

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

March 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 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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www.lisasloanedesign.com

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Sylvia Samilton-Baker

MARCH 2009

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 2009 YTA NEWSLETTER

Message From the Board

Dear All,

As the first quarter of 2009 approaches, it brings with it a sense of optimism and hope inspired by new leadership, politically, and the promise of Spring, perennially. New beginnings always carry wonderful energy that buoys up the spirit, making the step lighter and the heart stronger. This is very much like the gift given to us by our yoga practice.

Each day is a new day! Each asana, when approached as if for the first time, has the ability to show us something new and valuable for our personal growth and development. Each meditation offers us the opportunity to listen to and hear our own inner voice of the heart, after we learn to still the chatter of the mind and the worldly din that constantly attack our ears and nervous system! As a species, we were created to exist in a quieter time, with exposure to a miniscule fraction of the strident noise and the explosive electronic barges that confront us at every turn. We are even more incredible as a species because we have evolved and acclimated to these trials and tests—to a degree. Most people are stressed, nervous, and confused; we live on an edge that eventually leads to the dissolution of health. We know that yoga offers us the resource of establishing balance in this Babel.

In yoga class we can connect with our own life force as we breathe with conscious awareness. We stretch out and release the state of defensive contraction we unconsciously adopt as a survival mode. We bathe our bodies in prana. We restore our spirit with pranayama. We return to inner stillness and commune with our own truth that empowers and enables us to then return to the outer world. Yoga equips us to live successfully with balance, joy and peace.

As teachers, may we inspire and enrich each other so that we can continue to help others undertake this sacred journey.

*Shanti and shalom,
Paula (Renuka) Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Yoga and the luminous body: A fusion of Yoga and Shamanism

WHEN

Saturday, March 14, 2009
1:30- 4:30 p.m.

WHERE

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

YOGIS AND SHAMANS are one and the same: they are people who study the human condition and through their practices become teachers and healers. Both of these ancient healing paths lead to the understanding of this world as a matrix of energies, and both offer techniques on how to intervene in the realms of mind, body and spirit, in order to acquire healing and enhanced perception.

This workshop will explore mind, body and spirit unification through yogic practices, as well as the shamanic power yoga holds as energy medicine.



RAY H. CRIST is a Yoga Alliance certified Hatha yoga teacher with over 1,000 hours in professional training. He teaches at Kripalu Center for Yoga and Health specializing in vigorous vinyasa flow. He has studied with Dr. Alberto Villoldo with the Four Winds Society and Maestro Panduro and Don Emanuel in Peru. He holds a degrees in Chinese Medicine herbology, and teacher training of Thai Yoga (Bo Ran northern style). He is certified in Reiki, speaks fluent Greek and studied the original Hippocrates texts. His first practice was in martial arts: Tai Chi and Kung Fu. More at www.raycrist.com.

TO REGISTER for the March 2009 YTA workshop with Ray Crist, 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

March 14 – Ray Crist
Yoga and shamanism. Details and registration info in this newsletter and at www.ytayoga.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.

STUDIO FOR RENT

QUIET STUDIO (600 square feet) available for class or workshop rental. Centrally located in Valhalla, walking distance to Metro-North, ample free parking. Carpet over wood floor. Fee negotiable. Contact Vitalah Simon, YogaShine 914-769-8745 (www.yogashine.com), or yogashine@verizon.net.

Find YTA on facebook!
Search for "YTA yoga"



The Jaguar Path

A fusion of Yoga and Shamanism

Yoga and Shamanism are both ancient systems of healing and living that enable us to realize mundane life as a profound and mystical experience. The yogic world refers to this as the path to enlightenment, while the shamanic world calls this the path to enhanced perception. Both traditions cultivate the understanding of the human condition and universal awareness. They both aim at maximum levels of awareness and health, offering knowledge and information for personal and spiritual evolution.

Yoga is a science and a discipline, a branch of Indian philosophy. Yoga in Sanskrit means "to unite," a reference to the alignment of the three perceptual states of mind, body and soul—a necessary step for alignment of the self with the universal consciousness. Its goal is to transform the human condition of suffering by transcending the limitations of the ego in order to attain liberation.

Shamanism, a term used to describe energy medicine

around the world, is a healing system as ancient as yoga. The word shaman comes from the Tungusic language and means "the knower." Shamans help people in their communities with matters of health (physical or psychological) or issues and difficulties of everyday life.

Both yoga and shamanism are disciplines; both lead to liberation. Both are healing arts and spiritual paths. Both source from deep knowledge of herbs as medicine for the body, and both dive into the spirit world through myth and lore, for guidance and evolution of the soul.

The fusion of yoga and shamanism is not something that I invented, but rather an awareness that has come up while I have been studying both. Insights that I have received in my shamanic studies have brought my understanding of yoga to higher level. The more I explore both these paths as not just similar but essentially one and the same, the more evidence from text and teaching prove this to be a fact.

As healers, shamans and yogis intervene at the level of the energy body: the chakras and the energy channels. A shaman is a seer who locates stagnated energy and crystallized forms in the luminous sphere, which contribute to stress, unhappiness, samsara (entrapment in illusions), and even disease. In Sanskrit these imprints are called samskaras. The yogi does the same work, releasing through asana and pranayama practices.

Patanjali says, "The posture of yoga is steady and easy." For the ancient yogis, asana was the preparation of the body for sitting meditation. For us it is the clearing of the body, to make us more aware and able to transmit our intent into everyday life. Asana is not merely a series of physical exercises. The postures release toxins from the physical body and at the same time open the meridians/nadis (energy) allowing for free flow of energy through the whole body, ultimately leading to a dynamic relationship with life.

It is my opinion that we are coming into a new period where magic is re-introduced to humanity. More than ever people are coming into an understanding of the mind-body-soul reality. We are com-

ing into a personal relationship with nature and God.

At the same time, yoga is nothing less than a quiet revolution in the happening. The numbers of practitioners are increasing so fast that we are rapidly approaching the critical mass that is needed to tilt the scale of collective consciousness towards universal awareness.

Asana and yoga are now in the hands of a new generation of practitioners who are leading yoga to a new place, while at the same time yoga transforming them. I believe that Patanjali knew that his study on the human condition, and the practices he describes, were not only going to help many generations to come, but also that the work itself would take generations to unfold.

The Jaguar Path's mission is to train men and women in the use of the yogic science and philosophy as energy medicine. Our purpose is to serve personal evolution, and a shift towards a new consciousness around the healing of our planet. This work is part of the greater movement of collective consciousness towards personal awakening. Both yoga and shamanism lead to a greater awareness, enhanced perception, and a wholesome state of being.

BULLETIN BOARD

Golden Temple Yoga Studio

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

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

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
www.taoporchon-lynch.com
Workshops at the Fred Astaire Studio
25 W. Hartsdale Avenue
Hartsdale, NY

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

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.

March 21 (Saturday, 9:30-12:30)
RESILIENCE FOR LIFE ® with Jaymie Meyer. Discuss stress; explore breathing and meditation techniques.

April 18 (Saturday, 9 am - noon)
KUNDALINI YOGA with Rai Kaur.

Yoga for You

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

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

March 14 (Saturday, 2-4 pm)
YOGA FOR THE BLUES with Nancy Kardon. Pick the spirits up with yoga.

BULLETIN BOARD, *continued*

March 22 (Sunday, 1-3:30 pm)
YOGA FOR ATHLETES with Antonia Noonan.

March 29 (Sunday, 1-3:30 pm)
BLOSSOM YOUR HEART: Anusara Yoga® with Denise Madden. For those new to Anusara and those who would like to deepen their understanding of the Universal Principles of Alignment®.

Yoga Mountain Wellness Center

Gail Bentley Walsh, Director
845-639-0736
www.yogamountain.com
132 Park Avenue
New City, NY 10956

All workshops have two sections:
12:30-3:30 pm and 3:30-7:30 pm. \$130 for both sections, \$65 for one.

March 8 (Sunday 12:30-7:30 pm)
YOGA SALUTATIONS – VINYASA YOGA. Salutation to the Rain, Sun, Moon and Earth. Learn how to break down each vinyasa flow and how to create your own. Repeated Saturday, March 14, in Cornwall.

April 5 (Sunday 12:30-7:30 pm)
ANCIENT CHAKRA SYSTEM OF YOGA. The seven chakras or energy centers relate to over-all health and well-being. Explore how the mind body and spirit function in unison. Repeated Saturday, April 18, in Cornwall.

The Yoga Sanctuary

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

March 21 (Saturday, 2-4 pm)
BUDOKON with Renee Diamond & Franklin Shire. \$25 in advance, \$30 same day.

PRESENTED BY YTA MEMBERS

March 7, April 4 (first 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 14-22, 2009
KAYAK AND YOGA TRIP to Costa Rica with yoga instruction by Lauri Nemetz. Open to all levels of paddling experience and also offers something for all levels of yoga practice. More info: www.seascapekayaktours.com.

April 17-19, 2009 (Fri-Sun)
SANSKRIT II: An immersion weekend with Jo Brill of the American Sanskrit Institute. For a direct connection to yoga philosophy, or for the sheer joy of making beautiful sounds. At WCC in Valhalla.

FINAL THOUGHTS



Equinox

The vernal equinox ushers in the perfect day, where neither light nor dark predominates. Although the sky remains the same dull and dripping gray, I fancy there is change – a certain brightness in the clouds, an increase in the calls of crows and cardinals, or maybe it's the reflected hope in my own eyes that adds a touch of mystery to Spring. Several clumps of daffodils strut their yellow stuff as if competing for a prize, and the worms are out in force today, slithering across the driveway. I step carefully around them on my way to get the mail. The dogwood buds – completely closed last Sunday - are starting, oh, so slowly, to relax their tight grip on themselves. There is such promise in beginnings, a new season stretching forward like a cat emerging from a nap, licking long whiskers, looking curiously around to see what happened while it slept.

DANNA FAULDS

From *One Soul: More Poems From
The Heart of Yoga*

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.