

HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



September/October 2019

YOUR HOME FOR YOGA, MEDITATION, AND WELLNESS

Yoga Class Schedule | September/October 2019

REGISTER ONLINE AT
hibuffalo.org

GENTLE, RESTORATIVE & THERAPEUTIC CLASSES

Gentle	Mon.	10 - 11 am	Sept. 9 - Oct. 21* <small>*no class Sept. 30</small>	6wks	\$72	Laura	YGM
Gentle	Thurs.	5:30 - 6:30 pm	Sept. 12 - Oct. 17	6wks	\$72	Maya	YGW
Restorative	Mon.	3:30 - 4:30 pm	Sept. 9 - 30	4wks	\$48	Sapna	YRM
Restorative	Wed.	3:30 - 4:30 pm	Sept. 11 - Oct. 30	8wks	\$96	Julia	YRW
°Pain Management	Tues.	10:30 - 11:30 am	Sept. 17 - Oct. 8	4wks	\$48	Stephanie	YPM

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

Hatha 1	Mon.	5:30 - 6:45 pm	Sept. 9 - Oct. 28	8wks	\$96	Erika	Y1M5
Hatha 1	Wed.	10 - 11:30 am	Sept. 11 - Oct. 30* <small>*no class Oct. 9</small>	7wks	\$84	Carol	Y1W9
Hatha 1	Thurs.	10 - 11:30 am	Sept. 12 - Oct. 31	8wks	\$96	Colleen	Y1R9

CONTINUING LEVEL CLASSES

Hatha 2	Tues.	9:30 - 11 am	Sept. 10 - Oct. 29	8wks	\$96	Wendy	Y2T9
Hatha 2	Tues.	5:30 - 7 pm	Sept. 10 - Oct. 29	8wks	\$96	Tess	Y2T5
°Core Strength	Tues.	5:30 - 6:45 pm	Sept. 10 - Oct. 29	8wks	\$96	Sarah	YC
Hatha 2	Wed.	5 - 6:30 pm	Sept. 11 - Oct. 30	8wks	\$96	Jackie	Y2W5
°Yin Yoga	Wed.	5:30 - 6:45 pm	Sept. 11 - Oct. 30* <small>*no class Oct. 2</small>	7wks	\$84	Bonnie	YY
NEW! → Hatha 2	Wed.	7 - 8:15 pm	Sept. 18 - Oct. 23	6wks	\$72	Stephanie	Y2W7
°Awakening Prana	Thurs.	10 - 11:30 am	Sept. 12 - Oct. 31	8wks	\$96	Jackie	YAP
Hatha 2	Thurs.	5 - 6:30 pm	Sept. 12 - Oct. 31	8wks	\$96	Renee	Y2R5

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

Hatha 3	Mon.	5:30 - 7 pm	Sept. 9 - Oct. 28	8wks	\$96	Kerry	Y3M5
Hatha 3	Wed.	9:45 - 11:15 am	Sept. 11 - Oct. 30* <small>*no class Oct. 9</small>	7wks	\$84	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	Sept. 5 - Oct. 31	\$10	Staff
Continuing Level	Sat.	9:30 - 11 am	Sept. 7 - Oct. 26	\$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 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.

Restorative Yoga Focus is on restorative and supported postures that calm and relax the body. This is a good class for those whose energy is depleted by illness or who need a gentler class for any reason.

° Descriptions for these classes are available at hibuffalo.org

CLOSED
Labor Day Weekend
Wed. Aug. 28 -
Mon. Sept. 2
No Drop-in class
Thurs. Aug. 29 & Sat. Aug. 31

Lectures · Seminars · Specialty Classes

SEPTEMBER

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

CLOSED

Wed. Aug. 28 -
Mon. Sept. 2

No Drop-in class
Aug. 29 & Aug. 31

Meditation Monday: YLM Group Practice

“Meditation Monday” will now meet **EVERY MONDAY**

Sept.-Dec. 2019 (except when we are closed for holidays)

Monday, Sept. 9, 16, 23 & 30, 7 - 8 pm

“Year Long Meditation” (YLM) is a global group practice that has been undertaken to heal and empower 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. Our time each week will be applied towards the Institute’s goal of 1,000,000 meditation hours. Join the practice. Change the world. Pre-registration requested.

Donation Based. (IDs: Sept. 9 - MM-01; Sept. 16 - MM-02; Sept. 23 - MM-03; Sept. 30 - MM-04) \$10 suggested donation.

Mindfulness Tools for K-12 Teachers: Vision Board and Journal Writing

with Rosa D’Abate

Monday, Sept. 9, 4 - 6 pm

Need a vision for bringing mindfulness into your life? Start with a vision board and journal writing. This workshop will help you to think about how and why you want more presence in your life. Take time to think and reflect about mindfulness and the new school year. Bring a journal for your writing. Vision board supplies will be provided.

Fee: \$15 (ID: S70)

Vaccination Research, Support & Protocols from a Homeopathic Perspective

with Dr. Arup Bhattacharya, DHM, PhD

Monday, Sept. 9, 5:30 - 8 pm

Since New York State has recently eliminated religious exemptions, many parents who have chosen not to vaccinate their children have concerns. This seminar will address the confusion parents may be experiencing and ways to deal with the current compliance required by New York State. For information about Dr. Bhattacharya visit his website: homeopathichealers.com

Fee: \$25 (ID: S71)

Year-Long Homeopathy Course - Level I

with Dr. Arup Bhattacharya, DHM, PhD

Sept. 2019 - June 2020

First Class: Monday, Sept. 16, 5:30 - 8:30 pm

The year-long course will be held on Monday nights, 5:30-8:30pm, beginning Sept. 16 (excluding holidays and summer months). The cost is \$1,750 payable in ten installments of \$175 or a 5% discount is offered if paid in full. Skype option is available if you are unable to attend in person. For more information, registration form and syllabus, go to: homeopathichealers.com

Beginning Meditation (4 Week Course)

with Donna

Mondays, Sept. 9 - 30 (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. (This course is held in the library and is separate from “Meditation Monday: YLM Group Practice.”)

Fee: \$48 / 4wks (ID: S72)

The Art of Deep Relaxation

with Jackie

Tuesdays, Sept. 10 - Oct. 22* (6 wks - *no class Oct. 8), 4 - 5 pm

We will 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.

Fee: \$72 / 6wks (ID: S73)

Yoga to Manage Moods

with Carissa

Saturday, Sept. 14, 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: \$15 (ID: S74)

Full Moon Nature Walk: Stiglmeier Park

with Kandy

Saturday, Sept. 14, 6 - 7:30 pm

Enjoy beautiful fall flora and abundant wildlife on trails that are mostly flat. Our nature walk will follow boardwalks and winding trails that loop together for about four miles. Don’t miss this opportunity to see the early foliage change! Appropriate for all skill levels. Please register so that we can notify you via email if we need to cancel due to inclement weather.

Meet at the main parking lot:

810 Losson Rd., Cheektowaga, NY

Donation based. (ID: S75) \$5 suggested donation.

CEU FOR YOGA INSTRUCTORS*

The Teachers Laboratory: See and Say - Mastering Verbal Subtle Adjustments

with Sarah Guglielmi MS, C-IAYT, E-RYT-500, AHC, YACEP
Sunday, Sept. 15, 9:30 am - 12:30 pm (Rescheduled from July)

You look at your students and you can see an opportunity to enhance or deepen the pose, yet you're not quite sure what to say. As teachers, we see many things: physical misalignments, visible discomfort, an expression of energy and vibrancy, or a look of collapse. To grow as teachers, we can refine our ability to see physical and pranic qualities and guide a student's attention to them through refined verbal cues. This experiential workshop will take you through a series of teaching exercises to do just that. Learn how to bring the poses to "life" for yourself and your students. *Attention certified yoga instructors; this course qualifies for 3 hours of CE training with Yoga Alliance. Discounts do not apply to CE trainings.

Fee: \$45* (ID: E46)

Practices for Lasting Peace - 4-Part Practice and Discussion Series based on *Why We Fight: Practices for Lasting Peace* by Pandit Rajmain Tignait Ph.D

with Kerry

Thursday, Sept. 19, 7 - 8:30 pm

Achieving peace in our world, society, community, family - and most of all within oneself - is a desire common to virtually all of humanity, but history and our own personal stories show us again and again how deeply challenging that desire is to realize. As Pandit Rajmani Tignait outlines in his book, *Why We Fight: Practices for Lasting Peace* (available in our bookstore), lasting societal change and transformation must begin in the hearts and minds of the individual. His book provides useful guidance drawn from many spiritual traditions and specific practices to sow the seeds of personal transformation. Join with others for a discussion of the book and our personal experiences with the practices offered within. This 4-Part Series will meet: Sept. 19, Oct. 17, Nov. 21 & Dec. 19 (3rd Thursdays of the month).

Fee: \$10 per class (ID: S78)

Nutritious Kitchen: Preserving Summers Bounty

with Ann Neumann

Saturday Sept. 21, 9:30 am - noon

Home canning is absolutely worth the effort! Imagine reaching into your pantry for a gorgeous jar of deliciousness preserved from your own garden. Join organic gardener, Ann Neumann, as she gives a brief history of canning, practical reasons to can, and teaches and inspires us on how to have a blast canning in your own kitchen with your garden's bounty (or with what you've gathered from the farmer's market). She will even have tips on how to save seeds. Take home materials and treats provided. Check out her website: pestoforpennies.com

Fee: \$20 (ID: S79)

Finding Faith in Yoga with Rolf Sovik, PsyD



Thursday, Sept. 26, 7 - 8:30 pm

We live in a world of doubt, but it is the nature of yoga to supply us with an understanding of faith, as well as to be in itself an object of faith. Join Dr. Sovik to explore how yoga scriptures such as the *The Bhagavad Gita*, *Yoga Sutra*, and others help us remove doubt and cultivate inner strength and hope.

Rolf Sovik, PsyD. is the President and Spiritual Director of the Himalayan Institute and a long-time teacher of yoga and meditation.

Fee: \$25 (ID: S80)

Dr. Sovik will be a guest speaker at **Uplift Buffalo**, presented by The Mindfulness Alliance. Saturday, Sept. 28 at the Buffalo Grand Hotel (120 Church St.) Tickets \$10 - Kids under 10 are FREE

Learn more at: TheMindfulnessAlliance.org/festival

OCTOBER

Meditation Monday: YLM Group Practice

Monday, Oct. 7, 14, 21 & 28, 7 - 8 pm

See Sept. for class description. Registration requested.

Donation Based. (IDs: Oct. 7 - MM-05; Oct. 14 - MM-06; Oct. 21 - MM-07, Oct. 28 - MM-08) \$10 suggested donation.

CEU SERIES* For Yoga Instructors & Interested Students

Back Care Basics for Yoga Teachers

With Julia Kress

Tues. Oct. 8 - 29 (4 wks), 7 - 9 pm

Many of our students suffer with back pain; knowing how to address this safely within a yoga class can be difficult. This series of workshops will give you information on specific back problems and increase your working knowledge of the anatomy of the pelvis and spine. The lower extremities can also create issues for the position of the pelvis and state of the back, so we will dive into the anatomy of the legs and feet to make this connection. You will also learn to use props and variations on classical postures. See how you can enhance safety and accessibility and make yoga enjoyable for all! Each session will be half lecture, half practice. *Certified yoga instructors; earn up to 8 hours of CE training. Discounts do not apply to CE trainings.

Fee: \$120 / SAVE when you sign up for the full 4-week series (ID: E47-ALL)

WEEK 1 Anatomy of the Spine and Range of Motion

Oct. 8 (Fee: \$40 / ID: E47-1)

WEEK 2 Anatomy of the Pelvis, Legs, Feet and Stretching

Oct. 15 (Fee: \$40 / ID: E47-2)

WEEK 3 Anatomy of the Torso and Restorative

Oct. 22 (Fee: \$40 / ID: E47-3)

WEEK 4 Strengthening and Recovery

Oct. 29 (Fee: \$40 / ID: E47-4)

RESERVE YOUR SPACE AT: hibuffalo.org

Ayurveda in the Kitchen: Fall Digestive Boost through Food

with Julia

Saturday, Oct. 12, 10 am - 12:30 pm

The central fire of digestion (agni) is key to feeling energetic in body and mind. In this workshop, we will discuss agni and how to balance it in the changing season with spices, herbs, and food. Looking at both the medicinal properties, as well as the energetics of food and spices, can change our perspective and bring a whole new outlook on why and how we prepare what we do. Working wisely and spiritually in the kitchen brings joy and enthusiasm to your time spent in the heart of the home. There will be a demonstration of the spices and foods, and the opportunity to try them.

Fee: \$35 (ID: S81)

Full Moon Nature Walk: Buckhorn Island State Park

with Kandy / Sunday, Oct. 13, 5 - 6:30 pm

This trail runs along the Niagara River with great views of the city. It is an easy walk of about 4 miles. At the end of the trail, there is an osprey stand and with any luck, we might have a sighting! Please register so that we can notify you via email if we need to cancel due to inclement weather. Park Address: 5805 E River Rd, Grand Island, NY 14072 Meet at East-West Park Road - Woods Creek Trail entrance.

Donation based. (ID: S82) \$5 suggested donation.

Practices for Lasting Peace

Session #2 of a 4-Part Practice and Discussion Series based on *Why We Fight: Practices for Lasting Peace* by Pandit Rajmain Tigunait Ph.D

with Kerry

Thursday, Oct. 17, 7 - 8:30 pm

See description under Sept. Registration requested.

Fee: \$10 (ID: S83)

Deepening Meditation (6 week Course)

with Donna

Mondays, Oct. 21 - Nov. 25 (6 wks), 6 - 7:30 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 the use of a personal mantra. *Prerequisite: Completion of HI's 4-week Beginning Meditation course within the last five years.* (This course is separate from "Meditation Monday: YLM Group Practice.")

Fee: \$72 / 6 wks (ID: S84)

An Empowering Approach to Pain Management:

Integrative Health and Healing with Theresa Oswald, MD

October 25 - 27, 2019

Persistent pain can affect all aspects of our life leading to frustration and isolation. This seminar shines a new light on pain treatment options that activate the body's innate healing power. Drawing from modern science and the healing traditions of yoga and Ayurveda, this holistic approach of nutritional wisdom, stress mastery, positive psychology and purposeful movement can unlock your healing potential and provide lasting solutions to persistent conditions such as chronic back pain, fibromyalgia and arthritis.

In this experiential seminar, learn how the mind-body connection can help you activate your healing response and reverse habitual reactions to pain. Through lecture and gentle practice sessions, discover the knowledge and tools to experience better sleep quality, greater endurance, and increased capacity for activity, while letting go of fears related to movement. This combination of evidence-based theory and mindful movement makes the seminar invaluable for yoga teachers, massage therapists, family members and other caregivers to more effectively assist individuals experiencing various forms of chronic pain.

Theresa Oswald, MD, is a resident faculty physician of the Himalayan Institute in Honesdale, PA. She is also the founder and president of Knowledge as Medicine (KnowledgeAsMedicine.com). As an integrative medicine physician with 30 years of experience, Dr. Oswald helps people improve function and reduce pain. Learn more about Dr. Oswald at: hibuffalo.org



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

1 EASING PAIN WHILE CREATING HEALTH
Session 1: Friday Oct. 25, 6:30 - 8:00 pm
Fee: \$30 Early Bird / \$40 after Oct. 18 (ID: S85-1)

2 PAIN SOLUTION FROM THE KITCHEN
'FARMACY'
Session 2: Saturday Oct. 26, 9:30 - 12 pm
Fee: \$45 Early Bird / \$55 after Oct. 18 (ID: S-85-2)

3 MOVEMENT AS MEDICINE
Session 3: Saturday Oct. 26, 1 - 3:30 pm
Fee: \$45 Early Bird / \$55 after Oct. 18 (ID: S-85-3)

4 UNRAVELING THE EMOTIONAL LIFE OF PAIN
Session 4: Sunday Oct. 27, 9:30 - 12 pm
Fee: \$45 Early Bird / \$55 after Oct. 18 (ID: S-85-4)

SAVE with an ALL ACCESS PASS!

Includes all 4 sessions *No other discounts apply to this seminar.

Early Bird: \$135 / \$175 after Oct. 18 (ID: S85-ALL)

SPECIAL GUEST APPEARANCE BY
ROLF SOVIK
PRESIDENT OF THE HIMALAYAN INSTITUTE

UPLIFT BUFFALO

Buffalo's First Mindfulness Festival

— FEATURING —

SHARON SALZBERG

World-Renowned Mindfulness Teacher and New York Times Best-Selling Author of *Real Happiness*

SEPTEMBER 28, 2019

**BUFFALO GRAND HOTEL (120 CHURCH STREET)
10am - 4pm**



Qr Scan Code

\$10 General Admission / Kids Under 10 FREE
GET TICKETS AT: TheMindfulnessAlliance.org/festival

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