

Program Guide

July / August 2018

227 West 13th Street

www.iyiny.org ♥ 212-929-0585



IntegralYogaNYC



@IntegralYogaNYC

Hatha Yoga

Fundamentals of Integral Yoga

4-Week Course for Beginners \$90

Thurs., Jul. 12–Aug. 2 • 6:30–8:30 p.m. Krishna Karl Spicer, RYT 200

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**

Prenatal Yoga

Open Series \$23 per session

Tues., Jul. 3 • 6–7:45 p.m. Bhakti Cinzia Parma

Tues., Jul. 10 • 6–7:45 p.m. Bhakti Cinzia Parma

Tues., Jul. 17 • 6–7:45 p.m. Chandrika Shrobe

Tues., Jul. 24 • 6–7:45 p.m. Bhakti Cinzia Parma

This class focuses on strengthening the body in preparation for labor and increasing awareness of the physical and psychological changes occurring during pregnancy. The series offers a blend of asana, movements, breath awareness, meditation, and deep relaxation, enhanced by the sounds of soft music. It also provides the opportunity to have fun and connect with other moms and share the feelings and experiences of pregnancy.

🧘 **New Beginners and All Levels**

Chair, Chi, and Prana™

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

Mon., Jul. 16 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

Increase your vitality and better your balance and coordination with a unique class that combines Chair Yoga, Qigong, and Tai Chi Easy™ walking. Seated and standing Yoga poses strengthen and stretch the body, gentle and flowing Qigong movements enhance your life force energy, and Tai Chi walking improves balance. These practices are a moving meditation that calms the nervous system, focuses the mind, and is accessible to all bodies and ages. *The seniors' fee for this program is \$14 per session, available through Reception. Students should come barefoot or wear indoor slippers or socks with traction.* 🧘 **New Beginners and All Levels**

Yin Yoga and Journaling

NEW

Going Within \$27

Sun., Jul. 29 • 2–4 p.m. Sydney (Santoshi) MacInnis

What lies deep within you? Unstirred places? The stillness and stress of long-held (for five minutes) Yin poses create both vulnerability and openness. In this workshop the Yin poses combine with pauses for journaling, giving opportunities for you uncover, through the stirring of the poses, what lies within you. *This workshop is for students who have been practicing Yin Yoga for a minimum of one year.*

🧘 **Experienced Beginners and Intermediate/Advanced Students**

Yoga Life Training



Coming Fall 2018

Peaceful Practices

Meditation I Workshop

How to Meditate \$25

Wed., Aug. 8 • 6:30–8:30 p.m. Swarupa Sky Oak Speaker

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.*

Yoga of Breath

Pranayama for Beginners \$25

Tues., Jul 24 • 6:30–8:30 p.m. Rev. Lila Lucy Nelson

Many people believe that breathing practices are even more beneficial to the body, mind, and spirit than asana are. In this workshop you'll learn the fundamentals of Yogic breathing techniques. The basic pranayama techniques done in the Integral Yoga Level I class (dirgha svasam, kapalabhati, and nadi suddhi), along with some others, are demonstrated and explained in detail. You'll find the practices comfortable and joyful, and you'll learn to use the prana (vital energy) for healing, cleansing, and strengthening. *No experience required.*

Integral Yoga Teacher Training

Integral Yoga Level I Fall 200-Hour

Sept. 8–Dec. 16

Open House for Level I

Mon., Jul. 9 • 6–7 p.m.

Mon., Jul. 23 • 6–7 p.m.

Mon., Aug. 13 • 6–7 p.m.

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

Therapeutic Yoga

Oct. 2–7

Deepening Into Therapeutic Yoga

Oct. 11–16

Yin Yoga Continuing Training

Oct. 19–21

Postpartum Yoga

Oct. 19–21

Buddha Body Yoga Training

Nov. 2–4

Yoga for Labor and Birth

Nov. 16–18

YCAT: Yoga Therapy in Cancer and Chronic Illness

Nov. 26–Dec. 5

Gong Yoga

Dec. 13–17 and

Jan. 10–14

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

Sacred Wisdom

Study Group on Raja Yoga

Yoga Philosophy and Psychology By donation

Tues., Jul. 3, 10, 17, 24, 31 • 7–8:30 p.m. Swami Chidananda

Discover the eight-limbed philosophy dedicated to the development of your full potential and the expression of your inner spiritual self. Focusing on a rich text, this class will review the heart of the individual basic sutras that are essential to seeing this scripture as “a practical guide to the mind” and how it informs all branches of Yoga. *Suggested reading: The Yoga Sutras of Patanjali with commentary by Sri Swami Satchidananda. May be attended on a drop-in basis with no preregistration.*

Explore the Bhagavad Gita

Yoga Philosophy and Psychology By donation

Tues., Aug. 7, 14, 21, 28 • 7–8:15 p.m. Swami Asokananda

Integral Yoga New York’s president Swami Asokananda shares insights based on his lifelong study of one of Yoga’s most sacred texts. The Bhagavad Gita offers guidance for the soul struggling to know itself and its place in the world. Come and read the Gita, and discuss how to deepen your spiritual knowledge by drawing on its teachings in everyday life. *May be attended on a drop-in basis with no preregistration.*

Special Guest Program



The Knowledge of the Ultimate Reality

NEW

Tattva Bodha 3-Week Course \$75

Wed., Jul. 11–25 • 7–9 p.m. Prem Sadasivananda

The message of the Tattva Bodha, the introductory text to Vedanta by Adi Sankara, is very much relevant to our time and the world we live in. Sri Sankara elucidates the importance of discrimination, nonattachment, and other spiritual qualities. The discourse explains how to distinguish between the apparent and enticing world of objects and our real nature as pure awareness and offers an explanation of the three bodies. Each discourse holds for us an invaluable lesson and imparts a new understanding of our life in a marvelous way.

Raga Revelry: A Journey Through North Indian Classical Music

Film Screening and Discussion By donation

Thurs., Jul. 19 • 7–8:45 p.m. Shreedevi Thacker

Raga Revelry, a Gaialights Production, is a fun introduction to the centuries-old tradition of North Indian classical music. Through one man’s quest to create a permanent sanctuary for this valuable inheritance, we are taken to the heart of Indian spirituality and culture. Woven into the narrative are fundamental music-appreciation concepts imparted by the award-winning and renowned musicologist Vijay Kichlu. A discussion with the producer/co-director Shreedevi Thacker will be held after the screening. Chai will be served. *Discounted DVDs will be available for sale.*

Special Guest Program



The Eros of Yoga

NEW

Yoga and Sexuality 3-Week Course \$75

Wed., Aug. 7–21 • 6:30–8:30 p.m.

Joshua M. Greene (Yogesvara)

This three-part series examines the impulse toward intimacy from physical, psychological, and spiritual perspectives. The series will distinguish pleasure from happiness, look at some of the leading theories of human sexuality, and contrast those ideas with teachings from the Sanskrit texts. What drives the need for union between people? How do we sabotage our own efforts to achieve that union? And what does Yoga have to do with it? *Each session will include prasad, socializing, and some Kirtan.*

Special Guest Programs



A Love Supreme

A Kundalini Yoga Experience \$40 in advance
\$45 day of event

Fri., Aug. 17 • 7–9 p.m. Jai Dev Singh

At the base of the spine resides great power. At the top of the crown is profound awareness. Yet it is in the center of the chest where the power of the human and the magic of the heavens unite. At the nucleus of every being and in the center of all creation is the force of love. When this greatest of all powers is unlocked at the heart center, everything changes. Let's open the lock of the heart center and activate the power of the infinite within. You will exercise the body, move the life force, elevate the spirit, and unlock the flow of supreme love. 🧘 All Levels

Opening the Tenth Gate

Pineal Gland Activation \$45 in advance, \$50 day of event
Sat., Aug. 18 • 2–4:30 p.m. Jai Dev Singh

The "tenth gate" is the access point to the flow of supreme consciousness. Under normal circumstances, this tenth gate remains sealed, but through ancient Yogic technology, the life force in the body can be awakened, the tenth gate unseals, and the sublime flow of the infinite can be experienced through one's own body and mind. In this unique workshop, we will use the high-powered exercises and incredible meditations of Kundalini Yoga to activate the pineal gland, open the tenth gate, and enjoy the experience of an enlivened body, a crystal-clear mind, and an awakened soul. 🧘 All Levels

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.

Guru Poornima Satsang

Honoring Sri Swami Satchidananda By donation

Sat., Jul. 28 • 5:30–7 p.m. Swami Asokananda

Guru Poornima is traditionally celebrated on the full moon day in July as a time to honor, recognize, and appreciate the spiritual teacher. If you have benefited over the past 50 years from the Integral Yoga teachings of Sri Swami Satchidananda, join us for this special evening. The program will include a DVD of Swami Satchidananda, sharings by his disciples, a delving into the essence of his teachings, and a puja (worship service). Swami Satchidananda kept encouraging us to find the Guru who ever dwells within our own hearts.

Mahasamadhi of Sri Swami Satchidananda

A Special Satsang By donation

Sat., Aug. 18 • 5:30–7 p.m. Rev. Lakshmi Saclise, IYM

We will commemorate the ultimate liberation of our founder, Sri Swami Satchidananda. Join in viewing a video, practicing meditation and chanting, sharing remembrances, and partaking in a beautiful worship service, a puja, dedicated to the light of our modern Yoga master. Swami Satchidananda continues to guide all of Integral Yoga. His teachings have become even more relevant, 16 years after his leaving the body, in our ever changing world.

Sound Healing

Weekly Sound Bath

Relax and Unwind \$15 per session

Sat., Jul. 7, 14, 21, 28, Aug. 4, 11, 18, 25 • 4:15–5:15 p.m.

Rev. Laksmi Scalise, RYT 500, IYM

Bathe yourself in the blissful sounds of singing bowls and gongs every Saturday afternoon in the sacred space of Integral Yoga. All are welcome! No Yoga poses except savasana. *Discounts do not apply.*

Cosmic Sound Bath

Healing on the Deepest Level \$27

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

All things alive vibrate. Allow yourself to be immersed in the healing sounds and vibrations of sacred gongs, Himalayan singing bowls, Native American flutes, percussion, and other world instruments. Experience the deepest level of relaxation, clearing the mind and body of negativities that cause pain, anxiety, and dis-ease. Realign and harmonize yourself to a state of inner peace and connectedness. As we participants lie down, we set our intentions and let the vibrations of the sacred sounds help us access our inner wisdom. *Wear comfortable clothes.*

Gong and Reiki

An Immersive Experience \$15 per session

Mon., Jul. 23 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Wed., Aug. 29 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Treat yourself to a session of healing that combines silence and sound. Sitting in a circle, you'll receive the healing vibrations of Reiki while being immersed in the sacred cosmic sound vibrations of Tibetan bowls and a gong. Every cell in your body will receive total healing. Tension will be eased, and obstacles to your peace will be removed. *Discounts do not apply.*

Yoga and Sound Healing for Arthritis and Chronic Pain

Tools to Help You Feel Better \$27

Sat., Aug. 11 • 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*

Yin Yoga and Tibetan Bowls

Resonate with Stillness \$27

Thurs., Aug. 23 • 7–9 p.m.

Bhairavi Andrea Downes and Rev. Laksmi Scalise, RYT 500

Yin Yoga benefits connective tissue because postures are held, creating stillness in the mind, body, and spirit. That stillness can allow vibrations, energy, and prana (life force) to resonate within. During this workshop the healing vibrations of the Tibetan singing bowls will allow you to explore the powerful effects of Yin Yoga. Together we will create a space where the body, mind, and spirit are renewed and revitalized.

🧘 *All Levels*

Laughter and Sound Healing Meditation

Bring a Joyful Element to Your Practice \$27

Tues., Aug. 28 • 6:30–8:30 p.m.

Laraaji Swami Nadabrahmananda and Arji OceAnanda

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.*

Kirtan

New Moon Kirtan Devadas	Thurs., Jul. 12 • 7:45 p.m. Sat., Jul. 14 • 8 p.m.	<i>By donation</i> <i>\$20 in advance</i> <i>\$25 day of event</i>
Mirabai Harrington	Sat., Jul. 21 • 8 p.m.	<i>\$15 in advance</i> <i>\$20 day of event</i>
Full Moon Kirtan Nitya and Nanad	Fri., Jul. 27 • 7:45 p.m. Sat., Jul. 28 • 8 p.m.	<i>By donation</i> <i>\$20 in advance</i> <i>\$25 day of event</i>
New Moon Kirtan	Sat., Aug. 11 • 7:45 p.m.	<i>By donation</i>
Full Moon Kirtan	Sat., Aug. 25 • 7:45 p.m.	<i>By donation</i>

Visit www.iyiny.org for complete Kirtan information.

Life and Work

Introduction to Thai Yoga Massage

Learn to Give a 20-Minute Massage \$50

Tues., Jul. 10 • 6:30–9:30 p.m. Renée Rice

Thurs., Aug. 23 • 6:30–9:30 p.m. Renée Rice

Learn about Lotus Palm Thai Yoga Massage and see whether you are interested in pursuing certification as a practitioner. The workshop includes a hands-on opportunity to learn how to give a 20-minute massage by practicing Thai Yoga Massage postures, incorporating the fundamentals of effortless, flowing transitions between poses, and discovering the essentials of maintaining proper body alignment and stances.

Lotus Palm Ayurvedic Thai Therapy 1

5-Day Intensive \$500

Sun.–Thurs., Jul. 22–26 • 10 a.m.–5 p.m. Sukha Wong

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

Lotus Palm Thai Yoga Massage 3

5-Day Intensive \$500

Sun.–Thurs., Jul. 22–26 • 10 a.m.–5 p.m. Sukha Wong

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

Lotus Palm Thai Mat-Style Foot Reflexology

NEW

Learn to Give a 60-Minute Treatment \$220

Sat.–Sun., Jul. 28–29 • 10 a.m.–5 p.m. Sukha Wong

Foot reflexology is based on the belief that all parts of the body are affected by the application of gentle pressure to corresponding parts of the feet to restore balance. In this East-meets-West Thai mat-style reflexology and foot massage workshop, performed on a floor mat, you will learn how to release those feel-good endorphins, relieving stress, boosting circulation, and aiding the lymphatic system. Learn a complete, 60-minute Thai-style reflexology flow on a floor mat; incorporate Thai reflexology sticks and oils into your practice; adjust techniques so that they work on a massage table; and learn about pressure points on the foot, structure and function, foot conditions, benefits, and contraindications. *Open to all.*

Advanced Practitioner Reiki Level III Training: 2-Day Course

Loving Touch International School of Reiki \$350

Sat.–Sun., Jul. 21–22 • 10:30 a.m.–4:30 p.m.

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

Visit www.iyiny.org for details.

The Yoga of Creating Space **NEW**

De-Clutter and Improve Your Life \$27

Sun., Jul. 22 • 2:30–4:30 p.m. Jyoti Julie Cakir

Explore the influence of clutter on daily living. We will examine the relationship between material clutter and mental clutter and also touch on the emotional cost of living in a cluttered space. Together we will look at psychological research, principles from the Yoga Sutras, and practical techniques for moving toward simpler Yogic living. There will be goal setting, partnering up, and a journaling exercise, as well as breathing practices and a brief meditation.

JourneyDance™ **NEW**

Experience Your Own Pure, Powerful Energy \$25

Thurs., Aug. 16 • 7–9 p.m.

Inga (Ishwari) Benson, E-RYT 500, LCAT, BC-DMT, M.S., C-IAYT

JourneyDance™ is a transformational dance form that combines freestyle and structured movement to inspire you to get out of your mind and into your body. The flow leads participants on a ritual journey of physical and emotional transformation. Through breath, sweat, and expression, you'll gain a palpable experience of yourself as pure powerful energy. We activate imagination and utilize diverse forms to a sound track of inspiring world music. No dance experience is necessary. Come with your heart and your feet to reconnect with your soul and spirit.

Mind and Body Health

TRE® (Trauma or Tension Releasing Exercises)

4-Week Open Series \$20 per session

Thurs., Jul. 5, 12, 19, 26 • 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

Yoga for People with Cancer

Practices, Strategies, and Community \$15 per session

Wed., Jul. 11, 18, 25, Aug. 1, 8, 15, 29 • 10–11:30 a.m. Anna Love

Come experience gentle Yoga practices to promote self-care and empowerment, stress management, and healing for people in all stages of living with cancer. Enjoy sangha, or community, with others who share a cancer diagnosis. Develop Yoga into a daily practice. Drop in and come when you can; the curriculum rotates through a series of Yoga health education topics. *A physician's permission is required for those currently in treatment or within three months after treatment or surgery. Please contact the instructor at annarlove@gmail.com prior to preregistering for your first class. Discounts do not apply. Scholarships are available; no one will be turned away.* 🧘 New Beginners and All Levels

Special Guest Program



Empathy in AnyBody

NEW

Introduction to Yoga and Nonviolent Communication \$54

Sat., Jul. 14 • 10:30 a.m.–1:30 p.m.

Cat McCarthy, E-RYT 500, YACEP

“Out beyond the ideas of wrongdoing and rightdoing, there is a field. I’ll meet you there.” –Rumi

Conflict happens, so learn to navigate it well. By excavating what’s beneath any friction, you can focus on the deeper motivation and change the conversation to one of understanding. Nonviolent Communication (NVC) helps you to understand compassionately your habitual behavior and to translate your judgments. Guided by the NYCNVC facilitator Cat McCarthy, this three-hour workshop introduces the key concepts of NVC as a foundation on which to build a practice. You will acquire tools of emotional intelligence to help generate new neural pathways for empathy. With a relationship to your own feelings and needs, you can create stronger connection both inside and out. There will be a mix of asana, playful exercises, and discussion. 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 September: Empathy in AnyBody Curriculum: Part One. Visit www.iyiny.org for details.

Integrative Strategies for Weight/Fat Loss

Natural Solutions the Work \$25

Sat., Jul. 14 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

Discover how to lose weight and keep it off for life. Finding the proper, healthy, functional amount of body fat for your dosha, or body type, involves several important factors. Learn how to use antiinflammatory antioxidants, fiber, phytonutrients, and obesity-fighting supplements. Understand how to balance hormones such as cortisol and insulin. Learn the biochemistry of appetite control. This up-to-date and effective nutritional advice provides a safe and effective way to develop a lifelong weight-control strategy that can be practiced easily. *Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

Special Guest Program



Neurogenic Yoga

Tremor to Release Trauma \$125

Sun., Jul. 15 • 10 a.m.–6 p.m. Maria Alfaro, E-RYT

Neurogenic Yoga is a revolutionary new integrative technique in trauma healing and stress reduction that combines Yoga asana and pranayama with SITT (Self-Induced Therapeutic Tremors). Those tremors are a natural response of the body and are the nervous system’s way of discharging long-held tension or unconscious muscle contraction that is due to stress and traumatic experiences, in order to restore the body to wholeness. Based on Dr. David Berceles’ technique of Tension and Trauma Releasing Exercises® (TRE®), which has been taught worldwide for decades, Neurogenic Yoga is reported to offer a range of physical and mental benefits, including better sleep, a reduction in pain, and relief for the symptoms of fibromyalgia and sciatica. *Includes an active Yoga practice in the morning and a restorative practice in the afternoon. Questions? E-mail Maria at maria@NeurogenicYoga.com.*

🧘 All Levels

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$40

Sun., Jul. 15 • 10 a.m.–1 p.m. Madhavan, RYT 500, C-IAYT

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

Introducing Lymphatic Self-Care

The Body's Cleansing System \$27

Sun., Jul. 22 • 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

The Yoga of Exercise

NEW

Yoga Vyayama \$27

Thurs., Jul. 26 • 6:30–8:30 p.m. Bhairavi Andrea Downes

Yoga, in its totality, is not considered exercise. The Sanskrit word for what people call exercise is vyayama. In modern times, Hatha Yoga and exercise (in American society) seem to be adversaries. Learn the similarities and differences between the two and how your Yoga practice can enhance your fitness life beyond stretching (and vice versa). 🧘 All Levels

Yoga-Based Cognitive Behavioral Treatment of Anxiety™

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

Sat., Jul. 28 • 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.*

Special Guest Program



Deep Rest

NEW

Restoring Yin, Receiving Light \$35

Mon., Aug. 6 • 7–9 p.m. Carrie Grossman

Today's dominant cultural paradigm values doing over being. Remaining busy all the time, many of us experience yin depletion, which shows up as feelings of overwhelming stress, excessive thinking, chronic addiction to technology, and burnout. This workshop will explore the ways in which we habitually contract and offer practices to help us soften, recharge, and meet life with more ease and an undefended heart. We will discuss the physical and psychospiritual impact of constant fight or flight, explore themes of receptivity and relaxation, and experience a guided sound journey into the depths of our self.

Reach Without Pain

Yoga Therapy for the Upper Extremities \$27

Thurs., Aug. 9 • 6:30–8:30 p.m. Madhavan, RYT 500, C-IAYT

This workshop will address pain and mobility issues in the wrists, arms, shoulders, and neck. You'll learn ways to treat these conditions with Yoga Therapy to gain tone, build strength, and improve your posture. This workshop will offer tools for managing arthritis, carpal tunnel syndrome, elbow strain, rotator cuff injury, shoulder pain and tension, neck pain, upper-back knots, and posture problems. 🧘 All Levels

Becoming a Healthy Vegetarian

The Pioneering Teachings of Swami Satchidananda \$25

Sat., Aug. 11 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

Learn the time-honored tradition and wisdom of Yoga, the vegetarian diet taught by Sri Swami Satchidananda in the late 1960s and 1970s, and how that Yoga master planted the seeds for the “health food” movement.

Bringing it all into the 21st century using modern science and studies, Manu Dawson will illuminate the benefits of a plant-based diet and the most functional way to incorporate such a diet, including vegan, raw, Mediterranean, and other forms of vegetarian regimes, into your lifestyle.

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

Qigong and Chanting NEW

Meditation, Mudras, New Insights \$15 per session

Mon., Aug. 13 • 6:30–7:30 p.m. Nadiya Nottingham, RYT

Mon., Aug. 27 • 6:30–7:30 p.m. Nadiya Nottingham, RYT

According to Taoism, whence Qigong originates, the hands are the antennae of the universe. In this class you will learn the profound powers of mudras in seated meditation as well as a standing Qigong form called cloud arms, which visualizes the human body as a rain forest tree making the essential waters of life with prayer hands, and other mudras to heal the kidneys and heart and balance the emotions. The class opens and closes with Integral Yoga chants with an explanation of their deeper meaning for peace on Earth and in our hearts. *\$15 for everyone.*

Discounts do not apply.

How to Stretch

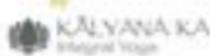
Easy Practices \$27

Mon., Aug. 20 • 6:15–8:15 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*

INSPIRED
Yoga Travels



and

Integral Yoga 

Vacation Retreats



Yoga and Holistic Health Vacation in Guatemala

with Swami Asokananda and Kalyana Karine Amalric

October 6–12, 2018

Lake Atlitlan, Guatemala

Visit www.iyiny.org for details

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		Level II		Level I Prenatal Yoga (Partners Welcome) NEW	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	
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	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 with Chime Bath NEW	Level I	Level II
4:00 p.m.		IY Kids 3-6 yrs.	IY Kids 7-11 yrs.				
4:15 p.m.	Level I *1-hour Multilevel	Level II	Level I *Yoga for Arthritis		Level II	◆ 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			
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 * No class in August
 ♥ 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
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Free Yoga Class for You and a Friend on Your Birthday!



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