Dear Friends,

Focus has arguably never been quite so hard, with so much going on in our world that we turn away from or turn towards, in concern. How do we find our center, our ability to put one foot in front of the other when others are suffering, or perhaps in spite of our own suffering? When we may have so many questions?

Yoga is an answer, in that it is not an answer, it is a practice. We bring our own individual understanding and capacity to our practice; maybe insights and understanding come, maybe not. But in returning to our practice daily it can support our efforts in the simplest, most profound way, as we do our best to make a good life, for ourselves and others.

The Yoga School New York also returns regularly with studies for you. Sometimes the classes are "the same," with the same title—a 200 or 500 hour training—and sometimes introducing something new and different, like the Āsana Training scheduled for late spring and the Vedic Chant Training in the fall. We never know how many signups we'll get, or who will attend with what experience. But we know these studies will offer the same quality and knowledge as every training or workshop at TYSNY. When we add to the mix what you bring to our studies—different individuals participating, at a different time of year, against the larger backdrop of life now—the result is always something unique, that will offer you another meaningful tool to help support your precious life. We invite you to consider joining one of our upcoming programs!

200-hour Yoga Teacher Training, starting **March 8**. Applications due **ASAP**.
500-hour Yoga Teacher Training, starting **May 3**. Applications due **February 1**.
Āsana: Function over Form Training, starting **May 3**. Applications due **February 1**.
Vedic Chant Training, starting **September 20**. Applications due **May 1**.

Announcing our next 200 Hour Yoga Teacher Training

STARTING MARCH 8, 2026 | APPLICATIONS DUE ASAP

The 200 hour training is a comprehensive introduction to the unique, profound, and holistic teachings of yoga master **T Krishnamacharya and his son, TKV Desikachar**. It offers insight into the beautiful and practical philosophy underlying the yoga practice and goes into depth detailing the various aspects of practice, such as

individualized asana, pranayama, Vedic chanting, meditation and study of philosophical texts. The training speaks to those who wish to deepen their understanding and practice of yoga as well as to those who would like to share the teachings with others.

APPLICATIONS are due ASAP.
Click here for the Application Form.
Contact us now to observe our current training on Sunday, 2/8, and to speak with the director:
theyogaschoolny@gmail.com

DATES & TIMES

March 8, 2026, through February 2027. The training takes place **approximately three weekend days per month, Saturdays from 2-7:30pm and/or Sundays from 2-7:30pm**. The year-long span of training allows time and space for trainees to integrate the teachings thoroughly; to be able to practice daily; read and reflect on assigned books and texts; complete homework assignments; begin teaching fellow students, family, friends; and let the rich teachings sink in deeply. Yoga is, after all, a life-long study and practice.

FORMAT

In-person, at the studio at 119 West 23rd Street #406; online participation via zoom is possible too. Some guest teachers may teach online. 12 student limit, to guarantee an individualized approach. Each student will have private mentoring sessions throughout the year to create and update their individual home practice.

COST AND PAYMENT INFORMATION

Total cost: $3,500
$500 deposit (non-refundable) due with application.
Private sessions and mentoring by TYSNY director to create and update your personalized home practice are included, no extra charge.
Monthly installment plans possible. One partial work study position available. Please note that payments are non-refundable and non-transferable.

PRE-REQUISITES

No matter what your previous studies in yoga have been, we are happy to accept anyone into the 200 hour teacher training who is ready to commit to the serious study of yoga in all its aspects: asana (postures), pranayama (breathing techniques), chanting, meditation, philosophy.

APPLICATIONS

Due ASAP. To apply, please email your **application form** to: **Theyogaschoolny@gmail.com**

CONTACT

Director of Teacher Training, Guta Hedewig

theyogaschoolny@gmail.com
212-566-4631

WHAT TO EXPECT

Your 200 hour Yoga Teacher Training will immerse you in the elements of the legendary Krishnamacharya tradition: a specific vocabulary of *asana* and adaptations to enable anyone to practice yoga; the hallmark approach to conscious breathing; extensive pranayama techniques; and chanting, visualization, and meditation. You will learn to integrate these yogic tools into a practice to address all levels—physical, energetic, mental, emotional, and spiritual. This unique, comprehensive training will enable you to begin teaching yoga to others with clarity and confidence, culminating in certification.

YOU WILL LEARN/GAIN

- A well-rounded foundation in *asana*, *pranayama*, meditation, chanting, and yoga philosophy
- The skills to structure a yoga class intelligently, taking into account students' individual needs
- An individualized personal practice created and modified throughout the training by TYSNY director
- How to work as a yoga teacher in different settings
- A basis for life-long fruitful practice and study of yoga
- 200-hour **Yoga Alliance-registered** teaching certification.

TYSNY teacher trainings are rigorous: trainees receive a full picture of the serious practice and study of yoga in all its aspects, and the opportunity to engage more deeply. The beautiful underlying idea of Krishnamacharya/Desikachar's teachings is that each student should be addressed where they are at and their practice individualized.

For curriculum details, FAQs and more, please see ***here*****.** For our outstanding faculty that includes long time teachers from the Desikachar tradition, please see ***here*****.**

Embark on this transformative experience!

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Announcing our Advanced 500 Hour (additional 300 Hour) Yoga Teacher Training

STARTING MAY 3, 2026 | APPLICATIONS DUE FEBRUARY 1

Building on your 200 hour studies in the tradition of yoga master **T Krishnamacharya and his son, TKV Desikachar**, the additional 300 hours of advanced study will culminate in 500 hour certification, enabling you to enhance your teaching expertise and refine your teaching to suit the individual student's needs. Emphasis is placed on practical application, refinement of techniques (*asana*, *pranayama*, chanting, meditation, *nyasa*, *bhavana*, and incorporating the understanding of yoga for different ages and stages of life), and becoming a committed and confident practitioner and teacher of yoga.

APPLICATIONS are due February 1.
Click here for the Application Form.
Contact us now to observe our current training and to speak with the director:
theyogaschoolny@gmail.com

DATES & TIMES

May 3, 2026, through December, 2027. The training takes place on about two Sundays per month, 10-12 & 2-6pm EST. The twenty month-long span of training allows for trainees to integrate the teachings thoroughly, to be able to practice daily, read and reflect on assigned books and texts, complete homework assignments, start teaching regularly, and let the rich teachings sink in deeply.

FORMAT

In-person, at the studio at 119 West 23rd Street #406; online participation via zoom is possible too. Some guest teachers may teach online. 12 student limit, to guarantee an individualized approach. Each student will have private mentoring sessions throughout the training to create and update their individual home practice.

COST AND PAYMENT INFORMATION

Total cost: $4,700

$500 deposit (non-refundable) due with application.
Private sessions and mentoring by TYSNY director to create and update your personalized home practice are included, no extra charge.
Monthly installment plans possible. One partial work study position available. Please note that payments are non-refundable and non-transferable.

PRE-REQUISITES

Students will ideally have completed The Yoga School NY 200 hour teacher training. Graduates of other 200 hour teacher training programs may also apply, but must work with TYSNY director to become familiar with this traditional method of yoga.

APPLICATIONS

Due February 1. To apply, please email your **application form** to: **Theyogaschoolny@gmail.com**

CONTACT

Director of Teacher Training, Guta Hedewig
theyogaschoolny@gmail.com
212-566-4631

YOU WILL LEARN/GAIN

- NEW! This training includes our 40 hour "Āsana: Function over Form" Training module!
- NEW! This training also includes our 40 hour Vedic Chant Training module!
- Comprehensive reinforcement and review of the materials presented in the 200 hour training, for a deeper exploration of asana, pranayama, meditation, chanting, and yoga philosophy
- How to do adaptations for individuals of a wide range of conditions, abilities, and restrictions
- Layering of different modalities: Enhancing the primary direction or function of a technique by layering it with another (for example, moving while chanting; moving while employing breathing ratios; breathing with appropriate visualization and nyasa; etc.)
- How to create and update individualized home practices, an essential step in the direction of yoga therapy
- Continuing enrichment of your individualized personal practice, modified throughout the training by TYSNY director, and greater insights into your life-long fruitful practice and study of yoga
- 500 hour **Yoga Alliance-registered** teaching certification.

For curriculum details, FAQs and more, please see ***here***. For our outstanding faculty that includes long time teachers from the Desikachar tradition, please see ***here***.

Embark on this transformative experience

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Announcing our NEW TRAINING:
Function over Form: Āsana Practice and Teaching in the Desikachar Tradition

STARTING MAY 3, 2026 | APPLICATIONS DUE FEBRUARY 1

Introducing The Yoga School NY's first-ever Specialized Āsana Training. This year-long course - which will be embedded in the 500 hour training for the first time - is for practitioners and teachers of yoga who would like to explore a comprehensive approach to āsana as it is taught in the Desikachar tradition. Here āsana is presented as a tool for self-observation. While letting go of preconceived notions of what a pose should "look like," we endeavor to have each āsana be initiated, informed, and sustained by our full, slow breathing, thus creating an
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opening for careful sensing, observing and inner listening.

APPLICATIONS are due February 1.
Click here for the Application Form.
Contact us now to observe a traditional Āsana class, and to speak with the director:
theyogaschoolny@gmail.com

DATES & TIMES

May 3, 2026 till April 2027, one Sunday per month, from 2:00-6:00pm EST

FORMAT

In-person, at the studio at 119 West 23rd Street #406; online participation via zoom is possible too. 12 student limit, to guarantee an individualized approach. Each student will have four 45 minute long one-on-one sessions throughout the year to go over āsana questions and refinement in practice and theory.

COST AND PAYMENT INFORMATION

$1,500—includes four private lessons. Payment plans available.
$300 deposit (non-refundable) due with application.

PRE-REQUISITES

All are welcome to join.

CERTIFICATION

Students will receive a certificate of participation from the Yoga School NY upon completion of the training. The hours of this training count towards continuing education credit with Yoga Alliance. They can also be applied towards further teacher training studies in your certification process with The Yoga School NY.

APPLICATIONS

Due by February 1, 2026. To apply, please email your application form to:
Theyogaschoolny@gmail.com

CONTACT

Director of Teacher Training, Guta Hedewig
theyogaschoolny@gmail.com
212-566-4631

YOU WILL LEARN

We will explore, in practice and theory, the principles underlying each āsana category, highlighting how to define, and make more accessible, each posture's primary and secondary function. Adaptations, modifications and variations of postures will be discussed as well as counter indications. We will also point to how other tools of yoga, such as breath ratios, visualization, and sound, can help give a deeper understanding and feeling of āsana practice. A teaching exploration will conclude each day, where participants design and teach practices, learn to observe students, and where we will discuss teaching methodology.

DAILY SCHEDULE:
2:00-3:00pm—Practice Class: Explore an āsana category in the context of a practice class that combines āsana, prānāyāma, visualization, nyāsa and sound.
3:00-3:30pm—Time for Discussion of Practice Class: Student feedback and questions; course plan; adaptations/variations; teaching methodology.
3:30-5:00pm—Āsana Exploration: We will look at each āsana category in depth, discussing its functionality, its bhāvanā, possible adaptations and variations, and how to highlight them through layering with other modalities.
5:00-6:00pm—Teaching Exploration: Students have the opportunity to present teaching assignments and receive feedback on the design and delivery of the assignment.

CURRICULUM:
Session 1: Samasthiti: "Be here now." Reference poses as beginning and end of each pose's vinyāsa, and of each practice.
Session 2: Paścimatāna 1: "Letting go." Poses of surrender—standing, supine and seated forward bends with useful adaptations and variations.
Session 3: Paścimatāna 2: The concept of sthiti, going step by step—standing and seated forward bends.
Session 4: Pūrvatāna: "Less is more." Opening the heart; standing, kneeling, supine and prone back bends and their adaptations and variations.
Session 5: Pārśva: "Sidedness." Standing and supine side bends and how to adapt them.
Session 6: Parivrtti: "Rotating from lower to upper." Standing, supine and seated twists.
Session 7: Viparīta 1: "A different view." Simple and more complex inversions.
Session 8: Viśesa: "Special poses for special occasions." Looking at purpose and function in viśesa poses.
Session 9: Standing and Kneeling Sun Salutations: symmetrical and non-symmetrical sequences into and out of a prostration.
Session 10: The art of teaching. How to conduct a group class to convey its bhāvanā and highlight function.

Please feel free to ***contact Guta***, the director, with more questions.

Embark on this transformative experience

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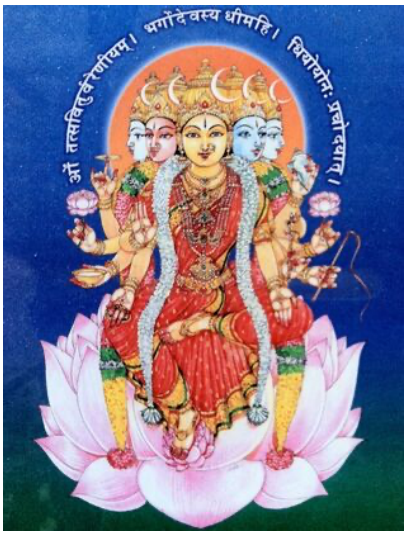
Announcing our next Vedic Chant Training



STARTING SEPTEMBER 20, 2026 | APPLICATIONS DUE MAY 1

Introducing The Yoga School NY's next Vedic Chant Training. In this year-long course, students learn the ancient practice of Vedic Chanting, the oral Indian tradition of reciting Vedic mantras. For experienced chanters as well as those new to chanting.

APPLICATIONS are due May 1.
Click here for the Application Form.
Contact us now to observe a Vedic Chant class, and to speak with the director:
theyogaschoolny@gmail.com

DATES & TIMES
September 20, 2026 till June 2027, one Sunday per month, from 2:00-6:00pm EST

FORMAT
In-person, at the studio at 119 West 23rd Street #406; online participation via zoom is possible too. 12 student limit, to guarantee an individualized approach. Each student will have four 45 minute long one-on-one Chant Sessions throughout the year to work on correct pronunciation/intonation individually.

COST AND PAYMENT INFORMATION
$1,500 – includes four private lessons. Payment plans available.
$300 deposit (non-refundable) due with application.

PRE-REQUISITES
No prior knowledge of chanting or Sanskrit required, all are welcome to join.
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CERTIFICATION
Students will receive a certificate of participation from the Yoga School NY upon completion of the training. The hours of this training count towards continuing education credit with Yoga Alliance. They can also be applied towards further teacher training studies in your certification process with The Yoga School NY.

APPLICATIONS
Due by May 1, 2026. To apply, please email your **application form** to: **Theyogaschoolny@gmail.com**

CONTACT
Director of Teacher Training, Guta Hedewig
theyogaschoolny@gmail.com
212-566-4631

The benefits of Vedic Chanting are manifold. The practice can help to improve breathing capacity; enhance mental focus and memory; reduce stress, anxiety and agitation; help practitioners find their voice to speak with authority and clarity; and bring about a sense of community among the chanters. By invoking the mantra-s, we connect with their ancient wisdom.

We will start by learning the basics of Sanskrit pronunciation and hear about the 6 main rules of Vedic Chanting. We will proceed to chanting exercises that gain in complexity throughout our studies and learn the Invocations and Closing Chants.

In the beginning of our year-long training, we will learn two chants honoring the force of creativity: *Sarasvatī Prārthanā*, which evokes the flow of creativity; and *Mantrapuspam*, honoring water as the main force of creation.

Next, we will practice three powerful mantras dealing with Inner Strength: the intricate *Śiva Mantrāh*; *Mrtyuñjaya Mahāmantrah*, in honor of healing and liberation; and the fierce *Durgāsūktam*.

We will engage with two chants of exuberance: *Hā vu*, the jubilant end of the Taittirīya Upanisat; and the beginning of the grand *Mahānārāyana Upanisat*.

Lastly, we will learn two chants of purification: *Ārogya Mantrah*, said to spiritually cleanse us; and *Pavamānasūktam*, recited for cleansing rituals.

DAILY SCHEDULE:
2-3pm—Practice Class:
Explore a mantra in the context of a practice class that combines āsana, prānāyāma, visualization, nyāsa and sound.
3-6pm—Chanting Practice:
We will learn chanting exercises and mantras about creativity, inner strength, exuberance and purification.

CURRICULUM:
Session 1: Introduction—Invocation, Closing Chants
Session 2: "Creative Power" 1—Sarasvatī Prārthanā
Session 3: "Creative Power" 2—Mantrapuspam
Session 4: "Inner Strength" 1—Śiva Mantrāh
Session 5: "Inner Strength" 2—Mrtyuñjaya Mahāmantrah
Session 6: "Inner Strength" 3—Durgāsūktam
Session 7: "Exuberance" 1—Hā Vu
Session 8: "Exuberance" 2—Mahānārāyana Upanisat (beginning)
Session 9: "Purification" 1 —Ārogya Mantrah
Session 10: "Purification" 2 —Pavamānasūktam

Contact us if you would like to register or hear more about this training!

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WORKSHOPS

Vedic Chanting: *"Mahānārāyana Upanishad"*

With Guta Hedewig

Fridays, January 30 and February 6, 1:00–2:00pm EST, via Zoom
Cost: $40 (Sliding scale available), or $25 per session
Pre-registration required:
Theyogaschoolny@gmail.com
Eligible for Yoga Alliance Continuing Education Credit

This class is open to beginners and experienced chanters alike.

We will continue to learn the beginning of the Mahānārāyana Upanishad, the tenth chapter of Taittirīya Āranyaka. This portion of the upanishad describes looking at the vastness of nature and feeling a higher force behind it.

Join us for this intensive experience!

Bhagavad Gītā & Introduction to Meditation in the Yoga Tradition

With Dr. Dolphi Wertenbaker

Sunday, February 1, 11-5:30pm EST, via Zoom
Cost: $195
Pre-registration required:
Theyogaschoolny@gmail.com

The Bhagavad Gītā is a text from ancient India beloved by millions around the world because it speaks to the heart. It addresses questions of responsibility, how to find meaning in life, what to do in the face of conflicting priorities, and much more. In this workshop, we will study the text, chanting some of it in Sanskrit and exploring its themes through experiential exercises. The recommended translation is that by Winthrop Sargeant.

Anatomy: Introduction to Anatomical Terminology, Movement and Planes and the Muscular System & An Embodiment of our Axial and Thoracic Skeleton, our Respiratory System, and our Central Nervous System

With Rachel Lynch-John

Saturday, May 30, 1-7:30pm EST, via Zoom
Cost: $195
Pre-registration required:
Theyogaschoolny@gmail.com

Anatomy: An Embodiment Practice
Through a somatic approach to learning, Rachel will guide you through an experiential exploration of anatomy, to develop an embodied awareness of how you are built and move.

1st Part:
Introduction to Anatomical Terminology, Movement and Planes & The Muscular System
In this workshop, we will observe how the body moves, looking through the lens of anatomical terminology,

movement terms, and the planes of the body to understand which systems of the body they relate to. We will explore how our skeletal muscles connect to our bones, creating movement and support for our joints, and the different kinds of muscle actions we utilize. In this way, we will come to understand the ways in which our muscles relate and work in concert with each other to create movement.

2nd Part:
An Embodiment of our Axial & Thoracic Skeleton, our Respiratory System, and our Central Nervous System
In this workshop we will examine our axial skeleton from head to tail, and our rib cage. We will explore our central nervous system through an embodiment of the structures that encase it. This will be followed by a study of our respiratory system, delving into the structure and function of our lungs. The workshop will culminate in an exploration of how our breath can support our nervous system, movement and āsana practice.

Introduction to Sanskrit

With Jyoti Chittur

Sunday, May 31, 10-1pm EST, via Zoom
Cost: $90
Pre-registration required:
Theyogaschoolny@gmail.com

Immersion in the ancient language, basis of scriptures and texts relevant to the study of Yoga, reading and writing script, chanting Sanskrit, importance of correct pronunciation, āsana names.

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NEW SPRING GROUP CLASS SERIES starts in March!

Taught by Guta Hedewig

Sunday, March 8, 2026, 3-4pm EST:
Samasthiti: Even Stability/Equilibrium

Saturday, March 14, 2026, 2-3pm EST:
Paścimatāna: Forward Bending - Stretching of the Back

Sunday, March 15, 2026, 2-3pm EST:
Pūrvatāna: Backward Bending - Stretching of the Front

Sunday, April 12, 2026, 2-3pm EST:
Pārśva: Sides

Sunday, April 19, 2026, 2-3pm EST:
Parivrtti: Revolving the Spine

Saturday, April 25, 2026, 2-3pm EST:
Viparīta; Inversions

Sunday, May 3, 2-3pm, 2026, 2-3pm EST:
"Function over Form": Samasthiti

Saturday, May 9, 2-3pm, 2026, 2-3pm EST:
Viśesa - Special Postures

Sunday, June 14, 2026, 2-3pm EST:
"Function over Form": Paścimatāna

Saturday, June 20, 2026, 2-3pm EST:
Adaptation, Modification and Variation

Saturday, July 11, 2026, 2-3pm EST:
Āsana with Breath Ratios and Chanting

Sunday, July 19, 2026, 2-3pm EST:
"Function over Form": Paścimatāna/Sthiti

Location: 119 West 23rd Street, #406 (6th and 7th Ave)—Online participation via Zoom is possible as well
Cost: $25 per individual class
Pre-registration required:
Theyogaschoolny@gmail.com

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We offer GIFT CERTIFICATES for a 3-pack of Yoga Therapy sessions!
https://www.theyogaschoolny.com/gift-certificates.html

Yoga Therapy Sessions as well as **Mentoring Sessions** and **Individualized Yoga Sessions** are offered in-person and via Zoom/FaceTime. To learn more, go to **https://www.theyogaschoolny.com/yoga-therapy-sessions.html** or contact Guta at: **Theyogaschoolny@gmail.com**.

Guta Hedewig
www.theyogaschoolny.com
212-566-4631