

# Program Guide



September, October,  
and November 2018

227 West 13th Street

[www.iyiny.org](http://www.iyiny.org) ♡ 212-929-0585



[IntegralYogaNYC](https://www.facebook.com/IntegralYogaNYC)



[@IntegralYogaNYC](https://www.instagram.com/IntegralYogaNYC)



**Integral  
Yoga** Institute  
Shop

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.–6:30 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**

By Appointment

212-929-0585, ext. 88 [www.iyiny.org/wellness\\_spa](http://www.iyiny.org/wellness_spa)



**Integral  
Yoga** Natural Foods  
Natural Apothecary

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.

Sun. 9 a.m.–8:30 p.m.

## 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.

NY 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, New York City public school teachers, 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



Founded in October 1966  
at 500 West End Avenue

In our West 13th Street  
“oasis of peace” since October 1970

## Classic Yoga for Everyone

All Ages, All Bodies, All Conditions

- Six Serene Yoga Studios on Three Floors
- Mats and Props Provided Free of Charge
- Introductory Discounts for New Students
- Free Open Meditation Ten Times a Week
- Integral Yoga Shop:  
Props • Clothes • Gifts • Books

*Class Descriptions: Page 19*

*Class Schedule: Back Cover*



### Swami Satchidanandaji Maharaj

Swami Satchidananda founded Integral Yoga<sup>®</sup>, the worldwide Integral Yoga Institutes, and Satchidananda Ashram-Yogaville, a dynamic Yoga community in Buckingham, Virginia, where he also established LOTUS, Light Of Truth Universal Shrine, which celebrates all the world's faiths. He served with many interfaith organizations, received many awards and authored several books. He is the subject of the documentary film, *Living Yoga*.

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

# Hatha Yoga

## Fundamentals of Integral Yoga

4-Week Course for Beginners \$90

Thurs., Sept. 27–Oct. 18 • 6:30–8:30 p.m. Becca Pulliam

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

## Gay Yoga Sangha

Practice and Discussion \$15 per session

Thurs., Sept. 6 • 7–9 p.m. Tim Groen and Swami Chidananda

Thurs., Oct. 25 • 7–9 p.m. Tim Groen and Swami Chidananda

Thurs., Nov. 8 • 7–9 p.m. Tim Groen and Swami Chidananda

Join our LGBTQ+ Yoga Sangha for Yoga, tea, vegan cookies, and a discussion. Strengthen your Yoga practice during Tim's energizing, 90-minute all-level class, which will stretch the body and calm the mind. Then discuss what's on your mind in a talking circle led by Swami Chidananda, whose philosophical knowledge will help you find Yogic ways to deal with all sorts of events in life. GYS offers an opportunity to spend time in the fun company of new friends with whom you share your gay+ identity and interest in Yoga. Discounts do not apply. 🧘 All Levels

## Hatha Yoga Clinic NEW

Come Get Help with Your Poses! \$15

Mon., Sept. 10–Nov. 26 • 2–3 p.m. Rashmi Galliano, E-RYT 500, RPYT

Here is an opportunity to consult with and learn from one of Integral Yoga's best-loved teachers, who is also a trainer of teachers. Rashmi will give one-on-one assistance and advice to help you enhance your own comfort and ease in poses. Whether you are a beginner seeking to boost your confidence or an experienced practitioner, whatever challenge you may be facing, this clinic will make your Hatha practice better for you.

Discounts do not apply. 🧘 All Levels

## Integral Yoga Teacher Training

### Integral Yoga Level I Fall 200-Hour

Sept. 8–Dec. 16

#### Open House for Level I

Wed., Oct. 17 • 6–7 p.m.

Mon., Nov. 19 • 7–8 p.m.

### 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

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

### Raja Yoga

Feb. 21–Mar. 3 and

Aug. 8–18

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.

## Special Guest Programs



### **Yin Yoga Foundational Teacher Training**

*Practicing Surrender and Receptivity* \$549

Thurs.–Sun., Sept. 13–16 • 10 a.m.–6 p.m. Corina Benner

This training will focus on the great therapeutic benefits of Yin Yoga on the physical, energetic, and mental/emotional bodies (the annamaya, pranamaya, and manomaya koshas). We will investigate the foundational shapes of Yin Yoga, seeking to understand the method of this practice and exploring appropriate ways of modifying poses to meet individual students' needs. Included in the training are daily Yin Yoga practices and opportunities to work in partners and small groups for practical experience applying the information. You will viscerally integrate the information so that, upon completion of the training, you will feel confident teaching Yin Yoga and also fielding students' questions with confidence and clarity.

*This training is open to Yoga teachers of all traditions as well as curious and dedicated students of Yin Yoga. Visit [www.iyiny.org](http://www.iyiny.org) for details.*

### **Yin Yoga Continuing Teacher Training**

*Exploring Subtle Realms of Emotions, Beliefs, and Transformation* \$375 (\$335 until Sept. 28)

Fri.–Sun., Oct. 19–21 • 10 a.m.–5:30 p.m. Corina Benner

*This training is open to Yoga teachers of all traditions as well as curious and dedicated students of Yin Yoga. Visit [www.iyiny.org](http://www.iyiny.org) for details.*

### **Yin Yoga for Emotional Balance**

*A Physical Practice to Release and Transform Difficult Emotions* \$45

Mon., Sept. 17 • 6:30–8:30 p.m. Corina Benner

Emotions like grief and anger can be so difficult to express that many people suppress, deny, and ignore them, wasting energy and compromising the flow of prana, potentially setting themselves on a path to dysfunction and disease. This workshop offers an opportunity to acknowledge, accept, and release those emotions. By sinking into postures that stimulate energy pathways related to specific emotions, Yin Yoga liberates stuck energy and builds your energetic reserves. Admitting to and accepting your feelings while holding yourself in your own, loving embrace lightens your spirit and transforms challenging emotions into such productive counterparts as creativity, spontaneity, and decisiveness. 🧘 All Levels

### **Fully Alive with Yin Yoga**

*Embrace All the Ups and Downs* \$45

Mon., Oct. 22 • 6:30–8:30 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

### **Fall in Love with Twists**

**NEW**

*Cleanse Yourself!* \$27

Wed., Sept. 26 • 6:30–8:30 p.m. Nalini Kuhnke, RYT 500

Twisting poses are unique asana groupings in their dual effects of cleansing accumulated toxins from the tissues and organs of the body and energetically neutralizing. They open the channels along the side body (liver and gall bladder). We will move through a series of asana from seated to standing for 60 minutes, transitioning to a restorative sequence of twists for the duration of class. You will leave feeling cleansed, spacious, and relaxed. 🧘 All Levels

## Tai Chi Easy™ and Chair Yoga

### A Fusion Class \$22 per session

Sat., Sept. 15 • 11 a.m.–12:30 p.m. Melissa “Mati” Elstein, RYT, Esq.

Mon., Oct. 29 • 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

*This program was previously titled Chair, Chi, and Prana™*

## Yoga Sutras on the Mat

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

Tues., Oct. 23 • 7–9 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

## Slow Flow and Restorative

**NEW**

### Root Chakra/Earth \$27

Sat., Nov. 10 • 2:30–4:30 p.m.

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

Chakras are the dynamic energy centers within your physical body; they affect your internal experience as well as your outlook on life. The first half of this class will be a Hatha and vinyasa practice. The second half of the class will be restorative poses. Throughout, the poses will connect us to the chakras, and you will learn more about them. Healing aromatherapy, writing, drawing, and a sharing circle will complete this unique workshop. *Recommended reading: Eastern Body, Western Mind, by Anodea Judith.*  All Levels

## Yin Yoga and Journaling

### Going Within \$27

Sun., Nov. 11 • 11 a.m.–1 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

## Restorative Yoga in a Chair

### Two Great Practices in One \$20

Mon., Nov. 12 • 6:30–8 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

# Peaceful Practices

## Meditation I Workshop

*How to Meditate* \$25

Sat., Sept. 22 • 10:30 a.m.–12:30 p.m. Nina Priya Ma David, M.A., E-RYT 500  
Sun., Nov. 18 • 3:30–5:30 p.m. Rev. Sam Rudra Swartz, I.Y.M.

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

## Meditation Course

*3-Week Immersion* \$72

Thurs., Oct. 25–Nov. 8 • 6:30–8:30 p.m. Rev. Sam Rudra Swartz, I.Y.M.

For anyone new to meditation, as well as those who wish to enhance or strengthen their practice, a certified meditation instructor guides the practice of five meditation techniques in depth. The experience will help you decide which techniques resonate for you and inspire you to integrate meditation into your life. *No experience required. Includes a free copy of the booklet Meditation by Sri Swami Satchidananda.*

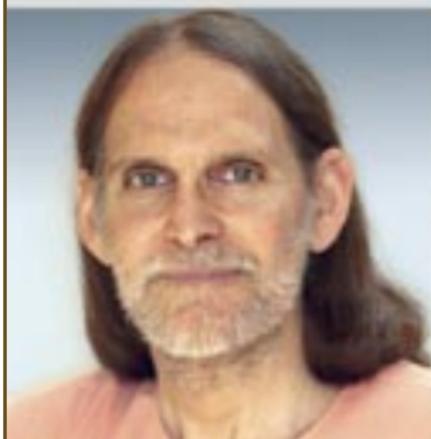
## Yoga of Breath

*Pranayama for Beginners* \$25

Thurs., Nov. 29 • 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.*

BLOSSOM  
refined vegan dining



**Autumn Fundraising Dinner**  
With Swami Asokananda  
and Chandra

Thursday, October 18 • 6:30–8:30 p.m.

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

# Sacred Wisdom

## Yoga Sutras: The Third Book **NEW**

### A Three-Week Scripture Study *By donation*

Tues., Sept. 25, Oct. 2, 9 • 7–8:30 p.m. Rev. Sam Rudra Swartz, I.Y.M.

In Swami Satchidananda's translation of and commentary on the Yoga Sutras of Patanjali third book—Vibhuti Pada, The Portion on Accomplishments—all the Sutras are translated, but commentary is not offered. Sri Gurudev explains this by saying, "I have taken the ones I have found most useful for the Yoga aspirants and have left out the others." Come explore the third book and discuss the Sutras through discourse, reflection, and group discussions. *While this topic is best understood by those with a background in the study of Raja Yoga (especially Books One and Two), all are welcome to join.*

## Explore the Bhagavad Gita

### Yoga Philosophy and Psychology *By donation*

Tues., Oct. 16, 23, 30, Nov. 6, 13 • 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.*

## How to Live like a Yogi **NEW**

### Simple Lifestyle Tips \$22

Thurs., Sept. 20 • 7–8:30 p.m. Swami Asokananda

You don't need to do anything extraordinary to have an easeful body, a peaceful mind, and a useful life. It is not necessary to have an extreme practice; that can actually be counterproductive. What is needed is to develop gradually a lifestyle that nourishes your body, mind, and soul. In this workshop Swami Asokananda will share what a day in the life of a Yogi looks like: how a Yogi approaches sleep; some simple guidelines to keep the digestive fire bright; and how to find a balance between work

## Special Guest Program



### Gayatri Mantra **NEW**

#### The Path of Inner Purification \$35

Sat., Sept. 22 • 2:30–5 p.m. Stephen W. Leslie

The gayatri mantra, one of the most powerful and transformative mantras in existence, is commonly used for inner emotional and mental purification. Mantras breaks down into two categories: mantras that bring in positive, uplifting energy and mantras that expel negative, obstructive energy. The tremendous power of the gayatri may cause some disruption in your routine, habitual ways of thinking, feeling, and behaving. The goal of this class is to establish a solid japa practice using the gayatri mantra. (Japa is the repetition of the mantra outside of meditation.)

## Special Guest Program



### Transcending Illusion According to Vedanta **NEW**

#### Understanding Maya \$27

Thurs., Sept. 27 • 7–9 p.m. Prem Sadasivananda

The earliest seers who have realized the truth have explained the cosmic process as the work of maya, the inscrutable power of the Supreme Spirit. Maya manifests individually as well as cosmically. It is the very force that keeps us from knowing our true self. The talk will offer many insightful views on what maya is and what spiritual aspirants should do to rise above it.

## Special Guest Program



### Finding Refuge **NEW**

#### *Heart Practices for Difficult Times* \$54

Sun., Oct. 14 • 2:30–5:30 p.m. Carrie Grossman

Writer, thinker, and accomplished sacred musician,

Carrie Grossman believes we are facing an epidemic she calls a “famine of the heart.” In difficult times, it is hard to keep the faith. How can we turn inward through spiritual work and also keep our eyes open to the suffering in the world? How can we honor our own pain, grief, and anger and also witness it with compassion? Through wisdom, music, and practice, this workshop will explore engaged spirituality, contemplative practices of love and light—two great illuminators that reveal what is hidden, whether in the personal or the collective unconscious.

### The Goddess Trinity in Spiritual Evolution **NEW**

#### *Shakti Embodiment—Awaken the Goddess Within You* \$42

Sat, Oct. 27 • 2–5 p.m. Yogini Gopika

Explore, with a certified Tantra Yoga teacher who has studied and taught in Nepal, the vital lessons that goddesses offer on the spiritual path. Our connecting with the many faces of the goddess that relate to various aspects of the self works to activate our own hidden powers, creating transformation. Divine feminine energy, or shakti, allows us to live from our Divine essence. In this interactive workshop, you will learn how to worship the goddess through living, chakra practices to awaken the energy associated with each goddess, how to embody and connect with shakti, and how to move from fear to freedom.

### Day of the Dead Yoga Workshop

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

Thurs., Nov. 1 • 6:30–8:30 p.m. Ann-Marie Amb Everitt

*“The one aim of all Yoga is to face death fearlessly and joyfully.”*

—Sri Swami Sivananda

The fears and worries we cling to prevent us from living fully and stem ultimately from the fear of death. In this fun workshop we can make friends with death, dying, and the afterlife. We'll hear the story of Nachiketa and Lord Yama (the Lord of Death) and practice asana and meditation as if there were no tomorrow. *Bring photos and/or mementos of your dear departed, and we will make a special altar at the start of class to remember them and honor our ancestors.* 🧘 All Levels

### Equanimity **NEW**

#### *Discovering Your Inner Comfort Zone* \$22

Sat., Nov. 17 • 3:30–5 p.m. Swamini Sri Lalitambika Devi

We find a deep sense of peace on the Yoga mat or on the meditation cushion, but how do we maintain that truth amid the surprises of daily life? This workshop will explore various methods that you can use at any time to live from your awakened inner comfort zone. Our time together includes a discussion of relevant Yoga Sutras, sacred verse, and therapeutic modalities, as well as meditation.

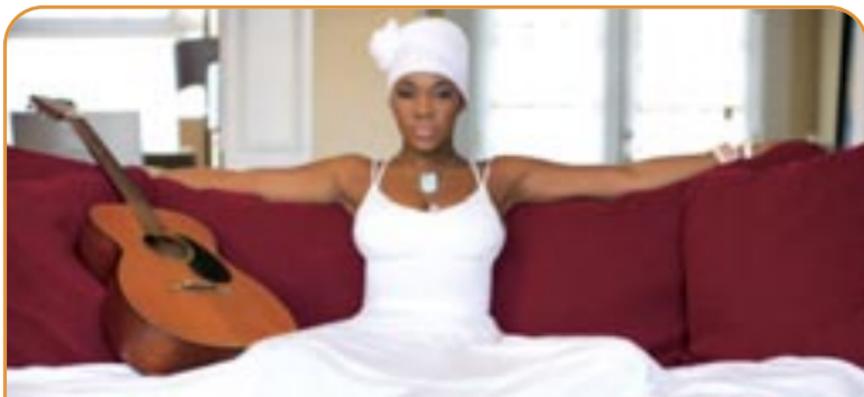


## Yoga Life Training

An Immersion Program

September 13–December 13

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



## Special Guest Programs with India Arie

SongVeration: Medicine  
The "I Am Light" Tour  
Thursday, November 15

SongVeration Practice  
Tools of Personal Expression  
Friday, November 16

Inspiration, Details, and Tickets: [www.iyiny.org](http://www.iyiny.org)

# Kirtan

## Special Guest Program



### Voices of Change

*A Chant* \$35 in advance  
*Workshop* \$45 day of event

Sat., Nov. 17 • 6:30–9:30 p.m. Kirtan Soul Revival

Bhakti Yoga has the potential to create deep transformation inside ourselves and in our world. Yoga practitioners and teachers, healers, community activists, artists, teachers, and all beings: Come to this highly interactive program to open your voice, uncover and express your deepest knowing, examine deep societal truths, and release fear and judgment. Through chanting, reflection, discussion, and journaling, we will sing in harmony and find our individual voice inside the collective voice and 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.

<b>Astrud Casillo</b>	<b>Sat., Sept. 8 • 7:30 p.m.</b>	<b>\$15/\$20*</b>
<b>Brenda McMorrow and John de Kadt</b>	<b>Sat., Sept 29 • 7:30 p.m.</b>	<b>\$20/\$25</b>
<b>Carrie Grossman</b>	<b>Sat., Oct. 13 • 7:30 p.m.</b>	<b>\$20/25</b>
<b>Gaura Vani</b>	<b>Sat., Oct. 20 • 7:30 p.m.</b>	<b>\$20/\$25</b>
<b>Jai Jagdeesh</b>	<b>Sat., Oct. 27 • 7:30 p.m.</b>	<b>Ticket info: <a href="http://www.iyiny.org">www.iyiny.org</a></b>
<b>David Newman (Durga Das)</b>	<b>Sat., Nov. 3 • 7:30 p.m.</b>	<b>\$20/\$25</b>
<b>Noah Baumwoll</b>	<b>Sat., Nov. 10 • 7:30 p.m.</b>	<b>\$15/\$20</b>
<b>Kirtan Soul Revival Workshop</b>	<b>Sat., Nov. 17 • 6:30 p.m.</b>	<b>\$35/\$45</b>
<b>New Moon Kirtan</b>	<b>Fri., Sept. 7; Mon., Oct. 8; Wed., Nov. 7 • 7 p.m.</b>	<b>By donation</b>
<b>Full Moon Kirtan</b>	<b>Mon., Sept. 24; Wed., Oct. 24; Fri., Nov. 23 • 7 p.m.</b>	<b>By donation</b>

**\*Price: In advance/Day of event**

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.*

<b>Joe Brennan</b>	<b>Sept. 1</b>
<b>Jewish High Holidays Satsang</b> with Rev. Sam Rudra Swartz, IYM	<b>Sept. 8</b>
<b>Swami Asokananda</b>	<b>Sept. 15</b>
<b>Nina Priya Ma David</b>	<b>Sept. 22</b>
<b>Ann-Marie Amba Everitt</b>	<b>Sept. 29</b>
<b>Swami Asokananda</b>	<b>Oct. 6</b>
<b>Navaratri Satsang with Rev. Laksmi Scalise, IYM</b>	<b>Oct. 13*</b>
<b>Swami Chidananda</b>	<b>Oct. 20</b>
<b>Rev. Lucy Lila Nelson</b>	<b>Oct. 27</b>
<b>Rev. Laksmi Scalise, IYM</b>	<b>Nov. 3</b>
<b>Two Swamis Satsang</b> with Swamis Asokananda and Chidananda	<b>Nov. 10*</b>
<b>Jyothi K. Watanabe</b>	<b>Nov. 17</b>
<b>Gratitude Satsang with Sumati Karen Bates</b>	<b>Nov. 24</b>

**\*5:30–7 p.m.**

# Sound Healing

## Weekly Sound Bath

*Relax and Unwind* \$15

Sat., Sept. 1–Nov. 24 • 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.*

## Restorative Yoga and Sound Healing

*A Journey Through the Chakras* \$27

Tues., Sept. 4 • 7–9 p.m. Nicole Srimati and Rev. Laksmi Scalise, RYT 500, IYM  
Ease your body and balance your nervous system by awakening to your senses. Rejuvenate yourself through a Restorative Yoga sequence, focusing on each of the seven chakras, to increase pranic flow. The Restorative Yoga teacher Srimati offers aromatherapy and hands-on energy work to support a physical release. The sound healer and Reiki master Laksmi creates a sound bath with her collection of Tibetan singing bowls to tune in to the resonating frequency of each chakra for a blissfully meditative state. 🌸 **All Levels**

## Healing Harps and Crystal Bowls NEW

*Experience and Play These Therapeutic Instruments* \$27

Sat. Sept. 8 • 10:30 a.m.–12:30 p.m. Shelly Reef  
Harps, crystal singing bowls, and chimes create an environment of high-frequency harmonious sound to which the body and mind naturally connect, creating restoration at the level of the subtle energies. Then, positive transformation at the level of the external self naturally occurs. Less stress, more happiness, greater physical health, and inner peace arise from meditating and relaxing to the sounds of the harps. Experience the healing harps, and have a chance to play them yourself!

## Drum Circle

### *Healing, Sacred, and Fun* Free

Sat., Sept. 15 • 7–9 p.m. Steven Heurung and Theresa Arula Herron-Heurung  
Come join us for a meditative drum circle to bring the community together in sharing healing sound vibrations. All levels, including beginners, are welcome. If you wish, you may bring your own percussive instruments. Drums and other international percussive tools will be provided. Please keep in mind an uplifting or healing intention.

## Gong and Reiki

### *An Immersive Experience* \$15

Thurs., Sept. 20 • 7–8 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Sun., Oct. 7 • 11 a.m.–12 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Tues., Nov. 6 • 7–8 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.*

## Autumnal Equinox Gong Bath

### *Be Cleansed with Healing Sounds* \$27

Sat., Sept. 22 • 7:30–9:30 p.m. Kozmic Shamans

On the day when light and darkness are equal, when summer turns to fall, and when your spirit is ready to embrace the crispness and colors of autumn, treat yourself to an evening filled with the sounds and vibrations of magnificent gongs, singing bowls, and more. Presented by graduates of Grand Gong Master Don Conreaux's Gong Master Teacher Training held at IYI, this event will be one to remember.

## Send Prana to Your Chakras

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

Tues., Oct. 9 • 7–9 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Tap into your heart and intuition, using your mind, hands, guided meditation, and tuning forks to send prana to your chakras. You will learn about the energies of each chakra and techniques to increase and strengthen these energies. The focus will be on raising our energy from the bottom three chakras, which are survival chakras, to the heart and the top three chakras—intuition, discrimination, and our higher self. We'll do a few sun salutations for all levels. 🧘 All Levels

## Cosmic Sound Bath

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

Fri., Nov. 9 • 7–9 p.m. Laksmi Scalise, RYT 500, IYM, 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.*

## Laughter and Sound Healing Meditation

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

Mon., Nov. 19 • 7–9 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.*

# Life and Work

## **Introduction to Thai Yoga Massage**

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

Thurs., Oct. 18 • 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 Thai Yoga Massage 1**

**5-Day Intensive \$550**

Wed.–Sun., Sept. 5–9 • 10 a.m.–5 p.m. Renée Rice

The 5-Day Intensive is the first step toward the certification program in this healing art. You will learn a complete, full-body, one-and-a-half-hour massage; the training and knowledge to give a Thai Yoga Massage; the fundamentals of effortless, flowing transitions between postures; and the history and philosophy of Thai Yoga Massage energy balance through acupressure and Thai energy lines.

## **Lotus Palm Thai Yoga Massage 2**

**5-Day Intensive \$550**

Wed.–Sun., Nov. 14–18 • 10 a.m.–5 p.m. Renée Rice

*Prerequisite: Lotus Palm Thai Yoga Massage 1*

## **Lotus Palm Ayurvedic Thai Therapy 2**

**5-Day Intensive \$500**

Sun.–Thurs., Nov. 4–8 • 10 a.m.–5 p.m. Sukha Wong

*Prerequisite: Lotus Palm Ayurvedic Thai Therapy 1*

## **Lotus Palm Thai Yoga Massage 4**

**5-Day Intensive \$500**

Sun.–Thurs., Nov. 4–8 • 10 a.m.–5 p.m. Sukha Wong

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

*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.*

## **Lotus Palm Thai-Style Head Massage**

**2-Day Workshop \$220**

Sat.–Sun., Nov. 10–11 • 10 a.m.–5 p.m. Sukha Wong

Many people store tension in the neck and head area. Thai head massage is a wonderful, uplifting treatment that concentrates on relieving upper-body tension, leaving the recipient feeling balanced and totally relaxed and creating a deep sense of peace and calm. In this workshop, learn to give a 45- to 60-minute massage flow using various techniques, including champissage, which combines head massage with a more subtle kind of energy healing, Ayurvedic chakra balancing, and traditional Thai techniques. Boost circulation, break down tension, and release toxins. We will be working on a floor mat, but adaptations of the techniques can be practiced on a chair or a massage table. *Open to all. Please bring a regular head pillow.*

## **The Yoga of Creating Space**

**De-Clutter and Improve Your Life \$27**

Sun., Sept. 30 • 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.

# Mind and Body Health

## TRE® (Trauma or Tension Releasing Exercises)

**Open Series \$20 per session**

Thurs., Sept. 6, 13, 20, 27 • 3:30–4:45 p.m. Phil Lynch

Sat., Sept. 29 • 3:30–4:45 p.m. Phil Lynch

Thurs., Oct. 4, 11, 18, 25 • 3:30–4:45 p.m. Phil Lynch

Thurs., Nov. 1, 8, 15, 29 • 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 Anxiety

**Discover Wonderful Tools \$32**

Sun., Sept. 9 • 11 a.m.–1 p.m. Jennifer Gibson

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

## Special Guest Program



### Empathy in Any Body

*Introduction to Yoga*

*and Nonviolent Communication \$54*

Sun., Sept. 9 • 2–5 p.m. Cat McCarthy, E-RYT 500, YACEP

Sat., Nov. 10 • 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

## The Music Meditation Session

**A Psychoactive Musical Improvisation \$27**

Tues., Sept. 11 • 7–9 p.m. Dawoud

The Music Meditation Session is a guided meditation that replaces words, suggestions, and 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. This can be a transformational experience.

## Special Guest Program



### Infinite Energy **NEW**

#### *Thoughts and Habits for Peak Vitality* \$27

Wed., Sept. 12 • 6:30–8 p.m. Daniel Javit, M.D., CHWC

Today's hectic world is filled with so many challenges that just keeping up can be exhausting. To meet those demands, we need access to abundant stores of positive energy. In this interactive workshop, we will examine the thoughts and habits necessary for a happy, energetic life. We will focus on how food, sleep, movement, rest, and reflection lead to the consistent energy levels we require to achieve our goals. We will do this through breathing, meditation, visualization, and movement exercises. Learn how to prime your body and mind for peak performance and still have energy left over for the activities you love.

### Fasting and Detoxification

#### *A Time-Honored Tradition* \$25

Sat., Sept. 15 • 1–3 p.m. Manu Dawson, C.Y.N.TH.

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

### Is Yoga Therapy for You? **NEW**

#### *A Mind-Body Approach to Healing* \$25 per session

Sun., Sept. 16 • 11 a.m.–1 p.m.

Tues., Oct. 30 • 6:30–8:30 p.m.

Tues., Nov. 13 • 10:30 a.m.–12:30 p.m.

Nancy O'Brien and certified Yoga therapists

Discover the latest applications of the ancient practice of Yoga with our certified Yoga therapists. Experience the many aspects of Yoga Therapy and how they can help you maintain or improve your health and heal your body and mind. Integral Yoga's Yoga therapists specialize in various conditions, including arthritis, MS, chronic pain, cancer, musculoskeletal conditions, pre- and post-surgery, autoimmune conditions, pregnancy, and chronic health issues. This complementary support works alongside Western medical treatments. *Participants get a discount on a one-on-one Yoga Therapy appointment.* 🧘 **New Beginners and All Levels**

### Yoga Therapy for Neuromuscular Diseases **NEW**

#### *Increase Your Mobility, Stability, and Flexibility* \$27

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

A specially designed Yoga Therapy practice benefits patients with Parkinson's disease, MS, and other neuromuscular conditions by helping with mobility, balance, strength, flexibility, posture, concentration, speech, mood, and relaxation. In this workshop you will learn standing and floor Yoga poses and practices and discover modifications that will make them accessible. The practices will incorporate awareness of the breath to improve focus, create calm, and increase energy and include breath work, chanting, and deep relaxation. *Open to caregivers.* 🧘 **All Levels**

### Introducing Lymphatic Self-Care

#### *The Body's Cleansing System* \$27

Sun., Sept. 23 • 2:30–4:30 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**

## Therapeutic Yoga

**Access Your Deep Healing Wisdom \$20 per session**

Wed., Sept. 26, Oct. 3, 10, 17, Nov. 7, 14, 28 • 9:30–11 a.m.

Jyothi Larson, RYT 500, C-IAYT, and Deborah Madhavi Matza, R.N., C-IAYT  
Therapeutic Yoga is a practice for those recovering from, or living with, injury or illness. It combines Restorative Yoga (supported postures), Gentle Yoga, pranayama (breath work), hands-on healing, and guided meditation. Therapeutic Yoga is an excellent choice for those who need something gentle yet effective for bringing the body into balance and reducing stress. It allows you to step away from the busy-ness of the outside world and access the deeper wisdom that resides within you.

*People with chronic conditions should contact the instructor at [jyothilarsonyoga@gmail.com](mailto:jyothilarsonyoga@gmail.com) prior to the first class. The seniors' fee for this program is \$12 per session, available through Reception.*

 New Beginners and All Levels

## Pacifying Vata Through Yin and Restorative

**NEW**

**Fall Grounding for Vata \$35**

Sun., Oct. 7 • 2:30–5 p.m. Nicole Srimati

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

 New Beginners and All Levels

## Yoga for Improved Memory

**Recover, Maintain, and Discover \$20**

Sat., Oct. 6 • 10:30 a.m.–12 p.m. Nina Priya Ma David, M.A., E-RYT 500

One of the realities of life is that the human mind does not have to wear out over time! Research shows that Yoga has the capacity to stimulate new brain cells and improve memory. In this workshop you will discover fascinating facts about Yoga and the brain and learn a variety of physical and mental practices that support healthy brain and memory function throughout the course of a lifetime. *Includes some very gentle stretching to warm up for sitting.*  New Beginners and All levels

## Yoga for Bladder Health

**An Introductory Workshop for Women of All Ages \$35**

Sat., Oct. 13 • 10:30 a.m.–1 p.m. Leslie Daley, RYT 500, M.S., OTR/L

One-third of women ages 30 to 70 have experienced bladder-control problems. Contrary to popular belief, pelvic-floor strengthening is not the only means of prevention. This workshop will explain the basic anatomy and physiology of the urinary system, the pelvic muscles, and mechanisms that support continence. Learn how to use Yoga to balance the nervous system and tone the muscles responsible for supporting the bladder, and become aware of five key lifestyle changes that can prevent problems now and as you get older.  New Beginners and All Levels

## Healing Before and After Drugs and Surgery

**Complementary Practices \$25**

Sat., Oct. 13 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

Explore the nutrients that can make your tissues stronger and potentially prevent the need for specific and common surgeries, such as those for knees, back, heart, and hips. Certain nutrients benefit particular tissues and can help to raise the success rate and facilitate postsurgical healing (if surgery is indeed necessary). We will look at nutrient depletion resulting from medications and drug nutrient and drug herb interactions in general. *Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

## Knee Care and Yoga

### *Protecting the Body's Most Vulnerable Joint* \$40

Sat., Oct. 27 • 10:30 a.m.–1:30 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

## Yoga-Based Cognitive Behavioral Treatment of Anxiety™

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

Sat., Oct. 27 • 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.*

## Yoga and the Fascial System

### *Connect with Your Connective Tissue* \$35

Sun., Oct. 28 • 10:30 a.m.–1 p.m. Leslie Daley, M.F.A., RYT 500, OTR/L

What is fascia? This long-overlooked matrix is the tissue that holds us together, supporting all structures of the body from head to toe in a three-dimensional, uninterrupted web. In its healthy state, fascia has the ability to stretch and move, but with injury or inactivity, fascia can harden and shorten, creating restrictions and pain. Learn about the fascial system and how to work with it through gentle Yoga. 🧘 All Levels

## The Focusing Energy of Rhythm™

**NEW**

### *A Mindfulness Meditation* \$27

Sun., Oct. 28 • 2:30–4:30 p.m. Puela Lunaris

Learn the Focusing Energy of Rhythm™, an active mindfulness meditation technique you can practice whenever you need to focus your mind and de-stress your body. Applying the principles of fullness and emptiness and the dynamics of sound and silence found all over the universe, we use the conscious production and observation of rhythmic patterns to train our most precious resource, our attention, so that we can attain control over the mind.

## Special Guest Program



### TRE® (Tension and Trauma Releasing Exercises®) Daylong Workshop

**NEW**

### *Shake Off Physical and Emotional Pain* \$125

Sat., Nov. 3 • 10 a.m.–6 p.m. Maria Alfaro, E-RYT

TRE is a simple, gentle, and profound technique that facilitates the lengthening and relaxation of the psoas muscle and the release of physical and emotional tension and stress. The TRE exercises tire the legs, triggering an involuntary shaking and trembling response, which begins in the legs and often spreads throughout the body. This natural response is the nervous system's way of discharging long-held tension and unconscious body contraction (due to everyday stress and traumatic life experiences), in order to restore the body to wholeness. This practice is suitable for all ages and fitness levels and offers an array of physical and emotional benefits.

## Help for Hamstrings

### *Lengthen and Strengthen* \$27

Mon., Nov. 5 • 6:30–8:30 p.m. Madhavan, RYT 500, C-IAYT

Pulling a hamstring hurts! In this workshop you will identify the action of your hamstrings and learn to use antagonist muscle pairs to facilitate stretch, engage the quadriceps to lengthen with strength, use restorative practices to promote healing, and recognize the limits of length while extending those limits safely. By finding ways to prevent injury due to strain or stress and assist in healing if you have a hamstring injury, you will help your hamstrings and improve your Yoga poses. 🧘 All Levels

## Yoga Therapy for Chronic Pain

### *An Introduction* \$35

Sun., Nov. 11 • 2–4:30 p.m. Nancy O'Brien, Peter Karow, and Livvie Mann  
In this workshop, participants will experience and learn about effective pain-management techniques for themselves, their loved ones, their clients, or their patients. We'll look at the neurophysiology of chronic pain and its psychosocial effects. We'll explore breath awareness, restorative and gentle asana (poses), meditation, deep relaxation, and other de-stressors. And we'll touch on some current treatments (medical marijuana, CBD oil, surgery, and other therapies) with an eye toward empowering students, caregivers, and providers with information and inspiration. *No Yoga experience necessary.* 🧘 **New Beginners and All Levels**

## Shamanic Womb Healing

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

Tues., Nov. 13 • 6:30–9:30 p.m. Nadiya Nottingham, RYT, and Jenny Tsai  
By praying and singing to water we heal our source and our selves, thus becoming community healers. In a circle of like-minded beings we shine the sunlight of our own prana on life scars to reveal a new story. Through meditation, a forgiveness ritual circle, singing led by Jenny's magical voice, chanting, and a shamanic journey led by Nadiya, we'll take steps toward a new beginning, a fresh perspective on the woman within. *Questions? E-mail Nadiya at Nadiya108@mac.com.*

## How to Stretch

### *Easy Practices* \$27

Wed., Nov. 14 • 6:30–8:30 p.m. Sudama  
Stretching is good for you, especially if you don't practice Yoga. Stretching increases flexibility, lubricates joints, aids in digestion, helps you prevent injury, and increases the flow of oxygen and blood to the heart and muscles. Stretching also brings awareness to the physical body, improves posture, puts a spring in your step, and enhances self-image. This workshop will help you create a daily stretching routine that can be effective on its own or lead you into a deeper appreciation of Yoga. 🧘 **New Beginners and All Levels**

## Integrative Strategies for Healthy Aging

### *Reset Your Biological Age* \$25

Sat., Nov. 17 • 1–3 p.m. Manu Dawson, C.Y.N.Th.  
Come learn the latest strategies for maintaining your optimal health and strength through your 60s, 70s, 80s, and beyond. This workshop will focus on functional methods for slowing down the aging process through evidence-supported supplementation, a healthful diet, and such effective exercise as Hatha Yoga and strength and cardiovascular training. Manu Dawson has spent a lifetime exploring the human body's amazing capacity to maintain health, and here he shares with you the best of what he has learned. *Attend this workshop and receive a one-time 20% discount at Integral Yoga Natural Foods and Natural Apothecary.*

## Caring for the Pelvic Floor

### *Strengthen, Coordinate, Relax* \$35

Sun., Nov. 18 • 10:30 a.m.–1 p.m. Leslie Daley, M.F.A., RYT 500, OTR/L  
It is a myth that pelvic floor strengthening is the only way to prevent pelvic floor issues. We need a strong but supple pelvic floor that supports a range of movements, including standing, lifting, and coughing. Develop an understanding of how the anatomy of pelvic floor muscles and their relationship to the thoracic diaphragm creates core stability. Using Yoga and a few specialized exercises, you will learn how to balance these important core muscles and enhance their everyday use. 🧘 **All Levels**

# Yoga Class Descriptions

## Free Introductory Class

For first-time students and those new to Integral, this class includes the demonstration of poses, the opportunity to ask questions, and individual attention.

## The Integral Yoga Class

Level I (beginners), Level I/II (experienced beginners), Level II (intermediate), Level II/III, and Advanced (seasoned practitioners). All aspects of a complete practice: chanting, centering, a sequence of poses to revitalize the physical body, deep relaxation, breathing practices, and meditation. For more than half a century, it has been the key to an easeful body, a peaceful mind, and a useful life.

## The One-Hour Class

Level I, Level I/II, and Level II. A shorter class with all the Integral elements.

## Prenatal Yoga

For women who have entered the second trimester, movements to strengthen the muscles and organs and help prepare for birth. Visualization and relaxation practices with the baby, too.

## Baby and Me Yoga

Parents and babies, six weeks to 12 months old, enjoy gentle practices and time for sharing and discussion.

## Integral Yoga for Kids

Classes for kids from toddlers through 11-year-olds are fun, filled with singing and chanting, poses appropriate to each age group, anatomy lessons, and more to increase focus and self-esteem. Toddlers attend with their adults.

## Gentle Yoga

Students with special conditions and/or limitations practice this variation of the Integral class, which moves more slowly and includes adaptations for each participant.

## Chair Yoga

The full Integral Yoga experience—in a chair!

## Restorative Yoga

Using props to support the body, a nurturing practice for students with special health needs, for those in caretaking positions, and for anyone seeking a calming and renewing experience.

## Yin Yoga

A quiet floor practice of steady, long-held poses to benefit your connective tissues, such as the fascia, ligaments, tendons, joints, and bones.

## Yoga for Arthritis and Chronic Pain

Specially certified instructors adapt Yoga to the challenges of living with arthritis, related conditions, and pain.

## Deep Relaxation

A 45-minute experience in bliss with stretching, a long period of silent relaxation, breathing practices, and meditation.

## Community Class

\$5 for everyone—an offering.

*Class Schedule: Back Cover*



# 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 I/II <b>NEW</b>	Level II	Level I	Level I Prenatal Yoga (Partners Welcome)	Level II
10:30 a.m.							Restorative Yoga
11:15 a.m.	Level II	*Advanced Level	Level II <b>NEW</b>	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	Level I	Level II Chair Yoga <b>NEW</b>
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 I <b>NEW</b>	Level II	◆ Weekly Sound Bath Yoga for Arthritis	Level I
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Level II	Level I		Yoga and Qigong		Yin Yoga	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 Prenatal Yoga	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			
7:15 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 \*\$12 ▶ \$5  
 \*1-hour-and-45-minute class ▲ 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