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# YTA

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Yoga Teachers Association, Inc.

*for yoga teachers and serious students of yoga*



February 2012 Newsletter

DEDICATED TO THE MEMORY OF MARY KARIS

[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).



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

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## FEBRUARY 2012

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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## FEBRUARY 2012 YTA NEWSLETTER

### Letter From the Board

Dear All,

In February, we are still in the darker phase of the sun with meager external light and warmth—a perfect time to deepen our yoga practice of “going within.” This exploration, engendered by less distraction from the outside, can guide the restless mind and heart to the places, once visited, that will call us back again and again. They open us to our own inner gifts and reveal sources of deep internal satisfaction that are constant, regardless of season or weather.

The dark days of winter induce a depression in many people because of the absence of sunlight, but studies show marked improvement in mood swings when a simple yoga practice of stretching, breathing and visualization is employed.

The National Association of Writers in Education in the United Kingdom reported greater creativity in their writing groups when the participants practiced yoga. Doing yoga stretches and movements when seated for long periods of time removed the buildup of stress and tension that interfered with concentration and continuity.

All around us, regardless of age, economics or health conditions, yoga offers a way to better our lives. We can make changes that will impact our personal growth and help to brighten the world around us.

The YTA helps us keep our insights and inspirations illuminated and, as yoga teachers, we need this reinforcement. Our participation gives us whatever dividends we need to enhance and excel in our lives. By showing up, we make an investment in a sure thing!

*With Light and Love,  
Paula (Renuka) Heitzner*

## YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

### Preventing and Healing Injuries Through Yoga

Saturday, February 11, 2012  
The Yoga Loft at Bedford Post  
954 Old Post Road  
Bedford, NY 10506

#### **NOTE the LOCATION!!**

One workshop:  
12:30 - 6:30 pm

**This intensive** is essentially a crash course in the fundamentals of yoga anatomy and applied yoga therapy. Leslie will present the basics of biomechanical anatomy in relation to the most common sources of stress in yoga practice. Practical modifications to familiar postures and movements and the creative use of breath, language and props will be explained and practiced. Ample time will be devoted to working directly with the individual concerns of participants.

**Leslie Kaminoff** is a yoga educator inspired by the tradition of TKV Desikachar. He is an internationally recognized specialist with over 28 years' experience in the fields of yoga, breath anatomy and bodywork. He has led workshops for many of the leading yoga associations, schools and training programs in America.



Leslie Kaminoff currently practices yoga therapy in New York City and Great Barrington, Massachusetts. He is the founder of the Yoga list, "e- Sutra," and "The Breathing Project," a New York City yoga studio dedicated to the teaching of individualized, breath-centered yoga practice and therapy. Leslie teaches The Breathing Project's unique year-long course in yoga anatomy and has coauthored the book *Yoga Anatomy*, published by Human Kinetics in July 2007. The second edition was released in January 2011. Learn more about Leslie at [www.yogaanatomy.org](http://www.yogaanatomy.org).

**TO REGISTER** for the February 2012 YTA workshop with Leslie Kaminoff 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: \$90

Non-Members: \$100 (\$125 day of if space allows)

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**

**February 11—Leslie Kaminoff**  
(author of *Yoga Anatomy*)  
Preventing and Healing Injuries  
Through Yoga  
Details and registration info  
in this newsletter and at  
[www.ytayoga.com](http://www.ytayoga.com)

**March 10—Rudy Peirce**  
Making Gentle Yoga  
Transformational Yoga

**April 14—Paula Heitzner**  
What's a Body to do?

**May 12—Becky Jensen**  
The Art of Inversions

**June 9—Sadie Nardini**

Find YTA on facebook!  
Search for "YTA yoga"



## TOPIC OF THE MONTH



### Excerpts from *What Yoga Therapists Should Know About the Anatomy of Breathing*

Leslie Kaminoff and The Breathing Project, Inc.

There are staggeringly vast numbers of people in this country suffering from breathing-related disorders....If yoga teachers have such an effect on how the public is trained to breathe, what factors influence the way yoga teachers are trained to teach breathing?

#### **Four Common Confusions about Breathing**

...A review of the breathing-related source material for the major Yoga teaching traditions....revealed a number of flawed assumptions and outright errors related to breathing and breath anatomy that have remained both consistent and largely unchallenged through most of the history of Yoga teaching in America. Most of this confusion can be classified into the following four broad categories:

#### **Confusion #1: Context Dropping**

This common error most often appears as either an explicit or implicit suggestion that there is a "right" or "proper" way to breathe without stating the context that gives rise to that breathing method. Context refers to the conditions unique to each individual's history, condition and goals. Context also refers to activity and body position

– all of which significantly affect breathing patterns.

#### **Answer to Confusion #1: Breathing Occurs in a Context**

Gravity, posture, activity, habit, intention are just some of the factors that affect the shape-changing activities of the body cavities (breathing).

The goal of breath training is to free up the system from habitual, dysfunctional restrictions—and the first thing we need to free the breath from is the idea that there's a single right way to do it. Integrated breathing means that the breathing mechanism is able to freely respond to the demands that we place on it in the wide variety of positions and activities that comprise our daily lives.

#### **Confusion #2: False Dichotomy Between Diaphragmatic, Non-diaphragmatic Breathing**

This error arises from the commonly stated bromide that "belly" breathing equals correct diaphragmatic breathing, and "chest" breathing equals incorrect non-diaphragmatic breathing. The idea that "correct" breathing involves the proper use of the diaphragm is true enough, but to equate diaphragmatic breathing exclusively with

abdominal movement, and ribcage expansion with non-diaphragmatic (accessory) breathing is incorrect, because the diaphragm is capable of creating chest as well as belly movement.

#### **Answer to Confusion #2: The Diaphragm is the "Engine" of 3-D Shape Change**

The ... three dimensional, abdomino-thoracic shape change of breathing is primarily generated by the diaphragm.

To say that diaphragmatic action is limited to the abdominal bulging commonly referred to as "belly breathing" is as inaccurate as asserting that a car's engine is only capable of making it go forward – and that there must be some other source of power that governs reverse movement.

#### **Confusion #3: Confusion Between Respiratory Shape Changes and Regional Ventilation**

Air moves into and out of the lungs via the pathway of the bronchial tree....contrary to what most teaching language implies, "belly breathing" does not fill the base of the lungs, "intercostal breathing" does not fill the middle of the lungs, and "clavicular breathing" does not fill the tops of the lungs.

#### **Answer to Confusion #3: The Accessory Muscles "Steer" the Breath – not the Air**

...All we directly control about the diaphragm is the speed/timing of its function. In order to control the power of the breath, and guide

it into specific patterns, we need the assistance of the accessory muscles – the muscles other than the diaphragm that change the shape of our thoracic and abdominal cavities.

#### **Confusion #4: Deep Breathing and More Oxygen Is Always a Good Thing**

To read many yoga and breathing books, one could get the impression that deep breathing and oxygenation are the holy grails of health, well-being and enlightenment. ... The fact is, not enough carbon dioxide is dangerous, deep breathing is only occasionally appropriate, and too much oxygen is toxic.

#### **Answer to Confusion #4: Healthy Breathing is Linked to Activity and CO2 Levels**

... The end goal of practicing Pranayama (unusual breath patterns) is to achieve normal breathing....Normal breathing, in the physiological sense, means that our everyday respiratory activity is consistent with our metabolic requirements. Since our metabolism changes with activity, so must our breathing patterns. Any inability of our breathing to accommodate changing conditions is, by definition, disordered breathing.

It is my hope that this brief excursion into anatomical issues related to breathing...can lead to improved methods of education in Yoga Therapy training programs.

## 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.

### SPECIAL EVENTS

Tao Porchon-Lynch is presenting at Yoga Journal's NYC conference April 14-15. On Saturday at 1:30, take in a conversation with Tao and Terri Kennedy. Tao's also offering a workshop Sunday, 3:30-5:30.  
<http://www.yjevents.com/ny/>

### Infinite Yoga Center

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

February 10 (Friday, 7-8:30 pm)  
BRAIN POWER SERIES with Joan Gibbons. A sequence of seated poses to increase spinal flexibility and circulation to the brain. \$25 in advance, \$30 same day.

February 24 (Friday, 7-8:30 pm)  
YOGA NIDRA with Athina. \$15.

### Westchester Yoga Arts

[www.westchesteryogaarts.com](http://www.westchesteryogaarts.com)  
Wendy Vigroux, Owner  
914-632-1101  
82 Centre Avenue  
New Rochelle, NY 10801

February 4 (Saturday, 2-4 pm)  
MOVE YOUR ASANA. A fun-filled vigorous vinyasa class incorporating traditional yoga poses at a fast pace. \$30 or \$25 for members.

February 26 (Sunday, 11:30 am - 1 pm)

WINTER BLUES AWAY. Work the abs, twist, and stretch to support serotonin production and zap February blues naturally. \$30 or \$25 for members.

### Yoga for You

[www.yoga4you.com](http://www.yoga4you.com)  
Paula Heitzner, Director  
845-356-5613  
Workshops at the American Legion Hall  
85 Piermont Avenue  
Nyack, NY 10960

March-May (Sundays, 9 am - noon)  
MEDITATION FOR YOGA STUDENTS with Barbara Nicol. Ten-week course: meditation techniques, pranayama, yoga philosophy and ethics. Applies toward Yoga Alliance 200 hour certification. More info, contact Paula.

February 2 (Thurs, 5:30-6:30 pm)  
FITNESS FLOW with Paula. Stretch, strengthen & streamline. Ongoing, coed. \$10.

### Yoga Haven

[www.yogahaven.com](http://www.yogahaven.com)  
Betsy Kase, Director  
914-337-1437  
62 Main Street - 2nd Floor  
Tuckahoe, NY 10707

February 5 (Saturday, 1-3 pm)  
INCREASED AWARENESS THROUGH GUIDED MEDITATION with Peggy Altman. Find techniques that work for you. Level 1: active exercises, guided meditations, examples. \$30.

February 8 (Wednesday, 6-7:15 pm)  
SLOW YOGA with Patty Meehan. Great for beginners and anyone who likes gentle, restorative or therapeutic classes. All levels. \$20.

February 11-12 (Sat 3:15-7:15 pm, Sun 1-5 pm)

MOMMY & BABY, MOMMY & TODDLER, FAMILY YOGA TRAINING with Debi Mancuso and Antonia Noonan. Class planning, poses, adaptations, and themes. Learn to teach and adapt in the present moment. For yoga teachers. \$240.

February 15 (Wednesday, 6-7:15 pm)  
CANDLELIGHT RESTORATIVE YOGA with Louise Fecher. Long day? Long month? Breathe deeply, let go, and relax with a soothing practice. \$20.

### Yoga Loft

[bedfordpostinn.com/yoga-loft/](http://bedfordpostinn.com/yoga-loft/)  
Rebekah Jacobs, Manager  
954 Old Post Road  
Bedford, NY 10506  
914-234-7800 x12

February 24 (Saturday, noon-2 pm)  
ANUSARA INTENSIVE: Lower Back with Kate Bovers. Be pain free in your sacrum. A year of practice and statement of interest required. \$45 in advance, \$55 at the door.

February 25 (Saturday, noon-2 pm)  
INVERSIONS with Courtney Bombeck. Break down the fundamentals, work at your own pace and open to your own potential. \$45 in advance, \$55 at the door.

March 24 (Saturday, noon-4:30 pm)  
MINI RETREAT with Traci Gwozdz, Courtney Bombeck and Kate Bovers. Nourish yourself with asana, holistic nutrition, reiki and meditation. [www.simplynourish.com](http://www.simplynourish.com). \$150/person; \$120/ sign up with a friend.

### The YogaScape & Spa

[www.theyogascape.com](http://www.theyogascape.com)  
Amy Pearce-Hayden, Director

845-225-YOGA (9642)  
1100 Route 52, 2nd Floor  
Carmel, NY 10512

February 4, 11, 18, 25 (Saturdays, 9-10:30 am)  
ALL LEVELS with Amy Pearce-Hayden. Amy's passion for teaching stems from the joy and insight she receives connecting and learning from students. \$19 drop in, first class free.

February 5 (Sundays, 1:30-2:30 pm)  
COMMUNITY YOGA CLASS. Open to all levels. Free!

February 11 (Saturday, 2-4:30 pm)  
MEET YOURSELF WHERE YOU ARE with Amy Pearce-Hayden. Yoga helps us understand change, how to change and what to change. Examine motivation, habit, and action in both body and mind. \$30.

February 12 (Sundays, 1:30-2:30 pm)  
Inspired to change your mind? Open to new perspectives? Try MEDITATION AND SATSANG with Amy Pearce-Hayden. Free.

### PRESENTED BY YTA MEMBERS

February 3-5 (Fri-Sun)  
LEARN AND PRACTICE with Tao Porchon-Lynch in Miami Beach, FLA. Details: [www.anahatayogastudio.com](http://www.anahatayogastudio.com), 848-333-4126.

February and ongoing  
FULL HEARTED LIVING BEYOND BREAST CANCER with Nancy Kardon. Restorative yoga and meditation, path of the gentle warrior. Wednesdays at Gilda's Club in White Plains. Saturdays at Be True Yoga in Scarsdale. Register with Nancy: 914-629-1994, [nkardon@gmail.com](mailto:nkardon@gmail.com).

## FINAL THOUGHTS



### A TRIBUTE TO MARY KARIS

This issue of the YTA newsletter is dedicated to one of our long-time members who passed this week. I dedicate “Final Thoughts” to Mary’s memory.

Mary was a warm, spirited, compassionate, fun, giving woman and teacher. Mary was what my generation and culture called “old school.” She was always appropriate in her yoga uniform—leotards, tights and scarf smartly knotted at her neck. Mary was dedicated in her teaching—on and off her mat.

You always knew Mary was in the room. She participated in most every workshop I attended (and those I did not attend). Mary was never without a question, opinion, thought or comment. She lived long enough to have plenty of those.

In her practice and her life, Mary was always the epitome of courage. I recall attending a Todd Norian workshop where we were practicing handstands. I, reluctant to participate in this practice, hung back. Mary went right up to practice. Save for Todd standing nearby to attempt to break her fall, Mary bruised her shoulder, dusted herself off, and kept moving. I thought, I am not that brave!

Mary will be forever etched in the minds of her very dear friends, colleagues and students, to say nothing of her dear husband and family. I will always remember Mary for her courage, forthrightness, authenticity and wit.

Mary gave life a run for its money!

Jai Bhagwan, Mary!

*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.