

PASSION Inspiring others to discover, through yoga, what issues speak to them most profoundly, and then plunge ahead with commitment.

PATH While teaching yoga at Yes!, a worldwide organization focused on empowering youth, Ananda discovered that if people took a yoga class directly after a talk by an activist, the discussion afterward would be deeper and the listeners would feel more motivated to act. "When we listen to our

breath and get in touch with our body and the deep feelings that are held there," she says, "we will tap into our true calling."

ACTION Ananda has organized what she calls a Spiritual Activation Series at her San Francisco studio. At the monthly event, a guest speaker addresses a current social issue, and a yoga class follows. Speakers have included Julia Butterfly Hill, the environmental activist who sat in an ancient redwood for two years; Evon Peter, national director of the Native Movement Southwest, who advocates

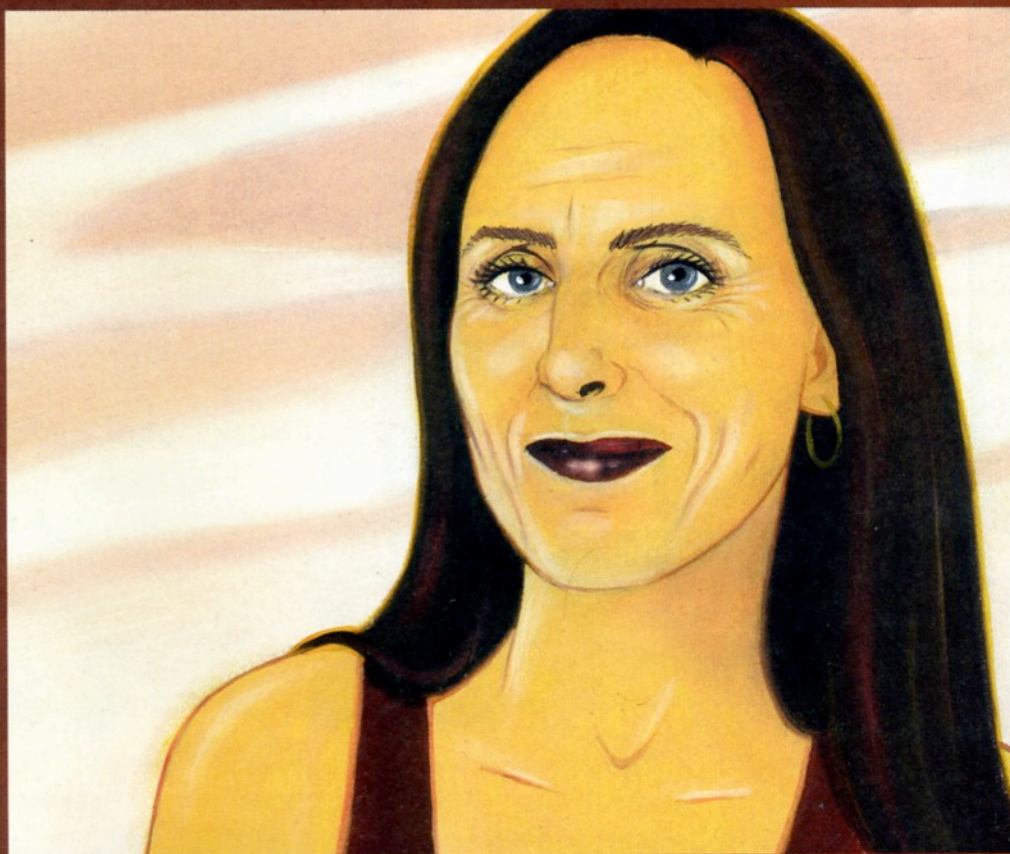
for the rights of indigenous groups; and John Robbins, best-selling author of *Diet for a New America*. By presenting many different topics over the course of the series, Ananda's hope is to connect students with issues that are close to their hearts.

DREAM Someday, Ananda would like to expand her social activism series so that millions of yogis will be working for social transformation. "We all need to become activists to survive this century," she says. "I want people to become activists of the heart." ■

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