

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

June 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 har-  
mony, a sacred space for the explo-  
ration 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)



## JUNE 2007

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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LCAT

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## JUNE 2007 YTA NEWSLETTER

### Message From the Board

This message comes at the begin-  
ning of great growth and exter-  
nal productivity on the planet.  
As we progress through our yoga practice  
and we develop our consciousness more  
acutely, we should begin to notice the  
affinity shared with Mother Nature.

The three main paths of yoga, Bhakti  
Yoga (devotion), Karma Yoga (action)  
and Jnana Yoga (knowledge) support the  
synergy between us and the planet.  
Bhakti Yoga teaches total devotion to  
unfolding the heart and energy and cre-  
ating union with all and every system of  
life. Karma Yoga implores us to practice  
right action and to give energy for  
upholding the health and safety of the  
planet, as we would care for ourselves  
and our loved ones. Jnana Yoga gives us  
the information and the inspiration to  
fulfill this sacred task. Over and over  
again, the yoga tradition enjoins us to  
treat the entire earth with reverence and  
to pray for its well being.

Ahimsa, the vow of non-violence, is  
historically linked to this Yoga philoso-  
phy of profound respect for animals,  
plants, forests, rivers, oceans and the ele-  
ments of nature.

As we strive towards opening our-  
selves to our own deepest and highest  
consciousness, assets and resources we  
can't help but notice how we can mani-  
fest benefits more abundantly when we  
have the external mirror of earthly inter-  
facing to guide us. What is good for the  
planet is good for the person and vice  
versa.

On our journey we are all needed to

heal the issues that thwart our personal  
transformation and we all need to heal  
our relationship with "Mother." We must  
awaken devotion not only to the idea of  
a higher power (God or Goddess), but to  
the very body of Mother Earth which is  
our home.

As yogis and yogi is we can make  
great contributions in this area through  
our practices. As we meditate, send the  
light to every particle and molecule in  
the universe. Visualize the beauty that is  
inherent on the planet and see our land,  
air and waters maintained pristinely for  
the future. As we perform our physical  
practices pay attention to the names of  
the asanas and notice the many reference  
to the natural world and its inhabitants.  
Very early on these names were given to  
the poses as a way of expressing grati-  
tude, respect and blessing to the earth.  
When we become consciously aware of  
this and we extend good-will and light  
in this direction we receive a ricochet  
effect of well-being. It is very hard to be  
depressed and negative when thinking  
about the beauty of a sunrise, or the full  
moon, or the trees and their life giving  
oxygen or the many animals that con-  
tribute so much to mankind and the bal-  
ance of life on the planet.

May our yoga practice bring us  
health and a sense of awe as we embrace  
and align with our physical home.

*In light and love for each other  
and our planet,*

*Paula Heitzner (Renuka) E-RYT*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### The Art of Assisting-Part 2

**WHEN** - When: Saturday, June 23, 2007 from 1:30 – 4:30 pm

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

Workshop Designed For All Levels

Assisting a student is not about correction or perfection, rather it is a loving act that brings students deeper into the spirit of the posture and their practice. It is an opportunity to support healthy alignment while cultivating a profound connection. Assisting entails developing the awareness of entering the sacred space of a student's yoga mat, creating safety by affirming the importance of physical boundaries, observing the body in the postures as sculpture and discovering ways to mold the form to release the healing flow of prana.

**Priti Robyn Ross**, RYT has been teaching for over 14 years with a practice of yoga for over 20 years. She holds advanced level certifications in Kripalu, Prana, Rasa Yoga and Integrative Yoga Therapy. She is the co-director for Kripalu and Prana yoga teacher trainings and has created yoga programs for NYC hospitals, corporations and

health conferences. Priti has been featured on network television, major magazines and is published in two medical textbooks on Yoga Therapy. She teaches both private yoga and therapy sessions, groups classes and leads yoga workshops and retreats worldwide.

Visit [www.LifeASYoga.com](http://www.LifeASYoga.com)

#### COST

**YTA Members:** \$35 for workshop.

**Non-Members:** \$45 for workshop.

To register, fill out the enclosed form and send along with payment (checks payable to *Yoga Teachers Association*) to **Michael Sassano** 21 Ronny Circle, Hastings-on-Hudson, N.Y. 10706.

Pre-Registration welcome.

#### 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 June 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: \_\_\_\_\_

PRITI ROBYN ROSS

For more information call 914.478.0694

#### COST

YTA Members: \$35

Non-Members: \$45

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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.



## Assisting



In the yoga teacher/student relationship there are many levels in which a person can give and receive. The dynamic of assisting is communicated by both student and teacher in subtle and more obvious ways such as in the physical body, spiritually, through the unconscious, and in gestures. It is important for the teacher to be in tune and receptive to the various ways a student may be communicating. Each person has a different style of giving and receiving. This will be influenced by personal style of communication, comfort with receiving or giving, self esteem, and a variety of emotional and psychological issues.

In our everyday lives, we have endless opportunities to “assist” or give. As yoga instructors and teachers, the giving role also become receiving in that any teacher is only as good or effective as the student’s willingness to receive what is being taught. Therefore yoga teachers must be aware that they should also be a channel of receiving.

Think for a moment of your most frustrating experiences as a yoga instructor? Now think about where those frustrations come from. Knowing how you react to your frustrations and how they transfer to your students is important in understanding the potential impact you have on the teaching dynamic.

How do you react to those frustrations, also known as counter transference.

Detecting our students ability to receive, whether it is receiving verbal instruction, emotional guidance, physical prompting or physical assisting, is an art that entails the instructor to be able to receive the information from the student by being open, compassionate, without judgment and respecting that every person is at a different level even from day to day.

Assisting a student in their practice is also dependent on how long you have known the student, where that student is at with their practice and their connection to themselves as well as their ability to receive.

In your daily practice and as a yoga instructor, letting go, also referred to as detachment or surrender has a significant role in yoga. In the Yoga Sutras of Patanjali 1:12, Practice and detachment are the means to still the movements of consciousness.

As stated in Living your yoga by Judith Lasater: “Patanjali’s “detachment” beckons you to cultivate the willingness to surrender as you go along, right here and now, but not because you despair or are uninterested. On the contrary, detachment requires total engagement. When you allow yourself to see things as they really are, then- and only then – can you love yourself and others without hidden expectations. Detachment is the greatest act of love.”

*by Lucille Sollazzo*

## BULLETIN BOARD

### YOGA HAVEN

62 Main Street - 2nd. Floor  
Tuckahoe, Ny 10707  
914.337.1437

Betsy Kase, Owner/ Director  
www.yogahaven.com

### Film - "Fierce Grace"

\$6.00 - 7:45pm

Bring your beach chair, snacks  
and enjoy a night at the cinema!

### Family Yoga

Saturday, June 16

2:00 - 3:15 pm

Please check the website for  
additional information.

### SAGE SEASONAL YOGA AND MEDITATION CENTER

#### SAGE YOGA WORKSHOPS

Summer Anuasara Retreat with Todd  
Norian from July 23-27. Come join  
Todd at Sage Yoga for this special  
opportunity to deepen your practice  
while enjoying the warmth and beauty  
of summer! You will learn intermediate  
and advanced postures in all the  
categories of asana. These include-  
standing postures; hand balances;  
inversions; hip openers; backbends;  
forward bends and twists.

Modifications and developmental steps  
for all advanced asanas will be given  
so you can enjoy working at your  
own pace.

Contact Sage Yoga at 914.730.7234

### ESSENCE OF YOGA

Athina Pride - Owner/Director  
2 East Avenue - Suite 205  
Larchmont, NY 10538  
914.833.1210  
www.EssenceofYoga.net

### The Practice of Yoga Nidra

Sunday, June 3 - 2:00 - 4:30pm

with Athina Pride

Warm-ups, pranayama, restorative  
poses will precede the guided meditation  
of Yoga Nidra.

Fee: \$35.00/advance; \$40.00/same day

### The Emotional Freedom Technique (EFT)

Sunday, June 10, 1:00 - 3:00pm

with Dr. Eric Roth

This technique helps to release pain  
syndrome (physical, emotional, mental).  
Dr. Roth will guide you through the  
process of identification of pain and  
tapping into the meridians for healing.

Fee: \$20.00/advance; \$25.00/same day

### Hip Openers for Beginner & Intermediate Level Students

Saturday, June 23, 1:30 - 3:30pm

with Nicole Stirbis

\$25.00/advance; \$30.00/same day

### AN INTRODUCTION TO THAI YOGA MASSAGE

with Eric Tolfree

Wednesday, June 13

7:00 - 8:30pm

\$25 in advance / \$35 same day

## BULLETIN BOARD, *continued*

### PET ADOPTION & FUNDRAISER

for the New Rochelle Humane Society  
Sunday, June 24  
11:00M - 3:00PM

Both events will take place at:

### The Yoga Sanctuary

One Depot Plaza  
Mamaroneck, NY 10543  
www.YogaSanctuary.net  
914-381-YOGA (9642)  
Owner & Director - Ellen Patrick, RYT

### Yoga Haven

Betsy Kase, Director  
62 Main Street  
Tuckahoe, NY 10707  
914.336.1437

### Feldenkrais Method - Back to Basics

Saturday, June 9 - 2-4:30pm

Kim Plumridge

Fee: \$40.00

This workshop will focus on relaxing  
and improving flexibility of the lower  
back, pelvis and hip joints. The two  
AWARENESS THROUGH MOVEMENT  
lessons will explore how the pelvis  
and the legs work together and independent  
of each other. Greater flexibility  
in these areas will assist in alleviating  
lower back pain and stiffness.

### YOGA JOURNEY

196 Maple Avenue - 2nd Floor  
White Plains, NY 10601  
Sinda Anzovino, E-RYT, CTYMT  
www.yogajourney-ny.com

yogajourney@aol.com

**Restore, Relax, Sleep well -  
Restorative Workshop**  
Friday, June 1, 2007 - \$30.00  
7:15-8:30pm with  
Elana Frankel, RYT

### Healing and the Human Energy System

Friday, June 8 - \$30.00  
7:30 - 9:00pm with  
Reiki Master, Elyse Savoy, RN

**Beginner Workshop Series (4 Weeks)**  
Saturday, June 9 - Saturday, June 30,  
2007

12:30-1:45pm - \$70.00 with  
Sinda Anzovino, E-RYT, CTYMT

### Reiki Healing Circle & Guided Meditation

Friday, June 15, 2007  
7:30-9:00pm with  
Reiki Masters Debbie Taylor, RN., LMT,  
Elyse Savoy, RN

### Arm Balances Workshop

Friday, June 22, 2007  
7:30-9:00pm - \$30.00  
Sinda Anzovino, E-RYT, CTYMT

### Sugar Blues

Kicking the Sugar Addiction  
Sunday, June 24, 2007  
5:30pm-7:00pm  
Free Lecture  
With Nutrition Counselor -  
Margarita Mateo-Saja



## FINAL THOUGHTS



*This month, we welcome back Priti Robyn Ross in Part 2 of the assisting workshop. Priti comes to us in this capacity as our guru. Guru has several root meanings, one of which actually means "heavy one." The root, "gur" also means "to raise," "lift up," or "make an effort." Origins of guru translate in meanings of "spiritual teacher" and are found in a collection of mantras presented in conversational form of a dialog between Siva and Parvati. A guru is a spiritual guide who has attained enlightenment and who has the capacity to pass on wisdom to others, illuminating the spiritual path, removing the darkness of ignorance and shining the light of understanding. Ideally, a good guru teaches students by example. Relative to assisting (both physically and emotionally) this translates to the relationship between student and teacher, where teacher assists, lifts, raises, models all that a student can cull from this path of yoga. One of the finest examples is from the Bhagavad Gita where Lord Krishna teaches the warrior prince, Arjuna, to overcome his fears, doubts, etc. Although it is not exactly like physically assisting in a pose, the outcome results manifest similarly: students feels supported, lifted, open to learning and being able to "lean" on the guru/teacher on this path of yoga.*

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.