

**Autumn Retreat**  
**Frank Jude Boccio**  
*Boundless Body/Immeasurable Heart:*  
*The Buddha's Teaching of Love*  
**November 7, 8, & 9**  
**St. Joseph's Renewal Center**  
**Brentwood, NY**

**September 13**

**Alison Cramer**

**The Shakti Shake-Up**

**Laughing Lotus Yoga**

**October 18**

**Donna Landini**

**The Grace-Based  
Path  
to  
Inner Courage**

**December 6**

**Bobbi Fultz**

*Members Only*

**Basic Back Care  
AND  
Holiday Luncheon**

PO BOX 657  
Northport, NY 11768



**Long Island Yoga Association**

**SATSANG**

**Volume 13 Issue 4**

**Autumn 2008**



**Elaine Fruchtman Demonstrating Phoenix Rising Yoga on Cathy Adamo**



## FROM THE PRESIDENT'S DESK



Dear Members:

Traditionally, LIYA's summer workshops have fewer attendees since many of our members are vacationing, going to the beach, watching the Olympics, or just enjoying this beautiful island. Even though our workshops continue through the summer, many of our regulars are not present and do not get to hear the latest LIYA news until the autumn issue of Satsang arrives in their mailbox.

So, for some of you, it might come as a surprise to learn that our improved and updated website was unveiled this summer. Quietly, in the mist of July's morning light, our website debuted with soothing colors, clear and concise formatting, and photos of members and facilitators. After years of promising to upgrade our website, we are pleased to report that it has finally happened. Best of all, the website includes the interactive feature that most of us have been eagerly awaiting--*Paypal*. Now, for the first time in LIYA's twenty years of operation, our members (who I imagine sitting in lotus posture in their pj's while reading their morning emails) can register for workshops and retreats with the click of a button.

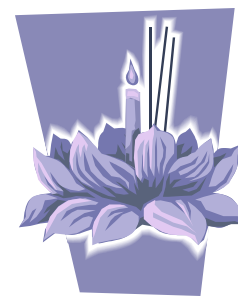
If that feature doesn't rock your world and you still prefer the traditional style of registration via the United States Postal Service and a paper check, not to worry. LIYA will continue to send out our flyers and process your registration forms and checks manually. However, with your help, we hope to eventually reduce our environmental footprint by reducing mailings to those who elect to receive only electronic communications.

Since a new website is a work in progress, your feedback is very important to us. So, sitting in your favorite pose, at whatever time you choose, please visit our website and let us know if there are any other ways to improve it. By telling us what you think, we can continue to make the website even more useful and user-friendly. The address remains the same: [www.longislandyogaassociation.org](http://www.longislandyogaassociation.org).

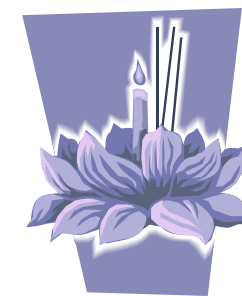
The weather was spectacular this summer. Hopefully, many of you had an opportunity to practice outdoors, maybe close to the water with fresh breezes and clear skies. Or, perhaps like Jeff and Te Logan, who were far away in India during monsoon season and practicing under the watchful eye of Mr. Iyengar, you had a chance to practice abroad. Our yoga practice can always benefit from a change of pace, location, or style. Ultimately, that is what LIYA is all about--providing opportunities to experience the diverse schools of yoga and the rich and multifaceted aspects of yoga's many practices. As we open our hearts and minds to something new, we enrich our practice and come to appreciate and respect the differences among us.

Wherever in the world you were, embrace that summer feeling and bring that enlightened spirit back with you when you return for LIYA's fantastic fall workshop schedule and upcoming November retreat with Frank Boccio.

Namaste,  
Laura



## In a Word...Yoga Nidra: A Sample Script By Gail Scamoni



In the last issue of Satsang, I wrote about yoga nidra (yogic sleep), the ancient technique of deep relaxation and integration. In continuation, the following is a sample script that can be used for a preliminary self-guided practice and class instruction. (For those of you who missed the previous article or would like to review it now, you can access it online at LIYA's website under Satsang, Spring 2008.)

"Please lie down on the floor in *svasana* (corpse pose) and make yourself comfortable. Be sure to have your legs slightly apart and at ease and, place your arms slightly away from your body with the palms of your hands turned up. Mentally scan your body for any discomfort and make the necessary adjustments to release and relax every part of your body. Now, become settled because you do not want to move at all once yoga nidra begins.

Now begins the practice of yoga nidra. Your mind will remain awake and alert even as your body falls deeper and deeper into sleep. Remind yourself: I am awake, I am aware, I am practicing yoga nidra. Now, mentally repeat your *sankalpa* (intention or resolve) three times. Use a simple phrase that expresses something you wish to bring about. Repeat it with confidence that it will come to pass in time.

Become aware of your whole body, the whole body. Feel the whole body lying on the floor. Now rotating your awareness around the body, feel and/or see with your mind's eye the part of the body named. Without fixing your attention on any one part, just bring awareness to each part as it is named.

Right hand, right thumb, first finger, second finger, ring finger, pinkie, palm of the hand, back of the hand, whole hand, wrist, forearm, elbow, upper arm, right shoulder, right armpit, right upper side of the body, waist, right hip, right front thigh, right back thigh, right knee, back of knee, right shin, right calf, ankle, heel, sole of the foot, arch of the foot, ball of the foot, right big toe, second toe, third toe, fourth toe, fifth toe, top of the foot, the whole right foot.

### Repeat the identical instructions for the left side of the body.

Now, become aware of both feet, feel the soles of both feet at the same time. Remain easeful but alert and remind yourself: I am awake, I am aware, I am practicing yoga nidra.

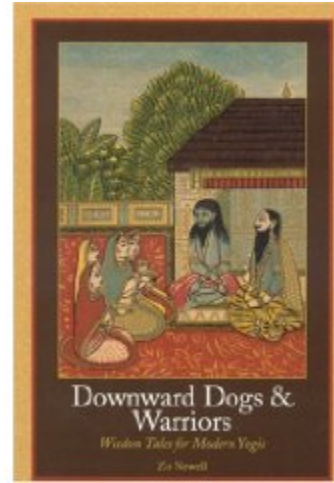
Become aware of the right buttocks, right lower back, right upper back. Left buttocks, left lower back, left upper back. The spine, the whole spine. The whole back together. Back of the neck, back of the head, top of the head, the forehead, right temple, left temple, right eyebrow, left eyebrow, the space between the eyebrows, right eye, left eye, bridge of the nose, tip of the nose, right nostril, left nostril, right cheek, left cheek, right ear, left ear, lip, lower lip, both lips together, chin and jaw, throat, upper chest, lower chest, abdomen, pelvis. Now feel the entire right leg, the entire left leg, the entire right arm, the entire left arm, the entire lower body, the entire upper body, both feet, the whole head. Now feel the whole body, feel the whole body from head to toe as one, from toe to head as one, feel the whole body, feel yourself in the whole body, feel your whole body as one, feel yourself as one. Once again, remind yourself: I am awake, I am aware, I am practicing yoga nidra.

### Repeat your *sankalpa* three times with the confidence that it will come to pass in time.

Now bringing your attention to your body lying on the floor, and before opening your eyes, slowly and gently waken every part of your body by making small movements with your fingers, hands, toes, and feet. You may want to take a deep breath or several deep breaths. If you feel an urge to stretch the body, do so gently and without any jerking motions. Tell yourself that the practice of yoga nidra is now complete and now over. When you are ready, you may open your eyes."

## LIYA-brary Corner

By Betty Philipp



Many thanks to Neil Garvey, the publisher of Creations Magazine, for donating to the LIYA library a large shopping bag filled with brand new books. I feel like a pirate who has discovered a large treasure chest filled with priceless jewels. All of the titles in the donated collection are yoga-related. I was particularly fascinated by one very special gem: Downward Dogs and Warriors: Wisdom Tales for Modern Yogis by Zo Newell. For those of you with limited time in your busy schedule for pleasure reading, you might want to note that this book only contains 108 pages.

Newell developed the idea for this book as the result of a discussion on how we as yoga teachers can assist students who experience something emotional during a class while other students are calmly continuing their practice. Is there something inherent in the actual pose that can cause the release of emotions? An incident was related in a workshop she attended of a man on a nearby mat getting ready to explode in fury. Someone asked: "What pose was he in?" The answer: "Virabhadrasana - Warrior II". Newell chose to research the background stories from Indian mythology to enable us to make sense of what is subliminally happening to us as we practice.

Newell takes thirteen common poses and gives us the story behind each. She also provides meticulous instructions for executing the pose as well as for making modifications. She discusses points for practice, poses questions for self-examination, and suggests journaling techniques based upon your experience in the pose. It is the latter two sections on each asana that sets this book apart from others. In these sections, Newell provides the teacher with a valuable instruction guide and gives the serious student a stimulating set of discussions for self-discovery.

For example, when doing *tadasana* (mountain pose), she raises the following issues with respect to our bodies being asymmetrical and being stronger on one side: "Do think of yourself as having a "good" side or find that you like some qualities of your body more than others? We often speak of a "bad" knee when we mean it is weaker and has been injured. Notice the things about your body that you would like to push away...practice accepting all of yourself, particularly the parts that are harder to love."

This book, which is enjoyable and easy to read, opens with a poignant introduction about Newell's discovery of yoga at age fourteen. Each of the short chapters is preceded by a beautiful color painting of the Hindu deity depicted in the background story for each pose. Her questions, observations, and insights add a deeper dimension to practicing yoga. Sometimes big things really do come in small packages.

## SATSANG

*Satsang* is a quarterly newsletter for distribution to the members of the Long Island Yoga Association. The articles published in *Satsang* reflect the views of the authors and not necessarily of LIYA.

However, the Board of Directors reserves the right to make final decisions regarding inclusion of submissions to *Satsang*. Letters to the editor, articles for publication, comments and suggestions are welcomed. Address correspondence to:

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Visit our website at: [www.longislandyogaassociation.org](http://www.longislandyogaassociation.org)

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## Asana: Supta Padangusthasana (Supine Hand to Big Toe Pose)

By Jeff Logan

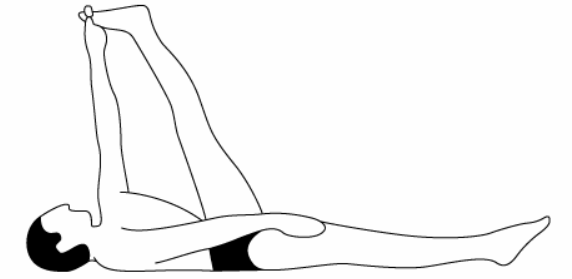
When done correctly, this pose provides a safe and effective way to elongate the hamstring muscles of the back thigh region, as well as the spine.

Supta Padangusthasana consists of four positions (see Light on Yoga by B.K.S. Iyengar). However, the purpose of this article is to fully explore the basic first position from which the other three movements may be performed if one so desires.

Lie on your back with your knees bent and your feet resting on the floor. Take your left leg toward your chest and grip your left big toe with the index finger, middle finger, and thumb of your left hand. This is *padangustha*. Now, with the left leg still bent, stretch the right leg straight out along the floor and roll the inner right thigh down. Fully extend your right arm toward the right foot and press the right hand on your right thigh. Without disturbing the right leg, continue to hold the left big toe as you inhale and fully extend the left leg toward the ceiling. If your knee refuses to straighten, use a strap around the left foot instead of the toe grip.

When stretching the left leg, make sure your left shoulder remains on or near the floor. To avoid shortening the left side of the torso, extend the left hip away from the left arm pit. This will also counteract the tendency for the hip to lift up as the leg is raised which compromises the base of the pose. When the hamstring muscle elongates sufficiently, some people will be able to pull the left leg beyond a perpendicular position (as shown in the illustration).

Hold this position for thirty seconds to one minute while breathing normally. Then exhale and release the fully extended left leg back to the floor. Repeat on the right side.



## Ayurveda and "Heating" Foods

By Rosemary Barnitz, RN, RYT

As most yogis know, Ayurveda is an ancient Eastern healing system based on balancing the basic principles or humors in the body. The main mechanism employed in Ayurveda is diet. As the chill creeps into the air this fall and winter season, we can tap into the wisdom of this ancient science and warm up by incorporating "heating" foods into fall and winter recipes.

All nuts, meats, and fish are considered "heating." Here are some other examples:

Legumes:	Black and red lentils
Grains:	Brown rice, buckwheat, corn, millet, oats, and rye
Dairy:	Eggs and yogurt
Oils:	Castor, corn, safflower, and sesame
Sweeteners:	Honey
Vegetables:	Beets, onions, radishes, and tomatoes
Fruit:	Oranges, peaches, and sweet plums
Herbs and Spices:	Anise seed, black pepper, cardamom, celery seed, cinnamon, cloves, cumin, garlic, ginger, salt, sesame seed, and turmeric

Meals that include "heating" foods such as orange juice, eggs, and oatmeal for breakfast, a hearty vegetable soup for lunch, and a lentil loaf with yogurt sauce for dinner will fuel the inner fires on a cold day.

# Yogi's Kitchen

By Robin Shores

## Vegetable and Rice Stuffed Pumpkin

### Ingredients

- 1 Pumpkin (14 or 15 inches in diameter) or 2 smaller ones
- 4 tablespoons sugar
- 2 tablespoons tamari sauce
- 1 cup water
- 1/2 pound fresh shelled chestnuts
- 1/4 cup raisins
- 1/4 cup chopped apricots
- 1 Granny Smith apple, or any tart apple, chopped
- 1/2 cup walnuts, broken
- 1 cup chopped celery
- 1 white and 1 red onion, chopped
- 1 15-ounce can corn, drained
- 1 green pepper and 1 red pepper, chopped
- 3 cups zucchini squash and yellow squash, chopped
- 2 medium fresh jalapeno peppers, seeded and minced
- 2 cups cooked brown basmati rice
- 1/4 teaspoon mace
- 1/4 teaspoon tumeric
- Black pepper to taste
- 1/2 teaspoon cinnamon
- 4 tablespoons tamari sauce



### Directions

1. Preheat oven to 350°F. Wash pumpkin and cut off the top. Angle the cut so that the top will fit back on more easily. Use a big spoon to scoop out strings and seeds. Mix sugar and 2 tablespoons of tamari sauce (you can warm them in the microwave so they will mix more easily) and spread evenly over insides of pumpkin. Line the bottom of a large pan with single piece of aluminum foil folded over itself 3 or 4 times. Pour 1 cup of water in pan, place top back on pumpkin, place in baking pan, and cover the pumpkin and pan with foil. Bake for 20 to 25 minutes until pumpkin is just starting to become tender. The thicker the pumpkin the longer it will take.
2. Steam the chestnuts for about 15 minutes. Rinse them in cool water and slip off the brown skins. Chop chestnuts coarsely.
3. Combine chestnuts with raisins, apricots, apple, walnuts, celery, white and red onions, corn, green and red peppers, jalapeno peppers, mace, tumeric, and rice and mix well. Add the 4 tablespoons tamari and mix again.
4. Dust the inside of the pumpkin with the cinnamon. Pack the pumpkin with the filling and replace the pumpkin top. Return pan to oven, add water to cover the bottom of the pan and bake for 45 to 55 minutes.
5. If you are going to serve the pumpkin on something other than the pan it was cooked in, BE CAREFUL. The bottom of the pumpkin may be VERY soft. Wrap the foil from the bottom of the pan up around the pumpkin as you pick it up. This will keep the bottom intact. When serving this recipe, scrape the inside of the pumpkin with the serving spoon and mix the pumpkin into the stuffing. If you have leftovers do not leave it in the pumpkin. Remove the filling and scrape out the pumpkin and store in your refrigerator.
6. This recipe can also be served in a casserole dish. ENJOY!

## Notes From the Board

By Nancy Owens

1. The church has raised our monthly rental fee. LIYA will continue to base workshop fees for participants and payment to our workshop facilitators on the previous rental fee until January 2009. We have not yet discussed what changes might be necessary for next year.

2. Please do not forget that applications for the 2009 LIYA scholarships are due to the Board by December 1, 2008. You will find an application form in LIYA's 2008 [Membership Handbook & Directory](#). You can also download the application from our website or have it mailed to you by emailing your request to LIYA.

3. The LIYA [Membership Handbook & Directory](#) is an important part of our membership benefit package. It is also a time consuming project for the folks that put it together each year. You can help by promptly filling out your membership form when you receive it with the December [Satsang](#) and returning it by December 31. You can access it sooner by downloading the form from our website or by detaching the centerfold page of LIYA's 2008 [Membership Handbook & Directory](#).

4. LIYA makes monetary donations to local charities, particularly food banks, on your behalf every year. If there is a charity you would like us to consider, please email us with the information.



Yoga feasibility studies

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