

YTA

Yoga Teachers Association, Inc.

for yoga teachers and serious students of yoga



Lauri Nemetz
72 Underhill Road
Ossining, NY 10562

June 2010 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.



Design and layout: Lisa Sloane
www.lisasloanedesign.com

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

JUNE 2010

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

Laurice D. Nemetz, MA, BC-DMT,
ERYT, LCAT

Co-President

Sylvia Samilton-Baker, MA, RYT

Secretary

To be announced

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

JUNE 2010 YTA NEWSLETTER

Letter From the Board

Dear All,

We know June as the month of riotous color and rampant growth. Mother Nature is following her master plan that evolved eons ago and all regeneration is happening as it should. The subtle threads that orchestrate the appearance and then the passing of the glorious flowering blooms are not fully understood or appreciated for the impeccable results they bring with their timing.

We can liken this propagation to the effect of the sutras (threads) in the practice of yoga. Patanjali codified and simplified the sutras in the second century B.C., amidst the diverse religious and spiritual practices of the many cultures that thrived in the great cosmopolitan cities of that time.

People were on a quest for a higher reality; they lacked a philosophy of life and missed the path to inner peace—a situation we can identify with today.

There were thousands of teaching techniques. There were many teachers, sages, wise men and masters and they all had their devotees. Patanjali emerged from this morass of information and emotionally charged loyalties and gave definition to yoga sadhana.

Patanjali's structure offered a step by step practice of yoga. He charted the obstacles that normally surface during this practice and offered ways to overcome them. His map united the vast range of yoga practices, and "Yoga Shastra" emerged as a discipline. He identified the thread (sutra) that ran through all these practices, created a context for each practice and strung them all together to be at once beautiful and functional.

Asana, pranayama and meditation are part of one continuum enjoying a progression that can benefit an aspirant that follows the codified system and path. "Yoga shastra" is a set of practices leading to definite results which are supported by the scientific and medical communities.

As we progress on our yoga journey, we discover for ourselves how the thread that runs through body, mind and spirit becomes truly fruitful. This understanding helps us gain inner strength, insight, health, joy, peace and prosperity. This is yoga!

Observing the seasonal tapestries created with the threads spun by Mother Nature and recalling the threads of knowledge, the sutras, woven together by Patanjali—let us honor these examples. The YTA workshop each month can become even more colorful and creative with your input.

*With constancy in continuity.
Paula (Renula) Heitzner*

YTA MONTHLY YOGA WORKSHOP

The Yoga Teachers Association Proudly Presents...

Yoga and Ayurveda

Jurian Hughes

WHEN

Saturday, June 12, 2010
1:30- 4:30 p.m.

WHERE

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

START THE SUMMER feeling like you've already had a vacation. Yoga, ancient science of spiritual wisdom, meets Ayurveda, 5000-year old science of health and wellness, in this informative yet playful session.

Discover how these two ancient disciplines can work together, using different yoga styles, postures, and breathing exercises to increase or decrease the elements of ether, air, fire, water and earth that already occur naturally within each of us. Learn how to use these techniques to create greater balance in your body and in your life in a safe and supportive environment.

Appropriate for all levels.



JURIAN HUGHES, a senior faculty member at Kripalu Yoga Center in Stockbridge, MA, is a 500-hour level yoga teacher, a Kripalu YogaDance instructor, an accomplished actress, and lifelong dancer. She is dedicated to teaching yoga, dance, theater, movement, and play that helps people connect to that which moves them deeply and brings them joy.

TO REGISTER for the June 2010 YTA workshop with Jurian Hughes, 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

June 12 – Jurian Hughes
Details and registration info in this newsletter and at www.ytayoga.com.

September 11
Tao Porchon-Lynch
Learn more about YTA's founder at www.taoporchon-lynch.com.

October 9
Karen Miscall-Bannon
Yoga Therapeutics. Learn more about Karen at www.sageandspirit.net.

November 13
Jeanne Deignan-Kosmides
The Yoga Sutras. Learn more about Jeanne at www.breathofjoy.com.

December 11 – Becky Jensen
Inversions.

Find YTA on facebook!
Search for "YTA yoga"



Yoga and Ayurveda

By Jurian Hughes

Yoga and Ayurveda are sister sciences—both born out of India, both thousands of years old. Yoga, now fairly mainstream in the Western world is, at its heart, a spiritual practice; the art and science of creating wholeness of the body and soul. Ayurveda is a science of health and wellness—in fact, the oldest consistently practiced form of medicine in the world.

Both Yoga and Ayurveda share the fundamental belief that each of us has an optimal state of wholeness that we can return to if we are able to tune into our own natural intelligence. The problem is that in our current culture we

tend to lose connection to that deep awareness. Yoga and Ayurveda can be used together to cultivate the necessary tools of self-awareness, to diagnose imbalances, and to bring the body back into a state of well-being.

Ayurveda considers three primary energies or doshas: vata (associated with the element of air), pitta (fire), and kapha (earth and water). The goal in Ayurveda is determine if there is an imbalance of these energies, perhaps an excess accumulation of one or another dosha. Along with diet, herbs and lifestyle changes, various yoga practices of meditation, pranayama

and asana can be used to re-establish harmony. Once we learn to notice the signs of imbalance, we can more quickly adjust our behavior in order to regain balance.

One of the wonderful things about Ayurveda is that, although it is a tremendously complex science, offering no one-size-fits-all prescriptions, at its heart it is very simple. By adopting its basic principles and incorporating some foundational pieces of yoga, one can experience significant improvement in wellbeing.



The Great Oom

Looking for a great summer read? Try *The Great Oom* by local author Bob Love. It's the biography of Pierre Bernard—yogi, healer, huckster—set mostly in New York City

and Rockland County. The book quotes our own Paula Heitzner on her memories of Blanche DeVries, who was married to Bernard. And it gives us a whole new view of the discipline we love: "There was once an American war against yoga, a decades-long conflict waged by the media, clergy and even the government. During Bernard's early years, the perception of yoga morphed from a queer imported pastime to an evil cult—uncivilized, heathen, and anti-American."

What happened and what did Bernard have to do with it? *The Great Oom* has garnered terrific reviews out in the general press, including the New York Times, NPR, the Wall Street Journal and the New York Post. This reader loved it! It's at bookstores everywhere.

By Jo Brill

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.

Yoga Haven

www.yogahaven.com

Betsy Kase, Director
914-337-1437

62 Main Street - 2nd Floor
Tuckahoe, NY 10707

June 2 (Wednesday, 6-7:15)
RELAX AND RENEW with Louise Fecher. Soothing sequence designed to bring your weary body back into balance. \$20 drop-in.

June 5-6 (Saturday, 2:30-5:30 pm, and Sunday, 1-6 pm)
KIDS YOGA TEACHER TRAINING with Antonia Noonan. Children and teens experience an enormous amount of stress, and kids' yoga is growing as a way to help. Learn to adapt traditional yoga techniques in simple, fun and imaginative ways. \$200.

June 11 (Friday, 7-9 pm)
LEARN CPR with Justine Sugrue. Heart attack victims who receive early cardiopulmonary resuscitation (CPR) have a much better survival rate than those who do not. This American Heart Association sponsored training will result in a two-

year certification. Limited to eight students. \$20.

June 27 (Sunday, 2-4:30 pm)
ANUSARA YOGA® AND THE RHYTHM OF INTENTION with Denise Madden and Ann Caspini. Live music with Arthur on guitar and Steve on drums. Elevate your vibrational level to a dynamic stillness, "solstice," by connecting more fully to the vibration within you and the music. Be held in the rhythmic support of your true nature—freedom and joy. Limited to 15 students. \$35 (and donations for musicians are appreciated).

June 30 (Wednesday, 7:30-9:30 pm)
INCREASED AWARENESS THROUGH GUIDED MEDITATION with Peggy Altman. Reduce stress, increase awareness, and build a stronger connection between yourself and the world. This Level 1 class combines active exercises, guided meditations, class participation, and examples. \$30.

The YogaScape & Spa

www.theyogascape.com

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

June 6 (Sunday, 1:30-2:30 pm)
COMMUNITY YOGA CLASS. Visit the Yogascape and Spa for the free community class held the first Sunday of each month.

June 13 (Sunday, 1:30-2:30 pm)
MEDITATION AND SATSANG with Amy Pearce-Hayden. Join in a practice of stilling the mind, followed by group discussion regarding aspects of yogic philosophy. The second Sunday of each month. Free.

June 25 (Friday, 7:30-9:30 pm)
THE HEALING PRACTICES OF PRANAYAMA, MANTRA AND DHYANA: an introduction to breath work, chant and meditation with Amy Pearce-Hayden. Establish a daily or weekly home practice, and discuss the challenges that arise on the path of discipline.

Dates TBA
SEPTEMBER RETREAT. Join like-minded yogis for a insightful, and rejuvenating 5-day, 4-night stay in rural Massachusetts. Two yoga classes, meditation and philosophy study every day, plus three vegetarian meals. Call for more information.

The Yogascape and Spa is now accepting applications for the 500-hour Teacher Training program at the Raja-Hatha School of Yoga. Call for more information.

PRESENTED BY YTA MEMBERS

June 5 (Saturdays, 1 - 2:15 pm)
BACK CARE BASICS: New techniques to enhance your practice at home and in class, with Lauri Nemetz. Create balance in the body and relieve pain. At the Back & Neck Center in Cortlandt Manor (www.backneckcenter.net, 914-739-7799).

June 5-6
WEEKEND RETREAT with Tao Porchon-Lynch in Walpole, New Hampshire. Register by sending a check made out to: Josephine Russell, 893 Old Walpole Road, Surry NH 03431. Info: jhpines@optonline.net. \$150.

June 12 (Saturday, 1-3:30pm)
YOGA WORKSHOP with Tao Porchon-Lynch at the Yoga Co-op in Garrison. Directions: <http://www.garrisonnyoga.com/findus.shtml>. Info: jhpines@optonline.net.

YOGA AND KAYAKING with Lauri Nemetz and Bruce Smith - Costa Rica in the winter - Deer Island in the spectacular Bay of Fundy in the summer. Trips are full for 2010 so inquire now for 2011! www.wellnessbridge.com.



FINAL THOUGHTS



We are heading into summer - that season where we relax, allow our work selves to slow down a little, hopefully relax a lot, travel a bit, perhaps, (even if it's just to the beach), read more, cook outside, eat better, and shed our winter skin—figuratively and literally.

I always love this time of year! I feel I am at my best—sharp in mind (in spite of swelteringly hot days), lean(er) of body, consistently in a good mood, and a little quieter in my mind. Perhaps it is the shedding of layers of clothes and winter coats that makes everything seem lighter and not as onerous or serious as in winter.

Summer makes yoga practice more accessible. I am kinder to strangers (even when they are annoying), practicing ahimsa with words and thoughts less harsh or coarse. I am more tolerant in summer of, well, mostly everything!

Which makes me think about why in winter I am short, irritable, mired and hunkered down in more than just winter clothing. Winter symbolizes going inside. It can serve as time to hibernate to prepare oneself for this shedding of a “less than light” mood. Winter could be useful in my practice of ahimsa—be extra gentle and kind to myself and others during this time of the season.

I, we, are works in progress. Just like yoga, ahimsa takes practice. We do it, or wish we could do it, regularly to get better acquainted with balancing that part of our lives. Well, yes—indeed it takes practice to make a behavior become habit. Practicing ahimsa, for ourselves and others, will take us through the dark and solitariness of winter into the light(ness) and camaraderie of summer.

Enjoy this forthcoming summer season when we smile at one another and acknowledge each other's presence in the world!

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.