



NEWSLETTER

from the

NYACK *Yoga* CENTER



1 South Broadway, Nyack, New York 10960
(845) 356-5613

Number 83

Winter 2009-2010

Dear All,

Here we are...again...another beginning! I came upon this quote from an unknown author and was thrilled by its simplicity, clarity, and how it can be an inspiring guide for the unfolding of a New Year, **“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”** It provokes one to feel the wonder that is in the world and to cherish and preserve what is meaningful in life. This encompasses, as well, the ever-present opportunities to search for and bring forward the goodness and greatness inside us, our families, our communities, our country, our continent, the cosmos! We are capable of being breath-taking in every way when we stay tuned to our breath and our inner light, the gifts we acquire through our yoga practice.

Every culture has guidelines and ground rules, that when followed, create an atmosphere that is filled with light and inspires love. The five Yamas and five Niyamas in yoga are just such an example. The Yamas are universal moral commandments: non-violence, truth, non-stealing, continence and non-coveting. The five Niyamas are for personal growth and purification through discipline, purity, contentment, ardor or austerity, self-study and spiritual dedication.

The Judeo-Christian tradition has deep roots in the Ten Commandments, as did the ancient Babylonians who originally formulated the basis for these instructions. The Talmud and Torah of the ancient Hebrews were the building blocks that created this strong, ongoing culture and kept it on track through many trials and tribulations.

Cicero expounded on The Three Divisions of Moral Goodness:

- Ability to distinguish truth from falsity and to understand the relationship between one phenomenon and another and the causes and consequences of each one.

- The ability to restrain the passions.
- To behave considerately and understandingly in our associations with other people.

It seems to me that we're all on the same page! Let's see if the New Year can be brought closer to the ideals of humankind given to us through the millennia. May we all enjoy a safe, peaceful and inspirational environment created by our efforts and our usage of all that is light and bright and strong within us. May we also use these strengths as a template for creating a better and brighter new year for all.

In Light and love,
Paula (Renuka) Heitzner

The 113th Session of Fitness Dance by Aerobics Plus*

(Dorothy Brenner and myself) will begin on January 4th, 2010. The program provides a fun way to exercise and offers the opportunity to those “wannabe” dancers to strut, stretch and show-off! - really a great release for inhibitions and frustrated fantasies.

The 10 Week Meditation Program will begin on Sunday, March 7th. Each session runs from 9am to 12pm with no class on Easter Sunday or Mother's Day. Those who have already taken this program may audit it at any time free of charge.

We are planning a yoga trip to Provence and Paris France, the details of which are being finalized. The charge is based on twenty people and it is important to register any interest as soon as possible to keep the current prices. We will leave July 8th, 2010 for 12 days.

TRIP TO FRANCE ITINERARY

YOGA in FRANCE (Provence & Paris) with Paula Heitzner

Day 1 - 07 Jul/Wed - Board your overnight transatlantic flight.

Day 2 - 08 Jul/Thu - Arrival in Nice, France-Avignon

Upon arrival in Nice, meet your Tour Director and receive one group transfer to your hotel in Avignon. Afternoon is at leisure to rest or explore independently. Evening Welcome Dinner with Tour Director.

Day 3 - 09 Jul/Fri - Avignon at Leisure

- 1 hour yoga session (B).

Day 4 - 10 Jul/Sat - Avignon-Excursion to Arles

- 1 hour yoga session (B).
- Transfer to Arles for Saturday Market w/leisure time for shopping.
- Sightseeing tour in Les Baux

Day 5 - 11 Jul/Sun - Avignon

- 1 hour yoga session (B).
- Transfer to Villeneuve-lez-Avignon at your leisure.

Day 6 - 12 Jul/Mon - Avignon-Excursion to L'Abbaye de Senanque, Gordes, and St.Remy de Provence

- 1 hour yoga session (B).
- Guided tour of L'ABBAYE DE SENANQUE
- Walking Orientation tour of Gordes
- St. Remy de Provence tour

Day 7 - 13 Jul/Tue - At Leisure in Avignon

- 1 hour yoga session (B).
- Full day at leisure

Day 8 - 14 Jul/Wed - Avignon-Paris

- 1 hour yoga session (B).
- Transfer to train station
- HIGH SPEED TRAIN TO PARIS
- Transfer to hotel (D).

Day 9 - 15 Jul/Thu - Paris

- 1 hour yoga session (B)
- Guided CITY SIGHTSEEING TOUR
- Remainder of day at leisure

Day 10 - 16 Jul/Fri - Paris at Leisure

- 1 hour yoga session (B).
- Full day at leisure - (There will be some arranged private sightseeing).

Day 11 - 17 Jul/Sat - Paris at Leisure

- 1 hour yoga session (B)
- Full day at leisure to explore Paris with the group or on your own.

Day 12 - 18 Jul/Sun - Paris

- (B) Group transfer to Paris Airport for flight home.



Dear Paula,

The atmosphere in Paula's yoga class is so joyful, you can't help but smile. While you're having fun, you're also learning so much because of Paula's deep expertise and long experience. She has a unique talent of tuning into each of her students and giving them just the right instruction and feedback to

deepen their practice. Paula's class management is masterful as well. The last time I took her class, I told her how much I loved her class and why, adding that anyone of her students would say the same. Overhearing my comments, another student chimed in agreeing.

I've taken a lot for yoga classes with different teachers, enough to know that you are a treasure.

Best,
Lori



The Paradox,

After our brief discussion in yoga about paradoxes, I went home and began reading, "Hands of Light." Within a few minutes, I turned to a page which highlighted this very subject. Here is an excerpt from the book.

"In the 1920s, physics moved into the strange and unexpected reality of the subatomic world. Every time physicists asked nature a question in an experiment, nature answered with a paradox. The more they tried to clarify the situation, the stronger the paradoxes became finally, physicists realized that paradox is part of the intrinsic nature of the subatomic world upon which all our physical reality exists".

At this point, I felt inspired to mull this idea over and apply to my own life.

Paradox or contradiction, is an interesting subject and I have noticed opposing forces which occur on a daily basis. At times I view this concept as a gift because I am able to see both ends of the spectrum, giving me an accurate assessment of the situation at hand. The paradox however can also leave me baffled and confused.

Here is a perfect example. Yoga, meditation and spirituality give me a sense of wholeness, connectedness and freedom. Security and confidence coincide with these three disciplines. This paradigm can frequently shift, when going about my daily activities. I am constantly rewarded, yet challenged when coaching children to play sports. I work extremely hard at articulation my teaching points in a manner which each child can understand. Furthermore, I want the experience to be exciting and I want each child kept in task. When one of these three aspects is out of sync, my confidence wanes and insecurity sets in. These feelings contradict those which I mentioned earlier.

Overall, I believe this paradox of security and insecurity go hand in hand for a reason. Without insecurity, I would not be conscious of my weaknesses. I am forced to dissect my teaching methods and recreate them in a way that is better suitable for the learner. Also, it maximizes our enjoyment. On the other hand, the secure feelings I experience during yoga, provide me with something to aspire to.

The paradox is a necessary component of life, love and learning.

-Lynn Istorico

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 7th - 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

Registered Yoga School



Visit the
Nyack Yoga Center
at The New Age Center



PLEASE POST
OR PASS ON

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New Age Center
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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 4, 2010

MODERN DANCE

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



Winter Wonderful with Fitness Dance

by Aerobics Plus*

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

**New 10 week Session Starts
January 4, 2010**

- 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