

Welcome to our **May – June Zoom session!** Register for a multi-week class or try our **Online Asana Pass** which gives you unlimited access to all VIRTUAL classes listed on this page. We have over 20 online 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 24 hours before your class(es) begin.

MONDAY	Instructor	Time	Dates	Cost
Gentle Yoga	Sherri D	3-4 pm	May 3 - June 21* / 7wks	\$70
Hatha 3	Kerry	5-6:30 pm	May 3 - June 28* / 8wks	\$80
Hatha 1	Staff	5:30-6:30 pm	May 3 - June 28* / 8wks	\$80
Group Meditation	Staff	7-8 pm	ongoing* (Donation Based)	
TUESDAY				
Hatha 2	Wendy	9:30-11 am	May 4 - June 22 / 8wks	\$80
Awakening Prana	Julia	10-11:15 am	May 4 - June 22 / 8wks	\$80
• Awakening Prana (IN-PERSON)	Julia	10-11:15 am	May 4 - June 22 / 8wks	\$80
Chair Yoga (Gentle)	Renee	10-11 am	May 4 - June 22 / 8wks	\$80
Stretch & Relax	Jackie	4-5 pm	May 4 - June 22 / 8wks	\$80
Hatha 2	Tess	5:30-6:30 pm	May 4 - June 22 / 8wks	\$80
Yoga for Core Strength	Sarah	5:30-6:45 pm	May 11 - June 22 / 7wks	\$70
WEDNESDAY				
Gentle Yoga	James	9-10 am	May 5 - June 9 / 6wks	\$60
Hatha 3	Wendy	9:30-11 am	May 5 - June 23 / 8wks	\$80
• Hatha 1 (IN-PERSON)	Kandy	10:30-11:30 am	May 5 - June 16 / 7wks	\$70
Hatha 2	Jackie	5-6:15 pm	May 5 - June 23 / 8wks	\$80
THURSDAY				
Hatha 2	Sarah	9-10 am	May 13 - June 24 / 7wks	\$70
Hatha 1	Colleen	10-11:30 am	May 6 - June 24 / 8wks	\$80
Adaptive Yoga	Julia	3:30-4:30 pm	May 6 - June 24 / 8wks	\$80
Hatha 2	Renee	5-6:15 pm	May 6 - June 24 / 8wks	\$80
Gentle Yoga	Laura/Maya	5:30-6:30 pm	May 6 - June 17 / 7wks	\$70
FRIDAY				
Strong Seniors - Level 1	Cathy	9:30-10:30 am	May 7 - June 25 / 8wks	\$80
Strong Seniors - Level 2	Cathy	11am-noon	May 7 - June 25 / 8wks	\$80
Yoga - Parkinson's	Larry	5:30-7 pm	May 7 - June 25 / 8wks	\$80
SATURDAY				
All-Level Drop-in	Staff	9:30-10:30 am	ongoing* (Donation)	
SUNDAY				
Joints & Glands	Tracy	7-8:15 pm	May 9 - June 27 / 8wks	\$80

**CLASSES** We are beginning to slowly offer in-person classes again and hope to have a wider selection by summer. In-person classes will specifically say “in-person” in the title.

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

**ONLINE ASANA PASS<sup>^</sup>**  
Enjoy unlimited access to all VIRTUAL classes listed on this page. **MAY/JUNE = \$149**

<sup>^</sup>Excludes seminars and CEU courses. Due to capacity restrictions, this pass does not include attendance to in-person asana classes.

- **Hatha 1 with Kandy** will take place IN-PERSON only.
- **Awakening Prana (level 2 yoga) with Julia** - HYBRID - In-Person or Online registration option.

IN-PERSON classes are 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.

\* NO DROP-IN CLASSES Memorial Weekend (Sat., May 29 and Mon, May 31)

**OFFICE & BOOKSTORE  
CLOSED:**

MEMORIAL WEEKEND  
May 29–31

HAVE A SAFE &  
HAPPY HOLIDAY!

Classes will be available on ZOOM unless otherwise noted. Meeting code will be emailed 24 hours before class time.

## MAY 2021

### Spring Cleanse & Daily Detox Retreat\*

**HYBRID PROGRAM:** Attend In-person or Online

(via Zoom)

with Sarah Guglielmi and Julia Kress

Saturday May 1; 9:30 am - 4:30 pm

Join your HIB community for a day of yoga practice and gentle cleansing. 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.

*Class recordings will be available to all registrants for 14-days after the program.*

#### SCHEDULE:

**AM SESSION 9:30 am - 12:30 pm**

The Ayurvedic Spring Cleanse: A How To - with Sarah

**LUNCH BREAK 12:30-1:30pm**

**PM SESSION 1:30 - 4:30 pm**

Daily Detox Routine and Practice - with Julia

*Fee: \$85 - 2 registration options: In-Person or Online  
(ID: S30-P / IN-PERSON) (ID: S30-V / ONLINE)*

### Sponsored by HIB and Buffalo Niagara Waterkeeper Happy Planet - Hike & Clean Sweep: Tillman Wildlife Refuge and Management Area (In-Person)

with Kandy

Sunday, May 2; 11 am - 12:30 pm

Help clean up the trail while you enjoy a 2.5-mile loop trail through the Tillman Wildlife Refuge. Take in the exceptional scenery while picking up plastic pollution and garbage. All gloves and supplies provided by Buffalo Niagara Water Keeper. Easy walk. Please wear comfy shoes/boots and bring your mask.

**Meeting Place:** PARKING LOT of Tillman Wildlife Refuge.

9988 Wehrle Dr. Clarence, NY 14031 [dec.ny.gov/outdoor/83201](http://dec.ny.gov/outdoor/83201)

*FREE EVENT (ID: S31) Please pre-register.*

### An Introduction to Holistic Health & Homeopathy\*

**HYBRID PROGRAM:** Attend In-person or Online (via Zoom)

with Dr. Arup Bhattacharya, DHM, PhD

Thursdays, May 6-27 (4-weeks); 6-8 pm

This four-part course will provide an overview of the natural remedies offered through homeopathy: what it is, how it works, where and when it was developed as well as the history of its use.

In addition to learning basic homeopathy applications for common illnesses and injuries, we will cover where to purchase remedies and when it would be practical and appropriate to incorporate homeopathy for self-care and home healing. The student will leave with an understanding and appreciation of homeopathy and a deeper understanding of wellness in terms of physical, mental, emotional, and spiritual levels. To learn more about Arup go to: [homeopathichealers.com](http://homeopathichealers.com)

*Class recordings will be available to all registrants for 14-days after the end of the course.*

*FEE: \$125 - 2 registration options: In-Person or Online  
(ID: S32P - IN-PERSON / ID: S32-V - ONLINE)*

### Exercises for Joints & Glands<sup>^</sup> (via Zoom)

with Tracy

Sundays, May 9 - June 27 (8-weeks); 7-8:15 pm

The Exercises for Joints & Glands comprise a set of simple, pleasant stretching exercises that can be enjoyed by everyone. They increase circulation to all parts of the body and help improve overall flexibility. Restore a natural vitality to the body and mind by releasing accumulated tensions in the muscles, joints and fascia. Based on the 1977 book compiled from the teachings of Swami Rama.

*FEE: \$80 (ID: YJG)*



<sup>^</sup> INCLUDED in Online Asana Pass (All-Access Asana)

\* NOT included in Online Asana Pass

Classes will be available on ZOOM unless otherwise noted. Meeting code will be emailed 24 hours before class time.

### Foundations of Meditation\* (via Zoom)

with Donna

Wednesdays, May 12 - June 2 (4-weeks); 10-11:15 am

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.

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

Fee: \$48 (ID: S33)

### CEU TRAINING\*



#### FULL-DAY INTENSIVE STUDY AND PRACTICE

Open to Yoga Instructors and Interested Students

### Healing Vagal Tone: Overcoming Chronic Stress with Yoga and Ayurveda\*

HYBRID PROGRAM: Attend In-person or Online (via Zoom)

with Sarah Guglielmi and Julia Kress

Saturday, May 22; 9:30 am - 4:30 pm

Join HIB's 200 and 300-Hour Teacher Training instructors, Julia and Sarah, for a comprehensive look at polyvagal theory, the neurologic view of chronic stress. Learn how Yoga and Ayurveda support the healing of vagal tone, called "stress resiliency", and how to apply that in your personal practice and in the classroom.

Learn how the ancient texts and modern research studies support the practices of diaphragmatic breathing, deep relaxation, pranayama, meditation, and mindful abdominal engagement (such as Agni Sara) to heal vagal tone. All sessions include discussion and practice. You will need your yoga mat. *Attention certified yoga instructors: this course qualifies for 6 hours of CEU training with Yoga Alliance. Class recordings will be available to all registrants for 14-days after the program.*

#### SCHEDULE:

**AM SESSION** 9:30-12:30pm

The Yogic and Ayurvedic View of Chronic Stress: Asana, Pranayama, and Agni Sara with Sarah Guglielmi

**LUNCH BREAK** 12:30-1:30pm

**PM SESSION** 1:30-4:30pm

Linking Chronic Stress Science with Yogic Relaxation and Meditation Techniques with Julia Kress

Fee: \$99 – 2 registration options: *In-Person or Online*

(ID: E65-P / In-Person) (ID: E65-V / Online)

### FULL MOON Reflection: Gentle Yoga & Vedic Prayers^ (via Zoom)

with Tracy

Wednesday, May 26; 7-8:30 pm

Experience the energy of the Flower Moon (full moon in May) with a relaxing and inwardly directed practice of hatha yoga coupled with Vedic prayer. We will practice seven supported, Yin-style postures as we relax into the sound of mantra from the Vedas and Upanishads. Please have a bolster or stack of 4-5 folded beach towels for this class.

(MAY BONUS for Online Asana Pass holders)

FEE: \$15 (ID: S34)

## JUNE 2021

### Contemplative Journaling\*

(via Zoom)

with Rosa

Wednesday, June 2; 7-8:30 pm

Contemplative Journaling is about bringing stillness to our minds so that we can determine if our egoic thinking is really true - is there a possibility that there could be other interpretations for some of those most persistent and unwanted thoughts/behaviors that we have, especially the ones that tend to repeat themselves. Byron Katie identified four questions and a process to interrogate thoughts/situations/problems - she named this process "The Work." We will watch a brief video with Byron Katie and then journal our way through the four questions of the work.

Fee: \$10 (ID: S35)



#### DROP-IN CLASSES

Donation Based - LIVE stream (via Zoom)

**SATURDAYS:** All-Level Yoga Class 9:30-10:30am  
mtg no: 353-765-623 / pw: HIB

**MONDAYS:** Group Meditation 7-8pm  
mtg no: 139-024-694 / pw: HIB

^ INCLUDED in Online Asana Pass (All-Access Asana)

\* NOT included in Online Asana Pass

Classes will be available on ZOOM unless otherwise noted. Meeting code will be emailed 24 hours before class time.

## JUNE 2021

Sponsored by HIB and Buffalo Niagara Waterkeeper

### Happy Planet - Hike & Clean Sweep: Wilkeson Point Park to Buffalo Outer Harbor (In-Person)

with Kandy

Sunday, June 6; 11 am - 12:30 pm

Join your friends from HI Buffalo to help clean up this delightful gem along the waterfront. Enjoy an easy walk (flat terrain) while picking up trash. All gloves and supplies provided by Buffalo Niagara Water Keeper. Restrooms are available, snack bar and "beverage" garden should be open. Please wear comfy shoes, bring water and your mask. Mother Earth thanks you!

**Meeting Point:** PARKING LOT at Wilkeson Point 225 Fuhrmann Boulevard, Buffalo, NY 14203

*FREE EVENT (ID: S36) – Please pre-register.*

### Yoga to Manage Moods<sup>^</sup> (via Zoom)

with Carissa

Saturday, June 12; 10am - 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.

*(JUNE BONUS for Online All-Access Asana pass holders)*

*Fee: \$15 (ID: S37)*

### NATURE WALK: Upper Rim of the Niagara River (In-Person)

with Kandy

Friday, June 18; 11 am - 1 pm

Enjoy amazing views as we walk along the upper rim of the Niagara river towards Whirlpool State Park. Our walk will be approximately 2-3 miles round trip on flat terrain. We will NOT go down to the gorge. Please wear good walking shoes (NO flip-flops), bring water and your mask.

**Meeting place:** PARKING LOT of the Niagara Falls Underground Railroad Heritage Museum. 825 Depot Ave West, Niagara Falls, NY 14305

*Please note:* If you are interested in visiting the Underground Railroad Heritage Museum and making a day of it, tours are available. Go to: [niagarafallsundergroundrailroad.org](http://niagarafallsundergroundrailroad.org) to purchase tickets. (The URHM tour is separate from HIB's Group Walk)

*Fee: Donation Based (ID: S38) \$5-\$10 suggested donation. Please pre-register.*

### CEU TRAINING\*



Open to Yoga Instructors and Interested Students

### Asana and the Yoga Sutra: 4 Steps to Fearlessness\*

**HYBRID PROGRAM:** Attend In-person or Online (via Zoom)

with Sarah Guglielmi

Saturday June 19; 9:30 am - 12:30 pm

The Yoga Sutra, compiled approximately 2000 years ago by the sage Pantanjali, is considered the authoritative text on yoga practice. Encompassed in the goal of yoga is freedom from fear, which is the nature of our innermost essence. When it comes to asana, Patanjali offers 4 steps or capacities to cultivate, that allow the mind to experience its essence: unshakeability (Sthira), ease (Sukha), effortless effort (Prayatna Shailtilya), and inner absorption into the Infinite (Ananta Samapatti). Join Sarah for a discussion of these concepts (Yoga Sutra 2.46 and 2.47) and learn how to apply them in a guided practice of Asana, Relaxation, Pranayama, and Meditation. *Attention certified yoga instructors: this course qualifies for 3-hours of CEU training with Yoga Alliance. A class recording will be available to all participants for 14-days after the training*

*Fee: \$55 – 2 registration options: In-Person or Online*

*(ID: E66-P / In-person) (ID: E66-V / Online)*

## THANK YOU!

Thank you for being a part of the Himalayan Institute of Buffalo. Your dedication, support, and spirit of service is what makes this such a unique and inspiring place.

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