

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

January 2008 Newsletter

www.ytayoga.com

YOGA TEACHERS ASSOCIATION
conducts its monthly workshops at
the **Wainwright House** in Rye, NY.

Wainwright House has for over fifty years been at the leading edge of personal growth and transformation. It is a place of harmony, a sacred space for the exploration of life, and the healing of the mind, body and spirit.

YTA monthly workshops are held in the beautifully restored carriage house.

Check out their website at
www.wainwright.org.



JANUARY 2008

The Yoga Teachers Association is a non-profit, 25-year-old, educational organization dedicated to continuing and improving the quality of Hatha Yoga teaching in accordance with the high standards of the Hatha Yoga Pradipika and as developed by great yoga masters.



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JANUARY 2008 YTA NEWSLETTER

Message From the Board

Dear All,

Our month of January receives its name from Janus, the double-faced God in the arcana of Roman Mythology. He is symbolic of the threshold between the past and the future.

January is indeed a threshold—the beginning of a new year, a doorway to new manifestations, a new road to eagerly travel, a journey with unlimited expectations, a portal to unknown destinations. As practitioners of Yoga we are able to fully appreciate these deep nuances implicit in this first month. As we continue to practice we manifest a life worth living—one of commitment, competency, courage and compassion.

We are on a road to robust wellness, radiant vitality and respect for the body, our vehicle that carries us in this life. The journey to which Yoga introduces us is “The Great Within.” Through asana, pranayama and pratayhara, we begin to sense the enormous arena we know as “Spirit.” We begin to realize and appreciate how much more there is to this life as we journey deeper into the esoteric studies handed down to us through the millennia, philoso-

phies and practices honed experientially by the masters who came before us.

We are the recipients of a legacy of great wisdom that has never been more timely nor more needed by humankind. The planet—and all humanity—is sorely in need of the balance, peace and abundance that we know a Yoga practice can bring forward. As each one of us goes within to do our own work, we can share the energies discovered and unlocked within our own hearts. This influence, although very subtle, can fill the great gaps of emptiness, depression and pain that most of the population endures so matter-of-factly.

Another blessing that comes with practicing Yoga is the effect our path has on others whom we cherish—our families and friends. We can be conduits for the energy and light that unfolds from within. What greater gifts and contributions can one make?

May we all move forward together in light, health and joy through this new year.

*Jai, Namaste, Shalom,
Paula (Renuka)*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

FULL EMBODIMENT

Deepening Awareness of Source with Patty Townsend

WHEN - Saturday, January 26, 2008
1:30- 4:30 p.m.

WHERE : The Yoga Center at the
Wainwright House, Rye, NY

EMBODYOGA™ is an innovative and exciting approach to the study of yoga. Steeped in ancient wisdom and informed by cutting-edge study in the field of body awareness, EMBODYOGA™ introduces us to "embodied inquiry" techniques and "whole-body-support" templates for strong, comfortable, injury-free asana practice.

Utilizing precision alignment and vinyasa yoga we will delve into the deeper support templates and patterns that are inherent in our body-mind to access subtle awareness and insure the integration of "whole-body support" in asana and vinyasa practice.

Patty Townsend synthesizes information and wisdom from the major schools of yoga in the west today. The result is a practice that is deeply satisfying to advanced practitioners and accessible to students of all levels.

Patty Townsend is a teacher of Tantric and Transcendental Meditation. An expressive and joyful teacher with a daily practice of

postures, pranayama and meditation for more than 30 years, Patty brings a strong understanding of all aspects of Yoga practice and philosophy to her classes with clarity, wisdom and humor.

Patty was among the first wave of teacher-trainers in the United States, training teachers as early as 1985 in Los Angeles. Her classes reflect her many years of study in classical Hatha Yoga including Iyengar, Vinyasa and Ashtanga Vinyasa Yoga. Her breath- and awareness-centered approach incorporates a deep knowledge of alignment that is profoundly influenced by the innovative approach to consciousness and full embodiment that is presented by Bonnie Bainbridge Cohen of the School for Body-Mind Centering.

Learn more about Patty's work at www.yogacenteramherst.com.



with the
Yoga Teachers Association!
*Proceeds of this special
workshop will be donated
to bringing yoga to schools.*
(www.yogadayusa.org)

TO REGISTER for the January 2008 YTA workshop with Patty Townsend, fill out this form and send along with payment (checks payable to Yoga Teachers Association) to **Michael Sassano**, 21 Ronny Circle, Hastings-on-Hudson, N.Y. 10706.

NAME: _____

ADDRESS: _____

CITY: STATE: ZIP: _____

PHONE #: _____

CHECK: _____

COST

YTA Members: \$35

Non-Members: \$45

FOR MORE INFORMATION

Michael Sassano 914-478-0694

yogadad@optonline.net

Sylvia Samilton Baker 914-202-5552

Lauri Nemetz info@ytayoga.com

UPCOMING YTA WORKSHOPS

January 26 – Patty Townsend

Celebrate Yoga Day USA!

1:30 - 4:30 pm

Details and registration info in this newsletter and at www.ytayoga.com.

February 9 – Rouben Madikians

1:30 - 4:30 pm

Learn more about Rouben at www.kripalu.org/presenter/V0003478.

March 8 – Al Bingham

1:30 - 4:30 pm

Learn more about Al at www.youryoga.net.

April 12 – Karin Stephan

Two workshops: 1 - 3 pm and 3:30 - 5:30 pm

Learn more about Karin at www.yogamacro.com.

And SAVE THE DATES

May 10 and June 14!

TOPIC OF THE MONTH

BREATHING ROOM

JANUARY 2008—the beginning of a new year with a set of new resolutions or maybe the same ones that never came to fruition in previous years. Join a health club; work out more; practice yoga; learn to meditate—the list goes on!

Will resolutions fall by the wayside this time around?

Judith Hanson Lasater states, "If I can create clarity and simplicity of intention, then a task becomes easier." Perhaps we can support our resolutions by first beginning to organize parts of our life. Organization helps us calmly get a grip on our to-do lists, stay present in our tasks and treat our precious time and home with greater respect.

"Creating order on the outside supports creating order on the inside," say Jeanne Deignan-Kosmides, a Kripalu yoga teacher and professional organizer. She believes "organizing helps clear the mind and makes space" for spiritual growth and anything else to which one would like to bring focus.

Patanjali lays out observances (*niyamas*) in the Yoga Sutras. *Saucha* (*purity*) includes cleanliness of the body and home. After setting your intention, apply *svadhyaya* (self study). What do you do that creates disorder? While in the middle of tasks, it is normal for a room to look chaotic. After the tasks, do you then put things back in order? If not, why not? This last question opens the portal to the deep work of changing habits mindfully.

Taking on organizing as a personal practice can help change behavior in this area. Behavior change is always a daunting task. If you get frustrated and anxious around clutter, come back to your intention with compassionate witnessing (witness consciousness). Tell a friend what you are taking on so that you feel supported in this endeavor.

The process of organizing isn't a road to perfection, and it's okay to backslide a little. Treat yourself with compassion. When you have a moment of triumph, share the good news. Reward yourself. A little encouragement—even from yourself—goes a long way.

Adapted from *Breathing Room* by Marilyn Paul
Yoga Journal, Issue 203, June 2007

Enrich Your Life. Reach Out!

Yoga Day USA – January 26, 2008

THOSE OF US who practice yoga regularly don't need to be convinced of its benefits. We know it helps keep us focused on the present and we've experienced the power of the heightened connection it fosters between mind and body.

But not everyone knows the good news. That's why Yoga Alliance created Yoga Day USA in 1999. The annual nationwide celebration was designed to raise awareness about yoga's benefits all across the country. Events range from free workshops to fundraisers for charitable organizations; browse at www.yogadayusa.org.

Your own YTA is honoring Yoga Day USA 2008—January 26—by donating the proceeds of this month's workshop to bringing yoga to schools. Our gift will support BENT ON LEARNING, a nonprofit organization in New York City with the mission of improving the physical fitness and cognitive, social and emotional skills of school kids by providing regular instruction in yoga and meditation.

Bent On Learning formed in 2001 when three yoga teachers met by chance in their passionate pursuit of bringing yoga to urban youth. They began as a small, volunteer effort with a smattering of classes in a few public schools. After September 11th, Bent On Learning was tapped to coordinate a yoga program to help children to heal and to manage post-traumatic stress—immediately expanding the program to 45 classes a week. With every year, Bent On Learning brings yoga and meditation to more students in more schools and youth centers. More at www.bentonlearning.org.

Beyond Yoga Day

What about outreach on an ongoing basis? YTA is actively looking to support projects that bring yoga to new audiences in the northern suburbs, especially those who could particularly benefit from the gifts of yoga. And new members have stepped forward with great proposals to benefit the community. If you have an idea about a yoga service project, share it! Drop a note to info@ytayoga.com. Together we will find fresh ways to introduce new students to the yoga we love!



BULLETIN BOARD

Essence of Yoga, Inc.

Athina Pride, Director/Owner
2 East Avenue (Suite 205)
Larchmont, NY 10538
914-833-1210
www.essenceofyoga.net

January 20, 2008 (Sunday, 1:30 - 3:30 pm)

PRENATAL YOGA WORKSHOP with Abbe Kirsch, Certified Prenatal Yoga Teacher, Certified Nurse Midwife, and Childbirth Educator
For expecting moms and teachers.
Fee: \$25

Sage Yoga @ The Gym

Susan Rubin, Director
99 Business Park Drive
Armonk, New York 10504
914-219-1601
www.armonkyoga.com

January 11-13 and January 25-27
ANUSARA IMMERSION Part Two (Into the Depths) with Susan Rubin and Todd Norian

February 8-10 and March 28-30
ANUSARA IMMERSION Part Three (Swimming in the Currents) with Lois Nesbitt and Susan Rubin

During these special weekends, explore the heart of Anusara Yoga. See website or contact Susan (914-393-6517) for details; to register call 914-219-1601.

Westchester Institute of Yoga

Tao Porchon-Lynch, Director
914-997-0949

January 12, 2008 (Saturday, 8:30 am-3:30 pm)

2008 TEACHER TRAINING

First meeting of Westchester Institute of Yoga's new teacher training and 200-hour or 500-hour yoga certification. Appropriate for students ready to explore how teaching yoga can

change their life and the lives of others, or for students to go deeper into their practice of yoga. At the Fred Astaire Studio, 25 West Hartsdale Avenue in Hartsdale. Call Tao for further information.

Yoga Haven

Betsy Kase, Director
62 Main Street - 2nd Floor
Tuckahoe, NY 10707
914-337-1437
www.yogahaven.com

Prepayment required for all workshops. Register in person, on line, by mail or by phone. Please include workshop title and your name and contact information.

January 1, 2008 (Monday, noon - 1:30 pm)

HANG OVER YOGA: Vinyasa with Alex von Bidder

Wringing out the night before, opening to a new year of blessings and challenges. Not for new beginners (nor if you are really hung over!)
Fee: \$20

January 5, 2008 (Saturday, 5-7 pm asana, 7-8 pm kirtan)

SETTING VIBRATION IN MOTION: Anusara Yoga and the Rhythm of Intention with certified teacher Julie Dohrman and live music with Dalien
Set your intentions for 2008 - come prepared to move and play! Bring a journal and pen.
Fee: \$40 for both, \$5 for kirtan only

January 11, 2008 (Friday, 7:45 pm)

FILM FESTIVAL: Peace is Every Step
A 60 minute film about the great Vietnamese monk and beloved Buddhist teacher Thich Nhat Hanh. Narrated by Ben Kingsley, with Peter Matthiessen, Stephen Batchelor and Joan Halifax.
Donation: \$6

January 27, 2008 (Sunday, 1-3 pm level 1, 3:15-5:15 pm level 2)

BULLETIN BOARD, *continued*

AWARENESS THROUGH GUIDED

MEDITATION with Peggy Altman
Explore relaxation and envisioning techniques. Level I is required for Level 2. If you get restless with traditional chanting and breathing meditations, this may be for you!

February 10, 2008 (Sunday, 2 - 3:45 pm)

FOOT FITNESS CLASS with Nancy Kardon
Learn to exercise your feet and walk properly using Yamuna Body Rolling. Restore healthy foot function, increasing circulation and stimulating muscles, tendons, ligaments, bones and organs throughout the body.
Fee: \$25

February 17, 2008 (Sunday, 9:30 am - 4:30 pm)

INTRODUCTION TO THAI YOGA with Michael Sitzer
Theory and history as well as 3 sequences that can be linked together for a 45-minute treatment you can offer to family, friends and clients. Poses are different from last training. No experience required. For more info or to arrange a private session contact Michael at 406-581-8771 or www.michaelsitzer.com.
Fee: \$95

February 24, 2008 (Sunday, 1:30-3:30 pm)

THE SHOULDER JOINT IN ASANA AND IN LIFE with Jill Ganassi
The shoulder's potential for tightness, pain, injury, and how it holds emotions. For experienced students with healthy or challenged shoulders.
Fee: \$35

Yoga Journey

Sinda Anzovino, E-RYT, CTYMT, Director
196 Maple Avenue, 2nd Floor
White Plains, NY 10601
914-227-9375
www.yogajourney-ny.com

January 1, 2008 (Tuesday, 11 am-12:15 pm)

YOGA RESOLUTION with Sinda Anzovino
\$25

January 12, 2008 (Saturday, 6:30-8:30 pm)

YOGA FOR THE CLASSROOM with Kira Morton

January 18, 2008 (Friday, 7:30-9 pm)

REIKI HEALING CIRCLE & GUIDED MEDITATION with Elyse Savoy & Debbie Taylor
\$20

January 19, 2008 (Saturday, 6:30-8:30 pm)

GOING BACK TO OUR ROOTS with Jennie Wilson, RN
An Exploration of the Muladhara Chakra.
FREE WORKSHOP!

January 20, 2008 (Sunday, 1-2:30 pm)

BUILDING A 30-MINUTE AM YOGA HOME PRACTICE with Sinda Anzovino
\$25

January 27, 2008 (Sunday, 11 am-4 pm)

CPR WITH AED FOR ADULT, CHILD & INFANT 2-YEAR CERTIFICATION with Jennie Wilson, RN
Through the American Heart Association. Fee of \$60 includes book, pocket mask and certification card.

The YogaScape & Spa

Amy Pearce-Hayden, Director
1100 Route 52, 2nd Floor
Carmel, NY 10512
845-225-YOGA (9642)
www.theyogascape.com

April 19-26, 2008

2ND ANNUAL YOGA RETREAT to Mexico! Book your flight to the magical Villas Shanti in Puerto Morelos for our upcoming yoga retreat. Details at www.villasshanti.com.

FINAL THOUGHTS



When last month I wrote Final Thoughts, we were closing out a year in celebration. It seemed odd that the year was ending. How quickly time moves! It felt as if much was left undone—in work, in relationships, and in life. Yet we will move into 2008 and resolve to do better, be better.

We will have learned more about ourselves, about others, about life. We will take this knowledge with us. It will become part of what we will bring with us into the new year.

How does this all come about, one wonders? It comes from the source of our practice. Our yoga practice is propelled by some purpose or something we want to learn, gain, become.

Why practice yoga in the first place? For relaxation? To relieve stress? To become more mindful? To gain compassion? To build self confidence? To become a better person? Yes, to all of those questions! Yoga practice shifts something in our being and begins to help deepen our knowledge of self and how we fit in the world. Each time we step onto the mat for practice, we come away with little tidbits of who we are to become. It shows up off the mat to those who we meet along the way. It shows up in how we live our lives.

Let us take this opportunity to bring ourselves back to the source, the yoga. Yoga will continue to help us grow and become more fruitful in our lives. Let us not beat ourselves up for what does not get done in a day; but let us find peace in what we DO accomplish—in an hour, a day, a week, a lifetime—because we are always becoming who we are.

— SYLVIA SAMILTON-BAKER, MA RYT

ANNUAL DUES & WORKSHOP COSTS

\$35.00 Annual dues for YTA Membership

Workshop Fees

\$35.00 For YTA members (only) in good standing

\$45.00 For any Non-Member

Pre-Registration is highly recommended in order to guarantee a space in the workshop.

Any cancellation within 48 hours of a workshop will result in a forfeiture of the registration fee.

Please send workshop registration checks (payable to YTA) to:

Michael Sassano
21 Ronny Circle
Hastings-On-Hudson, NY 10706
914.478.0694

DIRECTIONS TO WAINWRIGHT HOUSE

FROM THE WEST (Tappan Zee Bridge): Take I-287 East to the End, proceed onto I-95 South to Exit 19.

FROM THE NORTH (New England, Connecticut): Take I-95 South to Exit 19.

FROM THE SOUTH (New York City, Long Island): Take I-95 North to Exit 19.

FROM I-95, take Playland Parkway Exit 19 toward Playland.

- At the first light, turn right on to Milton Road and follow it to the end.
- At the flashing yellow light, turn left on to Stuyvesant Avenue.
- Proceed 6/10 of a mile, past the stop sign, to the Wainwright House sign on your right.
- A stone wall and iron gate mark the main entrance.

BY TRAIN: Rye is a regular stop on Metro North. From Manhattan's Grand Central Station, it is a 40-minute ride. Taxis are available at the station or by calling 835-3400 from the station. Wainwright is located five minutes from the station.