

YTA

---

Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



Lauri Nemetz  
72 Underhill Road  
Ossining, NY 10562

April 2009 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).



Design and layout: Lisa Sloane  
[www.lisasloanedesign.com](http://www.lisasloanedesign.com)

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

**APRIL 2009**

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**

##### **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 2009 YTA NEWSLETTER**

## *Message From the Board*

Dear All,

Ah Hah! Uh Oh! Ho Hum! Hoo Hah! So Ham!

All these are exclamations that can define the course of development  
in any situation.

Ah Hah! is that astounding flash of insight that floods us with illu-  
mination and an awareness of learning something new that expands the  
consciousness.

Uh Oh! and Ho Hum! follow all too soon. The peak moment that  
was experienced when the light bulb went on either dims gradually and  
is followed by the ennui of Ho Hum! or is dimmed by the Uh Oh! of  
fear and anxiety.

Hoo Hah! is the attitude that pooh-poohs anything new, different or  
exciting because it is too much trouble to come out of the state of leth-  
argy. Leaving the habitual comfort zone, as boring and dull as it might  
be, takes work, patience and energy.

As we practice our yoga we learn to identify the “maya” that gets  
in the way of change, growth and development. Our physical, mental  
and emotional and spiritual aspects of our being can only flourish and  
flower when we take the necessary steps to ground ourselves in our own  
truth. In order to see, feel and live this truth, we have to be willing to  
undertake the task of creating and developing the courage and personal  
strength it takes to bring in the light- the light to look within and to  
dispel the shadows.

So Ham! then becomes the personal mantra that eradicates all the  
indecision, uncertainty and confusion that drains and diminishes our  
existence. “I am” stands in the light!

As yoga teachers we have the sacred task of helping others to find  
the path to their personal truth. Being part of YTA and attending the  
monthly workshops is a great way of refueling and retooling ourselves  
for the job. By joining together and enjoying each other we can bring  
more high energy forward.

So Ham!

*Paula (Renuka) Heitzner*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### The Loving Spirit of Yoga for All Ages

Gail Bentley Walsh



#### WHEN

Saturday, April 11, 2009  
1:30- 4:30 p.m.

#### WHERE

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

**Laughter**, intergenerational union, happiness and compassion – come explore these universal principles of yoga and fire up your creative imagination through asana, imagery, pranayama and meditation.

**Gail Bentley Walsh, ERYT-500**, is Founder and Director of Yoga Mountain Inc., with sites in New City, Cornwall-on-Hudson, and Mahwah, New Jersey.

Gail is a former Peace Corps Volunteer, a Human Rights activist, and author of *Yoga in the Classroom*. She oversees and teaches retreats, classes, and workshops for the Mental Health Association of Rockland County, corporations and businesses, nursing homes, schools, hospitals, and for all levels of yoga students and teachers.

More at:  
[yogaintheclassroom.net](http://yogaintheclassroom.net).

**TO REGISTER** for the April 2009 YTA workshop with Gail Bentley Walsh 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

**April 11** – Gail Walsh  
The loving spirit of yoga for all ages. Details and registration info in this newsletter and at [www.ytayoga.com](http://www.ytayoga.com).

**May 9** – Ginna Sloane  
Yin yoga.  
Learn more about Ginna at [www.yogasource-santafe.com](http://www.yogasource-santafe.com).

**June 13** – Hari Kaur Khalsa  
Kundalini. Learn more about Hari Kaur at [www.golden-bridgeyoganyc.com](http://www.golden-bridgeyoganyc.com).

#### 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](http://www.yogashine.com)), or [yogashine@verizon.net](mailto:yogashine@verizon.net).

Find YTA on facebook!  
Search for "YTA yoga"



## The Light of the Sun

*A Conversation Between Iris Brooks and Gail Walsh*

Sipping a cup of tea and gazing out at the Hudson River, Yoga Mountain Wellness director Gail Walsh reminds me, yoga is like the Hindu proverb: “The light of the sun reveals all things; but the light of the sun can only reveal itself.” Walsh objects to the implied perfection of what she terms “calendar yoga,” emphasizing yoga is about self-acceptance.

**IB** – There are many styles of yoga, both ancient and modern. What does yoga mean to you?

**GW** – Yoga is a journey of awareness in two different aspects of reality: the sun (“ha”) or surging creative force, and the moon (“tha”) or the receptive grounding force. In Eastern philosophy, it’s the creative and the receptive; it’s spirit and matter. It becomes a philosophical study simultaneously with a physical activity.

At Yoga Mountain we draw on a variety of styles and traditions, combining them into

an integrated practice of hatha yoga and mindfulness meditation. Rhythm is more important to me than style. To break down resistance to change, one may sometimes need dynamic, flowing vinyasa sequences; at other times, one needs gentle, healing, restorative work.

**IB** – Some yoga studios have separate classes for beginning, intermediate, and advanced students. Why do you encourage students of all levels to mix together in each class?

**GW** – Physical prowess has very little to do with the study of yoga. There is a message of compassion to work with people at different levels. It teaches mutual respect when you gather together; it’s not a competitive group. I want to discourage judgment. There is no hierarchy—we are all beginners, all the time.

**IB** – For many people, yoga is primarily a physical practice involving flexibility, strength, and endurance. How do you

feel about the physicality of the practice?

**GW** – It is primarily a physical practice, in which everyone should be forgiven for not having perfection. All of life is a physical practice. However, there is a difference between fitness and wellness. Fitness is the ability to adapt to a task—for example, fit to run a marathon—and wellness is movement on a path of self-knowledge. They ain’t the same animal. So we are going for wellness and along with that we are going for physical and mental health.

**IB** – From your experience with students through the years, what maladies has yoga helped?

**GW** – Most dramatically, misery and anxiety together with addiction and eating disorders. Also body pains such as frozen shoulder and lower backache.

**IB** – Where are you focusing your energy these days?

**GW** – I’m studying Sanskrit/“devanagari” (of the city of celestial beings). To me it’s a natural progression of studying yoga. Both asanas (poses) and language are full of symbols and metaphors. For example the mountain pose—used for centering—symbolizes the mountain with its geometric

shape. When you are in the pose, the strength of the mountain image helps connect you with the earth and all of life.

**IB** – When teaching yoga, how do you keep it fresh?

**GW** – That’s such an important question especially for people who teach yoga regularly. In the yoga teachers certification program it comes up again and again. How do you find depth and resonance in postures you’ve done so many times? These days we are studying habitual and learned behavior through asanas and meditation.

**IB** – What does yoga continue to teach you?

**GW** – As a woman of 62, my habitual pattern assumes I’m over the hill. Is it over or is it just beginning? In my own practice these patterns are breaking down. Lately I’m involved with “yama mama” (literally, “oh practice of mine”). I love Dr. Herbert Benson’s notion of meditation as “wellness remembered.” And what intrigues me most these days is practicing contentment.

**Iris Brooks**, a widely published author who frequently writes about the arts, travel and health, has practiced yoga on seven continents.

## BULLETIN BOARD

### Iyengar Yoga Scarsdale

Nancy Kardon, Director  
914-629-1994  
[www.yogascarsdale.com](http://www.yogascarsdale.com)  
74 Brewster Road  
Scarsdale, NY 10583

Fridays (5 - 5:45 pm)  
YOGA FOR TEENS with Nancy Kardon.

### Sage Yoga @ The Gym

Susan Rubin, Director  
914-219-1601  
[www.armonkyoga.com](http://www.armonkyoga.com)  
99 Business Park Drive  
Armonk, New York 10504

April 26 (Sunday, 1 - 3:30 pm)  
UNFOLDING HEARTS AND BODIES  
with Susan Rubin & Colleen  
Breeckner. Explore the healing benefits of practice with heart openers and twists. \$45.

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](http://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](mailto:jhpines@optonline.net).

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

### Yoga for Well-Being

Fran Ubertini, Director  
2 Industrial Drive  
Florida, New York 10921  
845-651-9642  
[www.yogaforwellbeing.org](http://www.yogaforwellbeing.org)

May 1 (Friday, 10 am - 1 pm)  
PATANJALI'S YOGA SUTRA with Sonia Nelson. Through the traditional method of listening and repeating, learn to chant selected sutras from the four books of Patanjali's Yoga Sutra. \$60.

May 1-3 (Friday-Sunday)  
MEDITATION WORKSHOP with Sonia Nelson. Using the profound but accessible tools of pranayama, mantra, mudra, gesture, and visualization, explore the theory and practice of yogic meditation. By the day (total \$260) or all sessions including Friday morning for \$275.

### Yoga Haven

Betsy Kase, Director  
914-337-1437  
[www.yogahaven.com](http://www.yogahaven.com)  
62 Main Street - 2nd Floor  
Tuckahoe, NY 10707

April 4-5 (Saturday-Sunday, 1-5 pm)  
KIDS' YOGA TEACHER TRAINING with Antonia Noonan. Children and teens experience an enormous amount of stress, and kids' yoga is growing as a way to help. Learn to adapt traditional yoga techniques in simple, fun and imaginative ways. \$200

## BULLETIN BOARD, continued

April 19 (Sunday, 2-4 pm)  
YOGA FOR LOW BACK, SACRUM AND HIPS with Patty Meehan and Sarah Knox. Review sequences from Gary Kraftsow's DVD, Viniyoga Therapy for Low Back, Sacrum and Hips, and begin the journey to a healthy spine! Purchase of the DVD ahead of time is recommended. \$35.

April 26 (Sunday, 2-4 pm)  
SEQUENCING WORKSHOP with Michele Gervino. Learn to sequence a class, with one pose building upon the other, bringing your students safely through each asana—for classes that are easier for you to teach and for your students to experience. \$25.

### Yoga Mountain Wellness Center

Gail Bentley Walsh, Director  
845-639-0736  
[www.yogamountain.com](http://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.

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.

May 10 (Sunday 12:30-7:30 pm)  
LOVING ART OF YOGA for all ages. Explore intergenerational union, compassion, and through asana, imagery,

pranayama and meditation. Repeated Saturday, May 16, in Cornwall.

June 14 (Sunday 12:30-7:30 pm)  
YOGA FOR LONG LIFE and everyday living. Learn the yogic principles behind the physical practice; incorporate yoga into your lifestyle and live in the present. Repeated Saturday, June 20, in Cornwall.

### Yoga on Main

John Kortmulder, Director  
Classes at Lutheran Church  
15 South Bedford Road  
Mount Kisco, NY 10549  
[www.yogaonmain.net](http://www.yogaonmain.net)  
914-589-0964

April 26 (Sunday morning)  
ANNUAL FIELD TRIP TO THE CHUANG YEN MONASTERY. 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](http://www.baus.org)) in Carmel before 9 am. Join in a morning meditation (sitting and walking); enjoy a dharma talk, the beautiful grounds and vegetarian lunch (\$5). Call John (589-0964) for more info. Donation appreciated.



## FINAL THOUGHTS



### Change

*Change. We think about it often and vow to do something about it. And although we are into a quarter of the new year, sometimes old (those which we resolve to abolish) habits and behaviors tend to resurface. We vow to change - our eating habits, our hair, our behavior - and yet, the “old us” keeps sneaking in. How do we get ourselves to the next level?*

*Remember when you first started yoga and were unfamiliar with body awareness, alignment? Where does our foot go in Virabhadrasana I or II (Warrior) or Trikonasana? Our arms? And if we practice varied traditions of yoga, what are the differences in asana in Iyengar, Ashtanga, vinyasa?*

*Well, changing old behavior takes practice. It takes practice to change what we want to. Like yoga. We practice regularly and we begin to see change over time. We get better; we're not so uncoordinated. We learn to breathe while we are practicing pose after pose.*

*Often, others notice the change before we do. When they mention what they see, we are somewhat surprised, and then we realize the subtleties that have crept into our lives. We see how yoga practice has informed change in us off the yoga mat.*

*Even when we think nothing is happening, many things are occurring. Thus, the glory of practice! Fear not! Embrace change, welcome it! Tell it to come in and have a seat! Let it feel as familiar as when we come to our mat. After all, it really is what we know.*

BY 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.