

Welcome to our fall online session! Register for a multi-week class or try our All Access Asana Pass. We have over 20 yoga classes available each week in a wide range of styles and levels. If you would like to try a single class for \$15, that option is available as well. If choosing a single class, please be sure to email us and let us know which class you want to attend and the date. Zoom codes will be emailed 48 hours before your class(es) begin.

We are continuing to offer our classes online and going live cautiously and mindfully. Currently, we have one in-person class option (with Kandy) and will be adding more in-person class "pop-ups" throughout the session. Registered students will be the first to be notified and will have priority in reserving their spot for live classes.

MONDAYS	Instructor	Time	Dates	Cost
Gentle Yoga	Sapna	4-5pm	09/14-10/19 (7wk)	\$70
Hatha 3	Kerry	5-6:30pm	09/14-10/26 (7wk)	\$70
Hatha 1+2	Erika	5:30-6:45pm	09/14-10/26 (7wk)	\$70
Group Meditation	Staff	7-8pm	zoom: 139 024 694	D/B
TUESDAYS				
Hatha 2	Wendy	9:30-11am	09/8-10/27 (8wk)	\$80
Foundations of Yoga*	Tracy	10-11:30am	07/14-09/29 (12wk)	—
Awakening Prana	Tracy	10-11:30am	10/6-10/27 (4wk)	\$40
Stretch & Relax	Jackie	4-5pm	09/08-10/27 (8wk)	\$80
Hatha 2	Tess	5:30-6:30	09/08-10/27 (8wk)	\$80
Core Strength	Sarah	5:30-6:45pm	09/08-10/27 (8wk)	\$80
WEDNESDAYS				
Hatha 3	Wendy	9:30-11am	09/09-10/28 (8wk)	\$80
Stretch & Flow**	Kandy	10-11am	09/09-10/14 (6wk)	\$60
Hatha 1	Bonnie	4-5:15pm	09/09-10/28 (8wk)	\$80
Hatha 2	Jackie	5-6:15pm	09/09-10/28 (8wk)	\$80
THURSDAYS				
Hatha 1	Coleen	10-11:15am	09/10-10/29 (8wk)	\$80
Hatha 2	Sarah	10-11:15am	09/10-10/29 (8wk)	\$80
Adaptive Yoga	Julia	3:30-4:30pm	09/10-10/29 (8wk)	\$80
Hatha 2	Renee	5-6:15pm	09/10-10/29 (8wk)	\$80
Gentle	Maya	5:30-6:30pm	09/10-10/22 (6wk)	\$60
FRIDAYS				
Strong Seniors 1	Cathy	9:30-10:30am	09/11-10/30 (8wk)	\$80
Gentle	James	10-11am	09/11-10/16 (6wk)	\$60
Strong Seniors 2	Cathy	11am-noon	09/11-10/30 (8wk)	\$80
Yoga - Parkinson's	Larry	5:30-7pm	09/11-10/30 (8wk)	\$80
SATURDAYS				
All Levels Drop-in	Staff	9:30-10:30am	zoom: 353 765 623	D/B

REGISTER ONLINE AT
hibuffalo.org
or call (716) 883-2223

CLASSES will be streaming live via zoom unless otherwise noted.

EVERYONE will continue to receive our reduced (one size) "pandemic pricing" on multi-week asana classes this Sept-Oct (EX: 8wk class = \$80 instead of \$96).

ALL ACCESS ASANA^
Take as many yoga classes as you like each week. Enjoy access to ALL of our live-stream asana classes. Best value if taking more than 2 classes per week.. (^Excludes workshops and CEU courses).

SEPT/OCT - 2 MONTHS UNLIMITED = \$169
(per person)

* *Foundations of Yoga* - These Tues. classes are part of a 12-week course that ends Sept. 29.

** *Stretch & Flow* will take place IN-PERSON at HIB either in the main classroom or outside as weather permits - limited to 6 students. Masks MUST be worn at all times.

Class descriptions can be found on our web site.

Classes and Instructors subject to change.

CLOSED for the Labor Day weekend. No drop-in classes September 5th & 7th.

Introduction to Holistic Health & Homeopathy (4-week zoom webinar)

Arup Bhattacharya, DHM, PhD

Tuesdays, Sept 8 - 29, 6-8pm

This 4-week seminar will provide an overview of the natural remedies that homeopathy offers; what it is, how it works, where and when it was developed as well as the history of its use. In addition, basic homeopathy applications for common illnesses and injuries, where to purchase remedies, and when it would be practical and appropriate to incorporate homeopathy for self-care and home healing will be covered. Students will leave with a greater understanding of homeopathy, and a deeper appreciation of the connection between physical, mental, emotional and spiritual wellness.

Not sure? Try the 1st class for free! (Registration required) If you wish to continue after the first class, pay a special rate of \$99 for all 4 classes. Classes will be recorded for later viewing if you miss a class.

Fee: \$99 / 4 wks (ID: S40)

VISHOKA MEDITATION Master Course

(12-session zoom webinar)

with Ishan Tigunait

Mondays & Wednesdays - 7-8:15pm

Wednesday, Sept 9 - Monday, Oct 19, 2020

The Vishoka Meditation Master Course is the official companion to Pandit Tigunait's Vishoka Meditation book and is designed to help you comprehensively experience the wisdom and practices described therein. In this intensive program, we'll go through Vishoka Meditation step-by-step, and break down all the preparatory practices as well as the main body of Vishoka Meditation so you can learn each step systematically....**For full description go to: hibuffalo.org/seminars/**

Two Registration Options:

Enjoy 7-day or full lifetime access to all videos and downloadable content after the live program is completed. *No discounts may be applied to the Vishoka Meditation Master Course.*

Fee: \$299 (ID: VMCM-7) Live Sessions + 7-day post-live access

Fee: \$359 (ID: VMCM-LT) Live Sessions + lifetime access

Mindfulness in Nature: Group Hike at Stiglmeier Park

with Kandy / Friday Sept 11, 9:30-noon

Meet at the main parking lot: 810 Losson Rd., Cheektowaga, NY.

Enjoy beautiful flora and abundant wildlife on trails that are mostly flat. Our walk will follow boardwalks and winding trails that loop together for about 4 miles. Appropriate for all skill levels. Wear good walking shoes, bring water and your mask. Pre-register so that we can notify you via email if we need to cancel due to inclement weather.

Fee: Donation Based (ID: S41) / \$5 - \$10 suggested donation

Emotional Stabilization through Breath Work and Relaxation (4-week zoom webinar)

with Yoga Therapist Julia Kress

Mondays, Sept. 14 - Oct. 5, 6-8pm

Our prana or life force is altered by our habits of mind and body and is the resource for self-discovery, growth, and integration within and without. Our in-depth work over four weeks will inspire us through the written testimonial of scripture, current research studies, and our own

personal experience to cultivate a renewed commitment to expanding the use of prana in breath work and relaxation techniques. A strong and stable pranic flow brings confidence, enthusiasm, and freshness to our purpose in life.

FEE: \$70 / 4wks (ID: S42)

CEU TRAINING*



The Science of Breath (CEU zoom webinar)

Saturday, Sept 19, 10am-12:30pm

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

Learn the art and science of respiration and its subtle counterpart, prana, as we explore the impact quality breathing has on the nervous system. This lecture-based class will also include some practice as we explore the anatomy of breathing and the nervous system to better understand why, as teachers and practitioners, a connection and greater understanding of breathing matters so much. **Open to yoga instructors and interested students. This course qualifies for 2.5 hours of CE training with Yoga Alliance. St/Sr discounts do not apply to CEU Trainings.*

Fee: \$55 (ID: E59)

Beginning Meditation (4-week zoom webinar)

with Donna

Wednesdays, Sept 23-Oct 14, 6-7:30pm

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: S43)

Mindfulness in Nature: Group Hike at 18-mile Creek - South Creek Trail

with Kandy / Friday Oct 16, 9:30am-noon

Meet at Trail head at dead end of South Creek Road (off Old Lake View Road): 2601-2687 S Creek Rd, Hamburg, NY 14075 Our walk today is 4.2 miles out and back on a trail along 18-mile Creek. Some moderate hills, but an easy walk overall. Wear hiking shoes, bring water, and your mask. Pre-register, so that we can notify you via email if we need to cancel due to inclement weather.

Fee: Donation Based (ID: S44) / \$5 - \$10 suggested donation

CEU TRAINING*



Fire it Up! Igniting Agni (CEU zoom webinar)

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

Saturday, Oct 24, 10am-12:30pm

Fire is an agent for change which can create the destiny we want or go in another direction altogether. Yoga practice addresses the internal fire as the digestive fire of mind and body, the fire of intelligence, the fire of insight and inspiration, and the fire that guides. We can learn to alter this energy, which is both metabolic and subtle, through practices that stimulate the abode of agni in the abdominal region. We will learn to use physical stimulation, deep relaxation, study and contemplation, and herbs and spices. This is a practical and lecture, so please avoid eating two hours before class.

**This course qualifies for 2.5 hours of CE training with Yoga Alliance. St/Sr discounts do not apply to CEU Trainings.*

Fee: \$55 (ID: E60)