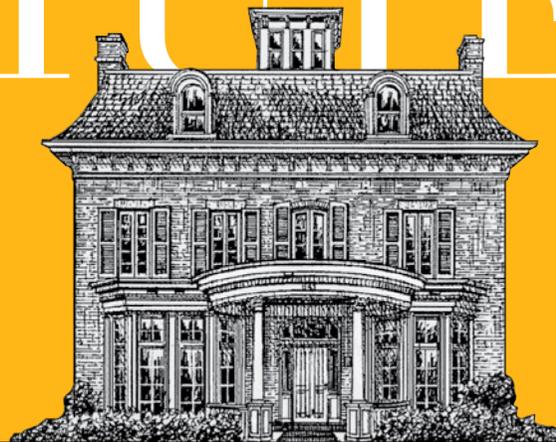


# HIMALAYAN OF BUFFALO, NEW YORK INSTITUTE



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November / December 2014

BUFFALO'S CENTER FOR YOGA, MEDITATION, AND WELLNESS

# Yoga Class Schedule | November/December 2014

TO REGISTER ONLINE VISIT  
[www.hibuffalo.org](http://www.hibuffalo.org)

## DESCRIPTIONS

Start from where you are. Our classes are taught over several weeks to systematically introduce postures and develop strength and flexibility.

**Yoga 1:** New to yoga? Begin your training with a balanced program of yoga stretches and postures that are accessible to most any ability level.

**Yoga 2:** Enhancements to basic postures are introduced. Various breathing exercises, subtler relaxation methods and deeper meditation skills are developed.

**Yoga 3:** Practice new and more challenging postures to build endurance and flexibility. Explore pranayama and breathing exercises to increase energy and focus the mind.

**Restorative:** These sessions will focus on restorative and supported postures—an excellent choice for those whose energy is depleted.

**Gentle** Yoga offers gentle exercises that can dramatically help those with joint pain or stiffness.

**+ CLOSED FOR THE HOLIDAYS**

**Wed, Dec 24 - Sun, Jan 4**

The bookstore will reopen & classes will resume Mon, Jan 5.

Yoga 1	Mon	5-6:30 pm	Nov 3 - Dec 22 (8wk)	\$80	Sherry	Y1M5
	Wed	9:30-11 am	Nov 5 - Dec 17 (7wk)	\$70	Carol	Y1W9
	Wed	5-6:30 pm	Nov 5 - Dec 17 (7wk)	\$70	Candace	Y1W5
	Thurs	9:30-11 am	Nov 6 - Dec 18* (6wk)	\$60	Sapna	Y1R9
Yoga 2	Tues	9:30-11 am	Nov 4 - Dec 23 (8wk)	\$80	Wendy	Y2T9
	Tues	5-6:30 pm	Nov 4 - Dec 23 (8wk)	\$80	Larry	Y2T5
	Wed	5-6:30 pm	Nov 5 - Dec 17 (7wk)	\$70	Jackie	Y2W5
	Wed	7-8:30 pm	Nov 5 - Dec 17 (7wk)	\$70	Tess	Y2W7
	Thurs	5-6:30 pm	Nov 6 - Dec 18* (6wk)	\$60	Renee	Y2R5
Yoga 3	Mon	5:30-7 pm	Nov 3 - Dec 22 (8wk)	\$80	Kerry	Y3M5
	Mon	7-8:30 pm	Nov 3 - Dec 22 (8wk)	\$80	Cathy	Y3M7
	Tues	9:30-11 am	Nov 4 - Dec 23 (8wk)	\$80	Anne	Y3R9
	Wed	9:30-11 am	Nov 5 - Dec 17 (7wk)	\$70	Wendy	Y3W9
	Thurs	9:30-11 am	Nov 6 - Dec 18* (6wk)	\$60	Tracy	Y3R9

### SPECIAL INTEREST YOGA CLASSES

<b>Restorative</b>	Tues	9:30-10:45 am	Nov 4 - Dec 23 (8wk)	\$80	Julia	YR
<b>Gentle</b>	Mon	9:30-10:30 am	Nov 3 - Dec 8 (6wk)	\$60	Tess	YG9
<b>Gentle</b>	Thurs	5:30-6:30 pm	Nov 6 - Dec 18* (6wk)	\$60	Laura	YG5

See LECTURES & SEMINARS section for more great special interest yoga classes!

- Yoga for Healthy Bones: Saturdays w/ Kandy (4 wks) - ID:YB
- Tension Relief for Neck & Shoulders: Tuesdays w/ Stephanie (7 wks) - ID:YT
- Yoga for Core Strength: Wednesdays w/ Sarah (7 wks) - ID:YC
- Exploring the Sun Salutation: Saturdays w/ Stephanie (4wks) - ID:YS

### DROP-IN YOGA CLASSES (no pre-registration required / cost based on per-class fee)

<b>Beginner</b>	Thurs	5:30-6:30 pm	Nov 6 - Dec 18*	\$5	Staff	
<b>Intermediate</b>	Sat	9:30-11 am	Nov 1 - Dec 20	\$10	Staff	

Please note: Classroom capacity for drop in classes is 15 students. Admittance is 1st-come 1st-serve.

\*NO CLASSES Thursday, Nov 27 (Thanksgiving Day)

# Lectures & Seminars

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## NOVEMBER

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### MISSED CLASSES

Classes missed once the session has started may be made up during the same multi-week session by attending another class of the same level or a drop-in class.

### MEDITATION ROOM AVAILABLE

Room Hours:  
Mon-Thurs: 9am-5pm  
Fri & Sat: 9am-noon

### RIDE BOARD

If you're heading to Honesdale, use the ride board posted outside the office to find people to carpool with.

### SIGN UP

for our email newsletter to learn about upcoming special programs and events.  
[www.hibuffalo.org](http://www.hibuffalo.org)

### Yoga for Healthy Bones - part 2

with Kandy

Saturdays, Nov 1-22 (4 wks), 9:30-11am

Continue your study and practice of healthy bones! Flexibility exercises, core control, and strengthening major muscles that surround the joints can go a long way in improving low bone density conditions and joint inflammation. Restorative poses, relaxation, and meditation also included. New students welcome.

Fee: \$40 (ID: YB)

### FALL CLEAN-UP

Saturday, Nov 1, 11:30am-2pm

Help tuck things in before old man winter comes around. Tidy up the yard, scrub the nooks & crannies, wash windows... Pizza & gratitude provided!

Please let us know that you are coming: 883-2223

### Beginning Meditation - 4 week course

AM & PM class times available!

Meditation is the heart of yoga practice: a method for acquiring a clear and tranquil mind. Learn the basics: a comfortable sitting posture, diaphragmatic breathing, relaxation methods, and essential concentration techniques used in the yoga tradition. Discover a new level of peace within yourself.

MORNINGS with Julia

Mondays, Nov 3-24 (4 wks), 9:30-11am

Fee: \$45 (ID: S85)

EVENINGS with Donna

Mondays, Nov 3-24 (4 wks), 7-8:30pm

Fee: \$45 (ID: S86)

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### CALLING ALL HOLIDAY ELVES!

As in the past, we are joining Conners Children's Center and Evergreen Health Services to provide support for children and families in the community this holiday season. In November, we will have a list of items needed for each child or adult. If donating money is preferable, gift cards are always appreciated. Please call the office for more information.

### Tension Relief for Neck & Shoulders

with Stephanie

Tuesdays, Nov 4-Dec 16 (7 wks), 5:30-6:30pm

Tension in the neck and shoulders can cause a variety of problems including headaches, limited range of movement, and poor posture. Yoga stretches relieve stiffness, create balanced strength, and maintain suppleness. By easing physical tension, you will feel better mentally as well. The series of movements taught in this session can be practiced daily to sustain tension relief.

Fee: \$70 (ID: YT)

### Power Up! Yoga for Core Strength

with Sarah

Wednesdays, Nov 5-Dec 17 (7 wks), 5:30-6:45pm

Join Sarah for a weekly 75 minute asana practice designed to give you greater access to powerful poses, such as Downward Facing Dog, Revolved Triangle, Half Moon, Warrior III, Chair Pose, Eagle, and Headstand. Sequences will include preparatory practices to build body awareness, strength, and energy flow in the abdominals, gluteals, back, legs, and shoulders. Class will end with a systematic relaxation and guided meditation. *Prerequisite: Yoga 2, or a minimum of 6 months of prior yoga experience.*

Fee: \$70 (ID: YC)

### SATSANG: The Art of Joyful Living

with Tracy

Thursday, Nov 13, 7-8:30pm

In his book *The Art of Joyful Living*, Swami Rama says, "Happiness is of your own creation!" The key to finding this inner joy is learning to understand yourself on every level - as body, mind and spirit. Yoga science gives us a method to begin this life changing exploration. We will enjoy lecture, discussion and a guided relaxation - meditation.

*Satsang is free and open to the public.*

*Please bring a dry or canned good for donation to the Food Bank of WNY.*

Fee: No Charge (ID: S87)

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Heartfelt appreciation to People Inc. for labeling these brochures.

# Healing Through the Holidays



with Shari Friedrichsen  
Thursday, Dec 4, 7-9pm

Holiday season can be a time of chaos and stress. During this class, we will be practicing asanas and pranayama that allow us to access and rest in our own inner light, joy and peace. It's always there, with or without a season, so come find your own sanctuary in the midst of busyness. You'll be able to celebrate the outer gatherings with more of yourself intact.

Fee: \$25 (ID: S91)

Teaching yoga for more than 35 years, Shari is a key facilitator of the Himalayan Institute teacher certification program and a member of the 500-hour teacher training faculty at 8 Limbs Yoga in Seattle Washington. Shari has studied extensively with respected teachers Pandit Rajmani Tigunait, Rolf Sovik, Amma Sri Karunamayi, and BKS Iyengar. An expert in subtle anatomy, her unique style integrates breath, alignment, and anatomical awareness to draw the student into the inner experience of each posture. Her approach uses yoga as a vital, powerful and compassionate component in healing the body and the psyche.

[Inspired Health Lecture Series]

## Lecture 2: Ayurveda in the Kitchen - Vata Season

Saturday, Nov 15, 11:30am - 2pm

with Kandy

Finding balance during vata season can be challenging. In this class we will present the vata pacifying diet - what to favor and what to avoid. We will prepare the vata churma (spice combination), Pilau (Indian rice dish) and Cardamon cake. The tendency for vata imbalance can be felt in the body with excessive muscle stiffness, arthritis, chronic fatigue. Group discussion will offer insight on how to deal with the many vata imbalances.

Fee: \$25 (ID: S88)

## Spiritual Study and Practice Group for Women

Wednesday, Nov 19, 7-8:30pm

Please join us in the study of *The Yamas and Niyamas* by Deborah Adele (available in our bookstore). We will discuss Chapter 11, "Svadhyaaya - Self Study," and the "Questions for Exploration" at the end of the chapter. Bring the book and share your related experience. Registration required.

Fee \$5 (ID: S89)

## Exploring the Sun Salutation

with Stephanie

Saturdays, Nov 22 - Dec 20\* (4 wks), 11am - 12pm

In this session, the Sun Salutation sequence will be taken apart and practiced mindfully. The course's purpose is to integrate poses in the sequence improving strength, stamina, flexibility and balance. We will create intentional action and link movement with the breath throughout the sequence.

Fee: \$40 (ID: YS) \*no class Dec 6

# DECEMBER

## Relaxation and Stress Management

with Donna

Tuesdays, Dec 2-23 (4 wks), 7-8pm

Embrace the season with a relaxed and focused mind. The yoga tradition offers a collection of useful tools for managing stress and reducing anxiety. Through relaxation and yoga, you can quiet your reactions to stressful events and lessen their impact on body and mind. Learn to awaken the calming force within you and to make peace with situations that challenge your inner life.

Fee: \$40 (ID: S90)

REGISTER ONLINE AT [www.hibuffalo.org](http://www.hibuffalo.org)

## Yoga and Meditation for Anxiety and Depression

with Athalie Joy, PhD

Saturday, Dec 6, 1-4pm

Become more confident in your ability to create calmness and focus when you are anxious and emotionally upset. This slow-paced, internally focused workshop facilitates mental clarity about what occurs moment to moment in your physical and emotional reality, and with this awareness come choices for self-management. Take-home materials support your ongoing practice of this body-mind approach. Be sure to wear comfortable clothes and eat a light lunch before the program. Only a closed water bottle may be brought into the class space.

Fee: \$25 (ID: S92)

## HOLIDAY PARTY



Thursday, Dec 11, 7-8:30pm

Join us for caroling and refreshments as we celebrate the season! We'll also wrap presents for the families we have adopted for the holidays through Connors Children's Center and Evergreen Health Services.

## Guided Meditation & Relaxation

with Donna

Sunday, Dec 14, 9:30-10:30am

Gather for a morning practice of gentle stretching followed by a guided relaxation and meditation practice.

Fee: \$5 (ID: S93)

## Spiritual Study and Practice Group for Women

Wednesday, Dec 17, 7-8:30pm

Please join us as we conclude our year-long study of *The Yamas and Niyamas* by Deborah Adele. We will discuss chapters 12-14. Registration required.

Fee \$5 (ID: S94)

## Continuing Education for Yoga Teachers

Open to Yoga Teachers of all traditions and lineages. Get inspired, enliven your teaching, and connect with other yoga teachers in the Greater Buffalo area. The mastery of teaching yoga is an ever-evolving art and practice. HI Buffalo has created a space for yoga teachers to come together to study and learn.

All courses qualify for continuing education credits with Yoga Alliance. Certificate of completion provided.

### Downward Dog and Headstand for All Levels Students

Tuesday, Nov 4, 7-9pm

with Sarah Guglielmi, RYT 500

Fee: \$35 (ID: E03)\*

### The Nervous System, Pranayama, and Relaxation

Saturday, Dec 13, 10-noon

with Julia Kress, E-RYT 500

Fee: \$35 (ID: E04)\*

For more information visit:

[www.hibuffalo.org/teacher-training/ceu](http://www.hibuffalo.org/teacher-training/ceu)

\*No discounts apply to CEU courses

HIMALAYAN  
INSTITUTE  
of Buffalo, NY

#### ADDRESS

841 Delaware Ave.  
Buffalo, NY 14209  
(716) 883-2223  
[www.hibuffalo.org](http://www.hibuffalo.org)  
[info@hibuffalo.org](mailto:info@hibuffalo.org)

#### OFFICE HOURS

Mon-Thurs: 9am-5pm  
Fri: 9am-3pm  
Sat: 9am-noon

#### GIFT CERTIFICATES

are available  
for classes and  
bookstore.

#### 10% DISCOUNT

for Members

#### 20% DISCOUNT

for Students & Seniors

\*Classes under \$25  
& some specialty classes  
or events do not qualify.

#### PARKING OPTIONS:

MON-thru-THURS  
Morning Classes:  
Barker or Linwood  
(street parking)

#### MON & TUES

5 pm Classes:  
Red Cross  
parking lot  
7 pm Classes:  
Red Cross;  
Barker or Linwood

#### WED & THURS

5 pm Classes:  
Temple parking lot  
7 pm Classes:  
Temple; Barker or  
Linwood

#### SAT

9:30 am Classes:  
Temple; Red Cross;  
Barker or Linwood

**CLOSED FOR THE HOLIDAYS**  
Wed, Dec 24th - Sun, Jan 4\*

THANK YOU for another incredible year at H.I. Buffalo! Your dedication and support is what makes this such a unique & wonderful place. We look forward to seeing you "back on the mat" starting Jan, 5th.

•The office, bookstore, & classrooms will be closed. We will gladly answer any voice messages or E-mails.

# DON'T MISS

The opportunity to help children and families in need this holiday season. *(see inside for details)*

strengthen. meditate. relieve tension.  
live joyfully. balance. heal. restore. explore.

celebrate...

All of this & more is waiting for you at the Himalayn Institute of Buffalo.

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

## MAIL-IN REGISTRATION FORM

Name (1): \_\_\_\_\_

Name (2): \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell or Work Phone: \_\_\_\_\_

**TO REGISTER ONLINE:**  
Visit **[www.hibuffalo.org](http://www.hibuffalo.org)**

**TO REGISTER BY MAIL:**  
← Mail this form along with full class fee. Make checks payable to **Himalayan Institute**. Please include your phone number(s)

Feel free to register in person!

**QUESTIONS?**  
Email: [info@hibuffalo.org](mailto:info@hibuffalo.org)  
Call: 883-2223

Class / Program Title	Class ID#	Fee