Awakening the Sacred in Everyday Life

The Yoga of Christ, The Secert Life of the Yamas and Niyamas, The Yoga of Sex, Marriage and Relationships, Supercharge Your MEDITATION, Hanuman, Art of Spirit: Imagery, Symbolism and Myth, Dawning of the Spiritual Adventure and more...

All New - Sacred Wisdom Academy
Hari OM and Welcome

Through this, our newest Major Program's Guide, we invite you to enter and explore the world of authentic Yoga. Yoga without compromise, adapted for today's world.

We are also pleased to introduce, one of our newest endeavors, Sacred Wisdom Academy.

Sacred Wisdom Academy (SWA) offers uniquely designed classes, taught by an esteemed faculty, led by our Beloved, Reverend Jaganath Carrera. Topics include, Living the Yoga Life, Yoga Philosophy and other Sacred Traditions, Meditation, Health and Longevity, Relationships, Sacred Art, Sacred Sounds and many more in-depth programs. Each class opens you to the deeper wisdom of Yoga, as well as the essence and vastness of all sacred teachings.

Sacred Wisdom Academy’s academic year runs from September 2016 through August 2017. Most courses are taught at the Yoga Life Center in Woodland Park, New Jersey but for those unable to attend in person, many of SWA's courses are offered remotely via webinar.

We invite you to view and download this Major Programs Guide, Sacred Wisdom Academy's course offerings, as well as explore the many services Yoga Life Society offers and join our email list by visiting us at www.yogalifecenter.org and www.yogalifesociety.com

Now more than ever, in this fast-paced, chaotic world, yogic wisdom, meditation and other yogic practices, can reveal and expand the Peace, Joy, Love and Harmony, that is our True Nature.

Open your heart. Explore and experience the many precious health benefits and gifts yoga offers. Why wait? Peace and Joy are yours, today!

We thank you for viewing our Major Programs Guide and look forward to seeing you soon.

With Gratitude & Many Blessings,
Yoga Life Society

Welcome

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Sacred Wisdom Academy (SWA) is a comprehensive course of study in the theories and practices that are the heart of Yoga.

It explores and uncovers the pathways to experiencing the peace and joy that is our True Nature.

Not limited to the classic texts of yoga, such as the *Yoga Sutras* and *Bhagavad Gita*, SWA also offers courses in other wisdom traditions such as Taoism and yogic perspectives on the Bible.

Always focused on the practical, SWA is designed to provide an apprentice-like learning experience in which course content and direction are guided by the needs and experiences of the students.

Most of the courses and classes offered by SWA are perfect for both beginners and more advanced students of yoga.

We are pleased to present Sacred Wisdom Academy’s 2016-2017 Faculty and Course Listings in this, our Major Program’s Guide.
Reverend Jaganath Carrera is the founder and spiritual head of the Yoga Life Society, Sacred Wisdom Academy and author of Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali’s Yoga Sutras and Awaken: Inside Yoga Meditation.

Reverend Jaganath has been teaching all facets of Yoga since 1973 at universities, prisons, Yoga centers, and interfaith programs here and abroad. He was a principle instructor of Hatha and Raja Yoga for the Integral Yoga Teacher Training Certification Programs for over twenty years and co-wrote the training manual used for that course.

He established the Integral Yoga Ministry and co-developed the highly regarded Integral Yoga Meditation and Raja Yoga Teacher Training Certification programs.

A Master teacher, who profoundly comprehends the rich philosophy and teachings of all the aspects of Yoga, Reverend Jaganath has dedicated his life to the service of others and conveys these timeless teachings to all students. His Book “Inside the Yoga Sutras” is currently the number One best seller on Amazon in this category and is used by Yoga teacher training schools worldwide.

Reverend Jaganath holds a Master’s Degree in Acupuncture. He served as clinic supervisor, instructor, and Dean of Academics at the Eastern School of Acupuncture in Montclair, NJ where he also helped to develop its highly regarded curriculum.

A master body worker, he is certified in medical massage and Reflexology and is proficient in meridian massage and Therapeutic Touch.

You can keep updated on Reverend Jaganath’s activities by visiting www.yogalifesociety.com or www.yogalifecenter.org
The Yoga of the Heart: Bhakti Yoga
Taught by Reverend Jaganath Carrera

There is no more powerful force in the universe than love. An open, loving heart can overcome any obstacle. Through love, we overcome fear and break down the boundaries that separate us from each other and from the Absolute.

Bhakti Yoga is universal and not limited to any particular faith tradition. Practitioners are free to express their devotion to any name and form of the divine. This is a path marked by relationship, intimacy, beauty, tenderness, and inspiration through practices such as meditation, prayer, ritual, and chanting. Through these practices, the devotee can easily be lifted to new heights of consciousness that culminate in union with the Divine.

In this course, we will discuss the meaning and practices of Bhakti Yoga and its application to this life.

Tuesdays Feb 21 & 28, 2017
7:00pm-9:00pm | 2 week series: $50
Drop in: $30
WEBINAR AVAILABLE

The Yoga of Star Trek
The Final Frontier
Tuesdays: September 6, 13 & 20, 2016
7:00pm-9:00pm
3 week series $75 / Drop-in: $30
WEBINAR AVAILABLE

Please join us for this creative and thought provoking three-part series. Each class will feature an airing of an episode followed by lively discussion led by Reverend Jaganath Carrera.

The ancient cultures had their own myths and stories that relayed deep truths in an entertaining way. Our culture is a melting pot of many different traditions with very few American myths. However, our TV culture perpetuates its own myths and legends. Star Trek, a groundbreaking series that originally aired for three years (1966 – 1969), was ambitious for its time. A number of eminent science fiction authors wrote many of the scripts, embedding in them meaningful messages and values that are harmonious with the Teachings of Yoga.

The Yoga of Sex, Marriage & Relationships
Taught by Rev. Jaganath Carrera

Our relationships with family, friends, those we date, and life partners are sources of great joy and comfort as well as, paradoxically, anxiety and seemingly unsolvable dilemmas.

For over 2000 years, yoga has offered wisdom and invaluable guidance for these dilemmas.

This course is for those seeking relief in their current relationships, looking to learn ways for finding fulfilling relationships, and for those in helping professions who are interested in incorporating yogic approaches in their service.

Tuesdays: Jan 24 and 31, 2017
7:00pm-9:00pm
2 week series: $50
Drop in: $30
WEBINAR AVAILABLE

The Yoga of Christ
Taught by Reverend Jaganath Carrera

In this course, discover the Yogic truths hidden within the familiar words of the New Testament. These Christian teachings underscore the yogic truth that there is One Truth for All. Please join us as we explore these transformative teachings that have the power to bring peace and harmony to all beings.

Topics Include:

November 29th - The Lord’s Prayer
December 6th - The Beatitudes
December 13th – Discipleship
According to Lord Jesus: It’s Challenges, Advantages, and

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According to Lord Jesus: It’s Challenges, Advantages, and
Many students of Yoga are familiar with these priceless teachings found in the Yoga Sutras of Patanjali. These Teachings seem so basic yet there is an underlying depth to them all. Great enlightened masters consider them to be the most important and sacred Lessons when living the spiritual life.

Learn how these simple, but powerful teachings that can transform the life of an individual and have the potential to reduce violence, envy, jealousy, and tension between individuals, political systems, faith traditions, and countries. There may be no teaching more important to take with us in these times.

Tuesdays: June 20 & 27, 2017
7:00pm-9:00pm
2 week series: $50 / Drop in: $30
WEBINAR AVAILABLE

Disappointed in your meditation progress? Don’t despair. Learn from a Master how to jumpstart and maintain your practice. This course is for people who do not need basic instruction in meditation. Instead, learn simple hints for developing regularity and deepening your meditation experience. More than that, nothing accelerates progress in meditation than meditating with a Master.

Each class will end with a twenty-minute meditation led by Rev. Jaganath.

Don’t miss this unique, first time offering!

Tuesdays: May 30 & June 6, 2017 | 7:00pm-9:00pm
2 week series: $50 / Drop in: $30
WEBINAR AVAILABLE

Sound has the ability to inspire and elevate. Both the Bible and the Vedas declare that the entire creation was brought about by sound. The yogis elevated the use of sound through mantra repetition and chanting - to a science.

Join us for this unique two-part course that presents the science of sound and how to use it for increasing health, well being, and peace of mind.

May 9 - Reverend Jaganath teaches the science of sound and mantra
May 16 - Reverend Jaganath with kirtan led by Mirabai Moon

Two Tuesdays: May 9 & 16, 2017 / 7:00pm-9:00pm
2 week series: $50 / Drop in: $30
WEBINAR AVAILABLE
Triaxial Yoga

A Post Graduate Yoga Teacher Certification Program

Reverend Jagnath Carrera, Principal Instructor,
Reverend Shanti Lemaire and Madhuri DeJesus, Co-Instructors

Explore Yoga from an entirely new standpoint. Learn how to apply principles from Oriental Medicine to traditional Yoga techniques and practices. Discover how to recognize, access, and utilize the deepest level of your energetic functioning.

This course will teach you how to help students re-balance their systems through a unique understanding and application of:

- Meridians, with emphasis on the primary Extraordinary Vessels, the first meridians to be formed in the womb. Many imbalances, even those that may have begun in the womb, can be helped.
- The application of powerful acupoints - many not known in the West - before or during asanas to help bring balance and healing.
- The Five Element principle which offers a deep and practical understanding of the subtle energetic relationship of the internal organs and their correspondences to many natural factors, including the hours of the day, emotions, seasons, and diet.
- How the spirit and energy of the heart play a vital role in attaining and maintaining good health, well-being, healthy relationships, and Self-realization.

A New Dimension for Your Yoga Practice and Teaching

Triaxial Yoga is based on applying the three fundamental energetic principles of human existence to the practice of Yoga asanas, pranayama, deep relaxation, and meditation.

When the three vital axes described below flow with an abundance of energy and are in balance, we experience vibrant health, better mental focus, a more loving disposition, and an open heart that can better weather the changes brought by life.

Axis 1: Core Energetics
This is the core energetic axis of all objects and beings. The Intersection of matter and consciousness, it forms the essence of all human beings and of life itself.

Axis 2: Three “Extraordinary” Meridians
This axis is comprised of three meridians on which the body is formed. These meridians not only determine our body’s structure and function, but together act as a powerful antenna, receiving subtle energy – prana - from the environment.

Axis 3: Heart – Spleen - Kidneys
These are not simply the physical organs we all know, but represent energy centers that form the basis for the healthy functioning of the body and mind.

Dates and Times
The course is 56 hours long.
Classes meet the Second weekend of each month for four months.

Sat. 9:30 – 5:30pm & and Sun 9am – 5pm

Location:
Yoga Life Center
1244 McBride Ave.
Woodland Park, NJ 07424

November 12th & 13th 2016
December 10th & 11th 2016
January 14th & 15th 2017
February 11th & 12th 2017

Tuition
$725 - Tuition for the course, teacher training manual, and other instructional materials  Early Bird Discount: Register by 1 October and receive a $100 discount.
You can pay in full or reserve your place in the course with a $150.00 deposit.

To Apply
This course is for Yoga Teachers who have been certified at the 200 hour level or above. You can apply and make your payment online by following the link on our website: www.yogalifesociety.com
Or you can download and complete and application at www.yogalifecenter.org and send it along with your check to Yoga Life Society at the address above.
Most classes meet on Tuesday nights from 7pm to 9pm. Note that this year, there are also classes on Thursday, March 8th, 2017 and Sunday, July 16th, 2017 from 10:30am to 12pm.

Yoga Life Society offers several DISCOUNTS for attending Sacred Wisdom Academy.

**DISCOUNTS**
- Choose any of 3 courses to receive 20% off total class fee
- Choose any of 6 courses to receive 40% off total class fee
- Register for the full year to receive 50% off total class fee

Certificate eligibility and course discounts include attendance via webinar.

All classes are eligible for Yoga Alliance CEU’s, Attend at least six SWA courses to receive a Sacred Wisdom Academy certificate.
This four-week program is a great opportunity to delve into the time-tested, powerful practices of health and healing that yoga offers. Guided by master practitioners with years of experience, discover the health benefits of:

- The uncovering of the layers of the subtle body: unlocking energetic pathways through yoga asana
- The healing power of pranayama: the subtlest practice of Hatha Yoga for healing and energizing the body and clearing the mind.
- Yoga nidra: yogic deep relaxation done with an emphasis on healing body, mind, and emotions
- Yogic diet, fasting, and cleansing practices

The last class will conclude with a powerful, meditative Healing Circle. The use of healing mantras, sounds, visualizations, and holy water will be used to reinforce our intention for the health and well-being of all creation, near and far.

- October 18 – Reverend Shanti Lemaire - Asana - the subtle body: unlocking energetic pathways through yoga postures
- October 25 – Madhuri DeJesus - Yoga Nidra: yogic deep relaxation done with an emphasis on healing body, mind, and emotions
- November 1 – Nitya Martino - Yogic diet, fasting, and cleansing practices
- November 8 — Reverend Jaganath Carrera - Healing Power of Pranayama and * Healing Circle

Tuesdays, October 18 & 25, November 1 & 8, 2016
7:00pm - 9:00pm | 4 week series: $100—Drop in: $30

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**Reverend Shanti Lemaire, RYT 500**

Holds certifications in Hatha Yoga, Meditation, Raja Yoga, Yoga Therapeutics, Triaxial Yoga and Yoga for Everyone. As a child, she felt a deep yearning for peace and union with the Divine. An ordained Yoga Life Minister, Shanti’s focus is on bringing healing and harmony to the body, mind and soul. Her previous career as a medical assistant has helped her gain knowledge of the physical body, while her experience with Yoga has led to a deeper understanding of the more subtle inner layers of Yoga. She continues to study under the guidance of her Guru, Reverend Jaganath Carrera and Margabandhu Martarano, Director of Fairlawn IY.

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**Madhuri DeJesus**

Madhuri, RYT 500, is a Hatha Yoga and Meditation instructor and Director of the Yoga Life Center. She is forever grateful to Jennifer Kohl who opened the door to the beautiful world of Yoga where Madhuri found her Guru and Yoga Life Society Sangha. She is deeply grateful to continue her yoga practice and studies with so many amazing teachers, as she deepens her studies and continually expands her meditation practice. Yoga continues to be an ever increasing source of inspiration.

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**Nitya Diane Martino**

Nitya Martino, CHWCE, CSYT, ERYT-500 Stress and Anxiety Solutions expert specializes in creating pathways to a Holistic Lifestyle through custom tailored programs for your Optimal Health and Wellness. As a Certified Holistic Health and Wellness Coach and Educator specializing in Stress and Anxiety Solutions, Certified Structural Yoga Therapist and ERYT-500, Nitya creates Peace Maintenance Programs, Nutrition and Weight Loss Plans for Longevity which Optimize Health, Wellness and Stress Reduction. Nitya is trained and mentored by Viktora Kulvinskas, co-founder of the Hippocrates Health Institute. She also creates Energy Art for the Soul.
Meditation Clinics

Taught by Reverend Jaganath Carrera

- These meditation clinics will address whatever an individual is encountering as an obstacle in his or her meditation.
- If needed, instruction for beginners will be offered as well. Included will be time for a formal group meditation.
- Come experience the benefits of a calm, clear mind that meditation brings.

Tuesdays 10:30am–12:00pm
October 4, 2016 | November 1, 2016 | December 6, 2016

Reverend Shanti Lemaire, RYT 500, holds certifications in Hatha Yoga, Meditation, Raja Yoga, Yoga Therapeutics, Triaxial Yoga and Yoga for Everyone. As a child, she felt a deep yearning for peace and union with the Divine. An ordained Yoga Life Minister, Shanti’s focus is on bringing healing and harmony to the body, mind and soul. Her previous career as a medical assistant has helped her gain knowledge of the physical body, while her experience with Yoga has led to a deeper understanding of the more subtle inner layers of Yoga. She continues to study under the guidance of her Guru, Reverend Jaganath Carrera and Margabandhu Martarano, Director of Fairlawn IYI.

Reverend Narani Lorelli, RYT 500, is Reverend Jaganath’s personal assistant. She received her Yoga Teacher Certification from Starseed Yoga Montclair in 2006, and went on to study extensively the Integral Yoga of Gurudev Swami Satchidananda and the teachings of His disciple Guruji Rev. Jaganath Carrera. She was certified in Yoga Life Society’s Raja Yoga Teacher Training in 2012 and is now serving as a Yoga Life Minister.

Register Now at www.yogalifecenter.org

The Journey Within

Taught by Reverend Shanti Lemaire & Reverend Narani Lorelli

Of all the places we can go, by far, the most wondrous, mysterious, and beneficial to us is the journey into the innermost depths of our minds. The practice of meditation leads to the experience of the unbounded peace and joy that is in us as our True Nature. Discover for yourself the tranquility, joy, and clarity of meditation. In this course, you will learn all you need to know to develop and maintain a successful meditation practice.

Some of the topics covered will be:

- The tangible and subtle benefits of maintaining a tranquil mind
- Simple yet powerful tools for stilling the mind
- The three essential keys for success in meditation
- Techniques to stay on the path when obstacles arise
- Exploration and guidance of various meditation techniques – breath, sound, gazing, and visualization
- Pranic Healing Meditation

Meditation is for anyone who would like to experience greater peace, wellbeing, improved mental clarity, and meaning in life.
- Reverend Jaganath Carrera

Preregistration for entire series:
(all 6 classes): $108
Preregistration for single class:
$25 / Drop-in: $30
WEBINAR AVAILABLE

Tuesdays, 7:00pm – 9:00pm
- January 3, 10 2017
- February 7, 14, 2017
- March 7, 14, 2017
**Shiva**

An Evening of Chanting and Storytelling

Taught by Mirabai Moon

In this special workshop we will tell stories of Shiva from the Mahapurana. We will discuss Shiva's attributes as the quintessential Yogi, and discuss how we can develop these qualities within ourselves, using Shiva as a role model on our path to spiritual enlightenment. The workshop will culminate in a Shiva Kirtan, a call & response group devotional chant to Shiva.

Thursday, March 9, 2016
7:00pm to 9:00pm
Preregister: $25       Drop-in: $30       WEBINAR AVAILABLE

REGSITER NOW
www.yogalifecenter.org

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**Hanuman – Servant of God**

An Evening of Storytelling and Chanting

Taught by Mirabai Moon

In this special workshop we will tell the beautiful story of Hanuman, discuss his outstanding attributes and how we can develop these attributes within ourselves.

The workshop will culminate in a group chanting of the Hanuman Chalisa and an ecstatic Sita Ram.

Tuesday, 7:00pm – 9:00pm
January 17, 2017
Preregister: $25 / Drop-in: $30

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**Mirabai Moon**

Singer/songwriter and mantra music artist Mirabai Moon is known for her immensely versatile and powerfully expressive voice, which flows effortlessly from ethereal dreaminess to soulful blues and jazz. She honed her craft studying vocal improvisation with Jazz legend Bobby McFerrin and Rhiannon of Voicestra. After nearly two decades of songwriting and three original albums, she fell in love with the practice of Kirtan. Mirabai devoted herself as a Bhakta, singing sacred chants in Sanskrit, sharing her profound love of the Divine with others through call and response devotional chanting. Mirabai’s life changing experiences with kirtan and mantra practice led her to explore other sound healing modalities. She now uses crystal singing bowls, chimes and gongs with groups and individual clients for healing and transformation work. Mirabai tours across North America, sharing chant music and sound healing in yoga studios, healing centers, and festivals. Her offerings guide participants into experiences of profound healing and embodiment of the Divine Essence within human form.

For more Info on Mirabai www.mysticalkirtan.com
Dawning of the Spiritual Adventure:
How to discover the path that was meant for you?
Taught by Reverend Abhaya Cordova,
Reverend Krishna Boscardin, Amba Wallace
and Santoshi Mongiello

The beginning of a journey can be the most challenging part. How do you start and what feels safe? The decision can be paralyzing and prevent you from taking the first step on your spiritual journey. Instead, begin the Adventure today and become the Light we are all meant to be.

In these two special classes we will address:
♦ The beginning steps to living a spiritual life
♦ How to keep yourself inspired
♦ Finding a life you can joyfully live
♦ Guidance and answers to any concerns / obstacles to your path.

From Meditation to diet to written sacred texts, come experience the Journey to Peace that surpasses all.

May 2nd- Rev. Abhaya Cordova and Rev. Krishna Boscardin
May 23rd – Amba Wallace and Santoshi Mongiello

Tuesday, May 2 & 23, 2017
7:00-9:00pm
2 week series: $50 / Drop in $30
WEBINAR AVAILABLE

REGISTER NOW at www.yogalifecenter.org

Reverend Abhaya Cordova
Reverend Abhaya is a Master Energy Therapist, Massage Therapist, Yoga instructor and Theta Healing Teacher. She offers a spiritual perspective to bodywork with an extensive understanding of the human energy field. Abhaya’s philosophy is to support the healing process by clearing old thoughts and patterns so the spirit can reveal its true nature which is peace. The body has the innate ability and wisdom to heal itself; we must clear the way to allow that healing to take place.

Reverend Krishna Boscardin
Reverend Krishna, RYT 500, has been devotedly teaching Hatha Yoga since 2001. He is a Certified Massage Therapist and holds several certifications in Acupressure, Therapeutics and Energetics in Yoga. He teaches meditation and is a Certified Teacher of Raja Yoga (Yoga Sutras of Patanjali). Reverend Krishna has been trained and ordained as a Yoga Life Minister by his Teacher Sri Guruji Reverend Jaganath Carrera. As a long devotee of spiritual and scriptural study, he loves and lives to share the ancient Teachings of Yoga in ways that are relevant and practical to today’s way of living.

Amba Wallace
Amba, E-RYT 500. Amba is co-founder of JaiPure Yoga in Montclair, NJ, and currently in Yoga Life Society’s Seminarian Training program. She received her 200hr. and 500hr. from Lotus Yoga in Montclair NJ. Other certifications include Triaxial and Raja Yoga. Her primary focus in Yoga has been twofold: devotion to her Guru, Reverend Jaganath Carrera, and His Teachings (especially on the Yoga Sutras), and a commitment to teaching alignment in the yoga postures allowing more depth, ease and steadiness in body and mind.

Santoshi Gina Mongiello
Santoshi, BA, MA, LMT, is a Licensed Massage Therapist specializing in John Barnes Myofascial Release Approach, a Holistic Health Consultant/Detox Specialist, an Emotional Freedom Technique Practitioner, a 500-Hour Level Yoga Teacher, and the Program Coordinator/Director at the Essex County Environmental Center. She has a BA in Psychology from Rutgers University and a MA in Environmental Studies from Montclair State University. She has been an avid student/seeker of good health and wellness for all her adult life. She has studied formally with many mind-body health experts: Dr. Robert Morse ND, Viktoras Kulvinskas, Mangabandhu Martarano, John Barnes, PT, and her Beloved Guru Reverend Jaganath Carrera.
Art of Spirit: Imagery, Symbolism, and Myth
Taught by Reverend Jaganath Carrera, Principle Instructor and Reverend Narani Lorelli

Pictures and stories. They take hold of our attention and draw us in to their message. All faith traditions have used both visual arts and story to convey teachings that the words of lectures and texts cannot convey.

This course will be filled with incredible stories imbued with valuable lessons, symbols that contain the power to refine our minds, and images to delight the eyes and satisfy the heart.

Learn why some images of deities have four arms, how the spirit of animals can teach us lessons, and how circles, dots, and triangles have come together to transfuse and fascinate the mind.

One Sunday and One Tuesday
July 16, 2017 – 10:30am-12:00noon
July 18, 2017 – 7:00pm-9:00pm
2 week series: $50 / Drop in: $30

Satsang
For spiritual seekers, Satsang is not-to-be-missed. Times of coming together to discuss the practical application of Yoga’s sublime teachings as presented by Reverend Jaganath Carrera and Yoga Life Senior Disciples. It is a way to enjoy fellowship, laughter, and knowledge.

Some satsangs include guest speakers, call-and-response chanting called Kirtan or other uplifting activities.

Satsangs are open to anyone with or without experience in yoga. Feel free to bring family and friends.

Topics we will touch on:
- Finding Peace within Ourselves and The World
- Gifts and Gratitude
- Faith in ourselves and others
- Karma Yoga: the Yoga of Action
- The Divine Mother and all of her Blessings

Satsangs are held monthly
Yoga Life Center, Woodland Park,
3rd Friday of every month | 7:00pm – 9:00pm
BROADCAST via YOUTUBE & GOOGLE+

Yoga Life Kirman Artists
Sangita Beth Ann Schroeder
(500-RYT) began her journey into yoga 10 years ago. For the past 5 years, Beth Ann has been studying all forms of mantra practice, from the Vedic, Hindu, Buddhist and Sikh traditions. Her voice and harmonium set the tone with elegantly beautiful melodies and subtle accompaniment, Beth Ann now offers kirtan, call and response chanting, throughout the tristate area. She shares her knowledge on the principles of bhakti yoga in workshops and yoga teacher trainings, as part of her life commitment of spreading the teachings and practices of bhakti to all. To learn more about Sangita, please visit: www.sangitamusic.com
Eka Jyoti Interfaith Puja
Weekly Worship Services – Sundays, 8:00am - 8:45am

Eka Jyoti means One Light. Light represents the universal truth that lies within our heart of hearts. It is our True Nature, the ground of all peace, joy, wisdom, harmony, and love. Experiencing this is the highest goal of Yoga and of life.

Our Sunday morning worship services are an opportunity to gather and participate in an offering that upholds the interfaith perspective of the Yoga Life Society. We believe that “Truth is One, Paths are Many.” This timeless quote reminds us that wisdom and peace are not limited to any one spiritual tradition.

During these weekly services, called pujas, Light is taken as the universal symbol of the Divine. Pujas include chanting, waving of incense and lights, and the offering of flower petals at the altar. Every object used in a puja generates and holds healing energy. Because of this, many who attend look forward to receiving the holy ash, blessed water, and food (usually fruit or nuts) offered during the puja. These services are open to anyone, regardless of their faith tradition or experience with Yoga. Please feel free to bring children, family, and friends.

The offering of mantras and prayerful intentions for those on the Yoga Life Society prayer list and others in need is an integral part of the Eka Jyoti service.

Yoga Life Ministers

Yoga Life ministers are senior practitioners of Yoga who are dedicated to leading a lifestyle that is in harmony with the Yoga Life teachings of Reverend Jaganath Carrera, the founder and spiritual head of the Yoga Life Society. Their goal is to deepen their spiritual practices, to more fully integrate the teachings of Yoga into their daily lives, and to serve humanity. Yoga Life ministers are called upon to officiate at ceremonies and functions that mark the milestones in people’s lives. They officiate at weddings, blessing and naming ceremonies for newborns, funerals, memorials, and other ministerial services.

They are available for spiritual counseling and are trained Yoga teachers, available to teach classes and courses on the various aspects of Yoga.

Special Celebrations

- Annual Pet Blessing
  Sunday, October 2, 2016
  11am

- Annual YLS Holiday Party
  Sunday, December 4, 2016
  1:00pm to 4:00pm

- Christmas Eve Puja
  Saturday, December 24, 2016
  10:00am – 11am

- New Year’s Day Brunch
  Sunday, January 1, 2017

- Maha Shivaratri
  Friday, February 17, 2017
  7pm Satsang and Overnight Celebration

- Spring Equinox Celebration
  Sunday, March 19, 2017
  Gathering at day break

- Easter Morning Puja
  Sunday, April 16, 2017
  10am - 11am

- Passover Seder
  Friday, April 21, 2017
  7pm – 9pm

- Divine Mother Satsang
  Friday, May 19, 2017
  7pm – 9pm

- Annual Shohola Mini Retreat
  Sunday, June 4, 2017
  10am - 5pm

- Annual Beach Satsang & Vegetarian dinner
  Friday, August 11, 2017
  Time and place TBD

Visit Us at www.yogalifecenter.org
This past July, Yoga Life Society kicked off a 2 year
HOMECOMING Fundraising Campaign.
The HOMECOMING FUND is a restricted set of funds, set
aside, and dedicated solely to our dream of purchasing a
permanent, spiritual YLS HOME. Our goal is to raise
$180,000.00

For more Information or to Make a Contribution to the
Yoga Life Society HOMECOMING FUND
Please visit www.yogalifecenter.org or
www.yogalifesociety.com

No amount is too large or too small. Every little bit helps.
And all contributions are tax deductible.
Yoga Life Society is a 501(c)3 Non Profit Organization