

# NEWSLETTER

# YOGASHAKTI MISSION INC.

3895 Hield Road NW. Palm Bay Fl 32907 (321)-725-4024

World is our Family · Truth is Our Religion · Knowledge is Our Breath · Service is Our Worship · Yoga is our Way

**Ma Yoga Shakti International Mission (MYSIM)**

114-41 Lefferts Blvd,  
South Ozone Park, NY 11420  
USA  
Tel: 718 641-0402

**Yogashakti Mission Palm Bay**

3895 Hield Road N.W.,  
Palm Bay, Florida 32907  
USA  
Tel: 321 725-4024

**Shree Ma Yogashakti Divyadharm Trust (SMYDT)**

Ma Yogashakti Marg,  
Kankhal, Haridwar 249 408  
Tel: 133 424-6005

You can look us up on the web at:

**www.yogashakti.org**

Email us at:

yogashaktipalmbay@gmail.com

or Call: 321-725-4024



World is our Family



1992 Kumbha Mela

## Happy New Year 2025

Glory be to God and His/Her Creation. The Mind is attracted by something new.

Let us celebrate the New Year 2025 in January with renewed hope, enthusiasm, aspirations and Joy.

May the year 2025 bring to each and every soul on earth many happy returns in the form of Ecstasy and Enlightenment.

May true Dharma, the religion of Righteousness, prevail on earth in the coming year.

May people find peace within their heart themselves and then radiate it outside.

May people of all cultures, communities, countries, languages and

religions be bonded together in friendship and understanding.

May all assemble in small and large groups to chant prayers and mantras for Peace, Harmony and Love.

May we take a vow together to work hard to establish harmony and to organize events, emotions, thoughts and things in a nicer way than before.

May we all make a firm decision not to entertain negative thoughts about ourselves or about others.

May we take account of our weaknesses and drawbacks and make an effort to eradicate these (if only for a moment).

May we pray and do our best even though humans are only small creatures in this vast endless creation of God.

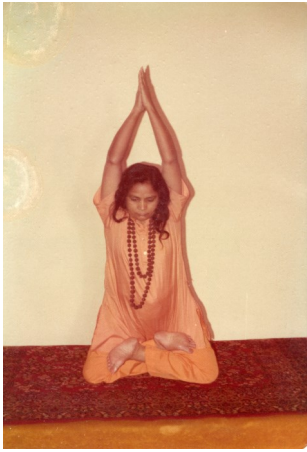
Humankind is a weakling so, while making all efforts, let us seek the Grace and Mercy of God.

So let us pray fervently: Oh God! May Thy Hand lead us from the Unreal to the Real, from Darkness to Light and from Death to Immortality.

May all be Happy, Peaceful and Wise!  
Ma Yogashakti

(previously printed in Mumbai 1996)





# Ashram Programs

**Aarti Daily 6:30AM and 6:30PM**

**ALL ARE WELCOME!**

## Sunshine Lectures

Sundays 9 – 10 AM

- Jan 5th... **Book Study Group**--(see below for details)
  - Jan 12th---**Astrology of 2025**.....Leslie Marlar
  - Jan 19th----**Solar Activity**----- ChrisChaleki
  - Jan 26th----**Wisdom Circles** -----Surya
  - Feb 2nd-----**"Creating a deeper resonance with the Goddess "** Jagadamba
  - Feb 9th....**"Shishkin, Russian Landscape Painter 1831-98"**-Natalia Goryachenkova
  - Feb 16th.....**Book Study Group**
  - Feb 23rd----**Book Study Group**
  - March 2nd--**"Ancient Tamil Knowledge of Health and Life "** by Siva Shankaran
  - March 9th ----**Book Study Group**
  - March 16th--- **Friends of The World Gathering**  
All are Welcome! 12-4pm
  - March 23----**Book Study Group**
  - March 30th --- **The Benin Bronzes** ---- Shyama
- Call for more dates and topics 321 725-4024 or email: yogashaktipalmbay@gmail.com

The Book Study will be discussing: "Self-Unfoldment" by Swami Chinmayananda

Based on the teachings of Vedanta, this book helps us to answer some of life's most poignant questions like "Who am I?" "Where did we come from?" "What happens when we die?" "How can I be happy more of the time?"

**Full Moon Puja-Satya Narayan Katha**

5pm on 17th Jan, 16 Feb, March 16

Bring fruit, flowers and a pure heart.

## YOGA CLASS SCHEDULE

**Donation: \$10.00 per class or \$50 per month**

**Monday 7-8pm** -----Annapurna ---classic

**Tuesday 10-11am** ----Kashi ---- gentle

**Tuesday 7-8pm** - Natalia Goryachenkova -

advanced

**Wednesday 7-8pm** --Lisa Campbell -- yin yoga

**Thursday 7-8pm** - Sensei Margarite - vinyas flow

Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats.



Meditation Retreat Nov 16th with Ma Mokshapriya



Kartik Kirtan Nov 10th

## Vegetarian International Lunches

First Saturday of the month. 12 Noon. Suggested Donation \$15 per person, children \$5.

Saturday Jan 4th - Beninese---- group

Sat Feb 1st - Norwegian --- group

Sat March 1st - Welsh ---- group



## MAHAA SHIVA RAATRI February 26th 12noon

### Lord Siva is the Lord of Time. by Ma Yoga Shakti

We can never get rid of Time. Time changes everything. A seed becomes a sprout. There is no way to conquer time.

As for Mind, we are slaves of our own thoughts and feelings. We can never get rid of these. It is advised to always chant when sick. The Mantra for health is Om Tryambakam Yajamahe sugandim pushtivardanam. Tryambakam is a name of Siva. It means "three eyed". The Third Eye is in the center of the eyebrows at agya chakra. It is the Eye of Knowledge. We can rise above being Man or Woman. This mantra can relieve us from Time.

May our physical strength increase by the Grace of Lord Siva.

### UPCOMING EVENTS

**January 4th, 11th, 18th, and 25th** 10-11:30am. **Meditation Classes** with Varuna (Jim Bolton). We will be doing a sitting meditation, breathing exercises and mindful walking on the beautiful land at the Yoga Shakti Mission. \$10 - \$15 suggested cash donation per class

**January 11th, 25th** Saturday 2-4pm ----"**Do it Yourself Self Care Products**" Workshop. With Surya (Suzanne Bolton) Make your own toothpaste, deoderant, and bug spray. Materials supplied. Only 8 spaces available so please email or call to reserve a spot. \$15-\$20 cash donation

**January 18th** Saturday 2pm **Mens and Womens Circles** with Surya and Varuna

**February 22nd** Saturday 7-9pm **Kirtan** with Rayananda and The Wandering Sadhu's. Come with an open heart and sing to The Divine with us! Donations go to Yoga Shakti Mission and 2nd Harvest food bank



**February 28th** Friday 7-9pm **The Gong Experience** with Sahadev and Kasimira Vogel Sahadev (Steve Brazier) says the sound of the Gong, when played properly and with intention, has the capacity to become a perfect vehicle to inner space. Because it is pure sound and pre-music, it can reach deeper places and release emotional blocks in a most powerful and primal way. Gongs have been used since ancient times to explore inner space.

This Experience is unique and consists of a Gong Sound Bath Meditation in which experiences and insights are vast, up-lifting and grounding. Saha Dev will also work with the gong in order to find its fundamental note and Kasimira will then lead the group into the Aum Mantra where we discover that the mantra and gong support one another creating a unique vibrational experience. Saha Dev will work other aspects of the gong and the group will explore other mantras in song (Kirtan). You'll have to attend to find out which ones will emerge!



Suggested cash donation \$15 -\$20.

**March 1st** Saturday 2-4pm, **Dances of Universal Peace** with Amina, Arif and Jemila. The Dances are a spiritual practice that combines singing and dancing of sacred phrases of the world's religions. The intention of the dances is to raise consciousness and promote peace between diverse religions. Chants are often sacred phrases put to inspired melodies. The chants are sung in coordination with simple movements in a circle. The Dances are simple and uplifting meant to be easy, harmonious and Fun. Suggested cash donation \$15.00



**March 16th** Sunday 12-4pm **Friends of the World Gathering** (see back page)



**Yoga Shakti Mission Inc.**  
3895 Hield Rd. NW, Palm Bay FL 32907

Non-profit  
Org.  
US Postage  
**PAID**  
Permit No.

Return Service Requested

Truth is Our Religion

.

Service is Our Worship

.

World is Our Family

.

Knowledge is Our  
Breath

.

Yoga is Our Way

## Friends of the World Gathering Sunday March 16th 12-4pm

Our annual event to celebrate "World is our Family". Held in the beautiful screened in pavilion at Yoga Shakti Mission at 3895 Hield Rd. in Palm Bay, FL. There will be lots of entertainment with dance and music performed from around the world. The event is free. There will be a charge for food served. Please call 321-725-4024 if you are interested in performing or having a booth.



Assorted photos from past Friends of the World Gatherings

