

LA YOGA

AYURVEDA AND HEALTH

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SOUTHERN CALIFORNIA'S
FREE YOGA MAGAZINE

heart of an athlete

asana + attitude =
performance

countdown to
LA marathon

breathe for
better tennis

relax to
invigorate

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en yoga

vegan
power food

sing with devotion

herbs for longevity

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Bringing Bliss to LA

The Mahasukha Center has been residing in their official home less than one year and during that time, the LA branch of the Asian Classics Institute has coalesced a strong core community who have come together to find bliss (*mahasukha* means great happiness in Sanskrit). The group recently celebrated the Festival of Bliss, where engaging teacher Lama Marut (pictured) reminded participants that it is through the practice of “whole enchilada yoga,” complete with *yama* and *niyama* (ethical observances and restraints) and importantly, meditation, that bliss can be uncovered. It is not through the enticements of our omnipresent seductive consumer culture that we find ongoing satisfaction. In fact, Lama Marut encourages yogis to substitute the junk food of television with the whole enchilada of all the limbs of yoga,



practiced diligently. February 20 and 21, the Asian Classics Institute will be hosting teachers Geshe Michael Roach (author of *The Diamond Cutter* and *How Yoga Works*, among other books) and Lama Christie McNally presenting: *Where is Your Spiritual Partner?* For more information, visit: aci-la.org.

Progressives on the Air

Air America and KTLK host Richard Greene launched the radio show Hollywood CLOUT! with a two-hour long live broadcast featuring a series of celebrity interviewees who put their clout behind activism and progressive action. Jodie Evans, founder of Code Pink! Intent.com CEO Mallika Chopra, activist and Emmy Award-winner Jean Smart, vegan spokesperson and actor James Cromwell, and other noted actor/activists in-

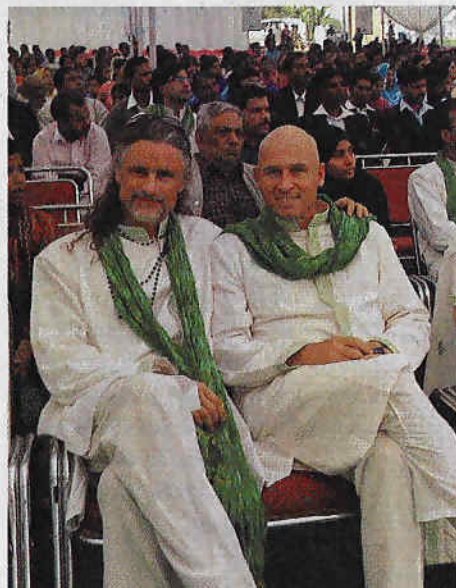


Jodie Evens (left) and Lili Hayden (right)

cluding Noah Wylie, Billy Baldwin and Melissa Fitzgerald took turns engaging in dialogue. Violinist Lily Hayden, guitarist Stanley Jordan and Manhattan Transfer singer Alan Paul provided jazzy musical accompaniment. Poet and singer-songwriter Julia Jordan sang a poignant duet with her father. *Continue to keep up with the progressive message at: airamerica.com*

Tulsi Festival Sightings

In December, 2008, Ayurvedic teachers Prashanti de Jager (left) and Dr. John Douillard (right) attended the Tulsi Festival in India, to cel-



ebate the sacred medicinal (and popular tea ingredient) tulsi, or holy basil, known as *yogipriya*, the beloved of the yogi. organincindia.com

LAYOGA

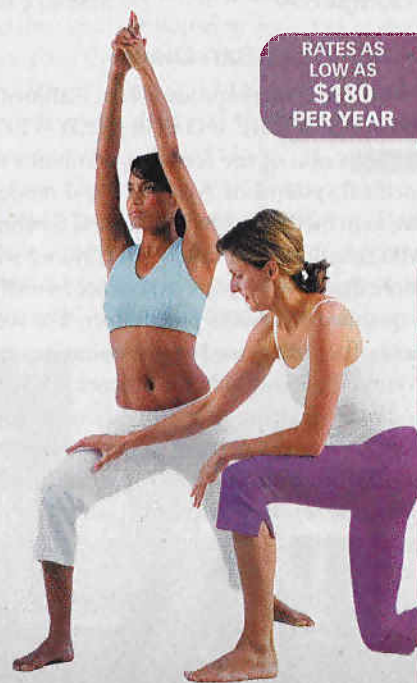
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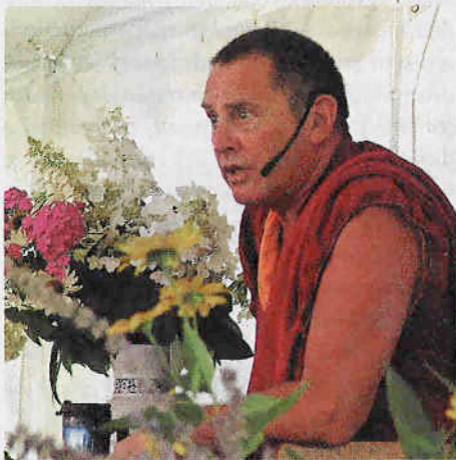
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