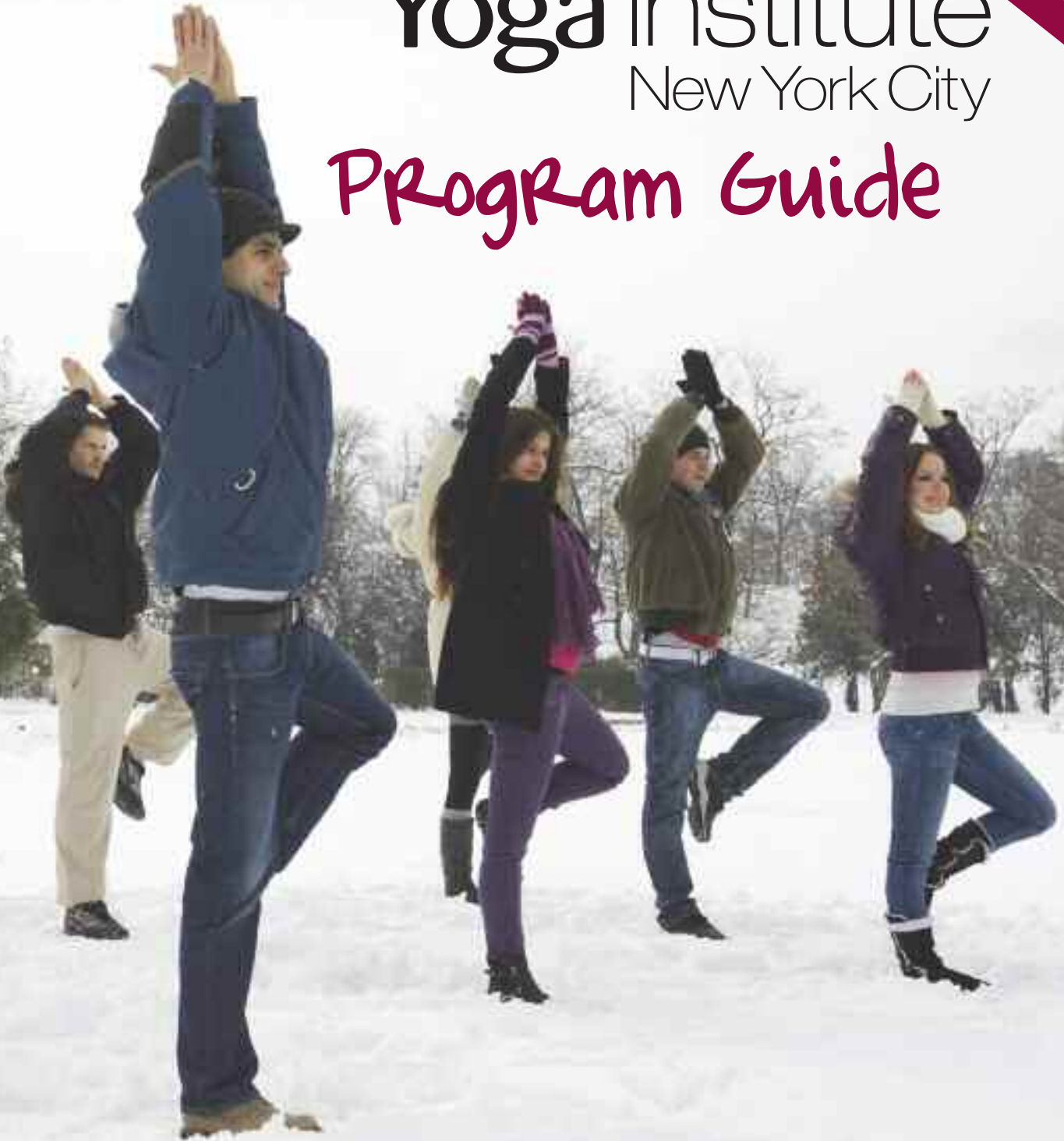


Integral Yoga[®] Institute New York City



Winter Special
Lower Program Prices

Program Guide



Classes, Courses, Workshops, and Events
December 2011 / January / February 2012

227 West 13th Street • www.iyiny.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.

Table of Contents

Mission	2	Kirtan	5
Yoga	3	Life and Work	6
Peaceful Practices	4	Mind and Body Health	6
Sacred Wisdom	4	Calendar	Back cover
Satsang	5	Yoga Class Schedule ...	Back cover

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

Integral Yoga Institute Shop

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.

Integral Yoga Natural Foods Natural Apothecary

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

Satchidananda Ashram Yogaville®

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

Integral Yoga Center Upper West Side

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

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

Yoga

Fundamentals of Integral Yoga

3-Week Course for Beginners \$60

Mon., Dec. 5–19 • 6:15–8:15 p.m. Martha Subber

4-Week Course for Beginners \$80

Tues., Jan. 3–24 • 6:15–8:15 p.m. Sunaya

Sun., Jan. 8–29 • 10:30 a.m.–12:30 p.m. Kalya Kuller

Sat., Jan. 21–Feb. 11 • 10 a.m.–12 p.m. Padmasri Pamela Young

Mon., Feb. 6–27 • 6:30–8:30 p.m. Laksmi Scalise

Sat., Feb. 18–Mar. 10 • 3:15–5:15 p.m. Nitya Linda Taylor

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**

Integral Yoga Flow Class

7-Week Open Series \$17 per class

Mon., Jan. 9–Feb. 20 • 6:30–8 p.m. Dianne (Rashmi) Galliano, E.-R.Y.T.

While maintaining and upholding the integrity of the Integral Yoga class, we introduce you to Integral Yoga Flow. This faster-paced class, inspired by Vinyasa, or the step-by-step approach, will take you on a one-hour asana journey gliding through standing postures, backbends, forward bends, inversions, twists, and arm balances, threaded with ujjai pranayama. The last half hour will feature Yoga Nidra, pranayama, and meditation.

🧘 **Experienced Beginners and Intermediate/Advanced Students**

Yoga for a Strong Midlife Body **NEW**

Staying Injury-Free \$20

Thurs., Dec. 1 • 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**

Mukunda Stiles's Structural Yoga Therapy Certification Program

Taught by Mangala Warner and Zoe Kowalchuk
March 2012 • Visit www.iyiny.org for details.

Please see page 6 for introductory program.

Yoga and Qigong

A Heavenly Marriage \$25

Thurs., Dec. 8 • 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**

Yoga While Lying Down **NEW**

A Holiday Antidote \$20

Mon., Dec. 12 • 6:30–8:30 p.m. Nalini Kuhnke

During the holiday season, it is easy to neglect Yoga practice and engage in activities that may produce indigestion and even stress. What if you could fit in some beneficial Yoga while simply lying down? We shall explore the 16 poses of the sputa padangusthasana series, which works the core, stretches the hamstrings, rinses out the internal organs, and opens the hips. It sounds good and is good. Come lie down and enjoy. 🧘 **All Levels**

Upper Back Relief

Releasing Tension in the Shoulders, Neck, and Upper Back \$20

Sat., Dec. 17 • 10 a.m.–12 p.m. Erin Lila Wilson, E.-R.Y.T.

Learn a Yoga practice that focuses on releasing strain in the upper back. Based in the Viniyoga tradition of Desikachar, these simple asanas may be performed by beginning and elderly students. Discover an efficient sitting posture, and learn short sequences that may be used for five-minute stretch breaks at your desk. 🧘 **All Levels**

108 Sun Salutations for the New Year

Peace Prayers and Loving Energy *By donation*

Sat., Dec. 31 • 5–6:30 p.m. Nalini Kuhnke

What better way to welcome 2012 than to stretch, breathe, and celebrate Yoga with 108 sun salutations, led by the wonderful IYI teacher Nalini? Come and enjoy the sacred space of IYI's Lotus Room as you join with other Yogis and Yoginis in this beautiful practice. Whatever you do for the rest of the evening, you'll be refreshed, energized, and ready for a great new year.

🧘 **All Levels**

Raja Asana: Sirshasana (Headstand) Workshop

Gain a New Perspective on Life \$20

Mon., Jan. 2 • 6:30–8:30 p.m. Maria Massana

Learn a systematic, safe, step-by-step technique for practicing headstand, and understand its benefits and contraindications. In preparation for headstand, you'll take a moderate Yoga class designed for beginners to learn safe steps that will eventually lead to the full headstand practice. Every step of the way you'll gain most of the advantages of headstand. Intermediate students can benefit by fine-tuning and extending their headstand practice. The workshop will also explore bandhas and why they are important in headstand.

🧘 **Experienced Beginners and Intermediate/Advanced Students**

Integral
Yoga



Teacher Training

Basic Level I Spring Session

Mondays, Wednesdays, and Fridays

10 a.m.–1 p.m.

February 1–June 2, 2012



Graduate Level Teacher Training

Yoga for Labor and Delivery

Friday–Sunday, December 9–11

Yoga for Arthritis

Friday–Sunday, March 30–April 1

Meditation

Mondays, Thursdays, and four Saturdays

February 27–May 5

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

Abdominal Power

Yoga and Qigong for Abs, Lower Body, and Arms \$20

Thurs., Jan. 12 • 6:30–8:30 p.m. Nadiya Nottingham, R.Y.T.

Feel new vigor, stamina, youthfulness, and power of endurance in your daily life as you find and use your pelvic floor muscles, fortify the lower and upper abs, use the correct breath during exercise and asana practice, and strengthen your back muscles. *Questions? E-mail Nadiya at nadiya108@mac.com.* 🧘 All Levels

Special Guest Programs

Detox Yoga and Ayurveda **NEW**

Cleanse, Enlighten, and Celebrate Unity \$50

Sat., Jan. 14 • 10 a.m.–1 p.m. Mas Vidal



This detoxifying practice takes an Ayurvedic approach to hot Yoga, but the heat comes from within. Awaken your inner fire (agni) to cleanse every bit of your physical and energetic body through a mindful Yoga practice that purifies it of toxins, excess fat, and phlegm by introducing special combinations of postures, sequences, and powerful breathing exercises.

🧘 Experienced Beginners and Intermediate/Advanced Students

Healing the Ayurveda Body and the Yoga Mind **NEW**

Balance and Awaken for Rejuvenation \$35

Sat., Jan. 14 • 2:30–4:30 p.m. Mas Vidal

Experience a dynamic and integrated approach to Raja Vinyasa Yoga infused with the universal energetic principles of Ayurveda in this lecture-based class. Surrender to a natural flow of energy to create a physical sense of purification and a mental state of inner relaxation and awareness. This twofold approach to practice unites the spiritual, Yogic mind and the balance of the doshas in the Ayurvedic body to bring about optimal healing.

Yoga and Ayurveda for Weight Loss **NEW**

Two Ways to Victory over Excess \$50

Thurs., Jan. 19 • 6–9 p.m. Mas Vidal

Learn the key principles to managing your weight through diet, herbs, Yoga, and a lifestyle regimen. This workshop addresses the concept of an “ideal” weight or “loss,” as it is used in the West, through the science of tri-dosha. Various Ayurvedic remedies will be applied according to the dosha type. 🧘 All Levels

Backward Bending

Finding Your Arc \$20

Tues., Jan. 31 • 7:30–9:30 p.m. Madhavan

Come explore backward bends through asanas to deepen your awareness and enliven your Yoga experience. After warm-ups designed to lengthen the spine and improve flexibility and tone, we'll move through a series of backbends that progressively deepen as well as lengthen the arc, along with opening the front body. These backward-bending poses will be punctuated with a few restorative poses and some forward-bending counterposes.

🧘 Experienced Beginners and Intermediate/Advanced Students

Coming in January



Integral Yoga Wellness Spa
The Spa in Heaven

For more information, please e-mail spa@iyiny.org or call 212-929-0585, ext. 88.

Peaceful Practices

Meditation I Workshop

How to Meditate \$20

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

Thurs., Jan. 12 • 7–9 p.m. Theresa Arula Herron-Heurung

Sun., Jan. 22 • 2–4 p.m. Jyothi K. Watanabe

Thurs., Feb. 16 • 7–9 p.m. Theresa Arula Herron-Heurung

No experience required.

Meditation Course

3-Week Immersion \$60

Sat., Jan. 7–21 • 10 a.m.–12 p.m. Jyothi K. Watanabe

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

The Yoga of Breath

Pranayama for Beginners \$20

Sat., Feb. 4 • 10 a.m.–12 p.m. Jyothi K. Watanabe

No experience required.

Laughter Meditation

Bring a Joyful Element to Your Practice \$20

Sat., Dec. 3 • 11 a.m.–1 p.m. Swami Nadabrahmananda

Sat., Feb. 25 • 11 a.m.–1 p.m. Swami Nadabrahmananda

Sacred Wisdom

Explore the Bhagavad Gita

Yoga Philosophy and Psychology *By donation*

Tues., Dec. 6–27 • 7–8:30 p.m. Shankar Impagliazzo

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.

Study Group on the Dhammapada

Buddhist Teachings and Philosophy *By donation*

Tues., Jan. 3–Feb. 28 • 7–8:30 p.m. Swami Chidananda

Participate in an interactive examination of one of the most beloved and remembered of Buddhist texts. *Recommended reading: The Eknath Easwaran translation of the Dhammapada.*

Yoga and Shamanism

A Journey to Spirit \$20

Thurs., Dec. 15 • 6:30–8:30 p.m. Nadiya Nottingham, R.Y.T.

The Yogi and the shaman share the goal of going beyond the body and mind to reach an experience deeper than what daily life provides. Yoga uses meditation and deep relaxation; classic shamanic journeying takes us through similar states while adding a magical journey. Both traditions use animal totems, breath work, and sound to gain access to the cellular memory of our original spirit. *No experience of Yoga or shamanic work is necessary.*

Jnana Yoga: The Direct Path **NEW**

Boot Camp for the Courageous \$20

Thurs., Jan. 5 • 6:30–8:30 pm Nancy Dyer and Rhudra Sisco

Have you had enough? Can you come with a relentless determination to “do the work” to experience directly the truth that you already are? What are Nisargadatta Maharaj, Robert Adams, and Ramana Maharshi pointing to? Each of these jnanis offers no-nonsense advice and techniques for self-inquiry and resting in silence. This is not about attaining sounder health, acquiring more money, or making the world better. Forget the texts. This is the journey.

Special Guest Program

Sufi Workshop

Experience Your Deepest Spirit \$20

Thurs., Dec. 22 • 7–9:30 p.m. Adnan Sarhan



Join the international Sufi master Adnan Sarhan for an evening of intricate rhythm that brings a new orientation to the mind and the various centers in the body. Deepen your consciousness and your spirit through a variety of ancient yet modern practices.

Adnan Sarhan is known for his “rapid method.” By means of exercises, meditation, drumming, movement, chanting, spiritual dance, breathing work, and whirling, he will help you develop the higher intelligence of the heart.

Special Guest Program

Solstice Gong Yoga

Sacred Tone Ceremony \$15

Thurs., Dec. 22 • 7:30–9 p.m. Grand Gong Master Don Conreux



On the Winter Solstice we shall melt together as one in the field of om. When the spontaneity of now flows through us in the presence of the gong, the linear mind loosens its hold and a nonlinear consciousness blossoms. The gong field blends with this Yoga of nonjudgmental freedom, and a Divine union of dematerialization and spiritualization of matter takes place. Lie on the floor in the Lotus Room, and experience pure joy.

Bring an instrument or simply your self, and we will improvise.

Applying Yoga to Daily Life

The Yama: 5-Week Course \$75

Thurs., Jan. 12–Feb. 9 • 7–8:30 p.m. Madhavan

The Niyama: 5-Week Course \$75

Thurs., Feb. 16–Mar. 15 • 7–8:30 p.m. Madhavan

Delve deeper into your Yoga practice, and learn to apply Yoga in your daily life. Study the yama and niyama, and practice their teachings. The yama are the restraints (non-harming, truthfulness, not stealing, continence, and non-greed). The niyama are the observances (purity, contentment, austerity, spiritual study, and surrender to the Divine). Together, they help us transform our habits into choices. In these courses we combine asana and pranayama to deepen our awareness; through meditation and visualization we open the door between awareness and action. Each week you'll have exercises that bring the yama into your everyday experience. 🧘 All Levels

Inner Fulfillment **NEW**

The Blossoming of Joy \$20

Sat., Jan. 21 • 3:15–5:15 p.m. Swamini Sri Lalitambika Devi

In the quest for happiness, what we do matters less than the spirit of selflessness with which we perform an action. Together, we will learn how to make an inner shift to transform the daily life experience to one of boundless joy. Liberation is in the realization that we can serve a challenging world with the grace and ease of a lotus flower floating in a clear pond. Our time together includes meditation and silent blessings. *Registered Yoga teachers will receive two continuing-education units through the Yoga Alliance.*

Ganesh Mantra Workshop

Invoke “the Remover of Obstacles” \$20

Thurs., Feb. 2 • 6–8 p.m. Nina Priya David, M.A., E.-R.Y.T.

Ganesh is known as “the remover of obstacles,” and the Ganesh mantra is loved and practiced by almost everyone in India. The workshop will begin with an explanation of the mantra’s background and intention and some practice in sounding out the syllables. Gentle stretching and breathing exercises prepare the body for sitting; they will be followed by about 45 minutes of chanting.

Special Guest Program

Living Your Values **NEW**

How to Harmonize Your Life with Your Beliefs \$20

Thurs., Feb. 23 • 6–8 p.m. Rev. Jaganath Carrera



Learn practical ways to bring clarity, direction, and joy into your life. Let’s look at how to develop meaningful goals based on vital values that enrich your well-being and explore how to develop the motivation and commitment to achieve your spiritual goals. Discover how the teachings of Yoga, as presented in the Bhagavad Gita, can help you face the challenges and obstacles that cause you to shift direction and how “failures” can be used to re-establish your zest for the goal.

Satsang

Satsang with Nina Priya David

Sat., Dec. 3 • 6 p.m.

Satsang with Senior Teacher

Sat., Dec. 10 • 6 p.m.

Sri Swami Satchidananda’s Jayanthi Satsang with Swami Chidananda

Sat., Dec. 17 • 6 p.m.

Christmas Eve Service with Swami Chidananda and Sumati Karen Bates

Sat., Dec. 24 • 5 p.m.

Satsang with Swami Chidananda

Sat., Jan. 7 • 6 p.m.

Martin Luther King, Jr.’s Birthday Satsang with Bhairavi Andrea Downes

Sat., Jan. 14 • 6 p.m.

Satsang with Nina Priya David

Sat., Jan. 21 • 6 p.m.

Satsang with Swami Asokananda

Sat., Jan. 28 • 6 p.m.

Black History Month Satsang with Manu Dawson

Sat., Feb. 4 • 6 p.m.

Love Satsang with Sumati Karen Bates

Sat., Feb. 11 • 6 p.m.

Satsang with Swami Chidananda

Sat., Feb. 18 • 6 p.m.

Satsang with Sevika Dobrow

Sat., Feb. 25 • 6 p.m.

Satsangs are by donation.

Kirtan

Full Moon and New Moon Kirtan

Free

Fri., Dec. 9 • 7:45 p.m.

Mon., Jan. 9 • 7:45 p.m.

Mon., Jan. 23 • 7:45 p.m.

Tues., Feb. 7 • 7:45 p.m.

Tues., Feb. 21 • 7:45 p.m.

Ned and Lynn CD Party

Sat., Dec. 3 • 8 p.m.

\$10

Kirtan Rabbi

Sat., Dec. 10 • 8 p.m.

\$15 advance;
\$20 day of event

SatDarshan Singh Khalsa

Sat., Jan. 14 • 8 p.m.

\$10

Narayani

Fri., Feb. 24 • 8 p.m.

\$15 in advance;
\$20 day of event

Visit www.iyiny.org for complete Kirtan information.

Integral
Yoga

Yoga Life Training
*An Immersion Program to
Study and Integrate Yoga into Your Life*

Taught by IYI Swamis and Senior Instructors

Begins on January 21, 2012, and
meets on seven weekends over four months

For complete schedule and more details, visit www.iyiny.org.

Life and Work

Drum Circle

Joyous, Sacred, and Fun By donation

Sat., Dec. 10 • 7:30–9:30 p.m.

Sat., Jan. 14 • 7:30–9:30 p.m.

Sat., Feb. 11 • 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., Dec. 10 • 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 1

5-Day Workshop \$500

Wed.–Sun., Jan. 25–29 • 10 a.m.–5 p.m. Jyothi K. Watanabe

The 5-Day Intensive is the first step toward the certification program in this healing art. You will learn a complete, full-body, one-and-a-half-hour massage; the training and knowledge to give a Thai Yoga Massage; the fundamentals of effortless, flowing transitions between postures; and the history and philosophy of Thai Yoga Massage energy balance through acupressure and Thai energy lines. *Required reading: Thai Yoga Massage, by Kam Thye Chow (Inner Traditions).*

Thai Yoga Massage Intensive 2 will be offered March 14–18. Please visit www.iyiny.org for details.

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

Beginning Ohashiatsu **NEW**

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

Sat.–Sun., Jan. 7–8 and 14–15 • 10 a.m.–6 p.m. Ohashi

Learn the fundamental principles of the Ohashiatsu as they apply to bodywork and, more important, to every aspect of life. The course material covers the traditional meridian system, the important acupoints, and the direction of energy flow. Ohashi focuses on developing correct movement, tonus, and gravity necessary for effective touch. His emphasis on hands-on learning teaches participants the skills to give 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 December 15.*

The Yoga of Personal Finance

Heal Your Relationship with Money \$25

Sat., Jan. 21 • 3–5:30 p.m. Claire Kinsella Holtje

Money is energy. Yoga is a system of energy management. Start the new year off by connecting to your center line of energy and creating intentional abundance.

Special Guest Program

Structural Yoga Therapy

Intensive 1-Day Workshop \$100

Sat., Jan. 28 • 9 a.m.–5 p.m. Nitya Martino, R.Y.T., and Mary Bartel, E.-R.Y.T.



This one-day experiential intensive will familiarize participants with the foundational concepts of Structural Yoga Therapy. A therapeutic approach to Yoga, healing on the physical and subtler levels,

Structural Yoga Therapy was developed by Mukunda Stiles. The workshop will focus on improved range of motion, stronger muscles, and dynamic asana practice along with the Yoga Sutras. 🧘 All Levels

Mind and Body Health

Special Guest Programs

Yoga for Cancer

Strategies for Coping \$45

Fri., Dec. 2 • 6:15–9:15 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 deals with the secondary effects of treatment and surgery to establish a new, psychosomatic dialogue with the body, focused on a stronger identification with the spiritual aspects of the self.

Yoga for Grief Relief

Mini Retreat \$95

Sun., Dec. 4 • 10 a.m.–5 p.m. Antonio Sausys, B.A., M.A., C.M.T.

As the holiday season approaches, the absence of our dear ones becomes more apparent. The fact that grief is a normal reaction to loss doesn't make it any easier. Yoga focuses on mind, body, and spirit, the three areas where grief manifests and often goes unacknowledged. Learn the physical symptoms of grief and their psychoneurological basis, discover Western and Eastern models of the psyche that clarify the importance of the heart chakra in both physical and emotional health, and practice simple Yoga exercises that address symptoms while transforming grief into a resource for personal growth. *Please bring a picture of a recent loss (of a person or object or situation) in your life.*

🧘 All Levels

Yoga and Scoliosis

An Introduction \$20

Sat., Dec. 10 • 10:30 a.m.–12:30 p.m. Marcia Monroe

This workshop will address scoliosis through the principles of length, alignment, and stability by means of modified postures and various props. Instead of seeking to fix or cure scoliosis or other spinal pathologies, this program offers the Yoga paradigm for working with the asymmetric body, lessening pain, and improving respiration. *Students with scoliosis: Please consult your physician prior to attending the classes. Please wear clothes that permit the instructor to see your body's alignment.*

🧘 Experienced Beginners and Intermediate Students

*Please join us for a book signing with Marcia Monroe, author of *Yoga and Scoliosis: A Journey to Health and Healing*, on Saturday, December 10, from 12:30 to 1:15 p.m.*

Strengthening the Immune System

Winter Wellness \$20

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

Learn how to use herbs, vitamins, food, and a variety of holistic techniques to boost immune response and prevent acute and chronic illness. You will develop the capacity to enhance overall well-being and increase your ability to combat viruses and toxins.

Yoga for Labor and Delivery

An Active Birth Workshop for Partners \$60 per couple

Sat., Dec. 17 • 2–5 p.m. Kelly Devi

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

Therapeutic Yoga

Beat the Holiday Stress \$17

Wed., Dec. 14 • 9:30–11 a.m.

4-Week Open Series \$17 per session

Wed., Jan. 18–Feb. 8 • 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**

Yoga and Shamanic Womb Healing

An Opening to Self-Forgiveness for Girls, Women, and Elders \$20

Thurs., Jan. 5 • 6:30–8:30 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**

Yoga-Based Cognitive Behavioral Treatment of Anxiety™

Learn to Heal Your Anxiety on Your Own \$60

Sat., Jan. 7 • 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.*

Three Keys to Healing Trauma

Strategies for Moving into Wholeness \$25

Sat., Jan. 7 • 2:30–5 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**

Arthritis and Chronic Pain

A Mind-Body Approach \$15

Mon., Jan. 23 • 6–7:30 p.m. Bornali Basu, M.D.

The experience of arthritis and pain often involves a loss of control and a reduced quality of life. Learn to manage pain before it manages you, with mind-body-informed relaxation and pain management techniques, drawing on evidence-based research and ancient Yogic meditation practices.

🧘 **New Beginners and All Levels**

Overcoming Food Cravings

A New Approach to an Old Problem \$20

Sat., Jan. 28 • 3:30–5:30 p.m. Donna Perrone

The most common cause of people's difficulty in eating healthfully is food cravings. This workshop will explore the reasons for cooked-food dependency, offer tips on how to increase the amount of healthful food in your diet, suggest the ingredients needed for coping in those challenging moments, and provide an understanding of what is necessary for success.

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$30

Sat., Feb. 11 • 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**

The Chakras, Samskaras, and Addictions

The Psychospiritual Path to Recovery from Excessive Eating or Drinking \$40

Sat., Feb. 4 • 1:30–5:30 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.

Special Program

Spa Day for Women

Relax, Rejuvenate, and Support IYI \$98

Sun., Feb. 5 • 10 a.m.–5 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, a 10 percent discount at the Integral Yoga Shop, and more will make this a special day. *Please visit www.iyiny.org for a full schedule of activities and comments from previous participants.*

Prana Made Simple

How Can I Feel Prana? \$20

Sat., Feb. 11 • 2–4 p.m. Swarupa Sky Oak Speaker

The idea of prana can seem beyond our experience. In truth, it is quite simple to begin expanding your awareness of reality to include the Pranamaya Kosha. This workshop will teach you some very accessible techniques for attuning your awareness and becoming sensitive to prana as it manifests in the physical, emotional, and mental fields, allowing you to feel it in your hands, in other people, and in plants. You will come away with a greater consciousness of the vital life force known as prana.

Heart Health Through Nutrition and Yoga

A Natural Approach \$20

Sat., Feb. 18 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

One of today's most passionate proponents of natural healing, Manu Dawson shares integrative and complementary approaches to preventing and healing heart disease through nutrition, exercise, and the practice of Yoga.

Health Strategies for the Black Community

A New Approach to Health \$20

Sat., Feb. 25 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

In observance of Black History Month, this workshop covers some of the medical issues facing the African-American community, or African diaspora, such as diabetes, hypertension, colon cancer, and lupus. You'll learn why they are more prevalent in the black population, how they can be prevented, and much more.

Everyday Yoga for Arthritis/Chronic Pain

Easeful Practices for Day and Night \$15

Sun., Feb. 26 • 1:30–3 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**

Yoga Vacation in Puerto Rico

With Swami Asokananda and Ram Wiener
February 25–March 2, 2012

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



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

DECEMBER

1	Yoga for a Strong Midlife Body	3
2	Yoga for Cancer	6
3	Laughter Meditation	4
4	Yoga for Grief Relief: Mini Retreat	6
5	Fundamentals of Integral Yoga: 3-Week Course	3
6	Meditation I Workshop	4
	Explore the Bhagavad Gita (Ongoing, Tuesdays)	4
8	Yoga and Qigong	3
10	Introduction to Thai Yoga Massage	6
	Yoga and Scoliosis	6
	Strengthening the Immune System	6
	Drum Circle	6
12	Yoga While Lying Down	3
14	Therapeutic Yoga	7
15	Yoga and Shamanism	4
17	Upper Back Relief	3
	Yoga for Labor and Delivery	6
22	Sufi Workshop	5
	Solstice Gong Yoga	5
24	CLOSED AT 5:30 P.M. FOR CHRISTMAS EVE	
25	CLOSED FOR CHRISTMAS	
31	108 Sun Salutations for the New Year	3
	CLOSED AT 5:30 P.M. FOR NEW YEAR'S EVE	

JANUARY

1	CLOSED FOR NEW YEAR'S DAY	
1	Raja Asana: Sirshasana (Headstand) Workshop	3
3	Fundamentals of Integral Yoga: 4-Week Course	3
	Study Group on the Dhammapada (Ongoing, Tuesdays)	4
5	Jnana Yoga: The Direct Path	4
	Yoga and Shamanic Womb Healing	7
7	Meditation Course: 3-Week Immersion	4
	Beginning Ohashiatsu: 4-Day Course	6
	Yoga-Based Cognitive Behavioral Treatment of Anxiety	7
	Three Keys to Healing Trauma	7
8	Fundamentals of Integral Yoga: 4-Week Course	3
9	Integral Yoga Flow Class: Open Series	3
12	Abdominal Power	4
	Meditation I Workshop	4
	Applying Yoga to Daily Life—The Yama: 5-Week Course	5
14	Detox Yoga and Ayurveda	4
	Healing the Ayurveda Body and the Yoga Mind	4
	Drum Circle	6
18	Therapeutic Yoga: 4-Week Open Series	7
19	Yoga and Ayurveda for Weight Loss	4
21	Fundamentals of Integral Yoga: 4-Week Course	3
	Inner Fulfillment	5
	The Yoga of Personal Finance	6
22	Meditation I Workshop	4
23	Arthritis and Chronic Pain	7
25	Thai Yoga Massage Intensive 1: 5-Day Workshop	6
28	Structural Yoga Therapy: Intensive 1-Day Workshop	6
	Overcoming Food Cravings	7
31	Backward Bending	4

FEBRUARY

2	Ganesh Mantra Workshop	5
4	The Yoga of Breath	4
	The Chakras, Samskaras, and Addictions	7
5	Spa Day for Women	7
6	Fundamentals of Integral Yoga: 4-Week Course	3
	Integral Yoga Flow Class: Open Series	3
7	Study Group on the Dhammapada (Ongoing, Tuesdays)	4
11	Knee Care and Yoga	7
	Prana Made Simple	7
	Drum Circle	6
16	Meditation I Workshop	4
	Applying Yoga to Daily Life—The Niyama: 5-Week Course	5
18	Heart Health Through Nutrition and Yoga	7
	Fundamentals of Integral Yoga: 4-Week Course	3
23	Living Your Values	5
25	Laughter Meditation	4
	Health Strategies for the Black Community	7
26	Everyday Yoga for Arthritis/Chronic Pain	7

The Satsang and Kirtan schedules are on page 5.