

Yoga Class schedule (via Zoom) **March-April 2021**

Welcome to our **MARCH-APRIL ONLINE** session (via Zoom)! Register for a multi-week class or enjoy our All-Access Asana Pass. We have over 20 yoga classes available each week in a wide range of styles and levels. Be sure to join our email list and friend us on Facebook (facebook.com/hibuffaloyoga) to receive the latest class updates. Class descriptions are available on our website: hibuffalo.org. If you need any assistance, please call or email, we're happy to help! info@hibuffalo.org / (716) 883-2223.

| MONDAY | Instructor | Time | Dates | Cost |
|-------------------------------|------------|---------------|------------------------|------------------|
| Gentle Yoga | Alexis | 3-4 pm | Mar 1 - Apr 5 / 6wks | \$60 |
| Hatha 3 | Kerry | 5-6:30 pm | Mar 1 - Apr 19 / 8wks | \$80 |
| Hatha 1 + 2 | Erika | 5:30-6:30 pm | Mar 1 - Apr 19 / 8wks | \$80 |
| Group Meditation | Staff | 7-8 pm | ongoing | (Donation Based) |
| TUESDAY | | | | |
| Hatha 2 | Wendy | 9:30-11 am | Mar 2 - Apr 20 / 8wks | \$80 |
| Awakening Prana | Julia | 10-11:15 am | Mar 2 - Apr 20 / 8wks | \$80 |
| Chair Yoga - Gentle | Renee | 10-11 am | Mar 2 - Apr 20 / 8wks | \$80 |
| Stabilizing Hips, Knees, Feet | Stephanie | 3-4 pm | April 6 - 27 / 4wks | \$40 |
| Stretch & Relax | Jackie | 4-5 pm | Mar 2 - Apr 20 / 8wks | \$80 |
| Hatha 2 | Tess | 5:30-6:30 pm | Mar 2 - Apr 20 / 8wks | \$80 |
| Yoga for Core Strength | Sarah | 5:30-6:45 pm | Mar 2 - Apr 20 / 8wks | \$80 |
| WEDNESDAY | | | | |
| Gentle Yoga | James | 9-10 am | Mar 10 - Apr 14 / 6wks | \$60 |
| Hatha 3 | Wendy | 9:30-11 am | Mar 3 - Apr 21 / 8wks | \$80 |
| Hatha 2 | Jackie | 5-6:15 pm | Mar 3 - Apr 21 / 8wks | \$80 |
| THURSDAY | | | | |
| Hatha 2 | Sarah | 9-10 am | Mar 4 - Apr 22 / 8wks | \$80 |
| Hatha 1 | Colleen | 10-11:30 am | Mar 4 - Apr 22 / 8wks | \$80 |
| Adaptive Yoga | Julia | 3:30-4:30 pm | Mar 4 - Apr 22 / 8wks | \$80 |
| Hatha 2 | Renee | 5-6:15 pm | Mar 4 - Apr 22 / 8wks | \$80 |
| Gentle - Stress Relieving | Sherri | 5:30-6:30 pm | Mar 4 - Apr 22 / 8wks | \$80 |
| FRIDAY | | | | |
| Strong Seniors - Level 1 | Cathy | 9:30-10:30 am | Mar 5 - Apr 23 / 8wks | \$80 |
| Strong Seniors - Level 2 | Cathy | 11am-noon | Mar 5 - Apr 23 / 8wks | \$80 |
| Yoga for Parkinson's | Larry | 5:30-7 pm | Mar 5 - Apr 23 / 8wks | \$80 |
| SATURDAY | | | | |
| All Levels Drop-in | Staff | 9:30-10:30 am | ongoing | (Donation Based) |
| SUNDAY | | | | |
| Stretch & Relax | Jackie | 7-8 pm | March 7-28 / 4wks | \$40 |

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 Mar/Apr (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 yoga classes that are listed on this page (shown left).

([^]Excludes workshops and CEU trainings).

MAR/APR - 2 MONTHS UNLIMITED = ~~\$169~~ \$149

EARLY BIRD! 

SAVE \$20 when you enter discount code **SAVE20** at checkout.

May only be applied to the All Access Asana pass. Offer available through February 28, 2021.

Class descriptions can be found on our web site:
hibuffalo.org

IN PERSON CLASSES will resume later this spring. Please check for updates at hibuffalo.org or call (716) 883-2223.

Thank you for your patience!

Office & Bookstore
CLOSED:
April 2-4, 2021



The following classes will be available on ZOOM. Meeting code will be emailed 24 hours before class time.

MARCH 2021

Group Meditation Mondays, 7–8 pm

Our Monday night group practice has been undertaken to heal and empower collective consciousness while also strengthening the individual's practice through the supportive energy of the group. Our evening will include light stretches, guided relaxation, and meditation.

Donation based, no pre-registration required.

ZOOM Meeting Number: 139 024 694 / Passcode: HIB

(NEW TO THE WEEKLY YOGA LINEUP!)

Gentle Stress Relieving Yoga[^]

with Sherri

Thursdays, March 4–April 22 (8wks), 5:30–6:30 pm

Slow down and reap the rewards of a gentle approach to yoga. This all-levels class moves at a slower pace to allow for an increased emphasis on breathing and quieting the body and mind. A combination of pleasant movements, breath awareness, and relaxation techniques will help you transition from the business of the day to a peaceful evening.

Fee: \$80 (ID: YGR)

The Bhagavad Gita and its Guiding Message - Lecture Series*

with Julia (via Zoom)

Mondays, March 8–29 (4wks), 6:45–8:15 pm

A class recording will be available for 7-days (until the start of the next class next class) in case you want to watch (or re-watch) at a later time.

The Bhagavad Gita, the Beloved Lord's song, is a story, a spiritual teaching, and allegory for individual consciousness's relationship with higher consciousness or divine reality. We will explore through reading and conversation the different paths of yoga that can guide us through the vehicles of service, meditation, devotional expression, and study. We may find great solace in knowing there are many ways to practice yoga and that they carry us towards the goal of union with the greater reality of spirit within leading to more joy and fulfillment in our life in the world.

Fee: \$65 / 4 wks (ID: S20)

Zoom into 4 weeks of Grateful Journaling[^]

With Rosa (via Zoom)

Mondays, March 8–29 (4wks), 8–8:30 pm

Cultivating gratitude and making it a regular practice is a powerful addition to a wellness routine that once established can become as ubiquitous as wearing a seat belt or brushing your teeth. Sometimes changing a "bad" habit is not about eliminating; but about making room for positive practices and allowing them to edge out negative tendencies. Gratitude rewires the brain by transforming negative emotions and thus leads to a happier, more positive outlook. Spend a half-hour cultivating gratitude through journal writing. Even in the middle of a pandemic, you might be surprised to realize how much there is to be grateful for. Each week, for four weeks, we will have a theme and a prompt to ground our gratefulness. We will then further explore, through a 10-15 minute continuous write, our thinking/understanding of the theme and gratefulness. Each evening, we will end with a brief oral reflection.

March 1: **belonging** - where we do experience acceptance

March 8: **choice** - where do we have freedom to decide

March 15: **competency** - where do we draw our strength and courage from

March 22: **love** - where or from whom do we receive unconditional support

Fee: \$20 / 4 wks (ID: S21)

CEU TRAINING*

Open to Yoga Instructors and Interested Students Supporting Low Back and Hip Mobility*

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

Saturday, March 13, 10 am–1 pm

A class recording will be available for 14-days after the training in case you want to watch (or re-watch) at a later time.

Functional Mobility comes from a combination of strength and flexibility, and often this is the area we suffer the most. Pain, tension, inflammation, and weakness can all come about because of repetitive movement, lack of movement, asymmetric conditions, and the fact that we load it through the weight of our body and if we may be carrying something. A presentation on anatomy of this area will give you great insight as to how this area operates through individual muscles and how they function as a team in groups providing the greatest support. Practically we will look at how you can manage any of the above scenarios that are leading to yours or your students' issues through postures, exercises, and fascia release with foam roller and tennis balls. *This course qualifies for 3 hours of CE training with Yoga Alliance. St/Sr discounts do not apply to CEU Trainings.*

Fee: \$55 (ID: E63)



[^] INCLUDED in All-Access Asana Pass

* NOT included in All-Access Asana Pass

The following classes will be available on ZOOM. Meeting code will be emailed 24 hours before class time.

APRIL 2021

Foundations of Meditation*

with Donna

Wednesdays, April 7–28, 5:30–6:45 pm

A class recording will be available for 7-days (until the start of the next class next class) in case you want to watch (or re-watch) at a later time.

The practice of meditation leads us to a relaxed nervous system and peaceful mind. In this course, you will learn the essential elements of meditation that direct you to an experience of inner radiance and tranquility. Whether you are an experienced meditator interested in refining your practice or just starting out, this course will support your inward journey.

Fee: \$48 (ID: S25)

(NEW TO THE WEEKLY YOGA LINEUP!)

Stabilizing the Hips, Knees & Feet[^]

with Stephanie

Tuesdays, April 6–27 (4 wks), 2–3 pm

Each area of the body affects other areas. Instability and pain in the hips can cause instability and pain in the knees and feet. An imbalance in these areas may have been caused by injury, surgery or repetitive daily activities. In this specialized therapeutic yoga session, we will use a gentle approach to restore balance by strengthening and stabilizing the hips, knees and feet.

Fee: \$40 (ID: YHF)

A Brief History of Yoga - Lecture Series*

with Tracy Draksic, MA

Thursdays, April 8–29 (4 wks), 7–8:15 pm

A class recording will be available for 7-days (until the start of the next class next class) in case you want to watch (or re-watch) at a later time.

The Indus Valley Civilization, the Vedas, Tantra, Hatha, Vinyasa – the history of yoga is a rich and mysterious web of practice and philosophy. Have you ever wondered about the sources of what you do when you come to your mat or meditation seat?

What part of your practice is truly ancient and what is a more recent addition, and how does it all tie together? Join Tracy for an exploration of the new book by British scholar, Daniel Simpson, *The Truth of Yoga* – available in our bookstore or online. We

will discuss one chapter each week – early yoga, classical yoga, hatha yoga and modern yoga. Tracy will present the reading in a one-hour lecture followed by time for Q&A and group discussion. Reading the chapter before class (optional) will help you feel more grounded in the material. Our goal is to develop a vision of what yoga is for us personally and to more deeply understand our roots in the Himalayan Tradition.

Fee: \$65 (ID: S26)

CEU TRAINING*



FULL-DAY INTENSIVE STUDY AND PRACTICE

Open to Yoga Instructors and Interested Students

Freedom from Pain: The 8 Limbs of Yoga and the 4 Noble Truths*

with Sarah Guglielmi and Julia Kress

Saturday, April 10, 9:30 am–4:30 pm (break 12:30–1:30 pm)

A class recording will be available for 14-days after the training in case you want to watch (or re-watch) at a later time.

The 4 Noble Truths, well known in Buddhism, also appear in Patanjali's Yoga Sutras, the ancient road map of yoga practice. They detail the anatomy of pain (physical, emotional, and spiritual), and how we can find freedom from pain through Yoga. Join Sarah and Julia for a discussion of these Truths, and how to apply them to the 8 limbs of yoga, including your asana, pranayama, relaxation, and meditation practice. Add depth to your own personal practice, and those of your students. Each session includes lecture as well as an all-levels asana/pranayama/meditation experiential component. *This course qualifies for 6 hours of CE training with Yoga Alliance. St/Sr discounts do not apply to CEU Trainings.*

MORNING SESSION:

Freedom from Pain: Uniting the Mind and Breath in Asana and Pranayama

9:30am–12:30pm with Sarah

AFTERNOON SESSION:

Freedom from Pain: Non-Attachment, Contemplation, and Meditation

1:30pm–4:30pm with Julia

FULL CEU TRAINING INTENSIVE: \$99 (ID: E64-A)

AM only: \$55 (ID: E64-B)

PM only: \$55 (ID: E64-C)

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* NOT included in All-Access Asana Pass