

WELCOME to the May-June 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 Pass (\$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	10:30-11:30am	May 7-21 (3wks)	\$36
MONDAY				
Gentle Yoga	Sapna & Sherri	3-4pm	May 1 - June 26* (8wks)	\$96
Hatha 3	Kerry	5:15-6:45pm	May 1 - June 26* (8wks)	\$96
Yoga 1	Jenny & Leanne	6-7pm	May 1 - June 26* (8wks)	\$96
Group Meditation	Staff	7-8pm	May 1 - June 26* (8wks)	Donation
TUESDAY				
Hatha 2	Wendy	9:30-11am	May 2 - June 20 (8wks)	\$96
Awakening Prana	Julia	10-11:15am	May 2 - June 20 (8wks)	\$96
Yin Yoga	Tracy	11am -12:15pm	May 16 - June 20 (6wks)	\$72
Stretch & Relax	Jackie	4-5pm	May 2 - June 20 (8wks)	\$96
Hatha 1+2	Sarah	5:30-6:30pm	May 2 - June 20 (8wks)	\$96
WEDNESDAY				
Rise & Shine (All-Level)	Rosa	6:30-7:45am	May 3 - June 21 (8wks)	\$96
Hatha 3	Wendy	9:30-11am	May 3 - June 21 (8wks)	\$96
Gentle	Tosca	10:30-11:30am	May 3 - June 21 (8wks)	\$96
Balance Training	Stephanie	11am-noon	May 10 - June 14 (6wks)	\$72
Hatha 2	Jackie	5-6:15pm	May 3 - June 21 (8wks)	\$96
Gentle	James	5:30-6:30pm	May 3 - June 7 (6wks)	\$72
THURSDAY				
Gentle	Colleen	10-11am	May 4 - June 22 (8wks)	\$96
Hatha 1	Allison & Maya	10-11:15am	May 4 - June 15 (7wks)	\$84
Adaptive Yoga	Julia	3:30-4:30pm	May 4 - June 22 (8wks)	\$96
All-Level CC [‡] (Drop-In)	Staff	5:30-6:30pm	May 4 - June 22 (8wks)	Donation
FRIDAY				
Strong Seniors: Level 1	Cathy	9:30-10:30am	May 5 - June 23 (8wks)	\$96
Gentle	Tracy	10-11:15am	May 5 - June 23 (8wks)	\$96
Strong Seniors: Level 2	Cathy	11am-noon	May 5 - June 23 (8wks)	\$96
Yoga for Parkinson's	Larry	5:30-7pm	May 5 - June 23 (8wks)	\$96
SATURDAY				
All-Level CC [‡] (Drop-In)	Staff	9:30-10:30am	May 6 - June 24* (8wks)	Donation

‡CC= Community Class (Donation Based - \$10 suggested donation)

*NO CLASSES: Sat, May 27 & Mon, May 29

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.

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). *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— Evening Prayer w/Tracy
- 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**:
Memorial Day weekend: May 27-29 and Tues, June 27- Fri, July 7
 (No classes during this time)



‡CC = **Community Classes**
 All-Level, Donation Based.
 Taught by a rotation of instructors.
 \$10 Suggested donation: 🙏

MAY

Satsang: Secret of Capturing and Assimilating the Forces of Change

(Video viewing and discussion)

Thursday, May 4; 6:30-8pm

  (HYBRID)

Join us at HIB to watch and discuss “Secret of Capturing and Assimilating the Forces of Change” – a pre-recorded livestream with Pandit Rajmani Tigunait, PhD and Ishan Tigunait. The forces of change are dancing wildly around us. As spiritual seekers we wonder what is our place and role in this reality. In this dialogue, Panditji and Ishan explore the concept of dharma, and how to skillfully participate in the process of change, constructively and mindfully. Tea provided. Group discussion to follow.

FREE Community Event (ID: S30-P / S30-V). Donations welcome.

Pre-registration requested.

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

with Donna Stepien

Sunday, May 7; 10am-1pm

 (IN-PERSON)

Join artist and educator Donna Stepien, for a hands-on journal making. In this intermediate workshop, we’ll make three different pamphlets and a high-quality leather wrap cover with an elastic cord along the spine. The cord allows you to build your personalized ‘eternal journal’ by removing/replacing pamphlets securely within the cover. Multiple pamphlets can be inserted, allowing for different colors and kinds of paper (good for journaling, sketching, note-taking, etc.). You’ll leave with your finished journal and take-home instructions.

Cost: \$75 (ID: S31) - Includes all supplies and materials.

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

with Steven

Sundays, May 7–21 (3wks); 10:30-11:30am

  (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: \$36 (ID: S32-P / S32-V) / \$15 single class drop-in

[^]INCLUDED in the Online Asana Pass

Hula Hoop Happiness! (3-week series)

with Erika

Thursdays, May 11–25 (3wks); 5:30-6:30pm

 (IN-PERSON)

Want to get moving and shaking but don’t know where to start? Feeling you need a little more silly fun in your life? Try Hooping with Erika! Hooping is a fun and easy way to get your body moving in all sorts of ways to help improve mind-body connection, breath awareness and the play of grounding with levity. Have never hooped? That’s ok, Erika will share some on body and off body tricks to help you find your own flow. This workshop is geared towards beginners, so be ready to drop (or even chase) your hoop! Wear comfortable clothes, nothing too baggy but also not too tight, have a pair of comfortable shoes because if it’s nice we may go outside. Registration required. Space is limited. Suitable for 18 and over.

Cost: \$50 (ID: S33-A) - Includes purchase of one adult size sports hoop / or \$30 (ID: S33-B) if you are bringing your own hoop

Spring Cleaning at HIB

Saturday, May 13; 10am-noon

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: S34)


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

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COMMUNITY CLASSES

Donation-Based Drop-in Classes (\$10 suggested donation)



MEDITATION:

MONDAYS | 7-8pm ET  Virtual (Zoom)

ALL-LEVEL YOGA:

THURSDAYS | 5:30-6:30 pm ET

SATURDAYS | 9:30-10:30am ET

  HYBRID: In-person & Online (Zoom)

(Taught by a rotation of instructors. Registration not required.)

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

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

Yin Yoga

with Tracy

Tuesdays, May 16–June 20; 11am–12:15pm

 (IN-PERSON)


The practice of Yin Yoga is a slow-paced method in which poses are held for extended periods of time with a focus on increasing circulation and energetic flow into joints, ligaments and connective tissues. Poses are held for several minutes as you bring awareness deep into your body. This quieting practice inspires focus and inner calm and is complementary to the more active asana styles. This is an all-levels class.

Cost: \$72 (ID: YY)

Continuing Meditation

With Donna

Wednesdays, May 17–June 7; 5:30–7pm

 (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 or a Vishoka Meditation course within the last two years.

Cost: \$65 (ID: S35)

Upcoming Trainings at HIB

CEU: Vishoka Meditation Course: Support and Structure to Transform Your Personal Meditation Practice

with Sarah Guglielmi and Julia Kress

Wednesdays, Oct 11–Dec 13, 2023

(10 weeks / 20 hours); 6:30–8:30pm

Learn more at: hibuffalo.org/vishoka-meditation-course/

300-Hour Advanced Teacher Training Starts November 3, 2023

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.


Learn more at: hibuffalo.org/300hour/

Mantra Intensive: The Evening Prayer

+OAP Bonus

with Tracy

Sunday, May 21; 10–11am

 (Live-Stream / ZOOM)

Our next mantra intensive will include an in-depth look at the meaning and pronunciation of the Himalayan Tradition's evening prayer. You may be familiar with this mantra which begins with the words "Śivah Śaktiā Yukto" and comprises three verses from Śaṅkarāchārya's Saundaryalaharī. Join us to explore this heartfelt devotion to the Divine Mother and beautiful addition to your spiritual practice.

Cost \$20 (ID: S36-V)

JUNE

Nature Walk: Group Hike at Chestnut Ridge Park (Orange Trail)

with Kandy

Saturday, June 3, 9:30am–12:30pm

Enjoy the nurturing power of community in nature. We will hike along the Orange Trail at Chestnut Ridge. This is approximately a 4-mile hike round trip. Moderate difficulty with some hills. Wear good walking shoes and bring water – a walking stick may also be helpful. Please pre-register. If this event is canceled due to inclement weather, registrants will be notified via e-mail, and it will be posted on our Facebook page.

Location: 6121 Chestnut Ridge Rd, OP



Meeting place: Chestnut Ridge Casino Parking Lot (by 9:30am)

Donation Based (ID: S37) \$5–\$10 suggested donation.

Intro. to Vishoka Meditation: Transform Your Meditation Practice Step by Step

with Sarah

Sunday, June 4; 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. By understanding the Vishoka Meditation worldview and system of practice you can radically deepen the joy 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.

Cost: \$45 (ID: S38-P / S38-V)

 INCLUDED in Online Asana Pass (All-Access Asana)

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

CEU TRAINING* Open to Yoga Teachers and Interested Students

Get Grounded: Sequencing for the Hips, Low Back, and Knees

with Sarah Guglielmi, MS, E-RYT-500, AYT
Wednesdays June 7-14 (2wks); 6:30-8pm

(HYBRID)

As we all navigate these uncertain times, we look to our yoga practice to give us stability and ease. Balancing the strength and stability of the joints in the lower body (hips, low back, and knees) 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 integrate into traditional practice. **This course qualifies for CE credits with Yoga Alliance.*

Cost: \$55 (ID: E83-P / E83-V)

The Mindful Cook: Ayurvedic Cooking and Self-Care for Optimal Vitality (Includes cooking demonstration and tasting)

with Julia
Saturday, June 10; 10am-1pm

(IN-PERSON)

Summertime is exciting and also can be unbalancing to our constitution. As the summer heat rises, it's common to feel overheated or irritable. In this seminar, you will learn more about seasonal cooking and self-care. Cooking with herbs, spices, and particular oils can be helpful when learning how to bring balance and increase your stamina in the heat. Ayurveda looks at the six tastes (sweet, sour, salty, astringent, bitter, and pungent) and their digestive effect on the body and mind. We use this understanding to apply food as medicine to our daily regime and also incorporate self-care techniques such as massage, dry brushing, neti wash, and others.

Cost: \$45 (S39)

SUMMER YOGA RETREAT

Nourishing The Sacred – Ignite Your Personal Practice

with Sarah Guglielmi and Julia Kress
Himalayan Institute Retreat Center
HONESDALE, PA
August 4-6, 2023

Tuition: \$249 (plus accommodations)
Early Bird: \$219 Register by July 15th
Learn more at: hibuffalo.org/retreats/



Voted #1 Best Yoga Retreat Center
USA Today's Readers' Choice Awards

WELCOME SOVIKS!

Rolf & Mary Gail Sovik at HIB June 15-17



Finding Peace in a Conflicted World

2-part program with Rolf Sovik
Part 1: Thursday, June 15; 7-8:30pm
Part 2: Saturday, June 17; 11am-12:30pm

(IN-PERSON)

Peace is the aim of yoga. Join Rolf to explore teachings from the Gita, meditation from the heart, and deep-seated practices of the yoga tradition. Attend one or both sessions.

Cost: BOTH sessions (Thursday & Saturday) - \$45 (ID: S40-P)
Thursday, June 15, 7-8:30pm - \$25 (ID: S41-P)
Saturday, June 17, 11am-12:30pm - \$25 (ID: S42-P)

Sadhana Circle: Spiritual Practice in Daily Life

with Mary Gail Sovik
Friday, June 16; 7-8:30 pm

(IN-PERSON)

You are invited to join in a gathering to share your intention and experience of how your spiritual practice (*sadhana*) influences your daily life. Since peace is our purpose, personally and globally, let us inspire each other by our tales of humor, effort and transformation.

Donation Based (ID: S43) - \$5-\$10 suggested donation.

Gathering of Caregivers

with Mary Gail Sovik and Larry Pignataro
Saturday, June 17; 2 pm

(IN-PERSON)

Let us care for each other in the same way that we care for our family members and loved ones. We did not know this calling would be ours, and like new parents, we learn by observation and kindness. Our caring does not mean a cure, so we meet our expectations from the beginning. Please share some of your experiences by way of inspiration and kindness.

Donation Based (ID: S44) - \$5-\$10 suggested donation.