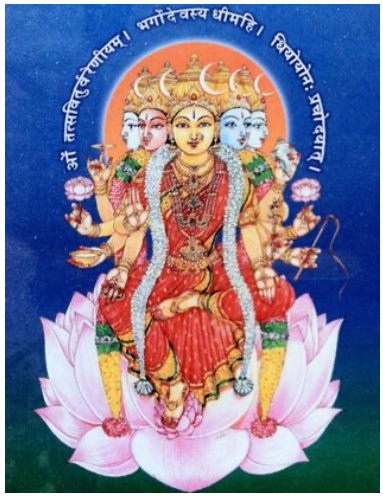
Dear Friends,

Our year-long **Vedic Chant Training** begins in 11 days—sign up now! Or take the **modules individually**, starting September 20. If you are considering our upcoming **200-hour Teacher Training** that begins March 6, 2027, several places remain; the deadline for applications is December 1. Observing the training is a great way to inform your decision about participating; **contact us** to experience the current training on one of three days:

Sat 9/12 at 2pm
Sat 10/10 at 2pm
Sat 10/24 at 2pm

All trainings take place at the beautiful studio on 23rd Street, with zoom options. Summer is ending, but the new season offers a bounty of new beginnings, too—I hope you will join us!

Announcing our next Vedic Chant Training



STARTING SEPTEMBER 20, 2026 | APPLICATIONS DUE ASAP

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 ASAP
Click here for the Application Form.
Contact us now 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. 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.
DISCOUNT: $2,500 for "Vedic Chant Training" & "Āsana: Function over Form Training" combined.

PRE-REQUISITES
No prior knowledge of chanting or Sanskrit required, 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 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

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!

Announcing our next 200 Hour Yoga Teacher Training

STARTING MARCH 6th, 2027 | APPLICATIONS DUE BY DECEMBER 1, 2026

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 DECEMBER 1. Contact us now to observe our current training, and to speak with the director: theyogaschoolny@gmail.com

COST AND PAYMENT INFORMATION

Total cost: $3,600, or $3,400 if paid in full by December 1, 2026.

$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.

Space is limited to 12 students per training.

SCHEDULE

March 6th, 2027, through February, 2028. The training takes place approximately three weekend days per month, 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.

LOCATION

All trainings are held at 119 West 23rd Street #406 (between 6th and 7th Ave.), New York NY 10011

Virtual or hybrid participation is possible. Some guest teachers may teach online.

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*****.**

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

Embark on this transformative experience!

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WORKSHOPS

Vedic Chanting: Introduction - Invocations and Closing Chants

With Guta Hedewig

Sunday, September 20, 2-6pm EST
Location: 119 West 23rd Street #406, or via ZOOM
Cost: $140, pre-registration required:
Theyogaschoolny@gmail.com

This workshop is the first module of our Vedic Chant Training. The day starts with a practice class - movement, breathing, sound. Next we will review the basics of Sanskrit pronunciation and the six main rules of Vedic Chanting. We will proceed to chanting exercises that gain in complexity and learn the Invocations and Closing Chants.

Yoga Sūtra Study Pāda 1 & 2

With Dr. Dolphi Wertenbaker

PART 1: Sunday, September 27, 10-3pm EST via ZOOM
PART 2: Saturday, November 7, 10-3pm EST via ZOOM
Cost: $150 per day, $275 for both days, pre-registration required:
Theyogaschoolny@gmail.com

Patañjali's Yoga Sūtra is a treasure for yoga students and teachers of all levels. The text is meant to become a lifelong companion, as its wisdom unfolds gradually with repeated study.

Yoga is a *darśana,* meaning that it draws inspiration from the Vedas and addresses such fundamental questions as the meaning of life, the meaning and origin of suffering and how we should live. The text dates from at least 1800 hundred years ago, yet it is fresh and illuminating today. It is timeless. The practice of yoga is much older still, having been passed down by oral tradition for hundreds of years, and possibly millennia, prior to this most authoritative text of Patañjali's.

The text is written in sūtra form, which means that it is succinct, expressing the essence of the subject without ambiguity; its ideas deal with our experience and are universally applicable. These characteristics are appropriate to the presentation of a *darśana.* Yet it needs to be discovered with the help of a guide.

In this workshop, we will explore the main ideas of the FIRST TWO *pāda* and delve into their practical application using examples from our lives. We will learn to chant many of the sūtra in their original Sanskrit. Our sessions will include practice of āsana, prānāyāma, meditation, lecture and discussion.

Vedic Chanting: Creative Power 1 - Sarasvatī Prārthanā

With Guta Hedewig

Sunday, October 18, 2-6pm EST
Location: 119 West 23rd Street #406, or via ZOOM
Cost: $140, pre-registration required:
Theyogaschoolny@gmail.com

This workshop is the second module of our Vedic Chant Training. The day starts with a practice class - movement, breathing, sound. We will proceed to chanting exercises that gain in complexity and learn a chant honoring the force of creativity: *Sarasvatī Prārthanā*, which evokes the creative flow.

Vedic Chanting: "Sun Chants"

With Guta Hedewig

Fridays, October 30, November 6, 13, 20, 1:00–2:00pm EST, via Zoom
Cost: $80 (Sliding scale available), or $25 per session
Pre-registration required:
Theyogaschoolny@gmail.com

We will learn four chants celebrating different aspects of the sun:

- Gāyatrī Mantrah with sapta vyahrti, śiras and Om: The "Long Gāyatrī," including nyasa-s
- Āyātu varadā devī: Receiving the sun into our heart
- Sūrya Namaskāra mantrah: The sun as healer
- Uttame shikare devī: "Sun goddess who resides atop the mountain peaks"

This experience is for beginner students as well as students experienced in chanting.

Introduction to the Bhagavad Gīta

With Dr. Dolphi Wertenbaker

Saturday, November 14, 10-3pm EST via ZOOM
Cost: $150, 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 and Teaching Prenatal Yoga

With Rachel Lynch-John

PART 1 Anatomy Overview: Saturday, November 21, 1-4pm, EST, via Zoom
PART 2 Teaching Prenatal Yoga: Saturday, November 21, 4:30-7:30pm EST, via Zoom
Cost: $90 for one part, $170 for both parts
Pre-registration required:
Theyogaschoolny@gmail.com

Anatomy Explorations and an Overview of the Organ Body | 1-4pm EST
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.This workshop will be an explorations of the skeletal, ligamentous, and muscular systems in relationship to our breath and nervous system. We will also incorporate an overview of the organ body. Through the embodiment of these explorations we will look at our asana practice through an experiential movement lens.

Teaching Prenatal Yoga: Developing tools to guide a student through a regular yoga class | 4:30-7:30pm EST
In this workshop we will discuss guidelines for working with a pregnant person, common problems you might come across while working with a pregnant student, and ways in which to modify a yoga practice to support them throughout the three trimesters of pregnancy. Through an understanding and exploration of what goes on during pregnancy, you will begin to develop the tools needed to guide a student safely through a regular yoga class, and learn how to address the changing needs that arise during this time.

Yoga Sūtra Study Pāda 3 & 4

With Dr. Dolphi Wertenbaker

Sunday, December 13, 10-3pm EST via ZOOM
Cost: $150, pre-registration required:
Theyogaschoolny@gmail.com

Patañjali's *Yoga Sūtra* is a treasure for yoga students and teachers of all levels. The text is meant to become a lifelong companion, as its wisdom unfolds gradually with repeated study.

Yoga is a *darśana,* meaning that it draws inspiration from the Vedas and addresses such fundamental questions as the meaning of life, the meaning and origin of suffering, and how we should live. The text dates from at least 1800 hundred years ago, yet it is fresh and illuminating today. It is timeless. The practice of yoga is much older still, having been passed down by oral tradition for hundreds of years, and possibly millennia, prior to this most authoritative text of Patañjali's.

The text is written in sūtra form, which means that it is succinct, expressing the essence of the subject without ambiguity; its ideas deal with our experience and are universally applicable. These characteristics are appropriate to the presentation of a *darśana.* Yet it needs to be discovered with the help of a guide.

In this workshop, we will explore the main ideas of the *THIRD AND FOURTH pāda* and delve into their practical application using examples from our lives. We will learn to chant many of the sūtra in their original Sanskrit. Our sessions will include practice of āsana, prānāyāma, meditation, lecture and discussion.

Vedic Chanting: Creative Power 2 - Mantrapuspam

With Guta Hedewig

Sunday, December 20, 2-6pm EST
Location: 119 West 23rd Street #406, or via ZOOM
Cost: $140, pre-registration required:
Theyogaschoolny@gmail.com

This workshop is the third module of our Vedic Chant Training. The day starts with a practice class - movement, breathing, sound. We will proceed to chanting exercises that gain in complexity and learn a chant honoring the force of creativity: *Mantrapuspam*, praising water as the main force of creation.

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GROUP CLASSES

Taught by Guta Hedewig

Sunday, September 13, 2026, 2-3pm EST:
"Function over Form": Pūrvatāna

Sunday, September 20, 2026, 2-3pm EST:
Movement, Breath and Sound: "Saha nāvavatu"

Sunday, October 11, 2026, 2-3pm EST:
"Function over Form": Pārśva

Sunday, October 18, 2026, 2-3pm EST:
Movement, Breath and Sound "Creative Power: Sarasvatī"

Sunday, October 25, 2026, 2-3pm EST:
"Function over Form": Parivrtti

Sunday, December 20, 2026, 2-3pm EST:
Movement, Breath and Sound "Creative Power: Mantra Puspam"

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.**

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