



Dorset & Hampshire Iyengar Yoga Institute

Please email the committee at
committee@dhiyi.co.uk:

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- * **Events Organiser:**
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Carol Batterson ~ Hants



Welcome to the 11th Edition Newsletter !

Message from your Chairman

Hello, welcome to our autumn edition of the DHIYI newsletter. Since the spring edition, our first event of the year was held on April 24th when Diane Coates came down to teach us. She had very kindly stepped in at the last moment when the advertised teacher, Tricia James, became stranded in Spain due to the volcanic ash! It was a well attended day, at the end of which, we held our Annual General Meeting, where members of the committee reported on what we had done in the last 12 months, plus our plans for the next year.

Two events I mentioned in my annual report have taken place, and I am pleased to say that both were very successful. The first took place at the end of June, when Jose Maria Vigar, a senior Iyengar yoga teacher from Malaga came to teach for our Institute in Bournemouth.

As a committee we were delighted and honored that he had come to teach us, and also to learn, that this was his very first teaching experience in this country.

On July 10th the DHIYI held its first teachers' get-together, this was a new venture for us, responding to Mr Iyengar's wish for teachers to meet and exchange ideas on a regular basis. Our theme for the first date was on standing poses. I am pleased to say that it was a positive experience where everyone could contribute, enabling us all to learn and share in a relaxed friendly atmosphere. We plan to hold these meetings twice a year, and I look forward to our next date.

I hope you will be interested in reading this edition of the newsletter, where apart from the items mentioned above, there are amongst other things, a contribution from a student teacher, a piece on pregnancy, plus a mention of the USA Teachers' Convention in Oregon. Some of you will also have enjoyed taking part in the Yoga on the Beach event held earlier this year. This is the second year it has taken place, many thanks to Elaine for organizing it, and for the wonderful donation to Bellur.

We are also grateful to one of our student members Sandy Morris who generously asked for Bellur donations instead of presents at her birthday party and raised £350.

Future dates for your diary this year are our next Professional Development Day on September 25th for teachers only, and November 6th with Dave Browne, a general day of yoga. Looking forward to 2011, our first yoga event of the year will take place on January 8th with Richard Ward.

Finally the DHIYI committee, send their warmest congratulations to Jenny our newsletter editor, on the birth of baby Oliver, and many thanks for all her continuing hard work in this 11th edition

Giulia Howard-Hole,
Chairman



Inside this issue:

Message from the Chair & Secretary	1
Jose Maria Vigar	2/3
Teachers Convention	3
Nottingham Convention	4
Pregnancy Yoga	4
Weekend with Jawahar	5
Teachers "Get Together"	5
Events 2010 / 2011	6

Update from your Secretary

From Surrey to Somerset 127 enthusiastic members have joined the DHIYI!
A big welcome to several new members who have signed up for the first time. And, of course, a huge thank you to all those who have renewed their membership this year.

We are in the process of updating our email list for both teachers and students via the website so that everyone gets the information they need at the right time.
Hopefully you have all received your membership cards with your personal DHIYI number.

Any queries just email me on elainerees@europe.com.
Thanks as always!

Elaine Rees
Secretary

Yoga on the Beach 2010

This year numbers almost doubled when 95 local yogis gathered on a blustery, sunny and dramatic evening on Southbourne Beach for an evening of yoga, curry and Pimms! And, the funds we raised for Mr Iyengar's charity 'The Bellur Trust' almost doubled too – reaching a massive £500. This will help to fund improvements in sanitation, education and medical care in his home village in southern India. A huge thank you to everyone who came for making the evening such fun, so magical and for donating generously.

I've called the photo 'Joyful' !

Elaine Rees



Jose Maria Vigar Teaches in Sunny Bournemouth



The Dorset and Hampshire Iyengar Yoga Institute was thrilled to welcome Spanish teacher Jose Maria Vigar to teach at a weekend workshop in June. Jose Maria had received glowing recommendations from Dorset teachers who had been fortunate enough to have studied with him in his home town of Malaga so the DHIYI were pleased when he agreed to come to teach in England for the very first time.

Jose Maria began the Saturday class with a summary of his background in Iyengar Yoga. Genie Hammond had been his first teacher in 1990 when she had taught him in Malaga his first Tadasana. He became hooked and started travelling to the UK to study with Silva Mehta. After attending an intensive in Wales with Gururji in 1992, he made the journey to Pune and had returned there regularly to study with the Iyengars.

The theme of the first day centered around a verse from the Bhagavad Gita and focused on creating skillfulness in action in order to create pure action. This involved knowing the source of each action and its corresponding counter action. Through sheer assiduous practice, Gururji had established that purity in his actions, working from a profound depth and reaching mature consciousness. Jose Maria urged the students to refine the intelligence of the head (ruled by rajas) and the intelligence of the body (ruled by tamas) to reach a glimpse of the spiritual heart (characterized by the sattvic guna). The spiritual heart, next to the biological heart, was filled with joy and beauty.

Asana was a step to understand how yoga worked, creating a communion between the body and mind and acting as a boat to take one from the material

shore to that of the spiritual. Basic poses were practised and studied with the aim of creating balance in every action. Jose Maria underlined the importance of precision, timing, and sequencing which were unique to Iyengar Yoga. Geometry and arithmetics (i.e. how much to put in, how much to take away) also had to be observed in each asana. As a biologist, Jose Maria had a scientific and mathematical viewpoint of life.

After lunch Jose Maria followed a progressive sequence, underlining that every level of practice had a level of reward. Poses included Pada Hastasana, Supta Padangusthasana I and III, Urdhva Mudra Pascimottanasana, Krouncasana, Ubaya Padangusthasana, the two boat poses, Akarna Dhanurasana, Malasana, Kurmasana, Bhujangasana and Setu Bandha Sarvangasana.

The second day consisted of a morning class. Jose Maria talked about the significance of sound as representing the Universal Self. The ancient yogis used Aum to denote the Universal Self, hence, Aum should always be uttered with reverence. Next were mentioned the five koshas and how one should conquer these layers. The more one knew and refined the constituents of the outer body, the more one could gain an insight into the inner body. The means to conquer all these layers was provided by Patanjali's eight steps. Two pillars were essential: abhyasa (practice) and vairagya (detachment). Abhyasa encompassed yama, niyama, asana, pranayama, and pratyahara. Vairagya encompassed

dharana, dhyana and samadhi. Abhyasa was the banks of the river. Without the banks floods would come. The rivers represented vairagya. All rivers ended in the ocean. When one understood the spiritual aspects of yoga, one's practice would become devotional. The ordinary mind would not allow one to reach the meditative state, hence detachment was essential to connect with the super state level of consciousness.

Poses covered in this class started with Adho Mukha Svanasana and Uttanasana, creating full moons in the heels. In Trikonasana, Parsvakonasana, and Ardha Chandrasana he stressed the importance of pressing the heels, hardening the inner ankle of the front leg, establishing stability in the back leg to create space for the front leg to extend, and lengthening the tailbone towards the back leg heel. Props should give one the essence of the pose but sometimes props made the pose more difficult. Finally, in Halasana the focus was on keeping the weight on the outer edges of the upper arms, using the muscles of the back to achieve the lift. In Sarvangasana the spine should lift from the seventh cervical.

Jose Maria's calm and unhurried manner embodied his instruction to make every moment sacred. His humble attitude filled the 1913 venerable hall and all the students remained focused on their practice to create skillfulness in action and detachment from the noisy call of the seagulls outside.

by Jenni Doohan



Jose Maria Vigar ~ Some Comments.....



It was a brilliant weekend. I felt very lucky to be there. Jose Maria said so many interesting things, but a couple that stick with me are "Don't think of it as Keep Fit" and "If you're finding it easy, you're not doing it right!" I liked the way he went into lots of detail and was so precise. I was expecting to do more yoga poses, but I enjoyed it very much regardless. Thank you."

Claire Wellman (Dorset student)

"A thought-provoking, calm and reflective session run at a pace which gave time to really understand more about the poses and make progress in doing them better. As the first male yoga teacher I've encountered, it was very motivational to see how skilled a man can get after many, many years of practice. The experience has inspired me to work harder with my yoga (although I don't think any amount of practice would give me the courage to wear those shorts!)"

Russell Farrington (Dorset student)

"I really enjoyed the one day (Saturday) that I was able to do of this weekend seminar. I found Jose Maria very inspiring - his gentle manner and calm approach were a testament to the benefits of practising yoga. I was particularly interested in his explanations of the philosophy behind the need for precision and skilful practice, reminding us that it is not only for the correct alignment of the physical body but also for one's mental and spiritual development. Much food for thought! There was a lot of demonstration and explanation, and we didn't spend much time actually practising the poses, so I have not retained a lot of the detail he went into because I didn't have time to 'feel' it myself. And because we spent a lot of time on a few poses in the morning, I felt we rushed through some of the more intermediate poses in the

afternoon which I would have liked more time to explore. It's a shame Jose Maria perhaps saw so much he needed to correct in our practice at the beginning! It was a very good day, and I look forward to the next DHIYI event."

Bridget Campbell (Dorset student)

"I would like to say how much I got out of Jose Maria Vigar's recent masterclass held in Bournemouth. The class worked on so many levels, his spiritual understanding of the asanas as well as his detailed technical instruction. The time just flew by and I really gained a lot from his teaching. Awesome! Many thanks to the committee of the DHIYI for putting on this day."

Kathie Pearce (Dorset student)

The Jose Maria Vigar weekend workshop was fantastic. As an Iyengar student I found his teaching and instruction very clear - not too much information, and easy to understand what he wanted from us in each pose. (Whether I did it correctly or not I don't know, but I tried my best!) He was very spiritual, inspiring and calming and very approachable, and I was impressed by how gently but firmly he managed and advised the student used to a different method of practice. It was quite an experience to be taught by such a knowledgeable teacher. A big Thank You to the DHIYI Committee who invited Jose Maria to come to England, and for the organisation of this great weekend, especially Kim. I am looking forward to Jose Maria's next visit..."

Annie Jones (Dorset student)

"I love how Jose links yogic philosophy with practice. The detail of correction and his therapeutic knowledge really help us to understand how to avoid ending up in a therapeutic class! I really miss his teaching since

returning to England after living in Malaga."

Sarah Werrell (Berkshire teacher)

"The Jose Maria Vigar workshop was wonderful. I liked the detail and direction of each pose - he broke it down into stages and we observed the direction of each action. Jose Maria had a deep understanding of how to correct a student and precisely where we should be working in each pose. I do hope he comes to teach us again."

Kathi Vaile (Dorset teacher)

A most enjoyable weekend! Jose Maria had a very calm, gentle approach to his teaching, which made it a really enjoyable experience. Also, it was great to have another big event here in Bournemouth so we didn't have to travel far. An excellent yoga weekend. Thank You!"

Kate Gray (Dorset teacher)

"Jose-Maria was brilliant. Although quietly spoken there was no mistaking his extensive experience. I liked the way he used Tadasana as the touchstone: if you're not sure what part of the body does in any pose, consider what it does in Tadasana. Eg: In Adho Mukha Svanasana "As we spread the toes and lengthen the heels back in Tadasana, make the same actions on the hands". Also in AMS he said we tend to push the inner knee back and the calves back but we must balance and counterbalance. "The outer leg can be dead. Hit the outer thighs back, the outer knees back. Think Tadasana where the inner and outer legs are balanced." And in Trikonasana the knees must be aligned with the centres of the feet, as they are in Tadasana."

Iris Lee (Hampshire teacher)



TEACHERS' CONVENTION with GEETA IYENGAR May 2010

When Geeta said in Cologne last year that she would not commit herself to any more international conventions after the USA in May this year, I resolved that I would not miss this or any other opportunity to study with her anywhere, and after getting around the volcanic ash to travel to Portland, Oregon, I felt privileged to benefit once more from her amazing depth of knowledge and understanding, as she led what was the first Convention on Iyengar Yoga Therapeutics, called "Reflections".

Geetaji was accompanied and assisted by senior teachers from the Ramamani Iyengar Memorial Yoga Institute in Pune - her sister Sunita, her niece Abhijata, Dr. Rajlaxmi and Gulnaz - and from Mumbai Zubin and Mondira.

In the morning sessions Geetaji presented the theory and principles of therapeutics of each main category of *asana* - supine, prone, sitting, forward extensions, standing and backward extensions - and also *pranayama*. Our first task was to work with a partner to observe alignment, direction and symmetry in *asana*.

In the afternoon sessions, we split into groups led by her assistants, to give us a closer look at the props and hands-on adjustments which had been used in the morning session.

Geetaji emphasised that these sessions were only the beginning, and we were urged to study the DVDs and familiarise ourselves with the teachings over the next 18 months to 2 years to absorb the information and deepen our awareness of our own bodies in order to understand the approach for therapeutics. Eventually then hopefully I will feel able to disseminate the teaching to other teachers.

The message from Geetaji was to keep ourselves open to learning, and that if we are too keen to say "I know" then we shut the gates to wisdom.

**By
Mary Heath**



IYA Nottingham Convention With Zubin



Each day at the convention we started with Pranayama but the major part of the session was preparing the body (opening it), the breath (watching it), and the mind (quietening it). Zubin said that *breathing* isn't Pranayama; you turn the breath into Pranayama – life force.

The asanas work on different zones of the breath. Just as taking a pill into the stomach can cure a headache, breathing in one place affects another. As you become aware of the breath, where it moves, what it affects, you are evolving. (Evolution was one of the strong themes of the convention.) You don't just do a class and that's it, you gradually awaken the intelligence of the body. The mind, the body and the breath affect one another.

On the first day we did (1) Supta

Baddhakonasana, supported by blocks and with a belt around the sacrum and feet, and on the inhalation we "excavated" the abdomen, as if the breath were digging into there. (Not bloating it, but aware of it there.)

In (2) Supta Padangustasana we had a *looped* belt over the arch of the raised foot providing "handles" so the hands didn't have to grip hard, and we inhaled even lower into the abdomen, to the very root of the breath. And in (3) Setu Banda we weren't just on one high brick: we put that brick on top of another brick to raise the pelvis high enough for the sides of the waist to be lifted. The brick was "under the tip of the tip of the tailbone." This position opened the diaphragm and the chest to the

breath. (Having started with bent legs, we extended them provided the back didn't hurt and the thighs were rolled in.)

In all these preparatory postures the eyes, neck and head were relaxed and we used the breath to quieten those areas, and we watched (the zones) where the breath moved.

Having completed this preparation we laid down in a supported Savasana after Zubin had demonstrated with a broomstick (but we used a rolled belt or a blanket) to take the shoulder blades into the back and open the chest more. In that position we did Ujjayi 1.

by
Iris Lee



My experience of Convention in Nottingham with Zubin Zarthoshtimanesh was wonderful and so inspirational. His demonstrations were amazing, so clearly showing the points to which he wanted to draw our attention. He spoke and showed us with so much energy and such conviction, determined we should understand clearly what he was wanting. His wife was also busy correcting and adjusting us. I would like to share some of the things we worked on.

Tadasana – Work in tadasana should be carried through to other asanas. Legs up to hips, opening the whole leg up to back groins. Tail bone in. Use of arms to take cervical spine in. Rotate deltoids outwards. Work back muscles for spine, extend sides above waist. Broaden trunk, not just lift.

Foundation or root of a Pose – Consider the foundation of a pose first, e.g. standing – feet; sitting – hips/buttocks; ustrasana – shins; and so on.

Skin has no boundaries – move skin first, e.g. knee – move skin then knee-

cap. Skin you see first, moving skin does not have an end. Muscles are round – arm or leg bones are straight, but muscles are round. Roll muscles according to pose, so the muscles are used not the joints strained. (Beneficial for arthritic joints)

Para spinal muscles – Using para spinal muscles and not the spine, e.g. in sarvangasana and halasana lift para spinal muscles, in Virabradasana 3 and parsvottanasana extend para spinal muscles.

A few other points I can recall relating to specific asanas:

Sirsasana – Lift the sternum up, not down.

Virabradasana 2 and

Parsvarkonasana – Think tadasana in bent leg and straight leg. Use back thigh to its root. Hips parallel front and back.

Prasarita Padottanasana – Outer edges of feet like knife edges.

Sarvangasana and Halasana – Lift inner legs and groins – keep energy lifted.

Finally:-

"Prologue to pranayama is asana. Prologue to asana is invocation."

"We do asana for body, mind and breath."

"Yoga for life – practice for life."

Some of the memorable phrases Zubin used over weekend.

When Zubin spoke at the end of the presentation, he said he hoped we enjoyed the convention and that he had "given us his all" Quite an emotional ending to a convention packed full of information and work from someone who holds Mr. Iyengar in very great respect and has obviously worked very closely with him.

By
Pauline Collison

Pregnancy Yoga

Mary was kind enough to take me on when I was 25 weeks pregnant. Although it was not an antenatal yoga class, being a senior teacher Mary gave me poses which would be of benefit to my stage of the pregnancy. During the class Mary would take great care to ensure that I was comfortable with each pose. The rewards were instantaneous! I felt energised, more flexible, and most importantly had the stamina to keep up with my 3 year old son! I am convinced that yoga helped me through labour as well. I was able to stay calm and even did the modified version of adhomukha svanasana during established labour to help Ashwin get in the correct position for a normal delivery. It took Ashwin 5 hours to arrive into the world naturally with minimal pain relief. The staff were surprised as having had a cesarean section previously I was told that I had a 50% chance of a normal delivery. Now 8 months on I am really keen return to yoga. Mary, how about starting a mother and baby class? **By Alpina Bose**



YOGA WEEKEND with JAWAHAR BANGERA Bristol Jan 2010



Jawahar is one of Guruji's most experienced and respected senior teachers, and always teaches with an assured authority but with integrity and humility, sincerely and seriously but with gentle humour, and I always look forward to his visits to the UK and the chance to attend one of his workshops. The weekend emphasised the importance of awareness and precision in practice.

For example, in *Uttitha Trikonasana*:-

i) Observe the awareness is often lost in the out-turned leg as you are coming out of the pose. Come out of the pose properly, like the correct procedure for shutting down your computer - if you just switch off you lose valuable data.

ii) Use a belt to observe whether there is a straight diagonal line on the out-turned leg from ankle to hip socket, and place a diagonal brick behind the calf to bring the shinbone in line with the thighbone.

Then take that awareness and precision into *Parsvottanasana*.



in *Janusirsasana*, we were told to keep the skin on the back of the body soft - "otherwise you'll come back as a camel!" (This droll remark reminded me of another occasion years ago when Jawahar studied someone doing *Adho Mukha Svanasana* and said drily "What breed of dog is that?"!)

In *Supta Padangusthasana I*, if you can catch the big toe, draw the shoulder back and down to complete the extension in the back of the leg instead of just pulling the leg towards you.

In *Chatush Padasana* Jawahar complained that previously we wouldn't take the buttock down in *Virabhadrasana I* and now we wouldn't take it up! We had to make the same square in both, and also in *Uttitha Parsvakonasana* coming out of *Ardha Chandrasana* so the flank on that side doesn't shrink.

We practised moving from *Sarvangasana* to *Halasana* and back one leg at a time instead of both legs

together, in order to keep the trunk completely vertical.

These are just a few examples of the way in which we worked to ensure that the whole weekend was an exercise in mindfulness, not just method.

By Mary Heath

(NB Jawahar will be returning to the UK next year to teach at the IYA Annual Convention at Strathclyde University, Glasgow from 17th to 19th June.)



DHIYI's 1st Teachers "Get Together"

From your DHIYI Committee

On the 10th of July, the DHIYI held its first Teachers' Get-Together. Mr. Iyengar in various articles had urged teachers to regularly meet up to share knowledge, offer tips and advice based on their experience. Ten teachers met at Trinity Hall, Southbourne Methodist Church Hall for two hours and had a good time learning from and sharing with each other. It was decided that next time the session would start at 9:30 am and go until 12 noon so that more poses could be covered and those who travelled from afar had more yoga time rather than more driving time. Here are comments made by a few who attended:

"Every teacher contributed and we all gained so much from each others' knowledge".

"Thanks for really enjoyable and useful morning on Saturday. I really liked time and format and happy to start at 09:30 [next time]."

"Thank you for organising today. It was an extremely good way to share our knowledge, thoughts, ideas and problems and to get to know each other. I wish the PD days were like this! No stress and very informal. Well done!"

"It was lovely to meet and share our knowledge and experience. I look forward to more sessions in the future."

"The Teachers Get Together" was a very useful way to spend 2 hours. We shared knowledge; shared different ways of explaining actions; reminded each other of methods we'd perhaps forgotten; tried other ways of working in the basic poses; all this in a supportive atmosphere. As suggested at the time, maybe next time we can make it for a longer time, as we all have lot of knowledge to exchange and it confirms we're all saying and teaching the same basic instructions to maintain the integrity of our method."

"A special 'thank you' to you for arranging last Saturday. Thank you to everybody for sharing their knowledge. It was a very useful learning session. Even better, a good way to get to know everybody."

"It was good to share our knowledge, to refresh our teaching, and keep us up-to-date without teaching each other."





D.H.I.Y.I.

~ Dorset and Hampshire Iyengar Yoga Institute

Upcoming Events 2010 / 2011

DHIYI EVENTS

Saturday 6th November 2010

Yoga workshop with Dave Browne at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM ~ 4PM
Cost ~ DHIYI Members £21 ~ Non-members £23.50

*Saturday 4th December 2010

Teachers' Get-Together at Trinity Methodist Church in Southbourne BH6 5AQ ~ 9:30AM~12.00PM
Cost - £2 on door

***Please contact Jenni Doohan on 01425 622635 or jenni.doohan@hotmail.co.uk**

Saturday 8th January 2011

Yoga workshop with Richard Ward at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM
Cost ~ DHIYI Members £21 ~ Non-members £23.50

Saturday 9th April 2011

Yoga workshop with Judith Jones at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM
Cost ~ DHIYI Members £21 ~ Non-members £23.50

PLEASE NOTE THAT THE ANNUAL AGM WILL TAKE PLACE DURING THE LUNCH HOUR

Saturday 23rd July 2011

Yoga workshop with Sheila Haswell at The Botley Centre, near Southampton, Hampshire
10AM~4PM ~Cost ~ DHIYI Members £21 ~ Non-members £23.50

OTHER EVENTS

Saturday 12th or 19th March 2011 (TBC)

Yoga workshop Teacher TBC ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM~4.30PM
Cost ~ DHIYI Members £25 ~ Non-members £27

Friday 4th June 2011

Teachers & Trainees Only Workshop with Margaret Austin
at St Clements Church, Boscombe ~ 6.30PM~9.00PM
Cost ~ DHIYI Members £TBC ~ Non-members £TBC

Saturday 5th June 2011

Yoga Workshop with Margaret Austin at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM~4.30PM
Cost ~ DHIYI Members £25 ~ Non-members £27

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