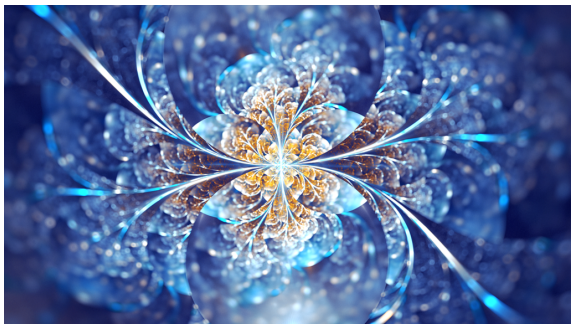
Ananda Yoga Center

Ananda
Palo Alto

Coming up in November 2019

Ananda Yoga combines an energizing practice for strength and flexibility with an inward emphasis that renews you physically, emotionally and spiritually. The Ananda Yoga system uses yoga postures to redirect the body's energy inward for the development of higher awareness and as a preparation for meditation.



November Classes

Monday		
6:00-7:15 pm	Yoga for Inner Bliss	Divya
Tuesday		
9:30-10:45 am	Awake & Ready Yoga	Vivekadevi
Wednesday		
11:30-12:30 pm	Chair Yoga	Jyothi
Thursday		
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Friday		
9:30-10:45 am	Gentle Yoga for a Healthy Spine	Vivekadevi
Saturday		
9:30-10:30 am	Community Yoga *Suggested donation of $5-10*	Certified Ananda Yoga Teachers
Sunday		
6:00-7:15 pm	Yoga for Calm Resilience	Natalie

Calendar Updates:

Closed Thursday, 11/28 - Sunday, 12/1 for the Thanksgiving holiday

Visit AnandaYogaPaloAlto.org for updates!

Workshop

Winter Solistice Restorative Yoga

Sunday, December 15, 2:00 - 5:00 pm, $40

Take time out of your hectic holiday schedule to go within, be still and heal. The winter solstice is a natural time of retreat. It is a season of coziness, rest and reflection. This restorative experience is designed to help you deeply relax, recharge, and nurture your Self.

Instructor:
Janice Fairlee
RYT-200

Our afternoon will include:

- Gentle flowing warm-ups, breathing exercises
- Restorative yoga with visualizations
- Deep Relaxation with live harp accompaniment
- Devotional chanting and Christmas carols
- Meditation

You'll go home feeling refreshed, restored and renewed!

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Class Descriptions

Awake & Ready Yoga
This dynamic yoga class focuses on awakening energy with an emphasis on balance, stability and strength. Start your day energized & refreshed! All levels.

Chair Yoga
In this class, we will learn how yoga can be adapted to our body limitations. Integrating centering breathing techniques, warm-ups and exercises done in and using a chair, we hope to inspire each individual to incorporate yoga safely in their daily routine and, reap the benefits of practicing yoga daily. All levels.

Community Yoga
Come and experience Ananda Yoga with Certified Ananda Yoga Teachers! We believe in making yoga accessible to all. In the spirit of this we are offering an affordable, donation-based class on Saturdays. This is a perfect opportunity to meet our teachers and enjoy an inward experience of yoga postures. All levels welcome.

Gentle Yoga for a Healthy Spine
Gentle yoga is a meditative style of yoga combining classic asanas with affirmation and breath work. This approach strengthens muscles, increases flexibility, and recharges the body. With emphasis on safety and correct alignment, modifications are offered to fit the needs of each individual student. All levels.

Restorative Yoga
Restorative yoga is an opportunity to relax, unwind, and release anxiety and physical tension. Poses are held for 5 to 10 minutes using props: blankets, bolsters, blocks, and straps for support and comfort. Coupled with breathing exercises, these long holds promote deep relaxation, balance of the nervous system, decrease stress, and increase flexibility and energy flow. All levels.

Yoga for Calm Resilience
Each Sunday, take a moment to pause, reset and return to your center. Remember that yoga postures are a *practice* of tapping into your inner strength, again and again. Use this class to pull your energy back in from the fray to uplift and sustain you for the week ahead. All levels.

Yoga for Inner Bliss
Designed to help you experience calmness and joy, this class brings you into your center where bliss resides. Yoga postures and your breath are the bridge to a balanced mind and body, beginning with dynamic poses and then flowing into asanas that draw the mind inward into a relaxed, meditative, blissful state. All levels.

Yoga for Inner Bliss (Intermediate)
This is a challenging and vigorous class of moderate difficulty. We incorporate pranayama, yoga asanas, and affirmations. Each class ends with deep relaxation and a brief guided meditation. Modifications are offered to fit the needs of individual students. Intermediate level.

Pricing

New Student:
3-class pass: $24

Regular Pricing:
Drop in: $15
5-class pass: $65
10-class pass: $120

Community Yoga:
Suggested donation of $5-10

Seniors (55 yrs)/Students:
Drop-in: $13
5-class pass: $60
10-class pass: $110

Contributing Members:
Drop-in: $7
5-class pass: $35

About Ananda Yoga

What is Ananda Yoga?

Ananda Yoga brings yoga back to its original spiritual essence.

Exercise and stress relief are only the beginning; the higher purpose of Ananda Yoga practice is to uplift your consciousness. To accomplish that, you'll work not only with your body, but also with your pranayama (breathing and energy-control techniques), yogic meditation techniques and applied yoga philosophy.

What is the practice like?

Yoga posture practice in Ananda Yoga is gentle for beginning students, becoming more challenging with experience. It is an inwardly directed practice, and is never aggressive or aerobic. The primary emphases are:

- Safety and correct alignment
- Being relaxed at all times, even during the midst of effort
- Working directly with the body's subtle energy via the yoga postures
- Adaptation – modifying each yoga posture to fit the needs and abilities of the practitioner

What makes Ananda Yoga unique?

Energization Exercises

The Energization Exercises are a series of 39 special energy-control techniques that Yogananda developed in order to help the practitioner increase, focus, and control the life-force.

Affirmations

Each yoga posture is paired with its own affirmation, which one practices silently while in the posture. The affirmation is designed to reinforce the posture's natural effect on one's state of consciousness, bringing the mind actively and directly into one's practice.