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# YTA

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Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



September 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).



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[www.lisasloanedesign.com](http://www.lisasloanedesign.com)

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

## SEPTEMBER 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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## SEPTEMBER 2009 YTA NEWSLETTER

### Message From the Board

Dear All,

The fall, a time of transition, is Mother Nature mirroring the process of moving forward in our own life. The activity of growth, prolonged light and high heat and humidity draws to a close. We look forward to the refreshment of cooler temperatures and spectacular coloring in our scenery—transition leading to transformation.

The transitions we experience in our yoga practice lead us to transformation! Shifts in our perceptions and mind-sets begin to soften the defenses we hide behind. As we embrace and own our physical limitations, we begin to experience movement in places that were blocked. This is transformation elicited from transition.

Through the practice of asana, we can experience the power of breath. At first, beginning student hold their breath in their zeal to succeed in performing postures. They use their strength inappropriately and this becomes a transition leading to pain, discomfort and perhaps injury—definitely a negative transformation.

As we begin to cultivate the habit of breathing consciously, we experience the old truism, “less is more.” Transitioning to ease, and learning how to access our strength, organically, brings about the transformation that will support and sustain us through all the challenges that life brings.

We are all feeling the affects of instability and uncertainty in our economy. Yoga helps us to maintain our balance through tenuous transitions. Spiritual strengthening is the foremost transformation to be undertaken and it is ongoing!

Also ongoing are the monthly YTA meetings that offer our yoga community the opportunity to transition through inspired instruction and to transform into being the best teachers we can be. Join us and bring your light and power to help transform our group!

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

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

# The Yoga of Deep Passion: Awaken Innate Wisdom and Free the Caged Mind

### WHEN

Saturday, September 12, 2009  
1:30- 4:30 p.m.

ANNUAL MEETING to follow— Please plan to attend! Refreshments, sangha, and the opportunity to suggest ways that YTA can serve its members.

### WHERE

The Yoga Center at Wainwright House, Rye, N.Y.

**Your physical body** is the most profound vehicle you have to experience acceptance of your whole, unique self, and to shape, change, and revolutionize your life experiences with grace. In this workshop, Rouben will use asana, meditation, and group discussion to help you free up both your body and mind.

You will explore:

- o Advancing your yoga practice by understanding the basic, organic needs of your body
- o Going inward to sustain and maintain passion and wisdom in the colder, darker months
- o Appreciating individual muscular structures and their unique vibrations

- o Moving, allowing, and thinking outside your caged mind.

Reconnecting to the passion and wisdom within each yoga posture can sustain and ground. When you discover the limitless possibilities of your body and mind, everyday activities like walking, dancing, playing, loving, and even disagreeing are filled with greater ease and grace.

**ROUBEN MADIKIANS** is a student of Iyengar, Ashtanga, Kripalu, Forrest and Tias Little's Prajna Yoga, as well as a body worker with a passion for anatomy. Rouben's unique perspective comes from his multi-cultural and multilingual background and over twenty years of surfing the globe as a flight attendant. Rouben's playful style creates an atmosphere of self-acceptance and fun, inviting a dynamic exploration of the mind and the body where you are inspired to go beyond previously perceived limits.

Learn more about Rouben at [www.roubenyoga.com](http://www.roubenyoga.com). inspirational teaching will put a smile on your face and a softness in your heart.

**TO REGISTER** for the September 2009 YTA workshop with Rouben Madikians 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

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)

### UPCOMING YTA WORKSHOPS

**October 10** – Megha Nancy Bутtenheim  
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.



## Thoughts on Balance

By Rouben Madikians

**O** rder in, plus four red wine glasses and a cold Wyatt.  
Order in. A Serevan, passion fruit, sour cherry and Ketel One dirty up olives. Got it!  
Would you like something to drink? Will you be joining us for dinner?  
The phone rings. Thank you for calling Serevan. This is Rouben, may I help you?  
Sure, one moment, let me get the reservations book.  
Will be right there! (Running hot food to table 3, a party of six).

**My day started** at five this morning, and now at eight in the evening, I am doing my best to find balance between answering the phone, making drinks, tending to 8 or 10 people at the bar, and yes—running hot food. Maybe this is not your typical night at work, but I'll bet you can relate to the demands of work and life. How do we find balance in our lives? How can we adapt the different, sometimes contradictory pieces so that they fit together? How does yoga help?

I generally wake before five-thirty in the morning. By six-thirty, I am on my mat to practice, and I'm ready to teach by eight. At times, I teach until three in the afternoon and then head to my brother's place after a quick shower. What is a yogi and yoga teacher doing tending bar on Thursday nights?

I was told by a teacher of mine to let go of the restaurant job and just teach, that yoga and restaurants don't mix. I was told by another to leave my career as a flight attendant if I wanted to be a yogi or a yoga teacher. But some of us don't have the choice of just packing up and leaving—financially or otherwise. As it turned out, I gave up flying two years ago, but I have no intention of giving up helping my brother achieve and succeed in something that he has dreamed of and more

importantly, something that he is great at and loves—loves—to do. Instead, I find ways to balance the restaurant life's rigorous demands with my life as a yoga teacher and yogi.

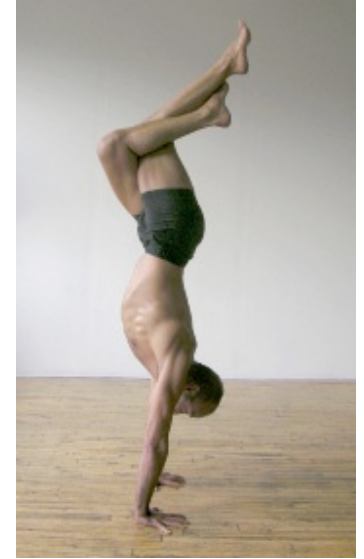
With intention and practice we can knit the pieces of our lives together. I have an understanding with my brother to communicate honestly with our employees and guests. I keep my workshops and out-of-town commitments to a minimum during the summer and fall seasons, so I can help him—and at the same time cultivate my own studio in upstate New York. I incorporate conscious listening and centered, fluid movement in the kitchen and on the floor of the restaurant.

My morning practice prepares me physically and mentally to meet work's demands of and to stay fluid. I have made a commitment to myself—no matter what—that I will make time for my mat (even if I get to bed at midnight). What I do on my mat sometimes is very little, but I get on my mat. That's where I find the balance to know that doing, at times, requires being connected to the foundation—not just to what is readily accessible.

My twin brother (who has never done yoga) is one of the best chefs in his field. When he is present in his body and connected to the food he is preparing (which is most of the time) you can see the vibration of the food—the love and prana that goes into the food—and yes, it tastes amazing.

I believe with every ounce of my being that it is time to blanket our world with yoga rather than incorporating yoga into our already existing corporate, non-personal, sterile and otherwise cold world. No, you don't have to bathe yourself with oils and mantras. Be a breathing, driven, dedicated, conscious individual that understands and lives with the universal law of give and take.

Being surrounded by roses makes it easy to see and smell the roses. Yoga allows me to see the roses in the midst of a line of twenty people, waiting for a table at eight—with no free tables in site.



## BULLETIN BOARD

YTA members are invited to add to this list of events for yoga teachers and serious students. Send details to josephine.brill@gmail.com by the 15th of the month, for publication on the first of the next month.

### Essence of Yoga, Inc.

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

914-833-1210

Athina Pride, Director  
2 East Avenue (Suite 205)  
Larchmont, NY 10538

September 11 (Friday, 6:30-7:45 pm)  
RESTORATIVE YOGA with Allison Adler. This class will also be offered on October 23. \$20.

October 2 (Friday, 6:30-8:30 pm)  
BALANCING WORKSHOP: Finding the Middle Way with Allison Adler. \$35 (\$30 in advance).

October 30 (Friday, 6:30-8:00 pm)  
BUDOKON BASICS with Franklin Shire. This class will also be offered on November 6. \$30 (\$25 in advance).

### Golden Temple Yoga Studio

[www.goldentempleyoga.com](http://www.goldentempleyoga.com)

Rai Kaur (Robin Miller), Director  
914-232-3473

223 Katonah Avenue  
Katonah, NY 10536

September 24 (Thursday, 7-9 pm)  
NATURAL AWAKENINGS networking night.

October 3 (Saturday, 9 am - noon)  
INTRODUCTION TO KUNDALINI, a yoga and meditation workshop.

October 10 (Saturday, 9 am - noon)  
INTRODUCTION TO THE CLEANSE.

October 28 - November 6

THE CLEANSE.

### Iyengar Yoga Scarsdale

[www.yogascarsdale.com](http://www.yogascarsdale.com)

Nancy Kardon, Director  
914-629-1994

74 Brewster Road  
Scarsdale, NY 10583

Fridays (5 - 5:45 pm)  
YOGA FOR TEENS with Nancy Kardon.

### 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

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).

### Yoga Haven

[www.yogahaven.com](http://www.yogahaven.com)

Betsy Kase, Director  
914-337-1437  
62 Main Street - 2nd Floor  
Tuckahoe, NY 10707

September 25 and October 16  
(Fridays, 7-8:45 pm)  
SPECIAL LEVEL 3 IYENGAR YOGA CLASS with Jill Ganassi. Register online or just drop in to this monthly class to focus on backbends. Students should have a solid level 2/3 practice and Iyengar experience. \$25

## BULLETIN BOARD, continued

October 12-13 (Mon-Tue 1-7 pm)  
THAI YOGA BODYWORK TRAINING Level 1 with Michael Sitzer. Learn a new 60-minute form. Treatments for the feet, legs, back, and head, neck and shoulders. Includes illustrated manual and personal feedback. Fee: \$215 for two days, \$115 for one day.

October 19 and 26, November 2 and 9  
(Mondays, 7-8:15 pm)  
FELDENKRAIS METHOD® Workshop: Softening the Neck, Shoulder, Jaw and Chest with Kim Plumridge. Using breath, imagery and gentle directed movement, you can learn to move with less effort and strain. \$70.

October 25 (Sunday, 1-3:30 pm)  
BACKBEND WORKSHOP with Jill Ganassi for seasoned beginners and up. Develop strength and flexibility to move into upward bow pose. \$40.

### The Yoga Sanctuary

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

Ellen Patrick, Director  
914-381-9642

One Depot Plaza  
Mamaroneck, NY 10543

September 13 (Sunday, 9-11:30 am)  
YOGA IN THE PARK - 108 sun salutations to benefit St. Jude Children's Hospital - at Columbus Park in Mamaroneck. [michelle@yogasanctuary.net](mailto:michelle@yogasanctuary.net) for registration and sponsorship forms.

### 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.

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

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).

January 9-17 or May 14-22, 2010  
EL ESPIRITU DEL MAR: Yoga and sea kayaking with Lauri Nemetz and Bruce Smith in Tambor, Costa Rica. Early bird discount if booked by end of August. [www.wellnessbridge.com](http://www.wellnessbridge.com).

## FINAL THOUGHTS



September is nigh upon us! This coming season, I hope to visualize some of the fruits of my practice by accessing balance and contentment in my everyday life. As I browse through the reflections that Rouben Madikians shared with us (pages 4-5), I am reminded once again about bringing balance into life. Balance in work, play, yoga practice. When there is balance (sattva), it can lead to contentment (samtosha, also spelled santosha). How do we obtain balance that will carry us on the path toward contentment?

Merely getting out of bed sometimes starts us out on the wrong foot! A perceived slight, a “wrong” look, or a misunderstood word, can certainly start the day off with an attitude!

What will help us bring it all back together, when someone else is having a rough time and displacing their anger? How can we continue moving on our journey—letting go of what does not serve us and making room for what is useful?

We can turn off the world for a while, closing our eyes, maybe using ear plugs to turn down the volume of the world. We can breathe consciously by bringing equal length to inhale and exhale. We can stretch into an asana as we inhale and exhale. We can put our hands together in prayer mudra for a few moments, connecting mind, body and heart. And, we can remember that all of what we do is yoga. All leads us back to balance, and ultimately contentment. Finding the quiet inside allows us to transport it outside.

September looms nigh, my yogis and yoginis. Let us begin a new season of bringing our inner and outer selves back into balance.

— 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.