

NEWSLETTER

from the

NYACK *Yoga* CENTER



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

www.yoga4you.com

Number 85

Fall 2010

Dear All,

The heat and humidity and the sultry stillness of summer will soon be a more pleasant memory than it was an actuality. With the arrival of September comes the promise of increased autumnal activity and I for one am grateful.

We are 'Fall'ing into the schedules, programs and projects that energize and instigate creativity. Summer has the quality of slowing the body while stimulating the imagination. The bracing fall weather encourages the body to catch up with and implement the agendas that were envisioned.

As serious students, teachers-in-training or those people newly exploring the world of yoga, we all share in a common truth that becomes more evident with sincere immersion in the guiding principles (Dharma) and practice (Sadhana) of yoga. We become aware of the support and encouragement implicit in our yoga sessions. In the interactions with each other during class that foster growth, trust, self-confidence and courage, we begin to understand the importance of aligning with those of like-minds. To evolve is hard but it is so much easier in the right company and with guidance. Despite the heat this summer, classes were awesome. It was quite amazing to be in the energy extended by all of you, and I can't express enough gratitude for being a part of what we co-created. Thank you from the bottom of my heart!

With yoga we are better able to handle the transitions of life. Seasons change, tides change, the moon's phases change and the sun does not always shine brightly. As we move through the challenges we confront personally, let's be grateful for the grounding, centering, aligning and breathing practices we get from our yoga training. These life-style skills support and enable us to meet the tests, trails and tribulations leading to change and transformation.

The fall is a time to move forward with renewed verve and alacrity. Flowing with inspiration and insight we can begin to uncover the dormant gifts within. As we bring prana, light and life force into our psyche and our pursuits, we are on our path to enlightenment.

Let's stay together on this journey and affirm that this fresh season will bring us the shared knowledge we each need to further cultivate and illuminate "the road less traveled."

Bon Voyage and Carpe diem,
Paula (Renuka)

Newsflash:

Keeping up with the 21st Century, I am happy to announce the availability of a new **CD version of "Yoga for You."** Thanks to John Guth, it has a beautiful soundtrack and a seamless conversion from the cassette tape of the same title. It is a good resource for home practice offering meditation, insights and Asana (The Sadhana described in the opening letter). It also makes a good gift appropriate for any level recipient.

Please check my website, "yoga4you.com: for the newsletter and please register your email address so that you will receive it electronically if you haven't already done so.

MARK YOUR CALENDAR

for the
Annual Yoga and Aerobics Plus Party.
2:00pm, Sunday December 5, 2010 at my house.



Five months ago I climbed the long narrow stairway above "Born of Earth" at the corner of Main St. & Broadway and had the wonderful fortune to find one of Nyack's great gifts - the yoga studio of Paula Heitzner.

How is it possible that I have lived in Nyack for 25 years and never taken a class from this amazing teacher? In yoga circles they call her a teacher's teacher. Each class is like a workshop because of all the attention to detail and her breadth of knowledge.

A typical class has between 15 and 20 people. The students are tall, short, lean or round, in an age range anywhere from the low 20's to the mid 80's. Some students are newbies like me, others have been following Paula for 40 years.

In her classes everyone gets attention. You will find whatever is needed for that day. Paula is a marvel of insight. Whether it's the mechanics of the body, mind or spirit. Nothing escapes her eye.

As my first class began, Paula said, "If anything hurts or is uncomfortable, let me know and I will help you, because that is where your work begins." And so it did.

That first class happened to focus on grounding and feet, in particular the arch of the foot. At that time I was suffering from plantar fasciitis and just had finished and unsuccessful bout with physical therapy.

Paula, like a laser, zoomed in on my difficulties. She immediately began to give me specific instructions detailing what muscles to use and kept me mindful of the situation. Within a short time of attending her classes I was able to go bare foot again as well as walk normally!

She shares with so much generosity - always mindful of the student's needs. It has improved my practice both on and off the mat. It is impossible not to benefit just from knowing her.

It is said that when one is ready to learn a teacher will appear. And so she did at the top of a long narrow stairway.

— Jamie Whitehurst

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
(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

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

FALL

into

FITNESS FUN

with **Fitness Dance**

by Aerobics Plus*

**New 10 Week Session Starts
September 13th, 2010**

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