

Welcome to our NOV-DEC 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, 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
Hatha 1+2	Jenny	10-11 am	Oct 31 - Dec 19 (8wks)	\$80
Gentle Yoga	Sapna&Sherri	3-4 pm	Oct 31 - Dec 12 (7wks)	\$70
Hatha 3	Kerry	5:15-6:45 pm	Oct 31 - Dec 19 (8wks)	\$80
Group Meditation	Staff	7-8 pm	ongoing	D/B
TUESDAY				
Hatha 2	Wendy	9:30-11 am	Nov 1 - Dec 13 (7wks)	\$70
Awakening Prana	Julia	10-11:15 am	Nov 1 - Dec 13 (7wks)	\$70
Stretch & Relax	Jackie	4-5 pm	Nov 1 - Dec 20 (8wks)	\$80
Hatha 1+2	Sarah	5:30-6:45 pm	Nov 1 - Dec 20 (8wks)	\$80
WEDNESDAY				
Rise & Shine (All-Level)^	Rosa	6:30-7:45 am	Nov 2 - Dec 21 (8wks)	\$80
Hatha 3	Wendy	9:30-11 am	Nov 2 - Dec 14 (7wks)	\$70
Gentle	Tosca	10:30-11:30 am	Nov 2 - Dec 21 (7wks)*	\$70
Pain Management^	Stephanie	11-noon	Nov 9 - Dec 21 (6wks)*	\$60
Hatha 2	Jackie	5-6:15 pm	Nov 2 - Dec 21 (8wks)	\$80
Gentle	James	5:30-6:30 pm	Nov 2 - Dec 14 (6wks)*	\$60
THURSDAY				
Gentle	Colleen	10-11 am	Nov 3 - Dec 22* (7wks)*	\$70
Hatha 1	Allison&Maya	10-11:15 am	Nov 3 - Dec 22* (7wks)*	\$70
Adaptive Yoga	Julia	3:30-4:30 pm	Nov 3 - Dec 22* (7wks)*	\$70
Hatha 2	Erin	5:30-6:30 pm	Nov 3 - Dec 22* (7wks)*	\$70
FRIDAY				
Wise Warriors 1	Cathy	9:30-10:30 am	Nov 4 - Dec 23 (7wks)*	\$70
Gentle	Tracy	10-11:15 am	Nov 4 - Dec 23 (7wks)*	\$70
Wise Warriors 2	Cathy	11am-noon	Nov 4 - Dec 23 (7wks)*	\$70
Yoga for Parkinson's	Larry	5:30-7 pm	Nov 4 - Dec 23 (7wks)*	\$70
SATURDAY				
All-Level Drop-in	Staff	9:30-10:30 am	ongoing	D/B

D/B = Donation Based

*NO CLASSES: Thursday 11/24; Friday 11/25; Gentle Yoga & Pain Mgmt will not meet Wednesday 11/23

CLASSES

IN-PERSON and ONLINE symbols indicate how a class is available. When you see both, it's a hybrid.

Our classrooms are equipped with HEPA air purifiers and are held at a lower 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 gladly issue class credit.

CLASS PRICE ANNOUNCEMENT At the start of the pandemic, we reduced the price of our multi-week class sessions by 20%. We hope this has helped students continue practicing throughout these challenging times. Due to rising costs, however, we need to return to our "pre-pandemic" rates starting in January 2023. (Ex: 8wk class - \$96 (\$12 per class) / \$15 for drop-in/walk-ins.

ONLINE ASANA PASS ‡

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

- **OAP BONUS:**
Holiday Deep Relaxation 4-part Sunday Series w/ Tracy (\$50 Value!)
- Take 10% off in the bookstore

OAP NOV/DEC Special:
Take \$20 OFF your OAPass with code **SAVE20** at checkout
\$169 **\$149**

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

CLOSED

The office and bookstore will be **CLOSED Nov 24-27 & Dec 24-Jan 3.**

NO Saturday Drop-in:
Nov. 25; Dec 24 & 31

NO Monday Meditation:
Dec 26 & Jan 2

NOVEMBER 2022

Power and Grace: A Vinyasa and Pranayama Practice

with Kerry

Saturday, Nov. 5; 9-10:30 am

 (IN-PERSON)

Designed to cultivate energy, strength and inner focus, this experienced-level class will devote particular attention to the energetic alignment between body and breath through dynamic sequences of postures (vinyasa) and pranayama techniques.

Cost: \$15 preregistration (ID: S57-P)

Yoga for Pain Management[^]

with Stephanie

Wednesdays, Nov 9-Dec 21* (6wks-*no class Nov 23);

11 am-noon

 (LIVE-stream/Zoom)

Sharp or dull, throbbing or stabbing, physical or emotional – pains of all kinds are both sources and symptoms of stress. When pain crops up, it compels us to find ways to manage it. Yoga breathing techniques, relaxation skills, and postures are uniquely situated to help. They are natural, easily learned, and readily available. Stephanie is a veteran of managing her own pain resulting from serious injuries and surgeries.

Cost: \$60 (ID: YPM) (^Included with OAP)

Journaling for the Heart

with Tosca

Thursdays, Nov 10-Dec 8* (4wks-no class Nov 24); 11 am-noon

  (HYBRID)

Journaling is a fun and creative way to explore issues in our lives, and at the same time open the door to personal insight. This four-week workshop will provide you with the space and time to reflect, write, and share. The workshop will include various writing exercises to help you better access and improve your writing experience. We will also explore what it means to open ourselves to telling our stories with authenticity. No special writing skills are required, just bring a journal and pen and get ready to write! This series is available in-person or online, though in-person attendance is recommended. (Please note: these classes are not recorded)

Cost: \$50 (ID: S70-P / S70-V)

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

with Julia

Saturday, Nov 19; 10 am-12:15 pm

  (HYBRID)

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.

Cost: \$30 (ID: S71-P / S71-V)

Gratitude Walk: Knox Farm State Park

with Kandy

Friday, Nov. 25; 11 am-1 pm

This Thanksgiving weekend, we invite you to join us for a Gratitude Walk at the Knox Farm Estate. Immerse yourself in the healing quality of nature as we pay homage to Mother Earth. Appropriate for all skill levels. Mostly flat terrain. Wear proper footwear. *Please pre-register–notification will be sent via email if we need to cancel due to inclement weather.*

Meeting Place: RED BARNs near the main entrance.

ADDRESS: 437 Buffalo Rd, East Aurora, NY 14052

FREE (ID: S72)

Holiday Deep Relaxation Series[^] +OAP Bonus!

with Tracy

Sundays, Nov 27- Dec 18 (4wks); 9-10:15 am

 (LIVE-stream/Zoom)

The holidays are meant to be a joyful time for family, gift-giving, and spiritual reflection. Often, however, the hustle and bustle can leave us feeling tired and anxious. Join Tracy for four Sunday mornings of light stretching and an extra-long deep relaxation. We will be visiting some of our most beloved practices such as Yoga Nidra. Take some time out to enjoy the season more! If you cannot join us live, all sessions will be recorded.

Cost: \$50 (S73-V) – ^OAP Holiday Bonus!

DONATION-BASED COMMUNITY CLASSES

 LIVE-STREAM via Zoom (Suggested Donation: \$10)

SATURDAYS: ALL-LEVEL YOGA CLASS | 9:30-10:30 am ET
Zoom ID:: 353-765-623 / pw: HIB

MONDAYS: GROUP MEDITATION | 7-8 pm ET
Zoom ID: 139-024-694 / pw: HIB

The H.I. Buffalo is 100% funded by class fees and donations.
THANK YOU for helping to keep us up and running!

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

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

Holiday Open House!

Saturday, Dec 3, 10am-3pm

Step away from the hustle and bustle and into our serene space. The Bookstore & Gift shop will be open for holiday shopping. Enjoy light refreshments and take a tour of our historic building. We have great gift ideas for the yoga and meditation practitioners in your life including classes, props, books and unique gift items. Gift certificates are available in any denomination.

DECEMBER 2022

Continuing Meditation - 4-week Course

with Donna

Thursdays, Dec. 1–22 (4wks); 6-7:30pm

  (HYBRID)

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.

Cost: \$65 (ID: S74-P / S74-P)

CEU TRAINING*

↙ OPEN TO YOGA TEACHERS AND INTERESTED STUDENTS

Sacred Nourishment: The Practice of Asana, Pranayama, and Vishoka Meditation

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

Sunday, Dec. 4, 9:30am-12:30pm

  (HYBRID)

Take a break from the holiday, and join Sarah for a morning of discussion and practice. Vishoka is the experience of abiding joy and nourishment that arises from within—A state free from any trace of fear, doubt, or anger. We get glimpses of this state when we practice yoga and meditation and can deepen our experience by understanding and applying the Vishoka Meditation process. After reviewing the Vishoka Meditation process, enjoy a 2-hour practice designed to unwind from deep tension, connect to your inner strength, and experience the nourishment of the sacred within. Practice will include breath-aligned asana, pranic hub activation, the flow of awareness relaxation, aharana and samikarana pranayama, and seated meditation. Suggested Reading: *Vishoka Meditation* by Pandit Rajmani Tiganait, PhD.

*This course qualifies for Continuing Education credits with Yoga Alliance.

Cost: \$55 (ID: E80)

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

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Group Walk: Forest Lawn Cemetery

with Kandy

Saturday, Dec. 10; 10am–noon

Enjoy a friend-filled stroll throughout the 269 acres of historic Forest Lawn Cemetery. With over 3,500 trees representing more than 100 species, this vibrant arboretum is a picturesque blend of nature and sculptural art: wide roads and an easy walk. Bring your binoculars if you like to zoom in on the wildlife. *Please pre-register—notification will be sent via email if we need to cancel due to inclement weather.*

ADDRESS: 1411 Delaware Ave, Buffalo, NY 14209

Meeting place: Delaware Ave. parking lot—corner of Delaware Ave. and West Delevan

FREE (ID: S75)

200-Hour Teacher Training NEW Start Date! Jan 27, 2023

Give yourself the gift of HIB's transformative yoga immersion and teacher training program.

Our 200-hour program includes instruction in asana (yoga postures), meditation, pranayama, relaxation techniques, therapeutic yoga, and yoga philosophy and psychology. Our teachings are passed down from the Living Tradition of the Himalayan Masters, and are rooted in the ancient yogic scriptures. Find out more at:

hibuffalo.org/teacher-training

Join us for a live discussion and Q&A via Zoom.

Learn more and get your questions answered!

Tuesday, Dec 13; 7-8pm (ID: TTD)

Tuesday, Jan 10; 7-8pm (ID: TTJ)

HOLIDAY CLOSURES:

The office and bookstore will closed:

CLOSED: Thurs, Nov 24–Sun, Nov 27
and Sat, Dec 24–Tues, Jan 3

- No Saturday Drop-in: Nov. 25; Dec 24 & 31

- No Monday Meditation: Dec 26 & Jan 2

JAN-FEB SESSION begins Wed, Jan 4

THANK YOU for being a part of HIB.

Wishing you all the best throughout the new year – See you soon!