

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



October 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 transfor-
mation. 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

OCTOBER 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.



BOARD OF DIRECTORS

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OCTOBER 2008 YTA NEWSLETTER

Message From the Board

Dear All,

Yoga is a vehicle—an instrument

Yoga is a vessel—a receptacle

Yoga is a “vis vitae”—a living force

These thoughts have been expressed in many different ways over a very long period of time. But deep personal experience is required to fully understand them; we must feel them rather than think them. Because yoga is a discipline that requires “holding the pose,” it offers a conscientious practitioner a way to tap into these life-enhancing attributes.

Thinking back to when we first attempted a posture, can’t we remember diving in and struggling to get it right? Mercifully, the gifts of yoga introduce us to the process of change, which is edgy, scary, freaky and challenging. These became the instruments that guided us to understand that when we surrender, we get what we want.

When we let go and breathe deeply, our inner vision sharpens and we begin to intuit what can’t be seen. The Bhagavad Gita, the definitive text of yoga, assures us that all suffering arises out of ignorance of our true nature, which is infinite, eternal and whole. Interestingly, the Gita doesn’t talk about asana.

Patanjali offers the Eight Fold Path as a way to create our own reality and to bring about change through practice. Acquired by arduous struggle, long and continuous, or through flashes of insight, the principles of yoga teach us the lessons of life as we persevere.

As our intuitions and insights are held in the “vessel” that is us, the “vis vitae” not only energizes us, but through us, touches those around us. As we seek the solutions to the problems facing us, we must also focus on the problems facing the planet and the natural world that gives us a home. As we become more conscious and attuned to the inner wisdom we must actively turn our attention, wisely, to the outside world.

As above so below.

As within so without!

Shanti and Shalom
—Paula Renuka Heitzner

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

ANATOMY OF BREATH

WHEN

SATURDAY, October 11, 2008

NOTE LOCATION!

Fred Astaire Studio
25 West Hartsdale Ave
Hartsdale, NY 10530

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

Breath is the most natural thing in the world, and yet it is complicated. The ribcage coordinates and absorbs the competing demands of arm support, head support, vocal production and body oxygenation. And it all hangs from the spine, which has its own complex set of jobs. We will discuss the anatomy of breathing, the particular fixations of, and relationship of, the thoracic spine and ribs, address different strategies of breathing, their benefits and limitations, and investigate the tricky concept of "natural" breathing. Come prepared for asana work, analysis and teaching of poses, and discussion. A notepack will be provided.



Dr. George Russell has a private practice in New York. He has taught extensively at Wesleyan and New York Universities, and teaches at the Swedish Institute, Kripalu Center for Yoga and Wellness, and many other places. He teaches anatomy and kinesiology, as well as many other topics related to the body, its health and movement, including classes for professional bodyworkers and yoga teachers. Dr. Russell is a graduate of Wesleyan University and the University of Bridgeport.

TO REGISTER for the October 2008 YTA workshop with **GEORGE RUSSELL**, 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

FOR MORE INFORMATION

Michael Sassano 914-478-0694
yogadad@optonline.net
Lauri Nemetz info@ytayoga.com

UPCOMING YTA WORKSHOPS

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"

PROFILE: Robin Laufer

A recent addition to the YTA board of directors, Robin Laufer, M.S.Ed, RYT 500, is a Kripalu Yoga Teacher. She began her studies with Paula Heitzner and has studied with Rodney Yee, Shiva Rae, Gary Kraftsow and Francois Roualt. Robin also has certificates in Meridian and Children's Yoga. She has been studying mind/body integration and the chakras with Anodea Judith.

Robin has practiced yoga for 12 years and teaches at the New Age Center and the YMCA in Nyack. She's also an Education Coordinator for the Head Start Program in Westchester County. She brings her passion and joy of yoga into all aspects of her being.



Breath, the Ribcage and Yoga

By George Russell, D.C.

Breathing is the most natural human activity. It is also one of the most complex.

Healthy breathing and a healthy ribcage go together. In yoga, we often arrive at organ health and space by focusing on the position and flow of bones with respect to gravity and each other. So to enhance the breath, we must free and firm the ribcage.

As the biggest bony segment in our body, our ribcage is an amazing multitasker. It protects the heart and lungs; it is the flexible curved platform on which the arms and the shoulder girdle rest and move; it allows for and limits the range of bending and rotation of the spine; and it counterbalances the pelvis and the head. And not only that, the ribcage powers the voice. Speech and song happen when the muscles of the ribcage, most notably the trampoline-like diaphragm, squeeze air up and through the vocal folds through the throat and head, and into the world.

In order to have a healthy ribcage, balance is required between uprightiness and steadiness, between fluidity and solidity. Strength in the core muscles of the pelvis and lower spine keep the ribcage rising to act as a moving platform for the shoulder girdle. The scapula (the root of the arm) and the collarbone (the arm's spacer and strut in the front) are designed to flow on and around the mobile oval lattice of the ribcage.

Of all the yoga poses, the ribs are the most activated in twists. In fact, the lumbar spine allows for little twist and so most spinal twists happen in the ribcage. It comes as a surprise to some students that deep twisting happens mostly in the ribs and requires release of the abdominals. Side stretching poses also open the ribs by lengthening them into the inhale position, often with the help of the reaching arm. Standing poses are great for opening the breath because they require balance, and thus core strength, which lifts the ribcage up from below and lengthens the whole spine. It follows that *trikonasana*, for example, is a good rib opener, since it is a standing pose that involves twist and strong side stretching powered by the arms, head and legs.

A word on "correct" breathing: How we choose to breathe depends on where we want to put prana. There isn't a right way to breathe. The most natural form of breathing involves the ribs and the abdomen both moving for a general expansion and contraction of the torso. This type of breathing is controlled mostly by the diaphragm. But just because this breath is "natural" doesn't mean we should always breathe that way. *Pranayama* involves various manipulations of the muscles of breathing to send prana more intensely into specific areas of the torso for various effects.

The feeling of prana flowing smoothly and clearly in the body is one of the most delicious benefits of a yoga practice. Attention to the ribs, and to breathing, leads us closer to the precious moments of energetic connection and pranic fullness.



BULLETIN BOARD

Sage Yoga @ The Gym

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

Thursdays (12:30-2:30)

THE PRACTICE with Susan Rubin special guest instructors. Intermediate/advanced. A gift to all yoga teachers, any style: free practice and great community. Advanced students welcome for \$20.

Oct 15 - Nov 10 (Mon & Wed 9:30 am - 1 pm)

ANUSARA IMMERSION Part Three with Susan Rubin. To deepen your practice or to step into the waters of teaching yoga. See website or contact Susan (914-393-6517) for details; to register call 914-219-1601. \$475.

October 24 (Friday, 12:30-2:30)

ANUSARA YOGA WORKSHOP with Susan Rubin: Tap into your inner balance. Tackle fears of inversion, take chances with balance postures and get inspired to invoke your inner goddess Kali. \$40.

December 5-7

ANUSARA YOGA TEACHER TRAINING 2008-2009 with Sue Elkind, Naime Jezzeny and Susan Rubin with special lectures with Dr. Douglas Brooks. Weekend program runs through May 2009. For information contact Susan (914-393-6517 or sageyoga@aol.com).

Westchester Institute of Yoga

Tao Porchon-Lynch, Director
914-997-0949
Workshops at the Fred Astaire Studio
25 W. Hartsdale Avenue
Hartsdale, NY

Ongoing

200 and 500 Hour Teacher Training.
For more information, email jhpines@optonline.net.

October 18 (Saturday, 9 am - noon)

SANSKRIT FOR YOGA: Chant and Resonance with Jo Brill. Practice the sounds of Sanskrit, learn classic chants, and link sound and movement. Register: jhpines@optonline.net. \$35 by Oct. 10, \$40 at door.

November 1 (Saturday 12-3 pm)

VINYASA: THE DANCE OF LIFE with Tao Porchon-Lynch. Focus on refining and aligning vinyasa. Equinox Fitness Club, 1053 W. Boston Post Road, Mamaroneck, 914-835-0025. For more information, email jhpines@optonline.net. \$60.

Yoga for Well-Being

Fran Ubertini, Director
2 Industrial Drive
Florida, New York 10921
845-651-9642
www.yogaforwellbeing.org

November 1-2 (Sat 1-5, Sun 12-4)

YOGA OF PRANAYAMA with Fran Ubertini. Learn the components and techniques of this important tool; also, how to plan a pranayama practice to achieve various effects. \$150 both days, \$85 single day.

Yoga Haven

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

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.

BULLETIN BOARD, continued

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.

October 18 (Saturday, 2-4 pm)

FELDENKRAIS METHOD® Workshop: Softening the Neck and Jaw with Kim Plumridge. Using breath, imagery and gentle directed movement, you can learn to move with less effort and strain. \$30

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.

November 9 (Sunday, 1:30-4pm)

THE SHOULDER JOINT IN ASANA AND IN LIFE with Jill Ganassi. Deal with tightness, pain, injury. For experienced students with healthy or challenged shoulders. \$40.

November 16 (Sunday, 1-5 pm)

RECEPTIVE NEST - A Yogic Approach to Fertility with Karen Safire and Barrie Raffel. Develop a simple home practice to ease stress. Dress warmly for restorative poses. Includes practice guide. \$95.

December 14 (Sunday, 7-9 pm)

RESTORATIVE SLEEP WORKSHOP with Louise Fecher. Too restless to relax? Can't get a decent night's sleep? The "Elusive Dreams" restorative series was created by Judith Hanson Lasater especially for insomnia sufferers. \$30.

Yoga Journey

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

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 Yoga Sanctuary

Ellen Patrick, Director
One Depot Plaza
Mamaroneck, NY 10543
914-381-9642
www.yogasanctuary.net

October 3 (Friday, 7-9 pm)

SUGAR BLUES with Saufung Yeung-Blaufox.

Learn how to step off the sugar roller coaster through proper diet and yoga.

\$25 in advance/\$35 same day.

October 25 (Saturday, 1-3 pm)

BACK & SPINE with Charles Matkin. In this therapeutic workshop, focus on maintaining the health of your spine. Learn more about Charles at www.matkinयोगa.com

PRESENTED BY YTA MEMBERS

November 14-16 (Fri-Sun)

INTRODUCTION TO SANSKRIT – An immersion weekend with Jo Brill of the American Sanskrit Institute. For a direct connection to yoga philosophy, or for the sheer joy of making beautiful sounds. At Westchester Community College, Valhalla NY. www.yoga-forawareness.org.

In Memoriam Mary Dunn

1942-2008



EXTRAORDINARY TEACHER MARY DUNN, a Westchester resident since 1986, touched the lives of thousands of students. Founder of the Iyengar Yoga Association of Greater New York, she taught in Greenwich for 20 years, developing a devoted following there.

Mary's obituary appeared in the Sept. 14 New York Times. A celebration of her life is planned for early 2009 in New York. For details, contact the IYAGNY at www.iyengarnyc.org.

A Personal Remembrance

It was Mary's teaching that drew me into the Iyengar tradition—I recall one particular class she taught. I could feel the effects of this practice penetrating through flesh and bone to a deeper level—for a calm I'd never known.

An exacting teacher when it came to asana, Mary never lost sight of how yoga applies to everyday life. As she wrote about her own beloved Guruji, "He is an extraordinary teacher who can teach from all different kinds of points of view: physical, metaphysical, and psychological points of view and from life experience."

Mary had the uncanny ability to truly see and hear each of us. When my mother died, I called Mary, not knowing it was the day of her daughter's wedding. In the midst of all the preparations for this event, she found a moment to respond to my sadness with compassion and support.

Months later she was leading us in a class at the Institute, teaching Virabhadrasana I and Parsvottanasana, poses that she knew were a constant challenge for me. I was at the back of the class, unaware of Mary's eyes upon me, when suddenly I heard her voice, "C'mon Leslie, life goes on. Get your heel down!" Her lively, compassionate attention helped me free myself from grief and move on.

Mary loved to laugh at life's dualities. One holiday season, she called me to accompany her to a private lesson with a new student. As we drove through northern Westchester, we saw a house with a big sparkling banner—"Peace on Earth"—and a huge cannon on the lawn. She was so tickled, she laughed and laughed.

By Leslie Dillingham Freyberg

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.