



November/December

yogahaven Workshops and Events

Ouch! Why Does This Yoga Pose Hurt? with Dr. Ralph Barbera

Sunday November 6, 2-3:30pm

Free! Please register in the Yoga Haven office or RSVP to info@yogahaven.com

This experiential session will help the yoga student understand different sensations that come up when practicing poses. Dr. Barbera will help you differentiate pain due to muscle imbalance, structural imbalance or nerve irritation. It includes a brief anatomy presentation and demonstrations.

Everyone welcome.

Pain Free Computing Yoga therapeutics for computer users

Prevent Repetitive Stress Injuries & Computer Headaches Taught by Alicia Suárez

Sunday, November 20th 1:00-3:30pm

Fee: \$45 Limited to 18 students.

Too much work and/or play time in front of the computer can take a toll on your body over time. In the short time since personal computers have revolutionized how we work and play, computer-related discomfort and injuries such as Repetitive Stress Injuries (RSIs) have skyrocketed. In this user-friendly workshop we will focus on developing healthier typing habits and managing eyestrain. You will learn how to avoid computer-related injuries like carpal tunnel syndrome and tendonitis, and reduce computer induced visual stress. No previous yoga experience necessary.

Enhance Fertility with Yoga with Karen Safire

Sunday December 4, 2-5pm

Fee: \$50, Couples \$80 (Detailed home practice manual included)

In this Receptive Nest[®] yoga for fertility workshop you will learn ways to:

- support reproductive health with yoga poses
- calm the mind and nervous system, which can affect hormonal balance
- continue to enhance your fertility with a home yoga practice

The workshop combines restorative yoga poses and discussions of various approaches to yoga practice designed to encourage fertility. These concepts can be applied to a home practice as well as in yoga classes. This workshop is designed for women and their partners who are trying to conceive or are planning to in the near future.

The Shoulder Joint in Asana and in Life Experiential Anatomy Workshop with Jill Ganassi

Saturday December 10, 2:30-5pm

Fee: \$40 Limited to 18 students.

Many of us have shoulder "issues", tightness, pain, over flexibility, restricted range of motion, scar tissue, injuries, or perhaps it's where you hold your stress and unaddressed emotions. In both common daily activities and in yoga asana the health of the shoulder joint determines whether our arms can do their job

and support us; whether we are lifting groceries, standing on our hands, or stretching our arms to open the chest in Warrior I or II.

In this workshop we will explore how to create maximum stability and mobility in a variety of “situations”. We will do this by cultivating awareness of the engagement of independent muscles and muscle groups to create the proper placement of the bones. We will safely build strength and flexibility.

Whether your shoulders are healthy or facing challenges this will be a fun, informative, and fascinating experiential workshop. This workshop is for experienced students, seasoned level 1 students and up, great for teachers and teachers in training.

Sweet Dreams and Deep Sleep: an Evening of Restorative Yoga with Louise Fecher

Sunday December 11, 7-9pm

Fee: \$35 Limited to 16 students.

Do you delay your bedtime, trying to cram as many things into your day as possible? And then discover you can't get a decent night's sleep? In this workshop, lead by Louise Fecher, we will use the techniques of Restorative yoga, combined with breathing and meditation tools, to reach a state of deep relaxation and prepare the body for a good night's rest.

The soothing sequence of restorative poses that we will explore in this workshop is geared to reducing stress and fatigue, two factors that contribute to chronic sleeplessness. The “Elusive Dreams” series, created by yoga master Judith Hanson Lasater especially for insomnia sufferers, includes gentle back bends and reclining poses, all supported by props. While the props gently hold and support your body, your muscles get to relax.

Wednesday Night Specials

Yoga Haven presents a rotating series of classes Wednesday evenings at 6-7:15pm

\$20 drop-in fee, all class cards apply

Candlelight Restorative Yoga with Louise Fecher

November 9 & 30 at 6-7:15pm

Had a long day? Maybe a long month? Breathe deeply, let go of your troubles, and relax body and mind with a soothing Restorative practice. Designed to bring your overstimulated nervous system back into balance, this class will include gentle, supported Restorative postures (including basic back bends, twists, hip openers, and reclining poses) that will help open your heart, enhance your breathing, and release tension. Give your weary body a mid-week break.

Slow Yoga with Patty Meehan

Wednesday November 16 at 6-7:15pm

Join Patty on Wednesday evening for a special Slow Yoga class. This class is useful to beginning students as well as those who like gentle, restorative or therapeutic classes.

Patty has been with Yoga Haven for 10 years and believes yoga practice is for every one. She will guide you through a series of postures that will provide confidence in your yoga journey. Her class will help each student explore the poses at their own level and is a perfect opportunity to learn basic yoga postures. If you are new to yoga or simply enjoy a slow class, this is the class for you!

Back Care with Patty Meehan

Wednesday December 7 at 6-7:15pm

Join Patty on Wednesday at 6 pm for a special class on Back Care. This class will be sequenced to address back pain and also to strengthen the core muscles to prevent back pain. The Back Care class is suitable for all levels of yoga experience; beginners as well as seasoned yogis will benefit from the Back Care class.

To register call 914 337-1437, go to yogahaven.com or stop in at the office.

Workshop refunds 48 hours in advance will be granted. If it is less than 48 hours and there is no

waiting list of students to fill the spot, payment is forfeited. Workshop refunds are by check only. Workshop Paypal and credit card payment refunds are subject to a 5% processing fee, and will also be by check only. Refunds may also be used as credits at the studio.