








































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.

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). You can register online at hibuffalo.org, call us at (716) 883-2223, or stop in.

SUNDAY	Instructor	Time	Dates / #Weeks	Cost
  Sunday Meditation+ Julia 10-11 am Mar 3 -Apr 28* 8wks \$96				
MONDAY				
 Gentle Yoga Sapna&Sherri 3-4 pm Mar 4 -Apr 29* 8wks \$96				
  Hatha 1 Leanne 6-7 pm Mar 4 -Apr 29* 8wks \$96				
 Group Meditation Staff 7-8 pm 3/11, 3/25, 4/8, 4/22 4wks donation				
TUESDAY				
 Hatha 2 Wendy 9:30-11 am Mar 5 -Apr 23 8wks \$96				
  Awakening Prana Julia 10-11:15 am Mar 5 -Apr 23 8wks \$96				
  Stretch & Relax Jackie 4-5 pm Mar 5 -Apr 23 8wks \$96				
  Hatha 1+2 Sarah 5:30-6:30 pm Mar 5 -Apr 23 8wks \$96				
  Hatha 2 Tess 5:30-6:45 pm Mar 5 -Apr 23 8wks \$96				
WEDNESDAY				
 Hatha 3 Wendy 9:30-11 am Mar 6 -Apr 24 8wks \$96				
  Gentle Tosca 10:30-11:30 am Mar 13 -Apr 24 7wks \$84				
 Balance Training Stephanie 11-noon Mar 6 -Apr 10 6wks \$72				
  Strength & Stabily Steve 4-5 pm Mar 6 -Mar 27 4wks \$48				
  Hatha 2 Jackie 5-6:15 pm Mar 6 -Apr 24 8wks \$96				
THURSDAY				
  Gentle Colleen 10-11 am Mar 7 -Apr 25 8wks \$96				
  Hatha 1 Maya 10-11:15 am Mar 7 -Apr 25 8wks \$96				
  Adaptive Yoga Julia&Erin 3:30-4:30 pm Mar 7 -Apr 25 8wks \$96				
  Drop-in (All Level) Staff 5:30-6:30 pm Mar 7 -Apr 25 8wks donation				
FRIDAY				
  Strong Seniors Cathy 9:30-10:30 am Mar 8 -Apr 26* 7wks \$84				
  Yin Yoga Tracy 10-11:15 am Mar 15 -Apr 26* 6wks \$72				
SATURDAY				
  Drop-in (All-Level) Staff 9:30-10:30 am Mar 2 -Apr 27* 8wks donation				

Community Classes: Drop-In (All-Level). No registration necessary. \$10 Donation.

Here are the ways that you can participate in our weekly classes:

- 1 Weekly Class Series** Enroll in a weekly class series. Most run between 6-8 weeks and are priced accordingly (averaging \$12 per class). If you want to join a series already in progress or have travel plans, etc., we can pro-rate your session.
- 2 Single Class Pass (\$15)** Gives you flexibility to come when you can. Please let us know which class you would like to attend.
- 3 Drop-In/Community Class** Taught by a rotation of instructors, this is a great way to get to know us! (\$10 donation).
- 4 Online Asana Pass** Gives you unlimited access to all virtual classes listed on this page—See below.

A 10% senior/student discount is available for multi-week yoga sessions and most seminars (some restrictions apply).

Sr/St discount does not apply 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:** Sunday Meditation Series w/ Julia (8-weeks)
- **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.

WINTER SPECIAL!

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

CLOSED*

The office & bookstore will be CLOSED:

EASTER WEEKEND:
Fri, March 29–Sun, March 31
 No classes Fri-Sun

SOLAR ECLIPSE:
Mon, April 8 (No classes)

MARCH

HIB Book Club


 (IN-PERSON)

with Kandy and Mary Jo

Friday, March 1, 12:30-2 pm

HIB Book Club meets on the first Friday of the month. Explore books and authors with us—tea and good company provided! All are welcome. March's book is *All the Light We Cannot See* by Anthony Doerr (2014). *Donation Based (ID: S20) \$5-\$10 suggested donation.*

Contemplative Writing: An Introspective Approach Using Poetry

 (IN-PERSON)

with Rosa

Three-monthly sessions. Attend all three or just one or two.

Saturday, March 2, 11 am - 12:15 pm

Saturday, April 13, 11 am - 12:15 pm

Saturday, May 4, 11 am - 12:15 pm



There is no correct or incorrect way to write. The process and product can vary. Contemplative writing only asks us to slow down and know ourselves better by witnessing what awakens in us as we listen, read, speak, and write. The goals can be different each time acknowledge what speaks to us and what we need to give voice to—we begin to get clarity about what brings us peace and what troubles us and for each person. Simply by writing—allowing time and space to reflect and write, to. We will use poetry to prompt our thinking and writing.

For this writing opportunity, come ready to play with words: to read, to reflect, to meditate, to write, and to interact with others. Contemplative writing is an embodiment practice that supports the need to feel, experience, and act, and not just think our way through the world.

COST: \$15 - March class (ID: S21)

OR \$40 for the three-part series (ID: S21-3)

Sunday Meditation Series[^] +OAP BONUS

  (HYBRID)

with Julia



Sunday, March 3–April 28* (8wks - *no class March 31), 10-11 am

Commit 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: \$96 (8wks) (ID: S22-P / S22-V) / or \$15 per class.

([^]BONUS for Online Asana Pass holders.)

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

  (HYBRID)

with Steven

Wednesday, March 6–27 (4wks); 4-5 pm

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 (or the equivalent)*. [^]INCLUDED in the Online Asana Pass.

Cost: \$48 (4wks) (ID: S23-P / S23-V) / or \$15 per class.

Meditation Satsang (Second Fridays)

 (IN-PERSON)

with Jenny


Friday, March 8, 7-8 pm

(Formerly “New Moon meditation”—we have switched this offering to meet on the second Friday of each month) Join with others in silent, seated, meditative awareness. 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—registration requested.

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

Donation Based (ID: S24) - \$10 suggested donation.

Soup and Cinema

 (IN-PERSON)



with Kandy

Saturday, March 9, 12-2:30 pm

Come out of the cold to enjoy a big bowl of Kandy's delicious homemade soup, an inspired film, and a group discussion. Today's film is “The Boys in the Boat” Soup: Lentil stew served with hummus, pita, and salad. Bring a dessert to share if you like (optional)—registration is requested.

Cost: \$10 (ID: S25)

Deepening Vishoka Meditation (4-week seminar)

  (HYBRID)



with Sarah

Wednesdays, March 13–April 10* (4wks-*No class April 3), 6:30–7:30 pm

This class is a continuation of “Foundations of Vishoka Meditation” (the system of meditation taught by the Himalayan Institute). Deepen your journey towards Vishoka, inner freedom, by introducing specific relaxation and pranayama techniques into your practice. Explore Tension Relaxation, Nadi Shodhanam, and So Hum Pranayama. Suggestions for home practice will be provided. **Prerequisite:** Prior participation in “Foundations of Vishoka Meditation” or “Beginning Meditation” at HIB

Cost: \$65 (ID: S26-P / S26-V)

Yoga Philosophy: The Bhagavad Gita in Theory and Practice

  (HYBRID)



with Julia

Thursday, March 21–April 25 (6wks), 6:30–8 pm

Over six weeks, we will delve into The Bhagavad Gita, a sacred text beloved by yoga practitioners the world over. Our discussion will be directed towards enhancing our understanding and practical application of the various paths of yoga. The Gita is divided into three sections, each describing a method for spiritual unfoldment, including *karma* (selfless service), *bhakti* (devotion), and *jnana* (knowledge). Through the lens of the three paths, we will uncover our full human potential and align it with truth, confidence, and peace in our lives. Join Julia as she draws from multiple translations and commentaries of the Gita. No textbook is required, though you may wish to bring your favorite translation. Handouts provided.

Cost: \$108 (ID: S28-P / S28-V)

CEU: Energize and Invigorate! Sequencing for the Kapha Dosha

  (HYBRID)

with Sarah

Saturday, March 23, 10 am–1 pm

Ayurveda, the wisdom of self-healing, offers a wealth of tools for seasonal balance. During late winter and early spring (February–April), it’s common to feel heavy, sluggish, and unmotivated. The body can become more prone to mucous congestion and water retention. All these symptoms point to an imbalance in the Kapha Dosha. Modifying your yoga sequences to energize and invigorate can bring relief. Join Sarah for a morning of discussion and practice. Review the fundamentals of Ayurvedic asana and how to sequence for the Kapha dosha. Then, experience a kapha balancing practice that you can use at home. If you’re a yoga teacher, you can 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 3-hours of CE training with Yoga Alliance. *St/Sr discount may not be applied to CEU Trainings.*

Cost: \$55 (ID: E89-P / E89-V)

APRIL

HIB Book Club

 (IN-PERSON)

with Kandy and Mary Jo

Friday, April 5, 12:30–2:30 pm

HIB Book Club meets on the first Friday of the month. Explore books and authors with us—tea and good company provided! All are welcome. Registration is requested. April’s book is *Cutting For Stone* by Abraham Verghese (2009).

Donation Based (ID: S30) \$5–\$10 suggested donation.

Meditation Satsang (Second Fridays)

 (IN-PERSON)

with Leanne

Friday, April 12, 7–8 pm

(SEE DESCRIPTION UNDER MARCH.)

Donation Based (ID: S31) - \$10 suggested donation.

Nature Walk: Buckhorn Island State Park

with Kandy

Saturday, April 13, 10 am–12:30 pm

This trail runs along the Niagara River with great views of the city. It is an easy walk of about 4 miles. At the end of the trail is an osprey stand; with any luck, we might have a sighting! Bring a snack and your binoculars (if you have them). Please register so we can notify you via email if we need to cancel due to inclement weather.

Address: 5805 E River Rd, Grand Island, NY 14072

Meet at: East-West Park Road - Woods Creek Trail entrance.

Donation Based (ID: S36) \$10 suggested donation.

COMMUNITY CLASSES

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

MEDITATION  (ZOOM/LIVE-stream)

*MONDAYS (2nd & 4th of the month) | 7–8pm ET

ALL-LEVEL YOGA   (HYBRID)

THURSDAYS | 5:30–6:30 pm ET

SATURDAYS | 9:30–10:30 am ET

***Monday Night Group Meditation** meets on the 2nd and 4th Monday of each month. Check out our **Sunday Meditation Series** and **Meditation Satsang (Second Fridays)** for additional ways to meditate together.

 INCLUDED in Online Asana Pass (OAP)

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

Contemplative Writing: An Introspective Approach Using Poetry

 (IN-PERSON) with Rosa

Saturday, April 13, 11 am-12:15 pm

(SEE DESCRIPTION UNDER MARCH.)

COST: \$15 - April class (ID: S32)

Community Gathering: Maitri (Friendship) Circle

 (IN-PERSON) with Donna

Thursday, April 18, 6:30-7:30 pm

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 explore various themes related 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. This month's theme is: "April showers and May flowers." What seeds have you planted, and what flowers do you hope to see blossom?

Donation Based (ID: S33) - \$10 suggested donation.

Earth Day Cleanup Event: Spring Sweep 2024

Sponsored by Buffalo Niagara Waterkeeper

with Kandy

Saturday, April 20, 10am-noon

Site Captain Kandy Svec will lead TEAM HIB at this year's Spring Sweep, part of the Great Lakes Cleanup. Buffalo Niagara Water Keeper will be providing all gloves and supplies. Please wear comfy shoes/boots. Registration for this event is through Buffalo Niagara Waterkeeper (not HIB) so that they have a record of how many participants will be at this location. When registering, select our designated site: Great Baehre Swamp/Billy Wilson Park. If this event gets postponed due to inclement weather, BNW will notify you via e-mail and post it on their Facebook page. For more information and to register, go to bnwaterkeeper.org/event/spring-sweep-2024

LOCATION: Great Baehre Swamp/Billy Wilson Park

ADDRESS: 1290 Hopkins Road, Williamsville 14221

FREE (ID: S34)

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.

Exploring the Chakra System

  (HYBRID)

with Tracy

Sundays, April 21 & 28 (2wks), 10-11:30 am

Join Tracy for a two-part workshop designed to help you understand and work with the Chakra System. In the first session, we will study traditional models from yogic and tantric sources and learn to practice the purification of the elements or "Bhuta Shuddhi." In the second session, we will compare what we have learned to modern research on the human energy centers and how to forage a personal relationship with pranic energy in our own bodies. When theory and practice come together, we have a powerful way to understand who we are and how we function on a subtle level. Classes will include lecture, relaxation, pranayama, visualization, and mantra.

Cost: \$55 (ID: S37-P / S37-P)

The Mindful Cook: An Ayurvedic Spring Cleanse

 (IN-PERSON)

with Julia

Saturday, April 27, 10 am-1 pm

The threshold from winter to spring is an opportune time to relieve the body and mind of congestion that may be in our systems from the cold winter season. There are enjoyable and practical kitchen and self-care techniques for enhancing the vitality of the tissues by gently scrubbing away toxicity on the inside and outside. This interactive workshop will take place in the main classroom and kitchen. There will be a cooking demo. Lunch will be provided, as well as detoxifying teas to start our day. Handouts and recipes will be given.

Cost: \$45 (ID: S35)

DID YOU KNOW? It is the generosity of teachers and individuals like yourself who volunteer their time each week that keeps us running. We are so grateful for the spirit of service that makes this such a unique and inspiring place! If you would like to help out in some way, let us know!