

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

October 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 har-
mony, a sacred space for the explo-
ration 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.



OCTOBER 2007

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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OCTOBER 2007 YTA NEWSLETTER

Message From the Board

Dear Friends in Yoga,

Happy Fall to All!

After the high humidity and heat
of summer, the thought of temper-
ate weather is very appealing.
However, with the heat and humid-
ity still a reality, perhaps we can ini-
tiate, as conscious individuals, per-
sonal practices in our lifestyle that
will help in staving off the threat of
global warming, which threatens the
future health and life of our planet
by unbalancing nature.

Let's stop using products that
pollute the atmosphere- like the
fumes of aerosol sprays and excessive
gasoline consumption.

Let's make sure our vehicles are
serviced properly and the emission
systems are working efficiently.

Let's conserve water.

Let's stop creating so much
garbage, especially the kind that is
not easily bio-degradable.

Let's pay attention to the lighting
in our homes and businesses. We can
use energy efficient bulbs, and by
making this conscious decision we
save much energy and lower costs.

Let's protect our wildlife and
natural resources as a way to keep
our world in balance and harmony.
Our excessive use of cell phones is
sending out waves that are confusing
and interrupting the signals of bees
and bats having dire effects on polli-
nation and planetary clean-up. So
much paper is wasted, leading to

more trees being chopped to meet
the demand.

As yoga teachers we are in a
position to help create a greater
planetary consciousness in everyone
with whom we have contact. This is
truly the practice of Yoga! It is
Karma Yoga (action), Bhakti Yoga
(loving devotion), Jnana Yoga (real-
ization through knowledge) and
Hatha Yoga (physical discipline cre-
ating unity). Practicing Yoga enables
us to bring an amazing enhance-
ment of life into our own personal
sphere of life and to collectively
spread awareness into broader envi-
rons.

Our Yoga Teachers Association is
a wonderful way to connect with
others of like mind and thus find the
support needed for our individual
commitment to bearing responsibil-
ity for our home, the planet Earth.
As we foster light in each other
through our inspiring and informa-
tive monthly programs, we become
stronger and more capable of bear-
ing these truths and tasks.

Fall promises the renewal of
energy and purpose and we look
forward to the quickening pace of
activities and new schedules.

Let us work and play together-
This is Yoga at its best.

Shanti and Shalom
Paula Renuka Heitzner- ERYT

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Two Workshops with Doug Swenson

WHEN - Saturday, October 27, 2007
1:00 – 3:00 pm and 3:30 – 5:30pm

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

BOTH WORKSHOPS DESIGNED
FOR ALL LEVELS

1:00pm Cross Training Yoga
(Balancing Strength and Softness)

This class is a delightful blend of Ashtanga and soft form yoga. Class starts with Doug's completely unique approach to powerful Ashtanga Yoga, and then shifts gears into a challenging yet, soft form yoga format. Followed by pranayama and deep relaxation.

3:30pm 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. A connection is made to help 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 with many great teachers including Dr. Ernest Wood, K. Pattabhi Jois, Ramanand Patel and others. Doug is a master yoga practitioner, philosopher, poet and dedicated health advocate. He has incorporated influences from several different yoga systems along with his passion for nutrition and the environment to develop his unique approach.

Doug has written several books. He travels extensively offering workshops, retreats and teacher training courses around the world. Visit Doug's website at www.sadhanayogachi.com.

Don't miss the opportunity to study with one of the world's top instructors. Doug's classes are always invigorating and inspirational and his supportive style of teaching and keen sense of humor send his students home with a smile on their face and a softness within their heart.

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 October 2007 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: ZIP: _____

PHONE #: _____

CHECK: _____

COST

YTA Members: \$35 / \$65

Non-Members: \$45 / \$85

UPCOMING YTA WORKSHOPS

November 17 – Mia Azcue

1:30 - 4:30 p.m. Yoga: A Path

Toward Healing

Explore how three models based in ancient texts can help organize issues and guide therapy.

December 8 – A Celebration of Yoga

1:30 - 4:30 p.m.

Holiday fun and celebration in sangha!

January 26, 2008 – Patty Townsend

1:30 - 4:30 p.m.

Learn more about Patty at www.yogacenteramherst.com.

TEACHERS WANTED

Are you a 200 hr certified Vinyasa Yoga Teacher through Yoga Alliance? Yoga Journey is currently hiring substitute teachers and Kids Yoga teachers. Email yogajourney@aol.com with "yoga teacher" in the subject line.

From Ashtanga Yoga to Yoga Flow



Ashtanga (or Astanga) yoga is a series of poses done in the vinyasa style. Most practitioners in the United States are familiar with the Primary Series of posture flow in this tradition, although there are a total of six progressions in the sequenced practice. This style of practice is based on the ancient yoga text, *Yoga Korunta*. It was developed by Krishnamacharaya and brought into the mainstream by K. Pattabhi Jois, who was born in 1915 and wrote the important text, *Yoga Mala*, in 1958 about Ashtanga practice. He named the practice *Ashtanga*, referring to the eight-limbed path laid out in the Yoga Sutras of Patanjali.

In the United States, other forms of yoga were more prevalent until the mid 1970's when an American yogi named David Williams began to bring the Ashtanga practice to a wider audience. Doug Swenson, our

teacher this month, is one of the main reasons Ashtanga became popular and continues to grow from this point onwards in the United States. He and his younger brother David first learned in books, and then directly from teachers including David Williams, Dr. Ernest Wood, Nancy Gilgoff, Ramanand Patel, Ann Barros and others. David Swenson, author on some of the best-known manuals on Ashtanga yoga, is the first American to have completed the full Ashtanga series. The athletic style of this yoga practice has made it popular in many gyms as well as yoga studios.

Studios that offer Ashtanga classes instruct students in the primary or secondary series. If this practice becomes familiar, students can opt for Mysore style practice classes which are self-led, but usually supervised by an experience teacher. These classes

have grown in popularity with the growing number of Ashtanga practitioners.

The primary series is known as *Yoga Chikitsa* and is detailed in Jois' *Yoga Mala*. This term translates roughly as "yoga therapy" and includes approximately 75 poses. Ashtanga classes begin with Sun Salutations and then progress to standing poses, floor-work, and finally inversions and backbends before ending in final relaxation.

The intermediate or second series is called *Nadi Shodana*, which deals with cleansing of the nervous system. The same basic progression is practiced, with new variations and poses. The final four series include much more difficult balances and are designed for true masters of this particular form.

Doug Swenson and his brother David continue to influence this branch of yoga practice. Doug has continued to work in the Ashtanga style, as well as embracing his own, softer flow style. After an experience in his early years of teaching, Doug realized that the rigorous Ashtanga

practice was not accessible to everyone, and that there is value in balancing the hard and soft forms of yoga. Over the years he became concerned with both challenging those who come to his workshops as well as keeping his students safe and continuously moving. His own practice still includes much of the rigorous poses, mixed with a chi-flow style dance from one pose to the next. An avid surfer and nature lover, Doug feels strongly about practicing outdoors, where possible, to connect with nature. Doug has authored several books including: *Yoga Helps*, *Yoga: The Ultimate Gift for Body, Mind and Soul* and *The Soothing Touch of Yoga*, *Power Yoga for Dummies* and *The Diet That Loves You Most*. He also has produced a DVD of his *Secrets of Yoga Flow*. His unique skills have placed him in the history of yoga in America, and he will doubtless continue to influence the future of yoga practice.

SUBMITTED BY LAURI NEMETZ, MA,
ADTR, ERYT, LCAT

BULLETIN BOARD

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

October 20 (Saturday, 2:00 - 3:30 pm)
HELP FOR YOUR HAMSTRINGS with
Chris Glover
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
Fee: \$25 in advance, \$30 same day

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

Jump start your yoga at IYS with
Yamuna Body Rolling. After-school
kids' classes forming too.

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!

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
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

October 10 through November 14
(Wednesdays, 7:00 - 8:30 pm)
Jon Kabat-Zinn's MIND-BODY STRESS
REDUCTION program with Cori Maass.
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 \$30 in advance/\$40 same day.

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

Upcoming events include our 4th
annual Yoga Alliance TEACHER
TRAINING CERTIFICATION (begins
January 2008) and our 2nd Annual
YOGA RETREAT to Mexico. See
www.theyogascape.com for details.

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

October 14 (Sunday)
GENTLE WORKSHOP (1:00-2:30 pm,
\$35)

BULLETIN BOARD, *continued*

INTERMEDIATE WORKSHOP (3-5 pm, \$45)
Briarcliff Briarcliff Manor Recreation
Center, 48 Macy Road.

November 16-18
Tao Porchon-Lynch presents
THE ETERNAL ENERGY OF YOGA at
Kripalu. Register at www.kripalu.org.

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!!

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

Prepayment required for all work-
shops. Register in person, on line, by
mail or by phone. Please include
workshop title and your name and
contact information.

October 5, 12, 19, 26 (Fridays, 6:15 -
7:15 pm)
CHI GUNG WORKSHOP SERIES with Dr.
Fred Lisanti
Fee: \$60 for all four sessions.

October 7-8 (Sunday & Monday, 9 am
- 4 pm)
THAI-YOGA BODYWORK TRAINING
with by Michael Sitzer
Fee: \$250. Limited to 12.

October 14 (Sunday, 12:45 - 5:15 pm)
RECEPTIVE NEST – A YOGIC
APPROACH TO FERTILITY with Karen
Safire & Barrie Raffel
Fee: \$95 (includes practice guide)

October 20 (Saturday, 2:30 - 3:45 pm)
FAMILY YOGA with Antonia Noonan
Fee: \$35 includes one adult and one
child, 4-8 years old

October 21 and 28 (Sunday, 3-5 pm)
YAMUNA BODY ROLLING WORKSHOP
with Nancy Kardon, certified Iyengar
Yoga Teacher
Fee: \$35 per session – sign up for one
or both.

November 11 (Sunday, 3-5 pm)
BEGINNERS WORKSHOP with Basia
Kingleake & Patty Meehan

December 9 (Sunday, 7-9 pm)
RESTORATIVE SLEEP WORKSHOP with
Louise Fecher

EXHIBITS

Wendy Boller: Glimpses of Flow - An
Account of a Journey to India
Fashion DNA Boutique
1 Wall Street (next to Saraswati's Yoga
Joint & Fat Cat Pizza)
Norwalk, CT 06850
203-857-3896
www.fashiondna.net

RECEPTION October 6 (Saturday, 6-8
pm). A journey in photos from
anusara teacher Wendy Boller. The
images typify the soft edges of mem-
ory and reveal glimpses of the dynam-
ic vibrational flow of this world. Show
runs through October 31.

Lisa Sloane: An Exhibit of Drawings
and Paintings
Silver Tips Tea Salon
3 North Broadway
Tarrytown, NY 10591
914-332-8515
www.silvertipstea.com

Sloane has been a yoga teacher since
2005. Her karma yoga includes service
on the board of YTA and designing
the monthly YTA newsletter. Hours
are Monday through Saturday, 11:30
am to 6 pm and Sunday 11:30 to 4:30.
Show runs through November 14.

FINAL THOUGHTS



This month we are honored to host Doug Swenson who will bring *Ashtanga yoga, the Eight-Limbed Path*, or stages of classical yoga practice. This path of yoga is a classical yoga practice which a yogi passes through to attain awakening. These stages were first codified in the *Yoga Sutras of Patanjali* more than two thousand years ago. The practice of austerities, breath control, meditation, and building heat within the body for purification share similarities with indigenous spiritual traditions throughout the world. The *Eight-Limbed Path* is said to be the route to liberation (moksa).

Let's look briefly at this journey:

THE EIGHT LIMBS OF CLASSICAL YOGA

1. YAMA – Five elements of spiritual practice performed to avoid unrighteous behavior.

Aparigraha – Avoiding greed and the acquisition of material goods; avoiding the grasp for power. Share with others that which you have.

Asteya – Nonstealing; respect others' property and boundaries.

Ahimsa – Non-violence. Do no harm. Live peacefully in word, deed, and thought.

Brahmacharya – Moderation, self-control, sexual restraint. Not falling prey to ego trips, over-indulgence, lust. Taking yoga practice off the mat into the world.

Satya – Truthfulness, sincerity, integrity. Be honest to yourself and others.

2. NIYAMA – Observances, restraints. Maintaining correct moral principles.

Samtosa – Contentment, happiness. Be satisfied with your life in the present moment.

Tapas - Burning zeal, desire to achieve self realization, purification. Practice endurance, building strength, stamina.

Saucha - Purity of mind and body. Keep yourself and your life clear and clean.

Svadyaya – Self-observation, self-study. Practice introspection. Study the ancient texts and scriptures.

Ishvara Pranidhana – Surrender to God or the Divine. Be devoted. Move away from willfulness and competition.

Accept the mystery and miracle of life.

3. ASANA – Yoga postures. These create strength, flexibility, vitality.

4. PRANAYAMA – Breath control; achieving a balanced state of mind through steadiness of the breath.

5. PRATYAHARA – Withdrawal of the senses; turning inward, practicing detachment moving toward a greater sense of stillness.

6. DHARANA – Concentration, fixing the attention on one focal point.

7. DHYANA – Meditation; sitting in stillness; quieting the mind and opening the heart to the Divine.

8. SAMADHI – Pure contentment equilibrium, ecstasy. The individual, at this level, loses the individual self and merges with the Universal Spirit.

Allow the Ashtanga practice to put you on the path to experience one or more of the 8 limbs during this special time with Doug.

Excerpted from *Sacred Sanskrit Words* by
Leza Lowitz and Reema Datta

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.