

# Dorset & Hampshire Iyengar Yoga Institute



## Welcome to the 14th Edition Newsletter !

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

### Message from your Chairman

Hello and welcome to the Spring edition of our newsletter. The first well attended event of the year was on January 21st, when Uday Bhosale, an Indian teacher from Pune, currently in the UK, came to teach us in Southbourne, Bournemouth. Uday has been studying and teaching at the Ramamani Iyengar Memorial Yoga Institute for many years, and it was a pleasure to have him come for the day enabling us to experience a small taste of Pune teaching. The DHIYI committee is pleased to say that we were able to donate £93 to the Iyengar Yoga Development Fund from the day's proceeds in celebration of Mr Iyengar's 93rd birthday in December last year. The IYDF supports teachers, enabling them to work with people who are either vulnerable or would not normally have access to yoga classes.

Our next event this year is on April 28th when senior teacher Brenda Booth comes for the second time. This is also the date of our Annual General Meeting, which will be held during the lunch hour. As always I would encourage you to stay for the meeting, and hear what has been happening within the last 12 months. It is a time for members to ask questions, or indeed put forward suggestions and ideas. In accordance with our Constitution, the present committee will stand down at the AGM, but we are happy to continue for another year if re-elected. We would, however like to encourage anyone who may wish to become more involved to come and talk to any of us about what we do. The Institute belongs to its members, and it would be reassuring to know that there are some among the membership who would be willing and interested in taking a more active part.

Further events later in the year, include a First Aid day for teachers in July and our next PD day to be held in September as well as a teachers get-together. Please also make a note of the next day in Hampshire when Judi Sweeting is coming on 24th November and indeed any other Iyengar yoga event organised by our members.

I hope you will enjoy reading some events that took place last year both within the DHIYI and from members attending events elsewhere. There is an article detailing some of the highlights of Jose Maria Vigar's successful return visit to us last October. We had a teachers only evening on the Friday and a general day on the Saturday with both events being well attended. I'm sure you will find equally interesting as I did, the accounts of three DHIYI teachers who were taught by Jawahar Bangera, first at the IYA Convention in Glasgow's Strathclyde University last June, and a further two from his workshop in Brighton.

Other events which took place last year were the Professional Development day and the second teachers' get together. These days for teachers are important in that they provide continuing detailed learning, a requirement in the case of the PD day, and a more informal occasion for teachers to exchange ideas during the get togethers.

Tucked amongst the writing, this newsletter is filled with photos which help to give an idea of what goes on during some of our events, and for those of us who attended a reminder of the flavour of the day, which leads me to the photo of Russell an intrepid student, in 'Parvatasana in Virasana' whilst kneeboarding in Dubai!

*Giulia Howard-Hole, Chairman*

### Update from your Secretary.....

Greetings DHIYI Members! It is that time of year to renew your DHIYI membership or to join our Institute for the first time! Teachers, please remember that being an Institute member is one of your yearly certification requirements and is a separate payment from the fees that you pay to the IYAUUK. The cost for the 2012-2013 annual membership will be £12.50, which is the same as last year. You can join our institute or renew your existing membership in one of four ways.

**1. Pay by cheque:** For both joining and renewing members, a cheque made payable to DHIYI for £12.50 can be mailed to: Cara Bowen, 19A Belle Vue Road, Bournemouth, BH6 3DB

**2. Pay by online bank transfer:** This option is for both joining and renewing members that would like to make a one-off payment on-line. The DHIYI bank details are listed on the Standing Order form

**3. Pay by Standing Order Mandate (form enclosed with Newsletter):** This option is for renewing members **only** (you must already have a membership number). For this option, you must fill out your S/O form and give it to your bank. Please do not mail us this form.

**4. Do nothing!** If you are a renewing member and you paid by a standing order mandate last year, then this option is for you. Your membership fee will automatically be deducted from your bank account.

**\*Renewing members, please remember to write your membership number on the back of your cheque or on your standing order form. This is very important for the processing of the membership fees.**

You will also find a membership application form enclosed in your newsletter. This form is necessary if you are a newly joining member, or if you have any changes or additions to your contact details. As our membership year begins on April 1, 2012, this means your fees are due by March 31<sup>st</sup>. Please note that our first DHIYI workshop is on April 28<sup>th</sup> and discounted rates are only available for members who are up to date with their membership. If you need any more forms or have any membership enquiries please don't hesitate to email me at [membership@dhiyi.co.uk](mailto:membership@dhiyi.co.uk).

Warm Regards, **Cara Bowen, Secretary**

### From Your Committee.....

*Would you like to have more of a say in our institute? Perhaps you have some special skills you could bring to the DHIYI? Would you like to be part of a friendly team dedicated to promoting Iyengar Yoga?*

*If your answer is "yes" or even just "maybe" then do get in touch with us!*

*We are always keen to hear from people who might like to join the committee. Committee members do change and you can see the different roles on this page.*

*If a particular post appeals, you can always contact us to find out more.*

*So, if you want to be more involved with the DHIYI, just talk to a committee member or drop Giulia Howard-Hole a note on [giuliahh@hotmail.com](mailto:giuliahh@hotmail.com).*

*We hope to hear from you soon!*

**Your DHIYI Committee**



## Jose Maria's Second Visit to Bournemouth ~ October 2011



The Dorset and Hampshire Iyengar Yoga Institute was extremely fortunate in October 2011 to host a second visit from Jose Maria Vigar from Malaga. Jose Maria is a frequent traveller to the Institute in Pune and trains teachers both in Spain and Latin America.

There was a three hour teachers' class on the Friday evening and a general day on the Saturday.

Throughout both classes Jose Maria embodied the spirit of yoga with his humble, calm, yet focused demeanour. His scientific background shone through with his methodical and measured approach. We were urged to change our normal tendencies, making the dull body firm and the active brain passive. The mind we were aiming to create was quiet, aware, attentive, and full of presence. The theme for the teachers' class was backbends. Jose Maria took us through standing and inverted asanas in order to highlight all the necessary actions for backbends. Here are some essential backbending points that started in the simple poses and carried on through:

- Heels grounded, take front thigh muscles back.
- Create deepness in the outer knees.
- Pubic bone goes with the trunk not the legs.
- Top buttocks take down away from the back waist.
- Mid buttocks take down and in.

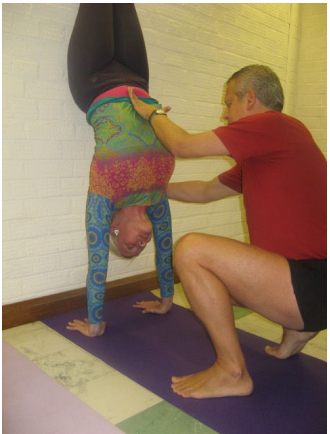
- Lower buttocks descend and take in towards the buttock bones.
- Move the chest forward but resist the arms back.
- Roll the outer shoulder blades in.
- Pronate the forearms (upper arms roll inside out, forearms roll outside in).
- Open the anterior spine.
- Integrate the action of the dorsal spine with the arms and legs.

We were reminded that first we were practitioners, students, who needed refinement in our body, nerves, intelligence, and self. Only then would we have the maturity to be able to refine those who came to us to learn. The theme of the general day was forward bends. Jose Maria likened the preparation for doing forward bends to climbing a mountain for skiing. The mountain represented the work of the feet, ankle bones, knees and hips. We were taken through each of the preparatory states for the seated forward bends: Utthita (upright), Urdhva Hasta (arms stretching up), and Urdhva Mukha (concave stage, head up). Key actions included creating "Namaskarasana" in the legs for compactness, elongating the sides of the trunk,

moving the skin from the sternum towards the sides of the trunk and tying the skin of the sides of the trunk towards the dorsal spine. There had to be fire in our actions, otherwise it was bhoga. The fire in our practice cultured the body and the mind which led to intelligence. The two steps for the forward bends were pelvic movement first then flexion of the spine. If we were moving forward only using the pelvis the hamstrings were spoiled. If we went forward only using the lumbar and dorsal then the spine was spoiled. After a lunch break we established the concave action, this time in standing forward bends.

Inversions followed, including Halasana which was a very helpful pose for forward bends as it incorporated all the key actions. Finally, having reached the summit, we completed the seated forward bends while skiing serenely down the picturesque mountain. Jose Maria, with his humility and big-heartedness, was an inspiration to us all and we eagerly look forward to his next visit to Bournemouth.

**By  
Jenni Doohan  
Hampshire Teacher**



### **Pictured:**

**Jose  
Maria  
Vigar's  
Teachers  
Class on  
Friday  
15th  
October  
2011**





## Jose Maria's Second Visit to Bournemouth

*Pictured: Jose Maria Vigar's Class on Saturday 16th October 2011*





## IYA (UK) 2011 Convention ~ Glasgow



The venue for the IYA (UK) 2011 Convention in Glasgow was very good. Jawahar worked very hard throughout, and we did likewise! There is such a lot I could write about the weekend, but I have just given a few points that stood out for me.

The majority of work was from the Introductory level. As Jawahar said, we learn in a simple pose for the next one. For example Tadasana for Trikonasana, Trikonasana for Parsvakonasana, and so on. He drew attention to the same things (of course!) that we hear and know all the time, such as in standing poses, working the back leg, outer edge of back foot down, lifting knee caps into thigh, and in bent leg poses lower the buttock bone.

We repeated asanas three or four times, often connecting with another pose. For example, we did Chatushpadasana then Urdhva Dhanurasana, and repeated these asanas four

times, working on lifting the legs and opening backs of knees. Jawahar drew attention to supports used, for example a brick in Parsvakonasana, an extra blanket in Sarvangasana. He encouraged us to reduce the use of props, questioning whether we were using these aids because they were really necessary, or whether they had become a habit.

As always I came home tired, but inspired, enthusiastic and keen to put everything into practice. In my opinion a lovely Convention with a friendly atmosphere.

I am already looking forward to the next one !

By  
**Pauline Collison**  
Dorset Teacher



## Jawahar Banger Workshop ~ Brighton June 2011

The tone of this mini-convention was set the week before the start with the arrival of an E mail saying Jawahar expects T shirts to be respectable and long enough to tuck in and hair must be tied back. Just what we have to expect from the Indian teachers!

We all arrived promptly (we were warned not to be late) for our first class which was an evening session. I tucked a little notebook under my blanket in the hope of getting the order down as an 'aide memoire'. Was I mistaken there, the standing poses were fast and furious and linked together so we hardly had time to catch breath let alone write anything down! After an hour working on the sequences we had what seemed to be a very long headstand immediately followed by a very long shoulder stand. Then to release our necks we made use of the windowsills to put our chins on -- it felt good after the inversions. Pranayama followed leaving us thoroughly refreshed and invigorated and ready for day 2.

The morning of day 2 was mostly spent working in pairs to help each other get the most from our standing poses. I have to say that for me, as a teacher, it is so nice to have someone pushing me into shape, rather than the other way round! Fairly typical of Jawahar this ended up being a 4 hour session but I can't say I noticed. Another long Sirsasana in the afternoon, and this time three different positions to release the neck. First Adho Mukha Virasana with the chin on the brick, then Adho Mukha Svanasana with the chin on a brick and finally a repeat of yesterday's half Uttanasana with the chin on the windowsill or on a table with a brick on and the arms behind the back with fingers interlocked.

Jawahar seemed to be a bit more serious this time but for those of you who watch 'Strictly' as Brucey would say 'he's still my favourite!

By  
**Carol Batterson, Hampshire Teacher**



At the 2-day workshop in Brighton in June of last year with our IYA Convention teacher Jawahar Banger from Mumbai, one of Gurujii's most senior teachers, I was very interested by his remark to a student who was sitting on a high pile of foam blocks and blankets that she was being 'greedy'! This made me consider *aparigraha*, meaning non-possessiveness, non-hoarding or non-greed. It is one of the 5 *yamas* (the other 4 being *ahimsa* (non-violence), *satya* (non-lying), *asteya* (non-stealing), and *bramacharya* (non-promiscuity), which together with the 5 *niyamas*, *saucha* (cleanliness), *santosha* (contentment) *tapas* (fervour), *svadyaya* (self-study) and *Ishvara pranidhana* (surrender of one's actions) make up the moral and ethical code of 10 "do"s and "don't"s (rather like the 10 commandments) for the yoga practitioner to follow. *Yama* and *Niyama* comprise the first 2 limbs of the 8-fold ("Ashtanga") path of Yoga. (see *Yoga Sutras* chapter II)

On my most recent visit to the Iyengar Institute in Pune last February, the use of props was minimal, rarely mentioned, and on occasion banned altogether, including

mats! (The exception to this 'ban' was in Sarvangasana, and that would, of course, also apply when props are necessary for certain injuries or medical conditions). The props were originally intended by Gurujii for remedial purposes and then as a learning tool, but their over-use can lead to over-dependency, turning them into 'crutches', and distracting from the purity of the action and the penetration required. This message is currently filtering through to teachers, and therefore on to students, from the teachers returning from recent visits to Pune and also via the 2011 Professional Development Day for Teachers which was based on Gurujii's recent teachings in Pune.

Of course, the use of a lot of props in our practice doesn't mark us as being intentionally greedy, any more than accumulating and hoarding possessions at home is necessarily motivated by greed. We may however be accused of being too needy, when we are not really in need. The tendency to surround ourselves with unnecessary possessions can be a sign of insecurity or sentimentality. Without these tendencies, these so-called "needs" and distractions, the mind would be uncluttered enabling us to focus our energies more positively, as the practice of yoga encourages us to do. The Iyengars often tell us to practise "*Yoga not Bhoga*" (sense enjoyment) !! So do consider the concepts of *aparigraha* and *bhoga* next time you reach for your bolster, blocks, bricks, belt, blanket ...

By  
**Mary Heath**  
Dorset Teacher



## So, what is a “Professional Development Day” ?

All Iyengar yoga teachers are required to undergo continuous professional development to maintain the high teaching standards we are all used to. Part of this requirement is to attend an annual Professional Development day where qualified Iyengar teachers at all levels come together to share a day of yoga, following a programme based on a lesson from Pune which either Guruji or Geetaji has given.

The day can be very intense, but is a valuable part of our never-ending learning curve and which also gives us an opportunity to share ideas and, of course, to meet up with our yoga buddies. This year's theme was Working Without Props – something I'm sure most of you are now familiar with!

**By**  
**Lyn Buckby, Dorset Teacher**



**Above and left:**

**Sallie Sullivan**  
**pictured moderating**  
**at the PD Day in**  
**Bournemouth on the**  
**22nd October 2011**

## Asana Corner

### Practical Hint from Guruji

When one side of the body is doing better than the other, the other has to become the Guru of the first.

### A practical hint

The body which is near the floor is the foundation/intelligence. This foundation has to be firm in any asana that you practice. To get a firm foundation, maximize the area of contact of the body part (which is touching the floor) with the floor.

### How many arches do we have on our feet?

We only notice the arch of the foot. Have we ever noticed that there is another arch between the mount of the big toe and the ball? We try to lift the arches of the feet in Tadasana but have we ever tried to lift the other arch? Observe the firmness and stability that comes in the feet and legs when you lift the other arch too.

### For beginners

For those struggling to attain balance in Ardha Chandrasana - press the big toe of the bottom leg firmly on the floor. As long as this toe is pressing on the floor, you will be able to balance the lifted leg off the floor. Lift the big toe off the floor and you will struggle to retain your balance.

### Practical Hint: Adho Mukha Vrksasana

We generally flop the arms down on the floor before going into the asana. Therefore there is no life in the forearms and one struggles to stay in the asana. Adho Mukha Vrksasana is reverse Urdhva Hastasana. The learning in the forearms of Urdhva Hastasana should be transferred to Adho Mukha Vrksasana. Extend the arms over the head in Urdhva Hastasana. Turn the palms to face the ceiling. Maintain the extension and life in the upper as well as forearms as you take the arms down and place them on the floor. The arms in Adho Mukha Vrksasana thus get the requisite firmness as well as lightness.

### What's in a name?

The name of the asana conveys its attributes; it conveys what we should attempt to strike in the asana and what character we develop through it. Tada in Tadasana represents a mountain. A palm tree in Sanskrit is also called a Tada tree. A palm tree stands tall and straight. A mountain reflects stability. Tadasana teaches and brings in us the characteristics of firmness, tallness and stability.

These characteristics are not only reserved for the physical body but also the mind.

**By**  
**Lyn Bucky, Dorset Teacher**

**Below:** Photo of Russell Farrington, Student Dorset in "Parvatasana in Virasana" whilst



kneeboarding on a flow rider in Dubai ! (see photo of Guruji in "Light On Yoga" page 123 plate 91)

## New Health & Wellbeing Studio in Bridport

The new Health & Wellbeing Studio which opened last year at Bridport Leisure Centre in West Dorset is fully kitted out for Iyengar Yoga. Along with the usual mats and blocks, the centre manager invested in proper chairs, cotton blankets, bolsters and cork bricks. With advice from resident Iyengar teachers Alex Klein and Hannah Lovegrove, he also installed ten full sets of wall ropes. The facility is available for hire and our enthusiastic students would welcome visiting teachers. It might also be a great venue for teacher training. The studio costs £20 per hour to hire and fits 15 easily, 18 at a push, plus teacher. If you would like to run a workshop here, please do get in touch with Hannah ([hannah@hannahlovegrove.co.uk](mailto:hannah@hannahlovegrove.co.uk)) or contact the centre directly – email Kate ([k.colley@bridportleisure.com](mailto:k.colley@bridportleisure.com)).



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

## Upcoming Events 2012

### DHIYI EVENTS

#### Saturday 25th February 2012

Teachers' Get-Together in **HAMPSHIRE** Venue St Boniface Church Hall, Chandlers Ford 10AM - 12PM.  
Please contact Carol Batterson to reserve your place on 01329 832853 or  
email: carolbatterson@talktalk.net ~ Cost - £4 DHIYI Members

#### Saturday 28th April 2012

Yoga workshop with Brenda Booth at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4.30PM  
Cost ~ DHIYI Members £22 ~ Non-members £25

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

#### Saturday 23rd June 2012

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 on 01425 622635 or jenni.doohan@hotmail.co.uk

#### Saturday 14th July 2012

**FIRST AID DAY FOR DHIYI TEACHERS ONLY** at Trinity Methodist Church in  
Southbourne, BH6 5AQ ~ 9.30AM~4.00PM Cost ~ £44 to include refreshments

#### Saturday 8th September 2012

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

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

#### Saturday 24th November 2012

Yoga workshop with Judi Sweeting at The Botley Centre, near Southampton, Hampshire, SO30 2ES  
10AM~4PM ~Cost ~ DHIYI Members £22 ~ Non-members £25

### OTHER EVENTS

#### \* Saturday 17th March 2012

Yoga workshop with Genie Hammond ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM  
Cost ~ DHIYI Members £24 ~ Non-members £25

#### \* Friday 25th May 2012

Yoga workshop with Margaret Austin ~ at St Clements Church in Boscombe, BH6 5AQ ~ 6PM~10PM  
Cost ~ DHIYI Members £24 ~ Non-members £25

#### \* Saturday 26th May 2012

Yoga workshop with Margaret Austin ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM  
Cost ~ DHIYI Members £24 ~ Non-members £25

#### \* Saturday 22nd September 2012

Yoga workshop with Jayne Orton ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM  
Cost ~ DHIYI Members £24 ~ Non-members £25

#### \* Saturday 10th November 2012

Yoga workshop with Marion Kilburn ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM  
Cost ~ DHIYI Members £24 ~ Non-members £25

#### Saturday 1st September—8th September 2012

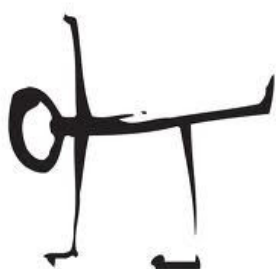
Yoga Holiday in France with Zoe Hobbs Please contact Zoe directly  
on 01202 431424 or mobile 07880 864345  
Email: zoeleehobbs@talktalk.net for further information

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

\* Please contact Kim Trowell at events@dhiyi.co.uk or call 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.



Please visit our website  
www.dhiyi.co.uk  
Webmaster: Heather Taylor  
Email~  
heather4red@googlemail.com