## Peaceful Practices

**Meditation I**  
How to Meditate  $25  
Mon., Apr. 27 • 7–9 p.m.  
Rev. Sam Judha Swartz, IYM

**Full Breath**  
Experience Pranayama on a Deeper Level  $30  
Mon., Apr. 6 • 6:30–8:30 p.m.  
Madhavain, RYT 500, C-IAYT

**The Power of Mantra**  
NEW  
Enhancing Your Practice and Your Life  
Sat., May 16 • 11 a.m.–1 p.m.  
Nirmal Chandraratna

**Meditating on the Mahavayyas**  
NEW  
Practices for Embodying the Great Wisdom Goddesses  
Sun., May 27 • 2–4 p.m.  
Jayadevi, RYT 500

**Yoga and Poetry**  
NEW  
Explore and Develop Personal Expression  
Sun., May 31 • 2–4:30 p.m.  
Kathleen Kraft

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## Life and Work

### Introduction to Thai Yoga Massage
Learn to Give a 20-Minute Massage  $50  
Thurs., May 14 • 7–9 p.m.  
Renée Rice

**Lotus Palm Thai Yoga Massage 2**  
5-Day Intensive  $550  
Wed.–Sun., Mar. 4–8  
10 a.m.–5 p.m.  
Renée Rice

**The Journey of the Tarot**  
Powerful Path to Mindfulness  $25  
Thurs., May 12 • 6:30–8 p.m.  
Valentina Deva Ray (Virya)

**Azul Conscious Dance**  
NEW  
Dharma of Love  $30 per session  
Fri., Mar. 27 • 7–9 p.m.  
Chesman, M.A., CAT, CIMP  
Fri., Apr. 3 • 7–9 p.m.  
Chesman, M.A., CAT, CIMP

**Art of Allowing**  
NEW  
Azul Conscious Dance Workshop  $50  
Sat., May 30 • 1–4 p.m.  
Chesman, M.A., CAT, CIMP

**You Are Enough**  
A Women’s Practice of Self-Appreciation  $34  
Sun., Mar. 29 • 11 a.m.–1 p.m.  
Jenn Gibson

**Special Guest Program**

**Yoga and the Holocaust**  
Three Mystics Who Perished  $30  
Tues., Apr. 21 • 6:30–8:30 p.m.  
Joshua M. Greene (Yogesvara)

### Save the Date

**Lotus Palm Thai Mat-Style Foot Reflexology Level 1**  
Jan. 4–5  
Sukha Wong

**Lotus Palm Thai Mat-Style Foot Reflexology Level 2**  
Jun. 26–28  
Pamela Stakes Egginton, C-IAYT, E-RYT 500, C.W.P.

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## Yoga Class Schedule

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**New Students:** 3 Classes/50% 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!**
Hatha Yoga
Discover Integral Yoga 3-Week Fundamentals Course $72
Sat., Apr. 16–May 2 10:30 a.m.–12:30 p.m. Linda Botros

Special Guest Programs
Yin Yoga to Heal Old Hurts
Drop, Stop, and Feel $45
Fri., Apr. 10 • 7–9 p.m. Corina Benner

Yoga for Loss and Letting Go
A Heart-Healing Practice $65
Sat., Apr. 11 • 10:30 a.m.–12:30 p.m. Corina Benner

Yin Yoga to Quell Anxiety
Feel at Home in Your Life $45
Fri., May 8 • 6:30–8:30 p.m. Corina Benner

The Union of Integral Yoga and Prana Yoga Two Systems Create One Amazing Feeling $50
Sun., Apr. 19 • 11 a.m.–2 p.m. Rashmi, M.S., E-ORT, E-RYT 500

Earth Day Dream Walk
A Journey in Sound and Yoga $30
Wed., Apr. 22 • 6:30–8:30 p.m. Neen-Marie (Ambi) and Subrah

Yin, Flow, and Deep Rest with Traditional Chinese Medicine
Awakening Your Potential $40
Sun., May 5 • 3:30–5:30 p.m. Namisara Vanichanan, E-RYT 500

Urban Retreats
Special Guest Program
Urban Yoga One-Day Retreat
Instead of a Sick Day, Take a Health Day $125
Fri., May 8 • 9 a.m.–5 p.m. Corina Benner

S醇ed Wisdom
Tirukkural
A Sacred Scripture Exploration By donation
Tue., Mar. 10, 17, 24 • 7–8:30 p.m. Rev. Sam Rudra Swartz, IYM
Tue., Apr. 14, 21 • 7–8:30 p.m. Rev. Sam Rudra Swartz, IYM

Yoga Philosophy and Psychology By donation
Tue., May 11, 18 • 7–8:30 p.m. Swami Asokananda

Passover Seder Meal and Meditation
Celebrate Freedom for All People $18
Sat., Apr. 11 • 6:30–8 p.m. Rabbi Samtosha and Rebettzin Jayasri

What Happens After This Life?
Taking the Stairs out of Death Through Guidance from the Bhagavad Gita $25
Mon., Apr. 13 • 7–8:30 p.m. Swami Asokananda

Special Guest Program
Patanjali’s Words
Unleashing the Power Hidden Inside the Yoga Sutras $30
Sun., Apr. 26 • 10:30 a.m.–12:30 p.m. Rev. Jagdhani Carreras

Special Guest Program
Bringing Spirituality into Daily Life
Practical Tools That Work $30
Tue., Apr. 28 • 6:30–8:30 p.m. Nayyomami

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 eased-bodied, 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
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 fail to cancel a program, if we do so, you receive a full refund. Students, seniors 65 and older, first responders, New York City public school teachers, and people on unemployment, with verifiable proof, receive $8 off workshops and $14 off courses. Discounts are available only in person.

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

www.iyiny.org • TeacherTraining@iyiny.org • 212-929-2585, ext. 16

www.integralityoga.org/therapy

Kirtan and Music
Full Moon Kirtan
Sat., Mar. 7 • 7 p.m. By donation
Sat., Mar. 21 • 7:30 p.m. By donation
Pre-registration required
Wed., Mar. 25 • 7 p.m. By donation
Sat., Apr. 4 • 7:30 p.m. $20 in advance $25 day of event

Pre-Registration
Fri., May 1 • 7 p.m. By donation
www.iyiny.org

Pre-Passover Kirtan
Thurs., Apr. 23 • 7 p.m. By donation
Fri., May 22 • 7 p.m. By donation

Full Moon Kirtan
Sun., Apr. 26 • 7 p.m. $20 in advance $25 day of event

Sound Healing
Weekly Sound Bath
Relax and Unwind $15 per session
Sat., Mar. 7, 14, 21, 28 • 4–5 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Sat., Apr. 4, 11, 18, 25 • 4–5 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Sat., May 2, 9, 16, 23, 30 • 4–5 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Gong and Reiki
An Immersive Experience $15 per session
Mon., Mar. 16 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Wed., Apr. 29 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM
Thurs., May 23 • 6:30–7:30 p.m. Rev. Laksmi Scalise, RYT 500, IYM

Spring Equinox Gong Bath
Refresh and Renew with Healing Vibrations $30
Thurs., Mar. 19 • 7–9 p.m. Kazmic Shamans

Yin Yoga and Tibetan Bowls
Resonate with Stillness $30
Thurs., Apr. 2 • 7–9 p.m. Jaydev, RYT 500, and Rev. Laksmi Scalise, RYT 500, IYM

All-Night Gong Puja
Call In the Spirit Guides $108
Sat.—Sun., May 2–3 • 10 p.m.–6 a.m. Kazmic Shamans

Restorative Yoga and Sound Healing
A Journey Through the Chakras $50
Tues., May 12 • 7–9 p.m. Taravati Tania Turcinovic and Rev. Laksmi Scalise, RYT 500, IYM

Cosmic Sound Bath
Healing on the Deepest Level $30
Fri., May 29 • 7–9 p.m. Rev. Laksmi Scalise, RYT 500, IYM, and Lois Harrison

Satsang
Each Saturday evening 5:30 to 6:30 p.m.
We will offer 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