

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

April 2010 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 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.



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www.lisasloanedesign.com

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Sylvia Samilton-Baker

APRIL 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.



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APRIL 2010 YTA NEWSLETTER

Letter From the Board

Dear All,

Can you believe that April is here, with its bowers of flowers and splash-splashes showers? In our part of the world, this is the month the planet begins to breathe deeply. It awakens to receive the gifts of Mother Nature. This breath brings forth the growth and greening of the land and ends the hibernation of its creatures. Dormancy is virtually impossible and life and light abound!

In the yoga community we place great importance on the breath. Breathing practices create the calmness that can neutralize stress. The stilling of the mind results in greater focus with an increase of conscious awareness allowing our innate intelligence to shine through. Physical, mental and emotional and spiritual expansion occurs with the breath leading to enhanced health and wellness.

All the great religions refer to the breath with awe. The Hebrews would not say the word “God” because the concept was just too great to comprehend and it was deemed respectfully unspeakable. The word “Yahweh” was used instead to refer to God and to keep the divine identity mysterious. When Moses asked for the divinity’s name the answer given translated to: “I Am Who I Am” and we now know it goes even deeper than that- formerly the word was not spoken at all, but breathed! Therefore, the one thing we do every moment of our lives connect us to the highest energy and it is our first and last effort as we enter and leave the plane.

The New Testament makes many references to the breath- “That breath, wind, spirit and air are precisely nothing and yet everything”.

“Just keep breathing in this way and you will know that you are connected from cavemen to cosmonauts, to the entire animal world, and even to the trees and the plants. And we are now told that the atoms we breathe are physically the same as the star dust of the Big Bang. Oneness is no longer a vague mystical notion but a scientific fact!” (Excerpt from *The Naked Now* by Richard Rohr). Isn’t this quote a great alternative way to perceive Prana?

Those of us who engage in the practice of yoga are fortunate to be aware of this vast and valuable connection to the breath and we can continue to deepen our experiences with the monthly programs offered through Y.T.A. Bring your body and breathe with others of like heart and spirit! The workshops are varied and we are very open to suggestions and requests from you.

*With abounding light and life,
Paula (Renuka) Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Asana From the Inside Out – Backbends with Zack Dixon

WHEN

Saturday, April 10, 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

In this workshop, Zack will teach specific techniques with particular attention to detail and alignment to bring you safely and more deeply into your backbends. You will be taught to use the outer form of the yoga poses to quiet the mind and move closer to the Self.

Workshop includes specific asana instruction, yoga philosophy, and pranayama (breath control).



Zack Dixon lives and teaches yoga in Cape Cod, MA. He gives workshops and classes throughout the Northeast and offers winter retreats in such exotic locales as Costa Rica, Mexico and Jamaica. He teaches the precision and refinement of the Iyengar Method.

Zack's classes are at once spirited and quiet. His teaching has been described as focused and compassionate. With a style that is accessible to beginners and adepts, he strives to create a supportive environment in which to learn.

Zack has a B.A. in Human Development: Wellness and Holistic Health from Eckerd College in St. Petersburg, Florida. He studies yoga with classical Iyengar teacher Patricia Walden in Cambridge, Massachusetts. Learn more about Zack at www.yogawithzack.com.

TO REGISTER for the April 2010 YTA workshop with Zach Dixon, 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

April 10 – Zack Dixon

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

May 8 – Jill Ganassi

Experiential Anatomy/The Shoulder Joint. Learn more about Jill at www.jillslakehouse.com.

June 12 – Jurian Hughes

Yoga and Ayurveda. Learn more about Jurian at www.ecstaticyogadance.com.

September 11

Tao Porchon-Lynch
Learn more about YTA's founder at www.taoporchon-lynch.com.

October 9

Karen Miscall-Bannon
Yoga Therapeutics. Learn more about Karen at www.sageandspirit.net.

November 13

Jeanne Deignan-Kosmides
The Yoga Sutras. Learn more about Jeanne at www.breathofjog.com.

December 11 – Becky Jensen
Inversions.

Find YTA on facebook!
Search for "YTA yoga"

TOPIC OF THE MONTH



Asana From the Inside Out

By Zack Dixon

MY INTRODUCTION TO YOGA

When I was twenty-three, my mom gave me her copy of *Light on Yoga* by B.K.S. Iyengar. I opened the shiny silver cover and found a long, dense introduction to the subject. I quickly flipped the pages past the introduction and saw for the first time beautiful black and white photos of the yoga asanas. My first impression was that the poses looked graceful and dignified with clear lines and strong energy.

As a surfer and athlete I was confident and well connected in my body, so I didn't hesitate to try the poses. I looked at the first three or four standing poses and copied them. I held each pose for 20-30 seconds. While in the poses I felt powerful and peaceful and I noticed my breath more than I would normally. After only a few minutes of practice I was feeling cleansed, as if my breath had moved through my body and carried away cobwebs from forgotten corners. There was a mild, even vibration all the way through my entire body and my mind was clear and still like a deep lake on a windless day. I was not asking questions nor was I giving answers. For the first time in a long time, I was quiet.

For the next few years I revisited yoga practice sporadically in much the same way. I opened the book from time to time and mimicked the first few poses. Each time I had the same result;

after practice I felt at home in my body and mind . . . there was no internal conflict, no resistance. I was in the moment and not worried about the past or the future. Wow! Can I feel like this more often? If I do more yoga will I feel like this all the time? Who knows about this? How do I share this? . . . I took my first yoga class in Haleiwa, Hawaii at a community center on the North Shore of Oahu.

Iyengar yoga emphasizes correct alignment of all parts of the body within each yoga pose. This precision builds strength and stamina—balance and flexibility—and a sense of well being. Achieving meditation in action, students learn to exist fully and vibrantly in the present moment.

I have been practicing and teaching Iyengar Yoga for ten years now. The Iyengar approach of specific alignment and attention to detail has both challenged and enlightened me. It's been hard and it's been fulfilling. During years of practice, proper alignment in the asanas has helped me to experience more fully the eight stages of yoga. Correct alignment in the poses is one of the hallmarks of Iyengar Yoga and my teaching.

Yoga has taught me to observe my own state of mind. Sometimes my mind is focused and peaceful in the present moment and other times scattered and disturbed jumping from past to future and back again. The goal of yoga practice is the former. My practice of alignment principles is a training in awareness. If I can notice when certain parts of my body are out of place then I can also become perceptive to when I am not present mentally. Often, just the act of noticing brings me back to the present moment. And the present moment is where it is all happening.

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 by the 15th of the month for publication on the first of the next month.

Infinite Yoga Center

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

April 16 (Friday, 6:30-9:00 pm)
A TASTE OF SOMAVEDA™ THAI
YOGA THERAPY with Ethan Sisser.
Experience this beautiful form of yoga~bodywork~meditation! Through demonstration and hands-on practice, gain first-hand experience in giving and receiving Thai Yoga Massage, receiving guidance from an expert practitioner, and instructor. Please register by 4/9: \$35 in advance.

Westchester Institute of Yoga

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.

Yoga for You

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

April 11 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
Betsy Kase, Director
914-337-1437
62 Main Street - 2nd Floor
Tuckahoe, NY 10707

April 9 (Friday, 7-9 pm)
INTRODUCTION TO IYENGAR YOGA
with by Jill Ganassi
Fee: \$25

Come to Iyengar yoga to develop deep awareness of how to align the body and mind in asana (yoga postures). Protect the integrity and health of the musculoskeletal structure and enhance the healthy functioning of the organs. Heal and work with limitations. A fun, light hearted exploration. \$25.

April 11 and 25
(Sundays, 12:45-6:30 pm)
RESTORATIVE YOGA TEACHER
TRAINING with Karen Safire
Help yourself, your students, family and friends with the healing power of restorative yoga. Learn its benefits; the conditions the body needs to relax fully; and poses for many physical ailments and illnesses. If you'd like to add a pose or two to your regular asana class, or if you'd like to teach

restorative yoga classes, this training is for you. Bring a camera to take photos of the poses. \$300.

April 18 (Sunday, 1-3 pm)
FELDENKRAIS METHOD® : BREATHING
EASY with Kim Plumridge.
Tension in the jaw, neck, shoulders and chest can interfere with your ability to take a full, deep breath. Ease this tension with a gentle Awareness Through Movement Lesson® and become more aware of the whole breathing space with a Feldenkrais Breathing Lesson. Fee: \$30.

April 24 (Saturday, 3:00-4:45 pm)
CORE YOGA with Debi Mancuso.
Explore the yogic approach to core strengthening and ignite the fire or agni at the seat of your power. Abdominal muscles protect the organs and also assist in the functioning of digestion and elimination. With the support of a strong abdominal core we experience less low back fatigue and even stand a little taller. Beginner level with adaptations suggested for the more physically enabled. \$25

The YogaScape & Spa

www.theyogascape.com
Amy Pearce-Hayden, Director
845-225-YOGA (9642)
1100 Route 52, 2nd Floor
Carmel, NY 10512

April 5, May 2 (Sunday, 1:30-2:30 pm)
FREE COMMUNITY YOGA CLASS. Free
Community Yoga Class.

April 10 (Saturday, 10 am - noon)
FOOD FOR LIFE SCHOOLS. Join the
Yogascape community for an all-levels
class, and get a chance to meet the
staff as they donate time for a worthy
cause in Vrindavan, India. Donation
\$20.

May 8-15
YOGA RETREAT IN MEXICO with
Amy Pearce Hayden in beautiful
Villas Shanti, Puerto Morelos. Asana,
pranayama, meditation, chant, sat-
sang, sutra study, ayurveda and tantra
spirit ritual. More info: <http://www.theyogascape.com/retreat.html>.

PRESENTED BY YTA MEMBERS

April 4-9
THE JAGUAR PATH IN-DEPTH
TRAINING SESSION 1 with Ray Crist
at Kripalu. Learn more at www.thejaguarpath.com/training_kripalu.html.
Tuition is \$495 plus room and board.
Get a 20 percent discount on meals
and accommodations by joining Robin
Laufer's group, the "Shamans' Group"
(five people required for discount).
To register, call 800-741-7353 and
say that you are part of the Shamans
Group. Email: laufer123@aol.com.

May 1, June 5 (Saturdays, 1 - 2:15 pm)
BACK CARE BASICS: New tech-
niques to enhance your practice
at home and in class, with Lauri
Nemetz. Create balance in the
body. At the Back & Neck Center in
Cortlandt Manor (www.backneckcenter.net, 914-739-7799).

May 21-23
THE ETERNAL ENERGY OF YOGA
with Tao Porchon-Lynch at the
Satchidananda Ashram, Yogaville, in
Buckingham, Va. First time partici-
pants receive \$40 discount.
More info: 800-858-9642,
www.integralyogaprograms.org.

YOGA AND KAYAKING with Lauri
Nemetz and Bruce Smith - Costa Rica
in the winter - Deer Island in the spec-
tacular Bay of Fundy in the summer.
Trips are full for 2010 so inquire now
for 2011! www.wellnessbridge.com.

FINAL THOUGHTS



Om, spring!! Deep exhale!

Spring is finally and formally here, as far as the calendar goes.

It is a time of shedding layers—winter coats, clothing, skin.

The earth grows and blossoms. Trees bud, plants wake from their sleep.

In terms of doshas (Ayurveda), the elements of Kapha, are earth and water. Kapha's earth element of cold and moisture bring winter's deep freeze and the liquefying nature of its water element brings the winter thaw.

Spring cleaning, detoxification are all ways in which we cleanse our homes, ourselves. Our diet becomes lighter; we are outside more to enjoy the length of the day and its light.

Our own lives can become more rhythmic as we follow the rhythms of earth and its seasons. Life should be able to flow when we move with nature, rather than against it.

Mother Earth has washed the earth: the snow this winter, the rains last week—brutal and devastating for many. The earth is ready for us to take its lead!

Spring is a new beginning in which to do this - begin anew. Shed the layers, sow the seeds and plant the crops for new growth and prosperity of the new coming season!

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.