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Accessible Yoga Conference

New York City
New York

May 19-21 2017
**Mission Statement**

Accessible Yoga is dedicated to sharing the benefits of Yoga with anyone who currently does not have access to these practices, and with communities that have been excluded or under-served. All people, regardless of ability or background, deserve equal access to the ancient practices of Yoga, which offer individual empowerment and spiritual awakening. By building a strong network and advocating for a diverse Yoga culture that is inclusive and welcoming, we are sharing Yoga with all.

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Dear Accessible Yoga Family,

Welcome to the first Accessible Yoga Conference NYC! We’re thrilled to bring the love of our Accessible Yoga community to the East Coast as we come together to learn, share, and connect. By coming together, we are not only educating ourselves and getting inspired, but we are sending a clear message to the world that yoga is for everyone. This is a message that we hope to share within the yoga community and with the public at large.

In many ways, we are creating a yoga revolution. This revolution is about taking back our power - the power to find peace in our own lives. In a culture that praises consumption there is nothing more revolutionary than saying, “I have all I need inside,” and, “My happiness comes from within.” Likewise, it’s revolutionary to say, “I love myself,” in a culture that constantly tells us that we’re not enough, or to say, “I love you,” in a culture of competition.

I’m so grateful to the beautiful Accessible Yoga community for supporting this revolutionary vision of empowerment through practice, and for understanding that we are all worthy of peace no matter our ability, background or circumstance. Thanks for your constant inspiration and enthusiasm for sharing this message and doing the work.

In particular, I’d like to thank all of our incredible presenters - many of whom are my long time teachers. It’s an honor to have you here. Also, I want to thank our Accessible Yoga Teams, and in particular the team leaders who make the Conferences happen: Cherie Hotchkiss, Irene Vanhulsentop, Michelle Pancake, Priya Halldin, Uma Cocchi, Nicole Sanoski, Mary Sims, Paula Narvaez, Muktidevi Demafeliz, and all our active teammates, the lifeblood of our organization. In particular, I want to thank Maitreyi Picerno, Sarah Helt, and Megan Zander (and Rye) who work tirelessly to make it all happen - and thanks to Iswari Spoon for saving the day!

Special thanks to our NYC team for their tireless work handling all the logistics: Rudra Swartz, Brina Lord, Taravati Turcinovic, Hamsa Spagnola, Anjali Somerstein, Rebecca Mackenzie and our host the NY Integral Yoga Institute - Chandra Sgammato, Swami Asokananda, and the NY Integral Yoga Institute staff. I am also grateful to our event photographer, Darshan Nohner, as well as the Church of the Village and the LGBT Community Center for generously sharing their beautiful spaces.

Join me in gratitude by making an intention to continue this revolution in your own heart, and in your own life, so that you can be an example of yoga.

Om,
Jivana

[Signature]
Advisory Committee
Dianne Bondy
Matthew Sanford
Nischala Joy Devi
Cheri Clampett
Swami Ramananda
Sonia Sumar

Planning Committee
Oversees all of Accessible Yoga’s activities – this committee is made up of experienced Accessible Yoga teachers who are committed to sharing yoga with all, and expanding the Accessible Yoga movement. We are focused on service and empowerment, including our dedication to having people with disabilities in leadership roles within the organization.

Jivana Heyman – Director
Megan Zander - Operations Director
Brina Lord – Operations Manager
Paula Andrea Narvaez - Volunteer Coordinator
Sarah Helt – Communications Director
Priya Wagner
Ana Killingstat
Rudra Swartz
Shakti Bell
Sarani Fedman
Accessible Yoga Teams

The Accessible Yoga teams came out of our 1st conference in 2015 when so many people came forward to get involved in this movement. We now have 9 teams of Yogis working on all aspects of Accessible Yoga — we couldn’t do it without them! The teams are working on organizing the Conferences, as well as our other activities — such as our social media awareness campaigns and other activities around the world. If you want to get involved, please email us at info@accessibleyoga.org.

Logistics
NYC Logistics – NYC@accessibleyoga.org
Rudra Swartz – team leader, Hamza Spagnola, Anjali Somerset, Taravati Turcinovic, Brina Lord, Rebecca Maclenzie

San Francisco Logistics – Logistics@accessibleyoga.org
Muktidevi Demafeliz – team leader, Mirabai Hubbell, Sarani Fedman, Priya Wagner, Chris Trost, Jackie Barshak, Ken Scarberry

European Logistics – Europe@accessibleyoga.org
Priya Pernilla Halden – co-leader, Alessandra Uma Cocchi – co-leader, Katja Sandschneider, Heather Sheridan

The mission of our Logistics Teams is to support the planning and organization of the Accessible Yoga Conferences by locating venues, coordinating transportation, scheduling lodging, and all other ‘behind the scenes’ details. We communicate with other teams to create a supportive, collaborative, and collective community. By meeting regularly and designating volunteer assignments, we strive to create a structure of systematic support that enables all teammates and attendees to thrive in their experience at the Accessible Yoga Conferences.

Outreach – Outreach@accessibleyoga.org
Irene Vanhulsentop – Outreach Leader

The Outreach Team supports Accessible Yoga by identifying and reaching out to individuals and organizations that share Yoga with communities that have been excluded or under-served. To support those individuals and organizations, we created and maintain a database of contact information. Outreach shares conference, scholarship, sponsorship and International information with this database, which continues to expand.

Inreach
Cherie Hotchkiss – Inreach Leader

The Inreach Team establishes and maintains communications with the participants that attended the inaugural Accessible Yoga Conference - the first Accessible Yoga Ambassadors! We are also connecting with and welcoming new Ambassadors who are registering for this year’s conference. Inreach is organizing all data to create a single system to carry Accessible Yoga forward as it grows.

Scholarships – Scholarships@accessibleyoga.org
Nicole Sanoski – team leader

Working together in an effort to provide financial accessibility to yoga teachers and Accessible Yoga students combined, the Scholarship Team’s goals encompass inclusive communication with new and returning Accessible Yoga Ambassadors. We strive to offer a welcoming environment for new Ambassadors through open communication. We encourage all Ambassadors to get involved by sharing the goals of Accessible Yoga with their personal networks and beyond.

Fundraising – Fundraising@accessibleyoga.org
Maria Amma Fandino co-leader, Michelle Pancake co-leader

The Accessible Yoga Fundraising team is committed to financial accessibility. We raise funds from a diversified group of sources in order to strengthen the mission and network development of Accessible Yoga, and provide access to all who desire it. By conducting donor research to identify new sources of potential funds, we attempt to reach and engage external audiences, caring about building long-term donor relationships. Our fundraising efforts strive for a fundamental transparency practice that demonstrates accountability to donors.

Communications – Communications@accessibleyoga.org
Sarah Elizabeth Helt – team leader, Natalie Dunbar, Bonny Chipman, Sarit Z. Rogers, Itaii Anthony, Durga Hanlon, Dev Rice

Through collaborative efforts the Communications Team uses all forms of social media to reach the public on behalf of the Accessible Yoga Movement. We, as a team, post to Facebook, Instagram, Twitter, and our Accessible Yoga Blog in an effort to keep all our yoga connections up to date on what we’re doing, where, and how. In this digital age, the Communications Team plays a vital role in connecting students to teachers, teachers to institutions, and bringing Accessible Yoga to the world.

International – International@accessibleyoga.org
Hersha Chelleram, Hong Kong; Katja Sandschneider, Germany; Karin Perkmann, Austria; Alessandra Uma Cocchi, Italy; Sivagnaya Reballo, Ireland; Claire Shraddha Feltham, France; Vania Duarte, Brazil; Priya Pernilla Halden, Sweden; Luckshmi Lucy Cannon, Portugal; Laura Piquer, Spain; Heather Sheridan, Belgium; Socorro Maldonado, Mexico/USA

Accessible Yoga Facebook Groups
KanthiDevi Konstantopoulou – Greek
Amma Fandino – Spanish
Uma Cocchi – Italian
Priya Halldin – Swedish
Astrid van Rens – Dutch
Veronique Dallaire & Shanti Texier – French
Vania Duarte & Ivone Sousa – Portuguese

The Accessible Yoga International Team is dedicated to building a worldwide network of Accessible Yoga teachers and students. We engage yogis from all over the world to be aware of the great possibilities that yoga offers to people with disabilities or people that have been excluded from these teachings. By creating a strong network we learn from all the different circumstances in each and every country and support each other in spreading Accessible Yoga around the globe.

Advocacy – Advocacy@accessibleyoga.org
Mary Sims – team leader, Virginia Knowlton, Prakash Capen, Jennifer Gasner, Rose Kress, Steffany Moonaz, Elle Potter

Advocacy, our newest team, came out of our last Conference, where we were inspired to work with disability rights advocates to speak up for inclusion within the yoga community. We are currently working on a campaign to expand the requirements of yoga teacher training programs to include training in Accessibility to make sure that yoga teachers are receiving proper training in this area.
Making yoga accessible means a lot of different things to a lot of different people. This diversity makes the movement beautiful and a necessarily open-ended endeavor. Jivana’s vision for this conference and its structure hits the mark straight on, featuring different presenters working on all different aspects of accessibility.

In my view, making yoga more accessible is not fundamentally a moral or social justice issue. One version of such a moral thought process might be that everyone has a ‘right’ to do yoga and we ‘should’ make this possible. While I believe that this is true, it does not get to the crux of the matter. Rather than being fundamentally a moral issue, making yoga accessible to everyone is revealing the truth about yoga. The ultimate heart of yoga is open to all comers. The underlying yogic realization is not exclusionary. I think this distinction is important. It means that everyone has equal access to the heart of yoga because of the true nature of yoga, not because social justice demands it.

This non-exclusive heart of yoga is perhaps hardest to see in the yogic limb of asana. On first glance, certain yoga poses very much exclude vast portions of the population. For example, many of us will not be doing sirsasana (headstand) any time soon. Much of my work has concentrated on making asana more accessible to people of all abilities. As a person who is completely paralyzed from the chest down, when I started practicing yoga in 1991, there weren’t a lot of open doors. Overtly disabled people weren’t going to yoga classes not because yoga teachers were intentionally discriminating. The truth was that most yoga teachers literally didn’t know how to teach people like me. For example, how am I to learn standing poses?

Such questions and paradoxes are defining features of my yoga practice… and they consume me to this day. It turns out that even asana can be made accessible to virtually everyone. I do not mean that a yoga teacher can teach me only poses that focus on my upper body. The truth is I can be taught the ‘inside’ of standing poses even if I cannot perform all of the actions. This is possible because the underlying principles of yoga asana are accessible to everyone.

I often say that the principles of yoga do not discriminate. Yoga poses do. But this is not exactly correct. Yoga poses unintentionally discriminate when yoga teachers don’t know how to teach the underlying principles that make them possible. To avoid this, a yoga teacher must learn some basic truths about asana. For example, “down to go up” is a principle inherent to any action in an asana; or the truth that a yogi must move “in to go out.” Learning to teach at this fundamental, building block level is what makes asana accessible to everyone. It reveals the heart of yoga.

I hope we cross paths at the conference!

Matthew Sanford once led an ordinary life in a loving family. But at the age of 13, a devastating car crash took the lives of his father and sister and left him paralyzed from the chest down. Advice from his doctors to “forget his lower body,” however, was what really crippled Sanford, leading him to ignore his once-athletic body, until at age 25 he discovered yoga and the healing power of the mind-body connection.

Matthew has inspired and enhanced the lives of thousands as a leading voice in the integrative health movement, a nationally recognized yoga teacher, award-winning author, and an accomplished public speaker. His inspirational story proves that a mind-body approach to trauma and loss can enhance quality of life. He wants the world to know that healing is possible even when a cure is not. He is the author of WAKING: A Memoir of Trauma and Transcendence, and founder of Mind Body Solutions, a non-profit organization dedicated to transforming trauma, loss and disability into hope and potential by awakening the connection between mind and body.

www.matthewsanford.com or www.mindbodysolutions.org
Compassion is the sacred energy that flows from the heart chakra to each and every living being in the universe. As our hearts expand, compassion arises. When it is honored, our personal experiences or hardships, whether physical, mental or emotional, can transform suffering. When observing an injury or pain, try summoning compassion. The refinement of compassion takes root, when your pain (isolating) becomes the pain of others (expansive).

By empathizing with those with enduring pain, their suffering is dignified and often your pain is lessened. This consciousness greatly aids in the development of compassion.

According to Yogic wisdom disease manifests not from the physical, but from the disconnection with our source or spirit. When we are able to remember that we are all beings of love and light, the healing is enhanced.

Yoga is not an allopathic remedy that is used to fight disease. It brings a balance of energies that allows the natural intelligence of the body to correct itself. It is for this reason that most of the gentle practices can positively affect any disease or imbalance.

The constant refinement and rediscovering of the Yogic practices allows each person to gain the benefit of healing. Often healing appears, not as a total physical cure, but as a rebalancing of energies that flow through the body, mind and emotions. It affords a sense of peace and clarity empowering a person to make decisions and alterations based on the highest level of healing.

Weaving the understanding of the miracle of the human body with the elegance of the spirit, allows us to create a new way of accessing the whole person. My entry into working with people who are living with chronic and often debilitating diseases blossomed as I became more and more disillusioned with the western style of medicine. In the need to specialize, the whole was often missed. The separate parts became more important. From this narrowed view, the Spirit within was forgotten.

As yoga students and teachers, compassion takes root as our inner guidance. "As compassion is revealed it allows us to experience a sense of oneness with everything."

It constantly reminds us that it is not the exactness of a technique that gives students the experience of Yoga, but the ability to access sacred healing energy from deep within the heart. All formulas and structures that have been accrued dissolve as we embrace a person in their deepest suffering. A prayer that the person is able to stand or bend without discomfort replaces the alignment once thought to be so important in asana.

When teaching yoga to people with chronic diseases, it is best to include the subtler practices that embrace the totality of who we are from the physical, mental, emotion as well as the, often overlooked, spiritual.

A few ways this can be accomplished: add a brief meditation at the end of an asana session, breathing to the rhythm of a mantra or healing affirmation, expressing gratitude for the blessings in our lives.

Since the heart is truly the center of our being when it is revered, all life is joy. When we have joy in our life a deep feeling of peace is reflected generously to everyone. Healing is now omnipresent.

Nischala Joy Devi is a master teacher and healer. She is highly respected international advocate for her innovative way of expressing Yoga and its subtle uses for spiritual growth and complete healing.

She was a monastic student of the world renowned Yogiraj Sri Swami Satchidananda and offered her expertise in developing the yoga portion of The Dean Ornish Program for Reversing Heart Disease and the Commonweal Cancer Help Program.

With her knowledge of yoga and her experience in assisting those with life-threatening diseases, she created The Healing Path of Yoga, and the “Abundant Well-Being Series” CD’s. Yoga of the Heart, a training and certification program for Yoga teachers and health professionals designed to adapt Yoga practices to the special needs of that population.

Nischala Devi is now directing her energies to bringing the feminine heart perspective back into spirituality and the scriptures in her new book, The Secret Power of Yoga, a woman’s guide to the heart and spirit of the Yoga Sutras and The Secret Power of Yoga audio book (Nautilus Book Award Winner).
Arthritis is the leading cause of disability in the US and includes over 100 different diagnoses. These conditions affect over 50 million Americans, including 300,000 children and half of all adults over 65. Arthritis doesn’t just affect joint cartilage; it can be systemic and have pervasive effects on daily life. Physical activity is recommended as an important part of disease management and many individuals seek yoga as a low-impact physical activity. Beyond physical symptoms, stress can affect pain and disease activity, and yoga is often sought out as a form of stress management.

As a yoga therapist, I have seen transformations happen for people with arthritis, not just for disease symptoms specifically, but in the broader lives of people living with the disease. While yoga changes joint stability, it also helps people feel more stable amidst hectic lives and disease management. Yoga increases joint mobility, and it also mobilizes people to seize new opportunities each day. Yoga reduces stress, and it increases mindfulness — a tool that can be used to experience joys that might otherwise be overlooked. Most profoundly, perhaps, yoga changes stories — life stories. It changed the story of a young woman who was told she’d be crippled by age 30 and now runs half-marathons. It changed the story of a woman, who for 60 years had not realized all she was capable of doing. It changed the story of someone who eventually found gratitude for the arthritis she had been living with since age 2.

Because of the profound possibilities for yoga to change the lives of people living with arthritis, I know yoga to be therapeutic. My research studying the effects of yoga on outcomes such as pain, physical function, fatigue, mood, and more demonstrates that yoga can be used as a therapy for arthritis management. Yoga therapy and the therapeutic effects of yoga are useful tools for this population and I advocate for yoga as a powerful strategy in arthritis management.

When someone with arthritis chooses to practice yoga, it is our job as professionals to provide the teachings they seek, without assuming what teachings will best serve them. That includes meeting our clients where they are, making yoga practices accessible to all, and validating any motivations for pursuing a yoga practice.
Steffany Moonaz, PhD, RYT-500 is a yoga therapist and researcher in Baltimore, MD. Dr. Moonaz spent 8 years at Johns Hopkins University, creating and evaluating a yoga program for individuals with the chronic diseases of rheumatoid arthritis and osteoarthritis. Steffany is now working to bring yoga to people with arthritis in communities nationwide, as well as educating yoga teachers about the unique needs of this population. She also serves as a mentor for several emerging researchers who are working to study the effects of yoga for various health conditions. Steffany is on the faculty for the Masters in Yoga Therapy at the Maryland University of Integrative Health. www.arthritis.yoga

But for someone living with arthritis, the choice to practice yoga might not be about arthritis at all. We must remember that people with arthritis are people first, before they are patients.

Making yoga accessible also requires studying our own biases and assumptions. This means avoiding the assumption that a student/client is seeking to “fix” or wants to focus a yoga practice on physical challenges. It means ensuring that all comers feel equally welcome and equally whole from the moment they enter our doors. It means providing a menu of options for practice without assuming what a particular individual is willing or able to try. While I work almost exclusively with arthritic clients, we focus on the entirety of their life experience across all koshas (subtle bodies) — including, but not exclusive to, the impact of arthritis across the koshas.

You may be surprised to find that someone is actually grateful for their physical challenges, because of all those challenges have brought into their awareness and daily life. I often tell my clients that they are the world’s leading expert of their own bodies; but they are also the single greatest advocate for their own experience and the driver of their own yoga practice. It is our job as yoga professionals to make that abundantly clear through our words, actions and even our thoughts - noticing our own tendencies toward ageism or ableism and the impacts they can have on our clinical decision-making. In that regard, the teacher may become the student, helping to foster greater awareness for both parties, allowing us to see the oneness in ourselves and each other.

After all, most of what I truly know about the deep embodied practice of living yoga in every moment did not come from my formal training. I learned it much later, from people living with arthritis.

Annie Piper has been teaching yoga in and around NYC for over 20 years. Her teaching style is influenced by a wide range of yoga traditions and teachers, as well as her training as an actor, and her study of Qi Gong. She is currently on the faculty at NYU’s Tisch School of Graduate Acting and The Yale School of Drama, and is the co-curator of the NYC Breath In. Annie has trained in trauma sensitive yoga at the Trauma Center in Boston, with Bessel van der Kolk, and with Warriors at Ease and works with veterans in the NYC area. She teaches at Kula Yoga Project, The Shala, and Prema Yoga. www.anniepiper.com

YOGA FOR ANXIETY

Annie Piper

Here in New York City, where I teach, pretty much everyone who walks through the door of a yoga studio is looking to calm down. I remember years ago meeting with my doctor for a routine check-up and confiding that I had “anxiety disorder”. He smiled politely, completely unfazed, and said “90% of my patients have chronic anxiety. It’s what draws us to New York, right?”

I wondered then, why, if we’re anxious, do we want to live in a city that might exacerbate our condition? And I guess the answer is, we gravitate towards what we know, as humans seem to do, and paying attention to, aspects of ourselves which are readily available and familiar. Having an adrenalized city mirror our own tension back at us feels almost cozy.

So what I have spent 20 years trying to teach people isn’t so much asana or pranayama, although that is largely what we ‘do’ in my classes. I seldom, if ever, lecture on The Bhagavad Gita or The Yoga Sutras or The Eight Limbs, although I draw deep inspiration from these sources on my own path. I rarely stop to explain a pose or demonstrate. In fact, I don’t find teaching people how to do a yoga pose interesting at all. What I do find interesting is the challenge of helping students feel the physical practice energetically and emotionally, encouraging a deep and indisputable connection to the present. What I do is try to guide a group of people into energetic coherence and group meditation (via asana, pranayama, and some qi gong), using language that prioritizes the moment to moment experience of moving and breathing and feeling and thinking.

If we gravitate towards what we know, as humans seem to do, then what I want my students to begin to feel, as deeply and coherently as they can, is the possibility of Yoga, union, connection. I want them to find a deep ease that comes with being introduced over and over again to a steady and unwavering version of themselves. I want them to uncover the Self that gets buried under all that noise.

To tap that kind of energy in the room, I use slow, steady, flow; meditation before, during and after; breath counting; music that calms and/or helps us release emotionally and feel our hearts; psoas release; humming; shaking; yin practice. I use things I’ve borrowed over the years from other teachers (God bless them) or learned in trauma yoga trainings. Of course, I also draw on things that have gotten me through all sorts of my own pain and discomfort.

My hope, always is that the space feels safe, that trauma and broken hearts and anxieties have a home here to ventilate, to be seen and felt and not feared.
The Therapeutic Yoga Training Program
Since 1998, offering certified teacher trainings with a focus on the healing aspects of yoga.

New York City: training dates at Integral Yoga Institute
Level I: October 3rd - 8th, 2017
Level II: October 12th - 17th, 2017.

Yoga that meets you where you are and is accessible to all.

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Comprehensive training to work with children and youth ages 3-18.
Learn to teach safely and effectively, with compassion & trauma sensitivity.

You do not have to be a yoga teacher to attend.
Teachers, social workers, counselors, therapists, parents and all others who work with children are welcome.

TRAINING TEAM: Learn from leaders in the field with a wide range of experiences & expertise.
About eight years after receiving my certification, I discovered the real reason I became an Integral Yoga instructor. The Integral Yoga Institute of New York, where I work, was contacted by a nearby high school seeking an after school yoga class. This school serves students who are struggling with home issues, study issues, financial issues and the myriad of challenges facing inner city youth. My job was to find a teacher for this class. I wasn’t having any luck so I taught the class myself for the first few weeks—and then I was hooked.

Of course we teach what we need to learn. My high school years were marked by constant conflict with parents, teachers, society and myself. I hated phys-ed, disliked my own body, felt inferior (and sometimes superior) to others and couldn’t see the point of growing up to be a part of a society I found totally lacking in human values. Then I found yoga.

From my very first class in my freshman year of college, I experienced something I didn’t know was possible. I felt good. Alone on my mat, connecting with my body, tuning in to what I was told was my true self of perfect peace (what?), I was transformed. That was the start of a lifetime of hatha yoga and meditation.

As I taught the high school students that first year, and have taught them for the ten years since, my “technique” is as simple as encouraging them to love themselves. My “syllabus” is the consistent reinforcement of their own acceptance of their bodies. My “curriculum” is Integral Yoga—the easeful body, peaceful mind and useful life defined for us by Swami Satchidananda, the commitment to service and interfaith harmony that are his hallmarks.

My “method” is my own love of how classic asana practice can help everyone in every body and at every stage of life to feel good. I tell students that breath is the best medicine and the only substance their bodies really need. I give them the gift of Deep Relaxation in every class—and sometimes make it the whole class—to show that they are all perfect peace inside. With that bedrock of security, they can handle whatever comes up even in the most challenging of situations.

Often I have only 30 or so minutes with a high school class so I have to boil it down and hope one stretch or one breath or one minute of meditation awakens something in them. I end each practice with, “notice how you feel.” I tell them if they like how this feels, they can do it anytime. They already know how to stretch, they already know how to breathe, and they can just stop and be silent whenever they want. If they get something out of it, I’m glad.

Maybe it will be years later or maybe that same week it will keep them from making a bad situation worse. Who knows? But I get a lot out of it each time I teach, and I heal my own inner self.

The key to teaching yoga to teens—or to anyone, really, in my opinion—is to be a yogi yourself. Inspire students with your love of yoga. Support each one on his journey of discovery. Customize your feedback and encouragement to meet each student where she is. Give them a pass occasionally to just lie on the back and relax. Remember what it was like when you were a teen and how much harder it is now.

Sometimes students I taught years ago stop by to visit. When they tell me what yoga has meant in their lives—whether they practice regularly or turn to it in times of need—I am so grateful to have found my best way to be of service.

Chandra/Jo Sgammato, a former book publishing executive and author, serves as the General Manager of the New York Integral Yoga Institute, where she has worked in a variety of capacities since 1999. As director of Integral’s Yoga At Work© program, she is enthusiastic about bringing stress-reduction techniques to people in all sorts of businesses and companies. She is also the founder of IYI’s Yoga At School™ program, whose mission is to bring the life-affirming, peace-enhancing, health-nurturing benefits of Integral Yoga into New York City schools. Chandra is certified to teach Integral Yoga Beginning and Intermediate Levels, and Cheri Clampett’s Therapeutic Yoga, and teaches regularly at the Integral Yoga Institute.
With other clients, I often include antara kumbhaka (short retention of breath upon inhalation) along with visualizations, such as a healing light flowing in with the inhalation, bathing the area that needs healing, and then breathing out anything that is ready to be cleared or released.

Therapeutic Yoga combines guided meditation, pranayama, restorative yoga, gentle yoga, and hands-on healing, all with a special focus on how to adapt these techniques for individual needs. As teachers, it is our intention, love, and compassion that create the safe space and the freedom for our students to gain the most from the gifts of yoga. These same attributes help us to find the greatest inspiration in our teaching.

Cheri Clampett, CYT, eRYT-500, is a certified yoga therapist with over 25 years of teaching experience. She is the founder and director of the Therapeutic Yoga Training Program. She co-led the Integrative Yoga Therapy Teacher Training and has presented Therapeutic Yoga at the White Lotus Foundation Teacher Training, Beth Israel Medical Center, and the Rusk Institute at NYU Langone Medical Center. Cheri currently teaches yoga at the Cancer Center of Santa Barbara, where she founded the yoga program for cancer patients in 1999. She also teaches monthly workshops at the Santa Barbara Yoga Center, and brings Therapeutic Yoga to the Santa Barbara Healing Sanctuary retreats. As a certified yoga therapist, Cheri focuses on the healing aspects of yoga: freeing the body, breath, and flow of energy through practicing with awareness, compassion and love. Cheri is co-author of the Therapeutic Yoga Kit, published in January 2009 by Inner Traditions, and available on Amazon and at your local bookseller.

www.therapeuticyogatraining.com

There is great beauty in the way that diverse populations are coming together, breathing together, and honoring the uniqueness of each body through the spirit of yoga. The Accessible Yoga movement in particular recognizes this beauty and encourages each practitioner to meet their body with great generosity of spirit, compassion, kindness, presence, and listening.

Compassion and self-acceptance help give us the courage to navigate all that life brings. Guided meditation and pranayama, and particularly the two in combination with each other, are accessible to everyone and are often a great choice both for personal practice and for teachers guiding classes with a diversity of abilities.

Whether it is for healing, wellness, or returning to one’s center, yoga, at its best, harmonizes the physical body (annamaya kosha), mental/emotional body (manamaya kosha), and energetic body (pranamaya kosha). Guided meditation and pranayama can effectively meet the needs of all three in unison.

Guided meditation and pranayama are also a great choice for teachers to share with students. We are giving them tools they can easily use on their own. Particularly for those students dealing with traumatic situations or healing crises, the ability to be proactive in their healing journey can greatly empower them. For instance, at the Cancer Center of Santa Barbara (one of the locations where I teach), I often share guided meditations and pranayama techniques with patients to practice before surgery and difficult procedures. Patients report these tools help lower their stress levels and bring more ease to their healing process.

Similarly, I currently work with a client who has severely limited mobility due to a rare neurological disorder. In addition to the other Therapeutic Yoga techniques used during the sessions, I also incorporate various pranayama and meditation practices, which this client in turn does on his own. Since he can’t move his limbs without assistance, I’ve given him an adapted version of nadhi sodhana (alternate nostril breathing) that does not require using the hands. Instead, I have him visualize the air entering the right nostril and bathing the opposite hemisphere of the brain before exhaling out the left, then repeating in the opposite direction. I generally encourage him to do 8-10 cycles. We practice this technique in our sessions. He reports that it greatly helps him when he is experiencing agitation or has trouble sleeping.
Did you know that teaching people to make peace with their bodies and themselves raises consciousness? It shifts the focus from the external to the internal. Self-acceptance and self-understanding make us better as human beings because it makes us more loving, compassionate and empathic.

We lose our soul in the quest for someone’s idea of perfect. This idea was never ours. It is carefully crafted to make us all insecure. Whatever we choose individually, we as a culture have made ‘fixing our bodies’ our main obsession. We let it consume our life. This idea happens for most of us whether we choose to acknowledge it or not.

Your body is a beautiful instrument, and it is the only way in which you can experience the world. It is deserving of your love and acceptance as opposed to your hate and criticism. What if we could focus on what we have and be content with that? What if we changed our language to the affirmative and positive as opposed to always dwelling in the negative? What could we contribute to this world? What beautiful things could we discover if we shifted our focus?

Our role as a yoga teacher is to help shape consciousness. My role as an activist is to help shift consciousness. What if you choose a conscious life, rather than a life of obsession.
The Accessible Yoga Training focuses on how to make the yoga teachings available to everyone, regardless of ability or background. We’ll explore the many ways that Yoga practice can be shared with students who have disabilities, chronic illnesses, or with seniors. We’ll take a fresh look at why and how we practice, and from that new place of understanding, how we can share yoga with every body.

30 Yoga Alliance CEUs

“The Accessible Yoga 4-day training shifts the perception of modern yoga and returns it to the essence of the yoga teachings. By making yoga accessible, the practitioner and the teacher alike develop a deeper understanding of the true practice of yoga. Jivana Heyman is an incredible teacher who inspires others by his being. He is a living example of authenticity and service.” – Hersha Chellaram

Visit accessibleyoga.org/training.html for more information.

Upcoming Trainings:
- Chateau de Yoga Sivananda, Orleans, France July 5-9, 2017
- Sivananda Yoga Ashram, Reith, Austria July 12-16, 2017
- Spiral Path Yoga, La Crescenta, CA September 7-10, 2017
- Notre Dame Plaza, San Francisco, CA October 9-12, 2017
- Yoga Buzz, St. Louis, MO November 9-12, 2017
- Santa Barbara Yoga Center, Santa Barbara, CA January 12-15, 2018
- High Tide Yoga, Jacksonville Beach, FL February 16-19, 2018
- Yoga NW, Portland, OR, TBA
- Seattle, WA, TBA
EVERY BODY HAS A STORY: YOUR OWN GENTLE APPROACH
Cherie Hotchkiss

Our bodies know our stories because they have experienced our stories. Our bodies feel the emotions produced by our stories. Think of a time you experienced joy, trauma, pain, love, fear, delight, or anger. Your body remembers. It produces chemicals that allow you to experience the sensation again. Imagined stories can be felt in our bodies as well. ‘What if?’ stories can trigger our bodies to experience anxiety or other unpleasant sensations. We can end up detaching from our bodies when the sensations are extremely uncomfortable or painful. Often, we find comfort in the attachment to a story. We attach to a specific story because we experience a gain. We can gain sympathy, understanding, and get help or attention from others, whether the story is negative or positive.

Yoga, as you know, can aid the body, mind and spirit to experience a sense of ease and to experience this moment without judgment. Non-attachment becomes possible with practice and the study of yoga philosophy. The question is, “How do we, as Accessible Yoga Ambassadors, introduce people to this concept?”

There are many people that have not been introduced to, or experienced, yoga at all. Many may have received negative verbal or written information about yoga from the media, friends, and/or family that informs their opinion. Others may have cultural or spiritual beliefs that preclude them from even considering yoga. Even harder to get past, people may have had a negative experience in a yoga class that was inappropriate ‘for their particular body.’ All these factors inform their story “yoga is not for me.”

I created Your Own Gentle Approach™ and began teaching Adaptive Y.O.G.A. Workshops as my personal body challenges limited my ability to teach yoga classes on a regular basis. I found that a positive Introduction to Yoga experience allowed people that are not comfortable in their bodies to want to explore yoga further. I quickly discovered that many people are hesitant to experience yoga in an unknown group setting for the first time. From my own experience with a chronic, debilitating condition, I know that the perceived value of the class must outweigh the cost of energy to attend it. I offer my workshops, free of charge, in National Multiple Sclerosis Society and other support group meetings.

Support groups are safe for people that are struggling and uncomfortable in their own bodies. They have already found the value in attending. As a guest speaker that has the same diagnosis, we are able to relate to each other’s stories because we share a similar experience. My goal is always to help each participant find a bit of ease and to feel successful. These people discover a new story that, yoga is accessible to any body.

‘Every BODY has a Story’ is an Adaptive Y.O.G.A. Workshop designed to allow you to feel some of the physical sensations people managing challenges live with on a daily basis. Your awareness of some of these challenges people face just to attend a class will help you find common ground to relate with them and make them more comfortable in your class. Learning to see invisible challenges will help you use your knowledge and skills to create success for the students the first time they attend your class.

Validating people’s stories is important. We are the authors of our stories, and yoga frees us from attachment to these stories. Encouraging people to release the old stories and create a new story each day can create space to allow healing.

Cherie Hotchkiss, eRYT, YACEP, created and founded Your Own Gentle Approach™. Being a certified Yoga Instructor prior to a diagnosis of Multiple Sclerosis gave her tools to help manage the course of this debilitating disease over the past 18 years. Cherie teaches Adaptive Y.O.G.A. Workshops for the National MS Society support groups, ALS Association, The Cleveland Clinic’s Lou Ruvo Center for Brain Health, and local community organizations, where she helps people with challenges experience the benefits of Yoga. She also teaches yoga instructors an experiential Y.O.G.A. Workshop that allows them to have an experience of practicing yoga with a different-ability to better relate to their students. Recently, Cherie authored ‘Yoga and MS’ for the National Multiple Sclerosis Society website – www.nmss.org. She is currently writing a companion guide for her workshops and producing a DVD.
A CONVERSATION ABOUT YOGA
COMMUNITY

Elle Potter

We are a different kind of yoga community. We see this practice of yoga as something other than the mainstream portrays it, different than how those within the mainstream experience it. We see great depth in the potential for healing and resiliency that yoga has to offer. We see the barriers that exist in making that same potential accessible as clearly as we might see big, pink elephants in the room.

We as humans crave community. We strive to find places where we feel that we are welcome, supported, and feel like we belong. When we feel alone or isolated, our challenges seem magnified. We may learn to rely upon ourselves and ourselves only, but that is a lonely way to move through life.

There is a woman in my community who asked me to tea last year. She was frustrated, because after a year of practicing yoga, she had found that most teachers did not know what to do with her in class. She vented and I commiserated, agreeing that it was unacceptable. I went home that night wondering what I could do. Should I call the studio owner? Should I reach out to any of her teachers? I struggled with finding a solution for her situation, oscillating between frustration and hopelessness.

Her regular presence at the studio hadn’t been enough for the teachers to look for ways to support her practice. A phone call from me wasn’t going to help. I kept thinking of adaptations for her, and struggled to find some way to support her.

I emailed her a few days later, and included a link to the yoga teacher training program I was leading in a couple months. The way I saw it, even if she didn’t become a yoga teacher, what she would learn for herself and reflect back to the others in the training (including me) would be beyond valuable. She told me recently that she took the invitation as a dare. She was determined to prove that she wasn’t an unteachable yoga student. Last December, she graduated from the training. Through the training she developed and shared with the group myriad ways to incorporate a chair into the practice, and is currently working on opening St. Louis’ first accessible yoga studio this spring.

From this one conversation with a dedicated student, I was motivated to find people within my community who deeply loved yoga but felt like
they didn’t belong in a yoga studio. I invited them to take the teacher training. I surrounded myself with people who had different experiences than my own. I shared what I knew, but more importantly, I listened intently to what they had to say. These interactions and conversations have created a shift within our local yoga community. We are empowering people who are truly passionate about creating change rather than forcing it upon anyone who is not ready.

Keeping the conversation positive will shift the entire outcome. Offering insight and possible solutions for creating change will have a different impact than focusing solely on the problems. And above all, it is important to remember; you are not alone in this work.

Yoga Buzz (501c3 nonprofit) Founder Elle Potter (ERYT-200, RYT-500) has been teaching yoga since 2008. She has accumulated over 1000 hours of training, taught over 1000 yoga classes and continues to find new ways to get excited about the practice. Her classes are accessible and empowering, and she is able to teach a room with brand new students as well as seasoned yogis without leaving anyone feeling left behind.

Yoga Buzz was born from Elle’s desire to make yoga accessible, and to use a sense of connectedness and community as the hub of wellness and healthy living. She believes in making yoga inclusive, and continually thinks outside the box for new ways to make the experience joyful, fresh, and connected.

Currently, the non-profit has placed nearly 30 STL residents in a year of yoga on scholarship in one of fifteen partner yoga studios, empowered 21 new yoga teachers with the tools they need to integrate yoga into their professions (with 30 in training currently), and hosted nearly 200 pop-up yoga events throughout the St. Louis area.

TRUE HAPPINESS

Renata Gaertner

I was born 47 years ago in Brazil, and yoga has been part of my life since the very beginning. I began practicing with my mom, Sonia Sumar, who is the creator of Yoga for the Special Child, when I was three. I took my first teacher training when I was twelve. I started teaching children when I was fifteen. It has been part of my life since I can remember being alive. It is always there to help me go through the challenges of life. It helps me to see what to let go of and what to fight for. Yoga, for me, is not only a practice that I do every morning, but it is the way I see and interact with the world.

My sister was born with Down Syndrome. She was two years younger than me. She was the inspiration for the work that my mom and I both do. When she died I was sixteen. I was a teenager and I pushed yoga away. I was looking for my own path. As teens do, I ran away from what could help me in an effort to overcome the pain of losing my sister. Because I was living with my mom who is a committed yogi, I continued to live under the influence of Yoga, but I didn’t want to work at the yoga center anymore. I didn’t want to be a vegetarian. I didn’t want to do daily practices. Then, when I was eighteen, my mom wanted to go to India. She asked me if I could take care of the yoga center. I took the challenge. I love challenges. I have been teaching nonstop since then.

My experiences with my sister and all my students have taught me so much. I have learned to accept the status quo, to always look for new opportunities and new approaches. Each person deserves to have yoga in his/her life. Each person needs to be supported to develop his/her full potential. My mom was never looking to develop a business. She was only a mother trying to help her daughter grow and thrive. I have taken that approach to heart. I observe each student without judging. I have learned about alignment and how each person’s body is unique. I have learned to be creative and go beyond stated limitations. I have also learned to follow the needs of the body, not the desires of the mind. From my students I have learned how to be more open and how to grow in my own practice and life.

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“Through teaching I have learned the true meaning of Santosh, or contentment.”

Swami Satchidananda emphasized its importance to me when I first met him in 1990. He said with Santosh and Ishwara Pranidhana, surrender, we have everything we need to be happy. Every day I experience these teachings and their results as they help me and my students. We grow. We open to our full potential. We find contentment and surrender to the union of Yoga. “You can’t lose your happiness because it is always within yourself.”

Through teaching I have learned the true meaning of Santosh, or contentment.
Renata Sumar Gaertner has been practicing and teaching yoga to children and adults for over 30 years. She is the daughter of Sonia Sumar who developed the Yoga for the Special Child Method®. Early in her life Renata saw the impact yoga had on her sister, Roberta who had Down Syndrome. At the early age of 12, Renata completed her first Hatha Yoga Training Program through Brazil’s Federal University at Minas Gerais (UFMG) and began teaching yoga at the age 15. She continued her studies at the university and received a diploma in speech therapy where she completed her thesis “Yoga as a Method of Global Stimulation for Children with Down Syndrome”. After having the opportunity to meet Swami Satchidananda, she decided to spend several months living at the Integral Yoga ashram in Virginia to further her studies in yoga under his guidance. Renata is currently the Director of the Integral Yoga Center in Belo Horizonte, Brazil and is Co-Director and teacher trainer of the Yoga for the Special Child® Method. She is a member of the Integral Yoga Teachers Association, International Association of Yoga Therapists and Yoga Alliance, where she is a registered experienced yoga teacher, E-RYT 500hrs and E-RCYT.
Therapeutic Adaptive Yoga for Multiple Sclerosis (TAYMS)
Making Yoga Accessible for Every Body

20 Hour Introduction or 65 Hour Certification
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* Learn about multiple sclerosis from expert presenters who have MS and those who have dedicated their lives to providing wellness programs for individuals living with MS and other physically challenging health conditions.
* Develop your skills and understanding through hands-on practices with students who have been diagnosed with MS.

This evidenced-informed training offers practical information about teaching in a wide variety of settings as well as a model for integrating yoga philosophy into practices for body, mind and spirit.

Information at www.tay-ms.com

Karen O'Donnell Clarke,
Certified Yoga Therapist IAYT
TAYMS Director
Living with MS since 1997

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YAMA Foundation is a unique non-profit in Hong Kong that makes Yoga, Arts & Meditation Accessible to all people regardless of ability or background.

YAMA offers adaptive and inclusive outreach programs to communities that would otherwise have no access to any well-being services.

We serve those with disabilities, chronic illness and special needs, as well as vulnerable communities in prisons, inner-cities, social and relief organisations and many others.

Supporter of Accessible Yoga in Asia!
www.hershayoga.com

YAMA Foundation
Yoga Art & Meditation Accessible
yamank.org
Teaching asana to someone with a disability is not that different from teaching the general population, but it requires the teacher and student to pay more attention. When your student arrives, whether it is the first time you've met or the hundredth time you've taught a student, you must see your student’s abilities. How did she get into the room? What assistive devices is she using? What is her demeanor? In addition, it is important to imagine her capabilities. Many times our students don’t think they can do something. We might see the possibilities they overlook. Finally you must clearly see the disabilities this person lives with and do so without flinching. It is unfair to your student to pretend there is no disability visible, or to assume no disability if none is visible. These observations, this way of listening to your students, and do not grab any part of her body and try to move it. Let her know exactly what you plan to do and the reasoning behind it. Then let the student give you input as to whether or not she thinks your plan will work.

As an example, let’s take the asana Downward Facing Dog and see what that pose offers. Lengthening the spine and hamstrings, opening the shoulders and strengthening the arms and core are some of the obvious benefits. Now consider Downward Facing Dog for the student who has a disability, for example, no use of her arms. That takes out the shoulder stretch and the arm strength, but what of the pose does that leave and how can you help the person who has no use of the arms achieve those benefits? I like to build a pyramid of bolsters, three bolsters as the base, two in between those and one on the top. The student’s top thigh needs to be securely held by the top bolster with her feet on the floor. This may require a slightly different set up depending on her height. She can then use her legs to receive the lengthening in her hamstrings and spine. If appropriate, you might help her stretch her arms into the pose.

Reconfiguring a pose to address each individual’s needs by using props, appropriate movement and assistance if necessary, allows every student to not only experience the benefits of each pose, but also offers the ultimate goal of each asana, sthirabandha sukham asanam (steadiness and comfort in the pose).

JoAnn Lyons

JoAnn Lyons has been teaching yoga in the disability community since 1996 and believes that everyone, regardless of physical challenges, can practice yoga. She continues training teachers to encourage others to join her in this work because she believes yoga classes should be available to all. JoAnn has a unique way of presenting her work to teachers that inspires and encourages the teacher to be confident in working with this under-served population.

At its essence, Buddha Body Yoga is a method of breaking down asanas into their simplest form to make the physical practice of yoga accessible for plus-size individuals. We use the weight of the body, the breath and both standard and oversized props to work safely and help students find their way into the practice of yoga. Iyengar-style yoga, with it’s emphasis on alignment and extensive use of props, has greatly informed the Buddha Body Yoga method. We make yoga accessible by exploring alternatives to traditional yogic transitions and poses. These adaptations enable the student to slowly deepen the breath and move the body in an informed, purposeful way.

Buddha Body Yoga modifications allow students to use their own weight to relax into poses, rather than ‘muscling’ through them. For seated and supine poses, the weight around the abdomen is used to release and relax. For standing poses, students learn to redistribute their weight for optimal balance and strength.

One of the most unique aspects of Buddha Body Yoga is the use of the yoga wall to create a feeling of weightlessness in the yoga practitioner. The yoga wall is useful for people of size because the traction of the wall and the strap allow the body weight to drop. Students can achieve back extension and seemingly defy gravity. The body can lengthen and this increases the sensation of space within. In this way, body weight ceases to hinder movement.

Isometrics is also an integral part of the Buddha Body Yoga method. Isometric training, (e.g. holding a pose against the wall or the floor) increases strength of joints, but with less risk of injury than dynamic movement.

At Buddha Body Yoga, students enhance their yoga practice by noticing and, eventually, transforming muscular holding patterns in the body. As they get deeper into poses, students look beyond the asana and follow the breath to a deeper connection within themselves.

Michael Hayes is the proud owner of a “Buddha body” and founder of Buddha Body Yoga™ He holds yoga certifications in Sivananda, Allison West’s Yoga Union, and Yoga Therapy by Daniel Oriansky. He has done extensive study in Iyengar Yoga, Ashtanga Yoga, Thai Yoga, Om Yoga, and yoga anatomy with Leslie Kamnoff. In addition, Michael has traveled regularly to Thailand to study with master teachers. His classes benefit everyone, regardless of their individual anatomy, flexibility, age, or yoga background.
I began studying Yoga in 1984 with a yoga teacher from Brooklyn who became not only my mentor, but my friend. I apprenticed with her, attending and observing all of her classes, watching how she assisted her students. She used various props and adapted the asanas for those who were unable to do the traditional poses. I went with her to various community centers and watched her teach the elderly who were unable to get down onto the floor. She taught them yoga as they sat in chairs. I was extremely inspired by these classes and by these students and knew that this was what I wanted to do.

In 1986 I began taking Hatha Yoga classes at the New York Integral Yoga Institute. I noticed that many of the students were either doing the asanas incorrectly, where they could potentially injure themselves, or were totally unable to perform certain asanas due to physical limitations. I also observed students getting up and walking out of the room due to their frustration and embarrassment at being unable to do many of the poses. This really concerned me because at that time, there were no props, no hands-on assists, and no modifications. If you couldn’t do the pose, then you didn’t do the pose.

After completing my basic yoga training in 1989, I expressed my concerns to my teacher, Swami Asokananda. I told him that we needed a gentler approach to the yoga classes to make them more accessible for people who had physical limitations or who were elderly. He suggested that I put together a Gentle Yoga class. Once the class began, some of the students were in wheelchairs, some used walkers or canes, some had other physical limitations, and some simply wanted a more gentle approach to yoga. With Swami Asokananda’s approval, we ordered straps, blankets, cushions, bolsters and folding chairs. And so, my journey began.

I have always been very concerned about making yoga accessible to everyone; the elderly, the disabled, those with injuries, those with chronic pain, as well as the physically fit. I teach many classes for people with Multiple Sclerosis. Over the years, my Gentle/Chair Yoga Teacher Training program has evolved into a 100-hr certification program. The teachers I have trained work in senior centers, assisted living facilities, and hospitals throughout the five boroughs and New Jersey. I have recently been contacted by New York’s Rusk Institute to develop a Chair Yoga program for people with mild Traumatic Brain Injury.

My hope, as a presenter at the NYC Accessible Yoga Conference, is to offer a workable/fluid sample yoga class with gentle hands-on assists.

“At that time, there were no props, no hands-on assists and no modifications. If you couldn’t not the pose, then you didn’t do the pose”

My intention is to help both teachers and students realize that yoga can be available to anyone who has an interest in learning how to move in a gentle, mindful way, honoring their bodies, no matter the physical challenges or limitations they may have.

This work has been my passion for many years. My goal is to bring compassion, an open heart, a safe haven, a sense of humor and lightness to all of my classes with the intention that my students will learn to love Yoga as much as I do.

Hamsa Spagnola, E-RYT 500, T.R.M., is Integral Yoga certified and has been teaching various styles of Yoga for more than 30 years with compassion and an open heart. She pioneered, created and developed the Gentle/Chair Yoga Teacher Training certification program and the Gentle/Chair Yoga Manual for the Integral Yoga Institute. She teaches for the National Multiple Sclerosis Society in New York and in New Jersey. Hamsa also teaches the various levels of Reiki at Integral Yoga as well as Chakra workshops. She is a traditional Reiki Master through the Loving Touch Int’l. School of Traditional Reiki as well as an Interfaith Minister of Spiritual Healing. Hamsa is an active member of IYTA, Yoga Alliance and IAYT.
CULTIVATING THE DEAF YOGA COMMUNITY

Jessica Frank

“But I didn’t know how I was supposed to breathe.”

“It was impossible to observe what was happening when I was in inversion.”

“I never knew what the instructor was saying in the beginning of the class.”

The above statements are some of the most common frustrations among Deaf people who practice asana in classes led by hearing yoga instructors. Deaf people, particularly those with able-bodied privilege, often join mainstream yoga classes. Guided in spoken language Deaf students can only pick up bits and pieces as they follow the movements of the hearing instructor and their fellow yogis. They are not given the same opportunity to practice yoga with ease, nor given access to the more critical aspects of yoga practice, such as breathing, meditation, and philosophy.

In 2007, Lila Lolling, a hearing yoga instructor fluent in sign language, felt called to establish the nonprofit, DeafYoga Foundation. The Foundation was intended to create access to yoga in sign language and to support the cultivation of a Deaf-based yoga community. One of the organization’s biggest projects is the establishment of an accessible yoga teacher training for Deaf yogis. The trainings use sign language interpreters and encourage leadership and connection among Deaf yogis. The yoga teacher training takes place annually in June at the Sivananda Yoga Ashram Ranch in New York. In the summer of 2011, I was one of the three Deaf students that participated in the training. Being provided this kind of access was truly life changing because I was given the tools to undergo a profound sense of self-healing and the opportunity to share these tools with my community.

Since my training in 2011, Lila and I have worked together to co-facilitate the DeafYoga Foundation. It has been a beautiful experience to witness the ways yoga is taught to Deaf people evolve through the years. We have found that the most successful Deaf yoga classes are small in size, preferably 12 students at most. The classes are designed to adhere to Deaf people’s visual and tactile senses. A smaller-scale class ensures the instructor continues to be within students’ peripheral vision. Introductory classes include more visual demonstrations, and classifiers (handshapes) are utilized to describe proper alignment and movement. All the content is presented in sign language, including the prayer portion in the beginning and the end of class. Prayers in Sanskrit are presented through the use of mudras, an auxiliary sign language we were able to incorporate in our teachings by working with Bharatanatyam Indian dancers.

To date, nearly 50 Deaf people have become certified yoga instructors and have gone on to teach yoga classes in American Sign Language across the country. This is such an important response to a phonocentric world that consistently questions Deaf people’s ability to educate and lead. Making yoga accessible to the Deaf community is a form of healing and a form of activism that empowers.

Jessica “Kalyani” Frank is an advanced Deaf yoga teacher certified under the Sivananda lineage, and has been teaching for the past six years. She received her first teaching certification in 2011, her advanced teaching certification in 2014, and recently became a certified Trauma-Informed Yoga instructor in February of 2017. Yoga has had such a profound impact upon her life, and she loves sharing the treasured teachings of this Eastern practice with the signing community in southern California, where she currently resides. She is now focusing on using yoga as a tool to encourage healing among survivors of violence in the Deaf community. She also co-facilitates DeafYoga Foundation with Lila Lolling, leading efforts in making yoga accessible to Deaf people across the country.
One day, in 1985, I was sitting on a rock in the Mojave Desert with my friend, who had taken up yoga. There, in the hot sun, she taught me the yoga sequence, Salutation to the Sun. Even though I was nervous about whether I could do yoga as an amputee, I practiced Salutation to the Sun along with her. Immediately I experienced a deeper bond with my own body and the world around me. It was as if all my defenses were gone. In that brief encounter, I felt free, whole, and at peace. Life, even with my artificial leg, felt more than possible, without limitation. In a flash, I was awake, aware and connected to something bigger and better. What was it about that yoga moment that changed my life forever?

For amputees, feeling rooted is paramount. When we lose our connection to the ground or the space around us due to limb loss, balance and stability are essential to reclaim our place in the world. Yoga postures help us stand or sit tall, boosting our self-confidence and our self-esteem. Our steadiness improves, due to yoga’s focus on proper alignment. This helps us to navigate terrain more easily.

Deep breath expands lung capacity. The more oxygen we receive, the easier the exchange between carbon dioxide and oxygen. Less stressed breathing positively affects all the systems of the body. Circulation improves, with better blood flow to the organs, bones, muscles and joints. Better breathing soothes the nervous system, clearing the brain, reducing mental stress. Immune response improves. For many amputees, who lost their limbs to cardiovascular issues or diabetes, the positive effects of pranayama on our immune and blood system can be profound.

One of the most important benefits of yoga for amputees is the reduction of pain. Phantom pain and chronic pain, which are debilitating and draining, are common with amputees. When a typical day is spent trying to avoid pain, an amputee can get quite discouraged. The yoga practice of mindfulness, coming to awareness of now, does something interesting to the body. The breath begins to elongate, which tones the parasympathetic nervous system, which then sends messages to the brain that all is well. The “don’t worry, be happy” mantra kicks in throughout all the body systems and pain subsides.

Self compassion, or ahimsa, helps an amputee heal feelings of grief over limb loss. Our body image changes, and any sense of separation from self and others dissolves. Yoga is designed to help us remember what has always been there all along – our wholeness, the beauty of the divine that radiates from within.

So what was it that impacted me so much on that day in 1985 in the Mojave Desert when I was introduced to Salutation to the Sun?

For the first time in my life, my spirit felt truly free. I had been carrying around the weight of my cancer, my amputation, and my ‘difference’ like a well-worn bag of hardship. When my face shone toward the sun, I was reminded that I was part of this vast universe. I hadn’t been abandoned or left to fend for myself as I often thought. I dropped the bag, shook out the contents, which turned out to be jewels in the making, and continued to salute the sun. Every amputee deserves to be full of their blissful nature, to see their divine purpose, and their connection to the greatness of the universe. Yoga can make that happen.

Marsha Therese Danzig, Yoga Teacher, RYT 500, M.Ed Harvard, is a below knee amputee and Founder of Yoga for Amputees®. She is a childhood bone cancer survivor, kidney transplant recipient, and the first below knee amputee in the country to become a yoga teacher. She has over three decades experience as a yoga practitioner and yoga teacher, with over four decades living as a below knee amputee. She is the author of From the Roots, a breathtaking memoir about life as a survivor, a spiritual seeker and soul healer. Her next book, Yoga for Amputees will be released in fall 2017.
GET FIT WHERE YOU SIT!
Brenda Yarnold with Lakshmi Voelker

Have you ever gone to a chair yoga class but were unable to accomplish some of the asanas adapted to the chair? In the workshop Get Fit Where You Sit, presented by Brenda Yarnold, you will learn how the Lakshmi Voelker Chair Yoga approach makes every pose on any chair accessible through multiple levels of flexibility. Whether you are on a wheelchair or an office chair, you will learn how every mat asana can be adapted to a chair with levels of flexibility to match your personal “SatNam”—your True Identity!

We all have different bodies/minds and need to feel safe on the chair and still have fun doing so. This is a program of freedom and fun and acceptance. You will learn the practice of Ahimsa (non-violence) and Satya (truth) while sitting on a chair. We also accept that this is different and that is okay—very okay!

Perhaps your flexibility varies side-to-side or upper body vs. lower body. You modify asanas to fit your level of flexibility while still bringing the age-old, well-researched yogic benefits to the chair. Everyone’s asanas will look somewhat different, accommodating various levels of flexibility and individual challenges.

The chair becomes an extension of your body! The seat an extension of your lap, the back your back and legs your legs. The chair now is a wonderful tool for transformation. The wheelchair/chair becomes your friend—not your enemy.

You enter into tadasana, mountain, by coming toward the front edge of the chair. This position begins to engage all muscles naturally and safely. Press down the three points in your feet (under the big toe and the pinkie toe in the ball of the foot and the center of the heel). Align the legs hip width apart. You then zip an imaginary jacket up the front of your body lengthening the spine and lifting the sternum. Your chin drops into alignment by resting it on a fist. The imaginary jacket turns around so you zip down your back again aligning the spine. Crown up, sits bones anchored to the chair seat, shoulders rolled up, back, and down, palms face down on your thighs to fully ground your mountain. The muscles are engaged as you start burning calories just by sitting up on your chair. (The mountain is the reverse of what is fondly known as “slump asana.”) You then close your eyes and imagine your favorite mountain and say out loud or to yourself, “I am the mountain. I am stable, solid, and secure!”

Your body-mind dynamic has changed. Your life has changed just by sitting up on the chair, grounded and at the same time lifted, so you do not “load your spine.” From this divine asana all the other asanas emanate and return. You become happy and free and your confidence and self-esteem are lifted to the Light of Your Spirit! Let the healing begin.

The program will include the Chinese Acupressure, Hand and Knee Movements, Do-In, Foot Reflexology, Sun and Moon Salutations, Matrika Shakti, Kirtan Kriya and Pranayama. Lee Albert’s IPT (Integrated Positional Therapy-strain/counter strain to relieve painful muscles) adapted to the chair with levels of flexibility will also be introduced. We will incorporate joy and humor into the program so “hold onto your chair—be ready for a fun filled experience.”

Brenda Yarnold, M.A., E-RYT 200, E-LVCYTT, has always had a desire to help others, particularly those who may feel “out of place” in their bodies either because of illness, weight issues, age, or otherwise. Brenda was certified in Lakshmi Voelker Chair Yoga in August, 2014, after which training she knew she found her path, and she is thrilled to bring yoga to every-body. Brenda has a substantial practice on the Jersey Shore, mainly working with seniors. She has an eclectic background in functional anatomy, and strives to show others how to trust their bodies by allowing the breath to be their most personal guide. She is presently working towards her 300-hour certification in Yoga Therapy at Kula Kamala in Reading, PA. Brenda is known for her compassionate and non-judgmental teaching style, and her classes are challenging to her population yet fun. She shows her clients how to create a pain-free body, thus allowing them to live fully the life they desire. Brenda lives on the Jersey Shore with her husband, two wire-fox terriers, and a black cat. She loves to run, especially while rockin-out to Tom Petty.

Lakshmi Voelker, eRYT-500, KYA, IAAYT is a certified Kripalu yoga instructor, a member of the Yoga Alliance and International Association of Yoga Therapists, and holder of other certifications. Lakshmi is celebrating her 50th year in the yoga world and has dedicated her life to creating accessible paths to wellness. By creating Chair Yoga, she was able bring adaptive fitness and exercise programs to those who could not benefit from traditional methods of physical activity due to age or limiting physical condition. She created Lakshmi Voelker Chair Yoga™ in 1982 when one of her students was stricken with arthritis and could no longer get down on the floor to practice Yoga. In 1999, she authored and produced her widely acclaimed “Lakshmi Voelker Chair Yoga: The Sitting Mountain Series” CD/cassette. Following the success of her CD, she then created the first Get Fit Where You Sit!® DVD Video, a series of Innovative Chair Yoga Fitness and Exercise DVDs in 2007. She made breakthroughs in two areas: extensive 20 minute step-by-step instruction of each class providing multiple levels of flexibility (LOF) and shorter 10 minute chair yoga classes. Lakshmi certifies Lakshmi Voelker Chair Yoga™ teachers (LVCYTs) around the world via live certifications and online teacher trainings via Skype. There are now 1500 LVCYT’s worldwide. www.getfitwhereyousit.com
TOOLBOX FOR ADAPTIVE YOGA

Mindy Eisenberg

These are the most effective props available to an adaptive yoga instructor. Our job is to help students find freedom and healing within their own abilities; to create an atmosphere where laughter and community is encouraged; and to have ready an adaptation of any pose to empower students with the knowledge that they can take charge of their well being. I will share with you techniques I have learned over 12 rewarding years of teaching small group adaptive yoga classes.

Adaptive yoga helps students with chronic conditions and movement challenges, including those with Multiple Sclerosis and neuromuscular conditions. Students face a variety of physical and cognitive challenges. They may enter the classroom with such symptoms as impaired vision, balance or ambulation, fatigue, vertigo, muscle spasticity and rigidity, or physical pain. They may be experiencing memory impairment, depression and anxiety. Through adaptive yoga, an instructor can turn an embarrassing symptom outside the yoga classroom into a healing moment within the shala (yoga space).

With warmth and loving kindness, the adaptive yoga instructor creates an atmosphere of acceptance regardless of the symptoms that are presented. As an instructor you are a facilitator attuned to feedback and ideas from students and co-instructors. The ripple effect of one idea leading to another can often result in a wave of new ideas and experiences about how to approach a pose. It may not be elegant, and a

“When I walk across the threshold into the yoga studio, there is no judgement. We are all the same. Yoga provides that respite and solace I can’t find elsewhere. For two hours, I am able to leave MS at the door.” Liz

pose is not “one size fits all.” With creativity, a sense of intention, and student input, a single pose can fit all body types, whether flexible or stiff, short or tall, muscular or lean, with the ability to ambulate or those who use a walker, wheelchair, or scooter. You can help students harness their inner power and manifest changes they might never have considered possible given the chronic conditions and movement challenges they face.

Students and instructors readily offer their talent, intellect, creativity and love in each class, uplifting the tone of the room exponentially and inspiring all who are present. Together, we create an empowering community that goes off the mat and well beyond the classroom.

Mindy Eisenberg, MHSA, ERYT-500, C-IAYT, is the author of Adaptive Yoga Moves Any Body and the founder of Yoga Moves MS, a nonprofit 501 (c) (3) organization. She has provided yoga therapy to individuals with multiple sclerosis, and neuromuscular conditions in southeastern Michigan for over 12 years. As a perpetual student, she seeks to learn from the best yoga and meditation instructors in the country. Her experience as a hospital administrator at the University of Michigan Medical Center contributes to her ability to bring the Yoga Moves philosophy of healing and the importance of the mind body relationship to the health care arena. Mindy is a qualified MBSR teacher from University of Massachusetts Center for Mindfulness. She has a BS from Northwestern University and a Master in Health Services Administration from University of Michigan.

“Being back in control of my life and learning to accept my new body is empowering. I am no longer afraid of my MS. Yoga opened up my world and gave me purpose.” Mary

“When I walk across the threshold into the yoga studio, there is no judgement. We are all the same. Yoga provides that respite and solace I can’t find elsewhere. For two hours, I am able to leave MS at the door.” Liz
YOGA FOR AUTISM: THE SAMADHI SPECTRUM

Sharon Manner and Margabandhu Martatano

Samadhi Spectrum strives to connect the autistic community with yoga and mindfulness. Classes are tailored to help individuals on the autism spectrum cope with everyday issues through the use of yogic techniques. Samadhi Spectrum teachers learn to use yogic practices, such as asana, breathing and yoga nidra. These tools help to alleviate such symptoms as poor digestion, anxiety, obsessive-compulsive disorder and mania in those with ASD (Autism Spectrum Disorder).

Samadhi Spectrum teachers are employed at centers throughout central NJ. One such program is Independence360 (formerly The Center for Independence). Director, Kim Rushmore, has supported the program since the beginning. “We can’t praise the amazing instructors from Ashrams for Autism enough. Since the initiation of our program, clients have experienced a decrease in anxiety symptoms such as panic, scripting, and generalized worry. We have also seen an increase in communication and positive social skills.”

Students look forward to the positive support and innovative teaching techniques. Some students were resistant to yoga in the beginning but are now practicing the breathing and trying some of the poses. As Rushmore notes, “This is directly related to the positive motivation given freely by these instructors. This compliments the philosophy of our program and enhances their personal development, social skills and life skills training.”

Those who witness the approach believe that this program has the power to transform lives. One student says, “Yoga makes me feel relaxed.” Another student says, “Yoga teaches me to breathe. Now I can stay calm and not have as many panic attacks.” And yet another student, concerned about a very stressed relative, decided to share the treatment approach by buying his uncle a yoga video, “So he could feel calmer.”

Recently, Sharon Manner partnered with Dr. Marc Rosenbaum, founder of Education for Excellence and author of Masterful Parenting, to expand the Ashrams programs to include trainings for parents and professionals who work with individuals on the spectrum. These trainings teach social-emotional learning as well as stress management through yoga and mindfulness. This goal is to help create a more relaxed and mindful home environment. All Samadhi Spectrum programs aim to help those with autism lead more peaceful, easeful and useful lives. Sharon Manner and her partners know that yoga has the power to do just that.

Sharon Manner’s greatest inspiration is her daughter, Kerri, who is diagnosed with ASD. Already an established yoga teacher and member of the International Association of Yoga Therapists, Sharon began teaching children on the spectrum and saw major improvements in behavior. Sharon partnered with John Margabandhu, director of the Integral Yoga Institute in Fair Lawn, to create a comprehensive program, backed by research of the causes of symptoms associated with ASD.

Sharon Manner is the creator and founder of Samadhi Sun Yoga School and Ashrams for Autism. Her sanskrit name, Sharanya, means “The Giver of Refuge” and perfectly depicts Sharon’s compassion and selfless giving to those in need through her teachings and charitable foundation.

Sharon has been teaching and practicing yoga for four decades, and she and her team have successfully guided countless trainees towards becoming compassionate and knowledgeable yoga teachers. Sharon embodies the ultimate goal of yoga and strives to incorporate this philosophy into her daily life and teacher trainings. The yogic knowledge she has acquired can be accredited to Sri Swami Satchidananda, John Margabandhu Martarano, Swami Ramananda, Swami Brahmananda Sivananda, Swami Ashokananda, Mukunda Stiles, Nischala Joy Devi, Guru Darham, Gurmukhi of Kundalini Yoga, Dr. Rachel Hott of NLP Center of New York and many more.”
In 2002, my friend Francesco Clark dove into a swimming pool and broke his neck. C4 and C5 vertebrae were shattered, severing spinal nerves—not completely, but enough to leave him quadriplegic. As soon as Fran was released from the ICU, I rushed to visit him. He didn’t want sympathy; he immediately asked me about my time in yoga teacher training.

I think all yoga teachers have a moment, perhaps difficult to articulate, not for a lack of clarity but because of its purity, when they feel the calling to teach. I had one there: I’d become a Yoga teacher so I could help people. But Francesco was paralyzed; how could I help him with yoga? By remembering what yoga truly is.

Yoga is not just asana. Asana is part of yoga, and is the doorway through which people discover that yoga is a design for living. Yoga unites spirit, mind, breath, and body—even for those who cannot move or breathe on their own.

As I sat in the hospital it took me a while, but thanks to the adaptability and thoroughness of my Integral Yoga teacher training, I remembered the keys to yoga: The breath, mindfulness, and meditation.

I led Francesco through Deergha Swasaam, Deep Three-Part Breath. He felt calmer and almost instantly more relaxed. This was not just pleasant but crucial. In these early days, Francesco, like others who undergo trauma, was suffering from PTSD. As anyone who has studied yoga knows, the stress response inhibits healing. Francesco was also going through very invasive and painful medical procedures on a daily basis. This added to his discomfort and was a new source of pain which, along with realization that his life would now change drastically, exacerbated his already high stress levels.

Deergha Swasaam kept him calm. When he woke up from a nightmare, he would breathe his way back to a normal heart rate. He practiced during medical procedures and whenever he felt the vice of stress closing tighter. We practiced breathing meditations together every week for over a year.

Today, Francesco is still in a wheelchair. He’s also the CEO of Clark’s Botanicals, the high-end skincare line he developed, and he’s a National Ambassador of the Christopher and Dana Reeve Foundation. He is an unstoppable force of forward movement. Because of this, he has become an inspiration to many, and the giver of a great gift to me: He gave me a chance to be useful.

Yoga can save the world. Part of what we do in Accessible Yoga is to find out how to adapt that statement to ourselves and the opportunities we’re given. My adaptation was remembering that yoga is much more than asana. There is a large group of people whose movement may be extremely limited and who may not even be able to breathe without assistance. How can we adapt yoga to them? How can pranayama and meditation help?

You may be given the opportunity to find out, and if you answer that call, you may receive the gift of seeing, as I did, how yoga can change the world—one person at a time.

Suzan Colón is the author of *Cherries in Winter: My Family’s Recipe for Hope in Hard Times* and the forthcoming book *The Yoga Tools*. She is an Integral Yoga Institute instructor and teacher trainer and has taken courses in Yoga for Arthritis, Therapeutic Yoga, and Yoga for People With Cancer.
THE LANGUAGES OF YOGA:
BRAIN SCIENCE-BASED YOGA TOOLS

Sarahjoy Marsh

In many settings where we teach yoga classes, our primary tool is language. We may not do hands-on adjustments, we may not have props to offer, or we may not be in a setting that would encourage a demonstration. Therefore, the importance of skillful, strategic, and specific language tools becomes paramount to facilitating a yogic experience that speaks to the brain development of the students while simultaneously nourishing our brains to be at their best.

My focus is to provide an overview of language for specific brain centers, such as the neo-cortex, precuneus, insula, amygdala, and hippocampus, as well as language tools for right brain and left brain yoga explorations. It is important to explore subtle shifts in language in a yoga class because they can influence the attachment styles of our students (anxious-ambivalent, avoidant-dismissive, disorganized, or secure).

In many programs offered through yoga outreach, students have experienced trauma, both developmental and acute. With developmental trauma, the precuneus may be underdeveloped or pruned back in favor of resources directed toward the amygdala. Language is a powerful tool that supports a student to both develop a sense of self and to cultivate interoception (the ability to sense and interpret bodily sensations and emotions). As yoga is likely to stimulate a variety of internal sensations, some of which may feel frighteningly similar to PTSD sensations, language is a critical component to how we, as teachers, safely support students to navigate this inward journey.

Similarly, with the insula, a social engagement and empathy center in the brain, learning how language “turns this on” strategically becomes a vital tool for yoga classes. Some of our students’ developmental histories may have required them to merge, dissociate, over-empathize with a care provider or perpetrator, or to feel more porous emotionally than they can tolerate without self-harm tools that numb or distance them from feelings. With specific language tools we help our students to avoid reinforcing developmental traumas while also awakening the insula as a resource for both their compassion towards others and compassion towards the parts of themselves that have been in pain.

Developmental trauma creates pockets of discrete memory in our right brains, stored there until we have the resources, both external and internal, to explore, understand, and heal those trauma pockets. Utilizing right and left brain strategies in a yoga class helps us to help our students pace themselves, while also developing the mindfulness, emotional resonance, and interoception skills that will enable them to have some inner leadership in their healing process.

Additionally, as more students with developmental trauma join yoga programs, teachers need to understand how attachment styles show up in yoga classes and how to use language that nudges students toward secure attachment. This knowledge empowers teachers to create healthy classrooms, prevents front-line delivery provider burn-out, cultivates compassionate responses for ourselves and our students, and prevents us from misunderstanding a student whose attachment style makes us feel overwhelmed or insecure (because our attachment networks are also involved in this relationship).

Sarahjoy Marsh, MA, E-RYT-500 yoga teacher, therapist and author, is a vibrant, compassionate catalyst for transformation to those that suffer from addictions—in particular disordered eating patterns/emotional eating. The combination of her ability to identify when a conditioned mind crowds out clear thinking and to inspire the courage to bring insight into action, her knowledge of powerful yoga and mindfulness tools, her perspective on the terrain of the stages of recovery and the tools to use along the way to recovery make her methodology (outlined in her book Hunger, Hope & Healing: A Yoga Approach to Reclaiming Your Relationship with Your Body and Food) a comprehensive and effective healing modality. Her 25+ year training and facilitation background includes transpersonal counseling, art therapy, and community mental health, the psychology of yoga, Ayurveda, and rehabilitative yoga. Committed to supporting marginalized populations and using yoga for social justice Sarahjoy founded two non-profits, Living Yoga and the DAYA Foundation. www.sarahjoyyoga.com
Anyone who has practiced for a while knows the truth about yoga: it is not about the body. It’s about getting the mind quiet enough to reveal our own heart. So, really, yoga is about working with the mind to get it to calm down. But, if you look around the yoga world, you’d think yoga was about doing advanced asana, and this sends the wrong message to people who can’t or don’t want to do those kinds of poses. I’ve talked with many people who say, “I can’t do yoga because I’m not flexible,” which is really like saying, “I’m too dirty to take a bath!”

Maybe, as yoga teachers, it’s our own fault. Could we be lying to ourselves? Could we have fallen for the marketing and started to believe that yoga is just about the body? By idealizing asana and ignoring the other practices of yoga—pranayama, yoga nidra, meditation, etc.—we are actually limiting who can practice. Ironically, it’s these subtle practices which get to the heart of yoga, and are the most accessible.

Yoga is about revealing our sacred heart. The sacred heart is a secret heart quietly whispering to us all the time, “I am peace, I am love, I am divine.” But, we’re too busy to listen.

The only way to listen to the heart is to quiet the mind. In the Bhagavad Gita, Krishna reveals the secret of yoga to Arjuna.

“There is neither wisdom nor meditation in an always-changing mind. Without a meditative, one-pointed mind, there is no peace. And without peace of mind, how can anyone be happy?” (2:66)

The reason that the mind is so busy is that it’s filled with desires. Things we think we need from outside of ourselves to be happy—our attachments. But, if we trace every desire back to its root, we see that they are all connected to our essential desire to touch the sacred heart. Krishna goes on to teach Arjuna that all desires stem from the same root, the desire for peace.

“Someone with personal desires will not experience true peace. But when all desires merge, like different rivers flowing into the vast, deep ocean, then peace is easily realized.” (2:70)

Krishna teaches us that once the secret is revealed, then peace is easily realized. That’s very powerful, because most of us are struggling to find peace. We may practice yoga for years and years and still feel disconnected.

We need to find a way to bridge the gap between what we think yoga is, and what it really is. Yoga works because all of the practices are designed to calm the mind and turn our attention inward. So, it’s possible that the benefits of yoga will come anyway, even if we don’t listen to our own secret messages. But, wouldn’t it be easier to be honest with ourselves about what yoga is really about, and direct our energy and attention to the goal? Would we find more peace in our lives if we could focus our practice on quieting the mind and revealing the sacred heart?

Jivana Heyman, eRYT-500, C-IAYT, IYM, is founder of Accessible Yoga, which includes Conferences, Trainings, and a new online Network dedicated to sharing yoga with every body. He is co-owner of the Santa Barbara Yoga Center, and an Integral Yoga Minister. With over twenty years of training and teaching in the Integral Yoga tradition, Jivana has specialized in teaching yoga to people with disabilities with an emphasis on sharing yoga philosophy. His passion is making yoga accessible to everyone. He has led over forty yoga teacher training programs over the past 16 years, created the Accessible Yoga Training program in 2007, and currently leads trainings around the US and in Europe. In December 2015, Jivana was invited to teach Accessible Yoga at the United Nations in Geneva, and continues to work toward expanding access to the teachings of yoga. For more information about Jivana and to find dates for upcoming Accessible Yoga Training programs please visit www.accessibleyoga.org.
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Search by location or topic
For example, “Do you know anyone in San Francisco who has experience teaching yoga for people with arthritis?”

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PRODUCT SPECIFICATIONS

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<thead>
<tr>
<th>Sitzon in the folded position</th>
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<tr>
<td>A. Overall Height (top of backrest to ground)</td>
<td>approx. 34 in. (864 mm)</td>
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<tr>
<td>B. Overall Width (side arm to side arm)</td>
<td>approx. 23 in. (584 mm)</td>
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<tr>
<td>C. Overall Depth (front to back)</td>
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<td>D. Overall height of unit in the up position (top of backrest to ground)</td>
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<tr>
<td>E. Height of seat from ground in the up position</td>
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<td>F. Height of seat from ground in the down position</td>
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<td>H. Width of backrest</td>
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<td>I. Width of seat</td>
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<td>K. Height of base</td>
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<td>M. Length of base</td>
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<td>Total unit weight</td>
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<td>Maximum weight capacity</td>
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Chair Operational Ascending/Descending Times

| Chair Ascending Time (unloaded) | 12V |
| Power Input | 90W max. 12V |