

Lauri Nemetz  
72 Underhill Road  
Ossining, NY 10562

# YTA

---

Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



May 2008 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).



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

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

## MAY 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

## MAY 2008 YTA NEWSLETTER

### Message From the Board

Dear All,

After writing the message for the April newsletter, I came across this succinct offering that dovetails with the sentiments I expressed in that article. I was enumerating the benefits of yoga, especially in the arena of the psychological, and would like to make this an addendum—perhaps to clip and save:

#### The 14 Steps to Nirvana by Akbarali H. Jetha

From sincerity comes truthfulness.  
From truthfulness comes feeling.  
From feeling comes harmlessness.  
From harmlessness comes unselfishness.  
From unselfishness comes detachment.  
From detachment comes objectiveness.  
From objectiveness comes clarity.  
From clarity comes concentration.  
From concentration comes observation.  
From observation comes self-realization.  
From self-realization comes awareness.  
From awareness comes alertness.  
From alertness comes enlightenment, and  
From enlightenment comes bliss.

Studies now document that a multi-component practice of yoga poses, breathing techniques and meditation contributes greatly to the academic success of students in all age categories. Kripalu has been sponsoring a program of meditation and yoga for musicians in conjunction with Tanglewood. Results have been phenomenal with the musicians reporting less stress, decreased stage fright and performance anxiety, increased physical stamina to meet grueling rehearsal schedules, and greater creativity and optimal ease when performing.

As the benefits of yoga become recognized in the varied aspects of life, our positions as yoga teachers become even more meaningful. The energies we need to educate the uninitiated. Our YTA organization is our resource to refuel and recharge the energies we need to rise to the task of educating the uninitiated.

Support yourself! Support the group! Support Yoga!

*In light and love,  
Paula Renuka Heitzner*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### Unnerving The Nervous System: Spotlight On The Brachial Plexus

Stephanie Pieczenik

**WHEN** - May 10, 2008

**Two Workshops:** 1:30 - 4:30 pm.

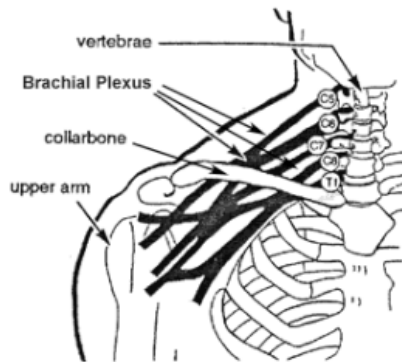
**WHERE :** The Yoga Center at the Wainwright House, Rye, NY

THE NERVOUS SYSTEM makes folks nervous ... but shouldn't. In this workshop, we'll demystify the anatomy and physiology behind our spinal cord, nerve roots and nerves, creating a foundation from which we can understand the system's function and importance.

The brachial plexus—that amazing network of nerves that lives in the axilla and governs the movements of our upper extremities—will be our case study, as we integrate our understanding of the nervous system with our yoga practice. For anatomy novices and more advanced students: a wonderful chance for you to learn, or an opportunity to both refresh and integrate your knowledge.

Please bring a notebook and pen, an anatomy atlas (if you own one), and clothes in which you are comfortable moving. No reason to be nervous ... we are, after all, our own living anatomy.

**STEPHANIE PIECZENIK** is a fourth year medical student at the Mt. Sinai School of Medicine, a certified Sivananda instructor, and co-creator of Living AnatoME (a series of anatomy classes taught via yoga & pilates). She is Co-Director for the Functional Anatomy for Movement and Injuries (FAMI) Workshop, a four-day anatomy / movement / injury program held at Mount Sinai. The workshop features time in the Gross Lab, lectures by orthopedic surgeons & renowned anatomists, and more! Learn more at [www.famiworkshop.com](http://www.famiworkshop.com)—be sure to check out the FAMI workshop coming up on June 19-22.



**TO REGISTER** for the May 2008 YTA workshop with **STEPHANIE PIECZENIK**, 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  
Non-Members: \$45

#### FOR MORE INFORMATION

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

#### UPCOMING YTA WORKSHOPS

May 10 – Stephanie Pieczenik  
1:30 - 4:30 pm  
Details and registration info in this newsletter and at [www.ytayoga.com](http://www.ytayoga.com).

June 14 – Susan Rubin  
1:30 - 4:30 pm  
Learn more about Susan at [www.armonkyoga.com](http://www.armonkyoga.com).

SUMMER SPECIAL EVENT  
August 16 – David Swenson  
Learn more about David at [www.ashtanga.net](http://www.ashtanga.net).

#### TEACHING OPPORTUNITIES

YOGA TEACHER WANTED  
Prenatal teacher needed for special Nurturing Motherhood series at The Yoga Sanctuary. Contact Ellen Patrick at [info@yogasanctuary.net](mailto:info@yogasanctuary.net) or 914-381-9642.

UNIQUE ONE-TIME GIG  
Volunteer wanted to teach the benefits of breathing, stretching and yoga at a walkathon hosted by the American Diabetes Association on Sunday, October 12, 2008, in White Plains. Take the stage 11-11:30 am. Contact Joyce Pines, [jhpines@optonline.net](mailto:jhpines@optonline.net).



## Tsk, Tsk, Bad Disc: Demystifying Disc Bulges and Herniations

**P**rolapsed discs, bulging discs, herniated discs—these terms float around yoga studios quite freely. Indeed, these conditions are some of the most common reasons why individuals with back pain seek help from yoga in the first place. Despite their familiarity, however, these terms—and the medical jargon surrounding them—can be confusing. This article distinguishes the two common disc problems and makes recommendations for affected yogis.

### **ANATOMY REFRESHER: THE INTERVERTEBRAL DISC**

Before delving into what goes wrong with discs, it's best to start with a general anatomical review of what they are and do, when functioning properly. Commonly likened to a jelly doughnut, an intervertebral (IV) disc has two layers: an inner gelatinous mass (the nucleus pulposus), and an outer fibrous casing (the annulus fibrosis). The content of the nucleus pulposus is mostly water, affording it the ability to act as a modified hydraulic shock absorber

every time the spine moves. The water composition, however, decreases with age, and contributes to the progressive decrease of one's height over time. The tougher annulus fibrosis surrounds the inner pulposus with fibrocartilagenous concentric layers, increasing the disc's shock absorption capability. In addition to shock absorption, the two components of the IV disc work together to provide intervertebral stability and an axis of rotation for spinal movement.

### **DISC BULGE AND DISC HERNIATION**

Discs are infamous for bulging, herniating, protruding, prolapsing, and a litany of other terms. Confused by the nomenclature? You're not alone. A few years ago, it took an entire multidisciplinary task force of spine specialists to come up with recommendations for a universal vocabulary. Here's a synopsis of their semantics.

Basically, there are two general scenarios that happen when a disc is displaced. First, a disc bulge refers to a gener-

alized outpouching of a disc's outer edges—i.e., the whole disc appears swollen—that may result from a variety of reasons, both normal and abnormal. In contrast, a disc herniation is defined as a localized displacement—i.e., a focal protrusion—of disc material. In most cases, the disc's nucleus pulposus is the protruding culprit; it peeps through a tear in the annulus fibrosis and often herniates into the vertebral canal where the spinal cord and nerves reside.

The rest of the terms are simply regarded as either colloquial synonyms for a disc herniation (e.g. slipped, ruptured, and prolapsed) or further classifications of its appearance. For example, a herniation can be called contained (if housed within the outer edges of the annulus fibrosis) or uncontained (if extended beyond the annulus fibrosis). It can also be categorized as protruded, extruded, or sequestered depending on its shape and location.

Nomenclature aside, most disc displacements are commonly found in the lumbar and cervical spines and can occur after strenuous activity (eg. lifting a piano), an accident (e.g. blow to the back), or the natural degeneration process that accompanies age.

### **MOVEMENT RECOMMENDATIONS**

So, how do you help yogis with these disc problems? First, advise them to seek medical attention and clearance; when possible, speak to their physician and physical therapist to help get everyone on the same wavelength. Once you have the green light, open your anatomy book, your eyes, and your ears. Every individual's experience with disc injuries will differ, as will their response to movement.

### **GENERAL GUIDELINES**

- Gently strengthen the spinal flexors, e.g. Boat pose, and extensors, e.g. Cobra pose.
- Gently increase range of motion of the spine, e.g. Seated spinal twist.
- Gently stretch the spinal extensors, e.g. Child's pose.
- Promote proper sitting and standing postures, e.g. Mountain pose.
- Be wary of exercises that combine flexion and rotation, e.g. Side crow pose.
- Refrain from any type of exercise that causes the client to experience radiating pain from their back into their extremities.

*By Stephanie Pieczenik*

## BULLETIN BOARD

### **Essence of Yoga, Inc.**

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

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

### **The Yoga Sanctuary**

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

May 2 and 3 (Friday-Saturday)  
AWAKENING THE GODDESS with  
Sheila Kelley's S Factor. Intro (\$40) is  
Friday 7-9 pm OR Saturday 2-4 pm.  
Conclude with "Spinning the Body"  
Saturday 5-7 pm, \$65.

May 9 (Friday, 6:30-8 pm)  
BUDOKON YOGA with Renee  
Diamond. \$30.

May 30 (Friday, 7-9 pm)  
JOURNEY DANCE with Trinity. \$30.

May 16 (Friday, 7-8:30 pm)  
YOGA FORE GOLF with Ellen Patrick.  
\$30.

June 6 (Friday, 6:30-8 pm)  
BUDOKON YOGA with Renee  
Diamond. \$30.

June 20 (Friday, 7-9 pm)  
JOURNEY DANCE with Trinity. \$30.

### **Westchester Institute of Yoga**

Tao Porchon-Lynch, Director  
914-997-0949

TRAVEL WITH TAO to GREECE (August  
21-30) or INDIA (Sept 18 - Oct 7).  
Deluxe accommodations, wonder-  
ful food, world-class yoga, more!  
For more information contact Joyce  
(jhpines@optonline.net).

### **Yoga for Well-Being**

Fran Ubertini, Director  
2 Industrial Drive  
Florida, New York 10921  
845-651-9642  
www.yogaforwellbeing.org

September 2008  
TEACHER TRAINING led by Fran  
Ubertini with guest teachers. This  
500+ hour course, in the tradi-  
tion of Krishnamacharya and T.K.V.  
Desikachar, runs through July 2010.  
Successful completion of Parts A and  
B will result in certification by KHYF  
(khyf.net). Each part consists of 10  
weekends and an additional week-  
long meeting.

### **Yoga Haven**

Betsy Kase, Director  
62 Main Street - 2nd Floor  
Tuckahoe, NY 10707  
914-337-1437  
www.yogahaven.com

May 4 (Sunday, 9 am - 4 pm)  
POSITIVE CHANGES: A  
PERIMENOPAUSE/MENOPAUSE  
WORKSHOP with Sylvia Samilton  
Baker, Louise Fecher, Basia Kinglake,  
Sarah Knox, Debbie Mancuso, Patty  
Meehan, and Clayton Shui, L.Ac.  
Details online. \$60 for half day, \$100  
full day.

May 10 (Saturday, 1:30-3:30pm)  
INTRO TO HATHA YOGA PHILOSOPHY.  
Understand the purposes of hatha  
yoga, its practices, history, relation-  
ship to other paths. (No asana.) \$35.

## BULLETIN BOARD, *continued*

May 18 (Sunday, 9 am - 4 pm)  
THAI YOGA BODYWORK TRAINING  
Level 1 with Michael Sitzer. Learn a  
new form: 30 minutes of techniques  
in prone, child's and seated positions.  
No experience required. Limit 12 par-  
ticipants. \$95 includes manual.

June 7-8 (Saturday & Sunday)  
PRENATAL TEACHER TRAINING with  
Betsy Kase. Learn how to help women  
prepare for pregnancy and childbirth  
with safe, supportive yoga practices.  
Postures, breathing, meditation. \$225.

June 14 (Sunday, 1:30-3:30 pm)  
THE SHOULDER JOINT IN ASANA AND  
IN LIFE with Jill Ganassi. Deal with  
tightness, pain, and injury. For experi-  
enced students with healthy or chal-  
lenged shoulders. \$45.

June 21 (Saturday, 2-5 pm)  
BACKBENDS FOR LEVEL 3 STUDENTS  
with Jill Ganassi. Strength and flexibil-  
ity for moving toward deeper back-  
bends. For students who can get into  
Urdhva Dhanurasana, upward bow  
(aka wheel) without assistance.

September 2008  
200 HOUR TEACHER TRAINING with  
Betsy Kase, Jill Ganassi, and Kathryn  
Thompson. Seven month program on  
Wednesday evenings and Sundays.  
Well-balanced training in a small,  
supportive environment provides  
the technical skills and confidence  
to teach an eclectic flow style class.  
Details and application online.

### **Yoga Journey**

Sinda Anzovino, Director  
196 Maple Avenue, 2nd Floor  
White Plains, NY 10601  
914-227-9375  
www.yogajourney-ny.com

May 2 (Friday, 6-7 pm)  
FAMILY YOGA (ages 4 and up) with  
Sinda Anzovino. \$35 for up to 4 fam-  
ily members, \$5 for each additional.

May 16 (Friday, 7:30-9:00 pm)  
REIKI HEALING CIRCLE & Guided  
Meditation with Reiki Masters Elyse  
Savoy RN and Debbie Taylor RN, LMT.  
\$20.

May 30 (Friday, 7-9 pm)  
PRINCIPLES OF ALIGNMENT FOR  
YOGA with Lynn Culbertson, DPT, E-  
RYT. \$30.

June 7 – October 25, 2008  
200-HOUR VINAYASA TEACHER  
TRAINING with Sinda Anzovino, E-RYT,  
CTYMT, and Lynn Culbertson, E-RYT,  
DPT. Start your journey towards teach-  
ing yoga or deepen your personal  
practice. Weekends. Fee of \$2,300  
includes Yoga Journey membership  
and workshops, discount, and special  
classes. Application form online; dead-  
line May 10.

### **Yoga Mountain Wellness Center**

Gail Bentley Walsh, Director  
132 Park Avenue  
New City, NY 10956  
845-639-0736  
www.yogamountain.com

May 3-4 (Sat & Sun, 12:30-7:30 pm)  
VOICE OF A TEACHER: Enhance your  
teaching methodology. Observation,  
adjustments, use of voice, principles  
of alignment and sequencing. Flex  
pricing, see website.

June 7-8 (Sat & Sun, 12:30-7:30 pm)  
YOGA AS THERAPY / RESTORATIVE  
YOGA. Props for rest in asana; calm-  
ing breathwork; designing a restful  
and restorative environment. Flex  
pricing, see website.

FINAL THOUGHTS



*From Sacred Sanskrit Words*

BY

LEZA LOWITZ AND REEMA DATTA

*This mantra celebrates the Hindu trinity.  
It is a prayer to acknowledge  
the powers within and without, to create and  
preserve positive energy and destroy negativity.*



*Gurur Brahma Gurur Visnu  
Gurur Devo Mahesvarah.  
Gurur Sakshat Para Brahma  
asmai Sri Gurave Namah.*



*Know the Guru to be Brahma (Creator).  
He is Visnu (Preserver).  
He is also Siva (Destroyer).  
Know him to be Supreme Brahma,  
and offer thy adoration unto him.*

**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 locat-  
ed five minutes from the station.