

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga

June 2008 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

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

JUNE 2008

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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JUNE 2008 YTA NEWSLETTER

Message From the Board

Dear All,

We are entering the season of full flowering and abundant blooming. Summer is literally “busting out all over” and we are all invigorated by the increased light and warmth. As devotees and students of Yoga, would it be possible to carry this energy with us through all seasons?

Is this “PREYA” (passing pleasure) or “SHREYA” (perennial joy)? We know that instant gratification, PREYA, is pleasure that passes. However, perennial joy, SHREYA, is always available in the deepest recesses of our hearts and souls, and we can keep regenerating it when we live with INTEGRITY.

The dictionary definition of integrity is “the state or quality of BEING COMPLETE, UNDIVIDED or UNBROKEN.” Living with integrity fosters more kindness and compassion in our interactions with others and ourselves. Without integrity we tend to vacillate, be inconsistent, be devoid of ground- ing and centering abilities and be at the mercy of every wave and whim that will rock our equilibrium.

Yoga is a known path inspired by integrity to attain SHREYA and self-real- ization. We are all on a journey that we must take alone, but we need not be lonely. In a Yoga class we begin to understand that there is no competition. We can let go of fear and the defense system that alienates us. We begin to understand the value and the authenticity of each individual.

Yoga offers us a way to feel we are enough thus “being complete” is a natural end result. We become able to be “undivided” in our attention as we perfect the postures from the guidance of our inner voice. We learn experien- tially the benefits of “unbroken” commitment when we feel the yearnings of the soul being satisfied by the continuity of practice.

Living out of surface and habitual consciousness sets us up for PREYA and we get caught in all the currents of life rushing by. With integrity we become centered, inwardly secure, strong in body, mind and soul, and filled with perennial joy.

*May we all flower and bloom
Jai
Paula Renuka Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

UNFOLDING GRACE: ANUSARA YOGA

Susan Rubin

WHEN - June 14, 2008
1:30 - 4:30 pm.

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



THIS WORKSHOP will explore the ways we live fully and participate in Shri. Yoga helps us realize that we share the gift of embodiment and with this dynamic practice we are continually reminded of our connection to divine spirit. Anusara Yoga is a heart-oriented, physically dynamic yoga style. It incorporates an elegant system of principles designed to teach students a self-reflective way to connect with the body's own natural alignment. The sequences are design to open and unfold the body slowly and fully. Join Susan Rubin for a three hour journey into the heart.

SUSAN RUBIN, certified Anusara Yoga Instructor, is the Founder and Director of Sage Yoga, located in Armonk, NY, voted "favorite yoga classes" by Intown magazine in 2007. Susan has studied extensively with John Friend, world-renowned Hatha Yoga teacher and founder of the Anusara school. Offering workshops and retreats both locally and internationally, Susan also teaches and coordinates trainings and mentoring programs for those seeking Anusara teacher certification status.

In addition to her regular teaching, Susan has extensive training in therapeutic yoga. She offers private sessions for a broad range of health related issues including cancer therapy, MS, depression and scoliosis as well as sports injuries. She has been interviewed by CNN, *The New York Times*, *Money Magazine* and *The Journal News*, among others, on a variety of subjects concerning the yoga community.

Susan's love for yoga is infectious. Her playful teaching style and knowledge of yoga philosophy inspire students to not only learn the principles of proper alignment but also to bring the practice of yoga into their daily lives through a commitment to ongoing contemplation. Learn more about Susan at www.armonkyoga.com.

TO REGISTER for the June 2008 YTA workshop with **SUSAN RUBIN**, 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
Sylvia Samilton Baker 914-202-5552
Lauri Nemetz info@ytayoga.com

UPCOMING YTA WORKSHOPS

June 14 – Susan Rubin

1:30 - 4:30 pm

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

SUMMER SPECIAL EVENT

August 16 – David Swenson

Two workshops, 1-3 pm and 3:30-5:30 pm

Location TBA

Learn more about David at www.ashtanga.net.

August 16 – Tao's 90th Birthday

Royal Palace Restaurant, 7-11 pm.
\$100 per person includes: dinner,

dancing and gift for Tao. Festive attire. RSVP by August 2: Joyce Pines, 914-447-9218, jhpines@optonline.net, 15 Ingham Road, Briarcliff Manor, NY 10510.

September 13 – Patty Townsend and Annual Membership Meeting

1:30 - 4:30 pm, meeting to follow
Learn more about Patty at www.yogacenteramherst.com.

October 11 – George Russell

1:30 - 4:30 pm, Fred Astaire Studio, Hartsdale
Learn more about George at www.georgerusselldc.com.

SAVE THE DATES

November 8, December 13



Anusara Yoga and the Consciousness of Shri

Yoga is the process by which we endeavor to experience ourselves deeply and authentically and see the world as Shri. Shri is the life affirming energy of the universe. She is the blade of grass irrepressibly breaking through concrete to make an entrance into the world. The awareness of Shri encourages the understanding that embodiment is a gift.

How do we choose to experience the world? We are free to make choices to enhance our lives and the lives of those around us. Yoga is embracing our strengths and offering our gifts and talents to others. This is the way we live fully and participate in Shri. Yoga helps us realize that we share the gift of embodiment and it is our birthright to honor that gift and actively turn that gift into a blessing.

Anusara yoga embraces this philosophy of yoga. It's a celebration of the heart. In 1997, John Friend founded the Anusara system of yoga, articulating an elegant set of principles of alignment, and a tantra yoga philosophy. Through practice we cultivate the experience of knowing our bodies and hearts from the inside out. To participate skillfully and creatively in expressing spirit, John often speaks of the three A's of Anusara Yoga: Attitude, Alignment, and Action. Attitude is always first. The first Universal Principle is to "Open to Grace" which embraces all of the other principles. Opening to Grace helps us recognize and remember our true nature.

"Joy is part of our true nature," John says, "and the highest reason for doing hatha yoga is to express that nature. Asana

practice is a wonderful way to open our hearts to grace—and to our innate goodness, power, and beauty."

We don't do yoga to get something—we practice as an expression of joyful play!

In Anusara classes, yogic philosophy and understanding are woven into our alignment instructions, inspiring students to make the connection of body and spirit. The sequences and the alignment instructions are designed to have a therapeutic effect and bring balance to students. New students often enter yoga classes to be free of pain or to relieve stress. Anusara uses the principles of alignment and the heart-based instructions to empower students to live more freely in their bodies and to remind students of the deeper heart connection.

Each body is different and each pose will be expressed differently depending on that student's optimal alignment. This is called the "optimal blueprint." Verbal and manual adjustments assist students in experiencing a deeper connection to the natural alignment of their own bodies. The teachers encourage and enhance the expression of the posture without "fixing."

Anusara Yoga conveys the natural flow of energy in the body with specific language. "Muscular energy/organic extension" as well as "inner spiral/outer spiral" are terms that express the movement and action manifest in every posture. John's five Universal Principles simplify the practice because these principles are articulated in every posture.

One of our highest goals in practicing yoga is to remember the sanctity of all life. We honor and facilitate that goal by teaching yoga from our hearts. Additionally, works of service off the mat are a natural extension of this. John encourages all yogis to participate and serve in their communities, to raise the consciousness of Shri. The offering of our talents as teachers in our communities is a blessing.

By Susan Rubin

BULLETIN BOARD

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

June 20-22 (Friday-Sunday)
KRIPALU Center Retreat & Renewal
Weekend. With a variety of work-
shops and activities to choose from,
your days can be as full or as quiet
as you desire. Concert with Nawang
Khechog. \$40 off per night if you reg-
ister with a group.

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

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

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

Vikasa Studio
Lara Demberg
69-71 Main Street
Cold Spring, NY 10516
845-809-5323, 914-588-8166
www.vikasastudio.com

ANNOUNCING: Vikasa studio in Cold
Spring is re-opening in a new and
improved location. With classes every
day of the week, we're bigger, better,
and ready to open hearts as we open
our doors.

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
Prepayment required. Include work-
shop title and name and contact
information.

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.

BULLETIN BOARD, *continued*

June 11 (Wednesday, 7:30-9:30 pm)
AWARENESS THROUGH GUIDED
MEDITATION with Peggy Altman. Find
the meditation techniques that are
right for you. A combination of active
exercises, guided meditations, discus-
sion, and examples. \$25.

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) unaided.

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

June 6-27 (Fridays, 5:10-5:55 pm)
MOMMY & ME YOGA with Sinda
Anzovino. \$110, 5 week series.

June 6 (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.

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.

June 9 (Monday, 9-10 am)
GENTLE YOGA FOR SENIORS with
Sandra Bernstein. \$20.

July 13 (Sunday, 11 am - 4 pm)
CPR WITH AED FOR ADULT, CHILD
& INFANT: 2-YEAR CERTIFICATION
with Jennie Wilson, RN. Through the
American Heart Association. Fee of
\$60 includes book, pocket mask and
certification card.

September 14 (Sunday, 11 am - 4 pm)
CPR WITH AED FOR ADULT, CHILD &
INFANT. (See details for July.)

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

June 7-8 (Saturday & Sunday 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.

June 21-22 (Saturday 2-7 pm; Sunday
2-6 pm)
YOGA THERAPY TEACHER TRAINING

FINAL THOUGHTS



From *The Jivan-Mukti-Viveka*
by Vidyanarany

The jivanmukta is not transformed by pleasure or pain

*Joy does not exalt the mukta, nor is the mukta
depressed by pain*

The jivanmukta no longer regards the world as real ...

The jivanmukta is pure like akasha ...

*The jivanmukta is neither subject to attachment,
nor to egoism.*

The jivanmukta does not fear the world,

Nor does the world fear the jivanmukta

The jivanmukta is at peace with the ways of the world.

The mukta is free from worldly-mindedness ...

Finally, the jivanmukta maintains a cool head.

TRANSLATED IN *Jivanmukti Yoga: Practices for Liberating*

Body and Soul

BY SHARON GANNON AND DAVID LIFE

**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 located five minutes from the station.