



# Himalayan Yoga and Meditation Center

109 W. Slade Street, Palatine, IL 60067 (847) 221-5250

[www.hymc.org](http://www.hymc.org)

SPRING 2019 APRIL 6<sup>th</sup> – JUNE 29<sup>th</sup>

## HATHA YOGA CLASS SCHEDULE – APRIL 6<sup>th</sup> – JUNE 29<sup>th</sup>

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
<b>Monday</b>	4:00 - 5:15 pm	Gentle	Jenny
	5:30 - 6:45 pm	Level 1 & 2	Charlotte
	7:00 - 8:00 pm	Tai Chi & Chi Kung	Lon
<b>Tuesday</b>	11:00 - 12:15 pm	Level 1 & 2	Tricia
	5:00 - 6:15 pm	Level 1 & 2	Joanne
	6:30 - 7:45 pm	Level 1 & 2	Joanne
<b>Wednesday</b>	5:30 - 6:45 pm	Level 1 & 2	Joanna
	7:00 - 8:15 pm	Vinyasa Flow	Joanna
<b>Thursday</b>	11:00 - 12:15 pm	Cancer Survivors*	Jenny
	4:30 - 5:45 pm	Level 1	Mark
	7:30 - 8:45 pm	Level 1 & 2	Lori
<b>Friday</b>	12:00 - 1:15 pm	Himalayan	Pat
	5:45 - 7:00 pm	Himalayan	Carrie
<b>Saturday</b>	9:00 -10:30 am	Himalayan	Pavel

All passes expire within 3 months of purchase (except \$200 pass is 4 months.)  
Class Drop-in Fee: \$15

**Punch Passes:** 10-Classes \$120 • 15-Classes \$165 • 20-Classes \$200  
Senior/Student 12-Classes \$100 (Visit our website for Military Discounts)

Punch Passes may be used for Hatha Yoga classes and shared with household family.

\*Cancer Survivors must provide HYMC physician's Medical Clearance Form prior to participation in first class. Classes are complementary for those within 2 years of treatment.

## HATHA YOGA DESCRIPTIONS

**Cancer Survivors:** This gentle class will increase lymphatic movement, help move toxins from organs, move fluids through joints and aid in calming the nervous system.

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

**Hatha Vinyasa:** Vinyasa practice building strength and flexibility at a comfortable pace where alignment is emphasized.

**Himalayan Style:** This class follows a specific sequence as taught by Swami Rama of the Himalayas. It incorporates breathing techniques and ends with a brief meditation. Class is without music.

**Himalayan Intermediate:** This class is a blend of Himalayan Style and Intermediate Level.

**Intermediate:** This class builds strength internally as well as externally. It cultivates concentration and endurance and explores asanas with advanced variations.

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

**Restorative:** This therapeutic yoga uses props to support the body to be open and to cultivate awareness of breath within the movements. This process promotes deeper relaxation and a feeling of balance and rejuvenation.

**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.**

## 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.

<u>Day</u>	<u>Time</u>	<u>Dates (6 Weeks)</u>	<u>Meditation Class</u>	<u>Instructor</u>	<u>Fee</u>
Thursdays	6:00 – 7:15 PM	3/14 – 4/18 (6 weeks)	Introduction (L1)	Anil Saigal	\$120*
Thursdays	6:00 – 7:15 PM	5/2 – 6/6 (6 weeks)	Intermediate (L2)	Anil Saigal	\$120*
Saturdays	10:30 - 11:45 AM	Register: <a href="mailto:Pavel.latash@gmail.com">Pavel.latash@gmail.com</a>	Introduction (L1)	Pavel Latash	\$120*

\* Fee Discounts: Web registration – 10% (\$108/ind) • Group web registration – 20% (\$96/ind) • See website for FREE Military registration

**VISIT OUR WEBSITE AT [WWW.HYMC.ORG](http://WWW.HYMC.ORG) FOR ANY CHANGES TO OUR CURRENT SCHEDULE.  
THE CENTER OPENS PRIOR TO EACH CLASS.**



## *Himalayan Yoga & Meditation Center -- Spring 2019*



### *Yoga Therapy for the Mind Part I: Body Mapping Through the Chakras*

Saturday, April 6, 1:00 PM – 3:00 PM

Prepay by March 30: \$40, After March 30: \$45

No drop-ins allowed due to purchase of materials for all participants

Felicia Schmid, 500E-RYT, YACEP, C-IAYT, CAP

Come take a journey through the Chakras. This workshop will afford the serious Student an opportunity to experience how sensory input through the Mind creates an opportunity to heal. The Chakras offer us this opportunity to compartmentalize areas of blockage for us to prosper and grow. Through guided imagery, each student will get to explore the Chakras on a deeper, energetic and internal level and then journal their findings on their own 'body map' to take home and continue to grow with. This 'map' will open your eyes to areas that need special attention to break through what truly no longer serves you. This workshop is for the 'Seeker' looking to dive a bit deeper. If you have any colored crayons or markers to share, please bring them as well. Suitable for all levels.

(Qualifies for 2 CEU credits with Yoga Alliance.)

### *Stoking the Fire at Manipura Cakra*

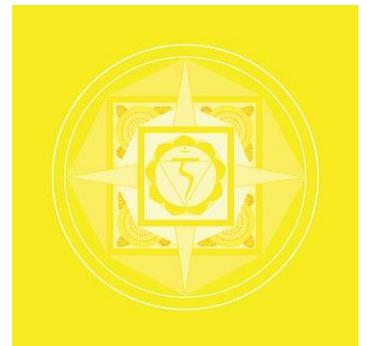
Saturday, April 13, 1:00 PM – 3:00 PM

Prepay by April 6: \$35, After April 6: \$40

Dr. Dale Buegel, MD, E-RYT 500

Techniques for adding the energy of the sun or earth's core to the agni of manipura cakra will be presented as well as the energetic aspects of the so-called "Breath of Fire" and its variations.

(Qualifies for 2 CEU credits with Yoga Alliance.)



### *TTP300-Yoga Philosophy-I*

Saturday, April 20: 11:00 AM – 6:00 PM &

Sunday, April 21: 9:00 AM – 4:00 PM

Cost: \$180

**Dr. Steven (Stoma) Parker**

Our weekend on Yoga Philosophy will cover a comprehensive and wide range of topics including the metaphysical basis of yoga in Sāṅkhya philosophy, the basic structure of the yoga philosophy (and some small differences with Sāṅkhya), the neurobiology of meditation, brain waves and biofeedback, the five pillars of sādhanā, vegetarian diet and the qualities of a teacher. Given the breadth of the subjects, we will shape the discussion to the needs of the class.

**(Required for registered 300 TTP students. Open to general public.)**



## *Himalayan Yoga & Meditation Center -- Spring 2019*

### *Satsang*

**Saturday, April 27, 1:00 PM – 4:00 PM**

**Swami Ritavan**

Through each lifetime, endearing guidance and assurance is provided to each spiritual aspirant, sadhaka and initiate through the guru to tread the path of knowledge and enlightenment with full confidence. During this workshop, we will practice, contemplate, and explore the subtleties of spirituality as given by Swami Ram in Sacred Journey, and Swami Veda in Sadhana in Applied Spirituality. These along with a specialty mantra for our three-year sankalpa, and progressive practices in Shri Vedyā Sadhna will be offered by the grace of the lineage.

**Cost: There is no cost to attend, but offerings are welcome.**



### *Biofeedback & Stress Management*

**Saturday, May 4<sup>th</sup>, 1:00 PM – 3:00 PM**

**Cost: \$35**

**Daniel Hertz, E-RYT 500**



Biofeedback is well-recognized as a powerful, non-invasive, and relatively simple way to measure subtle changes in the emotional and physiological state. The goal is to learn self-regulation. Self-regulation skills are a prerequisite to learning stress management skills. These same skills also us to check and refine the breathing and relaxation skills used in the meditation process. The three keys to learning self-regulation will be discussed, and there will also be demonstrations of the equipment. Sensors include respiration, heart rate, skin temperature, muscle tension, and skin conductance.

**Biofeedback Sessions (3:00 PM – 6:00 PM)**

**Following the workshop, participants have an opportunity to further their understanding of stress management with a private psycho-physiological stress profile with Daniel Hertz. Cost is \$20 for 20 minutes.**

### *A Deep Encounter with Himalayan Kriya Yoga*

**Sunday, May 5: 1:00 – 5:00 PM**

**Dr. Pradeep Ullal (Yogi from India)**

**Cost: \$100**

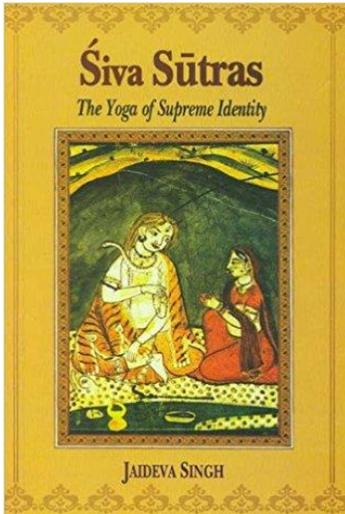
This is a intensive workshop on Himalayan *Kriyas* for *Prana Sanchalana* (Pranic movement) where Dr. Ullal will teach techniques to activate prana shakti and develop awareness of one's energy body. In Dr. Ullal's words, "If the students are ready, they can all receive a powerful glimpse of accessing the immense power of resonating with gamma waves, the elusive seventh wave of compassion emanating in supercharged midbrain." Dr. Ullal is a disciple of Swami Rama and teaches advanced Himalayan Kriya techniques for pranic awareness and *sanchalana* (activation).

**(Required for registered 300 TTP students. Open to general public.)**





## Himalayan Yoga & Meditation Center -- Spring 2019



### *Tantric practices in Kashmiri Shaivism*

Saturday, May 11<sup>th</sup>, 1:00 PM -3:00 PM

Cost: FREE

Anil Saigal, E-RYT-500

The Tantric texts of Kashmiri Shaivite tradition integrate Samkhya and Vedanta philosophies into a cohesive whole with a detailed description of the stages in which Param-Shiva, the supreme universal being, transforms into the Purusha and Prakrit of Samkhya philosophy. This workshop will review the unique philosophy of “Shiva Sutras”, the primary revealed text in this tradition, its commentaries by Mark Dycjowski and Jaideva Singh, and the process of spiritual growth through the principles of “reject nothing” and “living in the world” as taught in tantras.

(Recommended for 200 & 300 TTP.) (Qualifies for 2 CEU credits with Yoga Alliance.)

### *TTP300-Hatha Advanced III*

Friday, May 17: 1:30 PM – 5:30 PM

Saturday, May 18: 1:00 AM – 6:00 PM

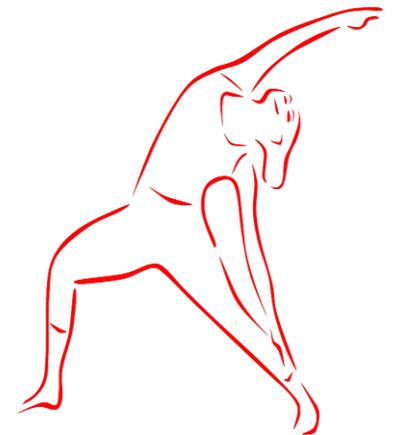
Sunday, May 19: 9:00 – 6:00 PM

Dr. Dale Buegel, E-RYT 500

Cost: \$270

Review of an advanced approach to performing and teaching hatha yoga. Review of alignment techniques, adjustments, assists, and teachings of asanas. Theming and sequencing of asanas. Techniques of conscious communication with students.

(Required for registered 300 TTP students. Open to general public.)



### *Mantras: Understanding and Recitation*

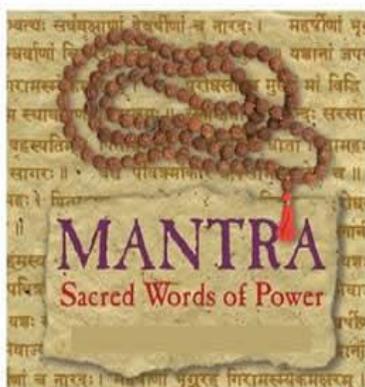
Saturday, June 8, 1:00 PM – 3:00 PM

Prepay by June 1: \$25, After June 1: \$30

Anil Saigal, E-RYT-500

Mantras utilize the power inherent in sound to bring about desired outcomes. Mantras have been used to cultivate spiritual growth as well as personal powers. This workshop will review how mantras work and the various types of mantras that are used. The participants will learn how to use a *mala* (rosary), how to recite long mantras by speeding them up, and practice recitation of powerful mantras like *Gayatri* and *Mrityunjaya* mantras.

(Required for 200 & 300 TTP.) (Qualifies for 2 CEUs with Yoga Alliance.)



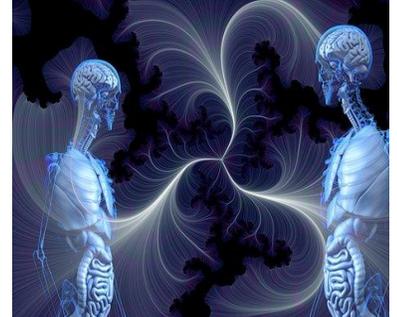


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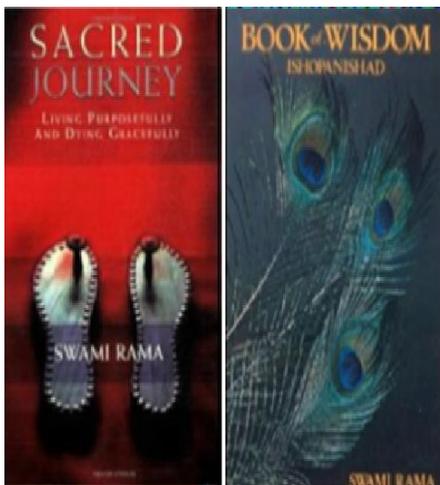
### *TTP300-Anatomy & Physiology*

Friday, June 14: 9:00 AM – 6:00 PM  
Saturday, June 15: 2:00 PM – 6:00 PM  
Sunday, June 16: 9:00 – 6:00 PM  
Shashi Saigal, MD (Family Medicine)  
Cost: \$270

A comprehensive overview of human anatomy and physiology for yoga teachers with a review of cellular structure, major tissue types, skeletal system, muscles, physiology, with a review of many topics including major diseases. The class will review anatomy and physiology as applied to teaching yoga, and will include contra-indications of key asanas.



**(Required for registered 300 TTP students. Open to general public.)**



### *UPANISHADS I - Kathopanishad & Ishopanishad*

Saturday, June 22<sup>nd</sup>, 1:00 PM – 3:00 PM  
Prepay by June 15 : \$25, After June 15: \$30  
Anil Saigal, E-RYT-500

Come and learn about the sacred texts of Yoga. Upanishad means “to sit nearby and listen”. It also means “secret teachings.” Compiled by sages during their deep meditative states, the Upanishads contain the eternal truths about the divinity in us. Swami Rama has written commentaries on several Upanishads.

**(Required for 200 & 300 TTP.) (Qualifies for 2 CEU credits with Yoga Alliance.)**

### *Yoga Therapy for Upper Body Health*

Saturday, June 29<sup>th</sup>, 1:00 PM – 3:30 PM  
Prepay by June 22: \$45, After June 22: \$50  
Felicia Schmid 500E-RYT, YACEP, C-IAYT, CAP

Come experience a class based on Yoga & Ayurveda therapy techniques to help create ease through the upper body to better prepare for an asana (posture) practice. The Upper Body is also associated with the Doshas of Ayurveda: Vata (lungs, hands and shoulders), Pitta (eyes) and Kapha Dosha (nose, chest and heart). A Yoga Therapy practice focuses on what is being sensed and felt in order to “heal and deal” from the inside out vs. just moving from one posture to another. This is done by bringing the floor up “to greet the student where they are at”. By learning proper modifications through prop use and alignment set up, the student can find ease in the asana (poses). The energetic focus and muscular action of the postures will be covered, too. Modifications, a special focus on alignment and hands-on adjustments help students gain freedom in the pose to experience that “OMmmm” feeling”. A full and delightful Shavasana will be the topping. Each body is different and every Body can do Yoga. It just may take a little creativity to get there. Suitable for all Levels. Come with an Open Mind. Leave with a Refreshed Spirit! A Playful Attitude is a pre-requisite. Please bring a pen and pad to take notes. Mats and props are available, or you may choose to bring your own.

**(Recommended for 200 & 300 TTP students.)  
(Qualifies for 2.5 CEU credits with Yoga Alliance.)**





## *Himalayan Yoga & Meditation Center -- Spring 2019*



### *Anil Saigal*, RYT-500, Swami Veda Bharati's 600 Hr. Level

Anil is President of HYMC and a teacher of meditation, yoga philosophy, and yoga practices. He started meditating in college and later met Swami Rama of The Himalayas. He also studied with and was initiated into the Himalayan Tradition by Swami Rama and has been student of Swami Veda Bharati for over fifteen years.



### *Dale Buegel*, MD, E-RYT 500

Dr. Buegel was a student of Swami Rama and has practiced and taught hatha yoga and meditation for 40 years in seminars and in his practices of medicine from a wellness perspective. His expertise in the fine points of yoga techniques has earned him the respect and appreciation of students in the U.S. and abroad.



### *Felicia Schmid*, 500 E-RYT, YACEP, C-IAYT, CAP

Felicia Schmid is an Experienced Certified and Registered Yoga Teacher at the Advanced Level and a Continuing Education Provider through Yoga Alliance. She is a Certified Integrative Yoga Therapist and recognized through the International Association of Yoga Therapists (IAYT) and a Certified Ayurveda Practitioner and Health Educator and recognized through the National Ayurveda Medical Association (NAMA). She became a committed student of Yoga in 1998 and an Instructor in 2002. Continuing Education Credits (CEUs) can be earned by attending her classes and workshops (YACEP).



### *Dr. Stephen (Stoma) Parker*

Dr. Stephen Parker is a Sanskrit scholar and an advanced teacher in Himalayan Tradition. He is an initiate of Swami Rama and a disciple of Swami Veda. Dr. Parker is an expert practitioner and teacher of *Yoga Nidra*. He is also a practicing psychologist and an expert on neurobiology of meditation. He is the author of numerous papers and he recently published a book titled Clearing the Pathway which offers unique insights blending the teachings of Himalayan masters and findings of modern research on meditation.



### *Daniel Hertz*

Daniel Hertz (MS, BCB, E-RYT 500) has been on the faculty of The Meditation Center in Minneapolis since 1995 and has been offering individual Biofeedback sessions since 2007. He is internationally certified as a Biofeedback practitioner through BCIA.org. He is also the author of Swami Hari: I am a Simple Forest Monk which is available on Amazon. All profits from the sale of the book go to SHRIVERM, the school in the remote Himalayas founded by Swami Hari.



### *Dr. Shashi Saigal*, MD

Shashi Saigal, MD is an initiate within Himalayan Yoga and Meditation tradition of Swami Rama. She is a meditator and a student within the Himalayan tradition. She is a physician and practices family medicine in Palatine. Dr. Saigal teaches anatomy, physiology, and yoga discipline for personal well being.



### *Dr. Pradeep Ullal*

Dr. Ullal is the spiritual head of Kevala Foundation at Chikmagalur in India. He is one of the rare Himalayan yogis serving in the urban world, and truly empowered to awaken the kundalini shakti through the relay of shaktipat. Dr. Ullal combines his expertise in Kundalini, Samya, Tantra, Nada, Laya, Kriya and Raja yoga to assist others on their journey of ascension.



# Himalayan Yoga & Meditation Center -- Spring 2019

## COMMUNITY PROGRAMS

HYMC Community Programs are open events that give people an opportunity to come together and celebrate the Spirit of Life. These are **free** programs but a donation is always appreciated in support of HYMC as a non-profit 501(c)(3) organization.

### Cancer Survivors

**Hatha Yoga Each Thursday -- 11:00 am – 12:15 pm**  
(Visit website for updates)

Come and unwind with **Jenny Hennek** for a complimentary yoga class. This gentle class will increase lymphatic movement, help move toxins from organs, move fluids through joints, and aid in calming the nervous system. **(All other Yoga classes are punch pass or \$15)**

### Community Yoga

**April 28, May 26, June 23 -- 1:00 pm – 2:15 pm**

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

### Full Moon Global Meditation

**April 19, May 18, June 17 -- 9:00 pm – 10:00 pm**

Meditate with **Swami Ritavan** and others around the globe at the same time. Begins promptly at 9:00pm. Please arrive early to get comfortable.

### Monthly Study Group

**April 7, Apr 28, June 2 -- 10:00 am – 11:30 am**

Join **Anil Saigal** and fellow aspirants in a discussion of the leading scriptures of yoga philosophy and spirituality. The group is currently studying the classical text on yoga philosophy: "Patanjali's Yoga Sutras". Each session ends with a brief guided meditation. Those desiring to participate remotely can call in to the teleconference bridge during the session. Dial-In number: 1 (605) 475-5950, then follow the prompts from the teleconference service. Participant Code: 713706#. (Note, this is NOT a toll-free number; therefore it is suggested using a phone with free nationwide calling)

### Silent Meditation

**Every Friday – 7:00 pm – 8:15 pm (Visit website for updates)**

For new and seasoned meditators, join us at the end of your week to calm, balance, and relax in our peaceful environment. Sessions will begin by preparing for meditation with gentle stretching and breathing exercises.

Meditation preparation 7:00 pm – 7:45 pm; Meditation 7:45 pm – 8:15 pm

### Introduction to Tai Chi

**Mondays – 7:00 pm – 7:45 pm**

Join **Lon Johnson** and learn the art of Tai Chi. Tai Chi is an ancient art of gentle meditative movements which aid in attaining a relaxed body and still mind.

### Open Community Forum

We all have so many gifts to share. This Forum is open for all to host satsung, kirtan, stories, teachings, practices, movies, passions, and love of life. Please contact HYMC Director (847.221.5250) to discuss topics, scheduling, and announcements.

## HYMC At A Glance

### Workshops

- 4/6 Body Mapping
- 4/13 Stoking the Fire at Manipura Chakra
- 4/20/21 TTP 300: Yoga Philosophy I
- 4/27 Satsang w/Swami Ritavan
- 5/4 Biofeedback
- 5/5 Dr. Pradeep Ullal
- 5/11 Tantric Practices in Kashmiri Shaivism
- 5/17/18/19 TTP 300: Hatha Advanced III
- 6/8 Mantras: Understanding & Recitation
- 6/14,15,16 TTP 300: Anatomy & Physiology
- 6/22 Upanishad I
- 6/29 Yoga Therapy for the Upper Body Health

### Upcoming Workshops

- 7/13 Understanding & Managing Anxiety
- 7/19,20,21 TTP 300: Chakras & Subtle Body

Visit our website at [www.HYMC.org](http://www.HYMC.org) for additions or updates to our current schedule.

### REFUND POLICY

After week 1: 75% of fee  
After week 2: 50% of fee  
After week 3: 25% of fee  
After week 4: No refunds  
No refunds for non-attendance w/o prior notification.

### FOR GIFT GIVING CONSIDER A CERTIFICATE OF:

- ❖ Yoga Passes
- ❖ Private Yoga Sessions
- ❖ Meditation Series
- ❖ Massage
- ❖ Massage Package
- ❖ Lymphatic Drainage
- ❖ Reiki