






































WELCOME to the November-December 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 | Nov 4 - Dec 16 | 7wks \$84 |
|   Gentle | Sapna & Sherri | 4-5 pm | Nov 4 - Dec 16 | 7wks \$84 |
|   Hatha 1+2 | Leanne | 6-7 pm | Nov 4 - Dec 16 | 7wks \$84 |
| TUESDAY | | | | |
|  Hatha 2 | Wendy | 9:30-11 am | Nov 5 - Dec 17 | 7wks \$84 |
|   Hatha 2+3 ^{Strength & Stability} | Rosa | 10-11:15 am | Nov 5 - Dec 17 | 7wks \$84 |
|   Stretch & Relax | Jackie | 4-5 pm | Nov 5 - Dec 17 | 7wks \$84 |
|   Hatha 2 | Tess | 5:30-6:45 pm | Nov 5 - Dec 17 | 7wks \$84 |
|   Hatha 1+2 | Sarah | 5:30-6:30 pm | Nov 5 - Dec 17 | 7wks \$84 |
| WEDNESDAY | | | | |
|  Hatha 3 | Wendy | 9:30-11 am | Nov 6 - Dec 18 | 7wks \$84 |
|   Gentle | Tosca | 10:30-11:30 am | Nov 6 - Dec 18 | 7wks \$84 |
|  Balance Training [^] | Stephanie | 11-noon | Nov 6 - Dec 18* | 6wks \$72 |
|   Hatha 2 | Jackie | 5-6:15 pm | Nov 6 - Dec 18* | 6wks \$72 |
| THURSDAY | | | | |
|   Gentle | Colleen | 10-11 am | Nov 7 - Dec 19* | 6wks \$72 |
|   Hatha 1 | Maya | 10-11:15 am | Nov 7 - Dec 19* | 6wks \$72 |
|   Adaptive Yoga | Erin | 3:30-4:30 pm | Nov 7 - Dec 19* | 6wks \$72 |
|   All Level CC (Drop-in) | Staff | 5:30-6:30 pm | Nov 7 - Dec 19* | 6wks donation |
| FRIDAY | | | | |
|   Strong Seniors (Hatha 2) | Cathy | 9:30-11 am | Nov 8 - Dec 20* | 6wks \$72 |
|   Gentle | Renee | 11 am - noon | Nov 8 - Dec 20* | 6wks \$72 |
| SATURDAY | | | | |
|   All-Level CC (Drop-in) | Staff | 9:30-10:30 am | Nov 2 - Dec 21* | 8wks donation |

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

***NO CLASS:** Wed, Nov 27 (w/ Stephanie & Jackie), Thursday Nov 28, and Fri, Nov 29

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 NOV-DEC SUPER SPECIAL!

Take **\$30 OFF** your 2-month OAP with code **SAVE30** at checkout ~~\$179~~ **\$149**

CLOSED / NO CLASSES*

Nov 28-29 (Thanksgiving)

No Community Class/Drop-In:
Thurs, 11/28

Mon, Dec 23–Fri, Jan 3

No Community Class/Drop-In:
Thurs, 12/26; Sat, 12/28; Thurs, 1/2).

Jan-Feb 2025 session begins:

Sat, Jan 4

HAPPY HOLIDAYS!

NOVEMBER

HIB's Fall Retreat in Honesdale, PA

Relax. Release. Let It Go.


November 1–3, 2024

Featuring: **Ishan Tigunait, 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. Nourishing vegetarian meals and a community supportive of your health and wellness await you during this three-day/two-night getaway.

Find out more at hibuffalo.org/retreats

The Mindful Cook: Fall Digestive Boost through Food

 (IN-PERSON)

with Julia

Sunday, Nov 10; 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 this changing season using 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 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.

Cost: \$45 (ID: S82)

HIB Book Club (First Fridays)

 (IN-PERSON)


with Kandy and MaryJo

Friday, Nov 1; 12:30-2 pm

Explore books and authors with us. All are welcome, and tea and light snacks are provided. November's book: *Crossings: How Road Ecology Is Shaping the Future of Our Planet* by Ben Goldfarb (Named a Best Book of the Year by the New York Times, The New Yorker, Science News, Smithsonian Magazine, and Kirkus Reviews). Don't worry if you don't finish it before we meet—come for the discussion and camaraderie!

Donation Based (ID: S80)

Meditation Satsang (Second Fridays)

 (IN-PERSON)

with Erin

Friday, Nov 8; 7-8 pm

Join others in silent, seated meditative awareness. The teacher will lead a 15-minute introduction to help you settle into your practice, followed by 30 minutes of silence. Again, the teacher will guide students for the last portion of the class, offering space for reflection, questions, and the sharing of experience—registration is requested.

Donation Based (ID: S81) - \$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.

CALLING ALL HOLIDAY ELVES!

As in the past, we are joining with **Child & Family Services** to support children and families in the community this holiday season. We are holding a "GIFT CARD DRIVE" for families in need. Please bring your gift card (in any amount) to the Institute through Monday, Dec. 9th.

Places that offer a range of family necessities are especially helpful (Target, Walmart, T.J.Maxx/Marshalls/HomeGoods, Tops, Wegmans, Aldi, etc.).

Foundations of Vishoka Mediation (4-week seminar)

 (IN-PERSON)

with Donna

Thursdays, Nov 14–Dec 12* (4wks / *no class Nov 28); 6-7 pm

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: S83)

THANK YOU! for being a part of HIBuffalo. We are so grateful for you and for the spirit of service that makes this such a unique and inspiring place!

 INCLUDED in Online Asana Pass (OAP)

 =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

200 Hour Teacher Training

Starts Nov 5th, 2024 at HIBuffalo

Are you feeling the call to teach or to deepen your practice? Our 200-hour program includes instruction in asana (yoga postures), meditation, pranayama, relaxation techniques, therapeutic yoga, and yoga philosophy and psychology. The Himalayan Institute of Buffalo is known for its dedication to teaching excellence – we've been doing it for 50 years!

Learn more at: hibuffalo.org/teacher-training

Gratitude Walk: Buckhorn Island Trail

With Kandy

Friday, Nov 29, 10 am-12:30 pm

Please join us for our annual post-Thanksgiving walk, taking place this year at Buckhorn State Park. This trail runs along the Niagara River and offers great views of the city. It is an easy walk of about 4 miles. Please pre-register so we can notify you via email if we need to cancel due to inclement weather. Bring a snack (or pack a lunch to enjoy afterward) and your binoculars (if you have them).

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

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

Donation Based (ID: S84) \$10 suggested donation.

Open House & Holiday Market

Saturday, Nov 30, 10 am-3 pm

Step away from the hustle and bustle and into our serene space on Delaware Ave. The Bookstore & Gift Shop will be open on Saturday, November 30th, for holiday shopping. Enjoy light refreshments and take a tour of our historic building. We have great gift ideas for the yogis, meditators, and mindfulness practitioners in your life. Gift certificates are available in any denomination.

DECEMBER

HIB Book Club (First Fridays)

 (IN-PERSON)

with Kandy and MaryJo

Friday, Dec 6; 12:30-2 pm

Explore books and authors with us. All are welcome—tea and light snacks are provided. December's Book: *Madness of Crowds* by Louise Penny.

Donation Based (ID: S86)

Meditation Satsang (Second Fridays)

 (IN-PERSON)



with Jenny

Friday, Dec 13; 7-8 pm

Join others in silent, seated meditative awareness. The teacher will lead a 15-minute introduction to help you settle into your practice, followed by 30 minutes of silence. Again, the teacher will guide students for the last portion of the class, offering space for reflection, questions, and the sharing of experience—registration is requested.

Donation Based (ID: S87) \$10 suggested donation.

The Reason for the Season – Contemplation, Practice, and Joyful Meditation

  (HYBRID)

with Julia

Wednesday, Dec 11-18 (2wks); 6-8 pm

Deepen your appreciation for the quieting and inward-oriented influence of the winter season by hearing from some great authors and practitioners on the benefits of contemplation and refining inner perspectives during the darker months of winter. We will practice gentle yoga and discuss the virtues of self-study, commitment to practice, and trustful surrender in the context of seasonal reflection and the changing human experience through seasons and aging.

Cost: \$45 (ID: S88)

The office and Bookstore will be closed: Mon, Dec 23–Fri, Jan 3
No Community Class/Drop-In: Thurs, 12/26; Sat, 12/28; Thurs, 1/2).

Our Jan-Feb session begins: Sat, Jan 4.

HAPPY HOLIDAYS from all of us at HIB

HIB Fall Fundraising has begun!

Every bit helps!

On our 50th anniversary, we are raising funds to help restore our beloved building on Delaware Ave. (our "OM home") to bring it the transformation it's been calling for. The porch, eaves, gutters, and dormers require repair. The estimates are high, but so are our hopes! Please consider donating to our "50 for 50" Fundraising Campaign to help achieve our goal of raising \$50,000 for our 50th Anniversary—preserving this auspicious space and the vibrancy within for the future.

Go to: hibuffalo.org/donate

As a 501-(C)(3) not-for-profit organization, all campaign contributions to HIBuffalo are 100% tax deductible.

 INCLUDED in Online Asana Pass (OAP)

 =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