

# PremYoga Center

## FEBRUARY 2012 SCHEDULE

4855 Belvedere Rd., Haverhill (West Palm Beach) FL 33415 • 2 blocks west of Military Tr., on the NE corner of Belvedere Rd. & Park Ln. • 561-351-3680 • office@PremYoga.com • www.PremYoga.com

Voted "Best Yoga Center in the Palm Beaches & Treasure Coast" by WPBF(ABC)-TV viewers

OFFERING EVERYTHING YOU NEED TO REALIZE YOUR FULL POTENTIAL!

Yoga • Meditation • Spiritual (Vedic) Knowledge • Social Events • Satsang • Kirtan • Drum Circles  
Healthy (Ayur Vedic) Lifestyle Education • Counseling • Life-Coaching • Tantra (Sacred Relationship)

Founded by Acharya PremShakti: lifelong seeker & teacher; co-founder of & world ambassador for the famous Kripalu Yoga Center in Stockbridge MA; world-renowned master teacher of yoga teachers

## Take Acharya PremShakti's PremYoga/Kripalu Yoga 200-hour Yoga Teacher Training Program

A Yoga Alliance Registered School • A Kripalu Affiliate Training  
Held here in West Palm Beach on 11 weekends over the course of 14 weeks  
Comfortable schedule for those who work and/or have families • Sat. & Sun. 9am-6pm  
Small classes (personal contact with the teachers) • Plenty of time to digest & integrate the material

Choose from 2 great reasons to enroll in this program (or choose both!):

(1) To become a certified yoga teacher • (2) To profoundly deepen your own spiritual path

Next local program starts March 2, 2012

For info, or to receive a beautiful 8-page descriptive brochure, call PremShakti at 561-351-3680  
Or visit <http://www.premyoga.com/YogaTeacherTraining.htm>

**FEBRUARY SCHEDULE** Our yoga classes are open to all levels of experience unless noted otherwise. Whether you're a beginner, serious student, or teacher, our professional teachers will take you from the stressful outer world of activity to an inner world of deep silence, peace, and fulfillment. For class and event descriptions, please see the reverse side.

### PREM YOGA/KRIPALU YOGA CLASSES – EVERY WEEK

#### MONDAY

- 10:15-11:15am\* *PremYoga at PGA National/Devonshire Devonshire residents only please* Acharya PremShakti
- 6:00-7:15pm *Yoga for Beginners (all levels welcome)* Ambhrini (Andrea Carlton)

#### TUESDAY

- 12:00-1:00pm\* *PremYoga at PB County Sheriffs' Office PB County employees only please* Acharya PremShakti
- 6:00-7:15pm *PremYoga* Acharya PremShakti

#### WEDNESDAY

- 6:00-7:15pm *PremYoga* Brahmani (Mary Rodgers)

#### THURSDAY

- 12:00-1:00pm\* *PremYoga at Lake Lytal Park Gun Club Rd., 1 block east of Kirk Rd., east side of the football field* Acharya PremShakti
- 6:00-7:15pm *PremYoga* Kalyani (Gill Harmon)

#### SATURDAY

- 9:00-10:15am *PremYoga* Rukmini (Nancy Hofman)
- 10:45-12:00pm *Kundalini/Warrior Yoga* Viragni (Brendan Boyle)

#### SUNDAY

- 9:30-11:00pm *Special PremYoga ending with chanting* Acharya PremShakti

\* = Yoga classes that are NOT held at the PremYoga Center

### SPECIAL EVENTS

#### SATURDAY, JANUARY 28<sup>th</sup> (always 4<sup>th</sup> Sat. of the month)

- 7:30pm-1:00am *BONFIRE DRUM CIRCLE & PARTY*  
\$5 donation to expenses Hosted by PremShakti and Michael  
Please bring something for the potluck table (main course, dessert, beverage - label ingredients); bring seating for the drum circle.

All evening ..... Potluck feast, socializing, piano sing-alongs, music performances, healing & reiki/massage exchanges, card readers, henna artist, partner dancing on our wood dance floor (ballroom, Latin, swing, disco, tango...)  
8:00-11:00pm ..... Bonfire drum circle with fire-performers hoopers & poi-spinners, belly-dancers...  
8-9 & 9-10pm ..... Group acupuncture sessions  
9:00-9:30pm ..... Partner dance lesson (or refresher)  
11:00pm-1:00am ... The 'Party After the Party'. When the outdoor drum circle ends, the inside celebration begins.  
Musical jam session: musicians, singers, dancers welcome!

#### TUESDAY & WEDNESDAY, JAN. 31<sup>ST</sup> & MARCH 1<sup>ST</sup>

- 7:30pm-9:00PM *TURIYA MEDITATION (TM): INTRODUCTORY TALK*  
Free

The very informative 1st step in learning yogic meditation. This simple, effortless, deep meditation has been the subject of more scientific research than all other meditation techniques combined! It unfolds the full 200% potential of life -

100% inner spiritual awakening (peace and freedom), plus 100% outer success (energy, intelligence, creativity, love, health, & happiness). It is expounded by Maharishi Patanjali in the Yoga Sutras to bring fulfillment to yoga by establishing samadhi (infinite, unbounded Self) as a 24-hour/day reality.

#### THURSDAY, FEBRUARY 2<sup>ND</sup>

- 7:30pm-9:00pm **TURIYA MEDITATION (TM): PREPARATORY TALK**  
Free

##### Prerequisite: any TM Introductory Talk (see above)

Gain tools to wisely evaluate any system of meditation. Dispel common myths about meditation & spiritual paths. See how to utilize fundamental laws of body/mind to experience & stabilize samadhi. Understand the mechanics of how Turiya Meditation works so effortlessly & naturally.

#### SATURDAY, FEBRUARY 18<sup>TH</sup> (always 3<sup>rd</sup> Sat. of month)

- 7:30pm-10:00pm **BHAKTI SHAKTI Kirtan Celebration**  
\$10 admission (or trade with PremShakti and friends by helping at the center)

Led by Acharya PremShakti & Dr. Michael Dean Goodman  
An enchanting evening in the 'Shakti Temple' - of ecstatic music, trance dance, mystic poetry, spiritual knowledge,

expansion, and satsang with conscious friends. "It's heart-opening, nourishing, and so blissful..." Everyone - on any spiritual path, or just curious - is lovingly invited. Relax your body, enchant your mind, delight your heart, dissolve your ego. Bathe in the profound, healing energy of divine shakti. You can sing along, harmonize, drum gently, dance, meditate...

**Acharya PremShakti** - vocals, harmonium, dancing, poetry  
**Michael Dean Goodman** - spiritual commentaries & readings, vocal accompaniments, piano, percussion  
**Friends & Guest Artists** - vocals, sitar, tabla, flute, singing bowls, guitar (please let us know if you'd like to play)

- **Spiritual chanting (kirtan)** - call and response. Bypass the thinking brain & directly awaken the heart.
- **Trance dancing** - it's hard to sit still when the enchanting music begins! Let your heart & body have their way.
- **Poetry from the mystics & masters** (ancient & modern)
- **Guided group meditation**
- **Closing circle: questions & sharing of experiences**

#### SATURDAY, FEBRUARY 25<sup>TH</sup> (always 4<sup>th</sup> Sat. each month)

- 7:30pm-1:00am **BONFIRE DRUM CIRCLE & PARTY**  
(See details of Saturday, January 28<sup>th</sup>)

## YOGA CLASS DESCRIPTIONS

Regular yoga & meditation release anxiety & stress, help lose weight, strengthen your body, relieve aches & pains, lower blood pressure, expand your mind, build confidence, & unfold latent energy, intelligence, creativity, & love.

**Prem/Kripalu Yoga** This sacred environment will help you move beyond mechanical exercise to a profound inner healing for your body & mind - both energizing & relaxing. Experience real aliveness & unfold your full potential on & off the mat. Remove mental, emotional, & physical constrictions, explore your 'edges' with compassion & awareness, and experience the true Self. Take your practice to a new level (a new depth).

**Yoga for Beginners (all levels welcome)** Every day is a great day to start or return to yoga! Excellent guidance for any body & any age. Enjoy the personal attention in this friendly setting. Taking care of your body is taking care of your future.

**Kundalini/Warrior Yoga** Holding postures longer will stir up and move your energy. Breathing techniques will increase your breath capacity and fan your inner energy fire. You'll feel more alive, more powerful, and more clarity from this class! Held outside - weather permitting.

## FEES AT THE PREMYOGA CENTER

### A. NEW STUDENTS - 2 GREAT NEW WAYS TO TRY US OUT:

1. Enjoy our **FIRST CLASS GUARANTEE**: we guarantee your satisfaction or you take another yoga class for free!
2. Ask for a **2-WEEK UNLIMITED YOGA PASS** for only \$39 (use it to attend up to \$240 worth of classes!)

### B. DROP-IN (any regular yoga class) \$15

### C. YOGA CLASS PASSES - NOW 33% LOWER PRICES FOR UNLIMITED YOGA CLASS PASSES!

4 classes \$54 (\$13.50/class) • 8 classes \$99 (\$12.36/class) • 16 classes \$188 (\$11.75/class) • 32 classes \$350 (\$10.94/class)  
1-mo. unlimited \$110 (was \$155) access to \$510 of classes    3-mo. unlimited \$299 (was \$425) access to \$1530 of classes  
6-mo. unlimited \$559 (was \$780) access \$3060 of classes    1-yr. unlimited \$995 (was \$1440) access to \$6120 of classes

20% off for our Yoga Teacher Training graduates. 10% off for seniors (over 65) & full-time students (with school ID).

## SERVICES PROVIDED BY THE PREMYOGA CENTER

### A. ACHARYA PREMSHAKTI OFFERS SERVICES FOR ENLIGHTENED LIVING

**Life-Coaching** for a more fulfilling life: Find new perspectives & choices in daily living aligned to your core values & desire; in person, on skype or by phone • **Spiritual Guidance** • **Private Yoga Classes & Yoga Therapy** • **Body Wisdom Facilitation**: your body is like a book to read & it never lies. This body-centered session may combine breathing, gentle movement, guided imagery & inquiry, deep inner listening and dialoguing with areas in need of healing. Heightened awareness will bring increased energy, insights to sources of stress, & release of tension, pain, & tiredness. • **Young Living Oil Treatments** • **Stress Management & In-Service Trainings** are available for your group or business - call to inquire.

Beautiful CDs of PremShakti's yoga classes are available - let her be your 'private yoga instructor' at home. 561-351-3680

### B. DR. MICHAEL DEAN GOODMAN OFFERS: (in West Palm Beach or Boca Raton FL, or by phone/Skype worldwide)

**Ph.D. Counseling** (for individuals & couples) • **Tantra Workshops & Coaching** (create sacred relationships & master masculine/feminine energy flow) • **Spiritual Guidance** • **Turiya Meditation Instruction** • **Self-inquiry Satsangs** • **Healthy Lifestyle Consultation** (ayur veda) • **Vedic Knowledge Programs** • **Performance Coaching** (singing, dancing, acting, musicians) • **Partner Dance Instruction & DJing** • **Drum Circle Facilitation & Instruction**. Presentations and workshops are available for your group or business - please call to inquire. Free initial consultation to discuss your needs & goals. Thirty years of experience. Very reasonable hourly rates. 561-350-3930