

A Hit from India

Three Generations of Yogis Share their Practice: Bapuji, Lata and Reema

at The Three Jewels
61 4th ave
3rd floor
New York New York
www.threejewels.org



The Three Jewels

Saturday July 14, 2007

1-5 pm

\$35 in advance

\$40 at the door

register by calling 212 475 6650

work study and student discounts available

no one will be turned away due to lack of funds

Part of the proceeds will go to The Usha Yoga Foundation,

which brings yoga to those who do

not have access to it either in

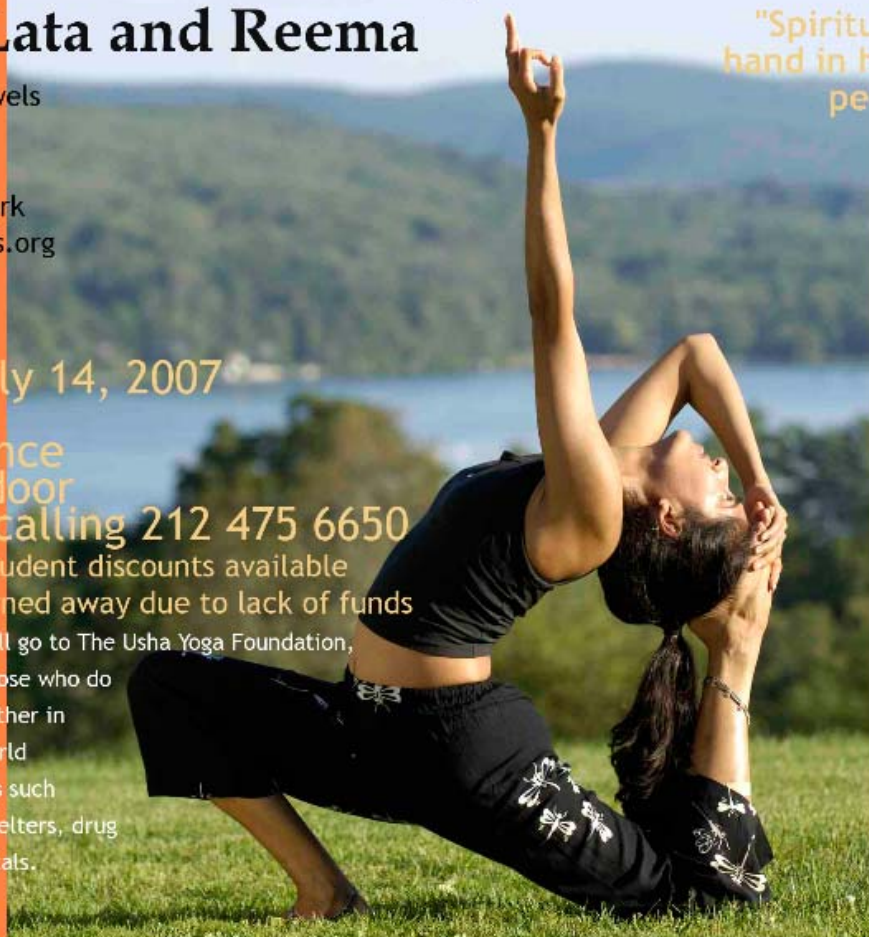
remote areas of the world

or in community venues such

as battered women's shelters, drug

rehab clinics and hospitals.

www.ushayoga.org



"Spirituality and Service go
hand in hand. Yoga makes us
personally perfect and
socially useful"
- Bapuji

The afternoon will begin with a talk on the philosophy and history of yoga from 'Bapuji,' who has been practicing yoga for many of his 85 years. Bapuji is visiting the U.S. for the first time in over 10 years. He lives in a remote, tribal village in central India (Madhya Pradesh) where he runs a community center that offers workshops in yoga, organic farming, adult literacy, political participation, etc. Before settling in the village, Bapuji lived all over the world while working for the United Nations. He was also a freedom fighter for Gandhi in the 1940s, backpacked across Africa in the 50s, lectured on the Gita and Vedas all across Europe and the US in the 1960s. Bapuji is here to share his views on the Vedas, Gita, Pranayama, Asana, Nature and a global path of adventure and exploration.

After the discussion, Reema will guide you through a rigorous but meditative "8-limb flow" incorporating kriyas, pranayama, asana, meditation and relaxation. The afternoon will end with Lata sharing her beautiful voice as she leads us through Sanskrit chants.



Reema teaches vinyasa, pranayama, kirtan, philosophy and ayurvedic cooking classes worldwide. Her greatest influences are her family, Darryl Paradise, Dharma Mitra, Larry Schultz, and a variety of teachings such as those of the Tantrikas, Celts, Sufis, Egyptians, and Native Americans. Reema developed teacher training programs for San Francisco based center, 'It's Yoga,' and is co-author of the book, "Sacred Sanskrit Words for Yoga, Chant, and Meditation." She runs The Usha Yoga Foundation, which brings yoga to those who do not have access to it. The foundation supports projects in India, Indonesia, Kenya, South Africa, England, and the U.S. Reema studied International Affairs at Vassar College and The London School of Economics (MA) and worked for the United Nations in NY. She conducts annual retreats with Bapuji and Lata to Khaknar, a tribal village in North India.

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