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YTA

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Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



June 2011 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 transfor-  
mation. 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)

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Jo Brill, Lauri Nemetz, Sylvia  
Samilton-Baker

## JUNE 2011

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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## JUNE 2011 YTA NEWSLETTER

### Letter From the Board

Dear All,

While teaching a standing class last week, I heard myself saying: “ground your two feet”; “stand on your own two feet”; “create legs to stand on”; “direct the energy of the feet straight ahead—focus and lift in center to align your energy in dynamic opposition.” Although I was teaching Tadasana (Mt. pose), I realized how these directives are applicable to every aspect of our being and how the practice of yoga can be so transformative. We come upon truths through our efforts to undo and break through the physical limitations we encounter when performing the asanas. The way we face the physical difficulties of a posture inadvertently guides us to more clarity, compassion and consciousness in other aspects of our lives. We can learn to let go, hold strong and become flexible enough mentally to stop the habits, patterns, mind sets and negativity. Yoga practice gives us a mirror that can illuminate our behavior and personality. As we strengthen and become more integrated physically, we are better able to make the changes necessary to bloom and transform mentally, emotionally and spiritually. Intuition and the inner voice shift into greater prominence in our functioning—a sign of positive change.

There is a word coined around 1937 by J.R.R. Tolkien (*The Lord of the Rings* and *The Hobbit*) that I believe is in perfect harmony with yoga philosophy. *Eucatastrophe*, from the Greek prefix *eu*, meaning good, and the word *catastrophe*, has yogic implications that are profound and practical. When we overdo our physical practice or are unaware or unmindful, this is a eucatastrophe because even though we may injure ourselves we learn valuable lessons and how to heal in a positive manner. Hardships, heartaches and hard times befall us all, but inherent in these tests is the greater good we can derive from the opportunities and paths they expose to us. Karma (past actions) and dharma (universal law) uphold, support, sustain and keep us from falling, if heeded.

Think about creating good karma and support YTA each month!  
Make it your dharma!

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

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### Structural Yoga Remedies

#### WHEN

Saturday, June 11, 2011  
1:30- 4:30 p.m.

#### WHERE

The Yoga Center at Wainwright House, Rye, NY.

**Teachers and practitioners** will learn to see postural imbalances, especially in the hips. This class will easily help bring them back into balance. In this dynamic workshop, you will learn the root cause of muscular pain and how to quickly resolve it by identifying which poses are appropriate for many conditions. Finally, we will practice a surprising yoga flow that is guaranteed to change how you think about your yoga practice.

Appropriate for all levels.



**Lee Albert, NMT**, is a national presenter and a highly popular neuromuscular therapist and yoga instructor at the world-renowned Kripalu Center for Yoga & Health in Lenox, MA. He has 25 years of experience helping people with chronic pain. Lee specializes in helping people help themselves.

Learn more about Lee at [www.LEEMA46@hotmail.com](mailto:www.LEEMA46@hotmail.com).

**TO REGISTER** for the June 2011 YTA workshop with Lee Albert 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

**June 11**—Lee Albert  
Structural Yoga Therapy  
Details and registration info  
in this newsletter and at  
[www.ytayoga.com](http://www.ytayoga.com).

*More exciting workshops to be announced!*

*Find YTA on facebook!  
Search for "YTA yoga"*





## Structural Yoga Remedies

*Lee Albert*

What is the goal of practicing asana? There are many answers to that question. For me the most immediate answer is to bring the physical structure back into balance. As a yoga instructor and a neuromuscular therapist I rarely find people who have their structure aligned. This causes not only many physical aches and pains but also obstructs the flow of prana. When the body is out of alignment the physical structures wear out more quickly, the body experiences pain and the subtle energies are not flowing optimally.

From a mechanical viewpoint, there is only one thing that causes the body to be out of alignment—muscle imbalances. Muscle imbalances simply stated means the muscle is either too short or too long. In either case, they will feel tight. The one

that is too long is like an overstretched rubber band. The longer you make it, the tighter it becomes. Since the muscles are attached to the bones, they will then pull the frame out of alignment. At this point there will likely be some pain or discomfort. In order to correct the alignment and bring the body out of pain, we simply need to make the short muscles longer and the long muscles shorter.

So it is imperative to first identify the muscle imbalances in the body before they can be corrected. This is a relatively easy task. Since most of us do similar activities in our lives such as driving, work on computers, etc, we have similar imbalances. In general, muscles on the front of the body tend to be too short and muscles on the back of the body tend to be too long. This is because

most people are in flexion (forward bend) during most of their daily activities.

Yoga is the perfect solution to muscle imbalances and, hence, a wide range of conditions in the body such as headaches/migraines, back and neck pain, carpal tunnel syndrome, limited range of motion, sciatica, plantar fasciitis, tendonitis and many other conditions. However, it is imperative to choose the pose precisely in order to correct the condition.

If you lived in India 3000 years ago and had some aches and pains in your body, you would go the Ayurvedic doctor and he or she would look you over and tell you to go home and do two or three poses. The doctor didn't say to go home and practice yoga. Each pose that was given to you was a prescription for your particular condition. In other words all yoga poses are good, but they may not be good for your particular condition. When the correct poses are used, healing happens quickly.

Most of us assume that if the muscle is tight it must be too short. In reality, the

muscles that feel the tightest are often the ones that are too long. (Think of that overstretched rubber band again.)

So if you have been practicing yoga for 20 years and stretching your hamstrings every day and they are still tight, it is time to look closer and determine if those hamstrings are too long or too short. In many cases you will find they are too long and by stretching them you are making them tighter. If your hips are very tight and you keep doing "hip openers" and they are not getting any looser, it is time to see which muscles are too long and which are too short and then select the appropriate poses for your condition.

Once you have the knowledge and you can identify the muscle imbalances, you can then easily take your practice to a new level. You will easily be able to loosen those tight hamstrings or open those tight hips. In short, you will bring the muscles and the body back into balance and out of pain.

## 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.

### Ananda Ashram

[www.anandaashram.org](http://www.anandaashram.org)  
13 Sapphire Road  
Monroe, NY  
[yoga@eastwestschools.org](mailto:yoga@eastwestschools.org)

July 26 - August 28  
YOGA TEACHER TRAINING.  
Comprehensive info at [www.anandaashram-yoga-teacher-training.com](http://www.anandaashram-yoga-teacher-training.com).  
YTA's own Lauri Nemetz serves on the faculty.

### Iyengar Yoga Scarsdale

Nancy Kardon, Director  
74 Brewster Road  
Scarsdale, NY 10583  
914-629-1994  
[www.yogascarsdale.com](http://www.yogascarsdale.com)

June & 1st wk of July (Wed, 1-2:30 pm; Thurs 6:30-8 pm)  
THE PATH OF THE GENTLE WARRIOR w/N Kardon. Full-hearted living beyond breast cancer. Gilda's Club, 80 Maple Avenue, White Plains. RSVP 914-644-8844. No fee.

June 11, 18 (11 am-1 pm)  
INVERSIONS. Build stability & ease step by step w/N Kardon. At Be True Yoga, Harwood Court, Scarsdale. Contact: [nkardon@gmail.com](mailto:nkardon@gmail.com).

### Sage Yoga @ The Gym

[www.armonkyoga.com](http://www.armonkyoga.com)  
Susan Rubin, Director  
914-393-6517  
99 Business Park Drive  
Armonk, NY 10504

June 10-12  
WEEKEND OF STUDY w/Dr. Douglas Brooks. Learn & grow with gifted teacher, philosopher & seeker. More at [www.rajanaka.com](http://www.rajanaka.com). Details to follow.

### Westchester Institute of Yoga

[www.taoporchon-lynch.com](http://www.taoporchon-lynch.com)  
Tao Porchon-Lynch, Director  
914-761-7700 x501  
Workshops at the Fred Astaire Studio  
25 W. Hartsdale Avenue  
Hartsdale, NY

Info: [jhpines@optonline.net](mailto:jhpines@optonline.net). Checks to "Tao Porchon-Lynch" can be sent to Joyce Pines, 57 Mystic Drive, Ossining NY 10562.

June 12 (Sun, 12:15-3:15 pm)  
LEARNING THE METHOD OF A VINYASA FLOW CLASS w/Renee Diamond.

June 12 (Sun, 3:30-6:30 pm)  
SANSKRIT FOR YOGA w/Jo Brill.

June 25 (Sat, 2:30-5:30 pm)  
YOGA w/Tara Stiles & Michael Taylor.

### \*Westchester Yoga Arts

[www.westchesteryogaarts.com](http://www.westchesteryogaarts.com)  
Wendy Vigroux, Owner  
914-632-1101  
82 Centre Avenue  
New Rochelle, NY 10801

October 2011  
YOGA TEACHER TRAINING, RYT-200. Mon-Fri 11 am-2 pm for 6 wks. Sign up by Aug 1: \$1000. More: [http://westchesteryogaarts.com/ryt\\_200\\_24.html](http://westchesteryogaarts.com/ryt_200_24.html).

### Yoga Haven

[www.yogahaven.com](http://www.yogahaven.com)  
Betsy Kase, Director  
914-337-1437  
62 Main Street - 2nd Floor  
Tuckahoe, NY 10707

June 4-5 (Sat, 2:30-5:30 pm, Sun, 1-6 pm)  
KIDS YOGA TEACHER TRAINING w/Antonia Noonan. Help children & teens cope with stress. Learn simple, fun, imaginative ways to teach. \$240.

June 5 (Sun, 1-3:30 pm)  
COUPLES YOGA FOR LABOR w/Debi Mancuso. Facilitate birth & ease tension with yoga, breath & massage. Partners support birthing woman. Includes info on birth. \$45 couple.

June 11 (Sat, 8 pm)  
KIRTAN w/Arthur Rotfeld, Ann Casapini, Denise Madden, Alan Eicher, Steve Mansfield.. Suggested donation \$10.

June 12 (Sun, 1-3 pm)  
THE ART OF SEQUENCING w/Michele Gervino. Learn to sequence a class, with 1 pose building on another safely, intelligently. \$30.

June 15 (Wed, 6-7:15)  
CANDLELIGHT RESTORATIVE YOGA w/Louise Fecher. Breathe deeply, let go, & relax. \$20 drop-in.

### Yoga Loft

[bedfordpostinn.com/yoga-loft/](http://bedfordpostinn.com/yoga-loft/)  
Rebekah Jacobs, Manager  
954 Old Post Road  
Bedford, NY 10506  
914-234-7800 x12

June 5 (Sun, 12-3 pm)  
SANSKRIT WORKSHOP w/Leslie Freyberg. Explore Sanskrit alphabet & pronunciation of basic yoga terms. No exp nec. \$55 in adv, \$65 at door.

June 26 (Sun, 12-2 pm)  
INVERSION EXCURSION w/Karen Rider. Find balance in most challenging postures. Learn how to play & practice safely! \$45 in adv, \$55 at door.

### Yoga on Lake Rippowam

[www.rippowamyoga.com](http://www.rippowamyoga.com)  
Stephanie Harding, Owner  
914-763-2548  
South Salem, NY

June 3, 10, 17, 24 (Fri, 6-7 pm)  
YOGA FOR STRESS REDUCTION w/S Harding. Trinity Psychotherapy, Yoga and Dance, 34 Westchester Ave, Pound Ridge.

### 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

June 5 (Sun, 1:30-2:30 pm)  
COMMUNITY YOGA CLASS. Free – 1st Sun of each month.

June 10 (Fri, 6:30-8:30pm)  
HEALTHY HAPPY CHILDREN: A yogic approach to raising human beings w/Jenay Aiksnoras. Inspire children to use yoga as they grow into independent, well-rounded individuals. \$35.

June 12 (Sun, 1:30-2:30 pm)  
MEDITATION AND SATSANG w/Amy Pearce-Hayden. Free.

June 19 (Sun, 7-9 pm)  
HERE COMES THE SUN: Solstice Kirtan w/Satya Franche & Ma Kirtan. Welcome summer with devotional chant. \$25; children free.

### PRESENTED BY YTA MEMBERS

YOGA AND KAYAKING on Hudson River w/Lauri Nemetz. Dates & details TBA –check [www.wellnessbridge.com!](http://www.wellnessbridge.com!)

## FINAL THOUGHTS



Summer is a month away, and the newsletter staff goes on hiatus for a few months. This is when we plan for time away (if we've not done so already), look forward to special gatherings, family time together, or just time to wind down from the hectic year and take stock of time passing.

This time brings with it the opportunity to relax and replenish, but also to kick in high gear if we feel the need. It is a time of transition on many levels.

Consider your yoga practice this summer. Let me encourage you to take this time to enjoy every moment—the heat of the day, the coolness of the evening, the energetic times, the times of stillness. Notice your yoga on and off your mat—no judgment, no opinion—just witnessing, watching. Use this time to do what is most important, or of no significance at all. After all—it's summer! The time when we inherently know we can kick back or kick it up a notch!

A fun, rejuvenating, restful, contemplative summer to you all!

SYLVIA SAMILTON-BAKER

## 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.