

All events are at the Ananda Mandir unless otherwise specified.

(AC) Ananda Community

(NRB) New Renaissance Bookstore

January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10-11:30am Sunday Service & Healing Prayers 4-6pm Open House at Eric & Ingrid's (AC)	2	3	4	5	6 7-9pm Yogananda's-Birthday Com-memoration (Sanctuary)	7
8 10-11:30am Sunday Service Celebrating Masters Birthday Birthday Indian Banquet at a local restaurant	9	10	11	12 7:30-8:45pm Free Seminar: Healing the Body of Pain & Tension (Clarity) 7:30-9pm Meditation for Starters (Inspiration)	13 7-9pm Friday Night Event—Silent Meditation (Clarity)	14
15 10-11:30am Sunday Service	16	17 7-9pm Developing an Inner Life: Learn to Meditate begins(4 Tuesdays) (Inspiration) 7:30-8:45 Free Seminar: Breaking the Cycle of Stress	18 7:30-8:45pm Free Seminar: The Path of Kriya Yoga (Clarity)	19 7:30-9pm Finding Focus begins (2 Thursdays) (Inspiration)	20 7-9pm Friday Night Event—Guided Meditation (Clarity)	21
22 10-11:30am Sunday Service All Sangha Meeting! (Clarity)	23	24 7:30-9pm Meditation for Starters (Clarity)	25	26 7:30-9pm Finding Focus 7:30-9pm Energization (Clarity)	27 7-9pm Friday Night Satsang with Sadhana Devi about Affirmations (Sanctuary)	28 9:30am-2:30pm Stress Reduction Workshop (Clarity)
29 10-11:30am Sunday Service	30	31 7:30-8:45pm Free Seminar: Yoga Philosophy (Clarity)	Ananda Yoga Monday 10-11:15am Extra Gentle Yoga 5:45-7pm Spiritual Awakening Tuesday 5:45-7pm Beginner Thursday 5:45-7pm Extra Gentle Yoga		Community Notes Morning Meditations Monday-Friday 6-7am Saturday 6-9am Vegetarian Dinners Sunday 5:30pm, \$5.50 Tu,W,Th 6:30pm, \$3.75 Check community room kitchen schedule about details for individual days.	

Long-Term Calendar

February

- 1 Therapeutic Yoga begins (4 Wednesdays)
- 1 A Course on Pranayam begins (4 Wednesdays)
- 2 Free Seminar—Creativity on Demand
- 3 Satsang with Jyotish & Devi Novak “God is for Everyone”.
- 4 Open House with Jyotish & Devi Novak
- 7 The Art & Science of Raja Yoga begins (14 classes)
- 7 Meditation for Starters
- 8 Spiritualizing Relationships Class begins (2 Weds)
- 9 Free Seminar! Turbo Charge Your Energy
- 10 Kirtan & Meditation
- 16 Stress Reduction Evening
- 17 Women’s Satsang
- 17-19 Men’s Retreat
- 21 Developing an Inner Life: Learn to Meditate begins (4 Tuesdays)
- 24 Guided Meditation

March

- 3 Yogananda’s Mahasamadhi Commemoration
- 8 Yoga for Relaxation (3 Wednesdays)
- 10 Men’s Satsang
- 10-12 Women’s Retreat
- 24 Christ Lives! Oratorio Concert