

HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



May/June 2019

YOUR HOME FOR YOGA, MEDITATION, AND WELLNESS

Yoga Class Schedule | May/June 2019

REGISTER ONLINE AT
hibuffalo.org

GENTLE, RESTORATIVE & THERAPEUTIC CLASSES

°Gentle	Mon.	10 - 11 am	May 6 - June 17* <small>*no class May 27</small>	(6wks)	\$72	Laura	YGM
°Restorative	Mon	3:30 - 4:30 pm	May 6 - June 17*	(6wks)	\$72	Sapna	RY
Pain Management	Tues.	10:30 - 11:30 am	May 14 - June 11* <small>*no class May 28</small>	(4wks)	\$48	Stephanie	YPM
°Gentle	Wed.	5 - 6 pm	May 8 - June 12	(6wks)	\$72	Ann L	YGW

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.

° Descriptions for these classes are available at hibuffalo.org

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

Hatha 1	Mon.	5:30 - 6:45 pm	May 6 - June 24* <small>*no class May 27</small>	(7wks)	\$84	Erika	Y1M5
Hatha 1	Tues.	9:30 - 11 am	May 7 - June 25	(8wks)	\$96	Cathy	Y1T9
Hatha 1	Wed.	10 - 11:30 am	May 8 - June 26	(8wks)	\$96	Carol	Y1W9
Hatha 1	Thurs.	10 - 11:30 am	May 9 - June 27	(8wks)	\$96	Colleen	Y1R9

CONTINUING LEVEL CLASSES

Hatha 2	Tues.	9:30 - 11 am	May 7 - June 25	(8wks)	\$96	Wendy	Y2T9
Hatha 2	Tues.	5:30 - 7 pm	May 7 - June 25	(8wks)	\$96	Tess	Y2T5
°Core Strength	Tues.	5:30 - 6:45 pm	May 7 - June 25	(8wks)	\$96	Sarah	YC
Hatha 2	Wed.	5 - 6:30 pm	May 8 - June 26	(8wks)	\$96	Jackie	Y2W5
°Yin Yoga	Wed.	5:30 - 6:45 pm	May 8 - June 26	(8wks)	\$96	Bonnie	YY
°Awakening Prana	Thurs.	10 - 11:30 am	May 9 - June 27	(8wks)	\$96	Jackie	YAP
Hatha 2	Thurs.	5 - 6:30 pm	May 9 - June 27	(8wks)	\$96	Renee	Y2R5
Willpower!	Thurs.	7 - 8 pm	May 16 - June 6	(4wks)	\$40	Cathy	S49

EXPERIENCED LEVEL CLASSES - PREREQUISITE: 2 YEARS OR MORE OF ASANA EXPERIENCE

Hatha 3	Mon.	5:30 - 7 pm	May 6 - June 24* <small>*no class May 27</small>	(7wks)	\$84	Kerry	Y3M5
Hatha 3	Wed.	10 - 11:30 am	May 8 - June 26	(8wks)	\$96	Wendy	Y3W9

MISSED CLASSES 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. **INDIVIDUAL CLASS RATE:** If there is space in a multi-week yoga session, you are welcome to attend individual classes for \$15 per class. Please call ahead.

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

Beginning Level	Thurs.	5:30 - 6:30 pm	May 2 - June 27	\$10	Staff
Continuing Level	Sat.	9:30 - 11 am	May 4 - June 29*	\$12	Staff

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

CLOSED
Memorial Weekend
May 24 - 27

*No Drop-in class
Saturday, May 25th

Lectures · Seminars · Specialty Classes

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.

MAY

Household Homeopathy – A Primer in Homeopathic Remedies for Acute Conditions

with Arup Bhattacharya, DHM, PhD

Saturdays, May 4 & 11;

June 1, 8, 15 & 22; July 13 & 20 (8 wks), 9 am - noon

Learn the secrets of homeopathic prescribing for various household conditions such as cough and colds, diarrhea, flu, aches and pains, injuries, allergies, skin rash, and other acute conditions. 24 hours of in-class training will focus on the art and science of prescribing homeopathic remedies including the principles of dosage, potency, and repetition. Learn the commonly used remedies in detail for multifaceted use in various conditions. This course is only offered once per year and is a prelude to the year-long in-depth course that will be offered this fall.

Find out more about Arup at:

homeopathichealers.com

Cost for all 8 classes*: \$224 (ID: HHP)

Try the 1st class for free. If you wish to continue, pay a special rate of \$224 for all 8 classes (or \$35 per class if you choose to pay as you go). Skype option available if you are unable to attend in person.

Yoga for Runners

with Rosa

Saturday, May 4, 10 - 11:30 am

Running is a wonderful form of exercise for the mind and body though runners can experience muscle gripping and tension during and after a vigorous run. Yoga poses done immediately after a run provide grounding, strengthening, lengthening, and balancing to fatigued muscles. This workshop will include both reviewing and performing a post run yoga sequence. The included postures can easily be modified to ensure that they fit into any runner's schedule and level of yoga experience.

Rosa has been a runner for over 20 years and has included a variation of the presented yoga sequence for the last 12 years as part of her post run stretches.

Fee: \$15 (ID: S41)

The Art of Deep Relaxation

with Jackie

Tuesdays, May 7 - June 11 (6wks), 4-5 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 us to a fresh perspective, which can reveal a profound state of inner calm. *Although this is an all-level class, prior experience with yoga practice is requested.*

Fee: \$72 (ID: S42)

Deepening Meditation

with Donna

Wednesdays, May 8 - June 12 (6wks), 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 HIB's 4-week Beginning Meditation course within the last 5-years.*

Fee: \$72 (ID: S43)

Sadhana Circle

with Donna

Thursday, May 9, 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: S46) – Pre-registration requested.

HIB + Buffalo Niagara Waterkeeper's Shoreline Sweep

Saturday, May 11, 10 am - noon

SITE: Mouth of Scajaquada Creek - 1591 Niagara St., Buffalo 14213

We need you this year for *shore*, Shoreline Sweep that is! Our clean-up efforts take us to the mouth of the Scajaquada Creek (just north of Niagara St. & Forest Ave.) Kandy will be leading "Team HIB" once again this year as we take our yoga off the mat and into the world. Please pre-register at hibuffalo.org. For more information go to:

bnwaterkeeper.org/spring-shoreline-sweep/

FREE (ID: S47)

Meditation Monday: Group Practice

(meets every
2nd Monday of each month)
with Kerry
Monday, May 13, 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 requested.*

Donation Based. (ID: S48) \$10 suggested donation.

Yoga as an Ally for Pain Management

with Stephanie

Tuesdays, May 14 - June 11,*

10:30 - 11:30 am (4 wks - *no class May 28)

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)

Conquering Cravings: Yoga for Willpower!

with Cathy

Thursdays, May 16 - June 6 (4wks), 7 - 8 pm

So much of our lives are driven by cravings—habits and compulsions drive us to overeat, overwork, binge-watch TV, and form unhealthy relationships. Yoga philosophy provides practical tools for living a healthy and balanced life. Asana (postures), pranayama (breathing techniques), relaxation and meditation enliven the courage, determination and enthusiasm necessary to transform negative habits into positive ones. Each session will include an “all-levels” asana practice, and discussion of yoga's core principles – the Yamas and Niyamas. (Optional reading: *The Yamas and Niyamas: Exploring Yoga's Ethical Practice* by Deborah Adele.)

Fee \$40 (ID: S49)

CEU FOR YOGA INSTRUCTORS AND PRACTITIONERS‡

The Neuro-physiology of Awareness

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

Saturday, May 18, 9:30 am - 12:30 pm

Yoga makes us more aware of our physical bodies, our thought patterns and our energy levels. But, how? We will explore the world of neuro-physiology through modern science and ancient wisdom to help understand why we feel what we feel. Personal history can 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. Our morning will conclude with guided relaxation and meditation. *Attention certified yoga instructors; this course qualifies for 3 hours of CE training with Yoga Alliance.*

Fee: \$45 (ID: E44) ‡Discounts do not apply to CEU's

Meditation Monday at The Martin!

Guided Tour and Meditation at the Darwin Martin House

125 Jewett Pkwy., Buffalo 14214

Monday, May 20, 5:30 - 8 pm

We are so grateful to be back at the historic Darwin Martin House. This year's guided tour will highlight the meditative influence behind Frank Lloyd Wright's “organic architecture.” We will pause at select areas of the home for further reflection on how we, as the architect of our own lives, can further nourish the space within ourselves to create symmetry between our internal and external world. Our evening will conclude with guided meditation, lead by Donna, followed by a tea reception in the Greatbatch Pavilion.

Meet at the Greatbatch Visitors' Center which is the glass building to the left of the Martin House. Street parking will be available. No yoga mat needed. Tickets must be purchased in advance through HIB (hibuffalo.org).

Fee: \$30 (ID: S50)

JUNE

Yoga to Manage Moods

with Carissa

Saturday, June 1, 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: S51)

Beginning Meditation (Four Week Course)

with Donna

Tuesdays, June 4 - 25 (4 wks), 6 - 7:30 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: S52)

CEU FOR YOGA INSTRUCTORS
AND PRACTITIONERS ‡

Deconstructing Uddiyana Bandha: Awakening the Lower Three Chakras in Asana Practice

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

Saturday, June 8, 9:30 am - 12:30 pm

Uddiyana Bandha (upward flying lift) is a energetic seal or “lock” used in asana practice to direct the flow of energy (prana) in the pelvis and abdomen (home of the lower 3 chakras). Re-establishing the proper flow of prana here can help you, and your students, tap into their inner reservoir of stability, courage, and mental clarity. We'll begin with the energetic, mental, and muscular anatomy of Uddiyana Bandha. Then we'll move through an asana practice designed to progressively develop Uddiyana Bandha, apply it in classical yoga postures, and culminate in the master practice of Agni Sara. Take home sequence will be provided. *Attention certified yoga instructors; this course qualifies for 3 hours of CE training with Yoga Alliance.*

Fee: \$45 (ID: E45) ‡Discounts do not apply to CEU's

Meditation Monday: Group Practice

(meets every 2nd Monday of each month)

with Donna

Monday, June 10, 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: S53) \$10 suggested donation.

“Strawberry” Full Moon – Nature Walk and Mindfulness Practice

with Kandy

Wilkeson Pointe / Outer Harbor: 225 Fuhrmann Blvd.
Buffalo NY 14203

Monday, June 17, 6:30 - 8 pm

This evening we will reflect on our connection to nature and to one another with a walking mindfulness practice. Starting from the parking lot at Wilkeson Pointe, we will follow the trail along the water's edge to Times Beach nature preserve where we will observe nature in progress. If you decide to stay to watch the sunset, there are plenty of adirondack chairs from which to enjoy this spectacular view. Flat terrain; easy walk. Meet at the main entrance parking lot. Please pre-register. If the walk is cancelled due to bad weather, we will notify registrants via Email. **FREE (ID: S54) Pre-registration requested.**

YOGA TEACHER TRAINING CERTIFICATION PROGRAMS

200-Hour Yoga Teacher Training



September 2019 - May 2020

Dedicated to a tradition of excellence in teaching for more than 40 years, the Himalayan Institute of Buffalo offers comprehensive and systematic training in classical yoga. Immerse yourself in the core principals of yoga philosophy and practice, while refining your knowledge of anatomy, physiology, and therapeutic techniques. More than a certification program, this is a journey of self-discovery and lasting transformation. Read graduate testimonials at:

www.hibuffalo.org/teacher-training/testimonials

500-Hour Yoga Teacher Training



October 2019 - December 2020

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 for 15-weekends, this program includes studies in advanced teaching methods, subtle body anatomy, pranayama, meditation, therapeutic applications of yoga, and the study of sacred yoga texts. This is a fully integrated program designed to help students explore yoga in depth, and to address the individual needs of participants.

Segment 1: ADVANCED TEACHING METHODS:

Exploring the Heart of Yoga Teaching
and Philosophy

Segment 2: AWAKENING VITAL ENERGY:

Chakras, Pranayama, and Sacred Yogic Texts

Segment 3: YOGA AS A HEALING ART:

Physical and Psychological Strategies for
Cultivating Peace and Health

This training is offered in a 15-weekend format
between Oct. 2019 - Dec. 2020.

Applicants must provide a copy of their 200-hour
certification and a teaching log of 100 teaching hours.

\$300 Early Bird Discount

when you register for 500-Hour YTT by June 21, 2019

For dates, times, and more information please visit:
hibuffalo.org/teacher-training/500hour

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

CLOSED

Memorial Weekend
May 24 - 27

No Drop-In class
Saturday, May 25th

COMING THIS FALL

The Three Wisdom Traditions (3WT) Wellness Coaching Program: Learning Lab Retreat - Integrating the Sciences of Yoga, Ayurveda, and Psychology

**November 22-24, 2019 at HIBuffalo
with Kathryn Templeton and Sarah Guglielmi**

Yoga therapeutics, ayurvedic medicine, and traditional clinical psychotherapy are three powerful healing traditions which can restore balance in life. Imagine applying all three of these wisdom traditions synergistically to support the challenges in your life, or in the lives of your clients and students. Designed for yoga teachers, yoga therapists, and Ayurvedic Yoga Specialists, this program will also support social workers, psychotherapists, nurses, and allied health professionals who are looking to supplement their work with clinical applications of yogic and ayurvedic practices.

For more information visit: hibuffalo.org or email: info@hibuffalo.org

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