

Integral Yoga Institute

New York City



Spring Special
Lower Program Prices

Program Guide

Classes, Courses, Workshops, and Events
March / April / May 2012

227 West 13th Street • www.ijiny.org • 212-929-0585



**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 in Buckingham, Virginia. 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 at the Ashram 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, by phone with a major credit card, or in person at Reception. For cancellations made 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



227 West 13th Street
New York, NY 10011
212-929-0585 (phone) 212-675-3674 (fax)
www.iyiny.org info@iyiny.org
Monday–Saturday 8:45 a.m.–8 p.m.
Sunday 9:45 a.m.–6:30 p.m.



229 West 13 th Street New York, NY 10011 212-243-2642	234 West 13 th Street New York, NY 10011 212-645-3051
Monday–Friday 8 a.m.–9 p.m. Saturday 8 a.m.–8:30 p.m. Sunday 9 a.m.–8 p.m.	Monday–Friday 9 a.m.–9 p.m. Saturday 9 a.m.–8:30 p.m. Sunday 9 a.m.–8 p.m.
www.integralyoganaturalfoods.com	



1-800-858-9642 www.integralyogaprograms.org



371 Amsterdam Avenue, 2nd Floor (between 77th and 78th streets)
212-721-4000 www.iynyc.com

President: Swami Asokananda Treasurer: Swami Chidananda General Manager: Chandra/Jo Sgammatto Administrative Managers: Christine Joy, Kali Morse Program Manager: Pamela Prashanti Slovin Program Facilitator: Gopala/George Manicone Art Director: Jackie Frant Editor: Chandra/Jo Sgammatto

Yoga

Fundamentals of Integral Yoga

4-Week Course for Beginners \$80

Tues., Mar. 6–27 • 6:15–8:15 p.m. Lisa Lila Woolley

Sat., Mar. 24–Apr. 14 • 4:15–6:15 p.m. Tejas (Ian Davis)

Mon., Apr. 9–30 • 6:30–8:30 p.m. Laksmi Scalise

Sun., Apr. 15–May 6 • 12:30–2:30 p.m. Sunaya (Peter)

Tues., May 1–22 • 6:15–8:15 p.m. Brigitte Bala Arle, R.Y.T.

Working weekly 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 for Runners NEW

Improve Overall Conditioning with Stretching \$20

Sat., Mar. 24 • 10 a.m.–12 p.m. Melissa Mati Elstein

Whether you are a serious runner or a weekend jogger, it is important to balance the repetitive forward and contractile movements of running with proper stretching. Learn Yoga poses and stretches geared for runners to help you with overall conditioning and to prevent injury. Discover the power of savasana and Yoga Nidra (deep relaxation) to enhance your performance. You will come away prepared to use all these techniques in your next run.

🧘 New Beginners and All Levels

Sun Salutation Workshop

Take It Apart and Put It Together \$20

Tues., Apr. 3 • 6:30–8:30 p.m. Melissa Mati Elstein

Learn each position and transition in the sun salutation, with time to dissect it part by part and discover which modifications or versions work the best for you. This workshop involves discussion and practice. *Please bring a notebook and pen and your questions.* 🧘 All Levels

Moving with Sound into Bliss

Yoga and Kirtan \$20

Sat., Apr. 28 • 10 a.m.–12 p.m. Swami Ramananda and Anjula

Swami Ramananda will lead a mixed-level Yoga class while Anjula simultaneously leads Kirtan (chanting). Join in the chanting, or simply experience the powerful energy of mantra—and the stillness within—as you practice asana, pranayama, and an extended meditation.

🧘 Experienced Beginners and Intermediate/Advanced Students

Yoga and Qigong

A Heavenly Marriage \$25

Thurs., May 10 • 6:30–9 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 find a deeper understanding of your connection to the Earth. *Questions? E-mail Nadiya at Nadiya108@mac.com.* 🧘 All Levels

How the Elements Support Asana Practice NEW

Earth, Water, Fire, Air, and Ether \$20

Mon., May 21 • 6:30–8:30 p.m. Nalini Kuhnke

We shall explore the energetic qualities of earth, water, fire, air, and ether and how those elements can support us in asana practice. We shall practice seated, standing, forward, and backward bending, as well as inverted poses. Come find how the elements speak and flow in you. 🧘 All Levels

Yoga for a Strong Midlife Body

Staying Injury-Free \$20

Thurs., May 24 • 6:30–8:30 p.m. Nadiya Nottingham, R.Y.T.

Learn to practice Yoga in ways that support your skeleton, improve muscle tone, and increase breath capacity. Discover how to modify your practice to alleviate knee, shoulder, wrist, or lower back issues. You'll receive a routine that will strengthen your legs and core while not putting too much weight on the arms and wrists, which could cause injury, given our present-day cultural tendency to overuse technology-stressed hands. Core strengthening will support the back, abdominals, and standing poses for better posture and walking stride. 🧘 All Levels

Integral
Yoga



Teacher Training

Integral Yoga Level I Summer Intensive 200-Hour Teacher Training

Monday–Friday, 10 a.m.–5 p.m.

July 2–August 1

(No class on Wednesday, July 4)

Mukunda Stiles's Structural Yoga Therapy

Four 5-day sessions,
Wednesdays–Sundays

between March 21 and November 4

Yoga for Arthritis

Friday–Sunday, March 30–April 1



Creative Yoga Therapy (CYT) Intensive

Friday–Monday, May 25–28, and

Friday–Saturday, June 2–3

Prenatal Yoga

Friday–Monday, June 8–11, and

Friday–Sunday, June 15–17

Therapeutic Yoga

With Cheri Clampett and Arturo Peal

Friday–Sunday, June 8–10, and 15–17

Teen Yoga

Friday–Sunday, July 27–29

For full details and early-registration discounts, please visit www.iyiny.org, e-mail TeacherTraining@iyiny.org, or call 212-929-0585, ext. 68.

Peaceful Practices

Meditation I Workshop

How to Meditate \$20

Sat., Mar. 17 • 10 a.m.–12 p.m. Nina Priya David, M.A., E.-R.Y.T.

Sun., Apr. 15 • 10:30 a.m.–12:30 p.m. Jyothi K. Watanabe

Thurs., May 17 • 7–9 p.m. Theresa Arula Herron-Heurung

No experience required.

Meditation Course

3-Week Immersion \$60

Mon., Mar. 12–26 • 6:30–8:30 p.m. Swami Chidananda

Sat., May 5–19 • 10:30 a.m.–12:30 p.m. Uma (Tanya) Laplante

*No experience required. Includes a free copy of the booklet *Meditation*, by Sri Swami Satchidananda.*

The Yoga of Breath

Pranayama for Beginners \$20

Sun., Apr. 29 • 10:30 a.m.–12:30 p.m. Jyothi K. Watanabe

No experience required.

Laughter Meditation

Bring a Joyful Element to Your Practice \$20

Sat., Mar. 10 • 11 a.m.–1 p.m. Swami Nadabrahmananda

Sat., May 19 • 3:15–5:15 p.m. Swami Nadabrahmananda

The Path of Breath

Learn How to Breathe Well \$38

Sat., Mar. 10 • 12:30–2:30 p.m. Carla Melucci Ardito

The path of the breath through the body is on a cellular level. The positioning and the movement of the spine affect the breathing apparatus. Once you understand this, you'll be inspired as we explore the full, deep breath in various asanas as well as in deep relaxation. *This workshop includes a brief intermission.* 🍷 All Levels

Special Guest Program

The Three Treasures of Yoga **NEW**

Glorious Practice Made Simple \$20

Sun., Apr. 1 • 12:30–2:30 p.m. Swami Divyananda



Pranayama, meditation, and thought power give us a powerful Yoga toolbox. This experiential workshop will offer you new techniques to try out and fresh inspiration for your practice. Though the modern world has made Yoga into big business with countless variations, the classics still work the best. Return to the basics, and find true peace and joy, love, and light.

Japa Meditation **NEW**

Spiritual Food for the Hungry Soul \$20

Tues., Apr. 17 • 6–8 p.m. Nina Priya Ma David, M.A., E.-R.Y.T.

Sacred sound repetition (japa) is found within most world religions and is extremely effective in focusing energy, improving attitude, and helping people experience peace. Japa meditation is based on sacred sounds and sound therapeutics. Four japa techniques will be taught and practiced, including ways to utilize the techniques in different situations. Enhance your spiritual life with this unique and enjoyable workshop. *Includes some light stretching. Bring blank paper and a pen.* 🍷 All Levels

Sacred Wisdom

Study Group on Raja Yoga

Yoga Philosophy and Psychology **By donation**

Tues., Mar. 6–Apr. 24 • 7–8:30 p.m. Jnanam Jane Letosky and Ron Cohen

Discover the eight-limbed philosophy dedicated to the development of your full potential and the expression of your inner spiritual self.

*Suggested reading: *The Yoga Sutras of Patanjali with commentary* by Sri Swami Satchidananda.*

Explore the Bhagavad Gita

Yoga Philosophy and Psychology **By donation**

Tues., May 8–June 19 • 7–8:30 p.m. Swami Asokananda

The Bhagavad Gita offers guidance for the soul struggling to know itself and its place in the world. Come and read the Gita, and discuss how to deepen your spiritual knowledge by drawing on its teachings in everyday life.

Special Guest Program

Freedom from Sorrow, Fear, and Delusion **NEW**

How to Reside in the Unchanging Reality \$15

Sat., Mar. 10 • 4–5:30 p.m. Swami Karunananda



Change can give rise to sorrow and its many variants: grief, sadness, depression, or despair. It can also trigger fear, anxiety, or worry. This workshop will explore the nature of delusion, Yogic approaches to dealing with disturbing emotions, and how practice can bring us the ultimate experience of self-realization. Rooted in the oneness, we are no longer subject to the troubling, sometimes overwhelming, emotions. Drawing on *The Yoga Sutras of Patanjali*, Swami Karunananda will help you define and maintain a committed, regular practice that will bring you to that ultimate experience and help you to find skillful ways to cope with the fallout from impermanence in your life.

Svadhishthana Chakra **NEW**

The Chakra of Personal Power \$30

Sat., Apr. 7 • 2–5 p.m. Amsumati Trish O'Sullivan

Svadhishthana, the chakra of personal power, is also known as the dantien, in China, and the hara, in Japan, where this force is utilized in martial arts. This workshop will cover what personal power means in relationships and other areas of life, including the spiritual path. We shall cover the types of situations that impact this chakra negatively, and we shall remove samskaras that produce such unhealthy patterns as codependence.

Jnana Yoga: The Pathless Path **NEW**

The Simple Act of Looking Within \$20

Tues., Apr. 10 • 6:30–8:30 p.m. Nancy Dyer and Rhudra Sisco

The state of simple awareness is available to you, right here, right now. Everything takes place in the space of present awareness. The mind entertains and traumatizes us with stories, leading us away from that awareness. Stop the mind; recognize the stillness that you already are. This course will share Jnana Yoga principles from many teachers and inspire you to sit in silence to access your natural state of happiness. You will experience results immediately.

**CELEBRATE EARTH DAY!
CELEBRATE YOU!**



Saturday, April 21



Institute
Shop
Natural Foods
Natural Apothecary

FREE Local Product Tasting and Sampling

10% off on selected household
and cleaning products

15% off Eco Bags

20% off all "green" books

FREE Movie Screening at 3:15 p.m.

Tantra Yoga and Bliss Therapy **NEW**

The Antidote to Burnout \$20

Tues., Apr. 24 • 6–8 p.m. Nina Priya Ma David, M.A., E.-R.Y.T.

Bliss is defined as perfect happiness, joy, or gladness. It's the opposite of burnout. In this workshop we explore foundational Tantra Yoga practices adapted for anyone experiencing, or wishing to prevent, burnout, so that they may find true bliss and become "fit" both in their personal lives and for a lifetime of worthy service to others. Understand the differences between classical Tantra Yoga and the commercialized, "sexy" Tantra Yoga, and come away with true Tantra Yoga techniques to incorporate into your daily life.

Chakra Journey Through Yoga and Reiki **NEW**

With a Mini Reiki Session for Each Student \$20

Sun., Apr. 29 • 2–4 p.m. Hamsa Spagnola, R.Y.T., T.R.M.

The chakras are the seven centers of spiritual power in the human body, each with a tone, a color, and an emotion. The term *reiki* means universal life energy. Experience the opening, release, and healing of blocked chakras through Yoga asanas, meditation, and hands-on Reiki. The workshop begins with a gentle, one-hour Yoga class to open your chakras and continues with a beautiful chakra meditation. Each student will then experience a mini Reiki session by Hamsa or one of her Reiki practitioners. 🌸 All Levels

More Letting Go **NEW**

Mental Nadi Suddhi: Health, Wealth, and Relationships \$25

Mon., May 7 • 6:30–9 p.m. Nancy Dyer

The mind works with opposites, such dualities as "like" and "dislike," "welcome" and "let go." Lester Levenson, a "realized one," found that when two ends of a polarity, like matter and antimatter, are brought together, they neutralize each other, leaving us with greater freedom, greater presence, and greater understanding. There is nothing to do but listen with attention and allow the mind to dissolve. Learn how to apply this approach to healing the mind in your own life, with your own situations. Become more aware of the mind talk.

Special Guest Program

Enlightenment Is Inevitable **NEW**

The Seven Gates to Freedom \$20

Mon., May 14 • 6:15–8:15 p.m. Rev. Jaganath Carrera



Yoga is not something simply to believe in or agree with. The heartbeat of Yoga is the cultivation of experiences that bring about transformation. Tucked away in the Yoga Sutras of Patanjali is a teaching that clearly lays out seven key developments in personal growth that lead to enlightenment.

These seven stages are the inevitable outcome of an awakening mind that asks, "Who am I, and why am I here?" In this workshop we shall learn how to bring this powerful teaching into daily life.

Yoga and Power Animals

Manifesting Your Shamanic Self \$20

Sun., May 20 • 10:30 a.m.–12:30 p.m. Nadiya Nottingham, R.Y.T.

Take an inner journey to find your personal power animal. Through Yoga, learn to use that "animal medicine" to soar like hawk and be as dexterous as spider, solid as bear, community minded as ant, or limber as mountain lion.

Questions? E-mail Nadiya at Nadiya108@mac.com. 🌸 All Levels

"You should always choose peace."

—H.H. Sri Swami Satchidananda

Satsang

Satsang with Swami Chidananda

Sat., Mar. 3 • 6 p.m.

Satsang with Swami Asokananda

Sat., Mar. 10 • 6 p.m.

Spring Equinox Satsang

with Sumati Karen Bates

Sat., Mar. 17 • 6 p.m.

Satsang with Jyothi K. Watanabe

Sat., Mar. 24 • 6 p.m.

Passover Satsang with Amy Wachtel*

Sat., Mar. 31 • 6 p.m.

Easter Satsang with Sumati Karen Bates

Sat., Apr. 7 • 6 p.m.

Satsang with Bhairavi Andrea Downes

Sat., Apr. 14 • 6 p.m.

Satsang with Jyothi K. Watanabe

Sat., Apr. 21 • 6 p.m.

Satsang with Nina Priya David

Sat., Apr. 28 • 6 p.m.

Two Swamis Satsang

with Swami Ramananda and

Swami Chidananda

Sat., May 5 • 6 p.m.

Mother's Day Satsang

with Sumati Karen Bates

Sat., May 12 • 6 p.m.

Satsang with Swami Chidananda

Sat., May 19 • 6 p.m.

Satsang with Swami Asokananda

Sat., May 26 • 6 p.m.

Satsangs are by donation. *Passover Satsang is \$5, children under 13 free

Kirtan

Full Moon and New Moon Kirtan

Free

Sat., Mar. 10 • 7:45 p.m.

Fri., Mar. 23 • 7:45 p.m.

Fri., Apr. 6 • 7:45 p.m.

Sat., Apr. 21 • 7:45 p.m.

Fri., May 4 • 7:45 p.m.

Sat., May 19 • 7:45 p.m.

Wah!

Sat., Mar. 3 • 8 p.m.

\$20 in advance
\$25 day of event

Satkirin Kaur Khalsa

Fri., Mar. 9 • 8 p.m.

\$15 in advance
\$20 day of event

Devadas Labrecque

Sat., Mar. 17 • 8 p.m.

\$10

Satya Franche

and Friends

Sat., Apr. 28 • 8 p.m.

\$10

Yvette

Sat., May 5 • 8 p.m.

\$10 in advance
\$15 day of event

Snatam Kaur

Sat., May 26 • 8 p.m.

Sun., May 27 • 8 p.m.

\$35 for one evening
\$60 for both evenings

Visit www.iyiny.org for complete Kirtan information.

Special Guest Program

Kundalini Yoga, Meditation, and Chant **NEW**

An Intimate Weekend with Snatam Kaur \$180

Evening Kirtan, Sat., May 26 • 8–10 p.m.

Workshop, Sun., May 27 • 1–4 p.m.

Evening Kirtan, Sun., May 27 • 8–10 p.m.

Workshop, Mon., May 28 • 1–4 p.m.



In the sacred space of Integral Yoga's Lotus Room, Snatam Kaur will share the technology of Kundalini Yoga and mantra, which awakens the Kundalini energy flow within.

This powerful energy heals our innermost wounds and fills our beings with love. Kundalini gives us radiance to face the world and to meet life's challenges with grace. Through postures, movement, breath, and chanting, you will be transported into the experience of the natural Kundalini flow within your own body. This experience is beautiful and empowering, giving you something very sacred and real to tap into on a daily basis.

Life and Work

Drum Circle

Joyous, Sacred, and Fun By donation

Sat., Mar. 10 • 7:30–9:30 p.m.

Sat., Apr. 14 • 7:30–9:30 p.m.

Sat., May 12 • 7:30–9:30 p.m.

Led by Steve Heurung and Theresa Arula Herron-Heurung

Introduction to Thai Yoga Massage

Learn to Give a 20-Minute Massage \$50

Sat., Apr. 7 • 10 a.m.–1 p.m. Jyothi K. Watanabe

Explore Lotus Palm Thai Yoga Massage and see whether you are interested in pursuing certification as a practitioner. *Please wear a long-sleeved shirt and long, loose pants.*

Thai Yoga Massage Intensive 2

5-Day Workshop \$500

Wed.–Sun., Feb. 29–Mar. 4 • 10 a.m.–5 p.m. Jyothi K. Watanabe

Thai Yoga Massage Intensive 3

5-Day Workshop \$500

Wed.–Sun., May 16–20 • 10 a.m.–5 p.m. Jyothi K. Watanabe

Thai Yoga Massage Intensive 4

5-Day Workshop \$500

Wed.–Sun., May 30–June 3 • 10 a.m.–5 p.m. Jyothi K. Watanabe

Please visit www.iyiny.org for details.

For full certification details and costs and information about continuing-education credits, please visit www.lotuspalm.com.

Special Guest Program

Less Is More **NEW**

The Yoga of Decluttering Your Life \$20

Mon., Apr. 2 • 6:15–8:15 p.m. Swami Divyananda



“What you own, owns you!” Possessions, however beautiful and imbued with sentiment, can weight you down, occupying not just physical but also psychic space in your life. The process of simplifying and focusing your life starts with an examination of the material plane and the clutter you accumulate. This workshop is about how to “declutter” on physical, mental, and emotional levels.

Special Program

Spa Day for Women

Relax, Rejuvenate, and Support IYI \$98

Sun., May 13 • 10 a.m.–5 p.m.

Please visit www.iyiny.org for a full schedule of activities and comments from previous participants.

Special Guest Programs

Ohashiatsu Beginning I

Ohashi Method: A Practical 4-Day Course \$450*

Thurs.–Sun., Apr. 19–22 • 10 a.m.–6 p.m. Ohashi

Learn the fundamental principles of the Ohashiatsu/Ohashi method as they apply to bodywork and, more important, to every aspect of life. The course material covers the traditional meridian system, the key acupoints, and the direction of energy flow. The Ohashi method focuses on developing the correct movement, tonus, and gravity necessary for effective touch. Emphasis on hands-on learning teaches participants the skills for giving a full-body session by the end of the course. Hundreds of beginners and experienced bodyworkers have benefited from this course. Yoga practitioners will find useful knowledge and techniques to add to their Yoga instruction.

**\$350 if preregistered and paid by March 30*

Ohashiatsu Beginning II

Ohashi Method: 4-Day Course \$500*

Fri.–Mon., Mar. 16–19 • 10 a.m.–6 p.m. Claudia Copparoni

Ohashi Method: 4-Week Course \$500*

Mon. and Thurs., Apr. 30–May 24 • 9:15 a.m.–1 p.m. Claudia Coparoni

Learning the principles and philosophy in the first course gives you the “how” for working with energy meridians. The Beginning II course provides the “why” for working with specific meridians by introducing the five elements of fire, earth, metal, water, and wood. Your appearance, your habits, your likes and dislikes, and your emotions and attitudes are examples of the effort to be in harmony with the five elements that are in nature and within you at all times. You’ll learn the five element Makko-ho stretches to open your own meridians and balance the qi energy; the Bo and Yu points—diagnostic points on the front and the back of the body—to help determine which meridians most need to be brought back into balance; and techniques in side position.

**\$450 if preregistered and paid by February 24 for the March 16 course, and by April 7 for the April 30 course*

Ohashiatsu Intermediate I

Ohashi Method: 4-Day Course \$650*

Fri.–Mon., Apr. 13–16 • 10 a.m.–6 p.m. Sam Berling

This course demonstrates why Ohashiatsu is the best modality for givers. You will learn new techniques using your arms, elbows, and knees, which improve body balance and grace and give the palms and thumbs a much needed rest. Using knees in conjunction with forearms, elbows, or the hands allows the giver to make more than two connections with the receiver, producing a nurtured feeling. This is where Ohashiatsu as meditation can begin to be experienced. You will be introduced to Oriental diagnostic areas of the body, the energy qualities of Kyo and Jitsu, and the psychological/emotional aspects of meridian energy and how they relate to the five elements.

**\$550 if preregistered and paid by March*

Free Yoga Class with Your First Visit!



Integral Yoga Wellness Spa

The Spa in Heaven

Lotus Palm Thai Yoga
Shiatsu

Foot Reflexology

Swedish and Deep Tissue Massage

Spiritual Counseling

Chakra Balancing

Prenatal Massage

To book an appointment, inquire at the reception desk, call 212-929-0585, ext. 88, or e-mail Spa@iyiny.org.

Mind and Body Health

Therapeutic Yoga

4-Week Open Series \$17 per session

Wed., Mar. 7–28 • 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 larsonyoga@yahoo.com prior to the first class. The seniors' fee for this program is \$10 per session.* 🧘 New Beginners and All Levels

Healthy, Vibrant Skin Through Nutrition NEW

From the Inside Out \$20

Sat., Mar. 10 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

Skin is the body's largest organ, and in order to keep it firm and flexible, clear and radiant, we must pay as much attention to the substances we put into our body as we do to the skin. Those substances will end up either nourishing the skin or depriving it of its needed nutrients or, even worse, creating such problems as toxicity. We shall cover all the key nutrients necessary for healthy, resilient, beautiful skin.

Everyday Yoga for Arthritis/Chronic Pain: 3-Week Open Series

Easeful Practices for Day and Night \$15 per session

Sun., Mar. 11–25 • 12:30–2 p.m. Nancy O'Brien, R.Y.T.

Learn how the breath, gentle movement, meditation, and deep relaxation can bring compassionate awareness and some ease to the stiffness, reduced mobility, and even isolation that arthritis and chronic pain can cause. Practices will be introduced that will enable you to release the deepest healing and restorative powers of the body and mind throughout your normal daily and nightly routines. *Drop in, or take all three sessions.* 🧘 All Levels

Yoga for Labor and Delivery

An Active Birth Workshop for Partners \$60 per couple

Sat., Apr. 21 • 10 a.m.–1 p.m. Beth Donnelly Cabán, R.P.Y.T., C.C.E.

Sun., May 20 • 1:45–4:45 p.m. Michelle Goitia

Use movement and positions, breath, and relaxation to support Mother Nature's birthing process. When you keep your mind calm and free from fear, your body will be able to give birth more easily. This information can be used in any setting. *Preregistration is required no later than two days prior to date of class.* 🧘 New Beginners and All Levels

Fasting and Detoxification

A Time-Honored Tradition \$20

Sat., Apr. 7 • 1:30–3:30 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.

Shoulders, Arms, Wrists, and Hands

Yoga Therapy for Upper Extremities \$20

Sat., Apr. 14 • 10:30 a.m.–12:30 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 strengthen 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 for Your Moon Cycle NEW

A Women's Workshop \$20

Sun., Apr. 15 • 1:30–3:30 p.m. Dhyani

Discover tools for developing a better relationship with the body and its rhythms during your moon cycle. Sequencing, restorative poses, pranayama, and meditation are designed to help you live with greater ease around the most challenging—and potentially insightful—days of the month. The ancient wisdom of Yoga and our female ancestors can guide us to embrace the cycles of life. *Please bring a journal.* 🧘 New Beginners and All Levels

Ultimate Gallbladder and Liver Flush NEW

A Key to a Healthier Body \$20

Sat., Apr. 21 • 10:30 a.m.–12:30 p.m. Donna Perrone

Gallstones are formed in the liver and are also found in the gallbladder and the connecting ducts. They are especially common in people living in stressful urban environments and can be a contributing factor in many diseases. By performing a gallbladder flush, you will be taking steps to restore your liver to health and improve your vitality, energy, and youthfulness. A cleaner liver brings a new lease on life.

Playing the Didgeridoo for Meditation and Health

Excellent for Body and Mind \$20

Sat., Apr. 28 • 2–4 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. *Didgeridoos will be provided.*

Yoga-Based Cognitive Behavioral Treatment of Anxiety™

Learn to Heal Your Anxiety on Your Own \$60

Sat., May 12 • 10 a.m.–2 p.m. Boris Pisman, M.S., N.C.C.

This unique and effective program is designed to treat all anxiety disorders, such as OCD, panic attacks, social anxiety, phobias, PTSD, and more, to help you return to a normal life. The workshop includes anxiety and its origins, Yoga's view of a disorder, deep relaxation and breathing training, cognitive therapy exercises, behavioral therapy exercises, meditation, and Yoga psychology. *Yoga postures will not be performed.*

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$30

Sat., May 12 • 10 a.m.–1 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

Integrative Nutrition

Improve Your Health and Well-Being \$20

Sat., May 12 • 1:30–3:30 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.

Yoga and Shamanic Womb Healing

An Opening to Self-Forgiveness for Girls, Women, and Elders \$30

Sat., May 12 • 2:30–5:30 p.m. Nadiya Nottingham, R.Y.T.

Transforming old wounds to strengthen our female warrior selves is how we become community healers. Left unexplored, past events can leave a scar or an emotional hurt that you may have difficulty addressing. Through Yoga and meditation and a "forgiveness ritual," take steps toward becoming whole again. *Questions? E-mail Nadiya at Nadiya108@mac.com.*

🧘 New Beginners and All Levels



New Students
3 Classes/\$30
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.	Prenatal Yoga			Gentle Yoga			
10:15 a.m.	Level II	Level I	Level II	Level II	Level I	Level I Prenatal Yoga	Level II
10:30 a.m.							Prenatal Yoga
11:15 a.m.	Level I	Advanced Level** Restorative Yoga	Level I/II	Level I	Level II	Level II	Level I
12:00 p.m.	Lunch Yoga* Postnatal Yoga▲	Lunch Yoga*	Lunch Yoga*	Lunch Yoga*	Lunch Yoga*		
12:15 p.m.	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation Level I	Level II
1:15 p.m.	Level I	Level I	Level I	Level I/II	Level I	Level I/II H.I.V. Yoga	Advanced Level
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/II	Level I	Level I/II	Level I	Level I	Level II Free Introductory Class**
4:00 p.m.			Level II				
4:15 p.m.	Level I	Level II H.I.V. Yoga	Level I	Level II	Advanced Level	Level II	Level I
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Level II	Level I	Advanced Level**	Level I		Level I	Restorative Yoga Level I
5:30 p.m.			Evening Yoga*	Deep Relaxation♥	Level I		
6:00 p.m.	Open Meditation Level I	Open Meditation Level I/II Prenatal Yoga	Open Meditation Level I/II Prenatal Yoga	Open Meditation	Level I/II Gentle Yoga		
6:15 p.m.	Advanced Level	Advanced Level	Advanced Level 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.			Yoga for Veterans♦	Yoga for Veterans♦			
7:15 p.m.	Level I	Level I/II	Level I/II	Level I	Level I		

Most classes are 1 hour and 30 minutes ♥45-minute class/\$10
*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 ▶\$5 ◆1-hour class/Free

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
Morning/Lunch/Evening: 1 hour	\$15		\$120	
Unlimited Class Cards	1-Week	1-Month	6-Month	1-Year
	\$65	\$108	\$600	\$1,008

MARCH

6 Fundamentals of Integral Yoga: 4-Week Course for Beginners 3
Study Group on Raja Yoga (Ongoing, Tuesdays) 4
7 Therapeutic Yoga: 4-Week Open Series 7
10 Laughter Meditation 4
The Path of Breath 4
Healthy, Vibrant Skin Through Nutrition 7
Freedom from Sorrow, Fear, and Delusion 4
Drum Circle 6
11 Everyday Yoga for Arthritis/Chronic Pain: 3-Week Open Series 7
12 Meditation Course: 3-Week Immersion 4
16 Ohashiatsu Beginning II: 4-Day Course 6
17 Meditation I Workshop 4
24 Yoga for Runners 3
Fundamentals of Integral Yoga: 4-Week Course for Beginners 3

April

1 The Three Treasures of Yoga 4
2 Less Is More 6
3 Sun Salutation Workshop 3
Study Group on Raja Yoga (Ongoing, Tuesdays) 4
7 Introduction to Thai Yoga Massage 6
Fasting and Detoxification 7
Svadhsthana Chakra 4
9 Fundamentals of Integral Yoga: 4-Week Course for Beginners 3
10 Jnana Yoga: The Pathless Path 4
13 Ohashiatsu Intermediate I: 4-Day Course 6
14 Shoulders, Arms, Wrists, and Hands 7
Drum Circle 6
15 Meditation I Workshop 4
Fundamentals of Integral Yoga: 4-Week Course for Beginners 3
Yoga for Your Moon Cycle 7
17 Japa Meditation 4
19 Ohashiatsu Beginning I: 4-Day Course 6
21 Ultimate Gallbladder and Liver Flush 7
Yoga for Labor and Delivery 7
24 Tantra Yoga and Bliss Therapy 5
28 Moving with Sound into Bliss 3
Playing the Didgeridoo for Meditation and Health 7
29 The Yoga of Breath 4
Chakra Journey Through Yoga and Reiki 5
30 Ohashiatsu Beginning II: 4-Week Course 6

May

1 Fundamentals of Integral Yoga: 4-Week Course for Beginners 3
5 Meditation Course: 3-Week Immersion 4
7 More Letting Go 5
8 Explore the Bhagavad Gita (Ongoing, Tuesdays) 4
10 Yoga and Qigong 3
12 Yoga-Based Cognitive Behavioral Treatment of Anxiety™ 7
Drum Circle 6
Knee Care and Yoga 7
Integrative Nutrition 7
Yoga and Shamanic Womb Healing 7
Spa Day for Women 6
14 Enlightenment Is Inevitable 5
16 Thai Yoga Massage Intensive 3: 5-Day Workshop 6
17 Meditation I Workshop 4
19 Laughter Meditation 4
Yoga and Power Animals 5
20 Yoga for Labor and Delivery 7
21 How the Elements Support Asana Practice 3
24 Yoga for a Strong Midlife Body 3
26 Kundalini Yoga, Meditation, and Chant: A Weekend with Snam Kaur 5
30 Thai Yoga Massage Intensive 4: 5-Day Workshop 6

The Satsang and Kirtan schedules are on page 5.

Please note: IYI will be closed on Sunday and Monday, May 27 and 28, for Memorial Day.