

Dorset & Hampshire Iyengar Yoga Institute



Welcome to the 13th Edition Newsletter !

Message from your Chairman

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

- * **Chairman:**
Giulia Howard Hole
- * **Secretary:**
Cara Bowen
- * **Treasurer:**
Zoë Hobbs
- * **Recording Secretary:**
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- * **Newsletter Editor:**
Jenny Trayford
- * **Events Organiser:**
Kim Trowell ~ Dorset
Carol Batterson ~ Hants

Hello, welcome to our Autumn edition of the DHIYI newsletter. Since the February newsletter, we have held our Annual General Meeting on the 9th of April, when Judith Jones came to teach for a well attended day. For those of you who did not stay for the meeting, I was able to report what had happened within the DHIYI in the last 12 months. A few important changes to the banking system, the website and change of committee members took place at the beginning of the year. The 'new look' website is still an ongoing process and we hope to have it completed soon. Since then another well attended day took place in Hampshire on the 23rd of July, an event organised by our Hampshire co-ordinator Carol Batterson and the senior teacher was Sheila Haswell. We have also held another Teachers' meeting in early July, an opportunity for local teachers to share their knowledge.

I am sure you will all find it reassuring to read in Mary's account of her badly sprained ankle accident in Pune earlier this year, that through the precise practice of particular poses she has been able to make it stronger. Equally it is interesting to read the article on sport and yoga, how specific asanas can be of benefit to whatever sport you follow both before and after the session. Our thanks go once again to Elaine for organising the third annual yoga on the beach, which this year has a new name, Monsoon Yoga, and in spite of the weather managed to raise a total of £360 for the Bellur Trust. Well done to all who took part and donated to Mr Iyengar's charity. Please refer to the back page for the upcoming DHIYI events, particularly the yoga with Jose Maria Vigar on the 14th and 15th of October. The Friday night specifically for teachers and the Saturday for everyone, the

sessions will be an excellent opportunity to study once more with this Senior teacher from Malaga, Spain. Our next Professional Development Day is on the 22nd October, the theme this year is 'Working without Props' and the Moderator is Sallie Sullivan. Looking forward to 2012 we have Uday Bhosale an Indian teacher, currently living in the UK, coming to teach in January. These and other events with senior teachers are all on the Events page, so do make a note of them. There are several photos in the newsletter, but it is good to see the one of Russell practicing head balance in the field to the 1st Longham cubs. Now that must have impressed them !

**Giulia Howard-Hole,
Chairman**

Update from your Secretary

I am pleased to report that with 117 members, we are down only a fraction from last year's numbers. Please note that we are still taking membership payments for the remainder of the membership year. With half of our membership year gone, you can now join as a new member at the reduced rate of £9.00. Please encourage your fellow yoga friends to become a member of the DHIYI so that they too can enjoy the benefits.

Thanks very much to our newly joined members as well as to our loyal members that have renewed for 2011-2012!

**Cara Bowen
Secretary**

Children & Yoga

Classes at RIMYI in Pune start from 7 years old with an initial emphasis on play, as Russell demonstrated with his Cubs. Gurujii's guidelines are to appeal to young children's tremendous energy and natural competitive nature, to keep it quick and lively, not holding them in poses like adults, gradually developing confidence and concentration with the occasional challenge like "Who can stay the longest in Vrksasana?!!". (NB The youngest children are not taught inverted asanas like Sarvangasana and Sirsasana until around the age of 8, because before then their skulls are comparatively "long" and their arms short and there is a risk of cervical spondylosis with Sarvangasana or a micro haemorrhage with Sirsasana.) The Sunday morning classes in Pune are fast-paced, noisy and great fun to watch!

**By Mary Heath
Dorset Teacher**

Yoga Cubs !

Right: This is photo of me sharing some yoga moves with the 1st Longham cubs at camp in May half-term.

They were really good at most of the positions we tried (touching toes, back arch, dog stretch etc) as they are all so flexible still ... however head stand was a spectator sport !

**By Russell Farrington
Student, Dorset**



Monsoon Yoga !



Student Sarah B dreamed up this new title for this annual Yoga on the Beach charity event! It was indeed a wet and overcast night.. Chris stood by his steaming pot of curry, Tim stood by his sunny jugs of sangria and I stood on the sandy, soggy prom waiting for someone to arrive. Imagine how my spirits lifted when, bit by bit, yogis from every corner of my classes started to emerge down the slope!

In front of a colourful array of beach huts, 53 yogis gathered for an energising set of asanas, complete with raincoats and umbrellas! Over 65 delicious curries were served (plus the same again in take aways!) and we made a fantastic total of £360 for the Bellur Charity Trust.

For me, it was a testament to the willpower yoga can give us, the generosity of the human spirit and the fact that only in England would you find 'Yoga in the Rain'!

A huge thank you to everyone who took part, cheered from the sidelines and donated towards helping those in need.

By
Elaine Rees,
Dorset Teacher



February 2011 : Pune + Power Cut + Pitch Black Night + Pothole = Fractured Ankle !

At the hospital in Pune the following morning, Friday, the verdict from the x-rays was that I'd just badly sprained my right ankle. Swathed in a pink bandage (which I, like many Iyengar teachers and students, have previously only ever wrapped around the head!), I hopped back to the autorick and back to the Ketan hotel, then hopped up 2 flights of stairs to my hotel room, where I took to my bed, leg slightly elevated, to be spoiled with regular deliveries by the concerned hotel staff of ice cubes for the impressive swelling, extra pillows and room service, and a series of phone calls, messages, flowers and visits as word spread at the Institute. For the first couple of days it was too painful to elevate the leg completely, and the ankle was swollen to the size of a very large grapefruit, blocking the flexing and extending action needed to walk normally, but by the Saturday afternoon, I was able to bear weight in order to hop down the stairs sideways (instinctive for Cancer the Crab!) and into a waiting car to be transported by my buddies to the Pyramid Pool on the outskirts of Pune, where I reclined on a sun lounger under the shade of the palm trees sipping fresh lime sodas. On the Sunday I took up residence at the rooftop pool at the Meridien Hotel with more friends to entertain me, and by Monday I was back at the Institute to observe and take notes at the evening class.

The following day was the start of the final week of the month, when classes at the Institute are devoted more to *pranayama*, giving me plenty of opportunity for *Sirsasana*, *Sarvangasana*, propped *Savasana* (though not *Supta Virasana*!), and *pranayama* seated on a chair. And because raising the leg was now comfortable, for my own practice I

was able to add *Supta Padangusthasana* to poses like *Paschimottanasana* and *Upavista Konasana* and, by the end of the week, *Baddha Konasana* and *Swastikasana* with rolled blankets under the outer shins. Datta, who is the father of Raya, one of the senior teachers at the Institute, turned out to be an Ayurvedic authority, and arrived at the Ketan one day with instructions for the staff to go and buy a special terracotta powder to make an ayurvedic "plaster cast". He trained one of the Hotel boys, Santosh, to grind the powder to a paste with water using a sandalwood pestle on a marble platter, and then to spread the paste from my toes nearly to my knee. The effect was to take out some of the heat from the still considerable swelling, and it felt a bit like egg-white stiffening on my skin, and also made me feel more protected than my pink bandaging did! I now resembled a terracotta elephant, and was of even greater interest at the Institute! Each day when I'd showered the 'plaster' off, Santosh would be summoned (once even when he'd gone home) to come up to my balcony and repeat the process. I told Datta how seriously Santosh took his responsibility, and Datta said that he saw a special quality in him and that is why he chose him when he came to the Hotel to instruct the staff.

Back home in Bournemouth, further x-rays a few weeks later showed I did in fact have a fracture which was healing nicely after 5 weeks, leaving me with the more long-term problem of the ligament damage and limited range of movement around the ankle joint. I treated the standing balances as a challenge (which my classes found slightly nerve-wracking!), and as I got stronger found putting the right foot into *Ardha Padmasana* in poses comforting as it supported the outer ankle joint and encouraged it to move in. Right-angled standing poses like *Virabhadrasana* and *Uttitha Parsvakonasana*

weren't a problem, but *Uttitha Trikonasana* for the first three months was with the ball of the right foot up on a brick, and later as I wanted to progress, I found that while it was difficult to rotate the right leg and foot out 90 degrees and put the foot on the floor, it helped if I started by stepping back onto the left foot from *Tadasana* into *Trikonasana*, with the right leg and foot already in position. *Bhekasana* was the best pose to build me back up to *Virasana*, and in June at the Brighton Yoga Workshop with Convention Teacher Jawahar Bangera, after some powerful backbends I was able to lay back into *Supta Virasana* with no props for the first time in 4 months - a good moment!

The recovery of the ankle is still 'work in progress', but in July, after five months and five visits, the Physiotherapy Department at Bournemouth Hospital congratulated me on the strength and flexibility of my ankle, signed me off and told me to "just keep doing the yoga".

By
Mary Heath,
Dorset Teacher



Above: Santosh preparing the plaster cast on my balcony

Judith Jones Yoga Day ~ 9th April 2011



Another excellent yoga day with Judith Jones. We had to sit in Sukhasana with no props to see if we really needed a lift. Were we using props to stay in our comfort zone without making more effort? People with problems were allowed to sit on one block.

and sitting poses.

A very good reminder of how we should be working.

By
Kathi Vaile,
Dorset Teacher



In Tadasana we had to spread the pads of our feet with our hands and draw the heels back with our hands. Then we had to think about the mounds and valleys of the feet. We lifted the toes up to bring more action in the feet and legs. This work was used in all the standing, inverted



Teachers Get Together 2nd July 2011



The third Teachers' Get-Together was held on 2nd of July at our usual venue in Southbourne. Nine teachers attended which made it intimate. We all shared ideas, tips, and methods after watching each other in the poses. These days are a result of Mr. Iyengar urging teachers to regularly meet up with other teachers to practise together and learn from each other.

There are two photos of the attendees because we could not locate the self-timer mode on the camera!

The next "Get Together" is planned for Saturday 3rd December. Please see the events section on page 5 for further details on price and venue.

By
Jenni Doohan
Dorset Teacher



Sheila Haswell Yoga Day—The Space Between The Body And The Floor



Sheila's day in July was rich with information from which I've extracted just three points illustrated by Jenni Doohan's photographs. In each case we reduced the space between the body and the floor so that the body was correctly supported.

In **Bhekasana** we have to open the groins to the floor and we can prepare for the pose by moving the pubis away from the groin and extending the leg to reduce any gap. If, as we bend the leg to go into the pose, we let the buttock come up, the gap will inadvertently reappear. To prevent this happening you can put a block under each knee, which opens the groins more and presses them into the floor.

In **Upavista Konasana** we cannot lift the spine unless we press the legs down strongly. It's easy to press the heels, calves and back thighs but pressing down the knees – particularly the inner knees – can be tough. With Sheila we worked in pairs: one person sat in Upavista Konasana with their hands on the floor behind their hips, the other person, the helper, put a belt around their sacrum and sat in front of them. The helper put the ball of her foot and toe pads on her partner's inner knees and drew down that area towards the floor. At the same time she pulled on the belt to bring their sacrum in and up. Hey presto: legs down, spine up!

At the end of the session when we relaxed in **Savasana** Sheila said she wanted the back corners of the waist supported so she folded a thick blanket the width of the torso, and laid on it so it supported her head and back torso. The touch of the blanket allows the back waist to release towards the floor.

By **Iris Lee**
Hampshire Teacher



Yoga and Sport



In an article published earlier this year in The Independent newspaper, Ryan Giggs (Manchester United and Wales footballer), talked about how the practice of yoga effectively "saved his career". Hampered by hamstring injuries which kept him out of the game for a long period he turned to yoga to learn how to stretch his muscles properly and to avoid common injuries. Inspired by his story I thought it might interest some of our "sporty" members to see just how yoga asanas could help. This is by no means an exhaustive list and remember that if you have an existing injury to consult a suitably experienced teacher for guidance.

The Runner

Many runners experience joint problems to ankles, feet and knees due to the pounding action.

Virasana can help protect the shock absorbing capacity of the knees and ankles and relieve the impact of stresses. The practice of *Supta Padangusthasana* (leg out to the side), *Upavista Konasana* and *Baddhakonasana* opens the hip and groin region. Cramps in the calf can be relieved by performing *Tadasana* with the heels to the floor and the balls of the feet and toes on a block or brick. *Adho Mukha Svanasana* is invaluable for stretching the Achilles tendon.



Tennis/Squash/Badminton

Although quite different in style and pace, there are common injuries with all, the most frequent being tennis elbow, shoulder and joint sprains. *Pascima Namaskar* (with the hands folded behind the back in prayer) helps to open the shoulder joints and wrist. *Adho Mukha Vrksasana* (full arm balance), *Urdhva Muka Svanasana* – in fact any wrist balancing pose will help relieve elbow and wrist problems using props as necessary. Particularly for the elbow, a belt will help to keep the joint firm. *Sirsasana* and *Sarvangasana* too will assist to open wrists and shoulders. Spinal rotations such as *Parivrtta Trikonasana*, *Parivrtta Parsvakonasana* or *Marichyasana* are helpful to release tightness in the lower back.



The Cyclist

Back bends such as *Ustrasana*, *Urdhva Dhanurasana*, help to counteract the crouched position adopted by the cyclist as they stretch the shoulder region to open the chest and lungs and open the abdominal area where the muscles can become hard and contracted. Where the hamstrings are tight, standing poses such as *Uttitha Trikonasana*, *Uttitha Parsvakonasana*, *Uttitha Hasta Padangusthasana* (leg forward and



holding big toe!), *Uttanasana* all stretch and open the backs of the legs to give a better blood flow.

After sport

Use resting poses such as *Viparita Karani* (legs up the wall, pelvis supported), *Setubandha Sarvangasana*, *Supta Virasana* or passive forward bends to recover from fatigue.

Pranayama

For all sports the practice of pranayama is invaluable to steady the nervous system, quieten the brain and to feel a withdrawal from the external world, as well as to increase lung capacity for endurance and to flush away accumulated toxins in the blood.

For more detailed information see "A Matter of Health" by Dr Krishna Raman.

By
Lyn Buckby
Dorset Teacher



From your DHIYI Committee



Above: Uday Bhosale

Uday Bhosale from Pune coming to teach at Trinity Hall, Southbourne

The DHIYI Executive Committee is extremely pleased to announce that Uday Bhosale will be teaching a yoga day at the usual venue in Southbourne on 21st of January, 2012. Uday has been studying at the Ramamani Iyengar Memorial Yoga Institute for over 12 years. He has been teaching at the RIMYI since 2001, taking classes for beginners, children and medical problems. Elsewhere he has taught sportspersons, doctors, industrialists, and an intensive workshop at the Iyengar Centre of Singapore. He is currently based for a year in the Reading area of the UK, teaching around the country. Contact Kim Trowell (details under Events' section) to book your place and experience some authentic Pune teaching from this highly recommended teacher.

From your DHIYI Committee



Above: Jose Maria pictured teaching for DHIYI in Bournemouth last year.

Jose Maria Vigar to visit DHIYI in Bournemouth

The committee are delighted to announce that Jose Maria Vigar, a highly respected senior Iyengar yoga teacher from Malaga, has once again agreed to come and teach for our Institute in Bournemouth on Saturday 15th October ~ Please see the events section on page 5 for more details of venue and price.

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.

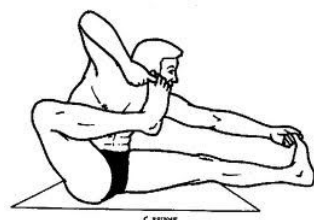
Jose Maria teaches with dedication, sincerity, warmth and sensitivity and we hope as many of our members as possible will come to benefit from his experience and we are delighted to welcome him back to the DHIYI !

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

Upcoming Events 2011 / 2012



Chaturanga Dandasana



DHIYI EVENTS

Friday 14th October 2011

Teachers Only Yoga workshop with Jose Maria at Friends Meeting House,
Wharnccliffe Road, Boscombe, Dorset, BH5 1AH ~ 6.00PM ~9.00PM
Cost ~ DHIYI Members £18 ~ Non-members £21

Saturday 15th October 2011

Yoga workshop with Jose Maria Vigar at Trinity Methodist Church in
Southbourne, BH6 5AQ ~ 10AM~4.30PM
Cost ~ DHIYI Members £30 ~ Non-members £35

Saturday 22nd October 2011

TEACHERS ONLY PROFESSIONAL DEVELOPMENT DAY

Moderated by Sallie Sullivan at Trinity Methodist Church
in Southbourne, BH6 5AQ
10AM - 4.00PM ~ Cost - £14

Saturday 3rd December 2011

Teachers' Get-Together at Trinity Methodist Church
in Southbourne, BH6 5AQ - 10AM - 12:30PM
Cost - £4 DHIYI Members

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

Saturday 21st January 2012

Yoga workshop with Uday Bhosale at Trinity Methodist Church in
Southbourne, BH6 5AQ ~ 10AM~4.00PM
Cost ~ DHIYI Members £22 ~ Non-members £25

OTHER EVENTS

* Saturday 12th November 2011

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

* Saturday 17th March 2012

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

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
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