

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

July/August 2007 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 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



JULY/AUGUST 2007

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.



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JULY/AUGUST 2007 YTA NEWSLETTER

Message From the Board

The opportunities to connect with the highest principles of life, those that bring deep satisfaction and a sense of fulfillment, are more readily experienced through the practice of yoga.

Hatha Yoga, with its physical disciplines, will help create not only a healthier body but a more attractive one as well; a body that breathes, is toned, is responsive and is coordinated. This health, along with these attributes, is the foundation on which we can build mental and emotional health and can enable us to undertake the rigorous path of the spiritual journey.

Yoga gives us a complete scientifically recognized system to strengthen all aspects of our being and to manifest our highest potential.

The rigors of life seem to accelerate as we grow older. The unhappy later years that some of our unfortunate senior citizens have to contend with are often the end results of physical, emotional and spiritual neglect and ignorance. The years of vigor are the the time to invest in the balanced

lifestyle promoted by yoga so that there is never this desolate deficit. We have choices in this life, but we have to make them at a time when we are fit to meet the challenges that come our way.

Yoga teaches us that there is no time like NOW- only the present- and reversals are possible when sincere efforts support a genuine desire for change. How much more beautiful it is to mature gracefully than to get old, pitifully.

As teachers (and serious students) we are in a blessed position to bring these healing concepts to the uninformed. We are engaged in an occupation that can truly manifest change and transformation. We can help co-create wellness!

With continued connection to YTA and each other, let us move forward together on the path yoga leads us on.

*Shanti and Shalom,
Paula Renuka Heitzner ERYT*

The Yoga Teachers Association www.ytayoga.com
Proudly Presents

Examine — Evaluate — Establish A Joyful Practice

Taught by Paula Heitzner, ERYT

Saturday, July 21st, 1:30pm-4:30pm

Do you have a problem spot?
Have you reached a plateau in your practice?
Are there questions you need to answer?

Join Paula Heitzner to address these questions
in a special yoga workshop.

In this workshop we will explore basic yoga postures to uncover habitual ways we work with them. We will move to integrate proper alignment and bio-mechanics as we uncover blocks that may keep us from experiencing the physiological, psychological, and spiritual benefits of our practice.

COST
YTA Members: \$35.00
Non-Members: \$45.00
Workshop open to all levels



Paula Heitzner, ERYT-500 is a Master Yoga Teacher. She has taught yoga for over forty years and has trained others to teach the time-honored principles, practices and philosophy of yoga. She teaches in the New Age Center in Nyack and has been called the "Matriarch of Yoga" in a comprehensive Journal News article (May 12, 2006). "The Teacher of Teachers" as she is called by her students has an outstanding cassette tape "Yoga for You" and her website, for more information, is yoga4you.com.

To register, fill out this form and send along with payment (checks payable to Yoga Teachers Association) to Michael Sassano, 21 Ronny Circle, Hastings-on-Hudson, NY 10706 (yogadad@optonline.net) You must pre-register to guarantee a place for this workshop.

Name: _____

Address: _____

City: _____ State _____ Zip _____

Email: _____

For more information call *Michael Sassano* 914-478-0694,
Sylvia Samilton Baker 914-202-5552, or email *Lauri Nemetz* info@ytayoga.com

DIRECTIONS TO WAINWRIGHT HOUSE

From the West (Tappan Zee Bridge): Take I-287 East to the End, 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 MI 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.

TO REGISTER for the July 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: _____

Paula Heitzner

For more information call 914.478.0694

COST

YTA Members: \$65

Non-Members: \$75

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 to request the monthly newsletter by email.



Simple Yoga for Summer

Locust Pose



The Yoga pose known as the “Locust” is perfect for Summer, since it looks almost like swimming in the air, giving us more flexibility and stretch to refresh body and mind. Celebrate the locusts’ singing that is such a sign of Summer by doing this simple pose.

Here are the easy-to-follow, easy-to-do directions for this lower-back strengthening, refreshing form of body-mind-spirit exercise.

SIMPLE SOLUTION: This subtle backbend strengthens the muscles in the lower back. Keep the back of the waist long and lengthen forward while coming up so as not to compress the lower back. Let a full in-breath come before moving on the out breath. Do only three or four.

1. Lie on your front, arms to either side, palms up. Rest the forehead on the ground, keeping the back of the neck long.

2. Exhale toward the back of the waist and let the upper body lengthen forward and up. Keep the chin in. Bring the arms up behind, palms facing each other. Keep the pelvis heavy, the pubic bone and legs down, buttocks relaxed. The tailbone lengthens downward. Lengthen the back of the waist. Take the shoulders down and back as the arms come up, palms facing. Keep the back of the neck long, chin in.

3. Take a full cycle of breath, if possible, lengthening on the out-breath, before relaxing down. Rest before repeating the pose, using the arm variations below, if desired:

Variation 1 - Clasp the arms behind the skull, elbows out.

Variation 2 - Stretch the arms out in front and rise up from the ground as the torso lengthens forward and up.

Adapted from “The Yoga Year”

by Celia Toler (Storey Books, 2001).



BULLETIN BOARD

Join **Tao Porchon-Lynch** in incredible India! A unique yoga retreat which reaches from the Himalayan mountains to the exotic desert of Rajasthan to the sun-clad shimmering beaches of Goa. September 16-October 4, 2007

This trip given through the Westchester Institute of Yoga. Join Tao Porchon-Lynch in Machu Pichu, Peru. Deluxe accommodations, wonderful food, world-class yoga, Cultural excursions, adventure and much more!! November 25-December 2, 2007.

Given through the Westchester Institute of Yoga. Call Tao Porchon-Lynch for reservations and more Information at: 914.997.0949

SAVE THE DATE! Tao Porchon-Lynch at Kripalu: Center for Yoga And Health, Stockbridge, MA November 16-18, 2007 – THE ETERNAL ENERGY OF YOGA Register online at the Kripalu Website: www.kripalu.org

UPCOMING YTA WORKSHOPS

Workshops resume in September with a September 15th workshop with Tao Porchon-Lynch and membership meeting at 1:30 p.m.

October 27th, a double workshop with Doug Swenson 1-3 p.m. and 3:30-5:30 p.m.



FINAL THOUGHTS



It is during the summer that we have the opportunity to take a moment, perhaps, to reconnect to the areas in our life that might be missed during the other seasons. Our workshop this month focuses on examining, evaluating and establishing the joy in our practice.

Often we find ways to focus on the challenging areas in our yoga practice.

Patanjali's first Sutra asks us to explore the inquiry of yoga. So, we do! But, indeed, not always the way Patanjali intended. We examine to the point of distress and dismay and we sometimes do it by comparing ourselves and the shape of our asanas to the person next to us in class or in front of us, or behind us. We become discouraged because we're not "doing it right." We forget that Patanjali asks us to merely open to the possibility of exploring yoga and how it "sits" with us.

Our workshop this month will ask you to find a way to open yourself to the possibility of looking at yoga in a way that you might not have before. As we take our practice beyond exploration, we'll have the opportunity to evaluate with compassion and grace how this practice "sits" with us. We can learn to let go of the "idealized" self or ego (ankara) on our mat and in our daily living. Although we want groundedness (shtira) to keep us in the here and now, we want to move past "stuck." We want to move toward establishing the joy to be found in our yoga practice. And, it is certainly there when we let go of the habits we create that block us from experiencing all the delightful, delicious fruits of our practice.

*Take the time to drop in and reconnect with YOUR
breath this wonderful summer!*

With much peace and many blessings,

SYLVIA SAMILTON-BAKER, MA, RYT

CO-PRESIDENT - YTA

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 recom-
mended in order to guarantee a
space in the workshop

Any cancellation within 48 hours
of a workshop will result in a
fortfeiture 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

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Bridge): Take I-287 East to the End,
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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.