



March 2007

Blessings to you in this Equinox!!!

Spring is here with the winds of change blowing out the old and unneeded to the new strength that resides within.

Having completed another initiation to Odissi dance with my beautiful teacher, Sarala Dandekar (mother, choreographer, dancer and friend). I am grateful for this courageous women that inspires me to be devoted to the dance that helps me find that light within myself. That is my true self.

Jai Ma!

Keep the dance of life alive!

Much gratitude and Love,

"May love lead you to the glorious dance of life"



### Hemalayaa

Professional Indian Dance & Yoga Teacher  
[www.hemalayaa.com](http://www.hemalayaa.com)

"May Love fill your Heart and help you be your True Self "

## Ongoing Classes

### Odissi - Classical Indian Dance Beginner classes

Tuesday evening's

7 pm - 8 pm

at Ashtangasha Yoga Shala

[www.ashtangasantabarbara.com](http://www.ashtangasantabarbara.com)

324e State St. SB 93101

To register or for more info, call 866.436.5621 or email  
[yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

Odissi is an incarnation of grace and strength rooted in the devotional arts of the Jagannath temples in Orissa, India.

[Read about Odissi Dance](#)

### Bollywood Bhangra Dance Class (Party)

Sundays - 1pm - 2:15 pm

Ginja Multicultural Arts Center

219 Gray Avenue, SB

805-963-6080 [www.gingamulticultural.com](http://www.gingamulticultural.com)

[yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

### Private One-on-one classes Or small groups.

Teaching 1- 2 hr sessions in your space or mine.



### Shakti Retreat;

#### Weekend of renewal for women

Come enjoy a two-day mini-retreat in beautiful Ojai, the magical secluded valley at the foot of the Topa Topa Mountains, led by yoga, Indian dance and meditation instructor Hemalayaa.

April 14th - 15th

To register or for more info, call  
866.436.5621

or visit [www.hemalayaa.com](http://www.hemalayaa.com)

### Bollywood Babes

Saturday April 21st

6pm - 7:30pm

Heartbeat House Dance Studio  
3141 Glendale Blvd.

Los Angeles, CA 90039

323.669.2821 tel/fax

[heartbeathouse@hotmail.com](mailto:heartbeathouse@hotmail.com)

[www.heartbeathouse.com](http://www.heartbeathouse.com)

### Bollywood Babes

Part II

Saturday April 28th

6pm - 7:30pm

Heartbeat House Dance Studio  
3141 Glendale Blvd.

Los Angeles, CA 90039

323.669.2821 tel/fax

[heartbeathouse@hotmail.com](mailto:heartbeathouse@hotmail.com)

[www.heartbeathouse.com](http://www.heartbeathouse.com)

### Bollywood Dance Party

Saturday April 28th

8:30pm - 10:30pm

Heartbeat House Dance Studio  
3141 Glendale Blvd.

Los Angeles, CA 90039

323.669.2821 tel/fax

[heartbeathouse@hotmail.com](mailto:heartbeathouse@hotmail.com)

[www.heartbeathouse.com](http://www.heartbeathouse.com)

### Odissi, classical Indian Dance

INTRO class - history, mudras & intro to basic steps.

**Sunday May 6th**

10:30 am - 12 pm.

Beginners welcome.

By donation (\$15 suggested)

at Ashtangasha Yoga Shala

## YOGA AND THE CITY



I remember when I took my first yoga class. I was in the 4th Grade, and a local neighborhood Hippie Woman had decided to volunteer her time and teach us kids some fundamental yoga postures before school each morning. This was in the late Seventies, a time when having a regular yoga practice was still considered absolutely wacky by most folks - even there, on the grounds of a California University known world-wide for attracting 'alternative' students, my parents among them.

It would be another decade before I would pick up the practice again after my initial introduction. By then I had moved to Canada, endured high school, become a long distance runner and aerobics instructor and was beginning to study Massage Therapy. I had also already endured my share of abuse and trauma, and was among the 'walking wounded', as I believe we ALL are. I was nineteen and was already stiff and sore, guarded and emotionally blocked, and well equipped to 'survive' life on Earth. Life was a burden for me, even at that young age.

Dont worry, I'm not going to insult anyone with a trite, 'and then I found yoga and the whole world changed'.....even though it did.... Its just that it didnt change in the way I might have thought it would or could at the time, and it certainly didnt transform itself overnight! What happened was a slow shift inward toward greater self awareness and , more importantly, a gradual releasing of pain. [Read more](#)

## Health-e Living



### Benefits of Raw Vegan Diet for My Yoga Practice

by Jinjee Talifero of TheGardenDiet.com

If you are like most people who traverse the radical edge of health then by now you've probably had a close encounter with a raw vegan of trendy kind, one of those paper thin fanatics who not only won't eat anything remotely associated with an animal but who also refuse to eat anything that has been in contact with the common household stove!

What's the deal with the raw food diet? - this popular but controversial lifestyle can be like extreme sports; very energizing but potentially dangerous if you don't know what you are doing!

[Read more](#)



Let 'Your Spirit Dance! Yoga, Dance, Ayurvedic practices, Native American Ceremonies, Nature & Nurture!

Having a spiritual nature yet not religious, [Shakti Bhakti LLC](#) creates adventures, journeys and retreats in some of the most exotic places in the world. These luxury pilgrimages are life enhancing, replenishing and really really fun! Lead by world renowned teachers, gurus and ceremonialists using the practices of yoga, dance, Native American ceremonies and East Indian rituals. The programs open your heart, deep desires and passions to have you come home to yourself. [www.shaktibhaktillc.co](http://www.shaktibhaktillc.co)



324e State St. SB 93101

[Read about Odissi Dance](#)

To register or for more info, call 866.436.5621

Odissi is an incarnation of grace and strength rooted in the devotional arts of the Jagannath temples in Orissa, India.

**Odissi Workshop in Maui; Classical Indian dance week. July 07 - dates TBA**

To register or for more info, call 866.436.5621 or visit;

[www.saraladandekar.com](http://www.saraladandekar.com)

### Bollywood Dance Party

Maui, HI

July/07

at

Studio Maui

[www.thestudiomaui.com](http://www.thestudiomaui.com)

### Kama Sutra Dance Journey

Maui, HI

July/07

at

Studio Maui

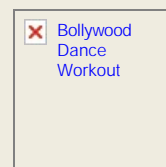
[www.thestudiomaui.com](http://www.thestudiomaui.com)

Learn more about [Kama Sutra Dance Journey](#) or contact [yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

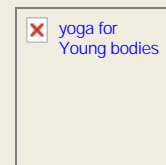
Learn more about [Yoga](#) or contact [yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

## DVDs

**AVAILABLE NOW!**



**The Bollywood Dance Workout**



**[Yoga for Young bodies DVD](#)**



**[Yoga for Urban Living DVD and video's are available.](#)**



**[Dosha Yoga](#)**

Andrew Soliz of Sacred Ways leads Inipi ceremonies (sweat lodges) every month in Ojai. Please come to pray for those in your life and yourself. These have changed my life and those around me in a very positive way.

### Sweat Lodge Schedule for April

April 28th - Community lodge  
April 29th - Men's Lodge

If you are interested in having an Inipi Ceremony (sweat lodge) for your group, class or retreat, contact [andrew@sacred-ways.org](mailto:andrew@sacred-ways.org)

Andrew Soliz also does wedding ceremonies, healing sessions, funerals and rites of passage ceremonies. For more info email [andrew@sacred-ways.org](mailto:andrew@sacred-ways.org)

### WARRIOR TRAINING CAMP

Sacred Ways Warrior Training  
March 30th - April 1st

A three-day retreat for men and women, led by Andrew Soliz

What does it mean to be a Warrior?  
How do I find the Warrior in me?  
What is in the way of my Warrior?

Many people talk about Warriors. Many people call themselves warriors. Many people strive to be a Warrior. Few people actually know what this truly means.

Sacred Ways Warrior Training will awaken the warrior within you.

- You will have more focus.
- You will have more clarity.
- You will strengthen your Spirit.
- You will walk in this world with integrity.

This program is designed to push you beyond your self-imposed limits. Andrew Soliz of Sacred Ways and special guest Wolf Peters will share some of the traditional teachings of the warrior society. You will be challenged physically, mentally and spiritually, all done with the support and guidance of two who live the warrior way.

Location: "The Center for Living in Balance" is a 3-hour drive north from Los Angeles, or south from Fresno. This private, rustic nature retreat is nestled in the beautiful foothills of the Sequoia National Forest, set among the oaks and pines on 8 acres along Tillie Creek.

Cost: \$ 395.00. All meals are included from Friday dinner through Sunday lunch.

Space is very limited, so reserve now by sending payment in full to:

Sacred Ways  
Po box 1800  
Ojai CA. 93024

If you have questions call Andrew at 805-215-5465 or email

[Andrew@sacred-ways.org](mailto:Andrew@sacred-ways.org)  
[www.sacred-ways.org](http://www.sacred-ways.org)

### Apsara Lives

Hema's live performances:

Glendale Street festival  
April 21st.  
4:15pm  
Near the 'Heartbeat House  
Dance Studio'  
3141 Glendale Blvd.  
Los Angeles, CA 90039

### Hema Recommends

Download great music  
from [www.omstream.com](http://www.omstream.com)  
use the code **HEMA1** in order to  
get 5% off all Omstream  
purchases

Download some of my favorite  
tracks on OmStream.com  
[Hema's Picks](#)

#### Bhangra Music Artists:

Punjabi MC  
Jassi Sidhu  
DJ Sanj

#### Bhangra Music Compilations:

Pao Bhangra  
Friction  
Vibes  
Bhangra - Original Punjabi Pop  
A Rough Guide to Bhangra Dance  
Ultimate Bhangra 3

### Hema's Friends:

[www.hema.amazonherb.net](http://www.hema.amazonherb.net)

[www.sacred-ways.org](http://www.sacred-ways.org)

[www.jeffreyarmstrong.com](http://www.jeffreyarmstrong.com)

[www.omsweetom.ca](http://www.omsweetom.ca)

[www.yuvastudio.com](http://www.yuvastudio.com)

[www.saraladance.com](http://www.saraladance.com)

[www.robinclark.org](http://www.robinclark.org)

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