

Welcome to our July–August session! We are happy to bring you in-person, online, and hybrid classes this summer. Register for a multi-week class to attend either online or in-person. (*note: not all classes have an in-person option.*) When registering on our website, please make sure you chose the correct option when adding a class to your cart. You might try our **Online Asana Pass**, giving 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. Please email or call with any questions. Looking forward to a wonderful summer of yoga at HIB!

MONDAY		Instructor	Time	Dates	Cost
	Gentle Yoga	Staff	3:30-4:30 pm	July 12 - Aug 23 (7wks)	\$70
	Hatha 3	Kerry	5-6:30 pm	July 12 - Aug 23 (7wks)	\$70
	Hatha 1 +2 (Hybrid)	Erika	5:30-6:30 pm	July 12 - Aug 23 (7wks)	\$70
	Group Meditation	Staff	7-8 pm	July 12 - Aug 23*	D/B
TUESDAY					
	Hatha 2	Wendy	9:30-11 am	Jul 6 - Aug. 17 (7wks)	\$70
	Awakening Prana (Hybrid)	Julia	10-11:15 am	Jul 6 - Aug. 17 (7wks)	\$70
	Chair Yoga	Renee	10-11 am	Jul 6 - Aug. 17 (7wks)	\$70
	Stretch & Relax	Jackie	4-5 pm	Jul 6 - Aug. 17 (7wks)	\$70
	Core Strength (Hybrid)	Sarah	5:30-6:45 pm	Jul 6 - Aug. 17 (7wks)	\$70
WEDNESDAY					
	Morning Routine	Rosa	6:30-7:30 am	July 7 - 28 (4wks)	\$40
	Hatha 3	Wendy	9:30-11 am	July 7 - Aug 18 (7wks)	\$70
	Hatha 1 (In-person only)	Kandy	10:30-11:30 am	July 7 - Aug 18 (7wks)	\$70
	Hatha 2 (Hybrid)	Jackie	5-6:15 pm	July 7 - Aug 18 (7wks)	\$70
THURSDAY					
	Hatha 2 (Hybrid)	Sarah	9:30-10:30 am	July 8 - Aug 19 (7wks)	\$70
	Hatha 1	Colleen	10-11:30 am	July 8 - Aug 19 (7wks)	\$70
	Adaptive Yoga (Hybrid)	Julia	3:30-4:30 pm	July 8 - Aug 19 (7wks)	\$70
	Hatha 2 (Hybrid)	Renee	5-6:15 pm	July 8 - Aug 19 (7wks)	\$70
	Gentle Yoga (Hybrid)	Laura/Maya	5:30-6:30 pm	July 8 - Aug 19 (7wks)	\$70
FRIDAY					
	Strong Seniors - Level 1	Cathy	9:30-10:30 am	July 9 - Aug 20 (7wks)	\$70
	Gentke Yoga (Hybrid)	Tracy	10-11:15 am	July 9 - Aug 20 (7wks)	\$70
	Strong Seniors - Level 2	Cathy	11am-12 pm	July 9 - Aug 20 (7wks)	\$70
	Yoga - Parkinson's	Larry	5:30-7 pm	July 9 - Aug 20 (7wks)	\$70
SATURDAY					
	All-Level Drop-in (Zoom)	Staff	9:30-10:30 am	July 17 - Aug 21*	D/B

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

CLASSES We've expanded our in-person options. Look for classes that say "In-Person" or "Hybrid".



ONLINE and **IN-PERSON** symbols indicate how a class is available. When you see both, it's a hybrid!

EVERYONE will continue to receive reduced "pandemic pricing" on multi-week asana classes though the summer (EX: 7wk class = \$70 instead of \$84).

ONLINE ASANA PASS[^]
Enjoy unlimited access to all VIRTUAL classes listed on this page. Our Online Asana Pass is getting even sweeter with some new summer features:

- FREE registration in one in-person session of your choice! (*As space allows - lower capacity is in effect*)
- JULY bonus - Rosa's Morning Routine / FREE
- AUGUST bonus - Tracy's Anahata Meditation / FREE
- Take 10% off in the bookstore


For a limited time, take \$20 off the price of our OAP with code SAVE20 at checkout
~~\$149~~ **\$129**

[^]Excludes seminars and special events. SAVE20 code May only be applied to the Online Asana Pass. Offer available through July 5, 2021.



JULY 2021

Establishing a Morning Routine[^]

 (LIVE-stream/Zoom)

with Rosa

Wednesdays, July 7–28 (4wks), 6:30-7:30 am

Have you always wanted to establish a morning routine that will support you physically, mentally, and spiritually and did not know where to begin? Now is your opportunity; each class will include all-level asana practice, systematic relaxation, a brief meditation, 5-7 minutes of journal writing, and a brief spiritual reading. With this early morning routine, you can check Self-care off of your summer to-do list. **This class will meet on ZOOM. Meeting code will be emailed 24 hours before class time.**

(Online Asana Pass holder JULY BONUS. Please pre-register – use passcode ALLBONUS)

Fee: \$40 (ID: S40)

HIB Outdoor Event!

Yoga in “The Meadow”- A Meditative Morning (and mini fund-raiser) at Silo City

Saturday, July 10, 10am-12:30pm

There is a magical place in the city that reminds us of nature’s resilience, human ingenuity and just how awinspiring our surroundings can be – THAT’S where we’re headed! Our morning begins with a wondrous walk filled with art and ecological inclusivity that leads us to a meadow – home to one exceptional and rather large tree. There, beneath the shade of dancing leaves, we will enjoy an all-level tree-inspired yoga practice lead by Julia. A walking meditation with Sarah will bring us out of the meadow to another special place for refreshments (there will be chai!) and group discussion. Fortify your roots and be nurtured by nature. Easy walk. Please bring your yoga mat, towel, and/or travel chair (if you would like to have access to seating). There will be plenty of time to wander, get inspired and visit with HIB teachers, students and friends. *Registration required. If this event is postponed due to inclement weather, registrants will be notified via e-mail and it will be posted on our Facebook page.*

Meet in the parking lot next to Rigidized Metals:

658 Ohio St, Buffalo, NY 14203

Fee: \$25 (ID: S41)

Anatomy of a Good Mind & the Practice of Yoga

 (LIVE-stream/Zoom)

with Julia

Thursdays, July 15–Aug 19 (6 wks), 7-8:30pm

Join the discussion of the neurology behind distraction, concentration, joyfulness, and suffering. We will take a close look at the science and studies on human behavior and neuroplasticity. This live-stream program includes weekly presentations that incorporate slides and discussion on how a complete Yoga practice and daily reflections build a better brain. The lecture aspect will give you the knowledge to apply to the techniques of Yoga, creating a rich, meaningful, and purpose-driven pathway to the inner exploratory experiences of guided relaxation and meditation. **This class will meet on ZOOM. Meeting code will be emailed 24 hours before class time.**

Fee: \$85 (ID: S42)

The Zen of Journal Making

 (IN-PERSON)

with Donna Stepien

Thursday, July 22, 1-4pm

Join artist and educator Donna Stepien for an afternoon of hands-on interactive journal making. This class is designed for you to use items that you may have at home, so you may continue to make your own journals with ease and without having to purchase many items. In this session, you’ll practice mindful awareness as Donna guides you to make three simple book structures: pamphlet (a stitched book), concertina (accordion structure), and Japanese stab (a lovely book where the binding is a key decorative element). There are specific tasks—instructions—toward any goal, or outcome, which today is making books! To think of these tasks as rituals helps us to perceive them in a soft, accepting way, and learning to repeat these rituals you will become confident to explore and make journals on your own, or move to an advanced class!

Paper and all of the necessary supplies will be available for you to use during class, but if there are any ‘special’ papers, decorative beads, or tools (like your favorite scissors) that you might like to use, you are welcome to bring those. For more information, please call or email.

(This class meets In-person at HIB – no online option.)

Fee: \$40 (ID: S43) Includes materials.



“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)

 =ONLINE (Zoom)  =IN-PERSON ...When you see both, it’s a hybrid!

Meditation Immersion

 (IN-PERSON)

with Donna Mattucci

Saturday, July 31, 9:30 am - 12:30 pm

The practice of meditation leads us to a more relaxed nervous system and peaceful mind. In this workshop, you will learn the essential elements of meditation that direct you to an experience of inner radiance and tranquility. We will cover: developing healthy breathing, relaxation techniques, and cultivating pranic awareness. Whether you are an experienced meditator interested in refining your practice or just beginning, this workshop will support your inward journey. *(This class meets In-person at HIB – no online option.)*

Fee: \$35 (ID: S44)

AUGUST 2021

Anahata (Heart Chakra) Meditation Practice[▲]

 (LIVE-stream/Zoom)

with Tracy

Sunday, August 15, 10-11:15 am

Join us for a practice of heart centered meditation leading to a deep sense of stillness and silence. We will begin with light stretching and breathing exercises to relax the body and then move through a series of relaxation techniques. Resting at the Anahata Chakra or Heart Center, we will move awareness into our inner divine space for a guided visualization and mantra recitation. *This class will meet on ZOOM. Meeting code will be emailed 24 hours before class time.*

(Online Asana Pass holder AUGUST BONUS. Please preregister - use passcode ALLBONUS)

Fee: \$15 (ID: S46)

HOLIDAY CLOSURES:

The center will close for a week around the 4th of July holiday and then again before Labor Day. See dates below. We check messages often, so please call or email with any questions. Wishing you all a terrific summer!

CLOSED: Monday, June 28 – Monday, July 5.

JULY/AUG SUMMER SESSION begins Tuesday, July 6

- No Drop-in: Saturday, July 3 - No Monday Meditation: July 5

+ No Drop-In: Saturday, July 10 *due to a special event at Silo City.*

CLOSED: Thursday August 26 – Monday, Sept. 6 (Labor Day)

SEPT/OCT FALL SESSION begins Tuesday, September 7.

- No Sat. Drop-In: Aug. 28 & Sept 4 - No Monday Meditation: Aug 30 & Sept 6

HIB Outdoor Event

Outdoor Mindfulness: Taking Your Practice Outdoors – Daytime Retreat at Noll Nature Pavilion in Glen Park

with Donna and Susan

Friday, August 20, 10 am - 2 pm

Yoga calms the nervous system and cultivates a peaceful mind. Shinrin-yoku, or forest bathing, a Japanese outdoor mindfulness experience, helps individuals access the healing properties of nature. This session combines both practices for a powerful and rich immersive experience. Join Donna, a Himalayan Institute Yoga/Meditation instructor and Susan, a Kripalu Center for Yoga and Health certified outdoor mindfulness guide at beautiful Glen Park in the quaint village of Williamsville. The morning begins in a meadow with a guided yoga, relaxation and meditation practice. After lunch we will venture into the landscape. There you will be invited to extend your meditative experience by using your senses, curiosity, and inherent connection to nature to be fully present to the more than human world. Through meditation and time in nature we can work to restore a balance between our sympathetic and parasympathetic nervous systems, reduce stress, boost immune function and energy, and experience a profound sense of belonging and wellbeing. (This session will not be strenuous; all skill levels and abilities can be accommodated). Registration required. The pavilion at Glen Park is large and well covered, so we can meet rain or shine! Please bring your lunch and a yoga mat or towel.

Glen Park Address: 5565 Main St, Williamsville NY. Meet in the Noll Nature Pavilion at Glen Park (off Grove Street). Parking is available in the lot next to the Noll pavilion.

Fee: \$40 (ID: S47)

YOGA TEACHER TRAINING at HIBuffalo

Are you feeling the call to teach or to deepen your practice? The Himalayan Institute of Buffalo is known for its dedication to teaching excellence - we've been doing it for over 45 years! Learn more and see if one of our certification programs is right for you at: hibuffalo.org/teacher-training

200-Hour Training & Certification
begins October 2021

300-Hour Advanced Training & Certification
begins November 2021

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