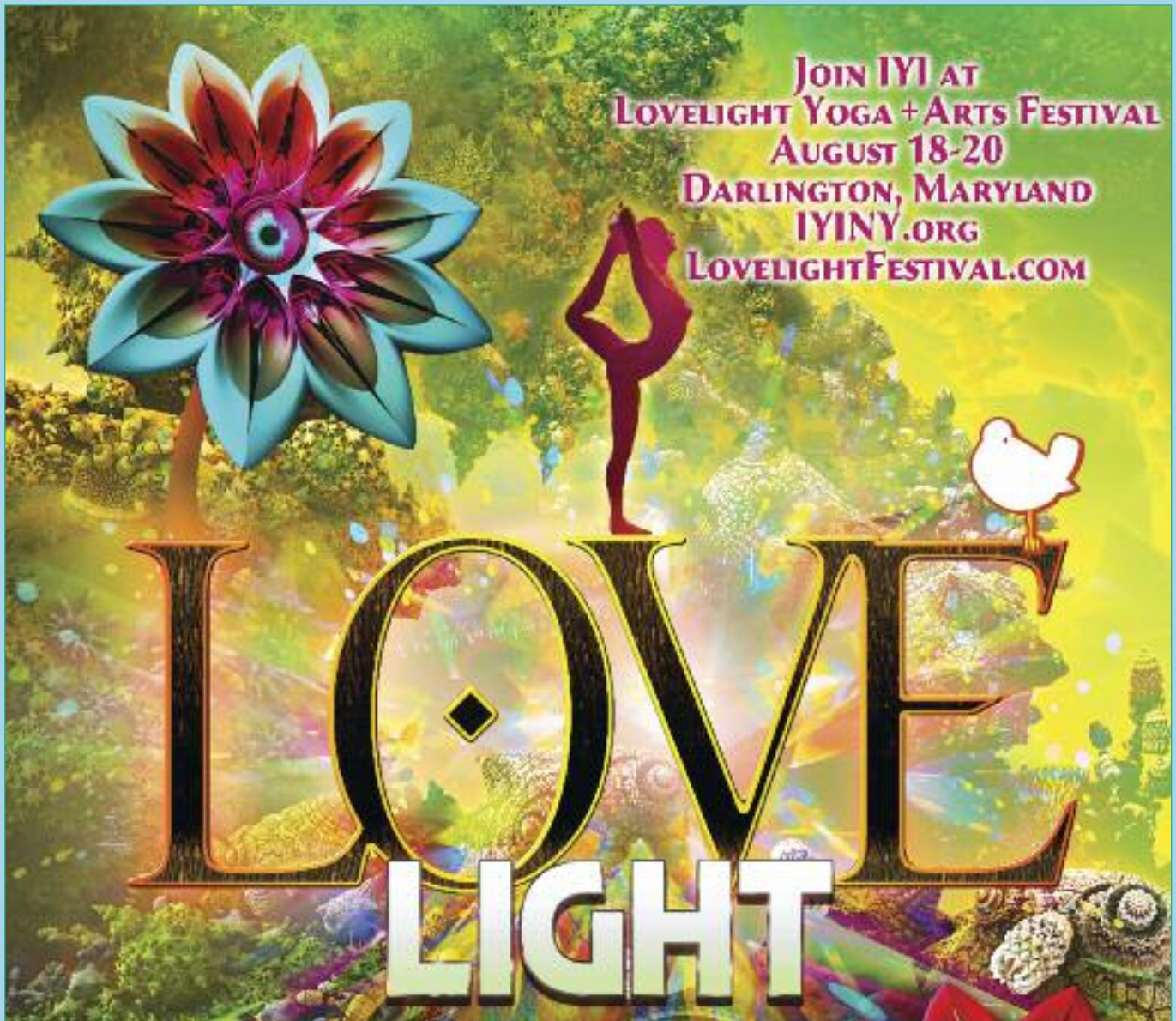


Integral  Institute
New York City

Program Guide

June / July / August 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.



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.

Cover: Lovelight illustration by Jeremy Opio

Hatha Yoga

Fundamentals of Integral Yoga

4-Week Course for Beginners \$90

Wed., Jun. 7–28 • 6:15–8:15 p.m. James Cancienne

Sat., Jul. 8–29 • 1:30–3:30 p.m. Abhaya

Tues., Aug. 1–22 • 7–9 p.m. Megan Mahiya Hovious

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**

Special Guest Programs



Yin Yoga to Reveal Your Inner Joy **NEW**

Get Past Discomfort to Be Home \$45

Fri., Jun. 2 • 7–9 p.m. Corina Benner

Dare to dive into the sometimes uncomfortable or anguishing sensations revealed in the stillness of Yin Yoga practice, and watch them dissolve in the tender embrace of your own compassion. With nothing to fix, justify, or condemn and no one to blame, you will befriend your thoughts and emotions, allow yourself to be exactly as you are, and discover an ever present state of tremendous ease that Yoga says is your true nature. Rather than chase a blissful high, you will come to know the joyful, neutral peace of being at home in your body and in this world. **All Levels**

Calling All Yin Yoga Teachers **NEW**

Yin Yoga Teacher Training One-Day Tune In, Tune Up \$108

Fri., Jun. 2 • 9:30 a.m.–5 p.m. Corina Benner

Open to Yin Yoga teachers from all training traditions. Visit www.iyiny.org for details.

Yin Yoga Teacher Training

Practicing Surrender and Receptivity \$549 (\$495 until Jul. 13)

Thurs.–Sun., Aug. 3–6 • 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. Visit www.iyiny.org for details.

Chair, Chi, and Prana™

A Fusion Class: Chair Yoga and Qigong \$16 per session

Mon., Jun. 5, 26, Jul. 3, 10, 17, 24, Aug. 7, 14 • 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., Jun. 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**

Yoga on the Dark Side of the Moon

Practice to a Classic! \$22

Fri., Jun. 16 • 7–8:30 p.m. Rashmi Galliano, E-RYT 500

Do you love Yoga? Do you love Pink Floyd's *Dark Side of the Moon*? This Hatha class offers the opportunity to enjoy both together: a choreographed Hatha practice to Pink Floyd's album *Dark Side of the Moon* followed by an IYI classic Yoga Nidra, pranayama, and a 15-minute AUM reverberation meditation. It'll be unique and fun! 🧘 All Levels

Yoga and Gong

Practice to Healing Vibrations \$22

Sat., Jun. 17 • 10:30 a.m.–12 p.m. Chandra/Jo Sgammato and Laksmi Scalise

Mon., Jul. 31 • 7–8:30 p.m. Chandra/Jo Sgammato and Laksmi Scalise

Tues., Aug. 29 • 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 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

Special Guest Program



Skillful Alignment NEW

Tools for Preventing Injuries \$45

Tues., Jul. 11 • 6:30–9:30 p.m. Steven Weiss, D.C., C-IAYT

Yoga asana are an excellent approach to health, fitness, and well-being. If you learn how to engage your body using its natural anatomical design, your Yoga practice can advance with safety and provide a highly effective approach to injury prevention and therapy. Discover how to align your Yoga postures with precision and skill in a comprehensive yet fun and experiential exploration. Understand the cause of common Yoga injuries and how to prevent them. Recognize common postural misalignments that cause injury and how to make your time on the mat your own therapeutic experience. 🧘 All Levels

Integral Yoga Power Postures

NEW

Enhance Your Fitness and Strength \$22

Sat., Jul. 15 • 11:30 a.m.–1 p.m. Manu Dawson, C.Y.N.Th.

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

🧘 Intermediate and Advanced Students

Viniyoga

NEW

Yoga for You \$22

Mon., Jul. 17 • 7–8:30 p.m. Nalini Michele Harari

Viniyoga practice is carefully sequenced to safely bring balance and strength on all levels. It is effective for such common concerns as neck and back aches, stress, and anxiety. Each movement is initiated and coordinated with the breath, increasing focus and attention and supporting movement. Asana are typically moved into and out of as preparation for holding, and variations are provided to enable all to participate. You will receive suggestions for beginning a practice at home. 🧘 All Levels

Yin Yoga for Neck, Shoulders, and Upper Back

NEW

Heal Your "Tech Neck" \$35

Sun., Jul. 23 • 2–4:30 p.m. Tara Dhyani Purswani, E-RYT 500

The intersection of survival and technology is placing a strain on your body. That can create discomfort and pain because your connective tissue hardens in frequently used positions to support you. Yin Yoga offers relief, and with awareness and practice you can prevent future postural problems. Dhyani will lead you through a sequence combining Hatha and Yin Yoga postures with a focus on the upper body to target connective tissue in the upper back, shoulders, and neck. 🧘 All Levels

The Union of Integral Yoga and Prana Yoga

Two Systems Create One Amazing Feeling \$45

Sun., Jul. 30 • 2–5 p.m. Rashmi Galliano, E-RYT 500

Prana Yoga is a Hatha practice that includes breathing techniques and the chanting of mantras of the seven main chakras, or subtle energy vortexes, while you practice asana (postures). The basic-level Integral Yoga class is a beautifully sequenced class whose regular practice awakens the chakra system naturally. Practicing them together will elevate you to a new level of peace and joy. *Experience with the Level I class is encouraged because the emphasis will be on the chakra mantras more than on instructions in how to do the poses.*

🧘 Experienced Beginners and Intermediate/Advanced Students

Take Yoga Lying Down!

NEW

A Full Practice on the Floor \$22

Wed., Aug. 2 • 6:30–8 p.m. Nalini Kuhnke

If savasana is your favorite part of class, you may love this opportunity to lie on the floor for one and a half hours! We will practice subtle and not so subtle ways to stabilize and mobilize the core of the spine, shoulder girdle, pelvis, and hips. This is not a restorative class, but we will use some props to facilitate learning, enabling you to feel refreshed, stabilized, and spacious after connecting with your core and the breath. 🧘 All Levels

Slow, Still, and Deep

A Mindful, Restful Asana Practice \$20

Wed., Aug. 23 • 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

Integral Yoga Teacher Training

Integral Yoga Level I Summer Intensive

200-Hour

Jun. 26–Jul. 28

Integral Yoga Level I Fall 200-Hour

Sept. 11–Dec. 17

Open House for Level I

Mon., Jun. 12 • 6–7 p.m.

Tues., Jul. 25 • 6–7 p.m.

Mon., Aug. 14 • 6–7 p.m.

Integral Yoga

Level II Intermediate

Jan. 29–Apr. 14

Kidding Around Yoga

Jun. 10–11

Yoga for the Special Child Basic Level 2

Jul. 1–8

Yoga for Teens

Jul. 14–16

Tibetan Bowls Sound Healing Level 1

Jul. 15–16

Yin Yoga

Aug. 3–6

Adaptive Yoga

Aug. 4–Sept. 24

Yoga for Labor and Delivery

Aug. 6 and 13

Kidding Around Yoga

Aug. 26–27

Tibetan Bowls Sound Healing Level 2

Sept. 8–10

Postpartum Yoga

Oct. 20–22

Therapeutic Yoga

Oct. 3–8

Deepening Into Therapeutic Yoga

Oct. 12–17

Yin Yoga Diving Deeper

Oct. 20–22

Yoga for Arthritis and Chronic Pain Level 1

Oct. 26–29

Yoga for Arthritis and Chronic Pain Certification Course

Oct. 28–30

Meditation

Nov. 27–Dec. 6

For more information about these and other trainings, please visit www.iyiny.org, e-mail TeacherTraining@iyiny.org, or call 212-929-0585, ext. 16.

Peaceful Practices

Meditation I Workshop

How to Meditate \$25

Thurs., Jun. 8 • 7–9 p.m. Rev. Sam Rudra Swartz

Thurs., Jul. 13 • 6:30–8:30 p.m. Nina Priya Ma David, M.A., E-RYT 500

Wed., Aug. 16 • 7–9 p.m. Swami Chidananda

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 \$72

Wed., Jul. 12–26 • 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 required. Includes a free copy of the booklet *Meditation by Sri Swami Satchidananda*.*

Yoga of Breath

Pranayama for Beginners \$25

Thurs., Jul. 27 • 7–9 p.m. Rev. Sam Rudra Swartz

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.

Laughter and Sound Healing Meditation

Bring a Joyful Element to Your Practice \$27

Sat., Jun. 3 • 1–3 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.

Meditation Without Frustration NEW

Taking Your Meditation Practice to the Next Level \$25

Mon., Jun. 26 • 7–9 p.m. Swami Asokananda

Why make meditation stressful, one more difficult thing to do? Is there a more effective way to practice than trying to stop the thoughts? Can the practice help you to understand and deepen the connection to yourself? Can you keep your practice enjoyable and inspiring year in and year out? Swami Asokananda will introduce a simple, three-step approach to meditation that has kept his meditation interesting, meaningful, and rejuvenating for more than 45 years. *For experienced practitioners.*

Cosmic Sound Bath

Healing on the Deepest Level \$27

Fri., Jul. 28 • 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.*

Sacred Wisdom

Explore the Bhagavad Gita

Yoga Philosophy and Psychology By donation

Tues., Jun. 6–27 • 7–8:15 p.m. Swami Asokananda

Tues., Aug. 15–29 • 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 preregistration.*

Tirukkural

A Sacred Scripture Exploration By donation

Tues., Jul. 11, 18, Aug. 1, 8 • 7–8:30 p.m. Rev. Sam Rudra Swartz

Sri Swami Satchidananda based the teachings of Integral Yoga on 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 kural, 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. *May be attended on a drop-in basis with no preregistration.*

Special Guest Program



The Yoga Sutras of Patanjali NEW

An Analysis of the Modern Study \$25

Thurs., Jun. 1 • 7–9 p.m. Prem Sadasivananda

Please join Prem Sadasivananda, a scholar of Vedantic philosophy, Hindu scripture, and Sanskrit, in a lively and humorous lecture-discussion about the history and the perspective of the several translations of and commentaries on the Yoga Sutras of Patanjali, by both Yogis and scholars, and their various approaches. Please join this great Yogi, who after 30 years of study is a scholar in his own right.

Summer Solstice Gong Bath

Sweet and Warm Vibrations \$27

Tues., Jun. 20 • 8–10 p.m. Kozmic Shamans

On the longest day of the year, when light abounds and your spirit is ready to celebrate the sultriness of summer, treat yourself to an evening filled with the sounds and vibrations of magnificent gongs to move you on your way to a fulfilling season of growth and change. Presented by graduates of Grand Gong Master Don Conreux's Gong Master Teacher Training held at IYI, this event will be one to remember.

Love, Transcendence, and Unity NEW

Rumi's Poetry and Swami Satchidananda's Teachings \$30

Tues., Jun. 27 • 7–9 p.m. Haleh Liza and Nadiya Nottingham, RYT

Join us to hear mystical poems and messages from Persian, Celtic, and Yogic traditions. The musician, poet, and Rumi translator Haleh Liza will share new translations of Rumi, stories about his life and transformation, as well as chants featuring his original lyrics in Persian. Rumi's teachings on love, transcendence, and unity are universal, resonating with teachings from various cultures. Nadiya Nottingham will share the words of Swami Satchidananda, as well as lore from her own Celtic heritage. Experience a multicultural exploration of love, liberation, and transcendence.



Discover the World of
Integral Yoga at
www.integralyoga.org

Special Guest Programs



How to Hack Happiness

Using the Yoga Sutras of Patanjali \$60

Sat., Aug. 12 • 10:30 a.m.–2:30 p.m.

Rev. Sumati Govinda Steinberg

Are you tired of being dragged through your life by your thoughts, emotions, and physical sensations? Learn how to apply the Yoga Sutras of Patanjali to everyday life. Explore the eight branches of Yogic practice. Discover simple methods for turning negative thoughts, feelings, or experiences into positive ones. Learn how to deal with difficult situations in ways that will help you maintain your naturally peaceful state of mind. Rejoice in realizing the power of the Yogic practices to enrich your life. *Includes a vegetarian lunch.*

Spiritual Wellness for Spiritual Awakening NEW

Ancient Wisdom for Modern Times \$25

Sun., Aug. 13 • 11 a.m.–1 p.m. Rev. Sumati Govinda Steinberg

A spiritual awakening can be a joyful experience of oneness, or it may be confusing and disorienting. Ancient Yogis knew that the spiritual path had many challenges to overcome. By applying simple and ancient wisdom to your daily routine you can live a balanced, easeful, peaceful, and useful life. You have the inner resources and wisdom to support yourself, but you do not need to do it alone. Come meet fellow seekers of the truth, and learn how to support yourself as an awakened human being.

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. Schedule and presenters on back cover calendar.*

Kirtan

Special Guest Program



Mantras, Music, and Mysticism NEW

A Special Workshop with Tina Malia \$40

Sun., Aug. 27 • 2–4:30 p.m.

Visit www.iyiny.org for details.

Lee Harrington

Sat., Jun. 3 • 8 p.m.

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

Full Moon Kirtan

Fri., Jun. 9 • 7:45 p.m.*

By donation

Raga Roots

Sat., Jun. 17 • 8 p.m.

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

New Moon Kirtan

Sat., Jun. 24 • 7:45 p.m.*

By donation

Full Moon Kirtan

Sat., Jul. 8 • 7:45 p.m.*

By donation

New Moon Kirtan

Sat., Jul. 22 • 7:45 p.m.*

By donation

Prem Sadasivananda

Sat., Jul. 29 • 8 p.m.

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

Full Moon Kirtan

Mon., Aug. 7 • 7:45 p.m.*

By donation

Noah Baumwell

Sat., Aug. 12 • 8 p.m.

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

New Moon Kirtan

Mon., Aug. 21 • 7:45 p.m.*

By donation

Tina Malia

Sat., Aug. 26 • 8 p.m.

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

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

Visit www.iyiny.org for complete Kirtan information.

Life and Work

Family Yoga

Gong Bath for Kids

Sun., Jun. 4 • 11 a.m.–1 p.m. Laksmi Scalise

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

We can recognize immediately the healing power of a mother's lullaby. Sound cultivates calm and enhances the attachment between parent and child. Join Laksmi's gong session for a unique experience of bonding with your child through the healing vibrations of sound.

Restart Your New Year's Resolutions NEW

Did You Backslide? \$25

Mon., Jun. 5 • 7–9 p.m. Rev. Rudra Swartz

How are you doing with your New Year's resolutions? Spend an evening reviewing them, setting more or different intentions for the rest of the year, saying affirmations, and exploring skillful ways of implementing or adjusting your plan. Discover tools to employ if you have "backslid" 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. *This program is a follow-up to a program offered in January; however, all are welcome to participate whether or not they attended the New Year's resolutions program.*

Reiki Level I Training: 2-Day Course

Experience the Healing Effects of Reiki Energy \$195

Sat.–Sun., Jun. 10–11 • 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. *You will be certified in Reiki Level I through Loving Touch Center International School of Reiki upon completion. Bring a light snack. Lunchtime is spent as a group during the Reiki weekends. You may bring your own vegetarian lunch or, on Saturday, purchase a delicious, vegetarian lunch for \$8.*

Yoga at Home NEW

When You Can't Make It to a Class \$25

Thurs., Jun. 22 • 6:30–8:30 p.m. Nina Priya Ma David, M.A., E-RYT 500

Sometimes you just can't make it to a Yoga class, or you feel you don't have time to practice Yoga. What to do? In this workshop, you will learn simple ways to bring the key teachings and benefits of Yoga into daily living. Many physical, mental, and spiritual practices can be done when you're on the go, at work, and even performing your household duties. This is a fresh approach to living your Yoga. 🐾 All Levels

Special Guest Program



Ohashi's Oriental Diagnosis

2-Day Course \$295

Sat.–Sun., Jul. 22–23 • 10 a.m.–5 p.m. Ohashi

Long before X-rays and CT scans, traditional healers used noninvasive methods to assess personal health, lifestyle, and character. For the Oriental diagnostician, the body is the physical manifestation of the soul—both symptom and cause. Ohashi compares Eastern and Western approaches to health on the basis of his profound experience of 45 years, explaining the precepts in a language that all can understand. Ohashi discusses in-depth face and body diagnoses, demonstrates hara diagnosis, and ends with his famous "shoe diagnosis." This course will help you view the world with new eyes and discover physical, mental, and spiritual conditions in yourself and others. *Open to all.*

Introduction to Thai Yoga Massage

Learn to Give a 20-Minute Massage \$50

Thurs., Jun. 15 • 6:30–9:30 p.m. Renée Rice

Thurs., Aug. 3 • 6:30–9:30 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.*

Special Guest Programs



Lotus Palm Thai-Style Head Massage NEW

2-Day Workshop \$220

Fri.–Sat., Jun. 23–24 • 10 a.m.–5 p.m. Sukha Wong

Many people store tension in the neck and head area.

Thai head massage is a wonderful, uplifting treatment that concentrates on relieving upper-body tension, leaving the recipient feeling balanced and totally relaxed and creating a deep sense of peace and calm. In this workshop, learn to give a 45- to 60-minute massage flow using various techniques, including champissage, which combines head massage with a more subtle kind of energy healing, Ayurvedic chakra balancing, and traditional Thai techniques. Boost circulation, break down tension, and release toxins. We will be working on a floor mat, but adaptations of the techniques can be practiced on a chair or a massage table. *Open to all. Please bring a regular head pillow.*

Lotus Palm Ayurvedic Thai Therapy 1

5-Day Intensive \$500

Mon.–Fri., Jun. 26–30 • 10 a.m.–5 p.m. Sukha Wong

Learn the fundamental concepts, history, and philosophy of Ayurveda, the ancient Indian healing system in which Thai Yoga Massage has its historical roots, along with practical methods of applying Ayurvedic knowledge to deepen the therapeutic quality of Thai Yoga practice. Discover how to customize a Thai Yoga Massage according to a person's body type (dosha) physically, characteristically, emotionally, and spiritually. This intensive also includes determining an individual's Ayurvedic constitution (vata, pitta, or kapha); how to bring energy movement with vayus into Thai Yoga Massage; how to create a customized two-session Thai Yoga Massage wellness program; and how to incorporate the use of the knees as a massage technique in a 60-minute Thai massage flow. *No prerequisite; open to everyone.*

Please visit www.iyiny.org for details about required and recommended reading and more information.

Lotus Palm Thai Yoga Massage 3

5-Day Intensive \$500

Mon.–Fri., Jun. 26–30 • 10 a.m.–5 p.m. Sukha Wong

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

Drum Circle

Healing, Sacred, and Fun Free

Sat., Jul. 15 • 7–9 p.m. Steven Heurung and Theresa Arula Herron-Heurung

Come join us for a meditative drum circle to bring together the community in sharing healing sound vibrations. All levels, including beginners, are welcome. If you wish, you may bring your own percussive instruments. Drums and other international percussive tools will be provided. Please keep in mind an uplifting or healing intention.

Mind and Body Health

Men's Dynamic Health

The Unique Challenges of the Male Body \$25

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

This workshop will cover andropause and how to maintain correct hormone balance, how to build muscle and burn fat, how to develop sexual strength without pharmaceuticals by using Yoga asana and pranayama, and the application of nutrition and herbal medicine. We also cover the prevention of prostate cancer, male pattern baldness, male fertility, and much more.

Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.

Special Guest Programs



Introduction to Ayurveda

The Traditional Medicine of India \$48

Thurs., Jun. 8 • 6:15–9:15 p.m.

Cory Tixier, B.S., Certified Ayurvedic Practitioner, 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!

Agni, Ama, and Pancha Karma Mini-Retreat NEW

The Cornerstones of Ayurveda \$108

Sat., Jun. 17 • 10 a.m.–5 p.m. Cory Tixier

Agni is the fire element or radiant energy that manifests in the body as temperature, digestive enzymes, amino acids, and all metabolic activity, right down to the metabolism of your thoughts, feelings, and emotions. Agni is a cornerstone concept in Ayurveda, its manifestation rooted in the sun. It is the awareness and intelligence that governs all processes in the body and mind. According to Ayurveda we are only as healthy as our agni. In this workshop we will learn all about agni and its subcategories, learning what disrupts that fire and what results from its disruption. We will also discuss the cleansing methods and practices used in Ayurveda in order to restore agni to good health. You will walk away with practical solutions to help balance your inner flame. *Includes an Ayurvedic vegetarian lunch.*

Dinacharya NEW

The Daily Routine \$48

Mon., Jul. 10 • 6:15–9:15 p.m. Cory Tixier

Health and happiness are created by a wide range of factors and aspects of your life, from what you eat to how you think. Dinacharya is a gift from Ayurveda. It is a personal established routine that maintains order in your life and your biology. These Ayurvedic daily and even seasonal routines are a catalyst for facilitating overall health, sleep, vitality, peace, happiness, and quality of life. In this workshop we will learn the elements of a balanced daily routine as outlined by Ayurveda and discuss how to implement these potent practices effectively in our lives.

Ayurvedic Marma Points

Balance Your Biology \$48

Sun., Jul. 16 • 1:30–4:30 p.m. Cory Tixier

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.

Special Guest Program



HeartMath® **NEW**

Practical Skills to Enhance Well-Being and Joy \$45

Sat., Jun. 17 • 2–5 p.m. Jaymie Meyer

This program offers easy self-regulation and resilience-building practices that help individuals become more physiologically and emotionally balanced. You will learn how your response to events, interpersonal communication, and circumstances can deplete or renew your resilience. A discussion of key physiological processes provides a scientific foundation for the practices and their benefit. Highly interactive and fun, this workshop will include practical ideas for integrating HeartMath® tools into everyday life, including the depletion-to-renewal model; techniques for building resilience in the face of change and uncertainty; and a simple method for accessing intuition for improved decision making.

Special Program

Spa Day for Women



Relax, Rejuvenate, and Support IYI \$108

Sun., Jun. 25 • 10 a.m.–5 p.m. Prakash 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 Prakash at 212-929-0585, ext. 84, or e-mail Prakash@iyiny.org.* 🧘 All Levels

Special Guest Program



Tibetan Singing Bowls

Mind, Body, Spirit Detox and Realignment \$45

Mon., Jul. 10 • 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, July 15–16, from 10 a.m. to 6 p.m. Level 2 is coming in September. For more information or to register, visit www.iyiny.org.

Yoga for Anxiety **NEW**

Discover Wonderful Tools \$32

Sun., Jul. 16 • 11 a.m.–1 p.m. Jennifer Gibson

Anxiety can leave you feeling out of control, ungrounded, and overwhelmed with everyday life. Come discover how to apply the wonderful tools of Yoga to relieve anxiety and have a more peaceful existence. This workshop will include breathing practices, restorative Yoga postures, guided meditation, and a luxurious deep relaxation. Join in this informative workshop that will leave you with the tools you need to make changes toward a more peaceful balance in life. 🧘 All Levels

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$40

Sat., Jul. 22 • 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

Special Guest Program



TRE® (Tension and Trauma Releasing Exercises®)

Daylong Workshop **NEW**

Shake Off Physical and Emotional Pain \$125

Sat., Jul. 29 • 10 a.m.–6 p.m. Maria Alfaro, E-RYT

TRE is a simple, gentle, and profound technique that facilitates the lengthening and relaxation of the psoas muscle and the release of physical and emotional tension and stress. The TRE exercises tire the legs, triggering an involuntary shaking and trembling response, which begins in the legs and often spreads throughout the body. This natural response is the nervous system's way of discharging long-held tension and unconscious body contraction (due to everyday stress and traumatic life experiences), in order to restore the body to wholeness. This practice is suitable for all ages and fitness levels and offers an array of physical and emotional benefits.

Focus on Feet

Your Support and Your Connection \$27

Mon., Aug. 7 • 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

Integral Nutrition

Improve Your Health and Well-Being \$25

Sat., Aug. 12 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

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

Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.

Stress Management for Women **NEW**

Navigate Life with Ease and Flow \$27

Mon., Aug. 14 • 6:30–8:30 p.m. Rev. Lila Lucy Nelson

Women are more likely to experience stress than men. Stress is frequently triggered by changes in environment or circumstances, and life is constantly changing, especially for women, as they experience major quadrants in their female life cycle. How can women manage life with ease and flow? This workshop is a discovery process. You will learn stress management through the different branches of Yoga: Hatha, Bhakti, Raja, and Japa. Empower yourself with steadiness, knowledge, and practices. 🧘 All Levels

How to Stretch

Easy Practices \$27

Thurs., Aug. 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

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	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				
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	Level II	Level I	Level II	Level II	Level II	Level I
	*1-hour Multilevel NEW		*Yoga for Arthritis			*Yoga for Arthritis	
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		
				*1-hour Level II NEW			
6:00 p.m.	Open Meditation Level I	Open Meditation Level I/II Prenatal Yoga	Open Meditation Level I/II	Open Meditation	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	▶ 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/\$18 *No class in August

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	\$18	\$85	\$160	\$280
1 hour	\$10		\$100	

Unlimited Class Cards	1-Month	3-Month	1-Year
	\$125	\$325	\$1,008

New Students 3 Classes/\$30* PLUS Introductory Discounts
at Integral Yoga Stores and Wellness Spa
*In-store purchases only

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



Facebook

June

1	The Yoga Sutras of Patanjali	4
2	Calling All Yin Yoga Teachers: Yin Yoga Teacher Training One-Day Tune In, Tune Up	2
	Yin Yoga to Reveal Your Inner Joy	2
3	Laughter and Sound Healing Meditation	4
	Men's Dynamic Health	6
	Satsang with Laksmi Scalise	
4	Family Yoga: Gong Bath for Kids	5
5	Chair, Chi, and Prana™	2
	Restart Your New Year's Resolutions	5
6	Restorative Yoga and Sound Healing	2
	Explore the Bhagavad Gita: Open Series	4
7	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
8	Introduction to Ayurveda	6
	Meditation I Workshop	4
10	Reiki Level I Training: 2-Day Course	5
	Satsang with Swami Chidananda	
12	Open House for Level I Teacher Training	3
13	Explore the Bhagavad Gita: Open Series	4
15	Introduction to Thai Yoga Massage	6
16	Yoga on the Dark Side of the Moon	3
17	Agni, Ama, and Pancha Karma Mini-Retreat	6
	Yoga and Gong	3
	HeartMath®	7
	Satsang with Nina Priya Ma David	
20	Explore the Bhagavad Gita: Open Series	4
	Summer Solstice Gong Bath	4
22	Yoga at Home	5
23	Lotus Palm Thai-Style Head Massage: 2-Day Workshop	6
24	Satsang with Swami Asokananda	
25	Spa Day for Women	7
26	Lotus Palm Ayurvedic Thai Therapy 1: 5-Day Intensive	6
	Lotus Palm Thai Yoga Massage 3: 5-Day Intensive	6
	Chair, Chi, and Prana™	2
	Meditation Without Frustration	4
	Explore the Bhagavad Gita: Open Series	4
	Love, Transcendence, and Unity	4

July

1	Satsang with Jyothi K. Watanabe	
3	Chair, Chi, and Prana™	2
4	CLOSED FOR INDEPENDENCE DAY	
8	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Guru Poornima Satsang with Swami Chidananda, Rev. Sam Rudra Swartz, and Sumati Karen Bates	
10	Chair, Chi, and Prana™	2
	Dinacharya	6
	Tibetan Singing Bowls	7
11	Skillful Alignment	3
	Tirukkural: Open Series	4
12	Meditation Course: 3-Week Immersion	4
13	Meditation I Workshop	4
15	Tibetan Bowls Sound Healing Training: Level 1	7
	Integral Yoga Power Postures	3
	Satsang with Swami Chidananda	
	Drum Circle	6
16	Yoga for Anxiety	7
	Ayurvedic Marma Points	6
17	Chair, Chi, and Prana™	2
	Viniyoga	3
18	Tirukkural: Open Series	4
22	Ohashi's Oriental Diagnosis: 2-Day Course	5
	Knee Care and Yoga	7
	Satsang with Ann-Marie Ambaa Everitt	
23	Yin Yoga for Neck, Shoulders, and Upper Back	3
24	Chair, Chi, and Prana™	2
25	Open House for Level I Teacher Training	3
27	Yoga of Breath	4
28	Cosmic Sound Bath	4
29	TRE® (Tension and Trauma Releasing Exercises®) Daylong Workshop	7
	Two Swamis Satsang with Swamis Asokananda and Chidananda	
30	The Union of Integral Yoga and Prana Yoga	3
31	Yoga and Gong	3

August

1	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Tirukkural: Open Series	4
2	Take Yoga Lying Down!	3
3	Yin Yoga Teacher Training	2
	Introduction to Thai Yoga Massage	6
5	Satsang with Swami Asokananda	
7	Chair, Chi, and Prana™	2
	Focus on Feet	7
8	Tirukkural: Open Series	4
9	CLOSED FOR A STAFF RETREAT	
12	How to Hack Happiness	5
	Integral Nutrition	7
	Satsang with Rev. Lucy Lila Nelson	
13	Spiritual Wellness for Spiritual Awakening	5
14	Chair, Chi, and Prana™	2
	Open House for Level I Teacher Training	3
	Stress Management for Women	7
15	Explore the Bhagavad Gita: Open Series	4
16	Meditation I Workshop	4
17	How to Stretch	7
19	Mahasamadhi Satsang with Rev. Sam Rudra Swartz and Laksmi Scalise	
22	Explore the Bhagavad Gita: Open Series	4
23	Slow, Still, and Deep	3
26	Satsang with Swami Chidananda	
29	Yoga and Gong	3
	Explore the Bhagavad Gita: Open Series	4

Visit page 5 for the Kirtan schedule.