

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

November 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

NOVEMBER 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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NOVEMBER 2009 YTA NEWSLETTER

Message From the Board

Happy Fall to all!

As Mother Nature does her thing, we are graced with the beauty and the bounty of her efforts. Thanksgiving is approaching—the time to pause and reflect on our many blessings, followed by the building excitement of the holiday season. Being a winter person, I've always had a particular appreciation for this time of year, and since early childhood I can remember the build-up starting with Halloween and escalating through Christmas, Hanukkah and the New Year.

Lately, coming through my yoga practice, I've begun trying to connect my associations, allusions and affinities to relevancy. Are my pursuits and participation MEANINGFUL?

The word “meaningful” offers each of us a chance to rethink and redefine what we invest with energy and time, with a view towards making our lives more substantial and satisfying. In my personal yoga practice this idea has permitted me to work in a very different way.

When the zeal to increase physical prowess diminishes, you begin to go deeper into the understanding of how the physical practice works and the ramifications thereof. Maturity and meaningfulness can truly manifest a deeper, fuller and richer practice. An emboldened teaching technique comes from the new depths you've plumbed from within. As you attune to the physical body in a meaningful way, rather than habitual, you learn to intuit the spirit.

Something that surfaced for me that I wanted to share with all of you:

Bio Mechanics (Body) + Bio Energetics (Mind) = ME (Spirit)

Once every month, plan to bring your energy and spend time with meaningful people and programs through YTA. You are needed!

*In light and love,
Paula (Renuka) Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Meridian Yoga: Opening the Energetic Pathways

WHEN

Saturday, November 14, 2009
1:30- 4:30 p.m.

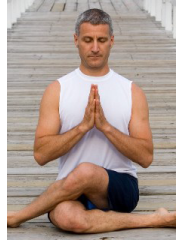
WHERE

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

Open the pathways that allow prana to flow, bringing harmony, lightness and joy to our being. This workshop artfully blends ancient and modern techniques that activate and balance the body's meridian pathways.

Using gentle pressure, body weight, and skillful touch, we will work with a partner to increase our range of motion and perfect our alignment in yoga asanas associated with the fourteen internal organs. A modern stretching technique called resistance/PNF stretching will be taught, along with some Thai and shiatsu massage.

Feel free to attend alone, or with a friend.



DANIEL ORLANSKY, M.A., a yoga teacher for many years, is certified in Meridian Yoga, Kali Ray TriYoga and Kundalini Yoga. He holds a master's degree in Expressive Art Therapy/Dance Therapy from Lesley University and has been a visiting lecturer in movement studies at Tufts University. He has taught in many locations including the Kripalu Center, the Omega Institute, Mass College of Art, Interface, the Dance Complex, YogaSpirit Studios, the Waltham Athletic Club, Charles River School of Shiatsu, Finding Inner Peace Yoga Center, and the Kali Ray TriYoga Center, as well as various schools in Germany and Austria. He is currently on the staff of several yoga teacher training programs in the US and in Europe.

Learn more about Daniel at www.meridianyoga.com.

TO REGISTER for the November 2009 YTA workshop with Daniel Orlansky 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

November 14 – Daniel Orlansky Meridian Yoga: Opening the Energetic Pathways. Details and registration info in this newsletter and at www.ytayoga.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!

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Search for "YTA yoga"



Meridian Yoga: An interview with Daniel Orlansky

What is Meridian Yoga?

Meridian Yoga is about freeing blocks in the body and strengthening the flow of life energy using yoga asana, a modern stretching technique called resistance stretching, and oriental bodywork from the shiatsu and Thai massage traditions. The goal is to open and balance the energetic pathways of the body—called meridians in Chinese medicine, and nadis in yoga—to improve our health, happiness, and feeling of connection with life.

In Meridian Yoga there are specific asanas and hands-on work for the 14 meridians in the body. I've created a vinyasa flow in the style of Kali Ray TriYoga which stretches all the meridians as well. And there are breathing exercises to contact and activate prana. Taken as a whole, Meridian Yoga is a collaboration between these approaches that all clear our energy channels and connect us to the flow of life. It can be practiced alone, or with a friend.

What I really enjoy about Meridian Yoga is the dialogue of styles and the joining togeth-

er of the old and the new. Yoga asana is thousands of years old, and resistance stretching is a modern technique from western physical therapy. Utilized together along with oriental bodywork, a strong pranayama practice, and vinyasa flow yoga gives one an unbeatable combination for transformation. It's all about the experience of being "in the flow."

What are meridians? What are the major meridians?

In Chinese philosophy, the energy of Heaven is said to flow downwards towards the earth, while the energy of the Earth flows upwards towards the Heavens—the grand cycle of Yin and Yang—and in the middle stands the human being. The meridians carry and circulate this universal energy, called Chi or prana, in the body. There are 14 important meridians that bring nourishment and vitality to all the organs of the body, and the goal of acupuncture, oriental bodywork, and Meridian Yoga activates and balances the flow of chi through these energetic pathways.

How does it help?

The meridian system provides a map of this energetic flow in the body, and by using this map we can systematically and thoroughly stretch all parts of the body. It also brings acupuncture release points and other therapeutics to the yoga paradigm. I've found that the Chinese and Indian systems complement each other so well; the meridians are like the nadis in yoga, and the acupuncture points are equivalent to the marma points in Ayurveda.

The resistance stretching element in Meridian Yoga is incredibly effective therapeutically, proven to be the safest and most effective way to increase flexibility. It supports deep release of tension. I've literally stretched pain out of people's bodies.

The larger picture in Meridian Yoga: through unblocking and clearing the internal energy flow, we not only improve our own personal health, but we also connect to the flow of life energy around us, the universal flow, which the Chinese call the Tao, and other systems call the Great Spirit, the Creative Infinite, Brahma, or God. Yoga means to connect with the infinite, to experience that connection, and Meridian Yoga gives us many of the tools to do so.

How did you become involved?

I came to yoga, as so many have, as the result of an injury. Wanting to not be in pain can be a powerful motivator, that's for sure. In my case it was a lower back problem that wouldn't go away until I began to stretch and remove chronic patterns of tension in my body that were affecting me structurally. I had to profoundly alter my tissues to do that, which took some years. But it removed the problem; it healed me.

I already had a background of body/mind explorations that had brought me in touch with Reichian therapy, Bioenergetics, the Feldenkrais Method, and the Alexander Technique. My yoga teacher at the time exposed me to resistance stretching techniques, the relationship between poses and meridians, and the psychological associations of the meridians. I became certified in shiatsu, and was able to then add that form to Meridian Yoga. I also studied and became certified in both Kundalini Yoga and Kali Ray TriYoga, and added pranayama practices largely drawn from Kundalini Yoga and vinyasa yoga flows in the style of Kali Ray TriYoga to round out the system.

FROM NEW YORK YOGA TEACHERS— TO NEW YORK YOGA TEACHERS—

Every yoga teacher knows that one of the most rewarding aspects of practice is sharing the gifts of yoga with our students.

And it's our teacher trainers who gave us what we need to do that.

Now, here in New York, every yoga teacher—and every friend of yoga—should know about the new threat to teacher training programs in New York State. Last May, the state education department sent a letter out to registered programs saying that they would need to be licensed (read, big fees, arduous process) or face fines of up to \$50,000.

In the weeks that followed, dozens of yogis joined forces to prevent a disruption to training programs. They turned to the leadership from Yoga Alliance and the International Association of Yoga Therapists and learned that these groups

were incorporated in such a way that prevents them from advocacy work in individual states.

And so a new group was born: Yoga for New York, www.yogaforny.org, also known as the Yoga Association of New York State.

What can Yoga for New York do for yoga teachers?

Keep teacher training programs viable by amending state law

Yoga for New York has already persuaded the state regulators that their approach was hasty and heavy-handed. In fact, the state has gone on record as saying that they have realized that they would prefer not to enforce the licensing requirement—but without legislation to waive the requirement, they will be forced to go ahead.

Yoga for New York has found supportive legislators, including several right here in the Hudson Valley, and legislation to “fix” the law for yoga has been introduced in Albany. All of us can help make sure that when the right moment comes, our

representatives hear from lots of informed and enthusiastic constituents. Supportive phone calls need only take a few minutes of your time, and they are incredibly effective.

Equally important, at least in New York, is professional representation for the work “inside” the halls of power. Yoga for New York has found an excellent firm—one with a premier reputation and a record of working on behalf of nonprofit and civic organizations. The good news is that the money spent on advocacy is much less—by far—than the costs of complying with the onerous regulation proposed by the state.

Support yoga in all its forms— all around the Empire State

Dozens of yogis from diverse traditions and all across the state—as they have begun working together—are realizing the many rewards of community. Fascinating and challenging discussions of standards and regulation are already underway. There's a vision of an organization that will offer comprehensive

support to yoga teachers and all friends of yoga—through information sharing and marketing, to start.

Yoga for New York is a way to give back to the teachers who trained you. And it's karma yoga! Quick ways to get involved:

- Visit www.yogaforny.org. It's easy to learn more, and it's easy to join – membership starts at just \$10.
- Drop an email to action@yogaforny.org. You'll be part of a grassroots advocacy campaign. Just a couple of minutes on the phone with your legislator's office at the right time will help enormously in getting the yoga legislation passed.
- Make a gift to Yoga for New York's Advocacy Fund. This will make sure the leadership in Albany hears our message.

We can all pitch in to help yoga win! And we'll help our teachers, our students and ourselves in the process. Your involvement will MAKE A DIFFERENCE!

BULLETIN BOARD

The Yoga Sanctuary

www.yogasanctuary.net

Ellen Patrick, Director

914-381-9642

One Depot Plaza

Mamaroneck, NY 10543

November 3, 10, 17, 24 (Tuesdays, 8:15 pm)

MEDITATION with Larry Horowitz.

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.

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

November 7, December 5 (first Saturdays, 1 pm)

BACK CARE BASICS with Lauri Nemetz.

Create balance in the body and relieve pain.

At the Back & Neck Center in

Cortlandt Manor. www.backneckcenter.net, 914-739-7799. \$15.

December 5-6 (Sat-Sun)

INTRODUCTION TO SANSKRIT with Jo Brill.

Explore and enjoy the beautiful language of yoga – no experience

needed! At the Rivertown Center for

Yoga and Health in Dobbs Ferry. 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. Open to

all levels of paddling experience and

yoga practice. www.wellnessbridge.com.

Find YTA on facebook!

Search for "YTA yoga"

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.

