

LECTURES AND WORKSHOPS

HEALING ENERGIES OF MIND AND SPIRIT

with *ROLF SOVIK, Psy.D*

Sickness and injury are an everyday part of life. To help with them, modern medicine offers tools aimed at both acute and chronic aspects of care. But there is also room in life for self-care, for cultivating attitudes of health and healing to accompany the treatments we receive. With this in mind, meditative traditions use a variety of practices to help in the healing process. Explore the theory and techniques of personal health and well-being, and develop a spirit of optimism that will see you through when your health is less than its best. The workshop will include:

Asana/Deep relaxation methods

- * recognizing imbalances,
- * creating self-acceptance,
- * awakening healing energy, and
- * expanding the physical and mental space for healing.

Meditation methods

- * seeing the positive potential of illness,
- * methods for cultivating peace and health,
- * using healing mantras, and
- * turning toward trustful surrender.



SEPT 19

1-6 PM

SEPT 20

1-5 PM

\$50 per
session or
\$90 for
both sessions

Rolf Sovik, Psy.D., began his study of yoga/meditation in 1972. Under the tutelage of Swami Rama and Pandit Rajmani Tiganait, he has trained in the US as well as in India and Nepal. He is the author of Turning Inward: The Journey to Meditation and co-author of the award-winning Yoga: Mastering the Basics. He writes regularly for Yoga Plus Magazine and serves as president of the Himalayan Institute. He holds a doctorate in clinical psychology as well as degrees in philosophy and music.



Kirtan

Sept 19

7:00 PM

Following Rolf's workshop on Saturday, Sept 19, please join us for refreshments and Kirtan with Gene Ellsworth. If you like, bring a treat to share!

Suggested donation \$10

DEC 12 & 13

TANTRA

1-5 PM

a workshop with Sandra Anderson

\$50 per session or

\$90 for both sessions

The Science of Tantra often seems inaccessible and hard to understand. Join us as Sandra sheds light on the subject and demonstrates its importance in everyday life. Please call us for more details (412) 344-7434.

Sandra Anderson is the co-author of award-winning Yoga: Mastering the Basics, and serves on the faculty of the Himalayan Institute. Initiated into the Himalayan tradition in 1988, Sandra teaches yoga for the subtle body, spiritual ecology, and meditation. A frequent visitor to India's sacred sites, she offers teachers training at the Institute's campus in Allahabad, India.

Please register for workshops in advance to ensure your space!

SPECIAL EVENTS AND SERVICES

The Himalayan Institute of Pittsburgh is committed to offering programs and services that increase wellness. We invite you to explore the broad range of services that we have to offer!

EMBODIMENT OF THE PELVIS AND HIPS

with *Mark Taylor and Wendy Mackin*

Nov 7

1-4 PM

\$45



This workshop will focus on bringing awareness and clarity to the subtle movements of the pelvic halves and sacrum and the joints associated with them. You will find support for the pelvis as you embody your lower glands and your iliopsoas muscle complex. You will balance the connections between your spine and pelvis, your pelvis and legs, and your legs and spine, facilitating the ease of both asana work and pedestrian movement.

Mark Chandlee Taylor directs the Center for BodyMindMovement. He co-directs the Embodied Performing Arts Program in London and teaches for the Centro de Investigacion Coreografica and the Instituto de Psicologia Profunda in Mexico. He was artistic director and choreographer for Dance Alloy in Pittsburgh and Mark Taylor & Friends in New York. Mark teaches movement and embodiment practices in the US, Europe, Asia, and Central and South America, and maintains a private practice in Pittsburgh.

Wendy Mackin, RYT, HITA, is a certified Spanda Yoga Instructor, a student of BodyMind-Movement, and teaches regularly and practices massage therapy at the Himalayan Institute of Pittsburgh.

VISCERAL YOGA -

A DEEP ANATOMICAL EXPLORATION OF SIMPLE POSTURES

with *Sheila Caffrey*

OCT 17

1-5 PM

\$45

In this workshop, we will explore yoga postures and breathing with an awareness of the liver, the stomach, the kidneys, the spleen, the pancreas - you know, the organs! We will approach this both intellectually, from an anatomical and functional standpoint, and experientially exploring how it feels to move the organs. The workshop is designed for yoga teachers and students with asana experience.



Sheila Caffrey has been studying and practicing yoga since 1975, teaching since 1994, and, as a massage therapist, has been studying and practicing CranioSacral Therapy, Visceral Manipulation, and other body-work techniques for the past 10 years. Sheila is certified with the Himalayan Institute at the 500 hour level.

TEACHER SHARE **OCT 9** **7 PM**

OPEN TO ALL YOGA TEACHERS

\$5 suggested donation

Enjoy this opportunity to:

- Experience community with other yoga teachers from various traditions
- Share ideas and explore questions through discussion

Please come and participate in a yoga class. We will share teaching ideas, challenges and read from the Hatha Yoga Pradikipa. Bring your ideas about incorporating pranayama in an asana class.

INDIAN COOKING:

AUTHENTIC TASTE MADE EASY

with *Bhavna Mehta*

OCT 18

1:00-3:30 PM

\$30

Learn the effects of food on your body. Bhavna will explain why we cook with different spices and give practical lessons for some Indian dishes. Enjoy sampling vegetarian food and go home with easy-to-make recipes.

Bhavna has practiced yoga for many years and has studied extensively in India. She is certified through the Himalayan Institute.

Holiday Celebration and Kirtan

Dec 18

7:00 pm



Please join us for a holiday party! We will have good food, chanting led by Gene Ellsworth, and great company for sharing the holiday spirit!

Suggested donation \$10

CLASS DESCRIPTIONS

Ongoing Classes

HATHA I

Builds on the experience of beginners' classes; requires experience in diaphragmatic breathing, sun salutations, and a range of beginning level postures.

HATHA II

Builds upon the foundation laid in Hatha I. More advanced postures are taught for deepening awareness for body, breath and mind. Deep relaxation is also emphasized and the basics of sitting meditation are introduced.

MIXED LEVELS CLASS

Come as you are & practice at the level that most benefits you! A variety of breathing practices along with energizing and strengthening postures will be offered at a variety of levels suitable for practitioners with any level of experience. Relaxation techniques and meditation will also be emphasized.

CHILDREN'S YOGA

(AGES 5-8 AND AGES 9-12) This session will be both fun and educational for your child. Basic yoga poses will be taught to the children using stories, nature, and games. We will help reinforce important developmental patterns and encourage your child's mindfulness and breath awareness, encouraging creativity in an environment that is safe and fun.

BEGINNERS

Covers the fundamentals of a beginning yoga class, focusing on the Himalayan Institute's Sequence I. This class will increase body awareness in preparation for classical yoga postures, laying the foundation for a healthier connection between breath and posture.

THE SWAMI RAMA BOOK CLUB

This discussion group will meet the first Monday of each month. Please read Swami Rama's "Living with the Himalayan Masters". Implication for applications to daily life will be suggested.

Session Classes

MEDITATION

\$65/ session

Discover the lifetime benefits of meditation. This class is designed for students who would like to begin a meditation practice. The session will cover preparation of the body for sitting, pranayama practices for cleansing and preparing the mind for meditation.

YOGA FOR SENIORS - Call for dates

\$45/ session

This gentle class will focus on keeping joints mobile and increasing strength and flexibility, enabling participants to enjoy renewed vitality and to discover how the practice of yoga can help in slowing the aging process.



Ask us about Isidore foods at the Himalayan Institute!

"At Isidore Foods we believe that local is best. When you buy from us, you make a difference to your local community and the environment with every purchase. We care about safe and sustainable food production systems. We believe that easy access to healthy and wholesome food, ethical products and a clean environment is a basic human right. We buy the best products for our customers, favoring those that are local and wholesome."

MASSAGE THERAPY CENTER

Try our new steam cabinet!

Steam therapy (swedhana) is a traditional part of ayurvedic massage therapy that helps to promote health and well-being.

Call (412) 344-7434 us today for more information on massage or to schedule an appointment.

Gift Certificates Available

COMING TO CLASS

What to Wear: Loose and comfortable clothing

What to Bring: Props you may generally use. We recommend that you bring your own mat. Mats are available for sale in our bookstore.

Class Size: Up to 16- Please arrive a few minutes early.

Where to park: Metered street parking in front of the Institute. Parking lot off of Overlook Drive behind the businesses of Beverly Road as well as free 2-hour parking on the side streets. There is no charge (meters) after 6 pm or on the weekends.

Directions:

From Downtown: Go through Ft. Pitt Tunnel, exit onto Banksville Road. Follow Banksville Road approximately 3 miles to the light at Beverly/ McFarland. Bear right onto Beverly and follow, bearing left, to the Beverly Road Shops. The center is on the right after the second traffic light on the second floor (red door entrance).

VISIT OUR BOOKSTORE

The Institute bookstore carries a variety of useful books on holistic living, health, psychology, yoga philosophy, and spirituality. We also carry unique gifts, yoga clothing and essentials, and wellness products. Music CDs and videos for children and adults are available to supplement your yoga practice.

We have an extensive line of Sacred Link products and jewelry, the beautiful outcome of one of the Himalayan Institute's many humanitarian projects. Sacred Link is described by the Himalayan Institute tradition as the sacred bond that holds our hearts and minds together, that holds the members of families together, that holds different cultures and societies together, that holds different nations together.

Gift Certificates are available for Classes & Workshops. Visa and Mastercard accepted.

ABOUT THE HIMALAYAN INSTITUTE

The Himalayan Institute is a non-profit, educational facility that promotes self-awareness and holistic health through the practice and teaching of the yoga tradition, one of the most comprehensive systems of holistic living.

The Institute's staff includes full and part-time professionals trained extensively in the yoga tradition. Our bookstore is staffed with part-time students and teachers who generously volunteer their time to help keep the Institute running physically and financially.

The Himalayan Institute of Pittsburgh is a branch of the Himalayan International Institute in Honesdale, PA founded by Sri Swami Rama.



Prices/ Packages

Drop in- \$15

4 Class Package- \$ 48 (expires in 6 weeks)

10 Class Package- \$110 (expires in 3 months)

Children' yoga- \$80 (8 class package)

Individual Instruction:

\$50 per hour / \$175 for 4 hours

Private Classes: \$75.00 per hour (2 or more people).

Please Pre-register for session classes and workshops.

10% Discounts

Seniors (63+)

Students (with ID)

Himalayan Institute Members (with ID)

Unfortunately we are not able to give refunds or credits for classes. We are unable to freeze classes. One make-up class is allowed for session classes.



Class Schedule Fall 2009



September 1-December 31
 Center Closed Sept 7, Nov 26, Dec 25
 No evening classes Dec 28 - 31

DAY	CLASS	TIME	INSTRUCTOR/FEE
MONDAY	Mixed Levels Class	9 - 10:15 am	Wendy
	Hatha I	10:30 - noon	Kate
	Children's Yoga	4:00 - 4:45 pm ages 5 - 8 4:45-5:30 pm ages 9 - 12	Carmie \$80 for 10 class pkg
	Swami Rama Book Club	6-7 pm	Bob - \$5 donation -First Monday of each month
	Hatha I	6:30-7:45 pm	Jolie
	Mixed Levels Class	8:00-9:15 pm	Heather
TUESDAY	Rise and Rejuvenate	6:00-7:15 am	Angelina
	Stretch, Breathe & Meditate	9:30-9:55 am	Kate - FREE CLASS!
	Hatha I	10 - 11:30 am	Bhavna
	Hatha I	7:30 - 9 pm	Bhavna
WEDNESDAY	Mixed Levels Class	8:30-9:45 am	Gene
	Hatha I	10:00-11:30 am	Jackie Rochman
	Bhagavad Gita Study Group	4:00-5:00 pm	Bob - FREE!
	Meditation*	5:30-6:45 pm	Bob - Sept 9-Oct 14 1st session Oct 28- Dec 9 2nd session
	Hatha I/II	7:00- 8:30 pm	Jackie Carr
THURSDAY	Mixed Levels Class	9:00-10:15 am	Beth
	Hatha I	10:30 - noon	Dee
	Beginners	5:30-7:00 pm	Judie
	Hatha I	7:30 - 9 pm	Wendy
FRIDAY	Stretch, Breathe, & Meditate	9:30-9:55 am	Kate - FREE CLASS!
	Hatha I	10-11:30 am	Elly
	Yoga for Seniors*	2:00-3:15 pm	Alicja \$45 per session call for dates
	Restorative Yoga	6:00-7:30 pm	Angelina - Sept 25 and Nov 13
SATURDAY	Mixed Levels Class	8 - 9:30 am	Kate
	Mixed Levels Class	10-11:30 am	Paula
SUNDAY	Meditation	7:45-8:15 am	Bob (this sitting session is free)
	Mixed Levels Class	8:30 - 10 am	Gene

* Denotes session classes- Please pre-register

REGISTRATION FORM

Mail this form with payment to: Himalayan Institute of Pittsburgh, 300 Beverly Road, Pittsburgh, PA 15216. Phone (412) 344-7434

Name: _____

Address: _____

City, State, Zip: _____

E-mail _____

Address: _____

Phone- Day: _____

Eve: _____

Class/Workshop or Session Title: _____

_____ Payment: _____

Class/Workshop or Session Title: _____

_____ Payment: _____

Credit Card Information:

Visa/ Mastercard (please circle) Name on Card: _____

Card # _____ Signature: _____

V Code: _____ Exp. Date: _____

REGISTRATION INFORMATION & POLICIES

Payments can be made through the following methods: by credit card over the phone, check by mail (including registration form) or by visiting out center in Mt. Lebanon.

Please pre-register for session classes and workshops as space is limited. Programs and instructors are subject to change or cancellation.

We kindly request that lectures are not taped.

SEMINARS & EVENTS WINTER/FALL 2009

Joyful Living
workshops, Massage Therapy, Reiki, The Art of
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