

# NEWSLETTER

from the

# NYACK *Yoga* CENTER



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

[www.yoga4you.com](http://www.yoga4you.com)

Number 88

Fall 2011

Dear All,

Can you believe it's September?!! The days of summer seemed so slow and long but the summer months passed so quickly flowing into a time of year where there are beginnings and surges of energy.

Programs are introduced, activities commence and we embark on creative endeavors that enrich our lives. I find that at times like this our yoga practice and the experiences we gain from it gives us a solid foundation on which to build and grow. Yoga teaches us that we have to ground, center, align and last but not least, breathe - four indispensable principles necessary for any beginnings or undertakings we choose to initiate. If we are wise we use this winning formula to enter into and explore every asana we practice.

We have the format for living a life that is our personal journey, one that can be vexing or victorious, but never blasé or flat and arid.

The first tenet of yoga, grounding, is self-explanatory. No posture, project or creative pursuit can result in success and satisfaction if there is nothing solid to build on. Tadasana, the Mountain Pose, illustrates this concept when we are standing. Here the feet are the foundation that the rest of the body depends on for structural stability. Dandasana, the Seated Staff Pose, depends on the pelvis and the "sit-bones" for purchase and leverage- the spine can extend and the legs can hinge out of the pelvis. This offers us a great way to align the legs and correct any imbalances that show up in the standing poses.

The concept of Centering follows grounding. We hear about one needing to "find center" or being "out of center." I believe that center is where the legs end (you're already grounded) and where the torso begins - the pelvis region - (a.k.a. the Hara, Tunjen or Chi). Here is where our physical strength to live and to regenerate is found and where we manifest our personal power to engage in the pursuits of living as abundantly as we can. This place, our center, is where kinetically we embark on our daily missions and where we return to energize. Yoga helps us to understand this process, to remember it and to build "fire in the belly". Meditation enables us to center, deeply.

The gist of alignment is very self-explanatory. We are dealing with a moving body of disparate parts and in order to bring cohesion and integrity to our experience, we need organization. The nervous system will help us be effective and efficient in the use of our energy, especially if we are aligned with all our circuits in order. Then the body will work its wisdom. We can look forward to a satisfying movement ability and to the maintenance and repair of the self.

Last but not least, is the principle of breath and the pranayama practices. The breath is the fuel that permits the body to activate its physical facilities, to augment mental and emotional awareness and to actualize spiritual attunement with the higher self. Breath is readily available but we need to access it consciously to get the transformative benefits. Our yoga practice connects us to these benefits and helps the body integrate its anatomical and physiological processes.

What better reason to do what we do. We practice yoga!

If you'd like more info about the world of yoga, read the newsletter from the Yoga Teachers Association (Y.T.A.) online at [www.wainwright.org](http://www.wainwright.org). Feel free to attend the monthly workshops offered to serious students and teachers the second Saturday of each month. (I write a monthly column).

Mark your calendars: Sunday, December 4th is our annual Yoga Party at 2:00pm, same time, same place - my house and remember family and friends are welcome. (No Pets!)

Please make sure your email address is registered on my website: [www.yoga4you.com](http://www.yoga4you.com). This is how you will receive info from me.

Having just returned from 2 weeks in Russia, I'm looking forward to the Fall and to continuing our work together.

With light and love,  
Paula

## LETTERS TO PAULA



In April, 2010, having spent the first 73 years of my life assiduously avoiding any type of exercise, I was a very unlikely candidate to undertake any program that required physical exertion. Granted, I had just returned from vacation where I had taken a single yoga class and was intrigued with the idea that I might be able to learn how to stand up straight with continued practice; but, I had similar

thoughts of self improvement in the past and had not followed through on any of them. This time, however, I made the mistake of mentioning the idea to my son. And, while I would have been very happy to let the idea die, he was not about to.

Not only did my son think that my taking yoga classes was the greatest idea since sliced bread, he had a teacher for me. Not just any teacher, the Perfect Teacher.

And so, with mild enthusiasm and little expectation of a continuing commitment, I called my son's Perfect Teacher: Paula Heitzner. And, yes, in this case my son was right and I am grateful to him for it.

In the year that I have been studying with Paula, there is no question but that my body is in better shape. But, just as important, as a person, I am in better shape. As I have learned about and come to accept the capability and limitations of my body, I have also learned about, re-examined, and refined my definition of myself.

As one who was always at the head of the class and who only entered

the competition if I knew that I could excel, yoga presented a daunting challenge. It has not been easy to watch all the toned and flexible bodies around me doing things that my body could not do. Yet, with Paula's help, I learned to try, sometimes to succeed, and, when necessary, to accept my limitations. I learned how to forgive myself for my frailty and to feel good about having tried, even if the trying wasn't exactly successful.

And, I know that I am not alone in my reactions to yoga and what I will call the "Paula experience," for I see it each week. Each time that I attend a class at the Main Street studio I find myself in a group of people who are welcoming, kind, and supportive of each other. The warmth and caring that Paula exudes is replicated in the spirit of the members of her classes. A hello, here; a hug, there; a smile or nod of approval for a job well done.

So, with all that said, do I love yoga? Of course not. A leopard doesn't change its spots. Am I standing up straight? Maybe a little straighter. But, would I skip my weekly class with Paula? Absolutely not! She has gotten me to do something that no one else has ever been able to get me to do: to enjoy the gestalt of an exercise class and to be committed to continuing....

Sara Rosen

more on opposite side

Visit the  
Nyack Yoga Center  
at The New Age Center



Registered Yoga School



PLEASE POST  
OR PASS ON

Fall 2011 • No. 88  
Nyack Yoga Center  
New Age Center  
1 South Broadway  
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(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  
845-356-5613 for info

**MODERN DANCE**

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



**Registered Yoga Teacher**

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!

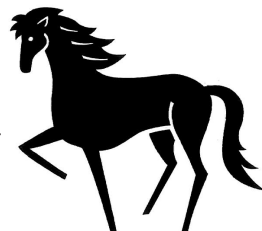
Look for my website: [www.yoga4you.com](http://www.yoga4you.com)

more Letters to Paula...

**Yoga & Horses**



Would you give it a thought.....I don't think so!



As a Yoga student of Paula's for the past five years and becoming a certified Yoga instructor, my mentor Paula has said "life is a journey, enjoy the ride". So, when I was approached to teach a group of autistic children, I agreed to. I happen to like children, so it was a no brainer for me. I viewed a few yoga clips on U-tube, I was ready. Meanwhile I had spoken to Paula and as always, if you know Paula, the answer is yes before you have a chance to explain the who what or where. "You are ready, you can do this" is always her reply.

The day arrives. That morning I had taken Paula's Yoga class and was relaxed and feeling excited about this new project. Off I go to the address in my GPS, I arrive at my location, (a farm), OK. Park my car and, with Yoga mat in tow, walk towards a barn. "A barn" you say and to my surprise the only building around. I was greeted by a young women who asked if I was the Yoga Teacher. She then lead me into the barn and with flip flops on my feet I walked gingerly stepping to avoid any horse droppings. I continue my journey into where the horses are stabled and was introduced to very nice horses. Oh, by the way, I've never ridden a horse and up until recently was fearful of them.

I asked to see the room where I was to teach. She lead me back into the barn. A Barn?, Yes, the children will be on horseback. I was not prepared for this but willing to give it a shot, I was to stand in the middle of the barn and the children would ride in a circle around me because horses can't stand still. Who knew that that?, not me. What did I get myself into? Paula's words, "you can do this" ran through my mind. Well needless to say I did it, had fun with it and so did the children. The program leader was very impressed with my ability to rise to the occasion and in the creative ways I used my yoga skills. You can lead a Yoga teacher to a horse and she will teach.

P.S. The second group I worked with were blind.

Jeannie De Marco

**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.