

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



September 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

SEPTEMBER 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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SEPTEMBER 2008 YTA NEWSLETTER

Message From the Board

Dear All,

The time is drawing to a close for the “Lilies of the Field.” The quicken-
ing pace of fall brings us to a crossroad. Will we winter in a robust, vigorous
state of health, feeling whole and hardy, or will we weaken and pale with the
diminishing light?

My commitment to yoga has engaged me deeply in its greater implication
as a tool for health and healing. Through practice we can learn how to com-
municate with the core of our being and begin learning the body’s vocabulary
in the form of sensations, signals and symptoms. Yoga can be described as a
system of being attuned and attentive to the body’s “conversation.”

If we ignore or cover up the faint messages from within, we deplete our
life force and the body has to speak more loudly and clearly. This is how we
transition from dis-ease to disease.

How can we bring ourselves to a better state of health? What must we do
to eliminate, or lessen, chronic pain, fatigue and weariness of body, mind and
spirit? We must make careful choices and conscious decisions. True health only
flows from a healthy life force and a strong immune system.

Yoga makes us more aware of our body and its state of vitality. The physi-
cal postures and pranayama’s “breath work” energize the immune system and
quicken the life force. The spiritual aspect of the practice helps to focus us on
the inner life, which generates greater sensitivity to the subtle experiences of
the body.

These practices are the first steps we can take to make the reversals that
promote greater well-being: peace, joy and a healthy constitution. But change
is difficult! Less-healthy habits and patterns can’t be overcome by wishful
thinking.

Involvement in the YTA is an excellent way to strengthen commitment to
practice. Support from other teachers and on-going immersions in new and
varied information keeps us informed and inspired.

Make it a point to join with us! May the life force be with you!

—Paula Renuka Heitzner

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Embodiment Your Kidneys for the Sake of Your Heart

Stress in the kidney-adrenal system can effectively lock us out of our hearts.

WHEN - September 13, 2008

The Yoga Center
Wainwright House
Rye, N.Y.

One Workshop: 1:30- 4:30 p.m

*** Annual Membership meeting immediately following the workshop.*

IN THIS WORKSHOP we will begin to develop a more intimate and knowledgeable relationship with our kidneys. We will discover their qualities and how they express within our body-mind system. We will learn specific techniques to create ease and comfort in the kidneys, and to support our yoga practice without adding undue stress to these vital organs. We will learn to ground our kidneys through their relationship to the bladder and the pelvis. We will learn how to keep our hearts soft and open by calming the fiery adrenals and allowing them to simply rest on the tops of the kidneys.



PATTY TOWNSEND is a teacher of Tantric and Transcendental Meditation. An expressive and joyful teacher with a daily practice of postures, pranayama and meditation for more than 30 years, Patty brings a strong understanding of all aspects of Yoga practice and philosophy to her classes with clarity, wisdom and humor.

Patty was among the first wave of teacher-trainers in the United States, training teachers as early as 1985 in Los Angeles. Her classes reflect her many years of study in classical Hatha Yoga including Iyengar, Vinyasa and Ashtanga Vinyasa Yoga. Her breath- and awareness-centered approach incorporates a deep knowledge of alignment that is profoundly influenced by the innovative approach to consciousness and full embodiment that is presented by Bonnie Bainbridge Cohen of the School for Body-Mind Centering.

TO REGISTER for the September 2008 YTA workshop with **PATTY TOWNSEND**, 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

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

September 13 – Patty Townsend and Annual Membership Meeting
1:30 - 4:30 pm, meeting to follow – all welcome
Details and registration info in this newsletter and at www.ytayoga.com.

October 11 – George Russell
1:30 - 4:30 pm, Fred Astaire Studio, Hartsdale
Learn more about George at www.georgerusselldc.com.

November 8 – Lori Mandel
1:30 - 4:30 pm
A meditation workshop.

December 13 – Renee Diamond
1:30 - 4:30 pm
A vigorous Budokon Yoga workshop.

Find YTA on facebook!
Search for "YTA yoga"





EMBODYOGA™ FOR YOUR KIDNEYS —and For The Sake Of Your Heart

Over several decades as a yoga teacher, I have become keenly aware of the tendency that many have to harden their kidneys, and even to “push” them forward into the body. How many times have we been told to “soften and fill the kidneys,” or performed certain movements with the hope of achieving this elusive experience? It is my experience that many people are still searching for this release. Perhaps if we compassionately seek the source of the pushing, we can move toward understanding what we are doing and why.

The kidneys are filters of blood and are themselves blood-rich. They govern the fluid balance of the body, and store our personal energy—our physical vitality. The adrenals express our vitality into the world, and the bladder is the reservoir that contains our personal energy reserves.

We live in a culture that highly values expression and achievement. But we often forget—or are never taught—to first establish the foundation for expression in comfort and vitality. So we push our energy out into the world, disregarding our personal reserves, and progressively deplete ourselves. This depletion ultimately manifests as illness, depression, and fatigue.

To heal, we need to begin to value our personal vitality as much as we value its expression. The body’s natural tendency is toward health and optimal functioning. In order to stop the body’s natural propensity to store energy, we literally have to

squeeze or push on the kidneys. The message that we send to our body is, “No, don’t store that. I need to use it right now!” Consciously or not, we push this energy up and into the adrenals, manifesting outward expression.

The adrenals, with their fiery nature, increase the urgency. “This must be done now!” There is fear in this: fear that we don’t have enough energy to meet the world’s needs. On some level, as we start to notice our energy reserves depleting, we begin to believe that it is true: we are simply inadequate.

The alternative is radical and simple. It involves deciding to make self-nurturance our highest priority. By making some basic inquiries into the nature and role of our kidneys, we can begin to encourage them to function in a healthier way. This kind of investigation, in combination with a direct sensing of the organs and moving in and out of yoga postures with breath, can help us prepare to release the kidneys. We can begin to open up the flow of the ureters—softening and toning the psoas major as a result.

When we become willing to store energy, as opposed to pushing it up through the adrenals and into the heart, we open to a new world of experience. When we are no longer pushing blood and energy through the heart, the heart is able to regain its softness and receptivity. Its ability to perceive and interpret reality matures.

When we are no longer acting from a frantic urgency to express, we settle on a very deep level. We begin to develop trust in life, and a knowing that it isn’t necessary to force ourselves upon it. From this deeply settled place, we see life as it is. It is from within this womb that truly effective action is born.

— PATTY TOWNSEND

BULLETIN BOARD

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

September 21 (Sunday)
Celebrate the solstice with live music by John Guth all day: 9:30 beginner, 11:00 restorative, 4:00 open.

September 21 (Sunday, 2 - 3:30)
VOCAL ATTUNEMENT healing meditation workshop with Naaz Husseini. Connect with the power of voice and resonance. Music by John Guth. \$20.

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

Building a class (weekdays, 7-8 am)
EARLY BIRD YOGA, Nancy Kardon.

Vikasa Studio
Lara Demberg
69-71 Main Street
Cold Spring, NY 10516
845-809-5323, 914-588-8166
www.vikasastudio.com

September 13 (Saturday, 3-5 pm)
WORKSHOP with Jackie Prete,
Certified Anusara Teacher.

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. Earn certification by KHYF (khyf.net).

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

September 14 (Sunday, 2-4 pm)
BACK CARE BASICS with Nancy Kardon. Free the spine with yamuna body rolling foot fitness. Then ease compression with therapeutic Iyengar poses. \$30.

September 19 (Friday, 7:30 pm)
FILM FESTIVAL - Living Yoga:
The Life and Teachings of Swami Satchidananda. How the ancient teachings of yoga came to the West, and the far-reaching effects of the modern yoga movement. \$7.

September 28 (Sunday, 3 pm)
THE BUSINESS OF BEING BORN: A miracle, a rite of passage, a natural part of life - and big business. This film with Rikki Lake interlaces birth stories with insights about the maternity care system. Free.

October 5 (Sunday, 1-3:30 pm)
BACKBEND WORKSHOP with Jill Ganassi. Develop strength and flexibility for wheel pose (upward bow). Steady practice for 3 months required. \$40.

October 12-13 (Sun-Mon 9:30-4:30)
THAI YOGA BODYWORK TRAINING Level 1 with Michael Sitzer. Learn a new form: no experience required. Includes illustrated manual and personal feedback. Fee: \$175 for two days, \$95 for one day.

BULLETIN BOARD, *continued*

November 2 (Sunday, 2-4 pm)
CREATING A HOME PRACTICE with Alex von Bidder. Get past issues of time, location, discipline. How to start a home practice: appropriate poses and sequences. \$30.

Yoga Journey
Sinda Anzovino, Director
196 Maple Avenue, 2nd Floor
White Plains, NY 10601
914-227-9375
www.yogajourney-ny.com

September 5 (Friday, 6-7pm)
FAMILY YOGA

September 5 (Friday, 7-9 pm)
INFORMATIONAL SESSION on October 200-hour Yoga Teacher Training. Free.

September 6 (Saturday, 2-4:30pm)
YOGA FOR JOY with Joe Somodi

September 14 (Sunday, 11 am - 4 pm)
CPR WITH AED FOR ADULT, CHILD & 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)
KIRTAN with Girish

September 15 (Monday)
DEADLINE to apply for upcoming 200-hour Yoga Teacher Training. Starts October 4.

September 19 (Friday, 7:30-9pm)
REIKI HEALING CIRCLE and guided meditation.

October 3 (Friday, 6-7pm)
FAMILY YOGA

October 17 (Friday, 7:30-9pm)
REIKI HEALING CIRCLE and guided meditation.

October 25 (Saturday)
JOURNEY DANCE with Toni Bergins.
Love Your Body! Love Your Life!

The YogaScape & Spa
Amy Pearce-Hayden, Director
1100 Route 52, 2nd Floor
Carmel, NY 10512
845-225-9642
www.theyogascape.com

September 28 (Sunday, 2-8 pm)
THE YOGA OF SOUND AND THE POWER OF CHANT with David Newman (Durga Das) and vocalist/percussionist Mira. Satsang (2 pm), vegetarian dinner & chai (4:30) and kirtan (6 pm). Explore mantra and chanting as meditation. Best Western Inn, Poughkeepsie. Register at 845-225-9642. \$80 in advance, \$90 at the door.

PRESENTED BY YTA MEMBERS

September 5-7 (Fri-Sun)
TAPPING INTO THE ETERNAL ENERGY OF YOGA with Tao Porchon-Lynch. Tao teaches how we can overcome challenges by focusing on the present. Accompanied by John Guth's divine music. At Kripalu; for those with at least one year of practice. Register at www.kripalu.org.

September 26-28 (Fri-Sun)
YOGA AND SPIRITUALITY – A weekend retreat in Bangor, PA, led by YTA co-president Lauri Nemetz. Explore asana, meditation, and yoga philosophy as it applies to faith traditions. Register at www.kirkridge.org or email Lauri at lauricedn@yahoo.com.

FINAL THOUGHTS



Well, here we are at the deep end of summer and on the shore of fall! Amazing how, each year, summers appear to progress quicker and quicker. Indeed, life moves faster than the speed of light. My head spins on a daily basis—during the work day, too much information (TMI) gets in the way of getting all the tasks done; family responsibilities weigh in heavily with loved ones clamoring for our attention; social relationships require nurturing and attention in order to remain in our lives; and, then, all the things we want to do for ourselves take us away from all the other obligations. How does it all get done?

It happens through our practice off the mat—of breathing and catching ourselves when we hold our breath. Because of our practice ON the mat, we carry our yoga with us and it informs our daily living. That's because we get it. We get that without our practice, no one's needs would be met—especially our own. We have learned that without our yoga practice, all hell would break loose!!

So we take the time to get to class, or do a little practice at home, or close the office door to close our eyes and breathe. When we don't get the time to do some sort of practice, our spouse/partner/child will inquire, "Did you do your yoga today?" Yes, we indeed do get it!

Our practice will take us to the banks of winter and the holiday season (three months, my dear yogis) and the head spinning, laundry list of tasks, sulking spouses, peeved partners, and clamoring children will continue to present themselves. Yet we will become more evolved through our practice and spread what we have to the others in our lives. And so on and so on.

— 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.