

May 2007

Volume 1, Issue 2

# Ananda Scoop

## Class Schedule

### TaiChi/Qigong

Sunday  
5:30 – 7 PM

### Belly Dance

Wednesday  
6:30 – 7:30 PM  
(No class May 30)

### Relay for Life

Thursday  
6:15 – 7:15 PM  
(No Class May 31)

### Stretch & Relaxation

Thursday  
7:30 – 8:45 PM  
(No class May 31)

### Yoga

Monday  
7:15 – 8:30 PM  
(Beginning in June)

## About The Ananda Center

*The Ananda Center is a non-profit arts advocacy organization created in February of 2005.*

*Now housed at the Lion's Lincoln Theatre, The Ananda Center is committed to becoming a resource for local artists of all genres to teach, learn, network, and celebrate the arts in Massillon.*



An Ananda Center Publication

## Continuing to Grow

Welcome to the second issue of the Ananda Scoop. Our goal is to keep you posted on class schedules, workshops and other activities affiliated with The Ananda Center.

In this month's newsletter we will begin a new featured series showcasing the variety of services we provide at Ananda. We will begin this month's series on the many health and wellness benefits of Yoga.

ArySyrus preparations have been underway for some time; we will keep you updated on auditions, cast rehearsals and other event details. Check page 2 for more information on how you can participate in this year's show.

As we continue to grow, we welcome any suggestions, article submissions, or news you would like to share. Forward any ideas to Nicole at:

[Nicole@theanandacenter.org](mailto:Nicole@theanandacenter.org). We hope you enjoy this new addition to Ananda.

As always we appreciate your continued support through our Metamorphosis phase and we hope you will continue support our friends at the Massillon Recreation Center and Two Visions Harmony Center.

## Featured Series: Benefits of Yoga

We begin our featured series with the health and wellness benefits of Yoga. As with any form of exercise, check with your doctor to ensure it is right for you.

According to [emedicinehealth.com](http://emedicinehealth.com), "Yoga is defined as a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment."

Unlike traditional forms of physical fitness, the practice of yoga provides multiple

benefits to your overall health and wellbeing. Through the use of stretching, meditation and breathing exercises, participants have found yoga to be a challenging yet, calming form of exercise.

With consistent sessions, practicing yoga can produce the following benefits:

**Increased Flexibility** – by working your many muscle groups, you will increase your flexibility and endurance.

**Detox and Cleansing** – Stretching of the muscles increases blood flow in the body. Increased blood flow helps remove toxins from the

body, increase energy, and prevent illness.

**Increase Muscle Tone** – Practicing yoga consistently will help tone and strengthen your muscle groups. You can burn fat and strengthen your muscles for a leaner, more sculpted appearance.

**Reduce Stress** – Meditation and breathing exercises have a calming effect heightening your awareness and reduce stress.

*The Ananda Center will have regular Yoga sessions on Monday evenings beginning in June. For more information, contact:*

[Nicole@theanandacenter.org](mailto:Nicole@theanandacenter.org)



Ananda Center

PO Box 1265  
Massillon, Ohio 44648

E-MAIL:

[nicole@theanandacenter.org](mailto:nicole@theanandacenter.org)

---

## We're on the Web!

Visit us at:

[www.theanandacenter.org](http://www.theanandacenter.org)

Visit the website frequently for updates on workshops and other exciting activities coming to Ananda.

---

## Calling all Musicians, Artists, Dancers, and Actors!

Would you like to teach a class or workshop at The Ananda Center?

Support the arts in the community, set your own fees, adult and youth classes welcome!

The Ananda Center invites you to join our registry of local artists for booking, networking, collaboration, and learning.

If you would like to be included in The Ananda Center Registry, email your bio and contact information to Nicole Garlando Berens at:  
[Nicole@theanandacenter.org](mailto:Nicole@theanandacenter.org).

## Join us at the Massillon Relay for Life June 8 – 9.

The Ananda Center joins the Hunter's Team in the fight against cancer during the Relay for Life, Friday and Saturday, June 8 – 9.

The Ananda Center will be on hand Friday, June 8 during the Relay Dance Competition at 9 PM and will perform a midnight drumming circle.

Ananda will also

provide a wake up yoga session at 7:30 AM. The Ananda Center will team with Irene Gray, the Massillon YMCA and The Raja Group for a belly dance performance / class at 9 AM.

Our friends at Two Visions Harmony Center will provide free Reiki, massage, and reflexology in the Survivors Tent during Friday's activities.

Executive Director Nicole Garlando Berens is

collaborating with the Massillon Public Library to provide a resource center to include books on yoga and other lifestyle related content.

Children will be treated to a moving books reading session where they will interpret a story with dance.

Everyone has a reason to Relay; join us at Perry High School Stadium on Friday and Saturday, June 8 & 9.

## Join the ArtSyracus!



**The Ananda Center is holding open auditions for its annual visual and performing arts gala, ArtSyracus.**

The ArtSyracus committee is in search for unique talent to perform in small performances during the event as well as a large stage production to close the end of the evening.

Auditions are open to actors, acrobats, dancers, instrumentalists, oddities,

performance artists, poets, and vocalists. ARTSYRCUS auditions will be held on the second floor of the Lions Lincoln Theatre **Saturday, June 2<sup>nd</sup> from 5 – 9 PM.**

Interested performers should contact Executive Director, Nicole Garlando Berens at [Nicole@theanandacenter.com](mailto:Nicole@theanandacenter.com) to schedule an audition time.

Ananda is also looking for

25 artists to showcase and sell their work in the ArtSyracus Gallery! There will be a \$35 entry fee to secure their 10 square foot space. Artists keep 100% of their individual sales.

Visual artists are asked to submit their artwork for consideration to Bili Kribbs at [bili@bili.org](mailto:bili@bili.org). **Deadline for applications is Friday, June 1, 2007.**

## Breaking Ananda Scoop

### Metamorphosis Update

Our current partnership with the Lion's Lincoln Theatre has been very successful. The Ananda Center and the Lion's are currently in talks to form a permanent partnership. More details as they develop.

### "24 Hour Paint Straight"

2<sup>nd</sup> April Art Gallery and The Ananda Center will host a fundraising project featuring the work of Bili Kribbs. Artists will paint in 24 hour stretch while Ananda provides drumming, dance and other entertainment. Look for this

event in August 2007.

### Check us out during Hall of Fame Week!

*Breaking News!* The Ananda Center has been asked to perform during Hall of Fame Week festivities in August. We'll pass along more details in next month's newsletter.