

WELCOME TO THE THIRD ISSUE OF THE SOUTH JERSEY SECTION OF *YOGA LIVING*. A very strong buzz is building in South Jersey about the unity we are creating amongst practitioners, centers, and individuals looking for services in our community. In this month's section you will find out more from our contributor, Shari Simmons, about a very exciting, new initiative being created called the *South Jersey Wellness Council*.

I have recently been interviewed by a few different sources on starting a holistic center, and I wanted to share a few of my thoughts from those interviews. I will focus on the challenges in creating a holistic center, and the importance of combining both business acumen, as well as passion for one's particular niche when establishing oneself as a practitioner or creating a center.

I opened a holistic center called *Transformations* in October of 2007. This was my second business, my first being a staffing company which I created in 1995. I believe I have a pretty good balance between business skills, and a passion for holistic health, mostly borne of personal commitment and experiences in the field. I truly want to help others become the best they can be, and I want to earn a reasonable profit at the same time. Pretty much, I want the holistic American dream.

I think the key to success in this niche is a belief that one can do well and do good at the same time. I also think having good business skills, and a willingness to learn from mistakes is key to success. Holistic health and wellness is a service sector just like any other. To stay in business and be successful requires one to be profitable (or have a positive operating margin in the case of a non profit). To maintain one's niche over the long run, one has to be prepared for a marathon vs. a sprint.

In my opinion there doesn't have to be a tradeoff between being successful as a business person, and being committed to helping others in the ways that people in our field do.

I have seen numerous examples of people who don't believe that business knowledge and techniques and wellness go together very well. I have also witnessed in my short stint in this niche, a lot of those individuals not being open for business any more because they didn't focus on marketing or sales or operational infrastructure. Many believed that as long as they had a vision and put that vision out to the universe (the laws of attraction), that good things would happen. Sometimes it may. More often than not, it won't.

In summary for now, I just want to say that I am enjoying the work I am doing, am looking forward to pacing myself for the marathon ahead, and bracing myself for the ups and downs that go along with any business venture. I also want to encourage anyone who is on the practitioner or center journey, to be open to the idea that business and holistic can go hand in hand. This journey is not for everyone. But for those who take it, it can be one heck of a fun ride.



Peace,
Scott

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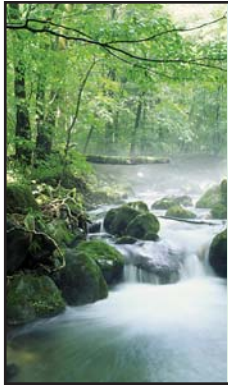
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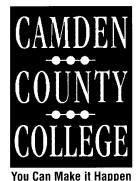
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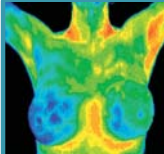
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Shakti Yoga Healing Arts 215-517-5020 605 West Ave Phila PA 19046
Spa Elysium 215-247-2008 55 Bethlehem Pike Phila PA 19118
Studio 7 484-716-0942 201 N Broad St 2nd Fl Phila PA 19107
Studio B 215-733-9053 209 Fairmont Ave 2nd Fl Philadelphia PA 19123
The Studio @ Hidden River 610 203-3338 3901 B Main St Ste 201 Manayunk PA 19127
The Yoga Loft 215-545-YOGA 1611 Walnut St Floor 4 Phila PA 19103
Vocal Discovery 215-782-1070 22 West Durham St Phila PA 19119
Wake Up Yoga 215-235-1228 2329 Parrish St Phila PA 19130
Wake Up Yoga 215-235-1228 4916 Baltimore Ave W Philadelphia 19143
Yoga Child 215-238-0989 903 South St Phila PA 19102
Yoga On Main 215-482-7877 4363 Main St Phila PA 19127
Yoga On The Ridge 215-792-6400 511 Conarroe St Philadelphia PA 19128
Yoga Research Soc 215-592-9642 341 Fitzwater St Phila PA 19147
Yoga Sutra 215-640-0909 1401 Walnut St 2nd Fl Philadelphia PA 19102
Yoga Shelter 215-991-9642 3502 Scotts Lane Philadelphia PA 19129

YORK COUNTY

Eight Stones Yoga Studio 717-840-4183 2805 Eastern Blvd York PA 17402
Werner Yoga-Lates 717-793-9296 Dover & Spring Grove York PA 17402

DELAWARE

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Greater Wilmington Yoga Association (GWYA) www.gwyoga.org
Website includes yoga teacher directory, e-newsletter, info@gwyoga.org
membership application PO Box 104, Newark, DE 19715

Divine Yoga 302-652-0941 2409 Lancaster Ave Wilmington DE 19805
Empowered Yoga 302-654-YOGA 230 East Main St Newark DE 19711
Empowered Yoga 302-654-YOGA 2000 Pennsylvania Ave Wilmington DE 19806
The Awareness Center 302-738-7006 280 East Main Street Suite 109 Newark DE 19711
The Awareness Center at Fit 302-777-4348 62 Rockford Rd Wilmington DE 19806
Tulaa Yoga 302-478-YOGA 3100 Naamans Road Wilmington DE 19810
Very Near Yoga Studio 302-777-3484 1301 Gilpin Ave Wilmington DE 19806
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144 Ivy Lane, King of Prussia www.healingpointonline.com

ENERGY

Patricia A. Dorner, RN, CMT, Energy Healing (610) 913-8629
Allison Prettyman.com West Chester, PA (484) 467-5449
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CLASSICS ON SUNDAYS AT 2PM

Pre-Code Hollywood
Sep 7, Gold Diggers of 1933
Sep 14, Babyface (1933)
Sep 21, She Done Him Wrong (1933)
Sep 28, Freaks (1932)

The Steadicam

Oct 5, Marathon Man (1976)
Oct 12, Wolfen (1981)
Oct 19, Blow Out (1981)
Oct 26, The Shining (1980)
*Intro by steadicam inventor Garret Brown @1:30

CHILDREN'S SERIES

Saturdays at 2pm. Tickets are \$4 unless otherwise noted.
Sep 27, Laurel & Hardy in Way Out West
Oct 4, TBD
Oct 11, Edward Scissorhands

Oct 18, October Tales – LIVE! – FREE!
Oct 25, Abbott & Costello Meet Frankenstein

FIRST FRIDAY FRIGHT NIGHT

First Friday of the month at 9:45pm.
Sep 5, Alien (1979)
Oct 3, Blade Runner, The Final Cut (1982)
Nov 7, Young Frankenstein (1974)
Dec 5, Dead Alive (1992)

SPECIAL EVENTS

Sep 28, City Rhythm Orchestra, 7pm
Oct 10, The Bacon Brothers Fundraiser, 8pm
Oct 11, The Devil Music Ensemble, 8pm
Oct 24, The Four Bitchin' Babes
Oct 25, The Second City, 8pm
Oct 26, Flower Power Concert, 8pm

Art and independent films seven nights a week | Classic Films on Sundays at 2:00pm
| Children's Series on Saturdays at 2:00pm | Baby Nights on Mondays at 6:30pm |
Matinees on Wednesdays at 2:00pm | Film Discussions on Wednesday at 9:30pm |
Live concerts presented by Point Entertainment | **FILM PRICES: \$4-\$8.**

Retreats/Intensives

Sept 19-21: Change Your Body, Change Your Mind Connect to your true self thru the healing power of yoga and organic live food. Cleanse toxins through raw juices and food. Release blockages thru Vinyasa Flow, unwinding & journaling. An oceanfront retreat in LBI, NJ. Call 609-492-4906 or email bodyzenmassage@gmail.com.

Sept 19-21: Yoga Retreat in the Poconos. Participants must attend at least 8 yoga classes at YogaLife prior to retreat. Fee \$250, Friday 6PM to Sunday 11AM. The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

Oct 5-7: Camp Me, Myself and I: A Self Care Retreat Join Life Coaches Patt Osborne and Karin Marcus for 3 days in quiet Cape May enjoying a combination of outdoor adventures and personal growth activities Your investment: \$369 before 9/1, \$399 after 9/1. Contact Patt at: 609-953-0027, patt.adventure-coach@verizon.net

Oct 25 & 26: Reiki Level 1 Retreat Training A thorough training in a retreat like setting. Includes a manual, an attunement and a certificate. Contact Jeannie Matteson at Creative Healing Arts, West Chester. www.CreateAndHeal.com, 610-738-0988.

Oct. 17-19: Yoga Retreat at the Beach. Participants must attend at least 8 yoga classes at YogaLife prior to retreat. Fee \$300, Friday 6PM to Sunday 11AM. The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030, www.yogalifeinstitute.com.

Oct. 31-Nov 2: The Rhythm of Your Soul with Russill Paul, author of *The Yoga of Sound*. Kirtan concert Oct. 31, 7:30 PM; weekend program includes Indian lunch \$175 in advance/ 200 after Sept. 5. See www.lightofloveunlimited.com or phone 484-357-7536 for info.

Nov. 15-21: Yoga in the Cloud Forest: A Yoga and Sustainable Living Retreat in Huatusco, Veracruz, Mexico. November 15-21. Enjoy yoga classes with great teachers in the magic of the cloud forest and explore a vision of sustainable living in harmony with the natural world. Learn more: www.friendsofthecloud-forest.org.

On Going Events

Beyond Reiki: Tools for Energy Workers. This highly-praised series of workshops will be repeated beginning in October. Miracles occur through group dynamics and the support of like-minded people. These classes were designed to inspire, enhance, stretch your beliefs, and move you into using your gifts to their fullest capacity. www.EssentialWellnessCtr.com.

Free, Mondays: Meetings for exploring Gurdjieff's three-centered approach to self-development. We will be reading from his books: *All and Everything* and *Meetings with Remarkable Men*. The reading is followed by a discussion of how to apply the teachings of Gurdjieff's work onto oneself. Visit: www.reikihealingcenter.org/gurdjieff.htm. Call for Schedule: Myra 610.348.5698.

Second Mondays: Nutrition and Lifestyle Support Groups: Second Monday of each month from 7:00-8:15PM, \$15.

Led by Dr. Joel S. Edman, Clinical Nutritionist, at the Media Wellness Center. Call to register, 610-742-8880. Must have individual session first. A forum to learn, share, support and transform. www.EdmanNutrition.com.

Second Mondays: Shamanism + Sacred Drumming classes + gatherings led by Lesley Tao Mowat at Center for Vitality and Wellness. Nurture your Sacred Journey of Wholeness + Healing! 2nd monday of month is Sacred Drumming Circle at 7pm. Call for more info + classes. 6 Waterloo Ave, Berwyn PA 610-251-9880 x2, centerforvitalityandwellness.com.

Tuesdays: Belly Dance to increase flexibility, strength and confidence. Beginner/Intermediate/Advanced classes in Skippack/Collegetown area. Please call Leisha @ 610-754-1886.

Tues/Thursdays: Autobiographical Journaling Workshops Tues. 11am and/or Thurs. 7pm Beginning Sept. 28, 610-585-1441 or www.awritersplace.net

First Tuesday: Reiki Share at 7:15pm, by donation. Sept 2 & Oct 7. Enrich your Reiki practice, receive as well as give support. For those who have completed Reiki level one or above. Please register in advance. Ask about our Reiki Master Practitioner Training. Creative Healing Arts, West Chester. 610-738-0988 www.CreateAndHeal.com.

Tuesdays: Zen Sitting Group 6-7PM. All faiths welcome. Facilitated by a Mountains & Rivers Order student of John Daido Looi Roshi, Abbot of Zen Mountain Monastery. If unfamiliar with Zen sitting, call ahead for initial conversation and instruction. For further info. contact Joe: jmieloch@rcn.com, 610-933-0594.

Tuesdays: One Deity at Time 7:10-8pm. Beginning September 9 join us each week as we explore the lives of the Deities, Gods and Goddesses, what makes them unique and how we can call upon them when we need help. \$5.00. www.thaiyogatogo.com.

Tuesdays: Group Guided Meditation. 8pm. Nourish and rejuvenate your spirit, calm your thoughts and bring balance to your mind and body. Free to attend and no prior experience is necessary. Meditations are followed by a discussion related to spiritual development. Arsenijevic Integrative Wellness Center. 233 S. 6th Street, Philadelphia. 215-574-8899, www.aiwellnesscenter.com.

Second Tuesdays: Color Healing Clinic. Adults/children. Try color light by donation. Helpful for effects of stress and trauma, chronic and disease patterns, visual deficits, self-awareness, connection with true life path. Day/evening appointments with Sharon Hicks, Holistic Visionary, Newtown Square, 610-299-6210, www.seeingislearning.com.

Wednesday: Spirit Work: Discussions. 1st Wednesday of the month 12:30-1:30pm. Sept 3 & Oct 1, Creative Healing Arts, Westtown Business Center, 1568 McDaniel Dr., West Chester, Pa. 19380, 610-738-0988. 3rd Wednesday of the month 12:30-1:30pm, www.spiritatwork.org, a non-profit organization.

Wednesdays: Meditation, Finding Peace Within: Calm Abiding group meditation at Dungkar Ling Meditation Center in Honey Brook, Pa. No prev. experience or registration necessary. Instructions and training CDs available to newcomers. For directions and info contact Sandra at dungkarling@aol.com or 610-942-2512, www.dungkarling.org.

Advertise your event in *Yoga Living* – email it – info@yogalivingmagazine.com

Fourth Wednesdays (third Wed. in Nov.): Law of Attraction and Beyond, 7-8:30pm. Learning, sharing, experiential group empowering you to manifest your every desire! Based on the work of Abraham-Hicks (*The Secret Behind the Secret, Ask and It Is Given*). 7-8:30pm. \$10. Come anytime! Visit: www.temenosretreat.org. Contact: [hopemerkert@yahoo.com](mailto:hopenmerkert@yahoo.com); 610-738-8420.

Last Wednesday: Maintaining the Fountain of Health: Monthly Lecture, The F.O.H. is within you, it is your colon and you are the caretaker! Learn about cleansing, nourishing and listening to your gut. Last Wednesday of the month, the Art of Health, Kimberton, Pa. 7-8:30pm. Call to reserve your seat. 610-935-0701, ponder@heartofhealth.us.

2nd Thursday You Can Heal Your Life 7-8pm beginning September 25th. Based on the book by Louise Hay. Learn how your thoughts and beliefs shape your life. We will use daily affirmations and meditation to change our thoughts to create positive changes in our lives. \$8.00. www.thaiyogatogo.com.

Third Thursday: Spiritual Cinema Circle: we invite you to join us at the Center for Human Integration for films that "open the heart" and discussion. Donations go to the Helping Hands fund. (215) 742-3505. chi4wellness.org.

Fridays: Talk Circle, Snacks, & 20 min Massage Sept. 5, Oct 3, 7-10pm facilitated by licensed psychotherapist Karen Wrigley, LSW. Introductions of participants at every event \$10 w/out massage \$30 with. 1823 West Main St Norristown, PA 19403 (610) 631-0880. Great for stress reduction & connecting www.RejuvenationExpress.com.

Friday Night Sessions: 7-8.30pm September Theme, 'The Power of Determination.' With firm resolve and a clear aim, nothing is unattainable. Keep moving with a sense of purpose toward your destination. At The Meditation Center, 910 River-ton Road, Cinnaminson, NJ 08077; (856) 786-2800, cinnaminson@us.bkwsu.org.

Second Friday: Fibromyalgia/Chronic Fatigue Support Group. 2nd Friday of each month. 11:30 am-1pm. 123 Chestnut St. Center City. \$5. Must call to confirm attendance. Contact Stephanie Costello MSW, LCSW 215-917-0032. Email: stephaniecostello@yahoo.com.

Meditation Mornings at Bryn Mawr College held one Saturday each Month from 9:30-12:30. (Sept 13, Oct 11). Learn how to gain the benefits of a meditation practice. CEUs available. We request a \$10 donation to cover costs. To confirm dates and location go to www.meditationmornings.blogspot.com/

Second & Fourth Sundays 4-6PM: Circle of Friends: Workshop for deepening spiritual life, support and learning, All faiths welcome. Share, explore, and experience the sacred through spiritual and emotional practices drawn from many traditional paths. The Healing Touch Center, 1327 Darby Rd, Havertown, carlmarcus@comcast.net, 610-667-5247. Free.

Sunday Morning Guided Meditation: Held every Sunday 8:30am-9:15am. All levels of experience welcome. Drop-in classes, no advance registration required. Evolumia Wellness + Holistic Living, 691 Haddon Ave, Collingswood, NJ 856-283-2090 www.evolumia.com Suggested Donation: \$10

Second Sundays: Circle of Sisters Second Sunday of every month at 6:30-8:30pm. Come Learn, Listen and Share. Open to all women looking to connect and heal through spiritual jour-

neys. Facilitated by Renee Welde and Mia Bosna in Valley Forge. For more info: Mia.Bosna@verizon.net or 610 933-4545.

Sundays: Yoga with Baby (starts Sept. 21). Mommies or Daddies and babies (up to and incl. crawlers) welcome. Join Milena D., RYT Sundays 10:30-11:30 am at MaMa (MOVING ARTS of Mt. Airy), 6819 Greene Street, Philadelphia - enter off driveway on Greene. Drop-ins \$12; 5 classes (\$55); 10 classes (\$100). E-mail yogabliss@gmail.com, ph 215-842-1040

Sundays: Yoga Meditation, Free Workshops: Sundays, 2 pm. Learn techniques focusing on heart chakra, including breathing, concentration, chanting. Advice on setting up a practice, ancient wisdom on living a balanced life. Sri Chinmoy Centre, 139 N. 4th St. (between Race and Cherry), Philadelphia. Call for schedule of next series, 215-425-3300.

Sunday Nights: 6 PM - Red Tara: An Open Door to Bliss and Ultimate Awareness, a Sangha gathering at Dungkar Ling in Honeybrook, PA. A concise English version of the Vajrayana Buddhist practice of prayers, mantra and meditation, in the lineage of H.E. Chagdud Tulku Rinpoche. CDs available. Donation only. 610-942-2512 or dungkarling@aol.com. www.dungkarling.org.

ON-GOING MEDITATION: held every Sunday, Tuesday and Thursday 7:30PM to 8:45 PM at The Philadelphia Meditation Center, 8 E. Eagle Rd., Havertown, PA 19083. Center opens at 7 PM. Phone (610) 853-8200 or email PhIMedCtr@aol.com. Website: www.philadelphiameditation.org.

CAUCUS for Autism: invites all who care for children with Autism Spectrum Disorders to join interested others on the FIRST Monday and THIRD Tuesday of the month from 7-9 pm at Upper Main Line YMCA at 1416 Berwyn-Paoli Road in Berwyn, PA. Peggy at 610/408-8635 or Ann at 610/644-3727. caucusforautism@att.net. Free.

Sundays & Wednesdays: United Lodge of Theosophists is a non-profit dedicated to teachings of Theosophy without charge. The United Lodge of Theosophists, 1917 Walnut St, Philadelphia, PA 19103 215-563-4692 www.ultphiladelphia.org Sundays, 11am - Noon Lecture and Discussion Wednesdays, 7:45 - 9 pm Study Class: The Ocean of Theosophy all events are free.

Classified Announcements:

Wellness Home Business. Share wellbeing and create prosperity with Zrii™, the new nutritional supplement endorsed by the Chopra Center™. PT/FT, choose your own hours. No experience necessary, just a strong desire to do good and do well. Great training and local support. 917-405-8031 - www.enjoywellbeing.com

Serene, Light-Filled, Holistic Wellness Center in the Paoli area has shared space available for a like-minded practitioner. We are independent practitioners offering a variety of modalities. The treatment rooms are furnished, there is a bathroom and a small teaching space available. Call 610-647-5407 for more information.

Staff Needed: Lionville Natural Pharmacy and Health Food Store: Experienced health food store help needed. Mature, dedicated, multi-tasking and holistic-minded individual will enjoy this position in our family operated facility. Excellent opportunity. 610-363-7474 ask for Ben or Linda. www.lionrx.com.

PreNatal/Youth Events

Prenatal Yoga Teacher Training starting September 5, 2008: 95 hour training in accordance with Yoga Alliance guidelines, taught by Jade Groff, RN, ERYT at Yoga On Main, Manayunk. Contact Jade for details, 215-779-6448, jadema73@yahoo.com. Jade offers weekly prenatal classes in Manayunk and Center City.

Kids Weekly Yoga Classes: on-going, Mondays 4:30-5:30PM ages 6-12 with Christopher Paynter. Improve flexibility, self worth, creativity, focus and concentration. Yoga postures, breathing exercises, meditation, relaxation, games and group discussions. The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

PreNatal Yoga in Devon: Mondays at 6 PM, Wednesdays 11 AM. Yoga designed specifically for the second and third trimesters. (First trimester may attend a regular class) Develop deep breathing, relaxation and awareness. Beginners are welcome. YogaLife Institute in Devon next to Whole Foods, info. 610-688-7030 or www.yogalifeinstitute.com.

September

5: Next South Jersey Wellness Council Meeting The next meeting is scheduled for Friday, September 5 at 10:00am at High Level Wellness, 1812 Haddonfield-Berlin Road, Cherry Hill, NJ. Local holistic practitioners welcome, RSVP to Donna donnam@readytotransform.com or call 856-470-1399

5: Free Intro to Yoga Class Friday Night, For true beginners, gentle yoga poses for all levels, brief explanation of Yoga 7-8:30PM At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

6: Teaching PreNatal Yoga with Randi Coen-Gilbert 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

7: GreenFest Philly, 11-6 PM On South Street in Philly. 130+ booths, lectures, fun for a good cause! See www.greenfest-philly.org for info.

8: Meditation Teacher Training Free Info Class with Bob Butera 7:35-9 pm At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

9: Addicted to Sugar? Want to kick the habit? Learn the secrets to minimize sugar in the daily diet. Examine the ill-effects of sugar on health and the immune system. Discover simple techniques and alternatives to increase weight loss and energy. RYAH Yoga and Health www.ryahyoga.com 610.834.1551 6pm, \$15

9: The Artist's Way Group. Kick off your fall with a 12 week self-development group. Break through negative conditioning, release your creativity. Tuesdays 6-8 pm beginning September 9th. Cost: \$395. 10% discount if you refer another registrant. Center City office. Contact Stephanie Costello MSW for more info. 215-917-0032 Email: stephaniecostello@yahoo.com.

9: Yoga Living Networking at Ivyland Counseling Center Tuesday, September 9 @ 7-9 PM 1210 Old York Road, 2nd Floor Warmin-



Center
For
Spiritual
Living



Rev. Bob Deen
Minister

Jim Wade
Music Director

Sunday Celebration

10:30am - All are welcome!

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ster, PA 18974 Holistic practitioners bring business cards, no product demo/selling. Create referral network at high energy event. RSVP to 610.688.7030, info@yogalivingmagazine.com Free.

10: Advanced Artist's Way Group Forming. "Walking in the World" is a program created by Julie Cameron, author of The Artist's Way. Join other experienced creatives to deepen your spiritual practice and continue personal growth. Weds. beginning Sept 10th 9:30-11:30 am. Cost \$395. Discount for referrals. Contact Stephanie Costello 215-917-0032 Email: stephaniecostello@yahoo.com.

10: Breathing in Yoga Poses with Bob Butera 7:35-9:15 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

10 Chant with Girish from California! Sanskrit Chant like you've never heard it before. Elements of Pop, Indian, Folk, and Jazz. Wednesday September 10th 7 pm Tickets are \$15 in advance, \$20 at the door Where: GreenLife's outdoor courtyard. GreenLife Yoga 6214B Ridge Ave Philadelphia, PA 19128 215-482-1749

12: How Mindfulness Meditation Works with Suzi Costello 7-9 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

13: Ratha Yatra Parade of Chariots and Festival of India. 12noon-7PM. Starts at City Hall/Love Park down Benjamin Franklin Parkway to Eakins Oval/Art Museum. Free vegetarian/vegan feast. Music, dance, yoga, crafts & wares, Indian market & more. For information: www.phillyrathayatra.com.

Inside **YogaLiving** | **September Events**

13: Throat Chakra and Yoga Poses with Angela Nevius 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

14: Sharon A. Klinger, International Speaker, Author, and Clairvoyant - Messages From Beyond. Let your guides and loved ones in spirit bring you their insights through dynamic clairvoyance and guided imagery exercises. 9:30am-12:30pm. At Transformations Holistic Learning Center, Voorhees, NJ. Only \$40 per workshop/\$75 for the day. For more info, www.readytotransform.com (856) 470-1399.

14: Sandra Taylor, New York Times Best-Selling Author – Quantum Success. In the second workshop of the day at Transformations Holistic Learning Center, Voorhees, NJ, Sandra will show you how to use the forces of science and nature to change your life. 1:30am-4:30pm. Only \$40 per workshop/\$75 for the day. For more info, www.readytotransform.com (856) 470-1399.

15: Meditation for Your Type Training begins. 7:35-9pm At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

16: Six Week Nutrition Class Tuesdays, 6-7:15pm through October 21. Experience food differently, without dieting, without fear. This holistic approach will help you eat for energy, reach your ideal weight, deconstruct cravings and choose better foods. All materials included. RYAH Yoga and Health www.ryahyoga.com 610.834.1551 \$199

16: Yoga Living Networking at Got Your Back Tuesday, September 16 @ 6:30-8 PM at 521 East Hector St., Conshohocken, PA 19428 Holistic practitioners bring business cards, no product demo/selling. Create referral network at high energy event. RSVP to 610.688.7030, info@yogalivingmagazine.com Free.

17: Bandhas in Yoga Poses with Bob Butera Wed., September 17, 7:35-9 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

18: Horse Sense (10-3:30) A unique opportunity to connect with your Self through a magnificent animal. The day will include a beginning riding lesson, time to groom your horse, and personal visioning activities. Where: Thorncroft Equestrian Center, Malvern, Pa. Investment: \$80 Contact Karin at: 610-667-5247 or Karin@SteppingOutCoaching.com

19: Bohemian Belly Dance for the Inner Goddess 7-9 pm For centuries, mythical Goddess stories have entertained and intrigued us. This fun & dynamic workshop brings together elements of dance, mythology & music to discover and live your Goddess qualities that you already have or want to cultivate. \$25.00 www.thaiyogatogo.com

20: Body Rolling Join us for extraordinary workshop to learn Yamuna Body Rolling, a self-massage and fitness system that dramatically improves body awareness, breathing, and self-healing. Treat specific areas by using balls and breath to move through tension and relieve pain. RYAH Yoga and Health www.ryahyoga.com 610.834.1551 1-4pm, \$45

20: Wellness Center Open House: Saturday 12-5pm. Meet our practitioners, explore our eco-friendly shop, hear a different 30 minute wellness presentation starting each hour, healthy food,

and more! Evolumia Wellness + Holistic Living, 691 Haddon Ave, Collingswood, NJ 856-283-2090 www.evolumia.com

20: Yoga Asana for Healthy Skin with Erika Tenenbaum 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

20: Empowered Women in Action Monthly Groups Saturday, September 20th Yoga practice then workshop designed to reconnect you with your spirit. Join other women committed to living their true lives. Bucks County Location. For information call (215) 651-3636 or visit www.empoweredwomeninaction.com.

21: Katie Tandon offering Movement Meditation Workshop Sunday Sept 21 1-4 in Phoenixville at The Lotus Yoga Studio (thelotusyogastudio.com) and Saturday Sept 27, 10-1 at the Center for Optimal Health in Plymouth Meeting (c4oh.org). Workshop features two short form Tai Chi, Buddhist movement meditation and meditative yoga. \$35 at either location, combining balance, calm and integration.

21: Celebrate International Peace Day through the practice of yoga! We will practice the Yoga Malas outdoors at Fairmount Park on Sept. 21. Contact Maggie at 610.996.8861 or maggie@sproutyoga.org if you would like to participate!

21: World Meditation Hour Sunday, 6.30-7.30pm, Concerned about the World? Your thoughts count; A time to spread waves of peace, love and care in our world. At The Meditation Center, 910 Riverton Road, Cinnaminson, NJ 08077 Free service to community (856) 786 2800, E-mail: cinnaminson@us.bkwsu.org

23: Free Lecture Change your life with Chinese Face Reading! Phila. Chapter of Feng Shui Guild sponsor Jean Haner, Feng Shui expert, author of The Wisdom of Your Face. 6:30-9 pm At the Saturday Club, 117 West Wayne Ave., Wayne, Pa (across from Radnor Library /Post Office). Info Catherine Dow, Chapter Director 610-517-5951 or dowfengshui@hotmail.com

24: Itsy Bitsy Yoga (newborn to nearly-crawling) Wednesdays, 10am-10:45am through October 29. Baby classes contain unique yoga postures designed to support baby's development. Class is filled with nurturing ways to enhance bonding, improve baby's sleep and more. No experience required. RYAH Yoga and Health www.ryahyoga.com 610.834.1551 \$100 Limited Space!

26: Magical Mandalas 6:30-9:30 pm From Native American & Tibetan Sand paintings to Gothic Rose Windows & Hindu Yantras, the mandala is a tool for psychology, spiritualism & art for the purpose of therapy, focus, meditation & healing. Explore the origin and history of mandalas and allow you to create your own! \$35.00 www.thaiyogatogo.com

26: Free Spiritual Stimulus Evening, Yoga Channeling, Reiki, All are welcome, September 26th, 7:30pm. Kings Grant, Marlton, N.J. Donations to instructors chosen charities, not required. For more info. contact Janice 609-654-1574. Or RSVP to reserve your space with Lisa@2communicate.net

27: Transformations Mindfulness Based Stress Reduction (MBSR) classes begin at Transformations Holistic Learning Center, Voorhees, NJ. This 8-week program is based on the work of Jon Kabat-Zinn, Ph.D.. Mindfulness is a powerful meditative process which allows you to be more in the moment and less reactive. www.readytotransform.com (856) 470-1399.

Our leaders love to hear from you! Say "Hello," from "Yoga Living"!

October Events | Inside YogaLiving

Join the holistic movement and give a call!

27: Developing a Home Meditation Practice with Tina Devine Sat. September 27, 1:30-3:30pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

29-30: Happy Rosh Hashanah

30: Thai Yoga Massage I begins September 30, Tuesdays & Fridays, 11am-2pm. Join Hands-on training. This is a combination of acupressure and passive yoga stretches, without oil and fully clothed. Taught by Telema Hess of Omega Healing Arts in Plymouth Meeting. \$395 total. Pre-registration required. 484-994-6086 or omegahealing@aol.com

October

October: Group Weight Loss Sessions starting in October 2008. Lose weight as well as learn how to create a healthy life style. Call for information: Rosemary Nardone, CHHP, RM Certified Nutritional Health Counselor 610-651-8181 www.RosemaryNardone.com

3: Free Intro to Yoga Class Friday Night, For true beginners, gentle yoga poses for all levels, brief explanation of Yoga 7 – 8:30 PM At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

3: Yoga Poses & Spinal Movement with Donna Dufoe \$20/25 7-9 pm At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com

4: Mariangela Pino Landau Presents Spiritual Adulthood. Psychic Medium, Metaphysical Minister, Mystic and founder of Center for True North spiritual center, Utah, shares her insights received through telepathically transmitted messages, self-facilitated visions, and mystical contemplation at Transformations Holistic Learning Center, Voorhees, NJ. \$45 (includes Volume 1 of her 12-Volume books series). www.readytotransform.com (856) 470-1399.

4: Anatomy of Abdominal Strength with Jim Dougherty Sat. October 4, 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

4: Shanti Medspa at The Institute for Optimal Health presents: How to Achieve Optimal Health- Learn to slow down the aging process at this exclusive health expo Topics include nutrition, supplementation, exercise, stress management, hormone replacement, Ayurveda, Acupuncture, and various health screenings! October 4, 2008, 10am-2pm, Rosemont College Call 610-642-2644 optimalhealthtoday.com

4-5: Craniosacral Hands-On, Workshop Sat/Sun., Oct. 4/5, 10-6pm. Learn these gentle, yet amazing techniques to help release restrictions in the craniosacral, musculoskeletal and nervous systems. Taught by Celeste Ross of Omega Healing Arts, and held in Plymouth Meeting. \$195 total. Pre-registration required. 484-994-6086 or email: omegahealing@aol.com

7: Transformations Mindfulness Based Stress Reduction (MBSR) classes begin at Virtua Health (in partnership with Transformations Holistic Learning Center), Voorhees, NJ. 8-week program is based on the work of Jon Kabat-Zinn, Ph.D. Mindfulness allows you to be more in the moment and less reactive. For more info, www.readytotransform.com or (856) 470-1399.

8, 15, 22, 29: Purpose Clarity Teleclass (7-8pmEST) Searching for your purpose in life? Looking for a new direction? Re-evaluating your priorities? Then you will benefit from this Purpose Clarity Program. Your Investment: \$200 includes EBook, 4/1hr group calls, and 1 personal coaching session. Contact Life

Coach Karin Marcus at 610-667-5247, Karin@SteppingOut-Coaching.com

8: Yoga Living Magazine Ad Deadline for November/December issue. Our 10th Year of Publication, 65,000 copies with loyal readership. Call Angela at 610.688.7030 or visit www.yogalivingmagazine.com for info.

8: Creative Healing Arts, Networking Meeting and Open House, Wednesday, October 8 @ 6-9 PM, 1568 McDaniel Dr., West Chester, PA 19380 Stop in to mingle with like minded folks, RSVP to Jenn at 610-738-0988 or jenn@CreateAThrivingBusiness.com

10: Meditation Class Fridays 6:30pm-9:30pm through October 24. Develop a higher state of consciousness, silence your mind and unwind at the end of the week. Learn a series of progressive techniques that lead one deeply into the meditation experience. RYAH Yoga and Health www.ryahyoga.com 610.834.1551 \$100 or \$40 each

11: Calling All Women - Empowered Women in Action™ Workshop Saturday, October 11th 8:30AM-3:30PM. Yoga, Meditation and examining our past, present and future to get a deeper understanding of ourselves and our lives. Bucks County Country Club in Jamison, PA. Pre-registration required. Cost \$99 includes lunch. www.empoweredwomeninaction.com or call (215) 651-3636.

11: Sun Salutation A & B with Carol Elia Sat. October 11, 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

11: Barefoot Singles Pot Luck Parties held in Plymouth Meeting yoga studio for ages 35-55. Two Parties: Oct. 11 and Nov. 1. Meet other singles in a relaxed and fun atmosphere. Games, pot luck, and more. \$30 pp each party. Pre-registration required. 484-994-6086 or email secondwinddating@aol.com.

11: Energy Seminar Learn to prepare for the new high cost of home energy. Efficient oil and gas heating Passive solar Solar hot water Wood and Pellet stoves Geothermal heat pumps Springfield Twp Building Sat. Oct. 11 1-4pm. Don Hull 610 306 6245 greenscene@fastmail.us www.groundsourcehvac.com

12: Michelle Whitedove – Soul Secrets. Join America's #1 Psychic Michelle Whitedove for an afternoon of enlightenment and personal messages at Clarion Hotel, Cherry Hill, NJ. 2:00pm – 5:00pm. \$75 (advance tickets) Sponsored by Transformations Holistic Learning Center, Voorhees, NJ. For more info, visit www.readytotransform.com or call (856) 470-1399 or www.readytotransform.com

14, 21 & 28: Law of Attraction and Beyond: Principles, Practices & Processes, 7-9pm. Based on the work of Abraham-Hicks (*The Secret Behind the Secret, Ask and It Is Given*). Transformative teachings and fun practical tools to help you align with your every desire! \$70/series. Visit: www.temenosretreat.org. Contact: hopemerkert@yahoo.com; 610-738-8420.

15: Seated Poses Alignment Tips with Bob Butera Wed. October 15, 7:35-9:05 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

17: It's My Vagina, Not Yours 7-9 pm, Presented by Inspirational Speaker & Award-Winning Author Anita Foster Lovely. This workshop is about keeping, or reclaiming, your power and being in control of your life and body. Based on Anita's novel, BETRAYALS. Workshop \$25.00/Workshop & Book \$45.00.

Inside YogaLiving | November Events

Our Holistic Resources are growing... so join an event!

18: Introduction to Sanskrit Mythri Menon Sat. October 18, 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

18: Empowered Women in Action Monthly Groups, Saturday, October 18th Yoga practice then workshop designed to reconnect you with your spirit. Join other women committed to living their true lives. Bucks County Location. For information call (215) 651-3636 or visit www.empoweredwomeninaction.com.

19: Open House at Center for Vitality and Wellness, has moved to a new location! Join us for refreshments and talks on Bodywork, Acupuncture, Shamanism + Flower Essences. 6 Waterloo Ave, Berwyn PA 12-4pm. 610-251-9880 centerforvitalityandwellness.com

21: Brain Protection: From Autism to Alzheimers with Michael Cheikin MD, Holistic Physician. We will review the genetic, toxic and metabolic causes of brain dysfunction; how to preserve and enhance function at all ages using special tests, nutrition, yoga and acupuncture. 10-1, \$45, Center for Optimal Health, Plymouth Meeting 610-239-8626 www.c4oh.org.

22: Yoga Hygiene for Health with Bob Butera Wed. October 22, 7:35-9:05 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

24: Yoga Living Networking at ENSO Studio 319 B West State St., Media, PA 19063 (near Selene COOP, enter parking lot, see sign.) Friday, October 24 @ 7-8:30 PM Holistic practitioners bring business cards, no product demo/selling. Create referral network at high energy event. RSVP to 610.688.7030, info@yogaliving-magazine.com Free.

24: Bohemian Dance for Teens/Adults 13 & Up 7-9 pm Dance strengthens & balances the mind and body. Modern, Middle Eastern and World music is used along with world dance to place a strong emphasis on posture, positive energy projection, movement & embracing yourself. (CD included) \$25.00 www.thaiyogatogo.com.

25-26: ChildLight Yoga Teacher Training, 2 day intensive program. See www.childlightyoga.com for program details. \$285 tuition before Oct. 10. At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

25: Mastering the 5 Senses (Pratyahara) with Tina Devine Sat. October 25, 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

27: John Perkins - The Secret History of the American Empire. from U.S. military in Iraq to the Peace Corps volunteers in Africa to jackals in Venezuela. Clarion Hotel, Cherry Hill, NJ. 2-5pm. \$75 (advance tickets) Sponsored by Transformations Holistic Learning Center, Voorhees, NJ. www.readytotransform.com (856) 470-1399.

29: Inversion Poses Alignment Tips with Bob Butera Wed. October 29, 7:35-9:05 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

31-Nov 2: The Rhythm of Your Soul with Russill Paul, author of The Yoga of Sound. Kirtan concert Oct. 31, 7:30 PM; weekend program includes Indian lunch \$175 in advance/ 200 after Sept. 5. See www.lightofloveunlimited.com or phone 484-357-7536 for info.

November

1: Living a Passionate Life A Workshop of Exploration and Discovery. Commit to living fully & passionately. Discover how to live a passionate life sexually, spiritually, creatively, and professionally. Discover ways to wake up the passion within yourself! RYAH Yoga and Health www.ryahyoga.com 610.834.1551 1pm-4pm, \$79 Save \$10 by Oct. 15

1: Teaching Yoga to Beginners with Kristen Butera Sat. November 1, 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

1-9: Colon Hydrotherapy Training and Certification at the Art of Health School of Colon Hydrotherapy, Kimberton, Pa Apply by September 29. For application and more info call Jeanette Ponder at 610-935-0701 or email: ponder@theartof-health.us.

2: Healthy Living Expo of South Jersey at Eastern Regional High School, Laurel Oak Road, Voorhees New Jersey from 11am-3pm on Sunday, November 2nd. For info on attending or exhibiting visit www.lifetimeexpos.com, or info@lifetime-expos.com or 215-968-4593.

5: Yoga Living Networking at Medicine in Balance 940 Town Center Dr., Ste F-90, Langhorne, PA 19047 Wednesday, November 5 @ 7 PM Holistic practitioners bring business cards, no product demo/selling. Create referral network at high energy event. RSVP to 610.688.7030, info@yogalivingmagazine.com Free.

7: Delaware Valley Energy Psychology events! Learn powerful, results-oriented do-it-yourself healing techniques for relief of pain, stress, anxiety, & trauma. FREE Friday night seminar and all-day Saturday workshop taught by international leaders in this dynamic new healing field. November 7-8, Double Tree Hotel, Center City. Registration required, seating is limited: www.EPheals.com

7: Free Intro to Yoga Class Friday Night, For true beginners, gentle yoga poses for all levels, brief explanation of Yoga 7-8:30PM At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

8: Teaching Post-Natal Yoga with Randi Coen-Gilbert Sat. November 8, 1:30-3:30 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

12: Balancing Alignment Tips with Bob Butera Wed. November 12, 7:35-9:05 pm \$20/25 At The YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

15-16: Learn Basic Massage, Weekend Course for Two, 1-5pm on Nov. 15/16. Always wanted to know how to give a decent massage to friends and loved ones without getting tired? Learn and practice together. \$150 per two people. Taught by Telema Hess in Plymouth Meeting. Pre-registration required. 484-994-6086 or omegahealing@aol.com.

19: Arthritis is Reversible with Michael Cheikin MD, Pain Specialist. We will review the mechanical, metabolic, toxic and energetic causes of arthritis; how to prevent and heal arthritis using special tests, nutrition, yoga and acupuncture. Includes Q&A and gentle yoga session. 10-1, \$45, Center for Optimal Health, Plymouth Meeting. 610-239-8626 www.c4oh.org.

Enlighten Up!



2008 YOGALIFE EVENTS IN SEPTEMBER/OCTOBER/NOVEMBER

FRI. SEPTEMBER 5, 7-8:30PM FREE
Free Intro to Yoga Class

SAT. SEPTEMBER 6, 1:30-3:30PM \$20/25
Teaching PreNatal Yoga w/Randi Coen-Gilbert

MON. SEPTEMBER 8, 7:35-9PM
Meditation Teacher Training Free Info Class w/Bob Butera

WED. SEPTEMBER 10, 7:35-9:15PM \$20/25
Breathing in Yoga Poses w/Bob Butera

FRI. SEPTEMBER 12, 7-9PM \$20/25
How Mindfulness Meditation Works w/Suzi Costello

SAT. SEPTEMBER 13, 1:30-3:30PM \$20/25
Throat Chakra & Yoga Poses w/Angela Nevius

MON. SEPTEMBER 15, 7:35-9PM
Meditation for Your Type Training Begins

WED., SEPTEMBER 17, 7:35-9PM \$20/25
Bandhas in Yoga Poses w/Bob Butera

SAT. SEPTEMBER 20, 1:30-3:30PM \$20/25
Yoga Asana for Healthy Skin w/Erika Tenenbaum

SAT. SEPTEMBER 27, 1:30-3:30PM \$20/25
Developing a Home Meditation Practice w/Tina Devine

FRI. OCTOBER 3, 7-8:30PM Free
Free Intro to Yoga Class

FRI. OCTOBER 3, 7-9PM \$20/25
Yoga Poses & Spinal Movement w/Donna Dufoe

SAT. OCTOBER 4, 1:30-3:30PM \$20/25
Anatomy of Abdominal Strength w/Jim Dougherty

SAT. OCTOBER 11, 1:30-3:30PM \$20/25
Sun Salutation A & B w/Carol Elia

WED. OCTOBER 15, 7:35-9:05PM \$20/25
Seated Poses Alignment Tips w/Bob Butera

SAT. OCTOBER 18, 1:30-3:30PM \$20/25
Introduction to Sanskrit Mythri Menon

WED. OCTOBER 22, 7:35-9:05PM \$20/25
Yoga Hygiene for Health w/Bob Butera

SAT. OCTOBER 25, 1:30-3:30PM \$20/25
Mastering the 5 Senses (Pratyahara) w/Tina Devine

WED. OCTOBER 29, 7:35-9:05PM \$20/25
Inversion Poses Alignment Tips w/Bob Butera

SAT. NOVEMBER 1, 1:30-3:30PM \$20/25
Teaching Yoga to Beginners w/Kristen Butera

FRI. NOVEMBER 7, 7-8:30PM Free
Free Intro to Yoga Class

SAT. NOVEMBER 8, 1:30-3:30PM \$20/25
Teaching Post-Natal Yoga w/Randi Coen-Gilbert

WED. NOVEMBER 12, 7:35-9:05PM \$20/25
Balancing Alignment Tips w/Bob Butera

YOGA RETREATS AT THE BEACH

(8-CLASSES AT YOGALIFE REQUIRED)
October 17-19, 2008 December 5-7, 2008

YOGA RETREAT IN THE POCONOS

September 19-21, 2008

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