

**Welcome to our MAY-JUNE 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](http://hibuffalo.org), call **(716) 883-2223**, or stop in. The bookstore is open: Mon-Thurs 9-5 / Fri 9-12 / Sat by appointment. We can make arrangements if you need to come by after hours.

MONDAY					
	Instructor	Time	Dates	Cost	
	Gentle Yoga	Sherri/Spana	3-4 pm	May 2 - June 27*(8wks)	\$80
	Hatha 3	Kerry+	5-6:30 pm	May 2 - June 27*(8wks)	\$80
	Hatha 1+2	Erika	5:30-6:30 pm	May 2 - June 27*(8wks)	\$80
	Group Meditation	Staff	7-8 pm	May 2 - June 27* (8wks)	D/B
TUESDAY					
	Hatha 2	Wendy	9:30-11 am	May 3 - June 21 (8wks)	\$80
	Awakening Prana	Julia	10-11:15 am	May 3 - June 21 (8wks)	\$80
	Stretch & Relax	Jackie	4-5 pm	May 3 - June 21 (8wks)	\$80
	Hatha 2	Tess	5:30-6:45 pm	May 3 - June 21 (8wks)	\$80
	Yogic Core Strength	Sarah	5:30-6:45 pm	May 3 - June 21 (8wks)	\$80
WEDNESDAY					
	Morning Routine	Rosa	6:30-7:30 am	May 4 - June 22 (8wks)	\$80
	Hatha 3	Wendy	9:30-11 am	May 4 - June 22 (8wks)	\$80
	Hatha 1	Tosca	10:30-11:30 am	May 4 - June 22 (8wks)	\$80
	Balance Training	Stephanie	11-noon	May 11 - June 16 (6wks)	\$60
	Hatha 2	Jackie	5-6:15 pm	May 4 - June 22 (8wks)	\$80
	Gentle Yoga	James	5:30-6:30 pm	May 4 - June 8 (6wks)	\$60
THURSDAY					
	Hatha 2	Sarah	9:30-10:30 am	May 5 - June 23 (8wks)	\$80
	Gentle Yoga	Maya+	10-11 am	May 5 - June 23 (8wks)	\$80
	Adaptive Yoga	Julia	3:30-4:30 pm	May 5 - June 23 (8wks)	\$80
	Hatha 1	Erin	5:30-6:30 pm	May 5 - June 23 (8wks)	\$80
FRIDAY					
	Wise Warriors	Cathy	9:30-10:30 am	May 6 - June 24 (8wks)	\$80
	Yin Yoga	Tracy	10-11:15 am	May 6 - June 24 (8wks)	\$80
	Hatha 2	Cathy	11am-noon	May 6 - June 24 (8wks)	\$80
	Yoga for Parkinson's	Larry	5:30-7 pm	May 6 - June 24 (8wks)	\$80
SATURDAY					
	All-Level Drop-in	Staff	9:30-10:30 am	May 7 - June 25* (7wks)	D/B

## CLASSES

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) thru August 2022.

## UPDATED IN-PERSON ATTENDANCE POLICY

Masks are recommended but not required at this time. Our classrooms are equipped with HEPA air purifiers and are at half capacity to ensure ample space for everyone. If you are not feeling well, please do not come to class - call or email us, and we will be happy to issue class credit. Thank you for your understanding and cooperation.

## ONLINE ASANA PASS ‡

Enjoy unlimited access to all VIRTUAL classes listed on this page. PLUS:

- OAP BONUS+ Gentle Yoga & Vedic Prayers with Tracy
- Take 10% OFF in the bookstore

**OAP SPECIAL: Take \$20 OFF** the price of our OAP with code SAVE20 at checkout

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

‡ SAVE20 code may only be applied to the Online Asana Pass.

## CLOSED

MEMORIAL WEEKEND  
\*No classes Sat. May 28 – Mon. May 30, 2022

**HAVE A SAFE & HAPPY HOLIDAY WEEKEND!**

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**MAY 2022**

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**Sunday Silence***with Rosa*

Sunday, May 1; 9:30-11:30am

 **IN-PERSON**

Our world is full of distractions and external stimulation that cause elevated stress and tension in our nervous system. Silence helps us restore our mental resources, and it can even support the regeneration of brain cells. Immersing ourselves in two hours of silence (the lack of talking, reading, listening to music, using devices) may be a perfect antidote - restoring a sense of balance by becoming a curious observer of our thoughts, emotions, and inner experiences.

We will begin with a brief discussion, systematic relaxation, and guided meditation for the first 30 minutes and then, we will be free to engage in our own silence. Participants may sit, lie down, walk inside and outside. Bring your mat, a favorite pillow or blanket, and a journal to jot down a few notes at the end of the two hours in silence.

*Fee: \$20 (ID: S20)***Finding our Way Through Tough Times: Vishoka Meditation and the Yoga Sutra***with Sarah*

Wednesday, May 4-18 (3wks); 6:30-8:30pm

  **HYBRID**

The goal of yoga is to free ourselves from pain and suffering, to experience a state of sorrowless joy called Vishoka. How do we do this in the face of a world in crisis? The Yoga Sutra offers a roadmap. It guides us on how to practice and contemplate life, so that we may gradually transform our worldview and understand the root cause of pain. It reminds us how to take care of ourselves and find our center in tough times, so that we can clarify what is ours to do to move towards personal and collective healing. Vishoka Meditation is a step-by-step system to progress through this process. During this three-week series, Sarah will introduce Vishoka Meditation and tie-in guideposts from the Yoga Sutra text. Each session will include study, discussion, and Vishoka Meditation practice.

Recommended Reading: *Vishoka Meditation: The Yoga of Inner Radiance* by Pandit Rajmani Tigunait, PhD (available in our bookstore).

*Fee: \$65 (ID: S21-V / S21-P)***CEU TRAINING\***

Open to Yoga Instructors and Interested Students

**Teaching Adaptive Yoga***with Julia Kress, C-IAYT, E-RYT 500, AYS*

Saturday, May 7; 10am-1pm

 **IN-PERSON**

Because we care about our students' growth and enjoyment in their asana practice, it is important to have variations on posture techniques to meet them 'where they are'. In some situations, we may find that an adaptation of a posture would significantly improve the individual's physical safety and the benefits they receive. When our students feel comfortable, they are more likely to commit to their practice. This practicum will cover the many ways in which you can alter how a posture is done through tools such as a chair, blocks, bolsters, and blankets. These techniques of modification allow for yoga practitioners to struggle less, relax more, and breathe comfortably leading to greater physical and mental health benefits. This course qualifies for Continuing Education credits with Yoga Alliance.

*Fee: \$55 (E75)***Balance Training<sup>^</sup>***with Stephanie*

Wednesdays, May 11-June 15 (6wks); 11am-noon

 **LIVE-stream/Zoom**

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 series, 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.

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

*Fee: \$60 (ID: YBT) (^Included with the Online Asana Pass)*

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**HOLIDAY CLOSURES:****CLOSED Memorial Weekend (May 28-30)**

\*No classes Sat. May 28 – Mon. May 30, 2022

**HAVE A SAFE & HAPPY HOLIDAY WEEKEND!**

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**^ INCLUDED in Online Asana Pass (All-Access Asana)** =ONLINE (Zoom)  =IN-PERSON ...When you see both, it's a hybrid!

## Mindfulness in Nature: Bird Watching and Nature Walk – Goat Island

with Uli and friends

Saturday, May 14; 4-6pm

Grab your binoculars and join us for an afternoon of bird watching on the Niagara River. 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:** Goat Island, Parking Lot #2 - Address: Goat Island Road, Niagara Falls, NY 14303. Follow Goat Island Rd. past all of the Niagara Falls attractions. Exit at “PARKING LOT 2” (it will be on the left). Parking is free at this lot.

*FREE (ID: S21) - donations graciously accepted*

## Unleash Your Creativity: Make a Concertina Journal/Book

Friday, May 20; 1-4pm

with Donna Stepien, MA

 **IN-PERSON**

Concertina pages are accordion zig zagged. Additional pages are easily added simply by gluing together multiple accordions. The concertina offers endless creative possibilities to make journals and one-of-a-kind books. Today we'll make three popular concertinas:

1. A simple accordion made with copier paper and a heavier cover of mat board, cardboard, cover stock, or a greeting card.
2. An 'endless' accordion made with just about any kind of paper.
3. An accordion with glued- or sewn-in 'flags' made of plain paper, occasion cards, wallpaper, magazine tear-outs, cut-out shapes, heavier-weight paper...even fabric!

We'll create concertinas that can be made by all skill levels with easy-to-use materials commonly found at home. Basic materials and supplies will be provided in this workshop—including papers with which to explore and experiment. You are encouraged to bring in your own paper, wallpaper, occasion cards, fabric, etc. as well, to personalize and further inspire your creative explorations.

*Fee: \$40 (ID: S23) – includes materials*

## Gentle Yoga and Vedic Prayers<sup>^</sup> with Tracy

Sunday, May 22; 10-11:15am

 **LIVE-stream/Zoom**

Unwind and stabilize your energy with a relaxing and inwardly directed practice of hatha yoga coupled with Vedic prayer. We will practice seven supported Yin-style postures as we relax into the sound vibration of mantras from the Vedas and Upanishads. Please have a bolster or stack of 4-5 folded beach towels for this class. This class will be available on Zoom. Meeting code will be emailed 24 hours before class time.

*Fee: \$20 (ID: S24) (^BONUS for Online Asana Pass holders)*

## JUNE

### Relaxation and Stress Management

with Julia

Wednesday, June 1; 6:30-8pm

 **LIVE-stream/Zoom**

The yoga tradition offers a collection of useful tools for managing stress and reducing anxiety. Through relaxation and yoga, you can quiet your reactions to stressful events and lessen their impact on body and mind. Learn to awaken the calming force within you and make peace with situations that challenge your inner life. Join Julia for an evening of discussion and guided practice.

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

*Fee: \$25 (ID: S25)*

### Spring Cleaning at HIB

Friday, June 3; 12:30-3:30pm

Help tidy up the yard, scrub the nooks & crannies, wash windows; whatever your specialty, we've got a project for you! Come when you can, stay for as long as you can. Please let us know that you are coming: 716-883-2223

*FREE (ID: S26)*

**“DROP-IN” CLASSES | DONATION-BASED  LIVE-STREAM via Zoom**

#### SATURDAYS:

ALL-LEVEL YOGA CLASS 9:30-10:30am ET  
mtg no: 353-765-623 / pw: HIB

#### MONDAYS:

GROUP MEDITATION 7-8pm ET  
mtg no: 139-024-694 / pw: HIB

3

<sup>^</sup> INCLUDED in Online Asana Pass (All-Access Asana)

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

## Continuing Meditation

with Donna

Mondays, June 6-27 (4-wks); 6-7:30pm

 IN-PERSON

This course is a continuation of the theory and practices from the Foundations of Meditation course. Deepen your experience of pranic sensitivity and an immersive state of mind as we continue to explore pranayama, relaxation, and breath aligned asana. In this course, you will learn the systematic techniques of Vishoka Meditation that will vitalize your personal practice.

Prerequisite: Completion of HIB's 4-week "Foundations of Meditation" course within the last two years.

Fee: \$65 (\$27)

**CEU TRAINING\***

Open to Yoga Instructors and Interested Students

## Vishoka Meditation: A Primer for Yoga Teachers

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

Sunday, June 12; 10am-1pm

  HYBRID

The goal of yoga is Vishoka, a state of abiding, enduring, sorrowless joy. We get glimpses of this in our daily yoga practice. Nearly all yoga practitioners find their practice to be an invaluable emotional support. A support we all need now more than ever. Understanding the Vishoka Meditation worldview and system of practice can help you radically deepen the emotional strength and nourishment that you experience through yoga and meditation. In this workshop, Sarah will introduce the Vishoka Meditation system, followed by a 75-minute practice. Experience specific refinements to your asana and breath training practices. Learn the Flow of Awareness and Aharana Pranayama techniques, designed to deepen your pranic awareness and move you towards the state of Vishoka.

This course qualifies for Continuing Education credits with Yoga Alliance.

Fee: \$55 (ID: E76-V / E76-P)

## Mindfulness in Nature:

### Group Hike at 18-mile Creek - South Creek Trail

with Kandy

Sunday, June 12; 10am-1pm

Enjoy the nurturing quality of community in nature. Our walk today is 4.2 miles out and back on a trail along 18-mile Creek. There will be some moderate hills, but an easy walk overall. Wear hiking shoes, bring water, and your mask. Please register, so that we can notify you via email if we need to cancel due to inclement weather.

**Meeting place:** Trail head at dead-end of South Creek Rd. (off Old Lake View Rd.): Address: 2601-2687 S Creek Rd, Hamburg, NY 14075

FREE (ID: S28) - Donations graciously accepted

## Life as Sadhana, Sadhana as Life

An Evening with  
Rolf and Mary Gail Sovik

Thursday, June 16; 7-8:30pm

 IN-PERSON

Let's enjoy an evening together of stories and questions about how meditation influences our lives and how our lifestyle influences our meditation. We are all in this together, going back 5,000 years in this Tradition. Join Rolf and Mary Gail for some of their stories and history, followed by a guided meditation practice.

Rolf and Mary Gail were the directors of HI Buffalo for over 25 years before moving to the Institute's headquarters in Honesdale. They have been practicing and teaching in the Himalayan Tradition for close to 50 years. Their wealth of knowledge and experience make their visits to Buffalo a cherished and inspirational time for all. We hope you will join us for this very special event.

Fee: \$25 (ID: S28)

 INCLUDED in Online Asana Pass (All-Access Asana)

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