



Visit the  
Nyack Yoga Center  
at The New Age Center



PLEASE POST  
OR PASS ON

Winter 2008-2009 • No. 80  
Nyack Yoga Center  
New Age Center  
1 South Broadway  
Nyack, New York 10960  
(845) 356-5613

PLACE  
STAMP  
HERE

**PROGRAMS UNDER THE DIRECTION  
of Paula Heitzner, ERYT**

**YOGA** (at the New Age Center)

*Classes are on going as usual*

- Monday thru Thursday—9:30am-11:30am
- Monday and Thursday—7:30pm-9:30pm

**Tuition:** \$15 per single class

- second class same week \$10
- third class same week \$5

**ALL DANCE CLASSES AT**

American Legion Dance Center  
85 S. Piermont Ave, Nyack, NY

**FITNESS DANCE**

**NEW 10 WEEK SESSION BEGINS**

**January 5, 2009**

**MODERN DANCE**

- Monday at 12:30pm
- Friday at 9:30am

# Winter Wonderland with Fitness Dance

by Aerobics Plus\*

**MAKES A GREAT GIFT!  
GO FOR IT! GET FIT! HAVE FUN!**

**New 10 week Session Starts  
January 5, 2009**

- **Add Light to Your Life at this Time of Year**
- **Beat the Winter Blahs & Blues with Dance & Music**

American Legion Hall  
85 S. Piermont Ave., Nyack, NY  
Monday, Tuesday and Thursday—5:30-6:30pm  
Wednesday—5:15-6:15pm  
For Information call: (845) 356-5613

\*It's the Plus\* that makes the difference

My Cassette tape, "Yoga For You" is here and has been highly acclaimed by those who have it. It serves very well as an interim practice and consists of the standing meditation, a warm-up and two postures to strengthen and balance each Chakra. The cost is \$10.95 + Tax. It will make an ideal gift for yourself or someone you love!

Look for my website: [www.yoga4you.com](http://www.yoga4you.com)

## NEWSLETTER

from the

# NYACK Yoga CENTER

1 South Broadway, Nyack, New York 10960

(845) 356-5613



Number 80

Winter 2008-2009

Greeting to all,

December draws to a close and January and the new year quietly opens with all the shining possibilities and hopes that accompany each beginning. The second, minutes and hours of time, the weeks and months and seasons of the year keep showing us a pattern - the pattern of connection and support, stability and strength one feels from this continuity.

The research and development department of allopathic medicine at the Mayo Clinic published their monthly newsletter entitled "The Power of Connection - Physical Emotional and Spiritual Intimacy." The studies conclude that people who feel isolated and unsupported lead shorter, unhappier lives and are at risk for serious health issues, while those with serious diseases and/or an impaired immune system improve with a support network thus speaking volumes for the potential power of the group.

The nature of studying yoga early on in the East was quite solitary. Seekers meditated for long periods of time in remote places or studied "one-on-one" with a teacher in "mouth-to-ear" fashion. The quest was for truth.

In the West the practice of Yoga has changed to be more body-oriented and social. However, the gift of yoga still leads the serious practitioner in a supportive group to their own truth through their personal explorations. Growth, spiritually, mentally and physically is enhanced by connection to a group.

The word yoga means "union" and never before has this implication been more applicable or necessary for the western social structure. We are living in shaky, troubled times! All our values are being challenged! Our economy is in a very critical state! We don't have to make our way through this morass alone. There is no

more perfect time than now to reap the benefits and solace of connection - connection to yoga, to our practice, to our group and to unite our strength and spirit while drawing stability from our yoga community.

As the new year begins I look forward to being on the path with all of you and sharing this wonderful journey called "life."

Our on-going weekly classes are the health-giving and joyous links to a supportive community.

Come grow, learn, laugh and bond!

Shalom & Shanti

Peace and Light,

(Renuka) Paula

The new 10 week **FITNESS DANCE** session will begin on January 5, 2009. This is a good way to bring light and joy into your life. Movement and music make a wonderful "medicine" for body and soul. Try it and see for yourself!

**MARCH IS MEDITATION MONTH.** The 6th session of meditation (10 weeks) will begin on Sunday, March 1, 2009 from 9-12am. This is a requirement for yoga teacher trainees, but offers an opportunity for serious students to learn about the lifestyle, ethics and philosophy of yoga as well as the different paths to a meditation practice and how to establish yourself in one, comfortably. The books needed are:

The Miracle of Mindfulness - Thich What Hanhr, Yoga and the Quest for the True Self - Stephen Cope

How to Know God, The Yoga Aphorisms of Patanjali by Swami Prabhavananda. Advance registration would be appreciated. Barbara Nicol, is, again, teaching this course with my assistance

Paula,



One year has passed since our first meeting at the New age Center. The pureness of heart and the creativeness of mind that your spirit displayed in my first class with you, lead to an immediate attraction to your teaching style. You do such a wonderful job, in between carefully instructing students through asanas, with filling us with wisdom from your many years of experience. When you offer this insight I feel as if I am always receiving special attention, as if the information is said solely for my growth and development. I wouldn't be surprised if some or all other dedicated students in the class felt this same way. You possess this gift of being able to connect with each person while teaching classes of twenty sometimes thirty students. I am grateful that the wisdom of the universe has placed me under the guidance of such a superb teacher.

All my love Joseph Tonzola

## Meditation

For Yoga Students  
(Good for 200 hr. Y.A. certification)

Learn the basics of various types  
of meditation

Learn pranayama techniques

Learn more about the philosophy of yoga,  
including the yamas and niyamas

Learn about the lives of some of the great  
modern Masters

### MARCH 1ST, 2009 - INTO MEDITATION

A new 10 week meditation course will begin Sunday, March 1st, 2009. Barbara Nicol will again run this fifth session. Each class is 3 hours - from 9am to 12pm at the American Legion Hall. Participants can do some advance work by reading these books.

"Miracles of Mindfulness"- Thich Nhat Hanh

"Yoga and the Quest for the True Self"- Stephen Cope

"How To Know God, the Yoga Aphorisms of Patanjali" - Swami Prabhavananda

Advance registration would be appreciated to insure the formation of the group.

Barbara Nicol has been practicing meditation since 1982, and was authorized to teach meditation by Khen Rinpoche Geshe Losang Tharchin. She was introduced to yoga in 1987.

For information contact Paula Heitzner 845-356-5613  
Or Barbara Nicol 914-631-3457

Dear Paula,



I just wanted to let you know how thorough and inspiring you have been as my teacher. In classes I teach and in classes and workshops that I attend, your instruction and explanations are always in my thoughts.

In recent class I attended, I was instructed to go from downward facing dog to chataranga to cobra and then back to dog. There were no detailed instructions as to how to do all the poses; no one corrected the alignments or made additional adjustments. I wondered how the other students were doing, especially the ones that were fairly new to the discipline. I felt that I had the knowledge to correctly align myself and felt confident in those poses. I was grateful that you were my base—my "foundation."

You give every student in your classes that knowledge and attention—albeit even when the students would like to fade into the woodwork!

I always learn something new in your classes that can help me be a better teacher and a better practitioner. You offer philosophy and life analogies that always seem to answer a problem or question that I may have at that time. And then there are the jokes.

Every class is special, and I am thankful that you are my teacher. I would be happy to be half as good a teacher as you are.

Terry Lavery.

P.S. In my conversation with Maureen Pollinger, she also was singing your praises and saying how you should write a book—which you should do. If you need someone to help you put it together, I would be honored to edit, proofread, etc. I have worked for McGraw-Hill and other houses and still freelance as an editor. Even though my main focus is on medical topics, I think I would be able to help.

About ten years ago when I reached the tender age of 60, I decided to augment my exercise regimen with Yoga. The classes were held in my health club in New Jersey and I really tried very hard to enjoy them but they were terrible because the instructor was not very good. He taught at one level that was way over my head so after trying 10 classes, I dropped out.

About 2 years ago my sister started trying to talk me into attempting Yoga again but I resisted until 2 months after my 70th birthday which was in May of this year. Low and behold this time we had an instructor that understood that we aren't all created from the same mold and I instantly connected with her.

In one of her lessons Paula spoke about the benefits of "Stargazer" and how it could be useful for those of us who have a lower back weakness and even complimented me on my "Stargazer" stretch.

Last weekend, my wife had me clearing dead flowerpots off our deck and I ended up taking 8 garbage sacks to the dump, each one weighing about 50-60 pounds and of course I hurt my lower back. Normally I would use that excuse to hit the couch and watch a football game but I decided to try what Paula taught me. She also said that it combats ageing and I cannot speak to that but after several "stargazer" stretches I was actually able to finish my task and I have felt great since.

That's my story in too many words but needless to say I look forward to my Yoga classes every week even though I have a long way to go. Oh yes, I almost forgot I have eliminated my Asthma medication that I have been taking for over 25 years just by learning to breathe properly but that is another story.

Paul Haskell



### THOUGHTS FOR THE NEW YEAR

We aint what we want to be.  
We aint what we ought to be  
We aint what we gonna be  
But thank god we aint what we was

— Author unknown