

WOODSTOCK YOGA VEDANTA WEEKEND

A CELEBRATION OF INDIAN WISDOM AND CULTURE

FRI NIGHT, SAT & SUN AFTERNOON • MAY 20-22



FRIDAY MAY 20TH

6 pm Indophile Dinner

Mountain Gate Restaurant,
Deming St.
Share photos, poems and stories.

8 pm Tsunami, Integral Yoga and Vedanta

Bliss Yoga Center, 6 Deming St.
Introduction to the weekend with Julian & Wendy Lines, Debi DiPeso and Shubhrajai.

2-3 pm

Mirabai Books, 23 Mill Hill Rd.
SHAKTIYOGA DEMONSTRATION
with Linda Lalita Winnick

2-6 pm

Bliss Yoga Center, 6 Deming St.
THE BASICS OF YOGA
Bliss Yoga Director, Debi DiPeso and Bliss senior teacher, Laura Weiss guide you through a fun-filled day of Yoga asana, pranayama and meditation. This class is geared towards beginners. but open to all levels. \$45. Pre-registration required. 679-8700

SUNDAY, MAY 22ND

9:30-11 am

GENTLE YOGA
with Wendy Lines
\$15 by appointment only 679-5358

Noon-3pm

Yoga Demonstrations in front of Pondicherry and Mirabai Books.

1-2 pm

Bliss Yoga Studio, 6 Deming St.
PRANAYAMA: THE YOGA OF BREATH
with Jeff Davis.



SWAMI VIVEKANANDA



SRI AUROBINDO



SWAMI CHINMAYANANDA

SATURDAY MAY 21ST

10 am-4 pm

Free intro yoga classes on the Woodstock Library Lawn.
Yoga demonstrations in front of Pondicherry and Mirabai Books.

10 am - Noon

HEALTHY INDIAN COOKING
with Kusum Gupta, author of *Recipes with a Spice*.

www.healthyindiancuisine.com

\$15 Pre-registration required, limited enrollment. Call 679-2926

Noon - 1 pm

Mirabai Books, 23 Mill Hill Rd.
INDIAN NUMEROLOGY AND PLANETARY YANTRAS
a talk by Mavis Gewant.
www.sanatansociety.com/artists_authors/aa_mavis_gewant

1-2 pm

Mirabai Books, 23 Mill Hill Rd.
SELF-DIAGNOSIS WITH AYURVEDA
presented by Linda Lalita Winnick
Check your pulse, tongue and skin as indicators of health and illness in this ancient healing system.
www.shaktiyogawoodstock.com

4-6 pm

Mountain View Studio,
Mountain View Ave.
INDIA'S GREAT SAGES AND THE WISDOM TRADITION
Sri Ramakrishna, Holy Mother, Swami Vivekananda and Vedanta Sister Gitaprana from Vivekananda Retreat in Stone Ridge

www.ridgely.org

-Talk by Ira Schepetin

-Talk by Shubhrajai

www.namahom.org

6-8 pm

Dharmaware, 54 Tinker St.
BLESSINGS, POETRY AND CHAI
with Shiv Mirabato and friends.
Exhibition of Kumba Mehla photos by Shiv Mirabato.

www.dharmaware.com

8 pm

CONCERT, PARTHA BOSE, SITAR
Mountain View Studio, Mountain View Ave. (off Rock City Road)
Master musician Partha Bose gives an evening sitar recital.
\$25 includes intermission snacks and herbal chai.

\$50 Patron Reserved Seating

www.thesitarist.com

2-3 pm

Bliss Yoga Studio, 6 Deming St.
POLITICS AND SPIRITUALITY: SRI AUROBINDO AND GANDHI
Prof. Jagdish Vyas
www.sayfna.com

4 pm

CONCERT
Mountain View Studio, Mountain View Ave. (off Rock City Road)
Steve Gorn, bamboo flute (bansuri)
www.stevegorn.com
Shubhrajai, devotional songs
Prana, overtone choir
www.pranasound.com
\$15 general admission
\$25 reserved seating

For tickets and information call or stop by Pondicherry on the Woodstock Village Green: 845.679-2926
Major credit cards accepted.

Ticket holders and tsunami donors over \$10 will receive a card valid for a 10% discount from Pondicherry Yoga Arts, Shangrila and Mountain Gate Restaurants.