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Raw Shakti e-Newsletter Issue 10 March 2007

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**On the Path**

This year started with family, friends and moving! If there is anything to test equanimity it would be moving. We have moved the Raw Shakti office and home site to another beautiful location. It gave us an opportunity to do a "spring" cleaning although it is officially "fall" here in the southern hemisphere. Again we have become aware of the energy and effort it takes to space clear items no longer used, to clean house and move forward. Our true home lies within but having a clean and organized house to live in while creating dreams sure helps to keep things moving forward with strong clarity. In addition to this move, our new year's resolution is to take Sundays completely off, so even with the big move and lots of work in front of us we have stuck to this rule of enjoying the beach (the picture of Kevin) and waterfalls and hiking trails each Sunday. What a pleasure to feel refreshed after being in nature and to feel ready to work again on Monday. If you can, take a journey into nature near you to clear your mind and have time to dream about your life and the possibilities. We feel blessed to be living in Samoa and soon, as we are still in the process of designing, the Yoga Spa will be built. All one step at a time, we look forward to serving many toward peace and health on earth!



Blessings for times of rejuvenation amidst our busy lives!

Namaste,  
Taialofa

**Connecticut Yoga**

A good friend from childhood came to visit with us in Connecticut from Washington, DC, and we enjoyed spending time with her in the cold January New England outdoors. We took a walk through the frozen forest along a beautiful stream complete with a waterfall, although of course unlike Samoa we had no intentions of taking a swim as it was just above freezing! The path meandered through the tall pine forest up to a beautiful vista where we did some yoga postures (picture of Taialofa and Rena).



Upon reflecting on my time in Connecticut and yoga experiences like these, I thought more about the word Connecticut and realized it is made up of the words "connect" and "cut". These two terms have nearly opposite meanings and are connected by the "I". In everyday language these opposites have come to be known as "yin" and "yang" which comes from the Chinese Taoist tradition. These are the opposites in our life that we are working with everyday; even during a peaceful walk in the woods. The science of yoga has a rich knowledge base and corresponding lexicon for working with opposites in our body, mind and spirit to connect with our authentic self. Some of these opposites are "ida" and "pingala," "ha" and "tha" and "shiva" and "shakti". These represent the male versus female, sun versus moon and the subtle energies of the body that when united we connect to our authentic self. Through practicing yoga, we cultivate the union of these opposites that result in equanimity and authenticity. Our daily yoga practice supports the flow toward our own true "I" or self. Walking through the woods with the tall trees was what we needed in order to relax our minds and allow the opposites to melt away into our authentic self. This walk "connected" the "cut" with the "I".

by Kevin Petrini

## Yoga Day USA

Many people attended Yoga Day USA in Keene, NH. this year. This was a day created by the Yoga Alliance as a way to introduce people to yoga and to give back to those already practicing. It was a day to celebrate all the styles of yoga and the health benefits. All over the country yoga studios and yoga centers were hosting Yoga Day USA. For us it was a wonderful success. The venue at Lady of America had a gorgeous upstairs room that we filled up with up to 45 people per class. For some of the teachers it was a new experience to teach to so many. All were excited. Yoga has grown quickly over the past few years. It used to be a unique practice and now it is mainstream and reaching all levels, body types and abilities. In most areas of the country there is a yoga class nearby for you.



It was inspiring to see so many come out of the classes that day saying that their health was indeed their wealth and that they were passionate about yoga and all the ways it helps them to be healthier and happier. People gave donations for Yoga for People with Diabetes in Samoa. In Samoa, there will be classes held for people with diabetes. The yoga class will focus on healthy lifestyle choices for managing the disease. In general a healthy lifestyle in the islands is going back to their native diet and ways of exercising that worked for thousands of years keeping the people healthy and fit. It is the case that modern day living with remote controls and less need for exercise and lots of fatty junk food available that diabetes numbers have soared in the past decade. This epidemic that is in many countries can surely be turned around with the help of yoga and healthy living. To finish the Yoga Day we sponsored Kailash to lead our chanting. Kailash is a student of Bhagavan Das and has a PHD in communications. Chanting is his modality. He told about the history of many yogic sages and we enjoyed bhakti yoga with his guidance through the yoga of sound.

by Taialofa

## What's New

Raw Shakti's Yoga Adventure Retreats are featured in the book called *Body and Soul Escapes*. The following is some information about the book by Caroline Sylge.



The pressures and stresses of modern life mean many people are beginning to look for more than just a relaxing holiday - they want to be rejuvenated from the inside out, but where do they go and what do they do? With so many experiences on offer across the globe, the real challenge is finding what's out there and what's right for



you. The new *Body and Soul Escapes* (Footprint, £19.99, US\$29.95) is the first book created to give you the answers. Beautifully produced and packed with interesting features, it blends inspiration with practical first-hand experience of over 350 places and holidays across the globe to suit all temperaments and budgets, from alternative retreats in France to a chic bikini boot camp in Mexico, from a jungle ayurveda retreat in Sri Lanka to an artistic retreat in New Zealand. Aimed at the general traveler looking to de-stress and re-energise, the book will also appeal to yoga addicts and spa goers looking for holiday ideas, and to men as much as women. *Body & Soul Escapes* is available from all good book shops and online at [www.footprintbooks.com](http://www.footprintbooks.com) from March 2007.

## Weekend Retreats

### Yoga Basics at Coconuts Beach Resort: Saturday, April 21st



Come for a day of yoga rejuvenation and learn about how yoga is more than the postures with guides who live the yoga lifestyle. If you are new to yoga this is a great retreat for you! All levels are welcome. You will be guided in ways to quiet the busy mind and learn about the eight limbs of yoga. Includes walking meditation, healthy delights for a yoga style lunch and yoga postures in the sea to cleanse the body. Sign up today by calling 7796400. 270 tala



### Namu'a Island Retreat: Friday - Sunday, May 25th-27th

Come for a fabulous weekend retreat! You will explore the island, experience sunrise meditations and relax with snorkeling and beachcombing. Meet in Apia at the tourism fale and take a van at 3 PM Friday. We will drop you back off in Apia at the tourism fale at 3 PM on Sunday. Come for this weekend of yoga and adventure.

Learn about yourself, what your body can do and how to quiet the mind. All levels welcome and invited. 600 tala

## Extended Retreats

### Yoga Retreat in Samoa with KK and Taialofa: July 31st-August 11th



This will be a time to enjoy the wonders of Samoa and the power of KK and Taialofa's energy. Come join this amazing time of rejuvenation and replenishment. This high-end tour of Samoa will be rejuvenating and your guides will share with you a journey sure to renew aspects of your being! Join this incredible journey into your own heart! Please visit [www.mintescapes.com](http://www.mintescapes.com) for more information about KK.

### Yoga in China: Teacher Training with School Yoga: July 15th-August 11th



This month long Teacher Training Course will be theoretical and experience based. Trainees will be encouraged to live in the yogic life style for an entire month and beyond. They will experience many paths of yoga, such as Raja Yoga, Karma Yoga, Bakti Yoga, and Juana Yoga leading to a complete embodiment of virtues, strength, balance, serenity, peace, joy, happiness, contentment, and wisdom. This leads to a Yoga Alliance 200-hour certification.

Click [here](#) for more information.

## Classes

Health Attack in Motoatua: Tuesdays from 6:15-7:15 pm, 10 tala

Coconut's Beach Club: Thursday from 10:00-11:00am, 35 tala

If you have a group (in Samoa!) and would like to set up a weekly class call us at 7796400

## Vasisthasana

This pose is dedicated to the sage Vasistha who is the author of the seventh *Mandala* of the *Rig Veda* the oldest extant written work and sacred scripture of Hinduism. He is also one of the main characters in the *Yoga-Vasistha* which is a dialogue between the sage Vasistha and his pupil Rama.



To enter this majestic and graceful pose one needs strength, flexibility, balance and a good sense of humor. Begin in plank posture often called push up posture. Stay there for a few breaths, now turn your right foot so that the lateral (outside) side of the foot is flat along the floor, then stack the left foot on top of this. Make any adjustments to straighten the body from ankle to the top of your head. Shift all the weight to the right arm and lay the left arm along your left side. Take a full breath and with your next exhale reach down with your left hand to your left foot and wrap your pointer and middle finger around your big toe. When you inhale, reach this leg into the sky and breath fully for as long as you would like to remain here. If you topple over, just laugh and try again. It is certainly a challenging pose, but wonderful fun. Now that you have done it, bend the raised knee, release the grip from the foot and let your left side come back down into plank. Now do it on the other side for balance.

By Kevin

## Hana's Cooking Corner

Chocolate Orange Pudding

Serves 4 Vegan

Ingredients:

- 1 12oz package silken tofu (firm is best)
- 6oz dark or semi-sweet chocolate chips
- 3 TBSP maple syrup,
- Orange zest from 1/2 a large orange,

Directions:

Melt chocolate over a double boiler or very low heat. Meanwhile, puree tofu and maple syrup in food processor or blender until smooth. Add chocolate to tofu mixture and continue processing until uniform in color. Add orange zest until combined. Scoop into 4 dessert cups, cover and let set in the refrigerator for 4 hours or longer. Serve each with a wedge of fresh orange. Smile while you eat!



## Contact Info

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