

# LECTURES AND WORKSHOPS



## BEYOND SUN AND MOON:

*the All-Inclusive Path of Tantra Yoga*  
WITH SANDRA ANDERSON

DEC 12 & 13  
1-5 PM

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

The lovely cosmic play of shakti in its many forms is a defining characteristic of tantra. Some of the most accessible and practical aspects of tantric practice are found in hatha yoga. In this workshop, we'll look at how familiar concepts of hatha yoga, like prana, are related to shakti and other tantric ideas and practices. We'll explore tantric concepts like yantra (form) in hatha practice, see how the inner and outer aspects of practice are related. By understanding tantra, we can use the unique solar and lunar forces of hatha yoga to activate our own inner life force and open the mind and heart. Other topics include:

- What tantra has to offer you, and why it is relevant in today's world
- How to experience your hatha practice in a different light, and apply the lessons in daily life
- Lunar practices to nurture and nourish body and mind
- Solar hatha yoga techniques to enliven and invigorate body and mind

*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.*

## THE DOCTOR IS IN!!

Dr Carrie E Demers, MD, will be available December 17th and 18th for consultations at the Himalayan Institute of Pittsburgh.

Whether you have health issues or simply would like to find the optimal health plan for your particular constitution, call us to schedule an appointment. Dr Demers blends her medical expertise with holistic ayurvedic and other traditional healing methodologies to help clients formulate an individualized, in-depth plan for improving and maintaining health.

*Limited appointments are available. Please call as soon as possible to schedule!*

**Carrie E. Demers, M.D.** Board-certified in internal medicine, Dr. Demers is a holistic physician who blends modern medicine with traditional approaches to health. After receiving her medical degree from the University of Cincinnati and completing her residency at Michael Reese Hospital in Chicago, Dr. Demers went on to study massage, homeopathy, nutrition, herbal medicine and Ayurveda. She is on the faculty of the Himalayan Institute, and has been Medical Director of the Institute's Total Health Center for the last 12 years. Dr. Demers has been interviewed by numerous newspaper, magazine, and book editors regarding her holistic approach to health, and has been quoted in Time Magazine. She has written articles for Yoga+ Joyful Living and other magazines, and lectures nationally on Ayurveda and holistic health.



## HOLIDAY CELEBRATION AND KIRTAN

Please join us for a holiday party with Kirtan led by Gene Ellsworth. If you like, bring a treat to share!

Dec 19  
7:00 pm

Suggested donation \$10

**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!

APRIL 10  
1 – 4:30 PM  
\$45

## REACHING FOR HEAVEN: *Skeletal Alignment of the Hands, Arms, and Shoulders*

MARK TAYLOR with WENDY MACKIN



Unlike most other mammalian species, the upper extremities in humans are not used primarily for walking but for interacting with the environment. The bones of our arms give us a framework for embracing each other and expressing our love, and the ability to work in the garden, to write, to change the world around us, to protect and defend ourselves, to fight when necessary, and to feed. The bones and joints of the shoulder girdle and arms give each hand, like a telescope, the amazing ability to project smoothly away from the torso in a straight line, in almost any direction in space.

In this workshop you will work with basic skeletal principles of the hands, arms, and shoulders to refine your functional alignment, with applications both in daily life and in your personal yoga practice. Skeletal awareness allows for shifts—both subtle and large—that relieve strain where appropriate and build strength where needed, allowing you to respond equally to supporting yourself on the earth and reaching into space. The workshop will include embodiment practices and gentle asana and will be suitable for practitioners of all levels.

*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 BodyMindMovement, and teaches regularly and practices massage therapy at the Himalayan Institute of Pittsburgh.*



## LET THE SUNSHINE IN: INCORPORATING THE GAYATRI MANTRA INTO YOUR PRACTICE

with KATE MACKIN

FEB 6  
1-4 PM  
\$45

The Gayatri Mantra is a time-honored practice found in the wisdom of the Vedas, revered for its guiding support. Join us as we explore the sound of the Gayatri Mantra and some possible interpretations, as well as suggestions for incorporating the mantra into your daily practice.

The workshop will include asana and pranayama to prepare the body for practice.

*Kate is the director of Himalayan Institute of Pittsburgh. She is a longtime yoga practitioner and teacher and enjoys sharing her passion for the practical applications of yoga philosophy with others.*

BY POPULAR DEMAND!!

## FLOWER DESIGN BY DEE GAZDIK



March 14 1 -3 pm \$50

Join Dee in exploring the latest design trends in floral arrangements, colors and containers. Emphasis is on the principles of design and color to create your own springtime arrangements. All tools will be at the worksite, just bring yourself and be ready to create!!

Price includes vase, flowers and design instruction.

Space is limited - please register early!!

*In addition to being a popular instructor at the Himalayan Institute of Pittsburgh, Dee also works at Design Space as a floral designer.*



KIRTAN

FEB 13

7:00 PM

Please join us for an evening of music and camaraderie with Kirtan led by Gene Ellsworth.

If you like, bring a treat to share!

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) \$80 for 10 class package

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** \$5 suggested donation

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.

### **HOUR OF POWER**

Our version of hot yoga! Temperature of the room will be between 80 and 85 degrees. We will flow through a variety of poses while listening to contemporary music.

## Session Classes

### **BEGINNERS SESSION** \$90/session

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

### **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** \$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.

## Special Offerings

### **YOGA 101 - January 2 and 16 1:00-2:00 pm \$5.00 PER CLASS**

This one hour class is designed for those with little or no previous yoga experience. Explore yoga with basic stretches, postures, and relaxation that are suitable for all students. Joins us for one or both classes.

### **RESTORATIVE YOGA January 23 and March 21 1:00-2:30 pm regular class pricing**

Unwind and rejuvenate your body and spirit with supported poses in a relaxing atmosphere.

### **RHYTHM OF YOGA 6:00-7:00 pm regular class pricing**

Join us the **first Friday of every month** for universal body movement and muscle techniques to the rhythm of world music.

## 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)

Prices for session classes and special offerings vary.

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 Winter/Spring 2010



January 1 - April 30  
Center Closed Jan 1, April 4

DAY	CLASS	TIME	INSTRUCTOR/FEE
MONDAY	Mixed Levels Class	9:00 - 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
	Swami Rama Book Club	6:00 - 7:00 pm	Bob - First Monday of each month
	Beginners Session* Jan 18-Mar 15 Hatha I beginning Mar 22	7:30 - 8:45	Stephanie
TUESDAY	Rise and Rejuvenate	6:00 - 7:15 am	Angelina
	Stretch, Breathe & Meditate	9:30 - 9:55 am	Kate - FREE CLASS!
	Hatha I	10:00 - 11:30 am	Bhavna
	Hour of Power*	6:00 - 7:15 pm	Joanna - Jan 19-Mar 16
	Hatha I	7:30 - 9:00 pm	Bhavna
WEDNESDAY	Mixed Levels Class	8:30 - 9:45 am	Gene
	Hatha I	10:00 - 11:30 am	Todd
	Bhagavad Gita Study Group	4:00 - 5:00 pm	Bob - FREE!
	Meditation*	5:30 - 6:45 pm	Bob - Jan 6-Feb 10 - 1st session Mar 3-Apr 7 - 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 - 9:00 pm	Wendy
FRIDAY	Stretch, Breathe, & Meditate	9:30 - 9:55 am	Kate - FREE CLASS!
	Hatha I	10:00 - 11:30 am	Elly
	Yoga for Seniors*	2:00 - 3:15 pm	Alicja Jan 8-Jan 29
	Rhythm of Yoga - First Friday of every month	6:00 - 7:00 pm	Brooke
SATURDAY	Mixed Levels Class	8:00 - 9:30 am	Kate
	Mixed Levels Class	10:00 - 11:30 am	Brooke
	Yoga 101 - Jan 2 and 16	1:00 - 2:00 pm	Paula
	Restorative Yoga - Jan 23 and Mar 21	1:00 - 2:30 pm	Angelina and Paula
SUNDAY	Meditation	7:45 - 8:15 am	Bob (this sitting session is free)
	Mixed Levels Class	8:30 - 10:00 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 our 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/SPRING 2010

Joyful Living  
workshops, Massage Therapy, Reiki, The Art of  
**Hatha Yoga and Meditation Classes,**

WWW.PITTSBURGHYOGACENTERS.COM

(412)344-7434

**300 Beverly Road, Pittsburgh, PA 15216**

THE ART OF JOYFUL LIVING™  
HIMALAYAN  
INSTITUTE®



Non Profit Org.  
US Postage  
PAID  
Permit No. 168  
Pittsburgh, PA