



✧ **Sambodh Center: Classes and Events** ✧

April – June 2011









6363 N. 24th Street, Kalamazoo, MI 49004

Email: indiaink@charter.net

Get going and get growing – join our on-going Yoga Classes; Sign up for Tai Chi;
Greet Swamiji after he arrives in the U.S. - **Welcome Reception and Book Signing, April 30th, 2011**
Details below.

- 🕒 **Vinyasa Yoga sessions, Mondays 7 p.m.**, with Krista Katrovas: Fee based class - \$10 per session..
- 🕒 **Hatha Yoga sessions, Wednesdays 6 p.m.**, with Diana Wilson, RYT: Fee based class, \$10 per session. **Yoga Retreat-Workshops** offered several times during the year. Watch for announcements.
- 🕒 **Vedanta Study Group: 7:00 p.m. Sunday evenings.** Every Sunday evening in April from 7:00 – 8:30 p.m. **Suggested donation:** 4 sessions, \$20.
- 🕒 **Sambodh Jam-Band, Wednesday evenings 7:30 p.m.** featuring kirtan and chanting, drumming and humming: Love for music, the only requirement. **Free.**
- 🕒 **Spiritual Cinema: 7:00 p.m.**, the 3rd Friday of the month (lower level) **Dates: Thursday, April 21 Viewing of “God and Buddha: A Dialogue”;** **Fridays:** May 20; June 17; July 22; August 19; Sept. 16; Oct, 21; Nov 18; and Dec. 16. Films TBA. Contact David Hall or Nancy Hayes. **Donations welcome.**
- 🕒 **Universal Meditation Session** with Ruth Harring – **11:00 a.m.** Initial session: **Sunday, March 27th and continuing** on the 2nd and 4th Sundays of the month. *Arrive early for Meditation instruction techniques and Q&A (10:30 a.m.).* Donations welcome. **Introduction to Meditation: One-day retreat-workshops** are offered several times a year. Watch for announcements.
- 🕒 **Sunday evenings at 5:30 p.m. – Buddhist Meditation and Service** with Rev. Jimyo Ferworn. Held on the 2nd and 4th Sundays of the month. Donations welcome.
- 🕒 **Tuesday, March 22nd: 6:30 – 8:00 p.m. – Tai Chi Instruction for Beginners** first hour; second hour for advanced students – Fee based; (Open Practice & Observation sessions are also available for those who are taking the class or have some background in Tai Chi on Wednesday evenings 7:30 p.m. Free.)
- 🕒 **Sunday, April 17th 11:00 a.m. – 12:30 p.m. Sunday Service Presentation: Presentation & Slide Show:**
SOIL: The Web of Life in Your Hands, by Tom Small, Ph.D., WMU Professor Emeriti and Advocate for Native Plant Gardening and Ecological Restoration and Sustainment of Species. This program emphasizes the richness of the living soil under our feet and the wonderful diversity of its creatures and processes. Discusses some of the ways in which conventional agriculture and landscaping degrade the soil and destroy the tiny, mostly invisible creatures that life depends upon and illustrates practical ways that gardeners and landscapers can promote the health of the soil to provide better food for all creatures. **Free Program: Donations welcome.** Vegetarian Potluck follows the Program – Please Bring a Dish to Share. **Sambodh Center Sunday Services take place on the 1st and 3rd Sundays of the Month**
Sunday, April 17th 1:30 – 4:00 p.m. Following our Sunday Service: **Enjoy an afternoon of gardening and outdoor projects** at the Sambodh Center, **facilitated by Tom Small, Bonnie Farmer and David Hall.**
- 🕒 **Saturday, April 30th: Welcome Reception & Open House for Swamiji, and Book Signing** of his latest publication: *From Crisis to Confidence*. Another opportunity to showcase what we are doing at Sambodh, featuring all of Swamiji's programs while in Kalamazoo, along with all our activities and other programs. Free. Books for sale. **Time: TBA**
- 🕒 **Sunday, May 1st: Presentations by Local Experts & Ecological Advocates:** Tom Small, Ph.D. – Joy and Fullness of Being; David Hall – Connecting to Spirit and Community through Gardening; Cybelle Shattuck, M.S. – Healing the Broken Rainbow; Swami Bodhananda: One Web: Life, Ecology, and Spirit. **Program Outline: 10:00 a.m.** – three consecutive presentations by ecological advocates and local experts; **11:30 a.m.** – mid-morning snack break with healthy gluten free goodies, herbal tea and coffee –compliments of Bonnie Farmer, Registered Dietician; **11:45 a.m.**

– panel discussion inviting Q&A from the audience; **12:15 p.m.** – closing remarks by Swami Bodhananda, Spiritual Director and Founder of Sambodh Society. **The Sambodh Center's Ecology and Spirituality Seminar** proposes to examine the links between humankind's micro-niche & the Macrocosm. Unfold implications of Thoreau's remark: "Heaven is under our feet as well as over our heads." And, as Tom Small, WMU Professor Emeriti and ecological advocate, writes, *Together we'll attempt "to discern what it might be like to live with and in the earth rather than merely on it" Could be Heaven!* **Cost: \$25 with Pre-Registration – includes vegetarian lunch; Pre-Registration Deadline: April 27, 2011; On Site Registration: \$25 – lunch not guaranteed.** Contact: Ruth @ (269) 327-3774; **Register via PayPal on our Website Home page: www.sambodh.us ; With your Payment, Please Add the Notation: "for the Ecology and Spirituality Seminar"**

-  **Friday Evening – Sunday afternoon, May 6 - 8th – Ramana Maharshi's, Upadesha Saram (Essential Teachings) Retreat with Swami Bodhananda.** Description forthcoming. Fee based. Exact Timings: TBA
-  **Saturday-Sunday, May 14 – 15th – "Astrology and Yoga" Retreat Weekend with Jyothi Bhatt, BAMS (NY), Swami Bodhananda, Shreena Gandhi, Ph.D. and others.** Combining Lectures, Active Sessions, Demos, Panel, Q&A. Astrology readings available pre-retreat. **Topics:** Jyotish – The Science of Light; Yoga in America – A Brief History; An Integrated Approach to Yoga; Yoga Therapy; Creating a Yoga Routine for Daily Practice; Yoga in the *Bhagavad Gita*; Yoga and the Mind. **Featuring:** Swami Bodhananda, Vedantic Master; Jyothi Bhatt, BAMS, RYT Yoga Instructor and Astrologer; Shreena Gandhi, Ph.D., Comparative Religion, Kalamazoo College; Krista Katrovas, MFA, RYT Yoga Instructor and Author of several articles appearing in Yoga journals; and, Pradip Sagdeo, Ph.D., Sambodh Center Priest. **If you are interested in an ASTROLOGICAL READING, please contact Ruth by phone (269-327-3774) or by email: indiaink@charter.net** Your birth data is required in advance, including the location, time & date. **Consultations: \$50 for ½ hour; \$100 for a full hour. Registration: \$75. Early Bird, Pd before May 1, 2011 \$65** Timings: Sat 8 – 1:00; Sun 8 – 2:00, Veg lunch included.
-  **Saturday, June 11th: Mahatma Gandhi 1-Day Retreat: Satya-graha – which means "holding firmly onto Truth" -** Gandhi's manifesto on individual self-sufficiency and non-violence, which regards the mean-ends of action as non-separate. Suggested donation TBA. **Exact Timings: TBA**
-  **Sunday, June 12th: Yoga Sutra Meditations with Swami Bodhananda – 1-Day retreat** with meditation sessions and instruction from Swami Bodhananda derived from Patanjali's Yoga Sutras, the ancient mystic text on the Path of Self-Realization. Suggested donation TBA. **Exact Timings: TBA**
-  **Wednesdays, 7:30 – 9:00 p.m. Beginning May 4, through June 15 – Teachings from the *Bhagavad Gita* with Swami Bodhananda. Free Program: Donations welcome.**
-  **Thursdays, 7:30 – 8:30 p.m. beginning May 5th through June 16th – Meditation with Swami Bodhananda, Free Program: Donations welcome.**
-  **Annual Maha Yajna: Rudrabhishekam and Chandi Homa – Saturday-Sunday, August 6-7, with Friday August 5th as a work day.** Children's activities and Saturday evening program included.
-  **Other events:** watch for announcements about **gardening** as the weather warms up; monthly **cooking classes**, which are planned for Saturday afternoons, a possible **Art Show** with paintings by Michigan spiritual artist and teacher, Nancy Wanha; **Mantra Sadhana** retreat weekend (generally in November); **Ayurveda: East & West – Seminar and Workshop – Fall 2011** (considering the first weekend in October)

Sambodh Center needs and appreciates your volunteerism and financial support which sustains the ashram's valuable contribution to this community and assists Swamiji in his mission across America.



It's easy to make monthly contributions to Sambodh Center via PayPal.

Your continuous contributions help us to bring you the best programs, for the purpose of expanding your awareness and attaining your human potential.

Sign Up at www.sambodh.us - scroll down the Home-page and follow the instructions for a one-time or monthly donation via your credit card.



Pass this email along to friends near and far. Send your friends' email address to us to add to our mailing list (with permission, of course) Namaste, and blessings to one and all, Ruth Harring, Ph.D., Trustee, The Sambodh Society, Inc., 6363 N. 24th Street, Kalamazoo, MI 49004 (269) 327-3774 (H); (269) 492-0544 (O); (269) 492-0563 (Fax); www.sambodh.us; indiaink@charter.net