



NEWSLETTER  
from the  
**NYACK *Yoga* CENTER**



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

Number 82

Fall 2009

Dear All,

The fall, a time of transition, is Mother Nature mirroring the process of moving forward in our own life. The activity of growth, prolonged light and high heat draws to a close. We look forward to the refreshment of cooler temperatures and spectacular coloring in our scenery -transition leading to transformation.

The transitions we experience in our yoga practice lead us to transformation! There are shifts in our perceptions and mind-sets that begins to soften the defenses we hide behind. As we embrace and own our physical limitations, we begin to experience movement in places that were blocked and we create more space in the parts we held locked. This is transformation elicited from transition.

Through the practice of Asana we can experience the power of breath. At first, a beginning student holds their breath in their zeal to succeed in performing a posture. They use their strength inappropriately and this becomes a transition leading to pain, discomfort and perhaps injury-definitely a negative transformation.

As we begin to cultivate the habit of breathing consciously, we experience the old truism, "less is more." Transitioning to less force and learning how to access our strength, organically, brings about the transformation that will support and sustain us through all the challenges that life brings.

We are all feeling the affects of instability and uncertainty in our economy and in the wavering policies of our government. Yoga helps us to maintain our balance through these tenuous transitions. Never before in recent history has it been so imperative to re-evaluate what is truly important. We are hard pressed to strengthen morally and to let go of the selfishness that has insidiously slipped into the very fabric of our being. This spiritual strengthening is the foremost transformation to be undertaken and it is ongoing!

The next 10 week session of Fitness Dance will begin Monday, September 14, 2009. There are golden opportunities for transitions and transformations through this fun and fitness program. Risk a little! "Step out of your box." and "strut" to a different tune each week. Become "a different drummer."

May the fall unfold with renewed vigor, reclaimed health and regenerating joy!

In light and love,  
Paula (Renuka)

### Mark Your Calendar

**The annual yoga and aerobics party will be on Sunday, December 6th, 2009 at 2pm - My House**

P.S. I'll be back from vacation and teaching on Labor Day, Monday, September 7th at 9:30am. There won't be class at 7:30pm but we resume the normal schedule on Tuesday, September 8th.



Paula,

I am attaching all of my certification papers for the Yoga Teachers Certification. But first and foremost I want to say that it has been a wonderful journey getting to know you and train under you. I am so excited to continue under your teaching. I have always enjoyed yoga prior to meeting you, Paula. I have been able to bring my practice to a new level in all aspects of life. Your thoughts and little tidbits of information enlighten me and has made me realize how yoga incorporates, mind, body and soul. I bring it with me everyday. Thank you and I am so excited for my certification and to continue on learning with you, and hopefully pass on my knowledge to others, especially children.

Love and thank you,  
Susan DeMaria

**ANNOUNCEMENT:** I am entering the 21st Century!!! The newsletter will be sent electronically! Please go to my website, [yoga4you.com](http://yoga4you.com) and leave your first and last name and email address if you want to receive the newsletter that is issued every 4 months, May, September, and January. If you don;t have an email address, let me know and you'll continue to receive your copy by regular mail.

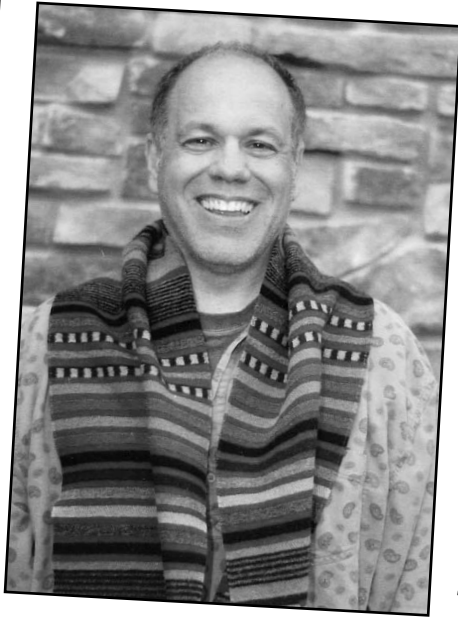
**DEADLINE FOR REGISTRATION IS JUNE 15TH**



For eighteen years I suffered from severe back pain. During those years I had numerous treatments from chiropractors, acupuncturists, physical therapists and finally pain management. I saw many doctors and none of them could tell me exactly what was causing my pain since my MRI's showed arthritis and osteopenia in my spine, one herniated disk in the thoracic, three bulging disks in the lumbar and tendonitis with the calcification in my left shoulder. After many sleepless nights and being very unhappy about taking painkillers my neighborhood Dot Garabrant convinced me to go to Yoga class with her. On Labor Day 2008, Dot introduced me to Paula. I have been attending class every week since and I am pain free except for one minor flare up that was short lived. Paula makes every class entertaining and most of all she is an excellent instructor. She has made me feel that with time there is nothing I can not accomplish when it comes to yoga. Paula I am eternally grateful to you.

Thank you,

Kathy Hickey



I wanted to deepen my yoga practice in 2008. I was September and I really had not committed much time and energy to this desire. I was taking yoga class here and there. One evening I was sitting over tea with some friends at Omega and yoga was the discussion I said "I would like to teach yoga to triathletes some day" and they all nodded. When I came back from Omega I began taking sunrise yoga class at one of the local studios and I was the only student. It was great. I have a dear friend who has integrated yoga into her life years ago and was telling her about this new commitment and wanting to teach the benefits to triathletes. Her response "There is only one person that you should be working with...Paula Heitzner." This conversation went on for several weeks. On October 13th I

walked into Paula's class for the first time. Everyone seemed very friendly and relaxed and I felt at ease. Paula walks in and we talk and I immediately realized why everyone is so open and friendly. This was it...I found a home. Paula's love and compassion for yoga and her organic style makes the journey real. You don;t just hear her words when she's teaching you feel them. I signed up for teacher training the next week.

I began my structured training in January for the 2009 triathlon season and that's when I realized the benefits from my work with Paula. It was mid January and a friend and I were cycling up to Harriman via 9W and Bear Mountain. We were on our 1st serious climb of the day and I'm feeling surprisingly relaxed and focused. What was this? So I checked in with my body...legs are good, hips loose, ahhh my abdomen and chest were wide open. My breathing was deep and easy and that was the driving force. This was and still is an enormous boost to my confidence. Some of the other benefits I feel are increased flexibility, balance, strength and improved mental focus. I have not only integrated yoga into my triathlon training but more so into my everyday life. I'm living yoga more and more everyday.

I will always remember October 13th, 2008. It was a day that changed my life. I will begin sharing and teaching these benefits to fellow triathletes on March 23rd, 2009.

I wish to deeply thank Paula for all her guidance, inspiration and love. As well as thanking all yogis and yoginis in class with me for their support.

Om Shanti,  
Frank Finochio

Registered Yoga School



Visit the  
Nyack Yoga Center  
at The New Age Center



PLEASE POST  
OR PASS ON

Fall 2009 • No. 82  
Nyack Yoga Center  
New Age Center  
1 South Broadway  
Nyack, New York 10960  
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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**

**September 14th, 2009**

**MODERN DANCE**

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

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)

**FALL**

into

**FITNESS FUN**

with **Fitness Dance**

by Aerobics Plus\*

**New 10 Week Session Starts  
September 14th, 2009**

85 S. Piermont Ave., Nyack, NY  
Monday, Tuesday and Thursday 5:30 - 6:30pm  
Wednesday 5:15 to 6:15pm

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

For Information call: (845) 356-5613  
Holiday Schedules Observed