



Winter Newsletter

Dear Community,

Greetings from Northern California, where the rains have blessed us abundantly after many years of drought.

A quick note to my 7th Heaven community

I made an error in my last Sunday announcement. I will be teaching on February 7th and there will be a sub for Sunday February 14th. Sorry about the confusion!

Now that my life has calmed down a bit, Joshua and I are finally getting married on July 10, 2010, which was the birthday of my mother. We will have a quiet wedding and then take off for a trip on horseback through Yellowstone National Park.

Joshua and I also decided to adopt a dog! We have been going to the animal shelter frequently to get to know the dogs. It is heartbreaking to see all of these beautiful, abandoned dogs waiting for a kind soul to adopt them. These creatures are to me a symbol of our broken trust with Mother Nature and the callousness we have shown in our relationship with her. As Joshua and I are not going to have any children, I am glad that we are taking this step of caring for another being by sharing our lives with them.

In other news - but somewhat related - after I have had the wonderful opportunity to benefit from the guidance of some of the greatest living teachers, I am happy to report that I have a new guru! His name is Cesar Millan and he is the Dog Whisperer on the National Geographic Channel. Under the guise of helping dogs he really heals people and that broken trust between us and nature. It is amazing to see that the problem with dogs always stems from the owner's issues, and, as Cesar says - "...you may not get the dog you want, but the dog you need."

What an inspirational man, he is truly my hero! Check him out....[Click here to visit his website.](#)

p.s. I have lots of events coming up, so the page is rather long.



Questions about pit-bulls? Check these folks out.



[Join Our Mailing List!](#)

Up2yoga

Step Into Your truth w/ the Bhagavad Gita
February 18 10am

My call-in workshop is part of a new program called **Up2yoga** - a continuous conversation about yoga teachings and practices, and how to live them day-to-day. I'm excited to be part of it. For more info, [check out their website.](#)

My Up2yoga workshop offers a fully interactive experience. Through advanced technology, we'll engage with each other as if we're together in the same room - with **breakout groups, live Q&A**, and more. This gives you a chance to get deeply involved with the material and learn from each other, as well as from me.

[Register now](#) for access to my workshop, and consider becoming part of the Up2yoga community.

Loving Kindness Yoga and Kirtan

lululemon Athletica Berkeley.
Sunday, February 21, 2010
6:30pm - 8:00pm

Waking the Buddha in the Sangha with Katchie Ananda
Metta or Loving Kindness is to the soul what fog is to nature. It nurtures and heals our wounds. We will learn the basic techniques of Loving Kindness and how to integrate this ancient, Buddhist practice into our daily life, using a slow, deep Asana practice as well as a guided Meditation. Space is limited so please RSVP. **Snacks and drinks will be provided after class.**

[Get the details here](#)

Spiritual Activation:

An afternoon of Anusara Yoga and inspiring conversation with Julia Butterfly Hill and Katchie Ananda
February 28, 2010
2-5pm
at Yoga Kula S.F.

A 10 year anniversary celebration of the Luna treesit.

An afternoon of inspiring, thought-provoking and uplifting conversation and yoga. Julia and Katchie will lead beautifully-woven discussion about spirituality, activism, social change and hope in these challenging times, mixed with a heartfelt anusara yoga class that encourages participants to explore the themes in their bodies and in their movements.

Space is limited.

All proceeds benefit the [What's Your Tree](#) program and the ongoing care and stewardship of Luna, the ancient redwood tree where Julia Butterfly Hill made her home for 2 years.

This event is generously being sponsored by Yoga Kula.

For More Information:
Call Yoga Kula at 510-486-0264 or email info@yogakula.com or visit www.whatsyourtree.org

Upcoming workshops in Europe

- Mar 12**
15:00- 17:00pm
Shri, Satya, Svatanthya:
The 3 "S" of Anusara - **A Master class**
Airyoga, Zurich CH
- Mar 12**
18:00 - 21:00
Tapas, Svadhyaya and Ishvara Pranidhana
Airyoga, Zurich CH
- Mar 13**
14:15 - 17:15
Shiva and Shakti - Inner and Outer
Spiral
Airyoga, Zurich CH
- Mar 14**
13:30 - 16:30
The Rasas in Tantric Philosophy
Airyoga, Zurich CH
- Mar 20 - 21**
"Chili und Schokolade" - an Anusara
Yoga & writing workshop w/
Milena Moser
Airyoga, Munchen DE
- Apr. 2**
Kirtan
Svahayoga, Amsterdam NL
- Apr 3**
14:30-17:00
Workshop
Svahayoga, Amsterdam NL
- Apr 4**
14:30-17:00
Workshop
Svahayoga, Amsterdam NL
- Nov 16 - 21**
Ansuara Immersion Level 3
w/ Michael Thurnherr
Airyoga, Zurich CH

[Click here for more information](#) on Airyoga workshops.

[Click here for more information](#) on Svahayoga workshops.

The Sacred Thread of Yoga

Oct 15 - 17
Fort Mason, San Francisco, CA
[Click here for the scoop.](#)

Anusara yoga Immersion in the Fall

dates to be determined
Yoga Kula

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