

HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



March/April 2020

YOUR HOME FOR YOGA, MEDITATION, AND WELLNESS

Yoga Class Schedule | March/April 2020

REGISTER ONLINE AT
hibuffalo.org

GENTLE, RESTORATIVE & THERAPEUTIC CLASSES

Gentle	Mon.	10 - 11 am	Mar. 9 - Apr. 27* (*no class April 13)	7wks	\$84	Laura	YGM
Restorative	Mon.	3:30 - 4:30 pm	Mar. 9 - Apr. 13	6wks	\$72	Sapna	YRM
Gentle	Thurs.	5:30 - 6:30 pm	Mar. 5 - Apr. 9	6wks	\$72	Maya	YGW
 Awareness through Movement®	Tues.	10 - 11 am	Apr. 21 - May 12	4wks	48	Mara	S22

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

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

Hatha 1	Mon.	5:30 - 6:45 pm	Mar. 2 - Apr. 20	8wks	\$96	Erika	Y1M5
°Stretch & Relax	Tues.	4 - 5 pm	Mar. 3 - Apr. 21	8wks	\$96	Jackie	YSR
Hatha 1	Wed.	10 - 11:30 am	Mar. 4 - Apr. 22	8wks	\$96	Carol	Y1W9
 Adaptive Yoga 1	Wed.	3:30 - 4:30 pm	Mar. 4 - Apr. 15* (*no class April 1)	6wks	\$72	Julia	AY1
Hatha 1	Wed.	7 - 8 pm	Mar. 4 - 25	4wks	\$48	Amy & Julie	Y1W7
Hatha 1	Thurs.	10 - 11:30 am	Mar. 5 - Apr. 9	6wks	\$72	Colleen	Y1R9

CONTINUING LEVEL CLASSES

Hatha 2	Tues.	9:30 - 11 am	Mar. 3 - Apr. 21	8wks	\$96	Staff	Y2T9
°Core Strength	Tues.	5:30 - 6:45 pm	Mar. 3 - Apr. 21	8wks	\$96	Sarah	YC
Hatha 2	Tues.	5:30 - 7 pm	Mar. 3 - Apr. 21	8wks	\$96	Tess	Y2T5
Hatha 2	Wed.	5 - 6:30 pm	Mar. 4 - Apr. 22	8wks	\$96	Jackie	Y2W5
°Yin Yoga	Wed.	5:30 - 7 pm	Mar. 18 - Apr. 22	6wks	\$72	Bonnie	YY
°Awakening Prana	Thurs.	10 - 11:30 am	Mar. 5 - Apr. 23	8wks	\$96	Jackie	YAP
Hatha 2	Thurs.	5 - 6:30 pm	Mar. 5 - Apr. 23	8wks	\$96	Renee	Y2R5
Strong Seniors!	Fri.	9:30 - 11 am	Mar. 6 - Apr. 24* (*no class April 10)	7wks	\$84	Cathy	YSS

EXPERIENCED LEVEL CLASSES - PREREQUISITE: 3+ YEARS OF ASANA EXPERIENCE

Hatha 3	Mon.	5:30 - 7 pm	Mar. 2 - Apr. 20	8wks	\$96	Kerry	Y3M5
Hatha 3	Wed.	9:45 - 11:15 am	Mar. 4 - Apr. 22	8wks	\$96	Kerry	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	Mar. 5 - Apr. 30	(9wks)	\$10	Staff
Continuing Level	Sat.	9:30 - 11 am	Mar. 7 - Apr. 18* (*no class April 11 & 25)	6wks)	\$12	Staff

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

CLOSED

Easter Weekend:
Fri. Apr. 10 - Sun., Apr. 12
no Drop-in class April 11
Saturday, April 25
no Drop-in class April 25

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

Give the gift of HIB! GIFT CERTIFICATES are available for classes and the bookstore.

CEU TRAINING*

Open to Yoga Instructors and Interested Students

PLEASE NOTE: This class has been rescheduled from the afternoon portion of our Day-Long Intensive on Saturday Feb. 1, 2020 titled "Mindfulness and Meditation: A Day of Practice and Neuroscience."

Mindfulness and Meditation: Neurology of Awareness

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

Saturday, Feb. 29, 9:30 am - 12:30 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 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 afternoon will conclude with guided relaxation and meditation. *This course qualifies for 3 hours of CE training with Yoga Alliance. St/Sr discounts do not apply to CEU Trainings.

Fee: \$55 (ID: E52-D)

MARCH

Adaptive Yoga I

with Julia

Wednesdays, March 4 - April 15* (6wks no class April 1), 3:30 - 4:30 pm

This class will involve modifications to traditional postures using a chair, the wall, and blocks in order to find physical balance, alignment, and ease. The instructor will offer hands on assists that can bring more awareness to your posture and strengthen the supporting relationship that comes good alignment. The assists are done in a safe and predictable way to ensure that your practice is safe and that the sensory experience through your limbs and core is felt strongly.

This class is slow paced to allow for questions, transition and repetition.

Fee: \$72 / 6wks (ID: AY1)

Beginning Meditation (4 Week Course)

with Julia

Wednesdays, March 4 - 25 (4wks), 5 - 6 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 / 4wks (ID: S15)

CEU TRAINING*

Open to Yoga Instructors and Interested Students

Intro to Ayurveda (part 2): Ayurveda's View of Prana and Agni

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

Saturday, March 7, 4 - 7 pm

Prana is the life force that enlivens and invigorates the body and mind. When felt consciously, the presence of prana awakens us. Its nourishing qualities are undeniable. Agni, the digestive fire in the body, governs digestion, assimilation, and elimination on all levels; physical and mental. When agni is healthy, we feel content, vibrant, and nourished by life. When it is out of balance, we doubt, fear, hold grudges, and feel an overall lack of energy. In this workshop, we'll begin with the theory behind these two subtle forces of health. We'll close with an asana practice designed to help you experience the forces of agni and prana in your own body and mind. *This course qualifies for 3 hours of CE training with Yoga Alliance. St/Sr discounts do not apply to CEU Trainings.

Fee: \$55 (ID: E55)

Yoga and Meditation for Anxiety and Depression

with Carissa

Saturday, March 14, 10 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 (S16)

Soup 'n Cinema: Becoming Nobody

with Kandy

Saturday, March 14, noon - 3 pm

Enjoy homemade vegetarian chilli, an inspired film, community and connection. "Becoming Nobody" is a documentary about Boston-born spiritual teacher and truth seeker Ram Das (a.k.a. Dr. Richard Alpert). Pre-registration is requested.

Fee: \$5 (ID: S17) - Soup will be provided. Bring a dessert to share if you like.

Fundamentals of Homeopathy

with Arup Bhattacharya, DHM, PhD

Tuesday, March 17, 6 - 7:30 pm

Homeopathy is a 200-year old science of energy medicine that is curative at all levels of a living being – body, emotion, mind, and spirit. There is a growing interest in homeopathy, particularly in situations where conventional and suppressive medicines have not proven helpful. Learn some of the basic concepts of homeopathy, its history, and how it is different from conventional medicine. Your personal questions will also be answered.

Fee: \$20 (ID: S18)

CEU TRAINING*

Open to Yoga Instructors and Interested Students

Asana and the Yoga Sutra: The Body as a Gateway to Bliss

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

Saturday, March 21, 9:30 am - 12:30 pm

The Yoga Sutra, compiled approximately 2000 years ago by the sage Patanjali, is considered the authoritative text on yoga practice. In essence, it explains the goal of yoga is happiness, authentic enduring happiness. *Asana* (yoga postures) are used to condition the body and breath so they become vehicles for happiness. In this class, we'll explore how this conditioning works. We'll review how *Ahbyasa* (Practice) and *Vairagya* (Non-Attachment) (YS 1.12) are experienced on the yoga mat. Then we'll explore the qualities of asana described by Patanjali in Yoga Sutras 2.46 and 2.47; steadiness (*sthira*), comfort (*sukha*), effortless effort (*prayatna shaithilya*) and mental absorption into the infinite (*ananta samapatti*). We'll close by applying these concepts to mat practice of Asana, Relaxation, Pranayama, and Meditation. *This course qualifies for 3 hours of CE training with Yoga Alliance.

St/Sr discounts do not apply to CEU Trainings.

Fee: \$55 (ID: E56)

Journaling Collective

with Rosa

Saturday, March 21, 1 - 3 pm

Keeping a journal is a powerful way to understand the workings of your own mind and to formulate a systematic plan for your life goals. The Yoga Sutra emphasizes the importance of this kind of self-study with the *niyama* of *svadhyaya*. Through the insight of our own written words in response to various prompts, we can begin to see, understand, and question our thinking and our way of being in the world. Writing in a group helps to further deepen insights. Bring your journal (journals are also available in our bookstore) and join us for an afternoon of writing and reflection. Tea and inspiration will be provided!

Fee: \$10 (ID: S19)

Spring Cleanse & Daily Detox

FULL-DAY RETREAT

with Sarah Guglielmi and Julia Kress
Saturday, March 28, 9:30 am - 3:30 pm

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, and how you can put it into practice at home. We will discuss the concepts of *Agni* (digestive fire), *Ama* (toxin load), and the seasonal Ayurvedic Clock. The morning will close with an ayurvedic asana practice for gentle cleansing and stability. 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: Fee: \$85 (ID: SC-full)

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

AM Session only: \$45 (ID: SC-am)

PM Session only: \$45 (ID: SC-pm)

RESERVE YOUR SPACE AT: hibuffalo.org or call 883-2223

APRIL

The Power of Prana: An Exploration of Asana, Pranayama and Meditation with Yoga Therapist Shari Friedrichsen

Thursday, April 2, 7 - 8:30 pm



This class begins with strengthening ourselves through breath awareness and postures, naturally guiding us to explore what's beneath the surface in our bodies, hearts and minds.

Practicing asana in this manner

will enhance our sensitivity to the power and healing nature of prana. This guides us further inward to pranayama practices that give us exactly what we need for cleansing, nourishing and replenishing. Once we have established ourselves in the subtle dimensions of ourselves, our meditation practice is a continued movement inward towards that which is sacred and profound. Leave with a deeper understanding of meditation and the confidence to continue your practice at home.

Fee: \$25 (ID: S20)

Journaling Collective

Saturday, April 18, 1 - 3 pm

with Rosa

See description under March.

Fee: \$10 (ID: S21)

Awareness Through Movement®

with Mara Neimanis

Tuesdays, April 21 - May 12 (4 wks), 10 - 11 am

Let go of patterns of discomfort and discover more optimal movement through the Feldenkrais Method® in this month long series that will focus on better whole self usage while revealing more ease in every day functions. Your brain directs your body's movement and in return receives information which it immediately uses to enhance and improve your neuro-muscular activity. In Awareness Through Movement® classes, we will examine how your nervous system finds the most comfortable way to organize your body's movement, co-ordination, posture and balance through gentle movements on the floor. Based on the needs of the students, course content will include areas and relationships such as: lower back, shoulders, neck, walking, and balance.

Fee: \$48 (ID: S22)

Meditation Monday: Group Practice

Meets EVERY MONDAY thru July 2020

Mondays, 7 - 8 pm

Donation Based - \$5-10 suggested donation.

Deepening Meditation (6 week Course)

with Donna

Tuesdays, April 21 - May 26 (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 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: S23)

Homeopathy for Anxiety and Depression

with Arup Bhattacharya, DHM, PhD

Tuesday, April 21, 6 - 8 pm

Interested in learning how homeopathy can help those who suffer from anxiety, panic attacks, and depression? Dr. Arup Bhattacharya will present his approach to treating these issues along with case reports from his past positive outcomes. The talk will end with a Q&A session where you can ask Arup specific questions. For more information visit:

www.homeopathichealers.com

Fee: \$35 (ID: S24)

HIB Joins Buffalo Niagara Waterkeeper's Shoreline Sweep 2020

Saturday, April 25, 10 am - noon

HIB's CLEAN UP SITE: Scajaquada Creek at West Ave. - 1488 West Ave., Buffalo 14213 - Meeting along West Ave underneath the expressway at Scajaquada Creek)

We have our work cut out for us this year! We will be gathering at Scajaquada Creek at West Ave. to pick up litter along the shoreline - this location is one of the dirtiest of the dirty! 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.

FREE (ID: S25)

PLEASE NOTE: HIB will be CLOSED Saturday April 25th (no sat. am drop-in yoga class) in lieu of our Shoreline Sweep efforts. We hope you will join us at Scajaquada Creek, or at one of Buffalo Niagara Waterkeeper's other clean up locations. For more information go to: bnwaterkeeper.org/spring-shoreline-sweep/

HIMALAYAN
INSTITUTE
of Buffalo, NY

ADDRESS

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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

Easter Weekend:
Fri. Apr. 10 - Sun., Apr. 12
no Drop-in class April 11

Saturday, April 25
no Drop-in class April 25

Professional Trainings & Certification Programs at HIB

Join one of our life changing professional education programs! Our teaching team of Tracy Draksic, Sarah Guglielmi, Julia Kress, and Kerry Mitchell have over 100 years of combined experience in the practice and teaching of yoga, meditation, and ayurvedic lifestyle. Graduates of our programs are not only potent teachers, but authentic practitioners able to convey the deeper meaning and benefits of these rich wisdom traditions. For more information go to: hibuffalo.org/teacher-training/

200-Hour Yoga Teacher Training October 2020 - June 2021

Himalayan Institute of Buffalo offers comprehensive and systematic training in classical yoga. More than a certification program, this is a journey of self-discovery and lasting transformation. APPLY NOW and receive a FREE Membership to HIB with your deposit. Enjoy special "In Training" discounts on yoga classes, teacher training preparatory workshops, and in the HIB bookstore!

Ayurvedic Yoga Specialist TRAINING & CERTIFICATION

Begins November 2020

Become an Ayurvedic Yoga Specialist with this four-part series certification. Gain the knowledge and skill to create a dosha-balancing yoga practice, use food with awareness, and create a basic lifestyle plan for yourself and for your clients based upon their needs and goals.

CEU TRAINING

Continuing Education for Yoga Teachers and Interested Students

Known for its excellence in teaching, The Himalayan Institute of Buffalo is here to support teachers and students from all traditions. Course listings with the CEU symbol qualify for Continuing Education with Yoga Alliance.

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