

WELCOME to the March-April session! We are happy to bring you in-person, online, and hybrid classes. Our yoga class schedule runs on a bi-monthly cycle with small changes each session (see schedule below). Workshops and special events are listed separately. You can register online at hibuffalo.org, call us at (716) 883-2223, or stop in! Here are three ways that you can participate:

1 Weekly Class Session Enrollment in a weekly class series. See schedule below. Most run between 6-8 weeks, offering a progressive experience. If you want to join a series that's already in progress, please contact us, and we will pro-rate your session.

2 Single Class Drop-In (\$15) Please call or email to let us know which class you would like to attend and whether it's online or in-person.

3 Online Asana Pass Gives you UNLIMITED ACCESS to all virtual classes listed on this page plus perks! (see below for more info)

SUNDAY	Instructor	Time	Dates / #Weeks	Cost
Strength & Stability	Steve	10:30-11:30 am	Mar 5 -26 (4wks)	\$48
MONDAY				
Gentle Yoga	Sapna & Sherri	3-4 pm	Mar 6 - Apr 24 (8wks)	\$96
Hatha 3	Jenny	5:15-6:45 pm	Mar 6 - Apr 24 (8wks)	\$96
Yoga 1+2	Daniel	6-7 pm	Mar 6 - Apr 24 (8wks)	\$96
Group Meditation	Staff	7-8 pm	ongoing	Donation Based
TUESDAY				
Hatha 2	Wendy	9:30-11 am	Mar 7 - Apr 25 (8wks)	\$96
Awakening Prana	Julia	10-11:15 am	Mar 7 - Apr 25 (8wks)	\$96
Peaceful Warrior	Kandy	11am-noon	Mar 7 - Apr 18 (7wks)	\$84
Stretch & Relax	Jackie	4-5 pm	Mar 7 - Apr 25 (8wks)	\$96
Hatha 1+2	Sarah	5:30-6:30 pm	Mar 7 - Apr 25 (8wks)	\$96
WEDNESDAY				
Rise & Shine - All-Level	Rosa	6:30-7:45 am	Mar 8 - Apr 26* (7wks)	\$84
Hatha 3	Wendy	9:30-11 am	Mar 8 - Apr 26 (8wks)	\$96
Gentle Yoga	Tosca	10:30-11:30 am	Mar 8 - Apr 26 (8wks)	\$96
Balance Training	Stephanie	11am-noon	Mar 8 - Apr 12 (6wks)	\$72
Hatha 2	Jackie	5-6:15 pm	Mar 8 - Apr 26 (8wks)	\$96
Gentle Yoga	James	5:30-6:30 pm	Mar 8 - Apr 12 (6wks)	\$72
THURSDAY				
Gentle Yoga	Colleen	10-11 am	Mar 9 - Apr 27 (8wks)	\$96
Hatha 1	Allison & Maya	10-11:15 am	Mar 9 - Apr 27 (8wks)	\$96
Adaptive Yoga	Julia	3:30-4:30 pm	Mar 9 - Apr 27 (8wks)	\$96
Hatha 2	Erin	5:30-6:30 pm	Mar 9 - Apr 27 (8wks)	\$96
FRIDAY				
Strong Seniors - Level 1	Cathy	9:30-10:30 am	Mar 10 - Apr 28* (7wks)	\$84
Gentle Yoga	Tracy	10-11:15 am	Mar 10 - Apr 28* (7wks)	\$84
Strong Seniors - Level 2	Cathy	11am-noon	Mar 10 - Apr 28* (7wks)	\$84
Yoga for Parkinson's	Larry	5:30-7 pm	Mar 10 - Apr 28* (7wks)	\$84
SATURDAY				
All-Level Drop-in	Staff	9:30-10:30 am	ongoing*	\$10-15 Donation

CLASSES

IN-PERSON and ONLINE symbols indicate how a class is available. When you see both, it's a hybrid. When registering on our website, please make sure you choose the correct option when adding a class to your cart. (note: not all classes have an in-person option.)

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.

A 10% senior/student discount* is available for multi-week yoga sessions and most seminars (some restrictions apply). If you need additional financial assistance, please let us know.

*Sr/St discount is not applicable to: Teacher Trainings, CEU Trainings, 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!

- BONUS: Mantra Intensive—The Prayers of the Tradition w/Tracy
- BONUS: Yoga as a Way of Life—Thriving in a Chaotic World w/Sarah
- 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.

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

CLOSED

The office & bookstore will be **CLOSED: April 7-9**

*NO CLASS:

- Wed. Apr 5 / Rosa
- Fri. Apr 7 / Cathy & Tracy
- Sat. Apr 8 / Drop-in

MARCH

Soup and Cinema

with Kandy

Saturday, March 4; noon-3 pm

 (IN-PERSON)

Spend time with friends and Kandy's homemade deliciousness as we watch today's movie "Lion" – The Australian biographical film that tells the true story of a young man who, after 25 years of being separated from his family in India, sets out to find them. On the menu: Indian Dal, sautéed greens, and naan.

Cost: \$5 (ID: S15) – Contributions go towards the Chimney Repair Fund – THANK YOU!

↪ NEW CLASS SERIES

Yoga for Strength and Stability: Refining Alignment for Endurance and Ease[^]

with Steven

Sundays, March 5–26 (4wks); 10:30-11:30 am

  (HYBRID)

According to the Yoga Sutra, Sthira (stability) and Sukha (ease), are the hallmarks of a yoga pose. Over time, the goal is to experience more strength and stability in a pose without an increase in tension. Refining your alignment is one of the keys to building strength that coexists with ease. In this series, Steven will break down the alignment fundamentals of familiar poses to awaken a deeper experience of strength, endurance, and ease. Poses include Warrior 1, Triangle Pose, and Tree Pose. **Pre-Requisite:** Completion of Hatha 1 and an introduction to Warrior 1 and Triangle Pose.

Cost: \$48 (ID: S16-P / S16-V) / \$15 drop-in

[^]INCLUDED in the Online Asana Pass

Balance Training—continued[^]

with Stephanie

Wednesdays, March 8–April 12 (6wks); 11 am-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 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

Vishoka Meditation: Continuing Practice Series (8-weeks)

with Sarah and Julia

Wednesdays, March 8–26 (8wks); 6:30-8 pm

  (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 Tigunait, 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 HIB's Foundations of Meditation, Vishoka Meditation Course, Vishoka Meditation Primer, or reading of Vishoka Meditation by Pandit Rajmani Tigunait.

Cost: \$108 (ID: S17-P / S17-V) / \$15 drop-in

Foundations of Meditation: 4-Week Course

with Donna

Tuesdays, Marcy 21-April 11 (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: S18)



COMMUNITY CLASSES – Donation Based

MONDAYS: GROUP MEDITATION

7-8pm ET

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

SATURDAYS: ALL-LEVEL YOGA CLASS

9:30-10:30am ET

 In-Person Drop-In: \$10-\$15 Sliding scale donation

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

The H.I. Buffalo is 100% funded by class fees and donations. THANK YOU for your contribution!

Group Walk: Bird Watching at Forest Lawn Cemetery

*Saturday, March 25; 10am-noon
with Uli*

Grab your binoculars and explore one of WNY's best hot spots for bird watching! Easy walk - flat terrain. 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 5-10 minutes early so that we can begin on time.

Address: Forest lawn Cemetery / 1900 Main St. Buffalo 14208

Meeting place: The CHAPEL PARKING LOT (near Mirror Lake). Go to: forrest-lawn.com for a map of the grounds.

Donation Based (ID: S19) – Contributions go towards the Chimney Repair Fund – THANK YOU!

APRIL

Yoga and Journaling Retreat

with Tosca

Saturday, April 1; 9:30 am-12:30 pm

 (IN-PERSON)

Join Tosca as we spend time nourishing our bodies, mind, and spirit with yoga and journaling. This half-day retreat will provide you with the space and time to relax, reflect, and renew. We'll begin the retreat with a yoga and systematic relaxation practice that will allow us to hold space for what is present in our lives. After a short break, we will follow up with journaling exercises and discussion. No special writing skills are required. Just bring a journal and a pen.

Retreat Schedule:

- 9:30-10:45am: gentle yoga (for all skill levels) and guided relaxation.
- 10:50-11am: break
- 11am-12:30pm: journaling and discussion

Cost: \$40 (ID: S21)

Mantra Intensive—The Prayers of the Tradition[^] +OAP Bonus!

with Tracy

Sunday, April 2; 10-11am

 (LIVE-stream/ZOOM)

Join us as we take a deeper look at the Himalayan Institute's Prayers of the Tradition. We will discuss their origin, meaning, and how to pronounce them accurately. Our prayers can be used as part of sitting for meditation, classroom teaching, or anytime you wish to connect with your inner light. The goal of this class is to feel confident in using them as a beautiful and heartfelt part of your practice.

Cost: \$20 (ID: S22-V) [^]BONUS for Online Asana Pass holders – pre-registration is required

Journaling for the Heart

Thursdays, April 6–May 11 (6wks); 11am-noon*

with Tosca

 (IN-PERSON)

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 six-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!

Cost: \$65 (ID: S23)

CEU TRAINING*

↓ (Open to Teachers and Interested Students)

You and Your Nervous System: An In-Depth Look at Vagal Innervation and the Practices that Build Resilience

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

NEW DATE/TIME: *Thursday, March 23; 5:30-8:30pm*

(Originally scheduled for: Sunday, March 26)

  (HYBRID)

This program will give you detailed information about your nervous system and how it influences your mind set, emotional field, and body. The vagal nerve is just one piece of the nervous system that has been thoroughly studied over the last few decades in relationship to chronic stress, PTSD, and trauma. You don't have to suffer from any of these forms of defensive strategies to benefit from more understanding of how we are wired and how we can alter the stress response.

When the techniques of body awareness, breath work, relaxation, and meditation are practiced regularly you will notice a greater degree of coping capacity, organized thought, and lessened body tension. Our life improves drastically when we pay attention to the details and are empowered by self-regulating efforts that build faith and trust in ourselves and the inherent goodness of others.

Attention certified yoga instructors: this course qualifies for three hours of CE training with Yoga Alliance.

Cost: \$55 (ID: E82)

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

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

YOGA PHILOSOPHY

Yoga as a Way of Life—Thriving in a Chaotic World +OAP Bonus!

with Sarah

Thursday, April 20; 6:30-8 pm

  (HYBRID)

Millions of Americans practice yoga. They understand yoga to be an ancient practice that combines postures and breath awareness to relieve stress, reduce aches and pains, and transform their mood. Yoga is that, and much more. Yoga postures, called asanas, are one part of an 8-limbed spiritual discipline that is ultimately designed to help you connect with your intuitive divine self and transform your limitations, including the overwhelm of fear and uncertainty that is pervasive at this time. Yoga offers an approach to not only live in a chaotic world but thrive in it. Join Sarah for this discussion on yoga as a way of life through yoga practice, yoga lifestyle, and the cultivation of a yoga mindset.

Cost: \$20 (ID: S24-P / S24-V) ^BONUS for Online Asana Pass holders – pre-registration is required)

Earth Day Cleanup Event: Spring Sweep 2023

Sponsored by Buffalo Niagara Waterkeeper

with Kandy

Saturday, April 22; 10am -noon

Site captain Kandy Svec will lead TEAM HIB at this year's Spring Sweep, part of the Great Lakes Cleanup (location to be announced). Buffalo Niagara Water Keeper will be providing all gloves and supplies. Please wear comfy shoes/boots. Be sure to pre-register. If this event gets postponed due to inclement weather, we will notify you via e-mail and post it on our Facebook page. For more information on Buffalo Niagara Waterkeeper, go to: bnwaterkeeper.org/event/spring-sweep-2023/

FREE (ID: S25)

Ayurvedic Nutrition for the Body, Mind and Senses

(Includes cooking demonstration of ghee and turmeric milk)

with Julia

Sunday, April 30, 10am-1 pm

 (IN-PERSON)

Ayurveda is an ancient medical science that harnesses nature's wisdom to promote healing. Aligning our daily habits of eating, sleeping, and moving with natural laws has a profound effect on our quality of life. Join Julia to explore how those habits can support your Agni (digestive fire) to more effectively nourish your Dhatus (tissues) of the body. When Agni and nourishment are strong, we feel centered and content. Learn how to approach food and spice choices to keep your ayurvedic constitution balanced. Enjoy a cooking demonstration and tasting of ayurvedic spiced foods, ghee, and turmeric milk. Handouts and recipes will be provided.

Cost: \$40 (ID: S26)

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

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

Advanced Training for 200-Hour Certified Yoga Teachers

Graduates of HIB's advanced training are eligible for 500-RYT designation from Yoga Alliance.



300-Hour Teacher Training



**Starts November 3, 2023
at HIBuffalo**

HIBuffalo's 300-hour advanced yoga teacher training program offers yoga teachers from all styles and backgrounds the opportunity to advance their studies and personal practice in a truly impactful way. Our teachings have been passed down from the Living Tradition of the Himalayan Masters and are rooted in the ancient yogic scriptures.

The 300-hour teacher training course includes in-depth application of:

- Advanced studies in teaching methods
- Sequencing strategies
- Verbal and hands-on assists
- Practical application of subtle body anatomy (chakras, prana vayus, nadis) in asana practice and teaching
- Dynamics of prana as the healing force
- Yogic applications for common structural, physiological, and emotional challenges
- Study and contemplation of the Yoga Sutra and the Bhagavad Gita

Explore advanced applications of yoga for mental and physical well-being, acquire an authentic understanding of the eight limbs of yoga through an in depth study of essential yogic texts, and attain a first-hand experience of ancient techniques in pranayama (breathing techniques), pratyahara (sense withdrawal), and meditation.

Whether you wish to develop your skills for teaching yoga classes or broaden your personal application of yoga through an advanced teacher training course, our 300-hour program is an excellent way to become proficient in concepts initially touched upon in 200-hour courses.

Go to: hibuffalo.org/300hour/
to see the program schedule and find out more!