

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

February 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

FEBRUARY 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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FEBRUARY 2010 YTA NEWSLETTER

Letter From the Board

Dear All,

February and the winter season is well underway and so far we
have been spared the promised disaster of swine flu. All the new
variations of illnesses from mutated bacteria, and viruses that keep
outsmarting the latest vaccine, have also been behaving. Seriously,
health and wellness is an important issue—one that deserves a good
look with fresh eyes and spirit.

Many seek and accept any medication to make things go away;
symptoms are treated and causes are not even questioned. But with
time, some “miracle meds” have turned out to be quite disappointing
and even disastrous.

The life force recognized in our study of yoga is the best resource we
have to stay healthy and balanced and to keep our immune system vigi-
lant. Asanas keep the physical body aligned and physiologically sound.
Meditation contributes greatly to our ability to discern the imbalances
we are feeling at any time. And, meditation practice allows us to process
negative feelings that could have a damaging effect on our health. It is no
secret that dis-ease breeds disease! In Latin, the word “mederi,” meaning
to heal, comes from the same root as the words meditation, medicine,
medical and medicate. This offers a big hint on how important medita-
tion and yoga practices are to balance and heal the body.

Hippocrates, the father of medicine, wrote, “The natural healing
force within each one of us is the greatest force in getting well.” Yoga
Science is the world’s oldest holistic mind-body system bringing forward
comprehensive and time-honored programs for health and wellness.
Self-care is looking better and better as a way to stay healthy and to stop
rising medical costs.

Health care reforms are being debated as our elected representatives
struggle to bring about an affordable health-care system. As yoga teach-
ers we can bring our knowledge and expertise to the table—Let’s not
overlook the benefits of the Yoga Science!

Each month Y.T.A. presents a program that offers all teacher and seri-
ous students insight and inspiration to strengthen themselves and their
position as educators being able to bring the wonderful world of Yoga
Science to their communities. Please join us.

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

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Moving Mantras – Merging Movement & Meditation

WHEN

Saturday, February 13, 2010
1:30- 4:30 p.m.

WHERE

Birchwood Center
85 S. Broadway Nyack
phone 845-358-6409

MOVING MANTRAS embody a word or intention by using shape, imagery, movement and repetition to chant with the entire body and the mind. Merging movement and meditation with the power of word, Moving Mantras can be used as creative expression, therapeutic movement, and prayer. Using intention, breath, and repetition, students will enjoy a focused asana practice that ranges from gentle to vigorous with detailed attention to balancing the physical structure, finding equilibrium in body, breath and mind. Through creative exploration you will investigate meditation in motion, using mudra, walking, and other movement patterns. Find your way into the "now" through the body, through inner examination, letting go of old ideas and looking from a new perspective. Open to all levels – everyone is welcome.



BETSY CEVA, E-RYT 500, is an experienced yoga teacher whose background as professional dancer, choreographer and dance instructor since 1970 has shaped her unique style of yoga. In 1984 in San Francisco, she met her guru Shri Brahmananda Sarasvati and began a study of mantra, meditation and yoga philosophy. Through his influence she created the concept of Moving Mantras™ — Merging Movement and Meditation, using movement, breath, repetition and intention. Betsy has taught Yoga since 1992 and is co-founder of Birchwood Center in Nyack. She directs Birchwood's Yoga Teacher Trainings.

Learn more:
www.birchwoodcenter.com,
www.movingmantras.com.

TO REGISTER for the February 2010 YTA workshop with Betsy Ceva, 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 13, 2010 – Betsy Ceva
Details and registration info in this newsletter and at www.ytayoga.com.

March 13, 2010 – Ray Crist
The Art of Intimacy/Shamanism.
Learn more about Ray at www.thejaguarpath.com.

April 10, 2010 – Zack Dixon
Asana from the Inside Out.
Learn more about Zack at www.yogawithzack.com.

May 8, 2009 – Jill Ganassi
Experiential Anatomy/The Shoulder Joint. Learn more about Jill at www.jillslakehouse.com.

June 12, 2009 – Jurian Hughes
Yoga and Ayurveda.
Learn more about Jurian at www.ecstaticyogadance.com.

Find YTA on facebook!
Search for "YTA yoga"



Merging Movement and Meditation with Moving Mantras™

As a child, Betsy Ceva was constantly outdoors running and leaping, exploring nature and the Connecticut woods with her sisters. Always a mover, Betsy began studying creative dance and ballet in grammar school. Dance became for her a way to structure and channel an inherent drive to express herself through movement. Practice was a daily ritual—because practice made her feel right, herself, home.

Choreography was an integral part of those early dance classes. Guided by a very unusual teacher, Mrs. Felicity Foote, Betsy and her fellow students choreographed and performed stories for each other. Betsy also began teaching the neighborhood kids in her basement, where she had a little dance studio. She choreographed her first official dance at 16 with original music composed by a local bass player. Even then, Betsy was doing exactly what she does now: tirelessly creating

patterns, currents and waves of movement with her body, leaving a wake in the ocean of energy, with only memory and imagination as indications of what was.

Repetition makes a permanent impression on the body and the mind. The daily practice of asana or meditation, the chanting of mantra, the practice of the musical scale by the musician, the diligent rehearsal of the dancer—in each case, determined repetition seals patterns and information into the body and mind. With great love and repetition over a long time, the practices become the nature of the practitioner, and reflect the nature of her world.

Betsy's devotion to movement developed into a career as a modern dancer, dance teacher, and choreographer. Her work eventually took her to San Francisco where she met her guru Shri Bramananda Sarasvati. During her study of mantra and meditation with Shri Bramananda, Betsy began

exploring the possibility of merging movement and meditation. As a dancer she felt inspired to do physical chanting, and discovered what she calls *Moving Mantras*, a formula of moving symbolism and repetition which creates a focused mind. Her first Moving Mantra entitled "Om Ko' Ham/Who Am I?" was composed in 1986. It introduced all the choreographic techniques in Moving Mantra compositions, repetition, concentration on a single focus or intention, imagery, mudra, shaping words and moving them through the air and on the floor. As she continued practicing and performing this Moving Mantra, her life took on forward momentum. The merging of movement and meditation brought her answers to essential questions about her karmic task, revealing the power of moving meditation as a tool for transformation.

Returning to her home state of Connecticut in 1991, Betsy continued composing and performing Moving Mantras with her dance company Sacred Mysteries. Her creations included Moving Mantras for healing, spiritual opening, strength and wis-

dom, peace, devotion, love, resolution, patience, gratitude and forgiveness. Betsy has been teaching Hatha Yoga and Merging Movement & Meditation Workshops since 1992.

Shri Brahmananda Sarasvati was fond of saying, "Like a fish lives and breathes in the ocean of water, we live and breathe in the ocean of air, the ocean of Prana." And Betsy adds, "We live and breathe in the ocean of energy and movement, sound and vibration, the ocean of life and light."

Yoga teaches us to become aware of our tendencies and their effects, and the impressions we leave in our wake as waves of energy. Betsy suggests that we can consciously use asana, mudra, imagery, movement and repetition to embody our intentions. Merging movement and meditation by means of Moving Mantras, we can chant with the entire body and mind, navigating the ocean of life and finding answers to the essential question "Who am I?"

Betsy's Merging Movement & Meditation Workshop is open to everyone. Be prepared to move and be moved!

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.

Sage Yoga @ The Gym

www.armonkyoga.com

Susan Rubin, Director

914-219-1601

99 Business Park Drive

Armonk, New York 10504

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! Details: 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.

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

February 6 (Saturday, 4-6pm)

YOGA FOR MEN with Alex von Bidder. A fun, relaxed, and safe total Beginner's workshop for MEN only. Touching the toes is not required; every man begins exactly where he is. Curiosity, open minds and even skepticism—all are most welcome. Fee: \$25.

February 28 (Sunday, 3-5 pm)

BEGINNER'S BASICS with Patty Meehan and Basia Kinglake. For brand new beginners or people who want time to review the basics: a look at foundational postures, principles of breathing, and using yoga to relax and rejuvenate body, mind, and spirit. Fee: \$25.

March 6 (Saturday, 2:30-4:30 pm)

YOGA TO EASE ANXIETY with Nancy Kardon. Anxiety is a human condition, but with practice, we can quiet our nerves and move toward balance and ease. A look at habits of mind that cause suffering, plus an Iyengar sequence designed to alleviate anxiety, including restorative poses and breath work. Fee: \$30.

PRESENTED BY YTA MEMBERS

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 (www.backneckcenter.net, 914-739-7799).

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



Viewing the destruction and devastation in Haiti has given us all pause to stop and think about the fragility of life. For a country whose infrastructure is precarious, buildings and homes makeshift, just such an event can set things in a downward spiral.

Where are we in all this? What is our role? Clearly we are saddened, surprised, questioning: how could this be? A developing country—key word, developing—is often at risk for some of the worst catastrophes. What about Haiti’s people?

One woman from Haiti, residing here in New York, murmured in her sadness and disbelief, “Haiti is always fighting with life.” Hurricanes, earthquakes. One cycle of turmoil ends and another comes on its heels.

However, this is what I would like the people of Haiti to know about us. We feel your pain and many are physically coming to your torn country to provide what aid we can. We from various professions and those of us with no specific profession, but caring, will come to do whatever we can.

Then there are the rest of us—we who cannot physically be there. But our energy, sense of moral rightness and our spirit are there with those of you who sit on the road waiting; those of you buried under rubble, waiting; those of you walking en masse to find help, and waiting; those of you rescued, yet waiting; those of you who have traveled to help who are waiting to do the job you went to do. We feel your pain and pray that it is soon relieved. We hope our blessings will bless you; we hope your faith continues to be strong and to not falter. We are standing strong in our faith that the will of the universe and our connected energy and spirit will be your balm.

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.