

Integral Yoga[®] Institute New York City



Program Guide

December 2017 / January / February 2018

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.

Hatha Yoga

Fundamentals of Integral Yoga

4-Week Course for Beginners \$90

Mon., Jan. 8–29 • 7–9 p.m. Linda Botros

Sat., Jan. 20–Feb. 10 • 10:30 a.m.–12:30 p.m. Vimukti Aslan, C-IAYT, E-RYT 500

Thurs., Feb. 1–22 • 6:30–8:30 p.m. Yogeśwari

New Beginners

Peaceful Holiday

NEW

Restoring Celebration, Joy, and Peace \$27

Tues., Dec. 5 • 6:30–8:30 p.m. Nalini Kuhnke, RYT 500

The holiday experience can be stressful owing to too much to do and eat, too many places to be, late nights, and short days, all as winter's cold blanket begins to envelop us. We restore balance by practicing restorative backbends, which aid digestion, increase lung capacity, counter depression, and strengthen immunity. We will end with restorative forward bends, returning us to a quiet, peaceful state, reflecting the joy and peace of the season. All Levels

Chair, Chi, and Prana™

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

Sat., Dec. 9 • 3:30–5 p.m. Melissa "Mati" Elstein, RYT, Esq.

Mon., Jan. 22 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

Tues., Feb. 27 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

New Beginners and All Levels

Restorative Yoga and Sound Healing

A Journey Through the Chakras \$27

Mon., Jan. 8 • 7–9 p.m. Nicole Srimati 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 Srimati 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

Cleansing Twists

Breathe, Restore, and Renew \$27

Wed., Jan. 17 • 6:30–8:30 p.m. Nalini Kuhnke, RYT 500

Come join us for a nurturing, restorative practice of twisting poses to cleanse and renew your energy body after the holiday hubbub. Twisting poses cleanse the body deeply by wringing out toxins stored in the organs and tissues. This healing workshop will feature an intriguing array of Yoga twists to release what you no longer need. With that release, the body may be open to fresh energy, or prana, for restoring and revitalizing itself. All Levels

Pacifying Vata Through Yin and Restorative

NEW

Winter Surrender \$35

Sun., Jan. 21 • 10:30 a.m.–1 p.m. Nicole Srimati

The dry coolness of the winter season can make you feel tired and unbalanced. Srimati will guide you through one hour of Yin Yoga, a soothing and invigorating practice, followed by one hour of Restorative, a calming and emotionally balancing practice, for a sweet surrender. Find physical and emotional relief, and challenge yourself through the silence and stillness of these practices. You will leave the workshop with Ayurvedic tips for staying balanced through the remainder of Vata season. New Beginners and All Levels

Christmas Day Class

Celebrate Peace with Movement and Breath

Mon., Dec. 25 • 1–2:30 p.m. • Taravati • \$5

All are welcome to come as you are to this classic Integral Yoga class, with a little Restorative Yoga as well.

No pre-registration, just arrive! All Levels

Special Guest Program



Yin Yoga Teacher Training

Practicing Surrender and Receptivity \$549 (\$495 until Jan. 14)

Thurs.–Sun., Feb. 1–4 • 10 a.m.–6 p.m. Corina Benner

This training will focus on the great therapeutic benefits of Yin Yoga on the physical, energetic, and mental/emotional bodies (the annamaya, pranamaya, and manomaya koshas). We will investigate the foundational shapes of Yin Yoga, seeking to understand the method of this practice and exploring appropriate ways of modifying poses to meet individual students' needs.

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.

Special Guest Program



Master Class to Transform Your Yoga Practice!

NEW

Understand the Power and Purpose of Asana \$48

Sun., Feb. 4 • 10 a.m.–1 p.m. Renata Gregori

"Your body is a vehicle of Divine expression."

—Sri Swami Satchidananda

Learn to access challenging postures with joy and curiosity by opening the body and creating more space than you've ever thought possible! Thai Yoga Massage–informed adjustments and assists allow you to go deeper into the postures, where you can meet your edges with breath, compassion, and patience. You will come to understand the power and purpose of asana on the eight-limbed path of Yoga, realize the true meaning of "alignment," and catapult your practice to the next level.

Enjoy this soul-inspiring and profoundly transformational immersion for experienced students and teachers. 🧘 **Intermediate/Advanced Students**

Slow, Still, and Deep

A Mindful, Restful Asana Practice \$20

Mon., Feb. 19 • 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. 🧘 **Experienced Beginners and Intermediate/Advanced Students**

Peaceful Practices

Meditation I Workshop

How to Meditate \$25

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

Thurs., Jan. 11 • 7–9 p.m. Swami Chidananda

Wed., Feb. 7 • 7–9 p.m. Rev. Sam Rudra Swartz, IYM

Meditation Course

3-Week Immersion \$72

Thurs., Jan. 25–Feb. 8 • 7–9 p.m. Rev. Sam Rudra Swartz, IYM

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

Yoga of Breath

Pranayama for Beginners \$25

Thurs., Jan. 18 • 7–9 p.m. Rev. Sam Rudra Swartz, IYM

Meditation Without Frustration

Taking Your Meditation Practice to the Next Level \$25

Mon., Dec. 4 • 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.

Laughter and Sound Healing Meditation

Bring a Joyful Element to Your Practice \$27

Sat., Jan. 13 • 4–6 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.

Sacred Wisdom

Study Group on Raja Yoga

Yoga Philosophy and Psychology *By donation*

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

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

Tirukkural

A Sacred Scripture Exploration *By donation*

Tues., Feb. 13, 20, and 27 • 7–8:30 p.m. Rev. Sam. Rudra Swartz, IYM

Sri Swami Satchidananda based the teachings of Integral Yoga on three main *May be attended on a drop-in basis with no pre-registration.*

Integral Yoga Teacher Training

Integral Yoga Level I Spring 200-Hour

Jan. 22–May 21

Integral Yoga Level I Summer 200-Hour Intensive

Jun. 25–Jul. 27

Integral Yoga Level II Intermediate

Jan. 29–Apr. 14

Open House for Levels I and II

Mon., Dec. 18 • 6–7 p.m.

Wed., Jan. 3 • 6–7 p.m.

Kidding Around Yoga

Dec. 9–10

Gong Yoga

Jan. 11–15 and Feb. 15–19

Adaptive Yoga

Feb. 15–23

Kidding Around Yoga

Coming in March

Yoga for the Special Child Basic Level I

Apr. 2–7

Accessible Yoga

May 5–8

Prenatal Yoga

May 11–14 and 18–20

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.

New Year's Eve at Integral Yoga

Celebrate with Sangha \$40

Sun., Dec. 31 • 7:30 p.m.–12:30 a.m. Swami Asokananda

Special Guest Program



Surfing in the Sea of Change **NEW**

**Managing Stress and Anxiety
in Challenging Times \$35**

Fri., Dec. 8 • 7–9:30 p.m. Swami Vidyanaanda

It may seem that there's nothing you can do about the speed of change in your life and the world, but you can learn to have more control over your response to change and stressful situations. This workshop will teach you to use Yoga postures and relaxation to find balance in the midst of your daily life, Yoga breathing to calm anxiety, and resilient attitudes for times of turbulence. Yoga can teach you to live from your center to balance your thoughts, your emotions, and the way you deal with problems. All Levels

Special Guest Programs



Yoga as Spiritual Activism

Holding a Light in the Darkness \$27

Sat., Dec. 9 • 10:30 a.m.–12:30 p.m. Swami Ramananda

Our world today is filled with conflicts and a divisive ideology that has intensified violence and exploitation. Radical movements exhibit dehumanizing values and lead to unnecessary suffering. This creates an atmosphere of heightened tension, depression, and fear. How do we respond? How do we make peace in our hearts without turning away or numbing ourselves to this reality? Together we will reflect on how to empower ourselves as individuals and communities, how our practice serves as a foundation for contacting our spiritual consciousness, and how we are called to manifest that consciousness in response to the world around us.

Healing the Five Levels of Being

Customize Your Own Practice \$35

Sun., Dec. 10 • 10:30 a.m.–1 p.m. Swami Ramananda

According to Yoga, physical and mental diseases are disorders of consciousness that involve all five levels of your being. The deepest healing takes place when you restore balance on all five levels, so that you function as an integrated whole. In this workshop, we will examine the nature of these levels, reflect personally on where we experience imbalances, and review the teachings and practices that support healing on each level. In this way, we can each customize our personal practice to derive maximal benefit.

Special Guest Programs



Introduction to the Majestic Philosophy of Vedanta

The Culmination of All Spiritual Practices \$27

Wed., Dec. 13 7–9 p.m. Prem Sadasivananda

Reclaiming Your Freedom: **NEW** 3-Week Course

Introduction to the Majestic Philosophy of Vedanta \$75

Wed., Feb. 21–Mar. 7 • 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. In the workshop on December 13, join Prem Sadasivananda in the exploration of the tenets of vedanta. He 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. The course, beginning in February, will explore the basic principles of Advaita Vedanta, Sankaracharya's view of nature of reality, the cause of bondage, and the way to freedom. Vedanta is the culmination of all spiritual practices.

Special Guest Programs



Winter Solstice Gong Bath

Vibrations and Light \$27

Thurs., Dec. 21 • 8–10 p.m.

Grand Gong Master Don Conreux and Associates

Gong Day

Personal Healing Enveloped in Sound \$108

Sat., Jan. 6 • 10:30 a.m.–5:30 p.m. Grand Gong Master Don Conreux

Integral Yoga and Grand Gong Master Don Conreux—along with gong masters he has trained and certified—invite you to spend this auspicious day enveloped in the vibrations of the gong. The day will include gentle Yoga poses accompanied by the gong, the healing energy of Reiki, a journey into deep relaxation, and some lessons in making the gong a part of your life. *A delicious vegetarian lunch will be served. Each participant receives a 10% discount on singing bowls, tingshas, tuning forks, and books on sound healing at the Integral Yoga Shop.*

The 103rd Jayanthi of Sri Swami Satchidananda

A Special Kirtan and Satsang By donation

Fri., Dec. 22 • 7:30–10 p.m.

Kali Morse, Rev. Sam Rudra Swartz, IYM, and Rev. Laksmi Scalise, IYM

Come celebrate the 103rd jayanthi (birth anniversary) of our beloved guru with this very special Satsang. It will begin with an IY Kirtan and continue with a video message from Swami Satchidananda himself, sharings, and a guru puja. Jai Gurudev!

Christmas Eve Service

A Puja and Satsang By donation

Sun., Dec. 24 • 5–6:30 p.m.

Swami Chidananda and Rev. Sam Rudra Swartz, IYM

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

Day of Silence

Refresh and Relax into the New Year \$95

Sat., Jan. 13 • 10 a.m.–3:30 p.m.

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

Special Guest Program



Here Comes the Sun

**A Musical and Spiritual Tribute
to George Harrison \$25 in advance
\$30 day of event**

Sat., Jan. 20 • 8–10 p.m.

Joshua Greene (Yogesvara) and Godfrey Townsend

Through live music, exciting visuals, and engaging commentary, this tribute program to "the quiet Beatle" has had audiences on their feet and applauding nationwide. Joshua Greene, author of the best-selling biography on which the tribute is based, teams with the renowned guitarist and vocalist Godfrey Townsend, who has played with some of the greatest names in rock-and-roll history, to create a magical evening of humor, spiritual insight, and love.

Creating Intention for Transformation

NEW

A Day of Meditation and Shamanic Journeying \$108

Sun., Feb. 18 • 10:30 a.m.–4:30 p.m. Nadiya Nottingham, RYT, and Janice Zvail
By “paying attention to intention” we bring laser focus to what is asking to be healed or to manifesting a dream. This workshop will begin with the writing of your private intentions and the creating of an altar of offering and gratitude. In the morning session Nadiya will guide you through prayer, song, and meditation for the intention/manifesting. In the afternoon Janice will teach you the ancient practice of shamanic journeying in order to have your intention come to fruition with the help of spirit guides in all forms—wisdom beings, ancestors, power animals, and nature spirits. *A pipe ceremony will be offered immediately after the program and is not charged for, as is customary in the Native tradition. Any donations for the pipe ceremony will be sent to the Red Cloud School on the Pine Ridge Reservation in South Dakota.*

Special Guest Programs



Master Keys to Greater Happiness

NEW

Tools and Practices for Every Day \$35

Sat., Feb. 24 • 10:30 a.m.–1 p.m. Mitra Somerville

The thoughts in our active minds, and the emotions they generate, can inhibit concentration and create stress. Learn to understand and manage your mind by experiencing calming practices that allow you to let go. Mitra will share time-tested master keys to help you create a more positive, calm, and focused mind, to release challenging emotions and prevent them from recurring. Why not create more-loving thoughts, feelings, and actions in your life and experience the peace and happiness that are your true self?



Treasure Within You

Lecture and Book Signing Free

Sat., Feb. 24 • 2:30–4 p.m. Mitra Somerville

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

Felicia Rose	Sat., Dec. 2 • 8 p.m.	\$20 in advance \$25 day of event
David Newman (Durga Das)	Sat., Dec. 9 • 8 p.m.	\$20 in advance \$25 day of event
Annual Chanukah Kirtan with Kirtan Rabbi	Sat., Dec. 16 • 8 p.m.	\$18 in advance \$25 day of event
Renee	Sat., Jan. 13 • 8 p.m.	\$20 in advance \$25 day of event
Devadas	Sat., Feb. 10 • 8 p.m.	\$20 in advance \$25 day of event
Mirabai Moon	Sat., Feb. 24 • 8 p.m.	\$20 in advance \$25 day of event
Full Moon Kirtan	Mon., Dec. 4; Tues., Jan. 2; Wed., Jan. 31 • 7:45 p.m.	By donation
New Moon Kirtan	Mon., Dec. 18; Tues., Jan. 16; Thurs., Feb. 15 • 7:45 p.m.	By donation

Life and Work

Family Yoga

Indian Classical Music for Kids

Sun., Dec. 3 • 11 a.m.–1 p.m. Raga Kids

Singing Metal

Sun., Jan. 7 • 11 a.m.–1 p.m. Michael Jay

Family Harmony: Community, Music, and Movement

Sun., Feb. 4 • 11 a.m.–1 p.m. Shoshana

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

All Levels

Special Guest Program



OHASHI Method®: Ohashi’s Bodywork Course

4-Day Immersion \$395

Sat.–Tue., Dec. 9–12 • 10 a.m.–5 p.m. Ohashi

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

Introduction to Thai Yoga Massage

Learn to Give a 20-Minute Massage \$50

Sat., Jan. 6 • 10:30 a.m.–1:30 p.m. Renée Rice

Sat., Feb. 24 • 10:30 a.m.–1:30 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 \$550

Wed.–Sun., Jan. 17–21 • 10 a.m.–5 p.m. Renée Rice

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

Drum Circle

Healing, Sacred, and Fun Free

Sat., Jan. 6 • 7–9 p.m. Steven Heurung and Theresa Arula Herron-Heurung

Reiki Level I Training: 2-Day Course

Experience the Healing Effects of Reiki Energy \$195

Sat.–Sun., Jan. 13–14 • 10:30 a.m.–4:30 p.m.

Hamsa Spagnola, E-RYT 500, C-IAYT, 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.*

Mind and Body Health

Shamanic Womb Healing

Ceremony, Song, and Water Prayer \$40

Wed., Dec. 6 • 6:30–9:30 p.m. Nadiya Nottingham, RYT

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.*

Strengthening the Immune System

Winter Wellness \$25

Sat., Dec. 9 • 1–3 p.m. Manu Dawson, C.Y.N.Th.

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

Shamanic Sound Journey

A Deep Meditation Experience \$27

Fri., Jan. 5 • 7:30–9:30 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.

Chakras, Yoga, and Reiki

An In-Depth Exploration \$54

Sun., Jan. 7 • 10:30 a.m.–2:30 p.m. Hamsa Spagnola, E-RYT 500, C-IAYT, 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-force energy. Reiki is a modality that activates the natural healing processes of the body, restoring physical and emotional well-being. We'll explore the chakras—their locations, colors, sounds, and emotional and physical components. Yoga will help to open and clear them. Reiki will heal, nurture, and strengthen them. A chakra meditation will connect you to your personal power. 🧘 All Levels

Yoga for Anxiety

Discover Wonderful Tools \$32

Sun., Jan. 7 • 2–4 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

Stress Management for Women

Navigate Life with Ease and Flow \$27

Sun., Jan. 14 • 2:30–4:30 p.m. Rev. Lila Lucy Nelson

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 a foundation of steadiness, knowledge, and practices. 🧘 All Levels

Women's Yoga and More NEW

Surfing Through the Cycles of a Woman's Life \$22

Thurs., Jan. 18 • 11 a.m.–12:30 p.m. Bhakti Cinzia Parma

Each stage of a woman's life brings its own difficulties, opportunities, and strengths. Tools like Yoga, Qigong, chanting, and sharing can help you learn how to surf through the difficulties and ride the opportunities. Take time to take care of yourself, to listen within, to connect with nature and learn to trust your body and intuition through all the cycles of your life. We will be practicing Yoga, Qigong, self-massage, relaxation, pranayama, and meditation. *Open to all women.* 🧘 New Beginners and All Levels

TRE® (Trauma or Tension Releasing Exercises) NEW

4-Week Open Series \$20 per session

Thurs., Jan. 18, 25, Feb. 1, 8 • 3:30–4:45 p.m. Phil Lynch

TRE is a gentle, simple, and profound technique that facilitates a release of physical and emotional tension and stress. It begins with the lengthening and relaxation of the psoas muscle, a very thick, deep muscle that acts as a guardian of the lower belly. In its role of protector of your organs it contracts and tightens, becoming shorter, in response to life's small and big traumatic experiences. The TRE® exercises help evoke a trembling response, a gentle shaking that is actually the nervous system's way of discharging long-held tension or unconscious muscle contraction to restore the body to wholeness. 🧘 All Levels

Eye Health

Save Your Vision \$25

Sat., Jan. 20 • 1–3 p.m. Manu Dawson, C.Y.N.Th.

Our eyes are the only part of the brain that is actually outside of the skull. This interactive workshop will discuss the many integrative protocols and methods for protecting and improving those vital possessions: our eyes and our vision. Learn Yoga eye movements and other Yoga practices, as well as the science of nutrient and herbal substances that have been proven in research to protect and improve vision.

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$40

Sun. Jan. 21 • 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



Neck and Shoulder Care NEW

Releasing the Weight of the World \$27

Sun., Jan. 21 • 2:30–4:30 p.m.

Lakshmi Sutter, C-IAYT, E-RYT 500, Ph.D.

Do you feel the weight of the world on your shoulders, from the rigors of daily life, overusing mobile devices, or a sedentary job? Join this workshop to create spaciousness and ease in the neck and shoulders, the location of great vulnerability in the body. We'll practice neck and shoulder movements that safely support the integrity of the joints. Leave with tools for maintaining stability, openness, and relaxation throughout your day. 🧘 All Levels

How to Stretch

Easy Practices \$27

Sun., Jan. 28 • 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

The Chakras and Insomnia

NEW

2-Part Workshop \$54

Mon., Feb. 5 and 12 • 6:30–8:30 p.m. Amsumati (Trish O'Sullivan)
Learn new chakra techniques to put your body and mind to rest, helping you sleep soundly and wake up rested and refreshed in the morning. These techniques also have physical, psychological, and spiritual benefits. While we will be reviewing some Yoga poses that help with sleep, the focus will be on good sleep-hygiene practices and chakra and CBT techniques that help when you have difficulty falling asleep or staying asleep.

De-Stress Yourself at Work

NEW

Personal Yoga Tools \$27

Tues., Feb. 6 • 6:30–8:30 p.m. Hamsa Cho, RYT 200, and Rev. Lila Lucy Nelson
Can't wait to get out of work to go to a Yoga class to decompress? This workshop is for you! Discover how to practice pranayama, asana, and Yoga philosophy to manage stress, deal with difficult colleagues and situations, and address back pain and stiffness. Loose-fitting work attire is appropriate for this workshop. Accessible Chair Yoga postures will be performed. 🧘 All Levels

Yoga-Based Cognitive Behavioral Treatment of Anxiety™

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

Sat., Feb. 10 • 10:30 a.m.–3:30 p.m. Boris Pisman, LMHC
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.*

Introducing Lymphatic Self-Care

NEW

The Body's Cleansing System \$27

Sun., Feb. 11 • 11 a.m.–1 p.m. Snow Shimazu, M.A., L.M.T., ARCB, RYT
Lymphatic self-care aims to help promote the immune response, cleansing at the tissue level, stress reduction, mental clarity, productivity, flexibility, and well-being of body and mind. This introductory class is for everyone. It provides information about the lymphatic system and swelling, the benefits of lymphatic self-care, the use of Yoga asana and pranayama to support the deep lymphatic system, and the use of self-massage to strengthen the superficial lymphatic system. 🧘 New Beginners and All Levels

Focus on Feet

Your Support and Your Connection \$27

Tues., Feb. 13 • 6:30–8:30 p.m. Madhavan, RYT 500
In this workshop you will learn how to stretch and strengthen your feet and ankles, adjust your alignment, and create a stable base for asana. Raise your awareness of the foundation of your body to keep feet and ankles supple and strong, improve their appearance, and develop healthful and energizing practices to do in class and throughout the day. 🧘 All Levels

Heart Health Through Nutrition and Yoga

A Natural Approach \$25

Sat., Feb. 17 • 2–4 p.m. Manu Dawson, C.Y.N.Th.
One of today's most passionate proponents of natural healing, Manu Dawson shares integrative and complementary approaches to preventing and healing heart disease through nutrition, exercise, and the practice of Yoga. *Yoga postures will not be performed.*

Cosmic Sound Bath

Healing on the Deepest Level \$27

Fri., Feb. 23 • 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. *Wear comfortable clothes.*

Special Guest Programs



Ayurveda for a Grounded and Healthy Winter

NEW

A Seasonal Tonic for Your Life \$48

Sat., Feb. 17 • 10:30 a.m.–1:30 p.m.
Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500
The winter season offers a fine opportunity for reflection and intention setting. Explore what nature has intended for the longer nights and shorter days. Discover winter recipes, routines, and rituals for yourself and for connection with family and friends. Winter can excite you with a curiosity and tune you in to the magic and beauty of the season. Allow the wisdom of Ayurveda to help you set the stage for a healthy, happy, and prosperous year.

Ayurveda Home Remedies

NEW

Tools for Self-Care \$48

Tues., Feb. 20 • 6:30–9:30 p.m.
Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500
Learn simple home remedies to maintain longevity and vitality. Discover herbal decoctions, pastes, and recipes for treating common ailments such as cough, cold, congestion, dehydration, headache, joint pain, and insomnia, as well as techniques for reducing stress and fatigue.

Earth Care, Self-Care

NEW

Ayurveda, Yoga, Permaculture, and the Environment \$48

Sun., Feb. 25 • 10:30 a.m.–1:30 p.m.
Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500, and Danny "Skinz" Good
Ayurveda, Yoga, and permaculture teach us that to be healthy and complete individuals we must consider the whole. Each one is based in a belief that certain basic morals and principles must be rooted deep within us in order for us to be stewards of the Earth. Awaken and unlock your innate sense of connection. You will be empowered to make choices that will serve not only you and your needs but also the needs of your social and environmental community.

Special Program



Spa Day for Women

Relax, Rejuvenate, and Support IYI \$108

Sun., Feb. 25 • 10 a.m.–5 p.m.
Chandra/Jo Sgammato and Laksmi Scalise
Questions? Call Chandra at 212-929-0585, ext. 74, or e-mail chandra@iyiny.org. 🧘 All Levels

Yoga and Sound Healing for Arthritis and Chronic Pain

Tools to Help You Feel Better \$27

Mon., Feb. 26 • 10:30 a.m.–12:30 p.m. Amba and Laksmi Scalise
An inspirational Gentle Yoga class combined with a sound bath, pranayama, mantra, and meditation will give your body and mind an opportunity to relax, heal, and energize. Discover greater flexibility and fresh access to movement, clarity, and courage. Tibetan singing bowls will accompany the practice and tuning forks will be used close to and directly on your body to enhance the parasympathetic nervous system and to soften the joints. Here are tools you can take home and use to improve your life.
🧘 New Beginners and All Levels

Yoga for the Voice

NEW

A Spontaneous Choir \$25

Mon., Feb. 26 • 6:30–8 p.m. Renee Finkelstein
This voice-opening and creativity-sparking workshop is for sharing the experience of sound and harmony, spontaneous group creativity, and meditative arrangements of songs and chants. We hold a loving space for each person to find new levels of self-expression through playing with sound and sharing rich, prayerful, and soul-stirring music.

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.			IV Kids 1-3 yrs.	Gentle Yoga			
10:15 a.m.	Level I/II	Level I	Zeniyasa	Level II	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 NEW	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	Level I/II	Level I	Level I	Level II Gentle Yoga
4:00 p.m.		IV Kids 3-6 yrs.	IV Kids 7-11 yrs.	IV 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	Open Meditation Yin Yoga	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

December

3	Family Yoga: Indian Classical Music for Kids	5
4	Meditation Without Frustration	3
5	Peaceful Holiday	2
6	Therapeutic Yoga Shamanic Womb Healing	6
7	Meditation I Workshop	3
8	Surfing in the Sea of Change	4
9	OHASHI Method®: Ohashi's Bodywork Course, 4-Day Immersion	5
	Yoga as Spiritual Activism	4
	Strengthening the Immune System	6
	Chair, Chi, and Prana™	2
10	Healing the Five Levels of Being	4
13	Introduction to the Majestic Philosophy of Vedanta	4
18	Teacher Training Open House for Levels I and II	
21	Winter Solstice Gong Bath	4
22	The 103rd Jayanthi of Sri Swami Satchidananda Kirtan and Satsang	4
24	Christmas Eve Puja and Satsang	
	CLOSED AT 5:30 P.M. FOR CHRISTMAS EVE	
25	CLOSED FOR CHRISTMAS (Open for 1:00 p.m. Community Class)	
31	CLOSED AT 5:30 P.M. FOR NEW YEAR'S EVE	
	New Year's Eve at Integral Yoga	3

January

1	CLOSED FOR NEW YEAR'S DAY	
3	Teacher Training Open House for Levels I and II	
5	Shamanic Sound Journey	6
6	Gong Day	4
	Introduction to Thai Yoga Massage	5
	Drum Circle	5
7	Chakras, Yoga, and Reiki	6
	Family Yoga: Singing Metal	5
	Yoga for Anxiety	6
8	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Restorative Yoga and Sound Healing	2
9	Study Group on Raja Yoga: Open Series	3
11	Meditation I Workshop	3
13	Day of Silence	4
	Reiki Level I Training: 2-Day Course	5
	Laughter and Sound Healing Meditation	3
14	Stress Management for Women	6
16	Study Group on Raja Yoga: Open Series	3
17	Lotus Palm Thai Yoga Massage 1: 5-Day Intensive	5
	Cleansing Twists	2
18	Women's Yoga and More	6
	TRE® (Trauma or Tension Releasing Exercises): 4-Week Open Series	6
	Yoga of Breath	3
20	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Eye Health	6
	Here Comes the Sun	4
21	Pacifying Vata Through Yin and Restorative	2
	Knee Care and Yoga	6
	Neck and Shoulder Care	6
22	Chair, Chi, and Prana™	2
23	Study Group on Raja Yoga: Open Series	3
25	TRE® (Trauma or Tension Releasing Exercises): 4-Week Open Series	6
	Meditation Course: 3-Week Immersion	3
28	How to Stretch	6
30	Study Group on Raja Yoga: Open Series	3

February

1	Yin Yoga Teacher Training	3
	TRE® (Trauma or Tension Releasing Exercises): 4-Week Open Series	6
	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
4	Master Class to Transform Your Yoga Practice!	3
	Family Yoga: Family Harmony: Community, Music, and Movement	5
5	The Chakras and Insomnia: 2-Part Workshop	7
6	De-Stress Yourself at Work	7
7	Meditation I Workshop	3
8	TRE® (Trauma or Tension Releasing Exercises): 4-Week Open Series	6
10	Yoga-Based Cognitive Behavioral Treatment of Anxiety™	7
11	Introducing Lymphatic Self-Care	7
13	Focus on Feet	7
	Tirukkural: Open Series	3
17	Ayurveda for a Grounded and Healthy Winter	7
	Heart Health Through Nutrition and Yoga	7
18	Creating Intention for Transformation	5
19	Slow, Still, and Deep	3
20	Ayurveda Home Remedies	7
	Tirukkural: Open Series	3
21	Reclaiming Your Freedom: 3-Week Course	4
23	Cosmic Sound Bath	7
24	Introduction to Thai Yoga Massage	5
	Master Keys to Greater Happiness	5
	Treasure Within You	5
25	Spa Day for Women	7
	Earth Care, Self-Care	7
26	Yoga and Sound Healing for Arthritis and Chronic Pain	7
	Yoga for the Voice	7
27	Chair, Chi, and Prana™	2
	Tirukkural: Open Series	3

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