



Nyack News & Views

Community news and opinion for Nyack, NY

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Five Weeks of Wellness: Paula Heitzner

by *A. Staff* January 27, 2014



Paula Heitzner

by DJ Cracovia

“Delightful, tough-as-nails, encouraging, unique, and wonderful” are some of the words Paula Heitzner’s students use to describe their yoga teacher. Heitzner has been actively

+ LOCAL WEATHER

Nyack Weather			
Today	Saturday	Sunday	Monday
Partly Cloudy	Chance of Rain	Mostly Cloudy	Overcast
46/41	54/34	37/21	30/19

teaching yoga for 45 years and has been practicing even longer.

“Paula has been a godsend,” says student Bob Rubin, who has been taking Heitzner’s classes with his wife for over 35 years. Bob and his wife Ferida, both now their late eighties, play tennis and take aerobics in addition to yoga every week. “Because of Paula we are able to continue our active lifestyle.” Bob spent two days shoveling snow earlier this month without any negative effects. “She is still an inspiration to us,” Rubin says. “We love her dearly.”



Blance Devires, center

After the birth of her fourth child, Paula knew she needed to find a good yoga teacher. That’s when she found Blance Devires, the wife of the late **Pierre Bernard**, an early pioneer of the American yoga movement. What Paula learned from Devires and fellow student Elizabeth Spohn were “intangible things, like how to carry oneself with intention and grace.” Simply by watching them and keeping a record of each class in her notebook, Paula built the foundation that would lead to an esteemed career as a Yoga Instructor’s Instructor.



LoveHealing Studio's
Massage Therapy
42 Main Street, Nyack
(914) 418-4022

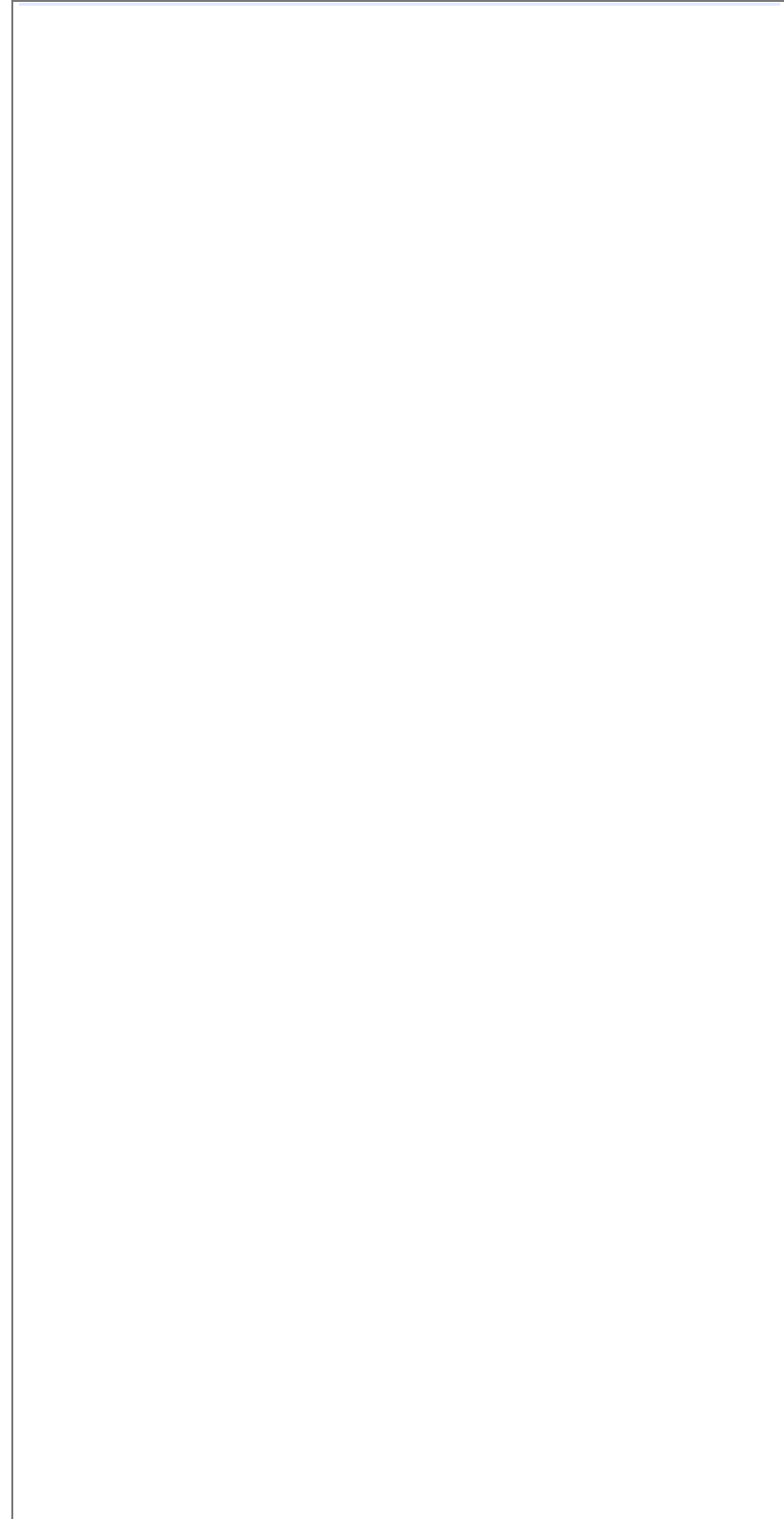
+ UPCOMING LOCAL EVENTS

Paula first taught yoga at the The



Montessori School in Suffern before moving her classes to what is now The New Age Center of Nyack. Currently she offers a 200-hour certification program through the Yoga Alliance Center. Heitzner calls her style of teaching “Mentor Apprenticeship, [where] you learn by observing and doing.” There is a strong focus on the mental, emotional, spiritual and physical practices of yoga in each class, which are never the same. Paula admits to not having a set routine before each class, instead she listens to each student, working with them on their needs. “She’s a natural born choreographer,” says Lynda Brothers, who has been a Heitzner student for 27 years. “She is a god-send and has helped me with stretching, balance and most of all strength.”

All of Paula’s classes begin with grounding, followed by finding center, aligning the body and finally breathing. “The goal at the start is to discard the baggage,” she says. “Once that is done the mind then becomes focused on its internal deep center. That in turn allows for the breath and bone principal. With each breath you let your muscles follow the movement of your bones.” Heitzner says the key to all of her teachings is let your muscles follow your bones and not let the mind motivate the muscle movement.



A promotional advertisement for Wayfair.com. The background is a light yellow color. At the top left, the text "UP TO 70% OFF" is written in red, with "70%" being significantly larger. Below this, the phrase "Everything home" is written in a black, cursive font. The advertisement features a collage of various home goods: a light blue sofa, a red dresser, a wooden chair, a blue teapot, a patterned armchair, a dog in a wire crate, a coffee maker, a lamp, a coffee table, and several decorative vases. At the bottom left, the "wayfair.com" logo is displayed in purple and green. At the bottom right, there is a yellow button with the text "SHOP NOW" and a right-pointing arrow.

Paula has taught hundreds of current yoga teachers in the tri-state area and many of her students have gone on to open studios. Betsy Ceva and Charlene Bradin, founders of Birchwood Center in Nyack, are former students. Yoga Mountain, a yoga practice in New City, was started by another former student, Gail Bentley Walsh.

Now in her fifth decade of yoga practice in Nyack, Heitzer continues to teach at the The New Age Center of Nyack. Visit

Yoga4you.com to learn more about Paula Heitzner and see her class schedule.

See also:

- Therapeutic movement practitioner [Judith Rose](#)
- Massage therapist [Sarah Hatkoff](#)
- Nyack Hospital licensed acupuncturist [Virginia Mims](#)
- Nyack Sketch Log: [Preston Powell's Teagevity](#)
- Nyack Sketch Log: [Yoga Reborn Here](#)
- [2014 Local Health and Wellness Guide](#)

Photo credits: Lynda Brothers

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PREVIOUS STORY

Healthy and Happy Heart Bowl

NEXT STORY

Nyack Sketch Log: William Prime Batson 1921-2014



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johnngromada on A New NY Bridge? Yes, Just Not In My View

bosborne on Nyack Community Garden Says "Think Spring"

bosborne on Nyack Community Garden: 'Till We Till Again

bosborne on On Your Mark, Get Set, GROW!

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February 24, 2014



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February 10, 2014



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September 3, 2013

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