

NEWSLETTER

from the



NYACK *Yoga* CENTER



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

www.yoga4you.com

Number 88

Winter 2012

The dawning of the new year in our part of the world happens to be in the darker phase of the sun, with meager external light and warmth - a perfect time to deepen our yoga practice of "going within." The exploration, engendered by less distraction from the outside, can guide the restless mind and heart to the places, once visited, will call us back again and again. They open us to our own inner gifts and reveal sources of deep internal satisfaction that are constant, regardless of season or weather.

The dark days of winter induce a depression in many people because of the absence of sunlight, but studies show marked improvement in mood swings when a simple yoga practice of stretching, breathing and visualization is employed.

The National Association of Writers in Education in the U.K. reported greater creativity in their writing groups when the participants did yoga. Doing yoga stretches and movement when seated for long periods of time removed the buildup of stress and tension that interfere, with concentration and continuity.

All around us, regardless of age economics or health conditions, yoga offers a way to better our lives. We can make the changes that will impact on our personal growth and

help to brighten the world around us. I look forward to being in your light in classes during the dark days sharing insights and inspiration that enlighten us all.

"Fitness Flow" my new movement program is flourishing and flowering right along. It is one of the very few classes (that I know of) for men to encourage doable movement with music. Guys, move your butts, get into your guts and join us on Thursdays at 5:30 p.m.. for an exciting and enjoyable way to move from the inside out.

"March 4th into Meditation." opens our 10 week mediation program for serious students, yoga teacher trainees and those with a curiosity to learn more and see what it's all about! Classes are held on 10 Sundays from 9am to 12pm (excluding Easter Sunday and Mother's Day) Look for the flyer in this newsletter.

My next newsletter will come in May, but until then you'll have me in person.

Much Light and Love,

Paula

LETTERS TO PAULA

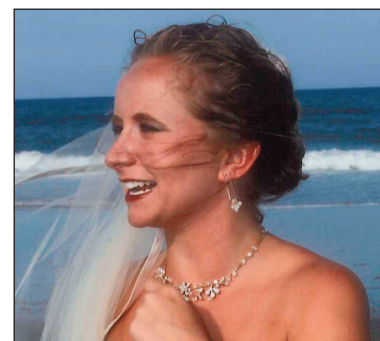
Dear Paula,

I have been dancing since I was child. However, since I started rather early, much of what I did early on was imitate what my teachers were doing without really understanding my own body. Thus, I started some bad physical habits that I continued in as I grew older, continuing to dance and eventually going to college for dance.

As a dancer and as a Christian, I am in awe of the gift of our bodies and how intricately and perfectly they are made to work together, and how we can use them to express and experience life and our relationship with our Creator. However, I was struggling to fully utilize my body as I still had those unhealthy movement patterns that were causing me pain. Insert Paula. I began taking dance classes with Paula, and she noticed that I was in pain and struggling a lot with my lower back specifically. She suggested I try her yoga class so that I could work slowly and rework some of those movement patterns that were causing me trouble. I have been going now for a few months and am so grateful to study under someone who has a commanding understanding of the body and can help me as I seek to move in healthier and freer ways. I have definitely begun the process of letting go of those old movement patterns and am excited to experience more freedom and less pain as I dance, teach, and just in life in general. Thank you Paula, for all your wisdom and for helping your students find more freedom and fullness in their bodies. You are a treasure!

Much Love,

Cate Hoops



more on opposite side

Visit the
Nyack Yoga Center
at The New Age Center



Registered Yoga School



PLEASE POST
OR PASS ON

Winter 2012 • No. 88
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
845-356-5613 for info

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!

Upcoming and Ongoing Programs

Ongoing Class
Co-Ed
Fitness Flow

*My new concept for
Movement with Music and More*
Stretch, Strengthen and Streamline

Thursdays
5:30pm - 6:30pm
American Legion Hall
85 S. Piermont Avenue, Nyack, NY 10960
Paula Heitzner - 845-356-5613

* Feel free to bring a friend

March 4th into Meditation

For Yoga Students
(Good for 200 hr. Y.A. certification)

Learn the basics of various types
of meditation

Learn pranayama techniques

Learn more about the philosophy of yoga,
including the yamas and niyamas

Learn about the lives of some of the great
modern Masters

March 4th, 2012 - INTO MEDITATION

A new 10 week meditation course will begin Sunday, March 13th, 2011. Barbara Nicol will again run this session. Each class is 3 hours - from 9am to 12pm as the American Legion Hall.

Participants can do some advance work by reading these books.

"Miracles of Mindfulness"- Thich Nhat Hanh

"Yoga and the Quest for the True Self"- Stephen Cope

"How To Know God, the Yoga Aphorisms of Patanjali" - Swami Prabhavananda

Advance registration would be appreciated to insure the formation of the group.

Barbara Nicol has been practicing meditation since 1982, and was authorized to teach meditation by Khen Rinpoche Geshe Losang Tharchin. She was introduced to yoga in 1987.

For information contact Paula Heitzner 845-356-5613
Or Barbara Nicol 914-631-3457

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.