

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

October 2009 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

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Sylvia Samilton-Baker

OCTOBER 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.



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OCTOBER 2009 YTA NEWSLETTER

Message From the Board

Dear All,

When life seems to be going along in a smooth, quiet way, do we notice the peace and serenity? Do we set aside a short time each day to appreciate this bonus? Do we recognize this hiatus as a preventive and solidifying source of wellness?

To be grateful for our blessings, we must accept that thought and effort is needed to establish and maintain vibrant health. We have to consciously manage our life so that it is enjoyable. We have to create a lifestyle and outlook that is agreeable if we are to be well.

When we are thankful for the simple blessings that are available to us just for the perceptibility of them, we can meet and treat the proverbial trials and tribulations inherent in every life. Time brings to all of us traumas, great and small.

Yoga teaches us that there is a way through every block and through every upsetting or negative episode. Yoga empowers us to manifest what we need to overcome adversity—but it takes a full heart-felt commitment to establish oneself in that energy. Yoga gives us the wisdom to understand the bigger picture that is inherent in every dark time.

Hardship and heartaches are always opportunities to strengthen the spirit. By delving deeply within to find balance, we plumb the best we have in us. By facing challenges we develop and transform into the best person we can be. We find nurturing from within, and we become courageous as a result of facing these threats. We develop a freeing sense of autonomy that enables us to take charge not only of our bodies but also of our emotions and our spirit. We develop a proficiency to live and grow through our yoga practice!

YTA's monthly workshops are another resource available to all teachers and serious students. They help us evolve and augment our prowess. Resolve to attend!

*Shanti and Shalom,
Paula(Renuka) Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Let Your Yoga Dance

WHEN

Saturday, October 10, 2009
1:30- 4:30 p.m.

WHERE

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

Let Your Yoga Dance® is a fusion of chakra-yoga and joyful breath-based power movements, combining yoga and user-friendly dance with music from all around the world. Born of Kripalu Yoga and Kripalu DansKinetics, it is a dance of the multi-dimensional self, bringing tons of fun and healing to the seven energy centers, the chakras, and the entire body. This inspirational dance of yoga is for every body, mind, and spirit. Get ready to become more passionate, more powerful, more joyous, and more authentic!

This fabulous event will raise you up to new heights of inspiration, ease of well being, and plain ole delight!



MEGHA NANCY BUTTENHEIM, MA, is a 25-year senior Kripalu teacher-trainer and national presenter. Megha is the creator and founder of Let Your Yoga Dance:Grace in Motion®. At Kripalu, she is the director of Kripalu YogaDance Teacher Training as well as Yoga Teacher Training and Intro to Yoga and Meditation. She teaches yogadance teacher trainings internationally and will be leading her yogadance teacher training in Costa Rica in 2010. Megha also has a weekly yogadance class for people with Parkinson's. A lifelong singer, dancer and actress, Megha is the creator of "Moontides," lovely, quiet yoga, meditation, and chanting CD, and "Power and Grace," a yoga CD co-led with Devarshi Steve Hartman.

Learn more about Megha at www.letyouryogadance.com.

TO REGISTER for the October 2009 YTA workshop with Megha Nancy Buttenheim 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 10 – Megha Nancy Buttenheim

Learn more about Megha at www.letyouryogadance.com.

November 14 – Daniel Orlansky

Learn more about Daniel at www.meridianyoga.com.

December 12 – Paula Heitzner

Learn more about Paula at www.yoga4you.com.

January 9, 2010 – Renee Diamond

Learn more about Renee at www.diamondfit.com.

February 13, 2010 – Betsy Ceva

Learn more about Betsy at www.movingmantras.com.

March 13, 2010 – Ray Crist

Learn more about Ray at www.thejaguarpath.com.

And reserve April 10, May 8, June 12 for more great presenters!

Find YTA on facebook!

Search for "YTA yoga"



Let Your Yoga Dance®: Chakra Fusion

by Megha/Nancy Buttenheim, MA

What is Let Your Yoga Dance®?

Let Your Yoga Dance is a fusion of chakra-yoga and joyful breath-based energizing movements, combining yoga and user-friendly dance with music from all around the world. It is a dance of the multi-dimensional self, bringing tons of fun and healing to the seven energy centers, the chakras, and the entire body. This inspirational dance of yoga is for everybody, for all ages. Get ready to become your most passionate, powerful, joyous, and authentic self!

What actually happens in the Let Your Yoga Dance workshop?

We'll dance the Yoga of the wild and woolly, the sexy and silly, the deep and delicious. We'll wrap ourselves in our biggest embodied self while dancing beyond our dreams. We'll be held in the sacred arms of mother earth while simultaneously honoring her.

We'll be shaken to our core by the power of the sun, moon, and stars. We'll dance our animal archetypes and our spirit prayers. We'll dance the serpent kundalini energy, inviting it to slither up from the base of our spine, blasting us to freedom through the crown of the head.

Let Your Yoga Dance is a Chakra Dance Explosion. Seven energy centers provide the basis for this dance of yoga. In this special afternoon of yogadance, with fabulous world music we'll feel the grounding force of the first earthen chakra in our feet, legs, and

tailbone. We will spiral up through the senses to the sacrum and pelvis: our second chakra, dancing the sexy and the pleasurable.

We'll travel still further to our 3rd center: power, strength, solar energy, unconquerable in our Warrior self. Further upward in the center of the heart, we'll dance healing and loving kindness out to the world. Then blast off into the fifth chakra with sweaty intensity, streaming across the room with unbridled bliss.

Later on we will quiet down into the Dance Prayer of the sixth energy center, gently inviting our wild expression back home to our core. Gifting back to ourselves all that we have given out, we'll find the unvoiced prayer of body, mind, and spirit.

In the seventh chakra, we'll move more slowly still into meditation in motion, followed by deep relaxation, feeling the pulse of our heart, the bliss of our spirit, and the grounding support of mother earth beneath us. To conclude, we'll sit still together in sacred circle. Refreshed. Rejuvenated. At home in the Self. Profoundly new.

Let Your YogaDance® in the World

Anyone interested in becoming a Let Your Yoga Dance teacher is invited to stay in touch with Megha at www.letyouryogadance.com. Trainings at Kripalu are ongoing. In February 2010, a special two-week training for yoga teachers only will be held at the Nosara Yoga Institute in Costa Rica.



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
914-833-1210
Athina Pride, Director
2 East Avenue (Suite 205)
Larchmont, NY 10538

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
Rai Kaur (Robin Miller), Director
914-232-3473
223 Katonah Avenue
Katonah, NY 10536

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
Nancy Kardon, Director
914-629-1994
74 Brewster Road
Scarsdale, NY 10583

Westchester Institute of Yoga
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.

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

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 16 (Friday, 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

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

BULLETIN BOARD, continued

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 safely. \$40.

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

October 5 (Monday, 7:30-8:30pm)
HERBAL HOURS with nutritional health counselor Jill Mulholland. Free.

October 6, 13, 20, 27 (Tuesdays, 8:15 pm)
MEDITATION with Larry Horowitz. Free.

October 22 (Thursday, 6-9 pm)
SPINAL ANALYSIS with Dr. David Fulop. Free.

Yoga Mountain Wellness Center
Gail Bentley Walsh, Director
845-639-0736
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.

October 18 (Sunday 12:30-7:30 pm)
TEACHING METHODOLOGY AND ANATOMY: the yogic principles behind the physical practice. 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)
YOGA AND SPIRITUALITY RETREAT with Lauri Nemetz. Explore the transformative power of the body/mind/spirit connection through asana and discussion. Beautiful eastern PA: www.wellnessbridge.com.

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.

October 17-18 (Sat-Sun, 1-6 pm)
SOMATIC INTUITION I with Ron DeAngelo and Ellen Krueger. Explore, direct and understand your natural intuition. In NYC at the www.soma-psycheinstitute.com. \$135 for Saturday, \$270 both days.

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! At Yoga Shine in Valhalla. 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.

FINAL THOUGHTS



The supreme good is like water,
which nourishes all things without trying to.
It is content with the low place that people disdain,
Thus it is like the Tao.

In dwelling , live close to the ground.

In thinking, keep to the simple.

In conflict, be fair and generous.

In governing, don't try to control.

In work, do what you enjoy.

In family life, be completely present.

*When you are content to be simply yourself,
and don't compare or compete,
everybody will respect you.*



from TAO TE CHING:
A NEW ENGLISH VERSION
BY STEPHEN MITCHELL

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 recom-
mended 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 registra-
tion 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.