



CHAAT MASALA

CityMasala readers - thank you for your continued response to the Chaat Masala column. The chehal pehal and the masala continues to pour in and we have made space for as much as information as we could.

Remember, if you have an interesting tidbit to pass on to us, don't forget to write in to info@citymasala.com. Pictures make it more interesting, so do remember to send us some.

ART OF LIVING COURSE NOW IN JACKSONVILLE



The Art of Living Course offers the practical wisdom of how to live gracefully in a stressful world, along with the deep spiritual experience necessary to put that knowledge into action. The program allows you to discover the hidden laws that govern the mind, as well as skills for dealing effectively with negative emotions. The ancient practices of yoga and

meditation, and a powerful breath-oriented process called *Sudarshan Kriya*, combine to nourish all levels

of the body, mind, and spirit.

For scientific information about the course and Sudarshan Kriya please visit www.aolresearch.org. For more information about the foundation please visit www.artofliving.org.

This is the first time this course is being offered in Jacksonville from **September 4th - 8th, 2008**.

The Art of Living Foundation offers programs to uncover the strength, peace, and joy that lie at the core of every human being. By nurturing the spirit and compassion of every individual, the Foundation seeks to help build a global society that is free of stress, violence, and misery - and full of service, wisdom, and celebration.

For any queries or concerns please contact Basanth at 904-425-9885.



EMBODYING THE SPIRIT OF YOGA



The Second Yoga Retreat and Seminar with Gu-rudev Shri Amritji is taking place at the Hindu Temple of Florida, Tampa, from **September 19 - 21st, 2008**.

Shri Amritji is an internationally renowned yoga master, seminar leader and published author in the field of yoga and holistic living.

The weekend long seminar includes discussions and demonstrations of *Amrit Yoga*, *Yoga Nidra*, meditation

and *Satsang* which is ideal for beginners and advanced students.

The event will take place at the Community Hall at the Temple on 5509 Lynn Rd in Tampa. You are advised to wear loose comfortable clothing and to bring with you a yoga mat, a small pillow, a light shawl and a bottle of water.

There is a donation of \$60 for the entire 3-day session which includes lunch and dinner.

For more information, please contact one of the following:
Chitra Ravindra: 727-520-7320 or the Hindu Temple at 813-962-6890.

TAMPA HIGH SCHOOL STUDENT ATTENDS UNIVERSITY



Rina Bhalani of Tampa, currently at Hillsborough High IB program in the 12th grade, spent seven weeks at the University of Florida for a science research program which was recommended to her by a teacher. Students have to have a 3.5/4.0 GPA in addition to being selected by SSTP's merit selection committee.

Rina says that this was the highlight of her summer. "It was the best experience I have ever had." The Student Science Training Program (SSTP at the University of

Florida Campus in Gainesville) allows students to have hands on experience doing laboratory research with professors and graduate students. This research gives students the chance to expand on their knowledge base for science and to learn more about a certain topic.

Living on the college campus is an added bonus as it gives the younger students a glimpse of what college life will be like with no parents, responsibilities and the discipline to attend classes in the morning.

Rina adds, "SSTP helped me grow as a person and I made some great friends in the process. It taught me how to balance my work and free time. I will never forget my summer experience at the University of Florida Student Science Training Program."

SSTP had 95 students in the program this year and celebrated 50 years since its inception.

BOLLYWOOD IDOL CONTEST

Inspired by the Indian-American comedy "*Loins of Punjab Presents*," Emerging Pictures invites you to enter the Bollywood Idol contest.

You don't have to be Indian to be the next Bollywood Idol! Just show your singing talent by submitting a video of your wildest, most ridiculously fabulous performance to the Bollywood Idol contest page on YouTube or directly to Emerging Pictures. Instructions for submitting the video are on the site at www.loinsofpunjabcontest.com.

The performers of the five most viewed videos (according to YouTube ratings) will compete for the grand prize at the Premiere Party on the evening of the U.S. premiere of "*Loins of Punjab Presents*" on September 12th. The contest will be judged by Rickey Yaneza of Rickey.org, founder of one of the most popular American Idol websites, Manish Acharya, the director of "*Loins of Punjab Presents*," and surprise jurors.

The grand prize winner (the Bollywood Idol!) will receive a \$1000 cash prize, a free recording session at Bullhead Bay Recording Studio (managed by award-winning composers and sound engineers, valued at \$5000) in Syracuse NY (which means you take home a free demo!), a \$1000 gift certificate courtesy of Beam Laser Spa; and dinner with the filmmaker and key cast members (which may possibly include Bollywood legend *Shabana Azmi* and "Office Space" star *Ajay Naidu*, depending on their schedules).

All five finalists will each receive a \$100 cash prize and a DVD gift bag courtesy of Emerging Pictures.

"Loins of Punjab Presents" was a huge box-office hit in India last year and is along the tracks of such a contest. "Loins of Punjab Presents" opens Friday, September 12 in select cities across the country.

Enter now and become the Bollywood Idol! Read contest rules at www.emergingpictures.com. **Entry Deadline is 12:00 a.m. Friday, September 5th!**