



## Holiday Blessings

December 2007

The energy is moving fast right now. I feel as though we're getting ready for a big storm. It could be the internal storms erupting through me right now. There are the planetary influences (mercury retrograde etc) and the holidays in general create these opportunities to connect us to our higher selves and to others. It's easy to get lost in the everyday hustle bustle.

Personally, I have had a tornado whirl through me. A re-birthing of old ideas and ways of being that weren't working for me. I really feel like a new person. Humbly discovered. Constantly being renewed.

I am grateful for the lessons that have brought me into this time of yet another level of self discovery.

This month, let us not forget the reason for the holiday season. I believe it is an opportunity to connect, heal and grow within our families (spiritual and blood).

My prayers go out to those that feel alone at this time, or any time. May your heart be filled with love and contentment.

Being in love and service is my duty,

"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 ~ Step Class

#### Classical Indian Dance Beginner classes

Beginning in the new year again. Call for details.

[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](#)

### Yoga I - all levels

Tuesday & Thursday's ~ 11:10 am - 12:10 pm

YMCA Montecito

591 Sata Rosa Lane, SB, 93108

(805) 969-3288



### Shakti Retreat;

**Weekend of renewal for women  
This month's focus is to receive  
your energy back!!!**

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. February 2nd - 3rd, 2008

To register or for more info, call  
866.436.5621

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

### Bollywood Nights

Saturday January 12

7:30 pm

**YogaWorks Westlake Village**

2475 Townsgate Road,

Suite 100

Westlake Village, CA 91361

**805.371.3030**

### FIT YOGA CONFERENCE

#### LOS ANGELES

Jan 23rd - 25th

Hyatt Regency Century Plaza

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

Hema's teaching Jan 24th

Performing Jan 25th. 1 pm

### Santa Barbara Borders

Appearance and dvd signings

Tuesday Feb 5th 7 pm

### Washington DC in 2008

**Feb 21st - 24th:**

**Appearance and dvd signings ~**

#### Saturday Feb 23

Borders Books

Tyson's Corner, VA at 2pm

Rockville, MD at 7pm.

#### Sunday Feb 24

Whole Foods

### The Kamasutra Dance Journey

Sunday Feb 24th

6 pm - 9 pm

Mint Fitness Center

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

**Prana Veda Yoga - all levels**

Sunday's ~ 4:15 pm - 5:45  
YMCA Montecito  
591 Sata Rosa Lane, SB, 93108  
(805) 969-3288

**Bollywood Dance Aerobics**

Thursday's ~ 8:30 am - 9:30 am  
YMCA Montecito  
591 Sata Rosa Lane, SB, 93108  
(805) 969-3288

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

Teaching 1- 2 hr sessions in your space or mine.  
[yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

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



Andrew Soliz of Sacred Ways leads Inipi ceremonies (sweat lodges) every month in Ojai. Starting now, all the lodges we run from Ojai will be Wopila Lodges (gratitude loges). These have changed my life and those around me in a very positive way.

**Sweat Lodge Schedule for December & January**

December 22nd - Community lodge  
December 23rd- Men's Lodge  
January 26th - community Lodge  
January 27th - Men's Lodge

Please email to sign up and to receive new location.

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)



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.com](http://www.shaktibhaktillc.com)



**Sanfransisco in 2008**

April 26th - 27th

**Bollywood Nights**

April 26th 8 pm  
Yoga Flow Castro  
97 Collingwood (at 18th),  
SF CA 94114  
415-701-9642  
[www.yogatreesf.com](http://www.yogatreesf.com)  
[workshops@yogatreesf.com](mailto:workshops@yogatreesf.com)

**The Kamasutra Dance Journey**

Sunday April 27  
1-4pm  
Yoga Tree Valencia  
1234 Valencia (at 24th),  
SF CA 94110  
415-647-9707  
[www.yogatreesf.com](http://www.yogatreesf.com)  
[workshops@yogatreesf.com](mailto:workshops@yogatreesf.com)

**Spring Shakti Retreat at Kripalu May 31 2008**

Come replenish and sooth your soul with a weekend of yoga, dance, meditation and good company. The retreat is an opportunity for women to embrace their sensual and sacred nature. We'll do this through ancient and modern styles of Indian dance and a gentle yoga practice geared toward opening the heart. We will learn rituals of reverence: chants and meditation practices that honor the feminine that will help guide us to rest in the heart -- our center of love, courage and unbounded creativity.

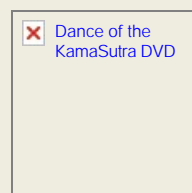
Learn more about [Kama Sutra Dance Journey](#) or contact [yoga@hemalayaa.com](mailto:yoga@hemalayaa.com)

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

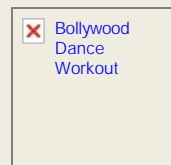


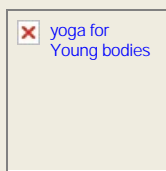
**DVDs**

**NEW ~ Dance of the KamaSutra**



**The Bollywood Dance Workout**





## New Year's Purification and Celebration Retreat

with **Hala Khouri and Andrew Soliz**

Ojai Eco Sanctuary

Dec. 29th- Jan. 1st 2007

Please join us at the Ojai Eco- Sanctuary for 4 days of clearing, intention setting and celebration as we welcome the new year. Andrew Soliz from Sacred Ways, will be leading a sweat lodge ceremony and purification ritual, Tony Khalife will grace us with his music; and we have other special teachers, healers, and musicians offering their services and art. There will be two yoga classes daily, live music, hiking, ecstatic dance celebration, incredible food, sound healing, bodywork and lots of spontaneous fun and connection.

We will be staying in the magical, Sacred Valley of Ojai, California (1.5 hours away from Los Angeles) on a historical property situated on 55 acres of land surrounded by pristine mountain terrain. This sanctuary also features an Outdoor Yoga Deck, Indoor Yoga Yurt, Lavender Fields, Ceremonial Kiva, Sweatlodge and Fire Pit, Organic Vinyard and Winery, Organic Fruit and Vegetable Gardens, Observation Deck, Salt Water Pool and Chumash Indian Archeological Site. Hiking trails and wildlife are abundant in the area and in the surrounding national forest. This is a uniquely intimate, unspoiled experience of nature.

email [hala@halakhouri.com](mailto:hala@halakhouri.com) or call 310.663.4644 for more information and to register.

### ACCOMODATIONS AND RATES

\*EARLY REGISTRATION DISCOUNT AVAILABLE IF PAID BY November 15th. Deposit of \$250 will hold your space (this is non-refundable)

\*All prices are per person and include accommodations, food, and yoga classes (bodywork is extra) for 3 nights and 4 days. Sweatlodge is \$35 extra.

#### MAIN HOUSE

Double Occupancy \$680 (\$720 after 11/15) SOLD OUT

Double Occupancy Porch (shared bath) \$620 (\$660 after 11/15)

Group Occupancy\* (3-4 per room) \$595 (\$635 after 11/15)

\*you can sign up on your own for a group room, we will put the groups together.

Single Porch \$600 (\$640 after 11/15) SOLD OUT

#### ARTIST STUDIO (private bath)

Double Occupancy \$695 (\$735 after 11/15)

Triple Occupancy \$655 (\$705 after 11/15)

COTTAGE: (one queen bed; use bathrooms in Main House) Double Occupancy: \$640 (\$680 after 11/15) Triple Occupancy: \$600 (\$640 after 11/15) SOLD OUT

TEA HOUSE (Enclosed outdoor sleeping space built on stilts with two double beds; use bathroom in house. Amazing views.

Electricity in the room.) SOLD OUT

YURT (dorm style accommodations with shared bath)

Group occupancy: \$560 flat rate

For more information email [info@halakhouri.com](mailto:info@halakhouri.com)



# Happy Holidays ! Peace, Love and

### Yoga for Young bodies DVD



Yoga for Urban Living DVD and video's are available.



Dosha Yoga

### 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.omstream.com](http://www.omstream.com)

[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)

Learn more about [Hemalayaa](#)

# blessings to you !

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