

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

May 2007 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 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](http://www.wainwright.org)



## MAY 2007

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

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## MAY 2007 YTA NEWSLETTER

### Message From the Board

With the vagaries of March behind us, her blustery-ness and ambivalence over what weather patterns she will bestow upon us, April arrives bringing the signs and signals of rebirth and renewal on all aspects of life.

Yoga is a way of life, Yoga exemplifies life! The relationship that develops between you and your body in a yoga class, or in a single posture, can be a doorway to understanding the hidden nuances of our being that separates us from our higher selves. What better teacher to guide us to the hidden knowledge within than our own bodies? What better way to connect with our hearts and feelings (love, hate, remorse, resentment, guilt, anxiety—the full gambit of human emotion) than in a yogic relationship with ourselves.

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—opportunities to go through the emotional, physical, and spiritual hurdles and hardships that life has a way of bringing to you when you

least expect it. These happenings are the challenges that help define who you are and uncover the courage and strength that is hidden within all of us.

Because of my own personal experiences, I feel so much closer to people in my life and in my classes. I am able to understand, feel, and know what they are experiencing because I've been through it myself. Yoga has taught me that we share basic human experiences—it's just the faces and places that are different.

Yoga has permitted me to view life through different eyes; to understand things from a different perspective, to not be coerced or swayed into acceptance of a popular belief; to not buy into what Madison Ave. has to sell. It offers me the ever-unfolding security of the self-trust, self acceptance, and self love.

I feel privileged to share my path with all of you and look forward to continue this journey with you.

*In Light and Love,  
Paula Heitzner (Renuka)*

*E-RYT*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### Yoga and Scoliosis Workshop-Part 2

**WHEN** - Saturday, May 19, 2007  
from 1:00 – 5:00 pm (note time!)

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

Back by popular demand, Deborah Wolk will cover more techniques for working with scoliosis in this workshop for students and teachers who are continuing to deepen their work. The practice of yoga can help bring awareness to a spinal curvature and may relieve pain as well as slow the progression of scoliosis. A consistent yoga practice that specifically addresses the scoliosis with awareness and alignment will practically assure these results.

This workshop will briefly revisit the basic anatomy concerning the three dimensional curvature of the spine and how it affects one's body/mind and health. Ways of practicing asana and using props especially geared towards those with scoliosis will be explored. Anyone with scoliosis is encouraged to attend this workshop including those people considering yoga as a therapeutic option. Yoga teachers and body workers are also encouraged to attend. Attendance is limited to insure enough space for participants. Please bring two blocks, a belt, and several blankets for this workshop!

**Deborah Wolk** is certified to teach by Yoga Union at the 500 hour level, registered with Yoga Alliance and as a

Yoga Therapist with IAYT. She is certified as a Yoga for Scoliosis teacher with Elise Miller. She teaches at Yogasana Center for Yoga and Interfaith Yoga in NYC. Having practiced yoga since 1994, Deborah found through the patience and skill of her teacher; Alison West, that practicing alignment-based yoga could control back pain and arrest the progression of her scoliosis. That awareness inspired her to complete Alison West's Yoga Union Teacher Training in 2000. She then studied Yoga and Scoliosis with Bobbie Fultz, completed Karin Stephen's Advanced Studies Program in Therapeutics and Healing in 2003. Deborah created the first weekly Yoga & Scoliosis class on the East Coast, currently held at Interfaith Yoga in NYC. Beginning this month, she is opening a yoga center with Alison West called The Yoga Union Center for Back Care and Scoliosis. It is located at 32 W. 28th St., 4th floor in NYC.

To register, fill out the form and send along with payment (checks payable to *Yoga Teachers Association*) to **Michael Sassano**, 21 Ronny Circle, Hastings-on-Hudson, NY 10706. (yogadad@optonline.net) You must preregister to guarantee a place for this workshop.

#### FOR MORE INFORMATION

Michael Sassano 914-478-0694  
Sylvia Samilton Baker 914-202-5552  
Lauri Nemetz [info@ytayoga.com](mailto:info@ytayoga.com)

**TO REGISTER** for the May 2007 YTA workshop, 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: \_\_\_\_\_

ZIP: \_\_\_\_\_

PHONE #: \_\_\_\_\_

CHECK: \_\_\_\_\_

Deborah Wolk

For more information call 914.478.0694

#### COST

YTA Members: \$65

Non-Members: \$75

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#### SAVE A TREE

Would you like to save a tree and help cut postage fees?

You can by registering with YTA to receive the monthly newsletter by email.

Just send your email address to [info@ytayoga.com](mailto:info@ytayoga.com) to request the monthly newsletter by email.



## *Scoliosis and yoga practice*



The last time we welcomed Deborah Wolk to the YTA in November of 2006, the response to her work was so great that we decided to have her back for more!

There is a definite interest and need for the growing area of therapeutic yoga, and scoliosis. I have known Deborah for several years and greatly enjoy her intelligence and diligence to her yoga practice. She is one of the first yogis I ever met to most carefully draw a line down the middle of her mat and line up the mat precisely with any room she is in. Deborah's background includes working as an artist, and some of this yoga alignment might seem to be related to her visual work. However, if you have scoliosis or work with it, you know that these details are quite important for orienting the body in space. Those of us with scoliosis become highly disoriented when we close our eyes while moving and we need visual cues to keep us working well.

The word "scoliosis" itself comes from an ancient Greek word that means twists and turns. Did you know that the famous Greek physician Hippocrates treated scoliosis in 4 B.C. with braces? This early documentation shows that humans have been struggling with this disease probably from the time we began standing. Currently it affects more than 6 million people in the US alone. Most of these cases are idiopathic in nature, meaning no one knows exactly what causes scoliosis,

although it appears to have a genetic and hormonal component.

Symptoms of scoliosis can include:

- Uneven musculature on one side of the spine
- Uneven hip and shoulder levels
- Asymmetric size or location of breast in females
- Unequal distance between arms and body
- Clothes that do not "hang right", ie. with uneven hemlines

These symptoms can impact functioning in everything from the lungs to self-esteem. Working with yoga can help bring awareness to the areas of curvature, and may help relieve pain and slow the progression of scoliosis, which typically worsens a degree each year. Those with scoliosis seek yoga practice for the same reasons we all do- to become more balanced.

From Deborah I've also learned to be an advocate of my own practice and every time we get together I've picked up some adjustment or new way of working in an asana that ends up in my own work. Deborah created the first weekly yoga and scoliosis class on the east coast, and beginning this month she is opening a new yoga center with Alison West called *The Yoga Union Center for Back Care and Scoliosis*. It is located at 32 W. 28th St., 4th floor. Come see her this month at our YTA workshop on May 19th for an extra long session from 1-5 p.m. as we work more in depth and help you and your students embrace the body you have, twists and all.

Submitted by:

Laurice D. Nemetz, MA, ADTR, RYT, LCAT,  
Co-President of The Yoga Teachers' Association

## BULLETIN BOARD

### Tao Porchon-Lynch

will be bringing her 88 years of wisdom to the Briarcliff Manor Recreation Center.

48 Macy Road, Briarcliff Manor

### Sunday, May 6th

Session I: 1:00-2:30 pm - A Gentle Yoga Workshop; Fee: \$35.00

Session II: 3:00-5:00 pm - Intermediate Workshop (more advanced postures and vinyasa)

Fee: \$45.00

Please make all checks payable to Joyce Pines and mail to address above.

### Yoga Journey

196 Maple Avenue - 2nd Floor

White Plains, NY 10601

914.227.9375

yogajourney@aol.com

www.yogajourney-ny.com

### Sunday, May 6

Creative Yoga Writing: Writing a Meditative Journey

12:30-2:00 pm

with Sinda Anzovino, E-RYT, CTYMT

Fee: \$30.00

### Friday, May 18

Reiki Healing Circle & Guided Meditation

7:30-9:00 pm

Reiki Masters - Debbie Taylor, RN, LMT and Elyse Savoy, RN

Fee: \$20

### June 9 - October 28

200-Hour Vinyasa Teacher Training

Saturdays 2-6 pm

9 Sundays 12:30-8:30 pm

\$2300.00

Taught by Sinda Anzovino, E-RYT, Co-Owner & Director of Teacher Training and Lynn Culbertson, E-RYT, CPT. Call for brochure and application.

Application Deadline May 1st!

### Hiring:

Mommy & Me/Toddler & Me Yoga Teachers

Kids Yoga Teachers

Substitute 200-Hour Vinyasa Certified Yoga Teachers

Licensed Deep Tissue Massage Therapist

Please Send Cover Letter and Resume to [yogajourney@aol.com](mailto:yogajourney@aol.com)

### Yoga Haven

62 Main Street - 2nd Floor

Tuckahoe, NY

914.337.1437

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

Betsy Kase, Director

### Family Yoga (children 4-8 years old)

Saturday, May 5th, 2:00-3:15 pm

Antonia Noonan

Fee \$35.00

Yogis and yoginis come together in a lighthearted environment for individual, interactive and partnering poses. Fun yoga with games, music, breathing exercises, relaxation techniques and self expression through yoga.

The class is open to extended family members and caregivers.

## BULLETIN BOARD, *continued*

### Yoga for the Neck and Shoulders

Sunday, May 6th, 2:00-3:45pm

Sarah Knox and Patty Meehan

Fee: \$25.00

Our stressful lives often result in neck and shoulder pain. In this workshop, you will learn techniques that reduce tension and pain in the neck and shoulders. Some suggestions will be given on how to manage your pain in a group yoga class and restorative poses that you can use in your personal practice. Focus on using the breath to assist in learning to relax.

Patty Meehan is a certified Viniyoga teacher (who trained with Gary Kraftsow, who wrote *Yoga for Wellness*). Patty is also a certified Yoga Haven teacher. Patty has practiced extensively and has been teaching for the past 7 years.

Sara Knox has been teaching since 1997. She completed her Level II teacher training at Yoga Zone (YogaWorks) and received her 200-hour certification from Yoga Haven where she has been teaching for over 6 years.

## UPCOMING YTA WORKSHOPS

**May 19** - Debra Wolk - Yoga & Scoliosis - Part 2

**June 23** - Priti Robyn Ross - Part II: Assisting

**July** - To be Announced

**August** - Summer Break

## NEW MEMBERS

Christina Patierno-Fainke

Allison Kern-Adler

Jamie Pollack



## FINAL THOUGHTS



*What is this **prana** we always hear about in yoga?*

*Prana emanates from the root **an** meaning "to breath" and **pra** "forth." Prana means, "vital air," "breath of life," "life force,". This ancient Sanskrit term appeared first in the Vedas.*

*Although it is commonly thought of as the external air we breathe through the nose and mouth, it also refers to the internal life-force energy in the individual otherwise known as **chi** in Chinese.*

*The ancient sages first related the breath to the vital life-force energy. These are:*

***prana** - ascending air;*

***apana** - descending air;*

***vyana** - that which holds prana and apana;*

***samana** -digestive breath - the energy that carries gross*

*matter, i.e., food to the apana and brings subtle matter to the limbs of the body; and*

***udana** - that which carries the energy of food and drink up or down through the body.*

*That the breath is so closely linked to the life-force energy is no surprise. Breath is the one thing the we cannot live without for any length of time. When we stop breathing, we stop living. As the HATHA YOGA PRADIPIKA states, "As long as there is breath in the body, there is life. When breath departs, so too does life. Therefore, regulate the breath."*

EXCERPT FROM *Sacred Sanskrit Words*

BY LEZA LOWITZ AND REEMA DATTA

## ANNUAL DUES & WORKSHOP COSTS

**\$35.00** Annual dues for YTA Membership

### Workshop Fees

**\$35.00** For YTA members (only) 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.