

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



January 2009 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.



Design and layout: Lisa Sloane
www.lisasloanedesign.com

Editorial team: Jo Brill, Lauri Nemetz,
Sylvia Samilton-Baker

JANUARY 2009

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 2009 YTA NEWSLETTER

Message From the Board

Greetings to all:

December draws to a close, and January and the new year quietly open with all the shining possibilities and hopes that accompany each beginning. The seconds, minutes and hours, the weeks, months and seasons, keep showing us a pattern—the pattern of connection and the support, stability and strength of continuity.

The research and development department of allopathic medicine at the Mayo Clinic published a recent newsletter entitled “The Power of Connection—Physical, Emotional and Spiritual Intimacy.” The studies conclude that people who feel isolated and unsupported lead shorter, unhappier lives and are at risk for serious health issues, while those with serious diseases and/or an impaired immune system improve with a support network—speaking volumes about the potential power of the group.

Early on in the East, studying yoga was quite solitary. Seekers meditated for long periods of time in remote places or studied one on one with a teacher in “mouth to ear” fashion. The quest was for truth.

In the West the practice of yoga has changed to be more body-oriented and social. However, the gift of yoga still leads the serious practitioner in a supportive group to his or her own truth through personal explorations. Growth—spiritual, mental and physical—is enhanced by connection to a group.

The word yoga means “union” and never before has this connotation been more applicable or necessary in our society. We are living in shaky, troubled times. All our values are being challenged! Our economy is in a very critical state!

We don’t have to make our way through this morass alone. There is no more perfect time than now to reap the benefits and solace of connection: connection to yoga, to our practice, to our group. We can unite our strength and spirit while drawing stability from our yoga practice.

An important connection, YTA, meets monthly to support teachers and serious students. Grow, learn, laugh and connect with us!

*Shanti and Shalom
Peace and Light
Paula Renuka Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Somatic Intuition: An Introductory Workshop

Ron DeAngelo and Ellen Krueger

WHEN
SATURDAY, January 10, 2009

WHERE
The Yoga Center at
Wainwright House
Rye, N.Y.

1:30- 4:30 p.m.

Somatic Intuition is the art of freely allowing and sensitively directing one's natural intuition to understand what we sense and know but often cannot put into words or bring into our work with students. This afternoon workshop will focus on self and other attunement. Through a series of exercises we will practice intuitive skills such as Intuitive Imaging, Felt Sensing, Amplifying, Body Knowing and Emotional Tracking.

Ron DeAngelo and Ellen Krueger have taught Somatic Intuition and Advanced Intuitive Dialoging to bodyworkers, therapists, business and healing professionals for over sixteen years.



Ron DeAngelo, Ph.D., is the director of the Center for Dialogical Training which offers training and seminars in conjunction with the Soma-Psyche Institute. Ron is in private practice in Manhattan.

Ellen Krueger, MHC, MFT, LMT, R.P.P., is the Director and Cofounder of the Soma-Psyche Institute, which is dedicated to providing a holistic approach to healing. Ellen holds licenses in Massage Therapy and Family Therapy. She is Chair of Professional Development at the Swedish Institute and her bodywork practice includes Polarity Therapy, Craniosacral Therapy, Reflexology, Shiatsu, Trager and Reike. Ellen is in private practice in Manhattan and Cold Spring.

TO REGISTER for the January 2009 YTA workshop with Ron DeAngelo and Ellen Krueger, 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

COST

COST

YTA Members: \$35
Non-Members: \$45

Please refer to website for more details www.ytayoga.com

FOR MORE INFORMATION

Michael Sassano 914-478-0694
yogadad@optonline.net
Lauri Nemetz info@ytayoga.com

UPCOMING YTA WORKSHOPS

January 10, 2009 Details and registration info in this newsletter and at www.ytayoga.com.

February 14 – Jo Brill
Sanskrit and chant in yoga.
Briarcliff Manor Recreation Center (48 Macy Road.)
Learn more about Jo at www.yogaforawareness.org.

March 14 – Ray Crist
Yoga and shamanism.
Learn more about Ray at www.raycrist.com.

April 11 – Gail Walsh
The loving spirit of yoga for all ages. Learn more about Gail at yogaintheclassroom.net.

May 9 – Ginna Sloane
Yin yoga.

June 13 – Hari Kaur Khalsa
Kundalini.

Find YTA on facebook!
Search for "YTA yoga"



Somatic Intuition

BY RON DEANGELO

If you had asked me 17 years ago if I was using intuition in my work with clients, I would have said, "Yes, of course!" I had been trained in experiential, Gestalt and various forms of group therapy and I assumed I used my intuition all the time. At the time I probably would have said I used it to focus in on what's important to work on in a client's narrative or to go back to something that they might have brushed off. I might also have said that I used it to sense the best way to approach a client who might be dejected or struggling, or to trust that their demeanor, body language, or posture might be saying something they were not attuned to.

I think most therapists, teachers, and bodyworkers; in fact most people use their intuition this way. They get flashes of knowing, or a special sense, and over time become confident with that twinge that tells them "Go with this!" Had some odd things not happened to me back then I suspect this is as far as I would have taken my explorations of intuition. But some odd things did happen.

The first time was at a French restaurant I went to with my family; I'd never been there before. The moment I sat down I felt a really tight knot develop in my stomach, then my back tensed up, and I got a strong urge to move from the seat I was in. I asked my brother to switch chairs with me. He accommodated me and laughed at my weirdness when I told him why: "I don't know. I just feel tense here." Moments later, the waiter spilled an entire tray of food on the two people at the table next to him and a good deal of it on him. We were all too surprised to laugh and he looked at me as if he had been set up for a practical joke. I felt guilty, relieved and confused. Was what happened a coincidence or a message?

I have learned through years of formal and informal research,

teaching and training that the answer to this question is that we know more than we know we know. In fact, in that short walk to the table, I'd taken in a lot of information subconsciously about the traffic patterns in the restaurant and the movement, attitude, and balancing capacities of the staff.

The answer to the question is that I was getting a message. But I wouldn't have accepted this answer at the time. It took several more brushes with intuition in the many forms it comes before my mental density would disperse.

A compelling collection of incidents did finally inspire me to systematically investigate the nature of intuitive knowing. What I learned in nearly 18 years of exploration can be summarized in a few short statements.

We know vastly more than we know we know. Most of our understanding of the world, others and ourselves is or has become implicit, intuitive and directed by our 'Felt Sense' of things. Our intuitive workshops are designed to give you systematic access to this 'Felt Understanding' and to the three major forms of intuitive knowing: somatic, imagery/symbolic, and auditory.

Although we are in a constant implicit intuitive dialog with the world, others and ourselves, we often dismiss the hints, suggestions, warnings, creative opportunities and directions our intuition offers. These offerings may come in forms that are enigmatic or opaque—viz., bizarre imagery, confusing body experiences, songs, stray thoughts, dreams, etc. Learning how to understand what our intuition reveals to us in body tensions, imagery, symbolic experience and inner voicing is another important goal of our intuitive workshops.

Intuition is a multileveled holistic body-mind-emotion understanding (a Somatic Intuition). Although intuition is often thought of as a kind of mental insight, it requires a paradoxical process of disciplined surrender to usefully integrate this form of knowing into our conscious logical knowing. The introductory workshop in Somatic Intuition is focused on using this process of disciplined surrender for self-awareness and person-to-person understanding.

BULLETIN BOARD

Essence of Yoga, Inc.

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

January 11 (Sunday, 1-3:30 pm)
RESTORATIVE YOGA with Puja Sue
Flamm. In conjunction with the
Westchester Institute of Yoga. \$35 in
advance, \$40 same day.

January 25 (Sunday, 12:30-3:30 & 5:30-
8:30 pm)
REIKI TRAINING LEVEL 1 with Athina
Pride. \$150 includes manual & certifi-
cate.

February 8 (Sunday, 1-3:30 pm)
THE ART OF INTIMACY & PARTNER
YOGA: Healing the feminine and mas-
culine relationship with Ray Crist, a
senior Kripalu Center instructor. If you
are single bring a friend of the oppo-
site sex. \$75 per couple.

Iyengar Yoga Scarsdale

Nancy Kardon, Director
74 Brewster Road
Scarsdale, NY 10583
914-629-1994
www.yogascarsdale.com

January 9- February 13 (Fridays, 5-
5:45 pm)
TEEN YOGA with Nancy Kardon.
Limited to 9 students. Kids' yoga
classes formed upon request. Contact
Nancy at nkardon@gmail.com.

Sage Yoga @ The Gym

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

Thursdays (12:30-2:30)
THE PRACTICE with Susan Rubin spe-
cial guest instructors. Intermediate/

advanced. A gift to all yoga teachers,
any style: free practice and great com-
munity. Advanced students welcome
for \$20.

Westchester Institute of Yoga

Tao Porchon-Lynch, Director
914-997-0949
Workshops at the Fred Astaire Studio
25 W. Hartsdale Avenue
Hartsdale, NY

January 18 (Saturday, 12:30-3:30 pm)
ASHTANGA YOGA with Mirijana
Kocho. For more information, contact
Joyce at jhpines@optonline.net. \$35
prepaid, \$40 at the door.

February 22 (Sunday, 12:30-3:30 pm)
THE YOGA SUTRAS with Swami
Ramananda, president of the New
York Integral Yoga Institute. For
more information, contact Joyce at
jhpines@optonline.net.

Yoga for Well-Being

Fran Ubertini, Director
2 Industrial Drive
Florida, New York 10921
845-651-9642
www.yogaforwellbeing.org

January 17 (Sat 1-5)
THE ART OF PERSONAL YOGA
PRACTICE with Fran Ubertini. Get the
tools for home practice to deal with
stress and maintain wellbeing. Learn
basics of sequencing and the energet-
ic qualities of practice. At Matamoras
PA location: 905 Pennsylvania Avenue.
\$60.

Yoga Haven

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

January 16 (Friday, 7:30 pm)
FILM FESTIVAL: On the Road with the

BULLETIN BOARD, *continued*

Red God: Macchendranath. A film
from Nepal by Kesang Tsetan: Against
the backdrop of a rigorous holy jour-
ney undertaken every 12 years, the
challenges facing a devotee. \$7.

January 18 (Sunday, 1-5 pm)
ADVANCED TRAINING TO TEACH
BACKBENDS AND INVERSIONS with
Karen Safire. For yoga teachers: how
to teach inversions and advanced
backbends (including specific lan-
guage) and how to safely and effec-
tively prepare the body. \$80.

January 18 (Sunday)
MEDITATION WORKSHOPS with Peggy
Altman: Level 1 (1-3 pm) and Level 2
(3:15-5 pm). Find the meditation tech-
niques that are right for you. A com-
bination of active exercises, guided
meditations, discussion, and examples.
\$25 each or \$40 for both in advance.

January 25 (Sunday, 1-5pm)
MOMMY & ME TEACHER TRAINING
with Debi Mancuso. Class planning,
appropriate asanas, baby yoga &
massage, and handling issues specific
to new mothers and their babies.
Become an important part of the new
mom's support network - and baby's
first yoga instructor. \$75.

February 8 (Sunday)
HANUMAN WORKSHOP

February 8 (Sunday, 1-3:30 pm)
BACKBEND WORKSHOP with Jill
Ganassi for seasoned beginners and
up. Develop strength and flexibility to
move into wheel pose (upward bow.)
Focus on opening shoulders, upper
back, quadriceps and psoas, and main-
taining length in the spine. \$40.

February 22 (Sunday, 2-4 pm)
FELDENKRAIS METHOD® Workshop:
Softening the Neck and Jaw with Kim
Plumridge. Using breath, imagery and
gentle directed movement, you can
learn to move with less effort and
strain. \$30.

The Yoga Sanctuary

Ellen Patrick, Director
One Depot Plaza
Mamaroneck, NY 10543
914-381-9642
www.yogasanctuary.net

January 16 (Friday, 7-9 pm)
JOURNEY DANCE with Trinity. Cleanse
away stress with a joyous, wild and
celebratory experience in a positive
and nurturing atmosphere, inspired
by passionate world music. Absolutely
no dance experience necessary. \$25 in
advance, \$30 same day.

January 23 (Friday, 7-9 pm)
INTRODUCTION TO ENERGY MEDICINE
with Amy Reissner. Learn how to
awaken the innate brilliance and
wisdom naturally residing inside you.
Simple yet powerful tools boost ener-
gy, vitality, balance, stamina & joy.
\$25 in advance, \$30 same day.

PRESENTED BY YTA MEMBERS

January 3 (Saturday, 1 - 2:15 pm)
BACK CARE BASICS: New techniques
to enhance your practice at home and
in class, with Lauri Nemetz. Learn how
to create balance in the body relieve
pain. At the Back & Neck Center in
Cortlandt Manor (www.backneckcenter.net, 914-739-7799).

Feb 27 - Mar 1, 2009 (Fri-Sun)
INTRODUCTION TO SANSKRIT: An
immersion weekend with Jo Brill of
the American Sanskrit Institute. For a
direct connection to yoga philosophy,
or for the sheer joy of making beauti-
ful sounds. At WCC in Valhalla.

March 14-22, 2009
KAYAK AND YOGA TRIP to Costa
Rica with yoga instruction by Lauri
Nemetz. This trip is open to all levels
of paddling experience and also offers
something for all levels of yoga prac-
tice. More info: www.seascapekayak-tours.com.

FINAL THOUGHTS

Seva

Literally “service,” seva puts one’s spiritual knowledge into action. In the words of Ram Dass, “Helping out is not some special skill. It is not the domain of rare individuals. It is not confined to a single part of our lives. We simply heed the call of that natural impulse within and follow it where it leads us.”

Compassion in Action

Ram Dass was there when Seva Foundation came into being 30 years ago. The group was small, but the idea was big: To be fully human, we must translate our compassion and concern into useful service. Last year, Seva Foundation committed over \$4 million to programs that restore eyesight, foster community self-development in Guatemala and Mexico, and promote Native American health. Learn more at www.seva.org.

Selfless Service

Each January, thousands of people across the country participate in Yoga Day USA. In the spirit of service to others, Yoga Day USA classes and workshops are free or are used as a fundraiser for a local charity.

This year, Yoga Day USA falls on January 26. For yoga teachers, it’s an opportunity to meet the unique needs of their local communities. To join in this fun and rewarding gift to community, visit www.yogadayusa.org.

Community

Seva is often about caring for the community. At Kripalu, “seva” describes a variety of volunteer programs that allow individuals to make mission-driven contributions of time and energy. Participants take on four-month service commitments—in the kitchen, for example—as part of an immersion in a holistic, community-oriented lifestyle.

Seva As Spiritual Practice

To many, seva is the term for work offered to God. Performed without attachment, and with the attitude that one is not the doer, it’s an important concept in all the dharmic religions. God is perceived as residing in the heart of others, so serving other people is an essential devotional practice. And seva sustains the soul just as food and sleep sustain the body.

Whatever one’s personal beliefs, seva is about connection, compassion and selfless giving. Take it as the object of your next meditation. You’ll see the myriad of ways in which seva is already present in your life. And you may see wonderful new ways to serve.

ANNUAL DUES & WORKSHOP COSTS

\$35.00 Annual dues for YTA Membership

Workshop Fees

\$35.00 For YTA members 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.