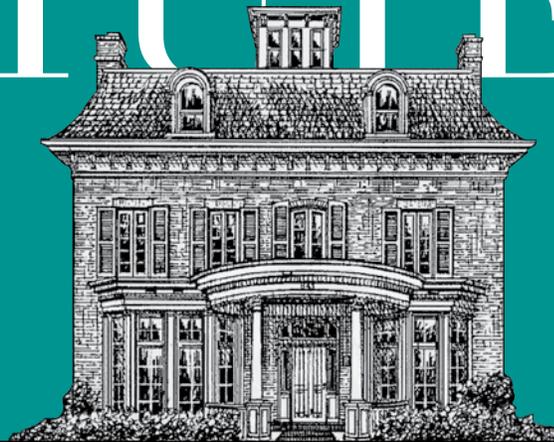


HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



November/December 2018

YOUR HOME FOR YOGA, MEDITATION, AND WELLNESS

Yoga Class Schedule | November/December 2018

REGISTER ONLINE AT
hibuffalo.org

GENTLE, RESTORATIVE & THERAPEUTIC CLASSES

Gentle	Mon.	9:30 - 10:30 am	Nov. 5 - Dec. 10 (6wks)	\$72	Laura	YGM
Gentle	Thurs.	5:30 - 6:30 pm	Nov. 1 - Dec. 13* (6wks)	\$72	Maya	YGR
°Restorative	Mon	3:30 - 4:30 pm	Nov. 19 - Dec. 17 (5wks)	\$60	Sapna	RY

BEGINNING / FOUNDATION LEVEL CLASSES

Hatha 1	Mon.	5 - 6:30 pm	Oct. 29 - Dec. 17 (8wks)	\$96	Sherry	Y1M5
Hatha 1	Tues.	9:30 - 11 am	Nov. 6 - Dec. 18 (7wks)	\$84	Cathy	Y1T9
Hatha 1	Wed.	10 - 11:30 am	Nov. 7 - Dec. 19 (7wks)	\$84	Carol	Y1W9
Hatha 1	Thurs.	9:30 - 11 am	Nov 1 - Dec 20* (7wks) <small>*No class Nov. 22</small>	\$84	April	Y1R9

CONTINUING LEVEL CLASSES

Hatha 2	Tues.	9:30 - 11 am	Oct. 30 - Dec. 18 (8wks)	\$96	Wendy	Y2T9
Hatha 2	Tues.	5:30 - 7 pm	Oct. 30 - Dec. 18 (8wks)	\$96	Tess	Y2T5
°Core Strength	Tues.	5:30 - 6:45 pm	Oct. 30 - Dec. 18 (8wks)	\$96	Sarah	YC
Hatha 2	Wed.	5 - 6:30 pm	Nov. 7 - Dec. 19* (6wks) <small>*No class Nov. 21</small>	\$72	Jackie	Y2W5
°Yin Yoga	Wed.	5 - 6:30 pm	Nov. 7 - Dec. 19* (6wks) <small>*No class Nov. 21</small>	\$72	Bonnie	YY
°Awakening Prana	Thurs.	10 - 11:30 am	Nov. 1 - Dec. 20* (7wks) <small>*No class Nov. 22</small>	\$84	Jackie	YAP
Hatha 2	Thurs.	5 - 6:30 pm	Nov. 1 - Dec. 20* (7wks) <small>*No class Nov. 22</small>	\$84	Renee	Y2R5

EXPERIENCED LEVEL CLASSES

Hatha 3	Mon.	5:30 - 7 pm	Oct. 29 - Dec. 17 (8wks)	\$96	Kerry	Y3M5
Hatha 3	Wed.	10 - 11:30 am	Oct. 31 - Dec. 17 (8wks)	\$96	Wendy	Y3W9

°Descriptions for these classes can be found 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	Nov. 1 - Dec. 20.* <small>*no class Nov. 22 & Dec. 27</small>	\$10	Staff
Continuing Level	Sat.	9:30 - 11 am	Nov. 3 - Dec. 22* <small>*no class Nov. 24 & Dec. 29</small>	\$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.

HOLIDAY CLOSURES:

Closing at noon Wed.

Nov. 21 - Sun. Nov. 25

no Drop-in classes Nov. 22 & 24

Mon. Dec. 24 - Wed., Jan. 2

no Drop-in classes Dec. 27 & 29

Enjoy Safe & Happy Holidays!

Lectures · Seminars · Specialty Classes

NOVEMBER

FALL REJUVENATION YOGA RETREAT AT HIB

with Sarah Guglielmi and Julia Kress
Saturday, Nov. 3, 9:30 am - 3:30 pm (lunch provided)

As we move towards the Winter Holiday Season, take some time for YOU! Join your fellow yogis for a day of pause, inspiration, and renewal.

We'll begin our day refining our understanding of *ojas*, the "vita sap", or our literal energy reserves and immunity, according to yoga and ayurveda. Aligning with nature's seasonal rhythm, this time of year asks us to take some time for self-reflection and nourishment, so we can revitalize and re-build *ojas* for the upcoming winter season. The morning will close with a 90 minute all-levels yoga sequence and extended relaxation practice. Leave with a list of *ojas* building practices you can incorporate at home.

After lunch, with tea in hand, we will have a discussion about the nourishing aspects of prayer, ritual, and mantra meditation. Julia will demonstrate ways of creating an atmosphere for honoring and embracing the sacred in your life and surrounding yourself with reminders of your connection to the beauty of nature within. She will share readings from Eknath Easwaran, Dr. David Frawley, and Sally Kempton related to this desire to align and attune with nature and our highest good.

RETREAT SCHEDULE:

AM Session: 9:30 am - noon
Building Ojas On and Off the Mat with Sarah

Lunch: noon - 1 pm
Join us for a nourishing lunch of hearty vegetarian stew, scones, chai tea and dessert.

PM Session: 1 - 3:30 pm
Devotional Rituals for Self-Care with Julia

FULL DAY - includes lunch: \$85 (ID: F1)
Can't stay the day? You're welcome to attend a single session:
AM Session only: \$45 (ID: F2)
PM Session only: \$45 (ID: F3)

CALLING ALL HOLIDAY ELVES!

As in the past, we are joining Child & Family Services to provide support for children and families in the community this holiday season. In November, we will post a list of items needed for each child or adult. If donating money is preferable, gift cards are always appreciated. Please call the office for more information. (716) 883-2223

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

Heartfelt appreciation to People Inc. for labeling these brochures.

Deepening Meditation

with Donna

Tuesday, Nov. 6 - Dec. 11 (6 wks), 6:30 - 8 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: \$72 (ID: S80)

Ayurvedic Yoga Specialist

TRAINING & CERTIFICATION PROGRAM

Unit 1: Nov. 9 - 11

This program is recognized by and is listed with the National Ayurvedic Medical Association (NAMA). For more information go to: hibuffalo.org/teacher-training

Ayurveda for Total Health

with Kandy

Saturday, Nov. 10, 9:30 - 12:30 pm

Ayurveda, the Indian 'science of life,' is an ancient system of holistic healing that sees 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 practical class, we will explore the fundamental principals of Ayurveda, determine your constitution and examine how it affects you at every stage of your life.

Fee: \$30 (ID: S81)

Group Meditation

with Kerry / Wednesday, Nov. 14, 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. Pre-registration is required.

Donation Based. (ID: S82) \$10 suggested donation.

Yoga to Manage Moods

Saturday, Nov. 17, 10 - noon / with Carissa

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: S83)

CEU FOR YOGA INSTRUCTORS AND PRACTITIONERS

Neck & Shoulder Stabilization: An Ayurvedic Yoga Therapy View

Saturday, Nov. 17, 1 - 4 pm

with Sarah Guglielmi MS, C-IAYT, E-RYT-500, AHC, YACEP

Join Sarah Guglielmi, Faculty of HI's upcoming Ayurvedic Yoga Specialist-certification program, to explore an expanded view of neck and shoulder stabilization. Topics include antagonist/agonist muscle pairs, vata subdoshas that influence the neck and shoulders (ayurveda), and how to support proper pranic flow in the space of the heart and throat chakras. Therapeutic sequences will be practiced with handouts to take home. *Attention certified yoga instructors; this course qualifies for 3 hours of CE training with Yoga Alliance.*

Fee: \$45 (ID: E40)

Out of the Mall and Into the Park: Riverwalk at Tonawanda Park

with Kandy

Friday, Nov. 23, 10 am - noon

Meet at Mississippi Mudds parking lot: 313 Niagara St., Tonawanda, NY

Escape the chaos of the mall and come for a meditative walk in nature. Spend a few hours in the brisk fall air with friends of the earth on a guided walk led by Kandy. Please wear appropriate shoes. The ground is level for an easy stroll. If this event is canceled due to inclement weather, registrants will be notified via e-mail. *Pre-registration is required.*

Donation based. (ID: S84) \$10 suggested donation.



Lions and Tigers and *Elephants*, Oh My!

EXPLORING THE HATHA YOGA PRADIPIKA

2-Day Seminar (Fri. & Sat.) at HIBuffalo

with Sandra Anderson

Nov. 30 & Dec. 1, 2018

From asana to samadhi, the Hatha Yoga Pradipika is the most influential pre-modern text on yoga. The Pradipika is a tantric text focusing on asana, pranayama, and esoteric practices that work with prana, the life force. Untrained, the pranic force runs amok at the mercy of instinct, social conditioning, and deep-seated distorted perceptions, exhausting our vitality and leaving us angry, distressed, depressed, and dis-eased.

The Hatha Yoga Pradipika shows us how the exuberant instinctive forces and the rampaging mind can be brought to heel, awakening and empowering our self-awareness and inner locus of control. Then our passions, in the service of a greater intelligence, operate joyfully and harmoniously at every level of our being. How well trained is your inner beast? Join us for a two-day workshop of practice and discovery.

↙ Early Bird!

2-day Pass: \$108* (ID: HPASS) Includes all 3 sessions / \$125 after Nov. 24

OR take individual sessions: \$45 each* / \$50 each after Nov. 24

Please note: We do not recommend taking session 3 only w/o taking session 1 or 2.

* No other discounts apply to these workshops.

Spiritual Study and Practice Group for Women

Thursday, Nov. 29, 7 - 8:30 pm

Our year-long study of *The Bhagavad-Gita: Krishna's Counsel in time of War*, translated by Barbara Stoler Miller, continues with a discussion of teachings 15 and 16. (This book is available in our bookstore.) The *Bhagavad-Gita* has been an essential text in India since the time of its composition in the first century A.D. It has been an inspiration to many as one of the great spiritual classics of world literature.

Fee \$5 (ID: S85)

The Roots of Tantra and Yoga with Master Teacher Sandra Anderson

Thursday, Nov. 29, 7 - 8:30 pm

Chakras, yamas and niyamas, asana, meditation, Vedic chanting, fire rituals....how are they related? From where did these practices arise? What is the basis for our familiar daily practices? What does hatha yoga have to do with the Yoga Sutra and how are hatha yoga, the Yoga Sutra, Vedanta and tantra related? Join Sandra Anderson to clarify and define your conceptual context of yoga through both discussion and specific, illustrative practices. See where our physical and spiritual teachings come from, how they are linked to one another, and establish an organized framework for understanding the knowledge you have gained over years of study!

Fee \$25 (ID: S86)

All sessions will include discussion and practice of asana, pranayama, meditation and specific practices drawn directly from this classic text.

FRIDAY, NOV. 30

SESSION 1: 6-8 pm (ID: HP1)

Overview of the Hatha Yoga Pradipika and its historical context

SATURDAY, DEC. 1

SESSION 2: 9 am - noon (ID: HP2)

Chapters 1 and 3: Asana, Mudra, and Bandha—Directing and focusing prana

SESSION 3: 1- 4 pm (ID: HP3)

Chapter 2 and 4: Shatkarma and Pranayama—Six cleansing practices and breath training, and Samadhi—Uniting and stabilizing the mind and prana.

DECEMBER

REJOICE AND RENEW: An Evening with Yoga Therapist and Master Teacher Shari Friedrichsen

Thursday, Dec. 6, 7 - 8:30 pm



Holiday season can be a time of chaos and stress. During this class, we will be practicing asanas and pranayama that allow us to access and rest in our own inner light, joy and peace. It's always there, with or without a season, so come find your own sanctuary in the midst

of busyness. You'll be able to celebrate the outer gatherings with more of your inner Self intact. Please bring your mat.

Fee: \$25 (ID: S87)

Group Meditation

with Kerry

Wednesday, Dec. 12, 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. Pre-registration is required.

Donation Based. (ID: S88) \$10 suggested donation.

HIB's HOLIDAY CELEBRATION!!! Potluck Dinner and a Movie

Sunday, Dec. 9, 6 pm



We hope you can join us for a vegetarian potluck dinner as we come together to celebrate the love and light of our community. Please bring a dish to share. We will wrap presents for the families we have adopted through Child & Family Services before dinner, and gather with tea and

desserts afterwards to watch "Scrooged", the comedic version of *A Christmas Carol*, starring Bill Murray.

FREE (ID: S89) Please RSVP if you are able to attend.

HOLIDAY CLOSURES:

Noon Wed. Nov. 21 - Sun. Nov. 25

no Drop-in classes Nov. 22 & 24

Mon. Dec. 24 - Wed., Jan. 2

no Drop-in classes Dec. 27 & 29

RESERVE YOUR SPACE ONLINE AT:

hibuffalo.org

or call (716) 883-2223

Classes and seminars with fewer than 6 registrants may be subject to cancellation.

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

Spiritual Study and Practice Group for Women

Thursday, Dec. 20, 7 - 8:30 pm

Our year-long study of *The Bhagavad-Gita: Krishna's Counsel in time of War*, translated by Barbara Stoler Miller, concludes this evening with a discussion of teachings 17 and 18. The *Bhagavad-Gita* has been an essential text in India since the time of its composition in the first century A.D. It has been an inspiration to many as one of the great spiritual classics of world literature.

Fee \$5 (ID: S90)

Yoga and Meditation for Anxiety and Depression

with Lidia Snyder, LMSW

Saturday, Dec. 15, 9:30 am - noon

This 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 clothing.

Fee: \$25 (ID: S92)

FULL MOON Yoga Nidra Practice

with Tracy

Saturday, Dec. 22, 10 - noon

Take a time out, right in the midst of the holiday mayhem, for a morning of stillness and connection to your inner life. Join us for a meditative approach to asana, integrating the healing aspects of hatha and yin postures, followed by the practice of Yoga Nidra for complete relaxation of the body and mind. Tap into the intuitive and nurturing energies of the full moon and leave refreshed and centered.

Fee: \$20 (ID: S93)

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

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

THANK YOU!

Thank you for being a part of The Himalayan Institute of Buffalo. Your dedication, support, and spirit of service is what makes this center such a unique and inspiring place.

We look forward to another year of celebrating friendships and community throughout the new year!



500-Hour Teacher Training

at HIBuffalo - Begins April 2019

Open to 200-hour certified instructors, our 500-hour 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, this program includes the following: 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 \$300 with early-bird registration now through Nov. 15, 2018

FOR INFO, DATES, & APPLICATION:
www.hibuffalo.org/teacher-training/500hour/

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