



Himalayan Yoga and Meditation Center

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

www.hymc.org

Winter 2020

HATHA YOGA CLASS SCHEDULE – Jan 2nd – Mar 31st

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Monday	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
Tuesday	11:00 - 12:15 pm	Level 1 & 2	Alexis
	5:00 - 6:15 pm	Level 1 & 2	Joanne
	6:30 - 7:45 pm	Level 1 & 2	Susan
Wednesday	5:30 - 6:45 pm	Level 1 & 2	Joanna
	7:00 - 8:15 pm	Vinyasa Flow	Joanna
Thursday	11:00 - 12:15 pm	Cancer Survivors*	Jenny
	7:30 - 8:45 pm	Level 1 & 2	Ewa
Friday	12:00 - 1:15 pm	Himalayan	Pat
Saturday	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	1/9 – 2/13 (6 weeks)	Introduction (L1)	Anil Saigal	\$120*
Thursdays	6:00 – 7:15 PM	3/12 – 4/16 (6 weeks)	Introduction (L1)	Anil Saigal	\$120*
Saturdays	10:30 - 11:45 AM	Register: Pavel.latash@gmail.com	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 FOR ANY CHANGES TO OUR CURRENT SCHEDULE.
THE CENTER OPENS PRIOR TO EACH CLASS.**



Himalayan Yoga & Meditation Center -- Winter 2020

New Year's Day Yoga

Wednesday, January 1, 11:00 A.M – 12:30 P.M
Use Punch card or drop- in fee \$15/-

Friends and family of HYMC please join us on New Year's Day for 1 and a half hours of Hatha yoga. May our journey toward self-care and self-renewal be a focus all year long.

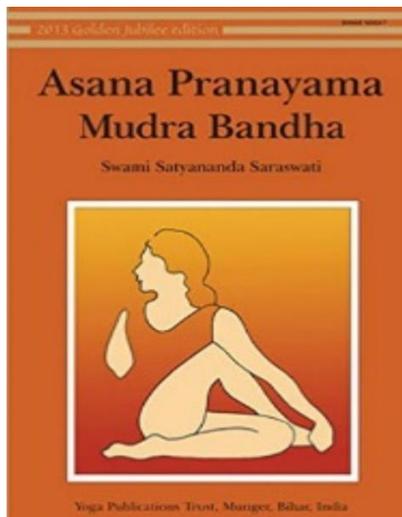


Mudras and Bandhas

Saturday, January 11, 1:00 P.M -3:00 P.M
Prepay by January 4: \$25, After January 4: \$30
Anil Saigal, E-RYT 500

The hand gestures (called mudras) are applied while practicing meditation and are an integral part of the posture. It has been found by the rishis throughout the ages that forming the correct hand gesture during meditation leads to a deeper meditative state. The word bandha means a “hold”, or “lock” and they are used to control flow of pranic energy within the body. Bandhas are a very important group of yogic techniques used during meditation. This workshop will introduce those mudras that are recommended for meditation practice. Participants are suggested to dress comfortably and bring own meditation pillow.

(Qualifies for 2 CEU credits with Yoga Alliance.) (Required for 200 TTP and 300 TTP students.)

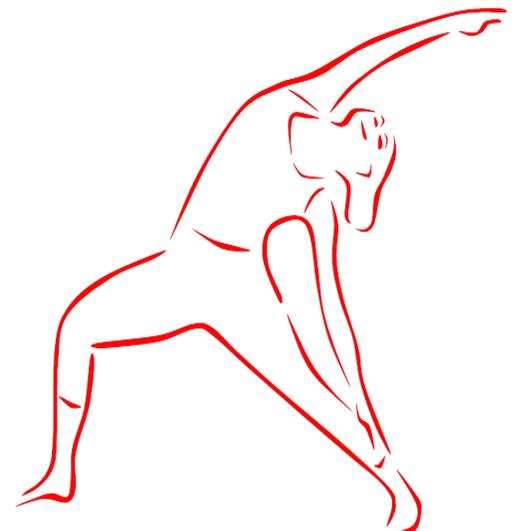


TTP 300: Hatha Special Populations

Saturday, January 18, 11:00 A.M – 6:30 P.M
Sunday, January 19: 11:00 A.M 6:30 P.M
Cost: \$220/-
Diane McDonald, E-RYT 500
Pat Constabileo, E-RYT 500

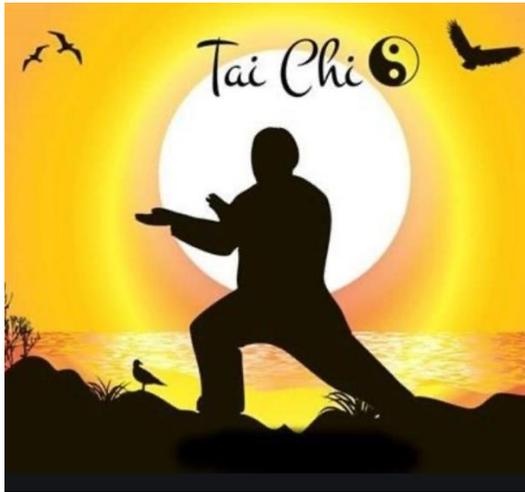
Review of an advanced approach to teaching yoga to members of community with special needs. Teaching yoga to prenatal women, children, persons in chair, and senior population. Teaching yoga to cancer patients and persons with disabilities.

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





Himalayan Yoga & Meditation Center -- Winter 2020



Tai Chi Chuan With Master Peter Kopala

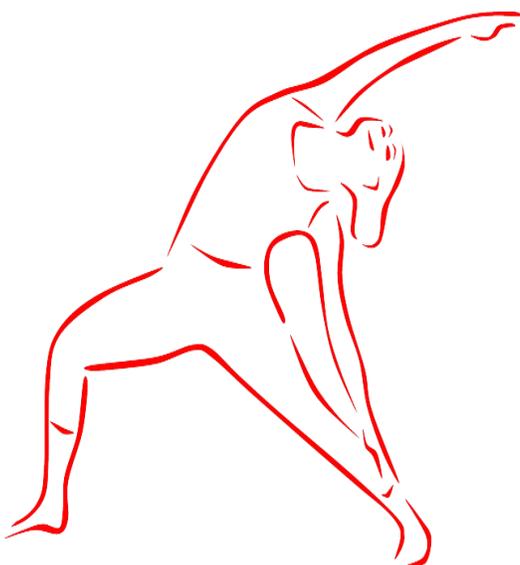
Saturday, February 1: 1:00 P.M – 3:00 P.M
Prepay by January 25: \$ 25, After January 25: \$ 30
Peter Kopala

For both beginners and mid-range Tai Chi Chuan practitioners, this workshop will introduce the concept of what defines Tai Chi and how it may be used for both better health and personal protection. Forms will be demonstrated and explained. Participation in learning the form is expected.

Painting Dreams on Canvas (Art Therapy)

Saturday, February 8: 1:00 P.M – 3:00 P.M
Cost: \$25 + \$10 for supplies (\$35 total)
Rita Crawford

Rita is a meditative artist who aims to teach participants to express their innermost dreams. She empowers participants to express their desires for well-being and hope. Rita fosters a relaxing environment within which participants create their visual dream on canvas in a lucid manner.



TTP 300 Yoga Philosophy II

Saturday, February 15, 11:00 A.M – 6:30 P.M
Sunday, February 16, 11:00 A.M – 6:30 P.M
Anil Saigal, E-RYT 500
Cost: \$220

This comprehensive class will review the six systems of Indian philosophy which form the mosaic of the philosophy of spiritual growth with emphasis on Samkhya, Yoga and Vedanta philosophies. The class will review Shaivism, the tantric system. The major Upanishads will be reviewed. Finally, the great scripture Bhagavad Gita will be reviewed.

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



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Crystal Bowls, Koshi Bells & Chimes

Saturday, February 22, 4:00 P.M – 6:00 P.M

Prepay by February 15: \$25, After February 15: \$30

Olga Miech-Wiszniewski



Relaxation is a state of being liberated from tension. The brain waves start to change from beta to alpha, and possibly delta and theta. Beta brainwaves dominate direction of cognitive tasks. Alpha waves aid overall mental coordination, calm, alert mind/body integration.

Delta brainwaves are slow. They are generated in deepest meditation and dreamless sleep. They are generated in deepest meditation and dreamless sleep. They are the source of empathy. Healing is stimulated in this state. Theta brainwaves are dominant in deep meditation. In theta we are in a dream. Vivid imagery and intuition beyond our conscious awareness is available to us. Please come well hydrated and eat lightly. Dress comfortably. Yoga mats & blankets are provided.



Native American Drum and Flute

Saturday, February 29, 1:00 P.M – 3:00 P.M

Cost: \$25

Michael Reichart

Like many things in Native American culture, playing the drum is used to bring balance and renewal to all participants. The flute is also one of the fundamental instruments in healing and providing balance. The flute is closest to teaching the discipline of breath, and the drum is closest to teaching the heartbeat. Join Michael in creating an afternoon of music that heals and renews.

Introduction to Sanskrit: Language Of Yoga

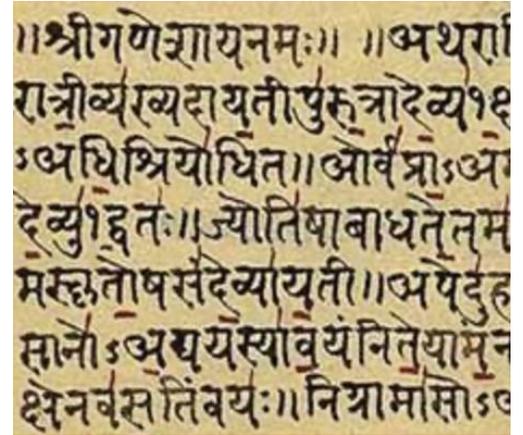
Saturday, March 7, 1:00 P.M – 3:00 P.M

Prepay by February 29, \$25, After February 29, \$30

Anil Saigal, E-RYT 500

The best of the yoga teachers distinguishes themselves by correctly pronouncing the Sanskrit names of the Asanas and with their familiarity with the yoga parlance. This workshop will help you learn and practice the Sanskrit sounds and pronunciation of Sanskrit words including the names of asanas.

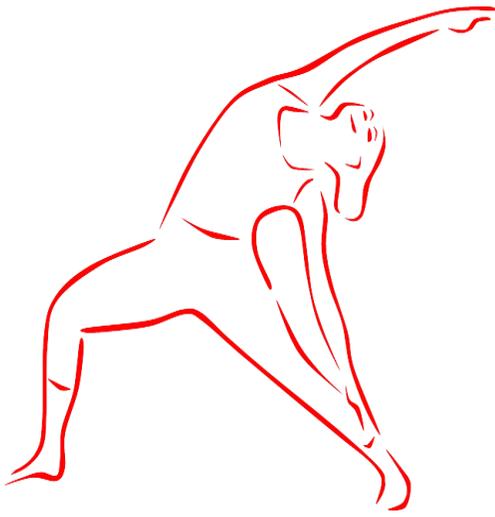
During the workshop you will also learn how to recite the Gayatri, Mrityunjaya, and other mantras. Join us for a fun-filled afternoon.



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



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TTP 300: Anatomy and Physiology

Saturday, March 14, 11:00 A.M – 6:30 P.M

Sunday, March 15, 12:00 A.M – 6:30 P.M

Cost: 220

Dr. Shashi Saigal, MD (Family Medicine)

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.)

Jungian Legacy Part 2

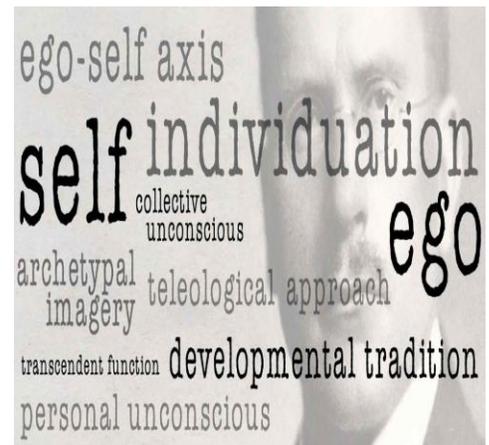
Saturday, March 21, 1:00 P.M – 3:00 P.M

Prepay by march 14: \$25, After March 14: \$30

Olga Miech-Wiszniewski

According to Jung, there is the conscious mind, the personal unconscious, and finally, there is the collective unconscious. Jung states that the ego represents the conscious mind while the personal unconscious contains memories including those that have been suppressed. The collective unconscious is a unique component in that Jung believed that this part of the psyche served as a form of psychological inheritance. It contained all of the knowledge and experiences we share as a species. In Jungian psychology, the archetypes represent universal patterns and images that are part of the collective unconscious. Jung believed that we inherit these archetypes much the way we inherit instinctive patterns of behavior.

Join Olga as she explores Jung's Legacy of archetypes and the manner in which the ego manifests our archetypes.





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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 a student of Swami Veda Bharati for over fifteen years.



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.



Diane McDonald, LMT, NMT, CZBP and lecturer

Diane is an instructor of yoga and meditation. She is also a member of the American Massage Therapy Association, and a practitioner of Cranial Sacral Therapy, Certified Zero Balancing Practitioner, and a Reiki Master.



Pat Constabilio

After many years of teaching Yoga on a part time basis, Pat completely loves the opportunity to teach more daytime classes. "Have Yoga mat will travel!" In addition to a busy teaching schedule, she is also enrolled in the Integrative Yoga Therapy Program. Through Yoga Therapy she will help students gain more insight into Yoga and how Yoga can help in relieving stress and adding more joy into their life. "Being a part of the Lotus Yoga Teachers Association has enriched my practice and teaching...it's a wonderful place to experience the energy of many coming together in Yoga."



Olga Miech-Wiszewski

Olga has been practicing meditation since 2007 & has been leading Community Meditation at HYMC since 2012. She holds master's Degrees in Psychology & business. Olga pursues Jungian psychology & ancient wisdom from the Himalayas as maps for personal growth. She believes that in our contemporary fast-paced life finding methods that promote relaxation & stress relief are essential to the wellbeing of individuals, families, & communities. In 2011 Olga was introduced to crystal singing bowls & found the experience deeply relaxing & fascinating. In Spring 2018 Olga completed training & became a certified Vibrational Sound Therapist.



Rita Crawford

Rita Crawford is an artist who creates portraits and other art that express her inner light and desire for well-being hope, and empowerment for people of all abilities. Her passion to create an Accessible Art Studio arose from her experience as a Registered Home Care Worker and Direct Support Professional who provided eldercare and support for the person with physical disabilities and mental illness for over 25 years. Rita realized the positive impact of Art and used her natural artist talents and compassion for others to create a welcoming and accessible environment for self-expression, relaxation and employment.



Peter S. Kopala

Peter S. Kopala was given the title of Senior Tai Chi Master by Temple Master Liao in 2008. He graduated from the University of Illinois at Chicago with a degree in mechanical engineering & has worked as a construction project manager for 44 years while also developing his knowledge of Tai Chi through training at the Tai Chi Tao Temple, established in 1971 by Temple Master Waysun Liao, a traditional trained Taoist master from Taiwan. The temple exists in Oak Park, Illinois & is the oldest Tai Chi center in the United States. Peter's training started in 1978 & has been continuous since then.



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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

January 27, February 24, March 30 -- 1:00 pm – 2:15 pm

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

Full Moon Global Meditation

January 10, February 9, March 9, April 8 -- 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

January 5, February 2, March 1 -- 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.

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