

# Yoga in New York - January 2013

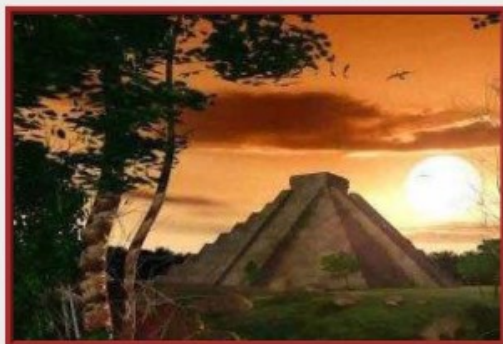
## Issue N.1

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Yoga - Spirituality - Service - Social Consciousness



*The world didn't end yet and the new year has dawned, the old has set and already settled back into the past so what choice have we but to go on? This might be a good time to reassess and recommit to those things we have found most important while squeezing out those tendencies that work to our detriment. We know precisely what these two poles are.*



*The Mayan calendar coming to an end may mean only that Maya itself, the physical manifestation, has ended leaving only a spiritual essence left to slough off the twin samskaras of desire and regret the way the incorporeal emerges from the corporeal until only peace is left.*

### Thanks - Thanks - Thanks

In this wonderful beginning of Year 2013 we are preparing for a flow of activities. We already started with an Akhanda Kiirtan the first Sunday of the month and we are planning more events. Soon Didi Ananda Hitaesana will come back from India and we are sure she will bring renewed energy and inspiration. And this newsletter is also part of the flow that will bring Ananda Marga in New York closer to many more people.

Thanks to Bhashanti and Bob the basement in the Corona Jagrti looks already so beautiful. Bhashanti took the initiative to paint

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