

y o g a k u l a TM

This Is It!

Extending Peace from the Mat.



Benefit Yoga Class with Kenny and Chrissy Graham for Niroga Institute

Niroga brings Yoga and meditation to students, vulnerable youth, cancer survivors, seniors and people battling addiction. The work of Niroga directly uplifts thousands of people every week in schools, juvenile halls, homeless shelters, cancer hospitals and rehab centers.



Kenny's love of yoga began at age 19 when he discovered an unused yoga book of his father's and he took this book to college with him where he began to practice on his own. Several years later, he had his first taste of Anusara Yoga® through his sister Christina Graham. Anusara's heartfelt approach and depth inspired Kenny to dive deep into the potentials of his practice. One day as he was walking along the ocean beach, he was looking for a treasure because a storm had just passed through and the ocean offers her gifts to the shore after such storms. On this day, he found a Hanuman prayer flag and even though he didn't realize who Hanuman was, he knew in this moment that he would teach yoga.



Chrissy has been a student of yoga for 9 years, and is a Certified Anusara Yoga Instructor. Her goal in starting a practice in Yoga was to heal her body, and to find a higher path of fulfillment and enjoyment in life. Chrissy was first introduced to Anusara Yoga through a chance encounter with Emily Dubin, also a Certified Anusara Yoga Instructor. Chrissy's first meeting with Emily Dubin was a propitious one, indeed. After her first Anusara Yoga class, she new this was the style of Yoga she wanted to immerse herself in, and she has been diving into the currents of Anusara ever since. Following one year of introductory studies with Emily Dubin,

Chrissy went on to study directly with John Friend, Anusara Yoga's creator. She has taken all of her teacher, and therapy trainings directly with John, and has accumulated over 350 hrs with him. She has also studied with a number of other highly skilled Anusara teachers.

YogaKula Berkeley

Date: Saturday, July 10

Time: 3 - 5 pm

Cost: Donations