

Himalayan Yoga & Meditation Center

109 W. Slade St., Palatine, Illinois 60067

847.221.5250 www.HYMC.org



योग: समाधि:

Hatha Yoga Descriptions

Beginning Intermediate: This class builds strength both internally as well as externally. We cultivate concentration, and endurance and explore asanas with advanced variations.

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.

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: Sept. 13 – Oct. 23 (6 wks.) Session II: Oct. 25 – Dec. 4 (6 wks.), Session III: Dec. 6 – Dec. 31 (4 wks.)

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	8:30 – 9:45am	Level 1 & 2	John
	4:00 – 5:15pm	Gentle	Rose
	5:30 – 6:45pm	Level 1 & 2	Charlotte
	7:00 – 8:30pm	Himalayan	Chenoa
Tuesday	9:00 – 10:15am	Vinyasa Flow	Melissa
	11:30 – 12:45pm	Level 1 & 2	Elizabeth
	5:00 – 6:15pm	Level 1 & 2	Chenoa
	6:30 – 8:00pm	Beg. Intermediate	Vimi & Chenoa
Wednesday	9:30 – 10:45am	Level 1 & 2	Shaofen
	7:00 – 8:15pm	Level 1 & 2	Jayson
Thursday	9:45 – 11:00am	Himalayan	Pat
Friday	9:30 – 10:45am	Himalayan	Karen
	12:00 - 1:15pm	Himalayan	Pat
	4:30 – 5:45pm	Gentle	Rose
Saturday	9:00 – 10:30am	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



LIVING IN YOGIC CONSCIOUSNESS
Man Mohan Shukla, Life Coach,
Speaker and Leadership Trainer
Saturday, September 18
1:30 PM – 4:30 PM
Cost: \$35

The workshop explores the relationship between our thoughts, feelings and emotions and teaches techniques that empower us to take charge of our life's experience. You will learn how to transform negative interactions that result in stress, pain and ill-health into positive experiences that generate energy, harmony and peace. This requires a change in perspective of and consequent response to life's vicissitudes. Yoga, therefore, is not something you do, but how you live. Join this workshop to learn how living in the higher consciousness of Yogic principles in every aspect of live will empower you.
(Qualifies for 3 CEU credits with Yoga Alliance)

DETOXIFICATION METHODS



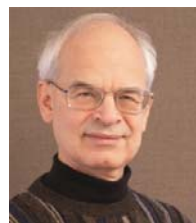
FOR MIND, BODY AND SPIRIT
Jim Fatz, PhD, LMT, NCTMB
Saturday, October 30
1:30 PM – 4:30 PM
Cost: \$35

This seminar will explain and explore from a holistic perspective, concepts and methods to achieve, maintain, and optimize your personal detoxification process. Topics covered will include: various categories of detoxification techniques; food and supplemental nutritional support; process tracking and assessment; evaluating signs and symptoms of detoxification efficiency; and mental, emotional, and spiritual outcomes. The seminar will be interactive in nature and will include ample time to discuss questions and personal concerns.



EXPLORE THE MYSTERIES OF TANTRA
Stephen Parker, PhD
Saturday, October 2
1:30 PM – 4:30 PM
Cost: \$35

The Tantric aim is to sublimate rather than to negate relative reality. This process of sublimation consists of three phases: purification, elevation and the reaffirmation of identity on the plane of pure consciousness. "One must rise by that which one falls, and the very poison that kills becomes the elixir of life when used by the wise."
(Qualifies for 3 CEU credits with Yoga Alliance)



STEPS TO MASTERING NAULI AND AGNI SARA
Dr. Dale Buegel, ERYT-500
Saturday, November 6
1:30 PM – 4:30 PM
Cost: \$35

Learn the sequence of practices to master these two techniques that the yogis have used to enhance health and vitality.
(Qualifies for 3 CEU credits with Yoga Alliance)

CRYSTAL BOWL RESTORATIVE YOGA

Marian McNair **Saturday, October 16**
1:30 – 3:30pm **Cost: \$25**



Combine restorative sound and a yoga workshop to deepen the awareness on the body's cellular level. As the sound of the crystal bowls and Marian's voice relax and bring you into a state of tranquility; hatha asanas allow

you to feel connected to your beautiful body, and go into a place of softness where the mind is quieted and peace is revealed.

(Qualifies for 2 CEU credits with Yoga Alliance)

Friday Evening Special
 With
 Chenoa Lorenzo
 RYT 200

CHAKRA FLOW
OCTOBER 15
7:00 – 8:30 PM
 Find inner balance and effortless energy as you flow through a series of Himalayan sequences focusing on the Chakras.

A YOGA NIGHT OUT
NOVEMBER 12
7:00 – 8:30 PM
 Chenoa & Sarah
 Enjoy a night of yoga with a friend as you connect through postures to deepen within.

WINTER SOLSTICE SURYA NAMASKAR
DECEMBER 17
7:00 – 8:30 PM
 Warm up this winter and discover seasonal serenity as you move through a series of Sun Salutations.

PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS

YOGA FOR ARTHRITIS
(Workshop for Teachers)
Karen Kordisch, RYT
Saturday, November 20
1:30 PM – 3:30 PM
Cost: \$25

Arthritis is a common condition as we age. As teachers, we want to improve our students' range of motion, try to prevent worsening, and reduce pain. Learn ways to do all three. You'll receive a list of resources for warm-ups, hints for help with alignment and copies of relaxations that focus on pain reduction.
(Qualifies for 2 CEU credits with Yoga Alliance)



BREATHING WITHOUT BOUNDARIES
Steve Nakon
Saturday, December 4
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 can attend.
(Qualifies for 2 CEU credits with Yoga Alliance)

"If a good thought is not brought into action, it's either a kind of treachery or an abortion. This means that that which is good within you should be expressed. But what is a 'good thought'? A good thought is that which makes you creative, a thought that does not create conflicts within you—that is a good thought. A good thought is that which makes you peaceful, tranquil, balanced, happy, and joyous. Such a thought should not be allowed to die unexpressed within yourself, nor should it remain asleep or dormant within. It should be expressed through your mind, action and speech."

*By Swami Rama from the book
The Art of Joyful Living*



JOURNALING FOR THE SOUL
Lauren Pohn
Saturday, November 13
1:30 PM – 3:30 PM
Cost: \$25

Journaling is one of the best tools available to heighten awareness as it gives us insight into ourselves. If we commit to journaling for as little as 30 days we will begin to notice a change in any area that we choose to journal. Lauren will inspire you to make that commitment. Please bring a 5 x 8 journal with paper that is lined and a special pen with an ink color that appeals to you. This workshop is a must for those taking the 500 hour Teacher Training Program. Two journals are required for certification in the 500 hour TTP. One is on diet and nutrition and one is on your meditation practice. This workshop is a great opportunity to learn how to get the most out of these exercises. Please note: You do not have to registered in the 500 hour TTP to benefit from this workshop.
(Qualifies for 2 CEU credits with Yoga Alliance)

HOLIDAY YOGA
With
MELISSA HOLLANDER

What a wonderful way to start your Thanksgiving and New Year Holiday. Join Melissa for 1-1/2 hour Hatha session at HYMC.



*Thanksgiving, November 25,
 9:30 am – 11:00 am*



*New Year's Day, January 1,
 11:00 am – 12:30 pm*

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	9/30 – 11/4	Level 1	Anil Saigal	\$72
Thursdays	6:15 – 7:30pm	11/11 – 12/23	Level 1	Anil Saigal	\$72
Saturdays	10:30 – 11:30am	register w/Pavel	Introduction	Pavel.lataash@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 (847.221.5250) to discuss a topic you would like to host and schedule an e-mail announcement of date and time for your event.

Community Yoga – October 24, November 28 @ 1:00pm

Come and be a part of this special class that celebrates our new teachers.

Community Yoga – October 17, November 21, December 19 @ 4:00pm

A new addition to the HYMC Schedule is **Community Yoga** with our **Certified Teachers** on the third (3rd) Sunday of the month.

Full Moon Global Meditation

September 23, October 23, November 21, December 21 @ 8:45pm

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

Monthly Study Group

September 18, October 10, November 7, December 5 @ 10 – 11:30am

Join Anil and fellow meditators for Himalayan teachings and group discussions.

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

HYMC.ORG At a Glance

Workshops

09/18 Living In Yogic Consciousness
10/02 Mysteries of Tantra
10/15 Chakra Flow
10/16 Restorative Yoga
10/30 Detox Methods for Mind, Body and Spirit
11/06 Steps to Mastering Nauli and Agni Sara
11/12 A Yoga Night Out
11/13 Journaling for the Soul
11/20 Yoga for Arthritis
11/25 Holiday Yoga
12/04 Breathing Without Boundaries
12/17 Winter Solstice Surya Namaskar
1/01 Holiday Yoga

Upcoming Events

1/08 Himalayan Prayers
1/15 Teaching Yoga to Children/Workshop for Teachers
1/22 Yoga Day USA
2/05 Adjustments and Alignments: The fine Points of Yoga Teaching
2/19 Introduction to Indian Cooking
2/26 Yoga Therapy for Neck, Shoulders, Back
3/05 Scriptures In Yoga
3/19 Chair Yoga
3/26 Sitting and Not Breathing