

# Dorset & Hampshire Iyengar Yoga Institute



## Welcome to the 12th Edition Newsletter !

### Message from your Chairman

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

- \* **Chairman:**  
Giulia Howard Hole
- \* **Secretary:**  
Cara Bowen
- \* **Treasurer:**  
Zoë Hobbs
- \* **Recording Secretary:**  
Jenni Doohan
- \* **Webmaster Coordinator:**  
Martin Chilvers
- \* **Liaison Coordinator:**  
Mary Heath
- \* **Advertising / PR:**  
Beth Perrior
- \* **EC Rep:**  
Elaine Rees
- \* **Newsletter Editor:**  
Jenny Trayford
- \* **Events Organiser:**  
Kim Trowell ~ Dorset  
Carol Batterson ~ Hants

Hello and welcome to another year and our spring edition of the newsletter. The year starts with a few changes within the running of the Institute. As you will read in more detail further on, we have changed our bank account and have initiated an alternative method of paying for renewals. We have a change of webmaster and consequently a different website image, because of this, and also to help with furthering the work of the website, a special web sub-committee has been formed.

Finally we have some changes to the committee. We say goodbye to Simon Gardner, our original webmaster for the DHIYI. We are extremely grateful to Simon for all his dedicated hard work in setting up and maintaining the website, free of charge for its first five years. Heather Taylor is taking over from Simon on a professionally paid basis.

Elaine Rees is stepping down as Membership Secretary and takes on the role of Executive Council Representative, a post which has been vacant for three years. Thanks are extended to both Simon and Elaine for all their time spent in working for the Institute.

We are happy to welcome two new committee members, Martin Chilvers, a student member, will be involved in the

new web sub-committee, and Cara Bowen who takes over as Membership Secretary.

As you will read further on, the last event of 2010 was a general day of yoga held on the 6th of November with Dave Browne, a senior teacher from Sunderland.

On January 8<sup>th</sup> a well attended yoga day was held, taught by Richard Agar Ward, a senior teacher from Bath - do read Iris Lee's account of the day. Our second teachers' get-together was re-scheduled for February 5<sup>th</sup>.

Future events start on April 9<sup>th</sup>, a workshop with Judith Jones. This is also the day for our Annual General Meeting, which will take place during the lunch hour. In accordance with our Constitution, the current committee will stand down at the AGM. At present all committee members are happy to continue for another year if proposed by members. I would like to encourage as many of you as possible to stay for this. It is a time to hear a

formal account of what has been happening in the last year, and also an opportunity to exchange ideas.

Many of you who enjoyed attending the special weekend event held last June with Jose Maria Vigar, a senior teacher from Malaga, will have another opportunity to follow his teaching by attending a general day of yoga later this year. He will also be taking a special teachers' class held on the Friday evening. Teachers should also take note of the next Professional Development Day to be held in October; the Moderator this year will be Sallie Sullivan.

I hope you will enjoy reading the remainder of the newsletter, ranging from Russell's piece on tight hamstrings and coping in a mostly female class, to Dave Browne telling us how important it is to 'try' rather than aiming for the perfect pose, and the lessons that can be learnt from an Australian Terrier puppy.

**Giulia Howard-Hole,  
Chairman**

### Important News From your

A rare word from the Treasurer. We have recently changed banks so are now able to offer different ways to pay your subscription. We hope this will make your life easier! Please read these details carefully as we have also changed the renewal procedure slightly.

If you are an existing member, you do not have to complete the membership form again **UNLESS:-**

1. Your details have changed eg new address, e-mail etc, so we can keep our database up to date.

2. You have mislaid your membership number, this is a vital piece of information for us to control the payments.

3. You require a receipt. Then please enclose an SAE and send it with the membership form.

New members please send a membership form for the first year so we can capture your details.

The forms can then be sent to **Cara Bowen, 19a Belle Vue Road, Southbourne, Bournemouth, BH6 3DB**

Ways to pay:

**A~** As before with a cheque. Please write your **MEMBERSHIP NUMBER** on the back of the cheque, payable

to 'DHIYI' and send it to Cara (address as above).

**B ~.** Pay direct into our bank account. Please quote your name and **MEMBERSHIP NUMBER** as the reference.

New details:-  
Bank: HSBC Sort Code: 40-17-22  
Account No.: 01562096  
Account Name: Dorset & Hampshire Iyengar Yoga Institute

**C~** Pay by Standing Order. A mandate form is enclosed, please complete it, your name and **MEMBERSHIP NUMBER** as the reference.

Help with filling out the form: Due date is any day in April that suits your situation; Frequency is annually. You hand the completed form to your bank, then annually the deduction will be made from your account, however at any point should you no longer wish to be a member (we hope that is never an option!) you will need to cancel the standing order with your bank. When the subscription amount changes you will have to instruct your bank to send the new amount.

The amount this year is £12.50!

Thank you all for your support during this time of change, the committee are working hard to keep things running smoothly.

**Zoe Hobbs -Treasurer**

### Update from your Secretary

Once again, an encouraging number of people joined or rejoined last year, making a total of 132. A massive thank you for your contributions and enthusiasm.

2011 brings an exciting change to the **Membership Division** of the DHIYI!! I've decided after five very happy and rewarding years as Membership Secretary, to step down and move on to a different role. In my place I'm delighted to welcome Cara Bowen. Cara is very keen to be involved and I'm sure will do an excellent job. I'm going to stay on the committee and take on the role of Executive Committee Representative. In essence I'll be attending meetings with and reporting back from the national UK Iyengar Yoga Association (IYA). So, I'm looking forward to forging greater links with the wider yoga world in the UK and to learning more about our yoga world from a completely different angle! Just like doing Trikonasana!

Cara and I will be working together initially and from now on kindly send any membership enquiries and renewals to:

**Cara Bowen**  
19a Belle Vue Road  
Southbourne  
Bournemouth  
BH6 3DB

**Mob: 07950 770469**  
[cbellyjam@hotmail.com](mailto:cbellyjam@hotmail.com)

As this is a new system there may be a slight delay in receiving your membership card. Your next magazine and newsletter will appear in October 2011 and again in February 2012.

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 Cara at 'cbellyjam@hotmail.com'

Thanks again for all your support and I look forward to another busy and fun-filled year.

You'll find more news about additional payment methods from our dear colleague and treasurer, Zoe, in the next column!

**Elaine Rees**  
Secretary



## Yoga Holiday

Yoga Holiday in France with  
Zoe Hobbs - 3rd to 10th  
September 2011 For further  
details phone 01202-431424 /  
0788086345 or e-  
mail: [zoeleehobbs@talktalk.net](mailto:zoeleehobbs@talktalk.net)



Richard Ward started the morning of his workshop on 8 January by asking us to *sit on the floor*. We habitually use bolsters or blocks because it feels good; it's less effort; we've always done it; the teacher told us to: we become familiar with the easy. But, if we are attentive, props *teach* us: discover what's different, why it feels better, and try to regain that condition with fewer or no props.

When asked why we were starting with Supta Baddha Konasana ("not on the floor") as preparation for pranayama, we replied, "to open the chest." But that's not the whole answer: we need to prepare abdomen and throat, as well as chest.

As we lay in this position, aware of our breath, Richard talked of emotions and how ecstasy involves head and heart, but there is something called *enstasy*, which means "standing within the self" and we employ the breath to bring about this state.

We identify ourselves with our body (we talk of *my leg, my back*), our mind (*I think, to my mind . . .*) and our speech (expressing *my* thoughts and views). But we don't say *my* breath, although we may say "I'm out of breath," or "I'm feeling breathless." Our bodies, our minds, and our speech are affected by our gender, our class and our background but the breath is *transpersonal*: everybody's breath is the same.

Next was Supta Virasana and Richard asked if we could give a "name" to how the breath felt in each area, to help us focus and explore.

In both supine poses the spine was fully supported, and we had

enough under the head and neck for the throat to relax. However in Swastikasana (again on the floor if possible) we had to work to keep the spine erect. Folding the legs towards the body gives more awareness in the trunk.

Savasana over blocks. We let the breath condition the body while we just watched it and where it moved. Richard said it's better to do a short Savanasna a few times than to strive to do a longer one: each builds on the last, but if it doesn't work just come up and give up for that day.

Swastikasana again. It's impossible to do pranayama with the head up: with the head down the intelligence of the brain is in the trunk. As you take the head down think of taking it to the abdomen so the chest stays open and soft.

Using Viloma breath we imagined geometrical shapes.

**Cylinder** (our trunk) and we paused the breath at points up that cylinder.

**Triangles** A triangle with its broad edge uppermost is a containing, directing shape, like a funnel. A triangle with its point uppermost is an abatement triangle.

As we exhale we might imagine a funnel triangle across the top chest and breathe out to a point at the base of the sternum, the next across the diaphragm and down to a point at the navel, the last across the hips and down to a point on the pubis. Or we might imagine an abatement triangle where we breathe out from a point broadening the outbreath until it reaches the

wider edge of our imaginary triangle.

You can start the outbreath at the wide edge of the triangle at the top of your head and its point at your throat,

You can imagine the triangles *overlapping*: start the outbreath on the wide edge of the triangle at the top of your head and its point at your throat, pause there, then continue the outbreath -- again starting at the top of your head but this time the lowest point of the triangle comes to the diaphragm, after the pause the next triangle covers the same area but now comes down to the navel.

As you practise you are becoming breath literate. Start with these shapes and do a few rounds of each. If your head is full of thoughts start with the triangle with its point uppermost (abatement triangle).

You can give "names" to these triangular areas, for example, four increasing gradations like "slight," "nominal," "significant," "substantial," which you name as you exhale each area. And observe if the breath changes.

We did all these on the exhalation and now we imagined *circles*, like haloes parallel to the ground. Start with a small circle (because that's easier), drawing a circle at each level of pause in the exhalation. When small circles are easy make them larger. We did clockwise and anticlockwise and eventually figures of eight.

That was the end of the morning's fascinating work with Richard.

**By Iris Lee**



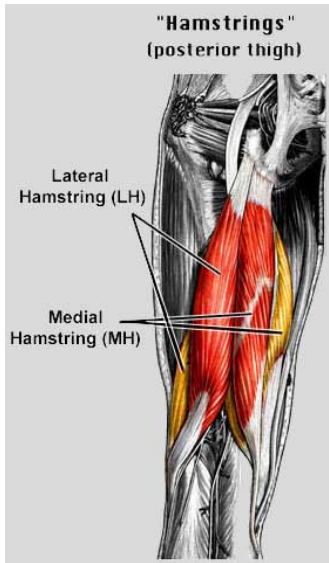
## Lessons from a Puppy

Our Australian Terrier puppy was born on the 14th of December, 2009, an auspicious date as it is Mr. Iyengar's birthday. I soon came to realise that they share similar traits: audacity, inquisitiveness, playfulness, tenacity and loyalty. They both live in the moment and take things as they come. When thinking of a name, I did consider "Hanu" (short for "Hanuman") as he is the monkey god dear to Mr. Iyengar's heart (Hanuman's statue sits atop the institute building in Pune). Hanuman is an obedient, faithful servant to Rama which sounded like good attributes for a dog to embody. Unfortunately my husband and two sons rejected the name as it didn't roll off the tongue so we settled on "Moby." Cesar Millan (the Dog Whisperer) says you don't get the dog you want but the dog that you need. Moby's early, and sometimes ongoing, tendency to bite my fingers, trousers, and cuffs has taught me patient assertiveness and given me a higher pain threshold. I learned to surrender to the fact that I couldn't always attend yoga days/classes as I couldn't leave Moby for too long unattended. Finally I have been reminded by Moby that the simple things in life, like chewing on a stick or practising asanas, can bring great happiness and fulfilment.

**By Jenni Doohan**



## If men are from Mars, then Martians must have tight hamstrings....



Chaturanga Dandasana

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



Looking round the class today I wondered again, "Why are there so few men doing yoga?"

Eight years ago when I went to my first yoga class I was the only man in a room of 30 women. My friends have always thought me a bit "odd" for taking up yoga in my early thirties. There are two main reactions to my suggestion that they should come along and try it out. The first is that it's not proper exercise and is just a bunch of ladies standing around going "mmmmmmmm" (remember that yellow pages advert). The other response is that "I'm not flexible enough". This is normally followed by a demonstration where they attempt to touch their toes but reach no further than their knees.

Whilst most are still ignorantly cynical, I have managed to drag a handful of my mates along to try a yoga session. Almost all of them have enjoyed the experience and at least two are now regular participants.

Personally my biggest challenge with yoga has not been the reaction from my friends, (if anything I enjoy being a bit different). No, the main issue is that classic bloke affliction of "tight

hamstrings". Despite the hamstring being but one of a very large number of muscles / tendons in my body, they are almost single handedly responsible for most of my yoga struggles.

The poses requiring loose hamstrings are almost endless, Utthita Parsvakonasana, Janu Sirsasana, , Upavistha Konasana, Dandasana, Uttanasana, Utthita Trikonasana and my personal nemesis Supta Padangustasana.

Fellow yoga fellas will know that feeling when the teacher mentions that anyone with tight hamstrings might like to "sit on a lift", "grab their belt", "put their hands on bricks" or simply "have an extra block or two handy". Invariably at this moment the ladies smile and remain motionless whilst the small number of chaps try to discreetly collect up the various equipment that gives us half a chance of having a go.

The opposite effect can be heard when Chaturanga Dandasana is announced as the next pose. There is often an audible sigh from many in the class whilst I and the other hamstring-

challenged let out a silent whoop for joy. The good news for me is that I find this pose easy to hold for an extended period. The bad news for me is that doing so might be seen as some as "bad form", a sort of "showing off" and therefore I lower myself down after the nominal 8 or 10 seconds with the rest of the class. Why is it, by contrast, that the hamstring-bursting poses always seem to be held for what seems like at least 15 minutes!

I should confess that a large part of my motivation to attend this summer's excellent yoga session with Jose Maria Vigar was to witness first hand the phenomenon of a man unencumbered with tight hamstrings. The man was indeed a true inspiration.

Anyway, it's time to put in some more practice. Something to further loosen those pesky strings ... now where did I put my belt and blocks ...

**By**  
**Russell Farrington**

*On the contrary, Russ, as a teacher I'm grateful to have "yoga fellas" in class when I need a proper demonstration of Nakrasana (the jumping crocodile pose)! Mary*

## DHIYI Webmaster Update.....

Dear DHIYI Members.

At the inception of the Dorset and Hampshire Iyengar Yoga Institute, Simon Gardner kindly set up and has been running our website for us. We are very grateful for all his hard work, and offer our thanks.

We are very pleased indeed to announce that Heather, of Heather Taylor Graphic Design and Music Services, has now taken over the running of the website. Heather is a professional graphic artist and web designer, with a great deal of experience in her field. We look forward with eager anticipation to see Heather's exciting plans for changes and improvements to our website. So keep logging onto [www.dhiyi.co.uk](http://www.dhiyi.co.uk) regularly and watch it grow and flourish!

**Beth Perrior**  
**DHIYI**



## DHIYI Yoga Day with Dave Browne



On 6th November, 2010 the DHIYI welcomed for the first time Dave Browne as a guest teacher at Trinity Hall in Southbourne.

The morning class started in the usual Pune way, and then in Supta Padangusthasana I there was a novel way of placing the belt around the back heel of the lifted leg and between the big toe and second toe (wonderful for mitigating a developing bunion).



A supine Vrksasana was also new for most and Dave urged each student to create, "Not a dead tree but an alive tree."

Standing poses followed which included breaking Virabhadrasana I down so the first time it was done was with a layer of blocks and a bolster to support the back leg knee (bent).

This allowed the buttock of the back leg to move forward more easily.

Nakrasana with a partner holding two looped belts to aid the person doing the pose to actually get off the ground added a comic element to the day.

Back arches came next then chair Sarvangasana.

After lunch there were quietening poses leading up to Pranayama, first supine then seated.

Throughout the day Dave encouraged students to make a shape in the pose and then go from the gross to the subtle and to watch the breath throughout. He also reminded everyone not to be concerned

with what others around them were doing. Stating, "Stiffness is not a crime but a fact," Dave went on to say that it didn't matter if one didn't reach the final pose; it was the journey that counted.

by Jenni Doohan



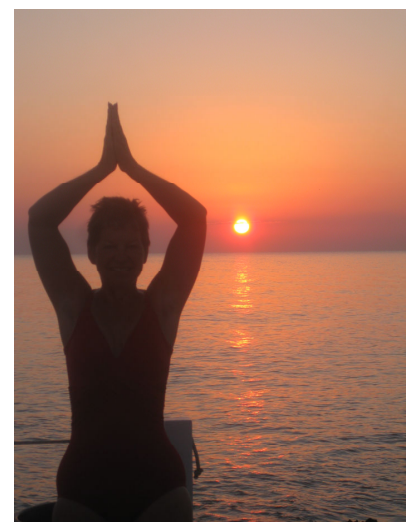
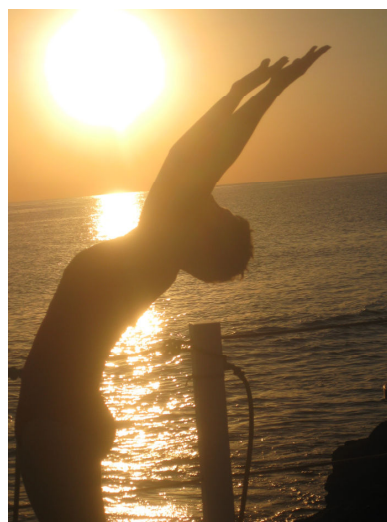
## Inspiration in Cyprus



A big thank you to our yoga teacher Mary for sharing the inspirational knowledge as received from the Iyengar School of Yoga. We thoroughly enjoyed our Surya Namaskars as the sun rose one fine morning whilst on holiday in Cyprus.

Thank you once again,

**From Grace White and John Tattersall**



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

## Upcoming Events 2011



### DHIYI EVENTS

#### 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 2nd July 2011

Teachers' Get-Together at Trinity Methodist Church in Southbourne, BH6 5AQ - 10AM - 12:30PM  
Cost - £2 DHIYI Members

Please contact Jenni Doohan to reserve your place 01425 622635 or jenni.doohan@hotmail.co.uk

#### Saturday 23rd July 2011

Yoga workshop with Sheila Haswell at The Botley Centre, near Southampton, Hampshire, SO30 2ES  
10AM~4PM ~Cost ~ DHIYI Members £21 ~ Non-members £23.50

#### Friday 14th October 2011

**TEACHERS & TRAINEES ONLY** Yoga workshop with Jose Maria Vigar  
Venue to be confirmed ~ 6PM~9PM  
Cost ~ £TBC

#### Saturday 15th October 2011

Yoga workshop with Jose Maria Vigar at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4.30PM  
Cost ~ £TBC

#### Saturday 22nd October 2011

#### **TEACHERS ONLY PROFESSIONAL DEVELOPMENT DAY**

Moderated by Sallie Sullivan at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM  
Cost ~ £TBC

### OTHER EVENTS

#### Saturday 12th March 2011

Yoga workshop with Andrea Smith ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM~4.30PM  
Cost ~ DHIYI Members £23 ~ Non-members £25

#### \* Friday 3rd June 2011

**TEACHERS & TRAINEES ONLY** Yoga Workshop with Margaret Austin at St Clement Church, Boscombe, BH1 1DZ ~ 6.30PM~9.00PM

#### \* Saturday 4th June 2011

Yoga Workshop with Margaret Austin at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM~4.30PM

#### \* Saturday 24th September 2011

Yoga workshop with Judi Sweeting~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM~4.30PM

#### \* Saturday 12th November 2011

Yoga workshop with Elaine Pidgeon ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM~4.30PM

**For more information on and costs of any of the above events or to reserve a place:**

\* Please contact Kim Trowell on 01202 558049

Please visit our website  
[www.dhiyi.co.uk](http://www.dhiyi.co.uk)  
Webmaster: Heather Taylor  
Email~  
[heather4red@googlemail.com](mailto:heather4red@googlemail.com)