

WELCOME to the Jan-Feb 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 let us know which class you would like to attend and whether it's in-person or online..

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
Meditation Satsang+	Julia	10-11 am	Jan 14 - Feb 25 7wks	\$84
Strength & Stability	Steve	11 am-noon	Jan 14 - Feb 4 4wks	\$48
MONDAY				
Gentle Yoga	Sapna & Sherri	3-4 pm	Jan 8 - Feb 26 8wks	\$96
Yoga for Sleep Support	Jenny	5-6:30 pm	Jan 15 - Feb 5 4wks	\$48
Hatha 1	Leanne	6-7 pm	Jan 8 - Feb 26 8wks	\$96
Monday Meditation	Staff	7-8 pm	2nd+4th: Jan 8 & 22; Feb 12 & 26	donation
TUESDAY				
Hatha 2	Wendy	9:30-11 am	Jan 9 - Feb 27 8wks	\$96
Awakening Prana	Julia	10-11:15 am	Jan 9 - Feb 27 8wks	\$96
Stretch & Relax	Jackie	4-5 pm	Jan 9 - Feb 27 8wks	\$96
Hatha 1+2	Sarah	5:30-6:30 pm	Jan 9 - Feb 27 8wks	\$96
Hatha 2	Tess	5:30-6:45 pm	Jan 9 - Feb 27 8wks	\$96
WEDNESDAY				
Hatha 3	Wendy	9:30-11 am	Jan 10 - Feb 28 8wks	\$96
Gentle	Tosca	10:30-11:30 am	Jan 10 - Feb 28 8wks	\$96
Balance Training	Stephanie	11 am-noon	Jan 10 - Feb 21 7wks	\$84
Hatha 2	Jackie	5-6:15 pm	Jan 10 - Feb 28 8wks	\$96
THURSDAY				
Gentle	Colleen	10-11 am	Jan 11 - Feb 29 8wks	\$96
Hatha 1	Maya	10-11:15 am	Jan 11 - Feb 29 8wks	\$96
Adaptive Yoga	Julia & Erin	3:30-4:30 pm	Jan 11 - Feb 29 8wks	\$96
All Level Drop-in	Staff	5:30-6:30 pm	Jan 11 - Feb 29 8wks	donation
FRIDAY				
Strong Seniors	Cathy	9:30-10:30 am	Jan 12 - Feb 23 7wks	\$84
Yin Yoga	Tracy	10-11:15 am	Jan 12 - Feb 23 7wks	\$84
Yoga for Parkinson's	Larry	5:30-7 pm	Jan 12 - Feb 23 7wks	\$84
SATURDAY				
All-Level Drop-in	Staff	9:30-10:30 am	Jan 13 - Feb 24 7wks	donation

Community Classes: All-Level Drop In (Thurs 5:30-6:30 & Sat 9:30-10:30) No registration necessary. \$10 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).

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:

- BONUS 1: Sunday Meditation Satsang 7wk Series w/ Julia
- BONUS 2: Yoga for Emotional Balance 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.

NEW YEAR SPECIAL!

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

CLOSED

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

Sat, Dec 23 – Sat, Jan 6

We'll be checking email & voice mail. Please leave a message. HAPPY HOLIDAYS!

JAN-FEB SESSION BEGINS



Sunday, Jan. 7th with Tracy's annual New Year's Meditation: Cave of the Heart Practice.

JANUARY

New Year's Meditation: Cave of the Heart Practice

with Tracy

Sunday, Jan 7; 10-11:30am

  (HYBRID)


Join your fellow seekers as we celebrate another year of yoga and friendship at H.I. Buffalo. We will enjoy light stretching and a guided relaxation followed by the Cave of the Heart Meditation. Our practice will end at 11:15am, and in-person participants are invited to stay after for tea and treats. If you are coming to the Institute, please bring a sweet to share. Set your intentions for a bright and healthy 2024. Happy New Year!

Cost: \$20 (ID: S06)

Relaxation and Stress Management (4-week seminar)

with Donna

Mondays, Jan 8-29 (4wks); 10-11:30am

 (IN-PERSON)



Embrace the season with a relaxed and focused mind. The yoga tradition offers valuable tools for managing stress and reducing anxiety. Through relaxation, breathing practices, and gentle movement, you can quiet your reactions to stressful events and lessen their impact on your body and mind. Learn to awaken the calming force within you and to make peace with situations that challenge your inner life. Take-home materials provided.

Cost: \$65 (ID: S02)

Vishoka Meditation – 8-week Continuing Practice Series

with Sarah and Julia

Wednesdays, Jan 10-Feb 28 (8wks); 6:30-8pm

  (HYBRID)


This is a follow-up to HI's 10-week Vishoka Meditation Course. 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. **Pre-Requisite:** Prior completion of HI's *Vishoka Meditation Course*.

Cost: \$108 (ID: S03-P / S03-V)

Vision Boards—Set Your New Year Intentions

with Rosa

Saturday, Jan 13; 1-2:30pm

 (IN-PERSON)



Make Room for all of You in 2024. Vision boards are positive visual affirmations that remind you of what you are grateful for and what you are wanting to add into your life. Come join us to take stock of what you have and to consider what you want, big and small, through the creation of a vision board. All supplies (and tea) provided.

Cost: \$20 (ID: S05)

Sunday Meditation Satsang[^] +OAP Bonus!

with Julia

Sunday, Jan. 14-Feb 25 (7wks); 10-11am

  (HYBRID)

Make a commitment to your spiritual growth this year by joining with others in silent, seated, meditative awareness. We will sit together to support and encourage one another while following our own personal sadhana. There will be a 15-minute introduction led by the teacher for relaxing into your practice, 30 minutes of silence, and again the teacher will guide students for the last portion of the hour, offering reflection and a space for questions and the sharing of experience.



Cost: \$84 (7wks) (ID: S06-P / S06-V) / Drop-in available - \$15 per class.

SATSANG is a Sanskrit term which means truth (sat) community (sangha) recognizing the importance of coming together in a group with other like-minded spiritual seekers for education, practice, and support.

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

with Steven

Sundays, Jan 14-Feb 4 (4wks); 11am-noon

  (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 (4wks) (ID: S07-P / S07-V) Drop-in - \$15 per class

300-Hour TEACHER TRAINING

BEGINS: April 5, 2024 at HIBuffalo

Open to all 200-Hour certified instructors. Graduates of this training are eligible for 500-RYT designation w/ Yoga Alliance.



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[^] 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

Yoga for Sleep Support—Winding Down with a Yoga-Based Evening Routine

with Jenny

Mondays, Jan 15–Feb 5 (4wks); 5-6:30pm

 (IN-PERSON)

Join Jenny for a weekly 30-minute discussion and 60-minute all-level yoga class exploring yogic sleep support. Learn simple evening routine practices that you can try at home in preparation for sweet dreams though out the rest of your week. Take-home materials provided.

Cost: \$48 (ID: S08)

YOGA PHILOSOPHY: Clearing the Path (part 2)

with Tracy

Thursdays, Jan 25–Feb 29 (6wks); 7-8:30pm

 (ZOOM/LIVE-stream)

Join fellow seekers for an exploration of Dr. Stephen Parker's groundbreaking synthesis of yoga theory and modern science: *Clearing the Path – The Yoga Way to a Clear and Pleasant Mind: Patanjali, Neuroscience, and Emotion*, 2017. We will be looking at methods for understanding ourselves more deeply through asana, pranayama, pratyahara, and meditation. Students will have journaling assignments to work on between classes to aid in our goal of clearing the mind field of painful emotional disturbances, thereby progressing on the spiritual path.



This course will be a continuation of our study from Fall of 2023. It is not necessary to have taken part one in order to participate in part two. We recommend registering early, however, so Tracy can send you preparatory materials.

Fee: \$108 (ID: S09)

Foundations of Vishoka Meditation (1-day immersion)

with Sarah

Saturday, Jan 27; 10am-1 pm

  (HYBRID)

The practice of meditation helps us cultivate a relaxed nervous system and peaceful mind. In this 1-day immersion, 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 seated meditation 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: \$55 (ID: S10-P / S10-V)

FEBRUARY

HIB Book Club

with Kandy and Mary Jo

Friday, Feb 2; 12:30-2:30pm

 (IN-PERSON)

HIB Book Club meets on the first Friday of the month. Come explore books and authors with us—tea and good company provided! All are welcome. Here's what we'll be discussing over the next few months:

February 2: The Dickens classic *David Copperfield* is our follow-up to December's: *Demon Copperhead* by Barbara Kingsolver – we'll be talking about of these books, exploring their parallels.

March 1: *All the Light We Cannot See* by Anthony Doerr (2014).

April 5: *Cutting For Stone* by Abraham Verghese (2009).

Donation Based (ID: S11) \$5-\$10 suggested donation.

The Mindful Cook: Vegetarianism and Seasonal Nutrition (Includes Meal)

Saturday, Feb 3; 10 am-1 pm

with Julia

 (IN-PERSON)

In the kitchen we will discuss the various macro and micro-nutrients in foods and herbs that can bring satisfaction, digestive health, strength, and stamina. There will be demonstrations on cooking beans, grains, and vegetables and spices to bring out the best flavor and digestive ease. Once finished, we will enjoy our meal together with time for discussion. Recipes provided.

Cost: \$45 (ID: S12)

New Moon Meditation Satsang (Snow Moon)

with Erin

Friday, Feb 9; 7-8 pm

 (IN-PERSON)

Join with others in silent, seated, meditative awareness on the new moon of each month. There will be a 15-minute introduction led by the teacher for relaxing into your practice, 30 minutes of silence, and again the teacher will guide students for the last portion of the class, offering reflection and a space for questions and the sharing of experience.

Pre-Registration requested.



Donation Based (ID: S13) - \$10 suggested donation.

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Sacred Texts of the Yogic Tradition— A Morning of Exploration & Self-Reflection

with Julia

Saturday, Feb 10; 10am-1pm

  (HYBRID)



This morning, we will read from The Bhagavad Gita, The Yoga Sutra, and The Katha Upanishad. Reading verses and sutras can be inspiring and thought-provoking and build a deep connection to practice and community. We will start with an introduction to the texts and the direction they may inspire us in our daily practice, then move on to shared reading and discussion. You are invited to bring your books. There will be handouts with selected verses as well. Sharing our insights and confusion from being a yoga practitioner is a beautiful way to enhance the integration of our human nature with spirituality. All levels of experience are welcome.

Cost: \$40 (ID: S14-P / S14-V)

Foundations of Vishoka Mediation (4-week seminar)

with Sarah

Mondays, Feb 12–March 4 (4wks); 6:30-7:30pm

  (HYBRID)


The practice of meditation helps us cultivate a relaxed nervous system and peaceful mind. In this 4-week 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 seated meditation 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: S15-P / S15-V)

Community Gathering: Maitri (Friendship) Circle

with Donna

Thursday, Feb 15; 6:30-7:30pm

 (IN-PERSON)

The word Maitri means friendship. We are gathering in the spirit of friendship, inspiration, and support on our journey of self-discovery through yoga. This will be a facilitated discussion group in which we will be exploring various themes that relate to our practice and the influence of yoga / meditation on our lives. Whether you are new to our community of seekers or are an old friend, we hope you will join us. For our first meeting, our theme will be sankalpa. The word sankalpa means “intention.” As we begin a new year, what intentions, resolutions, goals, have you set for yourself? Pre-Registration requested.

Donation Based (ID: S16) - \$10 suggested donation.

Yoga for Emotional Balance[^] +OAP Bonus!

with Carissa

Saturday, Feb 17; 10am-noon

 (ZOOM/LIVE-stream)

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.

Cost: \$20 (ID: S17)

CEU: Open to All Yoga Teachers & Interested Students

Deconstructing Uddiyana Bandha & Agni Sara: Awakening the Lower Three Chakras in Asana Practice

with Sarah

Saturday, Feb 24; 10am-1pm

  (HYBRID)

Uddiyana Bandha (upward flying lift) is an energetic seal or “lock” used in asana practice to direct the flow of energy (prana) in the pelvis and abdomen (home of the lower 3 chakras). Re-establishing the proper flow of prana here can help you, and your students, tap into their inner reservoir of stability, courage, and mental clarity. We’ll begin with the energetic, mental, and muscular anatomy of Uddiyana Bandha. Then we’ll move through an asana practice designed to progressively develop Uddiyana Bandha, apply it in classical yoga postures, and culminate in the master practice of Agni Sara. Take-home sequence will be provided. *Attention certified yoga instructors: this course qualifies for 3-hours of CE training with Yoga Alliance. *St/Sr discount may not be applied to CEU Trainings.*

Cost: \$55 (ID: E88-P / E88-P)

COMMUNITY CLASSES

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

MEDITATION  (ZOOM/LIVE-stream)

*MONDAYS | 7-8pm ET

ALL-LEVEL YOGA   (HYBRID)

THURSDAYS | 5:30-6:30 pm ET

SATURDAYS | 9:30-10:30am ET

***Monday Meditation:** This Winter, Monday Meditation will meet on the 2nd and 4th Monday of each month to make way for *even more* meditation opportunities at HIB in the new year! Check out our **New Moon Meditation Satsang, Sunday Meditation Satsang, and Foundation of Vishoka Meditation** classes.

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

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