

Welcome to our JANUARY-FEBRUARY 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
	Chair Yoga	Colleen	10-11 am	Jan. 3 - Feb. 21 (8wks)	\$80
	Gentle Yoga	Sherri/Spana	3-4 pm	Jan. 3 - Feb. 21 (8wks)	\$80
	Hatha 3	Kerry	5-6:30 pm	Jan. 3 - Feb. 21 (8wks)	\$80
	Hatha 1+2	Erika	5:30-6:30 pm	Jan. 3 - Feb. 21 (8wks)	\$80
	Group Meditation	Staff	7-8 pm	Jan. 3 - Feb. 21 (8wks)	D/B
TUESDAY					
	Hatha 2	Wendy	9:30-11 am	Jan. 4 - Feb. 22 (8wks)	\$80
	Awakening Prana	Julia	10-11:15 am	Jan. 4 - Feb. 22 (8wks)	\$80
	Stretch & Relax	Jackie	4-5 pm	Jan. 4 - Feb. 22 (8wks)	\$80
	Yoga 2	Tess	5:30-6:45 pm	Jan. 4 - Feb. 15 (7wks)	\$70
	Yogic Core Strength	Sarah	5:30-6:45 pm	Jan. 4 - Feb. 22 (8wks)	\$80
WEDNESDAY					
	Morning Routine (All-Level)	Rosa	6:30-7:30 am	Jan. 5 - Feb. 23* (7wks)	\$70
	Gentle	James	9-10 am	Jan. 19 - Feb. 23 (6wks)	\$60
	Hatha 3	Wendy	9:30-11 am	Jan. 5 - Feb. 23 (8wks)	\$80
	Hatha 1 (In-person)	Kandy	10:30-11:30 am	Jan. 5 - Feb. 16 (7wks)	\$70
	Neck & Shoulders	Stephanie	11-noon	Jan. 12 - Feb. 2 (4wks)	\$40
	Hatha 2	Jackie	5-6:15 pm	Jan. 5 - Feb. 23 (8wks)	\$80
THURSDAY					
	Hatha 2	Sarah	9:30-10:30 am	Jan. 6 - Feb. 24 (8wks)	\$80
	Gentle	Laura/Maya	10-11 am	Jan. 6 - Feb. 24 (8wks)	\$80
	Adaptive Yoga	Julia	3:30-4:30 pm	Jan. 6 - Feb. 24 (8wks)	\$80
	Brand New Beginner	Sarah	5:30-6:30 pm	Jan. 6 - 27 (4wks)	\$40
	Hatha 1	staff	5:30-6:30 pm	Feb. 3 - 24 (4wks)	\$40
FRIDAY					
	Strong Seniors - Level 1	Cathy	9:30-10:30 am	Jan. 7 - Feb. 25 (8wks)	\$80
	Yin Yoga	Tracy	10-11:15 am	Jan. 7 - Feb. 25 (8wks)	\$80
	Strong Seniors - Level 2	Cathy	11 am-noon	Jan. 7 - Feb. 25 (8wks)	\$80
	Yoga - Parkinson's	Larry	5:30-7 pm	Jan. 7 - Feb. 25 (8wks)	\$80
SATURDAY					
	All-Level Drop-in	Staff	9:30-10:30 am	Jan. 8 - Feb. 26 (8wks)	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 our reduced (20%) "pandemic pricing" on multi-week asana classes (EX: 8wk class = \$80 instead of \$96).

IN-PERSON ATTENDANCE POLICY Masks are required in the building. At this time, we ask that in-person participants please provide proof of COVID vaccination. Room capacities remain at half capacity to ensure additional space for students. Thank you for your cooperation and understanding.

ONLINE ASANA PASS^o

Enjoy unlimited access to all VIRTUAL classes listed on this page. Our Jan-Feb Online Asana Pass is packed with perks:

- OAP BONUS+
 - Cave of the Heart–New Year's Meditation w/ Tracy
 - Yoga for Moods w/ Carissa
- Also includes these NEW 4-week specialty classes:
 - Brand New Beginner Series w/ Sarah
 - Tension Relief for Neck & Shoulders w/ Stephanie
- Take 10% off in the bookstore

NEW YEAR'S SPECIAL: Take \$20 off the price of our OAP with code SAVE20 at checkout

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

^oExcludes seminars and special events. SAVE20 code may only be applied to the Online Asana Pass. Offer available through Jan. 1, 2022.

*NO CLASS: Morning Routine - Feb. 9.

JANUARY 2022

Cave of the Heart – New Year’s Meditation[^]

with Tracy

Sunday, Jan. 2; 10-11:15am ET

 (LIVE-stream/Zoom)

Join fellow students as we celebrate another year of community at H.I. Buffalo. We will enjoy light stretching and a guided relaxation followed by the Cave of the Heart Meditation. Set your intentions for a happy and healthy 2022!

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

Fee: \$15 (ID: S01) (^BONUS for Online Asana Pass)

Brand New Beginner Yoga Series[^]

with Sarah

Thursdays, Jan. 6–27 (4wks); 5:30-6:30pm ET

 (LIVE-stream/Zoom)

Whether you are brand new, or want a refresher, you’re invited! Join Sarah for an introduction to yoga practice. Learn how to safely work with the body and breath, so you can decrease stress and feel more ease. Increase joint range of motion, gently improve strength and flexibility, and learn accessible versions of beginner yoga poses. Modifications will be provided for those coming in with joint or body challenges. Each class will end with breath and relaxation training for stress reduction. This class will be available on Zoom. Meeting code will be emailed 24 hours before class time.

ID: YBN (Fee: \$40) (^Included with the Online Asana Pass)

Anatomy of Meditation: The Science of Inner Radiance[^]

with Julia

Thursdays, Jan. 6–27 (4wks); 6:30-8pm ET

 (LIVE-stream/Zoom)

In this four-week program we will discover the physical realities and energetic experience of our nervous system, our brain, and the joyful effects of deep relaxation and meditation. The anatomy of these simultaneous experiences have been documented through the ages, however because of refined technology we have the privilege of seeing the proof and understanding the depth to which the relaxation and meditation practices affect the workings of our body and mind.

We will discuss and observe the technical information of this content and practice for approximately 30 minutes each session. Our Inner Radiance is a tangibly powerful force that only we can attend to, manage, and share with the world. *No prior meditation experience necessary.*

This class will be available on Zoom. Course meeting code will be emailed 24 hours before class time. A class recording will be available for 1-week (until the next class) if you would like to watch later.

FEE: \$65 (ID: S02)

Tension Relief for the Neck and Shoulders[^]

with Stephanie

Wednesdays, Jan. 12–Feb. 2 (4wks); 11am-12pm ET

 (LIVE-stream/Zoom)

Tension in the neck and shoulders can cause a variety of problems including headaches, limited range of movement, and poor posture. Yoga stretches relieve stiffness, create balanced strength, and maintain suppleness. By easing physical tension, you will feel better mentally as well. The series of movements taught in this session can be practiced daily to sustain tension relief.

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

Fee: \$40 (ID: YNS) (^Included with the Online Asana Pass)

A HOMEOPATHIC APPROACH TO LONG-HAUL COVID:

Treating Long-Haul Covid-19 Symptoms and Regaining Your Vitality with Homeopathy

with Dr. Arup Bhattacharya, PhD, DHM

Wednesday, Jan. 12; 6-8 pm ET

(followed by Q&A until 8:30pm)

  (Hybrid)

Get the perspective and insight from classic homeopathic practitioner, Dr. Arup Bhattacharya PhD, DHM on a holistic approach to managing the common long-haul symptoms associated with Covid19. Homeopathic medicines have been used extensively for a variety of symptoms and in epidemics around the world. Selection of the most appropriate homeopathic remedies is based on an individual’s unique symptoms. Learn how to identify the symptoms and how select the most effective remedies to help alleviate symptoms of an illness or a disease. Find out more about Dr. Arup at: homeopathichealers.com. Available in-person (limited space), via Zoom, or view post-class recording. V=Virtual / Zoom P=In-person

Fee: \$35 (ID: S03-V / S03-P)

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

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

300-Hour Teacher Training

HIB's 300-Hour Advanced Teacher Training and Certification begins **FEBRUARY 2022**. Our 300-hour program offers yoga teachers from all styles and backgrounds the opportunity to advance their studies in a truly impactful way.

Find out more: Join Julia and Sarah for a live discussion and Q&A via Zoom. Learn more, and get your questions answered. Please pre-register to receive your Zoom code for this live-stream Q&A event.

DATE: Tuesday, January 18, 2022 / **TIME:** 7-8pm ET

CEU TRAINING*

Open to Yoga Instructors and Interested Students

GET GROUNDED: Sequencing for the Hips, Low Back, Knees, and Feet

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

Sunday, Jan. 30; 10am-1pm ET

 (LIVE-stream/Zoom)

As we all navigate these challenging times, we look to our yoga practice to give us stability and ease. Balancing the strength and flexibility of the lower body (hips, low back, knees, and feet) is a doorway to the inner strength we seek. Join Sarah to explore common muscle imbalances of the lower body, and how they can be better addressed by first understanding the relationship between agonist/antagonist muscle pairs. Then, we'll apply this knowledge to create sub-sequences you can use as stand-alone therapeutic practices, or to integrate into a traditional practice. *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 later.

Fee: \$55 (ID: E71)

Foundations of Meditation

Mondays, Jan. 31–Feb. 21 (4wks); 6-7:30pm

with Donna

 (IN-PERSON)

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 program).*

Fee: \$65 (ID: S06)

"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

Mindfulness in Nature - Winter Walk at Knox Farm

with Kandy

Sunday, Jan. 16; 11am-1pm

Join us for a winter walk at the Knox Farm Estate. The park's 633 acres are comprised of a variety of habitats and an abundance of wildlife. Appropriate for all skill levels. Mostly flat terrain. Wear proper footwear - feel free to bring your snowshoes (if there's snow). Please pre-register so that we can notify you via email if we need to cancel due to inclement weather.

Meeting place: Meet at the Red Barn. Knox Farm State Park. 437 Buffalo Road, East Aurora.

Fee: FREE (ID: S04)

The 'Eternal' Journal – Make a (Refillable) Leather-Bound Journal

with Donna Stepien, MA

Friday, Jan. 28; 1-4pm

 (IN-PERSON)

Join artist and educator Donna Stepien for an afternoon of hands-on interactive journal making. In this intermediate workshop, we'll make three different pamphlets and a leather wrap cover that has elastic cord along the spine. The cord allows you to 'build' your personalized 'eternal journal' by removing/replacing pamphlets securely within the leather cover. One, two, three, or four pamphlets can be put into the cover, as you wish. These could be different colors/different kinds of paper (for journaling, sketching, note-taking, etc...). You'll take home your leather cover, three pocket-sized pamphlets, along with complete instructions and materials list; and you'll have learned several techniques for making replacement pamphlets with materials you may have at home. *(Proof of covid vaccination is required to attend this in-person program).*

Materials fee: \$55 + Workshop fee: \$10 / Total cost: \$65

Fee: \$65 (ID: S05)

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FEBRUARY 2021

Feeling Good in Covid Times: Design Your Ayurvedic Lifestyle

with Sarah

Thursdays, Feb. 3–24 (4wks); 6:30-8pm ET

 (LIVE-stream/Zoom)

The more uncertain the world around us, the more inner resilience we need. Combining your yoga practice with an ayurvedic lifestyle helps you reduce anxiety, build energy, and find your center. You gain a powerful toolbox to digest stress, shift your perspective, and stay present to the joys that ARE all around, despite all the challenges. This is the spiritual work of yoga. Ayurveda is yoga's sister tradition that guides us to align our lifestyle with natural laws and rhythms. It's a system of holistic health based on your unique in-born constitution, or dosha type. Understanding your dosha type allows you to customize a stress relieving yoga lifestyle to fit your unique needs.

In this 4-week series you will:

- Understand your unique dosha type.
- Understand your dosha imbalances that show up as anxiety, poor sleep, low energy, and/or chronic health symptoms.
- Learn about the Ayurvedic Clock, a guide for daily routine.
- Take home a weekly ayurvedic lifestyle practice to implement in between sessions.
- Practice a 30-minute dosha balancing yoga practice.

Use this practice in between sessions.

This class will be available on Zoom. Meeting code will be emailed 24 hours before class time. A class recording will be available for 1-week (until the next class) if you would like to watch later.

Fee: \$75 (ID: S08)

Yoga for Moods[^]

with Carissa

Saturday, Feb. 5; 10am-noon ET

 (LIVE-stream/Zoom)

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: \$20 (ID: S09) (^Bonus for Online Asana Pass holders – pre-registration required)

Yoga Philosophy: Exploring the Mandukya Upanishad

with Tracy, MA

Thursdays, Feb. 10–Mar. 3 (4wks); 7-8:15pm ET

 (LIVE-stream/Zoom)

The Mandukya Upanishad is the shortest of the Upanishads (12 mantras) yet the most profound. It describes the four states of consciousness: waking, dreaming, sleeping, and the state beyond, Turiya. A greater understanding of how the mind moves through these different states illuminates previously undiscovered aspects of our vast human potential. This class will be a combination of discussion and practice, including the Om Kriya and Yoga Nidra. Recommended reading: *Enlightenment Without God* by Swami Rama, 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 1-week (until the next class) if you would like to watch later.

Fee: \$65 (ID: S10)

CEU TRAINING*

Open to Yoga Instructors and Interested Students

Prana Vayus: The Energetics Within and Around Us

with Julia Kress, C-IAYT, E-RYT 500, AYS

Sunday, Feb. 20; 10am-1pm ET

 (LIVE-stream/Zoom)

Explore through practice and discussion the yoga technology of the nervous system and the forces we call the Vayus (pranic directions of energy). When we learn to harness the energies that move throughout the body, we simultaneously become more grounded and light, steady and expansive, quiet and connected. Our inner experience helps us perceive our thoughts, speech, and action and make better choices within our yoga practice and daily life. Through pranic awareness and capacity we appreciate the forces of nature around us and how they may complement our growth in practical life, aid in spiritual transformation, enhancing our ability to share generously our skills and talents and contribute to a better world. *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 later.

Fee: \$55 (ID: E72)

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HIMALAYAN INSTITUTE OF BUFFALO
841 Delaware Ave., Buffalo NY 14209

p: (716) 883-2223 / e: info@hibuffalo.org / w: hibuffalo.org