

Welcome to our JANUARY-FEBRUARY online session! Register for a multi-week class or enjoy our All-Access Asana Pass. We have over 20 yoga classes available each week in a wide range of styles and levels. Be sure to join our email list and friend us on Facebook (facebook.com/hibuffaloyoga) to receive the latest class updates. Full class descriptions can be seen on our website: [hibuffalo.org](http://hibuffalo.org) to view classes and seminars. If you need any assistance, give us a call at (716) 883-2223.

MONDAY	Instructor	Time	Dates	Cost
Gentle Yoga	Alexis	3-4 pm	Jan. 4 - Feb. 8 / 6wks	\$60
Hatha 3	Kerry	5-6:30 pm	Jan. 4 - Feb. 22 / 8wks	\$80
Hatha 1 + 2	Erika	5:30-6:30 pm	Jan. 4 - Feb. 22 / 8wks	\$80
Group Meditation	Staff	7-8 pm	ongoing	(Donation Based)
TUESDAY				
Hatha 2	Wendy	9:30-11 am	Jan. 5 - Feb. 23 / 8wks	\$80
Exploring the 5 Prana Yatus	Tracy	10-11:30 am	Jan. 5 - Feb. 23 / 8wks	\$80
Chair Yoga - Gentle (Jan)	Renee	10-11 am	Jan. 5 - 26 / 4wks	\$40
Chair Yoga - Gentle (Feb)	Renee	10-11 am	Feb. 2 - 23 / 4wks	\$40
Yoga for Pain Mgmt.	Stephanie	3-4 pm	Jan. 12 - Feb. 9 / 5wks	\$50
Stretch & Relax	Jackie	4-5 pm	Jan. 5 - Feb. 23 / 8wks	\$80
Hatha 2	Tess	5:30-6:30 pm	Jan. 5 - Feb. 23 / 8wks	\$80
Yoga for Core Strength	Sarah	5:30-6:45 pm	Jan. 5 - Feb. 23 / 8wks	\$80
WEDNESDAY				
Gentle Yoga	James	9-10 am	Jan. 6 - Feb. 10 / 6wks	\$60
Hatha 3	Wendy	9:30-11 am	Jan. 6 - Feb. 24 / 8wks	\$80
Hatha 2	Jackie	5-6:15 pm	Jan. 6 - Feb. 24 / 8wks	\$80
THURSDAY				
Hatha 1	Colleen	10-11:30 am	Jan. 7 - Feb. 25 / 8wks	\$80
Hatha 2	Sarah	10-11:15 am	Jan. 7 - Feb. 25 / 8wks	\$80
Adaptive Yoga	Julia	3:30-4:30 pm	Jan. 7 - Feb. 25 / 8wks	\$80
Hatha 2	Renee	5-6:15 pm	Jan. 7 - Feb. 25 / 8wks	\$80
Trauma-Informed Yoga	Lidia	5:30-6:30 pm	Jan. 14 - Feb. 18 / 6wks	\$60
FRIDAY				
Strong Seniors – Level 1	Cathy	9:30-10:30 am	Jan. 8 - Feb. 26 / 8wks	\$80
Strong Seniors - Level 2	Cathy	11am-noon	Jan. 8 - Feb. 26 / 8wks	\$80
Yoga - Parkinson's	Larry	5:30-7 pm	Jan. 8 - Feb. 26 / 8wks	\$80
SATURDAY				
All Levels Drop-in	Staff	9:30-10:30 am	ongoing	(Donation Based)
SUNDAY				
Exercises for Joints & Glands	Tracy	7-8 pm	Jan. 10-31 / 4wks	\$40

REGISTER ONLINE AT  
**hibuffalo.org**  
or call (716) 883-2223

**CLASSES** will be streaming live via Zoom throughout February unless otherwise noted.

**EVERYONE** will continue to receive reduced "pandemic pricing" on multi-week asana classes this Sept-Oct (EX: 8wk class = \$80 instead of \$96).

### ALL ACCESS ASANA^

Take as many yoga classes as you like each week. Enjoy access to ALL of our live-stream asana classes that are listed on this page.

*(^Excludes workshops and CEU courses).*

**JAN/FEB - 2 MONTHS  
UNLIMITED = ~~\$169~~ \$129**

### NEW YEAR'S SPECIAL!

**SAVE \$40** when you enter discount code **SAVE40** at checkout.

*May only be applied to the All Access Asana pass. Offer valid through January 3, 2021.*

Class descriptions can be found on our web site:

**hibuffalo.org**

IN PERSON CLASSES will resume shortly. Please check for updates at [hibuffalo.org](http://hibuffalo.org) or call (716) 883-2223.

*Thank you for your patience!*

Office & Bookstore  
**CLOSED:**  
Dec 24, 2020 - Jan 3



The following classes will be available on ZOOM. Meeting code will be emailed 24 hours before class time.

### ^Cave of the Heart - New Year's Meditation

with Tracy

Sunday, January 3, 10-11am

Join fellow seekers as we celebrate another year of yoga and friendship at HIBuffalo by coming together virtually 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 emailed a printed guide to continue the practice at home. A beautiful way to begin your 2021!

Fee: \$15 (ID: S01)

### \*Foundations of Meditation (4 Week Course)

Donna Mattucci

Wednesdays, Jan. 6 – 27 (4wks), 5-6:15 pm

Meditation is the yoga practice that enables us to acquire a clear and peaceful mind. In this course, you will learn the basics: a comfortable sitting posture, diaphragmatic breathing, relaxation methods, and essential concentration techniques that direct us to an experience of inner radiance and tranquility.

Fee: \$48 (ID: S02)

### ^Exploring the Five Prana Vayus

with Tracy

Tuesdays, Jan. 5 – Feb. 23 (8wks), 10-11:30am

At its heart, hatha yoga is more than just flexibility or strength in postures; it is the management of prana, the vital life force that animates all levels of being. Prana divides itself into five vayus (winds), each governing different aspects of our being. Join Tracy for an exploration of how the vayus work in your body and how to strengthen and balance their function through asana and pranayama practice. We will focus on one vayu each week for the first five weeks and then look at integrated practices for the remaining three.

Fee: \$80 (ID: YPV)

### CEU TRAINING\*

#### \*Fire it Up!

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

Saturday, Jan. 9, 10am-12:30pm

Open to Yoga teachers and interested students. Fire is an agent for change which can create the destiny we want or go in another direction altogether. Yoga practice addresses the internal fire as

the digestive fire of mind and body, the fire of intelligence, the fire of insight and inspiration, and the fire that guides. We can learn to alter this energy, which is both metabolic and subtle, through practices that stimulate the abode of agni in the abdominal region. We will learn to use physical stimulation, deep relaxation, study and contemplation, and herbs and spices. This is a practical and lecture, so please avoid eating two hours before class. *\*This course qualifies for 2.5 hours of CE training with Yoga Alliance. St/Sr discounts do not apply to CEU Trainings.*

Fee: \$55 (ID: E62)

### ^Exercises for Joints & Glands

with Tracy

Sundays, Jan. 10 -31 (4wks), 7-8pm

Exercises for Joints & Glands are a set of simple, pleasant stretching exercises that can be enjoyed by everyone. They increase circulation to all parts of the body and help improve overall flexibility. Restore a natural vitality to the body and mind by releasing accumulated tensions in the joints and glands. Based on the 1977 book compiled from the teachings of Swami Rama.

Fee: \$40 (ID: YGJ)

### ^Find the Breath, Feel the Body, Nourish Yourself: All-Level Trauma-Informed Yoga

Lidia Snyder, LMSW, RYT-500, TC-TSY

Thursdays, Jan. 14 – Feb. 18 (6wks), 5:30-6:30 pm

Join Lidia Snyder for a trauma-informed yoga series that will give you an opportunity to observe your breath and tune into your own body. Many people are feeling the effects of these uncertain times with increased stress, mood disturbances, and general feelings of grief. Take time to tap into your ever-present resource, the breath, to soothe the nervous system and nourish the mind and body as you explore your own physical experiences.

Fee: \$60 (ID: YTS)

### \*COVID-19 Vaccinations - Homeopathic Protocols and Standard Practices to Help You Prepare

with Dr. Arup Bhattacharya, PhD, DHM, Hom (ON), RSHom (NA)

Thursday, Jan. 14, 6-8.30 pm

There is a lot of interest, fascination, and anxiety around the different COVID-19 vaccine options. How do we make a decision? Should I and my family vaccinate and if so, what are the different options and their pros and cons? What do we really



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\* NOT included in All-Access Asana Pass

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know so far about the results of the various studies and initial implementation of the vaccine - including any adverse effects?

In this seminar Dr. Arup Bhattacharya, PhD, DHM, Hom (ON), RSHom (NA) will discuss the valid, scientific information available (unrefuted evidence - no rumors or speculation!) to help you make an informed decision. When and if the vaccine is available to you, you can be more confident of the choices you make. A two-hour presentation will be followed by a Q&A session. For more information about Arup go to: [homeopathichealers.com](http://homeopathichealers.com)

Fee: \$35 (ID: S04)

### \*Journal Making – Using Things From Your Home

with Donna Stepien

Friday, Jan 22, 2-4 pm

Join artist and educator Donna Stepien for an afternoon of hands-on interactive journal making using items that you have (or can easily get) at home. In this session, you'll be practicing mindful awareness as Donna guides you to make three simple book structures: pamphlet (a simple stitched book), concertina (accordion structure), and Japanese stab (a lovely book where the binding is a key decorative element). There are specific tasks—instructions—toward any goal, or outcome, which today is making books! To think of these tasks as rituals helps us to perceive them in a soft, accepting way.

Please have the following items on hand: paper (8-1/2" x 11" copy paper will work!) for the insides and thinker paper for your covers (construction paper or card stock), scissors, ruler, needle & thread, wax (from an old candle), glue stick, blunt butter knife & spoon. For more information, please call or email.

Fee: \$20 (ID: S05)

interrupt our natural balance and lead to a lack of internal connection physically, mentally and energetically. We will compare yoga's model of the mind with what science now knows about neuro-anatomy leading to a deeper and more profound experience of wholeness and equanimity.

The lecture aspect will give you the knowledge to apply to the techniques of Yoga creating a rich, meaningful, and purpose driven pathway to the inner exploratory experiences of guided relaxation and meditation.

Fee: \$60 (ID: S07)

### CEU TRAINING\*

### \*Neck and Shoulders: Anatomy & Sequencing for Yoga Teachers

with Sarah Guglielmi, MS, E-RYT-500, AYS

Thursday, Feb. 4, 6:30-8:30pm

Nearly all of us are challenged with some form of chronic neck and shoulder tension. Daily computing, scrolling, and a myriad of stressors impact this space. Join Sarah to explore common muscle imbalances of the Neck and Shoulders. Learn how yoga can better address this region by first understanding the relationship between agonist/antagonist muscle pairs. Then we'll apply this knowledge to sub-sequences you can use as stand-alone therapeutic practices, or to integrate into a traditional practice. \*This course qualifies for 2 hours of CE training with Yoga Alliance. St/Sr discounts do not apply to CEU Trainings.

Fee: \$45 (ID: E63)

### \*Yoga to Manage Moods

with Carissa

Saturday, Feb. 13, 10am-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: S08)

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## FEBRUARY

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### \*Anatomy of Awareness and The Practice of Yoga

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

Mondays, Feb. 1 -15 (3wks), 6:45-8:15 pm

Mindfulness is awareness. The more we practice Yoga and Meditation, the more aware we become of our physical bodies, thought patterns, and our energy levels. But, how? What's the science behind it? Our session will explore the world of neuro-physiology through modern science and ancient wisdom to help understand how we experience feelings and awareness. Personal history can

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