

# IN THE EYE OF THE STORM

## Staying Centered in the Pandemic

The safest place in turbulent weather is to stay in the eye of the storm. When we are centered, we get balanced and connect to the Source of Healing and Wellness. This center is the spark of the divine within –



**ANTAR-YAMIN** (*Antar = within, Yamin = the divine principle*).

The timeless wisdom of **“PATANJALI’S YOGA SUTRAS”** offers the **GPS** to connect with the source.

**Psychiatrist and Jungian Psychoanalyst – ASHOK BEDI, M.D.**

in collaboration with

**Founder of “KRIPA” REV. JOSEPH H PEREIRA,**

and

**“Kripa Foundation Iyengar Yoga” certified Yoga Teacher of “CIRCLE CENTER YOGA” – PATTI GIEHL,**

will present a Jungian and Neuroscience perspective on the Patanjali Yoga Sutras. Patti Giehl and Zeliha Zembilci will demonstrate centering yoga exercises for home and office practice.

**Date: JUNE 6TH, 2020**

**Time: 9AM TO 11:45AM, CST-USA**

**Location: Zoom Meeting**

**RSVP: Circle Center Yoga, [zeli hazembilci@gmail.com](mailto:zeli hazembilci@gmail.com)**

**Fees: Voluntary donation checks issued to HUNGER TASK FORCE**

Online donations can be made at:

<https://www.hungertaskforce.org/donate/donate-now/>

Checks can be mailed to Hunger Task Force at:

Hunger Task Force  
201 S. Hawley Court  
Milwaukee, WI 53214

# PROGRAM

**6 JUNE 2020**

**9:00-9:30 AM**

**FR. JOE PEREIRA**

**INTRODUCTION TO PATANJALI'S YOGA SUTRAS**

**9:30-10:30 AM**

**ASHOK BEDI, M.D.**

**INTRODUCTION TO PATANJALI'S YOGA SUTRAS  
JUNGAN AND NEUROSCIENCE PERSPECTIVE**

**10:30-11:00AM**

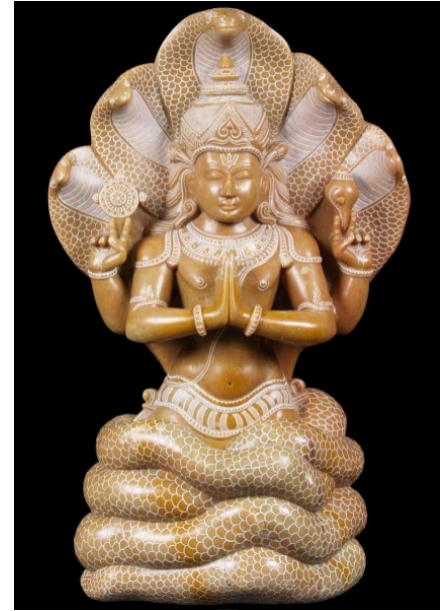
**ASHOK BEDI**

**QUESTIONS / ANSWERS**

**11:00-11:45AM**

**PATTI GIEHL, KFIY CERTIFIED YOGA TEACHER**

**YOGA ASANAS FOR HOME PRACTICE AND CENTERING**



**Ashok Bedi**, M.D. is a Jungian psychoanalyst and a board-certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Life Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a training analyst at the Carl G. Jung Institute of Chicago. His books include *The Spiritual Paradox of Addiction*, *Crossing the Healing Zone*, *Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes*, *Retire Your Family Karma: Decode Your Family Pattern and Find Your Soul Path and Path to the Soul*. He is the liaison for the IAAP for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad and Mumbai. He leads the annual “A Jungian Encounter with the Soul of India” study group to several centers in India under the auspices of the New York Jung Foundation. His publications and upcoming programs may be previewed at [www.pathtothesoul.com](http://www.pathtothesoul.com)



**Rev. Joseph H Pereira**, has been recognized by the Government of India for his decades of service as the Founder and Managing Trustee of Kripa Foundation. He established Kripa Foundation Iyengar Yoga™ in 1981 to serve those affected by and afflicted with chemical dependency and HIV/AIDS. Father Joe was a direct student of B.K.S. Iyengar since 1968 and also worked closely with Mother Teresa. His devotion to the service of others was born from Mother Teresa's reach to the poorest of the poor and B.K.S. Iyengar's outreach to the poorest of the poor in health. Fr. Joe's teaching protocol of Kripa Foundation Iyengar Yoga™ is built on the Iyengar yoga traditions of alignment-based asana, pranayama, and meditation. It is a contemplative practice that combines psycho-spiritual, psycho-social, and psycho-somatic dimensions, which have been vital to healing addictions and related ailments. <https://kripafoundation.org/>

Fr. Joe was awarded the Padma Shri in the field of Social Work (2009) from Her Excellency Pratibha Patil, 12<sup>th</sup> president of India, and the prestigious Lifetime Achievement National Award for an Outstanding Individual-Professional (2014) at the hands of His Excellency Pranab Mukherjee, 13<sup>th</sup> president of India.





**Circle Center Yoga was founded by our incredible teachers and their friends who deeply believe that the practice of yoga can make the world a better place. Our hope is that when you walk through our doors you feel welcome, supported and encouraged to explore the practice of Alignment Based Yoga. *CCY is a not for profit LLC.***

**Circle Center Yoga is honored to be a “Kripa Foundation Iyengar Yoga Project”**  
<https://circlecenteryoga.com/>

**Our doors and hearts are always open, and we look forward to seeing you at our zoom sessions soon!**

**Patti Giehl,**

It is said that, while the truth lies within, it is sometimes after a voyage to a distant country, a foreign land that the “inner voice that is to guide your quest may be revealed”. India is that place for Patti Giehl. The beauty and grace of the Indian people have brought her back to India seven more times after her initial yearlong “quest” at age 16. In 2010, Father Joe Pereira’s path and Patti’s crossed, and she recognized, in his teachings, true yog. Since that time, she has been in service of his offerings of Kripa Foundation Iyengar Yoga. It is with delight and humility that Patti brings her understanding of yoga to others, remaining true to the lineage of her teacher, Father Joe. He is mentor and guide to her own inner “quest”. She is a founder member in [Circle Center Yoga...](#)



**Zeliha Ozturkkan Zembilci** has a journey in Photography and Yoga since collage years... Her professional journey as a chemical engineer started in food industry and then she spent most of her career in business operations in Aircraft and Defense products manufacturing and delivery. She had several photography exhibitions - namely; “*Journey of Emotions*” and “*Journey of Spirit*” ... She found herself in Jungian Journey while attending “A Jungian Encounter with the Soul of India” workshops with Dr. Ashok Bedi. She is a yoga teacher in alignment based Kripa Foundation Iyengar Yoga and her spiritual yoga mentor is Fr. Joe Pereira... She also had privilege of spending time with the boys saved by Kripa at the Dharhavi shelter... Passion of photography, Yoga, Jungian Journey and loving care to people is a life purpose for her... She is a founder member in [Circle Center Yoga...](#)

