

Sadhaka

The Dharma Mittra Yoga Teachers Association Newsletter

Issue One

October 2008



Listen and learn

Jeremy Frindel's humbling account of his travels to Japan with Sri Dharma Mittra



This summer I had the amazing opportunity of being a part of the Dharma Mittra Yoga 1600-hour intensive training program. You haven't heard of it? Neither had I. Didn't even know it existed until I received a phone call from Eva asking what I was doing the next few weeks and would I be interested in accompanying Sri Dharma to Japan. I thought about it for about 3.5 seconds and said YES! It would be difficult to be away from my partner Lily, and I wasn't sure how on earth I would pay my bills, but every part of me knew this was something I should do and not to question it. 4 days later I was en route to the other side of the world and one of the greatest experiences of my life.

For me, the process of learning from Dharma has been a process of learning to listen. In his teaching, he always teaches everything. He will teach a 3-hour workshop and basically present his entire path of Self-Realization. And it's very easy to miss. I will have heard Dharma say the same thing 100 times, and the 101st time a light bulb will go off for me and I'll finally get it. But even more amazing than being able to listen to Dharma

teach so much in Japan, was being able to listen to him live his life.

If you listen very closely to Dharma fold his clothes and pack his bag, it could be the only lesson you ever need on Self-Realization. The quality of attention, care, and presence he brings to every action, always, is more profound than all of the words in this world. I believe Dharma was gone for over 2 weeks, in Hong Kong as well as Japan, and he brought with him only a backpack. That backpack contained nothing extraneous or frivolous, only the bare essentials, condensed for maximum efficiency. Seeing him pack was like watching Picasso paint. Dharma was perfectly content for long periods of time simply packing his bag and had no interest in going sight seeing, as he has realized that all of the beauty and magic in the world are always with him.

Despite an incredibly grueling travel schedule during his trip, Dharma was always a fountain of bliss, love, and humor. I never saw him take a break from being a saint. Always laughing and making others laugh. Many of the students didn't quite know how to respond to Dharma's humor at first and took him very seriously. One time we were walking down the hall and passed some students brushing their teeth. Dharma stopped and asked one of the girls if he could see her toothbrush. She was very confused but obediently handed her toothbrush to Dharma, who pretended he was going to brush his teeth with it. The look on her face alone was worth the trip across the world!

It's very difficult to be in the presence of Dharma and be anything but the highest version of yourself. When someone is full of love, light and laughter, it feels absurd to be angry or jealous or depressed. He is very contagious, and that trip was probably the



love I've ever been in my whole life. And I think most of the students had the same experience. He was so sweet, giving and patient with all of the students, that in a very short amount of time he transformed a room full of people who notoriously hold their emotions very tight, to a pool of tears. They openly wept with joy. By all accounts a very rare occurrence for the Japanese.

Seeing Dharma eat, brush his teeth, watch Sumo Wrestling, take photographs, and just live his life, brought his teachings alive for me in a very powerful way. Many of us tend to have a "teaching voice" and almost a character that we play when teaching, which is perhaps how we envision we will be when we're enlightened. We're "on" and always on our best behavior. But when the class is done and we go out to dinner with our friends, the other side of us comes out that is, perhaps, a bit more rough around the edges. It was amazing for me to see that there is no "teaching Dharma", and then a different Dharma that comes out when going to the movies. Now having spent quite a bit of time with Dharma, I have only seen him be completely full of love, full of laughter and with a big open heart. He is pure light and I bow down in gratitude and awe that he chooses to spend his time shining that light for us to begin to see the way.



Photos of the recent 200 hour training in San Francisco

Jean Mazzei, Dharma Mittra Yoga Teacher Training, San Francisco 2008

A trainee's reflections

I first met Dharma at the SF Yoga Journal Conference (2008). I was taking the teachers course, and Dharma taught our last class. It was as if I had already met him. His sequences were similar to what I had been doing in my classes, only harder, deeper. I loved his soul and heart.

I can't really put into words what happened at the training these last 10 days. I felt like Dharma was reading my mind, sensitive and gentle, yet the underlying commitment and passion behind what he was saying was intense. It was like "don't mess with the teachings because they have power and you should do them" type of energy. Again, words fail me.

I was pushed physically, doing poses I never thought I would do in my lifetime, but the real beauty was finding God in the poses. I can feel the difference between doing a pose for the body/ the technique/ the mechanics and doing the pose for God. The pose becomes something else, out of body, and for a moment there is a feeling of limitlessness and connection to the whole.

I was having great pain in my right shoulder/ neck area, and I knew it was deeper than physical pain. At one point I went to child's pose, weeping. All I could do was surrender. That was the theme for me from day 1 of the

training. I asked God for help and cried more.

At one point he tried to "push" me into an incredibly deep backbend where my head was about 1 inch from my toes, and I couldn't take it. Dharma asked about my neck, which is the area he touched, and I said that it was my shoulder/neck that was giving me problems. He walked away. I was crying from the pain, but the pain was again beyond the physical. My neck felt better than it had in years and I could finally drop my head all the way back. What was cool, was that my neck had been chronically jammed up for so long, I forgot I even had a neck problem! He must have seen something deeper in what was going on with me, and what can I say? My neck is healed!

In the lecture that followed, Dharma said something about surrender – used the word that had been going through me, and then said "everyone needs some help now and then." Without going into my whole history, I'll just say it was the perfect thing for me to hear at that moment.

Dharma's teachings, based on his experiences and constant practice, may seem simple on the outside, and they are: be nice to everyone, be a vegetarian, follow the ethical rules, but I was

gifted with so much more through his psychic teaching. Every time he looked at me in a lecture, walked by me in a class, I knew it was not accidental. God speaks through Dharma. When Dharma is teaching, there is no ego, no I, just God. And that same God is in all of us. It's that simple.

On August 13, 2 days after the DM LOAY San Francisco Teacher Training, I was booked to perform at a singer/songwriter showcase. I had not practiced my songs or guitar for about a month, and the day before the showcase, I ran through a few songs that I might play. At the gig, I was still in the Dharma zone – in the world, but not of the world. I didn't feel prepared, but for some reason I was weirdly calm. I was totally unattached to the outcome, and trusted that what I was doing was for the Lord. When it was my turn to perform, I was awed by how effortless it was! It was like I was sailing vocally and groove-wise. When I was finished, some friends told me exactly that. They said, "Jean, you should do 10 days of yoga before every show!" They told me how present I was and how effortless it felt. I had to agree. It was by far a very special show on many levels. I hope to continue to live in that state of relaxed trust. Thank you Dharma, Thank you God. Om Shanti Shanti Shanti.

Monthly Recipe

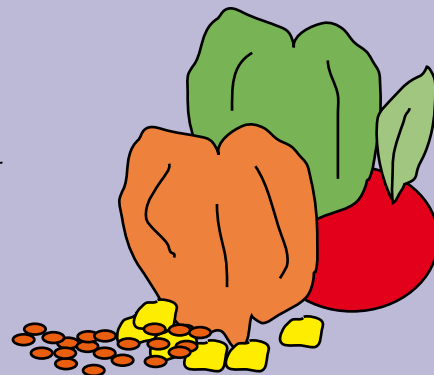
Live red lentil salad

Ray Greenberg

- One cup red lentils dry
- Half a cup of chi chi beans dry
- A quarter of a small onion chopped
- One clove garlic minced
- One green pepper diced
- One red pepper diced
- Tablespoon dried basil
- Tablespoon marjoram
- Tablespoon flax or olive oil

- 2 tablespoons balsamic vinegar
- salt to taste
- 3 or 4 medium tomatoes chopped right before serving.

Soak the lentils and garbanzo beans 8 hours or overnight. Rinse and put in a large bowl. Mix in all other ingredients and chill. Serve when chilled with tomatoes mixed in just before serving.





Jessie Paul, Dharma Mittra Yoga Teacher Training, San Francisco 2008

The Sound of Music

Music is the universal language. It inspires and unifies people of all ages, races, and countries because it speaks not to the ear or the mind, but to the true self. When music is made as an act of devotion or a way of sharing beauty, the listener hears the honesty shining through in a way that words can never express. Let the power of music become a tool for your students to deepen their self-awareness.

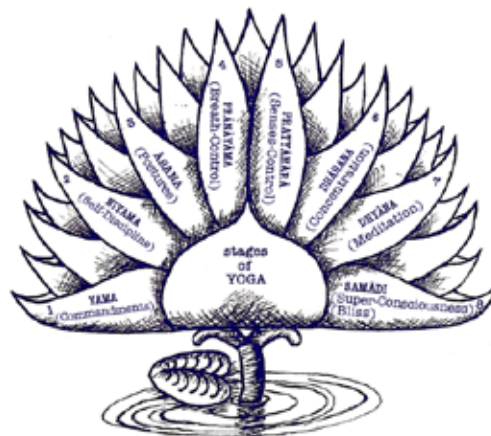
Through connection with music, they can feel more connected with others. Listening to an African drum rhythm or an Indian tabla can transport them across the globe, breaking down the physical and cultural barriers that lead to separateness and creating compassion for all. The high-rasp of a primitive flute, the plaintiveness of a lone, stringed instrument, the encompassing vibrations of a sitar, or the clear emotion of the human voice are uniquely able to reveal our union with the divine. I am not this body. I am not this mind. Merging with the sound, we become one with all.

Inspirational music can come from all sources so have fun and experiment! Kirtan, or devotional chanting, is a natural choice for yoga classes. Kirtan has gained such popularity in the yoga world, that Krishna Das, Jai Uttal, Wah!, Ram Das, and Deva Premal have become household names, but more and more practitioners are joining their ranks. Find inspiration from Dharma Mittra and use a Ghanesh mantra to get the class going. One of my favorites is "Ghanesha Sharanam" from Jai Uttal's "Kirtan! The Art and Practice of Ecstatic Chant." Maybe on a cloudy day, the Gayatri mantra can bring some light into your student's hearts. Both Wah! And Deva Premal have recorded classic versions of this beautiful mantra.

Popular music is not excluded from the realm of the divine, though. In fact, some of the greatest hits of all time have attained that place because they resonate with a universal message. Sometimes newer students respond better to familiar songs and broaden their

perspective by listening to favorite songs in the light of yoga. The possibilities are endless and often surprising. Many of the Beatles' songs are rooted in love and even contain the Hare Krishna mantra. Cat Stevens wrote his songs out of a place of deep devotion, and most of the class could probably sing along to "Peace Train." Find singers who have a touch of the angelic in their voice. I challenge you to listen to Joni Mitchell's "Woodstock," and not be moved. Take another listen to the soulful joy of "Feeling Good" by Nina Simone and bring that exuberance to your students. "Birds flying high, you know how I feel. Sun in the sky, you know how I feel. Breeze drifting on by, you know how I feel. It's a new dawn, it's a new day, it's a new life for me, and I'm feeling good."

There are many new artists writing uplifting music. The band Death Cab for Cutie's song, "Soul meets Body" swells with the plea, "I want to live where soul meets body, and let the sun wrap its arms around me, and bathe my skin in water cool and cleansing, and feel, feel what its like to be new." At home, put your music collection on shuffle play and practice Dharma Mittra's Vinyasa Level I and II. See where the music enhances your practice and where it distracts. Surrender and you will find a unique mix that comes from your heart.



WHAT'S ON IN OCTOBER

For more more information about any events listed below, please visit our website at www.dharmayogacenter.com

October 2, Thursday

7-8:15am - New All Level Class Begins

6:30-8pm - Level I - II Maha Shakti Begins with Sri Dharma Mittra

October 3, Friday

7:30pm - 8 Limbs of Yoga - Yogic Diet

8:45pm - Kirtan with Devadas

October 5, Sunday

3:15-4:30pm - Dharma Yoga Dance Flow

October 6, Monday,

2:15-3:30pm - 50+ Gentle Class Begins

October 7, Tuesday

7-8:15am - New All Level Class Begins

October 9, Thursday

4:15-5:10pm - Kids Happy Yoga Course Begins with Joann Steckler

October 10, Friday

2:15-3:30pm - Toddlers Happy Yoga Course Begins with Kim Jeblick

4:15-5:10pm - Kids Happy Ballet & Stretch Course Begins with Kim Jeblick

8:45pm - Hanuman Chalisas

October 11, Saturday

5:30-8:30pm - Maha Sadhana Intensive with Sri Dharma Mittra

8:45pm - DMY LOAY Sadhaka Graduation Ceremony & Satsang. All friends and family members of recent 200- and 500-hour training graduates are invited to attend this auspicious event recognizing those who have fulfilled all requirements of the training programs.

October 17, Friday

8:45pm - Kirtan with Devadas

October 18, Saturday

4:30-6pm - Dharma Mittra Yoga in San Francisco

Stephanie Snyder will teach Dharma Mittra Yoga Shiva Narmaskar Vinyasa. For more information, visit the Yoga Tree website.



Photos of the June 200 hour training at Dharma's New York center

Judy McLain goes on retreat and discovers community amongst strangers

Floating on the grace of God

On the heels of our DMY 500 training, in July, I held a four-day yoga retreat on a pristine lake in New Hampshire. The retreat followed Dharma's beautiful sadhana models. The retreat was a way to extend the holiness I feel in Dharma's presence and to surf in the energy that our training group had sustained during those four weekends. The retreat was possible only by Dharma's grace and the revelations that arose from our teacher training.

Eighteen of us assembled at seven each morning in a boathouse that cantilevered over the lake. We gathered in Mauna to begin our meditation and pranayama practices. All around us the lake spoke. We chanted and from across the lake, a loon called in response. This first hour of meditation and breathing and chanting together set the rhythm for a day of hatha and meditation practices – three classes in the morning, three each evening. We offered hatha practices of various levels and it was gratifying to witness students able to shift among levels in the womb of the boathouse. It didn't seem to matter what

the sequence, which postures; people understood to take care of themselves and move at a pace that was at once both synchronous with the group and personal. Each evening ended with yoga nidra and meditation and a moonlight swim. In the boathouse the water lapped and lulled us. We floated on the grace of God.

We ate vegetarian and shared recipes and kitchen duties. We juiced and chopped, shoulder to shoulder. Eighteen people living and practicing and eating and playing and swimming together over several days – I had no idea how that would transpire, only that it would all be just fine. The entire venture felt divinely guided and was a chance for me to see, yet again, that I am not the doer. We worked hard to put it together and yet none of it felt like work. There was no anxiety in its planning or execution. I felt Dharma's guidance, his love and support, throughout the experience.

On the last night we held a fire ceremony, at which everyone contributed their intentions for the coming months: what would we take away

from this experience, how would we incorporate, fold this experience into our lives? It was a holy evening. People cried with gratitude for the practices and the community we'd formed. One man decided to change his career and follow his creative passion. Another person recommitted his vows to his wife. Another person decided to begin the path of yoga in earnest.

Where there's love, I discovered, there's the possibility for community among strangers. At the lake, everyone had the experience of living the life of a yogi, if only for a short while.

To all the spring trainees: thank you for helping me make such a thing possible. You showed me how little it matters who comes to the mat – just that we come to practice together, to create something much larger and farther reaching than we could achieve alone. Bhaktis crave community; each of you will always be a part of mine. In service to and with love for my Guru, Dharma, who makes everything possible.

Ask Dharma and Ismrittee Devi Om

Each month, Sri Dharma Mittra and Ismrittee Devi Om give answers to your questions

One of my students was wondering about chicken broth/stock, specifically if used in the cooking of meatless dishes. He's trying to be vegetarian, but his job requires him to travel and spend time in people's homes where they eat together. Is having some meat stock from time to time the same as eating the flesh?

Jean Mazzei

Dear Jean,

Thank you for your question. Firstly let us say that it is wonderful that this student is taking the plunge. His life and practice will begin to change dramatically as he becomes a vegetarian. In the classical practice of Dharma Mittra Yoga this is a given! A person must remove flesh from his diet, as I know you have learned. The main reason for this is Ahimsa, imbedded in the first limb of Yoga, The Yamas. It is related to the commandment "Thou shall not kill". To live the "Life of a Yogi" one must become 100% vegetarian. For the person asking about cooking a chicken for the broth, materially speaking it may appear different from eating the actual animal, but ethically the person is still participating in

cruelty. The chicken was killed for the purpose of selling it as a product for consumption. If we don't buy 'em, they won't kill 'em. So it is very important as a person in this society to put beliefs into action in this way, and your conscious will be clear from no personal participation. To go further with the question of being at a dinner party etc., you may choose the items on the table that do not have any cruelty base in them. You may ask the cook questions politely, and if questioned you may say that for medical reasons, or keeping a certain diet you can not eat these foods. You do not even have to say anything about being a vegetarian, unless you feel the people are open and ready to hear this. If they can hear this openly, then you are setting a great example for them. Lastly please let the person know that physically they have already made important changes and that is great! Having only a small amount of animal products in the form of broth is much better than eating solid flesh of the animal. Not to mention it will be better for your health and easier on your digestive system. He is definitely on the road to freedom! I wish him much success on the path. **Om Shanti, Dharma Mittra**



Charlie Lyons

Towards stillness

I am seated in a circle looking directly at Dharma Mittra poised in lotus pose, wearing an orange-tint over-shirt and baggy yellow pants. We are nearly five thousand miles from New York, in a spacious wood building with door-sized windows in green hills in Southern Brazil's Santa Catalina Island. All I can hear is the music of rattling rain and a chorus of humming birds.

Suddenly Dharma speaks. "Do you believe in reincarnation?" he asks, surveying our faces, seeming to look through to our scares.

I try to prevent my thoughts from wandering but they do. Fifty miles away, I think, a tourist is waking to the sound of a CNN report about the war in Iraq but here the noise of the world has been shut out. No television. No Internet. No cell-phone. No honking cars. No shouting. No alarm clocks. Just our breathing and those humming birds and that rain. And now Dharma's question.

"Do you belief in the laws of Karma?" continues our gentle teacher. There are about twelve of us starring at Dharma; no one responds. We breathe deeply, and I imagine each of us is pondering the question in his own way.

Signs of middle age had crept up on me: a few white hairs sprouted along the front of my ears; fifteen extra pounds appeared around my gut; persistent bags hung under my eyes. It wasn't just what I saw in the mirror but also what I began to feel inside. I needed to take a step back. However, when I first wandered into The Dharma Yoga Center one fall afternoon, I had the wrong approach. A lapsed marathoner, I associated physical activity with competition. I soon discovered that Dharma taught a gentle yoga of the soul.

Nearly every time I left the studio after a class with Dharma, I felt something transformative pulsing through me. I was glowing with the power of my own breadth, the elated sense that the answers to all problems really do lie within

the body. If I could feel this in an hour or two, I surmised, what might I feel after seven days of yoga in Brazil?

Miles from the nearest town, quietness begins to permeate my senses. I move slower, speak less, eat more patiently. There is less to listen to and more to hear. As the world questions the wisdom of war with Iraq, we rise at sunrise to practice yoga, trying to connect to our essential humanity that the world at times seems intent on quietly robbing from us.



One afternoon, dripping with sweat, the physical side of yoga frustrates me. Dharma stops the class. His eyes appear to fall on me. "Maybe some of you have hurt somebody, caused someone pain," he says, never judging. "Maybe you have regrets? If only I had done this or that, if only? Well, yoga helps you pay some of your debts, you understand?"

He keeps smiling as he straightens his chest, sits taller, shifts his gaze. His voice is smooth. He speaks with conviction but not like a zealot. "Maybe in the next life," he continues, "those of you who are men will come back as women, or those of you who are women will come back as men. So when you say, 'I hate this man or I hate that woman' you might reconsider because in the next life you will be the opposite, you see?"

He's on a roll, alternately playful and serious, piercing and gentle. "Or you don't like your body, you want this other person's body? Well, maybe in the next life you will come back deformed or like one of those beautiful Baywatch babes. We don't judge each other here. We are all one. And we remember there is a next life. Then the fear of death goes away."

Dharma's message becomes increasingly clear. Do not hurt anyone, he says, do not overly focus on the "I." Be generous and above all do your yoga practice. The rest will follow.

Suddenly the seven days are up and we are in a van approaching the high-rises of Florianopolis, our quiet cabins and those lush hills vanishing into memory.

My body glows with yoga and a sureness that the answer to all life's problems really do lie, as Dharma likes to say, in the right side of my heart, in my "inmost" soul. I fear re-entry to the familiar--the Internet, the cell-phone, the honking car, harsh relationships.

But then a broad smile stretches across my face: If, through Dharma's guidance, I have been able to find so much stillness within me in just one week, imagine how much more I can find during the second half of my life?





Yoga Tree, San Francisco 2008

SPOTLIGHT ON THE YEAR, NOW AND THE FUTURE



SRI DHARMA MITTRA

WELCOME HOME SADHAKAS

Since time immemorial, the science of Yoga has always been transferred from the lips of the Guru (illuminated teacher) to the spiritual aspirant or disciple. The Guru illumines the spiritual path by casting his internal light towards the aspirant, so that he can begin to see with the inner eye. This is due to the awakening of spiritual energy. Spiritual knowledge can only be imparted psychically. It is transmitted from Guru to disciple. The role of Guru is of the highest importance, as is the sincerity, humility, and loyalty of the student. His grace enables the disciple to perceive the latent spiritual power within, and shows the doorway to the Super-consciousness. But it is the disciple who must step through it.



It is with great honor that I get to write a little about the life and times of Sri Dharma Mittra. For the past 20 years I have stood, as well as sat by his side, both as a student, and a karma yogi. I have taken on the role of helping to expand his services and teachings to more people throughout the world.

The brilliance that allows Dharma to stand supreme to so many others is his commitment to non attachment. This may sound strange to most, so let me explain it thru day to day experiences. Dharma always avails himself to be of help to others, to the point there is no Dharma. When teaching he wants to give each student every bit of his knowledge and understanding of the truth of Yoga. He wants all to understand why we practice, for whom we practice, and how we practice. This ranges from philosophy to how to get into a posture.

He is present with every ounce of his being to give always with no strings attached. Next time you are with Dharma in a class or lecture listen, see if you ever here him say, my student. No because there is no attachment. His phrase is "the student", only he does not assume any ownership or another person on any level. Listen harder and remember if he after asked you to do anything, or help him. No, because he makes sure there is no attachment. These are all just the simple truths that are Dharma, that surface everyday in teachings and in all the little things in life. I thank Dharma always for being a most radiant example, reminding us what to aspire to in our daily lives, thoughts and actions.

Doing good to others is the highest religion. Do some selfless service everyday for a few hours every week, without egoism or expectation of reward. Do your worldly duties in the same spirit. Work is worship. Dedicate it to God. Be humble and prostrate to all beings mentally. Feel the Divine presence everywhere. Give up vanity, pride and hypocrisy. Life is short. Time of death is uncertain. Apply yourself seriously to Yogi Sadhana. Oh Lord! I am in You and You are in me. Swami Sivananda

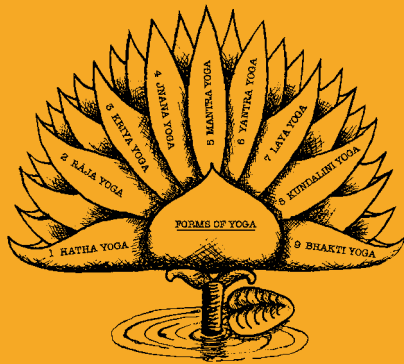
Recently Dharma has expressed to me his desire to be able to speak to very large crowds (as the Pope), on the need for all to become vegetarians and the extinction of slaughter houses. He had been an unwavering proponent of this for the past 50 years. Soon I hope to be able to have Dharma as guest on Oprah, but have not been able to make the connections yet. In the mean time I am having him attend larger venues, where he can influence greater numbers of people in one shot, while making less trips. I have recently been asked for Dharma to come to the next Yoga Conference in Asia held in Hong Kong, where he causes quite a stir in consciousness. I was told they got a lot of PR and press from his keynote speech. "It had an amazingly good impact, and his classes were all very full, in fact, he was one of our top 3 teachers, and also many other teachers were talking about him and were so truly inspired, and respect him a lot". This is the feedback that I love to hear, as I know the gracefully powerful influence Dharma has on students of any style of yoga, and any level or background.

September 21st Global Mala Yoga for Peace Day, receives a high score from me as a highly charged day for the end of summer. Dharma started off the first 24 rounds of sun salutation with the mantra for purification, and words of inspiration. In the evening he spoke in the 86th street church to a crowd of 850 people of the importance of Ahimsa to help create peace in our daily lives, and in our world. He received a sudden roar of applause from the entire audience. Dharma also introduced the meaning of Bakti Yoga and Kirtan as Krishna Das slid behind his harmonium with his jokes, heartfelt devotion, and a new rockin' chant.

This year has probably been the busiest one yet for Sri Dharma Mittra. We finished a wonderful 500 hour DMY Teacher Training Group, and have been busy with three 200 hr Teacher Training programs and one more to go this October. The Life of a Yogi Teacher Training in San Francisco was one never to forget. We were a great group of Dharma teachers, mentor and students that came from all corners to share an amazing 10 days together. Dharma traveled the globe from Canada to Malaysia, Hong Kong to Japan,



Photos of the recent 200 hour training in San Francisco



back to Napa Valley, awaiting Bogotá, and a final Retreat Vacation in Mexico to come this December. Kripalu on Labor brought together awesome yogis of all ages to the practices that are Dharma. We meditated, chanted, challenged ourselves thru the Shiva Namaskara series, danced, Sweated, laughed, ate, and cried as our time together came to an end.

I look forward to the new year of 2009 as a new beginning for all of us, and the nation as well. Let us hope that we elect the next president that can help move us into the future based on the principles of love, understanding, and peace for all people, living creatures and animals. I hope to continue helping share what Dharma wants so much to give to people. Maybe next year will bring a very visible and vibrant army of Dharma Yogi's yielding the sword of the values and principles that are: Dharma Mittra Yoga.

Please do not miss joining Dharma and his family for a much needed vacation in Mexico. We are busy trying to make the "Nourishing Retreat with Dharma Mittra" a reality. We are also looking forward to creating a wonderful celebration of Dharma's 70 years of live this coming May 14. If you would like to help with this project or any of our many other hopeful projects needing web design, photo shop, graphic art, and organizational skills and knowledge, please contact me anytime. Call the center at 212 889.8160 or email me at eva@dharmayogacenter.com

The beginning of saintliness is killing of egoism.
The end of saintliness is eternal life. SS
Be Receptive to the Grace of Dharma. ID

Om Shanti Om with a great amount of love
Ismrittee Devi Om - aka Eva

Reflection

Dharma Mittra Yoga Life of a Yogi teacher training embodies the essence of Yoga. It allows one to catch a glimpse of union with the Supreme Self, with God. Being in the presence of Dharma Mittra allows one to experience the dynamic presence of a Yogi who has lived by the principles, the postures, and the ethical guidelines for a lifetime. The program teaches one not only asana, the postures, which is only an eighth of the Ashtanga Yoga system, but how to get in touch with the inner self through the other seven limbs of Yoga. Breath work, concentration and meditation are all part of the multifaceted expansiveness that Yoga has to offer. Dharma Mittra Yoga presents its students with a gradual introduction to all the aspects of Yoga, which are all equally valued and practiced. The teacher-training program not only teaches

one the skills and ability to facilitate yoga classes but also a means of life. Compassion and love exude from the presence of Dharma, his amazing wife Eva, as well as all the mentors and assistants. Becoming vegetarian is stressed from the compassion one develops for all beings. This experience had truly been life changing. The ability to see a piece of self and a piece of God in every being and creature allows the heart to open and the mind to settle. When this can be done one can be receptive. As Dharma Mittra always says, "Be receptive to the grace of God." From the bottom of my heart I would just like to thank everyone involved in the training, Dharma, Eva, the mentors, the assistants, my fellow students. May we all spread the love and compassion for all. Om Shanti Shanti Shanti.

Tali Silberberg

LOAY 200 Hour TT San Francisco 2008

Ask Dharma and Ismrittee Devi Om

Some of the classes I teach are only an hour long. So, for example with level III, there's little time to move into any of the static postures, and often, in a gym, where I find people interested in a more physical practice, I only do two rounds of vinyasa and then finish with pranayama and savasana. Is this ok or what do you suggest? Mark Kan

Dear Mark, Let me start from point one: Sri Dharma Mittra is a world renowned Yogi and Asana Master, with over 45 years of teaching experience on Yogic philosophy and the physical practices. He has developed a standardized, Yoga Alliance recognized Teaching Style known as Dharma Mittra Yoga which includes a four Levels of Vinyasa series practice.

Now that we got that out of the way, I will continue, please try giving the levels series an opportunity to hold their own weight, to stand on their own as being whole and complete, and saturated with the sattva and psychic power that is Dharma Mittra. So many of our trainees over the years have let me know how moved people were by being given the opportunity to be taught the practices just as they have been handed down to you. They have been benefiting so many, and now you

have a great boon as well to help all people, lay and studied practitioners both, into their healing value. Sometimes in this noisy and restless world, we feel compelled to move yoga into that same world, but it is not part of it. Students can only go as far as the teacher can guide them. Dharma has guided all of you trainees far beyond where you thought you can go already, and in a very short time. That is his goal and auspicious trademark as a disseminator of spiritual knowledge. So if he had held back on teaching you the lessons from the classical format, or thought you were not ready, or wanted something else, you may have thought he was jipping you, of course you may not have known what you were missing. But I do suggest 100% that if you give your students the opportunity, even in a one hour class to experience the vigorous - in the SNV and then the series of stationary meditative postures that go with it, even if you can only do some of them. I think you will be surprised with the results and feedback. If they all never return again just let me know (a joke). People need it so desperately, but they just don't know it. You are their Dharma Mittra, especially in London where you are their one and only Dharma Mittra Yogi. OM Shanti Om, may your success be filled with the wisdom and love that's Dharma Mittra Yoga. Much love. **Eva**

**WE DEDICATE THIS
NEWSLETTER TO THE
GRADUATES OF THE 200 AND
500 HOUR TT LOAY PROGRAM!
JAI SADHAKAS!**

500 HOUR GRADUATES

Brian Butrula
Judith McClain
Lore Bebber
Mark Kan
Cara K. Jepsen
Danya Merson
Lily Cushman
Johanna G. Aldrich
Adi Carter
Adam Frei
Erin T. Quell
Mitesh Kapadia
Melissa Capezuto
Dawn Keen
Jeremy Frindel
Eric Hubel

JUNE 200 HOUR GRADUATES

Suzanne M. Diano
Karen Ann Trotzinka
Victor Odivak SF
Kanna Ito
Natali Robert
Scott Surrency
Leslie E. Rapparlie
Olga S. Shafran
Kristen E. Driscoll
Mary-Jo E. Yazzetti
Enid Johnstone
Catalina Martinez
Vivian W. Kurutz
Ali Husat
Andrew Jones

**AUGUST 200 HOUR SAN
FRANCISCO GRADUATES**

Megan Leary Level I

**OCTOBER 2007
200 HOUR GRADUATES**

Sonya Enchill
Deborah Paradowski