



# deepen *your understanding of* yoga



**Vinyasa Yoga**  
*with*  
**Srivatsa Ramaswami**

**January 9 - February 4**

Register early.  
Space is limited.

**LMU|LA**  
Extension



<http://extension.lmu.edu/yoga>  
310.338.2799  
yoga@lmu.edu

## healing voices

by lucia cordeiro

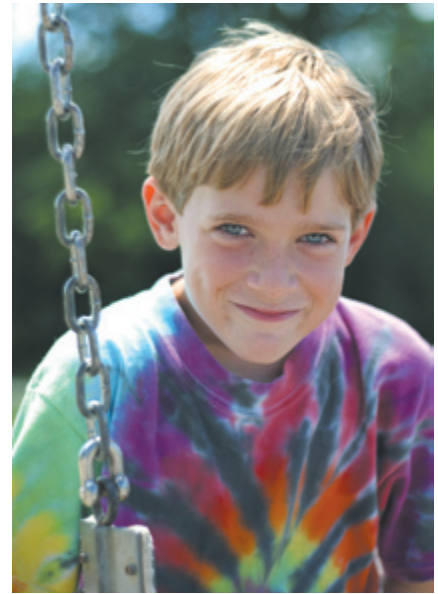
mantra girl and the shakti foundation join forces to fight juvenile diabetes

**O**n December 11th, Mantra Girl and the Shakti Foundation are joining forces to support the Juvenile Diabetes Research Foundation (JDRF) in a lively event. The aim of Mantra Girl is to reach out to communities that may not be aware of yoga or its benefits, planting its seeds in these people's lives through the powerful vibration of mantra sounds. The Shakti Foundation is a 501(c)(3) non-profit organization that facilitates inspirational and educational benefits assisting people to reconnect with their innate wisdom, creativity and intuition. The Shakti Foundations mission is to empower individuals and assist them in making positive changes in their lives, their communities and the world.

The event will feature live performances and DJs as well as a silent

auction all to raise funds and awareness for juvenile diabetes. Mantra Girl's new CD, Trinity, is an EP of Sanskrit-based mantras set to world beats, featuring performances by award-winning artists. Erin Kamler, Adam Smalley and their band created this mantra CD for anyone interested in meditation, yoga practices, or chilling back to relaxing yet energizing sounds.

The physical benefits of Yoga are numerous and are being studied continuously. People with juvenile diabetes can benefit in numerous ways from the many healing aspects of yoga, including chanting. Mantra chanting is one of the paths leading to physical, mental and spiritual peace. Both the body and the mind achieve calmness with disciplined prac-



tice. On a deeper note, chanting can change one's energetic field, bringing one closer to the inner self. This consequently gives people the awareness to make better choices in life, which often means adopting a healthier lifestyle.

This event reflects the natural shift we are experiencing today, from traditional medical practices to more alternative treatments such as chanting. Organizations like the Shakti Foundation and the Juvenile

Diabetes Research Foundation that promote health and wellbeing are seeking alternative methods to support people who may be suffering from health conditions. JDRF's mission to cure juvenile diabetes is infused with the belief that any type of exercise is valuable for juveniles with diabetes. With this in mind, and with the belief that alternative methods can help cure illnesses, JDRF found it a great opportunity to work with Mantra Girl and the Shakti Foundation.

The goal of the event is to expand the Yoga community to those who may not be aware of it or its benefits. The Shakti Foundation events are crucial in spreading the word about the positive results a Yoga practice can generate.

[mantragirl.com](http://mantragirl.com)  
[theshaktifoundation.com](http://theshaktifoundation.com)  
[jdrf.org/losangeles](http://jdrf.org/losangeles)

The event will be held Dec. 11 at  
Writers Boot Camp at Bergamot Station  
2525 Michigan Avenue, Building 1  
Santa Monica CA, 90404