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 Raw Shakti e-Newsletter Issue 1 December 2004



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FEATURE ARTICLES

ORIGIN OF RAW SHAKTI



When I first began teaching yoga in 2001, I wondered if anyone would show up. As the classes began to fill, I had a vision that we could help create health for the entire earth. Raw Shakti came to me as the name for this project. I thought of opening a yoga studio but my intuition told me to return to India one more time and then to go back to place of my birth, Samoa. Raw means pure and Shakti is the feminine creative life force we hold at the base of our spine, the energy that allows for all creation. I realize through my years of living a yoga lifestyle and having a daily practice that this is key to having a successful vision. It must be pure with creative energy. Kevin and I practice yoga together each morning with the vision of Raw Shakti helping to heal the world at the forefront. With each small step we are able to take, we feel blessed and encouraged that indeed health and peace on earth will happen! We are now based in Samoa, and we hope to inspire one person at a time to realize that health is a practice and we can feel fully alive right now! Please join us for this journey. As my own life

unfolds I will share with you wisdom that I gather from the great teachers. Let us be inspired to enjoy each day as we move through this short breath of a life. The time is now to get in touch with what makes us flow and with what increases our joy! Happiness is a practice. Let's practice now! Namaste, Taialofa

YOGA IN SAMOA



We arrived by boat from American Samoa on March 4th, my 29th birthday, also a full moon, to Western Samoa, to the place where I was born and where I met my husband. (My folks and husband, Kevin, were peace corps volunteers here). We put out the intention for a home. We found a beautiful house in less than a day, and immediately I began teaching private sessions to people who seemed to hear about us through the coconut wireless. I do private sessions on the deck with a gorgeous view of the palm laden rainforests and view of the vast ocean. I have established yoga classes, yoga retreats, a yoga base out of Coconuts Beach Resort, and I teach to the local Samoan women in a Womens Center. Samoans are happy to have us, as they believe

where you were born is where you are from. The Samoans often say, and I agree, that I was called back to Samoa! They enjoy Kevin and my story of love at first sight by the clear sea under the palm trees in Savai'i. Samoa is pushing health now as diabetes rates are soaring and so it seems to be a perfect time to be bringing yoga to Samoa! Their relaxed way and gentle smiles of joy teach us everyday of the importance of simple living and good relationships. Thank you Samoa for being so welcoming! fa'afatai lava, Taialofa

2005 CALENDAR WITH UPCOMING YOGA RETREATS

January 20-24, 2005

Yoga & Scuba Diving Retreat with Taialofa and Aqua Samoa
[Coconuts Beach Club](#), Samoa

Join us for this Yoga and Scuba adventure, where we will explore the connection between yoga and scuba diving for cultivating balance, fearlessness, and a sense of calm and presence. Professional Instructors from AquaSamoa will lead the safe and exciting scuba sessions beneath the oceans surface. Taialofa will guide you in a yoga practice on land only feet away from your room and from the oceans edge (3 hours per day). All levels welcome! The tropical beauty of Samoa is perfect for a refreshing week of yoga and Scuba! Other activities include meditation at sunset, walking meditation along the sea shore, and relaxation in the prana filled



Samoan seaside.

Cost: USD \$660/person for the yoga and scuba diving portion of the retreat.

For yoga retreat registration and to book lodging email reservations@coconuts.ws.

To view the site of this retreat visit www.coconutsbeachclub.com, where there is also wonderful lodging available!

April 28-May 2, 2005

Exploring the Flow Yoga Retreat with Taialofa

[Coconuts Beach Club](#), Samoa

Enjoy this nourishing yoga retreat set beside the clear blue sea of Samoa and take the time to explore the flow within to create optimum health in todays busy world. You will be guided in vinyasa yoga, walking meditations, trance dance, the roots of yoga, elements of a daily practice, and asanas in the sea.

Cost: USD \$425/person for the yoga portion of the retreat.

For yoga retreat registration and to book lodging email sales@taialofa.com.

Visit www.coconutsbeachclub.com to view the site of this retreat. There is wonderful lodging available at Coconuts Beach Club.



June 23-27, 2005

Exploring the Flow Yoga Retreat with Taialofa

[Coconuts Beach Club](#), Samoa

See discription of April Retreat for details

July 18-30, 2005

Yoga Adventure Retreat in Peru with Josephine Russell and daughter Taialofa

Machu Picchu Region, Peru

A once in a lifetime yoga adventure awaits you in Peru. Practice yoga in the high mountains among the ancient spiritual prana. This trip includes time at Machu Picchu.

Cost: USD \$3,200/person for this all inclusive yoga adventure. Price includes airfare from the USA, all ground transportation, food, lodging, admission fees and yoga instruction. Early registration required to confirm a spot.

To book this yoga adventure email sales@taialofa.com.

Visit www.willkatika.com to view the site of this retreat.



October 20-24, 2005

Exploring the Flow Yoga Retreat with Taialofa

[Coconuts Beach Club](#), Samoa

See description of April Retreat for details.

EXPANDING THE PRACTICE

Samoa Asana:

Get in a circle with anyone around, hold hands, lean back, drop your head back and enjoy the sky. No one is ever alone in Samoa. Practice togetherness!



Taialofas Video!

YOGA IN NEW ENGLAND

An Active Yoga Practice Sequence.

This one hour video is available on DVD, VHS, and PAL.

Visit www.taialofa.com to order.



Hana's Cooking Corner: Winter Squash Bisque

One of my favorite parts about living in New England is the changing of the seasons. I love to increase my connection to the earth by matching my foods with the season. In autumn and early winter a large variety of tasty and nutritious winter squash become available. The following recipe makes me feel grateful for the fall harvest and brings a taste of the winter to come.

- 1 small winter squash (I prefer buttercup but acorn, butternut and others work well too)
- 2-3 cups vegetable broth (depending on the size of the squash, more or less broth will be needed)

2 Tbsp apple cider
 1 tsp dried marjoram
 fresh ground sea salt
 fresh ground pepper

Place squash on a baking sheet in 375 degree oven for about an hour or until a knife easily passes through squash. Remove and let cool. Slice open squash, remove seeds and skin and discard them. Place squash in food processor and puree while adding vegetable broth until smooth. Pour into medium saucepan over low heat. Gradually add more vegetable broth to produce your desired consistency (I prefer a thickness that leaves a film on a teaspoon when the spoon is submerged then lifted from the soup). Heat through without bringing to a boil. Add cider and marjoram. Add salt and pepper to taste. Serve immediately. Makes 6 soup-cup size servings.

Hana's cooking tip: Local and organic farmers will provide the highest quality ingredients resulting in the best flavor, particularly if they grow heirloom varieties.

Highlighted Chant

Lokha Samastaha Sukhino Bhavantu

May all beings everywhere be blessed with great happiness.

(Chant 3 times before your daily yoga practice or before a meal to increase inner joy)

PEOPLE OF RAW SHAKTI

"LOVE BY THE SEA" Taialofa

Taialofa was born on the South Pacific Island of Samoa, "Sa" meaning sacred and "moa" meaning center in the Samoan language. This South Pacific Garden of Eden is considered the sacred center of Polynesia.

Being the daughter of Josephine, a Kripalu yoga, she has strong roots in yogic philosophy and practice. As she grew up, Taialofa learned the importance of proper exercise, breathing, relaxation, diet, and meditation. She learned that yoga is a lifestyle, not merely a daily practice of postures. She has studied in birthplace of yoga twice to immerse in the yoga techniques from sunrise to sunset.

After college Taialofa put down the books and embarked on an experiential journey that heightened her daily yoga practice. She studied many styles of yoga, including Kundalini, Iyengar, Ashtanga, Sivananda, Kripalu, Vinyasa, and Bikram; and Taialofa has trained with many world renowned teachers, including Gurmukh, Shiva Rea, Bhagavan Das, Shanti Desai, and she has the dear blessing from Amma. She spent a year in Japan, studying and practicing Zen meditation and has traveled through Southeast Asia. She continued her travels arriving in Samoa in 2000, and by the sea she met her husband, Kevin, a Peace Corps volunteer, on the same island where she was born. The flow of her life led her to meet Kevin. They now practice yoga together daily.

After their meeting, Taialofa went to the Bahamas where she received teacher certification in the Sivananda tradition of yoga. She and Kevin were married in the beautiful Monadnock Region of New Hampshire where they settled for two years, and Taialofa began teaching yoga full time. She taught yoga in a variety of locations and to a wide range of people, including health care professionals, teachers, doctors, lawyers, and CEOs. She also enjoyed teaching yoga to children and pregnant women. Taialofa's highly intuitive teaching style embodies all of the senses. She senses stagnant energy and assists in clearing up the flow of life force, as she guides her students toward healing their physical, emotional, and spiritual bodies. Her journey is one that continues to unfold. Her vision is to teach and be taught about the health of mind, body, and spirit through living her yoga. She enjoys taking the pulse of the world and sharing all that she gathers. In July of 2003, she debuted her yoga video, "Yoga in New England with Taialofa", an active yoga practice sequence. She had the vision for Raw Shakti and dreams of going global to inspire the world toward health and peace!

Kevin Petrini



Having an abundance of equanimity (uppekha) he has been living the yoga lifestyle since 2001 when he met his wife Taialofa. He holds a masters degree in chemical engineering, and currently works as a trainer for the Peace Corps. He has a great love for high quality organic Samoan Cocoa and dreams of exporting it for all to savor. Certified in the Shivananda Yoga tradition in Kerela, India, he enjoys reading *The Yoga Vasishtha* and studying yoga daily. His daily practice is the most important part of the day as it brings an inner balance and joy.

Bryan Russell

Avid lover of the outdoors, he has guided trips to Alaska, Big Bend in TX, Canada and Peru. He has been camping, hiking, and canoeing since he was born. At 3 days old he was camping on the coast of Maine! Part of the Russell family (of which Bryan and Taialofa are 2 of the 4 children) life was going for 6-8 weeks every summer exploring the USA and Canada by tent and canoe! He assisted Taialofa on the Exploring the Flow Yoga retreat in 2004. He will be guiding *Yoga and Canoeing* and *Yoga and Hiking* for Raw Shakti! He is the designer of this Newsletter!

**Hana Masecar**

Hana lives on a pristine lake among the quiet beauty of N.H. with her partner, Erik (Taialofas brother), and their two cats. She is an avid cyclist, food lover and overall outdoor enthusiast. She has been practicing Iyengar yoga since 2000. Her inspired cooking has been gracing tabletops for as long as she has been practicing yoga. We welcome Hana to share her delicious cuisine with us as we move toward healthier living!

In future issues of this newsletter we will be highlighting Kellie, J&R Barry, Ahmad, Scott & Mary, Jim, Peter, Rose, and others who are working for the vision of Raw Shakti! Thanks to all of you!

Please feel welcome and invited to FORWARD this newsletter to all whom you think might enjoy this journey toward health and peace! We kindly appreciate your sending this newsletter to others! Thank you so much for reading!

Raw Shakti is a Yoga Enterprise Dedicated to Promoting Health and Peace on Earth.



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