

THE OPEN MIND CENTER

Why Yoga?



Yogi Bhajan brought Kundalini Yoga to the US in 1969. In 1999 he wrote the following article which we found interesting enough to share with you. We hope you enjoy it.

“By the year 2013 the world population will be seven billion. The change in technology, psychology, and sociology will be huge. The chaos of information in the computer age will make it difficult for people to cope with their day-to-day lives. The body, mind, and spirit will have to be organized to meet these natural human phenomena.

Every human, no matter to which religion they belong, will face a reality in the future where they will need a strong, healthy nervous system. They will need mental clarity and the back-up of spiritual strength to face this coming world. We can say with confidence, the only way to do this is through yogic techniques by which body, mind, and spirit can be enhanced.

To sustain themselves, tomorrow’s individuals must have yogic training. It is a need of the times. By 2013, forty to sixty percent of the population will be practicing yoga. People will see that those who practice yoga are bright and beautiful, calm and blissful. They will recognize that the yogic community is sincere and dependable, serving and giving.

Yoga, with its every system, is going to prevail. We clearly see this trend, and it will lead to the end of human insanity and the prevalence of yogic glory. Yoga is a science for all humanity. It is the custodian of human grace and radiance. It holds a great future for every human being. It brings mental caliber for purpose and prosperity of life. The future of yoga is bright, bountiful and blissful.”

~By Yogi Bhajan, April 1999

Yogas at The Open Mind Center

We offer 4 yogas; 3 Adult classes and 1 Kids class. **Hatha Yoga** on Mondays and Wednesdays 6:15pm-7:30pm and Saturdays 9:45am-11:00am. **Svaroopo Yoga** on Mondays 7:00pm-8:30pm, Wednesdays 6:30pm-8:00pm and Saturdays 10:00am-11:30am. **Kundalini Yoga** on Fridays 10:00am-11:15am. **Grounded Yoga (for kids)** on Mondays 6:15pm-7:30pm and Fridays 10:00am-11:15am. Classes are \$15 per class; \$52 for 4 classes or \$99 for 8 classes per month; \$135 for 11 classes per quarter (additional package info available).

We hope to see you at a class soon!

The Open Mind Center:
A place to be, a way to be.
 678.243.5074

1575 Old Alabama Road, Suite 213,
 Roswell GA 30076

WWW.THEOPENMINDCENTER.COM

THE OPEN MIND CENTER is a comprehensive holistic center offering programs intended to heal the body, nourish the soul, and awaken the spirit.

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Newsletter

Don't miss these CLASSES & EVENTS for Kids in July!

(See [Calendar](#) for dates & times)

Is Your Child an Indigo Child? Welcoming the New Kids who Awaken us to the New Earth- Is your child highly sensitive, really intuitive, artistic, sometimes feels like an outsider and/or really wants to change the world? Then they may be an Indigo Child. Parents, come join us for an introduction to the Indigo shift that you and your child are a part of and kick off a series of classes designed for Indigo Children, to celebrate their gifts. This Intro is a great chance to meet parents of Indigo Children while you discover ways you can help your child grow to their full potentials, and learn of our 4 class series designed for Indigo Children. **Thursday, July 8th from 7:00pm-8:30pm for \$25**

Indigo Children- Class 1: Indigo and Crystal get Together: Speaking up and sharing Your voices on Monday, July 12 from 2:00pm-4:00pm for \$25

Indigo Children- Class 2: Shifting the Grid: How you can learn to shift your reality and improve life- Indigo style on Monday, July 19 from 2:00pm-4:00pm for \$25

Indigo Children- Class 3: Heal the Environment and Help Us Breathe! Meet Dr. Jon and learn about ways to save the Environment on Monday, July 26 from 2:00pm-4:00pm for \$30

Indigo Children- Class 4: Building Community for the Indigos: A Day of Fun, Creativity and Food! Talent Show and Poetry Slam on Monday, August 2 from 2:00pm-4:00pm for \$25

Take the whole series for \$85

Say it With Art-A contemporary art experience for kids

Art has a specific purpose. It is a communication tool for those wanting to use visual language to SAY IT WITH ART. Children love to discover new ways to communicate their AMAZING ideas. Contemporary art gives them a wonderful platform to explore new ways of expression. Encourage the creative thinker within your child by giving them the gift of art expression. By the end of this 6-week introductory course you can expect your child will begin to develop confidence in using a variety of art tools. This is an artistic adventure that will leave your child anticipating next week's class.

Mondays 9:30am-11:00am (ages 6-10); 7/12-8/9

Cost is \$100 per 5 week series

Wednesdays 9:30am-11:00am (ages 11-16); 7/14-8/18

Cost is \$120 per 6 week series

Kidz Fitness Boot Camp

A fun and exciting 45-minute training program customized for children to promote physical activity, encourage healthy habits and reduce body fat. Numerous benefits are associated with physical activity. This program will help children develop fitness skills and encourage healthy behaviors. Participants (6 years old and up) should bring comfortable workout clothing, sneakers, yoga mat or a beach towel, and water. All equipment is provided.

Tuesdays from 11:15am-12:00pm; \$52 for 4 classes; \$99 for 8 classes

requires 5 students so register now and don't miss out

*We are grateful
for your comments!*

*“Wonderful balance in
my life after 2 visits. I’m
learning about myself and
the Universe.”*

~L.

Product of the Month: Dani Bath & Body Products



At DANI, everything they make is good for your skin and the environment, naturally. Their products contain Certified Organic ingredients, custom essential oil blends, and 100% Vegetarian ingredients plus they are Paraben, Phthalate and SLS Free. Products are made in the USA and packaging is recyclable.

We carry 7.65oz Body Butter, 13oz Sugar Scrub, 3.5oz bar soap and 8oz lotion in Lemongrass Lavender, Grapefruit Ginger or Passionfruit scent.

Check out the recent price reduction on these wonderful products.

July Classes and Events (Cont'd):**Cardio Salsa**

This is a great cardiovascular exercise program that combines aerobic moves and salsa steps.

Participants can burn up to 600 calories per class and have lots of fun dancing to Latin rhythms.

Adults, all ages, with all levels of experience, can join the FIESTA!!! For those not familiar with Cardio Salsa, it is similar to Zumba.

Tuesdays from 6:30pm-7:30pm; \$52 for 4 classes; \$99 for 8 classes

The Psychology of Successful Weight Loss

Learn how our emotions and thoughts create barriers and sabotage your success. You will learn how to identify sabotaging behavior and learn self care and self empowerment tools that will support your weight loss success. Let's get real about weight loss.

Saturday, May 15th from 10:00am-12:00pm; \$30

Attend both Make Peace with Your Body and Self & The Psychology of Weight Loss for \$55

Make Peace with Your Body and Self

An inspiring class detailing the importance of positive self-esteem and body image. This experiential model builds on body awareness through meditation and an interactive group setting. Discover limiting beliefs about why we often stay in toxic situations and relationships based on past relationships, societal influences and our own unconscious thoughts.

Saturday, May 15th from 1:00pm- 3:00pm; \$30

Attend both Make Peace with Your Body and Self & The Psychology of Weight Loss for \$55

Meditation for All

A regular meditation practice offers numerous health benefits, including lowering blood pressure, strengthening the immune system, and releasing stress and fatigue. Meditating for a half hour provides more psychological rest than a full night's sleep. No previous instruction necessary.

Wednesday, June 7th & 21st from 7:00pm-8:00pm for \$10.



Achieving Serenity During a Time of Chaos

2010 seems to be a pivotal time of chaos and polarity. You may be noticing that as a result of this chaos and dealing with the problems of this day and age you're feeling stressed. When under stress, your body assumes the age-old stance of "fight or flee." There's nothing wrong with this but there's a problem associated with being in a constant state of alert. You're not actually fighting OR fleeing but instead you're confronting one stressful event after another. The original benefits of dealing with stress on a day-to-day basis have turned into liabilities in today's world—there's just too much continual stress to cope with unless you do something about your coping skills.

When you follow these basic steps, you will be surprised at how wonderful you feel. When you backslide, which often happens in the beginning, you will again be surprised at how much you miss exercising one or more of these four muscles. Do you have any of these symptoms of overload?

| | |
|--------------------------|--------------------------------|
| Anxiety | Headaches |
| Inability to concentrate | Change in appetite/body weight |
| Insomnia | Intestinal distress |
| Fatigue | Unexplained frequent illnesses |
| Depression | Flare ups of skin disorders |

Better than a thousand hollow words, is one word that brings peace.

~Buddha~

Achieving Serenity During a Time of Chaos (Cont'd)

If you do, they may simply be symptoms of a one-time nature. However, if you have several or many of these symptoms on an on-going basis, it's probably a good time to do something about them...it's probably a good time to institute change in your life.

You can't always control circumstances but you can change how you perceive and respond to them. Sometimes it may seem that the passage through modifying your behavior looks energy- and time-consuming; you may fear failure when trying something new or different; you may have experienced that it's hard to break a habit; you may not have clear goals or direction in life; the ultimate destination may be unclear.

People who are thriving and willing to go forward with modifying their behaviors are challenged by change. They have a sense of control and are committed to and intensely involved in what they are doing. There are actions you can take that will help you with deal with stress and, consequently, deal with change.

Following are 10 steps to reduce stress and make positive changes in your life:

1. Focus on the positives—identify what is going well in your life and be realistic about your expectations.
2. Be clear about what you want, ask for it, and ask for help when you need it.
3. Cultivate an attitude of gratitude—say thank you 100 times a day.
4. Eat healthier food to fuel your body more effectively.
5. Breathe deeply 40 times a day.
6. Stay in touch with friends and make and keep standing play dates.
7. Laugh or cry regularly.
8. Minimize and simplify your life and/or your possessions.
9. Exercise for at least 10 minutes a day.
10. Consciously relax and meditate. You can do this on your own quietly or while listening to soft, instrumental music or you can listen to a guided meditation CD. The Open Mind Center has a meditation room and a multitude of CDs that can help you with this, as well as various yoga classes.
11. Regularly include massage and/ or Energy Healings such as available at TOMC.

Start today to make a change in your life. You'll be so happy you did. You have all the time you need by starting right now.

By Ricia L. Maxie

Ricia L. Maxie is a highly-developed and gifted clairvoyant and Mystic. Ricia has developed innovative intuitive, psychic, and spiritual training techniques that she has used nationally and internationally and is now using at The Open Mind

Follow us via our website at: www.theopenmindcenter.com or on Facebook at <http://tiny.cc/tomcbus> (group page), <http://tiny.cc/tomc> (fan page) and/or on Twitter at <http://twitter.com/openmindcenter>

The Open Mind Center: A place to be, a way to be!

The Open Mind Center is looking for volunteers to help us grow. If you have been looking for meaningful ways to volunteer in the community and are interested in supporting 'our customers' health and well being, please contact us at (678) 243-5074.

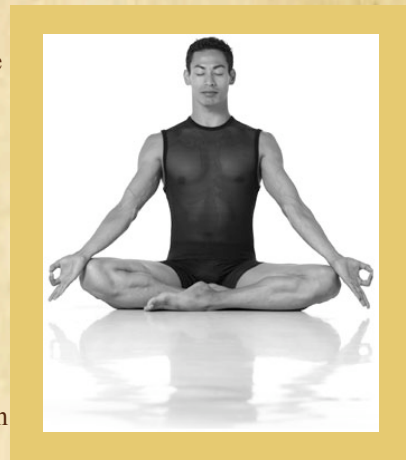
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At The Open Mind Center

TOMC is dedicated to helping individuals (and the world) to heal, and our primary focus is at the energetic level. While it is important to do what we can physically, we know the value of gathering together in like mind and common intention.

Peace Across the Planet is a mission, founded by non-profit *Elementals of Life* and created to help spread peace throughout the world by identifying people and locations like ours that are united in order to hold ceremonies and fundraisers to help spread peace.

As part of this mission, *Elementals of Life* has gathered some of the largest Shiva Lingams (naturally shaped temple stones) like those at The Open Mind Center and placed them around the world. The Shiva Lingams were harvested from the Narmada River in India. These stones hold the energy of peace and are a wonderful example of earth's greatest gifts. The largest stones are breathtaking and often cause people to ask "who's the artist"; to which we respond, "God."



We are dedicated to donating money each month to PAAtP and invite you to join us in this effort. Please add on to your sale \$1, \$5 or more, to help fund this project and spread peace across the planet.

Reiki Share

Our Reiki Share on June 24th was our best yet, we can hardly wait for the next share. Word of mouth and fun, successful sharing are creating a Reiki group that is beneficial and educational to those attending. Each practitioner attending will have at least 20-minutes 'table time'. What a great opportunity for healing in a sacred space and multiplying this profound spiritually guided healing energy with your fellow practitioners and Masters.

Join us on Thursday, July 22nd from 6:30pm-9:00pm

Book of the Month

If the Buddha Dated; a Handbook for Finding Love on the Spiritual Path by Charlotte Kasl, Ph.D. This practical and playful, yet spiritual guide from the author of the highly successful *Finding Joy* is filled with quotations from Zen, Sufi and other wisdom traditions. Kasl approaches the dating process as a means for awakening, reminding us that when we live by spiritual rules we bring a light heart to the romantic journey, and rekindling our potential for vibrant human connection based on awareness, kindness and honesty

Great Gifts

Give the gifts that keep on giving; the gift of health and wellness. Stop by and purchase a gift card good for:

- ❖ Massage Therapy
- ❖ Fitness Book Camp
- ❖ Yoga
- ❖ Energy Healing

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