

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

September 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.



SEPTEMBER 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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SEPTEMBER 2007 YTA NEWSLETTER

Message From the Board

Fall is fast approaching, and with her entry, we become aware of the cessation of light, growth, warmth, and color. As the leaves fall after her final burst of color, we become more aware of the lack of "light and bright" which can be a contributing factor in the rising incidence of depression. Depression is exactly what it sounds like, and those who suffer from it, have lost connection with the variety of colors, and the variations of feelings and emotions of their life, with everything seeming dull and gray and flat.

Those of us who are aware of the ancient concepts and techniques of yoga know that the Chakra system, with its rainbow of colors, can be used to restore the mental-emotional and energetic aspects of the human system.

Even though Fall is here, and then around the corner is Winter, inviting further withdrawal of mind and body, we have the practice of yoga to enhance and enrich our lives and to reiterate the message of the beauty of life in any and every situation. By studying the Chakras, and their relationship with the nervous system, we experience firsthand the effect of color, on performance and the feelings of an individual.

The practice of *Mudra* (making a seal or enclosure) and *Mantra* (repetitious thought or prayer) can be a strong force in lifting the spirit and generating strength and optimism into the very depths of one's core.

The study and use of Pranayama offers the incredible gift of vigor- as we well know, "breath is life."

The techniques of guided imagery and Yoga Nidra are still other powerful tools offered to us through yoga practice to integrate our lives in a satisfying and uplifting way, a way to make life worth living! The deep relaxation and healing that comes through Yoga Nidra is invaluable to the body, mind, and spirit. Guided imagery can be used to fine tune the system and to manifest our deepest desires. The process of integration is accelerated and enhanced, thus freeing the regenerative powers that are trapped and rendered unavailable by depression.

As our new season begins, may we all, as teachers and serious students, move forward to greater learnings with the joy and zeal fostered by our practice of yoga.

Shanti and Shalom
Paula Renuka Heitzner- ERYT

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Yoga: The Symphony of Life

WHEN - Saturday, September 15,
2007 from 1:30 – 4:30 pm

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

Experience an awe inspiring workshop with Westchester's Master Yoga teacher, Tao Porchon-Lynch. In this workshop, you will utilize Pranayama (breathing techniques) and Asana (postures) as Tao guides you into Yoga – The Symphony of Life. Combining breath, movement and muscular locks, you will learn how to engage and use your inner strength to flow into a state of balance and clarity. Tao integrates the timeless jewels of the Vedas and classical yoga with the methods of her teachers: B.K.S. Iyengar, Mataji Indra Devi, Swami Prabhavananda, and David Swenson.

TAO PORCHON-LYNCH E-RYT, IAYT is one of the original organizers of the YTA. She served as president and has, for the last 23 years, been its Program Director. She founded the Westchester Institute of Yoga in 1982 and has trained and certified more than 300 teachers. Tao was raised in Pondicherry. Her remarkable teaching style reflects the many great masters such as

BKS Iyengar, Mataji Indra Devi and many others with whom she has studied. She studied with BKS Iyengar in Bombay and Pune. She has been a member of the Ramakrishna Vivekananda Center in India since 1939 and was a disciple of Swami Prabhavananda from 1952 until his death in 1976. Remarkably, Tao marched for peace with Mahatma Gandhi and has taught yoga in France, India, California and the East for the past 35 years.

To register, fill out the form and send along with payment (checks payable to *Yoga Teachers Association*) to:

Michael Sassano,
21 Ronny Circle
Hastings-on-Hudson, NY 10706

You must preregister to guarantee a place for this workshop.

FOR MORE INFORMATION
Michael Sassano 914-478-0694
yogadad@optonline.net

Sylvia Samilton Baker
914-202-5552

Lauri Nemetz info@ytayoga.com

TO REGISTER for the September 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: _____

TAO PORCHON-LYNCH

For more information call 914.478.0694

COST

YTA Members: \$35

Non-Members: \$45

UPCOMING YTA WORKSHOPS

September 15 with Tao Porchon-Lynch
1:30 - 4:30 p.m.

Annual membership meeting to follow, 4:30 - 5:30 p.m.

Flier and registration information can be found in this issue and at www.ytayoga.com. Members, please plan to stay for the annual meeting. Contribute suggestions for YTA, enjoy light refreshments and get to know each other!

October 27 with Doug Swenson
1:00 - 3:00 p.m. and 3:30 - 5:30 p.m.

Learn more about Doug at www.sadhanayogachi.com.

November 17 with Mia Azcue
1:30 - 4:30 p.m.

Explore yoga's timeless guidelines for the path toward healing.

Chakras and the Cosmic Consciousness



Liberation while living is considered in Indian life to be the highest experience...a fusion of the individual with the universal. The individual manifestation is like a spark in the cosmos as the human organism.

In the *Upanishads*, we read that the microcosm parallels everything in the macrocosm. It is easy to recognize that the complete drama of the universe is repeated here in our very own body, for that which is without, is also that which is within. The whole body, with its biological and psychological processes, becomes the instrument and through this, cosmic power reflects itself.

The purpose is to search for the truth within, so that one may realize one's inner self unfold the basic reality of life. The point of connection is yoga, for yug IS the way.

To acquire the balance of yoga, every part of the body must be strengthened. This would be more difficult for those who work their postures from purely an intellectual standpoint because as B.K.S.

lyengar says, "They live only in their heads."

A yogi diffuses the energy from the brain to other parts of the body, so that a union between body and mind can integrate and work in concord, making that energy flow and become evenly balanced. Yoga is the science of freedom, wherein one can observe how the effects of Asanas percolate in the body, rejuvenating the cells. It is a subjective treatment that affects various vital centers.

While the types of yoga, *Bhakti, Raja, Karma* and *Jnana*, are like many paths leading to the top of the mountain, Hatha Yoga develops the psychosomatic forces towards the ultimate goal. Hatha Yoga is to me the way to gain this insight of knowledge and understanding through action and perception, on our journey through life. It allows the beauty of the chakras to unfold like flowers—not to accomplish some cult of extra sensory perception, but to experience the perfume and joy of the song of the soul, the ultimate reality, Nirvana.

CHAKRAS AS ENERGY CENTERS

Chakras are situated not in the gross body, but in the subtle or etheric body. They are repositories of psychic energies that govern the whole condition of being.

The two channels or Nadis of energy, the *Ida* and *Pingala*, rise like a river and course through our spine, meeting as they criss-cross in the system at meridian points. When we practice Asanas and Pranayama, there is an interchange of energy between the two. Where they meet, these centers become storehouses of energy.

The color that each chakra emits is consonant with its vibration frequency. It corresponds to the number of petals for each chakra.

To bring the subtle centers into function, the gross or physical centers must be in a state of rest or equilibrium. The opened chakras provide knowledge of the unity of the objective constituents of the universe, along with the instrument of action. When the chakras are opened, we experience the cosmic nature of the elements within our own inner selves.

Central to all practices of yoga is the movement of Prana. Prana is in matter, but it is not matter. It is in the air, but it is not oxygen. It is the subtle form of energy that is carried in air,

food, water and sunlight and animates all forms of matter.

What we are about to do is to tune into these vortices and try and release the Kundalini Shakti to ascend, to unite above the crown of the head to manifest through the psychic centers. The chakras lie along the axis of the spine.

The signs of opened chakras include a corresponding control over, and detachment from, the physical elements and organs. The awakening of the consciousness behind the subtle body involves being able to shake off the gross body and its functions.

One's experience is variable, particularly as to the phenomena or powers. The main experience is in a deepening sense of the unity of the universe with one's own inner self. It is then that one experiences the sound of the universal divine consciousness, as though the sacred seed syllable sound of OM, called *Bija* in Sanskrit, becomes audible to the inner self.

It emanates as though from outer space, the transcendental sound of the absolute, awakening that which lies dormant within us, to the inaudible cosmic radiation that is omnipresent energy.

— Tao Porchon-Lynch

BULLETIN BOARD

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

September 23 (Sunday, 1:30 - 3:30 pm)
Solstice Celebration
YOGAGAIA: The Yoga of Earth and
Cosmic Consciousness with Hasita
Nadai
Meditations - Imager Yoga Sequences
- Play
Fee: \$20 in advance, \$25 same day

October 20 (Saturday, 2:00 - 3:30 pm)
HELP FOR YOUR HAMSTRINGS with
Chris Glover
A series of exercises and postures
that, with consistent and patient
stretching, are the key to help your
hamstrings become your friends.
Fee: \$25 in advance, \$30 same day

October 28 (Sunday, 1:30 - 3:30 pm)
THE ART OF ASSISTED STRETCHING
FOR AN OPEN BODY AND MIND with
Athina Pride
Drawing upon the principles of Thai
Yoga and Gravity, you will receive and
give partner-assisted stretches that
can make you feel uplifted and open.
Fee: \$25 in advance, \$30 same day

Sage Yoga @ The Gym
Susan Rubin, Director
99 Business Park Drive
Armonk, New York 10504
914-219-1601
www.armonkyoga.com

Fridays every week (12:15 - 2:15 pm)
TEACHERS' ANUSARA PRACTICE: All
teachers, any style, welcome for free!
Advanced students welcome for regu-
lar class fee.

September 19 - October 3
(Wednesdays, 6:00 pm)
BEGINNER'S WORKSHOP with Susan
Rubin

Starting September 19 (every other
Wednesday, 1:30 - 3:30 pm)
FACILITATION FOR CERTIFICATION: a
study group to prepare for the
anusara certification

October 2, 16 and 30 (Tuesday, 7:30
pm)
BHAGAVAD GITA BOOK REVIEW

Oct 19-21, November 2-4, November
16-18 (12 hours each weekend)
ANUSARA IMMERSIONS with Susan
Rubin, Naime Jezzney and Sue Elkin
This is a prerequisite for Anusara
teacher training.

November 10 (Saturday, 12:00 - 2:30
pm)
PRENATAL WORKSHOP with Jennifer
Petit

November 11 (Sunday, 12:00 - 3:00
pm)
THAI YOGA WORKSHOP with Hillary
Freedman

The Yoga Sanctuary
Ellen Patrick, E-RYT 500, Owner &
Director
One Depot Plaza
Mamaroneck, NY 10543
914-381-YOGA (9642)
www.YogaSanctuary.net

September 27 (Thursday, yoga & live
music 6-6:45 pm, kirtan 7-8:30 pm)
YOGA & KIRTAN with Ellen Patrick &
Wynne Paris
Fee: \$15 kirtan in advance/\$25 same
day
\$25 yoga & kirtan in advance/\$35
same day

BULLETIN BOARD, *continued*

October 10 through November 4
(Wednesdays, 7:00 - 8:30 pm)
Jon Kabat-Zinn's MIND-BODY STRESS
REDUCTION program with Cori Maass.
A 6-week course.
Price includes materials: \$275 in
advance/\$300 same day

October 12 (Friday, book signing 6-
6:30 pm, workshop 6:45 - 8:30 pm)
BREATH-CENTERED MOVEMENT
WORKSHOP & BOOK SIGNING with
Leslie Kaminoff, author of Yoga
Anatomy.
Price TBA.

Westchester Institute of Yoga
Tao Porchon-Lynch, Director
914-997-0949

September 16 - October 4
Join Tao Porchon-Lynch in incredible
INDIA! A unique yoga retreat that
reaches from the Himalayan moun-
tains to the exotic desert of Rajastan
to the sun-clad shimmering beaches
of Goa.

November 25 - December 2
Join Tao Porchon-Lynch in MACHU
PICHU, Peru. Deluxe accommodations,
wonderful food, world-class yoga, cul-
tural excursions, adventure and much
more!!

November 16-18
Tao Porchon-Lynch presents THE ETER-
NAL ENERGY OF YOGA at Kripalu
Center for Yoga and Health in
Stockbridge, MA. Register online at
www.kripalu.org.

Yoga for Well-Being
Fran Ubertini, Director
5 Coates Drive
Goshen, NY 10924
845-294-9644
www.yogaforwellbeing.org

October 26 (Friday, 1:00 - 4:00 pm)
CHANT THE YOGA SUTRAS with Sonia
Nelson, director of the Vedic Chant
Center. Learn to chant selected sutras
from the four books of Patanjali's
Yoga Sutra through the traditional
method of listening and repeating.
Sutras selected will be those most
relevant to the practice and teaching
of yoga in contemporary western
culture. \$75

October 26 (Friday, 7:00 - 9:00 pm)
CHANTS FOR HEALING with Sonia
Nelson. Learn healing chants step-by-
step, and explore how vedic chant can
be used to influence desired changes
in our body, breath, mind and ener-
getic and emotional sense of well
being. \$40

October 28 (Sunday, 9:00 am - noon
and 2:00 - 5:00 pm)
CHANT IN YOGA PRACTICE with Sonia
Nelson. Combining chant with yoga
practice, we can discover and influ-
ence new connections between body,
mind, and breath, infusing our rela-
tionship to yoga with new vitality.
\$100

Yoga Haven
Betsy Kase, Director
62 Main Street - 2nd Floor
Tuckahoe, NY 10707
914-337-1437
www.yogahaven.com

Beginning September 5, 2007: Yoga
Haven's 200-hour TEACHER TRAINING,
a 7-month, Yoga Alliance registered
program. The program will run
Wednesday evenings and five full
Sundays. For more information:
914-337-1437 or
www.yogahaven.com/teacher_training.htm.

FINAL THOUGHTS



THE MYSTERY OF THE CHAKRA

*This information was extracted from "Sacred Sanskrit Words",
by Leza Lowitz and Reema Data*

The Yoga Teachers' Association is delighted this month to have yoga master, Tao Porchon-Lynch present our workshop on the chakras, those energy centers which keep us revolving in the universe. Let's take a moment and explore the importance of this valuable system as we look briefly at each chakra.

Chakra comes from the root "car," to move. It can also mean wheel, disc, circle, sphere. In yogic practice, it refers to wheels of energy. According to yogic and Tantric philosophy, there are seven major chakras or wheels of energy in the human body and hundreds of minor ones. The body has a central channel of subtle energy, the susumna nadi, which runs inside the spine, and two other channels of energy running from the right nostril to the crown of the head and then down the spine, pingala nadi. There is also a corresponding channel on the left side, ida nadi. Six chakras are located at the specific points that these right and left channels intersect with the central channel. The seventh chakra is located at the crown of the head. Some believe there is an eighth chakra, the Soul Star, or Transpersonal Chakra, that links the soul/spirit to matter and to its true essence. Each chakra regulates, distributes and balances the energy

and nerve functions of the area where it is located. They are:

Muladhara - First or Root Chakra; ELEMENT - Earth. RULES - Existence, Health, Material Existence

Svadhishthana - Second Chakra; ELEMENT - Water. RULES - Creative and Sexual Energy. Located at the spleen/genital area.

Manipura - Third Chakra; ELEMENT - Fire. RULES - Digestive System

Anahata - Fourth Chakra; ELEMENT - Air. RULES - Heart

Vishuddha - Fifth Chakra; ELEMENT - Ether. RULES - Throat

Ajna - Sixth Chakra; ELEMENT - Light. RULES - Eyes and Base of the skull.

Considered the center of inner wisdom, intuition.

Sahasrara - Seventh Chakra; ELEMENT - None. RULES - Pineal. *Considered the center of transcendence, the point from which the spirit leaves the physical body for higher realms. Associated with spirituality, cosmic intelligence.*

Let us enjoy and revel in this workshop where we massage these energy centers as we are led in practice by Tao's wisdom and intelligence.

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 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.