

Integral Yoga[®] Institute New York City



Free Yoga
Classes!
Thanksgiving
Morning

Program Guide

September / October / November 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 from 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.

Cover: Photo by Liz Brown/Vibes Collective

Hatha Yoga

Fundamentals of Integral Yoga

4-Week Course for Beginners \$90

Thurs., Sept. 14–Oct. 5 • 7–9 p.m. Abhaya
Sat., Oct. 14–Nov. 4 • 10:30 a.m.–12:30 p.m.

Margaret Padma Tumelty, M.S., OTR, RYT 500

Sun., Nov. 5–26 • 12:30–2:30 p.m. Becca Pulliam

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

Restorative Yoga and Sound Healing

A Journey Through the Chakras \$27

Tues., Sept. 12 • 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

Yin Yoga for Hips and Psoas **NEW**

The Antidote to Too Much Sitting \$35

Sun., Sept. 24 • 2–4:30 p.m. Tara Dhyani Purswani, E-RYT 500

Anatomically modern humans have been in existence for more than 200,000 years, but only a few centuries ago did sitting become widespread, and the human body has been adapting ever since. In your life span, your posture will adapt to excessive sitting, making your connective tissue tight and sticky. With awareness and practice you can prevent postural problems in the future.

Dhyani will lead you through a Yin Yoga sequence designed to express all possible combined joint actions in your hips, giving your connective tissue an opportunity to repattern itself for ease of movement. 🙏 All Levels

Chair, Chi, and Prana™

A Fusion Class: Chair Yoga and Qigong \$22 per session

Mon., Sept. 25, Oct. 30, Nov. 27 • 6:30–8 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 \$14 per session, available through Reception. Students should come barefoot or wear indoor slippers or socks with traction. 🙏 New Beginners and All Levels

Integral Yoga Power Postures

Enhance Your Fitness and Strength \$22

Tues., Sept. 26 • 6:30–8 p.m. Manu Dawson, C.Y.N.Th.

Tues., Nov. 28 • 6:30–8 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

Special Guest Programs



Yin Yoga: Diving Deeper

Teacher Training \$275
Continuing Education (\$225 until Sept. 28)
Fri., Oct. 20 • 6–9 p.m. and
Sat.–Sun., Oct. 21–22 • 10 a.m.–5:30 p.m. Corina Benner

This training is open to Yoga teachers of all traditions as well as curious and dedicated Yin Yoga students. Visit www.iyiny.org for details.

Yin Yoga to Reveal Your Inner Joy

Get Past Discomfort to Be Home \$45

Mon., Oct. 23 • 6:30–8:30 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

Lean on Me NEW

A Wall Yoga Experience \$22

Sun., Oct. 29 • 1:30–3 p.m. Abhaya Warner, RYT 500

From opening the body to stabilizing a position, there are many ways the wall can assist you to modify, deepen, and explore different poses. Experience an Integral Yoga mixed-level class focused on using the wall. Learn how the wall can provide guidance, support, and alignment for your Yoga practice. The wall is the one prop that everyone has at home!

Experienced Beginners and Intermediate/Advanced Students

Yoga and Gong

Practice to Healing Vibrations \$22

Sat., Nov. 11 • 10–11:30 a.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

Yin Yoga and Tibetan Bowls

Resonate with Stillness \$27

Wed., Nov. 15 • 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

Peaceful Practices

Meditation I Workshop

How to Meditate \$25

Thurs., Sept. 14 • 7–9 p.m. Swami Chidananda

Wed., Oct. 18 • 6:30–8:30 p.m. Nina Priya Ma David, M.A., E-RYT 500

Sun., Nov. 5 • 3–5 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 \$72

Thurs., Oct. 12–26 • 7–9 p.m. Swami Chidananda

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

Sun., Oct. 15 • 3–5 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. *No experience required.*

Qigong and Meditation NEW

Core Teachings of Two Mindful Life Practices \$27

Wed. Oct. 25 • 6:30–8:30 p.m. Nadiya Nottingham, RYT

While the benefits of meditation are being validated by science on a daily basis, so also are the health benefits of Qigong. Qigong is an ancient way of increasing your physical strength with low-impact movements that improve balance and cognitive ability. It is a moving meditation that may be practiced on its own and as a way to help you to bring meditation into daily tasks.



Yoga Life Training

An Immersion Program

September 14–December 2

Details at www.iyiny.org

Integral Yoga Level I Fall 200-Hour

Sept. 11–Dec. 17

Integral Yoga Level I Spring 200-Hour

Jan. 22–May 21

Integral Yoga Level II Intermediate

Jan. 29–Apr. 14

Open House for Levels I and II

Tues., Oct. 10 • 6:15–7:15 p.m.
Thurs., Nov. 16 • 6–7 p.m.

Integral Yoga Teacher Training

Tibetan Bowls Sound Healing Level I

Sept. 6–7

Tibetan Bowls Sound Healing Level 2

Sept. 8–10

Therapeutic Yoga

Oct. 3–8

Deepening Into Therapeutic Yoga

Oct. 12–17

Postpartum Yoga

Oct. 20–22

Yin Yoga Diving Deeper

Oct. 20–22

Yoga for Arthritis and Chronic Pain Level I

Oct. 26–29

Yoga for Arthritis and Chronic Pain Certification Course

Oct. 28–30

YCAT: Yoga Therapy in Cancer and Chronic Illness Level I

Nov. 6–15

Meditation

Nov. 27–Dec. 6

Kidding Around Yoga

Dec. 9–10

Gong Yoga

Dec. 14–18 and Jan. 11–15

Adaptive Gentle and Chair

Feb. 15–22

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.

Sacred Wisdom

Study Group on Raja Yoga

Yoga Philosophy and Psychology By donation

Tues., Sept. 5, 12, 19, 26 • 7–8:30 p.m. Swami Chidananda

Discover the eight-limbed philosophy dedicated to the development of your full potential and the expression of your inner spiritual self. Focusing on a rich text, this class will review the heart of the individual basic sutras that are essential to seeing this scripture as “a practical guide to the mind” and how it informs all branches of Yoga. *Suggested reading: The Yoga Sutras of Patanjali with commentary by Sri Swami Satchidananda.*

Explore the Bhagavad Gita

Yoga Philosophy and Psychology By donation

Tues., Oct. 3, 10, 17, 24, 31 • 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.

Tirukkural

A Sacred Scripture Exploration By donation

Tues., Nov. 7, 14, 21, 28 • 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 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.

Navaratri

Celebrate the Goddess By donation

Thurs., Sept. 21 • 7–8:30 p.m. Laksmi Scalise, RYT 500

Navaratri (Nine Nights) is a festival dedicated to the worship of the goddess or mother of the universe, who assumes many names and forms and showers her grace on us in many ways. During these nine nights the solar and climatic influences are particularly auspicious for worship of the Divine mother. Through discussion, chanting, and puja, we seek the Divine within ourselves and discover the Divine in everyone.

Autumnal Equinox Gong Bath

Be Cleansed with Healing Sounds \$27

Fri., Sept. 22 • 8–10 p.m. Kozmic Shamans

On the day when light and darkness are equal, when summer turns to fall, and when your spirit is ready to embrace the crispness and colors of autumn, treat yourself to an evening filled with the sounds and vibrations of magnificent gongs, singing bowls, and more. 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



Introduction to the Majestic Philosophy of Vedanta **NEW**

The Culmination of All Spiritual Practices \$27

Thurs., Sept. 28 • 7–9 p.m. Prem Sadasivananda

Vedanta (the philosophy of oneness) is the highest revelation of truth given to humanity. It reveals the majesty of our nature. Its message is the oneness of all existence as pure consciousness. Join Prem Sadasivananda in the exploration of the tenets of vedanta. In this talk we will discuss the nature of bondage, the cause of bondage, and the way to get rid of bondage. Vedanta is the culmination of all spiritual practices.

Special Guest Program



Death, Dying, Karma, and Reincarnation **NEW**

A Guide to the Infinite \$32

Fri., Oct. 6 • 7–9 p.m. Nayaswami Asha Praver

Birth, death, and reincarnation seem to us fragmented realities. We have little memory of what came before and no knowledge of what is to come. In fact, those apparently separate experiences are one, continuous flow of expanding consciousness. Reincarnation is the highway, karma is the road map, and astral and physical birth and death are the vehicles in which we travel. Asha explains the operation of karma, death, and reincarnation, as well as the deeper purpose of existence for every soul. Understanding these truths can bring clarity, confidence, and inspiration into your life. *The evening will include some Kirtan style chant.*

Gong Day

Personal Healing Enveloped in Sound \$108

Sat., Oct. 7 • 10:30 a.m.–5:30 p.m. Laksmi Scalise, RYT 500, and Michael Jay

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.

Tales of the Rasa Lila **NEW**

Sacred Love \$22

Sat., Oct. 28 • 1:30–3 p.m. Swamini Sri Lalitambika Devi

Immerse yourself in the bhava. Open to the presence of the Divine Beloved, in the heart and everywhere. During this festive Satsang, we will share stories and songs of the Beloved, reflecting upon our deepest potential as human beings and the Divine truth of the liberated soul. Walk the path of grace, and surrender to all that is. The workshop will include storytelling, bhakti teachings, Kirtan, and meditation.

Day of the Dead Yoga Workshop **NEW**

Let Go of Fears, Worry, and Anger \$27

Thurs., Nov. 2 • 6:30–8:30 p.m. Ann-Marie Amba Everitt

“The one aim of all Yoga is to face death fearlessly and joyfully.”
—Sri Swami Sivananda

The fears and worries we cling to prevent us from living fully and stem ultimately from the fear of death. In this fun workshop we can make friends with death, dying, and the afterlife. We'll take inspiration from Sri Swami Sivananda's book *What Becomes of the Soul After Death* and talks by Swami Satchidananda. We'll hear the story of Nachiketa and Lord Yama (the Lord of Death) and practice asana and meditation as if there were no tomorrow.

🧘 All Levels

Special Guest Program



Heal the Fractures That Block Peace and Harmony **NEW**

Discover the Benevolent Universe \$27

Sat., Nov. 4 • 10:30 a.m.–12:30 p.m. Rev. Jagannath 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.

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



Hanuman Chalisa

Chant Workshop with Nina Rao \$20 in advance
\$25 day of event

Sat., Oct. 21 • 4–6 p.m.

Here is an opportunity for beginners and experienced chanters to dive deep into the practice of chanting, as a group, this 40-verse prayer in praise of Hanuman. The prayer is from the Indian tradition, with Hanuman invoked as the very breath of the Divine—our own Divine nature. Many believe that chanting this prayer gives us the strength to get through difficult times with compassion and grace. We will talk about the story of Hanuman in the Ramayana, read through the prayer to review pronunciation and translation, and chant the prayer together for an auspicious number of repetitions. *Word sheets will be provided.*

Special Guest Program



Awakening Through Love

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

Sat., Nov. 11 • 3–5 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, fulfill your search for deeper meaning, and transform your life!

Full Moon Kirtan	Wed., Sept. 6 • 7:45 p.m.*	<i>By donation</i>
New Moon Kirtan	Wed., Sept. 20 • 7:45 p.m.*	<i>By donation</i>
Anjula	Sat., Sept. 23 • 8 p.m.	\$20 in advance \$25 day of event
Kirtan Soul Revival	Sat., Sept. 30 • 8 p.m.	\$20 in advance \$25 day of event
Full Moon Kirtan	Thurs., Oct. 5 • 7:45 p.m.*	<i>By donation</i>
Nitya and Ninad	Sat., Oct. 14 • 8 p.m.	\$20 in advance \$25 day of event
New Moon Kirtan	Thurs., Oct. 19 • 7:45 p.m.*	<i>By donation</i>
Nina Rao	Sat., Oct. 21 • 8 p.m.	\$20 in advance \$25 day of event
Full Moon Kirtan	Sat., Nov. 4 • 7:45 p.m.*	<i>By donation</i>
David Newman	Sat., Nov. 11 • 8 p.m.	\$20 in advance \$25 day of event
(Durga Das)		
New Moon Kirtan	Sat., Nov. 18 • 7:45 p.m.*	<i>By donation</i>

*Please note that IYI closes promptly at 8 p.m. on these evenings.
Visit iyiny.org for complete Kirtan information.

Life and Work

Special Guest Programs



Tibetan Singing Bowls

Mind, Body, Spirit Detox and Realignment \$45

Tues., Sept. 5 • 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 Level 1

The Ultimate Medicine for Body, Mind, and Spirit \$399

Wed.–Thurs., Sept. 6–7 • 10 a.m.–6 p.m. Master Satya Brat

Tibetan Bowls Sound Healing Training Level 2

Powerful Ancient Healing Techniques \$599

Fri.–Sun., Sept. 8–10 • 10 a.m.–6 p.m. Master Satya Brat

For more information about Tibetan Bowls Sound Healing Courses or to register, visit www.iyiny.org.

Introduction to Thai Yoga Massage

Learn to Give a 20-Minute Massage \$50

Sat., Sept. 9 • 10:30 a.m.–1:30 p.m. Renée Rice

Thurs., Nov. 30 • 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.*

Lotus Palm Thai Yoga Massage 1

5-Day Intensive \$500

Wed.–Sun., Sept. 13–17 • 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 Thai Yoga Massage 2

5-Day Intensive \$500

Wed.–Sun., Nov. 15–19 • 10 a.m.–5 p.m. Renée Rice

Prerequisite: Lotus Palm Thai Yoga Massage 1

Lotus Palm Ayurvedic Thai Therapy 2

5-Day Intensive \$500

Mon.–Fri., Oct. 30–Nov. 3 • 10 a.m.–5 p.m. Sukha Wong

Prerequisite: Lotus Palm Ayurvedic Thai Therapy 1

Lotus Palm Thai Yoga Massage 4

5-Day Intensive \$500

Mon.–Fri., Oct. 30–Nov. 3 • 10 a.m.–5 p.m. Sukha Wong

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

Visit www.iyiny.org and www.lotuspalm.com for details about Lotus Palm Intensives.

Reiki Level II Training: 2-Day Course

Loving Touch Center International School of Reiki \$350

Sat.–Sun., Sept. 9–10 • 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.

Drum Circle

Healing, Sacred, and Fun Free

Sat., Sept. 16 • 7–9 p.m. Steven Heuring and Theresa Arula Herron-Heuring
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.

Gay Yoga Sangha NEW

LGBTQ+ Immersive Yoga Workshop \$45

Sun., Sept. 17 • 10 a.m.–1 p.m.

James Cancienne, Ph.D., and Tim Satyam Groen, RYT 500

As an active participant in the Gay Yoga Sangha, you will deepen your Yoga and meditation practice in the fun company of new friends with whom you share your LGBTQ+ identity and interest in Yoga. Guided by two gay IYI teachers, your immersion in Yoga will include a Hatha Yoga class, two brief talks related to Yoga philosophy and the psychology of Yoga, and a corresponding meditation.

👉 Experienced Beginners and Intermediate/Advanced Students

Nada Yoga

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

Tues., Sept. 19 • 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.

The Yoga of Listening

Develop This Vital Skill \$22

Wed., Sept. 27 • 7–8:30 p.m. Swami Asokananda

The word *listen* contains the same letters as the word *silent*. Listening is a form of meditation. To quiet the mind and be fully present with another person takes practice. This workshop will explore the barriers to effective listening and suggest ways to overcome them. We will use exercises to assess our listening capacity. You will leave the workshop with the tools to improve greatly your capacity in this crucial life skill and enhance all your relationships.

Family Yoga

Integral Yoga for Kids

Sun., Oct. 1 • 11 a.m.–1 p.m. Lakshmi Pidel

Making Healthful Food Fun

Sun., Nov. 5 • 11 a.m.–1 p.m. Rebecca McKenzie

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

Family Yoga, hosted by Lakshmi Pidel, is a wonderful opportunity for the entire family to practice Yoga, experience community, and share in fun activities. Bring your open heart and wear comfortable clothing to enjoy special activities that are new and different each month but will always include Yoga poses, songs, and art. [Please visit www.iyiny.org](http://www.iyiny.org) for more information about Family Yoga. 👉 All Levels

Practice for a Purpose NEW

Blessings in a Backpack \$27

Tues., Nov. 21 • 6:30–8:30 p.m. Abhaya Warner, RYT 500

"The best way to find yourself is to lose yourself in the service of others."
—Gandhi

A central idea of Yoga is seva, service to and understanding of the needs of others. We will focus on abundance, sharing that abundance with others, while discovering how seva can assist us with our spiritual journey. All proceeds from this practice will be donated to Blessings in a Backpack, providing weekend meals for elementary-school children dependent on federal school meal programs who might otherwise go hungry. 👉 All Levels

Mind and Body Health

Special Guest Program



Soma Seasonal Cleanse NEW

Enhance Self-Care and Personal Renewal \$48

Sun., Sept. 10 • 10:30 a.m.–1:30 p.m.

Kristen Rae Stevens, E-RYT 500, Ay.P.

Ayurveda suggests that, as summer's heat ends and the autumnal equinox draws near, we tune in, assessing body, mind, and state of being and preparing for the darker months. The Soma Seasonal Cleanse addresses diet, exercise, and self-care, leaving you in a state of soma, or optimized joy. Build vibrancy and vitality with specially designed movement. Learn to choose and prepare foods for cleansing and your body type. Discover herbs, spices, and tonics for strengthening immune function. Practice self-reflective techniques to stay balanced in times of change. 👉 All Levels

Yoga for Bladder Health

An Introductory Workshop for Women of All Ages \$35

Sat., Sept. 16 • 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

Therapeutic Yoga

Access Your Deep Healing Wisdom \$17 per session

Wed., Sept. 27, Oct. 4, 11, 18, Nov. 8, 15, 29 • 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. *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

Fasting and Detoxification

A Time-Honored Tradition \$25

Sat., Sept. 23 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.T.H.

Learn about detoxification and fasting methods, using water, juices, and specific foods, nutrients, and herbs to detoxify the system as you discover the physiological and psychological benefits of fasting and the best ways to begin, maintain, and break a fast. Fasting on this day is not a requirement for attending the workshop. *Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

Yoga for Back Care NEW

4-Week Open Series \$16 per session

Wed., Oct. 4, 11, 18, 25 • 2–3 p.m. Rashmi Galliano, E-RYT 500

Yoga is an excellent treatment for all types of back pain, according to many recent studies. This class is specifically designed for all who have back pain and spinal concerns and who may be hesitant about trying this natural approach. Discover, through basic Yoga postures and prop supports including use of blocks, chairs, and yoga straps, how to take care of your back. Learn about safe alignment and movement in a class that will move slowly so that your specific concerns may be addressed. *The seniors' fee for this program is \$10 per session, available through Reception.*

👉 New Beginners and All Levels

Special Guest Program



Empathy in Any Body **NEW**

Introduction to Yoga and Nonviolent Communication \$54

Sat., Sept. 30 • 10:30 a.m.–1:30 p.m.

Cat McCarthy, E-RYT 500, YACEP

"Out beyond the ideas of wrongdoing and rightdoing, there is a field. I'll meet you there." —Rumi

Transform conflict into connection! By excavating what's beneath any friction, you can focus on the deeper motivation embedded within your habits and judgments. Nonviolent Communication (NVC) offers tools of emotional intelligence to help generate new neural pathways for empathy. With compassionate understanding of your own feelings and needs, you can create stronger connection both inside and out. Get ready to shift your perspective on a cellular level! *Please bring a notebook and pen, along with an open heart and a curious mind.* 🌸 All Levels

Healing Before and After Drugs and Surgery

Complementary Practices \$25

Sat., Oct. 14 • 1–3 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.*

Yoga and the Fascial System

Connect with Your Connective Tissue \$35

Sun., Oct. 15 • 10:30 a.m.–1 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

How to Stretch

Easy Practices \$27

Sun., Oct. 15 • 2:30–4:30 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

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$40

Sun. Oct. 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

Cosmic Sound Bath

Healing on the Deepest Level \$27

Tues. Oct. 24 • 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.

Help for Hamstrings

Lengthen and Strengthen \$27

Thurs., Nov. 2 • 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

Integrative Strategies for Healthy Aging

Reset Your Biological Age \$25

Sat., Nov. 4 • 1–3 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 Guest Programs



TRE® (Tension and Trauma Releasing Exercises®) for Vets

For Veterans and Their Families Free

Thurs., Nov. 9 • 6:30–9:30 p.m. Maria Alfaro, E-RYT

Please visit www.iyiny.org for details.

Neurogenic Yoga™

Tremor to Release Trauma \$125

Sun., Nov. 12 • 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 Berceles'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. *Questions? E-mail Maria at maria@NeurogenicYoga.com.*

🌸 All Levels

Caring for the Pelvic Floor

Strengthen, Coordinate, Relax \$35

Sat., Nov. 18 • 10 a.m.–12:30 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

Yoga-Based Cognitive Behavioral Treatment of Anxiety™

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

Sat., Nov. 18 • 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.

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	Level II NEW	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						
2:15 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	*1-hour Level I NEW	Level I/II	Level I	Level I	Level II Gentle Yoga
4:00 p.m.		IY Kids 3-6 yrs.	IY Kids 7-11 yrs.	IY Kids 1-3 yrs.			
4:15 p.m.	Level I *1-hour Multilevel	Level II	Level I Yoga for Arthritis	Level II	Level II	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 *1-hour Level II	Level I		
6:00 p.m.	Open Meditation Level I	Open Meditation Level I/II Prenatal Yoga	Open Meditation Yin Yoga NEW	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/\$12 *1-hour-and-45-minute class ❖ Free with proof of service
*\$12 ▶\$5 ▲6 weeks to 12 months; 1-hour class/\$18

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	\$12		\$100	
Unlimited Class Cards	1-Month	3-Month	1-Year	
	\$125	\$325	\$1,008	

New Students 3 Classes/\$40* 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

September

3	CLOSED FOR LABOR DAY	
5	Tibetan Singing Bowls	5
	Study Group on Raja Yoga: Open Series	4
6	Tibetan Bowls Sound Healing Training Level 1	5
8	Tibetan Bowls Sound Healing Training Level 2	5
9	Introduction to Thai Yoga Massage	5
	Reiki Level II Training: 2-Day Course	5
10	Soma Seasonal Cleanse	6
12	Restorative Yoga and Sound Healing	2
	Study Group on Raja Yoga: Open Series	4
13	Lotus Palm Thai Yoga Massage 1: 5-Day Intensive	5
14	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Meditation I Workshop	3
16	Yoga for Bladder Health	6
	Drum Circle	6
17	Gay Yoga Sangha	6
19	Nada Yoga	6
	Study Group on Raja Yoga: Open Series	4
21	Navaratri	4
22	Autumnal Equinox Gong Bath	4
23	Fasting and Detoxification	6
24	Yin Yoga for Hips and Psoas	2
25	Chair, Chi, and Prana™	2
26	Integral Yoga Power Postures	2
	Study Group on Raja Yoga: Open Series	4
27	Therapeutic Yoga: Open Series	6
	The Yoga of Listening	6
28	Introduction to the Majestic Philosophy of Vedanta	4
30	Empathy in Any Body	7

October

1	Family Yoga: Integral Yoga for Kids	6
3	Explore the Bhagavad Gita: Open Series	4
4	Therapeutic Yoga: Open Series	6
	Yoga for Back Care: 4-Week Open Series	6
6	Death, Dying, Karma, and Reincarnation	4
7	Gong Day	4
10	Teacher Training Open House for Levels I and II	3
	Explore the Bhagavad Gita: Open Series	4
11	Therapeutic Yoga: Open Series	6
	Yoga for Back Care: 4-Week Open Series	6
12	Meditation Course: 3-Week Immersion	3
14	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Healing Before and After Drugs and Surgery	7
15	Yoga and the Fascial System	7
	How to Stretch	7
	Yoga of Breath	3
17	Explore the Bhagavad Gita: Open Series	4
18	Therapeutic Yoga: Open Series	6
	Yoga for Back Care: 4-Week Open Series	6
	Meditation I Workshop	3
20	Yin Yoga: Diving Deeper Teacher Training Continuing Education	3
21	Hanuman Chalisa	5
22	Knee Care and Yoga	7
23	Yin Yoga to Reveal Your Inner Joy	3
24	Explore the Bhagavad Gita: Open Series	4
	Cosmic Sound Bath	7
25	Yoga for Back Care: 4-Week Open Series	6
	Qigong and Meditation	3
28	Tales of the Rasa Lila	4
29	Lean on Me	3
30	Lotus Palm Ayurvedic Thai Therapy 2: 5-Day Intensive	5
	Lotus Palm Thai Yoga Massage 4: 5-Day Intensive	5
	Chair, Chi, and Prana™	2
31	Explore the Bhagavad Gita: Open Series	4

November

2	Day of the Dead Yoga Workshop	4
	Help for Hamstrings	7
4	Heal the Fractures That Block Peace and Harmony	4
	Integrative Strategies for Healthy Aging	7
5	Family Yoga: Making Healthful Food Fun	6
	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Meditation I Workshop	3
7	Tirukkural: Open Series	4
8	Therapeutic Yoga: Open Series	6
9	TRE® (Tension and Trauma Releasing Exercises®) for Vets	7
11	Yoga and Gong	3
	Awakening Through Love	5
12	Neurogenic Yoga™	7
14	Tirukkural: Open Series	4
15	Therapeutic Yoga: Open Series	6
	Lotus Palm Thai Yoga Massage 2: 5-Day Intensive	5
	Yin Yoga and Tibetan Bowls	3
16	Teacher Training Open House for Levels I and II	3
18	Caring for the Pelvic Floor	7
	Yoga-Based Cognitive Behavioral Treatment of Anxiety™	7
21	Practice for a Purpose	6
	Tirukkural: Open Series	4
23	CLOSED FOR THANKSGIVING (Free morning classes)	
27	Chair, Chi, and Prana™	2
28	Integral Yoga Power Postures	2
	Tirukkural: Open Series	4
29	Therapeutic Yoga: Open Series	6
30	Introduction to Thai Yoga Massage	5