



































WELCOME to the July-August 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.

MONDAY	Instructor	Time	Dates / #Weeks	Cost
 Gentle Yoga	Sapna & Sherri	3-4 pm	July 8 - Aug 19	7wks \$84
  Hatha 1	Leanne	6-7 pm	July 8 - Aug 19	7wks \$84
TUESDAY				
 Hatha 2	Wendy	9:30-11 am	July 9 - Aug 20	7wks \$84
  Awakening Prana	Julia	10-11:15 am	July 9 - Aug 20	7wks \$84
  Stretch & Relax	Jackie	4-5 pm	July 9 - Aug 20	7wks \$84
  Hatha 1+2	Sarah	5:30-6:30 pm	July 9 - Aug 20	7wks \$84
WEDNESDAY				
 Hatha 3	Wendy	9:30-11 am	July 10 - Aug 21	7wks \$84
  Gentle	Tosca	10:30-11:30 am	July 10 - Aug 21	7wks \$84
 Balance Training	Stephanie	11-noon	July 10 - Aug 14	6wks \$72
  Hatha 2	Jackie	5-6:15 pm	July 10 - Aug 21	7wks \$84
  Gentle Yoga	James	5-6 pm	July 17 - Aug 21	6wks \$72
THURSDAY				
  Gentle	Colleen	10-11 am	July 11 - Aug 22	7wks \$84
  Hatha 1	Maya	10-11:15 am	July 11 - Aug 22	7wks \$84
  Adaptive Yoga	Julia & Erin	3:30-4:30 pm	July 11 - Aug 22	7wks \$84
  All Level (Drop-in)	Staff	5:30-6:30 pm	July 11 - Aug 22	7wks D/B
FRIDAY				
  Strong Seniors	Cathy	9:30-10:30 am	July 12- Aug 23	7wks \$84
  Chair Yoga	Renee	10-11 am	July 12- Aug 23	7wks \$84
SATURDAY				
  All-Level (Drop-in)	Staff	9:30-10:30 am	July 13 - Aug 24	7wks D/B

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:** Foundations of Vishoka Meditation w/ Donna
- **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.

50TH ANNIVERSARY SUMMER SPECIAL!

Take **\$50 OFF** your 2-month OAP with code **SAVE50** at checkout
~~\$179~~ **\$129**

CLOSED / NO CLASSES*

Monday, July 1 – Sun, July 7.
 No Drop-In Yoga:
 Thurs, July 4 & Sat, July 6.

Monday, Aug 26 – Monday, Sept 2 (Memorial Day).

No Drop-In Yoga:
 Thurs, Aug 29 & Sat, Aug 31.

Classes resume Tues, Sept 3.

JULY

Meditation Satsang (Second Fridays)

 (IN-PERSON)

with Jenny



Friday, July 12, 7-8 pm

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: S51) - \$5-10 suggested.

Foundations of Vishoka Meditation (4-week seminar) +OAP BONUS

  (HYBRID)


with Donna

Tuesdays, July 16–August 6 (4wks); 10-11 am

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: S52-P / S52-V)

Journaling for the Heart

 (IN-PERSON)

with Tosca

Thursdays, July 18–August 15 (5wks); 11 am-noon

Journaling is a fun and creative way to explore issues in our lives, and at the same time open the door to personal insight. This six-week workshop will provide you with the space and time to reflect, write, and share. The workshop will include various writing exercises to help you better access and improve your writing experience. We will also explore what it means to open ourselves to telling our stories with authenticity. No special writing skills are required, just bring a journal and pen and get ready to write!

Cost: \$55 (ID: S53)

SPECIAL EVENT AT SILO CITY!

Yoga, Art & Ecology at Silo City with HIB

Featuring Josh Smith and Julia

Saturday, July 20, 10 am-1:30 pm

Share a beautiful space with your friends from HIB. It is a short walk from the parking area to the Meadow, where we will enjoy an all-level yoga and mindfulness practice beneath the mighty poplar, reflecting on the elements of nature that enrich our lives.

Light snacks and refreshments (and a bathroom break!) will be provided before we embark on a 90-minute tour of the grounds with Josh Smith, Director of Ecology at Silo City.

Our tour includes a ground-level visit inside the Marine A grain elevator and over four acres of urban green space that helps tell the story of Silo Cities' post-industrial landscape, ecological restoration work, and how art and ecology come together. If you've never heard Josh speak about this passion project, you are in for a treat! Flat terrain; please wear closed-toe shoes (no flip-flops).

Consider stopping by DUENDE after our event for food, drinks, and a spectacular view. <https://duendesilo.city>

Cost: \$45 - Full event / 10 am-1:30 pm (ID: S54-A)

Cost: \$30 - Yoga portion only / 10-11:45 am (ID: S54-B)

Summer Book Discussion:

The 5 Invitations—Discovering What Death

Can Teach Us About Living Fully by Frank Ostaseski

  (HYBRID)

with Julia

Thursdays, July 18 & 25, August 15 & 22 (4wks), 6-7:30 pm

The process of continual awakening into 'being' is beautifully inviting. "To be human is an invitation to feel everything, to come into direct contact with the strange, beautiful, horrible, and often perfectly ordinary thing we call life." The Five Invitations (available in our bookstore) is an extraordinary collection of practices and concepts that allow every individual to be themselves, to serve with an open heart and mind, and to have access to a fortifying life path. Join Julia for this four-part exploration and group discussion. Available in-person & live-stream viz Zoom—Classes will not be recorded.

Donation Based / Registration Required (ID: S55-P / S55-V)

COMMUNITY CLASSES

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

ALL-LEVEL YOGA   (HYBRID)

THURSDAYS | 5:30-6:30 pm ET

SATURDAYS | 9:30-10:30am ET

▲ INCLUDED in Online Asana Pass (OAP)

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

Summer Havan and Community Gathering


At the Home of Paul and Irene Ziarnowski's in Boston, NY
Friday, July 26, 6:30-8:30 pm

Friends and family of HIB, please join us for a summer celebration honoring our Community and the Himalayan Tradition. Enjoy a Vedic fire ceremony amongst the beautiful backdrop of the Boston hills. The fire ceremony, or havan, is an ancient meditative ritual that supports the environment and evokes peace among participants—tea and desserts to follow. If you are inclined, please bring a light snack to share (there will be plenty, so there is no pressure). Pre-registration is required; directions are provided via email and will be available in the front office.

FREE event (ID: S57)

AUGUST

Meditation Satsang (Second Fridays)

 (IN-PERSON)



Friday, Aug 9, 7-8 pm

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.

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Donation Based (ID: S59) - \$5-\$10 suggested.

CEU: Cool and Calm: Pitta Pacifying Yoga for the Summer Season

  (HYBRID)

with Sarah

Wednesdays, Aug 7 & 14, 6:30 - 8 pm

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 Ayurveda Yoga Therapist Sarah Guglielmi for two weeks of discussion and practice. Learn the fundamentals of Ayurvedic asana and how to sequence to cool and calm the pitta dosha. Then, experience a pitta balancing practice that you can use at home.

You don't have to be a yoga instructor to take this course, but if you are, you can weave these sequences into your yoga classes to bring the benefits of Ayurveda to your students! (*Attention Yoga Teachers: CEU courses qualify for continuing education units with Yoga Alliance.*)

Cost: \$55 (ID: E90-P / E90-V)

SUMMER YOGA RETREAT

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

with Sarah Guglielmi and
Julia Davis-Voss (formerly Kress)
at the Himalayan Institute's
Retreat Center in Honesdale, PA
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. Go to: hibuffalo.org/retreats for more information.

*Early Bird Tuition: \$229 (plus accommodations)—
when booked by July 31st; regular price: \$279
Accommodations: Starting at \$115 per night
(includes meals)*

COMING THIS FALL

200-Hour Teacher Training

Begins September 20, 2024 | hibuffalo.org/training

Dr. Carrie Demers at HIBuffalo! Vibrant Aging—Weekend Seminar

(Info and Registration available soon)
September 27–29, 2024 | SAVE THE DATE

Vishoka Meditation Course (8-week Intensive)

Oct 23–Dec 18, 2024 | hibuffalo.org/trainings

HIB Fall Retreat in Honesdale, PA Relax, Release, Let It Go:

Featuring Ishan Tignait, Shari Friedrichsen
and MaryGail Sovik
November 1-3, 2024 | hibuffalo.org/retreats

 INCLUDED in Online Asana Pass (OAP)

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