

Himalayan Yoga & Meditation Center

109 W. Slade St., Palatine, Illinois 60067

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YogaDay USA

SATURDAY, JANUARY 23

11:00 AM to 3:00 PM

- Hatha Yoga Classes
- Meditation Class
- Door Prizes
- Refreshments

Check website in January for details.

Hatha Yoga Descriptions

Anusara: Yoga that flows with grace and incorporates universal principles of alignment.

Chakra Yoga: Students will explore ways to gently balance charkas through asanas, breathing, chanting and relaxation. Physical and spiritual properties of each charka will be discussed.

Fusion: A vigorous yoga session that promotes wellness, restoration and rejuvenation.

Gentle Beginning: This class is for the student new to yoga or in need of a gentler class due to age, illness or injury.

Himalayan Tradition: This class follows a specific sequence as taught by Swami Rama of the Himalayas. It incorporates breathing techniques and ends with a brief meditation.

Level 1 & 2: This class is for all levels of experience and ability. It is a gentle, systematic introduction to basic postures, relaxation and breathing.

Qi Gong/Tai Chi: An ancient Chinese health care system that involves the movement of Chi or energy as it circulates in the human body. It combines movement with the coordination of body, mind & breath. Qi Gong is a moving meditation that promotes relaxation while building internal power.

Vinyasa Flow: Build strength and flexibility in this multi-level class. Link breath and movement in a flowing yoga practice.

PRIVATE HATHA LESSONS ARE AVAILABLE BY APPOINTMENT. CALL HYMC FOR DETAILS.

HATHA YOGA CLASS SCHEDULE 2010 Session I: Jan. 4 – Feb. 13 (6 wks.) Session II: Feb. 15 – March 27 (6 wks.)

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	9:30 - 10:45am	Level 1 & 2	Lisa & John
	4:00 - 5:15pm	Gentle	Rose
	5:30 - 6:45pm	Level 1 & 2	Natalya
	7:00 - 8:00pm	Qi Gong/Tai Chi	Scott
Tuesday	10:00 - 11:15am	Vinyasa Flow	Melissa
	11:30 - 12:45pm	Himalayan	Diane
	5:00 - 6:15pm	Level 1 & 2	Chenoa
	6:30 - 7:45pm	Fusion	Lisa & Vimi
Wednesday	10:30 - 11:45am	Level 1 & 2	Shaofen
	5:00 - 6:15pm	Level 1 & 2	John
	7:00 - 8:15pm	Level 1 & 2	Jayson
Thursday	9:45 - 11:00am	Himalayan	Pat
	12:45 - 2:00pm	Fusion	Lisa
Friday	9:30 - 11:00am	Anusara	Wanona
	<i>Lunch Time</i>	12:00 - 1:15pm	Himalayan
	6:30 - 7:45pm	Chakra Yoga	Natalya
Saturday	9:00 - 10:15am	Himalayan	Pavel

Fees:

- ~ Class Drop-in \$15
 - ~ Session of 6 Classes \$72, Progress with a chosen teachers' class for a 6 week session.
 - ~ Punch Passes: 10-Classes \$120, 15-Classes \$165, 20-Classes \$200
 - ~ Children & Family Punch Pass: 20-Punches \$100
 - Family Pass Rate: Child \$5/1-punch, Parent \$10/2-punch
 - ~ Student & Senior Punch Pass: 12-Classes \$100
- Punch Passes may be used for any Hatha Yoga class and may be shared within your immediate family. All Punch Passes expire after three months.

PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS**LEARN HIMALAYAN PRAYERS**

**Anil Saigal, Saturday, January 9
1:30 PM – 3:30 PM, Cost: \$25**

Prayers and offering homage to guru and sages has been an essential part of personal yoga and meditation

practice for thousands of years. Himalayan Tradition recommends specific and yet ancient prayers to be included in your yoga and meditation practice. These prayers will be introduced, and their origin and meaning will be explained. Correct pronunciation and recitation will be taught. Reciting Himalayan Prayers is a powerful addition to your practice, come and learn them.

(Qualifies for 2 CEU credits with Yoga Alliance)

**BREATHING WITHOUT BOUNDARIES**

**Steve Nakon, Saturday, February 13
1:30 PM – 3:30 PM, Cost: \$25**

Explore the role of asana in preparing the body and mind for a deeper experience of the breath. Building step by step (vinyasa krama) with guidance and compassion we will learn how sequencing and modifying

certain postures can open the body and release deeply held tension. This practice helps develop awareness and prepares the body for the experience of full and radiant breath. Asana and Pranayama. All levels.

(Qualifies for 2 CEU credits with Yoga Alliance)

**UNIVERSAL PRINCIPLES OF ALIGNMENT**

**Wanona Wellspring, DN
Saturday, January 16**

1:30 PM – 3:30 PM, Cost: \$25

Universal Principles of Alignment founded by John Friend in 1997, includes Anusara yoga which is a

school of hatha yoga. Anusara seeks to unify a life-affirming Tantric philosophy of intrinsic goodness with Universal Principles of Alignment. As John says, "An important intention in Anusara Yoga is to recognize our true nature as supreme auspiciousness." Five main alignment principles are applied sequentially in each pose. There are secondary alignment principles, which can be used to refine alignment.

(Qualifies for 2 CEU credits with Yoga Alliance)

INTRODUCTION TO INDIAN COOKING

Dr. Shashi Saigal

**Saturday, February 20
2:30 PM – 4:30 PM**

Cost: \$25

Indian dishes are a delicious way to spice your



life. You can join Shashi in a practicum based class to learn the basics of North Indian cooking, the basics of Indian spices, and the key ingredients frequently used. The participants will learn how to make chai, pulao (mixed rice dish), daal (lentils), and side vegetables. The class will be held at the Saigal residence so that cooking facilities are available to the participants. Attendance is limited to 10 participants on a first come first registered basis.

(Qualifies for 2 CEU credits with Yoga Alliance)

**CHILDRENS YOGA:
A WORKSHOP FOR TEACHERS**

Lisa Miles, RYT- 200

Renee Chwaszczewski, RYT 200

CANCELED DUE TO

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CIRCUMSTANCES**

WILL BE RESCHEDULED

demo... Come learn how to teach yoga to... Songs, stories and nature come alive through creative yoga. Learn how to... Tap into their own infinite power through legendary fables or favorite animal characters. Learn games and activities that will surely spark any child's interest in yoga. *(Qualifies for 2.5 CEU credits with Yoga Alliance)*

SCRIPTURES IN YOGA

**Anil Saigal, RYT 500, Saturday, February 27,
1:30 PM – 3:30 PM, Cost: \$25**

The practices within Yoga and Meditation were introduced thousands of years ago. With growing popularity of these practices and introduction of a wide variety of "modern" types of yoga, their ancient and authentic meaning has been obscured. To reap deep benefits, it is important to cultivate an understanding the original texts and scriptures that introduce the yoga and meditation practices.

This class will introduce the major scriptures that systematized the yoga knowledge. Major texts such as Veda's, Yoga Sustras, Bhagavadgita, Yoga Vashishtha, and key Upanishads will be discussed. Come and join us for an informative afternoon to get acquainted with the source of the practices that is transforming people's lives. *(Qualifies for 2 CEU credits with Yoga Alliance)*

PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS**AYURVEDA THEORY AND PRACTICE****Gary Gran****Sunday, February 21****10:30 AM – 3:30 PM****Cost: \$50**

Ayurveda is an effective time-tested approach to health and self-care because it sees each person as unique. What is helpful for one person may not be helpful for another. This workshop is highly recommended for those new to ayurveda. There will also be new insights for those already practicing.

Required for 500 TTP students.*(Qualifies for 5 CEU credits with Yoga Alliance)***YOGA THERAPY FOR UPPER BACK, NECK & SHOULDERS****Dale Buegel, MD****Saturday, March 6****1:30 pm – 4:00 pm****Cost: \$30**

This workshop will cover the following:

- Understanding Back Pain
- How to safely perform postures and movements
- Upper Back and Neck Therapy
- Neck and Shoulder Therapy

*(Qualifies for 2.5 CEU credits with Yoga Alliance)***ILLUMINATING THE CHAKRAS: LIBERATING THE BODY'S MANDALA WITH VINYASA YOGA****Sara Miller, E-RYT 200****Saturday, March 13, 1:30 pm – 4:30 pm, Cost: \$35**

The word Chakra is Sanskrit for "wheel." Chakras are wheels of energy which churn prana, or life force energy, through the body. This workshop will begin with a meditation and discussion on prana, charkas, and the nadis; theory and application for awakening the yogic body; the nadis (energy channels); the 7 primary charkas; the 5 elements; and the movements of prana. Come experience an integrative approach to the charka system within Vinyasa Flow Yoga. Suggested reading: Chakras: Energy Centers of Transformation by Harish Johari.

DEVELOPING THE CORE MUSCLES**Wanona Wellspring, DN****Saturday, March 20****1:30 PM – 3:30 PM, Cost: \$25**

This class will help students develop their core muscles as well as giving them a strong foundation. Strong core muscles improve balance, coordination, posture, and reduce incidence of low back pain.

(Qualifies for 2 CEU credits with Yoga Alliance)**LIVING IN YOGIC ABUNDANCE****Man Mohan Shukla, Life Coach, and Leadership Trainer****Saturday, March 27****1:30 PM – 4:30 PM****Cost: \$35**

The purpose of this workshop is to understand the functioning of the mind-body complex and identify the mental-emotional factors that drive all actions and behavior. It explores the fundamentals of change and the conditions required to achieve it. Techniques to identify your individual barriers and develop a map for attaining health are discussed. Practices to achieve higher levels of self-awareness and develop healthy mental-emotional habits are covered.

FIRST SUNDAY OF THE MONTH**3:00 PM – 4:15 PM****CHILDREN'S YOGA****Fun-filled and age (6-11 yrs.) appropriate****class designed to improve strength, balance and concentration.****DROP IN FEE \$8****PLEASE CHECK WEB SITE OR CALL OFFICE FOR DETAILS**

Meditation Classes

Learn meditation as taught by the Masters in the Himalayan Tradition. Transform yourself with mindfulness in living, harmony in relationships, and balance in life through simple meditation techniques. You will learn relaxation, meditative posture, breathing and how to establish a meditation practice.

Day	Time	Dates	Type Class	Instructor	Cost
Thursdays	6:15 – 7:30pm	2/18 – 3/25	Level 1	Anil Saigal	\$72
Saturdays	10:30 – 11:30am	register w/Pavel	Introduction	Pavel.latash@gmail.com	\$48

Community Programs

HYMC Community Programs are open events that give people an opportunity to come together and celebrate the Spirit of Life. A donation of five dollars or more is appreciated in support of HYMC as a nonprofit 501(c)(3) organization.

Satsang – Every Thursday @ 7:30-8:30pm

Deepen and strengthen your Spiritual practices with the support of this open forum. We review the teachings of the Himalayan Masters through readings, movies and audio archives, sharing our thoughts freely among our like minded Spiritual Friends. All are welcome.

Soapbox Cinema

We all have so many gifts to share. This Forum is open to all to host their ideas, stories, teachings, practices, movies, passions and loves of life. Please contact Diane to discuss your topic and schedule an e-mail announcement of date and time for your event.

Community Yoga – Jan. 24, Feb. 28, March 28 @ 1:00pm

Come and be a part of this special class that celebrates our new teachers every fourth Sunday of the month.

Full Moon Global Meditation

January 30, February 28, March 10 @ 8:45pm

The Full Moon Global Meditation with Swami Veda will begin at 9:00pm.

Monthly Study Group – Jan. 3, Feb. 7, March 7 @ 10 – 11:30am

Join Anil and fellow meditators on the first Sunday of the month for Himalayan teachings and group discussions.

Check our website at HYMC.org for additions or updates to our most current schedule.

HYMC.ORG At a Glance Workshops

Himalayan Prayers

January 9, 1:30 – 3:30 pm

Universal Principles of Alignment

January 16, 1:30 – 3:30 pm

Yoga Day USA

January 23, 11:00 – 3:00 pm

Children's Yoga:

A Workshop for Teachers

January 30, 2:00 – 4:30 pm

Breathing Without Boundaries

February 13, 1:30 – 3:30 pm

Introduction to Indian Cooking

February 20, 2:30 – 4:30 pm

Ayurveda Theory & Practice

February 21, 10:30 – 3:30 pm

Scriptures in Yoga

February 27, 1:30 – 3:30 pm

Yoga Therapy for Neck,

Shoulders and Back

March 6, 1:30 – 4:00 pm

Illuminating the Chakras:

Liberating the Body's Mandala

With Vinyasa Yoga

March 13, 1:30 – 4:30 pm

Developing the Core Muscles

March 20, 1:30 – 3:30 pm

Living In Yogic Abundance

March 27, 1:30 – 4:30 pm

Upcoming Events

4/10 Advancing Your Meditation Practice

4/18 Ayurvedic Theory & Practice

4/24 Introduction to Sanskrit

4/25 Enhance the Chakras using

Bach Flower Remedies

5/01 Restorative Yoga

5/08 Journaling for the Soul

5/22 The Structure and Function of The Mind

5/30 Ayurvedic Theory & Philosophy

6/01 Mudras & Bandas

6/12 Prana & The Science of Vibration

6/26 Heal Your Body With Somatic Movement