

Welcome to our NOVEMBER-DECEMBER 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.

MONDAY		Instructor	Time	Dates	Cost
	Gentle Yoga	Sherri/Sapna	3-4 pm	Nov 1 - Dec 13 (7wks)	\$70
	Hatha 3 (Hybrid)	Kerry	5-6:30 pm	Nov 1 - Dec 20 (7wks)	\$70
	Hatha 2 (Hybrid)	Erika	5:30-6:30 pm	Nov 1 - Dec 20 (7wks)	\$70
	Group Meditation	Staff	7-8 pm	Nov 1 - Dec 20 (7wks)	D/B
TUESDAY					
	Hatha 2	Wendy	9:30-11 am	Nov 2 - Dec 21 (8wks)	\$80
	Awakening Prana (Hybrid)	Julia	10-11:15 am	Nov 2 - Dec 21 (8wks)	\$80
	Stretch & Relax	Jackie	4-5 pm	Nov 2 - Dec 21 (8wks)	\$80
	Yogic Core Strength (Hybrid)	Sarah	5:30-6:45 pm	Nov 2 - Dec 21 (8wks)	\$80
	Hatha 2 (Hybrid)	Tess	5:30-6:45 pm	Nov 9 - Dec 21 (7wks)	\$70
WEDNESDAY					
	Morning Routine	Rosa	6:15-7:30 am	Nov 3 - Dec 15 (7wks)	\$70
	Gentle	James	9-10 am	Nov 3 - Dec 8 (6wks)	\$60
	Hatha 3	Wendy	9:30-11 am	Nov 3 - Dec 22 (8wks)	\$80
	Hatha 1 (In-Person only)	Kandy	10:30-11:30 am	Nov 3 - Dec 15 (7wks)	\$70
	Balance Training	Stephanie	11-noon	Nov. 17 - Dec. 8 (4wks)	\$40
	Hatha 2 (Hybrid)	Jackie	5-6:15 pm	Nov 3 - Dec 22 (8wks)	\$80
THURSDAY					
	Hatha 2 (Hybrid)	Sarah	9:30-10:30 am	Nov 4 - Dec 16* (6wks)	\$60
	Hatha 1	Colleen	10-11:30 am	Nov 4 - Dec 16* (6wks)	\$60
	Adaptive Yoga (Hybrid)	Julia	3:30-4:30 pm	Nov 4 - Dec 16* (6wks)	\$60
	Gentle Yoga (Hybrid)	Laura/Maya	5:30-6:30 pm	Nov. 4 - Dec 16* (6wks)	\$60
	Allignment Tune-Up (Hybrid)	Sarah	5:30-6:30 pm	Nov 4 - Dec 16* (6wks)	\$60
FRIDAY					
	Strong Seniors -1	Cathy	9:30-10:30 am	Nov 5 - Dec 17* (6wks)	\$60
	Gentle Yoga (Hybrid)	Tracy	10-11:15 am	Nov 5 - Dec 17* (6wks)	\$60
	Strong Seniors - 2	Cathy	11am-noon	Nov 5 - Dec 17* (6wks)	\$60
	Yoga - Parkinson's	Larry	5:30-7 pm	Nov 5 - Dec 17* (6wks)	\$60
SATURDAY					
	All-Level Drop-in Staff		9:30-10:30 am	Nov 5 - Dec 17*	D/B

CLASSES 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 Nov-Dec Online Asana Pass is packed with perks:

- FREE registration in one in-person session of your choice (*As space allows - lower capacity is in effect*)
- OAP BONUS+
 - Yoga Nidra with Tracy and
 - Yoga for Moods with Carissa
- Take 10% off in the bookstore

HOLIDAY SPECIAL Take \$40 off the price of our OAP with code **SAVE40** at checkout

~~\$169~~ **\$129**

[^]Excludes seminars and special events. SAVE40 code may only be applied to the Online Asana Pass. Offer available through Oct. 31, 2021.

NOVEMBER 2021

HI BUFFALO'S POCONOS GETAWAY WEEKEND - Honesdale, PA



November 5–7, 2021

This year marked 50 years of service for the Himalayan Institute, and we're just getting started! We'd love it if you helped us celebrate this momentous occasion. Please join your friends from HI Buffalo for a very special Pocono Getaway Weekend at the Institute's main campus in Honesdale, PA. Destress and rejuvenate in this picturesque setting located in the heart of the Pocono Mountains in Pennsylvania. Nourishing vegetarian meals and a community supportive of your health and wellness are waiting for you during this three-day/two-night getaway.

FEE: \$108 + accommodations

HI Buffalo Special Savings Alert: SAVE \$20 off tuition (\$108 - \$88!) – Enter coupon code: **HIB1121** at checkout

Alignment Tune-Up - Balances, Twists, and Forward Folds[^] One Pose Per Week (All-Level)

  (HYBRID)

with Sarah

Thursdays, Nov. 4–Dec. 16* (6wks–no class 11/25); 5:30–6:30pm ET

This class is designed for 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 that you can enjoy your yoga practice even more. Poses covered include Revolved Triangle, Revolved Side Angle, Half Moon, Warrior 3, King Dancer, Cows Face Pose, Seated Wide-Legged Forward Fold, and Seated Head to Knee Pose.

([^]Included with the Online Asana Pass)

This class will be available In-Person and on Zoom. Meeting code will be emailed 24 hours before class time.

Fee: \$60 (ID: S60-V / S60-P)

“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

Intermediate Journal Making

 (IN-PERSON)

with Donna Stepien

Friday, Nov. 12; 12:30–4pm

Join artist and educator Donna Stepien for an afternoon of hands-on interactive journal making. In this session, you'll practice mindful awareness as Donna guides you to use basic book structures—pamphlet (a stitched book) and concertina (accordion structure)—to make books of your own size and design. There are specific tasks—instructions—toward any goal or outcome, which today is making books! Thinking of these tasks as rituals help us perceive them in a soft, accepting way. And in learning to repeat these rituals, you will become confident to further explore and make journals on your own. This class is designed for you to use items you may have at home, so you may continue to make your own journals with ease and without purchasing many items.

Paper and necessary supplies will be available for you to use during class, but if there are any 'special' papers, decorative beads, or tools that you might like to use, you are welcome to bring those. *(Note: This is follow-up to Donna's introductory class "The Zen of Journal Making")*

Fee: \$40 (ID: S61) Includes materials.

CEU TRAINING*

Open to Yoga Instructors and Interested Students

The Anatomy of Meditation

 (LIVE-stream/Zoom)

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

Sunday, Nov. 14; 10am–1pm ET

(Rescheduled from Oct. 3, 2021)

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)

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

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

Balance Training[^]

 (LIVE-stream/Zoom)

with Stephanie

Wednesdays, Nov. 17–Dec. 8; 11am-noon ET

Solid physical balance is more than just being able to stand on one foot. Improving balance can prevent injuries, sharpen mental focus and relieve stress. In this 4-week yoga session, we will build body awareness and create a foundation for improving strength and stability. You may find that improving your physical balance can help you strike a balance in the other aspects of your life as well.

([^]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: YBT)

CEU TRAINING*

Open to Yoga Instructors and Interested Students

Becoming a Trauma Informed Yoga Teacher: An Introduction

 (LIVE-stream/Zoom)

Lidia J Snyder, LMSW, RYT, TCTSY-F

Saturday, Nov. 20; 9:30am-12:30pm ET

Because traumatic experiences are widespread, yoga teachers can expect to have students in class who have survived trauma. This CEU workshop will help yoga teachers understand trauma in its many forms, how traumatic experience can be housed in the physical body, and how this can be addressed within the context of yoga, in the safest manner. Traditional and trauma informed yoga approaches will be compared to assist teachers in cultivating a trauma informed experience for students. Attention yoga teachers *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: E69)

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 will be holding a "GIFT CARD DRIVE" for families this year:

Gift cards (in any amount) can be brought or mailed to the Institute.

– Please have your gift card to HIB by Monday, Dec. 6th –

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

THANK YOU for your help and participation!

Foundations of Meditation

 (IN-PERSON)

Tuesdays, Nov. 23–Dec. 14; 6-7:30pm

with Donna

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 greater focus and clarity. Whether you are an experienced meditator interested in refining your practice or just beginning, this course will support your inward journey. (Proof of covid vaccination is required to attend this in-person class).

Fee: \$50 (ID: S62)

GRATITUDE WALK - Empire State Trail

Friday, Nov. 26; 11am-1pm

with Kandy

Join us for our annual post-Thanksgiving "Gratitude Walk" walk led by Kandy. Part of the Empire State Rails to Trails system, this section along Tonawanda Creek is flat and paved. Wear good walking shoes. Please pre-register. If our event gets canceled due to inclement weather, we will notify you via email.

Meeting place: Fire Station at the Corner of Campbell Blvd. and Tonawanda Creek Rd. - 2200 Tonawanda Creek Rd, E.Amherst, NY 14228

Donation Based (ID: S63)

HOLIDAY CLOSURES:

CLOSED: Thursday, Nov. 25 - Sunday, Nov. 28

- No Sat. Drop-in: Nov 27

CLOSED: Thursday, Dec. 23 - Sunday, Jan. 2

JAN-FEB SESSION begins Monday, Jan. 3

- No Sat. Drop-In: Dec 25 & Jan 1

- No Monday Meditation: Dec 27

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

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HIMALAYAN INSTITUTE OF BUFFALO

841 Delaware Ave., Buffalo NY 14209

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DECEMBER 2021

The Reason for the Season – Practice, Contemplation and Joyful Meditation

 (LIVE-stream/Zoom)

with Julia

Thursdays, Dec. 2–16 (3wks); 6:30-8pm ET

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

Fee: \$45 (ID: S64)

CEU TRAINING*

Open to Yoga Instructors and Interested Students

Anatomy of Yogic Core Strength - Part 2: Deconstructing Uddiyana Bandha and Agni Sara

 (LIVE-stream/Zoom)

Saturday, Dec. 4; 9:30am-12:30pm ET

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

Uddiyana Bandha (upward flying lift) is an energetic seal or “lock” used in asana practice to direct the flow of energy (prana) in the yogic core, the pelvic abdominal space. Re-establishing the proper flow of prana here can help you, and your students, experience more power in asana, while tapping into your inner reservoir of stability, inner strength, and courage. We’ll begin with the subtle and muscular anatomy of Uddiyana Bandha. Then we’ll move through an asana practice designed to progressively develop Uddiyana Bandha, apply it in classical yoga postures, and culminate with the master practice of Agni Sara. Take-home sequences will be provided.

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: E70)

THANK YOU! for being a part of HIBuffalo.

We are so grateful for you and for the spirit of service that make this such a unique and inspiring place! We look forward to being together throughout the new year.

HIB’s 300-Hour Teacher Training has a NEW start date!

HIB’s 300-Hour Advanced Teacher Training and Certification begins **FEBRUARY 2022** – early bird pricing has been extended to January 15th. Our 300-hour program offers yoga teachers from all styles and backgrounds the opportunity to advance their studies in a truly impactful way. Join us for this life-changing immersion into the deeper aspects of yoga practice and philosophy. For more information, go to: hibuffalo.org/teacher-training/300hour/ or call us at: (716) 883-2223.

200-hr YTT certification is a prerequisite for this training.

Yoga Nidra[^]

 (LIVE-stream/Zoom)

Sunday, Dec. 5; 10-11:15 am ET

with Tracy

Today we will practice Yoga Nidra, a sister practice to meditation, that brings the mind to a state of complete stillness and rest. We will begin with light stretching and by close sitting together in silence. Tap into the intuitive and nurturing energies of the season and move forward feeling refreshed and centered.

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

Fee: \$15 (ID: S65) (^Bonus for Online Asana Pass)

Yoga for Moods[^]

 (LIVE-stream/Zoom)

with Carissa

Saturday, Dec. 11; 10am-noon ET

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.

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

Fee: \$15 (ID: S66) (^Bonus for Online Asana Pass)

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