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YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



December 2011 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

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DECEMBER 2011

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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Letter From the Board

Dear All,

Although daylight is greatly diminished, December, a very cold month, is a time of light and warmth engendered by the holidays. It is also a time of exhaustion caused by the celebratory activities with resulting stress, fatigue and deflation. However, we have at our fingertips the perfect antidote that carries us through recovery into rejuvenation and regeneration—the breath!

Breath is absolutely necessary for everything we do. Breath is life! One can endure without food for months, without water for days, but only minutes without breath. Because it is so vital, we have an autonomic nervous system that will keep us breathing in an emergency.

Yoga gives us pranayama, an extensive study of breath work. Thousands of years old, it is able to rehabilitate the physical body, balance the mental-emotional states and support the spiritual attunement leading to enlightenment.

Why then is breathing so hard? Mostly, we forget to breathe when we are concentrating or trying to excel in something new. We hold our breath when we are fearful and facing perceived failure. We stop breathing when we are joyful—holding our breath in exhilarating anticipation. Or we breathe too fast, resulting in dizziness and breathlessness.

As yoga teachers (and serious students), we are able to view firsthand the breath's importance. Students transform when breath is present and active. The battle between *mind* and *muscle* wanes as the *breath* and *bones* gently permit the posture to blossom and deepen—no need to force or push—finding satisfaction in surrendering to the breath instead of straining to meet the demands of the ego.

As we mature and our physical capabilities lessen, it is a wonderful gift of security to know that our breath work can make us strong by introducing us to a higher consciousness, as well as transporting oxygen to support life at the cellular level. The breath transforms us by introducing us, through this higher consciousness, to an underestimated form of power—the eternal spirit.

Let's all breathe and be well and may the new year bring us all the gifts of health, joy and love (and fresh air).

With bated breath, I hope to see you at the December workshop!

*We'll inhale, exhale and inspire each other,
Paula Renuka Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Celebration of the Heart

Saturday, December 10, 2011

1:30- 4:30 p.m.

Note Location:

The Yoga Center at Wainwright House, Rye, NY

Join us for yoga, fun and fellowship as we celebrate the light and joy of our yoga community. In this workshop we will practice asana, restorative yoga, chanting, pranayama and meditation. As we move progressively through these practices, our attention will be drawn deeply within, bringing us to know and experience the profound stillness, silence, peace, joy, truth, goodness and love that are the native and natural qualities of our pure being or consciousness. When we practice regularly over time, the natural happiness and peaceful wisdom of the heart will be expressed more and more in our lives in the days and years to come. The chants featured are Freddie's original compositions, and he will accompany us on guitar. Appropriate for all levels.

Freddie Wyndham is a 500-hour E-RYT and has been teaching yoga in the New York area since 2001. He received his initial 200-hour and subsequent 500-hour teacher training and certification in ISHTA

Yoga at Yoga Works. Freddie is also a certified Yoga Tune-Up teacher and is a graduate of the Anatomy Studies For Yoga Teachers course at Zenyasa Yoga with Jason Brown. He is currently a senior teacher at Yoga Works and teaches classes throughout lower Westchester. Freddie is a Bhakti Yogi whose creative, challenging and flowing classes include a wonderful blend of imaginative sequencing and a journey into the heart.

Darcy Bowman is inspired in each precious breath as she views life as an opportunity. She was first introduced to yoga in the early '70s through classes and books. In 1977, after reading *Autobiography of a Yogi*, she found her guru, Paramahansa Hariharananda Giri and was initiated into the practice of Kriya Yoga meditation. When a serious knee injury changed her focus in life, she gratefully took training and began teaching yoga in 2005. Darcy took her 200-hour training at Bright Spirit Yoga and received her 500-hour ISHTA certification at YogaWorks. Darcy is an Advanced "Relax and Renew" teacher, is certified in Pre-Natal Yoga, Yoga Tune-Up, and has studied Anusara Immersion and Anatomy. In addition to teaching, Darcy is an award winning film editor.

TO REGISTER for the December 2011 YTA workshop with Freddie Wyndham & Darcy Bowman 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 10— Freddie Wyndham & Darcy Bowman

Celebration of the Heart
Details and registration info in this newsletter and at www.ytayoga.com.

Learn more about Freddie at www.freddiewyndhamyoga.com

January 14—Tara Stiles

Moving with the Breath to Open the Body and Ease the Mind

February 11—Leslie Kaminoff

(author of *Yoga Anatomy*)
6-hour workshop, location and pricing TBA

March 10—Rudy Peirce

Making Gentle Yoga Transformational Yoga

April 14—TBA

May 12—Becky Jensen

The Art of Inversions

Find YTA on facebook!

Search for "YTA yoga"



Meditation—Experiencing Your Beingness

By Freddie Wyndham

Instead of trying to be still or to define stillness—experience yourself as stillness. Instead of trying to be quiet or define silence—experience yourself as silence. The moment you try to define or describe anything, you're in the mind. The mind is wonderful and marvelous. It's the medium through which we connect, communicate and interact with the world and those around us. It's a part of us, just as our body is a part of us. But we are not the mind and we are not the body. We are consciousness. And the nature of our consciousness is infinite, boundless and immortal truth, love, joy and allness of good. It can't be defined or even conceived by the mind because it's too vast. It's beyond the scope of the mind. It can only be experienced.

In order to know yourself as the boundless and immortal love, truth, joy and goodness that is your real being, you have to experience yourself as that consciousness. The way to experience that is with what we call meditation. But meditation is not a doing. It's a surrender into pure beingness. A surrender into the experience of pure consciousness, which is your Self.

There are two things about defining that diminish your meditation experience. One: definition is a function of the mind. Therefore when you're defining your experience, you're in the mind and not your spiritual consciousness. Two: any definition of the mind is infinitesimal compared to the omnipresent infinity of your spiritual consciousness. Settle

into the awareness of awareness itself and learn to liberate yourself from the need to define what you're experiencing. Be still and quiet and allow the qualities of your pure consciousness beyond the mind to be manifested. There's no need to search for anything—you are happiness, you are truth, you are love, light, wisdom and goodness. To search means you think it's somewhere else and you'll never find it because it's already and always right here and now where you are: in your beingness, your awareness, your consciousness.

What you are is closer and deeper than thoughts, words, definitions, memories or the mind. Meditation is a very simple thing. It's becoming immersed in pure still quiet awareness and nothing more. It becomes more when you surrender into your pure consciousness: because when you experience yourself as the wave of infinite love that is your pure consciousness—the Soul—you experience God—the ocean of love that the wave of your Soul is arising out of, that you are one with, that you are made of. But the process itself is very simple—becoming immersed in pure awareness. There may be trillions of thoughts whirling around the periphery of your pure consciousness (in the mind). The challenge is not allowing yourself to become attached to them because then you're drawn into the mind and the past or future instead of the present moment, which is the only time and place where pure consciousness and, thus, meditation can be experienced.

When you allow yourself to surrender into the experience of pure awareness, into the absolute stillness and silence of pure awareness, you experience yourself as truth, love, joy and goodness. You're allowing the qualities or nature of your beingness to be manifested. Not creating it. Allowing it to be manifested. Allowing yourself to experience it—to experience beingness. The more you surrender and the more you experience it, the more those qualities are manifested and the deeper you sink into the reality of your Soul, your beingness, your Self. It's a state of joyful and divine grace.

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 by the 15th of the month for publication on the first of the next month.

Infinite Yoga Center

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

Dec 6, 13, 20, 27 (Tues, 7:30-8:45 pm)
KUNDALINI YOGA with Darby Charvat. All levels.

Dec 23 (Fri, 7-8:30 pm)
YOGA NIDRA with Athina Pride.

Westchester Yoga Arts

www.westchesteryogaarts.com
Wendy Vigroux, Owner
914-632-1101
82 Centre Avenue
New Rochelle, NY 10801

Dec 3 (Sat, 1-3:30 pm)
DETOX & RELEASE with Wendy. Get the digestive system going with twists. Release serotonin by engaging the small intestine; create well-being, heightened awareness & vitality. \$40, \$30 for members.

Jan 8 (Sun, 1-3 pm)
BHAKTI BLAST with Lisa Ferraro. Enjoy one hour of fun, invigorating yoga class with live music & then join your voice in kirtan. All levels. \$30, \$25 for members.

Yoga Haven

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

Dec 4 (Sun, 2-5 pm)
RECEPTIVE NEST with Karen Safire. Restorative poses together with a yogic approach to fertility. For women & their partners who are trying to conceive or are planning to in the near future. Includes a home practice for continued benefit. \$50, couples \$80.

Dec 7 (Wed, 6-7:15 pm)
BACK CARE with Patty Meehan. Sequenced to address back pain & to strengthen the core muscles to prevent back pain. All levels. \$25

Dec 10 (Sat, 2:30-5 pm)
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.

Dec 11 (Sun, 7-9 pm)
CANDLELIGHT RESTORATIVE YOGA with Louise Fecher. Long day? Long month? Breathe deeply, let go & relax with a soothing practice to bring your weary body back into balance. \$35.

Yoga Loft

bedfordpostinn.com/yoga-loft/
Rebekah Jacobs, Manager
954 Old Post Road
Bedford, NY 10506
914-234-7800 x12

Dec 11 (Sun 1-3 pm)
RESTORATIVE YOGA with Kate Bovers. Experience the fundamentals of restorative poses & their physi-

ological benefits; receive the gift of soothing support. Explore deep acceptance & relaxation. \$45 in advance, \$55 at the door.

Jan 8 (Sun, 12-5:30, continues 2/5, 3/4, 4/1, 5/13, 6/10)
ANUSARA IMMERSION I with Ann Casapini. 'Immerse' in a systematic unearthing of your greatest potential with an exploration of Anusara yoga's key principles. Prerequisite: 30 hours of Anusara yoga. \$550 by 12/15, \$600 thereafter.

The Yoga Sanctuary

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

Dec 3 (Sat, 3-5 pm)
YOGA AND THE BREATH OF VITALITY with Ellen Patrick. Learn how to maximize the benefits of better breathing patterns & develop the subtle, profound potential of breath & movement to increase vitality & relaxation through practice. \$30 in advance, \$35 day of.

The YogaScape & Spa

www.theyogascape.com
Amy Pearce-Hayden, Director
845-225-YOGA (9642)
1100 Route 52, 2nd Floor
Carmel, NY 10512

Dec 4 (Sun, 1:30-2:30 pm)
COMMUNITY YOGA CLASS. Free - the first Sun of each month.

Dec 11 (Sun, 1:30-2:30 pm)
MEDITATION AND SATSANG with Amy Pearce-Hayden. Practice & discussion of yogic philosophy. Free.

Dec 5, 12, 19, 26 (Mon, 6:00-7:20 pm)
ALIGNMENT REFINEMENT with Mark. Working on alignment & depth of posture challenges all types of students, from the "newbie" to the seasoned yogi.

Dec 21 (Wed, 7-9 pm)
WINTER SOLSTICE CELEBRATION with kirtan led by Eddy Nataraj. Celebrate the collective transformative powers of the solstice with kirtan. \$25 in advance, \$30 day of.

PRESENTED BY YTA MEMBERS

December 6
FIT BODY YOGA DVD with Gwen Lawrence – Dec 6 release by Gaiam. In her first DVD with Gaiam, Gwen calls upon her extensive experience working with professional athletes to provide everyday yoga routines for women, with a focus on fitness. Fit Body Yoga blends traditional yoga practices with cutting edge training techniques to get women into shape. Includes: lower body, upper body, core definition (20 min each), plus a bonus downloadable practice, total body express (10 min).
www.gaiam.com.

Jan 8-16, 2011
YOGA AND KAYAK TRIP to Costa Rica with yoga instruction by Lauri Nemetz. Connect to nature in a beautiful tropical setting! Open to paddlers & yoga enthusiasts of all levels. \$2350 + tax. Details:
info@seascapekayaktours.com.

Dec 3, 10, 17, 24, 31 (Sat, 9-10:30)
KUNDALINI YOGA with Terry Fiore Lavery. New Age Center, Nyack.

Dec 6, 13 (Tues, 7:30-8:30 pm)
YOGA FOR VETERANS with Frank Finocchio and Debbie Broadman. Free. Naurausaun Presbyterian Church, Pearl River.

FINAL THOUGHTS



As we assemble our final issue of 2011, we come to the close of another year. As I put words to paper, thoughts zipped through my head of events we experienced: the 10-year anniversary of 9/11 and remembrances of lives lost but not forgotten—a well-thought-out and beautiful memorial stands in place to let us never forget; and the decision to bring troops home after more than a decade of war—seeing men whose young faces barely display the men they will become over time. This has often left me with an uncomfortable feeling in the pit of my stomach. The reconciling point is that although we lost many in both of these events, they are in our thoughts and prayers.

We see Occupy Wall Street, reminiscent of the '60s, and our unhappiness and disillusion, again, with war and a capitalist (greedy) society played out in demonstrations and protests. There are many diverse types who have put themselves out front to rail against the select few “haves.” And in the end, although all this is happening before our eyes, we (the we who do not financially rule) will move forward to take care of ourselves and our families; educate our children; care for our aging parents; and be supportive and loving partners and spouses. We will redefine ourselves as we are shuffled out of the workforce. We will attempt to create different lives for ourselves (we are supporting families)—often not at all what we planned. In a play on words, necessity has become the mother of reinventing oneself.

In spite of it all, I am encouraged. Through hope and strength we have the ability to choose for ourselves how we want to live. And so, at the close of this year, a new year will follow with new choices. Take the time to live fully and, perhaps, out loud! The choice is yours.

A joyous, reflective and contemplative holiday season to the creative, diligent, hardworking YTA board—with special mention to the editorial staff—and to all of the YTA members who make us possible.

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.