
yoga spiritual Katie Holmes involved in "Other Practices"

Posted by Hedda Hoppers Mouth - 2008/11/16 22:24

Yoga Effects <http://www.yogaeffects.com/>

<http://www.zimbio.com/pictures/6LLSSCerMSI/Katie+Holmes+Way+Yoga+Clas...> Yoga Effects Street Banner (photo) snip Actress Katie Holmes leaving her apartment and heading over to the Yoga Effects studio for a little work out. <http://www.celebrity-gossip.net/celebrities/hollywood/katie-holmes-yo...> Nov 06 2008 Katie Holmes: Yoga Chick Maintaining an active lifestyle in her temporary home of New York City, Katie Holmes was spotted heading off to a Yoga class earlier today (November 6). The Dawson's Creek darling looked a bit sleepy as she sauntered through town, sporting a wispy white top underneath a black jacket with a white scarf, black yoga pants, and black flats: http://www.celebrity-gossip.net/celebrity_gallery/image_full/115711/ <http://www.celebrity-gossip.net/images/thumbnails/katie-holmes-yoga-1...> It was raining and she didn't even use an umbrella. (OT 'At Cause over Rain') <http://www.nypost.com/pagesixmag/issues/20080713/Fitness+New+Yorks+Re...> PageSix: snip Fitness: New York's Renewed Yoga Frenzy Pure Yoga, the city's largest Zen mecca, opened last month, sending New Yorkers into a renewed yoga -frenzy. We've tracked down the need-to-know -restaurants, clothing stores?and even a vacation spot?to head to after class. snip Lululemon 1928 Broadway (at 64th St.); 212-712-1767 or 1 Union Square West (at 14th St.); 212-675-2712 **Katie Holmes**, Martha Stewart and Minka Kelly all sport Lululemon yogawear, marketed for its ability to absorb sweat. Their thinner-weight yogini pants (\$74) are a hit this summer. http://bp1.blogger.com/_2HSNXaFbM5s/R1p7sRx0fcl/AAAAAAAABk/64ztTuw5u... Katie Holmes wearing Lululemon 'Yoga' pants (NYC Marathon) <http://en.wikipedia.org/wiki/Yoga> Yoga From Wikipedia, the free encyclopedia Yoga refers to traditional physical and *mental disciplines* originating in India; to the goal achieved by those disciplines; and to one of the six orthodox (a-stika) schools of Hindu philosophy. Major branches of yoga include Raja Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, and Hatha Yoga. Raja Yoga, compiled in the Yoga Sutras of Patanjali, and known simply as yoga in the context of Hindu philosophy, is part of the Samkhya tradition. Many other Hindu texts discuss aspects of yoga, including the Vedas, Upanishads, the Bhagavad Gita, the Hatha Yoga Pradipika, the Shiva Samhita and various Tantras. The Sanskrit word yoga has many meanings, and is derived from the Sanskrit root yuj, meaning to control, to yoke or to unite. Translations include joining, uniting, union, conjunction, and means. Outside India, the term yoga is typically associated with Hatha Yoga and its asanas (postures) or as a form of exercise. A practitioner of Yoga is called a Yogi (gender neutral) or Yogini (feminine form).

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Posted by Eldon - 2008/11/16 22:24

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Posted by Skipper - 2008/11/16 22:24

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Posted by ladayla - 2008/11/16 22:24

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Posted by Eldon - 2008/11/16 22:24

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Posted by Beth - 2008/11/16 22:24

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Posted by SME - 2008/11/16 22:24

Do not engage in any rite, ceremony, practice, exercise, meditation, diet, food therapy or any similar occult, mystical, religious, naturopathic, homeopathic, chiropractic treatment or any other healing or mental therapy while on course without the express permission of the D of T, Case Supervisor and Ethics Officer.

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Posted by Skipper - 2008/11/16 22:24

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Posted by Hartley Patterson - 2008/11/16 22:24

You can doubt it all you want. Your doubt doesn't change the fact that Yoga is considered another practice, and is out-tech and off-policy. So how about an aerobics class to disco music? That could be considered off-policy too. la If LRH had meant to exclude some kinds of Yoga or include aerobics he would have said so. I'm sure Tom has already written his KR on Kate.

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Posted by feministe - 2008/11/16 22:24

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Posted by Eldon - 2008/11/16 22:24

On Nov 8, 3:00 pm, Hedda Hoppers Mouth <dorothy_kilgallen_interviews_jack_ruby@jfk_collateral_hit_list_homicide.com> wrote: Yoga Effects <http://www.yogaeffects.com/> <http://www.zimbio.com/pictures/6LLSSCerMSI/Katie+Holmes+Way+Yoga+Clas...> Yoga Effects Street Banner (photo) snip Actress Katie Holmes leaving her apartment and heading over to the Yoga Effects studio for a little work out. <http://www.celebrity-gossip.net/celebrities/hollywood/katie-holmes-yo...> Nov 06 2008 Katie Holmes: Yoga Chick Maintaining an active lifestyle in her temporary home of New York City, Katie Holmes was spotted heading off to a Yoga class earlier today (November 6). The Dawson's Creek darling looked a bit sleepy as she sauntered through town, sporting a wispy white top underneath a black jacket with a white scarf, black yoga pants, and black flats: http://www.celebrity-gossip.net/celebrity_gallery/image_full/115711ht..... It was raining and she didn't even use an umbrella. (OT 'At Cause over Rain') <http://www.nypost.com/pagesixmag/issues/20080713/Fitness+New+Yorks+Re...> PageSix: snip Fitness: New York's Renewed Yoga Frenzy Pure Yoga, the city's largest Zen mecca, opened last month, sending New Yorkers into a renewed yoga -frenzy. We've tracked down the need-to-know -restaurants, clothing stores?and even a vacation spot?to head to after class. snip Lululemon 1928 Broadway (at 64th St.); 212-712-1767 or 1 Union Square West (at 14th St.); 212-675-2712 **Katie Holmes**, Martha Stewart and Minka Kelly all sport Lululemon yogawear, marketed for its ability to absorb sweat. Their thinner-weight yogini pants (\$74) are a hit this summer. http://bp1.blogger.com/_2HSNXaFbM5s/R1p7sRx0fcl/AAAAAAAAAABk/64ztTuw5u... Katie Holmes wearing Lululemon 'Yoga' pants (NYC Marathon) <http://en.wikipedia.org/wiki/Yoga> Yoga From Wikipedia, the free encyclopedia Yoga refers to traditional physical and *mental disciplines* originating in India; to the goal achieved by those disciplines; and to one of the six orthodox (a-stika) schools of Hindu philosophy. Major branches of yoga include Raja Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, and Hatha Yoga. Raja Yoga, compiled in the Yoga Sutras of Patanjali, and known simply as yoga in the context of Hindu philosophy, is part of the Samkhya tradition. Many other Hindu texts discuss aspects of yoga, including the Vedas, Upanishads, the Bhagavad Gita, the Hatha Yoga Pradipika, the Shiva Samhita and various Tantras. The Sanskrit word yoga has many meanings, and is derived from the Sanskrit root yuj, meaning to control , to yoke or to unite . Translations include joining , uniting , union , conjunction , and means . Outside India, the term yoga is typically associated with Hatha Yoga and its asanas (postures) or as a form of exercise. A practitioner of Yoga is called a Yogi (gender neutral) or Yogini (feminine form).

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Posted by Fredric L. Rice - 2008/11/16 22:24

Actress Katie Holmes leaving her apartment and heading over to the Yoga Effects studio for a little work out. Oh noes! Her wholetrack is in jeopardy!

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Posted by Android Cat - 2008/11/16 22:24

Actress Katie Holmes leaving her apartment and heading over to the Yoga Effects studio for a little work out. Oh noes! Her wholetrack is in jeopardy! Yoga is especially forbidden because that Tech might permit them to remove their heads from their asses. Oh noes, she's in a state of jeoparwocky! What will Davie, the Supreme Scilon, do now?

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Posted by Eldon - 2008/11/16 22:24

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Posted by Out_Of_The_Dark - 2008/11/16 22:24

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