

HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



January/February 2019

YOUR HOME FOR YOGA, MEDITATION, AND WELLNESS

Yoga Class Schedule | January/February 2019

REGISTER ONLINE AT
hibuffalo.org

Our multi-week classes resume
Wednesday, January 2nd.

GENTLE, RESTORATIVE & THERAPEUTIC CLASSES

Gentle	Mon.	10 - 11 am	Jan. 7 - Feb. 11 (6 wks)	\$72	Laura	YGM
°Restorative	Mon	3:30 - 4:30 pm	Jan. 7 - 28 (4 wks)	\$48	Sapna	RY
Gentle	Thurs.	5:30 - 6:30 pm	Jan. 3 - Feb. 7 (6 wks)	\$72	Maya	YGR
Pain Management	Fri.	11 am - noon	Jan. 4 - 25 (4 wks)	\$48	Stephanie	YPM

BEGINNING / FOUNDATION LEVEL CLASSES

Hatha 1	Mon.	4 - 5:15 pm	Jan. 7 - Feb. 18 (7 wks)	\$84	Marissa	YIM4
Hatha 1	Mon.	5:30 - 6:45 pm	Jan. 7 - Feb. 18 (7 wks)	\$84	Jean	YIM5
Hatha 1	Wed.	10 - 11:30 am	Jan. 2 - Feb. 13 (7 wks)	\$84	Ann L	YIW9
Hatha 1	Thurs.	9:30 - 11 am	Jan. 3 - Feb. 14 (7 wks)	\$84	Cathy	YIR9

CONTINUING LEVEL CLASSES

Hatha 2	Tues.	9:30 - 11 am	Jan. 8 - Feb. 19 (7 wks)	\$84	Wendy	Y2T9
Hatha 2	Tues.	5:30 - 7 pm	Jan. 8 - Feb. 12 (6 wks)	\$72	Tess/Kandy	Y2T5
°Core Strength	Tues.	5:30 - 6:45 pm	Jan. 8 - Feb. 19 (7 wks)	\$84	Sarah	YC
°Yin Yoga	Wed.	5 - 6:30 pm	Jan. 2 - Jan. 30 (5 wks)	\$60	Bonnie	YY
Hatha 2	Wed.	5 - 6:30 pm	Jan. 2 - Feb. 20 (8 wks)	\$96	Jackie/Colleen	Y2W5
°Awakening Prana	Thurs.	10 - 11:30 am	Jan. 3 - Feb. 21 (8 wks)	\$96	Jackie	YAP
Hatha 2	Thurs.	5 - 6:30 pm	Jan. 3 - Feb. 21 (8 wks)	\$96	Renee	Y2R5

EXPERIENCED LEVEL CLASSES

Hatha 3	Mon.	5:30 - 7 pm	Jan. 7 - Feb. 18 (7 wks)	\$84	Kerry/Stephanie	Y3M5
Hatha 3	Wed.	10 - 11:30 am	Jan. 2 - Feb. 20 (8 wks)	\$96	Wendy	Y3W9

°Descriptions for these classes are available at hibuffalo.org

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

Beginning Level	Thurs.	5:30 - 6:30 pm	Jan. 3 - Feb. 28	\$10	Staff
Continuing Level	Sat.	9:30 - 11 am	Jan. 5 - Feb. 23	\$12	Staff

To see who's teaching a drop-in class, go to the calendar on our home page hibuffalo.org

DESCRIPTIONS

Start from where you are. Our classes are taught over several weeks to systematically introduce postures and develop strength and flexibility. All of our classes conclude with a guided relaxation.

Hatha 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.

Hatha 2: Continuing Level

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

Hatha 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.

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.

Yin Yoga The practice of Yin Yoga is a slow-paced method in which poses are held for extended periods of time with a focus on increasing circulation and energetic flow into joints, ligaments and connective tissues.

RESERVE YOUR SPACE AT:

hibuffalo.org
or call
(716) 883-2223

Classes or seminars with fewer than 6 registrations are subject to cancellation.

Preregistration is not available for Thurs. and Sat. Drop-in classes.

Lectures · Seminars · Specialty Classes

JANUARY

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 the season? 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 hibuffalo.org

FOLLOW US

on Facebook: facebook.com/hibuffaloyoga

Sadhana Circle

with Donna

Thursday, Jan. 3, 7 - 8:30 pm

Gather together with other like-minded people in a relaxed setting to explore the concept of inspiration in yoga practice. Those of us on a spiritual path seek truth, peace, and joy in life. The yoga tradition provides us with methods to achieve our goal of higher awareness. We are encouraged in diverse ways through various means in our *sadhana* (spiritual discipline). It is often because of sources of inspiration that we gain insight, clarity, illumination, and self-awareness. These experiences support our *sankalpa shakti* (power of determination) offering confidence to persist at our endeavors. Join us in a circle of seekers to share your source of inspiration with other aspirants. Bring your creativity, music, art, poetry, reading, stories, whatever it is that leads you closer to your inner wisdom and sustains your practice.

Fee: \$5 (ID: S01) Preregistration requested.

Yoga as an Ally for Pain Management

with Stephanie

Fridays, Jan. 4 - 25 (4 wks), 11 am - noon

Sharp or dull, throbbing or stabbing, physical or emotional – pain of all kinds is both a source and symptom of stress. When pain crops up, it compels us to find ways to manage it. Yoga breathing techniques, relaxation skills, and postures are uniquely situated to help. They are natural, easily learned, and readily available. Stephanie is a veteran of managing her own pain resulting from serious injuries and surgeries.

Fee: \$48 (ID: YPM)

Soup & Cinema!

with Kandy

Friday, Jan. 4, 6 - 9 pm

Come in out of the cold to enjoy a big bowl of homemade vegetarian soup, an inspired film, community and connection. Today's movie is "Loving Vincent." The world's first painted film (painted frame-by-frame) depicts the life and death of Vincent Van Gogh.

Fee: \$5 (ID: S02) Preregistration is required.

Soup provided. Please bring a dessert to share.

Body Image and Eating Concerns Group: Nourish

with Carissa

Saturday, Jan. 5, 10 am - noon

Nourish is a workshop for individuals dealing with food and body image concerns. This session integrates Hatha Yoga and experiential activities. The intent is to assist participants to connect to the present moment, challenge negative thoughts, manage symptoms and feel more balanced and nourished within the body and mind. Utilizing self-compassion and acceptance, participants will learn to embrace and live in their bodies more effectively. A trauma sensitive, person-centered approach will be utilized and no previous yoga experience is necessary.

Fee: \$20 (ID: S03)

Beginning Meditation (Four Week Course)

with Donna

Tuesdays, Jan. 8 - 29 (4 wks), 5:30 - 7 pm

Meditation, a method for acquiring a clear and tranquil mind, is the heart of yoga practice. In this course, you will 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: S04)

YOGA PHILOSOPHY

Overcoming Fear and Doubt:

The Message of the *Bhagavad Gita* Discussion and Practice Series (part 1)

with Julia

Thursdays, Jan. 10 - 31 (4 wks), 7 - 8:30 pm

Fear and doubt are common feelings - using them as guides to spiritual fulfillment is not so common. The *Bhagavad Gita* lends timeless reassurances that deep down we do truly know what is right for us. How to move in that direction and find lasting fulfillment is the biggest question. The Gita lays out a plan for all yoga practitioners through varying methods - depending on one's own intuition and inclination in practice. In this four-week series, we will explore this sacred text to enhance our understanding and practical application of the various paths that yoga can offer. There is no required text. Please bring along any translation of the *Gita* that you find useful.

Fee: \$60 (ID: S05)

Ayurveda for Total Health

with Kandy

Saturday, Jan. 12, 1 - 3:30 pm

Ayurveda, yoga's sister science, is an ancient system of holistic healing that views vibrant health as our birthright. It is based on an understanding that wellness depends on a delicate balance between the mind, body, and spirit. In this class, we will explore the fundamental principals of Ayurveda. We will review the doshas, determine your constitution, and examine how it affects you at every stage of your life.

Fee: \$20 (ID: S06)

Meditation Monday: Group Practice

with Kerry

Monday, Jan. 14, 7 - 8 pm

Throughout 2019, our group practice will be held on the second Monday of each month. Group meditation helps to expand collective consciousness while also strengthening an individual's practice through the supportive energy of the group. Our evening will include light stretches, guided relaxation, and meditation. *No prior experience is necessary. Preregistration is requested.*

Donation Based. (ID: S07) \$10 suggested donation.

WHAT HOMEOPATHY CAN DO FOR ME with Arup Bhattacharya, PhD, DHM

The *What Homeopathy Can Do for Me* series is for any individual interested in exchanging information on how homeopathy might be able to help them or their friends and family to cope, palliate and heal using homeopathic medicines. Examples from past disease cases will be shown along with the homeopathic medicines that has been found to be most effective in such diseases. The discussion will end with 30-60 minutes of Question and Answer where personal questions will be addressed.

Fee: \$35 per session

Homeopathy and Cancer – your regimen, your way

Sat., Jan. 12, 9:30 am - 12:30 pm
(ID: HS1)

Homeopathy – your friend in anxiety, panic disorder and depression

Tues., Jan. 15, 5:30 - 8:30 pm
(ID: HS2)

Homeopathy – an inexpensive option for infertility issues

Sat., Jan. 26, 9:30 am - 12:30 pm
(ID: HS3)

Homeopathy to the rescue in aches, pains, RA and joints

Tues., Jan 29, 5.30 - 8.30 pm
(ID: HS4)

Homeopathy for eczema and skin problems

Tues., Feb 19, 5.30 - 8.30 pm
(ID: HS5)

Homeopathy for GI & Bowels – in aid of gastric ulcers, SIBO, IBS

Sat., Feb 23, 9.30 am - 12.30 pm
(ID: HS6)

ABOUT THE INSTRUCTOR: Arup has been a practicing homeopath since 1992 and is registered with the College of Homeopaths in Ontario and NASH. As a mentor, preceptor and educator, Arup conducts regular year-long classes and seminars for students, lay persons and advanced practitioners. Arup retired from the research faculty of the Department of Pharmacology and Therapeutics at Roswell Park Comprehensive Cancer Center in Sept 2018 after working there since 1999. He holds various patents for his scientific discoveries. Find out more about Arup at: homeopathichealers.com

Ease and Wisdom - Bringing Mindfulness into the Classroom (part 1)

Wednesdays, Jan. 16 - 30 (3 wks), 4:15 - 6 pm
with Rosa D'Abate

Educators sometimes lack the comfort and confidence in sharing their own mindfulness practices with their students. The purpose of this series of classes is to provide opportunities for teachers and other school personnel to develop comfort bringing mindfulness practices into their daily work with students. While the benefits of Mindfulness and Social-Emotional Learning (SEL) have been highly publicized, many teachers are still unsure how to best infuse these practices into their work with students. This three-week series will explore the connection between mindfulness and SEL and how the components and competencies of each are implemented in the classroom. This course requires that participants either have or want to cultivate their own awareness-based practices because mindfulness is an experiential discipline; therefore, participants will be exploring a variety of mindfulness practices for personal and professional use.

Fee: \$45 (ID: S08)

Courage – The Inner Stance of Life

with Kerry

Saturday, Jan. 19, 1 - 3:30 pm

Fear may be the most common experience to human-kind – how we handle our fears will determine the course of our lives. Through asana, readings, journaling and group discussion, we will explore situations on and off the mat of how we respond to fear (not the sources of our fears), and means for cultivating compassion and inner strength to open and to act through our discomfort. Please bring your yoga mat.

Fee: \$20 (ID: S09)

Cave of the Heart Meditation Practice

with Tracy

Sunday, Jan. 20, 1 - 2:30 pm

Join fellow seekers as we celebrate another year of yoga and friendship at HIBuffalo by coming together to practice the Cave of the Heart Meditation – a combination of guided imagery and deep inner focus. We will enjoy light stretching and a guided relaxation beforehand, and students will be given a printed guide to continue the practice at home. A beautiful way to begin your 2019!

Fee: \$20 (ID: S10)

500-Hour Yoga Teacher Training

The Himalayan Institute of Buffalo's 500-hour Yoga Teacher Certification program offers yoga teachers from all traditions an avenue to further deepen their personal practice and teaching. Taught over the course of 15 weekends, between April 2019 - July 2020, our training and certification program includes: studies in advanced teaching methods, sequencing, verbal and hands-on assists, subtle body anatomy, pranayama, mantra meditation, therapeutic applications of yoga, and the study of sacred yoga texts.

SAVE \$200 when you register by January 15, 2019.

For more information and application go to hibuffalo.org/teacher-training

FEBRUARY

Yoga to Manage Moods

with Carissa

Saturday, Feb. 2, 10 am - noon

Yoga provides a holistic approach to mood and symptom management. Using a combination of gentle physical poses, mindful-breathing, and relaxation techniques, participants will feel more connected and balanced within the body and mind. A trauma-sensitive, person-centered approach will be utilized, and individual attention and modifications will be provided as needed. No prior yoga experience is required.

Fee: \$20 (ID: S11)

YOGA PHILOSOPHY

The Power Behind Mantra & Meditation: The Message of the *Bhagavad Gita* - Discussion and Practice Series (part 2)

with Julia

Thursdays, Feb. 7 - 21 (3 wks), 7 - 8:30 pm

The *Bhagavad Gita* gives insightful detail about the meaning and purpose of meditation. The verses guide us gradually toward the ultimate experience - Oneness with Self. Chapter six explains that through continuous effort, a practitioner will be rewarded first by glimpses of the immortal light and then through the grace of the inner teacher. Mantras, sacred sounds used in meditation, are either said outwardly or heard inwardly and support and guide us on the path. We will discuss the science of meditation - as method and as sound and how it alters our brain's neuro-energetics and plays a role in altering perception and purpose. Each class will include guided relaxation and meditation. *There is no required text. Please bring along any translation of the Gita that you find useful.*

Fee: \$45 (ID: S12)

CEU FOR YOGA INSTRUCTORS AND PRACTITIONERS

The Power of Restorative Postures and Relaxation Methods: Assisting your students with props and techniques

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

Saturday, Feb. 9, 10 am - 1 pm

Seeing the body and mind as an energetic system, we will look through the lens of science and yoga philosophy to understand the purpose behind supported asana and systematic relaxation. Using the techniques of mindfulness, breath control, and movement, you will be guided through a full range of yoga practices to alter circulatory patterns, sensory interpretation, and perception as a means to establish balance, effort, and ease. When implemented into your yoga practice, these techniques assist in releasing tension in the body and mind and allow you to be at home within yourself in a profound way. *Attention certified yoga instructors; this course qualifies for 3 hours of CE training with Yoga Alliance.*

Fee: \$45 (ID: E41)

Meditation Monday: Group Practice

with Larry

Monday, Feb. 11, 7 - 8 pm

Group meditation helps to expand collective consciousness while also strengthening an individual's practice through the supportive energy of the group. Our evening will include light stretches, guided relaxation, and meditation. *Preregistration is requested.*

Donation Based. (ID: S13) \$10 suggested donation.

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-Sat: 9am-noon
Closed Sundays

**PLEASE NOTE: The
office and bookstore
will be CLOSED on
Fridays in February**

GIFT CERTIFICATES

are available
for classes and
the 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:

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

SUN
Temple parking lot:
Barker or Linwood

Evening Classes:

MON-TUES and
FRI-SAT
Red Cross parking lot:
Barker or Linwood

WED & THURS
Temple parking lot:
Barker or Linwood

Wisdom. Service. Community.

The Himalayan Institute of Buffalo is a not-for-profit organization dedicated to the practice, heritage, and philosophy of yoga and meditation. Throughout the new year, we are pleased to offer even greater opportunities to learn, grow, and inspire - both individually and collectively. It is your dedication and support that make this such an extraordinary space. **THANKYOU** for being an integral part of our amazing community.

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