

HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



March / April 2019

YOUR HOME FOR YOGA, MEDITATION, AND WELLNESS

Yoga Class Schedule | March/April 2019

REGISTER ONLINE AT
hibuffalo.org

GENTLE, RESTORATIVE & THERAPEUTIC CLASSES

°Pain Management <i>New Day!</i>	Tues.	10:30 - 11:30 am	Mar. 5 - 26 (4wks)	\$48	Stephanie	YPM
Gentle	Thurs.	5:30 - 6:30 pm	Mar. 7 - Apr. 11 (6wks)	\$72	Maya	YGR
Gentle	Mon.	10 - 11 am	Mar. 11 - Apr. 15 (6wks)	\$72	Laura	YGM
°Restorative	Mon	3:30 - 4:30 pm	Mar. 11 - Apr. 15 (6wks)	\$72	Sapna	RY

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 Explore 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.

BEGINNING / FOUNDATION CLASSES - A GREAT LEVEL TO START WITH, STAY WITH, OR COME BACK TO

Hatha 1	Mon.	4 - 5:15 pm	Mar. 4 - Apr. 22 (8 wks)	\$96	Marissa	Y1M4
Hatha 1	Mon.	5:30 - 6:45 pm	Mar. 4 - Apr. 22 (8 wks)	\$96	Erika	Y1M5
Hatha 1	Tues.	9:30 - 11 am	Mar. 5 - Apr. 23 (8 wks)	\$96	Cathy	Y1T9
Hatha 1	Wed.	10 - 11:30 am	Mar. 6 - Apr. 24 (8wks)	\$96	Carol	Y1W9
Hatha 1/Gentle	Thurs.	9:30 - 11 am	Mar. 7 - Apr. 25 (8wks)	\$96	April	Y1R9

CONTINUING LEVEL CLASSES

Hatha 2	Tues.	9:30 - 11 am	Mar. 5 - Apr. 23 (8wks)	\$96	Candace	Y2T9
Hatha 2	Tues.	5:30 - 7 pm	Mar. 5 - Apr. 23 (8wks)	\$96	Tess	Y2T5
°Core Strength	Tues.	5:30 - 6:45 pm	Mar. 5 - Apr. 23 (8wks)	\$96	Sarah	YC
°Yin Yoga	Wed.	5 - 6:30 pm	Mar. 6 - Apr. 24 (8wks)	\$96	Bonnie	YY
Hatha 2	Wed.	5 - 6:30 pm	Mar. 6 - Apr. 24 (8wks)	\$96	Jackie	Y2W5
°Awakening Prana	Thurs.	10 - 11:30 am	Mar. 7 - Apr. 25 (8wks)	\$96	Jackie	YAP
Hatha 2	Thurs.	5 - 6:30 pm	Mar. 7 - Apr. 25 (8wks)	\$96	Renee	Y2R5

EXPERIENCED LEVEL CLASSES - PREREQUISITE: 2 YEARS OF ASANA EXPERIENCE

Hatha 3	Mon.	5:30 - 7 pm	Mar. 4 - Apr. 22 (8wks)	\$96	Kerry	Y3M5
Hatha 3	Wed.	10 - 11:30 am	Mar. 6 - Apr. 24 (8wks)	\$96	Kerry	Y3W9
Asana, Pranayama, Bandhas & Mudras	Thurs.	7 - 8:30 pm	Mar. 7 - 28 (4wks)	\$48	Julia	S19

° 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	Mar. 7 - Apr. 25	\$10	Staff
Continuing Level	Sat.	9:30 - 11 am	Mar. 2 - Apr. 27*	\$12	Staff

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

CLOSED
Easter Weekend
April 19-21

*No Drop-in class
Saturday, April 20th

Happy Easter!

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.

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](https://www.facebook.com/hibuffaloyoga)

Heartfelt appreciation to People Inc. for labeling these brochures.

Soup & Cinema: The Shape of Water

with Kandy

Friday, March 1, 6 - 9 pm

Enjoy a big bowl of homemade soup, an inspired film, community and connection. Tonight's movie is Guillermo del Toro's academy award winning "The Shape of Water". Pre-registration is requested.

Fee: \$5 (ID: S15) - Soup will be provided. Bring a small (vegetarian) dish or dessert to share if you like.

Beginning Meditation (Four Week Course)

with Donna

Mondays, March 4-25 (4 wks), 6:30-8 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: S16)

Yoga as an Ally for Pain Management

with Stephanie

Tuesdays, March 5-26 (4 wks), 10:30-11:30 am

See web site for class description. hibuffalo.org/seminars

Fee: \$48 (ID: YPM)

Ease and Wisdom - Bringing Mindfulness into the Classroom (for K-12 educators)

Wednesdays, March 6-20 (3 wks), 4:30-6 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 in 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: S17)

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.

Sadhana Circle

with Donna

Thursday, March 7, 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 in 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: S18) – Pre-registration requested.

Asana, Pranayama, Bandhas, and Mudras: Advanced Techniques to Deepen Your Practice

with Julia

Thursdays, March 7-28 (4 wks), 7-8:30 pm

According to ancient texts and the first-hand experience of yoga practitioners, the application of a combination of techniques within a yoga practice can increase physical and mental stabilization and lead to profound growth in meditation and overall appreciation of life. The mudras and bandhas are precise muscular engagement exercises that add a layer of complexity and strength to the physical work of asana as well as energetic reference points to work from. Pranayama is the practice of altering the state of the breath as well as awakening to the way in which the life force circulates through our system. These techniques allow the practitioner to sustain the hold of a posture for a longer period of time and lead to an expansion of awareness and control of the subtler inner realm of body and mind. Please bring your yoga mat. *Prerequisite:*

Two years of asana experience.

Fee: \$48 (ID: S19)

Yoga and Meditation for Anxiety and Depression

with Lidia Snyder, LMSW

Saturday, March 9, 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: S20)

Meditation Monday: Group Practice (meets every 2nd Monday of each month)

with Kerry

Monday, March 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. Pre-registration is required.

Donation Based. (ID: S21) \$10 suggested donation.

Soup & Cinema: Victoria and Abdul

with Kandy

Friday, March 15, 6 - 9 pm

Enjoy a big bowl of homemade soup, an inspired film, community and connection. "Victoria and Abdul" starring Judy Dench, portrays the real-life (and highly controversial) friendship between Queen Victoria and her attendant Abdul Karim. Pre-registration is requested.

Fee: \$5 (ID: S22) - Soup will be provided. Bring a small (vegetarian) dish or dessert to share if you like.

Spring Nature-Walk at Beaver Island State Park

with Kandy

Saturday, March 23, 10 am - noon

Location: 2136 Oakfield Rd, Grand Island, NY 14072

We will meet at Beaver Island (Parking Lot #1, located near the Lagoon Water Wetlands) for a walking-observation of spring's abundance. Bring your binoculars to catch all the action! The terrain is flat, but it may be a little muddy. If the walk is canceled due to inclement weather, registrants will be notified via e-mail, and we will post it on our Facebook page (facebook.com/hibuffaloyoga). Pre-registration is requested.

Donation based. (ID: S23) \$5 suggested donation.

Body Image and Eating Concerns Seminar: Nourish

with Carissa

Saturday, March 23, 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. No previous yoga experience is necessary.

Fee: \$20 (ID: S24)

HIB'S SPRING RETREAT Spring Cleanse & Daily Detox

Saturday March 30, 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.
See back panel of this brochure for full description.

NEW OFFERING! HIB CEU INTENSIVE*

Open to Yoga Teachers and Interested Students

Healing Vagal Tone: A Yoga Therapy View of Chronic Stress

with Yoga Therapists Sarah Guglielmi and Julia Kress

Saturday March 16, 9:30 am - noon & 1 - 3:30 pm (lunch break noon - 1 pm),

Join HIB's 500-Hour Teacher Training instructors, Julia and Sarah, for a comprehensive look at the subtle body and physiological view of chronic stress. In this full-day training we will cover the anatomy of the nervous system, Polyvagal theory, and the importance of vagal tone in building "stress resiliency." We will discuss the latest research on how yogic breathing, systematic relaxation, and mindful abdominal engagement (such as Agni Sara) support vagal tone. Both sessions include discussion and practice. Please bring your yoga mat. Optional vegetarian potluck lunch from noon - 1 pm to visit with your Buffalo teaching community!

Attention certified yoga instructors; this full-day course qualifies for 5 hours of CE training with Yoga Alliance (or 2.5 hours per session).

SCHEDULE:

9:30 am - noon Supporting Vagal Tone with Agni Sara and Preparatory Practices with Sarah Guglielmi

noon - 1 pm Potluck lunch (optional) for participants. Please bring a dish to share.

1:00 - 3:30 pm Linking Chronic Stress Science and Yogic Relaxation Techniques with Julia Kress

Full CEU Intensive: \$85 (ID: E42-A)

AM only: \$45 (ID: E42-B)

PM only: \$45 (ID: E42-C)

*Sri/St discounts do not apply to CEU trainings.

FINDING FULFILLMENT IN MEDITATION

2-Part Program with Rolf Sovik, PsyD

Thursday, April 4, 7-8:30 pm & Saturday, April 6, 1:30 - 4 pm

Meditation is not a single practice but a collection of practices woven together to address each dimension of human life. When we truly need to relax, to uncover solutions to a vexing problem, or to develop a more meaningful understanding of life, meditation provides us with core strategies to address our needs. This seminar will help you identify the meditative practices that have literally provided inspiration for millennia. It will help re-establish fundamental aims of practice and explain how such simple techniques as japa—mantra repetition—can be linked to the highest goals of self-realization.

For those who have previously received a mantra, the seminar will reinforce the development of personal practice. For those who may be nearer the beginning of meditation training, the seminar will clearly lay out what the stages of training consists of and the importance of approaching meditation with simplicity and humility.

Join long-time teacher Rolf Sovik to build confidence in your path as an inward seeking student of yoga.

President and Spiritual Director of the Himalayan Institute, Rolf Sovik, PsyD, began his study of yoga and meditation in 1972. He is a student of H.H. Swami Rama and Pandit Rajmani Tigonait, and under their guidance has explored the teachings of the Himalayan tradition. He holds degrees in philosophy, music, Eastern Studies, and Clinical Psychology. He and his wife Mary Gail currently reside at the Institute's headquarters in Honesdale, PA.



Full Program (2-Day Pass):
\$65 (ID: MA)

If you are unable to attend both days you are welcome to attend a single session:

Thurs. only: \$30 (ID: MB)

Sat. only: \$45 (ID: MC)

**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

WE WILL BE CLOSED

Easter Weekend
April 19-21

No Drop-In class
Saturday, April 20th

APRIL

Beginning Meditation

(Four Week Course)

with Donna

Tuesdays, April 2 - 23, 5:30 - 7 pm

See description under March.

Fee: \$48 (ID: S27)

Meditation Monday: Group Practice

with Donna

Monday, April 8, 7 - 8 pm

See description under March.

Donation Based. (ID: S28) \$10 suggested donation.

Yoga to Manage Moods

with Carissa

Saturday, April 13, 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: S29)

SATSANG:

Reflections of the Kumbha Mela:

Slide Show and Discussion

with Jackie and fellow travelers

Thursday, April 18, 7 - 8:30 pm

This past February, a number of us made a pilgrimage to the Himalayan Institute's campus in Allahabad India, for the Kumbha Mela. The focus during this event was an 11-day group practice led by Pandit Rajmani Tigonait along the bank of the Ganges River. Join friends and fellow travelers for a full recap, and to learn more about how you can take part in the Institute's year-long-meditation beginning this July.

FREE (ID: S30) – Please pre-register

CEU for Yoga Instructors and Interested Students

Core Strength Therapeutics: An Ayurvedic Yoga Therapy Approach to Building Progressive Strength

Saturday April 27, 1 - 4 pm

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

Join Sarah Guglielmi, a faculty member of HI's upcoming Ayurvedic-Yoga-Therapy-Certification program, to explore an expanded view of core strength. Topics include antagonist/agonist muscle pairs, vata subdoshas that influence cores stabilization (*samana* and *apana*), and the influence of the 1st and 2nd chakras. This approach is appropriate for all levels of students including beginners and those with limitations. 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: E43)

HIB's SPRING RETREAT

Spring Cleanse & Daily Detox

Saturday, March 30, 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 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 and leaving you feeling refreshed and rejuvenated!

SCHEDULE:

AM Session: 9:30 am - noon

The Ayurvedic Spring Cleanse:
A How To / with Sarah

Lunch: noon - 1 pm

(lunch provided) 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: S25-A)

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

AM only: \$45 (ID: S25-B)

PM only: \$45 (ID: S25-C)

MAIL-IN REGISTRATION FORM

Name (1): _____

Name (2): _____

Email: _____

Home Phone: _____ Cell or Work Phone: _____

Class / Program Title	Class ID#	Fee

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