

Integral Yoga Institute New Jersey

JANUARY - FEBRUARY 2019 NEWSLETTER



Realize the Divine in you

“To love everybody or everything as the spirit, you should realize your spiritual truth; you should realize the divine in you.”

“God bless you. Om Shanti, Shanti, Shanti.” —Sri Swami Satchidananda”



ONGOING CLASSES

HATHA YOGA CLASSES & PUJA

	MON	TUES	WED	THURS	FRI	SAT	SUN
HATHA I BEGINNERS or MULTI-LEVEL	10:30am 7:00pm	10:30am 7:00pm	10:30am 7:00pm	10:30am 7:00 pm	10:30am	11:00am	11:00am
INTERMEDIATE HATHA					7:00pm	9:00am	
PUJA (Ecumenical Service)							10:00am

Dear Friends,

**January and February's weather may be bitter cold and challenging with snow
but we can weather the "storms" when we have yoga in our daily lives!**

See you in class !

OM SHANTI!

HATHA I-BEGINNERS

Welcome! Please try to arrive 15 minutes before class. Classes begin promptly and end after approximately one hour and twenty minutes. These classes are suitable for most anyone to "come off the street" and find yoga doable. A time to relax the body and mind and start the inner healing process.

HATHA MIXED LEVEL

Any of our Beginner Yoga Classes can be adapted to provide students more time in the pose as well as additional poses based on student population presented.

HATHA II INTERMEDIATE

Continue the journey and refine your yoga practice. Improve form and create a solid foundation to allow the asanas to become tools for higher awareness and begin to experience the benefits of these practices on a much deeper level. It is recommended students become familiar with the basic class before attending the intermediate.

NEW TO YOGA?

Take your First Class Free!

Then your first two months of unlimited classes for only \$99.00!

(FOR NEW STUDENTS ONLY)

REGULAR CLASS FEES

\$18.00 for a single class

\$108.00 for one calendar month of unlimited classes (plus 10% discount in store)

\$65.00 for a half month

WHAT TO WEAR: We suggest comfortable, modest clothing that will allow the body to stretch easily, such as a leotard, sweatpants and a shirt, or shorts and a T-shirt. Please refrain from wearing heavily scented perfumes.

IF PREGNANT: please call the Institute to discuss options. We have a certified Yoga for Pregnancy Instructor on staff who can provide private classes as well as groups as needed.

LATECOMERS can not be admitted once the class has begun in order to not disturb students who have already begun to relax.

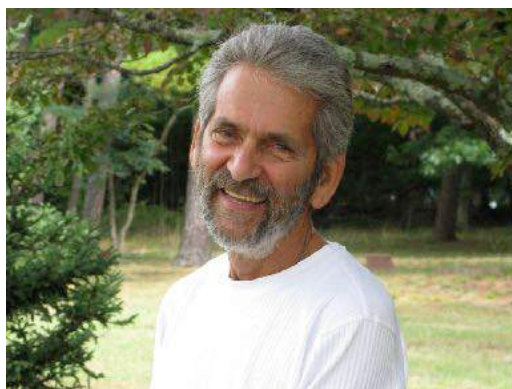
PRECAUTIONS: If you have any major health problems, please let the teacher know before class. During their menstrual periods, women are encouraged to practice more gently, with more emphasis on relaxation and alternate nostril breathing. It is advised that pregnant women refrain from taking our regular class. Please call and inquire about Pre-Natal classes.

SUNDAY MORNING PUJA

Swami Satchidananda was dedicated to the principle "Truth is One, Paths are Many." His teachings have brought together people of all backgrounds and beliefs so that they may learn to respect the different paths and realize the common spirit and universality of our spiritual goals and to "Find Unity in Diversity." The Integral Yoga Puja is a special service that allows us to practice and realize these truths. The practice of puja allows us to open our hearts and to calm our minds so that we may experience all that is spiritual in our lives. During the puja we offer personal prayers, chant and meditate upon the Divine and acknowledge the light that shines within us all.

Open to All faiths, everyone is welcome. Sunday 10am

Classes with Margabandhu



New Year's Resolution Yoga

We all have experienced how difficult it can be to stick to our New Year's Resolution. Some have given up the practice entirely. Having goals and sticking to the process of achieving them is primary in developing ourselves into happier, healthier, and more productive people.

Margabandhu is here to help! For two Wednesday evenings allow Margabandhu to guide you through a special yoga class mixed with relevant guidelines for maintaining our resolution and realizing their results.

Wednesdays 7:00pm - 8:30pm

January 2, 9, 2019

\$70 for series, \$40 per class.

An Additional \$10 per class for those Registered for the Month.

Pranayama

**Unlocking the
Secrets of Breathing Practices
for Better Health, Mental Acuity,
and Spiritual Connection.**

Experience is the Best Teacher! Margabandhu has been practicing and teaching Pranayama for 50 years! He and many others have used Pranayama to help heal from injuries and sickness, as well as revitalize his system to be a vehicle of positive balanced and supercharged energy, allowing others to experience improved health and well being. You can too! Come learn how!

**Saturdays, January 5, 12, 19, 26,
2019**

1:00pm - 2:30pm

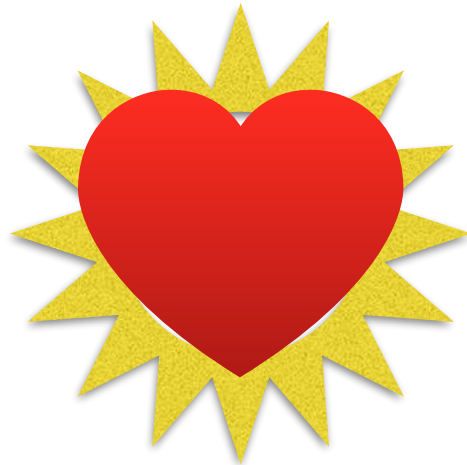
\$25 per class or \$80 for series

**Please Pre-Register by emailing integralyoga@gmail.com
or on our website: www.iyinj.org**

Monthly Dinner & Satsang!

Sweethearts not Sweetheads

***Opening our Hearts to Live Life
Fully with Joy***



***Reverend Premajyothi Devi
invites all to frolic
in the delights of everyday living.***

***First enjoy a simple (but not spicy) Indian Soup,
bread and appetizer made with
Love & Dedication by
Arundhati, IYI NJ teacher and
Sayid from Bhoj Indian Restaurant.***

***Then we will look into the benefits of
Cheerfulness, Hugging, Smiles, Laughter, and
How to have Beneficial Empathy!***

Friday, January 4 6:00pm - 8:30pm \$50.00

Register on our Website: www.iyinj.org

Monthly Dinner & Satsang!

“The Original Green Superfood”

*The Wheatgrass Story
& Beyond*



*Integral Yoga emphasizes the
Health Benefits of a Vegetarian Diet.*

*Integral Yoga Fair Lawn NJ has also experienced the
health benefits of incorporating raw foods, sprouts and
wheatgrass in our diet!*

Join Harley Matsil, owner of Perfect Foods, to learn about the history and benefits of wheatgrass, as well as some touching stories of cancer survivors who utilized wheatgrass during their recovery. Harley is a pioneer of urban farming and has been growing wheatgrass since 1982.

Friday, February 1, 2019 6:00pm - 8:30pm
Fabulous Raw Food Dinner at 6:00pm!

Be sure to Pre-Register! \$54 each.
On our website: www.iyinj.org

Chair Yoga!



*Find getting down on the floor
and getting back up again too
daunting?*

*Need exercise but even walking
is challenging?*

*Need to relax.... Body and
Mind?*

***Join our growing group
of regular chair yoga students!***

Tuesdays: 1:30pm - 2:30pm

\$10.00 per class

*Please **Pre-Register** by calling
201-796-7585*

Integral Yoga Hatha

with

Tibetan Singing Bowls!

*Join Premajyothi and
Manyhus! in a healing yoga
session, enhanced by the
elegant sound of Tibetan
Singing Bowls.*

Tuesday 7:00pm

February 5th

\$20 or part of Monthly Plan.

Please RSVP!



Group Meditation

*Practicing together has
enriching effects for
beginners as well as
regulars. Group
meditation makes it
easier to quiet the mind
and experience deeper
benefits.*



Tuesdays

6:15 pm-6:45 pm

\$10.00 per class

NEW STUDENTS!

*Please **Pre-Register** by*

calling Premajyothi

201-796-7585

Yoga for Veterans



Yoga can help you on your path as a warrior to understand how your experience can contribute to your awakening,

*From Wounded Soul to
an Awakened Soul.*

**Healing from Within
Healing for You
Healing for your Family**

with the guidance
By Veterans For Veterans
Warrior to Warrior

The first step is usually the most difficult on the path to recovery and building resilience.

We provide individuals the opportunity to experiment with five tools: Mindful Movement, Guided Relaxation, Breathing, Meditation, and Gratitude.

Thursdays 7:00pm
First Class Free
Following Classes \$10 each
or as able.

Led by Afghanistan Veteran
and Certified Yoga Instructor
Arjuna Hamilton Garces

Special Guest Hatha Instructor



**Garuda Buss is
now one of our
most popular
teachers!**

His Next Classes!
(pending)

Saturday, January 25, 9:00am
Sunday, January 26, 11:00am

Garuda's practice of yoga spans over 4 decades and he has taught Integral Yoga hatha (postures), deep relaxation, breathing (pranayama), chanting and meditation for over 35 years. He is certified at the Beginner and Intermediate levels and has worked with students and teachers alike, giving classes and workshops in many locations in the United States, Canada, Mexico, Australia and India. In addition to his life as a Yogi, Garuda is an experienced aviation professional with a 40+ year military and civilian aviation career. He was a U.S. Army Captain and flight officer in Viet Nam and served 18 years in the U.S. National Guard. He has over 10 years of experience as an Emergency Medical Services (EMS) pilot/instructor and program manager. Garuda has conducted extensive EMS flights and served as Director of Operations and Chief Pilot. Garuda also was the Founder and CEO of his own company, Eagle Helicopters for 13 years.

With his aviation experience and as a direct disciple of Swami Satchidananda, Garuda served as his personal pilot. He has also accompanied the Swami in India for extended periods, taking advanced Yoga instruction on his stay there.

Garuda holds a Bachelor of Science degree in Psychology and is a certified Stress Management Counselor. He is also a wilderness and outdoor survival expert, sailing instructor and personal development coach.

Garuda resides at Yogaville, the main Integral Yoga ashram in Virginia, U.S., where he continues to teach on a regular basis.

Laughing Yoga!



Laughing Yoga has become so popular around the world. Laughing has been proved to boost your Immune System and greatly increase your level of Contentment!

Norman Cousins was the first to show that laughter could help cure his diseased body!

Join Lalita Cohen in a wonderful yoga class, that includes a fun laughing session immediately following Deep Relaxation



Sunday, 11:00am - 12:30pm
January 27, 2019
February 24, 2019

\$18.00

or included in Monthly Plan

Children's Yoga



Premajyothi Devi, Certified Children's Yoga Instructor and Karen Kamala Guancione, Yoga Instructor and Renowned NJ artist, together provide young students a fun experience of yoga in action and yoga in art.

Each session will begin with a 35 minute hatha class followed by an inspiring art project.

Children will be guided in collages, group mandalas, garlands, masks, and other engaging projects that stimulate young minds and inspire their hearts.

Saturdays 3:00 - 4:30pm

January 12th

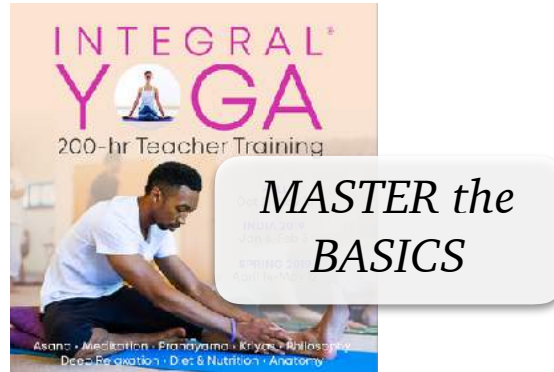
February 2, 2019

\$10 per class

PLEASE RSVP!

LAST CALL FOR FEBRUARY 2018!!

Our Annual Teacher Training Program to Start Soon!
for those **Interested in being a Yoga Teacher** as well as
Those **Interested in Deepening their Practice** &
Understanding of all aspects of Yoga



The **Integral Yoga 200-hour Teacher Training** here at Integral Yoga Institute, Fair Lawn, NJ is a five month-long non-residential program consisting of over 200 class hours.

This comprehensive Yoga teacher certification provides a strong foundation for personal and spiritual development, a space for nurturing your own practice, and the skills necessary to become a knowledgeable Yoga teacher. You will learn to teach each portion of the Integral Yoga Beginners' class, including *asanas* (Yoga poses), deep relaxation, *pranayama* (breathing practices), chanting, and meditation.

Additionally, you will explore:

- Classes in vegetarian diet
- Instruction in basic anatomy and physiology
- Chanting instruction—for personal practice and class settings
- Raja Yoga (the science of the mind and yogic lifestyle)
- Jnana Yoga (the study of Self-inquiry)
- Bhakti Yoga (the path of devotion; including chanting, worship, and self-surrender)
- Karma Yoga (the practice of selfless service)

Teacher Training Orientation Meeting
Sunday, January 27, 2019 11:00am

Program Cost: \$3,295.00 (paid in installments)

Teacher Training Schedule

Saturdays 10:00am – 4:00pm
February 9, 23,
April 20*, 27
June 1 (if needed)
March 9, 23,
May 4, 18

Sundays 8:00am – 12pm
February 3, 17,
April 14,
March 3, 17, 31

Sunday Intensives 8:00am – 4:00pm
April 28
June 2, 16, 30
May 12

Mondays 6:30pm – 9:30pm
February 4, 11, 18, 25
April 1, 15, 22, 29
June 10
March 4, 11, 18, 25
May 6, 13, 20

Anatomy & Physiology
with Russell Ditchfield-Agboh
Tuesdays Feb 12, 19, 26 6:30m– 9:30pm

Special Raja Yoga Talk
with Reverend Jaganath Carrera
Monday, March 25, 2019

Nutrition with Margabandhu
Saturday April 27 1pm–3pm

Day Retreat
*Saturday, April 20, 2019 7am – 4pm

Mentoring: 6 hours scheduled w/mentor
Attend 1 Meditation Class & 1 Kirtan

Exams & Qualifying Classes
during the Mondays and Saturdays in June

Graduation: Sunday July 21 6:00pm
(projected)

The Instructors

Rev. Jagadish Ruttler

is a Senior Instructor with over 22 years experience. He is certified in Raja Yoga and Meditation as well as holds certifications in Beginner, Intermediate and Advanced levels of Hatha Yoga. Along with his commitment to sharing the teachings of Integral Yoga, Jagadish is a Certified practitioner of Acupressure, Reflexology and Reiki (Master/Teacher).

Margabandhu Martarano

has served as Director of the New Jersey IYI, at the request of Sri Swami Satchidananda, for almost 50 years when classes first began and a food co-op opened in Garfield, NJ. Margabandhu is a Senior Certified Integral Yoga Instructor, proficient in all aspects of Yoga, having learned directly from Gurudev in the early years. Professionally, Margabandhu has a BA in Education and is a Certified Massage Therapist, specializing in Acupressure and Reflexology, and a Master Herbalist, having studied with many experts over the years including: Viktoras Kulivinskas, Smoky Santillo and Dr. Ralph Alan Dale.

Rev. Premajothi Devi

is a certified Integral Yoga Instructor for Cardiac, Children's, Prenatal, Post-Partum, Raja Yoga and Beginner Hatha Yoga. On August 19, 2006, she deepened her commitment to Integral Yoga by becoming an Integral Yoga Minister, dedicated to serving all the needs of our community.

Rev. Jaganath Carrera

is a senior Disciple of Sri Swami Satchidananda and an Integral Yoga Minister with over 30 years teaching experience in the various branches, practices and theories of Yoga. He has been a principle speaker and coordinator of many Integral Yoga Teacher Training Programs in Hatha Yoga, Raja Yoga and Meditation. He currently is the founder and director of the Yoga Life Society, sharing the teachings of yoga throughout New Jersey.

Russell Ditchfield-Agboh, PT

is a Certified Integral Yoga Instructor. A Graduate of Daemen College with a BS in Physical Therapy, with a minor in Biology. He has 5 years as a PT at the New York University Medical Center. Russell is also Certified in Structural Integration (Rolfing). His engaging lectures have made him a popular Anatomy & Physiology Instructor for several yoga teacher trainings programs in NJ, but he started his teaching career here in Fair Lawn!

Tuition includes all necessary books and Hatha classes to be taken during the Teacher Training Program.

Certification will be given upon the satisfactory completion of All Training requirements.

- Taking required Yoga classes
- Teaching required Yoga classes
- Completion of written exam
- Completion of tuition payments

For additional information call:
(201) 796-7585

BIOGRAPHIES

Margabandhu Martarano, an E-RYT-500, has served as Director of the New Jersey IYI, at the request of Sri Swami Satchidananda, for over 40 years, beginning when classes first began and a food co-op opened in Garfield, NJ. Margabandhu is a Senior Certified Integral Yoga Instructor, proficient in all aspects of Yoga, having learned directly from Gurudev in the early years. Professionally, Margabandhu has a BA in Education and is a Certified Massage Therapist, specializing in Acupressure and Reflexology, and a Master Herbalist, having studied with many experts over the years including: Viktoras Kulvinskis, Smoky Santillo and Dr. Ralph Alan Dale.

Rev. Jagadish Ruttler is a dedicated student and teacher of Integral Yoga. A Senior Instructor with over 17 years experience, he is certified in Raja Yoga and Meditation as well as Beginner, Intermediate and Advanced levels of Hatha Yoga. On August 19, 2006, he deepened his commitment to Sri Swami Satchidananda and the teachings of Integral Yoga, and became an Integral Yoga Minister. Along with his commitment to sharing the teachings of Integral Yoga, Jagadish is a Certified practitioner of Acupressure, Reflexology and Reiki (Master/Teacher).

Rev. Premajyothi Devi is a certified Integral Yoga Instructor for Cardiac, Children's, Pre-natal, Post-Partum, Raja Yoga and Beginner Hatha Yoga. On August 19, 2006, she deepened her commitment to Sri Swami Satchidananda and the teachings of Integral Yoga, and became an Integral Yoga Minister. She is available for Weddings, Memorial Services, House Blessings, Baby Blessings, Ecumenical Services, Spiritual Counseling, and wherever the universal teachings of yoga are requested.

Kamala Karen Guancione is a popular NJ artist who has been awarded many times, including, by the NJ State Council on the Arts. Her work has been exhibited worldwide and her current exhibit can be viewed at the Rutgers Library in Newark, NJ. A long time Integral Yoga teacher, she has shared her skills as an artist by decorating the Satchidananda Ashram in Virginia for many special events.

Patrick Brown graduated St. Anselm's College in 1970 with a B.A. in Urban Studies. He was inspired by a friend and former IYI instructor, Jack Patten, to practice yoga back in 1975. In 2002 Patrick was re-inspired and became a certified Integral Yoga Instructor. Patrick is also certified as an Intermediate Yoga Teacher, enabling him to teach a more advanced level of yoga postures. His classes exhibit his proficiency and his commitment to Integral Yoga.



The *Integral Yoga Institute of New Jersey* is a nonprofit organization dedicated to the practice and teachings of Integral Yoga as taught by Sri Swami Satchidananda. These teachings enable one to attain an easeful body, a peaceful mind, a useful life and ultimately, the realization of one's true Self.

Reverend Jaganath is the founder and spiritual head of the Yoga Life Society and author of *Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras* and *Awaken: Inside Yoga Meditation*. Reverend Jaganath has been teaching all facets of Yoga since 1973 at universities, prisons, Yoga centers, and interfaith programs here and abroad.

He was a principle instructor of Hatha and Raja Yoga for the Integral Yoga Teacher Training Certification Programs for over twenty years and co-wrote the training manual used for that course. He established the Integral Yoga Ministry and co-developed the highly regarded Integral Yoga Meditation and Raja Yoga Teacher Training Certification programs.

He served for eight years as chief administrator of Satchidananda Ashram -Yogaville and founded the Integral Yoga Institute of New Brunswick, NJ.

DID YOU KNOW

We offer **Yoga at Work** and **Private Yoga** Instruction. The staff of Integral Yoga Institute is available for group or private classes and lectures. **We also have two Integral Yoga Reverends trained to offer Weddings, Baby Blessings, House Blessings and Memorial Services.** Please call 201-796-7585.

KARMA YOGA . . .

is the path of selfless service. It offers a valuable opportunity to practice living in the present moment, without judgement or prejudice. It also allows you to take a mini vacation from your ego! We have several Karma yoga projects in mind, if you are interested please contact us!

Thank you!



**INTEGRAL
YOGA**
NATURAL FOODS & BOOK
STORE

STORE HOURS
MONDAY - FRIDAY
10:00 AM - 7:00 PM

SATURDAY
10:30 AM - 1:00 PM

**CLOSED
SUNDAYS**

*Due to our "Volunteer Staffing",
our store may not always be open.
Please call ahead if you need something,
especially if you come from a distance.
Thank you! OM Shanti!*

Integral Yoga[®] Institute New Jersey



His Holiness Sri Swami Satchidanandaji Maharaj (Sri Gurudev) (1914–2002) founded Integral Yoga[®] in 1966, the worldwide Integral Yoga[®] Institutes, and Satchidananda Ashram–Yogaville[®], a dynamic community. He is regarded by many as an apostle of peace and served as a living example of the teachings of Yoga and its goal of self-realization. Dedicated to the principle "Truth is One, Paths are Many," his teachings bring together people of all backgrounds and beliefs so that they can learn to respect all different paths and realize their common spirit and the universality of their spiritual goals. Sri Gurudev served on the advisory boards of numerous peace and interfaith organizations and authored many books, including *To Know Your Self*, *The Living Gita*, and *The Golden Present*. Among the many awards and honors he received are the Albert Schweitzer Humanitarian Award, the Humanitarian Award of the Anti-Defamation League of B'nai B'rith, the Juliet Hollister Interfaith Award, and the U Thant Peace Award.

Integral Yoga, as taught by Sri Swami Satchidananda, offers a synthesis of six branches of classical Yoga: Hatha, Raja, Japa, Karma, Bhakti, and Jnana Yoga. Its aim is to purify and calm the body and mind in order to experience the peace and joy that is our true nature. Integral Yoga practitioners bring that peace into the world by fostering interfaith dialogue and leading service-oriented lives. Founded in 1966, there are currently 30 Integral Yoga centers on six of the seven continents and 5,000 teachers

The Goal of Integral Yoga is achieved by maintaining our natural condition of:

- ~ A body of optimum health and strength
- ~ Senses under total control
- ~ A mind well disciplined, clear and calm
- ~ An intellect as sharp as a razor
- ~ A will as pliable as steel
- ~ A heart full of unconditional love and compassion
- ~ An ego as pure as crystal
- ~ A life filled with supreme peace and joy

Truth is One, Paths are Many