

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 2010 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).



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

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

**MAY 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.



#### **BOARD OF DIRECTORS**

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Laurice D. Nemetz, MA, BC-DMT,  
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Sylvia Samilton-Baker, MA, RYT

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To be announced

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Tao Porchon-Lynch, ERYT, IAYT,  
YTA Founder

Paula Heitzner, ERYT

Lisa Sloane, MA, RYT

Robin Laufer, RYT

**MAY 2010 YTA NEWSLETTER**

## *Letter From the Board*

Dear All,

Springtime renews our energy to find paths to good health on the physi-  
cal level and enthusiasm to pursue a spiritual journey.

How lucky are we to have yoga in our lives? We are able to health-  
fully benefit the body we live in at all times, and can enjoy the enhance-  
ment that makes other physical pursuits much more satisfying. All the  
sports, winter and summer, dance, hiking and biking improve with the  
expedience the body receives from a yoga practice.

When the weather gentles and the light increases, we find the spiri-  
tual journey encouraged by the signs of renewed life and beauty. Mother  
Nature encourages us, through her example, to flower and flourish. The  
heart opens and recognizes the blessings that surround us and reminds  
us that what seemed inert was just resting, biding time and gathering  
strength.

Our spirits are refreshed and with renewed energy we can bring  
thoughts of care, concern and compassion to greater fruition. A strong  
spiritual vigor is needed to remain whole and intact in order to survive  
and make sense of the times in which we live. It also becomes possible  
to exude the energy that can balance the negativity and fear that abounds  
all around us. If we become strong and stay sound spiritually, we can  
inspire and manifest the highest good for all.

As yoga teachers we are in a special space able to fulfill a sacred task.  
Understanding this we can bring our students to the awareness and con-  
sciousness of their own path. We can offer guidance as they take those  
hard first few steps of their journey.

As yoga teachers we are also supported by Y.T.A. through the month-  
ly workshops. We always leave the session with something new that can  
further empower our own teaching and serve to inspire, and lighten and  
strengthen us so that we can keep giving. Keep the second Saturday of  
the month free to join us.

*With love and light,  
Paula (Renuka) Heitzner*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

# The Shoulder Joint: The Wings of Our Practice— Experiential Anatomy Workshop

Jill Ganassi

### WHEN

Saturday, May 10, 2010  
1:30- 4:30 p.m.

### WHERE

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

**COME LEARN** about the anatomy and function of the shoulder joint in yoga asana and in life. Many of us have shoulder “issues,” tightness, pain, over-flexibility, restricted range of motion, scar tissue, injuries; some may hold stress and unaddressed emotions in the shoulder. In both common daily activities and in yoga asana, the health of the shoulder joint determines the ability of our arms to support us; whether we are lifting groceries, standing on our hands, or stretching the arms to open the chest in Warrior I or II.

Whether your shoulders are healthy or facing challenges, this will be a fun, informative, and fascinating experiential workshop. Suitable for experienced students, seasoned level 1 students and up, great for teachers and teachers in training.

**JILL GANASSI** has been studying yoga since 1996 and teaching since 1998. She is a Certified

Iyengar Yoga Instructor. In addition to teaching in yoga studios such as Yoga Haven in Tuckahoe, she has her own center, The Lake House, where she teaches group and private yoga classes and has a stress management and hypnosis practice.

Jill has physical limitations due to congenital defects in her joints. Through disciplined work and study in Iyengar yoga, she has learned how to maximize health, cultivate strength and flexibility in both body and mind in spite of these limitations. This experience gives her a unique ability to help others work with and overcome their own limitations and difficulties.

For more info on Jill and Iyengar Yoga go to [www.jillslakehouse.com](http://www.jillslakehouse.com).



**TO REGISTER** for the May 2010 YTA workshop with Jill Ganassi, 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

### May 8 – Jill Ganassi

Details and registration info in this newsletter and at [www.ytayoga.com](http://www.ytayoga.com).

### June 12 – Jurian Hughes

Yoga and Ayurveda. Learn more about Jurian at [www.ecstacyyogadance.com](http://www.ecstacyyogadance.com).

### September 11

Tao Porchon-Lynch  
Learn more about YTA's founder at [www.taoporchon-lynch.com](http://www.taoporchon-lynch.com).

### October 9

Karen Miscall-Bannon  
Yoga Therapeutics. Learn more about Karen at [www.sageandspirit.net](http://www.sageandspirit.net).

### November 13

Jeanne Deignan-Kosmides  
The Yoga Sutras. Learn more about Jeanne at [www.breathofjoy.com](http://www.breathofjoy.com).

**December 11 – Becky Jensen**  
Inversions.

Find YTA on facebook!  
Search for “YTA yoga”



## Shoulder Workshop

Irony: I am scheduled to teach an experiential anatomy and yoga workshop on the shoulder in May. For the last twelve years, I've been trying to understand and take better care of my "problem" shoulders through yoga, and I've have made huge progress. But of course ego steps in, and in a moment of inattention, I injured my "good" shoulder. I am now in the mode of healing it, once again. The space of time between injuries in my life grows greater and greater. I used to injure my self regularly, as a martial artist and then as a yogi.

Even though asana is a very prominent part of my practice, I consider myself a Raja yogi. One of Mr. Iyengar's many amazing contributions to the world of yoga is the piercing focus on Patanjali and the eight limbs, in the context of the practice of Hatha yoga. I am deeply grateful to my teachers who have passed on to me his great message.

It is in Patanjali's Sutras explored through the physi-

cal endeavor of asana and pranayama, and through day-to-day life, that I find revolutionary change. Yoga, more than anything—more than life experience, more than psychotherapy, more than common sense—has taught me how to deeply care for my body/mind and my soul. Yoga has been the thing that has reconnected me to my deep Self and my natural longing and capacity to be whole—healthy, balanced, and at peace.

Like so many, I have spent a lifetime running, over-doing, pushing. This pattern has led to many physical challenges. We all get sick or injured, or become chronically uncomfortable in the places we are vulnerable. It's different for everyone; but there are some areas that commonly hold deep patterns of stress.

The shoulders are classic, partly because they protect and support the heart and head, both physical and psychological. They carry a great responsibility. The structure of the shoulders is at the same

time incredibly vulnerable and tenuous, and yet stable, flexible, and strong.

As humans and as yogis we must tend to our shoulders' health. We have to cultivate a conscious relationship to there strength, stability, and flexibility. When we ignore them, they will let us know. They will become some combination of strained, restricted, tight, weak, and vulnerable to injury.

I have congenital defects in some of my joints. For instance, the glenoid fossa (the hollow that receives and holds the humerus bone) on my left side is very shallow, and so my humerus subluxates with certain movements and is very vulnerable to dislocation. I used to experience subluxations, several times a year, during physical exercise or merely when I reached for the seatbelt.

Needless to say, this experience has sharply heightened my awareness of my shoulder joints. I have developed a passionate interest in their structure and function, and what it takes to create optimal balance, stability, and flexibility. I haven't had a subluxation in for several years now. I am acutely aware of what to avoid, and how to perform movement in yoga asana and

in life that will protect me but give me maximum freedom.

And isn't that what we are all looking for? Strength, stability, balance, with maximum freedom? I love this idea, and I believe it's possible. Yoga is the perfect forum to learn and explore what that means for each of us. It provides the physical, psychological, and spiritual platform to cultivate deep understanding of our Selves and to find our way toward that freedom.

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This month's workshop will include an enjoyable blend of experientially oriented anatomy study, and exploration of asanas that support the development of strength, stability and flexibility in the three joints that make up the shoulder structure. We will address the functional aspect of the shoulder joint in day-to-day life, and how to cultivate awareness of how you are using your shoulders to optimize stability and freedom. We will apply those ideas to simple and then more complex movements and postures. We will explore movement through all planes in extension, flexion, abduction and adduction. Teachers and students of all levels will benefit. — *Jill Ganassi*

## 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](mailto:josephine.brill@gmail.com) by the 15th of the month for publication on the first of the next month.

### SPECIAL EVENTS

**HEALING LIFE CIRCLE** for people who have dealt with cancer or other physical/emotional challenges—an opportunity to come together and share the practices that bring sacredness and light to their lives. If you would like to participate or help plan this event, please contact Nancy Kardon, 914-629-1994 or [nkardon@gmail.com](mailto:nkardon@gmail.com).

**YOGA UNITES NEW YORK PARTY!** YogaWorks Soho invites you to celebrate the successful work of Yoga for New York in protecting yoga teacher training from government regulations! Saturday, May 15, 7-10 pm. At YogaWorks Soho (459 Broadway, at Grand). Music and dancing by EarthRise SoundSystem. Food, wine, and auction to benefit Yoga for New York. \$25 per person. RSVP: [caityr@yogaworks.com](mailto:caityr@yogaworks.com).

### Yoga for You

[www.yoga4you.com](http://www.yoga4you.com)

Paula Heitzner, Director  
845-356-5613

Workshops at the American Legion Hall  
85 Piermont Avenue  
Nyack, NY 10960

May 2, 16, 23 (Sun, 9 am - noon)  
**MEDITATION FOR YOGA STUDENTS** with Barbara Nicol. Study meditation techniques, pranayama, yoga philosophy and the lives of great modern

masters. Applicable toward Yoga Alliance 200 hour certification. No class 4/4 or 5/9.

### Yoga Haven

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

Betsy Kase, Director  
914-337-1437

62 Main Street - 2nd Floor  
Tuckahoe, NY 10707

May 2 (Sunday, 1-3:30 pm)  
**INVERSIONS** with Jill Ganassi  
Principles of headstand, shoulderstand, forearmstand and handstand. People practicing steadily for at least 3 months and up may attend. Limited to 15 students. \$40.

May 5, June 2 (Wednesday, 6-7:15)  
**RELAX AND RENEW** with Louise Fecher. Soothing sequence designed to bring your weary body back into balance. \$20 drop-in.

May 15-16 (Sat-Sun 1-6 pm)  
**PRENATAL YOGA TEACHER TRAINING** with Debi Mancuso. How to teach yoga to women in all stages of pregnancy: appropriate poses and sequencing, meditation and visualization, yoga for labor, mom and baby yoga. Yoga teacher certification or prior approval required. Limited to 15 students. \$275 includes manual.

May 16 (Sunday, 7:30-9:30 pm)  
**SWEET DREAMS AND DEEP SLEEP** with Louise Fecher. Use the techniques of restorative yoga, combined with breathing and meditation tools, to reach deep relaxation and prepare for a good night's rest. Based on the "Elusive Dreams" series, created by Judith Hanson Lasater. \$45.

### The Yoga Sanctuary

[www.yogasanctuary.net](http://www.yogasanctuary.net)

Ellen Patrick, Director  
914-381-9642

One Depot Plaza  
Mamaroneck, NY 10543

May 14 (Friday, 6-8)

**YOGA FORE GOLF.** Prepare for a great round of golf: build strength and flexibility in golf-specific muscles, and increase range of motion. Learn how to restore balance to avoid injuries from this asymmetric sport. Breathing techniques to calm the mind and add fluidity to your swing. \$30 (20% off for class-package students).

### The YogaScape & Spa

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

Amy Pearce-Hayden, Director  
845-225-YOGA (9642)

1100 Route 52, 2nd Floor  
Carmel, NY 10512

May 16 (Sunday)

**A DAY WITH SHYAM DAS.** Lecture on the Bhagavad Gita 3-5 pm; satsang 5-6:30 and kirtan 6:30-8 pm. [www.shyamdas.com](http://www.shyamdas.com). \$25 each or \$55 for the full day.

May 21 (Friday, 7:30-9:30 pm)

**YOGASM** with Cat Guthrie. For women only: welcome spring by exploring the divine feminine within. Specific breathing and asana practices to deepen connection and increase responsiveness & enjoyment. \$40.

Dates TBA

**SEPTEMBER RETREAT.** Join like-minded yogis for a insightful, and rejuvenating 5-day, 4-night stay in rural Massachusetts. Two yoga classes, meditation and philosophy study every day, plus 3 vegetarian meals. Call for more information.

The Yogascope and Spa is now accepting applications for the 500-hour Teacher Training program at the Raja-Hatha School of Yoga. Call for more information.

### PRESENTED BY YTA MEMBERS

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

May 21-23

**THE ETERNAL ENERGY OF YOGA** with Tao Porchon-Lynch at the Satchidananda Ashram, Yogaville, in Buckingham, Va. First time participants receive \$40 discount. More info: 800-858-9642, [www.integralyogaprograms.org](http://www.integralyogaprograms.org).

June 5-6

**WEEKEND RETREAT** with Tao Porchon-Lynch in Walpole, New Hampshire. Register by sending a check made out to: Josephine Russell, 893 Old Walpole Road, Surry NH 03431. Info: [jhpines@optonline.net](mailto:jhpines@optonline.net). \$150.

June 12 (Saturday, 1-3:30pm)

**YOGA WORKSHOP** with Tao Porchon-Lynch at the Yoga Co-op in Garrison. Directions: <http://www.garrisonyoga.com/findus.shtml>. Info: [jhpines@optonline.net](mailto:jhpines@optonline.net).

**YOGA AND KAYAKING** with Lauri Nemetz and Bruce Smith - Costa Rica in the winter - Deer Island in the spectacular Bay of Fundy in the summer. Trips are full for 2010 so inquire now for 2011! [www.wellnessbridge.com](http://www.wellnessbridge.com).

## FINAL THOUGHTS



### WHO SAYS WORDS WITH MY MOUTH?

All day I think about it then at night I say it.  
Where did I come from, and what am I supposed to be doing?  
I have no idea.  
My soul is from elsewhere, I'm sure of that,  
and I intend to end up there.

This drunkenness began in some other tavern.  
When I get back around to that place,  
I'll be completely sober. Meanwhile,  
I'm like a bird from another continent, sitting in this aviary.  
The day is coming when I fly off,  
but who is it now in my ear who hears my voice?  
Who says words with my mouth?

Who looks out with my eyes? What is the soul?  
I cannot stop asking.  
If I could taste one sip of an answer,  
I could break out of this prison for drunks.  
I didn't come here of my own accord, and I can't leave that way.  
Whoever brought me here will have to take me home.

This poetry. I never know what I'm going to say.  
I don't plan it.  
When I'm outside the saying of it,  
I get very quiet and rarely speak at all.

From *The Essential Rumi*, translated by Coleman Barks,  
with John Moyne, A.J. Arberry, Reynold Nicholson

### 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.