



NEWSLETTER

from the

NYACK *Yoga* CENTER



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

Number 81

Spring 2009

Dear All,

Ah Hah! Uh Oh! Ho Hum! Hoo Hah! So Ham!

All these are expletives that can define the course of development in any situation.

Ah Hah! is that astounding flash of insight that floods us with illumination and awareness of learning something new that expands the consciousness.

Uh Oh! and Ho Hum! follow all too soon. The peak moment that was experienced when the light bulb went on either dims gradually and is followed by the ennui of Ho Hum! or is dimmed by the Uh Oh! of fear and anxiety.

Hoo Hah! is the attitude that pooh poohs anything new, different or exciting because it is too much trouble to come out of the state of lethargy. Leaving the habitual comfort zone, as boring and dull as it is might be, takes work, patience and energy.

As we practice our yoga we learn to identify the "maya" that gets in the way of change, growth and development. Our physical, mental and emotional and spiritual aspects of our being can only flourish and flower when we take the necessary steps to ground ourselves in our own truth. In order to see, feel and live this truth, we have to be willing to undertake the task of creating and developing the courage and personal strength it takes to bring in the light to look within and to dispel the shadows.

So Ham! then becomes the personal mantra that eradicates all the indecision, uncertainty and confusion that drains and diminishes our existence. "I am" stands in the light!

Participation in our on-going yoga program is a strengthening and supportive resource. Active attendance helps us to

refuel and retool ourselves for the job of bringing more high energy forward and affords us the opportunity to play and enjoy each other.

In May, may we re-create in health, peace, joy and light!

So Ham!

Paula (Renuka) Heitzner

This being the season of seeding and sowing, I thought that this inspirational tidbit would be very appropriate and welcome. Please clip and keep.

A Garden That Everyone Can Grow But It Is Not Easy

For the garden of daily living:

Plant three rows of peas

1. Peas of Mind
2. Peas of Heart
3. Peas of Soul

Plant four rows of squash

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude our garden we must have thyme

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love.

**There is much fruit in your garden,
because you reap what you sow.**

ANNOUNCEMENT: I am entering the 21st Century!!! The newsletter will be sent electronically! Please go to my website, 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.

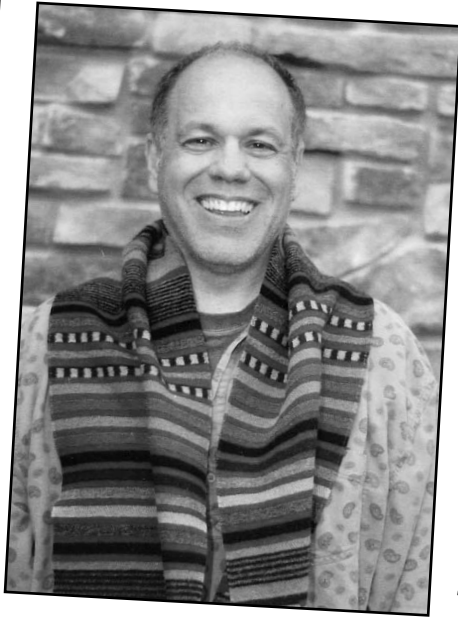
DEADLINE FOR REGISTRATION IS JUNE 15TH



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



Visit the
Nyack Yoga Center
at The New Age Center



PLEASE POST
OR PASS ON

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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

FITNESS DANCE NEWS:

The 10 week Spring Session will end in mid-June. There will be a short summer session starting right up to run through mid-July

10 WEEK FALL SESSION BEGINS SEPTEMBER 14TH

SUMMER SCHEDULE

I will be away July 28th through August 4th and August 28th through September 6th, but I will arrange coverage for classes.

THERE WILL BE CLASS AT 9:30AM ON LABOR DAY

- NO EVENING CLASS -