

WELCOME to the September-October 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	Full Session fee
🏠 📺	Awakening Prana	Tracy	10-11:15 am	Sept 9 - Oct 28	8wks \$96
🏠 📺	Gentle	Sapna & Sherri	3-4 pm	Sept 9 - Oct 14	6wks \$72
🏠 📺	Hatha 1+2	Leanne	6-7 pm	Sept 9 - 30	4wks \$48
TUESDAY					
📺	Hatha 2	Wendy	9:30-11 am	Sept 10 - Oct 29*	7wks \$84
🏠 📺	Hatha 2+3 <small>Strength & Stability</small>	Rosa	10-11:15 am	Sept 17 - Oct 29	7wks \$84
🏠 📺	Stretch & Relax	Jackie	4-5 pm	Sept 10 - Oct 29	8wks \$96
🏠 📺	Hatha 2	Tess	5:30-6:45 pm	Sept 10 - Oct 29	8wks \$96
🏠 📺	Hatha 1+2	Sarah	5:30-6:30 pm	Sept 10 - Oct 29	8wks \$96
WEDNESDAY					
📺	Hatha 3	Wendy	9:30-11 am	Sept 11 - Oct 30*	7wks \$84
🏠 📺	Gentle	Tosca	10:30-11:30 am	Sept 11 - Oct 30	8wks \$96
📺	Balance Training	Stephanie	11-noon	Sept 11 - Oct 23	7wks \$84
🏠 📺	Hatha 2	Jackie	5-6:15 pm	Sept 11 - Oct 30	8wks \$96
THURSDAY					
🏠 📺	Gentle	Colleen	10-11 am	Sept 12 - Oct 31	8wks \$96
🏠 📺	Hatha 1	Maya	10-11:15 am	Sept 12 - Oct 24	7wks \$84
🏠 📺	Adaptive Yoga	Erin	3:30-4:30 pm	Sept 12 - Oct 31	8wks \$96
🏠 📺	Community Class (All-Level)	Staff	5:30-6:30 pm	Sept 5 - Oct 24*	8wks D/B
FRIDAY					
🏠 📺	Strong Seniors (Hatha 2)	Cathy	9:30-11 am	Sept 13 - Nov 1	8wks \$96
🏠 📺	Gentle	Renee	11 am - noon	Sept 13 - Nov 1	8wks \$96
SATURDAY					
🏠 📺	Community Class (All-Level)	Staff	9:30-10:30 am	Sept 7 - Oct 26*	8wks D/B

Community Classes: No registration necessary. \$10 Donation.

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

- 1 Weekly Class Series**
(Best bang for your buck!)
Enroll in a weekly class series. Most run between 6-8 weeks and are priced accordingly (averaging \$12 per class).
- 2 Single Class Pass (\$15)**
Enjoy the flexibility of attending a class when it fits your schedule.
- 3 Community Class/Drop-In**
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 with the option to attend in-person as well— See below for details.

A 10% senior (65+) discount is available for multi-week yoga sessions and most seminars (some restrictions apply).

Senior 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.

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

CLOSED / NO CLASSES*

Monday, Aug 26 – Wed, Sept 4.
No Community Class/Drop-In:
Thurs, Aug 29 & Sat, Aug 31
Community Class/Drop-In resumes: Thurs, Sept 5.

Our full Sept-Oct session begins: Mon, Sept 9.


*NO CLASS: Wendy: Oct 8 & 9;
Community Class/Drop-In: Oct, 31.

A few things to note on the weekly yoga class schedule:

- MONDAYS: **Awakening Prana** has moved to Monday, 10-11:15 am, and will be taught by Tracy.
Gentle Yoga, Monday, 3-4 pm with Sapna & Sherri is now available In-person (and Online).
- TUESDAYS: New! **Hatha 2+3** with Rosa. Tuesday, 10-11:15 am. Explore more challenging movements to improve strength and stability (modifications offered).
- FRIDAYS: New! **Gentle Yoga** with Renee. Friday, 11 am -noon.

SEPTEMBER

Meditation Satsang (Second Fridays)

 (IN-PERSON)

with Leanne

Friday, Sept 13; 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.

Donation Based (ID: S60) - \$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 Mindful Cook: Fall Digestive Boost through Food

 (IN-PERSON)

with Julia

Sunday, Sept 15; 10 am-1 pm



(Includes meal) The central fire of digestion is key to feeling balanced in body and mind. This workshop will discuss Agni and how to balance it in the changing season with spices, herbs, and food. Looking at the medicinal properties and the energetics of food and spices can enlighten our perspective and give us a whole new outlook on why and how we prepare what we do. Learning some tips and techniques for working comfortably and spiritually in the kitchen can bring great joy and enthusiasm to your time spent in the heart of the home. After we prepare the spices and food, we will enjoy our meal together in the main room.

Fee: \$55 (ID: S61)

Vibrant Aging Seminar: Finding Joy in the 3rd Stage of Life

with Dr. Carrie Demers

Sept 27-28, 2024 (Friday & Saturday)

  (HYBRID)

We all want to maintain - and even improve! - our physical and mental health as we age. Ayurveda (India's ancient system of medicine) says this is possible, and modern science agrees. Join Dr. Carrie to explore ancient and modern principles of aging and guidelines for how to get and stay well and strong.

This weekend is divided into three segments. Each segment includes a lecture and a short practice (so wear comfortable clothes—no mat necessary). All three parts can be taken separately, but they are best as a package!

SEMINAR SCHEDULE:

SESSION 1: Friday, 6:30 – 8 pm

Ayurveda's Advice on Aging

An introduction to Ayurveda, how it defines aging (as Vata/Wind energy rising), and how to counter that trend. Includes a nervous system-calming practice.

SESSION 2: Saturday, 10 am – 12 pm

Understanding and Maintaining Bones and Joints

Science affirms that movement is essential for health and longevity. An enthusiastic explanation of our bone and joint anatomy and how to work with them so they feel good. A discussion of bone/joint nourishing supplements. Includes a joint limbering practice.

SESSION 3: Saturday, 1:30 – 3:30 pm

Keeping Your Brain Healthy and Your Mind Sharp

An overview of all ways - physical, mental, emotional, and spiritual - to support the powerhouse of our being, the brain! Cognitive decline is a multifactorial process (that's why there is no drug treatment for it); a holistic approach is the best way to keep our brains and minds sharp. Includes a meditative practice.

Full 3-Part Seminar: ~~\$180~~ \$165 (ID: SV-ALL-P / SV-ALL-V)

Segment 1: \$50 (ID: SV-1P / SV-1V)

Segment 2: \$65 (ID: SV-2P / SV-2V)

Segment 3: \$65 (ID: SV-3P / SV-3V)

(Senior discount: 10% discount for students 65+)



Carrie Demers, MD, has practiced integrative medicine for over 30 years. After becoming board-certified in internal medicine, she went on to study massage, homeopathy, yoga, meditation, nutrition, herbal medicine, and Ayurveda. She uses all these modalities to support patients' inherent ability to heal.

Dr. Demers sees patients, writes articles, and lectures nationally. She has been the medical director of PureRejuv Wellness Center in Honesdale, PA, for the last 25 years.

 INCLUDED in Online Asana Pass (OAP)

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

Intro. To Vishoka Meditation: Transform Your Meditation Practice Step by Step

  (HYBRID)

with Sarah

Wednesdays, Sept 18 & 25 (2-wks); 6:30-8 pm

The goal of yoga is Vishoka, a state of abiding, enduring, sorrowless joy. We get glimpses of this in our daily yoga practice. By understanding the Vishoka Meditation worldview and system of practice, you can radically deepen the joy and nourishment that you experience through yoga and meditation. In this workshop, Sarah will introduce the Vishoka Meditation system, followed by a 75-minute practice. Experience specific refinements to your asana and breath training practices. Learn the Flow of Awareness and Aharana Pranayama techniques, designed to deepen your pranic awareness and move you towards the state of Vishoka.

Fee: \$55 (ID: S62-P / S62-P)

Group Hike: 18-mile Creek / South Creek Trail

with Kandy

Saturday, Sept 21; 10 am-1 pm

Enjoy the nurturing quality of community in nature. Our walk today is 4.2 miles out and back on a trail along 18-mile Creek. There will be some moderate hills, but it will be easy overall. Please wear good walking shoes (NO flip-flops) and bring water, snacks, and a bagged lunch. Please register so we can notify you via email if we need to cancel due to inclement weather.

Meeting place: Trailhead parking lot at the dead-end of South Creek Rd. (off Old Lake View Rd.):

Address: 2601-2687 S Creek Rd, Hamburg, NY 14075

Donation Based (ID: S63)

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

OCTOBER

HIB Book Club (First Fridays)

 (IN-PERSON)

with Kandy and Mary Jo

Friday, Oct 4; 12:30-2 pm

Friday afternoon book club is back! Explore books and authors with us. All are welcome—tea and light snacks are provided. We'll discuss what we've been reading over the summer. Feel free to bring in any books you would like to pass along. We will also select which books we'll discuss this fall and winter—registration is requested.

Donation Based (ID: S70)

Meditation Satsang (Second Fridays)

 (IN-PERSON)

with Cassie


Friday, Oct 11; 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.

Donation Based (ID: S71) - \$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.

Sanskrit Study— Learn to Write Devanagari

 (IN-PERSON)

with Tracy

Sundays, Oct 13-27 (3wks); 10-11:30 am

The Sanskrit language is most often written in the beautiful Devanagari script. In this hands-on workshop, we will be learning to both read and write the letters and pronounce the corresponding Sanskrit sounds. Devanagari means deva=divine nagari=city. Forming and meditating on the shapes of the alphabet are considered a form of sadhana or spiritual practice. We will have several handouts with which to practice, so please bring a binder and your favorite writing instrument. A pen, pencil, or flair is acceptable. Please also have lined notebook paper.

HIB hopes to offer more Sanskrit language classes in 2024-2025, and this seminar would be a good preparation for more advanced study.

Fee: \$65 (ID: S72)

 INCLUDED in Online Asana Pass (OAP)

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

Group Hike: Artpark

with Kandy

Saturday, Oct 19; 10 am-noon

Enjoy views of the gorge with terrific autumn colors—today’s walk is about a 2.6-mile round trip along a fairly easy trail. Wear sturdy shoes and bring water and snacks. Please pre-register so we can notify you via email if we need to cancel due to inclement weather.



Meeting Place: PARKING LOT “D”

(The first lot off of 4th Street Entrance)

Address: 450 South 4th Street Lewiston, NY 14092

Donation Based (ID: S73)

Vishoka Meditation Course (8-weeks)

  (HYBRID)

with Sarah Guglielmi and Julia Davis-Voss

Wednesdays, Oct 23–Dec 18 (no class Nov. 27); 6:30-8:30 pm

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 Tigonait’s *Vishoka Meditation* book and is designed to help you comprehensively experience the wisdom and practices described therein.

In this intensive 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.

Fee: \$299 early bird pricing until Sept 30, 2024 / Regular price: \$349

Payment Plan Offered (ID: VMC-P / VMC-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

NO CLASS: Thurs, Aug 29; Sat, Aug 31; Thurs, Oct 31.

Building Ojas (Vitality)

(HYBRID)

with Julia

Saturday, Oct 26; 10 am-1 pm

An Ayurvedic view on sustenance that provides the foundation for our life force and digestive fire. Building Ojas through certain caretaking practices, yoga, meditation, and reflection can bring about the endurance we seek. Having greater resilience gives us the power to follow our life’s purpose. We will have a discussion as well as a yoga practice. Bring your mat and notebook.

Fee: \$55 (ID: S74-P / S74-V)

Fall Getaway Weekend

Relax, Release, Let It Go: HIB’s Fall Retreat November 1–3, 2024

Featuring: Ishan Tigonait,

Shari Friedrichsen & Mary Gail Sovik

with your hosts, Jackie (HIBuffalo) and June (Moondog yoga)



Ishan Tigonait



Shari Friedrichsen



Mary Gail Sovik

Join us at the Institute’s main campus and retreat center in Honesdale. De-stress and rejuvenate in this picturesque setting in the heart of the Pocono Mountains in Pennsylvania. Enjoy lectures, yoga classes, and meditation. Hike the trails at the Institute’s beautiful 400-acre campus or enjoy ayurvedic treatments, massage, or integrative health consultations at the PureRejuv Wellness Center. Nourishing vegetarian meals and a community supportive of your health and wellness await you during this three-day/two-night getaway. This year we are excited to partner with Moondog Yoga.

Find out more about the weekend schedule at

hibuffalo.org/retreats

Tuition: EARLY BIRD \$229 (plus accommodations) when you register by September 30th (SAVE \$50).

Regular price \$279

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