



Dear Friends,

September 2008

The Summer is now shifting to Fall, and the air is filled with inspiration, creativity, and amusing life lessons. After the lull that I was feeling last month, I have recuperated and replenished my own resources. My [prana](#) (life force energy or Chi) is on high again. Life is abundant, full, and rich with love.

I have been cleaning house like a pregnant woman about to go into labor. By clearing my mental and physical body (the home where my soul lives), I am very aware of my speech, thoughts, and actions. I have learned some important lessons about relationships & life - you can read more in this month's "Yoga in the City" below.

Beginning next month, I plan to introduce a new section, "Joy and the City." I am pleased to introduce [Enayet Jiwani](#) (bio below), a new friend and teacher. We met in Denver recently and my friends and I couldn't stop asking him questions and didn't want him to stop talking. Everything he said was so interesting and deeply real. His wisdom has touched me and I feel there is much to share with everyone. I have asked him to be part of our monthly newsletter ritual. He has agreed to do so in a 'Q and A' format. This will be a great opportunity to ask real life questions about how to bring more joy in your life by looking at or solving some of the critical issues that you face in the hustle and bustle of city life. The column will focus on answering any questions about life, relationships, work/corporate environment, and health. We welcome you to send us an email at [h@hemalayaa.com](mailto:h@hemalayaa.com) with your questions.

I pray that you are blessed with good food, water, and nurturing love.

Lovies,

A handwritten signature in cursive script that reads 'Hemalayaa'.

**Enayet Jiwani Biography:** Born in the East and educated in the West, Enayet brings with him his real life experience of perceiving the world through multiple lenses of culture, spirituality, and compassion. He has been a practitioner of yoga, meditation, introspection and journey of self evolution and development. He is a senior executive leading large teams to success and along the way, mentoring and coaching many of his employees to success.

"May love lead you to the joyous 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



## Shakti Retreat in Ojai Nov 21st - 23rd

Weekend of renewal for women.

This month's focus is to play in the feminine beauty that you are! 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.

To register or for more info, call 866-436-5621 or visit [www.Hemalayaa.com](http://www.Hemalayaa.com)

- YOGA MONTH -

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

**yogamonth** est. 2008  
empowering language to create a healthy lifestyle

### WORKSHOP TIMES HAVE CHANGED FOR YOGA MONTH

**Austin, TX** - Sept 17

Workshop 5 - 7 PM

**Los Angeles, CA** - Sept 21

Workshop 11 am - 1 pm

**San Diego, CA** - Sept 24

**San Francisco, CA** - Sept 27th

Workshop 3 - 5 pm

**Vancouver, BC** - Oct 4th - 5th

Oct 4th - Workshop 3 - 4 pm

Evening celebration 8 pm

Oct 5th - JUST ADDED

Workshop 12:30 - 2:30 pm

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

DVDs



Sorry, I have no more classes in Santa Barbara. They are on hold until further notice.

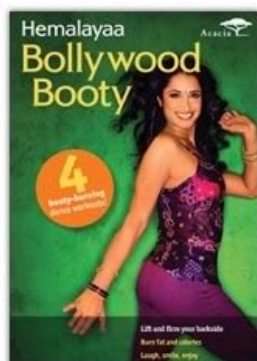
You can always arrange:  
Private One-on-One classes or small groups.  
Teaching 1- 2 hr sessions in your space or mine.

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

Stay tuned for future classes!

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

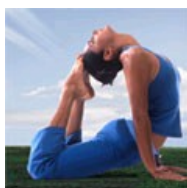
New DVD Release from Hemalayaa + Acacia!



RELEASED OCT1<sup>st</sup> at Target and Ulta!

Watch a clip and trailer from **Bollywood Booty** on [YouTube](#).

## YOGA AND THE CITY



Sitting here in my bed, still warm from sleep, I am thinking about the lessons I have learned recently. Have you ever noticed your addiction to being right? As I see it, this human survival trait has possessed me from birth. I find myself fighting to prove my point of view with a life or death kind of battle. I have an air of entitlement for "being right" all the time. I'm not sure where it came from, but sometimes I think I was reincarnated from the 'Princess Planet.'

I remember when I was in high school, I hated writing essays for English class. Looking back, I realize I had a belief that I couldn't write anything interesting enough for others to read, so I didn't apply myself at all. When it came time to work on my essay assignments, I would avoid them until it was too late. I'd either not do them at all or I'd do as little as possible (enough to get me by) - usually didn't get me the grades my parents desired. Although I had the perfect excuse: "English is my second language!" I used that one often with Dad, teachers, friends and fellow Scrabble players! [READ MORE](#)

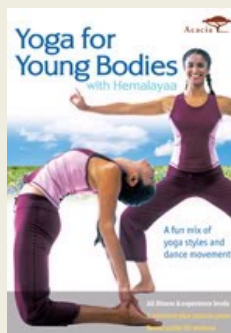
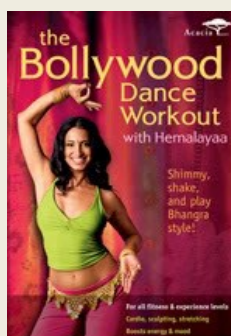
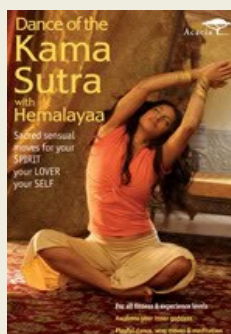
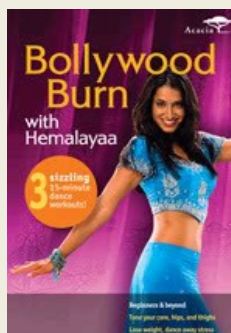
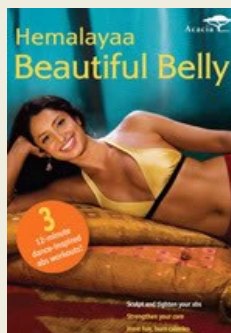
## Health-e Living

A letter from Deepak Chopra:

Where there is energy, there is prana, the universal life force that exists everywhere. Any form of energy is considered prana, including heat, light, electricity, and gravity. Prana is the prime mover of all activity; it is life and consciousness.



The most obvious manifestation of prana is our breath. Each day, we take more than 20,000 breaths, but how often do we notice the



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life force that animates our being? If we pay attention, our breath can teach us more than we can imagine: our emotional state, the power of the present moment, gratitude, peace, and even God. Focusing on breath immediately brings us into the now. When we allow ourselves to be present, we create the breathing room we crave so intensely and we can feel, unimpeded, the sensual rhythm of our lives. The interplay between inhale and exhale is an intricate pas de deux.

The inhalation bathes the body in life; the exhalation surrenders that life back to its source. Each breath offers the chance to awaken and the opportunity to let go. When we pay attention, we can feel the core of our being ripple through our body. Breathing with awareness is a form of prayer, a grateful listening to the divine within ourselves. Breathing in gratitude, we breathe out joy. This simplicity is the key to our vitality. We spend years searching for the key, looking high and low. The journey home begins when we realize that the key is hiding in our own pocket.

Love,  
Deepak

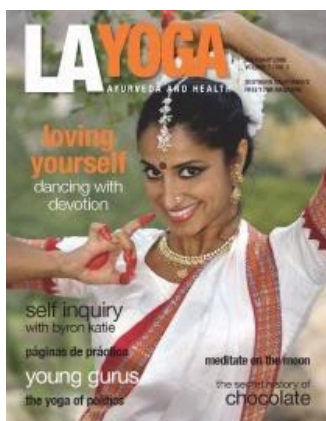


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### Hema Recommends



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Insert Promotion code: HEM908

### Hema's Clothing & Gift Recommendations



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

I encourage you to become part of this movement and contribute to [Barack Obama's](#) campaign.

Please support this great cause:  
[www.maitinepal.com](http://www.maitinepal.com)

Read "Celebrating Our Raw Nature"  
By Dorit  
[www.SerenitySpaces.org](http://www.SerenitySpaces.org)

Aromatherapy Potions and Sprays for your spirit:  
[www.MossBotanicals.com](http://www.MossBotanicals.com)

Jeff Fasano Photography  
[www.JeffFasano.com](http://www.JeffFasano.com)

Amazing Herbs for Health:  
[www.Hema.AmazonHerb.net](http://www.Hema.AmazonHerb.net)

Spiritual Guidance in Native American Traditions:  
[www.Sacred-Ways.org](http://www.Sacred-Ways.org)

Spiritual Guidance in Vedic Traditions:  
[www.JeffreyArmstrong.com](http://www.JeffreyArmstrong.com)

Vedic Astrology:  
[www.JeffHarman.com](http://www.JeffHarman.com)  
[www.JeffreyArmstrong.com](http://www.JeffreyArmstrong.com)

Odissi Dance Teacher:  
[www.SaraLaDance.com](http://www.SaraLaDance.com)

Yoga Fashion Apparel:  
[www.ILoveYoga.com](http://www.ILoveYoga.com)  
[www.YogaTribeandCulture.com](http://www.YogaTribeandCulture.com)

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