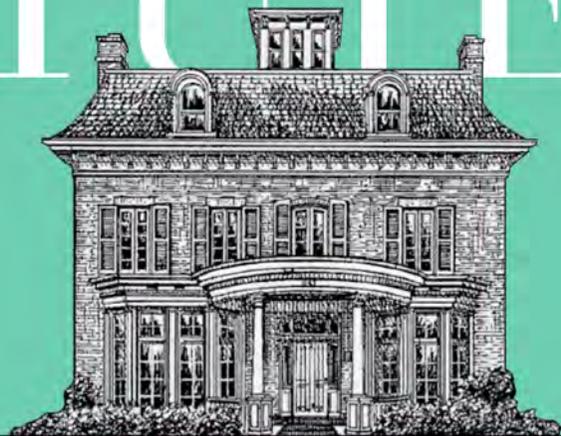


# HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



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March / April 2015

BUFFALO'S CENTER FOR YOGA, MEDITATION, AND WELLNESS

# Yoga Class Schedule | March/April 2015

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.

† Prerequisite Seminar for Bodymind class: "Yoga and Meditation for Anxiety and Depression."

Yoga 1	Mon	5-6:30 pm	Mar 2 - Apr 20 (8wk)	\$80	Sherry	Y1M5
	Wed	9:30-11 am	Mar 4 - Apr 22 (8wk)	\$80	Carol	Y1W9
	Thurs	9:30-11 am	Mar 5 - Apr 23 (8wk)	\$80	Sapna	Y1R9
Yoga 2	Tues	9:30-11 am	Mar 3 - Apr 21 (8wk)	\$80	Wendy	Y2T9
	Tues	5-6:30 pm	Mar 3 - Apr 21 (8wk)	\$80	Kerry	Y2T5
	Wed	5-6:30 pm	Mar 4 - Apr 22 (8wk)	\$80	Jackie	Y2W5
	Wed	7-8:30 pm	Mar 4 - Apr 22 (8wk)	\$80	Tess	Y2W7
	Thurs	5-6:30 pm	Mar 5 - Apr 23 (8wk)	\$80	Renee	Y2R5
Yoga 3	Mon	5:30-7 pm	Mar 2 - Apr 20 (8wk)	\$80	Kerry	Y3M5
	Mon	7-8:30 pm	Mar 2 - Apr 20 (8wk)	\$80	Cathy	Y3M7
	Tues	9:30-11 am	Mar 3 - Apr 21 (8wk)	\$80	Anne	Y3T9
	Wed	9:30-11 am	Mar 4 - Apr 22 (8wk)	\$80	Wendy	Y3W9
	Thurs	9:30-11 am	Mar 5 - Apr 23 (8wk)	\$80	Tracy	Y3R9

### SPECIAL INTEREST YOGA CLASSES

Restorative	Tues	9:30-11 am	Mar 3 - Apr 21 (8wk)	\$80	Julia	YR
Gentle	Mon	9:30-10:30 am	Mar 2 - Apr 20 (8wk)	\$80	Tess	YG9
Gentle	Thurs	5:30-6:30 pm	Mar 5 - Apr 16* (6wk) No class Apr 2	\$60	Laura	YG5

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

- Therapeutic Yoga: Yoga for Back Strength (Beginning to all level) - 6 wk class
- Yoga for Core Strength (All level) - 8 wk class
- Vinyasa Flow - Embody Shakti (Experienced level) - 6 wk class
- Bodymind for Anxiety & Depression† (Beginning to all level) - 6 wk class

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

Beginner	Thurs	5:30-6:30 pm	on-going	\$5	Staff
Intermediate	Sat	9:30-11 am	on-going	\$10	Staff

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

# Lectures & Seminars

## MARCH

### 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.

### NOTIFICATIONS

If Mother Nature forces us to close, we will send notification via Email (make sure we have yours on file).

We will also post closings on our website and Facebook page.

### MEDITATION ROOM AVAILABLE

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

### SIGN UP

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

### Beginning Meditation

with Julia

Mondays, March 2-23 (4wks), 9:30-11am

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.

Fee: \$45 (ID: S15)

### Deepening Meditation

with Donna

Mondays, March 2-30 (5wks), 7-8:30pm

This class is a continuation of the practices from the Beginning Meditation course. Vitalize your meditation practice by deepening your personal experience of mindfulness and concentration. Learn additional relaxation and breathing methods, how to use a mala, and use of a personal mantra. *Pre-Requisite: Completion of Beginning Meditation.*  
Fee: \$65 (ID: S16)

### Introduction to Holistic Health & Homeopathy

with Arup Bhattacharya, PhD

Tuesdays, March 3-31\* (4wks - no class 3/17), 6-8pm

Join us for a four part lecture series to learn some of the basic concepts and principles of health and homeopathy and how it is different from other systems of medicines, including conventional medicine and herbal remedies. \*Skype available for those who can't be here in person.

Fee: \$99 (ID: S17) or \$30 per class

### Therapeutic Yoga: Strengthen Your Back

with Jackie

Tuesdays, March 3-April 7 (6wks), 5:30-6:30pm

The health of your spine is reflected in the way you sit, stand, and move; in the way you breathe; and in the way you think and feel. Learn simple movements and exercises to keep your spine fit and flexible. Strengthening spinal muscles will improve your posture and help you feel capable of meeting life's inner and outer challenges.

Fee: \$60 (ID#: YB)

### Yoga for Core Strength (All Level)

with Sarah

Wednesdays, March 4-April 22 (8 wks), 5:30-7pm

Yoga scriptures emphasize the importance of awareness, strength, and circulation in the abdominal area to enhance the effects of your asana practice. Effects include an increase in physical stability, mental focus, and deep relaxation. This all-level weekly asana practice is designed to help develop progressive core strength. It will include muscle isolation exercises to strengthen the abdomen, back, legs, and glutes, followed by classical yoga postures to integrate and feel the effects. *Pre-Requisite: Completion of Yoga 1, or beginning level course.*

Fee: \$80 (ID: YC)

### Spiritual Study and Practice Group for Women

Wednesday, March 4, 7-8:30pm

Join us in the study of *Living Beautifully with Uncertainty and Change*, by Pema Chodron (available in our bookstore). We will discuss Chapters 5 and 6. Bring the book and share your related experience. *Registration required.*

Fee: \$5 (ID: S18)

## Thanks to Our Volunteers!

The Himalayan Institute of Buffalo would not be able to function without the dedicated support of our volunteers. This wonderful spirit of service is an important part of what makes HI Buffalo such a unique place. If you'd like to volunteer too, just let us know!

Heartfelt appreciation to People Inc. for labeling these brochures.

## **CEU CLASS for Yoga Instructors: Yamas and Niyamas - The 8 Rungs of Yoga**

with Julia

Friday, March 6, 6-9pm

The yamas and niyamas are the core philosophical rungs of yoga that are meant to help us steer our thoughts, speech, and action, in order to achieve the goal of yoga, Samadhi. The thought constructs of this philosophy follow us from the very beginning of our contemplative journey to the end where we experience the subtlest level of peace. This course will help you gain a greater understanding of how to employ these principles in your daily life as well as in yoga sadhana.

*This course qualifies for continuing education credits with Yoga Alliance.*

*Fee: \$45 (ID: E05) - \*Senior/student discount is not available for this CEU course.*

## **Vinyasa Flow - Embody Shakti!**

with Kandy

Saturdays, March 7-April 25\*, 9:30-11am

(6wks - no class 3/14 & 4/11)

Shakti is a woman's life force energy (or prana) that manifests as her power to heal. It is empowered, whole, beautiful and wise. Your Shakti energy gives rise to your maternal authority and feminine wisdom. Experience a vigorous vinyasa practice to create energy, strengthen, and deepen your connection to your feminine self.

*Pre-requisite: Completion of Yoga 2 or greater.*

*Fee: \$60 (ID: S19)*

## **Yoga and Meditation for Anxiety and Depression**

with Athalie Joy, PhD

Saturday, March 7, 1-4pm

Become more confident in your ability to create calm and to focus when you are anxious and emotionally upset. This slow-paced, internally focused workshop facilitates mental clarity about what occurs from 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 classroom.

*Fee: \$25 (ID: S20)*

## **Indian Cooking**

with Tracy and Kandy

Sunday, March 8, 12-2pm

Join us as we celebrate Holi, the Indian festival of colors! We will be making two colorful and tasty dishes: bell peppers and mushrooms with fenugreek and tomato dal. After lunch, we will enjoy tea and dessert. Copies of recipes will be provided. Location: Tracy's house in West Amherst. Directions will be provided.

*Fee: \$35 (ID: S21)*

## **Bodymind Practice for Anxiety and Depression**

with Athalie Joy, PhD

Wednesdays, March 25-April 29, (6 wks), 5:30-6:45pm

This six-week class incorporates instruction and practice in asana, pranayama, relaxation, and meditation, with teaching specific to their routine use as self-management for anxiety and depression. *Pre-requisite Seminar: "Yoga and Meditation for Anxiety and Depression."*

*Fee: \$60 (ID: YA)*

## **Laughter Yoga**

with Sapna

Friday, March 27, 5:30-6:30pm

Laugh yourself healthy! Join us for a fun and unique class consisting of gentle stretches, breath work, interactive playful laughter exercises, and relaxation. Dress comfortably, no mat necessary for this class.

*Fee: \$10 (ID: S22)*

AYURVEDA AND HEALTH:

## **Begin Again - The Rite of Spring**

with Kandy

Saturday, March 28, 11:30-2pm

Transition from winter heaviness and embrace the lightness of spring. Learn tips for a simple spring cleanse, allergy support, and review a spring grocery list. We'll close with a detox asana practice, followed by tea and snacks. Dress comfortably and bring your yoga mat.

*Fee: \$25 (ID: S23)*

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

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# APRIL

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## Spiritual Study and Practice Group for Women

Wednesday, April 1, 7-8:30pm

Join us in the study of *Living Beautifully with Uncertainty and Change*, by Pema Chodron (available in our bookstore). We will discuss chapters 7 and 8. Bring the book and share your related experience. Registration required.

Fee: \$5 (ID: S24)

## Household Homeopathy - A Primer in Homeopathic Remedies for Acute Conditions

with Arup Bhattacharya, PhD

Tuesdays, April 7-May 26th (8 wks), 5:30-8:30pm

Homeopathic medicine is an invaluable tool in home health care. Explore the basic principles of homeopathy, learn how homeopathic remedies are selected for acute conditions, and survey core remedies used to address common illnesses in children and adults. Learn how to use homeopathy safely and effectively to keep yourself and your family healthy through life's journey. \*Skype available for those who can't be here in person.

(24 hours of class time)

Fee: \$224 (ID: S25), or \$35 per class

### AYURVEDA AND HEALTH:

## Balance Your Doshas - Create Your Own Ayurvedic Daily Routine

with Sarah

Thursday, April 9, 7-9pm

Support your health and wellness by implementing a daily routine. Review the Ayurvedic clock and explore how to align your routine with nature to improve energy levels, mental focus, and overall stamina. Learn the benefits of a mindful sleep schedule, a morning cleansing routine, and evening wind-down ritual. Specific practices and instructions will be provided.

Fee: \$25 (ID: S26)

## SATSANG: Organic Gardening

with Ann

Thursday, April 16, 7-8:30 pm

Join us for an exploration of earth-friendly gardening techniques with step-by-step instruction on compost and soil amendments, seed and plant selection, in-ground and raised bed options, and potted plant gardens. In observance of Earth Day, Wednesday April 22, we will also share ideas on how to be "sustainable" in our garden, our lives, and our homes. Nourish and nurture your soul – work with the earth and let your "prana" flow. *Satsang is free and open to the public - donations welcome.*

No Fee (ID: S27) Registration Required.

## Challenging Postures to Concentrate the Mind

with Kerry

Saturday, April 25, 9:30-noon

Bring the fresh and promising energy of spring to an exploration of some of yoga's more challenging asanas such as: *eka pada padangusthasana* (extended hand to big toe pose), *bakasana* (crow), *urdhva dhanurasana* (wheel) and *pincha mayurasana* (peacock). Through experiences of the inherent balance of a posture's opposing forces and the physical grounding which flows from the power of effort, we'll discover one of the greatest benefits of challenging postures: a concentrated mind! A warm-up asana practice will be followed by a workshop style exploration of individual postures. *Requirement: Completion of Yoga 2, a home practice, and a willingness to explore!*

Fee: \$20 (ID: S28)

## The Art of Joyful Living - Practice Session

with Tracy

Sunday, April 26, 12-2pm

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. At our satsang in November, we had a lively discussion on how we might come to understand the functions of mind and gain a clearer vision of why we think, feel and behave the way we do. Now we will look at the practices Swamiji gave for clearing the cobwebs and gaining a strong mental focus. We will be working with breathing, meditation and inner reflection.

Fee: \$20 (ID: S29)

### HIMALAYAN INSTITUTE of Buffalo, NY

#### ADDRESS

841 Delaware Ave.  
Buffalo, NY 14209  
(716) 883-2223  
www.hibuffalo.org  
info@hibuffalo.org

#### OFFICE HOURS

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

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#### GIFT CERTIFICATES

are available for classes and bookstore.

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**10% DISCOUNT**  
for HI Buffalo Members

**20% DISCOUNT\***  
for Students & Seniors

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

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#### 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

# SPRING IT ON!

Here's what's happening at HIBuffalo in March/April:

Yoga | Meditation | Homeopathy | Ayurveda  
Book Group | Continuing Ed. for Yoga Instructors  
Indian Cooking | Organic Gardening  
The Art of Joyful Living....

## 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