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YTA

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Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



August 2009 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 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](http://www.wainwright.org).



Design and layout: Lisa Sloane  
[www.lisasloanedesign.com](http://www.lisasloanedesign.com)

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

## **AUGUST 2009**

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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## **AUGUST 2009 YTA NEWSLETTER**

### *Message From the Board*

Dear All,

Thinking about YTA and its membership brings a great, big smile to my  
face and the realization that yoga is a positive source of light and joy.

Regardless of what style of yoga you practice and teach, there are  
positive benefits that enhance and strengthen the student as well as the  
teacher.

If a student has always had an intellectual outlook, his or her entry  
into the study of yoga can satisfy “the need to know” while balancing  
the physical. Those who are caught up in endeavors of pure physicality  
will find sources within that will use “the muscle” to tap into a greater  
relevance. The type of student who is very spiritual in nature will find  
yoga to be quite compatible—that by creating more flexibility and con-  
nections with their body, they will have a better vehicle with which to  
pursue their practice of choice. We all know that sitting in meditation  
is not easy!

The great opportunity that is open to all types of students and teach-  
ers, of course, is the awareness of “Samskaras.” Ancient yoga texts refer  
to Samskaras as imprints in our makeup that keeps us stuck in mindsets,  
negativities and habitual behavior. They are the ruts we get stuck in!  
Today, neurology calls them neural pathways and psychology names  
them cognitive patterns. Yoga helps to fill those ruts and offers us avenues  
of escape into a healthier, happier and more inquisitive lifestyle.

Once again we see how the different paths of yoga complement each  
other, and how the different aspects of our being come into balance  
through practice.

Our monthly meetings support us by exposing us to the varied forms  
of yoga and to different teachers. Join us!

*Much light and love,  
Paula (Renuka) Heitzner*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### Fluid Power, Yoga Flow

#### WHEN

Saturday, August 29, 2009  
1:30- 4:30 p.m.

#### NOTE LOCATION!

Fred Astaire Studio  
25 West Hartsdale Ave  
Hartsdale, NY 10530

**1:00 - 3:00 pm** *Fluid Power*  
(Beginner to Advanced)

A delightful arrangement of soft and hard yoga asanas, connected together with a balance of light (non – muscle resistance vinyasa) and some challenging (muscles resistance vinyasa). You will enjoy the challenge, achieve a variety of new poses and move with fluid power. When finished, drift into a deep relaxation followed by a guided meditation.

**3:30 - 5:30 pm** *Mastering the Secrets of Yoga Flow*

The main focus of this class is centered around the fluid movements of soft and hard form vinyasa and how to expand this philosophy to create flow in your daily life—a variety of yoga postures—both easy and challenging will be used. Doug will explain how the fluid energy lines of vinyasa in your yoga practice can affect your daily life in a positive way. Create a flow in your diet, at work, in relationships and throughout your daily life.

**DOUG SWENSON** began his study of yoga in 1969. He has had the fortune of studying both hard and soft styles with many great teachers, including Dr. Ernest Wood, K. Pattabhi Jois, Ramanand Patel, and many others. Doug started teaching in continuing education classes in Texas over 33 years ago. After moving to Lake Tahoe, CA, he designed a credited yoga course for the local college.

Doug has since evolved into a master yoga practitioner, philosopher, poet and dedicated health advocate. Over the last three decades, he has incorporated influences from several different yoga systems along with his passion for nutrition and the environment to develop his own unique style of “Sadhana Yoga Chi “. Doug is the author several books; “Yoga Helps”, “The Diet That Loves You Most”, “Power Yoga for Dummies” and his latest release -“Mastering the Secrets of Yoga Flow”.

Doug is a Registered Yoga Teacher (RYT 500) with the National Yoga Alliance and travels extensively offering workshops, retreats and teacher training courses around the world. Study with one of the world’s top instructors! Doug’s invigorating, inspirational teaching will put a smile on your face and a softness in your heart.

Learn more about Doug at [www.sadhanayogachi.com](http://www.sadhanayogachi.com).

**TO REGISTER** for the August 2009 YTA workshop with Doug 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 \_\_\_\_\_

#### COST

YTA Members: \$35 for one workshop,  
\$65 for both  
Non-Members: \$45/\$85

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)

Learn more about Doug at  
[www.sadhanayogachi.com](http://www.sadhanayogachi.com).

#### UPCOMING YTA WORKSHOPS

**August 29** – Doug Swenson  
Details and registration info  
in this newsletter and at [www.ytayoga.com](http://www.ytayoga.com).

**August 29** – Tao’s Birthday Party  
Celebrate YTA founder Tao  
Porchon-Lynch. 7-10 pm at  
Royal Palace in Greenburgh,  
\$50 paid in advance. RSVP  
[jhpines@optonline.net](mailto:jhpines@optonline.net).

**September 12** – Rouben  
Madikians  
Learn more about Rouben at  
[www.roubenyoga.com](http://www.roubenyoga.com).

**September 12** – YTA’S ANNUAL  
MEETING!  
After Rouben’s workshop: please  
plan to attend! Refreshments,  
sangha, and the opportunity to

suggest ways that YTA can serve  
its members.

**October 10** – Megha Nancy  
Buttenheim  
Learn more about Megha at [www.letyouryogadance.com](http://www.letyouryogadance.com).

**November 14** – Daniel Orlansky  
Learn more about Daniel at [www.meridianyoga.com](http://www.meridianyoga.com).

**December 12** – Paula Heitzner  
Learn more about Paula at [www.yoga4you.com](http://www.yoga4you.com).

**And mark your calendar for  
2010! Second Saturdays:** January  
9, February 13, March 13, April  
10, May 8, June 12.

**SPACE FOR RENT** in Nyack, New  
York. Contact Dawn Columbo,  
[www.skyelighthealingarts.com](http://www.skyelighthealingarts.com),  
917-273-4046.

## TOPIC OF THE MONTH



*Sadhana Yoga: An Introduction*

*Embrace the energy*

*The natural flow of life will become you*

### ***Soothing Touch of Yoga***

The most central idea to any yoga practice and particularly to Sadhana Yoga is prana, which means "vital life force." The vital life force refers to the spark that separates living beings from non-living material. It is the core within which connects all of us to the universe. In today's hectic world we have become very disconnected from nature and its flow of energy. We tend to fight against nature and the laws of nature rather than going with the flow. Through yoga, and specifically through Sadhana Yoga, we can return to, and connect with, the natural current of the vital life force. This means gaining greater inner peace and a strong sense of physical well-being.

The vital life force is not unique to people. From the smallest single cell animal to the infinite energy of a million galaxies and everything in between, the entire natural world is connected through the

energy found in all organisms. Each of us can learn to harness this natural energy and reap the benefits of living closer to the vital life force. From this vibrant current we can fuel our lives. It drives us to reach our personal best no matter what we choose to do. Just as a fish separated from water cannot live, and the beautiful colors of a flower cannot be seen without light, humans cannot reach their full potential if they live apart from the natural flow of universal energy.

Through the practice of Sadhana Yoga you can learn to reconnect your body, mind and soul with vital life force energy. This is accomplished through a balance of physical Yoga exercises (Asanas), relaxation, meditation and a healthy diet.

### ***Meditation for Inner Peace***

In yoga practice, meditation is one of the eight limbs along the path to enlightenment. Practiced by itself, meditation

is called Raja Yoga. In Sanskrit, Raja means "king," and Yoga means "union or bring together," so Raja Yoga is the quest to become king of your mind, to focus, tune, relax and control it, while working in unison with your physical body.

Meditation is the means by which you can calm your restless mind until it becomes still, then focus all your energy and attention on one thought, or area. Meditation is therefore not the goal, but only a tool that helps you connect to the vital life force. Through meditation you are essentially training your mind to work in harmony with your body, allowing you to reach your full potential. The traditional term for meditation is bhavana, which translates as "mental and emotional development." Just as you can develop your body through physical exercise, you can also develop your mind through mental exercise. Once you have a more focused mental power, you can begin to work on strengthening your own emotional development. Experienced yogis and yoginis have more control over their emotions. This does not mean that showing your emotions is a bad thing, yet there are times when control can produce a

positive reaction and become a grand asset to communication.

### ***Spirituality and You***

To some, spirituality means closeness to nature and creating a feeling of inner peace. To others, spirituality embraces a faith and respect in some greater power that encompasses all that is good. Still, others believe that spirituality is something that is felt deep within and cannot be explained with mere words.

In the philosophy of Sadhana Yoga, true spirituality is to embrace kindness, compassion, and selfless giving. At the same time to hold peace in your heart and become a vehicle for all that is good to channel through your body and mind. When you master Sadhana Yoga, you reflect spirituality through telling a story with your yoga practice and flow with the energy of life.

Three golden rules to live by:

- Think before you act.
- Think before you speak.
- Think before you eat.

*Excerpted with permission from "Yoga, Life & Sadhana" by Doug Swenson*

## BULLETIN BOARD

To list yoga events in this space, YTA members can send details to [josephine.brill@gmail.com](mailto:josephine.brill@gmail.com). The newsletter is published on the first of most months; deadline is generally the 15th of the previous month.

### 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

August 29 (Saturday, 7-10 pm)  
TAO'S BIRTHDAY PARTY. Celebrate YTA founder Tao Porchon-Lynch. RSVP [jhpines@optonline.net](mailto:jhpines@optonline.net) and send check to Joyce Pines, 15 Ingham Road, Briarcliff Manor, NY 10510. Limited to 45 guests.

August 30 (Sunday, 8:30-11:30 am)  
WORKSHOP with Doug Swenson. More from YTA's guest presenter from the previous day. Info: [jhpines@optonline.net](mailto:jhpines@optonline.net).

October 2-17  
INCREDIBLE INDIA: Join Tao on her next yoga retreat. Deluxe accommodations, wonderful food, world-class yoga, more! Visit Delhi, Agra or Rishikesh, Jaipur, Hyderabad, Cochin, Kerala, and Mumbai. Cost: \$3,750, not including international airfare. Info: [jhpines@optonline.net](mailto:jhpines@optonline.net).

### The Yoga Sanctuary

[www.yogasanctuary.net](http://www.yogasanctuary.net)

Ellen Patrick, Director  
914-381-9642  
One Depot Plaza  
Mamaroneck, NY 10543

Sundays, 9-10:15 am  
YOGA WITH LIVE MUSIC. Led by Corey Geremia, classical guitar by Alan Goodman. \$20.



Find YTA on facebook!  
Search for "YTA yoga"

## BULLETIN BOARD, continued

### Yoga Mountain Wellness Center

Gail Bentley Walsh, Director  
845-639-0736  
[www.yogamountain.com](http://www.yogamountain.com)

132 Park Avenue  
New City, NY 10956

Workshops have two sections: 12:30-3:30 pm and 3:30-7:30 pm. \$130 for both sections, \$65 for one.

July 19 (Sunday 12:30-7:30 pm)  
THE EVOLUTION OF YOGA in the United States: an exploration of all yoga styles. Repeated Saturday, July 25, in Cornwall.

September 13 (Sunday 12:30-7:30 pm)  
YOGA FOR ALL KIDS: Tools for teaching teens, toddlers, babies – and yoga in the classroom. Repeated Saturday, September 19, in Cornwall.

October 18 (Sunday 12:30-7:30 pm)  
TEACHING METHODOLOGY AND ANATOMY: the yogic principles behind the physical practice. Teens, toddlers, babies – and yoga in the classroom. Repeated Saturday, October 24, in Cornwall.  
November 15 (Sunday 12:30-7:30 pm)  
MINDFULNESS AND MEDITATION in relation to therapeutic yoga. Repeated Saturday, November 21, in Cornwall.

December 15 (Sunday 12:30-7:30 pm)  
THE EVOLVING CONSCIOUS of a yogi.

## PRESENTED BY YTA MEMBERS

July 17-20 (Fri-Mon)  
EBB AND FLOW: Summer yoga and kayaking with Lauri Nemetz (E-RYT) and Bruce Smith on Deer Island in the spectacular Bay of Fundy, New Brunswick, Canada. [www.wellness-bridge.com](http://www.wellness-bridge.com).

July 25 (Saturday)  
WORKSHOP with Tao Porchon Lynch at Integral Yoga Institute NYC, 227 West 13th Street (between 7th and 8th). More: [www.iyiny.org](http://www.iyiny.org).

October 16-18 (Fri-Sun)  
INTRODUCTION TO SANSKRIT with Jo Brill. Enjoy the beautiful language of yoga – no experience needed! At WCC in Valhalla. [www.yogaforawareness.org](http://www.yogaforawareness.org).

October 30-November 1 (Fri-Sun)  
SANSKRIT II with Jo Brill. For direct access to mantras, sutras, slokas and passages from the Upanishads in the lovely devanagari script. Lots of chanting! [www.yogaforawareness.org](http://www.yogaforawareness.org).

## FINAL THOUGHTS



*“If we practice the science of yoga, which is useful to the entire human community and which yields happiness both here and hereafter—if we practice it without fail, we will then attain physical, mental and spiritual happiness, and our minds will then flood toward the Self.”*



### **Sri Krishna Pattabhi Jois, 1915–2009**

It is a rare and remarkable soul who becomes legendary during the course of his life by virtue of great service to others. Pattabhi Jois was such a soul, and through his teaching of yoga, he transformed the lives of hundreds of thousands of people.

His contribution will have a lasting impact on how we, as practitioners and teachers, view this science. He began his quest as a twelve-year old boy, when yoga was not only almost unknown to the West, but even in its native India held in little regard. By the force of his determination, faith, and enthusiasm, he tolerated long years of toil, hardship, and poverty—and it was a source of unsurpassable joy for him to see, in the last decades of his life, this practice spread around the world, bringing with it health, happiness, and insight.

—*Remembrance from Ashtanga Yoga New York*

## **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.