

YTA

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Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



Lauri Nemetz  
72 Underhill Road  
Ossining, NY 10562

November 2007 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  
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](http://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.



### BOARD OF DIRECTORS

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LCAT

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## NOVEMBER 2007 YTA NEWSLETTER

### Message From the Board

Dear All,

As the temperature cools down  
and daylight grows short, the pulse  
of life quickens with its focus on  
“Home, Hearth and Holiday.” I’d  
like to share this bit of whimsy  
to help us stay in a healthier place  
when life and the pursuit of  
merriment conspires to upend us.  
Remember, balance is in “Hara,  
Heart and Head”, our Yoga.

. ~ .

THE RHYME FOR REASON

IN THE SEASON

A POEM TO PROVOKE

AN ODE TO THE JOY OF YOGA

*This is a challenging time  
to be alive.*

*We must be able to keep life stable*

*As trials and tests abound.*

*We’ll breathe and center and align*

*so that we can fully define*

*The ways to stand tall and  
to ground.*

*The practice of Yoga has  
always been*

*And will always be*

*A tool, a technique, a resource and  
a “corp d’esprit.”*

*For the health of your body,  
mind and spirit*

*Take charge of your life  
and clear it!*

*Move your derriere!*

*Commit and declare,*

*“I will be there!”*

*Yoga, Oh yeah!*

. ~ .

*Shanti and Shalom*

Paula Renuka Heitzner, ERYT



## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### Yoga: A Path Toward Healing with Mia Azcue

**WHEN** - Saturday, November 17  
1:30- 4:30 p.m.

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

Join **Mia Azcue**, RYT-500, Certified Yoga Therapist, Licensed Physical Therapist, and the Yoga Teachers Association for a discussion of health and healing through yoga.

Learn how three models based in ancient texts can help the healer organize and classify the client's problems, issues and restrictions. The models guide the healer in selecting appropriate tools to help the client. Presenter Mia Azcue will draw on her experience as a physical therapist and a yoga therapist to illustrate the uses of these models.

Participants will explore the panchamaya kosha model, which provides a way to look at all the levels of humanity, from the outermost level, annamaya, to the innermost, anandamaya. We will also cover the five vital breaths using the pranavayu model, and the concepts of brahmana, langhana and samana. Finally, we will be reminded of the importance of keeping these models in our awareness as we design our own practices.

**MIA AZCUE** is a certified yoga teacher under the Krishnamacharya Healing and Yoga Foundation (KHYF). She holds 500-hour yoga teacher and yoga therapist diplomas from the American Viniyoga Institute. Mia continues her studies with Sonia Nelson, a KHYF yoga teacher trainer and the director of the Vedic Chant Center in Santa Fe.

Mia teaches at River's Edge Yoga, her studio in Garrison, New York, where she offers mostly private yoga and yoga therapy work. She also leads group classes in Putnam and Westchester counties, including a weekly practice for Support Connection, a support group for women with breast and ovarian cancer. Her extensive yoga experience includes co-teaching four yoga teacher trainings (200- and 500-hour level) at Yoga for Well-Being, a registered yoga school in Goshen, New York.

Mia is a practicing licensed physical therapist and treats a large variety of conditions for her patients in a private physical therapy office. She draws deeply on her own yoga practice to support her work as a healer.

You must preregister to guarantee a place for this workshop.

**TO REGISTER** for the November 2007 YTA workshop with **Mia Azcue**, 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

Non-Members: \$45

#### FOR MORE INFORMATION

Michael Sassano 914-478-0694

[yogadad@optonline.net](mailto:yogadad@optonline.net)

Sylvia Samilton Baker 914-202-5552

Lauri Nemetz [info@ytayoga.com](mailto:info@ytayoga.com)

#### UPCOMING YTA WORKSHOPS

##### November 17 – Mia Azcue

1:30 - 4:30 pm

Yoga: A Path Toward Healing

Explore how three models based in ancient texts can help organize issues and guide therapy. Details and registration info in this newsletter and at [www.ytayoga.com](http://www.ytayoga.com).

##### December 8 – A Celebration of Yoga

2:00 - 4:00 pm (NOTE NEW TIME)

Holiday fun and celebration in sangha!

##### January 26, 2008 – Patty Townsend

1:30 - 4:30 pm

Learn more about Patty at [www.yogacenteramherst.com](http://www.yogacenteramherst.com).

##### February 9, 2008 – Rouben

Madikians

1:30 - 4:30 pm

Learn more about Rouben at [www.kripalu.org/presenter/V0003478](http://www.kripalu.org/presenter/V0003478)

## The Five Mayas of Brahman Guidance on the Path toward Healing



Bhrigu went to his father Varuna, and said: “Venerable sir, explain to me the mystery of Brahman, the highest.”

His father spoke to him of *anna*, the food of the earth, and *prana*, the breath of life, and of the senses, sight, hearing, mind and speech. And he further said, “Seek to know that from which all beings are born, by which they live, and unto which they return. That is Brahman.” Bhrigu performed *tapas*; he meditated. He realized that Brahman is *anna*, food: from food all creatures are born, by food they grow, and to food they return.

The youth returned to his father Varuna and said, “Venerable sir, explain to me the mystery of Brahman.” To him his father answered, “Seek to know Brahman by meditation, for meditation is Brahman.” Bhrigu performed *tapas*; he meditated. He realized that Brahman is *prana*, life: from life all creatures are born, by life they grow, and to life they return.

The youth returned to his father Varuna and said, “Venerable sir, explain to me the mystery of Brahman.” To him his father answered, “Seek to know Brahman

by meditation, for meditation is Brahman.” Bhrigu performed *tapas*; he meditated. He realized that Brahman is *manas*, mind: from mind all creatures are born, by mind they grow, and to mind they return.

The youth returned to his father Varuna and said, “Venerable sir, explain to me the mystery of Brahman.” To him his father answered, “Seek to know Brahman by meditation, for meditation is Brahman.” Bhrigu performed *tapas*; he meditated. He realized that Brahman is *vijñana*, reason: from reason all creatures are born, by reason they grow, and to reason they return.

The youth returned to his father Varuna and said, “Venerable sir, explain to me the mystery of Brahman.” To him his father answered, “Seek to know Brahman by meditation, for meditation is Brahman.” Bhrigu performed *tapas*; he meditated. And then he saw that Brahman was *ananda*, joy: from joy all creatures are born, by joy they grow, and to joy they return.

This is the wisdom that Bhrigu, taught by Varuna, attained within his heart.

*ha vu ha vu ha vu*

This lovely tale from the Upanishads is about the interconnected aspects of the highest. Its lessons can be usefully applied to the healing process, the topic of YTA’s upcoming workshop with Mia Azcue, *Yoga: A Path toward Healing*. Healing, though mysterious, is a common human need. We humans search for healing in order to overcome illness—named in the Yoga Sutras [I.30] as the first of many obstacles on the path to spiritual enlightenment.

Think of the distinction between disease, a biomedical condition, and illness, the human experience of the disease—and the distinction between pain and suffering. In his book *Health, Healing and Beyond*, TKV Desikachar relates these to the familiar distinction between curing, the focus of allopathic medicine, and healing, which comes from within.

How do we reach and work with the inner source of healing? Desikachar writes that a critical component of healing is relationship:

“The Yoga Sutras answer this question very directly: all healing comes from God. Does this mean that only the religious will heal? Obviously not. Please recall that Patanjali describes God as *Ishvara*, the Eternal Teacher [in sutra I.26]. From this, we begin to understand one of the contributions that Yoga makes to our understanding of healing and how it works. This is the relationship between a teacher and a student that leads to improved health, to that wholeness we recognize as the har-

monious union of body, mind and spirit.”

In the ancient tale, Bhrigu clearly respects and trusts his father Varuna—as a teacher. His faith in his father’s guidance supports his exploration of ultimate truth. He also trusts the tool his father suggests—meditation. He does not become discouraged by lack of progress. He is able to keep going until he receives his beautiful, full answer.

There is a Sanskrit word for faith used by Patanjali in the Yoga Sutras: *śraddha*. This beautiful word comes from the root *dha*, to hold or sustain. Faith and trust, in our teachers and the tools they offer—these are the qualities that sustain and hold us on our path to healing.

Of course faith and trust alone are not enough to guarantee healing. The person seeking to be healed must be ready to take responsibility for his or her healing. But without trust, the tools prescribed will not work. To heal ourselves and others, we must ignite the power of trust, in the context of positive relationship.

BHRIGU’S STORY IS FROM THE  
TAITTIRIYA UPANISHAD, CHAPTER III.

THIS VERSION WAS ADAPTED FROM  
TRANSLATIONS BY JUAN MASCARO,

EKNATHH EASWARAN,

SWAMI PRABHAVANANDA

AND FREDERICK MANCHESTER,

AND S. RADHAKRISHNAN.

## BULLETIN BOARD

### Essence of Yoga, Inc.

Athina Pride, Director/Owner  
2 East Avenue - Suite 205  
Larchmont, NY 10538  
914-833-1210  
www.EssenceofYoga.net

November 11 (Sunday, 1:30 - 3:30 pm)  
THE FIVE RITES OF REJUVENATION  
(aka the Five Tibetans) with Joan Gibbons  
A practice to harmonize the Chakra system.  
Fee: \$25 in advance, \$30 same day

December 7 (Friday, 7:30 - 9:00 pm)  
INTRO TO ASHTANGA with Yogi Laser  
Yogi Laser is one of the world's most entertaining yogi contortionists.  
Fee: \$25 in advance, \$30 same day

### Iyengar Yoga Scarsdale

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

November 2 - December 7 (Fridays after school)  
TEENYOGA  
For high schoolers, after school:  
Practice invigorating asanas and learn to deal with stress.  
Fee: \$120; can sample first class for \$20

Fridays every week (9-10 am)  
YAMUNA BODY ROLLING with Nancy Kardon  
YBR energizes and relaxes you as you roll your body over specially designed balls.  
Fee: \$22 or five classes for \$100

### 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!  
Advanced students welcome for regular class fee.

November 2-4, November 16-18, December 7-9  
ANUSARA IMMERSIONS with Douglas Brooks, Susan Rubin, and Sue Elkin  
Immerse yourself in study and practice.

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

November 9 (Friday, 7:00 - 8:30 pm)  
REIKI & RESTORATIVE YOGA with Reyna Gonzalez  
Fee: \$25 in advance, \$35 same day

### Westchester Institute of Yoga

Tao Porchon-Lynch, Director  
914-997-0949

November 16-18  
Tao Porchon-Lynch presents THE ETERNAL ENERGY OF YOGA at Kripalu.  
Register online at [www.kripalu.org](http://www.kripalu.org).

November 25 - December 2  
Join Tao Porchon-Lynch in MACHU

## BULLETIN BOARD, *continued*

PICHU, Peru. Deluxe accommodations, wonderful food, world-class yoga, cultural excursions, adventure!

### Yoga for Well-Being

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

Yoga for Well-Being is open at a beautiful new location, above.

Tuesdays every week (7:00 - 8:30 pm)  
YOGA SUTRA CHANT AND STUDY with Fran Ubertini  
Chant and discuss Patanjali's classic text. No experience necessary.  
Fee: \$16 drop in

### Yoga Haven

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

Prepayment required for all workshops.

November 4 (Sunday, 3-5 pm)  
FELDENKRIAS METHOD® WORKSHOP: BACKTALK! with Kim Plumbridge  
Using awareness and gentle movement, integrate the different areas of your spine.  
Fee: \$40

November 11 (Sunday, 3-5 pm)  
BEGINNERS WORKSHOP with Basia Kinglake & Patty Meehan  
For beginners and people who want to review.  
Fee: \$20

November 30 (Friday, 6:30-9:00 pm)  
INTRO TO INVERSIONS FOR SEASONED

BEGINNERS with Jill Ganassi  
Principles of headstand, shoulderstand, forearmstand and handstand.  
Fee: \$35

December 9 (Sunday, 7-9 pm)  
RESTORATIVE SLEEP WORKSHOP with Louise Fecher  
Fee: \$30

### Yoga Journey

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

November 3-4 (Saturday & Sunday 1-9 pm)  
PRENATAL TEACHER TRAINING CERTIFICATION with Sinda Anzovino  
Fee: \$400

November 10 (Friday, 6-7 pm)  
FAMILY YOGA with Sinda Anzovino  
Ages 4 and up.  
Fee: \$35 for up to 4 family members, \$5 for each additional

November 10 (Friday, 7-9 pm)  
JOURNEYDANCE with Toni Bergen  
Love your body. Love your life!  
Fee: \$45

November 16 (Thursday, 7:30-9 pm)  
REIKI SHARE CIRCLE & GUIDED MEDITATION with Elyse Savoy and Debbie Taylor. Fee: \$20

November 17 - May 17, 2008  
YOGA TEACHER TRAINING CERTIFICATION (200-hour) with Sinda Anzovino and Lynn Culbertson  
See <http://www.yogajourney-ny.com/teachertraining.html>.  
Fee: \$2300 (+ \$150 for books)

November 30 (Saturday, 7-9 pm)  
COUPLES THAI YOGA MASSAGE with Sinda Anzovino  
Fee: \$75 per couple

## FINAL THOUGHTS



THE YOGA SUTRAS OF PATANJALI tells us the meaning of tapas is "to burn." Our workshop this month focuses on healing: using appropriate tools and techniques in yoga practice and breath work (prana) toward a path of healing.

Part of working toward healing is what Patanjali describes as "accepting pain by burning it out." This is where tapas, in creating fire, heat, burns off impurities to create purifying effects. In our society of physically pushing past the level of comfortability, the saying goes, "No pain, no gain." Must we suffer in order to rid ourselves of impurities?

In the sutra II.43, we explore the various types of tapas and their manifestations. For example, the physical tapas of fasting allows for the burning off of excess fat; in observing verbal tapas, i.e., silence, we control our speech. Through these experiences, we do experience pain and suffering. But suffering allows for some impurities

to be burned off and forges a path toward joy.

The practice of yoga encompasses experiencing tapas in order to move toward healing, purging out what is not necessary or useful to us. We come to our mats, day in and day out, with our expectations that are sometimes unmet. We are continually arriving on the mat watching, waiting, growing in our practice.

As we take this journey, let's explore the heat, the suffering, the tapas in our practice that leads to healing.

Jai Bhagwan!

FROM  
"THE YOGA SUTRAS OF PATANJALI"  
WITH TRANSLATION AND  
COMMENTARY BY  
SRI SWAMI SATCHIDANANDA

## 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.