

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



February 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 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

FEBRUARY 2009

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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FEBRUARY 2009 YTA NEWSLETTER

Message From the Board

Greetings to all,

As the new year unfolds, so does the process of introspection. Yet again, I am realizing and recognizing what is truly important—what should be held in consciousness, what should not be taken for granted! Dealing with a sick sister is really highlighting those musings for me.

My sister is still in the ICU unit as I write this, and her illness and long hospital stay overshadowed the holiday season. As a result I was feeling powerless, listless, down, exhausted, concerned and sorrowful.

However, while teaching my yoga class the other morning, I suddenly found myself teaching the “Breath of Joy” pranayama exercise and noticed a radical shift in my feelings and physical demeanor. For the first time I thought deeply about joy.

Joy can be glee, bliss, rapture and delight—there’s a host of merry terms—but what I experienced was far more profound. It was the heart opening to light: a way to release the heavy darkness of grief. It was the heart opening to love and receiving the concern and compassion of people around you who care for you. It was the heart strengthening so that what needs to be done will be done with energy despite the emotional drain.

I became aware of how my own health was supported by the joy released when I taught the “Breath of Joy.” How grateful I am for having yoga in my life! Stretching, breathing, grounding, centering, aligning and opening the heart to light, love and strength, both mental and physical.

The practice of yoga illuminates the body’s ability to balance health and to promote wellness and we, as practitioners and teachers, need to keep this in clear and constant focus.

Our yoga community, the YTA, is another resource available to us. Plan to set aside three hours a month to join others with like mind and heart and be supported on every level—body, mind and spirit.

*In light and love,
Paula Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Sanskrit for Yoga: Chant and Resonance

with Jo Brill

WHEN

Saturday, February 14, 2009

WHERE

Please note special location:
Briarcliff Manor Recreation Center
48 Macy Road
Briarcliff Manor, NY 10510

1:30- 4:30 p.m.

SANSKRIT is the timeless language of yoga. Explicitly designed for beauty, harmony and precision, it's been used for thousands of years to describe and enhance practice. With its rich and subtle vocabulary of consciousness, it opens us to new levels of self-awareness.

In this workshop, we will explore — in our own palates— the unique points of resonance that support Sanskrit's sacred sounds. Together we will practice some lovely classic chants, and experience a link between sound and movement using ancient bija mantras.

Along the way, we'll talk about how Sanskrit words are written and pronounced. We'll play a little with the awesome logic of the Sanskrit alphabet.



Come prepared to learn a little Sanskrit—and feel the healing power of sound—in a stress-free and fun environment!

JO BRILL studies Sanskrit with Vyaas Houston of the American Sanskrit Institute. She is certified to teach by ASI. Her work has been mentioned in *New York magazine*.

Jo was led to the beauty of Sanskrit by her yoga practice of almost 20 years. A certified yoga teacher affiliated with the Krishnamacharya Healing and Yoga Foundation, Jo trained at Yoga for Well-Being in Goshen, NY. She continues her studies with Mia Azcue. More at www.yogaforawareness.org.

TO REGISTER for the February 2009 YTA workshop with Jo Brill, 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

February 14 – Jo Brill

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

NOTE LOCATION: Briarcliff Manor Recreation Center, 48 Macy Road.

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"



The Language of Yoga

BY JO BRILL

Pleasant, professional and pretty, the director of community services at Westchester Community College leaned toward me and said a little wistfully, “So you have to study Sanskrit, don’t you, to really get into yoga?”

My mind went back to the time when I started to really notice this beautiful language. I’d taken yoga classes for many years, but my teacher’s instruction was so clear that I never felt any pressure to remember the pose names she mentioned. She also occasionally used Sanskrit words in practice. I enjoyed the words just as a point of focus, to still a busy mind.

It wasn’t until training as a teacher that I got really intrigued. We were asked to write reflection pieces on the Yoga Sutras of Patanjali, the basic text of yoga philosophy compiled nearly two thousand years ago. Challenging and rewarding, these assignments made us explore the relevance of selected sutras in our own lives.

And so it was I found myself sitting on my bed with open

books arrayed in front of me—comparing. Sometimes all the masters said essentially the same thing. But sometimes it was hard to see how such different interpretations could be pulled out of the same passage.

I looked at the words. “It’s a language,” I thought. “It can be learned.”

That’s how I came to Sanskrit. I was curious about the amazing variety of words that Sanskrit has for aspects of consciousness. I wanted to delve into the philosophy. But—through a great teacher, Vyaas Houston of the American Sanskrit Institute—I found so much more.

Other aspects to explore:

Layers of meaning happen when a language is consciously built on just 2,000 roots. For example, the word for love, *sneha*, is related to *snigdha*, the moisture or stickiness associated with the element water—which is often associated with emotion. If you love wordplay, you’ll love Sanskrit.

Grounding in the physical:

As in all of yoga, Sanskrit is explicitly grounded in kinesthetic experience. It gives you one more way to turn off inner chatter—by letting the attention rest in the points in the palate that support sound.

Practice—whether chanting, learning grammar, or committing texts to memory, it’s about bringing oneself daily to becoming aware of just a little more. Gradual refinement, to the more and more subtle.

The sound itself. Sanskrit is explicitly crafted to blend smoothly and flow beautifully. Learning a phrase or verse well, and letting it vibrate through the body, connects our analytical and sensory selves on a profound level.

Devotion. Sound is at the heart of virtually every faith tradition. The thriving bhakti-yoga tradition of kirtan gives its practitioners a wonderful blend of sound, sacred word, community and participation.

Redefinition of Self. This is the best part! Sanskrit enables any one to choose and practice a new way of interacting with the world. You can set aside the habits of thought and phrase that permeate your use of your mother tongue, including all

that mental second-guessing that distracts and undermines. Indeed, the Sanskrit terms for sustained effort and detachment—familiar concepts to yogis—can be used to revolutionize the way you direct your awareness.

Over many years of teaching, Vyaas Houston has developed this idea into an incredibly effective way to learn—or to work toward any goal. Svadhyaya, one of the three essential components of kriya yoga, can mean self-study, or individual study of trusted texts. Either way, Sanskrit is the key.

These are all things to love about Sanskrit. But is it necessary to “really get into yoga”? I would have loved to agree with my interviewer. After all, I was there to convince her that basic Sanskrit should be offered through WCC’s continuing education program.

I confessed that no, not everyone needs Sanskrit. Many teachers of yoga have changed their own lives and those of their students without any Sanskrit at all.

But I’m grateful it’s part of my path. And it’s incredibly rewarding to help others discover what they love about Sanskrit.

BULLETIN BOARD

Essence of Yoga, Inc.

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

February 8 (Sunday, 1-3:30 pm)
PARTNER YOGA FOR COUPLES. \$75 per couple.

Golden Temple Yoga Studio

Rai Kaur (Robin Miller), Director
223 Katonah Avenue
Katonah, NY 10536
914-232-3473
www.goldentempleyoga.com

February 22 (Sunday, noon)
FREE INTRODUCTORY CLASS

March 8 (Sunday, noon - 4 pm)
YOGA AS MUSE. "The Journey from the Center to the Page" with Jeff Davis. \$75 by 2/20; \$85 thereafter.

March 13-22
TEN DAY YOGIC CLEANSE

Sage Yoga @ The Gym

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

February 27-28
WEEKEND with Naime Jezzeny, a nationally renowned anusara teacher celebrated for his precise, accessible and light-hearted teaching style. Four workshops include full spectrum practice and work on adjustments, twists and forward bends. Details on site.

March 14-16
THERAPEUTICS TRAINING with Zhenja. Therapeutic applications of the Universal Principles of Alignment

to address chronic pains and injuries. Details to be posted.

Thursdays (12:30-2:30)
THE PRACTICE with Susan Rubin special guest instructors. Intermediate/advanced. A gift to all yoga teachers, any style. 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

February 22 (Sunday, 12:30-3:30 pm)
THE YOGA SUTRAS with Swami Ramananda, president of the New York Integral Yoga Institute. Info: Joyce, jhpines@optonline.net. \$35 prepaid, \$40 at door.

March 7 (Saturday, 9 am-noon)
THE APLOMB OF YOGA with Erica Eigenberg. How alignment of the spine and body affects meditation, pranayama and asanas. Info: jhpines@optonline.net. \$35 prepaid, \$40 at door.

March 21 (Saturday, 9:30-12:30)
RESILIENCE FOR LIFE® with Jaymie Meyer. Discuss stress; explore breathing and meditation techniques. Info: jhpines@optonline.net. \$35 prepaid, \$40 at door.

Yoga for You

Paula Heitzner, Director
845-356-5613
Workshops at the American Legion Hall
85 Piermont Avenue
Nyack, NY 10960
www.yoga4you.com

BULLETIN BOARD, *continued*

March 1 (Sundays, 9 am - noon)
MEDITATION FOR YOGA STUDENTS, a ten-week program with Barbara Nicol (914-631-3457). Technique, pranayama, yoga philosophy and the lives of great modern masters. Yoga Alliance CEUs.

Yoga Haven

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

February 8 (Sunday)
HANUMAN WORKSHOP: Details to follow.

February 8 (Sunday, 1-3:30 pm)
BACKBEND WORKSHOP with Jill Ganassi for seasoned beginners and up. Develop strength and flexibility to move into upward bow pose safely. \$40.

February 22 (Sunday, 2-4 pm)
FELDENKRAIS METHOD® Workshop: Softening the Neck and Jaw with Kim Plumridge. Learn to move with less effort and strain. \$30.

Yoga Journey

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

Feb 7 through June 27
TEACHER TRAINING with Sinda Anzovino and Lynn Culbertson. Leads to 200-hour certification.

February 7 (Saturday, 7-8 pm)
BUILD A 30-MINUTE HOME PRACTICE. \$25

February 8 (Sunday, 2-9 pm)
TODDLER YOGA TEACHER TRAINING CERTIFICATION. \$225.

February 20 (Friday, 8-9 pm)
REIKI HEALING CIRCLE. \$20.

February 20 (Friday, 6-8 pm)
PARTNER YOGA WORKSHOP. \$75/couple, \$40/single

February 22-23 (Sun 2-9 pm, Mon 5-10 pm)
KIDS YOGA TEACHER TRAINING CERTIFICATION. \$350.

The Yoga Sanctuary

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

February 20 (Friday, 7-9 pm)
JOURNEY DANCE with Trinity. A joyous, wild and celebratory experience in a nurturing atmosphere. No experience necessary! \$25 in advance, \$30 same day.

PRESENTED BY YTA MEMBERS

February 7, March 7 (first Saturdays, 1 - 2:15 pm)
BACK CARE BASICS with Lauri Nemetz. Enhance your practice. At the Back & Neck Center in Cortlandt Manor. www.backneckcenter.net.

Feb 27 - Mar 1, 2009 (Fri-Sun)
INTRODUCTION TO SANSKRIT with Jo Brill. Experience the beautiful language of yoga. At WCC in Valhalla. www.yogaforawareness.org.

March 14-22, 2009
KAYAK AND YOGA TRIP to Costa Rica with yoga instruction by Lauri Nemetz. Open to all levels of experience. www.seascapekayaktours.com.

FINAL THOUGHTS



Life Here at the Edge

*When love lights a fire in the heart,
don't be so quick to quell the flames.*

*To be fully alive is to welcome the
Beloved in countless names and guises,
not turn away the wild with the tame.*

*Drink your fill of longing. Let
love wash through in waves that
lift you up and carry both your
daring and your fear straight
to unknown places. Yes, there
is danger in not staying safely
cloaked in morality and labels -*

*But there is life here at the edge,
and a choice to be made between
thoughtful abandon and passionate
restraint. The plaintive cry of the
heart can be ignored only at the
price of a fully realized life.*

*Throw arms wide to possibilities
that move and call you to come
forth in freedom and in fullness.
Trust the seed of grace within to
blossom without sin or sorrow,
for you are surely big enough to
hold the truth as it enfolds.*

FROM *Go In and In: Poems from the Heart of Yoga*

BY DANNA FAULDS

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 recom-
mended 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 registra-
tion 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.