

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



March 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.



Design and layout: Lisa Sloane Design
Editorial team: Jo Brill, Lauri Nemetz,
Sylvia Samilton-Baker

MARCH 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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MARCH 2008 YTA NEWSLETTER

Message From the Board

Dear All,

As we approach the coming of Spring, we approach the time when renewal is around the corner. The months of winter afforded us time for introspection and deliberation as we cultivated our yoga practice. I feel as a yoga teacher the need to carefully fine-tune my own practice so that my teaching remains a joyful endeavor.

I would like to share with you the guidelines that helped me remain grounded and positive in my personal practice and thus enables me to remain enthusiastic, after 42 years of consistent teaching, in the studio.

Authentic Yoga Practice

Questions We Can Ask Ourselves

Has your practice improved the quality of your life and those around you? Your yoga practice may take many forms, as you live your dharma — as housekeeper, mother, father, community volunteer, meditation practitioner, or asana practitioner. Has your practice improved the quality of your life and the lives of other people around you? If not, reevaluate the intention of your practice and forms that are serving this intention.

Who have you become through your practice? Have you become the kind of person you would like to have as a friend?

Is your practice compelled by a desire for freedom or is it compelled by fear? What motivates you? What is the intention behind the form of your practice? It matters very little what you do but *why* you do it and *how* you do it and to what end you are doing it.

Are you as strong as you need to be for the work of your life? Are you able to practice the Four Noble Acts: sitting, standing, walking about and lying down without discomfort? And if you are ill or disabled in some way that is unlikely to change, does your practice bring you to a greater acceptance and compassion for your limitations?

Consider... allowing the form of your practice to evolve from your inner goals, and the inner meaning that yoga holds for you.

In closing, let's remember the resource we have in YTA and to support it by being faithful in attendance each month.

Jai and Om Shanti
Paula Renuka Heitzner

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Re-inventing Yoga

A Cookbook Approach to Innovative Practice & Teaching

WHEN - Saturday, March 8, 2008
1:30- 4:30 p.m.

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

How free can we be when adapting Yoga practices or constructing spaces for Yoga? With the question "What does now need?" as our guide, we will collectively construct and then experience an innovative Yoga practice created specifically for the assembled group. Our practice may include movement, breath, sound, meditation, ritual and/or text/imagery. In shining a light on the process of creating this practice, we will identify areas that both teachers and practitioners might choose to experiment with in future practices.



AL BINGHAM has taught in lobbies, in hallways and outside elevator banks, as well as in churches, synagogues, health

clubs, senior centers, medical clinics, corporate boardrooms and (twice!) in Grand Central Terminal. Al's students have variously cited their age, their gender, their current condition, their sexual orientation, their race, their faith tradition, their occupation, and their avocation as well as their proficiency in Yoga (or lack thereof) as their reason for practicing.

Formerly the Director of Yoga at Yoga Zone Studios, Al co-authored two books on Yoga with Alan Finger, *Yoga Zone Introduction to Yoga: A Beginner's Guide to Health, Fitness, and Relaxation* and *Yoga Zone Yoga for Life: An Intermediate Guide to Health, Fitness, and Relaxation*. For three years, Al helped develop Yoga Zone's television show which has been broadcast on FoxSports, The Health Network, WebMDtv, and Comcast cable. Al worked with podfitness.com to create a model for customizable practices that can be downloaded onto the iPod.

Learn more about Al at www.youryoga.net.

TO REGISTER for the March 2008 YTA workshop with **Al Bingham**, 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

March 8 – Al Bingham

1:30 - 4:30 pm

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

April 12 – Karin Stephan

Two workshops: 1 - 3 pm and 3:30 - 5:30 pm

Learn more about Karin at www.yogamacro.com.

May 10 – Stephanie Pieczenik

1:30 - 4:30 pm

June 14 – SAVE THE DATE!

WANTED – Prenatal Yoga Teacher

For a series of 6-8 classes with prenatal and postnatal women in a homeless shelter for women and children. Call Sylvia Samilton-Baker, Director, Providence House: 914.632.4177.



Where do we practice? Where can we find space for yoga?

Some of us—the lucky ones, and the assertive ones—have a space dedicated to practice. Others of us find space “in between,” juggling the needs of kids, the home business, the dog. Some of us don’t even try at home. We use the trip to the studio as a way to enter special space.

Patanjali’s Yoga Sutras don’t say anything about where to practice. But some other traditional texts offer guidance:

“The hatha yogi should live in a secluded hut free of stones, fire, and dampness ... a small door, no windows, no rat holes ... well plastered with cow dung, clean, and bug free.” [*Hatha Yoga Pradipika*, translated by Brian Dana Akers.]

“One should not start a yoga practice in a remote area, a forest, a city, or near people ... In a remote area there is no security, in a forest there is no food, and amongst people there is the glare of publicity, so avoid these three.” [*Gheranda Samhita*, translated by James Mallinson.]

We can go out a limb here and say everyone agrees that we don’t want rat holes or bugs. And of course we want to be safe, with our basic needs met.

But clearly some of this advice needs reinterpretation for the current day. For cow dung, we’ll understand plaster or sheetrock; that’s not hard. Other assumptions aren’t quite so easy to reconcile. “Secluded”? Neither in a remote area nor in the city—could that mean we’re perfectly situated, here the suburbs? Do we really avoid “the glare of publicity”?

And “no windows”—Can we really be comfortable with that? Should we be? A window lets in light. In ancient times, windows also let in the elements, but our windows are glazed to protect us from rain, wind, and extremes in temperature.

Fortunately we have modern masters to consult as well.

Sri Pattabhi Jois explicitly recommends windows in his book *Yoga Mala*:

“Yoga should be neither practiced in the open air, in a place that is unclean or malodorous, in a basement, nor on a roof. Instead, the place of its practice should be spotlessly clean and level, have windows ...”

Mr. Iyengar puts it simply in *Light on Yoga*, speaking both of asana practice and pranayama:

“They should be done in a clear airy place, free from insects and noise. Do not do them on the bare floor or on an uneven place, but on a folded blanket laid on a level floor.”

Indeed we use our mats to define a space for practice. Unrolling your mat is part of the preparation ritual. And no question—a mat can be a psychic refuge on a tough day.

But mats come with attachments too. In group settings, we use our mats to reserve personal space. There can be that little flash of irritation when someone plops her mat down between you and a workshop presenter. And what about the different approaches to mat etiquette? Some of us might take care to avoid stepping on someone else’s mat (and prefer that no one steps on ours); some of us might rise above such concerns (and expect everyone else to, as well).

Turns out this search for “space” can get complex. Petty annoyances and distractions arise! One way or another—by choice of space, or dispassion, or both—we need to minimize their impact on what we truly seek in practice: a state of connection and awareness.

A final quote, this one from *Yoga Taravalli*, attributed by Krishnamacharya to Shankara, the great commentator and exponent of Vendanta, and translated by TKV Desikachar and Kausthub Desikachar:

“The disciplined leaders who are born with this state [of shanti] have a mind that is devoid of the influence of the gunas; the concepts of “I”, “me”, and “mine” do not exist for them; and they are linked to the little space in their hearts where everything is clear and quiet.”

So yes, let’s find space for yoga that is comfortable and safe, a place that supports our practice. And then we can start the great adventure to the clear and quiet space within.

— By Jo Brill

BULLETIN BOARD

Essence of Yoga, Inc.

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

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

March 9 (Sunday, 1:30 - 3:30 pm)
RESTORATIVE YOGA with Jaymie
Meyer. \$35 prepaid, \$40 at the door.

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

March 28-30 (Friday-Sunday)
ANUSARA IMMERSION Part Three
(Swimming in the Currents) with
Susan Rubin and Lois Nesbitt. Explore
the heart of Anusara Yoga. See web-
site or call Susan (914-393-6517) for
details; to register call 914-219-1601.
\$295.

March 28 (Friday)
SPECIAL ADVANCED 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.
POTLUCK GATHERING (7:30 pm)

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

March 1 (Saturday, 1-4 pm)
LEARNING THE METHOD of a Vinyasa
Flow Class with Renee Diamond. \$35
prepaid, \$40 at the door

March 29 (Saturday, 1-3:30 pm)
ACUPRESSURE BALL YOGA with Chris
Glover. \$35 prepaid, \$40 at the door.

March 30 (Sunday, 12:30-3:30 pm)
SANSKRIT FOR YOGA with Jo Brill.
Learn about this beautiful language
and refine your pronunciation of
yoga terms. \$35 prepaid, \$40 at the
door.

Travel with Tao to PRAGUE (May 23-
31), GREECE (August 21-30) or INDIA
(Sept 18 - Oct 7). Deluxe accomoda-
tions, wonderful food, world-class
yoga, more! Reserve your space to
India with \$2,500 deposit by 3/15.
Total cost \$5,180.
Info jhpines@optonline.net.

Yoga for Well-Being

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

BULLETIN BOARD, *continued*

March 14-16 (Fri 6-8 pm; Sat 1-7 pm;
Sun 11:30am - 4 pm)
INTRODUCTION TO COURSE
PLANNING: ASANA with Fran Ubertini.
Design safe, effective practices with
the "vinyasa" concept of intelligent
sequence, respecting individual abili-
ties as well as the goal of the practice.
\$150.

Yoga for You

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

March 2 to May 18
(Sundays, 9 am - noon)
MEDITATION FOR YOGA STUDENTS
with Paula Heitzner. Study meditation
techniques, pranayama, yoga philoso-
phy and the lives of great modern
masters. Applicable toward Yoga
Alliance 200 hour certification.
No class 3/23 or 5/11.

Yoga Haven

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

Prepayment required. Include work-
shop title and name and contact
information.

March 2 (Sunday, 1-5 pm)
RECEPTIVE NEST, a yogic approach to
fertility with Karen Safire and Barrie
Raffel. Support reproductive health
with yoga poses, stimulate the body
and calm the mind. \$95 includes
home practice manual.

March 30 (Sunday, 1-3:30 pm)
BUILDING A STEADY, COMFORTABLE
SEAT with Jill Ganassi. A slow deep
journey into the hips to support gen-
eral ease and sitting for meditation.
Level 2 and up. \$40.

March 30 (Sunday, 7-9 pm)
WORK HARD, REST DEEPLY: A sleep
workshop with Louise Fecher
Can't get a decent night's sleep? The
"Elusive Dreams" restorative series
was created by Judith Hanson Lasater
especially for insomnia sufferers. \$30.

Yoga Journey

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

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

The Yoga Sanctuary

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

March 2 (Sunday, 2-4 pm)
STRESS REDUCTION through Guided
Meditation with Peggy Altman. \$25
in advance, \$35 same day.

The YogaScape & Spa

Amy Pearce-Hayden, Director
1100 Route 52, 2nd Floor
Carmel, NY 10512
845-225-9642
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



Making the House Ready
for the Lord

*Dear Lord, I have swept and I have washed but
still nothing is as shining as it should be
for you. Under the sink, for example, is an
uproar of mice — it is the season of their
many children. What shall I do? And under the eaves
and through the walls the squirrels
have gnawed their ragged entrances-bit it is the season when
they need shelter, so what shall I do? And
the raccoon limps into the kitchen and opens the cupboard
while the dog snores, the cat hugs the pillow;
what shall I do? Beautiful is the new snow falling
in the yard and the fox who is staring boldly
up the path, to the door. And still I believe you will
come, Lord; you will, when I speak to the fox,
the sparrow, the lost dog, the shivering sea-goose know
that really I am speaking to you whenever I say,
as I do all morning and afternoon: Come in, Come in.*

THIRST

POEMS BY MARY OLIVER

**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 locat-
ed five minutes from the station.