

# yoga gives back

For the cost of two yoga classes, you can change a life.



Special issue: April 2009

## YGB thanks for Virayoga Studio in New York!!

In March, we met with Elena Brower, the founder of a very popular Anusara yoga studio "[Virayoga](#)" in Soho district of New York City. Elena is a certified Anusara yoga teacher, and also an enthusiastic supporter of micro financing. So there was a natural connection to Yoga Gives Back. Elena has been a wonderful supporter for Yoga Gives Back who just held an inspiring special workshop "**Purna**" on April 25<sup>th</sup> at her studio. We thank Elena and Nikki who taught this special class and all the attendants who support yoga gives back through your most generous gesture!!

[Here is a report about this workshop PURNA](#)



## by Pamela Katch

"A workshop to benefit Yoga Gives Back, taught by Nikki Costello and Elena Brower this past weekend,

## [View PURNA FLYER](#)

Thanks for RuYogaDesign.com for the e-blast flyer and the Mantra cards

offered students an experience of generosity in form - to bring the concept of *purna* to the our hearts and our attention. At the start of class, Nikki described the state of *purna* (translated variously as perfection, whole, complete, boundless, fullness). She recalled a time when she had witnessed this *purna* displayed in the lives of people she'd met travelling through India. With scarce financial resources, they maintained a life of consistent generosity; an assumption of abundance, in their offerings a refined recognition of the concept of fullness. Their very state of being was from the perspective of sufficiency.

While we have the capacity to recognize perfection, we cannot approach perfection by attempting to create it in the form of what we "want" or avoiding what we "don't want." We *can* approach an experiential understanding of perfection by vigilantly maintaining our inner space, and consistently making choices that are affirmative reflections of our heart.



Elena suggested that finding the concept of *purna* in anything (the mundane, the daily, even the unpleasant) was a matter of stripping away of what is not needed, slowing down, doing less; editing rather than *adding* things to make life "perfect" or resisting what is really taking place.

Resistance, which we can generally recognize as inner tension, moves us away from the recognition of life's abundance and inherent completeness.

I was reminded that placing our attention on the breath and the heart will reliably ease our inner experience, and allow us to relinquish tension in favor of a more sensitive awareness of physical alignment, an increasingly neutral mind, and the unencumbered fullness of inner spaciousness... **PURNA**.

## TESTIMONIALS FROM STUDENTS

"...thank you for that beautiful workshop. I have been feeling so scattered in my daily life since giving birth; the discussion today really helped to find some perspective... I practice mostly at home now and so I feel also that I have a wealth of material to work with on and off the mat so to speak. The combination of you and Nikki was fantastic."

"Hi ladies... What can I say, except: thank you, thank you, thank you... You two are a real dream team, I must say! I feel really lucky that I got to participate in a workshop instructed by the two of you together. The resonance is still with me."

### Where is PURUNA originated???

*Purnamadah purnamidam purnat purnamudachate, purnasya purnamadaya purnamevashishyate*

All this is puruna, fullness, all that is puruna, fullness, from puruna, puruna is created. Puruna remains full eternally.

This is the first mantra from Ishavasya Upanishad, painting the picture of perfection of creation. The second mantra of the Upanishad says, *Ishavasyam idam sarvam yat kim ca jagatyam jagat*, all the universe is permeated by presence of the divine.

### Upcoming Event:

Sunday, May 31<sup>st</sup>, Liberation Yoga Studio, Los Angeles, by the studio owner Christine Burke  
And many more exciting event plans and ideas are flowing in!!!

Get involved: [www.yogagivesback.org](http://www.yogagivesback.org)

Send us your ideas:

[yogagiveback@earthlink.net](mailto:yogagiveback@earthlink.net)

yoga gives back: pending 501(c)(3)

Compassion expands your practice.  
Express your compassion beyond the mat, beyond the studio, across the globe.

To read more about Ishavasya Upanishad, go to [Astro Jyoti](#).

