

The Center for Happiness

2645 SE 4th Street, Box 10, second floor (near 280/University), Minneapolis, MN 55414

Directions and more information at www.centerforhappiness.com, Cell: 952-715-8982, Land-line: 612-208-0697

A nurturing and challenging environment to promote physical health, emotional happiness, and spiritual awareness.

Class Schedule May1st – August 31st, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00-9:00 AM Kundalini Yoga & Meditation Patty		8:00–9:00 AM Kundalini Yoga & Meditation Patty		4:30-7 AM Aquarian Sadhana (May 2, June 6, July 10 and Aug 2) Various Leaders (FREE)
10:30–12:00 PM Women's Yoga Helena Raghbir			10:00-11:00AM Qi gong Nirbhebe		10:00-11:00 AM Kundalini Yoga & Meditation Lauren	10:00–11:30 AM Kundalini Yoga & Meditation Helena Raghbir
5:00-6:30 PM Stress Busting Yoga & Meditation (co-ed) Helena Raghbir (No class on May 17)	5:15-6:15 PM Sat Nam Rasayan® Practice Session Ajai Singh	5:15-6:15 PM Kundalini Yoga & Meditation Tonya	5:15–6:15 PM Kundalini Yoga & Meditation Tracy Guru Sandesh	5:15–6:15 PM Kundalini Yoga & Meditation Brenda	5:30–7:00 PM Kundalini Yoga & Meditation Helena Raghbir	
7:15-8:15 PM Kundalini Yoga & Meditation For Anyone Living With Cancer Erika (FREE)	6:30–8:00 PM Kundalini Yoga & Meditation Lauren	6:30–8:00 PM Kundalini Yoga & Meditation Kimberly 6:30–8:00 PM Prenatal Yoga Tonya	6:30–8:00 PM Kundalini Yoga & Meditation for Inner Strength Liz Guru Soorya	6:30–8:00 PM Kundalini Yoga & Meditation Brenda	7:15-8:15PM Kirtan Patty and Lauren (May 29, June 26, July 31, Aug 28)	

Rate Information:

SINGLE-CLASS RATES: 60-minute adult class, \$15; 90-minute or 75-minute adult class, \$18. Payment accepted by cash, check, or credit card (Visa, MasterCard and Discover).

CLASS PASS RATES: The Center for Happiness Ten-Class Pass: \$120; pass valid 4 months. New students receive a free week of yoga! Pass good at regular yoga classes.

HOURS OF OPERATION: CFH opens approximately 15 minutes before the start of each class during the week & 30 minutes on weekends.

DISCOUNTS: Students new to The Center for Happiness may sample one yoga class, any time, FREE (does not apply to special events). You can then sign up at our front desk for a FREE FIRST WEEK of yoga classes! Sign up on our [email list on the web or at the Center](#) to receive special discounts and bargain offers...that are only available to our e-clients.

DROP-INS/NEW STUDENTS: Drop-ins welcome. Pre-registration NOT needed for any class. All levels welcome. Bring your own mat if possible. Wear comfortable clothing. **Beginners & new students welcome at every class.** Modifications presented in every class.

SCHEDULE CHANGES AND MORE INFO: This schedule is subject to change. Check www.centerforhappiness.com for schedule updates, details on workshops and special events, teacher-training registration info, staff bios, & more. For general information, call the CFH land-line at 612-208-0697 or the CFH cell phone at 952-715-8982. You may also e-mail us at mgmt@centerforhappiness.com. To volunteer at CFH, contact mgmt@centerforhappiness.com. To schedule healing sessions or with questions for Helena Raghbir, email mgmt@centerforhappiness.com

Class Descriptions:

Kundalini Yoga & Meditation classes present ancient yogic techniques to unify body, mind, and spirit. Classes include movement, postures, strength training, mudras, mantras (chant), & meditation. Increase flexibility, boost metabolism, maintain a healthy weight, open spiritual awareness, relieve depression & insomnia, restore energy & vitality, promote self-love, feel happy & centered & so much more. Classes at the Center for Happiness have a Kundalini Yoga base unless otherwise noted.

Women's Yoga classes are a weekly party for ladies, girls, women! These special classes provide a heart-opening atmosphere for emotional & physical well being. We address women's unique spiritual needs & roles in life, challenging ourselves to be as feisty, powerful, & happy as we really can be. Enjoy getting to know other women, expand your natural radiance & beauty, & realize your true graceful nature. Are you ready for more fun in your life? *Pregnant women are welcome at Women's Yoga class Sun 10:30am, and pregnancy class Tues 6.30pm.*

Kundalini Yoga & Meditation for Anyone Living with Cancer is for anyone living with cancer, including care providers, family & friends. We will cover some of the basics of Kundalini Yoga including breath techniques to relax & energize; yoga postures; pose modifications & prop usage; tension-relieving exercises.

Kirtan is a call-and-response style of chanting, is a glorious, simple practice that can help you come back to the center of your being. The powerful healing energies of these ancient sounds activate the spirit that dwells within us all – reconnecting us with a vibration of wholeness. Gurbani Kaur and Sat Rattan Kaur (Patty and Lauren) lead us in chanting these simple mantras to quiet your mind and experience of the peace, energy, healing and inspiration that always vibrate within you.

Sat Nam Rasayan® Practice Sessions are to become familiar with the state of shunias, or stillness, through which the healing art of Sat Nam Rasayan® contemplative awareness is developed. All levels welcome. Practice session includes meditations and work with SNR® healing space. Dress to sit on the floor.

Qi gong, the ancient dance of life! One of the original branches of Chinese medicine, qi gong is an accessible, relaxing way to increase health and vitality. Each class will cover the three stances and the eight brocades, two standing meditations that stimulate your major organs and help you gain flexibility. No prior experience or props needed. Just you and the time you give yourself.

Sunday Stressbuster Kundalini Yoga and Meditation is a co-ed class to release the pressure and transition into your workweek with peace and ease. Featuring unique Kundalini techniques to help the nervous system, body, mind, and emotions bounce back from stress and healthily face the challenges of the times.

Aquarian Sadhana is a morning of prayer, yoga and meditation, we begin by reciting or listening to the Japji, a prayer in Gurmukhi. The Japji is followed by a Kundalini yoga set, and we conclude our practice by chanting seven mantras to welcome the Aquarian Age. We practice this tradition to gain expansion and awareness beyond individual consciousness and to build a Universal Consciousness. By practicing sadhana in a group we are opening ourselves to an experience of the vastness of ourselves and the power of the Infinite! Doors open at 4:15am.

Prenatal Yoga Pamper yourself and baby with this intimate class held in our healing room. Laugh, dance and sweat while building mental and physical endurance for labor. Pregnant women also welcome Weds 6.30 women's class. More info 612-327-6039, tleholm@yahoo.com.

Additional Information:

Individual session with Helena Raghbir in Sat Nam Rasayan®, Energy Work or Space Clearing, limited time rates \$90 per hour onsite, or \$45 for 20-30 minute sessions. New clients receive the first 30 minutes of healing work free. House calls are also on a special savings rate of \$108/hour in the metro area. Contact mgmt@centerforhappiness.com for additional information, scheduling, and rates.

Bound Lotus is back. A Bound Lotus treatment is performed *once in a lifetime*. The client's destiny changes as a result of receiving a Bound Lotus healing, during which the clients relaxes while the practitioner does the work. For a very limited time, and in acknowledgement of both the cultural financial situation and the need of so many to create deep change, Helena Raghbir will offer a price of \$250 per Bound Lotus treatment. *We are anticipating offering this price only through the summer.* To schedule a Bound Lotus treatment, or to inquire more, please email Lauren, mgmt@centerforhappiness.com.

Healing Beauties & Healing Earth Sacred Stone Jewelry from Helena Raghbir Now available at our CFH store! Personally crafted and designed by Helena Raghbir. Using sophisticated healing techniques, Helena Raghbir seals a blessing or intent into the creations. She offers you the opportunity to co-create a **custom** Healing Beauties or Healing Earth piece with her, tailored to your needs, style, and desires. **Complementary consultation** for custom work. Contact mgmt@centerforhappiness.com for an complementary appointment to preview.