

## Where to Go From Here

How to keep growing in spirit and practice

### Additional Classes and Seminars

Continue practicing what you have learned. Yoga 2 classes will reinforce the skills you have learned in Yoga 1. They will also introduce new relaxation techniques, explore new postures, and begin the process of sitting for meditation. For those interested in meditation, the Beginning Meditation class will help you develop a practice, explore lifestyle patterns that support meditation, and establish a daily habit of meditation. The Institute also offers a variety of other classes and seminars that may be of interest. Explore the class brochure or website to learn more about current offerings.

### Drop-In Sessions

- Thursday, 5:30-6:30 p.m. This class offers students an opportunity for further practice of basic yoga skills in the Institute tradition. \$10
- Saturday 9:30-11:00 a.m. This intermediate level class offers students an opportunity to develop their yoga practice. \$12.

### Become a Member

Membership in the Himalayan Institute at Buffalo provides benefits for you and helps support the Institute. Benefits include:

- 10% off yoga classes and seminars\* at the Himalayan Institute of Buffalo center. \* please note: not all seminars are eligible for discounts (ex.: CEU courses, classes by visiting teachers, classes under \$25)
- 10% off Himalayan Institute books sold at the HI Buffalo bookstore.

Membership donations help keep the doors of the Institute open to the public. We are funded only by class fees and donations/memberships.

Membership at HI Buffalo (benefits listed above): \$60

### Volunteer

The Institute is alive and doing well because of students like you who volunteer their time to help keep our services available to the Buffalo community. Help with building maintenance, cleaning, yard work, interior decorating and sewing, as well as many other areas, is always appreciated.

### Outreach

In addition to classes at the Institute, our teachers make presentations in the community. If your business or community group would be interested in a lecture or demonstration, please give us a call.