

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Osining, NY 10562

February 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.



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

FEBRUARY 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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FEBRUARY 2008 YTA NEWSLETTER

Message From the Board

Dear All,

As yoga teaches, we are in a unique position to impart information, not only about the practice of yoga, but about everything that is in the human spectrum of life as we know it. Yoga is a way of living that life as well as a philosophy that is helpful in establishing values to keep us healthy, vital, energetic and optimistic. Feelings of respect and gratitude for these blessings enable us to fully appreciate our bodies, minds and spirits.

As we learn to pay attention and be conscious, we notice how life presents us with situations that need this focus and are the opportunities that promote within us change, growth and development. Karmically, that is what life is all about: undoing negative actions done in the past and doing what we can to help our souls evolve.

“What we do makes a difference” is the slogan for the transplant organization, Transplants Save Lives, Inc. So much extraordinary work is accomplished because of the generous and unselfish acts of donors who give their organs upon their demise so that others can live. Tissue donations help burn victims survive who otherwise would perish. We in the yoga community are taking care of ourselves in very good ways so that we can fully participate in the life that we were given and just think ahead a bit- What a Karmic act it would be if, when we were no longer in the body, we relegated our parts to someone who needed a replacement in order that they may go on living. I believe this is the ultimate act of recycling! Why bury or burn what could bring so much health and happiness to others.

I was very fortunate that some wonderful soul made that generous bequest and my husband received a liver transplant that saved his life. We, as a family, are so grateful to that caring soul for his compassionate gift.

Every single one of us can take this benevolent step as a final heroic action. As yoga teachers this would be a fitting area to explore with our students, to enlighten them about the miracles that are happening through transplantation; miracles that they can help create.

*Much love, light and joy,
Paula (Renuka) Heitzner
February 2008*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

DEMYSTIFY ARM BALANCING

WHEN - Saturday, February 9, 2008
1:30- 4:30 p.m.

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

During this workshop participants will learn how to enter and sustain arm balancing asanas through safe and anatomically correct methods. This workshop will be suitable for all levels. The workshop will begin with a presentation regarding the anatomy of the arm and shoulder followed by asana practice to prepare the participants to enter in arm balancing postures. We will also explore arm-balancing postures in vinyasa flows. Each participant will gain the connection of the breath to the asana and will have a better understanding of the mechanics and the anatomy of the arm and shoulder, which will help them in all postures on and off the mat.

Rouben Madikians is a student of Iyengar, Ashtanga, Kripalu, Forrest and Tias Little's Prajna Yoga, as well as a body worker with a passion for anatomy. Rouben's unique perspective comes from his multi-cultural and multilingual background and over twenty years of surfing the globe as a flight attendant. Rouben's playful style creates an atmosphere of self-acceptance



and fun, inviting a dynamic exploration of the mind and the body where you are inspired to go beyond previously perceived limits.

Learn more about Rouben at www.roubenyoga.com.

TO REGISTER for the February 2008 YTA workshop with **Rouben Madikians**, 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

February 9 – Rouben Madikians

Demystifying Arm Balances

1:30 - 4:30 pm

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

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

LOVE

February is that time of year that many of us contemplate LOVE! Love is a word that conjures various meanings and intensities. There is the love that a parent has for their child, a new love between lovers, love between friends, love between a teacher and her student, love between siblings, love between coworkers and so on.

There are times when love may seem to be so far away from the feelings that you are having about a particular person—even though the general feeling that you have for that person is very loving over many years.

Then of course there is unconditional love, and how we feel towards all living beings! What a great practice to demonstrate unconditional love even when we are not in the mood or feeling it, when judgment or intolerance may be coming into play instead.

I will not profess to know the answers to the big questions on love but rather thought that I would use this space to share quotes on love that we can use for our own contemplation and share with our students.

Enjoy!

— By Lucille Solazzo

Hazrat Inayat Khan

The Sage said, "The best thing is not to hate anyone, only to love. That is the only way out of it. As soon as you have forgiven those whom you hate, you have gotten rid of them. Then you have no reason to hate them; you just forget."

Mahatma Gandhi

Hatred ever kills, love never dies. Such is the vast difference between the two. What is obtained by love is retained for all time. What is retained by hatred proves a burden in reality for it increases hatred.

Martin Luther King Jr.

I believe that truth and unconditional love will have the final

word in reality. This is why right, temporarily defeated, is stronger than evil triumphant.

Molleen Matsumura

Love is more than just a feeling: it's a process requiring continual attention. Loving well takes laughter, loyalty, and wanting more to be able to say, "I understand" than to hear, "You're right".

Kahlil Gibran

...And think not you can direct the course of love, For love, if it finds you worthy, directs your course.

Sam Keen

You come to love not by finding the perfect person, but by seeing an imperfect person perfectly.

Thich Nhat Hanh

When we come in to contact with the other person, our thoughts and actions should express our mind of compassion, even if that person says and does things that are not easy to accept. We practice in this way until we see that our love is not contingent upon the other person being lovable.

Practice for the New Millennium
by the Dalai Lama

THE PRACTICE

1. Spend 5 minutes at the beginning of each day remembering we all want the same things (to be happy and be loved) and we are all connected to one another.
2. Spend 5 minutes breathing in, cherishing yourself, and breathing out, cherishing others. If you think about people you have difficulty cherishing, extend your cherishing to them anyway.
3. During the day extend that attitude to everyone you meet. Practice cherishing the "simplest" person (clerks, attendants, etc) or people you dislike.
4. Continue this practice no matter what happens or what anyone does to you.

These thoughts are very simple, inspiring and helpful.

The practice of cherishing can be taken very deeply if done wordlessly, allowing yourself to feel the love and appreciation that already exists in your heart.

BULLETIN BOARD

Essence of Yoga, Inc.

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

Thursday, February 14 (7 - 8:30 pm)
PARTNER YOGA FOR EVERYBODY with
Renee Diamond & Franklin Shire. If
you are alone we will find a partner
for you. \$25 per person.

Sunday, March 2 (1:30 - 3:30 pm)
YOGA NIDRA with Athina Pride.
Includes warm-ups, pranayama and
restorative yoga. \$25 in advance, \$30
same day.

Iyengar Yoga Scarsdale

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

March 9 (Sunday, 2-3:30 pm)
BACK CARE WORKSHOP with Nancy
Kardon. Send \$22 to preregister with a
note describing your back condition
and yoga experience.

Sage Yoga @ The Gym

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

February 8-10 and March 28-30
ANUSARA IMMERSION Part Three
(Swimming in the Currents) with Susan
Rubin and Lois Nesbitt. During these
special weekends, explore the heart of
Anusara Yoga. See website or call
Susan (914-393-6517) for details; to
register call 914-219-1601. \$525 or
\$295 per weekend.

March 28 (Friday)
SPECIAL CLASS Teachers and Advanced
student class with Lois Nesbitt (12:15-
2:45 pm). \$45.

DHARMA TALK and restorative prac-
tice with Lois Nesbitt and Susan Rubin
(5-7 pm). \$35.

March 28 (Friday, 7:30 pm)
POTLUCK GATHERING

April 3-4 (Thursday-Friday)
ADVANCED TEACHERS' IMMERSION
with Amy Ippoliti. For teachers who
have completed an Anusara Teacher
Training.

Westchester Institute of Yoga

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

February 2 (Saturday, 9:30-11:30 am)
MEDITATION with Lori Mandel, LCSW.
Lori is the director of the Halley
Institute for Stress Reduction and
Relaxation. For all levels. \$35.

February 2 (Saturday, 12:30-3:30 pm)
TEACHING METHODOLOGY of a Yoga
Class with Puja Sue Flamm. Explore the
elements needed to create a begin-
ner's yoga class: alignment points in
postures as well as class structure. \$40.

Yoga for Well-Being

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

February 22 - 24 (Friday-Sunday)
PERSONALIZING YOGA PRACTICE:
Asana and Beyond with Fran Ubertini.
Students and teachers at every level
will leave with the tools needed to
keep practices alive, dynamic, and
individualized. At Kripalu.

BULLETIN BOARD, *continued*

February 29 - March 1 (Friday-Sunday)
INTRODUCTION TO SANSKRIT with Jo
Brill, American Sanskrit Institute.
Resonate with beautiful sound learn-
ing the Sanskrit alphabet. No experi-
ence required for this joyful practice!
\$200.

Yoga Haven

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

Prepayment required for all work-
shops. Register in person, on line, by
mail or by phone. Please include work-
shop title and your name and contact
information.

February 10 (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,
increase circulation, stimulate muscles
and more. \$25.

February 17 (Sunday, 9:30 am - 4:30 pm)
INTRODUCTION TO THAI YOGA with
Michael Sitzler. Theory, history and 3
sequences that can be linked together
for a 45-minute treatment. No experi-
ence required. For more info: 406-581-
8771 or www.michaelsitzler.com. \$95.

February 24 (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 experi-
enced students with healthy or chal-
lenged shoulders. \$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

February 3 (Sunday, 1:30-3:30 pm)
YOGA FOR THE CLASSROOM with Kira
Morton. \$50.

February 9 (Saturday, 7-9 pm)
PARTNER YOGA WORKSHOP with
Sinda Anzovino, E-RYT, CTYMT. \$75
per couple.

February 15 (Friday, 7:30-9 pm)
REIKI HEALING CIRCLE & GUIDED MED-
ITATION with Elyse Savoy, RN & Debbie
Taylor, RN, LMT. \$20.

February 17 (Sunday, 6-7 pm)
BUILDING A 30-MINUTE AM YOGA
HOME PRACTICE with Sinda Anzovino.
\$25.

February 23 (Saturday, 5-10 pm)
CPR WITH AED FOR ADULT, CHILD &
INFANT 2-YEAR CERTIFICATION with
Jennie Wilson, RN. Through the
American Heart Association.

February 29 (Friday, 7:30-9 pm)
A STEADFAST FRIEND: YOGA AT THE
WALL with Michael Cote. \$25.

March 15 (Saturday, 7:30-10pm)
JOURNEY DANCE with Toni Bergins.

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
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.villashanti.com.

FINAL THOUGHTS



*You have said what you are
I am what I am
Your actions in my head,
my head here in my hands
with something circling inside,
I have no name
for what circles
so perfectly.*



*Walk to the well
Turn as the earth and the moon turn,
circling what they love,
Whatever circles comes from the center.*



*No better love than love with no
object no more satisfying work than work
with no purpose.
If you could give up tricks and cleverness,
that would be the cleverest trick!*



*The sun is love. The lover,
a speck circling the sun.
A Spring wind moves to dance
any branch that isn't dead.*



*Dance, when you're broken open
Dance, if you've torn the bandage off.
Dance in the middle for the fighting.
Dance in your blood
Dance, when you're perfectly free.*

THE ESSENTIAL RUMI

TRANSLATION BY COLEMAN BARKS WITH JOHN MOYNE

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.