

# Integral Yoga<sup>®</sup> Institute

New York City



♥  
Celebrating  
40 Years  
on West 13th  
Street

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## Program Guide



Saturday,  
October 30  
**FREE  
YOGA CLASSES  
ALL DAY!**  
PLUS  
Special  
Celebration Event  
6 to 8 p.m.

Classes, Courses, Workshops, and Events  
September/October 2010

227 West 13th Street [www.iyiny.org](http://www.iyiny.org)



## His Holiness SRI SWAMI Satchidanandaji Maharaj

His Holiness Sri Swami Satchidanandaji Maharaj (Sri Gurudev) founded Integral Yoga® in 1966, the worldwide Integral Yoga Institutes, and Satchidananda Ashram–Yogaville®, a dynamic Yoga community. He is regarded by many as an apostle of peace and served as a living example of the teachings of Yoga and its goal of Self-realization. Sri Gurudev conceived of and founded LOTUS (Light Of Truth Universal Shrine), a unique temple dedicated to the celebration of all the world’s faiths. He served on the advisory boards of numerous peace and interfaith organizations, received many humanitarian awards, and authored many books, including *To Know Your Self*, *The Living Gita*, and *The Golden Present*. He is also the subject of the documentary film *Living Yoga*.

## Mission Statement of the New York Integral Yoga Institute

The Integral Yoga Institute of New York is a nonprofit organization dedicated to the practice and teachings of Integral Yoga, as taught by Sri Swami Satchidananda. These teachings enable one to attain an easeful body, a peaceful mind, a useful life, and, ultimately, the realization of one’s true Self. We provide a supportive environment where people of all faiths and backgrounds can come to study and live according to these principles. We encourage interfaith understanding and harmony by respecting all the world’s faiths, seeing the underlying unity while celebrating the diversity. In these ways, we seek to promote peace, both in the individual and in the world.

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## Integral Yoga Programs

Preregistration is recommended for all workshops and courses, online at [www.iyiny.org](http://www.iyiny.org), by phone with a major credit card, or in person at Reception.

For cancellations received more than 48 hours prior to a program, you’ll receive a credit minus a \$10 handling fee.

IYI reserves the right to cancel any program; if we do so, you receive a full refund.

## Discounts

Students, seniors 65 and older, veterans, and people on unemployment, with verifiable proof, receive Yoga classes for \$10, \$8 off workshops, and \$14 off courses. Discounts are available only in person.

## Private Yoga Instruction

Yoga and Meditation at \$90/hour: extension 73

Prenatal Yoga at \$125/hour: extension 73

Yoga for the Special Child™: extension 16

Yoga At Work® and Yoga At School™: extension 74

### Integral Institute Yoga Shop

227 West 13<sup>th</sup> Street  
New York, NY 10011

212-929-0586 (phone)

212-675-3674 (fax)

[www.iyiny.org](http://www.iyiny.org) info@iyiny.org

Open Monday–Thursday 8:45 a.m.–8 p.m.

Friday and Saturday 8:45 a.m.–9 p.m.

Sunday 9:45 a.m.–6:30 p.m.

### Integral Natural Foods Yoga Natural Apothecary

229 West 13<sup>th</sup> Street  
New York, NY 10011

212-243-2642

[www.integralyoganaturalfoods.com](http://www.integralyoganaturalfoods.com)

234 West 13<sup>th</sup> Street  
New York, NY 10011

212-645-3051

Open Monday–Friday 8 a.m.–9 p.m.,

Saturday 8 a.m.–8:30 p.m., Sunday 9 a.m.–8 p.m.

### Satchidananda Ashram Yogaville®

1-800-858-9642 [www.integralyogaprograms.org](http://www.integralyogaprograms.org)

### Integral Yoga Center Upper West Side

317 Amsterdam Avenue, 2<sup>nd</sup> Floor (between 77<sup>th</sup> and 78<sup>th</sup> streets)

212-721-4000 [www.iynyc.com](http://www.iynyc.com)

# Yoga

## Fundamentals of Integral Yoga

### 4-Week Course for Beginners \$80

Sun., Sept. 12–Oct. 3 • 10:30 a.m.–12:30 p.m. Jerry Snee

Sat., Sept. 18–Oct. 9 • 4:30–6:30 p.m. Nitya Linda Taylor

Sat., Oct. 2–23 • 10 a.m.–12 p.m. Courtney (Prajna) King

Sun., Oct. 17–Nov. 7 • 2:30–4:30 p.m. Lisa Lila Woolley

Working for four weeks with the same teacher, who will welcome questions and personally assist you, you'll become comfortable with all of the poses in the Level I class, as well as deep relaxation, Yogic breathing, and meditation. The course will fully prepare you to attend regular classes at IYI and/or practice on your own. 🧘 [New Beginners](#)

## Yoga and Qigong: 3-Week Course

### A Heavenly Marriage \$81

Thurs., Sept. 9–23 • 6:30–8:30 p.m. Nadiya Nottingham, R.Y.T.

Fortify your life force, or prana, which Yogis regard as the essence of all living things. Understand how to boost the qi in your organs. Utilize the hand and arm movements of Qigong to enhance balance and to find a deeper understanding of your connection to the Earth. *Questions? E-mail Nadiya at [Nadiya108@mac.com](mailto:Nadiya108@mac.com).* 🧘 [All Levels](#)

## Power Postures

### For Levels II/III and III Students \$30

Sat., Sept. 11 • 12:30–2:30 p.m. Manu Dawson, C.Y.N.Th.

Yoga offers a great opportunity to use your body weight and gravity, along with proper alignment, to develop strength in your external musculoskeletal structure and power in your internal organs. Come learn to use the advanced asanas practiced in an Integral Yoga class to enhance your body's fitness and strength, working with one of IYI's longest-practicing Yogis.

🧘 [Intermediate and Advanced Students](#)

## Chair Yoga

### 3-Week Open Series \$20 per session

Sun., Sept. 12–26 • 1–2:30 p.m. Nobue Jaya Hirabayashi, R.Y.T.

Chair Yoga is designed for people who are unable to do traditional Yoga practice on a mat because of various physical conditions. We will explore joint-freeing stretches, modified asanas, pranayama, relaxation, and meditation, (mostly) on a chair. *For questions regarding the class, e-mail: [nobuejaya.yoga@gmail.com](mailto:nobuejaya.yoga@gmail.com). Uncertain about participating in the workshop because of physical conditions? Please consult your physician.*

🧘 [All Levels](#)

## Upper Extremities **NEW**

### Yoga Therapy for Shoulders, Arms, Wrists, Hands \$30

Mon., Sept. 13 • 7:30–9:30 p.m. Madhavan

If you feel that your upper extremities are going to extremes, find out how to ease the strain, build your strength, and improve your Yoga practice. Learn ways to use Yoga therapeutically to treat an injury as well as take yourself deeper into asanas. You'll build extra strength in the arm muscles, enhance your performance of all poses involving them, and feel fitter and stronger in every aspect of your life. 🧘 [All Levels](#)

## Yoga, Astrology, Chakras

### Two Astrologers and Accomplished Yogis

### Take You on a Journey Within \$65

Sat., Sept. 25 • 3:30–7:30 p.m. Rudra and Madhavan

Through the practice of asana, sound vibration, and mantra, this workshop will explore the energy of the chakras, how they correlate with your astrological chart, and ways to deepen your Yoga practice on the basis of your chart. *Please preregister early; presenters will request the day, date, time, and location of your birth to prepare your birth chart.* 🧘 [All Levels](#)

## Balancing Poses

### Learn Techniques to Assist Balance \$30

Sun., Sept. 26 • 2:30–4:30 p.m. Melissa "Mati" Elstein

Learn how to stay centered and grounded while standing on one leg. A former professional ballet dancer and current Tai Chi Easy™ and Yoga teacher, Melissa Mati will explore weight-shifting movements, visualizations, and leg and core strengthening exercises to enhance your balancing poses.

🧘 [New Beginners and All Levels](#)

## The Spiritual Art of Integral Yoga **NEW**

### 4-Week Course for Beginners \$80

Thurs., Oct. 28–Nov. 18 • 6–8 p.m. Dijon Carew

Learn to flow with meditative grace through your entire Yoga session. Discover how body–breath harmony quiets the mind and reveals the inner teacher, bringing heightened sensitivity and deeper awareness. Elevate your practice to an awakened, living, breathing experience of peaceful unfolding, and take that quality into every aspect of your life.

🧘 [New Beginners and Experienced Beginners](#)

## Yoga at the Office **NEW**

### Stretch and Breathe at Your Desk! \$23

Sat., Oct. 30 • 3:30–5 p.m. Nobue Jaya Hirabayashi

Working in an office often makes your body stiff and tight and heightens stress. Your workload may not change, but you can make your body feel at ease and uplift your spirit by doing short, simple stretches and breathing at your desk. Refresh yourself and work happily! 🧘 [All Levels](#)

# Peaceful Practices

## Meditation I Workshop *How to Meditate* \$24

Tues., Sept. 14 • 6:30–8:30 p.m. Nina Priya David, M.A., E.-R.Y.T.

Mon., Oct. 11 • 6:15–8:15 p.m. Theresa Arula Herron-Heurung

*No experience required.*

## Meditation Course *3-Week Immersion* \$66

Sat., Sept. 11–25 • 10 a.m.–12 p.m. Swami Chidananda

*No experience required. Includes a free copy of the booklet [Meditation by Sri Swami Satchananda](#).*

## Guided Meditation and Pranayama

### *Inspiration and Instruction* \$15

Thurs., Sept. 16 • 6–7 p.m. Thurs., Oct. 21 • 6–7 p.m.

*No experience required.*

## The Yoga of Breath *Pranayama for Beginners* \$24

Sat., Sept. 11 • 4:15–6:15 p.m. Jyothi K Watanabe

*No experience required.*

## Yoga Nidra *The Experience of Deep Relaxation* \$22

Mon., Sept. 20 • 6:30–8 p.m. Craig Carlson

Sat., Oct. 30 • 11 a.m.–12:30 p.m. Chandra/Jo Sgammato

🧘 [New Beginners and All Levels](#)

## Laughter Meditation

### *Bring a Joyful Element to Your Practice* \$30

Sat., Sept. 11 • 3–5 p.m. Swami Nadabrahmananda

## Remedies for the Restless Meditator

### *Strategies to Cultivate Stillness* \$30

Mon., Sept. 27 • 6:30–8:30 p.m. Nina Priya David, M.A., E.-R.Y.T.

*Open to meditators of all levels.*

# Sacred Wisdom

## Discuss and Practice the "Methods" of Jnana Yoga

### *The Art of Self-Abidance* \$10 per session

Tues., Sept. 7–28 • 6–7:30 p.m. Nancy Dyer and Rhudra Sisco

The methods of self-inquiry can be subtle. Each teacher points in a slightly different way to the same truth. We will experience the teachings of Ramana Maharshi seen through the eyes of Sadhu Om, Nisargadatta Maharaj, and other modern jnanis. You may be surprised.

## Special Guest Program

### Experiencing the Tao **NEW**

#### 4-Week Course \$60

Mon., Oct. 4–25 • 6–7:30 p.m. Rev. David Wallace



Lao Tzu's *Tao Te Ching*, written nearly 3,000 years ago, can be read, as Huston Smith says, "in half an hour or a lifetime." Its seemingly simple yet deeply powerful poetry reveals the human condition and the nature of reality; it also offers an understanding of natural opposites (yin/yang), energy (chi), and balance. We will read the text of the *Tao*, explore its roots and images, and discuss its relevance to our spiritual lives today.

## Special Guest Programs

### Inspired! **NEW**

#### *Keeping Your Yoga Practice Alive* \$45

Sat., Oct. 9 • 10:30 a.m.–1:30 p.m. Swami Divyananda



Did your initial enthusiasm for Yoga practice wane when you realized that mastering the mind can be a slow and messy process? This workshop will present a variety of ways to reignite your enthusiasm! We will discuss the transforming power of Yoga, examine personal patterns, practice visualization and affirmation, identify lifelong goals, and learn about how we form and sustain habits. We will also revisit the Yoga basics—meditation and pranayama—with innovations to reawaken your delight in your practice.

### From the Darkness into the Light **NEW**

#### *How to Heal and Transform Negativity* \$30

Sun., Oct. 10 • 2:15–4:15 p.m. Swami Divyananda

We are all in the process of healing and bringing the light of Yoga into every corner of our lives. In this workshop we will examine the healing process, how to transform and transcend our darker emotions, and how to make contact with the spiritual light at the core of our being and give it expression through all the pancha koshas (the five bodies). A deeper understanding of the healing modalities of Yoga will bring new life into your practices and new possibilities for opening up the heart, the honored gateway to peace.

## Introduction to Mudras

### *Mudra Vigyan for Healing and Meditation* \$34

Sun., Oct. 10 • 11:30 a.m.–1:45 p.m. Diksha/Halina Listopad

Mudras, or hand gestures, are like remote-control buttons for the body's electricity and help distribute electromagnetic waves from the fingertips throughout the body and mind. Learn mudra alignments using mantric sounds, colors, and affirmations to enhance healing, stimulate the chakras, and help deepen meditation. The session concludes with a mudra/chakra meditation and guidelines to help you practice.

## Special Guest Program

### Tantra and the Living Goddess Tradition **NEW**

#### *End Gender Imbalance to Harmonize Your Life* \$45

Thurs., Oct. 14 • 6–9 p.m. Shri Param Eswaran



Ancient societies based on a goddess religion followed a peaceful, agrarian lifestyle. For real healing to happen today, both women and men must address gender imbalance, which, says Shri Param, is the main cause of all the health problems that occur now.

Through the use of sound, sending pure energy to the womb, the worship of women can bring peace and harmony on Earth. Treat yourself to an illuminating and unforgettable evening with this unique and brilliant teacher.

## Special Guest Program

### The Mind Is like Tofu **NEW**

#### *Flavor It Peacefully!* \$30

Sat., Oct. 16 • 7–9 p.m. Cheri Huber



An evening with the renowned Buddhist teacher Cheri Huber is an opportunity to explore the universal yearnings that challenge spiritual seekers the world over. How can you calm the mind and stop its constant churnings from disturbing your peace? Cheri says that, like tofu, the mind absorbs the "flavor" of whatever is put into it. She will help you explore the question "What thoughts and habits are you putting into your mind?" Are they giving your life the flavor you choose or only the thoughts and habits of karma? Join Cheri in adding the flavors of kindness and compassion to your life.

## The Microcosmic Orbit

### *The Ultimate Chakra Development* \$30

Sun., Oct. 17 • 1:30–3:30 p.m. Nadiya Nottingham, R.Y.T.

According to Taoist teachings, the flow of energy in the spine is more circuitous than linear. An awareness of that flow, combined with knowledge of the three gunas (energies), will help you identify your strengths at various points on your life path. When you understand this, you will gain an infusion of fresh qi/prana for transformational healing. *Questions? E-mail Nadiya at Nadiya108@mac.com.*

## Be Who You Are

### *A Silent Retreat* \$45

Sun., Oct. 31 • 1–5 p.m. Swamini Sri Lalitambika Devi

Liberate yourself from a busy world, and be still. Silence is fulfillment. Rediscover your true self on this restorative retreat. Rejoice in life's simplicity. Together, we'll share sacred readings, music, and meditation. The retreat also includes a Yoga class. Discover how the silence can transform your life, for an experience of greater joy, vitality, and heartfelt connection. 🧘 All Levels



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## Day for Your Health

Saturday, October 16, 2010

Check stores and [iyiny.org](http://iyiny.org) for details.

# Satsang

**Satsang with Swami Chidananda** Sat., Sept. 4 • 6 p.m.

**Master Sivananda Jayanthi with  
Srinivisan, Swami Ramananda, and  
Swami Sadasivananda** Tues., Sept. 7 • 7 p.m.

**Remembering September 11 Satsang  
with Rev. Michael Pergola** Sat., Sept. 11 • 6 p.m.

**Rosh Hashanah/Yom Kippur Satsang  
with Rev. Sam Rudra Swartz** Sat., Sept. 18 • 6 p.m.

**Satsang with Swami Ramananda** Sat., Sept. 25 • 6 p.m.

**Satsang with Nadiya Nottingham** Sat., Oct. 2 • 6 p.m.

**Satsang with Sumati Karen Bates** Sat., Oct. 9 • 6 p.m.

**Satsang with Swami Chidananda** Sat., Oct. 16 • 6 p.m.

**Satsang with Nina Priya David** Sat., Oct. 23 • 6 p.m.

## Special Celebration

**40 Years on W. 13th Street Satsang  
with Swami Asokananda** Sat., Oct. 30 • 6 p.m.

# Kirtan

**Kirtan with Satya and Ma Kirtan Ensemble** Fri., Sept. 3 • 8 p.m.  
*Love Is in the Name* \$15 donation

## Special Event

**Concert with Snatam Kaur and GuruGanesha Singh**  
*An Evening of Sacred Chant* Fri., Sept. 10 • 8 p.m.  
at the New York Society for Ethical Culture  
2 West 64th St., N.Y.C. (ticket information online)

**Kirtan with Maxananda** Fri., Sept. 17 • 8 p.m.  
*Heart and Harmonics* \$15 donation

**Moon Chanting** Wed., Sept. 22 • 7:45 p.m. Thurs., Oct. 7 • 7:45 p.m.  
*Powerful Times for Spiritual Practice* Free

**Kirtan with the Temple Bhajan Band** Fri., Sept. 24 • 8 p.m.  
*Kirtan Dance Party!* \$15 donation

**Kirtan with the Kirtan Rabbi** Sat., Sept. 25 • 8 p.m.  
*Interfaith Hebrew Chanting for All*  
\$15 in advance/\$20 day of Kirtan

**Kirtan with Jeremy and Lily** Fri., Oct. 1 • 8 p.m.  
*Contact the Bliss* \$15 donation

**Kirtan with Wah!** Sat., Oct. 2 • 8 p.m.  
*Bass, Drums, and Joy* \$20 in advance/\$25 day of Kirtan

**Kirtan with Siri Om Singh** Fri., Oct. 8 • 8 p.m.  
*Song of the Soul* \$15 donation

**Kirtan with Ned and Lynn** Fri., Oct. 15 • 8 p.m.  
*Open Up to Love* \$15 donation

**Kirtan with Karnamrita Dasi** Mon., Oct. 18 • 7 p.m.  
*Femininity and Devotion* \$15 in advance/\$20 day of Kirtan

**Kirtan with Jai Uttal** Fri., Oct. 22 • 7:30 p.m.  
*A Special Kirtan Event* \$24 in advance/\$32 day of Kirtan

**Kirtan with Anjula** Fri., Oct. 29 • 8 p.m.  
*Exquisite Sounds of Devotion* \$15 donation

## Special Guest Program

### A Weekend with Jai Uttal

*Awakening Bhakti: A Celebration of Divine  
and Human Love* \$200 (includes Friday Kirtan)

Fri., Sat., and Sun., Oct. 22, 23, and 24 Jai Uttal with Daniel Paul Bhakti Yoga is the path of personal relationship with spirit, with God, with Goddess. Through singing Kirtan we explore, express, and share the deepest caverns of our souls and ultimately find the eternal spring of love. For everyone who loves and practices Kirtan, Jai and Daniel will share and demystify some of their secrets, particularly the "fact" that with just a little understanding of music and rhythm and a lot of self-acceptance we all can sing and lead and share our hearts with others. The practice of chanting itself can become our teacher, guiding us home.

Please visit [www.ijiny.org](http://www.ijiny.org) for the full weekend schedule.



Teacher  
Training

**Basic Level I  
Fall Session**

Mondays, Wednesdays, and Saturdays,  
Sept. 11–Jan. 15

**Basic Level I  
Sunday Session**

Sundays, Oct. 17–May 15

Graduate Level  
Teacher Training

**Labor and Delivery Yoga**

Friday–Sunday, Sept. 10–12

**Intermediate Yoga**

Tuesdays and Saturdays, Sept. 21–Dec. 4

**Therapeutic Yoga**

With Cheri Clampett and Arturo Peal  
Fridays, Saturdays, and Sundays, Oct. 1–10

Lotus Palm Thai Yoga  
Massage Training

with Jyothi K. Watanabe

**Introduction to Thai Yoga Massage**  
*Learn to Give a 20-Minute Massage* \$50

Sun., Sept. 12 • 3–6 p.m.

**Thai Yoga Massage Intensive 1**

*5-Day Workshop* \$500

Wed.–Sun., Sept. 22–26 • 10 a.m.–5 p.m.

**Thai Yoga Massage Intensive 2**

*5-Day Workshop* \$500

Wed.–Sun., Nov. 17–21 • 10 a.m.–5 p.m.

For full details and early-registration discounts, please visit [www.ijiny.org](http://www.ijiny.org) or  
contact Sevika at 212-929-0586, ext. 16, or [Sevika@ijiny.org](mailto:Sevika@ijiny.org).

For more information, please visit  
[www.ijiny.org](http://www.ijiny.org) and [www.lotuspalm.com](http://www.lotuspalm.com).

# Life and Work

## Family Yoga

### *Celebrate Light and Love Together* By donation

Sun., Sept. 12 • 11 a.m.–1 p.m. Marcia Monroe

Experience Yoga poses and games, Kirtan (chanting), storytelling and song, or an art project or make-believe journey on a peaceful cloud. Your family will become more centered, stronger, and perhaps even more loving and joyful. *Please bring a vegetarian dish or snack to share. For families with children up to age 9.* 🧘 All Levels

## Embodied Writing

### *Writing with the Whole Self* \$30

Thurs., Oct. 21 • 6:30–8:30 p.m. Mahi Maritza Arrastia

A professional writer and longtime Yoga teacher will challenge you to approach writing as a whole-self, whole-body process. Release the language and stories in your body through Yoga; recover them through writing practice. 🧘 All Levels

## Awakening the Divine Feminine NEW

### *A Workshop for Women* \$38

Sun., Oct. 24 • 3:30–6 p.m. Anita Teresa Boeninger

It is essential for women to open and cultivate their feminine (shakti) energy for balance and wholeness. This workshop will guide you in a fluid, feminine approach to Yoga, including movements from belly dance, the “shakti breath,” and invoking the Divine feminine through specific chants. It is open to women of all ages and backgrounds; pregnant women are also welcome. *No previous dance experience necessary.* 🧘 All Levels

# Mind and Body Health

## Explore the Pelvic Floor (and More!)

### *Find the Floor of Your Core* \$45

Sat., Sept. 11 • 3:30–6:30 p.m.

Bill Gallagher, P.T., C.M.T., C.Y.T., and Richard Sabel, O.T.R., M.A., M.P.H., G.C.F.P.

The pelvic floor muscles often seem elusive and beyond our conscious control. Bring awareness, strength, and suppleness to these muscles to counteract incontinence, alleviate pain (especially in the pelvis, hips, knees, and back), breathe more efficiently, reduce anxiety, cultivate habits that improve core strength, and enhance sexual function and fulfillment. Join us and learn gentle Yoga, Tai Chi, Qigong, and Feldenkrais practices to integrate this key part of yourself fully. 🧘 All Levels

## Therapeutic Yoga

### *4-Week Open Series* \$17 per session

Wed., Sept. 15–Oct. 6 • 9:30–11 a.m. Wed., Oct. 27–Nov. 17 • 9:30–11 a.m.

Esther Jyothi Larson and Deborah Madhavi Matza, R.N.

Learn to use pillows and props to support the body, and discover restorative postures that are calming, soothing, and renewing adaptations of classic Yoga poses. *People with chronic conditions should contact the instructor at [laronyoga@yahoo.com](mailto:laronyoga@yahoo.com) prior to the first class. The seniors' fee for this program is \$10 per session.* 🧘 New Beginners and All Levels

## Yoga for a Healthy Spine NEW

### *The Mind–Body Connection for a Pain-Free Back* \$38

Sat., Sept. 18 • 3–5:30 p.m. Kate Klemer, D.C., and Erin Wilson, E-R.Y.T.

This workshop will explore the mind–body relationship for a healthy spine and a pain-free back. Dr. Kate Klemer will discuss spine health from a structural and craniosacral perspective, and Erin will lead participants through a series of gentle Yoga postures designed to strengthen and release tension in the back, neck, and shoulders and also improve posture. 🧘 New Beginners and All Levels

## The Chakras, Samskaras, and Addictions NEW

### *The Psychospiritual Path to Recovery from Excessive Drinking or Eating* \$60

Sun., Sept. 26 • 12:30–4:30 p.m. Amsumati Trish O'Sullivan, L.C.S.W.

Samskaras are energetic traces from past experience that abide in the mind and can fuel the compulsion to binge drink or eat. This workshop will explore the types of samskaras that contribute to addiction energy, as well as the particular chakras involved with addictions. New techniques for locating, identifying, bringing to the surface, and releasing the samskaras, thus weakening the addiction energy and strengthening the chakras, will be introduced, along with Yoga and meditation as facilitators of the healing process.

## Playing the Didgeridoo for Meditation and Health NEW

### *Excellent for Body and Mind* \$30

Thurs., Sept. 30 • 7:15–9:15 p.m. AJ Block

Practice of the didgeridoo strengthens the core, expands lung capacity, and has recently been cited as an active treatment for sleep apnea. Explore the power of vibration, and gain the basic skills necessary for embarking on the journey of didgeridoo playing. Both beginners and experienced didge players are welcome. Didgeridoos will be provided.

## Three Keys to Healing Trauma

### *Strategies for Moving into Wholeness* \$38

Sat., Oct. 2 • 10:30 a.m.–1 p.m. Colette Dugas, L.C.S.W.

Do panic, grief, or disturbing memories keep you from being able to move on? Unresolved moments, sometimes from childhood, can keep you feeling overwhelmed, powerless, and stuck. Yoga, mindfulness practices, and somatically based therapy will help you to access your natural flow, inner resources, and innate capacity to heal. *Participants must be willing to speak briefly with Colette via phone, 718-755-6913, before this event.*

🧘 All Levels

## Special Program

### Spa Day for Women

#### *Pamper Yourself and Support IYI* \$108

Sun., Oct. 3 • 10 a.m.–6 p.m.

Treat yourself to a full-day nurturing experience that has become a beloved Integral Yoga tradition. Yoga, meditation, a yummy vegetarian lunch by Wendy Roberts, personal massage treatments, 10 percent discount at the Integral Yoga Shop, and more will make this a special day. *Please visit [www.iyiny.org](http://www.iyiny.org) for a full schedule of activities and comments from previous participants.*

## Special Guest Program

### Therapeutic Yoga with Cheri Clampett and Arturo Peal

#### *The Perfect Practice for Healing* \$38

Mon., Oct. 4 • 6:30–9 p.m.

Therapeutic Yoga is a carefully designed collection of restorative Yoga (supported poses), gentle Yoga, breath work, guided meditation, and hands-on healing. It is an ideal practice for anyone in the process of healing from injury or illness or going through times of stress physically, emotionally, or mentally. 🧘 All Levels

## Everyday Yoga for Arthritis/Chronic Pain

### *Simple Practices for Everyone* \$20

Sun., Oct. 17 • 12:30–2 p.m. Nancy O'Brien, R.Y.T.

Learn how the breath, gentle movement, and deep relaxation can bring compassionate awareness to the challenges, the pain, and the stiffness of arthritis and chronic pain and allow you to release the deepest healing and restorative powers of the body and mind throughout your daily and nightly routines. 🧘 All Levels

## Mini Retreat: Peaceful Weight Loss

### Deepen Your Practice \$120

Sat., Oct. 23 • 10 a.m.–5 p.m. Brandt Bhanu Passalacqua

Discover how to make the concepts and practices that have helped Brandt and his students lose weight and find balance in their lives a part of your life forever. No previous Yoga or Peaceful Weight Loss experience is required. If you have attended a Peaceful Weight Loss workshop, you will have an opportunity to deepen your practice here. *Participants will share a vegetarian lunch provided by Integral Yoga. Questions? Contact Brandt at [www.peacefulweightloss.com](http://www.peacefulweightloss.com).* 🍷 New Beginners and All Levels

## Yoga for Back Pain

### Choosing and Designing Your Beginning "Yoga for Back Pain" Practice \$45

Sat., Oct. 23 • 10 a.m.–1 p.m. Nina Priya David, M.A., E.-R.Y.T.

Do you have ongoing, spine-related conditions that prevent regular Yoga practice? Have you tried just about everything, and do you feel like giving up? Discover the relationship of Yoga science and philosophy to pain management and wellness. Begin to develop an adapted personal Yoga practice, and consider how back-related challenges can assist in spiritual development. *A doctor's permission is advised. Not recommended for those with acute pain or recent surgery.* 🍷 All Levels

## Knee Care and Yoga

### Protecting the Body's Most Vulnerable Joint \$45

Sun., Oct. 24 • 1:30–4:30 p.m. Madhavan

Learn to protect your knees with proper alignment, and build strength to stabilize the joint. Find out how to use Yoga effectively in treating knee conditions, dealing with pain, and recovering from injury. 🍷 All Levels

## Special Guest Program

### Yoga for Grief Relief

#### Spiritual Practice to Nourish the Self \$60

Sat., Oct. 30 • 9:30 a.m.–1:30 p.m. Antonio Sausys, B.A., M.A., C.M.T.



Specific Yoga practices can help transform grief into personal growth. Though grieving is thought to be mostly emotional, it also has specific physical symptoms and psycho-neuro-immunological bases. Discover the importance of the involvement of the psychic centers (particularly the heart chakra) in the grieving process, especially with regard to the Yogic theory of attachment. This combination of theoretical lecture and experiential work can help the heart of anyone who is grieving over a loss or those working with such a person.

### Yoga for Cancer NEW

#### Strategies for Coping \$45

Sat., Oct. 30 • 2:30–5:30 p.m. Antonio Sausys, B.A., M.A., C.M.T.

Antonio draws elements from Yoga and his background as a psychotherapist to integrate techniques, thoughtful insights, and even humor into a dynamic class intended to provide tools for understanding better and coping with life with cancer. This workshop aims to accomplish specific goals, including dealing with the secondary effects of treatment and surgery, as well as establishing a new, psychosomatic dialogue with the body, focused at a stronger identification with the spiritual aspects of the self that cannot have cancer.

## Community Events

### Drum Circle

Sat., Sept. 11 and Oct. 9  
8 p.m. \$5 donation

### Movie and Munchies\*

*Sita Sings the Blues*  
Sat., Oct. 30 • 7:30 p.m. Free  
\*Please bring a vegetarian snack to share.

## Secrets of Stress Management

### Discover Your Potential for Stress and How to Balance It \$30

Mon., Oct. 25 • 7:30–9:30 p.m. Gandharva Sauls

Each person has eight major areas where stress can manifest itself: physical health, relationships, career, dharma, creative play, desires, vital energy, and spirituality. In this interactive workshop, the master teacher of Your Life Blueprint Gandharva Sauls will briefly explore with each participant the most stressful area in his or her own life and show how to balance according to ancient Ayurvedic and Yogic wisdom. *Please note: Gandharva will be working with each participant's birth information—month/day/year/time/city/state. Please preregister and email that information to [gandharva@earthlink.com](mailto:gandharva@earthlink.com).*

## Bone Power

### Dispelling Myths, Creating Empowerment \$30

Sat., Oct. 30 • 4:15–6:15 p.m. Nadiya Nottingham, R.Y.T.

This solid overview of the kind of Yoga practice and the lifestyle habits that best support the health of our bones covers how to maximize calcium absorption through eating and exercise, including Yoga, understanding the various methods of defining bone density, and how to sort through all the often contradictory information in the media. *Questions? E-mail Nadiya at [Nadiya108@mac.com](mailto:Nadiya108@mac.com).* 🍷 All Levels

# Cooking and Nutrition

## Fasting and Detoxification

### A Time-Honored Tradition \$30

Sat., Sept. 25 • 11:30 a.m.–1:30 p.m. Manu Dawson, C.Y.N.Th.

Learn about detoxification and fasting methods, using water, juices, and specific foods, nutrients, and herbs to detoxify the system as you discover the physiological and psychological benefits of fasting and the best ways to begin, maintain, and break a fast. Fasting on this day is not a requirement for attending the workshop

## Glorious Grains NEW

### Cook and Eat These Superfoods \$54

Sat., Sept. 25 • 4–7 p.m. Andrea Young

Join chef Andrea Young as she explores the wonderful world of grains. These healthful, sustainable, earth-friendly foods are cornerstones of the vegetarian diet. Enjoy learning to cook a warming menu of millet mashed potatoes served with mushroom gravy, wild rice salad, quinoa, tabbouleh, and Sioux Indian cornmeal pudding. You won't leave hungry! 🍷

## Integrative Nutrition

### Improve Your Health and Well-Being \$30

Sat., Oct. 9 • 3:30–5:30 p.m. Manu Dawson, C.Y.N.Th.

A clean, wholesome diet can dramatically improve health and well-being and help you establish an appropriate body weight. New vegetarians and vegans and those wishing to expand their range of choices will discover food combinations, the effect of food on energy and the mind, and the importance of balancing raw foods with cooked ones.

## Hearty Stews, Soups, and Casseroles

### Chase the Chill Away \$54

Sat., Oct. 23 • 4–7 p.m. Rachel Greenfield

In cool autumn, the aroma of a pot of tasty food cooking slowly on the stove lifts your spirits, and the food will help keep you healthy. Become familiar with the best ingredients to prepare yourself for the colder months ahead. We'll have hands-on fun creating delicious one-pot meals, heartwarming soups, and grain and bean casseroles to fuel your internal fire. 🍷



Includes hands-on food preparation or demonstration. Preregistration is required no later than two days prior to the date of class.

**New Student Promo**  
 3 Classes/\$30 Good for 30 days  
**Plus Introductory Discounts**  
 at All 3 IYI Stores

## Yoga Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 a.m.	Morning Yoga**		Morning Yoga**				
9:15 a.m.	Level I	Level I/II ☺ Community Class	Level I	Level I	Level I	Level II	
9:30 a.m.					Prenatal Yoga		
10:00 a.m.				Gentle Yoga			
10:15 a.m.	Level II	Level I	Level II	Level II	Level I	Level I	Level II
10:30 a.m.	Prenatal Yoga						Prenatal Yoga
11:15 a.m.	Level I	Advanced***	Level I/II	Level I	Level II	Level II	Level I
12:15 p.m.	Lunch Yoga* Open Meditation	Lunch Yoga* Open Meditation	Lunch Yoga* Open Meditation	Lunch Yoga* Open Meditation	Lunch Yoga* Open Meditation	Level I Open Meditation	Level II
12:30 p.m.	Postpartum Yoga▲						
1:15 p.m.	Level I	Level I/II	Level I	Level I/II	Level I	Level I/II H.I.V. Yoga	Free Introductory Class***
2:15 p.m.	Level I	Level I	Level I/II	Level I	Level I	Level I Gentle Yoga	Level I
2:30 p.m.			Yoga for the Unemployed♦				
3:15 p.m.	Gentle Yoga	Level I	Level I	Level I/II	Level I	Level I	Level II
4:00 p.m.			Level II				
4:15 p.m.	Level I	Level II H.I.V. Yoga	Level I	Level II	Advanced	Level II	Level I
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Level II	Level I	Advanced***	Level I		Level I	Restorative Yoga Level I
5:30 p.m.			Evening Yoga*	Deep Relaxation♥	Level I		
6:00 p.m.	Level I	Level I/II Prenatal Yoga	Level I/II		Level I/II Gentle Yoga		
6:15 p.m.	Advanced	Advanced	Advanced ☺ Community Class	Level I/II	Level II	Level I ☺ Community Class	Level I
6:30 p.m.	Level I/II	Level I	Level I	Restorative Yoga			
6:45 p.m.			Prenatal Yoga	Yoga for Veterans♦			
7:15 p.m.	Level I	Level I/II	Level I/II	Level II	Level I		
7:45 p.m.	Open Meditation Yoga for Veterans♦	Open Meditation	Open Meditation	Open Meditation			

Most classes are 1 hour and 30 minutes ♥45-minute class/\$10

\*45-minute class/\$13 \*\*1-hour class/\$15 \*\*\*1-hour and 45-minute class

▲Birth to 8 months/\$17 (please preregister); 1-hour and 15-minute class

♦Free with proof of service ☺Community class/\$5 ♦1-hour class/Free

1-week unlimited class card \$65	1-month unlimited class card \$108
6-month unlimited class card \$600	1-year unlimited class card \$1,008

## September

7	Discuss and Practice the "Methods" of Jnana Yoga (ongoing, Tuesdays)	4
9	Yoga and Qigong: 3-Week Course	3
11	Meditation Course: 3-Week Immersion	3
	Power Postures	3
	Explore the Pelvic Floor (and More!)	6
	Laughter Meditation	3
	The Yoga of Breath	3
	Drum Circle	7
12	Fundamentals of Integral Yoga: 4-Week Course for Beginners	3
	Family Yoga	6
	Chair Yoga	3
	Introduction to Thai Yoga Massage	5
13	Upper Extremities	3
14	Meditation I Workshop	3
15	Therapeutic Yoga: 4-Week Open Series	6
16	Guided Meditation and Pranayama	3
18	Yoga for a Healthy Spine	6
	Fundamentals of Integral Yoga: 4-Week Course for Beginners	3
20	Yoga Nidra	3
22	Thai Yoga Massage Intensive 1: 5-Day Workshop	5
25	Fasting and Detoxification	7
	Yoga, Astrology, Chakras	3
	Glorious Grains	7
26	The Chakras, Samskaras, and Addictions	6
	Balancing Poses	3
27	Remedies for the Restless Meditator	3
30	Playing the Didgeeridoo for Meditation and Health	6

## October

2	Fundamentals of Integral Yoga: 4-Week Course for Beginners	3
	Three Keys to Healing Trauma	6
3	Spa Day for Women	6
4	Experiencing the Tao: 4-Week Course	4
	Therapeutic Yoga with Cheri Clampett and Arturo Peal	6
9	Inspired!	4
	Integrative Nutrition	7
	Drum Circle	7
10	Introduction to Mudras	4
	From the Darkness into the Light	4
11	Meditation I Workshop	3
14	Tantra and the Living Goddess Tradition	4
16	Day for Your Health	
	The Mind Is like Tofu	4
17	Everyday Yoga for Arthritis/Chronic Pain	6
	The Microcosmic Orbit	4
	Fundamentals of Integral Yoga: 4-Week Course for Beginners	3
21	Guided Meditation and Pranayama	3
	Embodied Writing	6
22	A Weekend with Jai Uttal	4
23	Mini Retreat: Peaceful Weight Loss	7
	Yoga for Back Pain	7
	Hearty Stews, Soups, and Casseroles	7
24	Knee Care and Yoga	7
	Awakening the Divine Feminine	6
25	Secrets of Stress Management	7
27	Therapeutic Yoga: 4-Week Open Series	6
28	The Spiritual Art of Integral Yoga: 4-Week Course	3
30	Yoga for Grief Relief	7
	Yoga Nidra	3
	Yoga for Cancer	7
	Yoga at the Office	3
	Bone Power	7
	Movie and Munchies: <i>Sita Sings the Blues</i>	7
31	Be Who You Are	4

The Satsang and Kirtan schedules are on page 5.

**IYI's 5-, 10-, and 20-Class Cards Never Expire!**

Type of Class	Single Class	5-Class Card	10-Class Card	20-Class Card
Regular	\$17	\$80	\$150	\$260
Lunch / Evening / 45 minutes	\$13		\$120	

Please note: IYI will be closed on Sunday and Monday, September 5 and 6, for Labor Day.