



Hello Everyone,



Already the beautiful spring has begun, flowers are blossoming and butterflies are coming out of their cocoons. It was good to see you all at the championships. My heart-felt thanks for your presence and support without your participation the championships would not be the same. We accomplished our main goal this year providing video streaming of the event. Finally we have formed the USA Yoga federation, a non-profit organization to help promote yoga asanas as an Olympic sport in the United States.



The teacher training will now be closer to home in Palm Desert. We are looking forward to seeing you all in our beautiful new facility. My children, Laju and Anurag, will be able to visit more often now. Laju just celebrated her 19th birthday, and I remembered the day I got married to Bikram at age 19.



Recertification will be moving closer to home as well, returning to headquarters in May.



Remember during a time of recession like we are in now, the service we provide with our yoga is a form of health care. In order to manage your life and be prosperous the world has started to realize health is not about medical care, but about finding the healing within yourself. We must learn to depend on ourselves, not others, for our well-being and vitality. When helping your students in this demanding time you need to rise above all differences—material, spiritual, religious, and help people in any way you can, morally, financially—everyone needs help right now and this is our karma yoga.



This is actually a good time for personal growth. When you are challenged by circumstance, you must find your own hope, suddenly all the problems that you thought were so important, disappear, as they are displaced by much more serious problems. You are forced to see that happiness is a choice, and you find new meaning in life. Yoga gives you the silence to see the meaning that unfolds your life—to see what is essential. Yoga gives you the distance you need not to judge people.



Yoga opens people's sensitivity and awakens their consciousness. Develop flexibility in your mind as well as in your body, learn to expand your consciousness and we will all be closer to world peace.



Upcoming seminars: San Jose, CA: 4/25/09



The Netherlands: 5/16/09

Paris: 5/23/09

Vienna: (1/2 Day) 5/24/09

Headquarters, Recertification: 5/29/09 – 5/31/09

Kansas City: 6/20/09

Idaho: 9/26/09

New Jersey: 10/24/09

New York: 10/25/09

Florida Women's Retreat: November

Austin, Texas: 12/5/09



Love & Peace,
Rajashree

