

Program Guide

March 2019



227 West 13th Street

www.iyiny.org ♡ 212-929-0585



IntegralYogaNYC



@IntegralYogaNYC

Hatha Yoga

Hatha Yoga Clinic

Come Get Help with Your Poses! \$15 per session

Mon., Mar. 4, 11, 18, 25 • 2–3 p.m. Rashmi Galliano, E-RYT 500, RPYT

Special Guest Programs



Calling All Yin Yoga Teachers

Yin Yoga Teacher Training One-Day

Tune In, Tune Up \$108

Fri., Mar. 8 • 9:30 a.m.–5:30 p.m. Corina Benner

Blossom into Spring with Yin

NEW

Slough Off Winter and Prepare for New Growth \$45

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

Tai Chi Easy™ and Chair Yoga

A Fusion Class \$25

Mon., Mar. 18 • 6:30–8 p.m. Melissa “Mati” Elstein, RYT, Esq.

Freeing the Energy Locked Up in the Hips

NEW

Release Physical Stiffness and Emotional “Stuff” \$15

Tues., Mar. 19 • 7–8 p.m. Swami Asokananda

Yoga with Reggae, Chant, and Mantra

NEW

Bob Marley, Krishna Das, and the Gayatri Mantra \$27

Fri., Mar. 29 • 7–8:30 p.m. Rashmi Galliano, E-RYT 500

Peaceful Practices

Meditation I Workshop

How to Meditate \$25

Thurs., Mar. 21 • 7–9 p.m. Rev. Sam Rudra Swartz

Sacred Wisdom

Study Group on Raja Yoga

Yoga Philosophy and Psychology By donation

Tues., Mar. 5, 12, 19, 26 • 7–8:30 p.m. Swami Chidananda

Spiritual Activism

Making a Difference in an Age of Fear \$30

Tues., Mar. 5 • 6:30–8:30 p.m. Swami Ramananda

How We Change, Why We Don't

Yoga for Transformation \$45

Sat., Mar. 9 • 10:30 a.m.–1 p.m. Swami Ramananda

Satsang



Each Saturday evening, 5:30 to 6:30 p.m.

We will view a video of Sri Swami Satchidananda for 30 minutes and then share a 30-minute discussion with one of Integral Yoga Institute's resident Swamis or a senior IYI teacher. *Satsang is by donation.*

Visit www.iyiny.org for the satsang schedule.

Kirtan and Music

New Moon Kirtan
Kirtan Soul Revival
Full Moon Kirtan
RagaBhakti

Wed., Mar. 6 • 7 p.m.

Sat., Mar. 9 • 7:30 p.m.

Thurs., Mar. 21 • 7 p.m.

Sat., Mar. 30 • 7:30 p.m.

By donation
\$20/\$25*

By donation
\$15/\$20*

*Price: In advance/Day of event

Sound Healing

Weekly Sound Bath

Relax and Unwind \$15 per session

Sat., Mar. 2, 9, 16, 23, 30 • 4:15–5:15 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Restorative Yoga and Sound Healing

A Journey Through the Chakras \$30

Mon., Mar. 11 • 7–9 p.m.

Tara Dhyani Purswani, E-RYT 500, and Rev. Laksmi Scalise, RYT 500, IYM

Spring Equinox Gong Bath

Refresh and Renew with Healing Vibrations \$30

Wed., Mar. 20 • 7–9 p.m. Kozmic Shamans

Gong and Reiki

An Immersive Experience \$15

Thurs., Mar. 28 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Life and Work

Lotus Palm Thai Yoga Massage 2

5-Day Intensive \$550

Wed.–Sun., Mar. 20–24 • 10 a.m.–5 p.m. Renée Rice

Prerequisite: Lotus Palm Thai Yoga Massage 1

Mind and Body Health

TRE® (Trauma or Tension Releasing Exercises)

Open Series \$22 per session

Thurs., Mar. 7, 14, 21, 28 • 3:30–4:45 p.m. Phil Lynch

Overcoming Addictive Behaviors

Kundalini Yoga and Recovery: 4-Week Course \$80

Thurs., Mar. 7–28 • 7–9 p.m. Dr. Erick Gordon

Kick the Habit of Back Pain

Reprogram Your Movement Habits \$64

Sun., Mar. 10 • 1:30–5:30 p.m.

Richard Sabel, M.A., M.P.H., O.T.R., G.C.F.P., and Bill Gallagher, P.T., C.M.T., C.Y.T.

Yoga Therapy for MS and Parkinson's Disease

Increase Your Mobility, Stability, and Flexibility \$22

Sun., Mar. 10 • 11:30 a.m.–1 p.m. Madhavan, RYT 500, C-IAYT

Intelligent Aging NEW

Yoga-Qigong Muscle Maintenance \$30

Tues., Mar. 12 • 6–8 p.m. Nadiya Nottingham, RYT

Brain Wellness

Vital Advice for Every Stage of Life \$30

Sat., Mar. 16 • 1:30–3:30 p.m. Manu Dawson, C.Y.N.Th.

JourneyDance™

Reconnect with Your Soul and Spirit \$30

Sat., Mar. 23 • 1:30–3:30 p.m.

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

Techniques and Strategies for Pain Relief Through Yoga Therapy NEW

Shifting Perspectives: 5-Week Course \$125

Tues., Mar. 26–Apr. 23 • 1:15–2:45 p.m. Dianne Rashmi Galliano, E-RYT 500

Focus on Feet

Your Support and Your Connection \$30

Tues., Mar. 26 • 6:30–8:30 p.m. Madhavan, RYT 500, C-IAYT

Yoga Therapy for What Ails You

Mini Yoga Therapy Session \$25

Sat., Mar. 30 • 2:30–4:30 p.m. Nancy O'Brien, C-IAYT, RYT 500, and Jaymie Meyer, C-IAYT, E-RYT 500, C.W.P

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.			Y Kids 1-3 yrs.	Gentle Yoga			
10:15 a.m.	Prenatal Yoga NEW	Level I	Level I/II	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	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.	▲ Postnatal Yoga (Babies Welcome) NEW						
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
4:00 p.m.		Y Kids 3-6 yrs.	Y Kids 7-11 yrs.				
4:15 p.m.	Level I	Level II	Level I Yoga for Arthritis	Level I	Level II	Yoga for Arthritis	Level I
4:30 p.m.	◆ Pilates Yoga Fusion NEW						
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 ◆ Multilevel Flow NEW	Open Meditation Yin Yoga NEW	Open Meditation	Open Meditation	Restorative Yoga		
6:15 p.m.	Yin Yoga	► Level II/III Community Class	Level II/III Restorative Yoga	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.			Candlelight Yin Yoga NEW	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 *1-hour-and-45-minute class
 *\$12 ►\$5 ▲ 6 weeks to 12 months; 1-hour class/\$18 ◆ 75-minute 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 Shop and Wellness Spa
**In-store purchases only*

Free Yoga Class for You and a Friend on Your Birthday!



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