

Lauri Nemetz
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Ossining, NY 10562

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



December 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 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

Editorial team: Jo Brill, Lauri Nemetz,
Sylvia Samilton-Baker

DECEMBER 2008

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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DECEMBER 2008 YTA NEWSLETTER

Message From the Board

Dear All,

With diminished light, dropping temperatures and bare deciduous trees, we become acutely aware of this time of year known as the “holiday season.” Beginning with Thanksgiving at the end of November, December dawns with the ever-increasing energetic and frenetic activities so closely associated with the holidays and the year’s end.

How can we take part in these festivities and enjoy ourselves full measure?

How can we support our well-being in this time of escalating excitability?

How can we keep from getting caught up in the indulgences, going along with extravagant tendencies and giving in to temptation?

We are, indeed, very fortunate to have our yoga practice to support, sustain and center us in stability and joy. The physical work of asana practice gives us a body that can stand up to the vigors of celebrating, shopping and entertaining. Meditation practice reduces stress and engenders the quiet time we need to stay calm and imperturbable.

We also have available to us the power of our own will: the “sankalpa shakti” that we can call upon to help us discriminate. The sankalpa (will) shakti (power) can help us define a path of action, a behavior pattern to follow, and gives us the strength to stand by our commitment. This is a paradigm that will eliminate disappointments, dissatisfaction, discontent and dismay in January.

Being a part of YTA is an essential step towards maintaining the shakti needed to connect with the higher energies concerned with transformation. Insights and information are presented to us, monthly, from many sources and lineages. Being in community is vital!

May the holiday season glow for you and yours and shed light on the path we will travel on, together, in the new year.

Much light and love,
Shalom and Shanti

Paula Renuka Heitzner

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Learning the Method of a Vinyasa Flow Class

WHEN
SATURDAY, December 13, 2008

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

1:30- 4:30 p.m.

The art of sequencing in vinyasa yoga reflects the pattern in nature, the way a wave rises, crests, and releases on the shore. Every cycle in nature is a vinyasa, every vinyasa a wave. In this workshop you will learn how to plan a vinyasa flow class and be empowered to access the inherent creativity that is available within your body, each asana and every breath. We will explore wave sequences, the energetic movement of prana, three part vinyasa techniques, and mood and music.



Renee Diamond

Renee has been teaching Physical Culture in New York, Los Angeles and Germany for over 25 years. She is a certified Yoga Teacher, Reiki Practitioner, Budokon Sensei, and international presenter. Her diverse training and experience provide a training style that is a rich combination of strength and grace, precision and flow.

TO REGISTER for the November 2008 YTA workshop with **Renee Diamond**, 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

December 13 – Renee Diamond
1:30 - 4:30 pm
Details and registration info in this newsletter and at www.ytayoga.com.

January 10, 2009 –
Ellen Krueger and Ron DeAngelo
Somatic intuition: an introduction.

February 14 – Jo Brill
Sanskrit and chant in yoga.
Learn more about Jo at www.yogaforawareness.org.

March 14 – Ray Crist
Yoga and shamanism.
Learn more about Ray at www.raycrist.com.

Save dates in 2009
April 11, May 9, June 13

Find YTA on facebook!
Search for "YTA yoga"

TOPIC OF THE MONTH



INSPIRATIONS

BY RENEE DIAMOND

I'll never forget the first time I laid eyes on Shiva Rea. About eight years ago I went to take a class at Yogaworks in Santa Monica. I had been hearing about this wonderful teacher, named Shiva, and I thought she was the petite Indian woman I had seen in passing at the studio. The classroom was packed and vibrating with good energy. Everyone looked happy and relaxed in that southern California way like they have no rent or bills to pay—ever. I was shocked to see this beautiful Malibu surfer girl enter the studio and take the teacher's platform. Smiling radiantly, she wrapped the whole room in her warmth. She told a good joke and set the crowded room at ease. It was my first vinyasa style class and unforgettable in its impression—mind, body and spirit. The room churned and flowed like the very ocean Shiva surfs on. There was incredible music sung on exotic instruments and offerings from mystical poets. Pure seduction. I fell in love with her and vinyasa flow on that day and knew this was my path.

I am sure that every yogi can remember that special teacher who opened up their heartfire. They say, "*When the student is ready, the teacher will appear.*" Somehow, this serendipi-

tous connection occurs and opens up a strength, an insight, a freedom, or a desire you didn't know you had. A new path of self-expression opens. Recently, I ran into a woman who told me that her daughter took her first yoga class with me, three years ago and is now a yoga teacher to children. She thanked me for being the source of her daughter's career happiness and it made me realize something vital. In any given class, we can affect transformation in someone's life; whether it be a positive shift just for that day, or for a lifetime. Sharing what we love with our students is the most authentic gift and powerful yoga we can offer.

No story from me can be complete without acknowledging my first teacher, Tao Porchon-Lynch, who inspires me in every way. Fifteen years ago, I was a broken down hard-core fitness diehard, and she woke me from the myopic world I lived in. She transformed my thinking about my body, as she opened up the door to yoga in my soul. Her eclectic and stylish lifestyle and adventurous spirit sets a whole new paradigm for women and aging that is inspiring to all.

I have been blessed to have wonderful teachers. Both Shiva and Tao inspire my yoga and my womanhood. Their gifts to me are everlasting. When I meditate before class, I think of my teachers. This inspires me to give the best class I can. This may be the day, one of my students is inspired to change their life or even change the world. It is a privilege and an honor to be a positive force in the human experience.

BULLETIN BOARD

Essence of Yoga, Inc.

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

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

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 Jezeny 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

December 7 (Saturday, 12:30-3:30 pm)
THE YOGA PILATES CONNECTION with Larisa Katz. For more information, contact Joyce at jhpines@optonline.net. \$35 prepaid, \$40 at the door.

December 14 (Sunday, 12:30-3:30 pm)
FOUR LIMBS, THREE LIMBS, TWO LIMBS, ONE: Balance in asana practice with George Russell. For more information, contact Joyce at jhpines@optonline.net. \$35 prepaid, \$40 at the door.

Yoga Haven

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

December 14 (Sunday, 2-4:30 pm)
COUPLES PRENATAL YOGA FOR LABOR with Debi Mancuso.

BULLETIN BOARD, *continued*

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

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, inspired by passionate world music. Absolutely no dance experience necessary. \$25 in advance, \$30 same day.

PRESENTED BY YTA MEMBERS

December 6 (Saturday, 1 - 2:15 pm)
BACK CARE BASICS: New techniques to enhance your practice at home and in class, with Lauri Nemetz. Learn how to create balance in the body relieve pain. At the Back & Neck Center in Cortlandt Manor (914-739-7799 www.backneckcenter.net.)

February 27 - March 1, 2009 (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. More info: www.yogaforawareness.org.

March 14-22, 2009
KAYAK AND YOGA TRIP to Costa Rica with yoga instruction by Lauri Nemetz. This trip is open to all levels of paddling experience and also offers something for all levels of yoga practice. More info: www.seascapekayaktours.com.



FINAL THOUGHTS



We are smack in the middle of the holiday season—Christmas, Chanukah, Kwanzaa! These are holidays of joy, sadness, laughter, tears, and a roller coaster of emotions I cannot begin to enumerate here. Often when we experience extreme emotions we are either trying to sustain the feeling or push it away. We want to hold on to it—or pretend that it is not happening. Holidays, especially those fast approaching, incite emotions in ways that seep deeper into the psyche than we might realize.

Holidays foster the issue of attachment. Webster's New Twentieth Century Dictionary defines "attach" as "to cause to adhere; to tie; to bind, or fasten." Patanjali in the Yoga Sutras talks about letting go of attachments: Not holding onto tangible objects, feelings or emotions. Allowing them to pass like waves in the ocean.

What happens when we meditate? We sit and watch thoughts, we feel emotions and we practice letting them pass without having an opinion about them or making a judgment on how we're letting them pass—or not. The more we practice sitting, the more we can call upon our experience to walk us through the process. Each time we sit it is new and different. But we can call upon the objective observer, the witness, when we get too much in the way of ourselves. We call upon the witness and relinquish our "self" from whatever it is we're holding onto.

We have the ability to let ourselves "ride the wave" of whatever we are feeling, but also to be fully realized beings, with an intact self that is grounded and capable of returning to equilibrium when displaced. That is what our practice of yoga and meditation has taught us: to not get attached to the outcome. We will experience emotions and feeling this season with a little more than we brought to our mat last season. And we will practice letting go.

May you all enjoy this holiday season!

—SYLVIA SAMILTON-BAKER

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.