



SIVANANDA ASHRAM YOGA FARM



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Details & Registration

Arrival: Saturday, January 11

Departure: Sunday, January 12, 2014

Tuition: \$10

Accommodation options for the 1 night stay, per person:

Tent - \$50

Dorm (4 person) - \$65

Cabin (2 person) - \$85

Cabin (1 person) - \$140

Deluxe Shared (3 person) - \$95

Deluxe Shared (2 person) - \$120

Deluxe Cabin (1 person) - \$195

[Click for Accommodation Descriptions](#)

Dates given are when you should plan to arrive and leave and may not be actual dates of instruction. All deposits and payments are non-refundable.



Ganesha Goes to Lunch and Energy Landscapes - Rural Community Development in Himalayas

Saturday, January 11–Sunday, January 12, 2014

Payson R. Stevens • Kamla Kapur •

Ganesha goes to Lunch is a collection of some of India's most insightful and philosophical tales and myths from the Hindu Tradition. Some are celebrated, others are small gems not readily known to Western readers.

The short stories encapsulate some of life's essential truths. The gods of India in their abodes, humans struggling with life's problems, and gods and humans interacting, all reveal their lessons. Adaptations from the Mahabharata, Ramayana, Puranas, and Vedas illustrate the great spiritual and practical themes of the human condition. The author has recreated, embellished, and dramatized these tales to reveal their relevance to modern times.

Shiva and Parvati's wedding reveal a love that includes but transcends the battle of the sexes. Vishnu's incarnation as a boar demonstrates the strength of the bonds of attachment that even gods are not immune from. Brahma's entrapment in the web of Maya leads him to learn to free himself with his mind. Krishna's compassion for a little bird ensures that creation continues even within the destruction of war. Markandeya's fall out of Vishnu's mouth, and into the ocean of chaos humbles him in the face of the mystery of life.

About Payson R. Stevens

Payson R. Stevens has had two parallel tracks in his professional career: in the field



of science/science communication and in art and design. He was President and Creative Director of InterNetwork Inc. (1979-99) and well as InterNetwork Media Inc. (1993-2004), both award-winning science/consulting groups with clients in government, industry, and academia. Originally trained in molecular biology at the City University of New York and in oceanography at the University of California, Scripps Institution of Oceanography, Stevens also studied at the Arts Students League and the School of Visual Arts in New York City. He has been involved with traditional and new media as an artist, designer, writer, and filmmaker for 40 years. His technical expertise played a key role in protecting the offshore environment of Southern California from oil development (Lease Sale 48, 1978) and the Tirthan River Valley watershed from hydroelectric dams in the Ecozone of the Great Himalayan National Park (Himachal Pradesh, India, 2006). <http://www.energylandscapes.com/>



About Kamla Kapur

Kamla K. Kapur (aka Kamal Kapur) was born and raised in India, and is a citizen of the United States. She got her Bachelor's in English Honors from India, and her Masters' Degree in literature from Kent State University, Ohio, USA. She also took classes in creative writing from the University of Iowa, and the University of California in San Diego. During her time in the USA, many of her poems were published in prestigious American journals and quarterlies. www.kamlakkapur.com/

The Sivananda Ashram Yoga Farm is a 501(c)(3) volunteer-based non-profit organization
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