Yoga Class Schedule

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<th>Time</th>
<th>Monday</th>
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New Students: Free First Class

Women's Health Through the Years

The Foods that Help You Thrive

Enhancing Their Lives and Yours

Yoga for Anxiety

Raising Physically, Mentally, Emotionally, and Spiritually Healthy Families

Special Guest Program

Sanskrit: The Vibrational Language

Introduction to Ayurveda and Yoga

Discover the Ancient Wisdom of Ayurveda

An Introductory Class

Ayurveda Yoga

One-Day Immersion

Yoga for Anxiety

Discover Wonderful Tools

Yoga for Anxiety

Experience Your Own Pure, Powerful Energy

JourneyDance™

Intro to NYC (Non-Violent Communication)

Shake Off Physical and Emotional Pain

The Art and Science of Getting Along

In-N-R (Nonviolent Communication)
Hatha Yoga

Discover Integral Yoga
4-Week Fundamentals Course $90
Thurs., Oct. 3–24 • 7–9 p.m.

Buddha Body Yoga
Yoga for Large Bodies $35 per session
Mon., Sept. 5, 9, 16, 23, 30 • 10–11:30 a.m.
Mon., Oct. 1, 8, 15, 22, 29 • 10–11:30 a.m.

Special Guest Program
Making Yoga Accessible
An Introductory Workshop $35
Thurs., Sept. 12 • 7–9 p.m. Ananta B. Haravon, Ph.D.
Sat., Sept. 21 • 3:30–5:30 p.m. Ananta B. Haravon, Ph.D.

Special Guest Programs
Yin Yoga to Enjoy the Bounty of Your Beautiful Life
Celebrate the Harvest $45
Fri., Sept. 20 • 7 p.m. Corna Benner

Yin Yoga to Release What Haunts You
Embrace the Tough Lessons $45
Thurs., Oct. 17 • 7–9 p.m. Corna Benner

Yin Yoga Continuing Teacher Training
Exploring Subtle Rhythms of Emotions, Beliefs, and Transformation $275
Fri.–Sun., Oct. 18–20 • 10 a.m.–3:30 p.m. Corna Benner

Prenatal Partner Yoga Workshop
Develop a Feel of Connection $50 per pair
Tues., Sept. 24 • 6–8 p.m. Lakshmi Lynne Pidel and Bhakti Cinzia Parma

Yoga, Music, and Tea
An Infusion of Good Vibrations $30
Fri., Oct. 4 • 7–9 p.m. Lakshmi Pidel and Mattavi

Slow Flow and Restorative Root Chakra/Earth $30
Sat., Oct. 5 • 2:30–5 p.m. Yoga Benson, E-RYT 500, LCAT, BC-DMT, M.S., C-IAYT

Yoga Sutras on the Mat
Apply Ancient Wisdom to Your Physical Practice $30
Sat., Oct. 19 • 1–3 p.m. Tim Green, RYT 500

Vinyasa Class with Live Music
Attention Outward and Toward $30
Sun., Oct. 27 • 2:30–4:30 p.m. Tim Green and Nirmal Chandraratna

Yoga, Toning, and Relaxation
Revitalize the Body at Every Age $25
Tues., Nov. 9 • 6:30–8 p.m. Bhakti Cinzia Parma

Yin/Restorative Ayurveda for Autumn
Fall Grounding for Vata $45
Sun., Nov. 11 • 11 a.m.–1:30 p.m. Nicole Srimati

Yoga and Harmony
A Yoga and Music Experience $30
Tues., Nov. 19 • 6:30–8:30 p.m. Lakshmi Pidel and Stelios Sahrasta Kellas

Yoga on the Dark Side of the Moon
Practice to a Classic $25
Fri., Nov. 22 • 7–8:30 p.m. Rashmi Galliano, E-RYT 500

Peaceful Practices

Meditation I Workshop
How to Meditate $25
Sat., Oct. 19 • 10 a.m.–12 p.m. Swami Chidananda

Meditation Course
3-Week Immersion $72
Thurs., Nov. 7–21 • 7–9 p.m. Rev. Sam Rudra Swartz, IYM

Coupled Meditation Workshop
Nurture Youselves and Your Relationship $54 per couple
Tues., Nov. 12 • 7 p.m. Kurt and Ann-Marie (Jambal)

Yoga Nidra with Healing Touch
A Refuge from Daily Life $50
Sun., Oct. 6 • 1:30–3:30 p.m. Masami

Satsang
Each Saturday evening, 5:30 to 6:30 p.m.
We will view a video of Sri Swami Satchidananda for 10 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.

Kirtan and Music

Special Guest Program
Living in Bhakti
A Workshop and Kirtan Experience $45 in advance $55 day of event
Fri., Nov. 1 • 7–9 p.m. Jai Uttal

Full Moon Kirtan
New Moon Kirtan
The Sounds of Transformation: A Musical Meditation on Change with Normal Chandraratna $20/$25
Tues., Oct. 15 • 7 p.m. Tues., Oct. 29 • 7 p.m.
Fri., Nov. 17 • 7 p.m.

Full Moon Kirtan
Living in Bhakti: A Workshop and Kirtan Experience with Jai Uttal $20/$25
Tues., Nov. 12 • 7 p.m. Tues., Nov. 26 • 7 p.m.

Core Yoga to Enjoy the Bounty of Your Beautiful Life
Celebrate the Harvest $45
Fri., Sept. 20 • 7 p.m. Corna Benner

Satsang is by donation.

Yoga and the Art of Mudras
Embellish and Empower Your Practice $50
Sat., Nov. 2 • 2:30–5:30 p.m. Nubia Nunez

Sacred Wisdom
Explore the Bhagavad Gita
Yoga Philosophy and Psychology By donation
Tues., Sept. 10, 17, 24 • 7–8:15 p.m. Swami Asokananda

The Upnishads
Yoga Philosophy and Psychology By donation
Tues., Oct. 1, 8, 15, 22 • 7–8:30 p.m. Swami Chidananda

Exploring Difficult Concepts in Scripture
Scripture Study as Yoga Practice By donation
Tues., Nov. 12, 19, 26 • 7–8:30 p.m. Rev. Sam Rudra Swartz, IYM

Chidambaram Puja
A Ritual Celebrating Light and Sound Satchidananda $25
Sun., Sept. 22 • 12–1:30 p.m. Rev. Sam Rudra Swartz, IYM

Gayatri Mantra
A Blessing for Enlightenment $25
Sat., Sept. 28 • 2–3:30 p.m. Sadhwji Sri Lalitambika Desi

Special Guest Program
Yoga and the Art of Mudras
Embellish and Empower Your Practice $50
Sat., Nov. 2 • 2:30–5:30 p.m. Nubia Nunez

Surfing the Waves of Life
The Theory and Practice of Karma Yoga $25
Wed., Nov. 6 • 7–8:30 p.m. Swami Asokananda

Special Guest Program
Experience the Yoga Sutras of Patanjali as Art $35
Fri., Nov. 8 • 7–9 p.m. Melissa Townsend and Rev. Sam Rudra Swartz

Life and Work
Introduction to Thai Yoga Massage
Learn to Give a 20-Minute Massage $50
Mon., Oct. 21 • 6:30–8:30 p.m. Renee Rice

Lotus Palm Thai Yoga Massage 1
5-Day Intensive $550
Wed.–Sun., Sept. 4–8 & 10 a.m.–5 p.m. Renee Rice

Lotus Palm Thai Yoga Massage 2
5-Day Intensive $550
Wed.–Sun., Nov. 13–17 • 10 a.m.–5 p.m. Renee Rice

Lotus Palm Thai-Style Head Massage 2-Day Workshop $220
Sun.–Mon., Nov. 3–4 • 10 a.m.–5 p.m. Sukha Wong

Lotus Palm Ayurvedic Thai Therapy 2
5-Day Intensive $550
Wed.–Sun., Nov. 6–10 • 10 a.m.–5 p.m. Sukha Wong

Lotus Palm Thai Yoga Massage 4
5-Day Intensive $550
Wed.–Sun., Nov. 16–20 • 10 a.m.–5 p.m. Sukha Wong

Integral Yoga Teacher Training

Integral Yoga Level 1
Full 200-Hour
Sept. 7–Dec. 15
Therapeutic Yoga
Sept. 11–28
Deepening Into Therapeutic Yoga
Oct. 2–7
Accessible Yoga
Oct. 14–16

Yoga and Experience
Sept. 7–Dec. 15
Therapeutic Yoga
Sept. 11–28
Deepening Into Therapeutic Yoga
Oct. 2–7
Accessible Yoga
Oct. 14–16
Yoga Nidra
Oct. 26–29

Yoga and Music Experience $30
Tues., Nov. 19 • 6:30–8:30 p.m. Lakshmi Pidel and Stelios Sahrasta Kellas

Yoga on the Dark Side of the Moon
Practice to a Classic $25
Fri., Nov. 22 • 7–8:30 p.m. Rashmi Galliano, E-RYT 500

For more information about these and other trainings, please visit www.iyiny.org, e-mail TeacherTraining@iyiny.org, or call 212-929-0585, ext. 108.

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 interaction by respecting all the world’s faiths. Our goal is to promote peace in the individual and 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. For cancellations made within 48 hours of a program, you’ll receive a credit minus a $25 handling fee. 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.iyiny.org/credentials for more information on our Yoga Therapy credentials.

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