



## NEWSLETTER

from the

# NYACK *Yoga* CENTER



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

Number 84

Spring 2010

Dear All,

Springtime renews our energy to find paths to good health on the physical level and enthusiasm to pursue a spiritual journey.

How lucky are we to have yoga in our lives? We are able to healthfully benefit the body we live in at all times, and can enjoy the enhancement that makes other physical pursuits much more satisfying. All the sports (winter and summer), dance, hiking and biking improve with the expedience the body receives from a yoga practice.

When the weather gentles and the light increases, we find the spiritual journey encouraged by the signs of renewed life and beauty. Mother Nature encourages us through her example, to flower and flourish.

The heart opens and recognizes the blessings that surround us and reminds us that what seemed inert was just resting, biding time and gathering strength. Our spirits are refreshed and with renewed energy we can bring thoughts of care, concern and compassion to greater fruition. A strong spiritual vigor is needed to remain whole and intact in order to survive and make sense of the times in which we live. It also becomes possible to exude the energy that can balance the negativity and fear that abounds all around

us. If we become strong and stay sound spiritually, we can inspire and manifest the highest good for all.

Another pathway to this empowered place is through dance. Dance has always been used to heightening states of awareness and to raise energy levels. The Sufis and ancient tribes of every culture have always used dance and movement ritually, to raise the consciousness of the performer and the community. Aside from being fun, it helps us to evolve along a different joyous route. Fitness Dance is a perfect way to branch out and experience your spirit, body and mind with music. New sessions begin all the time presently we're in the 114th session that we'll finish at the end of June. Meditate on the possibility of bringing this joyful practice into your life as a balance to your yoga practice and see how your yoga will enhance this movement art. Fitness Dance is based on Jazz and needs no prior experience in dance, so if you missed dance training as a youngster, remember it's never too late to learn.

May you all continue to thrive this Spring and Summer and I do look forward to being with you.

Much love and light,  
Paula

# A LETTER TO PAULA



As a dancer of many years, I first approached yoga somehow in a few similar ways, particularly, one of, as if rehearsing for a great performance. So for the first few classes I took at different studios in

and out of the city, I experienced that I was able to do the "Steps". Of course I could do them! But I did not know at the time that I was paying a price. I was being somewhere else.

At the end of each class, I found myself in the same place: Physically and Mentally. A place of not feeling connected, feeling rushed, doubtful, exhausted and not really understanding what was taking place "within" and "with my body". Needless to say, I never progressed and needless to say, it was difficult to get back to yoga classes. Periods of time would pass in between them, although somewhere I knew, it would be good for me.

In March of last year, wanting again to invest in myself through yoga and aiming for some continuity, I signed up for a five day intensive retreat in Mexico.

There, I tapped into something different, this time with the help of Meditation and Pranayama. At the end of the retreat I was determined to find that which I had tapped into (which I still didn't know what it was at that time and maybe a teacher to go with it, when getting back to New York. Upon my arrival, that same week, I met Robin Laufer at a fundraiser and after hearing my story, she smilingly "prescribed" Paula's Class.

Well, I remembered going to her class on a Wednesday. The Yoga Light went on that day, and it has not stopped once since then, and neither have I. Paula's teaching and teachings were exactly what I was looking for. By the following day I knew that I wanted to do my teacher training program with her.

By the second class, literally, she had me doing head stands, a pose I always wanted to do but was afraid of.

She has provided the nurturing and trust I needed to move forward. She also has shown and encouraged me in how to enrich my spirit and mind, how to honor my expressions and recognize my potential.

She has a quality of impacting you with the information needed at the Exact moment that you are looking for...consciously or not. The awakening is obvious..... touching everyone in class. In Her classes, I have been able to rise above what I think or know and with her constant support and guidance, MINDFULLY, I place myself in a different position, one from where I can see another approach to a pose or situa-

tion, as if dissolving my own mind.

Interesting enough, some of my favorite yoga quotes are:

ANYTHING EMBRACED BY THE ENERGY OF MINDFULNESS WILL GO UNDER TRANSFORMATION.

YOGA IS THE RESOLUTION OF THE AGITATION OF THE MIND. WE CAN USE OUR BODY AND BREATH TO TAME THIS WILD BEAST. IN THE STATE OF YOGA, WE ARE NO LONGER AT THE MERCY OF ITS ENDLESS SPINNING, INSTEAD WE EXPERIENCE A DEEP AWARENESS OF AND AN IDENTIFICATION WITH, A CONSCIOUSNESS MUCH GREATER THAN THE INDIVIDUAL EGO. (This is the promise that Patanjali offers in the yoga sutra.)

My favorite pose? The Scorpion. I was mesmerized by it the first time I saw it live, not in a magazine.

And so I wrote the following poem after that first attempt, around a year ago. Yes, right after one of those head stands, Paula looked at me and said, you are ready, let's go.

"It's simply an inversion" she said,  
So dressed up as an adventure, I went upside down  
And although I knew I would fall down, I didn't.

Instead  
I grew.

Like I was supposed to, long ago, when I was still growing...  
So bent, twisted and confused, I held tight to my new  
wobbling feet  
Forearms, and hands  
Lifting...

The sting will come. Just practicing now and  
I know I will, and I know I'm ready, because my soul has  
accepted what

She said in class: "We have no time not to"

Paula has mesmerizing standards of teaching. My husband who has a story of his own with yoga and contracting scar tissue on 50% of his body, due to skin grafts following severe burns as a child, and who never went to the same yoga class or teacher more than once (of course with long periods in between of me nagging him about it, yes, because it's good for him!) Now goes to Paula's classes two or three time a week, on his own, and by his own will.

He said the other day casually in the kitchen while I was doing the dishes, Oh Paula, she is not teaching, that woman is channeling! I turned around and said, you are right honey...you are so right.

It's been courageous, loving, fun and unstoppable for the best audience of all, myself. It's now my desire and aspiration to be able to do that for others.

Thank you Paula,  
Nury LeVier

# 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



Visit the  
Nyack Yoga Center  
at The New Age Center



PLEASE POST  
OR PASS ON

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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**

**April 5, 2010**

**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)