

YTA

---

Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



Lauri Nemetz  
72 Underhill Road  
Ossining, NY 10562

December 2009 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 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](http://www.wainwright.org).



Design and layout: Lisa Sloane  
[www.lisasloanedesign.com](http://www.lisasloanedesign.com)

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

## DECEMBER 2009

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.



### BOARD OF DIRECTORS

#### Co-President

Laurice D. Nemetz, MA, BC-DMT,  
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, IAYT,  
YTA Founder

Paula Heitzner, ERYT

Lisa Sloane, MA, RYT

Robin Laufer, RYT

## DECEMBER 2009 YTA NEWSLETTER

### Letter From the Board

*We must never cease from exploration. And the end of all our exploring will be to arrive where we began and to know the place for the first time.*

*- T.S. Eliot*

T.S. Eliot studied yoga as part of his work with his professor, J. H. Woods. In fact, as part of his graduate work at Harvard, he devoted at least a third of his time to the study of Eastern philosophies and languages, including the study of the Sanskrit language and Patanjali's Yoga Sutras.

The first sutra, *yogas citta vritti nirodhah*, can be translated as "Yoga is the cessation or inhibition of the fluctuations and variations of the mind." It's about perceiving life without any subjective interpretation. Getting to that point of stopping the constant mind-chatter is indeed hard work. What better time than December to remember this part of our practice? December is full of lists to do before the end of year, presents to buy, parties and obligations. How do we stop ourselves for long enough to just be?

As Eliot tells us, we aren't supposed to stop the exploration of life. We are asked to work this through, and that means first working out past *samskaras* (patterns both psychological and physical) by coming to practice on our mats.

As a busy working mother, I began last year to keep a journal as a way to stay accountable to myself and my practice. As Patthabi Jois famously said, "Practice and all is coming," and as another dear friend and teacher says, "Just commit to the first five minutes, and the rest of what you need will come." So I do. In a year that has been full of personal losses and challenges, I return to the mat to find myself again and again.

The end of 2009 brings a new year, a place we've been before, but with new eyes and new experiences. With the practice of yoga we shed our past *samskaras* and meet the new year as fresh indeed.

*Coming full circle,  
Lauri Nemetz, YTA co-President*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### Examine, Evaluate, Establish A Joyful Practice

#### WHEN

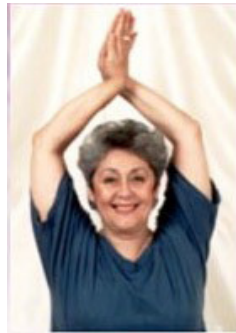
Saturday, December 12, 2009  
1:30- 4:30 p.m.

#### WHERE

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

**Do you have** a problem spot? Have you reached a plateau in your practice? Are there questions you need to answer?

In this workshop we will explore basic yoga postures to uncover habitual ways we work with them. We will move to integrate proper alignment and bio-mechanics as we uncover blocks that may keep us from experiencing the physiological, psychological, and spiritual benefits of our practice.



**Paula Heitzner**, ERYT-500 is a master yoga teacher. Paula is a certified advanced Kripalu Yoga teacher and is skilled in Iyengar, Siddha, Integral, Kundalini, Sivananda, Bikram and Ashtanga Yoga. She has taught yoga for over forty years and has trained others to teach the time honored principles, practices and philosophy of yoga. Her classes are a synergy of East and West.

Paula teaches in the New Age Center in Nyack and has been called the "Matriarch of Yoga" in a comprehensive Journal News article (May 12, 2006). Called by her students "the teacher of teachers," Paula has produced an audio tape, Yoga for You, for people who know and love yoga.

**TO REGISTER** for the December 2009 YTA workshop with Paula Heitzner, 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](http://www.ytayoga.com)

#### FOR MORE INFORMATION

Michael Sassano 914-478-0694

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

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

#### UPCOMING YTA WORKSHOPS

**December 12** – Paula Heitzner  
Examine, Evaluate, Establish A  
Joyful Practice. Details and registration info in this newsletter and at [www.ytayoga.com](http://www.ytayoga.com).

**January 9, 2010** – Renee  
Diamond

Learn more about Renee at [www.diamondfit.com](http://www.diamondfit.com).

**February 13, 2010** – Betsy Ceva  
Learn more about Betsy at [www.movingmantras.com](http://www.movingmantras.com).

**March 13, 2010** – Ray Crist  
Learn more about Ray at [www.thejaguarpath.com](http://www.thejaguarpath.com).

And reserve April 10, May 8, June 12 for more great presenters!

Find YTA on facebook!  
Search for "YTA yoga"



## *Examine-Evaluate-Establish a Joyful Practice*

By Paula Renuka Heitzner

Because the study and practice of yoga leads one down numerous paths of self-discovery, I could never really understand the phenomenon of “burn-out.” My level of gratitude for the challenge and the inspiration my involvement in yoga has brought me is forever deepening these last 40-plus years.

Starting out as an accomplished dancer, moving into yoga proved very easy and was invaluable to me because I was able to undo the mistakes in technique and refine my dance ability. Early on, along with yoga studies with Blanche DeVries, I began to explore the body-mind modalities that surfaced in the 60s, 70s and 80s: Reichian Work, Alexander Technique, Feldenkrais, Ideo-Kinesis, Polarity, Bio-Energetics and Continuum. These studies opened me to how much effect the mind and heart could have on the body and spirit—good or bad! My teaching has now evolved into a synergy of the East and the West, and yoga has consistently been validated by emerging western scientific information. I believe yoga practice can be cathartic and therefore transformative.

I am still studying and teaching dance and find my yoga classes to be a constant source of joy that is not being quelled

by the onset of maturity. On the contrary, as my zeal for physical prowess diminished with the passage of time, the other gifts of yoga—intuition and consciousness—bloomed forth.

I am looking forward to presenting a body of warm-ups and asanas to be approached in a uniquely creative way that has evolved for me during my many years of teaching. This is helpful in avoiding the habitual patterns and mindsets we develop through the years and we can begin to experience different results because of the changed approaches to the familiar. Since most of the participants are teachers, I feel they will appreciate these techniques—finding them useful in their own personal work as well as for their students.

In the light of sharing and/or problem-solving, I invite participants to come with questions or problems that we can explore together.

There was never a hint of burn-out in this ongoing 40-plus year journey of consistent teaching (minus two weeks vacation each year) and I am really looking forward to presenting the workshop this month. Examine-evaluate-establish a joyful practice!



## BULLETIN BOARD

YTA members are invited to add to this list of events for yoga teachers and serious students. Send details to [josephine.brill@gmail.com](mailto:josephine.brill@gmail.com) by the 15th of the month for publication on the first of the next month.

### Sage Yoga @ The Gym

[www.armonkyoga.com](http://www.armonkyoga.com)

Susan Rubin, Director  
914-219-1601  
99 Business Park Drive  
Armonk, New York 10504

January 29-31, 2010

SPECIAL EVENT with Todd Norian.

One of Anusara's most open-hearted and inspirational teachers, Todd teaches yoga with the deepest intention to awaken the hearts of others to their true nature of unlimited joy. Todd creates an opportunity for transformation and self-empowerment in each student through his personal sharing and profound philosophical insights, combined with precise technical guidance and a warm sense of humor. More about Todd at [www.deepeaceyoga.com](http://www.deepeaceyoga.com). For more information or reservations, call Susan Rubin, 914-393-6517.

### Westchester Institute of Yoga

[www.taoporchon-lynch.com](http://www.taoporchon-lynch.com)

Tao Porchon-Lynch, Director  
914-997-0949

Workshops at the Fred Astaire Studio  
25 W. Hartsdale Avenue  
Hartsdale, NY

Workshops are \$35 prepaid, \$40 at door. Info: [jhpines@optonline.net](mailto:jhpines@optonline.net).

December 6 (Sunday, 12:30-3:30 pm)  
YOGA & PILATES with Larisa Katz. The benefits of yoga and Pilates and how they compliment each other.

December 13 (Sunday, 12:30-3:30 pm)  
LET'S TEACH! with Susan Douglass.

January 10, 2010 (Sunday, 12:30-3:30 pm)  
FLOWER ON A STEM – The Neck and Head in Yoga with George Russell.

January 31, 2010 (Sunday, 12:30-3:00 pm)  
STRUCTURAL YOGA THERAPY, Part I, with Barbara Sloan.

February 28, 2010 (Sunday, 12:30-3:00 pm)  
STRUCTURAL YOGA THERAPY, Part II, with Barbara Sloan.

April 3-10, 2010  
THE DANCE OF RENEWAL: A fabulous yoga adventure with Tao Porchon-Lynch. Join Tao in Normandy, France, at a magnificent spa. Canoe, bike, swim or meditate, as you breathe the ayurvedic flow of blossoming chestnut trees. Awaken and enhance your yogic consciousness as you pursue all styles of yoga: ashtanga, iyengar, mysore, vinyasana and the chakras. Add to your teacher training programs with special sessions. Space is limited. For more information or reservations, call Tao Porchon-Lynch, 914-761-7700 x501, 10 am-1 pm or 7:30-9 pm.

### The Yoga Sanctuary

[www.yogasanctuary.net](http://www.yogasanctuary.net)

Ellen Patrick, Director  
914-381-9642  
951 East Boston Post Road  
Mamaroneck, NY 10543

### NEW HOME FOR THE YOGA SANCTUARY!

In mid-December, the Yoga Sanctuary will move to a new home at 951 East Boston Post Road in Mamaroneck. The new studio is the entire second floor of a lovely Tudor-style building, filled with plenty of natural light from windows and skylights. All current services will continue; however, there will be some adjustments in scheduling. For more information, contact [michelle@yogasanctuary.net](mailto:michelle@yogasanctuary.net).

### PRESENTED BY YTA MEMBERS

December 5 (Saturday, 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](http://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](http://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](http://www.wellnessbridge.com).

### SPECIAL EVENT

Gala party to benefit an excellent cause: Raise funds to prevent the state government from imposing prohibitively difficult regulations and fines

on yoga studios and teacher training programs in New York.

January 21, 2010 (Thursday evening)  
Cibo Restaurant  
767 2nd Avenue at 41st in Manhattan  
\$100 in advance, \$125 at the door

Open bar, specialty non-alcoholic drinks and vegetarian hors d'oeuvres. Silent auction with many great items, including:

- A beautiful villa/retreat center in Southern Italy, Casa Di Gasperi, with access to pool/spa, pristine views and space for 20 yogis to practice and relax.
- A three-month membership at Pure Yoga.
- Dinner for two at Da Marino Restaurant in the theater district.
- A haircut with Sarah Mills, named "Best" in New York Magazine.
- A private lesson with Alison West, co-Director of the Yoga Union Center for Backcare & Scoliosis.
- And more!

VOLUNTEERS ARE NEEDED to realize this evening's unique potential. Please contact Karen Nourizadeh at [januarybenefit@yogaforny.org](mailto:januarybenefit@yogaforny.org) if you have something to donate for the auction OR if you are able to commit time to solicit donations for this worthy cause.

Learn more about the party and about the policy issue >>

[www.yogaforny.org](http://www.yogaforny.org).





## The Wise Woman's Stone

NISCHALA JOY DEVI

*A wise woman, who was traveling in the mountains, found a precious stone in a stream.*

*She reverently placed the gem in her bag.*

*The next day, she met another traveler, who was hungry.*

*The wise woman opened her bag to share her food. The hungry traveler saw the precious stone in the wise woman's bag, admired it, and asked the wise woman to give it to him.*

*The wise woman did so without hesitation.*

*The traveler left, rejoicing in his good fortune.*

*He knew the jewel was worth enough to give him security for the rest of his life.*

*But a few days later, he came back, searching for the wise woman.*

*When he found her, he returned the stone and said, "I have been thinking. I know how valuable the stone is, but I would like to exchange it in the hope that you can give me something much more precious. If you can, teach me the secrets about the power you have within you, the power that enabled you to, without hesitation, give me this precious stone."*

## 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.