

HIMALAYAN INSTITUTE

OF BUFFALO, NEW YORK



September/October 2021

YOUR HOME FOR YOGA, MEDITATION, AND WELLNESS

Welcome to our SEPTEMBER–OCTOBER session! We are happy to bring you in-person, online, and hybrid classes. 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. Register online at hibuffalo.org or call: (716) 883-2223.

MONDAYS					
	Instructor	Time	Dates	Cost	
	Gentle Yoga	Sapna/Sherri	3-4 pm	Sept 13 - Oct 25 (7wks)	\$70
	Yoga 2 (Hybrid)	Erika	5:30-6:30 pm	Sept 13 - Oct 25 (7wks)	\$70
	Alignment Tune Up+	Sarah	5:30-6:30 pm	Sept 13 - Oct 25 (7wks)	\$70
	Group Meditation	Staff	7-8 pm	Sept 13 - Oct 25*	D/B
TUESDAYS					
	Yoga 2	Wendy	9:30-11 am	Sept 7 - Oct 26 (8wks)	\$80
	Chair Yoga	Renee	10-11 am	Sept 7 - Oct 26 (8wks)	\$80
	Awakening Prana (Hybrid)	Julia	10-11:15 am	Sept 7 - Oct 26 (8wks)	\$80
	Stretch & Relax	Jackie	4-5 pm	Sept 7 - Oct 26 (8wks)	\$80
	Yoga 2 (Hybrid)	Tess	5:30-6:45 pm	Sept 7 - Oct 26 (8wks)	\$80
	Core Strength (Hybrid)	Sarah	5:30-6:45 pm	Sept 7 - Oct 26 (8wks)	\$80
WEDNESDAYS					
	Morning Routine -All Level	Rosa	6:15-7:30 am	Sept 15 - Oct 27 (7wks)	\$70
	Gentle	James	9-10 am	Sept 15 - Oct 20 (6wks)	\$60
	Yoga 3	Wendy	9:30-11 am	Sept 8 - Oct 27 (8wks)	\$80
	Yoga 1 (In-person only)	Kandy+	10:30-11:30 am	Sept 8 - Oct 27 (8wks)	\$80
	Stable Hips, Knees & Feet	Stephanie	4-5pm	Sept 22 - Oct 13 (4wks)	\$40
	Yoga 2 (Hybrid)	Jackie	5-6:15 pm	Sept 8 - Oct 27 (8wks)	\$80
THURSDAYS					
	Yoga 2 (Hybrid)	Sarah	9:30-10:30 am	Sept 9 - Oct 28 (8wks)	\$80
	Yoga 1	Colleen	10-11:30 am	Sept 9 - Oct 28 (8wks)	\$80
	Adaptive Yoga (Hybrid)	Julia	3:30-4:30 pm	Sept 9 - Oct 28 (8wks)	\$80
	Yoga 2 (Hybrid)	Renee	5-6:15 pm	Sept 9 - Oct 28 (8wks)	\$80
	Gentle Yoga (Hybrid)	Laura/Maya	5:30-6:30 pm	Sept 9 - Oct 28 (8wks)	\$80
FRIDAYS					
	Strong Seniors - Level 1	Cathy	9:30-10:30 am	Sept 10 - Oct 29 (8wks)	\$80
	Gentle Yoga (Hybrid)	Tracy	10-11:15 am	Sept 10 - Oct 29 (8wks)	\$80
	Strong Seniors - Level 2	Cathy	11am-12 pm	Sept 10 - Oct 29 (8wks)	\$80
	Yoga for Parkinson's	Larry	5:30-7 pm	Sept 10 - Oct 29 (8wks)	\$80
SATURDAYS					
	All-Level Drop-in (Zoom)	Staff	9:30-10:30 am	Sept 11 - Oct 30*	D/B

*No Drop-in Saturday: Sept 4. *No Monday Meditation: Sept 6

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 2021 (EX: 8wk class = \$80 instead of \$96).

IN-PERSON ATTENDANCE POLICY Masks are required in the building. Proof of COVID vaccination is necessary if you wish to remove your mask within the classroom. Room capacities are limited to ensure additional space for students. Thank you for your cooperation and understanding.

ONLINE ASANA PASS[^]

Enjoy unlimited access to all VIRTUAL classes listed on this page. Our Online Asana Pass is even sweeter with these additional Sept/Oct perks:

- FREE registration in one in-person session of your choice (*As space allows - lower capacity is in effect*)
- BONUS+ Asana Alignment Tune-up *with Sarah*
- Take 10% off in the bookstore

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

~~\$169~~ **\$149**

[^]Excludes seminars and special events. SAVE20 code may only be applied to the Online Asana Pass. Offer available through Sept 6, 2021.

Seminars • Events • Specialty Classes

SEPTEMBER

IN-PERSON ATTENDANCE POLICY

Masks are required in the building. Proof of COVID vaccination is necessary if you wish to remove your mask within the classroom. Room capacities are limited to ensure additional space for students. Thank you for your cooperation and understanding.

INDIVIDUAL CLASS RATE

If there is space in a multi-week yoga class, you are welcome to attend on-line or in-person for \$15 per class.

MISSED CLASSES

Classes missed during a multi-week session may be made up during the same session by attending another class of a similar level, OR if the class was recorded, we can send you a recording link.

SIGN UP

for our E-mail newsletter to stay informed about upcoming programs and special events at hibuffalo.org

FOLLOW US

on Facebook:
[facebook.com/hibuffaloyoga](https://www.facebook.com/hibuffaloyoga)

GIFT CERTIFICATES are available for classes and the bookstore.

Foundations of Meditation

 (IN-PERSON)

with Donna

Wednesdays, Sept. 8–29 (4wks), 5:30-7pm

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. We will cover developing healthy breathing, relaxation techniques, and cultivating pranic awareness that leads to deeper focus and clarity.

Whether you are an experienced meditator interested in refining your practice or just beginning, this course will support your inward journey.

Fee: \$48 (ID: S50)

Asana Alignment Tune Up: One Pose Per Week (All-Level)[^]

 (LIVE-stream/Zoom)

with Sarah Guglielmi

Mondays, Sept. 13–Oct. 25 (7wks); 5:30-6:30pm

This class is designed both for beginner yoga students and those looking to revisit the fundamentals of alignment in asana. Each week will highlight one pose. The class sequence will cover preparation for the pose, exploration of the pose (including modifications), and counterbalancing after the pose. Get your questions answered and get unstuck so you can enjoy your yoga practice even more. Poses covered include: Warrior 2, Triangle, Half Moon, Chair Pose, Warrior 1, Downward Facing Dog, and Cobra. ([^]BONUS course for Online Asana Pass)

Meeting code will be emailed 24 hours before class time.

Fee: \$70 (ID: S51)

Homeopathy Fundamentals

  (HYBRID)

with Dr. Arup Bhattacharya, DHM, PhD

Tuesday, Sept. 14; 5:30-8:30pm

Homeopathy is a 200-year-old science of energy medicine that is curative at all levels of a living being – body, emotion, mind, and spirit. There is a growing interest in homeopathy, particularly in situations where conventional and suppressive medicines have not proven helpful. Learn some of the basic concepts of homeopathy, its history, and how it is different from conventional medicine. Your personal questions will also be answered. Arup will also be available to discuss his in-depth Year-Long Homeopathy Level 1 course – dates TBA. For more information, go to: homeopathichealers.com

Registration open for IN-PERSON or VIRTUAL/Zoom.

Fee: \$20 (ID: S52)

Rise n' Shine! Early Morning Routine (All-Level)[^]

 (LIVE-stream/Zoom)

Wednesdays, Sept. 15–Oct. 27 (7wks); 6:15-7:30am
with Rosa

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 your to-do list. ([^]Included with the Online Asana Pass)

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

Fee: \$70 (ID: YMR)

CEU TRAINING*

Open to Yoga Instructors and Interested Students

Anatomy of Yogic Core Strength: The Pranic Kanda (Bulb) & The Lower Three Chakras

 (LIVE-stream/Zoom)

with Sarah Guglielmi, MS, E-RYT-500, AYT

Saturday, Sept. 18; 9:30am-12:30pm

When you think of core strength, usually the first thing that comes to mind is strengthening your abs. Yogic Core Strength addresses the abs. It also addresses a whole lot more. The Yogic Core is both the physical muscles and pranic energy field in your pelvis and abdomen. In a Yogic Core Strength practice, the first goal is to create a balance of strength and flexibility in the pelvic/abdominal muscles, including the abs, pelvic floor, glutes, and back. The second goal is to awaken the pranic energy flow in that space. Combining the two awakens physical and emotional strength, giving you power on your mat and emotional resiliency off your mat. Join Sarah to learn the physical and energetic anatomy of Yogic Core Strength. We'll discuss muscle groups, the lower three chakras, and the pranic kanda (bulb). Anatomical study will be followed by an asana approach and practice to awaken Yogic Core Strength for yourself and your students. *Attention yoga teachers This course qualifies for Continuing Education credits with Yoga Alliance.*

This class will be available on Zoom. Meeting code will be emailed 24 hours before class time. A class recording will be available for 2-weeks in case you want to watch (or re-watch) later.

Fee: \$55 (ID: E67)

Interested in one of our upcoming 200hr or 300hr Yoga Teacher Trainings?

Join Julia and Sarah for a live discussion and Q&A via Zoom. Meet the team, learn more, and get your questions answered! Please pre-register to receive your Zoom code.

DATES:

Thursday, Sept. 23; 6-7pm (ID:TTS)
Thursday, Oct. 21; 6-7pm (ID:TTO)

Stabilizing the Hips, Knees & Feet[^]

 (LIVE-stream/Zoom)

with Stephanie

Wednesdays, Sept. 22–Oct. 13 (4wks); 4-5pm

Each area of the body affects other areas. For instance, 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.

([^]Included with the Online Asana Pass)

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

Fee: \$40 (ID: YHF)

YOGA PHILOSOPHY: The Katha Upanishad

 (LIVE-stream/Zoom)

with Tracy

Thursdays, Sept. 23–Oct. 28 (6wks); 7-8:15pm

The major Upanishads are the most ancient and philosophically profound texts of the Vedic tradition. In this class, we will read the Katha Upanishad together and discuss its teachings on life after death, discovering the sages' method for living life fearlessly and dying gracefully. As our text, we will be using Pandit Rajmani Tigunait's book: *The Pursuit of Power and Freedom – Katha Upanishad* available in our bookstore.

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

Fee: \$75 (ID: S53)

THE OFFICE & BOOKSTORE WILL BE CLOSED:

Thursday, Aug. 26 – Monday, Sept. 6 (Labor Day)

Voice and email messages will be checked daily.

SEPT/OCT FALL SESSION begins Tuesday, Sept. 7.

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

Sponsored by HIB and Buffalo Niagara Waterkeeper Clean Sweep: North Creek South Creek Park

with Kandy

Saturday Sept. 25; 10-11:30am

Site captain Kandy Svec will be leading today's cleanup along Scajaquada Creek at North Creek South Creek Park. Removing plastic and debris at this section of the creek helps protect a vital watershed that flows into the Niagara River. Buffalo Niagara Water Keeper will be providing all gloves and supplies. Please wear comfy shoes/boots and bring your mask. Please pre-register. If this event is canceled due to inclement weather, we will notify you via e-mail and post it on our Facebook page.

Meeting place: 152-156 South Creek Dr., Buffalo 14225

FREE (ID: S54)

Bird Watching & Nature Walk: Tift Nature Preserve

with Uli

Saturday, Sept. 25; 4-6pm

Grab your binoculars and explore one of WNY's best hot spots for bird watching! Tift Nature Preserve offers 264 acres of restored habitat with five miles of trails and boardwalks. Its ponds, marshes and woodlands attract large numbers of migratory and year-round birds each year. Join knowledgeable birder, Uli MacDonald, for an informative adventure as we check in on our feathered friends. Easy walk - flat terrain. Wear good walking shoes. Please pre-register. If we cancel due to inclement weather, we will notify you via e-mail and post it on our Facebook page. Please arrive 10 minutes early so that we can begin on time.

Meeting place: PARKING LOT of Tift: 1200 Fuhrmann Blvd, Buffalo, NY 14203

Donation Based (ID: S55) \$5-\$10 suggested donation.

OCTOBER

The Zen of Journal Making

 (IN-PERSON)

with Donna Stepien

Friday, Oct. 1; 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 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. Hand-crafted journals make great gifts!

Fee: \$35 (ID: S56) Includes materials.

The Anatomy of Meditation

 (LIVE-stream/Zoom)

with Julia Kress, E-RTY500, AYS, C-IAYT, YACEP

Sunday, Oct. 3; 10am-1pm

Join Julia Kress to learn more about the neurobiology and physiology of how meditation affects the mind and body. This program will include examples of different types and methods of meditation and how they affect the landscape of our thoughts and feelings and offers us an array of choices depending on our energy level, time available, and needs. A slide show will give you visual images of just how powerful meditation and mindfulness can be for your nervous system.

The presentation and practices will inspire you to see how meditation can be part of your everyday life. *Attention yoga teachers: This course qualifies for Continuing Education credits with Yoga Alliance.*

This class will be available on Zoom. Meeting code will be emailed 24 hours before class time. A class recording will be available for 2-weeks in case you want to watch (or re-watch) later.

Fee: \$55 (ID: E68)

Nature Walk: Upper Rim of the Niagara River

with Kandy

Sunday, Oct. 10; 11am-1pm

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, bring water and your mask. You also wish to pack a lunch for afterwards. Please pre-register. If we cancel due to inclement weather, we will notify you via e-mail and post it on our Facebook page.

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

Donation Based (ID: S58) \$5-\$10 suggested donation.

Drop-In Classes / Donation-Based

 (LIVE-stream/Zoom)

MONDAYS:

GROUP MEDITATION 7-8pm

mtg no: 139-024-694 / pw: HIB

SATURDAYS:

YOGA CLASS (All-Level) 9:30-10:30am

mtg no: 353-765-623 / pw: HIB

HIB is a not-for-profit organization. We are 100% funded through class fees and donations. THANK YOU so much for your participation and support!

 **INCLUDED** in Online Asana Pass. See Yoga Class Schedule for full list. Class descriptions can be found on our web site.

 **ONLINE** (Zoom)  **IN-PERSON** ...BOTH means it's a hybrid

FALL RETREAT TAKE A BREAK!

Sustainable Living: Rejuvenation on the Mat and In the Kitchen

FULL-DAY RETREAT  (LIVE-stream/Zoom)

with Sarah Guglielmi and Julia Kress

Saturday, Oct. 23; 9:30am-3:30pm

(lunch break 12-1pm)

Sustainable living is not just conserving and nourishing our external environment, but also the environment within. To sustain ourselves, sometimes we need a break. Most of us are carrying excess stress, both from our personal lives, and the collective stress of our time. The transition from summer to fall is an ideal time to take a pause. A time for dedicated self-care, nourishment, and building reserves. Join Sarah and Julia for a day of rejuvenation and nourishment both on the mat and in the kitchen.

Morning Session with Sarah: 9:30am-12pm

We'll begin with the natural cycles of effort and rest, according to Ayurveda, followed by Ayurvedic guidelines to restore energy during the fall season. Our morning practice will be appropriate for all levels, and will include gentle movements to release fatigue, "container" practices to restore energy, and restorative postures for deep rest. A take home practice guideline will be provided for you to use at home.

Afternoon Session with Julia: 1-3:30pm

The afternoon session will be spent in the kitchen discussing how seasonal foods and spices nourish and rejuvenate during the fall transition. Making the right food choices can enhance our resiliency as we move towards the cooler months. Julia will demonstrate how to cook beans and vegetables with seasonally supportive herbs and spices. She will also highlight practical food preparation tips to support sustainability of our outer environment. Recipes and tips will be provided for you to implement at home.

FULL DAY: \$80 (ID: S59-full)

Morning session only: \$45 (ID: S59-AM)

Afternoon session only: \$45 (ID: S59-PM)

This program will be available on Zoom. Meeting code will be emailed 24 hours before class time. A class recording will be available for 2-weeks in case you want to watch (or re-watch) later.

Professional Trainings & Certification Programs at HIB

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! Graduates of our programs are not only potent teachers, but authentic practitioners able to convey the deeper meaning and benefits of these rich wisdom traditions.

For more information go to: hibuffalo.org/teacher-training/

200-Hour Training & Certification

Begins OCTOBER 2021

300-Hour Advanced Certification

Begins NOVEMBER 2021

200-Hour certification is a prerequisite for 300-Hour training. Graduates from HIB's advanced training are eligible for 500-RTY designation with Yoga Alliance.

ALL TRAINEES WILL RECEIVE THE FOLLOWING BONUS PERKS:

- Online Asana Pass to HIB's virtual yoga class offerings for the duration of training
- One-on-one and group mentorship with your training facilitators
- Monthly study and personal practice challenges to integrate course material
- 10% off at the Himalayan Institute of Buffalo bookstore
- Discounts on select workshops

CEU TRAINING

Continuing Education for Yoga Teachers and Interested Students

The Himalayan Institute of Buffalo is here to support teachers and students from all traditions. Course listings with the CEU symbol qualify for Continuing Education with Yoga Alliance.

MAIL-IN REGISTRATION FORM

Name (1): _____

Name (2): _____

Email: _____

Home Phone: _____ Cell or Work Phone: _____

TO REGISTER ONLINE:

Visit: hibuffalo.org

← TO REGISTER BY MAIL:

Mail this form along with full class fee. Make checks payable to **Himalayan Institute**. Please include your phone number(s) and E-mail. Class start date reminders are sent via E-mail.

QUESTIONS?

Email: info@hibuffalo.org

Call: (716) 883-2223

Class / Program Title	Class ID#	Fee