

Integral Yoga[®] Institute New York City



Accessible Yoga Conference New York
Friday, May 19 to Sunday, May 21
www.iyiny.org



New and Better Than Ever!
Yoga Life Training
An Immersion Program
February to May
Details at www.iyiny.org



Program Guide

December 2016 / January / February 2017

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



IntegralYogaNYC



@IntegralYogaNYC



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

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 facilitate an easeful body, a peaceful mind, a useful life, and, ultimately, the realization of one's true Self. We encourage interfaith harmony by respecting all the world's faiths. Our goal is to promote peace in the individual and in the world.

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.

Students, seniors 65 and older, veterans, police, firefighters, first responders, schoolteachers, 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.

Please visit www.iyta.org/credentials for more information on our Yoga Therapy credentials.



227 West 13th Street, New York, NY 10011
212-929-0585 (phone) 212-675-3674 (fax)

www.iyiny.org info@iyiny.org

Mon.–Fri. 8:45 a.m.–7:30 p.m.; Sat. 9:45 a.m.–7:30 p.m.;
Sun. 9:45 a.m.–6:30 p.m.

Closed for midday meditation Mon.–Fri. 12:15–1 p.m.



Integral Yoga Wellness Spa
212-929-0585, ext. 88 www.iyiny.org/wellness_spa



229 West 13th Street, New York, NY 10011; 212-243-2642

www.integralyoganaturalfoods.com

Mon.–Fri. 8 a.m.–9:30 p.m.; Sat. 8 a.m.–8:30 p.m.; Sunday 9 a.m.–8:30 p.m.

Hatha Yoga

Fundamentals of Integral Yoga

4-Week Course for Beginners \$80

Thurs., Dec. 1–22 • 6:30–8:30 p.m. Stelios Saharsha Kefalas, RYT

Tues., Jan. 10–31 • 6:15–8:15 p.m. Taravati Tania Turcinovic

Wed., Jan. 25–Feb. 15 • 7–9 p.m. Brina Lord

Sat., Feb. 4–25 • 10:30 a.m.–12:30 p.m. Margaret Padma Tumelty, M.S., OTR, RYT 500

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**

Introduction to Integral Level II

A Safe, Gradual Path to Intermediate Practice: 3-Week Course \$60

Mon., Feb. 6–20 • 7–8:30 p.m. Swami Asokananda

Don't think of Intermediate Integral Yoga merely as a step up to another level. Let Swami Asokananda—a decades-long practitioner, trainer of teachers, and devotee of a conscious and meditative practice—guide you to experiencing new poses, going deeper in the breathing practices, and engaging your own creativity in Yoga. As with every Integral class, you'll move at your own pace and monitor your own practice. [Register and receive a FREE Intermediate Yoga Class with Swami Asokananda DVD.](#) **Experienced Beginners**

50 Sun Salutations

For 50 Years of Integral Yoga \$25*

Sat., Dec. 3 • 11 a.m.–1 p.m. Chandra/Jo Sgammato

For 50 years, thousands of Yogis and Yoginis have begun their Integral Yoga classes with surya namaskaram, the classic sun salutation. Let's come together and honor that tradition. We'll do some slowly, we'll do some as a flow, and we'll do some classically, some with variations. **All Levels**

*Includes your choice of a 50th Anniversary mug or a T-shirt

Chair, Chi, and Prana™

A Fusion Class: Chair Yoga and Qigong \$15 per session

Mon., Dec. 5, 12, 19, Jan. 9, 23, 30, Feb. 6, 13, 27 • 2–3 p.m.

Melissa "Mati" Elstein, RYT, Esq.

Increase your vitality and better your balance and coordination with a unique class that combines Chair Yoga, Qigong, and Tai Chi Easy™ walking. Seated and standing Yoga poses strengthen and stretch the body, gentle and flowing Qigong movements enhance your life force energy, and Tai Chi walking improves balance. These practices are a moving meditation that calms the nervous system, focuses the mind, and is accessible to all bodies and ages.

The seniors' fee for this program is \$10 per session, available through Reception. Students should come barefoot or wear indoor slippers or socks with traction. **New Beginners and All Levels**

Yoga and Gong NEW

Practice to Healing Vibrations \$20

Wed., Dec. 14 • 6–7:30 p.m. Chandra/Jo Sgammato and Laksmi Scalise

Wed., Jan. 4 • 7–8:30 p.m. Chandra/Jo Sgammato and Laksmi Scalise

Sat., Feb. 18 • 10–11:30 a.m. Chandra/Jo Sgammato and Laksmi Scalise

While Chandra leads you in a one-hour multilevel Integral Yoga class, Laksmi will sound the gong. Together, they will invoke the timeless Hatha practice of Sri Swami Satchidananda and Grand Gong Master Don Conreux's universal teachings of the gong to return you to your natural state of health and bliss. Treat your body and soul to this sweet vacation from cares and worries, and tune in to your true self. **All Levels**



Vacation
Retreats

For more information, contact Purusha at purusha@iyiny.org

Costa Rica Yoga/Surf Retreat

Nosara, Costa Rica April 1–8, 2017

With Purusha John Donohoe
and Swami Asokananda

Restorative Yoga and Sound Healing

A Journey Through the Chakras \$27

Tues., Dec. 6 • 7–9 p.m. Tara Dhyani Purswani and Laksmi Scalise, RYT 500
Ease your body and balance your nervous system by awakening to your senses. Rejuvenate yourself through a Restorative Yoga sequence, focusing on each of the seven chakras, to increase pranic flow. The Restorative Yoga teacher Dhyani offers aromatherapy and healing hands-on adjustments to support a physical release. The sound healer and Reiki master Laksmi creates a sound bath with her collection of Tibetan singing bowls to tune in to the resonating frequency of each chakra for a blissfully meditative state. 🧘 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, RYT 500
What better way to welcome 2016 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

Special Guest Program



Yin Yoga Teacher Training Module II

Exploring Subtle Terrain in Yin Yoga: Feelings, Beliefs, and Transformation \$425 (\$375 until Jan. 6)

Fri.–Sun., Jan. 27–29 • 10 a.m.–6 p.m. Corina Benner

This training is open to Yoga teachers of all traditions as well as curious and dedicated students of Yin Yoga. Module I is not a prerequisite for taking Module II. Visit www.iyiny.org for details.

Yin Yoga and Tibetan Bowls

Resonate with Stillness \$27

Tues., Feb. 7 • 7–9 p.m. Bhairavi Andrea Downes and Laksmi Scalise, RYT 500
Yin Yoga benefits connective tissue because postures are held, creating stillness in the mind, body, and spirit. That stillness can allow vibrations, energy, and prana (life force) to resonate within. During this workshop the healing vibrations of the Tibetan singing bowls will allow you to explore the powerful effects of Yin Yoga. Together we will create a space where the body, mind, and spirit are renewed and revitalized. 🧘 All Levels

Yoga, Music, and Tea

An Infusion of Good Vibrations \$25; Valentine's Special: 2 for \$40

Sun., Feb. 12 • 1:30–3:30 p.m. Lakshmi Pidel and Matt Tavisha Fass
Come journey through the senses in a class designed to relax and revive you completely. Lakshmi's Yoga sequence unfolds to Matt's modern approach to guitar, interweaving jazz, pop, folk, looping, and swells, all blended together in an ethereal electric sound that will wash over you in soothing waves. During the class a large pot of herbal tea simmers, absorbing all the positive energy generated in the room through the Yoga flow and sound vibrations. The workshop ends with our sitting together sipping tea as a meditation. 🧘 All Levels

Peaceful Practices

Meditation I Workshop

How to Meditate \$25

Sun. Dec. 4 • 12:30–2:30 p.m. Rev. Sam Rudra Swartz

Mon., Jan. 16 • 7–9 p.m. Rev. Sam Rudra Swartz

Thurs., Feb. 16 • 6:30–8:30 p.m. Nina Priya Ma David, M.A., E-RYT 500

This popular workshop, taught by certified Integral Yoga meditation instructors, provides a complete overview of the practice of meditation. You'll receive instruction in and then the experience of various meditation techniques for beginners. The workshop will inspire you to make meditation a part of your daily life. *No experience required.*

Meditation Course

3-Week Immersion \$60

Thurs., Jan. 26–Feb. 9 • 7–9 p.m. Rev. Sam Rudra Swartz

For anyone new to meditation, as well as those who wish to enhance or strengthen their practice, a certified meditation instructor guides the practice of five meditation techniques in depth. The experience will help you decide which techniques resonate for you and inspire you to integrate meditation into your life. *No experience is required. Includes a free copy of the booklet *Meditation by Sri Swami Satchidananda.**

Yoga of Breath

Pranayama for Beginners \$25

Sat., Jan. 21 • 10:30 a.m.–12:30 p.m. Kali Morse, E-RYT 500, RPYT

Many people believe that breathing practices are even more beneficial to the body, mind, and spirit than asana are. In this workshop you'll learn the fundamentals of Yogic breathing techniques. The basic pranayama techniques done in the Integral Yoga Level I class (dirgha svasam, kapalabhati, and nadi suddhi), along with some others, are demonstrated and explained in detail. You'll find the practices comfortable and joyful, and you'll learn to use the prana (vital energy) for healing, cleansing, and strengthening. *No experience required.*

Breathing in Stillness and Movement

Get the Most from Every Breath \$32

Tues., Feb. 28 • 6:15–8:30 p.m. Carla Melucci Ardito

In this workshop, Carla will guide you to the discovery and awareness of how your breath can flow optimally through your body. You will learn the ways in which we all inadvertently prevent our breath from flowing freely, both in stillness and in movement. Unencumbered respiration is the best gift we can give ourselves as we move toward a more healthful lifestyle. The way we breathe determines how well our bodies do everything. *The program includes lecture, experiential exercises, and breathing in movement and asana. Questions? E-mail Carla at betterbreathing@me.com.* 🧘 All Levels

Integral Yoga Teacher Training

Integral Yoga Level I Spring 200-Hour

Jan. 23–May 18

Integral Yoga Level I Summer Intensive 200-Hour

Jun. 26–Jul. 28

Open House for Level I

Mon., Dec. 12 • 6–7 p.m.
Thurs., Jan. 12 • 6–7 p.m.

Gong Yoga

Dec. 15–19 and Jan. 12–16

Yin Yoga: Module II

Jan. 27–29

Kidding Around Yoga

Mar. 11–12

Yoga for the Special Child Basic Level 1

Apr. 8–14

Prenatal Yoga

May 5–8 and 12–14

Accessible Yoga

May 22–25

Yoga for the Special Child Basic Level 2

Jul. 1–8

For more information about these and other trainings, please visit www.iyiny.org, e-mail TeacherTraining@iyiny.org, or call 212-929-0585, ext. 68.

Sacred Wisdom

Study Group on Raja Yoga

Yoga Philosophy and Psychology *By donation*

Tues., Jan. 10, 17, 24, 31 • 7–8:30 p.m. Rev. Sam Rudra Swartz

Suggested reading: The Yoga Sutras of Patanjali with commentary by Sri Swami Satchidananda. May be attended on a drop-in basis with no preregistration.

Explore the Bhagavad Gita

Yoga Philosophy and Psychology *By donation*

Tues., Feb. 7, 14, 21, 28 • 7–8:15 p.m. Swami Asokananda

May be attended on a drop-in basis with no preregistration.

The 102nd Jayanthi of Sri Swami Satchidananda

A Special Satsang *By donation*

Sat., Dec. 17 • 5:30–7 p.m. Swami Asokananda and Rev. Sam Rudra Swartz

All are welcome to join in celebrating the birth and honoring the guiding presence of IYI's founder and spiritual teacher, Sri Swami Satchidananda (Gurudev). The evening will include stories from longtime disciples, a videotape of Sri Gurudev speaking, chanting, and a worship service. Together, we'll express gratitude for Sri Gurudev's timeless teachings and how they continue to transform thousands of lives. *May be attended on a drop-in basis with no preregistration.*

Christmas Eve Service

A Special Satsang *By donation*

Sat., Dec. 24 • 5–7 p.m. Rev. Sam Rudra Swartz

IYI's annual Christmas Eve celebration is a wonderful Greenwich Village tradition. A worship service and the singing of lots of Christmas carols celebrate the spirit of Christ by honoring the birth of Jesus and his message—the unconditional love and acceptance of oneself and others. All are welcome! Refreshments will be served. *May be attended on a drop-in basis with no preregistration.*

Special Guest Programs



Winter Solstice Gong Bath

Vibrations and Light \$27

Wed., Dec. 21 • 8–10 p.m.

Grand Gong Master Don Conreux and Associates

Continuing a beloved holiday season tradition, Don Conreux returns here to IYI for our annual winter solstice gong bath. As the peaceful, devotional tones of the gongs ring through the Lotus Room, your mind, body, and spirit will vibrate and glow with vitality and a sense of relaxation. As darkness turns to light, as winter unfolds, renew your life's purpose, and set a course for peace and joy.

Gong Day

Personal Healing Enveloped in Sound \$108

Sat., Jan. 28 • 10:30 a.m.–5:30 p.m.

Grand Gong Master Don Conreux

Integral Yoga and Grand Gong Master Don Conreux—along with gong masters he has trained and certified—invite you to spend this auspicious day enveloped in the vibrations of the gong. The day will include gentle Yoga poses accompanied by the gong, the healing energy of Reiki, a journey into deep relaxation, and some lessons in making the gong a part of your life. We will come together to create a communal prayer and wishes for our world. We will have small sacred gong healing circles and share our experiences so that together and individually we may open our hearts. *A delicious vegetarian lunch will be served to all who attend.*

Each participant receives a 10% discount on singing bowls, tingshas, tuning forks, and books on sound healing at the Integral Yoga Shop.

Day of Silence **NEW**

Refresh and Relax into the New Year \$95

Sat., Jan. 7 • 10 a.m.–3:30 p.m.

Kali Morse, Swami Asokananda, Rev. Sam Rudra Swartz, Chandra/Jo Sgammato After the busy holiday season, this is a wonderful way to embark on another new year. Become reacquainted with your true self on this special day that includes Hatha Yoga, sitting and walking meditation, and deep relaxation interspersed with short dharma talks on Raja Yoga and more. Integral Yoga's senior teaching staff will nurture and care for you. You will be connected with your inner nature and the true meaning of silence. *The price includes a delicious vegetarian lunch.*

Return to the Heart **NEW**

The Grace of Divine Love \$20

Tues., Feb. 14 • 6:30–8 p.m. Swamini Sri Lalitambika Devi

The beloved may appear as mischievous playmate, Divine protector, luminous teacher, and greatest love when we open to the truth of para bhakti. The beloved is also who we are. In this festive bhakti retreat on Valentine's Day, we will share songs and stories of the beloved, reflecting our deepest potential as human beings and the Divine truth of the liberated soul. Step onto the path of grace and surrender to all that is.

Satsang



Each Saturday evening, 5:30 to 6:30 p.m.

We will view a video of Sri Swami Satchidananda for 30 minutes and then share a 30-minute discussion with one of Integral Yoga Institute's resident Swamis or a senior IYI teacher. *Satsang is by donation.*

Visit www.iyiny.org for schedule and presenters.

Kirtan

True Song

Chanting the Heart Awake \$45

Sun., Jan. 22 • 11 a.m.–1:30 p.m. Carrie Grossman

Each of us has a unique essence that will never be replicated, but because of patterns of conditioning and fear, we often dim our inner light. Using contemplative practices like Kirtan, inquiry, and meditation, we can begin to untie the knots of illusion and become more of who we truly are. Journey to uncover your true song and take rest in the silence of your deepest self.

The Ascendants

Sat., Dec. 10 • 8 p.m.

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

Full Moon Kirtan Kirtan Rabbi

Tues., Dec. 13 • 7:45 p.m.*

By donation

Sat., Dec. 17 • 8 p.m.

*\$20 in advance
\$25 day of event*

New Moon Kirtan Full Moon Kirtan Carrie Grossman

Thurs., Dec. 29 • 7:45 p.m.*

By donation

Fri., Jan. 13 • 7:45 p.m.*

By donation

Sat., Jan. 21 • 8 p.m.

*\$20 in advance
\$25 day of event*

New Moon Kirtan Nina Rao

Fri., Jan. 27 • 7:45 p.m.*

By donation

Sat., Jan. 28 • 8 p.m.

*\$20 in advance
\$25 day of event*

Full Moon Kirtan Kirtan Soul Revival

Fri., Feb. 10 • 7:45 p.m.*

By donation

Sat., Feb. 11 • 8 p.m.

*\$20 in advance
\$25 day of event*

Swan Kirtan

Sat., Feb. 18 • 8 p.m.

\$20 in advance

New Moon Kirtan

Sat., Feb. 25 • 7:45 p.m.*

By donation

**Please note that IYI closes promptly at 8 p.m. on these evenings.*

Visit www.iyiny.org for complete Kirtan information.

Life and Work

Special Guest Program



Ohashi Method®: Ohashi's Bodywork Course 4-Day Intensive \$395

Thurs.–Sun., Dec. 1–4 • 10 a.m.–5 p.m.

Discover what thousands of students have experienced around the world. The master teacher Ohashi returns to IYI to teach his famous Ohashi Method bodywork technique. In this four-day intensive course you will learn the body-movement principles of his unique method, which maximizes movement and enhances your joy of giving. In an approach developed over 45 years of practice and teaching, Ohashi demonstrates tonus, cross-patterning, and working from hara—your own center of energy. Always uplifting, Ohashi's techniques and philosophy offer a way for you to maintain good health and an improved lifestyle. *Ideal for bodywork therapists, Yoga instructors, and fitness professionals. Open to all.*

Lotus Palm Thai Yoga Open House

Celebrating Our Partnership Free

Meet Lotus Palm Director Sukha Wong

• Enjoy Delightful Refreshments • Learn About All Our Offerings

Thurs., Dec. 8 • 6:30–8 p.m.

Introduction to Thai Yoga Massage

Learn to Give a 20-Minute Massage \$50

Mon., Dec. 12 • 6:15–9:15 p.m. Renée Rice

Mon., Jan. 9 • 6:15–9:15 p.m. Renée Rice

Learn about Lotus Palm Thai Yoga Massage and see whether you are interested in pursuing certification as a practitioner. The workshop includes a hands-on opportunity to learn how to give a 20-minute massage by practicing Thai Yoga Massage postures and incorporating the fundamentals of effortless, flowing transitions between poses.

You'll discover the essentials of maintaining proper body alignment and stances to create a mutually beneficial massage for both participants. *Please wear a long-sleeved shirt and long, loose pants.*

Thai Yoga Massage 1

5-Day Intensive \$500

Wed.–Sun., Feb. 8–12 • 10 a.m.–5 p.m. Renée Rice

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.

Lotus Palm Ayurvedic Thai Therapy 2

5-Day Intensive \$500

Wed.–Sun., Dec. 7–11 • 10 a.m.–5 p.m. Sukha Wong

Prerequisite: Lotus Palm Ayurvedic Thai Therapy Intensive 1

Lotus Palm Thai Yoga Massage 4

5-Day Intensive \$500

Wed.–Sun., Dec. 7–11 • 10 a.m.–5 p.m. Sukha Wong

Prerequisite: Lotus Palm Thai Yoga Massage 1, 2, and 3

Please visit www.iyiny.org for details about Thai Yoga Massage Intensives as well as required and recommended reading and www.lotuspalm.com for full certification details and costs and information about continuing-education credits.

Family Yoga

Your Adventure Story

Sun., Dec. 4 • 11 a.m.–1 p.m. Lese Dunton

Indian Classical Music for Kids

Sun., Jan. 8 • 11 a.m.–1 p.m. Raga Kids

Kamishibai Paper Theatre—Stories from Japan

Sun., Feb. 5 • 11 a.m.–1 p.m. Theatre Banana

\$15 for one adult and one child, \$5 each additional person

Visit www.iyiny.org for more details. 🐾 All Levels



Resolutions and Setting Intentions for the New Year

How Not to Backslide \$25

Thurs., Jan. 5 • 7–9 p.m. Rev. Sam Rudra Swartz, IYM

How long do your New Year's resolutions usually last? Spend an evening declaring those resolutions, setting intentions, saying affirmations, and exploring skillful ways of implementing your plan. Discover tools to employ in the event you "backslide" from your plan, and learn some astrology and numerology to assist you in restarting your process or finding other auspicious times for setting intentions throughout the year. Happy New Year!

Advanced Practitioner Reiki Level III Training: 2-Day Course

Loving Touch Center International School of Traditional Reiki \$350

Sat. and Sun., Jan. 7–8 • 10:30 a.m.–4:30 p.m. Hamsa Spagnola, E-RYT 500, T.R.M.

Prerequisite: Loving Touch Center International School of Traditional Reiki Levels I and II. Please visit www.iyiny.org for complete details about Reiki training.

Surfing the Waves of Life NEW

Transform Your Karma into Karma Yoga \$20

Wed., Jan. 11 • 7–8:30 p.m. Swami Asokananda

Is your daily life supporting the evolution of your soul? Learn to perform your duties in such a way that you finish off old karmas without creating any new ones. Lacking the purifying effects of Karma Yoga, our attempts to go deep in meditation will be thwarted. Through living in the spirit of Karma Yoga, we can enjoy our meditation practice and our life and even face challenging situations with a poised and calm mind. *Includes a slide show and discussion.*

Enlightened Singing

Sing with Ease and Joy! \$27

Thurs., Jan. 19 • 7–8:30 p.m. Gina Crusco

Singing becomes a pleasure when we connect to the breath. In this workshop, simple Yoga-based stretches and breathing techniques increase awareness, improve alignment, and maximize breathing capacity. You'll learn how to center yourself for peak performance, stretch into new areas of breath expansion, flow the voice effortlessly on the breath, and sing songs and improvise without performance pressure. *This workshop is appropriate for all levels of Hatha practice and/or vocal ability.* 🐾 All Levels

Special Guest Program



Maximum Security

One Man's Journey from Prison
to Freedom Through Meditation \$48

Sun., Feb. 26 • 1:30–4:30 p.m. Alan Gompers

Alan Gompers will share his story, illuminated in his book *Maximum Security: The True Meaning of Freedom*, soon to be a motion picture. His lifelong search for meaning and recognition led him to make and lose millions, sell drugs, and be sentenced to life in prison. Only inside those walls did he find the true meaning of freedom. This workshop will include the reading of a letter from an inmate meditating on death row, a series of contemplations featuring interactive small and large group sharing sessions, group meditations, and journaling.

Mind and Body Health

Integral Nutrition

Improve Your Health and Well-Being for the New Year \$25

Sat., Dec. 3 • 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. *Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

Stress Relief

An Introduction to Stress Management \$25

Mon., Jan. 9 • 6:30–8:30 p.m. Rev. Lila Lucy Nelson

Many people experience stress as a kind of morass. They don't know exactly where it started, why it is so pervasive, or how to change it. Understand where stress begins and, through the science of Yoga, access tools to respond rather than react to stressful events and also heal from the effects of stress. Stress begins in the mind, but the approach to stress relief begins with the body. 🧘 All Levels

Stress Management: 3-Week Course NEW

An Array of Effective Peace-Enhancing Tools \$72

Mon., Jan. 30–Feb. 13 • 6:30–8:30 p.m. Rev. Lila Lucy Nelson

Stress is often the reaction to life, people, or situations that change our environment and circumstances, yet life itself is constantly changing. How do you manage the constant flux of life with ease and flow? The elements of Yoga-based stress management will teach you how to cope with and relieve stress with mindfulness. You'll learn how to create a foundation, a steadiness that will empower you in any stressful situation. 🧘 All Levels

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$38

Sat., Jan. 14 • 10:30 a.m.–1:30 p.m. Madhavan, RYT 500

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

Therapeutic Yoga

Access Your Deep Healing Wisdom \$17 per session

Wed., Jan. 18, 25, Feb. 1, 8 • 9:30–11 a.m.

Jyothi Larson, RYT 500, and Deborah Madhavi Matza, R.N.

People with chronic conditions should contact the instructor at jyothilarsonyoga@gmail.com prior to the first class. The seniors' fee for this program is \$10 per session, available through Reception.

🧘 New Beginners and All Levels

Yoga and Qigong for Healthy Bones and Muscle Tone NEW

Reduce Stress to Strengthen Bones \$27

Wed., Jan. 18 • 6:30–8:30 p.m. Nadiya Nottingham, RYT

It is well documented that stress is a major factor in bone reduction and muscle loss. Yoga, meditation, and Qigong return the cells to their optimal alkalinity, which in turn helps to rebuild bone and muscle. This class will give you tools for an easy-to-follow regime for relieving tension and building muscle, which is ultimately the foundation of juicy bones and good skin.

🧘 New Beginners and All Levels

Yoga-Based Cognitive Behavioral Treatment of Anxiety™

Learn How to Heal Your Anxiety on Your Own \$95

Sat., Jan. 21 • 10:30 a.m.–3:30 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.

Cosmic Sound Bath

Healing on the Deepest Level \$27

Fri., Jan. 20 • 7–9 p.m. Laksmi Scalise, RYT 500, and Lois Harrison

All things alive vibrate. Allow yourself to be immersed in the healing sounds and vibrations of sacred gongs, Himalayan singing bowls, Native American flutes, percussion, and other world instruments. Experience the deepest level of relaxation, clearing the mind and body of negativities that cause pain, anxiety, and dis-ease. Realign and harmonize yourself to a state of inner peace and connectedness. As we participants lie down, we set our intentions and let the vibrations of the sacred sounds help us access our inner wisdom. *Wear comfortable clothes.*

Special Guest Programs



Introduction to Ayurveda

The Traditional Medicine of India \$48

Sat., Jan. 21 • 10:30 a.m.–1:30 p.m.

Cory Tixier, B.S., Certified Ayurvedic Practitioner with NAMA, E-RYT 500

Ayurveda is the sister science to Yoga. Rich in history and of proven efficacy, it is the art of being synchronized with nature's rhythms. This introductory workshop will familiarize you with Indian philosophy, the five elements, and the three body constitutions that set the foundations for this timeless "science of life." Learn about the spirit of Ayurveda and how its teachings are backed by centuries of success. The knowledge is already inside you. Become the master of your health!

Ayurvedic Marma Points NEW

Balance Your Biology \$48

Mon., Jan. 23 • 6:15–9:15 p.m.

Cory Tixier, B.S., Certified Ayurvedic Practitioner with NAMA, E-RYT 500

Marma provide one of Ayurveda's most powerful modes for applying therapy. These vital energetic points located on the surface of the body allow us to tap into the multidimensional nature of our whole being. Think of them as areas where you can access your physiology and your consciousness! Marma can be used both to diagnose and to treat disease; they are the vehicles of communication between all the single cells. In this workshop you will be introduced to the marma points of Ayurveda, their history, their mechanisms of action, their therapeutic uses, and much more.

Brain Wellness

Vital Advice for Every Stage of Life \$25

Sat., Jan. 21 • 1–3 p.m. Manu Dawson, C.Y.N.Th.

The body is our vehicle, but the brain is its driver, and keeping the driver sharp and alert is essential. Manu will offer an integrative approach to improving brain function, sharpening memory and concentration, preventing and/or helping to reverse such conditions as Alzheimer's disease, and enabling the brain to repair and detoxify through diet, nutrition, and Yoga. This information will serve you every day of your life. *Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

How to Stretch

Easy Practices \$27

Sat., Jan. 21 • 3:30–5:30 p.m. Sudama

Stretching is good for you, especially if you don't practice Yoga. Stretching increases flexibility, lubricates joints, aids in digestion, helps you prevent injury, and increases the flow of oxygen and blood to the heart and muscles. Stretching also brings awareness to the physical body, improves posture, puts a spring in your step, and enhances self-image. This workshop will help you create a daily stretching routine that can be effective on its own or lead you into a deeper appreciation of Yoga. 🧘 New Beginners and All Levels

Shamanic Womb Healing

Ceremony, Song, and Water Prayer \$40

Sun., Jan. 22 • 2:30–5:30 p.m. Nadiya Nottingham, RYT, and Jeanny Tsai
By transforming old wounds to strengthen our female warrior selves, we become community healers. When unexplored, past events can leave a scar or an emotional hurt that you may have difficulty addressing. Through a meditation and a forgiveness ritual circle, we'll take steps toward a new beginning, a fresh perspective on the woman within. *Questions? E-mail Nadiya at Nadiya108@mac.com. Attend this workshop and receive a 10% discount on a shamanic healing session with Nadiya at the Integral Yoga Wellness Spa.*

Mind–Body Approaches to Pain Management

Arthritis and Chronic Pain \$20

Mon., Jan. 23 • 6:30–8 p.m. Bornali Basu, Ph.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.
Yoga postures will not be performed.

Posture, Poise, and the Pelvic Floor NEW

Find Your Inner Lift \$35

Sat., Jan. 28 • 10:30 a.m.–1 p.m. Leslie Daley
The spine, diaphragm, and pelvic floor are major supporting internal structures of the body. When properly aligned and coordinated, these structures create strength and resilience against gravitational forces. We will explore ways to maintain a dynamic posture, steady tone, and upward lift that support both movement and stillness. Learn to cultivate core alignment, power, and adaptability in both sitting and standing. 🧘 *All Levels*

Tantra Workshop NEW

Awaken Your Full Spiritual Power \$35

Sun., Jan. 29 • 1–3:30 p.m. Yogini Gopika
Tantra is an ancient science that uses specific techniques to expand the consciousness and liberate it from all limitations. Experience a complete Tantra Yoga practice that will awaken your kundalini shakti (cosmic power), open your awareness, and ground your body. This workshop includes asana combined with chakra awareness, mudras to energize the entire system, bhandas to generate energy, pranayama with visualization, Yoga Nidra using the Tantric practice of nyasa, om chanting to activate the Ajna chakra, mantra and Kirtan to create sacred space, and Tantra meditation to balance the sacred masculine and the Divine feminine. 🧘 *All Levels*

It Is Not Over! NEW

A Workshop for Women in Menopause or Transitioning \$27

Sat., Feb. 4 • 11 a.m.–1 p.m. Bhakti Cinzia Parma
Menopause is often associated with negative effects. During the workshop, we will care for ourselves, practicing Yoga and Qigong to access and explore the potential of this important and empowering phase of our lives. Come together, support one another, and feel the beauty of this sacred passage. Menopause is to be not dreaded but rather accepted as a continuation of a woman's evolution. Menopause offers the opportunity to grow spiritually, live healthfully, and become aware of our needs, both physically and emotionally. 🧘 *All Levels*

Laughter and Sound Healing Meditation

Bring a Joyful Element to Your Practice \$27

Sat., Feb. 4 • 2–4 p.m. Swami Nadabrahmananda
Call-and-response chanting, playfully therapeutic laughter-cises, and transportive music, sound, and light language will support your deeper relaxation and self-healing meditation. You will be immersed in ancient gong tones and voice chants, along with a variety of sensitive vibration sounds.
Dress comfortably, and bring drinking water and an eye cover or a blindfold for deeper horizontal listening.

Special Guest Programs



Yoga Shodhana (The Detox) NEW

Cleanse, Enlighten, and Celebrate Unity \$45

Sat., Feb. 4 • 10:30 a.m.–1 p.m. Mas Vidal
This detoxifying and dynamic Yoga practice is an Ayurvedic approach to “hot” Yoga, but most of the heat comes from within. Learn how to awaken your inner fire (agni) to cleanse every morsel of your physical and energetic body. Experience a mindful Ayurvedic Yogic approach to ridding your body of toxins, excess fat, and phlegm through a practice infused with special combinations of postures, sequences, and powerful breathing techniques in a warm body and a warm room. Experience how asana and pranayama can be interwoven to enhance the quality of your Yoga practice according to your body–mind type (dosha). Special body oils and teas will be recommended by Mas.

🧘 *Experienced Beginners and Intermediate/Advanced Students*

Sun, Moon, and Earth NEW

The Sacred Relationship of Yoga and Ayurveda \$50

Sun., Feb. 5 • 2–5 p.m. Mas Vidal
This interactive workshop explores life's eternal theme of the relationship between spirit and nature. The concepts of the sun (soul), moon (mind), and earth (body) are metaphors for understanding the sciences of Yoga and Ayurveda for the higher purpose of transcending our human experience toward the Divine. Learn about the history of Yoga and Ayurveda, the birth of mind–body medicine and Yoga therapy in the modern era, and how Yoga and Ayurveda are ideal systems for living a balanced life on Earth. Discover a new relationship with Yoga postures, nature, animals, your diet, and your lifestyle, and cultivate a deeper understanding of your life purpose, or dharma. *Book signing event after the workshop.*

Focus on Feet

Your Support and Your Connection \$25

Thurs., Feb. 9 • 6:30–8:30 p.m. Madhavan, RYT 500
In this workshop you will learn how to stretch and strengthen your feet and ankles, adjust your alignment, and create a stable base for asana. Raise your awareness of the foundation of your body to keep feet and ankles supple and strong, improve their appearance, and develop healthful and energizing practices to do in class and throughout the day. 🧘 *All Levels*

Heart Health Through Nutrition and Yoga

A Natural Approach \$25

Sat., Feb. 18 • 1–3 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. *Yoga postures will not be performed. Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

Yoga for Bladder Health

An Introductory Workshop for Women of All Ages \$35

Sat., Feb. 25 • 10:30 a.m.–1 p.m. Leslie Daley, M.F.A., RYT 500, OTR/L
One-third of women ages 30 to 70 have experienced bladder-control problems. Contrary to popular belief, pelvic-floor strengthening is not the only means of prevention. This workshop will explain the basic anatomy and physiology of the urinary system, the pelvic muscles, and mechanisms that support continence. Learn how to use Yoga to balance the nervous system and tone the muscles responsible for supporting the bladder, and become aware of five key lifestyle changes that can prevent problems now and as you get older. 🧘 *New Beginners and All Levels*

Yoga Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 a.m.	*Level I	*1-hour Multilevel NEW	*1-hour Level I	► Level I Community Class	*Level I		
10:00 a.m.			IY Kids 1-3 yrs.	Gentle Yoga			
10:15 a.m.	Level I/II	Level I	Zenyasa	IY Flow	Level I	Level I Prenatal Yoga	Level II
10:30 a.m.							Restorative Yoga
11:15 a.m.	Level II	*Advanced Level Restorative Yoga	Level I/II	Level I	Level II	Yin Yoga	Level I
12:00 p.m.	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel	*1-hour Multilevel
12:15 p.m.	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	
1:15 p.m.	Level I	Level I	Yin Yoga	Level I	Level I	Level II	*Free Intro Class NEW
1:30 p.m.	▲Baby & Me NEW						
2:00 p.m.		*1-hour Multilevel					
2:15 p.m.			Restorative Yoga		Gentle Yoga	Level I Gentle Yoga	Level I
2:30 p.m.			◆Yoga for the Unemployed				
3:15 p.m.	Gentle Yoga	Gentle Yoga	Level I	Level I/II	Level I	Level I	Level II Gentle Yoga NEW
4:00 p.m.		IY Kids 3-5 yrs.	IY Kids 6-10 yrs.	IY Kids 1-3 yrs.			
4:15 p.m.	Level I IY Flow Advanced	Level II	Level I Yoga for Arthritis	Level II	Advanced Level	Level II Yoga for Arthritis	Level I
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Level II	Level I		Yoga and Qigong		Yin Yoga	Restorative Yoga
5:30 p.m.			Level II	♥ Deep Relaxation	Level I		
6:00 p.m.	Open Meditation Level I	Open Meditation Level I/II Prenatal Yoga	Open Meditation Level I/II	Open Meditation Prenatal Yoga	Level I/II Restorative Yoga		
6:15 p.m.	Yin Yoga	►Level II/III Community Class NEW	Level II/III NEW	Level I/II	Level II	►Level I Community Class	Level I/II
6:30 p.m.	Level I/II	Level I	Level I				
6:45 p.m.			Restorative Yoga				
7:00 p.m.				❖Yoga for Veterans			
7:15 p.m.	*1-hour Level I	*1-hour Multilevel	*1-hour Multilevel	*1-hour Level I	*1-hour Level I		

Most classes are 1 hour and 30 minutes *\$10 ►\$5
 ♥45-minute class/\$10 *1-hour-and-45-minute class ◆1-hour class/Free
 ❖Free with proof of service ▲6 weeks to 12 months; 1-hour class/\$17

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
1 hour	\$10		\$100	

Unlimited Class Cards	1-Week	1-Month	3-Month	1-Year
	\$65	\$108	\$260	\$1,008

New Students 3 Classes/\$30* PLUS Introductory Discounts
 at All 3 IYI Stores and the IY Wellness Spa
**In-store purchases only*

Free Yoga Class for You and a Friend on Your Birthday!



Facebook

December

1	Ohashi Method®: Ohashi's Bodywork Course 4-Day Intensive	5
	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
3	50 Sun Salutations	2
	Integral Nutrition	6
4	Family Yoga: Your Adventure Story	5
	Meditation I Workshop	3
5	Chair, Chi, and Prana™	2
6	Restorative Yoga and Sound Healing	3
7	Lotus Palm Ayurvedic Thai Therapy 2: 5-Day Intensive	5
	Lotus Palm Thai Yoga Massage 4: 5-Day Intensive	5
8	Lotus Palm Thai Yoga Open House	5
12	Chair, Chi, and Prana™	2
	Open House for Level I Teacher Training	3
	Introduction to Thai Yoga Massage	5
14	Yoga and Gong	2
15	CLOSED FROM 1:00 TO 3:00 P.M. FOR STAFF HOLIDAY LUNCHEON	
16	Meditation I Workshop	3
17	The 102nd Jayanthi of Sri Swami Satchidananda: A Special Satsang with Swami Asokananda and Rev. Sam Rudra Swartz	4
19	Chair, Chi, and Prana™	2
21	Winter Solstice Gong Bath	4
24	Christmas Eve Service: A Special Satsang with Rev. Sam Rudra Swartz	4
	CLOSED AT 5:30 P.M. FOR CHRISTMAS EVE	
25	CLOSED FOR CHRISTMAS	
31	108 Sun Salutation for the New Year	3
	CLOSED AT 5:30 P.M. FOR NEW YEAR'S EVE	
	New Year's Eve at Integral Yoga	5

January

1	CLOSED FOR NEW YEAR'S DAY	
4	Yoga and Gong	2
5	Resolutions and Setting Intentions for the New Year	5
7	Day of Silence	4
	Advanced Practitioner Reiki Level III Training: 2-Day Course	5
8	Family Yoga: Indian Classical Music for Kids	5
9	Chair, Chi, and Prana™	2
	Introduction to Thai Yoga Massage	5
	Stress Relief	6
10	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Study Group on Raja Yoga: Open Series	4
11	Surfing the Waves of Life	5
12	Open House for Level I Teacher Training	3
14	Knee Care and Yoga	6
17	Study Group on Raja Yoga: Open Series	4
18	Therapeutic Yoga: Open Series	6
	Yoga and Qigong for Healthy Bones and Muscle Tone	6
19	Enlightened Singing	5
20	Cosmic Sound Bath	6
21	Yoga of Breath	3
	Yoga-Based Cognitive Behavioral Treatment of Anxiety™	6
	Introduction to Ayurveda	6
	Brain Wellness	6
	How to Stretch	6
22	True Song	4
	Shamanic Womb Healing	7
23	Chair, Chi, and Prana™	2
	Ayurvedic Marma Points	6
	Mind-Body Approaches to Pain Management	7
24	Study Group on Raja Yoga: Open Series	4
25	Therapeutic Yoga: Open Series	6
	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
26	Meditation Course: 3-Week Immersion	3
27	Yin Yoga Teacher Training Module II	3
28	Gong Day	4
29	Posture, Poise, and the Pelvic Floor	7
	Tantra Workshop	7
30	Chair, Chi, and Prana™	2
	Stress Management: 3-Week Course	6
31	Study Group on Raja Yoga: Open Series	4

February

1	Therapeutic Yoga: Open Series	6
4	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Yoga Shodhana (The Detox)	7
	It Is Not Over!	7
	Laughter and Sound Healing Meditation	7
5	Family Yoga: Kamishibai Paper Theatre—Stories from Japan	5
	Sun, Moon, and Earth	7
6	Chair, Chi, and Prana™	2
	Introduction to Integral Level II: 3-Week Course	2
7	Yin Yoga and Tibetan Bowls	3
	Explore the Bhagavad Gita: Open Series	4
8	Therapeutic Yoga: Open Series	6
	Thai Yoga Massage 1: 5-Day Intensive	5
9	Focus on Feet	7
12	Yoga, Music, and Tea	3
13	Chair, Chi, and Prana™	2
14	Return to the Heart	4
	Explore the Bhagavad Gita: Open Series	4
16	Meditation I Workshop	3
18	Yoga and Gong	2
	Heart Health Through Nutrition and Yoga	7
21	Explore the Bhagavad Gita: Open Series	4
25	Yoga for Bladder Health	7
26	Maximum Security	5
27	Chair, Chi, and Prana™	2
28	Breathing in Stillness and Movement	3
	Explore the Bhagavad Gita: Open Series	4

Visit page 4 for the Kirtan schedule and www.iyiny.org for the Satsang schedule.