

Yoga Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 a.m.	*Level I	*1-hour Multilevel	*1-hour Level I	►Level I Community Class	*Level I		
10:00 a.m.			IV Kids 1-3 yrs.	Gentle Yoga			
10:15 a.m.	*1-hour Multilevel 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.	▲Baby & Me Postnatal 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.		IV Kids 3-6 yrs.	IV Kids 7-11 yrs.	◆Gentle Yin Yoga NEW			
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						
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	Open Meditation Yin Yoga	Open Meditation	Open Meditation	Restorative Yoga		
6:15 p.m.	Yin Yoga	Level II/III	Level II/III Restorative Yoga	Level I/II	Level II/III	►Level I Community Class	
6:30 p.m.	Level I/II	Level I/II NEW	Level I				
6:45 p.m.			Candlelight Yin Yoga	Restorative Yoga			
7:15 p.m.	*1-hour Level I	◆►Multilevel Flow Community Class NEW	*1-hour Multilevel	*1-hour Level I			

Most classes are 1 hour and 30 minutes ♥45-minute class/\$12 *1-hour-and-45-minute class
*\$12 ◆\$5 ▲6 weeks to 12 months; 1-hour class/\$18 ◆75-minute class

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!



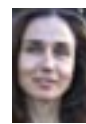
Facebook

Mind and Body Health

TRE® (Trauma or Tension Releasing Exercises)

Open Series \$22 per session
Thurs., Jun. 6, 13, 20, 27 • 3:30-4:45 p.m. Phil Lynch
Thurs., Jul. 11, 18, 25 • 3:30-4:45 p.m. Phil Lynch

Special Guest Programs



TRE® Introductory Workshop
Tension and Trauma Releasing Exercises \$65
Sat., Jun. 8 • 10 a.m.-1 p.m.
Maria Alfaro

Neurogenic Yoga™
Introductory Workshop \$65
Sat., Jun. 8 • 3 p.m.-6 p.m. Maria Alfaro

Healing Before Drugs and After Surgery

Complementary Practices \$30
Sat., Jun. 8 • 1:30-3:30 p.m. Manu Dawson, C.Y.N.Th.

Special Guest Programs



Ayur+Yoga **NEW**
One-Day Immersion \$108
Sat., Jun. 15 • 10 a.m.-6 p.m.
Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500

Ayurvedic Marma Points Weekend Intensive **NEW**
Balance Your Biology \$245
Fri., Jul. 26 • 6:30-8:30 p.m.
Sat.-Sun., Jul. 27-28 • 10 a.m.-6 p.m.
Cory Tixier, B.S., Certified Ayurvedic Practitioner, E-RYT 500

Become More Focused

NEW
The Gateway to All Thinking, Learning, and Success \$30
Wed., Jun. 19 • 6:30-8:30 p.m. Nina Priya Ma David, M.A., E-RYT 500

Yoga Therapy for MS and Parkinson's Disease

Increase Your Mobility, Stability, and Flexibility \$22 per session
Sun., Jun. 23 • 11:30 a.m.-1 p.m. Madhavan, RYT 500, C-IAYT
Sun., Jul. 21 • 11:30 a.m.-1 p.m. Madhavan, RYT 500, C-IAYT
Sun., Aug. 11 • 11:30 a.m.-1 p.m. Madhavan, RYT 500, C-IAYT

Reach Without Pain

Yoga Therapy for the Upper Extremities \$30
Thurs., Jun. 27 • 6:30-8:30 p.m. Madhavan, RYT 500, C-IAYT

Eating Well on a Budget with Healthful Foods

NEW
Spend Less and Live Abundantly! \$30
Thurs., Jul. 11 • 6:30-8:30 p.m. Karen Ranzi, M.A., CCC-SLP

Pilates 3-Week Open Series

NEW
A Different Focus Each Week \$22 per session
Thurs., Jul. 11, 18, 25 • 7-8:15 p.m. Tarek Ghany

Integrative Strategies for Weight/Fat Loss

Natural Solutions that Work \$30
Sat., Jul. 13 • 1:30-3:30 p.m. Manu Dawson, C.Y.N.Th.

Special Guest Program



Traditional Chinese Medicine for Summer Heat **NEW**
Time to Chillax \$45
Sun., Jul. 14 • 3-5:30 p.m. Narisara Vanichanan, E-RYT 500

Special Guest Program



Eye Yoga Workshop
Improve Your Eyesight and Insight Naturally \$30
Thurs., Jul. 18 • 6:30-8:30 p.m.
Nathan Oxenfeld

Yoga for Anxiety

Discover Wonderful Tools \$34
Sat., Jul. 20 • 11 a.m.-1 p.m. Jennifer Gibson

JourneyDance™

Reconnect with Your Soul and Spirit \$30
Sat., Jul. 20 • 1:30-3:30 p.m.
Inga (Ishwari) Benson, E-RYT 500, LCAT, BC-DMT, M.S., C-IAYT

Knee Care and Yoga

Protecting the Body's Most Vulnerable Joint \$50
Sat., Aug. 3 • 10:30 a.m.-1:30 p.m. Madhavan, RYT 500, C-IAYT

Becoming a Healthy Vegetarian

The Pioneering Teachings of Swami Satchidananda \$30
Sat., Aug. 10 • 1:30-3:30 p.m. Manu Dawson, C.Y.N.Th.

Self-Love

Explore the Potential to Love Yourself Deeply \$34
Sun., Aug. 18 • 2:30-4:30 p.m. Jennifer Gibson

Life and Work

Special Guest Programs



Introduction to Thai Yoga Massage
Learn to Give a 20-Minute Massage \$50
Tues., Jun. 11 • 6:30-9:30 p.m.
Renée Rice



Lotus Palm Thai Mat-Style Foot Reflexology
Learn to Give a 60-Minute Treatment
2-Day Workshop \$220
Sun.-Mon., Jun. 23-24 • 10 a.m.-5 p.m. Sukha Wong

Lotus Palm Ayurvedic Thai Therapy 1

5-Day Intensive \$550
Wed.-Sun., Jun. 26-30 • 10 a.m.-5 p.m. Sukha Wong

Lotus Palm Thai Yoga Massage 3

5-Day Intensive \$550
Wed.-Sun., Jun. 26-30 • 10 a.m.-5 p.m. Sukha Wong

Special Guest Programs



Be Your Own Best Friend **NEW**
Live Wholeheartedly Through Self-Compassion \$35
Thurs., Jun. 20 • 6:30-8:30 p.m.
Sampada "Sam" Desai, M.A., LPC, E-RYT 500, CLYL, CLYT

Laugha Yoga®

NEW
2-Day Laughter Leader Certification
Awaken to the Love of Laughter \$250
Sat.-Sun., Jun. 22-23 • 10 a.m.-4 p.m.
Sampada "Sam" Desai, M.A., LPC, E-RYT 500, CLYL, CLYT

Special Guest Program



Exhale to Inhale Trauma-Informed Teacher Training
2-Day Intensive \$475 (\$425 until Jun. 20)
Sat.-Sun., Jul. 13-14 • 10 a.m.-6 p.m. Tara Tonini

Special Guest Program



Ohashi Method
Ohashi's Oriental Diagnosis 2-Day Course \$295
Sat.-Sun., Jul. 27-28 • 10 a.m.-5 p.m.
Ohashi

Program Guide

June/July/August 2019

227 West 13th Street

www.iyiny.org ♥ 212-929-0585



IntegralYogaNYC @IntegralYogaNYC



@IntegralYogaNYC



227 West 13th Street, New York, NY 10011
 212-929-0585 (phone) 212-675-3674 (fax)
www.iyiny.org info@iyiny.org
 Mon.–Thuri. 8:45 a.m.–7:30 p.m.
 Fri. 8:45 a.m.–6:30 p.m.
 Sat. 9:45 a.m.–6:30 p.m.
 Sun. 9:45 a.m.–5:30 p.m.



Integral Yoga Wellness Spa
 By Appointment
 212-929-0585, ext. 88 www.iyiny.org/wellness_spa

Mission Statement

Integral Yoga Institute of New York is a nonprofit organization dedicated to the practice and teachings of Integral Yoga, as taught by Sri Swami Satchidananda. These teachings facilitate an easeful body, a peaceful mind, a useful life, and, ultimately, the realization of one's true Self. We encourage interfaith harmony by respecting all the world's faiths. Our goal is to promote peace in the individual and in the world.

Integral Yoga Programs

Preregistration 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.

IYI 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 for more information on our Yoga Therapy credentials

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

Hatha Yoga

Discover Integral Yoga

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

Buddha Body Yoga

Yoga for Large Bodies 4-Week Course \$130 per course
 Mon., Jun. 3–24 • 10–11:30 a.m. Michael Hayes, L.M.T.
 Mon., Jul. 8–29 • 10–11:30 a.m. Michael Hayes, L.M.T.
 Mon., Aug. 5–26 • 10–11:30 a.m. Michael Hayes, L.M.T.

Tai Chi Easy™ and Chair Yoga

A Fusion Class \$25 per session
 Mon., Jun. 3, 24 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.
 Mon., Jul. 15, 29 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.
 Mon., Aug. 12, 19 • 6:30–8 p.m. Melissa "Mati" Elstein, RYT, Esq.

Yin/Restorative Ayurveda for Summer

Summer Soother for Pitta \$45
 Sun., Jun. 9 • 2:30–5 p.m. Nicole Srimati

Special Guest Programs



Yin Yoga Foundational Teacher Training

Practicing Surrender \$549 (\$495 until Jul. 11) and Receptivity
 Thurs.–Sun., Aug. 1–4 • 10 a.m.–6 p.m. Corina Benner

Yin Yoga to Soften into Your Life **NEW**

Resist Resistance and Dissolve Defenses \$45
 Mon., Aug. 5 • 6:30–8:30 p.m. Corina Benner

Sound Healing

Weekly Sound Bath

Relax and Unwind \$15 per session
 Sat., Jun. 1, 8, 15, 22, 29 • 4:15–5:15 p.m.
 Sat., Jul. 6, 13, 20, 27 • 4:15–5:15 p.m.
 Sat., Aug. 3, 10, 17, 24, 31 • 4:15–5:15 p.m.

Gong and Reiki

An Immersive Experience \$15 per session
 Thurs., Jun. 13 • 7–8 p.m. Rev. Laksmi Scalise, RYT 500, IYM
 Tues., Jul. 9 • 7–8 p.m. Rev. Laksmi Scalise, RYT 500, IYM
 Mon., Aug. 26 • 7–8 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Restorative Yoga and Sound Healing

A Journey Through the Chakras \$30
 Mon., Jun. 17 • 7–9 p.m.
 Tara Dhyani Purswani, E-RYT 500, and Rev. Laksmi Scalise, RYT 500, IYM

Summer Solstice Gong Bath

Sweet and Warm Vibrations \$30
 Fri., Jun. 2 • 7–9 p.m. Kozmic Shamans

Yin Yoga and Tibetan Bowls

Resonate with Stillness \$30
 Fri., Jul. 12 • 7–9 p.m.
 Jayadevi, RYT 500, and Rev. Laksmi Scalise, RYT 500, IYM

Cosmic Sound Bath

Healing on the Deepest Level \$30
 Fri., Jul. 19 • 7–9 p.m. Laksmi Scalise, RYT 500, IYM, and Lois Harrison

Kirtan and Music

Special Guest Program



The Way of Love

Kundalini Yoga, \$27
 Meditation, and Chanting
 Tues., Jun. 11 • 7–9 p.m. Jai-Jagdeesh

New Moon Kirtan

Nina Rao

Full Moon Kirtan

Rich Gans with the Shemantra Band

New Moon Kirtan

Full Moon Kirtan

Lana and Narada

New Moon Kirtan

Fantuzzi Live

Full Moon Kirtan

New Moon Kirtan

*Price: In advance/Day of event

Tues, Jun. 4 • 7 p.m.

Sat., Jun. 8 • 7:30 p.m.

Tues, Jun. 18 • 7 p.m.

Sat., Jun. 22 • 7:30 p.m.

Tues., Jul. 2 • 7 p.m.

Tues., Jul. 16 • 7 p.m.

Sat., Jul. 20 • 7:30 p.m.

Wed., Jul. 31 • 7 p.m.

Sat. Aug. 3 • 7:30 p.m.

Thurs., Aug. 15 • 7 p.m.

Fri., Aug. 30 • 7 p.m.

By donation

\$20/\$25*

By donation

\$15/\$20*

By donation

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Integral Yoga Teacher Training

Integral Yoga Level I Summer 200-Hour Intensive

Jun. 24–Jul. 26

Integral Yoga Level I Fall 200-Hour

Sept. 7–Dec. 15

Teacher Training Open House for Level I

Mon., Jun. 3 • 6–7 p.m.
 Mon., Jul. 15 • 6–7 p.m.
 Mon., Aug. 12 • 6–7 p.m.

Integral Yoga Level III Advanced

Sept. 13–Feb. 16

Yoga for Arthritis and Chronic Pain Level I

Jun. 6–9

Laugha Yoga

Jun. 22–23

Exhale to Inhale Trauma-Informed Teacher Training

Jul. 13–14

Yin Yoga Foundational

Aug. 1–4

Buddha Body Level I

Aug. 2–4

Yoga for Arthritis and Chronic Pain Level III Certification Course

Aug. 9–11

Yoga for Teens

Aug. 16–18

Raja Yoga

Aug. 15–25 and Apr. 23–May 3

Kidding Around

Aug. 24–25

Yoga for the Special Child Continuing Education Yoga for Scleroderma

Aug. 30–Sept. 1

Therapeutic Yoga Level I

Sept. 23–28

Deepening Into Therapeutic Yoga Level II

Oct. 2–7

Accessible Yoga

Oct. 14–16

Yin Yoga Continuing

Oct. 18–20

Postpartum

Oct. 25–27

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.

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.

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 Chidananda

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 Asokananda

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 Goering

Special Guest Program



Saints of India

A Visual Travel Memoir \$27
 Tues., Aug. 13 • 7–8:30 p.m. Swami Divyananda

Special Guest Program



Freeing Ourselves from the Past

How Yoga Transforms \$27
 Tues., Aug. 27 • 6:30–8 p.m. Swami Ramananda

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 Chidananda

Yoga Nidra with Healing Touch

A Refuge from Daily Life \$30
 Sat., Aug. 24 • 2:30–4:30 p.m. Masami