

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



April 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
www.lisasloanedesign.com

Editorial team: Jo Brill, Lauri Nemetz,
Sylvia Samilton-Baker

APRIL 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.



BOARD OF DIRECTORS

Co-President

Lauri Nemetz, MA, ADTR, ERYT,
LCAT

Co-President

Sylvia Samilton-Baker, MA, RYT

Secretary

Jo Brill, MA, RYT

Treasurer

Michael Sassano, RYT

Membership Services

Lucille Sollazzo

Program Directors

Tao Porchon-Lynch, ERYT

Paula Heitzner, ERYT

Lisa Sloane, MA, RYT

Robin Laufer, RYT

APRIL 2008 YTA NEWSLETTER

Message From the Board

Dear All,

I am sharing with you a long-time-to-unfold and a slowly-but-surely formulated truth: “Yoga is a way of life—yoga exemplifies life.” The relationship that develops between you and body in an asana can be a doorway to understanding those hidden nuances of our being that create the separations keeping us from achieving our highest potential.

What better teacher to guide us and to introduce us to the buried knowledge within than our own bodies? What better way to connect with our hearts and feeling (love, hate, remorse, resentment, guilt, anxiety—the full gamut of human emotions) than in a yogic relationship with our selves? The long-term ramifications of conscious awareness, fostered by the practice of yoga, literally stretch us into an enhancement of every aspect of our being.

I personally feel blessed to have yoga in my life, as my vocation as well as my avocation. It has opened me to many vistas of growth—those opportunities to grow manifested by emotional, physical and spiritual pain and the ensuing courage that develops from “standing up” to adversity, “keeping a balance” when everything seems out of control and “staying centered” amidst the great confusion of transitions that life is always presenting.

Yoga has taught me that we share basic experiences—it’s just the faces and places that are different! I am aware of a greater ability to sympathize and empathize with others in my life because of my own personal experiences gained from confronting “the gifts of pain.” As a result, I feel very close to my family, friends or students, and recognize this as a blessing, for feelings of alienation and separation are feeding the epidemic of depression in our society.

Yoga has permitted me to strengthen my inner spirit as well as my body, and permits me to view life with different eyes, to understand things from a different perspective, to not be swayed or coerced into accepting the popular belief and not to buy into what Madison Avenue is selling.

I feel privileged to share my feelings with all of you and look forward to the continuing journey to our yogic destination: the security of self-trust, self-acceptance and self-love.

Shanti and Shalom
Paula Renuka Heitzner

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Building Strength in the Upper Body

Parts I & II, with Karin Stephan

WHEN - April 12, 2008

Two Workshops: 1:00 - 3:00 pm
and 3:30 - 5:30 pm.

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

FOR INTERMEDIATE STUDENTS and
above. Persons with back, shoulder,
neck or wrist injuries are advised
not to take these workshops.
Parts can be taken separately or
together.

Are you interested in work-
ing on yoga poses that involve
upper body strength but are not
sure how to get there? Or are you
already working on some of them
but want to learn others or per-
fect the ones you already know,
perhaps adding variations? Do you
think your limitations are due to
lack of strength?

Contrary to what you may think,
you don't have to be strong to be
strong. You have to be balanced
to be strong. These workshops are
designed for students who wish
to improve their ability to prac-
tice handstands, forearm balances,
headstands, shoulder stands and
backbends by better understand-
ing their individual asymmetries
in the upper body and by learning
how to correct them.

Weaving in and out of asanas
that develop alignment and those
which develop strength, we will
learn how to create an internal
muscular balance allowing us to do
these poses with grace and ease.
Please bring two blocks and your
own blankets if possible.

KARIN STEPHAN, a student of B.K.S.
Iyengar, began teaching in 1973 in
Paris where she helped found
the European Center of
Yoga. In 1976 she moved to
Boston, and in 1977 she began
giving weekend workshops in
New York.

In 1985 Karin
c o - f o u n d e d
(with Patricia
Walden) the B.K.S. Iyengar Yoga
Center of Cambridge, which she
helped direct until the mid-nine-
ties. Karin was one of the principal
teachers who helped to develop
Iyengar style Yoga in New York,
Long Island and Westchester
areas. Learn more about Karin at
www.yogamacro.com.



TO REGISTER for the April 2008 YTA workshop with **KARIN STEPHAN**,
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

YTA Members: \$35 for one workshop,
\$65 for both
Non-Members: \$45 for one workshop,
\$85 for both

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

April 12 – Karin Stephan
Two workshops: 1 - 3 pm
and 3:30 - 5:30 pm

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

May 10 – Stephanie Pieczenik
1:30 - 4:30 pm
Learn more about Stephanie at
www.famiworkshop.com.

June 14 – Susan Rubin
1:30 - 4:30 pm
Learn more about Susan at
www.armonkyoga.com.

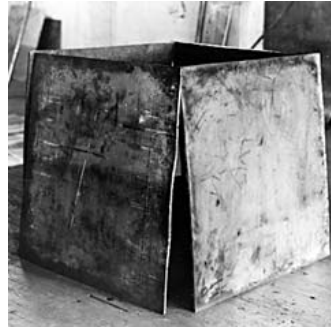
SUMMER SPECIAL EVENT
August 16 – David Swenson
Learn more about David at
www.ashtanga.net.



Strength, Balance and The Upper Body

BY KARIN STEPHAN

Last spring there was a magnificent retrospective of the sculptor, Richard Serra at Moma in New York City. In it was a piece called 'One Ton Prop' which was made up of four slabs of lead holding themselves up against each other. It weighed one ton but it appeared to be almost weightless. As Serra explained, 'If the pieces are equally balanced, the weight is canceled out [and] you have no thought of tension nor of gravity.'



Mr. Iyengar once said that in Yoga, when the weight is felt in the middle of the pose, the body has found the state of 'zero' energy. I never fully understood what he meant until one day, after a long practice of backbends, I went into headstand and once up, discovered that I was totally unaware of my legs in the air. In fact, I had the feeling that I was 'floating' upside down! It was the most extraordinary sensation!

I stayed in this 'weight-free pose' for almost fifteen minutes and came down only when the 'weight' began to re-enter my legs. It was then that I realized that the strength in my headstand had not come from the strength in my upper back but from the balance of the muscles in my upper back. I understood that during my backbend practice, I had managed to create a harmonious integration in my musculature throughout my upper body so that these muscles were supporting me 100%. And yet my legs were perfectly straight, soaring in the air like one of the bronze sculptures of Brancusi's "Bird in Flight". I was in a place which Iyengar referred to as 'balancing on the razor's edge.'

Like an archeologist, stumbling upon a rare Etruscan vase, I had stumbled upon a rare state of 'zero energy' balancing in my headstand. This discovery allowed me to practice these weight-bearing poses without injuring myself. I also understood that this state could be achieved only by making use of a simultaneous even and equal distribution of energy throughout my body.

Learning how to do this was no easy task. It required focus, concentration, internalization of movement, and a consciousness of the relationship between the various parts of my body. It required a deep acceptance that going to my mat on a daily basis was a process of realigning my misalignments and balancing my muscles. This required a consistent practice, what Martha Graham called the 'performance of a dedicated precise set of acts, physical or intellectual from which comes shape of achievement, a sense of one's being, a satisfaction of spirit.' Finally it required a willingness to allow for an aesthetic understanding of my poses as though I were weaving a beautiful tapestry with each sinew of my body.

Fully actualizing this artistic relationship yielded both an end result of pure 'beingness' as well as something of a highly aesthetic nature. I then understood what Harvard film critic Vlada Petric meant, in speaking about Andrei Tarkovsky's Andrei Rublev, that "Beauty is in the balance of the parts."

In thinking further, I found I could add to this observation that "*Weightlessness* and beauty are in the balance of the parts," and that when we really do bring this about we can begin to feel ourselves to be in some sense, what Graham calls - borrowing from the famous French writer Jean Giono - "Athletes of God."

In a recent interview of NPR, the pianist Leon Fleisher called music "An adventure in anti-gravity." I would like you to entertain the thought — even if just for a brief moment- that Yoga too- especially when it comes to those 'difficult' upper body poses — is an adventure in anti-gravity!



BULLETIN BOARD

Essence of Yoga, Inc.

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

April 5 (Saturday, 2-3:30 pm)
YOGA & AYURVEDA with Sydney
MacInnis

Learn the system of "doshas" or constitutional types—the foundation on which lifestyle recommendations are made. Diet and cleansing, and recommended asanas for each dosha. \$25 in advance, \$35 same day.

April 13 (Sunday, 2-3:30 pm)
PARTNER YOGA with Athina Pride
Explore partner yoga postures for strength and balance, and Thai Yoga massage for relaxation. \$20 per person in advance, \$30 same day.

May 4 (Sunday, 1:30-3:30 pm)
HEALING SOUNDS WORKSHOP with
Jo Brill
Explore the intricate sounds of the Sanskrit language. Workshop includes asanas and chanting. \$25 in advance, \$35 same day.

Hudson Yoga

Kate Graham, Director
5 Old Post Road South (just moved
across street!)
Croton-on-Hudson, NY 10520
914-271-5909
www.hudsonyoga.com

April 26 (Saturday, 1-2:30 pm and 3-5 pm)

Two workshops with Tao Porchon-Lynch: Gentle Yoga (\$35) followed by Intermediate (\$40).

Sage Yoga @ The Gym

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

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

TRAVEL WITH TAO to PRAGUE (May
23-31), GREECE (August 21-30) or
INDIA (Sept 18 - Oct 7). Deluxe accom-
modations, wonderful food, world-
class yoga, cultural excursions, adven-
ture, more! For more information
contact Joyce (jhpines@optonline.net).

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.

BULLETIN BOARD, *continued*

April 6, April 13 (Sundays, 1-5 pm)
KIDS YOGA TEACHER TRAINING with
Antonia Noonan and Betsy Kase. Kids
yoga is on the rise, as children and
teens cope with enormous stress. This
program for yoga teachers and class-
room teachers gives tools for teach-
ing children in grades K-8. Includes
sample class outlines, tips for dealing
with rowdy or disruptive behavior,
and much more. CEU credits. \$200.

April 13 (Sunday, 2-4pm)
FELDENKRAIS METHOD® WORKSHOP:
Softening the Neck, Shoulders, Jaw
and Chest with Kim Plumridge
Fee: \$30

Focus on restoring and improving
the coordination of these areas.
Enjoy lessons in gentle breathing and
Awareness through Movement®.
Come away with short, practical exer-
cises that will help you to keep this
area soft and flexible. \$30.

Yoga on Main

John Kortmulder, Director
Classes at Lutheran Church
15 South Bedford Road
Mount Kisco, NY 10549
www.yogaonmain.blogspot.com
914-589-0964

April 27 (Sunday morning)
ANNUAL FIELD TRIP TO THE CHUANG
YEN MONASTERY coordinated by
John Kortmulder. Meet between 7:30
and 8 am at the Lutheran Church in
Mount Kisco (across from Northern
Westchester Hospital) or meet at the
monastery (www.baus.org) in Carmel
at 9 am sharp. Join in a morning

meditation (sitting and walking) and
hear a dharma talk. Enjoy the beauti-
ful grounds and stay for vegetarian
lunch (\$5) if you like. Call John (589-
0964) for more info. No fee for the
trip; donation to the monastery is
optional.

The Yoga Sanctuary

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

April 4 (Friday, 6:30-8 pm)
BUDOKON YOGA with Renee
Diamond. \$30 advance registration.

April 18 (Friday, 7-9 pm)
JOURNEY DANCE with Trinity. \$30
advance registration.

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.villasshanti.com.



FINAL THOUGHTS



The Poet Comments on Yet
Another Approaching Spring

*Don't flowers put on their
prettiness each spring and
go to it with
everything they've got? Who*

*would criticize the bed of
yellow tulips or the blue
hyacinths?
So put a*

*bracelet on your
ankle with a
bell on it and make a
little music for*

*the earth beneath your foot, or
wear a hat with hot-colored
ribbons for the
pleasure of the*

*leaves and the clouds, or at least
a ring with a gleaming
stone for your finger; yesterday
I watched a mother choose*

*exquisite ear-ornaments for someone
beloved, in the spring
of her life; they were
for her for sure, but also it seemed*

*a promise, a love-message, a commitment
to all girls, and boys too, so
beautiful and hopeful in this hard world
and young.*

“THIRST”
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 located five minutes from the station.