

**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.

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](http://hibuffalo.org), call us at (716) 883-2223, or stop in.

MONDAY		Instructor	Time	Dates / #Weeks	Cost
📺	Gentle Yoga	Sapna & Sherri	3-4 pm	May 6 - June 24* 7wks	\$84
🏠📺	Hatha 1	Leanne	6-7 pm	May 6 - June 24* 7wks	\$84
📺	Group Meditation	Staff	7-8 pm	5/13, 5/27, 6/10, 6/24	donation
TUESDAY					
📺	Hatha 2	Wendy	9:30-11 am	May 7 - June 25 8wks	\$96
🏠📺	Awakening Prana	Julia	10-11:15 am	May 7 - June 25 8wks	\$96
🏠📺	Chair Yoga <i>(is back!)</i>	Renee	10-11 am	May 7 - June 25 8wks	\$96
🏠📺	Stretch & Relax	Jackie	4-5 pm	May 7 - June 25 8wks	\$96
🏠📺	Hatha 1+2	Sarah	5:30-6:30 pm	May 7 - June 25 8wks	\$96
🏠📺	Hatha 2	Tess	5:30-6:45 pm	May 7 - June 25 8wks	\$96
WEDNESDAY					
📺	Hatha 3	Wendy	9:30-11 am	May 8 - June 26 8wks	\$96
🏠📺	Gentle	Tosca	10:30-11:30 am	May 8 - June 26 8wks	\$96
📺	Balance Training	Stephanie	11-noon	May 15 - June 19 6wks	\$72
🏠📺	Hatha 2	Jackie	5-6:15 pm	May 8 - June 26* 7wks	\$84
🏠📺	Gentle Yoga	James	5-6 pm	May 8 - June 19* 6wks	\$72
THURSDAY					
🏠📺	Gentle	Colleen	10-11 am	May 9 - June 27 8wks	\$96
🏠📺	Hatha 1	Maya	10-11:15 am	May 9 - June 27 8wks	\$96
🏠📺	Adaptive Yoga	Julia	3:30-4:30 pm	May 9 - June 27 8wks	\$96
🏠📺	Drop-in (All-Level)	Staff	5:30-6:30 pm	May 9 - June 27 8wks	donation
FRIDAY					
🏠📺	Strong Seniors	Cathy	9:30-10:30 am	May 10 - June 28 8wks	\$96
🏠📺	Yin Yoga	Tracy	10-11:15 am	May 10 - June 28 8wks	\$96
SATURDAY					
🏠📺	Drop-in (All-Level)	Staff	9:30-10:30 am	May 4 - June 22* 7wks	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:** The Art of Deep Relaxation w/ Jackie
- **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.

### MAY-JUNE SPECIAL!

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

### NO CLASSES\*

**MEMORIAL WEEKEND:**  
**CLOSED/No classes**  
**Sat, May 25–Mon, May 27**

No evening classes:  
 Wednesday, June 12, during the Explore Buffalo Mansion Tour

No Saturday drop-in:  
 May 25 & June 29

## MAY

### HIB Book Club

 (IN-PERSON)

with Kandy and Mary Jo

Friday, May 3, 12:30-2pm

Explore books and authors with us—tea and good company provided! All are welcome. May's book is *North Woods* by Daniel Mason (2023 – NYTimes top ten books of the year). This will be our final Friday book discussion before we break for the summer. (Book Club will resume in the fall).

Donation Based (ID: S40) \$5-\$10 suggested donation.

### Contemplative Writing: An Introspective Approach Using Poetry

 (IN-PERSON)

with Rosa

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

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 (ID: S21-3)

## Karma Yoga at HIB

HIB runs on *karma yoga* (selfless service),

and we are so grateful for the dedicated volunteers who contribute their time and talents to make this a sacred space. Many hands make for light work—  
if you want to help, let us know.

Whether outdoors (planting, weeding, watering)  
or indoors (front desk, cleaning, organizing),  
we've got something for you!

Give us a call at 716-883-2223 or  
email [info@hibuffalo.org](mailto:info@hibuffalo.org).

### Foundations of Vishoka Meditation (4-week seminar)

  (HYBRID)

with Donna

Mondays, May 8 –29 (4wks); 6:30-7:30pm

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 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: S42-P / S42-V)

### Meditation Satsang (Second Fridays)

 (IN-PERSON)

with Cassie

Friday, May 10, 7-8pm

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.

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

*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.*

### The Art of Deep Relaxation (+OAP Bonus)

  (HYBRID)

with Jackie


Saturday, May 11, 10-11:30am

Relaxation doesn't always come readily. Our environment, life events, and prolonged habits create (and sustain) a level of tension within ourselves that becomes our "normal." Explore gentle movements, breath awareness, tension/release exercises, and relaxation techniques that work to soothe the nervous system while strengthening the pathways of mind to muscle. Softening our inner grip opens us to a fresh perspective imbued with quiet joy.

*Although this is an all-level class, prior experience with yoga practice is recommended.*

Cost: \$20 (ID: S44-P / S44-V)

## Death Café

 (IN-PERSON)

with Julia and Brigitte



Thursdays, May 16–June 6 (4wks), 6–7pm

“Death and grief are topics avoided at all costs in our society... If we talk about them, maybe we won’t fear them as much,” commented a NYC Death Café member. Our group will sit in conversation with each other on general topics offered by group members and facilitators. (What is discussed at meetings is confidential and we will respect participants’ beliefs and concerns.)

We will meet for 4 weeks in our HIB café (aka the library), feasting on sweets and warm beverages. To learn more about these meetings, the Café’s history, members’ stories and topics, consult the Death Café website: [deathcafe.com](http://deathcafe.com)

Donation Based (ID: S45) Registration required.

## CEU: Deconstructing Uddiyana Bandha and Agni Sara: Awakening the Lower Three Chakras in Asana Practice

  (HYBRID)

with Sarah

Saturday, May 18, 10am–1pm

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-V)

## Memorial Weekend – Outdoor Gardening and Spring Clean Up at HIB

Saturday, May 25; 9:30am–noon

with Kandy & Jackie

If you have some time this weekend, we sure could use your help! We will be tidying up the yard and freshening the flowerbeds. Come when you can, stay for as long as you can. Please call 716-883-2223 or register online. **If you’d like to help on this day or a different day, please let us know—spring cleaning is in full swing at HIB!**

FREE (ID: S46)

## JUNE

### Meditation Satsang (Second Fridays)

 (IN-PERSON)

with Erin

Friday, June 14, 7–8pm

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.

Donation Based (ID: S47) \$5–\$10 suggested donation.

### Retreats at the Himalayan Institute Retreat Center in Honesdale, PA

#### SUMMER 2024

### 2nd Annual | Nourishing the Sacred Summer Retreat: Reconnecting with Mother Earth

with Sarah Guglielmi and Julia Davis-Voss (formerly Kress)

August 16–18, 2024

The earth is our home and our source. Join Sarah and Julia for a weekend of renewed connection to Mother Earth and her abundant restorative energy. Explore this energy through root chakra-themed yoga practices, Vishoka Meditation, mindful nature walks, and a fire ceremony celebrating our unity and connection.

**Early Bird Tuition: \$229** (plus accommodations)

if booked by July 31st; regular price: \$279

Accommodations: Starting at \$115 per night (includes meals)

#### FALL 2024

### HIB’s Fall Getaway Weekend Relax, Release, Let It Go: Fall Retreat

with HIBuffalo and Moondog Yoga

November 1–3, 2024

Join us at the Himalayan Institute’s serene 400-acre woodland campus in the Pocono mountains—an idyllic setting for a relaxing and rejuvenating weekend. Enjoy practicums with HI teachers Ishan Tignait, Shari Friedrichsen, and Mary Gail Sovik and your hosts, Jackie (HIB) and June (Moondog).

Find out more about our epic “HIB-Moondog MashUp”  
at [hibuffalo.org/retreats](http://hibuffalo.org/retreats)

**Early Bird Tuition: \$229** (plus accommodations)

if booked by August 31st; regular price: \$279

Accommodations: Starting at \$115 per night (includes meals)

YOU ARE INVITED  
**50th Anniversary Celebration**

SPECIAL GUESTS:

Rolf and Mary Gail Sovik, Ishan Tigunait,  
& Keynote Speaker Pandit Rajmani Tigunait

*Saturday, June 29, 2-4:30 pm*

HIMALAYAN INSTITUTE OF BUFFALO - 841 DELAWARE AVE. - BUFFALO, NY 14209

The Himalayan Institute of Buffalo is celebrating 50 years of Yoga, Meditation, Service, and Community throughout Western New York. Please join us in honor of this momentous occasion.

Enjoy light refreshments and desserts. Hear stories of how H.I. Buffalo came into existence. The search and eventual discovery of our beloved home on Delaware Ave. (*purchased in 1979*). And our evolution over a half-century and exciting plans for the future.



RSVP requested — call 716-883-2223, email: [info@hibuffalo.org](mailto:info@hibuffalo.org), or register online at [hibuffalo.org](http://hibuffalo.org)

### Explore Buffalo Twilight Mansion Tour

Wednesday, June 12, 5-9pm

HIB is on Explore Buffalo's 2024 Twilight Tour of Mansions! Step inside some of Buffalo's rich history on Delaware Ave. To find out more about this special event and to purchase tickets, go to [explorebuffalo.org](http://explorebuffalo.org)

### Taking Care of Your Nervous System— Building Resilience and Compassion in Difficult Times

  (HYBRID)

with Julia

Saturday, June 15, 10am-1pm

Difficult events fill the daily news, which can bring on anxiety, fear, and anger in ourselves and our community. It's not uncommon to experience short and long-term stress from our collective experience. Yogic wisdom and modern neuroscience offer a healing approach to regain a sense of internal safety, self-control, and self-compassion. Join Julia for a conversation on nervous system anatomy, breath regulation, and mindfulness practices designed to help you build self-knowledge, resilience, and an emotionally balanced perspective on difficult events. Take-home materials provided.

Fee: \$45 (ID: \$48-P / \$48-V)

### HIB's Sweet Summer Solstice Solstice Ritual and Ice Cream Social!

 (IN-PERSON)

with Donna, Jackie, Julia, Kerry, Sapna, Sarah...

Thursday, June 20, 6:30-7:45pm

The summer solstice marks the time when the radiance of the sun is at its highest. It provides a rich opportunity to tap into the wisdom of your own inner "sun," your intuitive heart. Join us for a solstice ritual to renew your inner connection. Afterward, we will cool off with ice cream and sweet treats in the company of your HIB friends.

Fee: \$10 (ID: \$49) – Pre-registration requested.

## 200-HOUR TEACHER TRAINING

### Begins Sept. 20th, 2024 at HIBuffalo

Are you feeling the call to teach or to deepen your practice? The Himalayan Institute of Buffalo is known for its dedication to teaching excellence - we've been doing it for 50 years!

Our 200-hour program includes instruction in asana (yoga postures), meditation, pranayama, relaxation techniques, therapeutic yoga, and yoga philosophy and psychology. Our teachings are passed down from the Living Tradition of the Himalayan Masters, and are rooted in the ancient yogic scriptures. Learn more at: [hibuffalo.org/teacher-training](http://hibuffalo.org/teacher-training)