

# Integral Yoga<sup>®</sup> Institute

New York City



## Program Guide

March / April / May 2018

227 West 13th Street

[www.iyiny.org](http://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](http://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](http://www.iyta.org/credentials) for more information on our Yoga Therapy credentials



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

[www.iyiny.org](http://www.iyiny.org) [info@iyiny.org](mailto: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.–5:30 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](http://www.iyiny.org/wellness_spa)



229 West 13<sup>th</sup> Street, New York, NY 10011; 212-243-2642

[www.integralyoganaturalfoods.com](http://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., Mar. 19–Apr. 9 • 6:30–8:30 p.m. Linda Botros

Sat., Apr. 21–May 12 • 2:30–4:30 p.m. Marisol (Mandayanti)

Working weekly with the same teacher, who will welcome questions and personally assist you, you'll become comfortable with all of the poses in the Level I class, as well as deep relaxation, Yogic breathing, and meditation. The course will fully prepare you to attend regular classes at IYI and/or practice on your own. **New Beginners**

## Introduction to Level II

### A Safe, Gradual Path to Intermediate Practice: 3-Week Course \$68

Thurs., Apr. 12–26 • 6–8 p.m. Kali Morse

Don't think of Intermediate Integral Yoga as a step up to another level or feel intimidated by what seems like a more challenging practice. Let Kali Morse—a decades-long practitioner, trainer of teachers, and devotee of a conscious and meditative practice—guide you to experiencing new poses, going deeper in the breathing practices, and engaging your own creativity in Yoga. As with every Integral class, you'll move at your own pace and monitor your own practice. **Experienced Beginners**

## Yoga Sutras on the Mat **NEW**

### Deepen Your Hatha Practice with Ancient Wisdom \$27

Sun., Mar. 11 • 11 a.m.–1 p.m. Tim Satyam Groen

Learn how to combine your physical Yoga practice with the wisdom of the Yoga Sutras. Apply "contentment" and "harmlessness," and ease into postures with pratipaksha bhavana, letting go of any hindering thoughts of self-judgment. We will look at what the Sutras say about asana and what we can concentrate on in order to calm the mind. By learning to apply these attitudes in your practice, you'll be practicing them in your daily life as well.

**Experienced Beginners and Intermediate/Advanced Practitioners**

## Special Guest Programs



### Reset Your Inner Clock **NEW**

#### Yin Yoga to Invite the Light \$45

Fri., Mar. 16 • 6:30–8:30 p.m. Corina Benner

Changing the clocks carries with it the anticipation of springtime, longer days, and the hope of fun and enjoyment.

Many people, though, find the week after "springing forward" to be fraught with fatigue, which can lead to listlessness, sadness, and depression. Sinking into Yin Yoga poses gives your body a chance to unwind. You let go of held tension while releasing energetic blockages and building inner energetic reserves. This entire practice will be on the floor, offering you the opportunity to surrender effort and fall into the tender embrace of Mother Earth, who has been supporting you your whole life. As if you were plugging in your cell phone at night, you will be recharged by sinking, surrendering, and receiving. **All Levels**

### Calling All Yin Yoga Teachers **NEW**

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

Fri., Mar. 16 • 9:30 a.m.–5 p.m. Corina Benner

Open to Yin Yoga teachers from all training traditions. Visit [www.iyiny.org](http://www.iyiny.org) for details.

## Chair, Chi, and Prana™

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

Mon., Mar. 19 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

Mon., Apr. 23 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

Mon., May 21 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

Students should come barefoot or wear indoor slippers or socks with traction. Visit [www.iyiny.org](http://www.iyiny.org) for details. **New Beginners and All Levels**

## Restorative Yoga in a Chair **NEW**

Two Great Practices in One \$20

Sat., Apr. 7 • 10:30 a.m.–12 p.m. Taravati Tania Turcinovic

Learn to practice a complete Restorative Yoga class without getting down on the floor. We will experience all the benefits of a Restorative Yoga practice from the safety, comfort, and support of the chair. Allowing the body to open and stretch gently while being supported by bolsters and blankets can create new space and a sense of ease. All are welcome to attend, including teachers and caregivers. 🧘 *New Beginners and All Levels*

## Prenatal Partner Yoga Workshop **NEW**

Develop a Feeling of Connection \$40 per couple

Sun., Apr. 8 • 11 a.m.–12:30 p.m. Bhakti Cinzia Parma and Lakshmi Pidel

Prenatal Partner Yoga provides an opportunity for couples to enhance their awareness, intuition, and confidence in the journey of pregnancy and birth. The mother can bring anyone who is dear to her heart, someone with whom she wants to experience and share the beauty and sacredness of bonding, connecting, and relaxing. We will practice Partner Yoga poses, gentle massage, breathing practices, relaxation, and a short meditation, all in a safe, undisturbed, and relaxing environment. 🧘 *All Levels*

## Gay Yoga Sangha

The Yama \$25

Thurs., Apr. 12 • 7–9 p.m. Swami Chidananda and Tim Satyam Groen

The Niyama \$25

Thurs., May 10 • 7–9 p.m. Swami Chidananda and Tim Satyam Groen

In this new monthly series, strengthen your Yoga practice and deepen your knowledge in the fun company of new friends with whom you share your LGBTQ+ identity and interest in Yoga. Each month, a different theme will be explored during the all-level Hatha class, led by Tim Satyam Groen, and in the lecture and discussion, led by Swami Chidananda. In April and May, we will explore the yama and niyama, ancient observances for cultivating inner peace. Working with them can deepen your Yoga practice and bring you more peace in everyday life.

## Sun Salutation

Take It Apart and Put It Together \$27

Tues., Apr. 17 • 6:30–8:30 p.m. Melissa “Mati” Elstein, RYT, Esq.

Learn each position and transition in the sun salutation, with time to dissect it part by part and discover which modifications or versions work the best for you. This workshop involves discussion and practice. *Please bring a notebook and pen and your questions.* 🧘 *All Levels*

# Peaceful Practices

## Meditation I Workshop

How to Meditate \$25

Tues., Mar. 27 • 7–9 p.m. Rev. Sam Rudra Swartz, IYM

Sat., May 5 • 3–5 p.m. Rev. Sam Rudra Swartz, IYM

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

Sat., Apr. 21–May 5 • 10 a.m.–12 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.*

## Full Breath

Experience Pranayama on a Deeper Level \$25

Mon., Apr. 23 • 6:30–9:30 p.m. Madhavan, RYT 500, C-IAYT

The breath is now. Pranayama provides support for the body, focus for the mind, and enhancement of the spirit. Madhavan will delve more deeply into dirgha svasam, kapalabhati, and nadi suddhi and introduce more subtle and advanced breathing techniques, including pratyahara (withdrawal of the senses), brahmari breath, bhastrika, and more. Oxygen is the only substance the body needs. Learn how to maximize the practice and benefits of pranayama, the flow of the vital life force, for strength and healing.

## Drawing from the Inside **NEW**

A Meditative Art Exploration \$27

Sun., Apr. 22 • 2:30–4:30 p.m. Lakshmi Pidel

Meditation can help to free the mind. Art making is a vehicle for meditation and self-connection. Following a relaxing guided meditation that is accessible to all and designed to free the mind and body, Lakshmi will guide the class through varying drawing techniques that stem from her meditation practice. This workshops is not so much about a finished product or even drawing as it is about exploring the act of making art to support one's meditation practice. *Supplies will be provided. No art experience required.*

## Integral Yoga Teacher Training

### Integral Yoga Level I Summer 200-Hour Intensive

Jun. 25–Jul. 27

### Integral Yoga Level I Fall 200-Hour

Sept. 8–Dec. 16

### Integral Yoga Level III Advanced

Sept. 10–Dec. 2

### Open House for Level I

Mon., Apr. 16 • 6–7 p.m.  
Mon., May 14 • 6–7 p.m.

### Trauma-Informed Yoga

Mar. 2–4

### Tibetan Bowls Level I

Mar. 7–10

### Kidding Around Yoga

Mar. 17–18

### Yoga for the Special Child Basic Level I

Apr. 2–7

### Accessible Yoga

May 5–8

### Prenatal Yoga

May 11–14 and 18–20

### Yoga for the Special Child Continuing Education

Jul. 7–9

### Yoga for the Special Child Continuing Education

Jul. 10–13

### Kidding Around Yoga

Jun. 30–Jul. 1

### Yoga for Teens

Jul. 13–15

### Kidding Around Yoga

Aug. 25–26

### Yin Yoga Foundational Training

Sept. 13–16

### Therapeutic Yoga

Oct. 2–7

### Deepening Into Therapeutic Yoga

Oct. 11–16

### Yin Yoga Continuing Training

Oct. 19–21

For more information about these and other trainings, please visit [www.iyiny.org](http://www.iyiny.org), e-mail [TeacherTraining@iyiny.org](mailto:TeacherTraining@iyiny.org), or call 212-929-0585, ext. 16.

# Sacred Wisdom

## Special Scripture Study **NEW**

### One Night Only *By donation*

Tues., Mar. 20 • 7–8:30 p.m. Rev. Sam Rudra Swartz

The Mandukya Upanishads contains only 12 stanzas. There is only one stanza that defines the Absolute. It tries to define what the Absolute or Divine is by saying what the Absolute is not. Join us to discuss this unique and succinct scripture about how the Divine or Absolute can or cannot be defined.

## Explore the Bhagavad Gita

### Yoga Philosophy and Psychology *By donation*

Tues., Mar. 27, Apr. 3, 10, 17 • 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.

## Interfaith Scriptures Study **NEW**

### Universal and Ecumenical Teachings *By donation*

Tues., Apr. 24, May 1, 8, 15, 22, 29 • 7–8:30 p.m. Swami Chidananda

This series of scriptures studies will look at the world's major religious traditions, highlighting those teachings that are universal and ecumenical. We will cover a different tradition each week and include Christianity, Judaism, Islam, Hinduism, and Buddhism. As the ancient scriptures say, "Truth is one; sages call it by many names." Please bring with you the particular sayings or teachings from any of those faiths that you find especially inspiring, to share with others.

## Special Programs



### Yoga Mind Book Release Party

#### A Celebration of Swami Satchidananda's Teachings *Free*

Wed., Mar. 14 • 6–8 p.m. Suzan Saraswati Colón

Join Integral Yoga for the release of *Yoga Mind: Journey Beyond the Physical*, by the Integral Yoga teacher Suzan Saraswati Colón. Yoga Mind tells the inspiring story of how Suzan brought the teachings of Integral Yoga to a friend who became paralyzed after an accident. The book features a 30-day program that shows you how to take Yoga's peace off the mat and into your life. Join us for refreshments, meditation, books, and a celebration.

## Yoga Mind **NEW**

### Journey Beyond the Physical to Live Your Best Life \$27

Wed., Apr. 11 • 6:30–8:30 p.m. Suzan Saraswati Colón

In this increasingly challenging world, we look to Yoga for balance. But how can we take the peace we feel in class off the mat and into our lives? On the basis of her new book, *Yoga Mind*, Suzan Saraswati Colón shares meditations, breathing practices, and the spiritual tools of Yoga that can help you deal with everyday stress and difficult events. You'll leave with a "spiritual toolkit" you can use anytime, anywhere, to be more resilient and peaceful. *Suggested reading: Yoga Mind: Journey Beyond the Physical.*

## Bhakti Yoga

### Bringing the Heart into Our Spiritual Life \$20

Wed., Mar. 28 • 7–8:30 p.m. Swami Asokananda

Bhakti Yoga, the path of devotion, is the art and science of reconnecting to the spiritual heart. Bhakti can melt even the hardest and most stubborn ego. In this workshop we will explore how to connect with and form a relationship with the Pure Consciousness at our core, beneath the waves of the mind; how to use this power to transform deeply ingrained mental patterns and conditioning; and what it means to be an integrated, mature adult.

## Special Guest Programs



### Patanjali's Pulse **NEW**

#### Exploring the Yoga Sutras of Patanjali \$27

Sat., Apr. 7 • 10 a.m.–12 p.m. Rev. Jaganath Carrera

The Yoga Sutras of Patanjali are commonly referred to as Raja Yoga, the royal Yoga. They represent clarity and authority on the inner workings of consciousness, the purpose of creation, and suffering and the means to transcend it. The Yoga Sutras are a step-by-step manual for uncovering the unshakable peace that is your true nature. The Sutras are a deep well, full of knowledge on many levels, and the more you study them the more they reveal the sacred teachings. *For beginners and lifelong students of the Sutras.*

## Meditation, Mudras, and Traditional Tea Brewing **NEW**

### Elegant Mindfulness \$27

Tues., Apr. 10 • 6:30–8:30 p.m. Nadiya Nottingham and DongMei Peng

Give yourself the gift of this beautiful workshop. Practicing the art of meditative tea drinking is a way of bringing mindfulness to a task that many of us do in some way every morning: making tea. In this workshop Nadiya will lead us through a meditation with Qigong and Yogic mudras and chanting. DongMei will share "The Way of Tea," a meditative enjoyment of tea from the East.

## Special Guest Programs



### What Are We Here For?

#### Discover and Support Your Life's True Purpose \$20

Sun., Apr. 15 • 11 a.m.–12:30 p.m. Swami Divyananda Ma

This workshop is devoted to asking the deeper questions. It's a time to go beneath the surface of our everyday concerns. We'll start with a set of written exercises to help you to identify your lifelong core values. Then we'll explore how to align your lifestyle with your core values, and we'll explore the Yoga tools that can bring about such amazing transformations. Human life is far too precious to be taken casually!

## Less Is More

### The Yoga of Decluttering Your Life \$20

Sun., Apr. 15 • 2:30–4 p.m. Swami Divyananda Ma

We live in a culture whose motto is "More is better," and we keep finding ourselves trying to fulfill our spiritual needs with material things. This workshop aims to give you a comfortable pathway out of material and lifestyle clutter and guide you toward a simpler and more focused life. You will learn how to identify the clutter in your life (anything that does not make you happier), learn strategies for letting go, take home new tools for the ongoing work of simplification, and explore how "what you own, owns you."

## Special Guest Programs



### The Yoga of Relationships **NEW**

#### Guidance from Ancient Texts \$27

Thurs., May 17 • 7–9 p.m. Prem Sadasivananda

Life is an interplay of different types of relationships. How do the relationships you keep in your life impact you? How can you begin to feel whole in all your relationships? The Vedas reveal the fundamental principles for a peaceful and sustainable world. It is through relationships that we grow, heal, and evolve, and Yoga shows the way. Become clear about the meaning and purpose of relationships, and your life will become lighter and brighter.

# Kirtan

## Special Guest Program



### Divine Harmony: Singing and Social Justice **NEW**

**A Chant Workshop** \$40 in advance, \$45 day of event  
Sat., Apr. 14 • 3–6 p.m. Kirtan Soul Revival

Bhakti Yoga has the potential to create deep transformation, both inside ourselves and in the world. This practice can help us to love ourselves and to love one another as we recognize sameness and difference, shadow and light. In this workshop we will use chanting, discussion, and journaling to release judgement of ourselves and others, to explore ways to open our voices and sing in harmony, and to find our individual voice inside the collective voice. When we sing from the heart, we open to our Divine potential. We tune our voices and hearts to that which is sacred, so that we may use our voices as a tool for empowerment and social change.

## Special Guest Program



### Infinite Heart

**The Yoga of Love** \$95  
Sun., Mar. 25 • 11 a.m.–4 p.m. Carrie Grossman

Take a journey into bhakti, the Yoga of love. This ancient tradition draws on Kirtan, japa (mantra recitation), meditation, prayer, and various art forms to awaken the heart. In a relaxed setting, we will explore this rich path of devotion, with a focus on self-compassion and forgiveness practices. Come immerse yourself in a day of inner nourishment, music, and healing as we celebrate the beauty of Satsang—a community gathering to honor and explore our essential nature.

*There will be a lunch break 1–2 p.m.*

**Chants of Freedom with Kirtan Rabbi and Band** Sat., Mar. 10 • 8 p.m. \$18 in advance \$25 day of event

**Coming Home: Carrie Grossman** Sat., Mar. 24 • 8 p.m. \$20 in advance \$25 day of event

**Kirtan Soul Revival** Sat., Apr. 14 • 8 p.m. \$20 in advance \$25 day of event

**Simrit at Angel Orensanz** Fri., Apr. 20 • 7:30 p.m. Tickets: [www.iyiny.org](http://www.iyiny.org)

**Lovelight Festival Kirtan with Wynne Paris** Sat., May 5 • 8 p.m. \$15 in advance \$20 day of event

**Brooklyn Raga Massive's Terry Riley** Sat., May 19 • 8 p.m. \$25 in advance \$30 day of event

**Full Moon Kirtan** Thurs., Mar. 1; Sat., Mar. 31; Mon., Apr. 30; Tues., May 29 7:45 p.m. By donation

**New Moon Kirtan** Sat., Mar. 17; Mon., Apr. 16; Tues., May 15 • 7:45 p.m. By donation

**Coming in June: Kirtan College Weekend with David Newman/Durga Das • June 1–3**

**The Spirit Room: Jai Uttal Solo at Church of St. Paul and St. Andrew • June 16**

*Visit [www.iyiny.org](http://www.iyiny.org) for complete Kirtan information.*

# 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](http://www.iyiny.org) for schedule and presenters.*

## Sound Healing

### Weekly Sound Bath **NEW**

**Relax and Unwind** \$15

Sat., Mar. 3–May 26 • 4:15–5:15 p.m.

*\$15 for everyone. Discounts do not apply.*

### Restorative Yoga and Sound Healing

**A Journey Through the Chakras** \$27

Tues., Mar. 13 • 7–9 p.m. Nicole Srimati and Rev. Laksmi Scalise, RYT 500

All Levels

### Spring Equinox Gong Bath

**Refresh and Renew with Healing Vibrations** \$27

Tues., Mar. 20 • 7:30–9:30 p.m. Kozmic Shamans

### Gong and Reiki **NEW**

**An Immersive Experience** \$15

Sat., Mar. 31 • 10:30–11:30 a.m. Rev. Laksmi Scalise

Sun., Apr. 29 • 11 a.m.–12 p.m. Rev. Laksmi Scalise

Thurs., May 24 • 6:30–7:30 p.m. Rev. Laksmi Scalise

*\$15 for everyone. Discounts do not apply.*

### Yin Yoga and Tibetan Bowls

**Resonate with Stillness** \$27

Tues., Apr. 3 • 7–9 p.m. Bhairavi Andrea Downes and Rev. Laksmi Scalise, RYT 500

All Levels

### Yoga and Gong

**Practice to Healing Vibrations** \$22

Sat., Apr. 14 • 10:30 a.m.–12 p.m.

Chandra/Jo Sgammatto and Rev. Laksmi Scalise, RYT 500

All Levels

### Cosmic Sound Bath

**Healing on the Deepest Level** \$27

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

### Laughter and Sound Healing Meditation

**Bring a Joyful Element to Your Practice** \$27

Sun., May 6 • 2–4 p.m. Swami Nadabrahmananda

*Dress comfortably, and bring drinking water and an eye cover or a blindfold for deeper horizontal listening.*

### Send Prana to Your Chakras **NEW**

**Access Your Own Healing Energy** \$27

Mon., May 14 • 6:30–8:30 p.m. Rev. Laksmi Scalise, RYT 500

All Levels

### Yoga and Sound Healing for Arthritis and Chronic Pain

**Tools to Help You Feel Better** \$27

Tues., May 22 • 6:30–8:30 p.m. Amba and Rev. Laksmi Scalise, RYT 500

New Beginners and All Levels

*For complete program details, visit [www.iyiny.org](http://www.iyiny.org).*

# Life and Work

## Trauma-Informed Yoga Training

*Learn How and Why Yoga Works* \$395 (\$350 until Feb. 9)

Fri., Mar. 2 • 6–9 p.m.; Sat.–Sun., Mar. 3–4 • 10 a.m.–5 p.m.

Samara Andrade and Emily Pantalone

For more information and trainee reviews, please visit [www.iyiny.org](http://www.iyiny.org) and [www.feetontheground.org](http://www.feetontheground.org).

## Drum Circle

*Healing, Sacred, and Fun* Free

Sat., Mar. 3 • 7–9 p.m. Steven Heurung and Theresa Arula Herron-Heurung

## Family Yoga

*Kamishibai Paper Theatre—Stories from Japan*

Sun., Mar. 4 • 11 a.m.–1 p.m. Theatre Banana

*Kirtan*

Sun., May 6 • 11 a.m.–1 p.m. Gita Zember

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

👉 All Levels

## Special Guest Programs



### Guided Sound Meditation Workshop

**NEW**

*Tibetan Bowls, Gongs, and Visualization* \$49

Tues., Mar. 6 • 7–9 p.m. Master Satya Brat

Guided sound meditations bring you into a deep state of relaxation and help you create an inner experience of the changes you are seeking to realize in your outer life. This workshop will begin with a brief audiovisual scientific introduction to sound healing followed by an immersion in long, life-transforming group sound healing sessions. Listening to positive suggestions and the Divine healing vibrations of singing bowls is a blissful experience that produces real and immediate benefits.

### Tibetan Bowls Professional Training Level 1

*4-Day Intensive with Certification* \$799

Wed.–Sat., Mar. 7–10 • 10 a.m.–6 p.m. Master Satya Brat

For more information about *Tibetan Bowls Professional Training Level 1* or to register, visit [www.iyiny.org](http://www.iyiny.org).

## Special Guest Program



### Ohashi's Oriental Diagnosis

*2-Day Course* \$295

Sat.–Sun., Apr. 21–22 • 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.](#)

## The Yoga of Work

**NEW**

*Three Powerful Principles* \$20

Sat., Apr. 28 • 1:30–3 p.m. Shankar Fern

Make your work life better! Learn three powerful practical principles that reveal how to approach your work, manage your relationships with others, and manage your self to become happier and more successful at work. The workshop leader, Shankar Fern, is a longtime student of Swami Satchidananda's and a business executive who specializes in leadership and professional development.

## Reiki Level I Training: 2-Day Course

*Experience the Healing Effects of Reiki Energy* \$195

Sat.–Sun., Mar. 24–25 • 10:30 a.m.–4:30 p.m.

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

You will be certified in Reiki Level I through *Loving Touch Center International School of Reiki*. Visit [www.iyiny.org](http://www.iyiny.org) for complete program details.

## Introduction to Thai Yoga Massage

*Learn to Give a 20-Minute Massage* \$50

Thurs., Apr. 5 • 6:30–9:30 p.m. Renée Rice

Thurs., May 17 • 6:30–9:30 p.m. Renée Rice

Please wear a long-sleeved shirt and long, loose pants. Visit [www.iyiny.org](http://www.iyiny.org) for details.

## Lotus Palm Thai Yoga Massage 2

*5-Day Intensive* \$550

Wed.–Sun., Mar. 21–25 • 10 a.m.–5 p.m. Renée Rice

Prerequisite: *Lotus Palm Thai Yoga Massage 1*

Please visit [www.iyiny.org](http://www.iyiny.org) for details about *Thai Yoga Massage Intensives* as well as required and recommended reading and [www.lotuspalm.com](http://www.lotuspalm.com) for full certification details and costs and information about continuing-education credits.

## Generosity and the Flow of Abundance

**NEW**

*The Invisible Power* \$27

Sat., May 5 • 11:00 a.m.–1 p.m. Marni Sclaroff

In relationships, at work, and in our practices, we often hide pieces of ourselves out of fear of being vulnerable. Learn to harness the power of intention to cultivate natural generosity and create more abundance. We will explore the transformative power of generosity and how it can empower and uplift everything that you do. Enjoy a philosophical talk, an all-levels asana practice, and a guided meditation. You will leave feeling more grounded and more connected to your inherent goodness. 👉 All Levels

# Mind and Body Health

## Yoga for Anxiety

*Discover Wonderful Tools* \$32

Sun., Mar. 18 • 2–4 p.m. Jennifer Gibson

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

## Shamanic Womb Healing

*Ceremony, Song, and Water Prayer* \$40

Wed., Mar. 21 • 6:30–9:30 p.m. Nadiya Nottingham, RYT, and Jeanny Tsai

By transforming old wounds to strengthen our female warrior selves, we become community healers. When unexplored, past events can leave a scar or an emotional hurt that you may have difficulty addressing. Through a meditation and a forgiveness ritual circle, we'll take steps toward a new beginning, a fresh perspective on the woman within.

## Bringing Nature to (Your) Life

**NEW**

*On and Off the Mat* \$27

Sat., Apr. 28 • 10:30 a.m.–12:30 p.m. Sarah Wolf

Nature calms and settles us, helping to bring stillness to mind, body, and spirit. Come you learn about how nature can help you access inner peace and joy and, in turn, your own true nature. In New York City there is much nature to enjoy. We will explore practical ways of incorporating nature into your Yoga practice both on the mat and off. You will also participate in a guided nature imagery meditation and a Restorative Yoga session. 👉 New Beginners and All Levels

## Healthy Anatomy

### Yoga for Bladder Health

*An Introductory Workshop for Women of All Ages* \$35  
Sat., Mar. 17 • 10:30 a.m.–1 p.m. Leslie Daley, RYT 500, M.S., OTR/L  
👉 New Beginners and All Levels

### Yoga and the Fascial System

*Connect with Your Connective Tissue* \$35  
Sat., Apr. 21 • 10:30 a.m.–1 p.m. Leslie Daley, M.F.A., RYT 500, OTR/L  
👉 All Levels

### Caring for the Pelvic Floor

*Strengthen, Coordinate, Relax* \$35  
Sat., May 12 • 10 a.m.–12:30 p.m. Leslie Daley, M.F.A., RYT 500, OTR/L  
👉 All Levels

### Help for Hamstrings

*Lengthen and Strengthen* \$27  
Thurs., Mar. 22 • 6:30–8:30 p.m. Madhavan, RYT 500, C-IAYT  
👉 All Levels

### Knee Care and Yoga

*Protecting the Body's Most Vulnerable Joint* \$40  
Sat., Apr. 28 • 10 a.m.–1 p.m. Madhavan, RYT 500, C-IAYT  
👉 All Levels

### Fasting and Detoxification

*A Time-Honored Tradition* \$25  
Sat., Mar. 24 • 1–3 p.m. Manu Dawson, C.Y.N.TH.

### Brain Wellness

*Vital Advice for Every Stage of Life* \$25  
Sat., May 19 • 1–3 p.m. Manu Dawson, C.Y.N.Th.

### How to Stretch

*Easy Practices* \$27  
Wed., Apr. 18 • 6:15–8:15 p.m. Sudama

### Introducing Lymphatic Self-Care

*The Body's Cleansing System* \$27  
Thurs., Apr. 26 • 6:30–8:30 p.m. Snow Shimazu, M.A., L.M.T., ARCB, RYT

### Therapeutic Yoga

*Access Your Deep Healing Wisdom* \$20 per session  
Wed., Mar. 7, 14, 21, 28, Apr. 18, 25, May 2, 9 • 9:30–11 a.m.  
Jyothi Larson, RYT 500, C-IAYT, and Deborah Madhavi Matza, R.N., C-IAYT  
👉 New Beginners and All Levels

### TRE® (Trauma or Tension Releasing Exercises)

*4-Week Open Series* \$20 per session  
Thurs., Mar. 15, 22, 29, Apr. 5 • 3:30–4:45 p.m. Phil Lynch

For complete program details, visit [www.iyiny.org](http://www.iyiny.org).

## HeartMath®

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

Thurs., Mar. 29 • 6:30–9:30 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. 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.

### Yoga-Based Cognitive Behavioral Treatment of Anxiety™

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

Sat., May 19 • 10:30 a.m.–3:30 p.m. Boris Pisman, LMHC  
Yoga postures will not be performed.

## Healthy Aging

### Joy and Potential in the Elder Years **NEW**

*The Integral Yoga Way* \$25  
Thurs., Mar. 15 • 3–5 p.m. Kali Morse  
👉 All Levels

### Integrative Strategies for Healthy Aging

*Reset Your Biological Age* \$25  
Sat., Apr. 14 • 1–3 p.m. Manu Dawson, C.Y.N.Th.

### Yoga for Improved Memory **NEW**

*Recover, Maintain, and Discover* • \$20  
Wed., May 2 • 6:30–8 p.m. Nina Priya Ma David, M.A., E-RYT 500  
👉 New Beginners and All Levels

For complete program details, visit [www.iyiny.org](http://www.iyiny.org).

### The Music Meditation Session **NEW**

#### A Psychoactive Musical Improvisation \$27

Thurs., May 3 • 7–9 p.m. Dawoud  
The Music Meditation Session is a guided meditation that replaces words, imagery with a completely improvised psychoactive musical form called the Sacred Forbidden Music. Each session is specific to a particular time and place. Participants will allow the music to guide them to altered states of consciousness. Each participant will let his or her own, unique experience form the music. Past attendees report recovering repressed memories, deep meditation states, trances and visions, and astral travel.

## Special Guest Programs



### Introduction to Ayurvedic Medicinal Plants and Herbal Preparations **NEW**

#### Learn to Make Your Own Remedies \$108

Sun., May 6 • 10:30 a.m.–5:30 p.m.  
Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500

In this mini-retreat students will be introduced to some of Ayurveda's most popular plants and herbs. In the morning we will explore their background and medicinal properties, foraging, and wildcraft and how to harvest and dry your own herbs. In the afternoon we will make simple infusions, decoctions, lepas, and poultices. You will be able to take home the remedies you make.

### Marma Therapy

#### Bridging Body, Mind, and Soul \$48

Wed., May 9 • 6:30–8:30 p.m.  
Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500  
Marma provide one of Ayurveda's most powerful modes for applying therapy. These vital energetic points located on the surface of the body allow us to tap into the multidimensional nature of our whole being. 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. Please join us!

## Special Guest Program



### Empathy in Any Body **NEW**

#### Introduction to Yoga and Nonviolent Communication \$54

Sat., May 12 • 10:30 a.m.–1:30 p.m.  
Cat McCarthy, E-RYT 500, YACEP

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  
Coming in June: *Empathy in Any Body Curriculum: Part One.*

# 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	ZenYasa	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	Restorative Yoga		Gentle Yoga	Level I Gentle Yoga	Level I
2:30 p.m.			▶Open Level 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.		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	Yoga for Arthritis ◆Weekly Sound Bath NEW	Level I
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Level II	Level I		Yoga and Qigong		Yin Yoga	Level I/II NEW 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 NEW	Open Meditation Yin Yoga	Open Meditation	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	
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 ◆ 1-hour/\$15 ▲ 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

## March

2	Trauma-Informed Yoga Training	6
3	Drum Circle	6
4	Family Yoga: Kamishibai Paper Theatre—Stories from Japan	6
6	Guided Sound Meditation Workshop	6
7	Therapeutic Yoga: Open Series	7
	Tibetan Bowls Professional Training Level 1: 4-Day Intensive	6
11	Yoga Sutras on the Mat	2
13	Restorative Yoga and Sound Healing	5
14	Therapeutic Yoga: Open Series	7
	Yoga Mind Book Release Party	4
15	Joy and Potential in the Elder Years	7
	TRE® (Trauma or Tension Releasing Exercises): 4-Week Open Series	7
16	Reset Your Inner Clock	2
17	Yoga for Bladder Health	7
18	Yoga for Anxiety	6
19	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
	Chair, Chi, and Prana™	2
20	Special Scripture Study	4
	Spring Equinox Gong Bath	5
21	Therapeutic Yoga: Open Series	7
	Lotus Palm Thai Yoga Massage 2: 5-Day Intensive	6
	Shamanic Womb Healing	6
22	TRE® (Trauma or Tension Releasing Exercises): 4-Week Open Series	7
	Help for Hamstrings	7
24	Reiki Level I Training: 2-Day Course	6
	Fasting and Detoxification	7
25	Infinite Heart	5
27	Meditation I Workshop	3
	Explore the Bhagavad Gita: Open Series	4
28	Therapeutic Yoga: Open Series	7
	Bhakti Yoga	4
29	TRE® (Trauma or Tension Releasing Exercises): 4-Week Open Series	7
	HeartMath®	7
31	Gong and Reiki	5

## April

3	Explore the Bhagavad Gita: Open Series	4
	Yin Yoga and Tibetan Bowls	5
5	TRE® (Trauma or Tension Releasing Exercises): 4-Week Open Series	7
	Introduction to Thai Yoga Massage	6
7	Patanjali's Pulse	4
	Restorative Yoga in a Chair	3
8	Prenatal Partner Yoga Workshop	3
10	Meditation, Mudras, and Traditional Tea Brewing	4
	Explore the Bhagavad Gita: Open Series	4
11	Yoga Mind	4
12	Introduction to Level II: 3-Week Course	2
	Gay Yoga Sangha: The Yama	3
14	Yoga and Gong	5
	Integrative Strategies for Healthy Aging	7
	Divine Harmony: Singing and Social Justice	5
15	What Are We Here For?	4
	Less Is More	4
16	Teacher Training Open House for Level I	3
17	Sun Salutation	3
	Explore the Bhagavad Gita: Open Series	4
18	Therapeutic Yoga: Open Series	7
	How to Stretch	7
20	Cosmic Sound Bath	5
21	Meditation Course: 3-Week Immersion	3
	Ohashi's Oriental Diagnosis: 2-Day Course	6
	Yoga and the Fascial System	7
	Fundamentals of Integral Yoga: 4-Week Course for Beginners	2
22	Drawing from the Inside	3
23	Chair, Chi, and Prana™	2
	Full Breath	3
24	Interfaith Scriptures Study: Open Series	4
25	Therapeutic Yoga: Open Series	7
26	Introducing Lymphatic Self-Care	7
28	Knee Care and Yoga	7
	Bringing Nature to (Your) Life	6
	The Yoga of Work	6
29	Gong and Reiki	5

## May

1	Interfaith Scriptures Study: Open Series	4
2	Therapeutic Yoga: Open Series	7
	Yoga for Improved Memory	7
3	The Music Meditation Session	7
5	Generosity and the Flow of Abundance	6
	Meditation I Workshop	3
6	Introduction to Ayurvedic Medicinal Plants and Herbal Preparations	7
	Family Yoga: Kirtan	6
	Laughter and Sound Healing Meditation	5
8	Interfaith Scriptures Study: Open Series	4
9	Therapeutic Yoga: Open Series	7
	Marma Therapy	7
10	Gay Yoga Sangha: The Niyama	3
12	Caring for the Pelvic Floor	7
	Empathy in Any Body	7
14	Teacher Training Open House for Level I	3
	Send Prana to Your Chakras	5
15	Interfaith Scriptures Study: Open Series	4
17	Introduction to Thai Yoga Massage	6
	The Yoga of Relationships	4
19	Yoga-Based Cognitive Behavioral Treatment of Anxiety™	7
	Brain Wellness	7
21	Chair, Chi, and Prana™	2
22	Yoga and Sound Healing for Arthritis and Chronic Pain	5
	Interfaith Scriptures Study: Open Series	4
24	Gong and Reiki	5
28	<b>CLOSED FOR MEMORIAL DAY</b>	
29	Interfaith Scriptures Study: Open Series	4

Visit page 5 for the Kirtan schedule and [www.iyiny.org](http://www.iyiny.org) for the Satsang schedule.