









































WELCOME to the Sept-Oct 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. Cost is based on the number of weeks (most run between 6 and 8), offering a progressive experience. If you want to join a series that's already in progress, we will pro-rate your session. See schedule below.

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)

MONDAY	Instructor	Time	Dates / #Weeks	Cost
 Gentle Yoga	Sapna & Sherri	3-4 pm	Sept 11–Oct 30 (8wks)	\$96
  Hatha 2	Brianna	4-5:15 pm	Sept 11–Oct 30 (8wks)	\$96
  Hatha 1	Leanne	6-7 pm	Sept 11–Oct 30 (8wks)	\$96
 Group Meditation	Staff	7-8 pm	Sept 11–Oct 30 (8wks)	Donation
TUESDAY				
 Hatha 2	Wendy	9:30-11 am	Sept 5–Oct 24 (8wks)	\$96
  Awakening Prana	Julia	10-11:15 am	Sept 5–Oct 24 (8wks)	\$96
  Chair Yoga	Renee	10-11 am	Sept 5–Oct 24 (8wks)	\$96
  Stretch & Relax	Jackie	4-5 pm	Sept 5–Oct 24 (8wks)	\$96
  Hatha 1+2	Sarah	5:30-6:30 pm	Sept 5–Oct 24 (8wks)	\$96
  Hatha 2	Tess	5:30-6:45 pm	Sept 19–Oct 24 (6wks)	\$72
WEDNESDAY				
 Hatha 3	Wendy	9:30-11 am	Sept 6–Oct 25 (8wks)	\$96
  Gentle	Tosca	10:30-11:30 am	Sept 6–Oct 25 (8wks)	\$96
 Balance Training	Stephanie	11-noon	Sept 13–Oct 18 (6wks)	\$72
  Hatha 2	Jackie	5-6:15 pm	Sept 6–Oct 25 (8wks)	\$96
  Gentle	Jamie	5:30-6:30 pm	Sept 6–Oct 11 (6wks)	\$72
THURSDAY				
  Gentle	Colleen	10-11 am	Sept 7–Oct 26 (8wks)	\$96
  Hatha 1	Maya	10-11:15 am	Sept 7–Oct 26 (8wks)	\$96
  Adaptive Yoga	Julia	3:30-4:30 pm	Sept 7–Oct 26 (8wks)	\$96
  All Level CC (Drop-in)	Staff	5:30-6:30 pm	Sept 7–Oct 26 (8wks)	Donation
FRIDAY				
  Strong Seniors	Cathy	9:30-10:30 am	Sept 8–Oct 27 (8wks)	\$96
  Yin Yoga	Tracy	10-11:15 am	Sept 8–Oct 27 (8wks)	\$96
 Yoga for Parkinson's	Larry	5:30-7 pm	Sept 8–Oct 27 (8wks)	\$96
SATURDAY				
  All-Level CC (Drop-in)	Staff	9:30-10:30 am	Sept 9–Oct 28 (8wks)	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 (In-person or Online).

Our classrooms are equipped with HEPA air purifiers. 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:

- 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.

HIB's Sept-Oct Special

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

CLOSED

The office & bookstore will be **CLOSED**:

Sun, Aug. 27–Mon, Sept 4 (Labor Day)

Sept/Oct session begins: Tuesday, Sept. 5

- No Community Class (Drop-in): Saturday, Sept. 2
- No Monday Meditation: Sept 4 (Labor Day)



SEPTEMBER

CEU: Open to ALL yoga teachers and students

Beat the Heat! Sequencing for the Pitta Dosha

with Sarah Guglielmi

Saturday, Sept 9; 10am-12:30pm


  (HYBRID)

(Rescheduled from July 29) Ayurveda, the wisdom of self-healing, offers a wealth of tools for seasonal balance. During the summer months, it's common to feel overheated and irritable. Modifying your yoga sequences to cool the body and mind can bring relief and balance. Join Sarah for a morning of discussion and practice. Learn the fundamentals of Ayurvedic asana and how to sequence to cool the pitta dosha. Then experience a pitta balancing practice that you can use at home. If you're a yoga teacher, weave this sequence into your group yoga classes to bring the benefits of Ayurveda to your students. *Attention certified yoga instructors: This course qualifies for CEU's with Yoga Alliance. *St/Sr discount may not be applied to CE Trainings*
Cost: \$55 (ID: E84-P / E84-V)

Relaxation and Stress Management

With Donna

Thursdays, Sept 14–Oct 5 (4wks); 6-7:30pm

 (IN-PERSON)

Embrace the season with a relaxed and focused mind. The yoga tradition offers a collection of useful tools for managing stress and reducing anxiety. Through relaxation, breathing practices 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 to make peace with situations that challenge your inner life.
Cost: \$65 (ID: S61)

FALL RETREAT

HIB's Fall Getaway Weekend November 10–12, 2023

Join your friends from HIBuffalo, along with Ishan Tigunait, Rolf & Mary Gail Sovik

Himalayan Institute Retreat Center
HONESDALE, PA

Tuition: \$179 (plus accommodations)

Early Bird Savings: \$159 - SAVE \$20

Learn more at: hibuffalo.org/retreats/



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

Q&A – Vishoka Meditation Course

with Sarah & Julia

Wed, Sept 20; 6:30-7:30pm

(Zoom / LIVE-stream)


Join Sarah and Julia as they discuss HIB's upcoming Vishoka Meditation Course and answer your questions.

FREE | Register to receive Zoom link.

YOGA PHILOSOPHY–Clearing the Path

with Tracy Draksic

Part 1: Thursdays, Sept 21–Oct 26; 7-8:30pm

 (ZOOM / LIVE-stream)

Join Tracy for an exploration of *Clearing the Path – The Yoga Way to a Clear and Pleasant Mind: Patanjali, Neuroscience, and Emotion* by Dr. Stephen Parker, PsyD. In the first part of this course, we will read and discuss chapters 1-6 which explain the classic yoga view of the human mind and its correlation with discoveries in modern neuroscience. It is a marvel how the ancient seers were able to unravel something as sophisticated and complex as human consciousness with precision and insight and how scientific understanding is racing to catch up and explain these revelations. We will learn techniques to work with our own mind and emotions in a meaningful way leading to increased peacefulness and hopefully, greater wisdom.

Part two of the course (January–February 2024) will go more deeply into practice where we can see ancient and modern theory at work in the laboratory of our heart and mind through journaling, energy expansion, meditation, and mantra.

Stephen Parker, PsyD. was initiated into the Himalayan Tradition in 1971. He is a senior teacher, teacher trainer, mantra initiator, and recently retired psychologist in private practice. To read more about Dr. Parker's inspiring path in yoga teaching: yogaalliance.org/TeacherPublicProfile/tid/39195

Cost: \$108 (ID: CTP)

Outer Harbor Bike Ride

with Kandy

Saturday, Sept 23; 10am-noon

Grab your bike and meet us at Wilkeson Point. We will ride to the lighthouse; then, up to the Union Ship canal area past Charlie's Boatyard and back to our starting point. Overall ride is approximately 10 miles–All on bike paths, with no significant inclines. Please wear a bike helmet. Weather permitting. Registration requested.

Park Address: 225 Fuhrmann Boulevard, Buffalo, NY 14203

Meeting Point: Meet by the bathrooms near the park entrance.

Donation Based (ID: S62) \$5-\$10 suggested donation.

 INCLUDED in Online Asana Pass (All-Access Asana)



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

CEU: Open to ALL yoga teachers and students

Vishoka Meditation and the Yoga Sutra

with Sarah

Wednesday, Sept 27–Oct 4 (2wks); 6:30-8pm

  (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 two-part 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. *Attention certified yoga instructors: This course qualifies for CEU's with Yoga Alliance. *St/Sr discount may not be applied to CE Trainings*



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

Cost: \$55 (ID: E-85-P / E-85-V)

Building Resilience in our Current Times

with Julia

Saturday, Sept 30; 10am-1pm

  (HYBRID)

Resilience is the ability of our body and mind to naturally shift and regulate with our experiences. Our practice together will involve building skills in breathing, movement, perspective-taking, and relaxation.

Growing in our ability to respond to climate change, social unrest, and chronic ambivalence is a health crisis that we must meet as individuals to contribute to the health of humanity and the planet. The precariousness of our current life circumstances results from collective fear, anger, and greed. Meeting reality without bypass, engaging in self-stewardship through whole-ness oriented practices like yoga, and being in a life-giving community builds compassion, transforms suffering, and abates reactivity that can cause further stress, illness, and mental fatigue.

We will discuss the impact of healthy breathing, relaxation, and gentle meditation practices on our bodies and minds and how we can build these practices into our daily routine for resiliency and social engagement to improve the world around us.


Cost: \$45 (ID: S63-P / S63-V)

OCTOBER

Book Club Anyone?!

with Kandy and Mary Jo

Saturday, Oct 7; 10-11:30am

 (IN-PERSON)

Interested in a Book Club experience? Come together for Tea and Treats as we develop a fun way to share our reading experience. We will chat about books, reading, and writing. We will set up guidelines on selecting books, dates, and times, considering all aspects and expectations of the group. All thoughts and opinions are valued! Totally flexible as we design our newly formed HIB book group! Registration requested.

FREE (ID: S64)

CEU: Open to ALL yoga teachers and students

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

with Sarah Guglielmi and Julia Kress

Wednesdays, Oct 11–Dec 13; 6:30-8:30pm (10-wks / 20-hrs)

  (HYBRID)

Imagine a life free from pain and sorrow and infused with joy and tranquility. The ancient yogis called this state Vishoka, and they insisted that we all can reach it, even in the midst of a highly chaotic world.

How do we do it? We train our mind to stay focused on what we can control. We design our meditation practice, our yoga lifestyle, and our worldview to support our evolution towards Vishoka.

The Vishoka Meditation® Course is the official companion to Pandit Rajmani Tiganait's Vishoka Meditation book and is designed to help you comprehensively experience the wisdom and practices described therein.

In this 10-week program, we'll go through Vishoka Meditation step-by-step, and break down all the preparatory practices as well as the complete practice of Vishoka Meditation. Learn each step systematically, while you build your practice at home in between sessions. The Vishoka Meditation system expands on the 5-Step meditation process you know from the Himalayan Tradition. It will help you take your practice to the next level, and is designed for students of all proficiencies, from those just beginning, to experienced meditators and yoga teachers. *Attention Yoga Teachers: This course qualifies for 20 CEU credits with Yoga Alliance. This course is a prerequisite for the Vishoka Meditation Teacher Training Course offered through the Himalayan Institute headquarters in Honesdale, PA.*

Cost: \$349 (ID: VMT-P / VMT-V)

\$299 **early bird pricing** until September 15th

Payment Plan Offered - please contact the office for details.

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

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


HIMALAYAN INSTITUTE OF BUFFALO

841 Delaware Ave., Buffalo NY 14209

p: (716) 883-2223 / e: info@hibuffalo.org / w: hibuffalo.org

The Mindful Cook - Autumn Harvest

with Julia / Sunday, Oct 15; 10am-1pm

 (IN-PERSON)

Includes cooking demonstration and meal. Being in the kitchen as the weather cools can be a cozy way to begin the transition into the winter months. Learn how to make the most of the autumn harvest with food preparation and seasonings that help maximize nutrient absorption and cleansing of certain organ systems. There will be a soup, legume, and vegetable demonstration (and eating!). We will discuss fall routines that help regulate sleep cycles, energy balance, and digestive power and take time to share our meal in a comfortable setting with tea and suggested inspirational readings.

Cost: \$45 (ID: S65)

Group Walk: Royalton Ravine Ramble

with Kandy / Saturday, Oct 21; 10am-noon

Located just off Gasport Road in Lewiston, this 146-acre park is rich in history and sights! We will take a short hike of 2.5 miles, in and out, with a swinging footbridge to a small waterfall through a pleasant, quiet wooded valley. Wear appropriate shoes, bring water and a snack.

Park Address: 4662 Gasport Rd, Gasport, NY 14067



Donation Based (ID: S66) \$5-\$10 suggested donation.

CEU - Open to All Yoga Teachers and Interested Students

Becoming a Trauma Informed Yoga Instructor – An Introduction

with Lidia J Snyder, LMSW, RYT, TCTS-YF

Saturday, Oct 28, 9:30am-12:30pm

  (HYBRID)

Because traumatic experiences are widespread, yoga teachers can expect to have students in class who have survived trauma. This CEU workshop will help yoga teachers understand trauma in its many forms, how traumatic experience can be housed in the physical body, and how this can be addressed within the context of yoga in the safest manner. Traditional and trauma informed yoga approaches will be compared to assist teachers in cultivating a trauma informed experience for students. *Attention certified yoga instructors: this course qualifies for CEU's with Yoga Alliance. *St/Sr discount may not be applied to CE Trainings.*

Cost: \$55 (ID: E-86-P / E-86-V)

COMMUNITY CLASSES

Drop-in (Registration not required) - \$10 Donation

MEDITATION  (LIVE-stream/ZOOM)

MONDAYS | 7-8pm — Zoom ID: 353-765-623 / pw: HIB

ALL-LEVEL YOGA   (HYBRID)

THURSDAYS | 5:30-6:30pm

SATURDAYS | 9:30-10:30am > Zoom ID: 139-024-694 / pw: HIB

 INCLUDED in Online Asana Pass (All-Access Asana)

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300-Hour TEACHER TRAINING



Starts Nov. 3, 2023 at HIBuffalo

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

HI Buffalo'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.

includes in-depth application of:

- Advanced studies in teaching methods, sequencing strategies, and 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!

HAVE QUESTIONS?

Q&A – 300-Hour Teacher Training

(Zoom / LIVE-stream)

Thurs, Sept 28 AND Oct 19; 6:30pm-7:30pm

Join Sarah and Julia as they discuss HIB's upcoming 300-Hour Teacher Training and answer your questions.

FREE | Register to receive Zoom link.