

**HAPPY NEW YEAR!** 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.

Check out our NEW WINTER HOURS for the Office & Bookstore: Mon 12-6 / Tu-Wed-Th 9-5 / Fri-Sat 9-12 / Sun closed

MONDAY	Instructor	Time	Dates	Cost
Gentle Yoga	Sapna & Sherri	3-4pm	Jan 9 - Feb 27 (8wks)	\$96
Hatha 3	Kerry	5:15-6:45pm	Jan 9 - Feb 27 (8wks)	\$96
Yoga 1+2 (NEW!)	Daniel	6-7pm	Jan 9 - Feb 27 (8wks)	\$96
Group Meditation	Staff	7-8pm	Jan 9 - Feb 27 (8wks)	Donation
TUESDAY				
Hatha 2	Wendy	9:30-11am	Jan 10 - Feb 28 (8wks)	\$96
Awakening Prana	Julia	10-11:15am	Jan 10 - Feb 28 (8wks)	\$96
Peaceful Warrior (NEW!)	Kandy	11am-noon	Jan 10 - Feb 20 (7wks)	\$84
Stretch & Relax	Jackie	4-5pm	Jan 10 - Feb 28 (8wks)	\$96
Hatha 1+2	Sarah	5:30-6:30pm	Jan 10 - Feb 28 (8wks)	\$96
WEDNESDAY				
Rise & Shine (All-Level)	Rosa	6:30-7:45am	Jan 4 - Feb 22 (8wks)	\$96
Hatha 3	Wendy	9:30-11am	Jan 4 - Feb 22 (8wks)	\$96
Gentle	Tosca	10:30-11:30am	Jan 4 - Feb 22 (8wks)	\$96
Balance Training	Stephanie	11am-noon	Jan 11 - Feb 15 (6wks)	\$72
Hatha 2	Jackie	5-6:15pm	Jan 4 - Feb 22 (8wks)	\$96
THURSDAY				
Gentle	Colleen	10-11am	Jan 5 - Feb 23 (8wks)	\$96
Hatha 1	Allison & Maya	10-11:15am	Jan 5 - Feb 23 (8wks)	\$96
Adaptive Yoga	Julia	3:30-4:30pm	Jan 5 - Feb 23 (8wks)	\$96
Hatha 2	Erin	5:30-6:30pm	Jan 5 - Feb 23 (8wks)	\$96
FRIDAY				
Strong Seniors - L1	Cathy	9:30-10:30am	Jan 6 - Feb 24 (8wks)	\$96
Gentle	Tracy	10-11:15am	Jan 6 - Feb 24 (8wks)	\$96
Strong Seniors - L2	Cathy	11am-noon	Jan 6 - Feb 24 (8wks)	\$96
Yoga for Parkinson's	Larry	5:30-7pm	Jan 6 - Feb 24 (8wks)	\$96
SATURDAY				
All-Level Drop-in (NOW HYBRID!)		9:30-10:30am	Jan 7 - Feb 25 (8wks)	\$10-15

## 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. If you are not feeling well, please do not come to class - call or email us, and we will gladly issue class credit.

**CLASS PRICES** At the start of the pandemic, we reduced the price of our multi-week class sessions. We hope this has helped students continue practicing throughout these challenging times. After nearly three years and rising costs, we need to return to our "pre-pandemic" rates. For many of our class offerings, a 10% discount\* is available for seniors and students (some restrictions apply). If you need additional financial assistance, please let us know.

\*Sr/St discount does not include Teacher Trainings, CEU's, Online Asana Pass, and classes under \$25

## ONLINE ASANA PASS

Enjoy unlimited access to all VIRTUAL classes listed on this page PLUS these OAP PERKS!

- JAN: Mantra Intensive—Gayatri Mantra w/Tracy
- FEB: Yoga for Moods w/Carissa
- TAKE 10% OFF in the bookstore
- If there is a multi-week IN-PERSON class/session you would like to attend, please let us know. We are happy to accommodate when space is available. (Saturday drop-in automatically included.)

**OAP NEW YEAR Special:**  
Take \$20 OFF your 2-month OAP with code **SAVE20** at checkout  
~~\$179~~ **\$159**

## CLOSED

The office and bookstore will be **CLOSED Dec 24–Jan 3.**



NO Saturday Drop-in or Monday Meditation classes during this time.

## JANUARY 2022

### Vishoka Meditation – 8-week Continuing Practice Series

with Sarah and Julia

Wednesdays, Jan 4–Feb 22 (8wks); 6:30-8pm ET

  (HYBRID)

Join Julia and Sarah for an 8-week session dedicated to Vishoka meditation practice, as described in the book *Vishoka Meditation: The Yoga of Inner Radiance* by Pandit Rajmani Tiganait, PhD. Each session will include asana, breath training, systematic relaxation, pranayama, and seated meditation. Gain experience with the foundational and core practices in the Vishoka Meditation system. Each week Sarah and Julia will offer a home practice challenge to keep your practice progressing in between sessions.



*Suggested Pre-Requisites:* Prior completion of any of the following: HIB’s Foundations of Meditation, Vishoka Meditation Course, Vishoka Meditation Primer, or reading of *Vishoka Meditation: The Yoga of Inner Radiance* by Pandit Rajmani Tiganait.

Cost: \$108 (ID: S01-P / S01-V)

### Full Moon New Year’s Meditation

with Tracy

Friday, Jan 6; 7-8:15pm ET

  (HYBRID)


Come celebrate the New Year with your HIB spiritual community. We will be together for practice in-person at the Institute and online via Zoom doing what we do best - gentle asana, deep relaxation, and reflective meditation. Cheers to a bright and auspicious 2023!

Cost: \$15 (ID: S02-P / S02-V)

### Peaceful Warrior (Yoga Series) NEW CLASS!

with Kandy

Tuesdays, Jan 10–Feb 20 (7wks); 11am-noon

 (IN-PERSON)


Join Kandy for this yoga series that will bring a bit of challenge to the body and mind. Explore warrior poses in their many forms, stretching, and a variety of fluid salutations. Suitable for most levels, but prior experience with yoga is recommended.

Cost: \$84 (ID: YPW)

### Balance Training^

with Stephanie

Wednesdays, Jan 11–Feb 15 (6wks); 11am-noon ET

 (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 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.

Cost: \$72 (ID: YBT-V) ^INCLUDED in the Online Asana Pass

### Realize Your Creativity: Make a Concertina Journal/Book (3-week series)

with Donna Stepien, MFA

Mondays, Jan 9–23 (3wks), 5:30-7:30pm

 (IN-PERSON)

Concertina pages are accordion zig zagged, and additional pages are easily added simply by gluing together multiple accordions, allowing for unlimited pages. The concertina offers endless creative possibilities to make journals, sketchbooks, and one-of-a-kind books. You’ll practice mindful awareness as artist/educator Donna Stepien shows you how to make three popular concertinas, and you’ll have time to experiment and explore the variations:

- 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-in or sewn-in ‘flags’ made of plain paper, occasion cards, photographs, wallpaper, magazine tear-outs, cut-out shapes, heavier-weight paper...even fabric.

We’ll create concertinas that all skill levels can make with easy-to-use materials commonly found at home. This course will provide basic materials and supplies, including papers with which to explore and experiment. You are encouraged to bring your own paper, wallpaper, occasion cards, photographs, fabric, small decorative beads, or even buttons to personalize and further inspire your creative explorations. You will have the opportunity to practice with ‘tools and methods of the trade’ if you want to take your work a step further. As you work, Donna will guide you to think of the tasks you will learn as rituals and encourage you to perceive them in a soft, accepting way. As you work and repeat these rituals, you will become confident to explore and make books on your own.

Cost: \$80 (ID: S03-3) / \$40 single class (S03-1) - Class fee includes materials.

**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 spending another year together.

## Foundations of Meditation

with Donna

Tuesdays, Jan 10–31 (4wks); 6–7:30 pm

 (IN-PERSON)


The practice of meditation helps us cultivate a relaxed nervous system and peaceful mind. In this course, you will learn the essential elements of Vishoka Meditation, the system of meditation taught by the Himalayan Institute, that directs you to an experience of inner radiance and tranquility. Topics include healthy breathing, relaxation techniques, and cultivating pranic awareness for 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.

Cost: \$65 (ID: S04)

## Soup & Cinema – is back!

with Kandy

Saturday, Jan 14, noon–3pm

 (IN-PERSON)

Enjoy time with friends and a big bowl of Kandy's homemade vegetarian Soup. This afternoon we'll be watching "Where the Crawdads Sing" (a murder mystery set in the marshes of NC), followed by a group discussion. Soup and bread provided. Bring a small (vegetarian) dish or dessert to share if you like—no worries if you don't, there's always plenty! Registration is requested. *Contributions go towards our Chimney Repair Fund – THANK YOU!*

Cost: \$5 (ID: S06)

## 200-Hour Teacher Training Begins January 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](http://hibuffalo.org/teacher-training)

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


Learn more and get your questions answered!

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

## DONATION-BASED COMMUNITY CLASSES<sup>^</sup>


### MONDAYS (LIVE-stream/Zoom)


GROUP MEDITATION | 7-8pm ET

 Zoom ID: 139-024-694 / pw: HIB

### SATURDAYS (HYBRID)

ALL-LEVEL YOGA CLASS | 9:30-10:30am ET

 Zoom ID: 353-765-623 / pw: HIB

 IN-PERSON option - \$10-15 (sliding scale donation)

<sup>^</sup>INCLUDED in the Online Asana Pass

## Mantra Intensive - The Gayatri Mantra<sup>^</sup> +OAP Bonus!

with Tracy Draksic, MA

Sunday, Jan 22; 10-11am

 (LIVE-stream/Zoom) ET


The profound and beautiful Gayatri Mantra from the Rig Veda illuminates our inner being with divine light and connects us to the deepest parts of ourselves. Practiced by the ancient sages, Gayatri gradually sharpens our intellect, brightens and purifies our consciousness, and brings immense and lasting transformation. In this class, we will look at a translation of the mantra and discuss its meaning. Next, we will explore proper pronunciation by practicing each sound word-by-word. The goal of this intensive is to help you become a confident practitioner in meditation and chanting. Handout and post-class recording provided so that you can continue your practice.

Cost: \$20 (ID: S07) – <sup>^</sup>OAP Bonus! - registration required

## Yoga Philosophy: Conscious Living

with Tracy

Thursdays, Jan 26–Feb 16 (4wks); 7-8:30pm ET

 (LIVE-stream/Zoom)

"If there is no clarity of mind, if there is no purity of heart, your whole life remains full of confusion". Join Tracy for a guided study of Swami Rama's Conscious Living: a Guidebook for Spiritual Transformation. (Available in our bookstore and at other locations) In his clear and direct style, Swamiji will lead us through an understanding of our body, mind, thoughts and emotions, and how we repeatedly create pain and obstacles for ourselves by allowing unconscious habit patterns to direct our path. We will try to understand what it means to be free and to live with contentment and intention. Part of our class time will be devoted to the text and part to the practices that Swami Rama recommends in the appendices: Diaphragmatic breathing, Yoga Nidra, Agni Sara, and Sushumna application.

Cost: \$65 (ID: S08)

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

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

HIMALAYAN INSTITUTE OF BUFFALO

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## FEBRUARY

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### The Zen of Journal Making

with Donna Stepien, MFA

Mondays, February 6–20 (3wks); 5:30–7:30pm

 (IN-PERSON)

Join artist and educator Donna Stepien for this series of journal/sketch-book/one-of-a-kind book making. This class is designed for you to use items that you may have at home, so you can continue to make your own journals with ease and without having to purchase many items. You will have opportunity to practice with ‘tools and methods of the trade’ in case you would like to take your work a step further. You’ll practice mindful awareness as Donna guides you to make a sample of each of three simple book structures:

- 1 Pamphlet (a stitched book);
- 2 Concertina (accordion structure);
- 3 Japanese stab (a lovely book where the binding is a key decorative element).

There are specific tasks—instructions—toward any goal, or outcome, which in this class is making books! To think of these tasks as rituals helps us to perceive them in a soft, accepting way, and learning to repeat these rituals you will become confident to explore and make journals and books on your own.


Paper and all necessary supplies will be provided for you to use during class, but if you have any ‘special’ papers, photographs, greeting cards, fabric, wallpaper, small decorative beads or even buttons, or tools (like your favorite scissors!) that you might like to use, you are welcome to bring those.

Cost: \$80 (ID: S10-3); \$40 single class (ID: S10-1) - Class fee includes materials.

### Meditation Immersion (1-day seminar)

with Donna

Saturday, Feb 11; 9:30am–12:30pm

 (IN-PERSON)

The practice of meditation leads us to a more relaxed nervous system and peaceful mind. In this workshop, 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. Whether you are an experienced meditator interested in refining your practice or just beginning, this workshop will support your inward journey.

Cost: \$40 (ID: S11)

### Group Walk: Snowshoeing at Reinstein Woods Nature Preserve

with Kandy

Saturday, Feb 11, 1–3:30pm

Join us for an afternoon of snowshoeing at Reinstein Woods. Snowshoes can be rented on-site (at the Nature Center building) for \$10—you can also hike w/o them if you prefer. Please pre-register so we can notify you via email if we need to cancel due to inclement weather. Learn more about our location at: [reinsteinwoods.org](http://reinsteinwoods.org)

**Address:** 93 Honorine Dr, Depew, NY 14043


**Meeting Place:** Nature Center Building

Donation Based

### Yoga for Moods^ +OAP Bonus!

with Carissa

Saturday, Feb. 25; 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: S13) ^OAP Bonus! - registration required

### CEU TRAINING\*

### Neck & Shoulder Stabilization: An Ayurvedic Yoga Therapy View

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

Saturday, Feb 25; 10am-1pm ET

  (HYBRID)

Join Sarah to explore an expanded view of neck and shoulder stabilization. Topics include antagonist/agonist muscle pairs, vata subdoshas that influence the neck and shoulders (ayurveda), and how to support proper pranic flow in the space of the heart and throat chakras. Therapeutic sequences will be practiced with hand-outs to take home. Attention certified yoga instructors: this course qualifies for 3 hours of CE training with Yoga Alliance.

Cost: \$55 (ID: E81-P / E81-V)