

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



July/August 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

JULY/AUGUST 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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JULY/AUGUST 2008 YTA NEWSLETTER

Message From the Board

Dear All,

During the lazy, hazy days of summer, when the body wants to move in a slow and easy way, if at all, mental activity can flourish without heating us up unnecessarily. My thinking meanders towards the meaning of life—the ups and downs, the ins and outs, the yins and yangs—and life starts to seem to be one big paradox!

We hear that we must “go with the flow,” but also that we must “take a stand.”

We should be accepting of everything and others, but loyalty and focus are prized.

We are encouraged to strive and plan for the future—but to live in the “now.”

We are taught not to take things at face value, but we are also told to trust.

We are encouraged to embrace life through feelings with the heart—but when we do, we are asked if we are “out of our minds”?

We seem to run around in circles for much of our lives, confused and stuck in habitual behavior—but we shouldn’t miss seeing that the circle can become a spiral. When we reach the point of origin we can move up to the next plateau where we recognize and use more of our innate potential. We can move inward and explore our inner life and the gifts therein.

The circle of life begins with infancy and total dependency. An aged person is very similar to a baby: no teeth, no hair, no strength or muscle tone and in need of nurturing.

All these thoughts leave me with deep gratitude for the gifts of yoga. Through practice you learn how to discern which path to follow for your greater good, and you begin to understand that at any time you can change your mind. Confusion loses its paralyzing grip!

Attending YTA’s monthly workshops is a wonderful way to stay in balance. Each presenter brings a fresh perspective that strengthens and broadens the work we do as teachers and serious students. May we enjoy the stirrings, strivings and stillness together!

*In light and love,
Paula Renuka Heitzner*

P.S. As you are reading this, you are likely coming up with paradoxes of your own to add to the list. I’d love to hear them.

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

SPECIAL SUMMER EVENT with David Swenson

At Yoga Journey, 196 Maple Avenue, White Plains*

WHEN - August 16, 2008
1:00 – 3:00 and 3:30 – 5:30 pm.

Through the Eyes of a Teacher (1:00 - 3:00 p.m.)

*Learning About Ourselves
Through Assisting Others*

This class will focus on viewing our practice from a teacher's perspective. Develop an eye for alignment and energy flow in the asanas by exploring hands-on adjusting techniques. Examine the dynamics of downward dog and a sampling of asanas from the standing, seated and closing sequences. A fun class open to all levels - one need not be a teacher to attend. There is much to learn about our own practice through assisting and observing others.

Flying, Floating and Handstanding (3:30 - 5:30 p.m.)

A Fun-filled exploration of Vinyasa and Arm-balances

One of the greatest challenges of the Ashtanga flow is the vinyasa. In this class David will break the vinyasa down into its components – "The Physics of Flight". The class will also explore handstands and arm-balances - all through the avenue of partner work. Expect plenty of laughter and fun as well as a depth of information in this

class. All levels may attend even if you have never done a handstand before. Alternatives are always given.

DAVID SWENSON began practicing yoga in 1969 at the age of 13. His older brother Doug was his first teacher. They practiced hatha yoga from whatever books they could find. David's introduction to Ashtanga came in 1973 when he met David Williams and Nancy Gilgoff in Encinitas, CA. In 1975, David and Nancy brought Sri K. Pattabhi Jois to the U.S. for the first time, and Swenson was fortunate enough to be there. He then initiated studies directly with the master. Swenson made his first trip to Mysore in 1977 and learned the full Ashtanga system as Sri K. Pattabhi Jois originally taught it. David Swenson is recognized today as one of the world's foremost practitioners and instructors of Ashtanga Yoga.

* Yoga Journey is located in the heart of White Plains at 196 Maple Avenue, 2nd Floor above Magnottas Grocery. There is a municipal parking lot conveniently located within feet of the studio as well as street parking.

TO REGISTER for the August 2008 YTA workshop with **DAVID SWENSON**, 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 for one workshop,
\$65 for both
Non-Members: \$45 for one workshop,
\$85 for both sessions

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

August 16 – David Swenson

Two workshops, 1-3 pm and 3:30-5:30 pm
At Yoga Journey,
Details and registration info in this newsletter and at www.ytayoga.com.

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
– ALL WELCOME
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 - 2nd Saturdays

2008: November 8, December 13
2009: January 10, February 14, March 14, April 11, May 9, June 13
1:30 - 4:30 pm unless otherwise announced





THE PATH TO STILLNESS:

Exploring the Eight Limb Practice of Ashtanga

Well, summer is here! It's that time of year when we slow down and ease up—at work, at home, in yoga practice. In the physical aspects of yoga, asana. Perhaps we think, it is too hot to go to the studio, it is too much to practice at home. But we forget that there are seven other limbs that we can practice if we are not practicing asana. Seven other limbs, you say?! Forget it!

But wait. Let's take a look at what we can accomplish without getting all hot and bothered. You are in luck, my dear yogis and yoginis! Ashtanga guru and master David Swenson will bring his teachings to us in the form of asana. But we can begin to move toward the seventh and eighth limbs of practice on our own. Let us take a look at the eight limbs of Ashtanga, and then hone in on dharana and dhyana, concentration and meditation—those last few limbs on the path to samadhi.

In the Ashtanga system, there are said to be eight limbs (ashta=eight; angani=limbs):

1. yama (abstinence)
2. niyama (observance)
3. asana (posture)
4. pranayama (breath control)
5. pratyahara (sense withdrawal)
6. dharana (concentration)
7. dhyana (meditation)
8. samadhi (contemplation, absorption or superconscious state)

Mostly, we practice asana and pranayama. I will not expound on the other limbs because this article will focus on dharana and dhyana. However, it is useful to know that the first five limbs are essentially

external practices while the last three limbs are the internal practices. These first five limbs pave the way to these practices, which assist us in building our single-pointed practices.

As we become more proficient in the beginning limbs, we begin to be drawn closer to inner stillness, quietude.

Dharana, the sixth limb, refers to concentration. In this practice, you are training the mind in the beginnings of meditation. Concentration and meditation are inexorably linked. As we practice one-pointedness, we begin to train the mind in a steady, focused way. This, of course, is tricky. The mind wants to “be” everywhere, and often is jumping all over the place; remember monkey mind. It is useful to have the mind focus on a physical object. This focus on a physical object can allow the object to imprint itself on the brain. When this imprint develops in the mind, it is easier to visualize it within. Remember the words of Patanjali: Practice becomes firmly grounded when well attended to for a long time, without break and in all earnestness (Book I, sutra 14).

Dhyana, the seventh limb of Ashtanga yoga, is closely and inextricably linked to dharana. As above, in dharana, we train the mind to concentrate. Over time, one-pointedness becomes one-flowingness. This is dhyana. Time and space are lost in and during meditation. There is a sense of relaxed wakefulness, increased awareness of space between thoughts, creative thinking, insight, and the sensation of being “out of body.” The mind transcends body consciousness. This leads to samadhi—the point of practice in the first place. What allows us to move on this path, you ask? Meditation culminates in the state of samadhi. Effort is expended in dharana; it becomes effortless in dhyana, and you realize you are in meditation.

Where does all this figure in our practice? Essentially, we practice asana and pranayama regularly, and meditation begins to become a regular part of practice, even if it is short, given the time limit imposed in class. But as we deepen the first several limbs of our practice, we begin to want more, to go deeper. We begin to explore through workshops, retreats and other areas that will allow us to go deeper.

Dharana and dhyana, concentration and meditation, can provide the vehicles by which we can advance our selves along the path of becoming more fully realized beings.

By Sylvia Samilton-Baker

BULLETIN BOARD

Iyengar Yoga Scarsdale
Nancy Kardon, Director
74 Brewster Road
Scarsdale, NY 10583
914-629-1994
www.yogascarsdale.com

By appointment
YAMUNA BODY ROLLING with Nancy Kardon
YBR energizes and relaxes you as you roll your body over specially designed balls in sequences that follow the natural direction of muscle release.

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
Workshops at the Fred Astaire Studio
25 W. Hartsdale Avenue
Hartsdale, NY

August 17 (Sunday) 8:30-11:30 a.m.
ASHTANGA YOGA: AN
INTRODUCTION - Exploring the fundamentals with David Swenson.
jhpines@optonline.net for reservations. \$50 prepaid (until August 1st), \$55 at the door

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 tradition 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

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

July 13 (Sunday, 11 am - 4 pm)
CPR WITH AED FOR ADULT, CHILD

BULLETIN BOARD, *continued*

& 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.

PRESENTED BY YTA MEMBERS

July 13 (Sunday, 9:30-12:30 and 2:30-5:15)
YOGA RETREAT with Jill Ganassi. Morning is an intermediate asana class focused on hip openers and backbends. Afternoon: inversions, restorative, and pranayama. Option to discuss yoga philosophy over lunch. Small group, individual attention. At the Lake House. Preregistration required: Jill, 914-803-9094 or jganassi@hotmail.com.

September 5-7 (Fri-Sun)
TAPPING INTO THE ETERNAL ENERGY OF YOGA with Tao Porchon-Lynch. Tao teaches how we can overcome personal hardships and challenges by focusing on the present. Tao's sessions this weekend will be accompanied by John Guth's divine music. At Kripalu, for yoga students with minimum one year of practice, advanced students, and yoga teachers. Register at www.kripalu.org.

September 26-28 (Fri-Sun)
YOGA AND SPIRITUALITY – A weekend retreat led by YTA co-president Lauri Nemetz. Explore asana, meditation, and yoga philosophy as it applies to Christianity and other religions; encourage peace in the body and the

greater world. At Kirkridge Retreat Center, Bangor PA. Register at www.kirkridge.org or email Lauri at lauricedn@yahoo.com for more details.

November 14-16 (Fri-Sun)
INTRODUCTION TO SANKSRIT – An immersion weekend with Jo Brill of the American Sanskrit Institute. Learn this ancient language for a direct connection to yoga philosophy or for the sheer joy of making beautiful sounds. This adventure gets you chanting and reading devanaagarii script. At Westchester Community College, Valhalla NY. www.yogaforawareness.org.

MEMBER ADS

YOGA TEACHER WANTED
Prenatal teacher needed for special Nurturing Motherhood series at The Yoga Sanctuary. Contact Ellen Patrick at info@yogasanctuary.net or 914-381-9642.

UNIQUE ONE-TIME GIG
Volunteer wanted to teach the benefits of breathing, stretching and yoga at a walkathon hosted by the American Diabetes Association on Sunday, October 12, 2008, in White Plains. Take the stage 11-11:30 am. Contact Joyce Pines, jhpines@optonline.net.

YOGA SPACE TO SHARE
Beautifully renovated space at St. Bartholomew's Church, 82 Prospect Street, White Plains. Hardwood floors, lots of light, 30 x 22 feet, garden setting. Contact Patty Holmes, 914-325-7180 or phsunrise@hotmail.com.

FINAL THOUGHTS



Knowing the Self's True Nature
PRACTICE



*Without a doubt, the mind is restless and difficult to control.
But through regular practice and detachment, it can be restrained.*

- BHAGAVAD GITA, 6:35



We now have to ask whether it is possible to realize the true nature of yoga simply by understanding its meaning as a word. By the mere study of texts on yoga, by the mere grasp of yoga's meaning as a word, by a mere discussion of the pros and cons of this intellectual grasp, one cannot have a thorough knowledge of yoga. For, just as a good knowledge of culinary science does not satisfy hunger, neither will the benefits of yoga be realized fully by a mere understanding of the science of its practice ...

By the strength gained through this practice, we can come to know the method for bringing the mind and sense organs under control. Thus we can achieve yoga. For it is only through the control of the mind and the sense organs that we come to know our true nature and not through intellectual knowledge, or by putting on the garb of a yogi.

- EXCERPT FROM YOGA MALA,
BY SRI K. PATTABHI JOIS

**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.