

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

January 2010 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 transforma-
tion. 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.



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www.lisasloanedesign.com

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Sylvia Samilton-Baker

JANUARY 2010

The Yoga Teachers Association is a
non-profit, 25-year-old, education-
al organization dedicated to con-
tinuing and improving the quality
of Hatha Yoga teaching in accor-
dance with the high standards of
the Hatha Yoga Pradipika and as
developed by great yoga masters.



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JANUARY 2010 YTA NEWSLETTER

Letter From the Board

Here we are ...again...another beginning! I came upon this
quote from an unknown author and was thrilled by its simplic-
ity and clarity—

*“Life is not measured by the number of breaths we take,
but by the moments that take our breath away.”*

These words provide an inspiring guide for the unfolding New Year.
They are a reminder to feel the wonder that is in the world and to
cherish and preserve what is meaningful in life. We are capable of being
breath-taking in every way, when we stay tuned to our breath and our
inner light—the gifts we acquire through our yoga practice.

Every culture has guidelines and ground rules that create an atmo-
sphere filled with light and inspiring love. In yoga, for example, the five
Yamas are universal moral commandments: non-violence, truth, non-
stealing, continence and non-coveting. The five Niyamas are for personal
growth through purity, contentment, ardour or austerity, self -study and
spiritual dedication.

The Judeo-Christian tradition has deep roots in the Ten
Commandments, as did the ancient Babylonians who originally for-
mulated the basis for these instructions. The Talmud and Torah of the
ancient Hebrews were the building blocks that created this strong cul-
ture and kept it intact through many trials and tribulations.

Cicero expounded on the Three Divisions of Moral Goodness:

- The ability to distinguish truth from falsity and to understand the
relationship between one phenomenon and another and the causes and
consequences of each one.
- The ability to restrain the passions.
- The ability to behave considerately and understandingly in our
associations with other people.

Seems that we're all on the same page! Let's see if the New Year can
be brought closer to the ideals of humankind given to us through the
millennia. May we all enjoy a safe, peaceful and inspiring environment
using all that is light and bright and strong within us. May we also use
these strengths to create a better and brighter new year for all.

Help keep the breath of Y.T.A. strong and bright by attending the
monthly workshops. “This Could Be the Start of Something New,” as
the old song says!

*In light and love,
Paula (Renuka) Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

BUDOKON

BU (warrior) DO (way) KON (spirit)

The way of the spiritual warrior

WHEN

Saturday, January 9, 2010

1:30- 4:30 p.m.

WHERE

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

Budokon is a dynamic approach to yoga designed as a conditioning system for martial arts. It emphasizes upper body and core strength. Many of the asanas students know, such as plank, chaturanga, upward facing dog and downward facing dog are performed in a rolling technique that develops spinal fluidity and mindful energetic flow from one muscle group to the next, like a tiger moving through the grass.

Transitions and sequences such as Water Wheel, Windmill Lunges and Rolling Balances provide an interesting way to think and play your poses. The Dancing Dog backbend flow gives everyone the opportunity to experience their bodies in exquisite graceful expression, while, The Animal Series takes your yoga off the mat and into playful action. Budokon is both fierce and fun!



Renee Diamond has been teaching Physical Culture in New York, Los Angeles and Germany for over 25 years. She is a certified Yoga Teacher, Reiki Practitioner, Budokon Sensei, international presenter and creator of The Diamondfit Method. Renee's teachers include Shiva Rea, Duncan Wong, Cameron Shayne, Nevine Machaan and her mentor and guru Tao Porchon Lynch. Her diverse training and experience provides a training style that is a rich combination of strength and grace, precision and flow.

Learn more about Renee at www.diamondfit.com.

TO REGISTER for the January 2010 YTA workshop with Renee Diamond, 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 9, 2010

Renee Diamond

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

February 13, 2010

Betsy Ceva

Learn more about Betsy at www.movingmantras.com.

March 13, 2010

Ray Crist

Learn more about Ray at www.thejaguarpath.com.

And reserve April 10, May 8, June 12 for more great presenters!

Find YTA on facebook!
Search for "YTA yoga"



10,000 CLASSES

BY RENEE DIAMOND

I have done the math. I have taught more than 10,000 classes since I began my career in 1979. It began as fitness, evolving as time (and injuries) went on, and around 1995 partnered up with yoga, in satisfying healthy balance, up to the present.

You may wonder what prompted me to make the calculations of those teaching hours. I picked up Malcolm (Tipping Point, Blink) Gladwell's most recent book, *Outliers: The Story Of Success* in which he says that 10,000 hours spent honing your skills is a baseline of success. He cites many examples of successful people in all fields and includes other factors such as work ethic, luck, a strong support system and even being in the right place at the right time. If you practice something for 10,000 hours, you become proficient enough to be called a master. The number stuck in my mind and I was curious so I

went back and started counting to see if I qualified!

While I am not so sure about the mastery part, this exercise illustrated for me how much experience I have actually had and I feel good about that. I could also see that hours spent in actual studio time teaching, add up to a substantial self education. Taking whatever level of education you have and putting it into play with a live audience is a challenge. How many times have I prepared a fabulous class—and had to throw the whole thing out and go to Plan B when the circumstances in the room were not what I thought they'd be? Maybe the class is labeled intermediate and half the room shows up beginner; or the AC system malfunctions and the room is too hot or very cold; or, more subtly, you can feel that the practice you planned is not the right fit for the energy in the class that day. This last example is perhaps, one

of the most important aspects of teacher development: the ability to "read" the room. You can't learn it in teacher training, no matter how many hours you dedicate, yet it is the most vital skill. A well tuned teacher can deliver three poses and have everyone walk out with a beatific smile. A well tuned teacher knows when he or she has hit it just right.

What then of the standards and measures in our business by which teachers are hired, the RYT requirements for certain positions in studios, health clubs, spas, corporations, etc.? A 200 hour basic certification course is not that much training, but it's enough in many cases to get employment. Let's say that the 200 hour teacher lands an entry level position and teaches 3 classes a week. That's 144 actual teaching hours per year, 576 hours in four years (if the class is one hour). She is very successful and her classes are packed. Now this teacher is ready to move up in her life and wants to apply at a high end spa or club where the compensation is better. The new facility requires 500 hours of teacher training to qualify for a position there. Her colleague just completed her 500 hours at Kripalu and

is ready for her first teaching job. Whose 500 hours is more pertinent or valuable? The one with actual hands on experience or the one with teacher training education hours? The answer is neither—or both. The education is essential, but we also have to be able to deliver this knowledge and connect to people; to motivate and inspire; to give the right lesson at the right moment. This takes practice, perhaps 10,000 hours, as Mr. Gladwell theorizes.

I often have teachers-in-training in my classes. Afterward, I am asked to sign their record books confirming their attendance in my class that day. Perhaps, in the future, we may need to have the student sign for us, confirming receipt of a yoga class well delivered. This could prove to be an important record necessary in qualifying us for mastery or, at the very least, a raise.

*"The mediocre teacher tells –
The good teacher explains –
The superior teacher
demonstrates –
The great teacher inspires."*

- WILLIAM ARTHUR WARD

BULLETIN BOARD

YTA members are invited to add to this list of events for yoga teachers and serious students. Send details to josephine.brill@gmail.com by the 15th of the month for publication on the first of the next month.

Yoga for New York

SPECIAL EVENT

Gala party to benefit an excellent cause: Raise funds to prevent the state government from imposing prohibitively difficult regulations and fines on yoga studios and teacher training programs in New York.

January 21 (Thursday evening)
Cibo Restaurant
767 2nd Avenue at 41st in Manhattan
\$100 in advance, \$125 at the door

Open bar, specialty non-alcoholic drinks and vegetarian hors d'oeuvres. Silent auction with many great items, including vacation/retreat opportunities, memberships and private yoga lessons, delicious dinners, luxurious personal services, and more!

VOLUNTEERS ARE NEEDED to realize this evening's unique potential. Please contact Karen Nourizadeh at januarybenefit@yogaforny.org if you have something to donate for the auction OR if you have time to solicit donations for this worthy cause.

Learn more >> www.yogaforny.org.

Sage Yoga @ The Gym

www.armonkyoga.com

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

January 29-31
SPECIAL EVENT with Todd Norian.
One of Anusara's most open-hearted and inspirational teachers, Todd teaches yoga with the deepest intention to awaken the hearts of others to their true nature of unlimited joy. An opportunity for transformation is created in each student through Todd's profound philosophical insights, precise technical guidance and warm sense of humor. More about Todd at www.deepeaceyoga.com. For more information or reservations, call Susan Rubin, 914-393-6517.

February 27 - March 6
BAJA YOGA RETREAT with Susan Rubin and Jennifer Pettit at Prana Del Mar (www.pranadelmar.com). Nurture yourself with the textures, colors, sounds and scents of the mountains and desert by the ocean. Included: Yoga twice daily, meditation, beautiful accommodations and gourmet cuisine, whale watching, swimming pool & jacuzzi, gorgeous beaches, and transportation to and from Cabo San Lucas airport. Also available: spa treatments, horseback riding on the beach, snorkeling, surfing, hiking and more! www.armonkyoga.com.

Westchester Institute of Yoga

www.taoporchon-lynch.com
Tao Porchon-Lynch, Director
914-761-7700 x501
Workshops at the Fred Astaire Studio
25 W. Hartsdale Avenue
Hartsdale, NY

Workshops are \$35 prepaid, \$40 at door. Info: jhpines@optonline.net.

January 10 (Sunday, 12:30-3:30 pm)
FLOWER ON A STEM – The Neck and Head in Yoga with George Russell.

January 31 (Sunday, 12:30-3:00 pm)
STRUCTURAL YOGA THERAPY, Part I, with Barbara Sloan.

February 28 (Sunday, 12:30-3:00 pm)
STRUCTURAL YOGA THERAPY, Part II, with Barbara Sloan.

April 3-10
THE DANCE OF RENEWAL: A fabulous yoga adventure with Tao Porchon-Lynch. Join Tao in Normandy, France, at a magnificent spa. Canoe, bike, swim or meditate, as you breathe the ayurvedic flow of blossoming chestnut trees. Awaken and enhance your yogic consciousness as you pursue all styles of yoga. Space is limited. For more information or reservations, call Tao Porchon-Lynch, 914-761-7700 x501, 10 am-1 pm or 7:30-9 pm.

Yoga Haven

www.yogahaven.com

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

January 9 (Saturday, 3-5 pm)
Anusara Yoga® and the Rhythm of Intention including live music with Arthur on guitar and Steve on drums! Taught by Ann Casapini and Denise Madden. Activate the magical midline, the sushumna; empower your intentions and unleash freedom and joy! \$30 (plus donations to the musicians are greatly appreciated).

January 24 (Sunday, 2-4 pm)
Back Space: Yoga for Low Back, Sacrum and Hips with Patty Meehan and Sarah Knox. For low back pain or restriction - or for protection. Based on the yoga therapy of Gary Kraftsow. Experience amazing sequences and take them home. Gary's DVD, "Viniyoga Therapy for the Low Back, Sacrum and Hips," is available at Yoga Haven. \$35.

January 30 (Saturday, 2:30-4:30 pm)
Kate and Louise's Excellent Yoga Adventure with Kate Nortz and Louise Fecher ... who secretly want to take each other's class! Kate will rock you with a challenging hour of Level 2 vinyasa, then Louise will prop you with a restful hour of supported restorative yoga postures. Enjoy the best of both worlds and combine contrasts for harmony! \$35.

January 31 (Sunday, 1-3 pm)
Increased Awareness Through Guided Meditation (Level 1) with Peggy Altman. Reduce Stress, increase awareness, and build a stronger connection between yourself and the world! \$30.

PRESENTED BY YTA MEMBERS

January 9-17
EL ESPIRITU DEL MAR: Yoga and sea kayaking with Lauri Nemetz and Bruce Smith in Tambor, Costa Rica. Open to all levels of paddling experience and yoga practice. www.wellnessbridge.com.

February 6, March 6 (Saturdays, 1 - 2:15 pm)
BACK CARE BASICS: New techniques to enhance your practice at home and in class, with Lauri Nemetz. Create balance in the body and relieve pain. At the Back & Neck Center in Cortlandt Manor (914-739-7799, www.backneckcenter.net.)

March 5-7 (Fri-Sun)
INTRODUCTION TO SANSKRIT with Jo Brill. Explore and enjoy the beautiful language of yoga – no experience needed! At Westchester Community College. www.yogaforawareness.org.

FINAL THOUGHTS



Returning To India

The new year begins as I reflect upon returning to India for a second time. Experiencing India the first time with a different and a little larger group, made the second time almost feel as if I were going for the first time, but also returning to see old friends in various parts of this subcontinent.

There were 6 of us this time: Tao - energetic and effervescent, as always; Patrick - curious, taking it all in, filming and taking tons of photographs; Phil - loquacious, ready to engage each and everyone we met; Joyce - experienced, having shared this trip with me last year; Larry - Joyce's reluctant spouse - appropriately watchful and wary, slowly relaxing as we meandered throughout the country.

Since we were a smaller group, our trip was designed around taking the train system to arrive at our destinations. If there is a way to see how people live in their place of origin, taking the train is it! Of course, India's train system is years behind us. Travel with lots of burdensome luggage can be difficult and downright hard. Tao, of course, connected with Raj, our guide from last year, and Tao's guide for the past several years during her decades of trips to India. Seeing Raj was like seeing an old friend who you came to visit in his country! As always, he navigated the whole system of acquiring the necessary assistance we desperately needed to cart our luggage through dusty dirt roads, up hills, and through vast tunnels to get to our transport. Raj spent a little more than a week traveling the trains with us throughout Delhi, Haridwar, Rishikesh, Agra and Jaipur. Raj - guide, mentor, educator, historian, negotiator, and friend.

What stands out most, and brings it all home for me, was experiencing the Aarti ceremony in Haridwar, a holy city. Raj took us to participate with the millions of other Indians who were celebrating one of India's hundreds of holidays. The candles floating down the Ganges River; the swami offering prayers to the many seeking them; the men coursing through the crowds to offer cleansing by fire (puja); the young girls offering bindi. There were tears of joy streaming down my face as the crowd, and I, chanted Jaya Jaya Om, hands waving, bodies swaying!

This mysterious, spiritual, vast, Hindu and Muslim country calls me back - again and again!

SYLVIA SAMILTON-BAKER

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.