

Integral Yoga[®] Institute New York City



Program Guide

March / April / May 2017



227 West 13th Street

www.iyiny.org

212-929-0585



IntegralYogaNYC



@IntegralYogaNYC

www.integralyoga.org



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

Sat., Mar. 4–25 • 2:30–4:30 p.m.

Mon., Apr. 3–24 • 6:30–8:30 p.m.

Thurs., May 4–25 • 6:30–8:30 p.m.

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**

Chair, Chi, and Prana™

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

Mon., Mar. 13, 20, 27, Apr. 10, 17, 24, May 1, 8, 15 • 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**

Restorative Yoga and Sound Healing

A Journey Through the Chakras \$27

Tues., Mar. 7 • 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**

Yoga and Gong

Practice to Healing Vibrations \$20

Mon., Mar. 27 • 6:15–7:45 p.m. Chandra/Jo Sgammato and Laksmi Scalise

Thurs., Apr. 20 • 6:30–8 p.m. Chandra/Jo Sgammato and Laksmi Scalise

Tues., May 23 • 7–8:30 p.m. Chandra/Jo Sgammato and Laksmi Scalise

While Chandra leads you in a 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 Conreaux'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**

Slow, Still, and Deep

A Mindful, Restful Asana Practice \$18

Tues., Apr. 18 • 7–8:15 p.m. Swami Asokananda

Most Hatha Yoga reflects a bias toward the "ha," or heating solar energies, rather than the "tha," or cooling lunar energies. The focus here will be on practicing asana in a way that will help you "chill out." We will move slowly, remain for a longer time in a pose, listen to what the body is saying, and allow it to release more fully. Soft music will be played to lead the mind enjoyably into the present moment. The goal is to sink into a quiet state where we are content exactly where we are.

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

Yoga for Men **NEW** Benefit Your Body and Mind \$27

Sat., Apr. 29 • 3–5 p.m. Sudama

More than twice as many women as men currently practice Yoga, and the majority of Yoga teachers are women. That doesn't mean that Yoga isn't so important for the male body and soul. The popular Integral Yoga teacher Sudama says he sees a need for a man-to-men workshop to bring the physical and spiritual benefits of Yoga to everyone. Let him guide you through a discussion of Yoga for men, a class tailored to both beginner and experienced Yoga practitioners, and a question-and-answer session that will dispel the myth that real men don't do Yoga. 🧘 **New Beginners and All Levels**

Yoga, Music, and Tea An Infusion of Good Vibrations \$27

Sun., Apr. 30 • 11:30 a.m.–1:30 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**

Special Guest Program



Master Class with Tao Porchon-Lynch

A Century's Worth of Wisdom \$65

Sat., May 6 • 2–5 p.m. Tao Porchon-Lynch, E-RYT 500

Tao Porchon-Lynch brings more than 98 years of life experience to her teaching, sharing inspiring stories from her childhood in India and years of study with many of India's Yoga masters. Combining the use of bandhas, pranayama, awareness of alignment, and gentle flow, Tao invites questions and offers hands-on assistance.

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

Peaceful Practices

Meditation I Workshop

How to Meditate \$25

Wed., Mar. 15 • 7–9 p.m. Rev. Sam Rudra Swartz

Thurs., Apr. 20 • 6:30–8:30 p.m. Nina Priya Ma David, M.A., E-RYT 500

Mon., May 15 • 7–9 p.m. Rev. Sam Rudra Swartz

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

Sun., Apr. 23–May 7 • 3:30–5:30 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 required. Includes a free copy of the booklet Meditation by Sri Swami Satchidananda.*

Yoga of Breath

Pranayama for Beginners \$25

Mon., Apr. 3 • 6:30–8:30 p.m. Rashmi Galliano, E-RYT

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.*

Laughter and Sound Healing Meditation

Bring a Joyful Element to Your Practice \$27

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

Thurs., May 4 • 7–9 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.*

Integral Yoga Teacher Training

Integral Yoga Level I Summer Intensive 200-Hour

Jun. 26–Jul. 28

Integral Yoga Level I Fall 200-Hour

Sept. 18–Jan. 20

Integral Yoga Level I Sunday 200-Hour

Oct. 8–May 20

Open House for Level I

Mon., Mar. 27 • 6–7 p.m.
Mon., Apr. 24 • 6:15–7:15 p.m.
Mon., May 22 • 6–7 p.m.

Integral Yoga Level II Intermediate

Sept. 25–Dec. 9

Kidding Around Yoga

Mar. 25–26

Tibetan Bowls Sound Healing Level 1

Mar. 25–26

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

July 1–8

Tibetan Bowls Sound Healing Level 1

Jul. 15–16

Adaptive Yoga

Aug. 4–Sept. 24

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.



Information Session
Thurs., March 9
7:00 p.m.

Accessible Yoga Conference New York

Friday, May 19 to Sunday, May 21

Accessible Yoga Training

Monday, May 22 to Thursday, May 25

www.iyiny.org

Sacred Wisdom

Explore the Bhagavad Gita

Yoga Philosophy and Psychology By donation

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

Integral Yoga New York's president Swami Asokananda shares insights based on his lifelong study of one of Yoga's most sacred texts. 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. *May be attended on a drop-in basis with no pre-registration.*

Tirukkural **NEW**

A Sacred Scripture Exploration By donation

Tues., May 9, 16, 23 • 7–8:30 p.m. Rev. Sam. Rudra Swartz

Sri Swami Satchidananda based the teachings of Integral Yoga on the three main scriptures from the East: the Yoga Sutras of Patanjali, the Bhagavad Gita, and the Tirukkural. The Tirukkural, or the Kural for short, is a classic Tamil sangam literature consisting of 1,330 couplets, or kurals, dealing with the everyday virtues of an individual person. Considered one of the greatest works ever written on ethics and morality, it is known for its universality and nondenominational nature. Its author was Valluvar, also known as Thiruvalluvar.

Yoga and Mandalas **NEW**

A Relaxing, Creative Approach to Well-Being \$27

Wed., Mar. 1 • 6:30–8:30 p.m. Nina Priya Ma David, M.A., E-RYT 500

Discover how Yoga and mandalas work together to improve focus, awareness, and memory. Be inspired by examples of various mandalas (ritualistic symbols found in nature and world spirituality). Following some gentle Yoga practices based on your responses to the mandalas, you will draw and color your own. You will come away with tools for creating a calm, positive atmosphere within the body, mind, and environment. *Please bring a notebook and a favorite pen.*

 New Beginners and All Levels

Spring Equinox Gong Bath

Refresh and Renew with Healing Vibrations \$27

Mon., Mar. 20 • 7:30–9:30 p.m.

Gong Masters certified by Gong Master Don Conreux

If you haven't yet experienced the sheer vibrational joy of a gong bath at Integral Yoga, give yourself that gift this spring. As nature awakens, revitalize your own energy and optimism as you lie on the floor of the Lotus Room at IYI and receive the soothing, bathing, healing vibrations of gongs and other sound instruments. On this day of equal darkness and light, find your own, exquisite balance. Presented by graduates of Grand Gong Master Don Conreux's Gong Master Teacher Training held at IYI, this event will be one to remember.

Special Guest Program



Heal the Fractures

That Block Peace and Harmony **NEW**

Discover the Benevolent Universe \$27

Sat., Apr. 8 • 2:30–4:30 p.m. Rev. Jaganath Carrera

To realize Yoga's promise to bring wholeness and harmony, we need to make the journey beyond the surface meaning of Yoga's principles and practices. Follow it to a new vision of life, a reality that can heal inner wounds and help us deal with the chronic difficulties that plague our world. We will explore six common—but false—divisions that fracture life, the divisions between ourselves and others; ourselves and nature; body, mind, and spirit; the self we present to the world and the self we hide from others and ourselves; life and death; and the self as body/mind and the true Self, our true nature.

Special Guest Program



The Tantric Heart

Across Many Traditions **NEW**

Access Unconditional Love \$27

Sat., Apr. 22 • 2:30–4:30 p.m. James Reho, Ph.D., M.Div., RYT 200

Drawing from Yogic and tantric physiology as well as from Hindu, Jewish, and Christian mysticism, this workshop will examine the meaning of the heart as a center of sacred encounter in the East and the West. Enhanced by music and specific breath work practices, the class will explore a tantric practice in which we access the unconditional love of mystical union and then learn how to utilize this strong energy of love to heal long-held traumas that hinder our freedom and joy.

Please join us for a book signing event following the program, at 4:30 p.m., with Rev. Reho, who will sign copies of his recent book, Tantric Jesus: The Erotic Heart of Early Christianity.

Special Guest Program



Finding Joy in Challenging Times

NEW

Tools and Insights \$35

Thurs., Apr. 27 • 6:30–9 p.m. Nayaswami Pranaba

Changes in one's environment, finances, career, and family situation can bring stress and challenge to our lives. This class will provide valuable tools and insights that may help you deal with the difficulties of life. These tools and principles from the Yogic tradition can assist you in managing your emotional state through times of upheaval. Learn how to align yourself with beneficial influences and identify and release harmful behavioral patterns while embracing new, healthy habits.

Special Guest Program



Discovering the Supreme Light

NEW

Your Personal Journey to Permanent Joy \$45

Sat., Apr. 29 • 2–5 p.m. Daniel Bellone

Discover a deeper connection with your own, personal Divine, and have a direct experience of the Supreme Light through devotion. This program includes teachings, meditation, contemplation, Sanskrit mantras, and chanting. You will receive the Oneness Blessing, a prayer to raise consciousness into the state of sat-chid-ananda—pure existence, consciousness, and bliss. This unique program will include a chakra meditation. These teachings will benefit seekers from all traditions who are searching for more peace, joy, and community.

Four Locks and Four Keys **NEW**

Unlock Your Happiness \$20

Sat., May 6 • 2–3:30 p.m. Swamini Sri Lalitambika Devi

In the Yoga Sutras, Patanjali names maitri, friendship, as one of four virtues that bring ease to our lives. Friendship awakens happiness, so how do we cultivate deeper connection with one another? In this workshop, we'll share new ways to welcome the joys of relationship. We will also balance our energy centers to clear ancient emotional patterns, opening to healing, harmony, and bliss.

What Happens After This Life? **NEW**

Death According to the Bhagavad Gita \$25

Wed., May 24 • 7–8:30 p.m. Swami Asokananda

For most of us, death is the ultimate scary thing. Besides the experience of physical pain, there is the uncertainty of what comes next. Will I still exist—a body, a mind, senses, personal identity? The Bhagavad Gita clearly explores the issue of death and the soul's continuing journey in a way that alleviates fear and confusion. It provides us with guidance on how to live well so that we can die well. With the understanding that all things must pass, we can face this transition with a relaxed mind and an open heart.

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

Special Guest Program



Awakening Through Love

Devotional Kirtan and Practical Guidance to Open Your Heart \$38

Sun., Apr. 2 • 2:30-4:30 p.m. David Newman (Durga Das)

Spiritual awakening is spreading like wildfire on the planet today, and many diverse paths and practices support seekers in their quest. One such path is the way of love, or bhakti. In this workshop we will explore awakening to truth through the practice of opening your heart and loving unconditionally as a way of life. The sacred musician David Newman (Durga Das) will illuminate the path through practical guidance for accessing the wisdom of your heart through Kirtan (mantra chanting), Satsang (group reflection), self-inquiry, and meditation. Learn to love fearlessly and wholeheartedly, and transform your life!

Light of the Soul with Snatam Kaur NEW

Kundalini Yoga, Live Music, and Chanting Workshop

Sat., May 13 • 1-5 p.m.

Come enjoy the angelic presence of Snatam Kaur and the gorgeous sounds of her amazing musicians in a workshop that will entrance and uplift you. As Snatam says, we can absolutely live our lives by the intrinsic light of the soul, that infinite source of wisdom and strength that is within each of us. It is a simple matter of awakening to that light, realizing it is within you, and finding the way to nourish and support yourself so that this light can shine brightly in all that you do. *Please bring a mat, and wear comfortable clothing.*

Home Port	Sat., Mar. 11 • 8 p.m.	<i>\$15 in advance \$20 day of event</i>
Full Moon Kirtan	Mon., Mar. 13 • 7:45 p.m.*	<i>By donation</i>
Devadas	Sat., Mar. 18 • 8 p.m.	<i>\$20 in advance \$25 day of event</i>
Simrit	Sat., Mar. 25 • 7:30 p.m.	<i>Tickets: iyiny.org</i>
New Moon Kirtan	Tues., Mar. 28 • 7:45 p.m.*	<i>By donation</i>
David Newman (Durga Das)	Sat., Apr. 1 • 8 p.m.	<i>\$20 in advance \$25 day of event</i>
Kirtan Rabbi	Sat., Apr. 8 • 8 p.m.	<i>\$20 in advance \$25 day of event</i>
Full Moon Kirtan	Tues., Apr. 11 • 7:45 p.m.*	<i>By donation</i>
Felicia Rose	Sat., Apr. 22 • 8 p.m.	<i>\$20 in advance \$25 day of event</i>
New Moon Kirtan	Wed., Apr. 26 • 7:45 p.m.*	<i>By donation</i>
Daniel Bellone	Sat., Apr. 29 • 8 p.m.	<i>\$20 in advance \$25 day of event</i>
Full Moon Kirtan	Wed., May 10 • 7:45 p.m.*	<i>By donation</i>
New Moon Kirtan	Thurs., May 25 • 7:45 p.m.*	<i>By donation</i>

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

Visit www.iyiny.org for complete Kirtan information.

Life and Work

Drum Circle

Healing, Sacred, and Fun Free

Sat., Mar. 4 • 7-9 p.m. Steven Heurung and Theresa Arula Herron-Heurung

Family Yoga

Kirtan and Storytelling

Sun., Mar. 5 • 11 a.m.-1 p.m. NYC Family Kirtan

Kids Kirtan

Sun., Apr. 2 • 11 a.m.-1 p.m. Durga Das

Mindfulness Practices Through Storytelling

Sun., May 7 • 11 a.m.-1 p.m. Yoga with Nitya™

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

Reiki Level I Training: 2-Day Course

Experience the Healing Effects of Reiki Energy \$195

Sat.-Sun., Mar. 18-19 • 10:30 a.m.-4:30 p.m.

Hamsa Spagnola, E-RYT 500, T.R.M.

Reiki is a spiritual discipline as well as a hands-on, non-manipulative method of natural energy work. It is an effective stress reducer, giving the client and the practitioner a sense of calm, inner strength, and support while cleansing and detoxifying at the same time. You will learn the history of Reiki, receive your Reiki Level I manual, obtain four attunements to Reiki healing energy, learn how to give yourself Reiki and how to give Reiki to others in a chair or on a massage table, and discover how to work through the chakras to access your higher self for guidance and clarity. *Please visit www.iyiny.org for certification and training details.*

Reiki Level II Training: 2-Day Course

Loving Touch Center International School of Reiki \$350

Sat.-Sun., Apr. 29-30 • 10:30 a.m.-4:30 p.m.

Hamsa Spagnola, E-RYT 500, T.R.M.

Prerequisite: Loving Touch Center International School of Reiki Level I

Please visit www.iyiny.org for details about Reiki Level II Training.

Introduction to Thai Yoga Massage

Learn to Give a 20-Minute Massage \$50

Sat., Mar. 18 • 10:30 a.m.-1:30 p.m. Renée Rice

Mon., May 15 • 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.*

Lotus Palm Thai Yoga Massage 2

5-Day Intensive \$500

Wed.-Sun., Apr. 5-9 • 10 a.m.-5 p.m. Renée Rice

Prerequisite: Lotus Palm Thai Yoga Massage 1

Please visit www.iyiny.org and www.lotuspalm.com for details about Thai Yoga Massage Intensives.

Spiritual Financial Awareness for Women

Manifesting the Feminine Spirit of Abundance \$35

Sat., Apr. 29 • 11 a.m.-1:30 p.m. Claire Kinsella Holtje

This workshop is for any woman who has felt challenges regarding her finances. In today's world, the responsibilities of women are great. Whether you are a woman living independently, are recently divorced, or are married, you will learn how to identify your authentic needs, start a financial plan, and strengthen your ability to make clear choices. With the help of asana, sounds, and symbols, you will begin to free the feminine spirit within, which connects you to the source of your true abundance.

Mind and Body Health

Therapeutic Yoga

Access Your Deep Healing Wisdom \$17 per session

Wed., Mar. 1, 8, 29, Apr. 5, 19, 26, May 10, 17 • 9:30–11 a.m.

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

Therapeutic Yoga is a practice for those recovering from, or living with, injury or illness. It combines Restorative Yoga (supported postures), Gentle Yoga, pranayama (breath work), hands-on healing, and guided meditation. Therapeutic Yoga is an excellent choice for those who need something gentle yet effective for bringing the body into balance and reducing stress. It allows you to step away from the busy-ness of the outside world and access the deeper wisdom that resides within you. *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

Nada Yoga

Tools for Self-Healing with Sound and Voice \$27

Thurs., Mar. 2 • 6:30–8:30 p.m. Joule L'Adara, M.F.A.

Discover the power of your own, specially calibrated sound healing instrument: your voice. You'll practice a series of vocal asana, where you will learn how to work gently and effectively with vocal energy to send vibrations within, clearing your energy field, energizing your brain, and relaxing your body. With the bija mantras as a guide through the chakras, you will also be led through structured improvised vocalizations utilizing extended vocal techniques, revealing your body's unique frequencies and tuning.

Special Guest Program



Neurogenic Yoga™

Tremor to Release Trauma \$125

Sat., Mar. 4 • 10 a.m.–6 p.m. Maria Alfaro, E-RYT

Neurogenic Yoga is a revolutionary new integrative technique in trauma healing and stress reduction that combines Yoga asana and pranayama with SITT (Self-Induced Therapeutic Tremors). Those tremors are a natural response of the body and are the nervous system's way of discharging long-held tension or unconscious muscle contraction that is due to stress and traumatic experiences, in order to restore the body to wholeness. Based on Dr. David Berceci's technique of Tension and Trauma Releasing Exercises® (TRE®), which has been taught worldwide for decades, Neurogenic Yoga is reported to offer a range of physical and mental benefits, including better sleep, a reduction in pain, and relief for the symptoms of fibromyalgia and sciatica. *Includes an active Yoga practice in the morning and a restorative practice in the afternoon. Questions? E-mail Maria at maria@NeurogenicYoga.com.* 🧘 All Levels

Chakras, Yoga, and Reiki

An In-Depth Exploration \$54

Sun., Mar. 5 • 10:30 a.m.–2:30 p.m. Hamsa Spagnola, E-RYT 500, T.R.M.

In Indian thought, the chakras are the seven centers of spiritual power in the human body. In Japanese, the term *reiki* means universal life energy. Reiki is a modality that activates the natural healing processes of the body, restoring physical and emotional well-being. Come explore the chakras—their locations, colors, sounds, and emotional components. Yoga practice will open and begin to help clear those chakras. Reiki will heal and nurture. A chakra meditation will help you to relax and connect. You will leave with a deeper understanding of the chakras and the tools for beginning to heal yourself through knowledge, Yoga, meditation, and Reiki. 🧘 All Levels

Integrative Strategies for Healthy Aging

Reset Your Biological Age \$25

Sat., Mar. 11 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

Come learn the latest strategies for maintaining your optimal health and strength through your 60s, 70s, 80s, and beyond. This workshop will focus on functional methods for slowing down the aging process through evidence-supported supplementation, a healthful diet, and such effective exercise as Hatha Yoga and strength and cardiovascular training. Manu Dawson has spent a lifetime exploring the human body's amazing capacity to maintain health, and here he shares with you the best of what he has learned. *Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

Special Program



Spa Day for Women

Relax, Rejuvenate, and Support IYI \$108

Sun., Mar. 12 • 10 a.m.–5 p.m.

Chandra/Jo Sgammatto and Laksmi Scalise

Treat yourself to a full-day nurturing experience that has become a beloved Integral Yoga tradition. Yoga, meditation, a yummy vegetarian lunch, personal massage treatments, a 10% discount at the Integral Yoga Shop, and more will make this a special day. Preregistration is strongly recommended. Gift certificates are available at Reception. This day is a fund-raiser to help support all the programs and offerings of the Integral Yoga Institute. *Questions? Call Chandra at 212-929-0585, ext. 74, or e-mail chandra@iyiny.org.* 🧘 All Levels

Yoga and the Fascial System Part I

Connect with Your Connective Tissue \$35

Tues., Mar. 14 • 6:30–9 p.m. Leslie Daley, M.F.A., RYT 500, OTR/L

What is fascia? This long-overlooked matrix is the tissue that holds us together, supporting all structures of the body from head to toe in a three-dimensional, uninterrupted web. In its healthy state, fascia has the ability to stretch and move, but with injury or inactivity, fascia can harden and shorten, creating restrictions and pain. Learn about the fascial system and how to work with it through gentle Yoga. 🧘 All Levels

Yoga and the Fascial System Part II

NEW

Yoga, Myofascial Release, and Self-Care \$35

Tues., Mar. 21 • 6:30–9 p.m. Leslie Daley, M.F.A., RYT 500, OTR/L

You might think the most important element of healthy tissue is flexibility—the more, the better. In fact, many Yoga injuries are caused by repetitive overstretching around stuck, restricted tissue or old injuries. How do you create balanced, well-hydrated, resilient tissue? In this class you will learn to add myofascial-release principles to your practice using traditional Yoga props, balls, and your own hands to address places where we commonly store chronic tension. *Prerequisite: Part I* 🧘 All Levels

Special Guest Program



Tibetan Singing Bowls

Mind, Body, Spirit Detox, and Realignment \$45

Wed., Mar. 22 • 6:30–9:30 p.m. Master Satya Brat

Experience the deepest level of peace and calm. Clear your energetic mind-body of negativities that cause pain, anxiety, and physical, emotional, and financial blocks. Realign yourself to your Divine matrix of perfection and wholeness. Bring positive changes into your life for good health, success, joy, peace, prosperity, and abundance. All that is possible when you learn the scientific, proven modality of sound therapy with Tibetan singing bowls from a world-renowned expert.

Tibetan Bowls Sound Healing Training: The Ultimate Medicine for Body, Mind, and Spirit: Level 1 with Master Satya Brat will take place at Integral Yoga on Saturday and Sunday, March 25–26, from 10 a.m. to 6 p.m. Level 2 is coming in September. For more information or to register, visit www.iyiny.org.

Healing Before and After Drugs and Surgery

Complementary Practices \$25

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

Explore the nutrients that can make your tissues stronger and potentially prevent the need for specific and common surgeries, such as those for knees, back, heart, and hips. Certain nutrients benefit particular tissues and can help to raise the success rate and facilitate postsurgical healing (if surgery is indeed necessary). We will look at nutrient depletion resulting from medications and drug nutrient and drug herb interactions in general. *Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$38

Sun., Apr. 2 • 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

Cosmic Sound Bath

Healing on the Deepest Level \$27

Fri., Apr. 7 • 7:30–9:30 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



Understanding Your Ayurvedic Constitution

NEW

The Key to a Vibrant Life \$48

Sat., Apr. 22

10:30 a.m.–1:30 p.m.

Cory Tixier, B.S., Certified Ayurvedic Practitioner with NAMA, E-RYT 500
How do environment and food affect health? How can you stay healthy despite all the changes in life? Understanding your elemental makeup through Ayurveda is the key to a vibrant life. This potent ancient science treats individuals on the basis of their unique constitutions. In this workshop you will learn about your constitution and what to do when it goes out of balance. Prepare to gain awareness to maintain the radiance of your body, mind, and spirit.

Ayurveda for Yoga **NEW**

Make Your Practice Personal \$48

Sun., Apr. 23 • 10:30 a.m.–1:30 p.m.

Cory Tixier, B.S., Certified Ayurvedic Practitioner with NAMA, E-RYT 500
Ayurveda and Yoga are ancient disciplines of balancing body, mind, and consciousness. These sister sciences are intimately connected both in philosophy and in their practical application. Ayurveda teaches the art of living in harmony with nature by suggesting proper lifestyle, diet, and herbs on the basis of an individual's unique constitution. Yoga helps us to find the same balance through asana, pranayama, and meditation. In this workshop we will delve deep into the philosophies of these ancient disciplines and use them to tailor a practice unique to you!

Shamanic Womb Healing

Ceremony, Song, and Water Prayer \$40

Sun., Apr. 23 • 2–5 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.*

Help for Hamstrings **NEW**

Lengthen and Strengthen \$27

Mon., May 1 • 6:30–8:30 p.m. Madhavan, RYT 500

Pulling a hamstring hurts! In this workshop you will identify the action of your hamstrings and learn to use antagonist muscle pairs to facilitate stretch, engage the quadriceps to lengthen with strength, use restorative practices to promote healing, and recognize the limits of length while extending those limits safely. By finding ways to prevent injury due to strain or stress and assist in healing if you have a hamstring injury, you will help your hamstrings and improve your Yoga poses. 🧘 All Levels

Caring for the Pelvic Floor **NEW**

Strengthen, Coordinate, Relax \$35

Sat., May 6 • 10:30 a.m.–1 p.m. Leslie Daley, M.F.A., RYT 500, OTR/L

It is a myth that pelvic floor strengthening is the only way to prevent pelvic floor issues. We need a strong but supple pelvic floor that supports a range of movements, including standing, lifting, and coughing. Develop an understanding of how the anatomy of pelvic floor muscles and their relationship to the thoracic diaphragm creates core stability. Using Yoga and a few specialized exercises, you will learn how to balance these important core muscles and enhance their everyday use. 🧘 All Levels

Shamanic Sound Journey

Recharge Your Energy \$27

Fri., May 12 • 8–10 p.m. Dream Seed

Shamanic chanting, mantras, overtone singing, Native American songs, indigenous music, didgeridoos, crystal singing bowls, bells, gongs, harmoniums, tuning forks, and other overtone-emitting instruments are used to create an environment conducive to deep relaxation and inward investigation. Participants are led through guided meditations and sound-healing practices designed to harmonize body, mind, and spirit. You will have an opportunity to set a clear intention, recharge your energy, and explore the realm beyond the physical.

How to Stretch

Easy Practices \$27

Wed., May 17 • 6–8 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

Women's Health **NEW**

Prevention and Care \$25

Sat., May 27 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

This integrative workshop will cover some of the most prevalent issues in women's health. The goal is to establish functional health strategies using evidence-based nutrition, diet, and herbs. We will discuss hormonal health and stability before and after menopause. We'll look at breast health, addressing fibrocystic breast disease and the prevention of breast cancer. We will also focus on uterine fibroids and the prevention of ovarian and uterine cancer, explore postmenopausal heart disease, and much more.

Yoga Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 a.m.	*Level I	*1-hour Multilevel	*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	Zenya	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
1:30 p.m.	▲Baby & Me						
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.			▶ 1-hour Multilevel Community Class NEW				
3:15 p.m.	Gentle Yoga	Gentle Yoga	Level I	Level I/II	Level I	Level I	Level II Gentle Yoga
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	Level II NEW	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	Level II/III	Level I/II	Level II/III NEW	▶ 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
 ♥45-minute class/\$10 *1-hour-and-45-minute class ❖ Free with proof of service
 *\$10 ▶\$5 ▲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

March

1	Therapeutic Yoga: Open Series	6
	Yoga and Mandalas	4
2	Nada Yoga	6
4	Neurogenic Yoga™	6
	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Drum Circle	5
5	Chakras, Yoga, and Reiki	6
	Family Yoga: Kirtan and Storytelling	5
7	Restorative Yoga and Sound Healing	2
8	Therapeutic Yoga: Open Series	6
11	Laughter and Sound Healing Meditation	3
	Integrative Strategies for Healthy Aging	6
12	Spa Day for Women	6
13	Chair, Chi, and Prana™	2
14	Yoga and the Fascial System Part I	4
	Explore the Bhagavad Gita: Open Series	4
15	Meditation I Workshop	3
18	Reiki Level I Training: 2-Day Course	5
20	Introduction to Thai Yoga Massage	5
	Chair, Chi, and Prana™	2
	Spring Equinox Gong Bath	4
21	Yoga and the Fascial System Part II	6
	Explore the Bhagavad Gita: Open Series	4
22	Tibetan Singing Bowls	6
25	Tibetan Bowls Sound Healing Training Level 1: 2-Day Training	6
27	Chair, Chi, and Prana™	2
	Open House for Level I Teacher Training	3
	Yoga and Gong	2
28	Explore the Bhagavad Gita: Open Series	4
29	Therapeutic Yoga: Open Series	6

April

1	Healing Before and After Drugs and Surgery	7
2	Knee Care and Yoga	7
	Family Yoga: Kids Kirtan	5
	Awakening Through Love	5
3	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Yoga of Breath	3
5	Lotus Palm Thai Yoga Massage 2: 5-Day Intensive	5
	Therapeutic Yoga: Open Series	6
7	Cosmic Sound Bath	7
8	Heal the Fractures That Block Peace and Harmony	4
10	Chair, Chi, and Prana™	2
17	Chair, Chi, and Prana™	2
18	Slow, Still, and Deep	2
19	Therapeutic Yoga: Open Series	6
20	Yoga and Gong	2
	Meditation I Workshop	3
22	Understanding Your Ayurvedic Constitution	7
	The Tantric Heart Across Many Traditions	4
23	Ayurveda for Yoga	7
	Shamanic Womb Healing	7
	Meditation Course: 3-Week Immersion	3
24	Chair, Chi, and Prana™	2
	Open House for Level I Teacher Training	3
26	Therapeutic Yoga: Open Series	6
27	Finding Joy in Challenging Times	4
29	Reiki Level II Training: 2-Day Course	5
	Spiritual Financial Awareness for Women	5
	Discovering the Supreme Light	4
	Yoga for Men	3
30	Yoga, Music, and Tea	3

May

1	Chair, Chi, and Prana™	2
	Help for Hamstrings	7
4	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Laughter and Sound Healing Meditation	3
6	Caring for the Pelvic Floor	7
	Master Class with Tao Porchon-Lynch	3
	Four Locks and Four Keys	4
7	Family Yoga: Mindfulness Practices Through Storytelling	5
8	Chair, Chi, and Prana™	2
9	Tirukkural: Open Series	4
10	Therapeutic Yoga: Open Series	6
12	Shamanic Sound Journey	7
13	Light of the Soul with Snamat Kaur	5
15	Chair, Chi, and Prana™	2
	Introduction to Thai Yoga Massage	5
	Meditation I Workshop	3
16	Tirukkural: Open Series	4
17	Therapeutic Yoga: Open Series	6
	How to Stretch	7
22	Open House for Level I Teacher Training	3
23	Yoga and Gong	2
	Tirukkural: Open Series	4
24	What Happens After This Life?	4
27	Women's Health	7
29	CLOSED FOR MEMORIAL DAY	

Visit page 5 for the Kirtan schedule and www.iyiny.org for the Satsang schedule.