

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

December 2007 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 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.



DECEMBER 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

Co-President

Lauri Nemetz, MA, ADTR, ERYT,
LCAT

Co-President

Sylvia Samilton-Baker, MA, RYT

Secretary

Jo Brill, MA, RYT

Treasurer

Michael Sassano, RYT

Membership Services

Lucille Sollazzo

Program Directors

Tao Porchon-Lynch, ERYT
Larisa Katz

Paula Heitzner, ERYT

Lisa Sloane, MA, RYT

Susan Mondzak, MA, RYT

DECEMBER 2007 YTA NEWSLETTER

Message From the Board

Dear All,

The year 2007 is drawing to a
close, bringing an opportunity to
assess and evaluate what we've
accomplished thus far. At the new
year, all sorts of resolutions are
made, but we know what can
happen two weeks into the
month. The habits, mind sets and
negative patterns tend to take
over.

As we pursue our personal
practice of yoga we realize its
great gifts. Asana practice helps us
to ground— to “stand on our
own two feet” and to “claim our
space.” We stop “dragging our
heels” AND “being on our toes.”
As we come into alignment, we
strengthen, heal and harmonize
with our life force. The nervous
system and the physiological sys-
tems work efficiently and effec-
tively; the glands and organs
become balanced and strong. This
physical empowerment supports a
strong, healthy and optimistic state
of mind—and helps us to connect
to spirit, to hear the inner voice
and intuition.

As yoga teachers or dedicated
yoga students, we experience the
frustrations and confusions of
these times, but we have the tools
we need to achieve balance. The
spiritual weapons of love, truth
and wisdom are acquired through
practice. Awareness allows us to
know and heal our true selves. We
are in a position to uplift those
weighed down by the challenges
of life.

As a community dedicated to
achieving higher states of physical,
mental-emotional and spiritual
well being, we are supported by
the Yoga Teachers Association
(YTA). We, in turn, need to sup-
port the group and the monthly
workshops that bring us fresh and
new approaches to our tradition.
These workshops help illuminate
the path of light, and bring
together beings of the same mind
and heart to make the journey a
shared adventure.

May we journey together!

Shanti and Shalom

Paula Heitzner ERYT

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

*A Tribute for Master Teacher
Tao Porchon-Lynch*



WHEN: Saturday, December 8
2:00- 4:00 p.m.

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

*** Music * Dancing * Chanting * Refreshments ***

Come and honor a very special yoga teacher to commemorate her 25th anniversary as the founder and director of the Westchester Institute of Yoga, 1982-2007. This event will support and honor Tao's years of dedication and service to the yoga community.

Enjoy performances and tributes with
long-time and new friends:

Chandani Jain

A student of Bharathanatyam classical dance

John Guth

Guitarist/composer featured on *Harry Potter* audiotapes
and *The Rhythm of Stillness*

Puja Sue Flamm and Jaymie Meyer

Leading music, chant and meditation

Samantha Goldman

Yoga demonstration by an 8-year-old gymnast and
student of circus arts

Pre-registration is essential to plan for food and drinks.
Come in comfortable clothes to sit and share in the
afternoon festivities.

TO REGISTER for the December 2007 YTA Celebration of Yoga, 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: \$20
Non-Members: \$25

FOR MORE INFORMATION
Michael Sassano 914-478-0694
yogadad@optonline.net
Sylvia Samilton Baker 914-202-5552
Lauri Nemetz *info@ytayoga.com*

UPCOMING YTA WORKSHOPS

December 8
A Celebration of Yoga
2:00 - 4:00 pm
Holiday fun and celebration in sangha as we toast Tao Porchon-Lynch and the Westchester Institute of Yoga. Details and registration info in this newsletter and at www.ytayoga.com.

February 9, 2008
Rouben Madikians
1:30 - 4:30 pm
Learn more about Rouben at www.kripalu.org/presenter/V0003478

January 26, 2008 - Yoga Day USA!
Full Embodiment with Patty Townsend
1:30 - 4:30 pm
Learn more about Patty at www.yogacenteramherst.com .

About Tao Porchon-Lynch

Extraordinary leaders and teachers change the way we perceive the world. The very best lead us by their example. Tao Porchon-Lynch, Master Yoga teacher, approaching her 90th year, synthesizes the most positive aspects of Indian, European and American thought. The daughter of an Indian mother and a French father, who spent the first twenty years of her life in India, Tao is uniquely equipped to spread Yogic insights originating in India to Westerners seeking enlightenment. Since founding the Westchester Institute of Yoga in 1982, Tao has trained and certified hundreds of yoga instructors. She lives her message: "There is nothing we cannot do if we harness the power within us."

Having studied with Indra Devi in Pondicherry and BKS Iyengar in Pune and Mumbai, Tao learned how to tap into the incredible power that all individuals possess but few can access. She has made 18 pilgrimages to India with her students because she believes that such visits offer enlightenment about the true spirit of Yoga. In the United States, Tao teaches workshops at many yoga centers, including Kripalu and the Integral Yoga Institute in Manhattan.

In addition to extensive yoga training with many of the great masters, Tao studied at the Aurobindo Ashram in Pondicherry and the Vedanta Society in Los Angeles where she was a disciple of Swami Prabhavandana from 1951 until his death in 1976. She also studied at the Madame Blavatsky Theosophical Society in Paris.

Tao's philosophy embraces the belief that we live in a period that is critical to the Earth's well-being. She feels there must be a willingness to act wisely and decisively to save our planet for future generations. Tao believes that individuals who follow the principles of yoga can heal themselves and help heal the Earth as well. She has lived these principles, from walking for peace with Gandhi to being a member of the French Resistance during WW II, to joining with 400 other famous yoga teachers from around the world in a Yoga for Peace, held in Israel. At eighty-nine years old, she is the embodiment of profound Yoga principles. She exemplifies the positive use of our "life force" to accomplish anything that we set our minds to do.

Her life encompasses many historic events. Her reminiscences include: her uncle's friendship with

Gandhi and her childhood participation in the famous march to the salt flats to protest British rule; helping her French aunt to spirit Polish Jews out of occupied France during WWII; and her making several socially-conscious documentaries in India, including one about the 100 year-old philanthropist, Dr. Welthy Fisher and her work in education at Literacy House in Lucknow. Later, when Tao worked for Unitel, she helped in their efforts to try to introduce television to India in the 1950s.

Tao has received much media attention of late, including an interview on the NBC "Today" morning program, a featured segment of the upcoming documentary on extraordinary older women, "I Know A Woman Like That," and a four-page article in the Westchester County Times.

Tao has led a multi-faceted life. She was an actress in England, France and the USA (under contract to MGM) in the 1940s and 50s. She also appeared on American television with Bob Hope and on series such as "Highway Patrol" and "I Married Joan." She wrote screenplays and teleplays and made award-winning documentaries in the 60s and 70s. She was one of the first French models to tour the United States for the great couturiers of

Paris including Lanvin, Jean Desses, Marcel Rochas, and Jean Patou. Currently, she is regional Vice-President of the American Wine Society. Additionally, at the age of 83, Tao began ballroom dancing—she always wanted to learn to tango. In ballroom dancing as with all things she undertakes, Tao puts all of herself into it. She continues to win blue ribbons in ballroom competitions throughout the area.

Tao teaches discipline and control of the body and mind through Yoga. As she elevates and balances her body in classic poses, she demonstrates how to tap into the primal spark of energy that all of us receive from the universe. To Tao, we are one with our fellow human beings and all forms of life on our planet.

Tao is a living testament to maximizing human potential. She is unique in her ability to overcome the effects of aging to control her body and mind in harmony with Yoga's principles. Tao inspires all of her students through her philosophy, "There is nothing we cannot do if we tap into the power within us." She generously gives of her time to find that which is special in all her students. Her yoga principles and practices will be appreciated by current and future generations.



Mayurasana
(Peacock pose)

TECHNIQUE

- ❖ Kneel on the floor with the knees slightly apart.
- ❖ Bend forward, invert the palms and place them on the floor. The little fingers should touch and the fingers should point toward the feet.
- ❖ Bend the elbows and keep the forearms together. Rest the diaphragm of the elbows and the chest on the back of the upper arms.
- ❖ Stretch the legs straight one by one and keep them together and stiff.
- ❖ Exhale, bear the body weight of the wrists and hands, raise the legs from the floor (either one by one or together) and at the same time stretch the trunk and head forward. Keep the whole body parallel to the floor with the legs stretched out straight and the feet together
- ❖ Hold the pose as long as you can, gradually increasing the time to between 30 and 60

seconds. Do not put pressure on the ribs. The diaphragm being pressed, breathing will be labored.

- ❖ Lower the head to the floor and then the legs. Place the knees on the floor by the side of the hands, then lift the hands and relax.

EFFECTS

This asana tones up the abdominal portion of the body wonderfully. Due to the pressure of the elbows against the abdominal aorta, blood circulates properly in the abdominal organ. This improves digestive power, cures ailments of the stomach and spleen, and prevents the accumulation of toxins due to faulty eating habits. Persons suffering from diabetes will find the pose beneficial. As a peacock destroys snakes, this asana kills toxins in the body. It also strengthens the forearms, wrists and elbows.

Excerpted from *Light on Yoga* by BKS Iyengar

A GOOD AGE FOR YOGA

A MASTER STUDENT, PUSHING 90,
TAKES LIFELONG DISCIPLINE TO A NEW LEVEL

Excerpted from an article by Rita Zeidner first published in The Washington Post, Tuesday, September 27, 2005

The first sign of trouble came when Tao Porchon-Lynch, the 87-year-old yoga teacher showed up for class wearing stretch slacks, a slinky top and strappy three-inch heels.

Porchon-Lynch then kicked off her shoes and—after surveying class members for injuries (more than a few had shoulder, foot, wrist and back issues)—guided them through a few gentle warm-up stretches and standing postures such as Warrior, Down Dog and Half Moon.

Once most students were weary and damp, Porchon-Lynch gave them what they came for: a demonstration of what a lifelong student of yoga pushing 90 can do.

Catlike, she crouched and without a quaver balanced her body's weight on her hands while sus-

pending her torso and legs above the ground in Mayurasana (peacock pose), one of yoga's gravity-defying power moves. Then, in one flowing motion, she swung her legs around in front and took a seat on the mat.

She finished her show with a graceful twist, bracing her left elbow over her right knee, looking over her right shoulder and rotating her torso nearly 180 degrees.

"How do you think I got to be 87?" she asked. "By doing twists."

Well, it's a bit more complicated than that.

While Porchon-Lynch has the lithe physique you'd expect from someone who's been practicing yoga since childhood, her flexibility and strength—greater than most people will ever achieve—speak to a more than casual apprenticeship. She was one of the first women to study under Indian master B.K.S. Iyengar, credited with popularizing yoga in the West. continued ▶▶▶

Breathe Deeply

As befits a student of Iyengar, Porchon-Lynch pays mind not just to her students' poses but to their breathing technique. While she circled the room, tweaking students' posture here and there, she gently urged them to be mindful of their breath.

"Think of a water lily moving up through the muddy surface," she coaxed, in a voice so tiny the students had to strain to hear. "Let the breath do the work and you relax, okay? Feel as though all the tension of life is flowing out of the body."

Porchon-Lynch, who began practicing yoga as an 8-year-old in India, says she gave informal yoga classes to friends and associates for free throughout the 1950s and early '60s. (This was after a storied career that had her dancing in British nightclubs, being cast in shows by Noel Coward, modeling haute couture in postwar France and appearing in several Hollywood B movies.) But she didn't get a paying gig teaching yoga until 1968, when Jack LaLanne hired her as a teacher for a nominal fee. She still maintains a

busy teaching schedule, leading classes most days at several studios around New York.

While it may be difficult to see Porchon-Lynch as an octogenarian, she's hardly immune from the effects of age. She had one hip replaced two years ago and has had a pin in the other since the late 1980s.

"I'm like a jigsaw puzzle with the pieces fitting together," she said.

Thirty years after spending a month at Iyengar's institute in Pune, India, she still praises her former mentor, who's also 87, and—just as he does—recommends that people having difficulty with a pose use props like bricks and ropes to help ease a stretch.

"I think no one is more pure in the alignment of the postures than Iyengar," said Porchon-Lynch. "It's the good alignment that prevents injuries."

Before rushing back to New York, Porchon-Lynch chatted briefly with us. Here are excerpts from our conversation.

Do you do anything besides yoga to stay in shape?

No. I've never been very athletic. I've never been one to go running—I was interested in seeing

what my body could do from within... Recently I've taken up ballroom dancing. I've been competing. I have two lovely dance partners, one a 28-year-old from Ukraine.

You seem so peaceful and serene. Is it the yoga?

I do believe that you can if you work with the breath, you can relax and feel that power within you. I work with my breath. People have problems when they keep their noisy thoughts in their throats. When you learn to breathe properly, you can get rid of those noisy thoughts and relax. If I can bring people into a quiet place and get rid of their noisy thoughts, you'd be surprised how they calm down. But I don't disagree with having a good cry. I do enjoy that.

Are there any yoga styles you don't like?

I don't believe in the hot [Bikram's] yoga. People do yoga in India where it's very hot, but they do it in the morning. You can't turn off the air [conditioning] and expect people to do yoga. It's going to cause problems. It's just a show-case to do bravado with actors and actresses.

Some people are saying they get hurt during yoga.

People should watch very carefully how they do moves. If it's not feeling right, then you probably aren't doing it the right way. But I don't believe in holding postures for a long time. And I don't believe a yoga teacher should be tough. The purpose of yoga is to join the body, mind and spirit. If you're being rude and horrible, that's not yoga.

You don't look like you eat much. Do you ever sit down to a big juicy steak?

I'm a lifelong vegetarian, so no. I did, however, start eating a little bit of fish. And I love spinach. I'd say spinach is my favorite food. I also like fruit... I also love chocolate. Sometimes I'll eat a whole bar of chocolate and then I won't have any for another year.

What's with those three-inch stiletto heels you're wearing?

All my shoes have three- to five-inch heels. I have a very high instep. I don't believe there's any one style for everyone. ■

BULLETIN BOARD

Essence of Yoga, Inc.

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

December 7 (Friday, 7:30 - 9:00 p.m.)
INTRO TO ASHTANGA with Yogi Laser
Yogi Laser is one of the world's most
entertaining yogi contortionists.
Workshop begins with a 10-minute
demonstration of advanced yoga pos-
tures.
Fee: \$25 in advance, \$30 same day

Golden Temple Yoga Studio

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

December Wednesdays (9:30 am, 7:30
pm) and Fridays (9:30 am)
KUNDALINI YOGA with Rai Kaur
Awaken your self to your Self. Please
call before attending. All classes
mixed level.

TEACHERS NEEDED

Golden Temple Yoga Studio is looking
for teachers who are grounded,
authentic, experienced and teach with
purity and integrity. Contact Rai Kaur
at 914-232-3473, raikaur@goldentem-
pleyoga.com.

SPACE AVAILABLE

Beautiful sacred space available for
sublet Saturday, Sunday, Monday and
Tuesday. Active yoga studio, con-
ducive for various healing modalities.
Approximately 1250 sq. ft. \$450/day
per month. Call 914-232-3473 for
more info.

Iyengar Yoga Scarsdale

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

Dec 7 and 14 (Fridays, 4 pm)
TEEN YOGA with Nancy Kardon
Practice invigorating asanas – and
learn to deal with stress and quiet the
mind too.

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 regu-
lar class fee.

December 7-9
ANUSARA IMMERSION Part One (The
Entryway) continued with Susan Rubin
and Sue Elkin

BULLETIN BOARD, *continued*

January 11-13 and January 25-27
ANUSARA IMMERSION Part Two (Into
the Depths) with Susan Rubin and
Todd Norian

February 8-10 and March 28-30
ANUSARA IMMERSION Part Three
(Swimming in the Currents) with Lois
Nesbitt and Susan Rubin

During these special weekends,
immerse your heart and mind as you
explore the heart of Anusara Yoga.
Share each other's great company as
you embark together on this journey
into your own nature. See website or
contact Susan (914-393-6517) for all
the details; to register call 914-219-
1601.

The Yoga Sanctuary

Ellen Patrick, E-RYT 500, Owner &
Director
One Depot Plaza
Mamaroneck, NY 10543
914-381-YOGA (9642)
www.yogasanctuary.net

Mondays starting December 3 (6-7 pm)
MEDITATION GROUP with
Larry Horowitz
Suggested donation \$5

YOGA TEACHER WANTED
Certified & YA registered children's
yoga teacher for ages 8 - 10 years old.
Contact Ellen Patrick at 914-381-
YOGA (9642),
info@YogaSanctuary.net.

Yoga Haven

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

Prepayment required for all work-
shops. Register in person, on line, by
mail or by phone. Please include
workshop title and your name and
contact information.

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

Work Hard, Rest Deeply...Too restless
to relax? Can't get a decent night's
sleep? This workshop, inspired by the
teachings of Judith Hanson Lasater,
begins with an active 30-minute pos-
ture series (open-level) to tone both
mind and body, and then segues to a
soothing sequence of restorative
poses geared to reducing stress and
fatigue. The "Elusive Dreams" restora-
tive series was created by veteran
yoga teacher Judith Hanson Lasater
especially for insomnia sufferers. If
you want to move your body and
quiet your mind, join us for this fun
and nurturing workshop.



FINAL THOUGHTS



This issue of the December YTA newsletter could not come at a better or more appropriate time. As yogis and yoginis, spouses, partners, relatives, and friends, we are moving into the holiday season with its many celebrations. What better time to include our heartfelt tribute to Tao Porchon-Lynch, ERYT, foundress of the Yoga Teachers Association a quarter of a century ago. We take this opportunity to honor the guru, the oenophile, the dancer, the woman Tao is. Let us sing praises and present flowers!

Tao has seen the YTA transmogrify from its humble beginnings with a group of like-minded women to what it is now, with its board of directors and many members, men and women. YTA serves a large population of yogis and yoginis throughout the area. Tao has consistently spearheaded the mission of YTA and shown us how to take this mission off the mat.

Tao exhibits living the practice of yoga on and off our mat with joy, ease, and stability. Tao lives Patanjali's sutra I.14: "Practice becomes firmly grounded when well attended to for a long time, without break and in all earnestness." Tao has been, and continues

to be, patient and faithful. She raises the bar high for those who follow her lead.

Tao reminds us in her teaching that being faithful—on a physical and spiritual level—is of utmost importance in our practice. Faith brings patience, steadiness, and ease, and the ability to be open to what the universe showers upon us. Be mindful! Tao exemplifies the life of one whose practice never ceases. She moves through life with grace, dignity, humor, an inner peace and outer beauty that lights up her entire being.

It is an honor for me to write this final piece of the year in tribute to Tao. We are closing out the year honoring our guru and beloved teacher, who has never failed to us.

The gratefulness I feel in knowing Tao cannot be articulated in a few sentences. What I can articulate is that I continue, as we all do, to be inspired by who she is and what she represents.

OM and salutations, Tao!

SYLVIA SAMILTON-BAKER, MA, RYT

SUTRA I.14 FROM

THE YOGA SUTRA OF PATANJALI

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.