

# THE BKC SPIRIT

APRIL 2008

*SUPPORTING KRIPALU ONE HEART AT A TIME*

## **April Potluck Supper**

Sunday, April 27, 2008

5:00p.m.

Home of Ellen Rudley

60 Main Street, South Egremont, MA 01230

Directions from Kripalu: Go south on Rte. 7 to Great Barrington. Pass all the way through the center of town on Main Street. Turn right onto Rte. 23 West. Go approximately 4 miles to South Egremont. Pass Kenvers Ski Shop and The Old Mill. The house is on the right, across street from Mom's Country Restaurant. There is a neighbors blue garage near the street and long driveway to the house. Ellen's brown house is set back from road. Bring a covered dish listing all ingredients. A casserole, soup, or salad is recommended. See you there!

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## **BKC OUTREACH PROGRAM**

The BKC has been involved in numerous community outreach programs, one of which is at the Conte Community School (Conte). BKC members have volunteered to serve as tutors or mentors at the school. This has turned out to be a valuable contribution to children at risk in our community.

Conte has just started a new program called the Lunch Buddies Program and is once again asking for our help. They are looking for caring adults to be a "lunch buddy" to an elementary age student. Students will benefit from having positive role models give them the recognition and the individual attention that they need. You will get the chance to make a real difference by volunteering to spend one lunch hour at Conte in Pittsfield and get to know the youth of our community. This program will help to bring another caring person into the life of a child as well as greatly enhance a child's self-esteem. You will be matched with the same student to develop a special adult caring relationship.

Your commitment to this program will involve spending one hour a week with your student, eating lunch together in the school, talking, becoming friends and staying during their recess break, which occurs immediately after their lunch, to do an activity together.

Such activities could include: reading together, working on a project, working on the computer, playing board games, and going outside for recess. You must make a commitment to come to lunch once a week on a regular basis until the end of the school year.

For more information, please contact Sheila Donath at 413-637-3424 or email: [sheiladonath@msn.com](mailto:sheiladonath@msn.com).

*Even as a man who is asleep awakes,*

*but when he is asleep does not know he is going to awake,*

*so a part of the subtle invisible Spirit comes as a messenger to the body,*

*without the body being conscious of its arrival.*

*~The Upanishads*



## evenings@kripalu - April 2008 schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>Cooking Class</b> Adrian Bennett	2 <b>Kirtan</b> Wynne Paris	3 <b>Movie</b>	4 7:30-8:30 <b>Self Talk:</b> Learning to Listen Susan Moul	5 <b>Concert</b> Michael Braudy
6 7:30-8:30 <b>Evening Meditation</b> Bhavani	7 <b>Drum Circle</b> KDZ Drummers	8 <b>Cooking Class</b> Adrian Bennett	9 <b>Kirtan</b> Yati Priya (JoJo)	10 <b>Movie</b>	11 7:30-8:30 <b>Self Talk:</b> Learning to Listen Susan Moul	12 <b>Concert</b> Jennifer Berezan
13 7:30-8:30 <b>Evening Meditation</b> Bhavani	14 <b>Drum Circle</b> KDZ Drummers	15 <b>Cooking Class</b> Adrian Bennett	16 <b>Kirtan</b> Bhavani	17 <b>Movie</b>	18 7:30-8:30 <b>Self Talk:</b> Learning to Listen Susan Moul	19 <b>Concert:</b> Snatam Kaur
20 7:30-8:30 <b>Evening Meditation</b> Bhavani	21 <b>Drum Circle</b> KDZ Drummers	22 <b>Cooking Class</b> Adrian Bennett	23 <b>Kirtan</b> Ned Leavitt & Lynn Margelith	24 <b>Movie</b> Vernal Equinox Ceremony Suhila	25 7:30-8:30 <b>Self Talk:</b> Learning to Listen Susan Moul	26 <b>Concert</b> Claire Oaks
27 7:30-8:30 <b>Evening Meditation</b> Bhavani	28 <b>Drum Circle</b> KDZ Drummers	29 <b>Cooking Class</b> Adrian Bennett	30 <b>Kirtan</b> Shyama	27 <b>Movie</b>	All programs begin at 7:30 unless otherwise noted	

# April 2008 - BKC Yoga Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00am Hildy 6:30pm Evelyn	2 7:00pm Kim	3 9:00am Carole 6:00pm Gregg	4	5 9:00am Talitha <u>Soul &amp; Spirit</u>
6 4:15pm Gregg	7 6:30pm Hildy	8 9:00am Carole 6:30pm Evelyn	9 7:00pm Kim	10 9:00am Carole 6:00pm Karen	11 	12 9:00am Talitha <u>Soul &amp; Spirit</u>
13 4:15pm Ramani	14 6:30pm Hildy	15 9:00am Hildy 6:30pm Evelyn	16 7:00pm Kim	17 9:00am Carole 6:00pm Karen	18	19 9:00am Talitha <u>Soul &amp; Spirit</u>
20 4:15pm Ramani	21 6:30pm Hildy	22 9:00am Carole 6:30pm Evelyn	23 7:00pm Kim	24 9:00am Carole 6:00pm Karen	25 	26 9:00am Talitha <u>Soul &amp; Spirit</u>
27 <u>Sunday Showcase</u> Restorative Yoga TBA	28 6:30pm Hildy	29 9:00am Carole 6:30pm Evelyn	30 7:00pm Kim	<i>The future belongs to those who believe in the beauty of their dreams. Eleanor Roosevelt</i>		

## BKC CONTACT INFORMATION

Membership, record keeping,

mail and all other info:

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Yoga Schedule

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Seva Coordinator:

Gregg Day

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**Be sure to send all your information to Maggie and Vicky by the 17th of every month.**

**Please include "BKC" in the subject line of every email.**

# KDZ -- The Kripalu Drummers Release New CD

## A review by Gregg Day Kripalu Yoga Teacher

Around Kripalu, you may find them cooking in the kitchen, working the computer in the KYTA Office, teaching a yoga class or massaging a guest. A couple you will find in the community, wiring a new home or handling an insurance claim. You may also find one or two of them supporting a Kripalu kirtan or workshop with the rhythms of their drumming.

But, when they come together at noon on Saturdays to drum for the Kripalu Yoga Dance, they are KDZ - The Kripalu Drummers! And they rock the place as guests move and dance to the beat. As Bhavani, a longtime Kripalu kirtan leader, says, "When the drummers come in, that's your cue to leap up and dance!" Hard not to....

With the rhythms moving through the floorboards of the Shadowbrook Room on a Saturday noon, it's seemingly impossible to hold the feet still. The rhythms are so body-centered, the hips are soon following the feet, and then the arms float out from the turnings of the torso, head nodding to the beat. The drummers are so smooth in the transitions that you feel yourself drawn into the faster pace, only to come down in time with the slowing beat. The ritual is a wedding of body to beat, capturing the breath and finally bringing even the mind into the rhythm-only time-and-space world of the drum. There is nothing - absolutely nothing - but the beat.

The KDZers play an array of percussion instruments. Allison Gemmel may be shaking a shekere with Bob Cronin on the kirin and Kalpesh chiming the bells while Adrian Bennett and Shaun Laframboise launch off on the djembes to the unrelenting bass beat of Henry Horning on the djun-djuns. The rhythms result from their study and longtime practice together. While many of the rhythms are traditional, their new CD also has six original KDZ compositions, including "Chunky Ficken," "Bob's Thing," and "Firetruck."

KDZ has been drumming at Kripalu for the past eight years. Their practice is supported by weekly group rehearsals and their own individual studies of rhythm. They lead a weekly drum circle at Kripalu for community and guests. Allison and Shaun lead yoga and drumming workshops at Kripalu and abroad. The KDZ beat may often be heard rising out of Kripalu program rooms.

And now you can bring KDZ - The Kripalu Drummers into your home on two CD's. Complementing their original CD, KDZ Live, the group has recently released their second CD entitled Slang Rhythm Speak. Both CD's are available at the Kripalu Shop, at KDZ events, and on-line at [www.kdzdrum.com](http://www.kdzdrum.com). A portion of the sale proceeds supports Teaching for Diversity, a KYTA grant program bringing yoga to underserved populations.

Enjoy the beat!

### COMMUNITY KIRTAN AT KRIPALU

BKC members are invited to attend a community kirtan open to Kripalu staff, volunteers, PATH, and BKC every Sunday evening at 8:00pm continuing indefinitely. Check the Board by the mailroom for program room assignment. Learn Sanskrit chanting in a small group setting or, if this is already a bhakti yoga practice for you, enjoy heart-opening chanting in a friendly environment with like-minded practitioners. Contact Gregg Day at 413-698-2695 or [gregg061488@yahoo.com](mailto:gregg061488@yahoo.com) for questions or further information.

Looking to organize a trip to Costa Rica and a stay at my house there. There is a pool and a lovely garden. Yoga could certainly be included. My house is located at Playa Grande which is a magnificent beach. It is the nesting grounds of the leatherback turtle, the largest and oldest reptile in the world. The house has 3 large bedrooms and a futon. The studio apartment has a full size bed and a futon. Please contact Dennis Ovitsky 413/496-9150 or [dennis@ovitsky.com](mailto:dennis@ovitsky.com).

Mature, professional woman looking for quiet, peaceful and bright housing beginning June 1st through at least December and most likely longer. Or the housing could be just for the summer months. The housing could be an apartment/house/cottage or a shared situation. I work full time in Pittsfield, so I am looking for something close to Kripalu and/or Pittsfield. A very well behaved cat would be moving with me. If you know of someplace, please contact me at [alicemaryzaleski@yahoo.com](mailto:alicemaryzaleski@yahoo.com).