

YTA

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Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



Lauri Nemetz  
72 Underhill Road  
Ossining, NY 10562

March 2010 Newsletter

[www.ytayoga.com](http://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](http://www.wainwright.org).



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[www.lisasloanedesign.com](http://www.lisasloanedesign.com)

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Sylvia Samilton-Baker

## MARCH 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.



### BOARD OF DIRECTORS

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Paula Heitzner, ERYT

Lisa Sloane, MA, RYT

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## MARCH 2010 YTA NEWSLETTER

### Letter From the Board

Dear All,

With Valentine's Day last month and the promise of spring this month, the famous first line of Elizabeth Barrett Browning's sonnet came to mind. My thoughts turn towards the romantic and of course to yoga.

"How do I love thee? Let me count the ways." My musings on the ways I love yoga, and why:

1. You can do your practice at any time.
2. You do not need a partner or a team to "do your thing."
3. You do not need any special uniform, equipment or props.
4. You are connecting with a system of health-giving precedents thousands of years in development.
5. You can keep finding the deeper awarenesses in each asana, through your practice, leading you to a more confident and comfortable life. The growth never ceases.
6. Your self-attunement is a resource that enables you to reach your potential – your birthright.
7. Your consciousness undergoes changes that give you a greater respect and appreciation for yourself – for your strengths (which you learn to celebrate) as well as your weaknesses (which teach you compassion).
8. Yoga clarifies the need to look within. We must compassionately deal with ourselves in order to understand and relate in a meaningful way to another person.
9. Your expanded consciousness and spirit can enable you to be a viable source of light. To lighten the darkness for another is indeed a positive karmic act.
10. Your ability to reach another with love and compassion through the heart-opening possibilities derived from an earnest, sincere and constant practice lights the way to better harmony and peace in the family.
11. Yoga increases the potential of bringing accord and balance into the community – and the greater world.
12. Yoga is a path that leads one to higher places; a journey that leads to the greater good for all; a prospect that brings peace and understanding to the world.

Each month YTA offers teachers and serious students the opportunity to rekindle and romance our relationship to yoga and each other. Make the commitment and bring your light, spirit and love to the group.

*Namaste and Jai*  
*Paula Renulka Heitzner*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

# Yoga and the Luminous Body The Art of Intimacy

### WHEN

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

### WHERE

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

### 1:00 - 3:00 pm — Yoga and the Luminous Body

**MIND – BODY – SOUL:** This workshop includes lecture for the mind, yoga asana for the body and soul retrieval for the soul.

We will explore the chakras - what they are, how they work, and how they are connected to the endocrine and nervous system of our body. We will come to a deeper understanding on why we practice yoga and how we can use it in our everyday life.

We will explore a soul retrieval which is a profound experience of self-discovery in the world of our emotions and soul, an empowering journey of transformation. By recovering old contracts we get rid of recurring patterns and events that hold us back in life... allowing new space for personal growth and spiritual evolution.

### 3:30 - 5:30 pm — The Art of Intimacy

Sourcing from Tantric philosophy, Ray explores the archetypes of Shiva and Shakti. This work offers us ways to be in our intimate relationship where partners are mutually loved, respected, and admired. This workshop hopes to show men how women feel and to show women how men think.

We will explore the feminine and masculine energy within each one of us and learn to notice the polarity these energies create, in order to navigate with open hearts in our intimate relationship.

**RAY 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 holds 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.

**TO REGISTER** for the March 2010 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](http://www.ytayoga.com)

### FOR MORE INFORMATION

Michael Sassano 914-478-0694

[yogadad@optonline.net](mailto:yogadad@optonline.net)

Lauri Nemetz [info@ytayoga.com](mailto:info@ytayoga.com)

### UPCOMING YTA WORKSHOPS

#### March 13, 2010 – Ray Crist

The Art of Intimacy/Shamanism. Details and registration info in this newsletter and at [www.ytayoga.com](http://www.ytayoga.com).

#### April 10, 2010 – Zack Dixon

Asana from the Inside Out. Learn more about Zack at [www.yogawithzack.com](http://www.yogawithzack.com).

#### May 8, 2009 – Jill Ganassi

Experiential Anatomy/The Shoulder Joint. Learn more about Jill at [www.jillslakehouse.com](http://www.jillslakehouse.com).

#### June 12, 2009 – Jurian Hughes

Yoga and Ayurveda. Learn more about Jurian at [www.ecstacyogadance.com](http://www.ecstacyogadance.com).

### HELP WANTED

YTA is seeking an editor for our monthly newsletter. Responsibilities include serving on the YTA board (fun and rewarding!) as well as editing three articles each issue for consistency and fit. Also, work with YTA members and studios to compile information about upcoming events of interest to the membership. Experience with electronic newsletters a plus. A great way to keep your finger on the pulse of yoga throughout the lower Hudson Valley! Contact Lauri, Sylvia or Jo for more information.



## *A Healed State of Being*

*by Ray Crist*

Our body language does not come from our brain. It comes from all the cells of the body, from what we call cellular memory. Through asana movement we help release tensions and imprints embedded in cellular memory. By doing so, we undo the blocks and habits of our energy that have been established by life's stories beyond our control.

Our body has an electric current which runs through the nervous system and meridians (nadis). This electric current creates a magnetic arc around you, commonly called your vibration. It is your vibe that calls the world to you, that brings life to you. This is the precisely what the "law of attraction" refers to.

Seven years into my yoga practice, my travels brought me to Peru. I studied the culture, the mythology, shamanic ceremonies, and healing methods for the body as well as the mind. As I listened to stories about Inca mythology I realized that Shamanism was even closer to yoga than I originally thought. Serpent, Jaguar, and Condor are the three power animals, the trilogy of great spirit animals that build and run the cosmos.

One night in the jungle next to the river "Madre de Dios," I listened carefully by the crackling fire as my teacher Don Manuel described the attributes of these figures from Inca mythology.

The serpent is the animal (the consciousness) closest to mother earth. Of all living beings it is literally the most grounded. It touches, moves, and exists belly to belly with mother earth.

The jaguar is the animal that knows no fear. The stealthiest animal in the jungle, it stands on the top of the food chain, and never worries if there is any predator after it. Moving powerfully, silently and fast, it is virtually invisible.

The condor flies high up in the sky and has a keen eye for details. It sees the greater picture.

Like a bright sun rising, the idea dawned on me. He was talking about the three perceptual states yogis talk about: mind, body, and soul. In order for us to reach a place of no internal conflict, a healed state, we need to work on all three levels of existence.

The serpent resembles the body, the ability to shift and change. Our yoga practice is exactly like the practice of shedding one's skin, and changing into becoming somebody new in the present moment—letting go of the past.

The jaguar is the mind, which must be taught to step out of fear. Like the jaguar, the yogi's mind acts with no ego. No need to be seen, no need to be acknowledged, but rather acting in the world with pure intention: pure action.

The condor is the soul that flies wing to wing with the great spirit, that yogic place of non-attachment, that place where in meditation our heart touches spirit and we see the bigger picture, a place from which one can make better decisions.

Life does not come with a how to manual. We are left in a modern world with no ceremonies and no specific methodology to deal with things. We go to school and that prepares us for university, and that in turn prepares us for a job, but we really don't get an education on how to live life. There is no how to love, how to find inner balance, how to feel connected with God and how to have a sense of belonging manual.

Yoga and Shamanism are exactly that: manuals on how to be and act in order to obtain a better balance in life—manuals that teach us how to love ourselves and others, and how to be in the world in such a way as to avoid as much suffering as possible.

Shamans and yogis alike believe that traumas are not in the mind. They are memories held in the body's tissue, and dictate one's body language, behavior and vibe. As we undo blocks and change the energy patterns of our bodies, we change our vibe and what we call to us. Doing practice with no expectation, we become witnesses of the whole world changing around us.

Through serpent/yoga on the mat we change our vibe and our everyday life. Through condor/meditation we acquire a sense of belonging and connectedness with life. Through jaguar mind we come to a new way of viewing the world: a healed state of being, a place of personal worth and power.

## 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](mailto:josephine.brill@gmail.com) by the 15th of the month for publication on the first of the next month.

### Vikasa Studio

[www.vikasastudio.com](http://www.vikasastudio.com)

Lara Demberg

914-588-8166

15 Main Street

Cold Spring, NY 10516

March 6 (Saturday)

WORKSHOPS with certified Anusara teacher Ross Rayburn: Backbends and arm balances 10 am - 12:30 pm; Sitting poses, forward bends and twists 3 - 5:30 pm. Register at [vikasastudio@gmail.com](mailto:vikasastudio@gmail.com) - space is limited. \$45 for each workshop.

### Westchester Institute of Yoga

[www.taoporchon-lynch.com](http://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](mailto:jhpines@optonline.net).

March 28 (Sunday, 12:30-3:00 pm)

CHAIR YOGA with Jaymie Meyer. Surprisingly invigorating! Explore seated asanas: forward and backward bends, twists, inversions and two forms of sun salutation. Includes principles of sequencing and adaptations.

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 for You

[www.yoga4you.com](http://www.yoga4you.com)

Paula Heitzner, Director

845-356-5613

Workshops at the American Legion Hall

85 Piermont Avenue

Nyack, NY 10960

March 7 to May 23 (Sundays, 9 am - noon)

MEDITATION FOR YOGA STUDENTS with Barbara Nicol. Study meditation techniques, pranayama, yoga philosophy and the lives of great modern masters. Prepare by reading Miracles of Mindfulness by Thich Nhat Hanh, Yoga and the Quest for the True Self by Stephen Cope, and How to Know God: The Yoga Aphorisms of Patanjali by Swami Prabhavananda. Applicable toward Yoga Alliance 200 hour certification. No class 4/4 or 5/9.

### Yoga Haven

[www.yogahaven.com](http://www.yogahaven.com)

Betsy Kase, Director

914-337-1437

62 Main Street - 2nd Floor

Tuckahoe, NY 10707

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.

### Yoga Sanctuary

[www.yogasanctuary.net](http://www.yogasanctuary.net)

Ellen Patrick, Director

914-381-9642

One Depot Plaza

Mamaroneck, NY 10543

March 14 (2-4 pm)

NATURALLY LOSE WEIGHT and keep it off with Jill Mulholland. Not a typical diet plan. Learn about cravings, and healthier alternatives; take home easy, delicious recipes for whole and organic foods. Option to join 3-month weight loss group.

### PRESENTED BY YTA MEMBERS

March 6, April 3 (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](http://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](http://www.yogaforawareness.org).

May 14-22

EL ESPIRITU DEL MAR: Yoga and sea kayaking with Lauri Nemetz and Bruce Smith in Tambor, Costa Rica. Open to all levels of paddling experience and yoga practice. [www.wellnessbridge.com](http://www.wellnessbridge.com).

August 6-9

EBB AND FLOW: Summer yoga and kayaking with Lauri Nemetz (E-RYT) and Bruce Smith on Deer Island in the spectacular Bay of Fundy, New Brunswick, Canada. Book early to guarantee room: [www.wellnessbridge.com](http://www.wellnessbridge.com).



## FINAL THOUGHTS



“**T**here is power in surrender,” someone once told me, as I was experiencing a difficult time in my life. Wanting to give up something without having a Plan B, back up.

When is it time to give in and move on to the next challenge, the next big thing? When March arrives, with the onset of spring not far behind, it opens up new possibilities, new roads, new plans, new challenges.

Sometimes the need for ‘spring cleaning’ kicks in. Sound familiar? Is that what we do with yoga practice? Throw in the towel when boredom, irritation, frustration, anger set in? Do we surrender and do nothing? Do we go deeper in to find what is lurking beneath?

We might do all of those things; it is still the practice of yoga. The power lies in experiencing and feeling.

What feels right? What feels like home? What feels difficult, like we might not want to go further, deeper?

Perhaps we peel away the layers of boredom, irritation, difficulty and experience what is beneath that. Can we surrender to those feelings and experiences that challenge us to move deeper into what might be unknown? Can we live with uncomfotability, knowing that ‘I can do this’ - I can surrender to this, because it will change.

And surrendering does not mean one is not powerful or strong. It means we might feel different feelings at different times. The ebb and flow of life and practice will do just that - ebb and flow.

We surrender when needed and behave willfully when necessary. Yes, the joy and the power of surrender - knowing that it’s all right - no judgment.

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.