### Yoga Class Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>9:00a</td>
<td>R 1-Hour Multilevel</td>
<td>Level I</td>
<td>Level II</td>
<td>Level I</td>
<td>Level II</td>
<td>Level I</td>
<td>Level II</td>
</tr>
<tr>
<td>10:00</td>
<td>R 1-Hour Multilevel</td>
<td>Level I</td>
<td>Level II</td>
<td>Level I</td>
<td>Level II</td>
<td>Level I</td>
<td>Level II</td>
</tr>
<tr>
<td>11:00</td>
<td>Open Level</td>
<td>Level I</td>
<td>Level II</td>
<td>Level I</td>
<td>Level II</td>
<td>Level I</td>
<td>Level II</td>
</tr>
<tr>
<td>11:30</td>
<td>Level I</td>
<td>Level II</td>
<td>Level III</td>
<td>Level II</td>
<td>Level III</td>
<td>Level II</td>
<td>Level III</td>
</tr>
<tr>
<td>12:00</td>
<td>Level I</td>
<td>Level II</td>
<td>Level III</td>
<td>Level II</td>
<td>Level III</td>
<td>Level II</td>
<td>Level III</td>
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<tr>
<td>12:30</td>
<td>Level I</td>
<td>Level II</td>
<td>Level III</td>
<td>Level II</td>
<td>Level III</td>
<td>Level II</td>
<td>Level III</td>
</tr>
</tbody>
</table>

#### New Students

- Unlimited Class Cards
- 5-Class Card
- 10-Class Card
- 20-Class Card

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### Mind and Body Health

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

**Open Series** $22 per session

**Thurs., Jun. 6, 10, 27, 23 - 1:30-4:45 p.m.** Phil Lynch

**Thurs., Jul. 11, 15, 25 - 1:30-4:45 p.m.** Phil Lynch

#### Special Guest Programs

**TRE® Introductory Workshop**

- **Tension and Trauma Releasing Exercises** $65
- **Sat., Jun. 8 - 10 a.m.**
- **Maria Allen**

**Neurogenic Yoga™ Introductory Workshop** $65

- **Sat., Jun. 8 - 10:45 a.m.**
- **Maria Allen**

### Healing Before Drugs and After Surgery

**Complementary Practices** $30

- **Sat., Jun. 8 - 1:30-3:30 p.m.** Mumu Dawson, CYN.Th.

#### Ayurveda

**Ayurveda Narima Weekend Intensive** $245

- **Fri., Jul. 26 - 6:30-9:30 p.m.**
- **Cory Tisser, B.S., Certified Ayurvedic Practitioner, E-RYT 500**

**Ayurvedic Narima Intensive** $22 per session

- **Sun., Jul. 28 - 10 a.m.-6 p.m.**
- **Cory Tisser, B.S., Certified Ayurvedic Practitioner, E-RYT 500**

**Become More Focused** $30

- **Wed., Jun. 19 - 6:30-8:30 p.m.**
- **Nina Priya Mo David, MA, E-RYT 500**

**Yoga Therapy for MS and Parkinson’s Disease** $22 per session

- **Sun., Jul. 21 - 11:30 a.m.-1 p.m.**
- **Madhavan, E-RYT 500, C-IAYT**

**Yoga for Anxiety** $30

- **Sat., Jul. 20 - 1:30-3:30 p.m.**
- **Madhavan, E-RYT 500, C-IAYT**

**Reach Without Pain** $30

- **Thurs., Jun. 27 - 6:30-8:30 p.m.**
- **Karen Randz, MA, CCC-SLP**

**Pilates 3-Week Open Series** $60

- **Thurs., Jul. 11, 15, 25 - 7-8:15 p.m.**
- **Tariq Ghany**

**Integrative Strategies for Weight/Fat Loss** $50

- **Sat., Jul. 13 - 1:30-3:30 p.m.**
- **Mamu Dawson, CYN.Th.**

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#### Special Guest Programs

**Traditional Chinese Medicine** $30

- **For Summer Heat**
- **Thurs., Jul. 18 - 6:30-8:30 p.m.** Nathan Osmefeld

**Eye Yoga Workshop** $30

- **Sun., Jul. 28 - 10 a.m.-6 p.m.**
- **Narisa Venchman, E-RYT 500**

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### Yoga for Anxiety

**Discover Wonderful Tools** $34

- **Sat., Jul. 20 - 11 a.m.-1 p.m.** Jennifer Gibson

**JourneyDance™** $30

- **Sat., Jul. 20 - 1:30-3:30 p.m.**
- **Mumu Dawson, CYN.Th.**

**Knee Care and Yoga** $50

- **Sat., Aug. 3 - 10 a.m.-1 p.m.**
- **Mumu Dawson, CYN.Th.**

**Becoming a Healthy Vegetarian** $30

- **Sun., Aug. 11 - 1:30-3:30 p.m.**
- **Mumu Dawson, CYN.Th.**

**Self-Love** $34

- **Sun., Aug. 18 - 2:30-4:30 p.m.** Jennifer Gibson

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### Life and Work

#### Special Guest Programs

**Introduction to Thai Yoga Massage** $35

- **Sun., Jun. 16 - 6:30-9:30 p.m.**
- **Renée Rice**

**Lotus Palm Thai Mat-Style Foot Reflexology** $320

- **Mon., Jun. 24 - 10 a.m.-12 p.m.**
- **Sukha Wong**

**Lotus Palm Ayurvedic Therapy 1** $550

- **Sat., Jun. 29 - 10 a.m.-12 p.m.**
- **Sukha Wong**

**Lotus Palm Thai Yoga Massage 3** $550

- **Sat., Jun. 29 - 10 a.m.-12 p.m.**
- **Sukha Wong**

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#### Special Guest Programs

**Be Your Own Best Friend** $35

- **Thurs., Jun. 20 - 6:30-8:30 p.m.**
- **Sampada “Sams” Desai, MA, LPC, E-RYT 500, CIYF, CIYT**

**Laugha Yoga®** $30

- **Thurs., Jun. 20 - 6:30-8:30 p.m.**
- **Sampada “Sams” Desai, MA, LPC, E-RYT 500, CIYF, CIYT**

**Eye Yoga Workshop** $45

- **Sat., Jun. 22 - 10 a.m.-12 p.m.**
- **Sampada “Sams” Desai, MA, LPC, E-RYT 500, CIYF, CIYT**

**Teacher Training** $475 ($245 until Jun. 20)

- **Sat., Jul. 13-14 - 10 a.m.-6 p.m.**
- **Tara Tonini**

**Ohashi Method** $295

- **Sat.–Sun., Jul. 13–14 • 10 a.m.–6 p.m.**
- **Tara Tonini**

**Ohashi Method** $295

- **Sat.–Sun., Jul. 13–14 • 10 a.m.–6 p.m.**
- **Tara Tonini**

**Ohashi’s Oriental Diagnosis 2-Day Course** $295

- **Sat.–Sun., Jul. 13–14 • 10 a.m.–6 p.m.**
- **Tara Tonini**

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### Program Guide

**June/July/August 2019**
Hatha Yoga

Discover Integral Yoga

4-Week Fundamentals Course $90
Thurs., Jun. 6–27 • 7–9 p.m. Sri

Buddha Body Yoga

Yoga for Large Bodies 4-Week Course $130 per course
Mon., Jun. 3–24 • 10:15–11:30 a.m. Michael Hayes, L.M.T.
Wed., Jun. 5–26 • 10:15–11 a.m. Michael Hayes, L.M.T.

T'ai Chi Easy® and Chair Yoga

A Fusion Class $25 per session
Mon., Jun. 3 • 6:30–8:00 p.m. Melissa "Mati" Elstein, RYT, Esq.
Mon., Jul. 10 • 9:30–6:30–8:00 p.m. Melissa "Mati" Elstein, RYT, Esq.
Mon., Aug. 12 • 9:30–6:30–8:00 p.m. Melissa "Mati" Elstein, RYT, Esq.

Yin/Restorative Ayurveda for Summer

Summer Soother for Pita $45
Sun., Jun. 9 • 2:30–5 p.m. Nicole Smriti

Special Guest Programs

Yin Yoga Foundational Teacher Training
Practicing Surrender $349 ($495 until Jul. 11) and Resiliency Thurs.–Sun., Aug. 1–4 • 10 a.m.–6 p.m. Corina Benner

Yin Yoga to Soften into Your Life (NEW)
Resist Resistance and Dissipate Defenses $45
Mon., Aug. 5 • 6:30–8:30 p.m. Corina Benner

Special Guest Packages

A Refuge from Daily Life $30
3-Week Immersion $72
How to Meditate $25
Yoga Philosophy and Psychology $45
Yoga Nidra with Healing Touch $30
Kundalini Yoga $50
Meditation and Chanting $75
Tai Chi Easy® and Chair Yoga $20

Sacred Wisdom

Explore the Bhagavad Gita
Yoga Philosophy and Psychology By donation
Tues., Jun. 4, 11 • 7–8:15 p.m. Swami Asokananda

Exploring Difficult Concepts in Scripture (NEW)
Scripture Study as Yoga Practice By donation
Tues., Jun. 18, 25 • 7–8:30 p.m. Rev. Sam Rudra Swartz, IYM

The Upanishads
Yoga Philosophy and Psychology By donation
Tues., Jul. 2, 9, 16, 23 • 7–8:30 p.m. Swami Satchidananda

The Yoga of Listening
I Can’t Hear You if I Don’t Shut Up $27
Mon., Jun. 10 • 7–8:30 p.m. Swami Satchidananda

Special Guest Program

Creating Spiritual Community (NEW)
Inspiration from 50 Years of Ananda Communities Worldwide $30
Sun., Aug. 4 • 1:30–3:30 p.m. Atman Greeting

Special Guest Program

Sons of India
A Visual Travel Memoir $27
Tues., Aug. 15–22 • 7:30–8:30 p.m. Swami Deyyananda

Special Guest Program

Freeing Ourselves from the Past
How Yoga Transforms $27
Tues., Aug. 27 • 6:30–8 p.m. Swami Satchidananda

Peaceful Practices

Meditation I Workshop
How to Meditate $25
Mon., Jun. 17 • 7–9 p.m. Rev. Sam Rudra Swartz, IYM

Meditation Course
3-Week Immersion $72
Wed., Jul. 10–24 • 7–9 p.m. Swami Satchidananda

Yoga Nidra with Healing Touch
A Refuge from Daily Life $30
Sat., Aug. 4 • 2:30–4:30 p.m. Masami

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.

Integral Yoga Programs

Pre-registration is recommended for all workshops and courses, online at 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. If you reserve the right to cancel a program, 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 $4 off courses. Discounts are available only in person. Please visit www.iyiny.org/credentials for more information on our Yoga Therapy credentials.

To register, visit www.iyiny.org or call 212-929-0585.