



# Dorset & Hampshire Iyengar Yoga Institute

Please email the committee at  
[committee@dhiyi.co.uk](mailto:committee@dhiyi.co.uk):

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- \* **Treasurer:**  
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## Welcome to the 10th Edition Newsletter !

### Message from your Chairman

Hello, welcome to another new year, a new decade, and our spring edition of the DHIYI newsletter. Our first event to take place this year will be on the 24<sup>th</sup> April, when Tricia James, a senior teacher, will come down to teach us. Unfortunately our usual January event on the 16<sup>th</sup> with Debbie Bartholomew had to be cancelled due to adverse weather conditions. Apologies to everyone who had bought tickets for the day, we do hope that Debbie will be able to come and teach in the future. April 24<sup>th</sup> is also the date of our Annual General Meeting. Please note that this will take place at the end of the yoga day, and not during the lunch break as normal. I would like to take this opportunity of encouraging as many of you as possible to stay and attend the meeting. As always it is an opportunity for an exchange of ideas between the committee and the members. In accordance with our constitution, the committee will stand down at

the AGM. At present all the committee members are happy to continue for another year if proposed by members. Following the success of the Birjoo Mehta weekend in 2008, we are happy and excited to confirm that Jose Maria Vigar will come to Bournemouth for a similar weekend workshop in June this year. Please read the write up on Jose, and make a note in your diary. Do check the other dates on the events page, and particularly for teachers, I would like to draw your attention to our next Professional Development Day on September 25<sup>th</sup>. There is also a new venture, a teachers' get together which meets in July. This is a chance for local teachers to exchange ideas on a regular basis, in accordance with the wishes of Mr Iyengar. If anyone has any thoughts on this, please bring them to the AGM. Everyone will be equally interested to read the contributions from two newly

qualified teachers. Warmest congratulations to them both, as well as to all other teachers who have recently passed their Introductory Level Two assessment. We have a version of another PD day held at the Sarva Centre, High Wycombe, attended by one of our teachers, who also came to our own, and an update from Simon on the progress of the website. Our thanks go to Simon for all his continuing hard work on behalf of the DHIYI. Thanks also extended to Jenny for this edition of the newsletter. Simon and Jenny are both student members of the committee, and we appreciate their contribution for the Institute. Finally, as teachers we always try to encourage our students to do their own practice, so it is wonderful to see the picture of Russell in Sirsasana, on board the yacht Dignity, at the start of the 2009 race, which they won.

**Giulia Howard-Hole,**  
**Chairman**

### Update from your Secretary ~ February 2010

From Weymouth to Winchester and from Bournemouth to Bridport, membership of the DHIYI has embraced 143 interested Iyengar yoga students this year. Thank you, as always, for enabling us to provide your local institute. We're sincerely hoping that everyone will busily fill in the enclosed 'MEMBERSHIP FORM' for the coming year. And, we are delighted to say the fee will remain

the same! If you could highlight any changes in your contact details that would be most helpful. When we receive your application, the form is processed, cheques passed to the Treasurer and details entered on the database. As it takes time to sort out, your new membership card will be sent out late April/early May. Your next magazine and newsletter will appear in the Autumn.

If you know anyone who might like to become a member, joining is easy! Either download a form from [www.dhiyi.co.uk](http://www.dhiyi.co.uk) or email me at 'elainerees@europe.com'. Thanks again for all your support and I look forward to another busy and fun-filled year.

Many thanks.  
**Elaine Rees,**  
**Secretary**



### Unique Sirsasana !

Even though Russell was dedicated enough to practise on board a yacht on the start line of the 2009 Round the Island race, he **STILL** got told off by his teacher for not extending the backs of his legs !

He was consoled by the fact that the crew of Dignity came first in their class that day !

*Picture and model ~ Russell Farrington*

## TEACHER TRAINING 2007 ~ 2009



Being accepted onto the Iyengar teacher training course back in 2007 by Richard Ward in Bath, was not only exciting, but in some ways a huge relief. Teaching was something I had wanted to do for quite a few years, but knowing the huge commitment it was going to be, I waited until my youngest son was more independent and I had more time on my hands. Still I wondered, as I had turned 50 and would be an 'older' student to start training, would I be able to 'cut the mustard' so to speak? Richard thought I could, and so I embarked on my two years of training and study. Studying again after so many years away from it was challenging at times, with all the homework improving my computer skills along the way. The knowledge to be learnt about Iyengar yoga is immense, so 'Light on Yoga' and

other Iyengar books became my constant companions. The two years of monthly training days in Bath were mixed. Mostly I'd come away tired but enthusiastic about everything we'd done and learnt that day. Occasionally, if I'm honest, I'd have an 'off' day when I felt I hadn't done so well, but never bad enough to put me off, only a desire to do better and get it right. Needless to say I was thrilled to pass my level 1 exam after a year, and the following year lead up to the level 2 exam was the quickest ever! Exams are always a nerve-wracking experiences, and the level 2 is no exception, but all teachers have to do them. The Iyengar standards are very high, so to gain my teaching certificate is a real honour.

I am immensely proud to be able to call myself an Iyengar teacher. I have started teaching one regular weekly class and am doing a little cover for other teachers, whilst trying to set up a new class in Ferndown. It's proving quite a slog to get new students, so I must have patience in building a new class! I have made some wonderful friends along the way, and as some of the more experienced teachers have said: 'Now the hard work really begins'!!

Thanks to my teachers during my training, who were so generous with their experience and knowledge

**By**  
**Kate Gray**

## MEMOIRS OF A STUDENT TEACHER



On attending an Iyengar yoga class in 2000, little did I know where it would lead to. I thought it was going to be gentle breathing and stretching with a bit of meditating at the end. By the end of the class, my body had been stretched and opened like never before and whilst tired, there was a lightness in my body like I had been washed in a washing machine. Over the next few years I really began to reap the rewards of Iyengar classes as it not only improved long term conditions such as my lower back and knees but of course helped me to be more centred in mind and body.

Teaching training was the last thing I wanted to do and dismissed it initially as I felt the timing wasn't right - I had a full time and demanding job at the time. On reflection however, it was really the notion of standing up in front of people, not my idea of fun, which stopped me initially. However, the notion of being able to pass on the benefits of Iyengar yoga was stronger than my fear and after some soul searching I bit the bullet and was very lucky to be considered and accepted as a trainee teacher in Newbury with Judith Jones for 2 ½ years.

My first day of training, getting up at "stupid o'clock" on a Sunday morning and travelling 2 hours to get to the venue was a bit of a shock to the system. I remember being chastised in front of the whole class of about 20 student teachers of all levels for bending my lumbar whilst doing Adho Mukha Svanasana. This is when the reality of yoga

training really kicked in. Much work and discipline was needed to improve my poses if I was going to have any chance of getting beyond the first year.

Assignments also proved to be a challenge and one of them was based on Yamas (everyday codes of ethical behaviour) and Niyamas (rules of personal conduct/discipline) and how they apply to your own life and practice. It was very reflective work and highlighted areas of my own conduct which I should be aware of such as Ahimsa (non violence to yourself and others) in trying to persuade my husband to take up yoga rather than letting him make up his own mind!

Teaching a pose in front of the teacher trainer for the first time was unnerving for all of my fellow student teachers. For instance, looking like a rabbit in headlights, I recall being rooted to the spot in front of the class whilst racking my brains as to which foot should be moved to mirror the class whilst demonstrating Trikonasana. Needless to say, after two and a half years, my fear gradually began to evaporate and whilst nerves were sometimes still there, the urge to be able to teach and keep learning continued to keep me going.

Leading up to my final exam, one of my regular teachers was kind enough to tell me to "teach from the heart" and whilst I was of course anxious it helped me to actually enjoy my exam in October 2009.

Needless to say I have to thank my teacher trainer Judith for her endless patience and imparting her vast knowledge in helping all those in my teacher training group to gain their teaching certificate.

Teacher training could be mistaken for boot-camp and your ego certainly takes a beating. However, the sublime teaching and knowledge you receive from your teacher trainer, the support of your regular teachers and the comradeship of fellow teacher trainees make the cold early mornings starts, hours of course work and assignments all worthwhile in order to begin to impart just some of the knowledge of the Iyengars as a newly qualified teacher.

**By**  
**Catherine Otway**





## FACELIFT FOR THE DHIYI WEBSITE

As some of you will have noticed, the DHIYI website has recently had a facelift. The main reason behind this was to allow teachers to add and maintain their own class details rather than having to rely on me which was resulting in an ever increasing backlog of details to be changed.

At the same time, I took the opportunity to enhance the site so that it is now possible for new students to find yoga classes using a map.

I have also improved the "search engine optimisation" of the site so that anyone using Google or other search engines to find Yoga classes in Dorset and Hampshire is more likely to find our site. The website code has also been

updated to reflect legal requirements for websites that came into force since the old site was built.

The new site has been built using some software called "Drupal" which is a type of software called a "content management system". Without Drupal I would not have been able to build the new site in the limited free time I had available. Drupal takes care of a lot of the "drudge work" of building a website so as to allow me as a website developer to concentrate on building the features that are unique to a particular website.

Drupal is an amazing bit of software that is a great example

of something called "open source software". This is software which has been created by programmers all over the world and then given away for free.

The new site is still a work in progress so any feedback would be gratefully received at [webmaster@dhiyi.co.uk](mailto:webmaster@dhiyi.co.uk)

*By Simon Gardner*



## 2009 PD Day with Tricia Booth at SARVA

The 2009 PD Day (teachers only) was different: its essence was the elegance and intelligence of the posture sequence (we were given the list) from one of Geeta's Pune classes. We taught, and Tricia commented only if Geeta had used another way of working: this led to an inclusive atmosphere, and a day of progressive discovery of our own bodies.

Of course, as teachers we plan our lessons carefully, making sure each part of the body gradually works more but Geeta's sequence was like a symphony. Sometimes there were small motifs (beginners' postures) that expanded and changed into fully developed tunes (advanced postures). Occasionally the final, perfected tune came first, and then it was simplified and broken down into basic motifs.

There were motifs that appeared again and again and relied on the practitioner to sense and demonstrate the changes gained from repetition, and the effect of intervening sequences. And then the order would change and expand and we'd learn more from this new juxtaposition.

Sometimes the intensity of action became a theme, for example, we repeated Uttanasana, Padangustasana and Padahastanasana briefly to more clearly feel the developing actions of the legs. Sometimes we did things almost playfully: the third time we did Paschimottanasana, after a strong sequence, "Just go into it without effort or too much thought. Make the shape. See how it feels compared to the first and second

times. How it feels after the intervening postures." Sometimes we did things restfully, for example, Supta Baddhakonasana, with no props, as a resting pose for 1 minute. But whether intense, playful or restful each part of the body was being awoken, enlivened, extended, educated.

In the Q and A session at the end Tricia said that if the bent leg in Janu Sirsasana isn't on the floor, Geeta recommends sitting higher and higher, then only if it doesn't go down would you support it. (If the knee is high, the femur head is out, once the femur head goes in, the leg relaxes.)

*By Iris Lee*

## ASANAS TO INCREASE YOUR IMMUNITY

The following list of asanas was given by Gururji when the Institute in Pune was closed for 8 days due to an incidence of swine 'flu :-

### Morning Practice (approx. 1hr+)

<i>Uttanasana</i>	5 mins
<i>Adho Mukha Svanasana</i>	5 mins
<i>Prasarita Padottanasana</i>	3 mins
<i>Sirsasana</i>	10 mins
(5 mins straight then 5 mins <i>Sirsasana</i> cycle)	
<i>Viparita Dandasana</i>	5 mins
(on your "cot" (bed) with head down)	
<i>Sarvangasana</i>	10 mins
<i>Halasana</i>	5 mins
<i>Sarvangasana</i> cycle	5 mins
<i>Setubandha Sarvangasana</i>	5 mins
<i>Viparita Karani</i>	5 mins
<i>Savasana</i> with <i>Viloma</i> or	
<i>Ujjayi pranayama</i>	10 mins

### Evening Practice (approx. 45 mins)

<i>Sirsasana</i>	10 mins
<i>Sarvangasana</i>	10 mins
<i>Halasana</i>	5 mins
<i>Setubandha Sarvangasana</i>	10 mins
<i>Savasana</i> with <i>Viloma</i> or	
<i>Ujjayi pranayama</i>	10 mins

**NB** For an illustrated programme of asanas for a Low Immune System, also see pp 286 & 287 "YOGA The Path to Holistic Health" by BKS Iyengar.  
If you have any queries or questions, contact Mary Heath 01202 250441  
[mary@maryheathyoga.co.uk](mailto:mary@maryheathyoga.co.uk)





## YOGA STRETCHES AND SPONDYLITIS



B.K.S. Iyengar

In September 2007, I was diagnosed as suffering with Ankylosing Spondylitis by my consultant. I saw at first hand from my x-rays that the lumbar region of my back was badly affected. I had suffered with intense pain with my lower back for some time, but the level of back pain had been increasing and was beginning to affect my quality of life. I was having difficulty sitting for long periods at work, playing any kind of sport was painful (I loved tennis and golf) and my sleep pattern was being severely affected.

My consultant confirmed that the back pain would gradually worsen over time and if left untreated the individual vertebrae becomes so inflamed that they actually fuse together. These fusions are normally quite brittle and prone to fracture. They may also cause the associate ligaments to weaken leading to an even higher risk of damaging the spinal column and the spinal cord. I was given the choice to perform daily routine exercises (as recommended by the Consultant) or face the rest of my life potentially crippled in a wheel chair. I was asked whether I danced. Apparently, if performed properly and smoothly it would just be the sort of exercise needed to provide gentle twisting movements – no I didn't dance I have 2 left feet at the best of time and would look pathetic on any dance floor. I had already decided that where possible it was better to avoid any long term dependence on anti-inflammatory medication due to possible adverse side effects.

Also, I needed to keep my weight down to reduce pressure on my joints.

I started immediately doing my daily routines as shown to me by my Consultant. I joined a gym to keep fit and lose weight. One day, I walked past a yoga class in progress and realized that the daily routines I had been conscientiously working on were all yoga postures. So I joined the yoga class as it is more fun to do the postures with other people. A friend I met at the class then invited me to join a Cerec class (French rock and roll) which he and others would go to after the yoga class. At first, I resisted but eventually gave it a go particularly as my Consultant had recommended I should. On my first, night I remember the dancing instructor being a particularly humorous, friendly and energized young lady who made the whole evening just a really fun thing to do.

Although I couldn't go dancing every week, I kept attending the yoga classes regularly and did the exercises at home as if my life depended on it, which in some ways it did. Slowly, but surely, the excruciating back pain began to subside. I was able to sleep better, I could sit down for longer periods and make sudden twisting movements without fear of stiffness or discomfort. After about 6-9 months I actually began to forget about my back pain. Shortly afterwards I went

on holiday abroad and didn't do any yoga exercises thinking perhaps my back problem had been somehow resolved. However, shortly after returning from holiday, the back pain returned and a sharp twist produced agonizing pain in my lumbar region as a reminder that I still needed to respect and look after my serious back condition. A series of yoga sessions then stabilised the situation and the pain began subside once more. One fateful evening at a local gathering, I ended up sitting opposite the particularly humorous, friendly and energized young lady who it appeared also ran Iyengar yoga classes including a class at a local hall 3 minutes from where I live! Since then, I have attended yoga at my local hall every week wherever possible.

I am convinced doing yoga classes with gentle stretching exercise has been key to my own treatment and coping strategy and has allowed me up to now to live a normal life, relatively free from pain. So far, I have avoided the need to have evasive surgery or have possibly expensive and time consuming back treatments. I can socialize, go to work, play golf, and enjoy my holidays. Also, you can sometimes meet very humorous and friendly people at yoga classes!

**by**  
**Rob Kimber**  
**Yoga Student**

## JOSE MARIA VIGAR TO VISIT DHIYI IN BOURNEMOUTH

From your DHIYI Committee



The committee are delighted to announce that Jose Maria Vigar, a highly respected senior Iyengar yoga teacher from Malaga, has agreed to come and teach for our Institute in Bournemouth on Saturday 26th and Sunday 27th June !

Jose Maria is the director of "Sadhana de Yoga Iyengar", a beautiful yoga centre in Malaga. As well as having a degree in Biological Sciences, Jose Maria is a senior teacher who has been a dedicated pupil of Gururji BKS Iyengar since 1990, and he visits the Ramamani Iyengar Memorial Yoga Institute in Pune, India, every year.

Jose Maria is a member of the Spanish Iyengar yoga teacher training organisation, and as well as training teachers in Spain, Gururji has recently entrusted him with the setting up of a teacher training programme in Chile. He has also been appointed by Gururji to form part of the international tribunal of examiners for the annual assessment of Iyengar Yoga teachers in Mexico.

Jose Maria teaches with dedication, sincerity, warmth and sensitivity and we hope as many of our members as possible will come to benefit from his experience.

The classes will be held at the popular venue of Bournemouth College Campus where we held our very successful weekend with Birjoo Mehta in 2008.

Please use the enclosed application form to book your place as soon as possible to avoid disappointment. There is a reduction for early bookings.



# D.H.I.Y.I. ~ Dorset and Hampshire Iyengar Yoga Institute

## Upcoming Events 2010

### DHIYI EVENTS

#### Saturday 24th April 2010

Yoga workshop with Tricia James at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 9.30AM—3.20PM  
Cost ~ DHIYI Members £21 ~ Non-members £23.50

**PLEASE NOTE THAT THE ANNUAL AGM WILL TAKE PLACE AFTER THE DAY @ 3.30PM**

#### Saturday 26th & Sunday 27th June 2010

Yoga Weekend with Jose Maria Vigar,  
Bournemouth College Lansdowne ~

**Details of times and prices are on the enclosed application form**

#### Saturday 25th September 2010

Professional Development Day ~ IYA Certified Teachers Only  
at Trinity Methodist Church in Southbourne, BH6 5AQ  
~ Exact Time TBC  
Cost ~ TBC

#### Saturday 6th November 2010

Yoga workshop with Dave Browne at Trinity Methodist Church in Southbourne, BH6 5AQ ~ Exact Time TBC  
Cost ~ TBC

### OTHER EVENTS

#### Saturday 20th March 2010

Yoga workshop with Liz Tonner ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.30PM  
Cost ~ DHIYI Members £TBC ~ Non-members £TBC

#### Friday 28th May 2008

*Teachers Only Workshop with Margaret Austin at St Clements Hall, Boscombe*  
In the main hall ~ 6.30PM—9.00PM  
Cost ~ DHIYI Members £TBC ~ Non-members £TBC

#### Saturday 29th May 2010

Yoga workshop with Margaret Austin at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.30PM  
Cost ~ DHIYI Members £TBC ~ Non-members £TBC

**For more information on any of the above events or to reserve a place:**  
Please contact Kim Trowell on 01202 558049

### Other Yoga Events

Teachers, if you are organising an event, please let me know.  
Email me at "webmaster@dhiyi.co.uk" for inclusion in the next newsletter.  
Please note that **only** Iyengar yoga events will be included.



*"How can you have peace of mind when there is no peace in the body?"*



We're on the web  
[www.dhiyi.co.uk](http://www.dhiyi.co.uk)