

HIMALAYAN OF BUFFALO, NEW YORK INSTITUTE



May / June 2017

BUFFALO'S CENTER FOR YOGA, MEDITATION, AND WELLNESS

Yoga Class Schedule | May / June 2017

REGISTER ONLINE AT
hibuffalo.org

Yoga Basics	Sat.	11:15 am - 12:30 pm	June 3 - 24 (4 wks)	\$48	Bonnie	YBS
1 BEGINNING/ FOUNDATION LEVEL	Mon.	5 - 6:30 pm	May 1 - June 26* (8 wks) <small>*No class May 29</small>	\$96	Sherry R	Y1M5
	* Tues.	9:30 - 11 am	May 2 - June 20 (8 wks)	\$96	Stephanie	Y1T9
	Tues.	5:30 - 6:45 pm	May 2 - June 20 (8 wks)	\$96	Erika	Y1T5
	Wed.	9:30 - 11 am	May 3 - June 21 (8 wks)	\$96	Carol	Y1W9
	Tues.	9:30 - 11 am	May 2 - June 20 (8 wks)	\$96	Wendy	Y2T9
2 CONTINUING LEVEL	Tues.	5:30 - 7 pm	May 2 - June 20 (8 wks)	\$96	Tess	Y2T5
	Wed.	5 - 6:30 pm	May 3 - June 21 (8 wks)	\$96	Jackie	Y2W5
	Wed.	7 - 8:30 pm	May 3 - June 21 (8 wks)	\$96	Sherri S	Y2W7
	Thurs.	5 - 6:30 pm	May 4 - June 22 (8 wks)	\$96	Renee	Y2R5
	Mon.	5:30 - 7 pm	May 1 - June 26* (8 wks) <small>*No class May 29</small>	\$96	Kerry	Y3M5
3 EXPERIENCED LEVEL	Wed.	9:30 - 11 am	May 3 - June 21 (8 wks)	\$96	Wendy	Y3W9
	Thurs.	9:30 - 11 am	May 4 - June 22 (8 wks)	\$96	Jackie	Y3R9

OUR SPECIAL INTEREST YOGA CLASS OFFERINGS CONTINUES TO GROW!

Yoga for Arthritis <small>(All Level)</small>	Mon.	9:30 - 11 am	May 1 - 22 (4 wks)	\$48	Kandy	YA
^ Core Strength <small>(Continuing-Experienced Level)</small>	Tues.	5:30 - 6:45 pm	May 2 - June 20 (8 wks)	\$96	Sarah	YC
Willpower! <small>(All Level)</small>	Tues.	7 - 8:30 pm	May 2 - June 13 (7 wks)	\$84	Cathy	YW
* Way of the Warrior <small>(Continuing Level)</small>	Wed.	9:30 - 11 am	May 3 - June 21 (8 wks)	\$96	Julia	S4I
* Hatha Flow <small>(Continuing-Experienced Level)</small>	Wed.	6 - 7:15 pm	May 3 - June 14 (7 wks)	\$84	Emilee	HF
^ Gentle	Thurs.	5:30 - 6:30 pm	May 4 - June 15* (6 wks) <small>*No class May 25</small>	\$72	Sapna	YG
* Therapeutic Yoga <small>(All Level)</small>	Fri.	11 am - noon	June 2 - 23 (4 wks)	\$48	Stephanie	YT

Class descriptions are in the "Seminar, Lecture & Specialty Classes" section of this brochure.

* = NEW CLASS ^ Full class descriptions for these classes available online at hibuffalo.org

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

Beginner Level	Thurs.	5:30 - 6:30 pm	May 4 - June 29	\$10	Staff
Continuing Level	Sat.	9:30 - 11 am	May 6 - June 24* <small>*No class May 27</small>	\$12	Staff

Go to the calendar on our home page www.hibuffalo.org to see who's teaching the drop-in class.

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

MAY

SPECIAL GUEST:
SHARI FRIEDRICHSEN



Three Main Chakras: Lecture and Practice

Monday, May 1, 7-9 pm

The three main chakras are the *manipura*, *anahata* and *ajna*. They govern the other major chakras in very sublime and profound ways. The Manipura Chakra at the navel center is the gateway to the lower two chakras and healing. The Anahata, heart, chakra is deeply connected to Consciousness and our innate nature of joy. The Ajna Chakra, the center of the mind is the Command Center and governs the six major chakras in the body. This class will focus on asana and an exploration of these chakras, to reach deeper into the well of yoga, enriching your asana practice and life.

Fee: \$25 (ID: S40)

Yoga for Arthritis

with Kandy

Mondays, May 1 - 22 (4 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: \$48 (ID: YA)

Yoga for Willpower!

with Cathy

Tuesdays, May 2 - June 13 (7 wks), 7-8:30 pm

Willpower is 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 inner resolve through asanas that relieve abdominal congestion and stoke the fire of determination. Each class will emphasize breath awareness, core strength, mental concentration, and relaxation. Inspirational passages and discussion will also be included.

This class is open to all levels.

Fee: \$84 (ID: YW)

The Way of the Spiritual Warrior: Refine Your Asana Practice

with Julia

Wednesdays, May 3 - June 21 (8 wks), 9:30-11 am

The way of the spiritual warrior is described as the balance of effort and surrender. The three warrior poses are a perfect example of the physical manifestation of this skill. Our journey will integrate the core concepts of axial stability through the *bandhas* (locks) and *agni sara*. Tension release through breath work, stretching, and meditation to align heart felt intentions with physical reality. Practicing the warrior postures with other standing poses can leave us feeling confident, peaceful, and steady.

Fee: \$96 (ID: S41)

Hatha Flow

with Emilee

Wednesdays, May 3 - June 14 (7 wks), 6-7:15 pm

Join Emilee for this hatha-in-motion series, where classical asanas (yoga poses) are explored through fluid movements that link with the steady flow of breath. Deepen your physical capacity and internal focus as you progress through increasingly challenging sequences, improving strength, stamina, balance and flexibility. Each class includes traditional breath training, relaxation and meditation methods as taught in the Himalayan Tradition.

This is a Level 2-3 class. Prerequisite: Yoga 2 or greater.

Fee: \$84 (ID: HF)

Beginning Meditation – PM Class

with Donna

Wednesdays, May 3 - 24 (4 wks), 7-8:30 pm

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: S42)

Spiritual Study and Practice Group for Women

Thursday, May 4, 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. *Awakening Shakti* provides a practical guide for activating the currents of the divine feminine in every aspect of your life. We will discuss Chapter 5.

Fee \$5 (ID: S43)

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.

TRAVELERS

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

FOLLOW US

on Facebook:
www.facebook.com/hibuffaloyoga

Heartfelt appreciation to People Inc. for labeling these brochures.

Yoga and Meditation for Anxiety and Depression

with Athalie Joy, PhD

Saturday, May 6, 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: S44)

CEU CLASS FOR YOGA INSTRUCTORS & PRACTITIONERS

Yamas and Niyamas: The Eight Rungs of Yoga

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

Saturday, May 6, 4-7 pm

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 3 continuing education credits with Yoga Alliance.*

Fee: \$45 (ID: E25) - St/Sr discounts do not apply to CEU's

Transformation Through Deep Relaxation

with Jackie

Mondays, May 8 - 22 (3 wks), 5:30 - 6:45 pm

Relaxation doesn't always come readily. Our environment, life's events, and prolonged habits create (and sustain) a level of tension within ourselves that becomes our "normal." Explore gentle movements, breath awareness, tension/release exercises, and a number of relaxation techniques that work to soothe the nervous system while strengthening the pathways of mind to muscle. Softening our inner grip opens a fresh perspective, revealing a profound sense of inner calm, wisdom and joy. *Although this is an all-level class, some experience with yoga is requested.*

Fee: \$36 (ID: S45)

Full Moon Meditation

with Tracy

Wednesday, May 10, 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 meditation. We will recite the *Gayatri Mantra*, devotion to the eternal light, 108 times. No previous experience with the mantra required.

Fee: \$12 (ID: S46)

CLOSED MEMORIAL WEEKEND

Fri., May 26 - Mon., May 29

No Drop-In class Sat., May 27

SATSANG: Pilgrimages and Sacred Sites

with Donna

Thursday, May 18, 7-8:30 pm

Join Donna and other *sadhakas* (spiritual seekers) who have made the pilgrimage to the Himalayan Institute's campus in Khajuraho, India. A stronghold of tantric practices, and UNESCO World Heritage Site, this sacred location is imbued with the love and teachings of the masters of the Himalayan Tradition. Enjoy a slide-show presentation, tea, and conversation about life's journey and the places it takes us. The evening will close with a brief relaxation and guided meditation practice.

FREE! (ID: S47) - Registration Requested.

YOGA PHILOSOPHY

The Art of Joyful Living

with Tracy

Thursdays, May 25 - June 8 (3 wks), 7-8:30 pm

In his book *The Art of Joyful Living*, Swami Rama tells us that "Happiness is of Our Own Creation". It is our responsibility as human beings to learn how to uncover our intrinsic joy. A life that is happy and fulfilling is possible if we have the means. Yoga Science gives us the tools to rid ourselves of negative states of being and to understand our true nature – balanced and free. In this course, we will explore yoga philosophy and practice while developing personal techniques for cultivating peace and joy. Each class will include lecture/discussion, journaling, gentle asana, relaxation and meditation.

Fee: \$40 (ID: S48)

JUNE

Spiritual Study and Practice Group for Women

Thursday, June 1, 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. Will discuss Chapter 6.

Fee \$5 (ID: S49)

Therapeutic Yoga: Balance Training

with Stephanie

Fridays, June 2-23 (4 wks), 11 am - noon

Solid physical balance is more than just being able to stand on one foot. Improving balance can prevent injuries, sharpen mental focus and relieve stress. In this 4-week yoga session, we will build body awareness and create a foundation for improving strength and stability. You may find that improving your physical balance can help you strike a balance in the other aspects of your life as well.

Fee: \$48 (ID: YT)

HIB'S JUNE RETREAT

Pranayama Intensive: The Keys to Unlock a Stress-Free Mind

Sarah Guglielmi and Julia Kress

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

See the back panel of brochure for retreat description.

Yoga Basics: 4-week Introduction to Yoga

with Bonnie

Saturdays, June 3 - 24 (4 wks), 11:15 am - 12:30 pm

Find yoga a little intimidating? Fear not! This 4-week Yoga Basics course will provide you with a thorough introduction to hatha yoga. Explore range of movement exercises, alignment fundamentals, and breathing and relaxation techniques in a fun and relaxing environment.

Fee: \$48 (ID: YBS)

CEU CLASS FOR YOGA INSTRUCTORS

Teach and Prosper: Cultivating Abundance for Yoga Teachers

with Sarah Guglielmi and

Yoga Business Coach Christine Donnolo

Sunday, June 4, 10 am - 1 pm

Yoga instructors teach because they love yoga. They are endlessly inspired by the depth, strength, and joy it brings into their own lives. This is one of the reasons why the "business of yoga" can be a challenge for many teachers. Join Sarah and Christine for this 3-hour workshop that includes discussion, self-reflection, journaling, and practice. Reflect on the goals of your yoga business, be it voluntary, part time, or full time. Explore your "Money Mindset" and how it influences your work as a teacher. Learn how you can support transformation in your beliefs and limitations around money, abundance, and security with yoga practices that create freedom in the space of the root chakra. We'll close with a yoga practice and goal setting exercise for the next 90 days. *This course qualifies for 3 continuing education credits with Yoga Alliance.*

Fee \$45 (ID: E26) - St/Sr discounts do not apply to CEU's

Beginning Meditation - AM Class

with Donna

Tuesdays, June 6 - 27 (4 wks), 9:30 - 11 am

See program description under May offerings.

Fee: \$48 (ID: S51)

Full Moon Meditation

with Tracy

Friday, June 9, 7-8:30 pm

Come together with your *kalyana mitras* (spiritual friends) and celebrate the light of the Himalayan Tradition. 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.

Loka samastas sukhino bhavantu: "May the whole world attain peace and harmony."

Fee: \$12 (ID: S52)

SPECIAL GUEST: SANDRA ANDERSON



The Enchanted World of Tantra - Discussion and Guided Meditation

Thursday, June 15, 7-8:30 pm

For tantrics, the world is infused with divinity and full of wonder and possibilities. The many tools and techniques of tantra skillfully harness the inner forces of desire that arise in the body and mind. Whether with ritual, worship, meditation or yoga, the tantric practices connect the practitioner to points of potential where transformation can occur, whether in the inner world of personal karma, or the world of collective experience. Join Sandra and explore how to incorporate the characteristic features of tantra in your life and yoga practice.

Fee: \$25 (ID: S53)

RESERVE YOUR SPACE ONLINE AT:

hibuffalo.org

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

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

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 JUNE RETREAT

Pranayama Intensive: The Keys to Unlocking a Stress-Free Mind

Saturday, June 3, 9:30 am - 3:30 pm

with Sarah Guglielmi and Julia Kress

Spend Saturday at HIB for a day focused on community and practice. Reconnect to the healing power of breath, as we review the energetic and physiological effects of *pranayama* (yogic breathing) and systematic relaxation. Learn a step-by-step approach to stress management and pranayama practices that you can do at home. Practices covered include 2:1 Breathing, *Nadi Shodhanam*, *Kapalabhati*, and *Anuloma*.

We will begin with a discussion of *prana* (vital life-force energy), and the role it plays in the therapeutic and spiritual effects of yoga. Sarah will guide you through a "pranic assessment" exercise, and review a pranayama progression so that you can begin to cleanse pranic energy channels and regulate pranic flow. The morning will close with an asana and pranayama practice.

After lunch, Julia will cover the physiology of breathing, and the stress response. Learn how breathing practices and systematic relaxation create transformation on both physiological and mental levels. Afternoon practice will focus on strengthening the spine, opening the hips, and developing a stable seated posture. Guided relaxation will lend to greater subtle body awareness and expand your pranic field.

SCHEDULE:

AM SESSION: 9:30 am - noon
Pranayama: A Step by Step Approach with Sarah

LUNCH: noon - 1 pm
Lunch is included for full-day participants: Bean Salad with Rice Dish, Apple Lime Mint Tea, and Berry Crisp..

PM SESSION: 1 - 3:30 pm
The Physiology of Pranayama and Systematic Relaxation with Julia

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

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

AM Session only: \$45 (ID: JAM)

PM Session only: \$45 (ID: JPM)

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

Call: 883-2223

Class / Program Title	Class ID#	Fee