

# 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. <b>NEW</b>		IV Kids 1-3 yrs.	Gentle Yoga		◆Prenatal Yoga (Partners Welcome) <b>NEW</b>	
10:15 a.m.	*1-hour Level I/II <b>NEW</b>	Level I	Level I/II	Level II	Level I	Level I	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
11:30 p.m.						◆Baby & Me Postnatal <b>NEW</b>	
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						
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			
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	Level I				
6:45 p.m.			Candlelight Yin Yoga	Restorative Yoga			
7:15 p.m.	*1-hour Level I	◆Multilevel Flow Community Class	*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/\$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!**



# Sound Healing

**Weekly Sound Bath**  
*Relax and Unwind \$15 per session*  
Sat., Sept. 7, 14, 21, 28 • 4:15–5:15 p.m. Rev. Laksmi Scalise, RYT 500, IYM  
Sat., Oct. 5, 12, 19, 26 • 4:15–5:15 p.m. Rev. Laksmi Scalise, RYT 500, IYM  
Sat., Nov. 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*  
Tues., Sept. 10 • 7–9 p.m.  
Tara Dhyani Purswani, E-RYT 500, and Rev. Laksmi Scalise, RYT 500, IYM

**Autumnal Equinox Gong Bath**  
*Be Cleansed with Healing Sounds \$30*  
Sat., Sept. 21 • 7–9 p.m. Kozmic Shamans

**Gong and Reiki**  
*An Immersive Experience \$15*  
Mon., Sept. 30 • 7–8 p.m. Rev. Laksmi Scalise, RYT 500, IYM  
Tues., Oct. 22 • 7–8 p.m. Rev. Laksmi Scalise, RYT 500, IYM  
Mon., Nov. 25 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM

**Send Prana to Your Chakras**  
*Access Your Own Healing Energy \$30*  
Thurs., Oct. 10 • 7–9 p.m. Rev. Laksmi Scalise, RYT 500, IYM

**All-Night Gong Puja**  
*Call In the Spirit Guides \$108*  
Sat.–Sun., Oct. 26–27 • 10 p.m.–6 a.m. Kozmic Shamans

**Yin Yoga and Tibetan Bowls**  
*Resonate with Stillness \$30*  
Thurs., Nov. 7 • 7–9 p.m. Jayadevi, RYT 500, and Rev. Laksmi Scalise, RYT 500, IYM

**Cosmic Sound Bath**  
*Healing on the Deepest Level \$30*  
Fri., Nov. 15 • 7–9 p.m. Laksmi Scalise, RYT 500, IYM, and Lois Harrison

**The Music Meditation Session**  
*A Psychoactive Musical Improvisation \$30*  
Thurs., Nov. 21 • 7–9 p.m. Dawoud

# Mind and Body Health

**TRE® (Trauma or Tension Releasing Exercises)**  
*Open Series \$22 per session*  
Thurs., Sept. 5, 12, 19, 26 • 3:30–4:45 p.m. Phil Lynch  
Thurs., Oct. 3, 10, 17, 24, 31 • 3:30–4:45 p.m. Phil Lynch  
Thurs., Nov. 7, 14, 21 • 3:30–4:45 p.m. Phil Lynch

**Special Guest Programs**  
**Sanskrit: The Vibrational Language**  
*Its Use in Ayurveda and Yoga \$50*  
Sat., Sept. 7 • 10 a.m.–1 p.m. Cory Tixier, B.S., C. Ayu., E-RYT 500

**Discover the Ancient Wisdom of Ayurveda**  
*An Introductory Class \$30*  
Mon., Sept. 9 • 6:30–8:30 p.m. Cory Tixier, B.S., C. Ayu., E-RYT 500  
Mon., Nov. 18 • 6:30–8:30 p.m. Cory Tixier, B.S., C. Ayu., E-RYT 500

**Ayur+Yoga**  
*One-Day Immersion \$108*  
Sat., Nov. 16 • 10 a.m.–6 p.m. Cory Tixier, B.S., C. Ayu., E-RYT 500

**Yoga for Anxiety**  
*Discover Wonderful Tools \$34*  
Sun., Sept. 15 • 11 a.m.–1 p.m. Jennifer Gibson

**Self-Love**  
*Explore the Potential to Love Yourself Deeply \$34*  
Sun., Sept. 22 • 11 a.m.–1 p.m. Jennifer Gibson

**Help for Hamstrings**  
*Lengthen and Strengthen \$30*  
Thurs., Sept. 26 • 7–9 p.m. Madhavan, RYT 500, C-IAYT

**Yoga Therapy for MS and Parkinson's Disease**  
*Increase Your Mobility, Stability, and Flexibility \$22 per session*  
Sun., Sept. 29 • 11:30 a.m.–1 p.m. Madhavan, RYT 500, C-IAYT  
Sun., Oct. 27 • 11:30 a.m.–1 p.m. Madhavan, RYT 500, C-IAYT  
Sun., Nov. 24 • 11:30 a.m.–1 p.m. Madhavan, RYT 500, C-IAYT

**Shamanic Womb Healing**  
*Ceremony, Song, and Water Prayer \$50*  
Tues., Oct. 1 • 6:30–9:30 p.m. Nadiya Nottingham, RYT, and Jenny Tsai

**Special Book Launch**  
**Accessible Yoga**  
*By the Founder of the Accessible Yoga Movement Free*  
Sat., Oct. 12 • 7–9 p.m. Jivana Heyman with Chandra/Jo Sgammato

**Women's Health Through the Years** **NEW**  
*The Foods that Help You Thrive \$30*  
Wed., Oct. 16 • 7–9 p.m. Karen Ranzi

**Introducing Lymphatic Self-Care**  
*The Body's Cleansing System \$30*  
Sun., Oct. 20 • 11 a.m.–1 p.m. Snow Shimazu, M.A., L.M.T., ARCB, RYT

**The Yoga of Cats** **NEW**  
*Enhancing Their Lives and Yours \$25*  
Sun., Oct. 20 • 2:30–4 p.m. Anitra (Amrita) Frazier, B.S., RYT 500

**Focus on Feet**  
*Your Support and Your Connection \$30*  
Thurs., Oct. 24 • 6:30–8:30 p.m. Madhavan, RYT 500, C-IAYT

**Yoga for Insomnia**  
*The Natural Path to a Good Night's Sleep \$30*  
Mon., Oct. 28 • 6:30–8:30 p.m. Chandra/Jo Sgammato

**Knee Care and Yoga**  
*Protecting the Body's Most Vulnerable Joint \$50*  
Sun., Nov. 3 • 10:30 a.m.–1:30 p.m. Madhavan, RYT 500, C-IAYT

**Yoga-Based Cognitive Behavioral Treatment of Anxiety™**  
*Learn How to Heal Your Anxiety on Your Own \$95*  
Sat., Nov. 9 • 10:30 a.m.–3:30 p.m. Boris Pisman, LMHC

**Nourishing Ourselves and Our Children** **NEW**  
*Raising Physically, Mentally, Emotionally, and Spiritually Healthy Families \$30*  
Wed., Nov. 13 • 7–9 p.m. Karen Ranzi

**Special Guest Program**  
**TRE® (Tension and Trauma Releasing Exercises®) Daylong Workshop**  
*Shake Off Physical and Emotional Pain \$125*  
Sun., Nov. 17 • 10 a.m.–6 p.m. Maria Alfaro, E-RYT

**The Art and Science of Getting Along**  
*Intro to NVC (NonViolent Communication) \$45*  
Sat., Nov. 23 • 11 a.m.–1 p.m.  
Cat McCarthy, E-RYT 500, YACEP, RYS, NYCNCV Facilitator

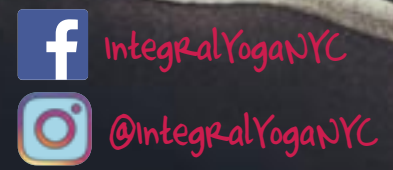
**JourneyDance™**  
*Experience Your Own Pure, Powerful Energy \$30*  
Sat., Nov. 23 • 1:30–3:30 p.m.  
Inga (Ishwari) Benson, E-RYT 500, LCAT, BC-DMT, M.S., C-IAYT



# Program Guide

September  
October  
November  
2019

227 West 13th Street  
www.iyiny.org  
212-929-0585





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[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.



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

YI 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

To register, visit [www.iyiny.org](http://www.iyiny.org) or call 212-929-0585.

## 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. 9, 16, 23, 30 • 10–11:30 a.m. Michael Hayes, L.M.T.  
 Mon., Oct. 7, 14, 21, 28 • 10–11:30 a.m. Michael Hayes, L.M.T.  
 Mon., Nov. 4, 11, 18, 25 • 10–11:30 a.m. Michael Hayes, L.M.T.

### Special Guest Program

 **Making Yoga Accessible** **NEW**  
 An Introductory Workshop \$35  
 Thurs., Sept. 12 • 7–9 p.m. Anita B. Haravon, Ph.D.  
 Sat., Sept. 21 • 3:30–5:30 p.m. Anita B. Haravon, Ph.D.

### Special Guest Programs

 **Yin Yoga to Enjoy the Bounty of Your Beautiful Life** **NEW**  
 Celebrate the Harvest \$45  
 Fri., Sept. 20 • 7–9 p.m. Corina Benner

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

**Yin Yoga Continuing Teacher Training**  
 Exploring Subtle Realms of Emotions, Beliefs, and Transformation \$375 (\$335 until Sept. 27)  
 Fri.–Sun., Oct. 18–20 • 10 a.m.–5:30 p.m. Corina Benner

### Prenatal Partner Yoga Workshop

Develop a Feeling of Connection \$50 per pair  
 Tues., Sept. 24 • 6:30–8 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 • 2:30–4:30 p.m. Inga 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 • 3–5 p.m. Tim Groen, RYT 500

### Vinyasa Class with Live Music **NEW**

Attention Outward and Inward \$30  
 Sun., Oct. 27 • 2:30–4:30 p.m. Tim Groen and Nirmal Chandraratna

### Yoga, Toning, and Relaxation **NEW**

Revitalize the Body at Every Age \$25  
 Tues., Nov. 5 • 6:30–8 p.m. Bhakti Cinzia Parma

### Yin/Restorative Ayurveda for Autumn

Fall Grounding for Vata \$45  
 Sun., Nov. 10 • 11 a.m.–1:30 p.m. Nicole Srimati

### Yoga and Harmony **NEW**

A Yoga and Music Experience \$30  
 Tues., Nov. 19 • 6:30–8:30 p.m. Lakshmi Pidel and Stelios Saharsha Kefalas

### 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


### Couples Meditation Workshop

Nurture Yourselves and Your Relationship \$54 per couple  
 Tues., Sept. 17 • p.m. Kurt and Ann-Marie (Ambā)

### Yoga Nidra with Healing Touch

A Refuge from Daily Life \$30  
 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 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](http://www.iyiny.org) for the Satsang schedule.

## 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 Thurs., Sept. 12 • 7 p.m. *By donation*  
 New Moon Kirtan Fri., Sept. 27 • 7 p.m. *By donation*  
 The Sounds of Transformation: Sat., Sept. 28 • 7:30 p.m. *\$20/\$25\**

A Musical Meditation on Change with Nirmal Chandraratna  
 Full Moon Kirtan Tues., Oct. 15 • 7 p.m. *By donation*  
 New Moon Kirtan Tues., Oct. 29 • 7 p.m. *By donation*  
 Living in Bhakti: Fri., Nov. 1 • 7 p.m. *\$45/\$55\**

A Workshop and Kirtan Experience with Jai Uttal  
 Full Moon Kirtan Tues., Nov. 12 • 7 p.m. *By donation*  
 New Moon Kirtan Tues., Nov. 26 • 7 p.m. *By donation*

\*Price: In advance/Day of event

**Integral Yoga Teacher Training**

<p><b>Integral Yoga Level I</b>  <b>Fall 200-Hour</b>          Sept. 7–Dec. 15</p> <p><b>Integral Yoga Advanced</b>          Sept. 13–Feb. 2</p> <p><b>Ayurveda Health Counselor Module One</b>          Sept. 5–Mar. 22</p>	<p><b>Therapeutic Yoga</b>          Sept. 13–28</p> <p><b>Deepening Into Therapeutic Yoga</b>          Oct. 2–7</p> <p><b>Accessible Yoga</b>          Oct. 14–16</p>	<p><b>Yin Yoga Continuing</b>          Oct. 18–20</p> <p><b>Postpartum</b>          Oct. 25–27</p> <p><b>Gong Yoga</b>          Dec. 12–Feb. 17</p> <p><b>Adaptive, Gentle, and Chair Yoga</b>          Mar. 20–Apr. 19</p>
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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.

## 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 Upanishads

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. 5, 12, 19, 26 • 7–8:30 p.m. Rev. Sam Rudra Swartz, IYM


### Chidambaram Puja **NEW**

A Ritual Celebrating Light and Swami Satchidananda *By donation*  
 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. Sadhviji Sri Lalitambika Devi

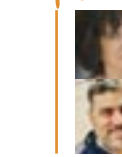
### Special Guest Program

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

### Surfing the Waves of Life **NEW**

The Theory and Practice of Karma Yoga \$25  
 Wed., Nov. 6 • 7–8:30 p.m. Swami Asokanada

### Special Guest Program

 **Experience the Yoga Sutras of Patanjali as Art** **NEW**  
 A Gallery of Paintings and Soulful Conversation \$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 • 6:30–9:30 p.m. Renée Rice

### Lotus Palm Thai Yoga Massage 1

5-Day Intensive \$550  
 Wed.–Sun., Sept. 4–8 • 10 a.m.–5 p.m. Renée Rice

### Lotus Palm Thai Yoga Massage 2

5-Day Intensive \$550  
 Wed.–Sun., Nov. 13–17 • 10 a.m.–5 p.m. Renée 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. 6–10 • 10 a.m.–5 p.m. Sukha Wong

 **Yoga Life Training**

September 19–December 19  
 Visit [www.iyiny.org](http://www.iyiny.org) for details