

# HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



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March / April 2017

BUFFALO'S CENTER FOR YOGA, MEDITATION, AND WELLNESS

# Yoga Class Schedule | March / April 2017

REGISTER ONLINE AT  
**hibuffalo.org**

Yoga Basics  
New Class

1 BEGINNING/ FOUNDATION LEVEL	Sat.	11:15 am - 12:30 pm	Mar. 4 - Mar. 25 (4 wks)	\$48	Bonnie	YBS
	Mon.	5 - 6:30 pm	Mar. 6 - Apr. 24 (8 wks)	\$96	Sherry R	Y1M5
	Tues.	5:30 - 6:45 pm	Mar. 7 - Apr. 18 (7 wks)	\$84	Erika	Y1T5
2 CONTINUING LEVEL	Wed.	9:30 - 11 am*	Mar. 8 - Apr. 26 (8 wks)	\$96	Carol	Y1W9
	Tues.	9:30 - 11 am*	Mar. 7 - Apr. 25 (8 wks)	\$96	Wendy/Jackie	Y2T9
	Tues.	5:30 - 7 pm	Mar. 7 - Apr. 25 (8 wks)	\$96	Tess	Y2T5
	Wed.	5 - 6:30 pm	Mar. 8 - Apr. 26 (8 wks)	\$96	Jackie	Y2W5
	Wed.	7 - 8:30 pm	Mar. 8 - Apr. 26 (8 wks)	\$96	Sherri S	Y2W7
3 EXPERIENCED LEVEL	Thurs.	5 - 6:30 pm	Mar. 9 - Apr. 27 (8 wks)	\$96	Renee	Y2R5
	Mon.	5:30 - 7 pm	Mar. 6 - Apr. 24 (8 wks)	\$96	Kerry	Y3M5
	Wed.	9:30 - 11 am*	Mar. 8 - Apr. 26 (8 wks)	\$96	Wendy/Lydia	Y3W9
	Wed.	6 - 7:15 pm	Mar. 8 - Apr. 19 (7 wks)	\$84	Emilee	Y1W5
	Thurs.	9:30 - 11 am*	Mar. 9 - Apr. 27 (8 wks)	\$96	Jackie	Y3R9

\*Note: Morning classes tend to be less rigorous than evening classes within the same level.

## OUR SPECIAL INTEREST YOGA CLASS OFFERINGS CONTINUES TO GROW!

∞ Yoga for Arthritis (All Level)	Mon.	9:30 - 11 am	Mar. 6 - Apr. 3 (5 wks)	\$60	Kandy	YA
∞ BodyMind for Anxiety & Depression (All Level)	Mon.	5:30 - 6:45 pm	Mar. 6 - Apr. 10 (6 wks)	\$72	Athalie/Laura	BM
^ Core Strength (Continuing-Experienced Level)	Tues.	5:30 - 6:45 pm	Mar. 7 - Apr. 25 (8 wks)	\$96	Sarah	YC
∞ Willpower! (All Level)	Tues.	7 - 8:30 pm	Mar. 7 - Apr. 18 (7 wks)	\$84	Cathy	YW
∞ Yoga & Stress Mgmt. (All Level)	Wed.	9:30 - 11 am	Mar. 8 - Apr. 26 (8 wks)	\$96	Julia	YS
^ Gentle	Thurs.	5:30 - 6:30 pm	Mar. 9 - Apr. 13 (6 wks)	\$72	Sapna	YG

^ Full class description available online at [hibuffalo.org](http://hibuffalo.org)

∞ See class description under the "Seminar, Lecture & Specialty Classes" section of this brochure.

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

Beginner	Thurs.	5:30 - 6:30 pm	Mar. 2 - Apr. 27	\$10	Staff
Continuing/ Experienced	Sat.	9:30 - 11 am	Mar. 4 - Apr. 29* *No class Apr. 15	\$12	Staff

To see the drop-in instructor, go to the on-line calendar on our home page: [hibuffalo.org](http://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 Basics: 4 week Intro.** Find yoga a little intimidating? Fear not! Our 4-week basics course provides a thorough introduction to hatha yoga. Explore range of movement exercises, alignment fundamentals, breathing and relaxation techniques at your own pace.

**Yoga 1: Beginning Level** Begin (or build) your training with a balanced program of yoga stretches and postures that are accessible to almost any ability level.

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

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

**^ Yoga for Core Strength and Meditation** Designed to help develop progressive core strength, this class includes core muscle-isolation exercises interwoven within a classical asana sequence. *Prerequisite:* 6 months prior experience with Yoga 1 or greater.

**^ Gentle Yoga** Mild stretches and movements that work to improve range of motion and ease joint pain or stiffness. Portions of this class may be done using a chair.

# Lectures · Seminars · Specialty Classes

## MARCH

### INDIVIDUAL CLASS RATE

If there is space in a multi-week hatha yoga class, you are welcome to attend individual classes for **\$15 per class.**

### MISSED CLASSES

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

### SPRING TRAVELS

Traveling for part of a class session? Let us know your away dates and we will prorate your session.

### SIGN UP

for our E-mail newsletter to stay informed about upcoming programs and special events at [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

Thursday, March 2, 7-8:30 pm

Join us on our year-long study of *Awakening Shakti, The Transformative Power of the Goddesses of Yoga* by Sally Kempton (available in the bookstore). *Awakening Shakti* provides a practical guide for activating the currents of the divine feminine in every aspect of your life. We will discuss Chapter 3.

Fee \$5 (ID: S20)

## Soup & Cinema: Stretch, Eat, Watch

with Kandy

Friday, March 3, 6-8:30 pm

Enjoy a guided sequence of gentle stretches, followed by homemade soup, dessert, and an inspired film. Tonight's movie is "Youth" Staring Michael Caine and Harvey Keitel.

Fee: \$10 (ID: S21) – Dinner provided, bring a treat to share.

## Yoga and Meditation for Anxiety and Depression

with Lidia Snyder, LMSW

Saturday, March 4, 1-4 pm

This three-hour workshop offers instruction in specific yoga postures, breathing, and meditation techniques to help you become confident in your ability to establish calm when you feel anxious and upset. Take-home materials support your ongoing body-mind practice. Be sure to wear comfortable clothes, and eat a light lunch before the program.

Fee: \$30 (ID: S25)

## BodyMind Practice for Anxiety and Depression

with Laura Grube, LCSW-R & Athalie Joy, PhD

Mondays, March 6 - April 10 (6wks), 5:30-6:45 pm

This six-session class incorporates instruction and practice in asana, pranayama (breathing techniques), relaxation, and meditation. Teaching is specific to participants' routine use as self-management for anxiety and depression.

Fee: \$72 (ID: BM)

## Yoga for Arthritis

with Kandy

Mondays, March 6 - April 3 (5 wks), 9:30-11 am

Joint stiffness and inflammation restrict our freedom of movement, affecting our everyday activities. Scientific research has shown that yoga can improve the elasticity of the cartilage and joints while enhancing flexibility. Exercises to increase core control and strength of the major muscle groups surrounding the joints will be practiced. This class is open to all levels.

Fee: \$60 (ID: YA)

## Yoga for Willpower!

with Cathy

Tuesdays, March 7 - April 18 (7 wks), 7-8:30 pm

Willpower is inner strength – the ability to know what one wants and the determination to move toward it, despite life's challenges. Join Cathy to explore the cultivation of willpower through asanas that relieve abdominal congestion and stoke the fire of determination. Each class will emphasize breath awareness, core strength, mental concentration, and relaxation.

Fee: \$84 (ID: YW)

## Introduction to Holistic Health & HOMEOPATHY

with Arup Bhattacharya, PhD

Tuesdays, March 7 - 28 (4 wks), 6-8 pm

Join us for a four-part lecture series to learn some of the basic concepts and principles of health and homeopathy and how it differs from other systems of medicine(s), including conventional medicine and herbal remedies. \*Skype option is available.

Fee: \$99 (ID: S26) or \$30 per class

## Yoga and Stress Management: Bringing Yoga Philosophy into Daily Life - AM

with Julia

Wednesdays, March 8 - April 26 (8 wks), 9:30-11 am

Immerse yourself in the key concepts of yoga philosophy that inform the physical, energetic, and conscious principles of yoga practice. Learn how to manage stress with the tools of self-reflection, breath awareness, and relaxation. Practice methods for quieting the mind, and gain a greater sense of focus and clarity. Each class includes an all-levels asana practice, breathing and relaxation techniques, guided meditation, and group discussion. *Required book:* The Yamas and Niyamas by Deborah Adele (available in our bookstore).

Fee: \$96 (ID: YS)

RESERVE YOUR SPACE ONLINE AT:

**hibuffalo.org**

Classes with less than 6 registrants may be subject to cancelation.  
Pre-registration not available for Thurs. & Sat. Drop-in classes.

## FULL MOON MEDITATION: Meditation on the Chakras

with Tracy

Sunday, March 12, 7-8:30 pm

Come together with your *kalyana mitras* (spiritual friends) and celebrate the light of the Himalayan Tradition. Each month on the Full Moon, we are committed to practicing as a group with the intention of promoting peacefulness in our community and our own inner development. Tonight's class will include gentle asana, relaxation, and Bhuta Shuddhi, a method for purifying and balancing the chakras.

Fee: \$12 (ID: S27)

## YOGA PHILOSOPHY:

### Fearless Living: Practicing Yoga According to the Yoga Sutra

with Sarah Guglielmi

Thursdays, March 16 - April 13 (4 wks - no class April 6), 7-9 pm

In his commentary, *The Secret of the Yoga Sutra: Samadhi Pada*, Pandit Rajmani Tigunait details a system of yoga practice to awaken the unshakable courage, joy, and inspiration we all need to face the challenges of the world, and enjoy our life in the present! Join Sarah to review the themes of this ancient yoga handbook, and the progressive approach to practices described. Each week we'll explore the practices of Agni Sara, pranayama, and meditation as detailed in the Sutras. Learn why these practices carry such transformative potential. *Recommended book: The Secret of the Yoga Sutra by Pandit Rajmani Tigunait (available in our bookstore).*

Fee: \$60 (ID: S28)

### Rise 'n Shine! AM Equinox Yoga Class

with Kerry Mitchell

Monday, March 20, 6:45-8 am

Mark the first moments of spring with an early morning asana class oriented toward the energizing and expanding light of the sun. Throughout the practice, we will seek to mirror the balanced forces of the equinox in body, breath and mind, closing with a meditation on the gayatri mantra. This is an all-levels class, although some experience with yoga is anticipated. No previous experience with the gayatri mantra is needed.

Fee: \$10 (ID: S29)

### Deepening Meditation

with Donna

Wednesdays, March 22 - April 12 (4 wks), 6-7:30 pm

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. Prerequisite: Completion of HI's 4-week Beginning Meditation course.

Fee: \$48 (ID: S30)

### HIB SPRING RETREAT: Spring Cleanse and Daily Detox

with Sarah Guglielmi and Julia Kress

Saturday, March 25, 9:30 am - 3:30 pm (includes lunch)

See back panel of brochure for retreat description.

Reserve your space at: [hibuffalo.org](http://hibuffalo.org).

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# APRIL

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### Yoga and Meditation for Anxiety and Depression

with Ann Loretan and Jonathan Treible, PhD

Saturday, April 1, 1-4 pm

See class description under March.

Fee: \$30 (ID: S31)

### Beginning Meditation – AM

with Donna

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

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: S32)

### HOUSEHOLD HOMEOPATHY - A Primer in Homeopathic Remedies for Acute Conditions

with Arup Bhattacharya, PhD

Tuesdays, April 4 - May 23 (8 wks), 5:30-8:30 pm

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 option available. (24 hours of class time)

Fee: \$224 (ID: S33), or \$35 per class

## Spiritual Study and Practice Group for Women

Thursday, April 6, 7-8:30 pm

Join us on our year-long study of *Awakening Shakti, The Transformative Power of the Goddesses of Yoga* by Sally Kempton. We will discuss Chapter 4.

Fee \$5 (ID: S34)

## Full Moon Meditation

with Tracy

Tuesday, April 11, 7-8:30 pm

Each month on the Full Moon, we are committed to practicing as a group with the intention of promoting peacefulness in our community and our own inner development. Tonight's class will include gentle asana, relaxation, and meditation. We will recite the Maha Mrityunjaya mantra, the great healing mantra, 108 times. No previous experience with the mantra required.

Fee: \$12 (ID: S35)

## Organic Gardening - Let's Dig In!

with Ann Neumann

Thursday, April 20, 7-8:30 pm

Join avid organic gardener, Ann Neumann, on 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, Saturday, 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. *This is a FREE event.*

NO FEE (ID: S36) Registration Required.

## HIB's Earth-Day Weekend Event

Sunday, April 23, 10 am - noon (picnic lunch to follow)

Join your friends from HIB as we participate in New York's Canal and Canalway Trail system's "Canal Clean Sweep 2017." We will be heading over to the Lockport Locks to clean along the canal. For those who would like to car pool, we will be departing from HIB at 9:30 sharp. Full details TBA on our web site and Facebook page.

NO FEE (ID: S37) Registration Required.

**CLOSED Fri., April 14-Sun., Apr. 16**

No Drop-In class Sat., April 15.

## Continuing Education for Yoga Teachers

Open to Yoga Teachers of all traditions. 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. H.I. Buffalo has created a space for yoga teachers to come together to study and learn.

All CEU courses qualify for continuing education units with Yoga Alliance.

### CEU: Foundations of Meditation for Yoga Teachers

with Julia Kress, C-IAYT, E-RYT 500, AYS

Saturday, March 4, 4 - 7 pm

Fee: \$45 (ID: E22) ‡

### CEU: The Anatomy of Hatha for Yoga Teachers

with Julia Kress, C-IAYT, E-RYT 500, AYS

Sunday, March 12, 10 am - 1 pm

Fee: \$45 (ID: E23) ‡

### CEU: Ayurvedic Asana and Lifestyle Support for Yoga Teachers

Sunday, April 30, 10 am - 1 pm

Sarah Guglielmi MS, E-RYT-500, AYS

Fee: \$45 (ID: E24) ‡

For course descriptions go to:  
[www.hibuffalo.org/seminars](http://www.hibuffalo.org/seminars)

## CERTIFICATION PROGRAMS

Dedicated to a tradition of excellence in teaching for over 40 years, the Himalayan Institute of Buffalo offers comprehensive training and certification in yoga and Ayurveda.



For more information visit:  
[www.hibuffalo.org/teacher-training](http://www.hibuffalo.org/teacher-training)

**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, certification programs, CEUs, & some seminars do not qualify.

#### PARKING OPTIONS:

##### MON-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-FRI

5 pm Classes:  
Temple parking lot

7 pm Classes:  
Temple; Barker or Linwood

##### SAT & SUN

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

# HIB's SPRING RETREAT

## Spring Cleanse & Daily Detox

Saturday, March 25, 9:30 am - 3:30 pm

with Sarah Guglielmi and Julia Kress

JOIN YOUR HIB COMMUNITY for a day of learning, gentle cleansing, and practice. Ayurveda, yoga's sister science of holistic health, reminds us that we are a part of nature and our health excels when we follow nature's rhythms. Over the winter the body constricts and internal cleansing processes slow down. In the spring it helps to take some time to take the load off the digestive system with a simple diet, and practices that help the body clear excess.

Our morning begins with a review of seasonal Ayurvedic cleansing. We will discuss the concepts of *Agni* (digestive fire), *Ama* (toxin load), and the seasonal Ayurvedic Clock. The morning will close with a grounding and restorative asana sequence. Cleansing pranayama and seated meditation will be included to support mental and emotional detox.

In addition to seasonal cleansing, Ayurveda recommends daily support for the body's elimination channels and organs; the skin, lungs, kidneys, colon, and liver. After lunch we will explore how to address these channels, and the psychology behind habit formation and self care. Our afternoon yoga practice will move lymphatic fluid, working to improve vitality, leaving you feeling refreshed and rejuvenated!

### SCHEDULE:

**AM SESSION: 9:30 am - noon**  
The Ayurvedic Spring Cleanse  
with Sarah

**LUNCH: noon - 1 pm**  
Full-day participants, join us for a detox supportive lunch of kitchari (beans and rice), mixed vegetables; fruit based dessert and snacks. Detox teas will be served throughout the day.

**PM SESSION: 1 - 3:30 pm**  
Daily Detox Routine and Practice  
with Julia

**FULL DAY - includes lunch:**  
**\$85 (ID: SR)**

Can't stay the day? You are welcome to attend a single session:

**AM Session only: \$45 (ID: SR1)**

**PM Session only: \$45 (ID: SR2)**

### MAIL-IN REGISTRATION FORM

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

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

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

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

### TO REGISTER ONLINE:

Visit: **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) and E-mail. Class start date reminders are sent via E-mail.

Feel free to register in person!

### QUESTIONS?

Email: [info@hibuffalo.org](mailto:info@hibuffalo.org)

Call: 883-2223

Class / Program Title	Class ID#	Fee