



# Program Guide June 2018

227 West 13th Street

[www.iyiny.org](http://www.iyiny.org)

212-929-0585



IntegralYogaNYC



@IntegralYogaNYC

# Hatha Yoga

## Chair, Chi, and Prana™

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

Mon., Jun. 11 • 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. *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

## Gay Yoga Sangha

*Exploring the Cosmic Force* \$25

Thurs., Jun. 14 • 7–9:15 p.m. Swami Chidananda and Tim Groen, RYT 500  
Join our LGBTQ+ Yoga Sangha for Yoga, tea, vegan cookies, a lecture, and discussion. Strengthen your Yoga practice and deepen your knowledge in the fun company of new friends with whom you share your gay+ identity and interest in Yoga. Each GYS explores a different theme during the Yoga class led by Tim and in the lecture and discussion led by Swami Chidananda. In June we’ll be exploring prana, the cosmic life force.

🧘 Experienced Beginners and Intermediate/Advanced Students

## Yin Yoga and the Yoga Sutras of Patanjali

**NEW**

*Sitting with, Chanting, and Embodying*

*Yoga’s Timeless Wisdom* \$195 (\$170 until May 25)

Fri.–Sun., Jun. 15–17 Corina Benner

Fri. 6–9 p.m., Sat. 10 a.m.–5 p.m., Sun. 10 a.m.–1 p.m.

In this weekend workshop, we will chant groups of Sutras and then sink into Yin Yoga poses for a more thorough exploration of what they mean and how they apply to life in the modern world. Simply sitting to study and chant the Sutras can be painful for the body, while “just” sinking into the Yin Yoga poses can be anguishing for the mind. Combining the two creates the possibility for the wisdom to be absorbed somatically, leading to a deep, embodied integration. 🧘 All Levels

## Fully Alive with Yin Yoga

**NEW**

*Embrace All the Ups and Downs* \$25

Sun., Jun. 17 • 2:30–4:30 p.m. Corina Benner

According to Yoga philosophy, our attempts to cling to the “good” experiences and avoid the challenging ones perpetuate our suffering. In this practice, as you sink into shapes, you learn to embrace the fullness of your experience. Instead of preferring what feels pleasant and shunning what is uncomfortable, you enlarge your capacity to be with the full range of sensation. Cultivating the ability to disarm your defenses, breathe into the challenge, and feel all there is to feel is good practice for “life in the world.” 🧘 All Levels

## Summer Swing and Chill

**NEW**

*Sun Salutations and Restorative* \$22

Wed., Jun. 20 • 6:30–8 p.m. Nalini Kuhnke, RYT 500

Our bodies are very open in the summer, and they love to move as well as restore. In this class we will focus on a slow flow sequence based on suryanamaskar, with variations. We will use props to find alignment and ease in the asana. In the last 45 minutes we’ll organically transition to the floor and flow into a delicious restorative sequence. 🧘 All Levels

## Yin/Restorative Ayurveda Series

*Summer Soother for Pitta* \$35

Sat., Jun. 30 • 10:30 a.m.–1 p.m. Nicole Srimati

The heat of the summer season can make you feel irritable and unbalanced. Srimati will guide you through one hour of Yin Yoga, a soothing, cooling practice, followed by one hour of Restorative, a calming and emotionally balancing practice, for a sweet surrender. You will leave the workshop with Ayurvedic tips for staying balanced through the remainder of Pitta season. 🧘 All Levels

# Peaceful Practices

## Meditation I Workshop

*How to Meditate* \$25

Thurs., Jun. 28 • 7–9 p.m. Swami Chidananda

This popular workshop, taught by certified Integral Yoga meditation instructors, provides a complete overview of the practice of meditation. You'll receive instruction in and then the experience of various meditation techniques for beginners. The workshop will inspire you to make meditation a part of your daily life. *No experience required.*

## Sacred Wisdom

### Special Guest Program



#### Kirtan College

*A Weekend Chanting Immersion* \$225

Fri.–Sun., Jun. 1–3 David Newman (Durga Das)

Fri. 7–9 p.m., Sat. 10 a.m.–5 p.m., Kirtan 8–10 p.m.,

Sun. 10 a.m.–5 p.m.

Open your heart with chanting and devotion at Kirtan College with the master Kirtanist and renowned musician David Newman (Durga Das). This joy-filled immersion is designed to help you deepen your practice and understanding of Kirtan (sacred song) and Bhakti Yoga (the path of devotion). Kirtan College is open to everyone! No musical experience is required to enroll. *Visit [www.iyiny.org](http://www.iyiny.org) for details.*

### Explore the Ramayana **NEW**

*The Romantic Scripture* By donation

Tues., Jun. 5, 12, 19, 26 • 7–8:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM

The Ramayana is an ancient Indian epic poem and one of the largest epics in world literature. It narrates the struggle of the divine prince Rama to rescue his wife, Sita, from the demon king Ravana and Rama's meeting with Hanuman, the great monkey deity, who will become his greatest devotee and the model for all future devotees. The Ramayana is not just a story; it presents the teachings of ancient Hindu sages in narrative allegory, interspersing philosophical and ethical elements.

### Tantra Yoga and Bliss Therapy

*The Antidote to Burnout* \$27

Tues., Jun. 5 • 6:30–8:30 p.m. Nina Priya Ma David, M.A., E-RYT 500

Bliss is defined as perfect happiness, joy, or gladness. It's the opposite of burnout. In this workshop we explore foundational Tantra Yoga practices adapted for people experiencing, or wishing to prevent, burnout, so that they may find true bliss and become "fit" both in their personal lives and for a lifetime of worthy service to others. Understand the differences between classical Tantra Yoga and the commercialized, "sexy" Tantra Yoga, and come away with true Tantra Yoga techniques to incorporate into your daily life.

### Will My Real Self Please Stand Up? **NEW**

*Discovering Your Authentic Being Through Jnana Yoga* \$22

Wed., Jun. 6 • 7–8:30 p.m. Swami Asokananda

While most of us experience ourselves to be the body, mind, and individual ego, Jnana Yoga teaches that this perception is not accurate. We are the owner of the body, mind, and ego. The path of Jnana Yoga uses your clear, awakened intelligence to help you discover the owner—the True Self. In this workshop, we will explore the practice of Jnana Yoga to transcend self-limiting beliefs and how to make maya—the great illusion—a friend on the spiritual path, and we will find practical ways to begin a Jnana Yoga practice.

# Sound Healing

## Weekly Sound Bath

*Relax and Unwind* \$15 per session

Sat., Jun. 2, 9, 16, 23, 30 • 4:15–5:15 p.m. Rev. Laksmi Scalise, RYT 500, IYM  
*\$15 for everyone. Discounts do not apply.*

## Family Yoga

*Gong Bath for Kids*

Sun., Jun. 3 • 11 a.m.–1 p.m. Rev. Laksmi Scalise, RYT 500, IYM  
*\$15 for one adult and one child; \$5 each additional person*

 All Levels

## Restorative Yoga and Sound Healing

*A Journey Through the Chakras* \$27

Mon., Jun. 4 • 7–9 p.m. Nicole Srimati and Rev. Laksmi Scalise, RYT 500  
 All Levels

## Gong and Reiki

*An Immersive Experience* \$15

Thurs., Jun. 14 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM  
*\$15 for everyone. Discounts do not apply.*

## Drum Circle

*Healing, Sacred, and Fun* Free

Sat., Jun. 16 • 7–9 p.m.

Steven Heurung and Theresa Arula Herron-Heurung

## Summer Solstice Gong Bath

*Sweet and Warm Vibrations* \$27

Thurs., Jun. 21 • 7:30–9:30 p.m. Kozmic Shamans

## Integral Yoga Teacher Training

### Open House for Level I

Tues., Jun. 12 • 6–7 p.m.

### 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. 12–Dec. 1

### Yoga for the Special Child Continuing Ed.—Asana

Jul. 7–9

### Yoga for the Special Child Continuing Ed.— Golden Keys

Jul. 10–13

### Yoga for Teens

Jul. 13–15

### Kidding Around Yoga

Aug. 25–26

### Yin Yoga Foundational Training

Sept. 13–16

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

# 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.

# Kirtan

**David Newman (Durga Das)** Sat., Jun. 2 • 8 p.m. \$20 in advance  
\$25 day of event

**New Moon Kirtan** Wed., Jun. 13 • 7:45 p.m. By donation

**Jai Uttal Solo** Sat., Jun. 16 • 8 p.m. Tickets: [www.iyiny.org](http://www.iyiny.org)

**Sharada Devi** Sat., Jun. 23 • 8 p.m. \$20 in advance  
\$25 day of event

**Full Moon Kirtan** Wed., Jun. 27 • 7:45 p.m. By donation

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

# Mind and Body Health

## Reiki Level II Training

**2-Day Course \$350**

Sat.–Sun., Jun. 2–3 • 10:30 a.m.–4:30 p.m.

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

Visit [www.iyiny.org](http://www.iyiny.org) for details.

## Men's Dynamic Health

**The Unique Challenges of the Male Body \$25**

Sat., Jun. 2 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

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

## Joy and Potential in the Elder Years

**The Integral Yoga Way \$25**

Thurs., Jun. 7 • 3–5 p.m. Kali Morse

This workshop will focus on healthy living in later stages of life and the physical, psychological, and emotional challenges we face. Especially in Western culture, the wisdom inherent in this special time of life is often unrecognized. The holistic practices of Integral Yoga offer an intelligent and supportive approach to conscious and joyful living. The workshop will include Hatha Yoga and address some common issues related to aging and include an open forum for conversation. 🧘 All Levels

## TRE® (Trauma or Tension Releasing Exercises)

**4-Week Open Series \$20 per session**

Thurs., Jun. 7, 14, 21, 28 • 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. In its role of protector of your organs it contracts and tightens 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 to restore the body to wholeness. 🧘 All Levels

## Special Guest Program



### Empathy in AnyBody Part 1

*Build the Field: Identify Needs Through Feelings and Judgments* \$200

Sat.–Sun., Jun. 9–10 • 10 a.m.–5:30 p.m.

Cat McCarthy, E-RYT 500, YACEP, RYS

If everything you do you do for a reason, what if you could understand your thoughts behind your actions? What if you could excavate the embedded need beneath your judgments? It just might begin to shift your awareness and cultivate compassion in how to interact with yourself and the surrounding world. Discover the terrain of “needs-based” consciousness. You will develop a new relationship with your feelings, learn to translate your judgments into values, and understand the motivation behind your habitual behavior. Exploring new tools of emotional intelligence, you can generate untapped neural pathways for empathy. 🧘 All Levels

## Special Guest Program



### Eye Yoga Workshop

NEW

*Improve Your Eyesight and Insight Naturally* \$27

Mon., Jun. 11 • 6:30–8:30 p.m. Nathan Oxenfeld

Eyeglasses, contact lenses, and surgeries are not the only ways to care for your eyes. There are simple and natural ways to boost your eye health and address vision problems in a holistic way combining Yoga, the Bates Method, and more. Attend this workshop to learn three simple steps to achieve clearer eyesight through physical eye Yoga practices and clearer insight through mental meditations and visualizations. *No Yoga experience necessary. Please bring eyeglasses instead of contact lenses.*

## Bandhas, Breath, and Pelvic Health

*Core Strength for Women of All Ages* \$35

Sat., Jun. 16 • 10:30 a.m.–1 p.m. Leslie Daley, RYT 500, M.S., OTR/L

Learn how to access and work with the mysterious bandhas: jhalandhara, uddiyana, and mula. Gain a basic understanding of the urinary system, pelvic muscles, and mechanisms that support good pelvic floor health. Using breath and bandha practices, you will learn how to coordinate breathing to support the pelvic floor while balancing the nervous system for optimal tone. You will learn asana sequences aimed at supporting bladder health and the importance of regular pranayama and relaxation practice. 🧘 New Beginners and All Levels

## Yoga Therapy for Chronic Pain

NEW

*An Introduction* \$35

Mon., Jun. 18 • 6:30–9 p.m. Nancy O'Brien, Peter Karow, and Livvie Mann

Chronic pain is commonly treated with medication, a one-dimensional, short-term approach to a complex, challenging, lifelong problem. In this class we'll offer a more multifaceted, holistic, integrative approach that will give students the tools and understanding needed for long-term pain management. We'll look at the neurophysiology of chronic pain and its psychosocial impact. We'll explore the science and techniques of alternative pain management practices (breath awareness, restorative and gentle asana, meditation, Yoga Nidra). And we'll also discuss current medical treatments (medication, surgery, marijuana) with an eye toward empowering students to create their own best approach to managing their pain. 🧘 New Beginners and All Levels

## Shamanic Womb Healing

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

Tues., Jun. 19 • 6–9 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.

## Special Guest Program



### Yoga's Road Map to Neuroplasticity

#### *Yoga Sutras and the Brain* \$27

Sat., Jun. 23 • 10:30 a.m.–12:30 p.m.

Sarah Mulukutla, M.D., M.P.H.

Explore mind–body connection and how meditation changes your neural networks. Discover research on the neurobiological connection between mind wandering—*chitta vritti*—and the memory and emotional centers of the brain. Patanjali's Yoga Sutras, Book I: 12–15, are referenced to help us conceptualize neural rewiring. Case studies demonstrate how “practice” and “nonattachment” can be applied to rehabilitation for neurological disorders, such as Parkinson's disease, headache, multiple sclerosis, and stroke.

## Chakras, Yoga, and Reiki

### *An In-Depth Exploration* \$54

Sun., Jun. 24 • 10:30 a.m.–2:30 p.m. Hamsa Spagnola, E-RYT 500, C-IAYT, T.R.M.

The chakras are the seven centers of spiritual power in the human body. The term *reiki* means universal life-force energy. Reiki activates the body's natural healing processes, restoring physical and emotional well-being. We'll explore the chakras—their locations, colors, sounds, and emotional and physical components. Yoga will 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., Jun. 24 • 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. This informative workshop will give you tools for a more peaceful, balanced life. 🧘 All Levels

## Special Guest Program



### The Pillars of an Inspired Life

**NEW**

#### *Body, Mind, and Soul* \$27

Mon., Jun. 25 • 6:30–8:30 p.m. Daniel Javit, M.D., CHWC

Caring for the body, mind, and soul can optimize one's life: the body determining the quality and duration of our lives, the mind filtering all of our experiences, and the soul elevating us to greater consciousness. In this workshop, we'll examine how to maintain our bodies by looking at the food, movement, and rest we allow ourselves; how to control our minds instead of letting our minds control us; and how to connect with others to create meaning, purpose, and community. Why not live an inspired life now?

## Focus on Feet

### *Your Support and Your Connection* \$27

Mon., Jun. 25 • 6:30–8:30 p.m. Madhavan, RYT 500, C-IAYT

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

## Fly Well, Feel Well

**NEW**

### *Strategies for a Healthy Trip* \$27

Thurs., Jun. 28 • 6:30–8:30 p.m. Snow Shimazu, M.A., L.M.T., ARCB, RYT

Join Snow Shimazu, a travel-wellness expert and the creator of Air Beautiful, to learn about maintaining your health and wellness while traveling. Discover how to prepare for traveling with holistic remedies, what really happens to the body in the air cabin, the secret to beating jet lag, and ways to reduce travel-related swelling. Snow will show you acupressure points to ease common travel-related problems.

# 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		Level II		Level I Prenatal Yoga (Partners Welcome) <b>NEW</b>	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.			▶ Open Level Community Class				
3:15 p.m.	Gentle Yoga	Gentle Yoga	*1-hour Level I	Level I/II	Level I with Chime Bath <b>NEW</b>	Level I	Level II
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	Yoga for Arthritis ◆ Weekly Sound Bath	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 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	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	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		

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!**



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