



Dear Yoga family,

I am so happy that the Holiday season has arrived and the end of the year approaches. I am sure many of you are as well-happy to say goodbye to a very difficult time and to pray that next year life brings us more peace, tranquility, and prosperity. Happy Holidays to you all.

Teacher Training is moving back to California. I have missed seeing the family member's faces with the training being located so far from home. I will be able to participate more, and I hope that all of you will visit headquarters more on your way to and from training.

The first event of 2009 will be the 6th Annual Bishnu Charan Ghosh Cup. I would love for all of you to participate with your presence and support. I wish all of the contestants a very good luck.

During this time of recession, let us pray for everyone's health. During times of challenge like this we need to maintain our health and keep good spirits. We are lucky that we all work in a profession that helps people to preserve their wellbeing. Let us have faith and courage for ourselves, and for our families and students.

Remember, challenging times can motivate people to move forward and make essential changes in their lives. Thinking now good thoughts brings good wishes, which, in turn, brings blessings. See you all on February 6th!

Thank you for your support and trust.

Love & Peace

Rajashree

My seminar schedule for 2009:

January Kripalu: 16 - 19

February Austin, Texas The Crossings: 27 - 1

April San Jose, CA: 25

TT Orientation: 26

May The Netherlands: 16

June TT Graduation: 28

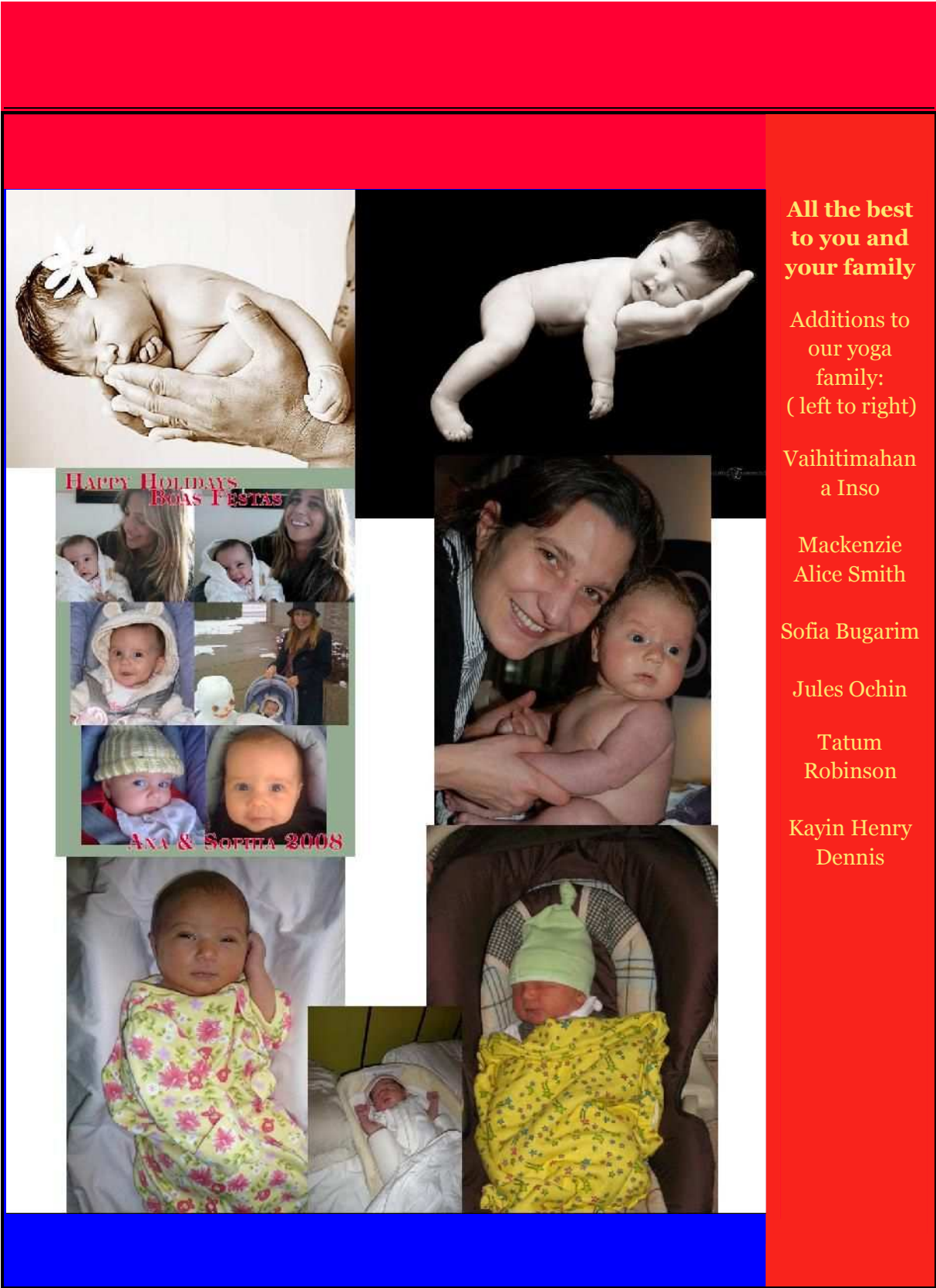
September New Jersey: 24

To schedule a seminar with me contact: [Ainslie Faust](#)

For yoga therapy questions contact: [Rajashree Yoga Therapy](#)

For personal questions contact: [Rajashree Choudhury](#)

[Rajashree's Kavita on iTunes](#)



All the best
to you and
your family

Additions to
our yoga
family:
(left to right)

Vaihitimahan
a Inso

Mackenzie
Alice Smith

Sofia Bugarim

Jules Ochin

Tatum
Robinson

Kayin Henry
Dennis



*My name is Jamie-Louis.
I was born in Berlin
on the 18th of August at 10:04 pm.
At my birth
I had a weight of 8 lbs 4 oz
and I was 21,3 inches tall.*

*Love and hugs from
mommy, daddy, me and our kitty cat Lucille.*



Jamie Louis
Mohaupt

Sofia &
Sienna Finn

Ryan Hunter
Nash

Aidan Charles
Spilker

Ren Lincoln
Gidlow

Bikram's
Yoga College
of India