

Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



November 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 transformation. 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

NOVEMBER 2008

The Yoga Teachers Association is a non-profit, 25-year-old, educational organization dedicated to continuing and improving the quality of Hatha Yoga teaching in accordance with the high standards of the Hatha Yoga Pradipika and as developed by great yoga masters.



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NOVEMBER 2008 YTA NEWSLETTER

Message From the Board

Dear All,

We who study yoga are truly blessed. We have a unique way, different for each of us, to establish an authentic relationship with self.

Practicing asana, we are given direction by the teacher. We have to hear what we are asked to do and respond in a way that will respect and honor the body we have. This gives us an opportunity to embrace and own our limitations, weaknesses and fears. Bringing them to light, we begin the process of transformation. The teacher is then able to see and describe the next steps we can take toward the gifts that come to us through asana.

These are the practices that bring us more flexibility and autonomy. We become self-determining and selective and so we strengthen in spirit as well as body. As we work with the resources we have, we begin to tap into the truth that lies deep within each of us.

Meditation is the part of yoga that helps us harness the gifts of the mind and senses and endows us with the benefits of this practice. We learn to withdraw attention, willingly, from the negative. With the meditative consciousness of detachment, discrimination and discipline we become transformed and free from the energies of fear, anger, guilt and desires that create the “nebulous negative.”

Through our physical and meditative practices, we are in a wonderful position to self-heal. As teachers, we are blessed to be able to share this journey and its benefits with those who are around us. As members of YTA we are further blessed to be exposed to the many sources of information and insight offered to us by the monthly presenters. If you are a teacher, or a serious student, please join us at our monthly meeting and add in your personal gifts and energy.

As the holiday season begins, may we all give thanks for the gift of faith, the blessing of hope and the peace of love.

Jai.

—Paula (Renuka) Heitzner

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

ANATOMY OF BREATH

WHEN
SATURDAY, November 8, 2008

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

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

Meditation is the art of self control. By concentrating on one's breath, mantra or vision one can quiet the chatter of the mind. Meditation helps bring the individual into the present, allowing one to achieve a state of relaxation, creativity and focus. A meditation practice develops over time. A consistent practice can hold you like a velvet blanket in the present, yet let you fly to unseen vistas.

This workshop will provide an overview of the basics of meditation. A series of concentration techniques will be introduced which will give participants tools for a daily meditation practice or help them delve deeper into an already established practice. Anyone is welcome, including beginners or advanced practitioners.



Lori Mandel, LCSW, is a psychotherapist and meditation teacher in private practice. Her spiritual transformation with 22 years of a daily meditation practice influenced her to expand her perspective and techniques beyond traditional modes of psychotherapy. She is the director of the Halley Institute for Stress Reduction and Relaxation. Lori is trained in EMDR (eye movement desensitization reprocessing), a technique designed to alleviate distress in the present by safely accessing disturbing memories. Lori integrates meditation and concentration techniques into her psychotherapy practice. She also does consulting work on stress reduction and relaxation.

TO REGISTER for the November 2008 YTA workshop with **Lori Mandel**, 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

YOGA TEACHING OPPORTUNITY

November 8 – Lori Mandel
1:30 - 4:30 pm
A meditation workshop. Details and registration info in this newsletter and at www.ytayoga.com.

December 13 – Renee Diamond
1:30 - 4:30 pm
Learn the method of a vinyasa flow class.

Save dates in 2009

January 10
February 14
March 14
April 11
May 9
June 13

Experienced teacher wanted to teach Level 3 vinyasa flow. A little spot of tranquility in downtown Tuckahoe, Yoga Haven supports a community of 20+ teachers offering over 40 classes a week. Contact Betsy Kase, 914-337-1437 or betsy@yogahaven.com

Find YTA on facebook!
Search for "YTA yoga"



Pure Awareness: The Gift of Meditation

BY LORI MANDEL

When I began the practice of meditation some twenty-five years ago, I was yearning to find something inside myself. I would sit conscientiously everyday in the dark for about twenty minutes forcing myself to rid my mind of all thoughts. I often experienced exhaustion and frustration when I awakened, with some tension around my third eye. I asked myself, "When am I going to experience the quiet stillness and primordial energy and escape into mystical adventures that all the great beings talk about?"

Because of my yearning and ability to exert self-discipline, I kept sitting faithfully with the expectation of eventually experiencing a moment of true enlightenment. As time passed, I grew less frustrated and actually began developing a relationship with my meditation. Each morning I would awaken, hop out of bed and stroll downstairs to my special spot to sit and contemplate. This ritual became a part of my daily life that I approached with curiosity.

I started noticing the cadence of my breath, feeling the warm pulsation of energy moving through my body, and experiencing each moment with fascination. Some days a cobalt blue light would arouse me by saying "It's time to awaken!" —slowly prodding me to my special spot. I was

being guided by something greater than myself. A great person once said, "With self effort, grace will follow." I realized this wasn't about me, Lori. It was about my higher Self guiding me on a journey.

I understood there is no such thing as a good or bad meditation. It is what it is. I simply began observing the process and movement of my mind. Sometimes it was very active. At other times, I would be in such stillness and quiet that I could actually hear OM. In those moments I felt absolute peace. As I observed, I knew how my mind worked. I gained clarity and control, realizing I have choices in every aspect of my life and could discriminate in how I wanted to live. What a gift!! My relationship with pure awareness, the consciousness that goes beyond the mind, inspires me to live beyond my limits and to know my true self.



BULLETIN BOARD

Essence of Yoga, Inc.

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

November 16 (Sunday, 1-3:30 pm)
EXPLORING THE HIPS & CORE: A journey of transformation with Freddie Wyndham. \$40 in advance, \$45 same day.

December 7 (Sunday, 1-3:30 pm)
YOGA FOR NECK AND SHOULDERS with Athina Pride. \$35 in advance, \$40 same day.

Sign up for both workshops and get 10% off!

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.

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.

November 1 (Saturday 12-3 pm)
VINAYASA: 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.



BULLETIN BOARD, *continued*

Yoga Haven

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

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, 2-4:30 pm)
COUPLES PRENATAL YOGA FOR LABOR with Debi Mancuso. Explore taking yoga into the delivery room. Learn how yoga can facilitate birth, and how massage and breathwork can ease tension and stress. \$45

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.

The Yoga Sanctuary

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

November 15 (Saturday, 1-3 pm)
MAKING PEACE WITH THE BODY with Lisa Matkin. Using breath, asana, discussion, journaling, drawing and meditation, learn to listen to and harmonize with the body. All levels. \$40 in advance, \$45 same day.

December 12 (Friday, 7-9 pm)
JOURNEY DANCE with Trinity. Cleanse away stress with a joyous, wild and celebratory experience in a positive and nurturing atmosphere. Absolutely no dance experience necessary. \$25 in advance, \$30 same day.

PRESENTED BY YTA MEMBERS

November 14-16 (Fri-Sun)
INTRODUCTION TO SANKSRIT 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 WCC in Valhalla. Full details: www.yogaforawareness.org.

November 22 (Saturday, 2-5 pm)
MASTER CLASS – Learn from a modern master. Tao Porchon Lynch returns to IYI this autumn for another inspiring workshop. She brings 89 years of life experience to her teaching, combining the use of bandhas, pranayama, awareness of alignment, and gentle flow. At the Integral Yoga Institute in Manhattan, www.iyiny.org.

FINAL THOUGHTS



JOURNEY THROUGH INDIA*

On our way to India, all meeting in Mumbai ... Tao, our gracious hostess, leader, yoga teacher and friend, was to meet us there. We were nine: Joyce, Tao's steady and trusted assistant; Hiroko, on her second trip to India with Tao; Kathy, my roommate, a fun and easygoing confidante; Neva and her spouse Howie, the sole male, who provided physical and emotional support and held his own with eight women; Carolyn from Boston, Deb, photo-and-film taker extraordinaire—and me.

We moved expeditiously through nine states—west to north to east to west to south! Tao showed us more in 19 days than anyone could have expected. Of the amazing guides we had, one stuck out throughout our travels—Raj! Raj provided the history of every fort, palace, building, road, culture we saw ... but he also became a trusted part of our group, our big brother in this country that is both mysterious and fascinating. We looked to him for answers, explanations—for what we as yoga teachers came to India to find. For me, this birthplace of yoga held clues to why India lives as it does and the U.S. does not.

We listened raptly to Raj discuss India and how its people practice yoga off the mat. Karma. Seva. Satya. The deities (hundreds, I learned), the philosophical virtues they uphold and how they influence the people of India. Raj tried to show us how the people of India coexist in a caste system living a yogic lifestyle—and how he himself accomplishes this. Contradictory and confusing? Yes! As is life. There is gross poverty and incredible wealth—all coexisting together.

Therein lies the practice of yoga: To be with what is at the moment. To live in the present moment. To forgo planning the next minute, hour, day, week, year. To just be. I began to piece it together in my head, that the practice of yoga is just that. Practice. Practice living in the present moment.

—SYLVIA SAMILTON-BAKER

*All names are used with permission.

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.