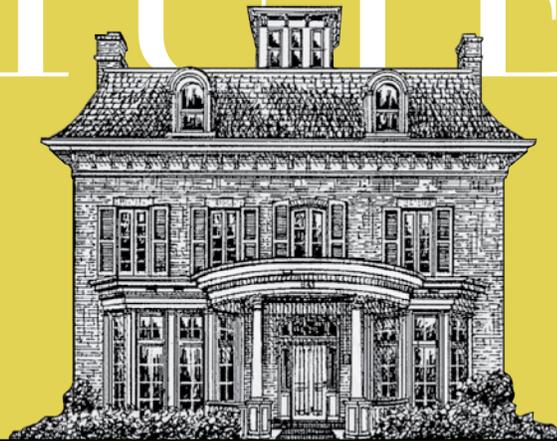


# HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



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September / October 2015

BUFFALO'S CENTER FOR YOGA, MEDITATION, AND WELLNESS

# Yoga Class Schedule | Sept/Oct 2015

TO REGISTER ONLINE @  
[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 almost 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.

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

### Price announcement

After more than a decade, we have made an adjustment to class prices. We hope this does not cause financial strain. Assistance is available for those in need.

**\*We will be CLOSED Labor Day Weekend**  
 Fri, Sept. 4 - Mon, Sept. 7

HAVE A SAFE AND HAPPY HOLIDAY!

<b>Yoga 1</b>	Mon	5-6:30 pm	Sept 14* - Oct 26 (7wk)	\$84	Sherry	Y1M5	
	Wed	9:30-11 am	Sept 9 - Oct 21 (7wk)	\$84	Carol	Y1W9	
	<b>NEW TIME</b> →	Wed	5:30-6:45 pm	Sept 9 - Oct 21 (7wks)	\$84	Emily	Y1W5
	<b>NEW CLASS</b> →	Fri	9:30-11 am	Sept 11 - Oct 23 (7wk)	\$84	Carol	Y1F9
<b>Yoga 2</b>	Mon	9:30-11 am	Sept 14* - Oct 26 (7wk)	\$84	Julia K	Y2M9	
	<b>NEW CLASS</b> →	Mon	7-8:30 pm	Sept 14* - Oct 26 (7wk)	\$84	Julie L	Y2M7
	Tues	9:30-11 am	Sept 8 - Oct 20 (7wk)	\$84	Wendy	Y2T9	
	Tues	5-6:30 pm	Sept 8 - Oct 20 (7wk)	\$84	Larry	Y2T5	
	Wed	5-6:30 pm	Sept 9 - Oct 21 (7wk)	\$84	Jackie	Y2W5	
	Wed	7-8:30 pm	Sept 9 - Oct 21 (7wk)	\$84	Tess	Y2W7	
	Thurs	5-6:30 pm	Sept 10 - Oct 22 (7wk)	\$84	Renee	Y2R5	
	Mon	5:30-7 pm	Sept 14* - Oct 26 (7wk)	\$84	Kerry	Y3M5	
<b>Yoga 3</b>	Mon	7-8:30 pm	Sept 14* - Oct 26 (7wk)	\$84	Cathy	Y3M7	
	Tues	9:30-11 am	Sept 8 - Oct 20 (7wk)	\$84	Anne	Y3T9	
	Wed	9:30-11 am	Sept 9 - Oct 21 (7wk)	\$84	Wendy	Y3W9	
	<b>NEW CLASS</b> →	Wed	7-8:30 pm	Sept 9 - Oct 21 (7wk)	\$84	Samantha	Y3W7
	Thurs	9:30-11 am	Sept 10 - Oct 22 (7wk)	\$84	Tracy	Y3R9	

### SPECIAL INTEREST YOGA CLASSES

<b>Core Strength</b> (see description on line)	Tues	5:30-6:45 pm	Sept 8 - Oct 20 (7wk)	\$84	Sarah	YC
<b>Gentle</b>	Thurs	5:30-6:30 pm	Sept 10 - Oct 1 (4wk)	\$48	Laura	YG
<b>BodyMind for Anxiety &amp; Depression</b>	Wed	5:30-6:45 pm	Oct 7 - Nov 11 (6wk)	\$72	Athalie	YA

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

<b>Beginner</b>	Thurs	5:30-6:30 pm	Sept/Oct	\$10	Staff
<b>Intermediate</b>	Sat	9:30-11 am	Sept*/Oct No Class Sept. 5	\$12	Staff

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

# Lectures & Seminars

## SEPTEMBER

### MEDITATION ROOM AVAILABLE

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

### MISSED CLASSES

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

### INDIVIDUAL CLASS RATE

If there is room in a multi-week Hatha Yoga level 1,2, or 3 class, you are welcome to attend for \$15 per class. Please call or check on line to see if space is available.

### SIGN UP

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

### FOLLOW US

on Facebook:  
[www.facebook.com/hibuffaloyoga](http://www.facebook.com/hibuffaloyoga)

Heartfelt appreciation to People Inc. for labeling these brochures.

## Spiritual Study and Practice Group for Women

Wednesday, Sept. 2, 7-8:30pm

Join us as we continue our study of the work of Pema Chodron, an American Buddhist nun in the lineage of the Tibetan meditation master Chogyam Trungpa. Our next book will be *Taking the Leap: Freeing Ourselves from Old Habits and Fears*, available in our bookstore. We will be discussing chapters 3&4. Bring the book and share your related experience. Registration required.

Fee: \$5 (ID: S50)

## Year-Long (In-depth, Level I) Homeopathy Course

with Dr. Arup Bhattacharya, DHM, PhD, RSHom (NA), Hom (ON)  
Sept. 2015 - June 2016

First Class: Tuesday, Sept. 8, 5:30-8:30pm

Year-long course will be held on Tuesday nights, 5:30-8:30pm, beginning Sept. 8 (excluding holidays and summer months). The cost is \$1,750 payable in ten installments of \$175 or a 5% discount is offered if paid in full up front. Please call (716) 883-2223 for registration form and syllabus. Prospective students may join the 'Homeopathy: Basic Introduction,' session to be held on Tuesday, August 18, 6-8pm to have their questions about the year-long course answered.

## Beginning Meditation

with Donna

Wednesdays, Sept. 9-30, 7-8:30pm (4wks)

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: \$48 (ID: S51)

CEU CLASS FOR YOGA INSTRUCTORS

## Intro to Ayurveda (part 2): Ayurveda's View of Prana and Agni

with Julia Kress, E-RYT 500, AYS

Friday, Sept. 11, 5-8pm

*Prana* is the life force that enlivens and invigorates the body and mind. When felt consciously, the presence of prana awakens us. Its nourishing qualities are undeniable. *Agni*, the digestive fire in the body, governs digestion, assimilation, and elimination on all levels; physical and mental. When agni is healthy, we feel content, vibrant, and nourished by life. When it is out of balance, we doubt, fear, hold grudges, and feel an overall lack of energy. In this workshop, we'll begin with the theory behind these two subtle forces of health. We'll close with an asana practice designed to help you experience the forces of agni and prana in your own body and mind.

• *Attention Yoga Teachers: This course qualifies for 3 continuing education credits with Yoga Alliance.*

Fee: \$45 (ID: E09) \*No St/Sr discounts for CEUs.

## FREE Live-Stream Satsanga - Exclusively for H.I. Buffalo!



## The Power of Compassion: Spirit of Yoga & Yogis

with Pandit Rajmani Tigunait, PhD

Tuesday, Sept. 8, 7-8:30pm - at H.I. Buffalo

Compassion constitutes the foundation of yoga and spirituality. With this virtue, we can demolish the wall that normally exists between our spiritual and worldly pursuits. In this live streaming, Panditji will share with you the dynamic forces which enlighten our inner world and infuse our outer world with clarity, vigor, and fearlessness... [learn more at www.hibuffalo.org](http://www.hibuffalo.org).

Fee: FREE - Registration requested. (ID: S55)

# Vibrant Aging

Manifesting Your  
Best Life After 50!

with

Carrie Demers, MD  
Sept. 18-20, 2015



Modern society has associated the latter years of life with loss, fear, and illness. In contrast, ancient wisdom sees the potential for growth, vibrancy, and expansion as we become unfettered from the daily duties of work and family. New research is beginning to support this time-honored view: our bodies and minds are quite capable of vibrant health well into our seventh and eighth decades of life.

Dr. Carrie Demers, a board-certified internist and integrative medicine physician for over 20 years, is uniquely positioned to translate both traditional wisdom and scientific research into understandable and immediately useful actions for living well..

## 1 UNDERSTANDING AGING: EAST AND WEST

Session 1: Friday, Sept. 18, 6:30-8pm

Fee: \$30 Early Bird / \$40 after Sept. 12 (ID: VA1)

## 2 INFLAMMATION: YOU CAN'T AFFORD IT

Session 2: Saturday, Sept. 19, 9:30am-noon

Fee: \$45 Early Bird / \$55 after Sept. 12 (ID: VA2)

## 3 KEEPING YOUR MIND SHARP

Session 3: Saturday, Sept. 19, 1-3:30pm

Fee: \$45 Early Bird / \$55 after Sept. 12 (ID: VA3)

## 4 DIGESTING OUR LIVES

Session 4: Sunday, Sept. 20, 9:30am-noon

Fee: \$45 Early Bird / \$55 after Sept. 12 (ID: VA3)

For more info, go to: [www.hibuffalo.org](http://www.hibuffalo.org)

## SAVE with an ALL ACCESS PASS!

Includes all 4 sessions

Early Bird: \$135 / \$175 after Sept. 12 (ID: VAP)

\*No other discounts apply to this seminar.

Dr. Carrie will be available Sept. 21 & 22 for private consultations.  
Please call (716) 883-2223 to schedule an appointment.

CEU CLASS FOR YOGA INSTRUCTORS

## Asana and Ayurveda for the Season: Ground and Replenish

with Sarah Guglielmi, E-RYT-500, AYS

Tuesday, Sept. 29, 7-9pm

At its core, Ayurveda understands that all of us have a unique “nature”, or constitution, that follows the rhythms of Mother Nature. Fall is the “vata” time, characterized by the elements of air and space. As the summer heat cools, the winds blow, temperatures vary, and nature begins to dry out. Internally this can leave us feeling restless, dry, and fatigued. In this class, we will review the concept of ayurvedic constitution and how it is affected by the season. We will close with an asana practice to ground and restore and the optional sampling of a nourishing night-time drink of spiced milk (non-dairy alternative provided). Use this nightly ritual to nourish and hydrate during the dry season.

• *Attention Yoga Teachers: This course qualifies for 2 continuing education credits with Yoga Alliance.*

*Fee: \$35 (ID: E10) \*No St/Sr discounts for CEU's.*

# OCTOBER

## Yoga and Meditation for Anxiety and Depression

with Athalie Joy, PhD

Saturday, Oct. 3, 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.

*Fee: \$30 (ID: S52)*

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

## BodyMind Practice for Anxiety and Depression

with Athalie Joy, PhD

Wednesdays, Oct. 7 - Nov. 11, (6wks),  
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. *Prerequisite Seminar Recommendation:* "Yoga and Meditation for Anxiety and Depression."

Fee: \$72 (ID: YA)

## Spiritual Study and Practice Group for Women

Wednesday, Oct. 7, 7-8:30pm

Join us as we continue our study of the work of Pema Chodron, an American Buddhist nun in the lineage of the Tibetan meditation master Chogyam Trungpa. Our next book will be *Taking the Leap: Freeing Ourselves from Old Habits and Fears*, available in our bookstore. We will be discussing chapters 5&6. Bring the book and share your related experience. Registration required.

Fee: \$5 (ID: S53)

## Deepening Meditation

with Donna

Tuesdays Oct. 13 - Nov. 11 (6wks), 7-8:30pm

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: \$72 (ID: S54)

## Treatment of Advanced Pathology Using Homeopathy – Underlying Principles and Concepts

Saturday & Sunday, Oct. 3 & 4, 9am-5pm

LOCATION: Buffalo Library - Auditorium,  
1 Lafayette Square, Buffalo, NY 14203

Learn about possibilities of homeopathic medicine, the second most common medicine to be practiced worldwide, from internationally acclaimed homeopath and master clinician Dr. Farokh Master.

*Early bird registration: \$200 by Aug. 30; \$225 by Sept. 30. \$250 after Oct. 1. Institute members get 20% off the listed price. For more info. go to [www.hibuffalo.org](http://www.hibuffalo.org) or [www.homeopathichealers.com](http://www.homeopathichealers.com)*

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 HI Buffalo Members

### 20% DISCOUNT\*

for Students & Seniors  
(65+)

\*Classes under \$25,  
CEUs, & some seminars  
do not qualify.

### PARKING OPTIONS:

MON–thru–FRI  
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

# 200-Hour Teacher Training

Sept. 22, 2015 - May 15, 2016

Dedicated to a tradition of excellence in teaching for more than 40 years, the Himalayan Institute of Buffalo offers comprehensive and systematic training in classical yoga. Immerse yourself in the core principals of yoga and discover your own depth of self-transformation.

See what recent graduates are saying at:

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

# Ayurvedic Yoga Specialist

TRAINING & CERTIFICATION

Begins Oct. 30, 2015

Become an Ayurvedic Yoga Specialist with this 4-part series certification. Gain the knowledge and skill to create a dosha-balancing yoga practice, use food with awareness, and create a basic lifestyle plan for yourself and for your clients based upon their needs/goals. This program is recognized and listed with the National Ayurvedic Medical Association (NAMA).

Learn more at:

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



BUDDING TREE YOGA in partnership with  
The Himalayan Institute of Buffalo presents its 2015

# YOGA FESTIVAL

## AT CANALSIDE



Sunday, September 13, 10am-5pm

FREE yoga classes  
health & wellness workshops  
live music  
vendor market

### 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