

Welcome to our NOVEMBER-DECEMBER (*mostly*) 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. There are currently three in-person yoga class options, with the intent of adding more over time. Join our email list and friend us on Facebook (facebook.com/hibuffaloyoga) to receive the latest class updates.

Please go to our website: hibuffalo.org to view classes and seminars. If you need any assistance, give us a call at (716) 883-2223. We're here to help!

MONDAY	Instructor	Time	Dates	Cost
Gentle Yoga	Sapna	4-5 pm	Nov. 2 - Dec. 7	\$60
Hatha 3	Kerry	5-6:30 pm	Nov. 2 - Dec. 21	\$80
Hatha 1 + 2	Erika	5:30-6:45 pm	Nov. 2 - Dec. 21	\$80
Group Meditation	Staff	7-8 pm	Nov. 2 - Dec. 21	(Donation Based)
TUESDAY				
Hatha 2	Wendy	9:30-11 am	Nov. 3 - Dec. 22	\$80
Awakening Prana	Tracy	10-11:30 am	Nov. 3 - Dec. 22	\$80
Yoga for Pain Mgmt.	Stephanie	3-4 pm	Nov. 10 - Dec. 15	\$60
Stretch & Relax	Jackie	4-5 pm	Nov. 3 - Dec. 22	\$80
Hatha 2	Tess	5:30-6:30 pm	Nov. 3 - Dec. 22	\$80
Yoga for Core Strength	Sarah	5:30-6:45 pm	Nov. 3 - Dec. 22	\$80
WEDNESDAY				
Gentle Yoga	James	9-10 am	Nov. 4 - Dec. 9	\$60
Hatha 3	Wendy	9:30-11 am	Nov. 4 - Dec. 23	\$80
*Stretch & Flow	Kandy	10-11 am	Nov. 4 - Dec. 16	\$70
*Stretch & Flow	Kandy	11:30-12:30 pm	Nov. 4 - Dec. 16	\$70
Hatha 1	Bonnie	4-5:15 pm	Nov. 11 - Dec. 23	\$70
Hatha 2	Jackie	5-6:15 pm	Nov. 4 - Dec. 23	\$80
THURSDAY – *no class Nov. 26				
Hatha 1	Colleen	10-11:30 am	Nov. 5 - Dec. 17*	\$60
Hatha 2 - *HYBRID	Sarah	10-11:15 am	Nov. 5 - Dec. 17*	\$60
Adaptive Yoga	Julia	3:30-4:30 pm	Nov. 5 - Dec. 17*	\$60
Hatha 2	Renee	5-6:15 pm	Nov. 5 - Dec. 17*	\$60
Gentle	Maya	5:30-6:30 pm	Nov. 5 - Dec. 17*	\$60
FRIDAY – *no class Nov. 27				
Strong Seniors – Level 1	Cathy	9:30-10:30 am	Nov.6 - Dec. 18*	\$60
Strong Seniors - Level 2	Cathy	11am-noon	Nov.6 - Dec. 18*	\$60
Yoga - Parkinson's	Larry	5:30-7 pm	Nov.6 - Dec. 18*	\$60
SATURDAY – *no class Nov. 28 & Dec. 26				
All Levels Drop-in	Staff	9:30-10:30am	ongoing	(Donation Based)

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 reduced “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. (^Excludes workshops and CEU courses).

NOV/DEC - 2 MONTHS UNLIMITED = \$169 \$129

EARLY-BIRD HOLIDAY SPECIAL!
SAVE \$40 when you enter discount code **SAVE40** at checkout.

IN-PERSON participants MUST register in advance. Class size is limited to 6 students. Masks are worn at all times.

* **Stretch & Flow** meets IN-PERSON

* **Hatha 2 with Sarah** meets IN-PERSON & live-stream via ZOOM

Class descriptions can be found on our web site.

Office & Bookstore
CLOSED:
Nov 26 - 29
Dec 24 - Jan 3



DEEPENING MEDITATION: 6 week Course

(Zoom Webinar)

with Donna

Wednesdays, Nov. 18 - Dec. 23 (6 wks), 6 - 7:30 pm

This class will be available on Zoom. Meeting code will be emailed 24 hours before class time.

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.

Fee: \$72 (ID: S52)

CEU TRAINING*

HIPS AND LOW BACK: Anatomy and Sequencing for Yoga Teachers (Zoom Webinar)

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

Thursday Nov. 19, 6:30-9pm

This class will be available on Zoom. Meeting code will be emailed 24 hours before class time.

As we all navigate these challenging times, we look to our yoga practice to give us stability and ease. Balancing the strength and tension of the hip and low back is a doorway to the inner strength we seek. Join Sarah to explore common muscle imbalances of the hip and low back, and how they can be better addressed by first understanding the relationship between agonist/antagonist muscle pairs. Then, we'll apply this knowledge to create sub-sequences you can use as stand-alone therapeutic practices, or to integrate into a traditional practice.

*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: E61)

GRATITUDE WALK:

Knox Farm State Park (In person)

with Kandy & Friends

Friday, Nov. 27, 10 am-12:30 pm

Address: 437 Buffalo Rd, East Aurora, NY 14052 - Meet at Main Gate at the Red Barns

This Thanksgiving weekend we invite you to join us for a Gratitude Walk at the Knox Farm estate. Immerse yourself in the healing quality of nature as we pay homage to Mother Earth. Appropriate for all skill levels. Please pre-register so that we can notify you via email if we need to cancel due to inclement weather. Mostly flat terrain. Wear proper footwear and bring your mask.

Donation based (ID: S53)

CALLING ALL HOLIDAY ELVES!

As in the past, we are joining with **Child & Family Services** to provide support for children and families in the community this holiday season. We're doing things a little differently this year – we will be holding a **“GIFT CARD DRIVE”** instead of purchasing gifts for an adopted family. Gift cards (in any amount) can be brought or mailed to the Institute – Please have your gift card to HIB by Monday, Dec. 7th.

Places that offer a range of family necessities are especially helpful (ex: Amazon, Target, Walmart, Tops, Wegmans, Price Rite, etc.) THANK YOU for your participation!

THE REASON FOR THE SEASON – Practice, Contemplation and Joyful Meditation (Zoom Webinar)

with Julia

Mondays, Dec. 7 - 21 (3 wks), 6:30-8 pm

This class will be available on Zoom. Meeting code will be emailed 24 hours before class time.

Deepen your appreciation for the inward oriented influence of the winter season by hearing from great authors and practitioners from various traditions on the benefits of contemplation and refining inner perspectives. We will practice yoga in all forms: asana, pranayama, relaxation, and meditation, as well as, discuss the tenets of self-study (svadhyaya), commitment to practice (tapas), and trustful surrender (Ishvara Pranidhana) in the context of seasonal reflection.

Fee: \$45 (ID: S55)

NEW YEAR'S EVE WALK: Beaver Island State Park (In Person)

with Kandy

Thursday, December 31, 10 am-12:30 pm

Address: 2136 Oakfield Rd, Grand Island, NY 14072 - Meet in Parking Lot #1 (located near the Clubhouse)

Set your intension(s) for the new year and join us for a walk on the bike path along the Niagara River. The terrain is flat, but it may be a little muddy, so be sure to wear appropriate winter clothes and boots. Bring your mask and grab your binoculars for some spectacular bird watching! 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: S56)

THANK YOU for being a part of HIBuffalo. We are so grateful for you and for the spirit of service that makes this such a unique and inspiring place! We look forward to being together (both live and digitally) throughout the new year.