



The Lotus Yoga Teachers Association

Volume 7 Issue 2

Winter 2008

Board of Directors

- Pandit Dabral
- Nancy Chamberlain
- Doe Crash
- Kathy Gordon
- Bill Kvistad
- Sam Martinez
- Diane McDonald
- Anil Saigal
- Karen Schaudt
- Mary Tracy Sigman
- Kate Walsh
- Shirley Walter

Inside this issue:

Center News	1
Feature Teacher	1
Yoga Diet	2
Jan. 20, 2008 Meeting	3
Year at a Glance	4

Center News



We are pleased to tell you that our Spiritual Director, Pandit Dabral will be coming to our center on Wednesday, April 9 and 10 from 7:00 p.m. to 9:00 p.m. to discuss "Hatha Yoga Pradipika." This text, written between the 6th and 15th centuries A.D., illumines a multitude of physical, mental and spiritual experiences.

Each lecture qualifies for two CEU credits with Yoga Alliance. The cost for attending both lectures is \$50.00. The cost for one lecture is \$35.00.

Don't miss this opportunity!

Feature Teacher — Anu Buzruk RYT 200

My parents practiced Hatha Yoga consistently when I was growing up in our home in India. When I entered junior high school my Mother told me that yoga poses could help to keep the menstruation cycle regular and painless. After awhile I finally listened to her wishes and started doing Yoga when I was 15 years old. In a very short while the task turned into a passion as I began to experience the benefits Mom had told me about. As I continued to practice I noticed other benefits — reduction in frequency of coughing and colds, able to

increase my focus and attention span.

While pursuing my education and career as a teacher in Management school my Yoga practice helped me maintain overall good health. In 1996 out of a wish to let my friends experience the benefits of Yoga I signed up for a teacher training course from the Swami Vivekananda Center in India. I started teaching every morning before going to work. The satisfaction I felt from the positive feedback from my students was beyond imagination.



Then came the year 2004. My family moved to Chicago from India due to my husband's job transfer! I thought that the big transition would be nothing more than a 'Home away from Home!' experience.

Continued on Page 2

Attention 200 Level Teachers

Now that you have completed the 200 hour LYTA certification course are you wondering what to do next?

Sign up for the LYTA 500 hour certification course.

The 300 hours required include a six week Meditation II course, completing a 30 day meditation journal, lectures or workshops on Yoga anatomy, a diet journal, monthly study groups on Yoga philosophy, Yoga ethics lectures, attending Hatha Yoga intensives, demonstrate or correct postures at the 200 hour Certification courses or present a topic at a teacher's association meeting or other Yoga gathering place.

Feature Teacher continued from page 1

All four of us in my family could jell into the new environment very smoothly just because of the great, cooperative people in our neighborhood in Chicago. I started teaching Yoga while focusing mainly on my kids' transition in the new environment. My friend Vidya Nahar, RYT told me about the Lotus Yoga Teachers Training Program. The fact that the center was just four miles away from my place tempted me to sign up. After attending the monthly classes I feel like I would have taken the LYTA training even if it were miles away from my place! The teachers here are very inspiring and full of energy. Although I had studied a similar course in India as well as teach, LYTA was a great learning experience for me. I learned how to communicate my thoughts to people over here, what kind of peculiar words can be used in this profession and how one can be passionate as well as methodical while being in this field. I am very happy that I took the 200-hour RYT course here.

Other ways to earn credit are to:

- Volunteer at the Center
- Attend Satsang (Group Meditation) at the Center
- Join the monthly study group
- Attend LYTA Association meetings
- Attend the Annual Teachers Retreat

In addition to the above requirements you will need to complete 100 hours of teaching.

When you sign up you will have a mentor to help you.

If you are interested in finding out more call the center and leave a message for Shirley or Diane.

With my husband Jaydeep's continuous support and encouragement I have been able to convert my passion into a full time profession. Even my two kids do regular sun salutations, poses, pranayama and Gayatri Mantra chanting. It has changed my once hyperactive son into a very mature and balanced 11-year-old. Doing breathing exercises for 15 minutes every morning before going to work keeps Jaydeep healthy and ready to handle the stress at work in a better way. My students at Buehler YMCA, Continental Athletic Club and those at my studio have experienced many benefits like overcoming sinus allergies, migraine headaches, back pain, increase in energy levels, flexibility and many more. The extent to which they depend on medications and suffer their side effects has gone down a lot. The great science of Yoga is a real boon to human kind. I am blessed with the ability to experience it and help others experience it!

Spanish Vegetable R

Ingredients :

2 cups basmati or other grain white rice
 1/2 cup olive oil
 1/2 tsp. yellow asafetida powder
 1 large red pepper, pith removed, seeded and d
 2-1/2 cups green vegeta
 stock or water
 4 large tomatoes, pee
 chopped
 1 cup cooked green be
 into 1 inch sections
 3/4 cup cooked fresh g
 peas or thawed frozen
 1 stalk celery, chopped
 18 black olives, halved a
 stoned
 2 tsp. salt
 1 tsp. freshly ground bl
 pepper

1/2 tsp. crushed saffron threads, dissolved in tw
 hot water

1/2 cup slivered almond
 1) Wash, drain and dry
 2) Heat the olive oil in a
 pan over moderate heat
 the oil is hot add asafeti
 red pepper, stirring for
 two minutes. Add the r
 sauté for about 3 minut
 Meanwhile heat the veg
 stock to boiling.

3) Add the boiling stock
 and increase the heat to

4) Add tomatoes, green
 peas, celery, olives, salt,
 and saffron water. Whe
 liquid boils reduce the h
 very low and simmer th
 covered for about 30 m
 or until tender. Do not
 the lid during the cooki
 ess.

5) Garnish with almonds
 serve hot.

Preparation and cooking
 Approximately 40 minut
 Serves 6-8