations:**

Pao Bhangra  
Friction  
Vibes  
Bhangra - Original Punjabi Pop  
A Rough Guide to Bhangra Dance  
Ultimate Bhangra 3

**Hema's Friends:**

[Amazing Herbs for Health:](#)

[www.hema.amazonherb.net](http://www.hema.amazonherb.net)

[Music down loads:](#)

["Devotion" by Dj Cheb I Sebbah](#)

transportation to the hotel, camping gear, firewood, clothing, shelter and all food and beverages. We will meet at the Hacienda Hotel in Boulder City, NV at 10:00pm March 6th and return to the hotel at around 5:00 pm Sunday, March 9th. Reservations are processed in order and effective only when full payment is received.

Email [andrew@sacred-ways.org](mailto:andrew@sacred-ways.org) for more information.

If full payment of your reservation is received before February 2nd, the cost is \$345 - a \$50 savings. Send name, address and full payments to: Sacred Ways, 4196 Eagle Flight Drive, Simi Valley, CA 93065



Let 'Your Spirit Dance! Yoga, Dance, Ayurvedic practices, Native American Ceremonies, Nature & Nurture!

Having a spiritual nature yet not religious, [Shakti Bhakti LLC](#) creates adventures, journeys and retreats in some of the most exotic places

in the world. These luxury pilgrimages are life enhancing, replenishing and really really fun! Lead by world renowned teachers, gurus and ceremonialists using the practices of yoga, dance, Native American ceremonies and East Indian rituals. The programs open your heart, deep desires and passions to have you come home to yourself. [www.shaktibhaktillc.co](http://www.shaktibhaktillc.co)



## Hema's Clothing & Gift Recommendations

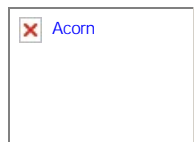
I LOVE YOGA



I love this yoga wear!!!

[www.iloveyoga.com](http://www.iloveyoga.com)

GREAT GIFTS From ACORN!



[www.acorn.com](http://www.acorn.com)

[www.omstream.com](http://www.omstream.com)

[Spiritual Guidance in Native American Traditions:](#)

[www.sacred-ways.org](http://www.sacred-ways.org)

[Spiritual Guidance in Vedic traditions](#)

[www.jeffreyarmstrong.com](http://www.jeffreyarmstrong.com)

[Vedic Astrology:](#)

[www.jeffharman.com](http://www.jeffharman.com)

[www.jeffreyarmstrong.com](http://www.jeffreyarmstrong.com)

[Odissi Dance Teacher:](#)

[www.saraladance.com](http://www.saraladance.com)

[Yoga Fashion Apparel:](#)

[www.iloveyoga.com](http://www.iloveyoga.com)

[www.yogatribeandculture.com](http://www.yogatribeandculture.com)

[Others:](#)

[www.omsweetom.ca](http://www.omsweetom.ca)

[www.yuvastudio.com](http://www.yuvastudio.com)

[www.robinc Clark.org](http://www.robinc Clark.org)

Learn more about [Hemalayaa](#)

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delivering higher awareness