

Integral Yoga



60th Anniversary

6 Paths of Integral Yoga

3-Day Grand Celebration Weekend

HATHA • physical well-being | RAJA • mental mastery |
BHAKTI • devotion | JNANA • wisdom & Self-realization |
KARMA • selfless service | JAPA • transformation through
sacred sound

Friday October 2nd

6:30 - 7:00 pm	OPENING NIGHT • 60th Anniversary of Integral Yoga, Sharing the Vision - Swami Ramananda & Raama Das • online & in-person
7:00 - 7:30 pm	HATHA • The Healing Power of Sound and Yoga Nidra - Rev. Diana Dharani Diaz • in-person
7:00 - 7:30 pm	HATHA • Yoga Nidra for Self Healing - Sevika Ford • online
7:30 - 8:00 pm	JAPA • Mantra Repetition for World Peace - Swami Divyananda • online & in-person
8:00 - 8:15 pm	BHAKTI • Invocation and Arati - Swami Ramananda and Rev. Diana Dharani Diaz • online & in-person

Saturday October 3rd

7:15 - 8:00 am	JNANA • Guided Meditation: Who Am I? The Journey of Self-Inquiry and Resting in the Heart with Diana Meltsner • online
8:00 - 9:00 am	HATHA • Integral Yoga Flow with Jyothi Kimberley Schick • online
9:30 - 10:45 am	HATHA • RAJA • Awakening Through Practice: Philosophy on the Mat with Swami Ramananda • online & in-person
11:00 -12:00 pm	KARMA • Awakening the Joy of Selfless Service with Nonviolent Communication with Kamala Itzel Hayward • online — Lunch Break —
2:00 - 5:00 pm	HATHA • A Deep Dive into Integral Yoga for All Levels with Mia Velez and Nathalie Rukmini Ando • online & in-person

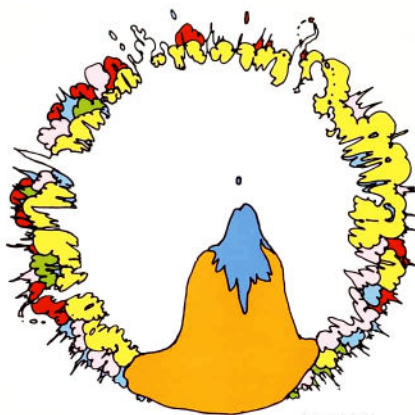
	— Dinner Break —
6:30 - 7:15 pm	SATSANG • 60 Years of Integral Yoga: Honoring a Legacy, Inspiring the Future with Swamis Ramananda, Divyananda, & Vimalananda, and David Vijay Hassin • online & in-person
7:15 - 8:15 pm	BHAKTI • Kirtan with Mirabai Warkulwiz • in-person

SUNDAY October 4th

9:00 - 10:00 am	HATHA • Beginner Class with Tony Speciale • online
9:00 - 10:30 am	HATHA • Soulful Sunday Class with Muktidevi K Demafeliz • online & in-person
9:30 - 10:45 pm	JNANA • Will My Real Self Please Stand Up; Discovering Our Authentic Being Through Jnana Yoga with Swami Asokananda • online
11:00 - 12:00 pm	RAJA • The Yoga Sutras - A Path to Inner Freedom with Rev. Kalyani Cohen Barr and Swami Ramananda • online & in-person
12:00 - 12:30 pm	RAJA • Meditation with Swami Ramananda • online & in-person
12:30 - 2:00 pm	SANGHA • Potluck & Community Time • in-person
2:00 - 2:30 pm	KARMA • Post-Potluck Seva, Selfless Service Offering • in-person

All sessions are offered on a sliding scale to support accessibility for all. You may pay for individual sessions or purchase a Weekend Pass, which serves as one payment for all sessions throughout the weekend. Weekend Pass holders must still register in advance for each session they wish to attend in order to reserve their space.

As a special weekend in support of our nonprofit mission, we invite you to contribute as generously as you are able to help us continue sharing the classical teachings of Integral Yoga with all who seek them for years to come.



6 Paths of Integral Yoga

Hatha Yoga

Purifies, balances, and relaxes the body, leading to increased flexibility, strength, and overall well-being. It enhances the functioning of all body systems and supports a sense of peace and integration.

The practices of asanas (postures), pranayama (breath regulation), bandhas (locks), mudras (seals), kriyas (cleansing practices), Yoga Nidra (deep relaxation), and a yogic diet help harmonize the dynamic energies within us. Together, they foster physical vitality, mental clarity, and emotional equilibrium.

The Integral Yoga Hatha approach provides a solid foundation for exploring the deeper dimensions of practice.

Inquiry into the Practice:

- Reflect on the benefits you have experienced from practicing Yoga. What obstacles prevent you from practicing regularly?
- Can you incorporate breathing practices into your day?
- Can you find time to practice Yoga at home for 15 minutes each day?

Practical Applications:

- Attend 1–3 classes per week and explore different levels and teachers.
- Create a short routine that supports your well-being and do it daily.
- Consider incorporating more plant-based foods and choosing foods with higher vitality.

Raja Yoga

Offers profound insight into the mind and its mysteries through a time-tested system of spiritual practice grounded in ethical principles. This branch draws on the eight limbs of Yoga outlined in the Yoga Sutras of Patanjali and provides clear guidance for cultivating a consistent meditation practice.

Raja Yoga serves as a comprehensive roadmap for inner transformation, guiding us toward deeper self-understanding and the realization of our highest potential.

Inquiry into the Practice:

- Reflect on the benefits meditation can offer you. What obstacles prevent you from maintaining a home practice?
- Can you make time to meditate at home for 10 minutes a day or more?
- Are you seeking spiritual guidance or deeper study?

Practical Applications:

- Attend three guided meditation classes per week and explore different styles and teachers.
- Establish a regular spiritual study practice through inspirational or sacred reading.
- Try attending the spiritual study classes offered on Monday nights most months.

Bhakti Yoga

Inspires the opening of the spiritual heart through devotional practices such as kirtan (chanting), puja (worship), and prayer, fostering unwavering love, devotion, and dedication to the Divine.

By transforming emotion into a vehicle for unconditional love, this branch of Yoga nurtures a deep, heartfelt relationship with the Divine. These practices cultivate continuous remembrance and communion, leading to a life imbued with love, compassion, and awareness of the Divine in all.

Inquiry into the Practice:

- How would you describe your faith?
- What symbol, principle, or image inspires you to believe in a Higher Power?
- Do you engage in practices that deepen your connection with the Divine, such as prayer, chanting, or communing with nature?

Practical Applications:

- Find a prayer or chant that is meaningful and cultivate a practice of remembrance of the Divine.
- Create an altar at home with images that inspire you to remember the spiritual presence within us all.
- Experiment with performing actions as an instrument of a Higher Power.

Karma Yoga

Cultivates the spirit of dedication and selfless service throughout the day, allowing us to engage in action without attachment to outcomes. This branch of Yoga helps free us from ego-driven desires, supporting us in becoming channels of love and service.

By focusing on the action itself, we can begin to resolve past karmas without generating new ones, gradually transforming ordinary action into Karma Yoga. Our actions become expressions of sincere dedication to the Divine and to humanity, enriching life with meaning and spiritual fulfillment.

Inquiry into the Practice:

- Do you have opportunities to step into the role of a giver?
- Do you find yourself holding resentment when others do not acknowledge your contributions or feeling a need to be thanked?

Practical Applications:

- Practice at least one act of kindness each day and let it go without expectation of recognition.
- Explore the potential of being fully present for others. As the saying goes, "It is in giving that we receive."
- See if you can experience a natural joy that comes from putting your heart and mind fully into what you do, just like when you are playing.

Jnana Yoga

This is a path of wisdom and Self-realization. Through study, inquiry, discernment, and contemplation on the nature of the Self, we begin to dissolve confusion created by identification with the ever-changing body, mind, and ego.

This path helps us see through the illusion of separateness and realize the oneness of ultimate reality. It culminates in the lived understanding that all beings are essentially One, fostering deep unity and spiritual awakening.

Practical Applications:

- Can you sense an unchanging awareness behind all the mental activity during meditation, or Yoga Nidra practice?
- How would you describe this presence or sense of spiritual Self?

- Can you recognize the same Self in others?

Inquiry into the Practice:

- Connect with the sense of “I am” throughout the day, allowing the mind to rest in a more expansive sense of Self.
- Pause a few times a day to observe the mind and remember that you can choose what thoughts to pay attention to and which ones to ignore.
- Contemplate the nature of infinity.

Japa Yoga

Utilizes the repetition of sacred sound vibrations, known as mantras, allowing us to attune to a chosen aspect of Divine vibration. Through consistent practice, the body and mind are gradually purified, revealing our true nature of peace and joy.

This practice calms and focuses the mind, making it an accessible and effective form of meditation. As a primary meditation technique in Integral Yoga, Japa Yoga offers a direct path toward spiritual alignment and realization, deepening our connection with the Divine.

Inquiry into the Practice:

- Do you have a favorite mantra that you repeat throughout the day or during meditation?
- What benefits do you experience from chanting or repeating a mantra?

Practical Applications:

- Choose a mantra and repeat it until it begins to resonate naturally and occupy the mind with ease.
- Explore different forms of practice: chanting aloud, silent repetition, writing the mantra, and contemplating its meaning.
- Experiment with repeating a mantra or chanting along with recorded kirtans as you do things like cooking, cleaning, or driving.

*Each year in spring, we offer a comprehensive 9-week **Yoga Immersion Program** designed to support the development of a steady home practice and to immerse participants in Yoga as a way of life. Through an in-depth exploration of Yoga's teachings and practices, this course opens the door to personal transformation, self-discovery, and spiritual fulfillment.*

Truth is One, Paths are Many

