

# Dorset & Hampshire Iyengar Yoga Institute



**Welcome to the 15th 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 Co-Ordinators:**  
Kim Trowell ~ Dorset  
Carol Batterson ~ Hants



## Message from your Chairman

Hello and welcome to the autumn edition of the DHIYI newsletter. On 28th April we held our 7th Annual General Meeting, with Brenda Booth a senior teacher on her second visit to us. It was a well attended day, but for those of you unable to be there, I was able to report our activities in the last 12 months. As usual it had been busy with three general days of yoga, two in Dorset and one in Hampshire. For teachers there was a Professional Development Day, as well as teachers' get togethers, one of which was held for the first time in Hampshire, with plans for more. The committee met three times throughout the year, and two sub committees were started. New banking procedures were set in place and Elaine Rees become our Executive Council Representative and as such had been attending IYA meetings, passing on relevant information to us and from us. I was able to say that work on our new look website was ongoing and that our committee meetings enabled us to run the Institute, organise yoga events, maintain the website and produce two newsletters a year. I concluded with an appeal for members who wished to take a more active role to come forward. I would like to thank Jill Cousins who very kindly donated some belts to be sold at the end of our meeting; the

£84.40 raised went to her charity of choice, the IYDF. Since April, teachers have been able to attend a first aid training day, a necessary requirement for all Iyengar teachers, another teachers' get together and our recent PD Day on 8th September. The theme this year was on 'Non Specific Back and Knee Pain', it was well attended with teachers both from within and without the Institute. The moderator was Judith Jones. Our next DHIYI event this year will be on the 24th November with Judi Sweeting in Botley, Hampshire. Looking forward to next year, we have events in place for January and April for our 2013 AGM. Next year will also be a special opportunity for all DHIYI members to attend a two day workshop with Margaret and Gordon Austin. Margaret is an extremely popular teacher to this area, but this is the first time she has taught for the Institute and the first time she has taught here together with Gordon, so make a special note of the date, as well as all other yoga events being organised. I hope as always that you will enjoy this edition, particularly the interesting reports on recent yoga days. Uday Bhosale, an Indian teacher, came in January and gave us a small taste of Indian teaching, focussing on standing poses in the morning and quiet

restorative work in the afternoon. The script as well as the photos of the Brenda Booth day will help to provide a visual understanding of some of the work covered. Elaine's piece will give everyone an idea of what it entails to be an EC Rep, and to add to our photos set in a unusual places, there is one of Roger Morgan in Utah's Rainbow Bridge standing on one leg. Lastly there is the report by four of our local teachers who attended the three day IYA Yoga Convention in June with Zubin Zarthoshtimanesh at Brunel University. For me he was an ardent and inspirational teacher; I particularly enjoyed and benefitted from his teaching of pranayama where the asanas practiced on each occasion enabled us to access our breath and go deeper within and so further our own understanding of pranayama. He also advised that we should increase our repertoire of poses, not do the same poses each time, to therefore challenge ourselves, in other words. He talked constantly how our 'centre of gravity' changes in each pose, and lastly amongst so many other points that he made, he urged us to remember that the 'final pose is the picture on the wall', but that we all have to get there in various stages, to try to understand the stages, and not get disheartened.

*Giulia Howard-Hole, Chairman*

## Update from your Secretary.....

Greetings Members! At the moment, our DHIYI membership total is 106. This means that for the second year in a row our numbers have declined, which is not surprising considering the unfortunate economic climate of the past few years. The good news however is that yoga as a whole has recently seen a surge in it's popularity. New yoga studios have cropped up and more and more students are taking the plunge to becoming Iyengar yoga teachers. Its safe to say, there is a growing body of yoga students in Dorset and Hampshire that perhaps just don't know we're here. The DHIYI continually have terrific visiting teachers come to our area for workshops and we need membership support for this to continue. If you are already a member please help us in spreading the word. Memberships for the remainder of our membership year (which ends March 31<sup>st</sup>, 2013) are now available for the unbeatable low cost of £9. Please encourage your fellow yoga friends to become members of the DHIYI (or to renew lapsed memberships) so that they too can enjoy the benefits....

- A bi-annual DHIYI newsletter
- Full membership of the IY(UK), the governing association for Iyengar Yoga in the UK.
- A bi-annual "Iyengar Yoga News", the glossy magazine produced by the IY(UK)
- Discounts on DHIYI events, Kim's Yoga workshops and some other events

Membership forms can be downloaded from our website [www.dhiyi.co.uk](http://www.dhiyi.co.uk)  
Payments can be made by cheque or online bank transfer. Please make cheques payable to DHIYI for £9. They can be posted to: Cara Bowen, 19A Belle Vue Rd., Bournemouth, BH6 3DB

Feel free to email me for any other membership inquiries at [cbellyjam@hotmail.com](mailto:cbellyjam@hotmail.com).

Thanks very much to all of our members!

Warm Regards, **Cara Bowen, Secretary**

## Rainbow Bridge, Utah, USA



This is a lovely picture of Roger Morgan doing Vrksasana at Rainbow Bridge in Utah to join our recent selection of Asanas performed in interesting locations ! It is the largest natural bridge in the world and is considered sacred by the Navajo as a symbol of deities responsible for creating clouds, rainbows and rain ~the essence of life in the desert. It is one of the natural wonders of the world and has been formed by erosion of the sandstone by water flowing from Navajo Mountain towards the Colorado River.

## Brenda Booth Workshop on 28 May 2012



Brenda suggested it was better not to take notes, that it was what one remembers that is more meaningful to each individual. The main theme of the day involved working on the basic poses, using props where necessary to achieve the correct shape and harmony of the pose. The use of props was at variance with the recent PD Day but on this day they were very necessary to help us get a better understanding of these basic asanas and then we should acquire the knowledge to work without them.

### Supta Padangustasana I, II, III

Belt on front heel. When taking leg across body, for example the right leg to the left, avoid squashing the pubis by taking the leg higher so it crosses the abdomen.

### Janu Sirsasana

Bend the leg first and then take straight leg out to side as this opens abdomen more. We repeated the pose with the straight leg in its normal position, and placed a brick between foot and straight-leg thigh to open the groin more.

### Paripurna Navasana to Malasana

### Pavanmuktasana

Hold feet hip width apart, and rock backwards and forwards. Keep outer waist down, then slowly straighten legs into Urdhva Pascimottanasana

### Preparation for Pranayama

The afternoon involved supported poses, which encouraged the opening of the chest area, in preparation for Sarvangasana and then Pranayama. To encourage a good body shape for Pranayama we sat in front of a chair, on a block if necessary, with the seat edge into the shoulder blades and then took the arms onto the seat and through the back of the chair to open the front armpits and lift the chest (see bottom left picture). Those with stiff shoulders used two chairs so their arms could be wider apart.

These are some of the poses we did: Supta Baddakonasana; Setu Bandha Sarvangasana. In Adho Mukha Svanasana two people stood one behind the other in a long, buckled belt. One partner went into AMS with the belt in her groins and her head on a bolster, while the other leaned her body weight back into the belt around her hips (see top left picture). Supta Baddakonasana with a belt round each thigh and its ankle. Virasana with bricks on the soles of the feet. Pranayama with the chair as above. When bringing the head down allow the skin to flow from the base of the skull, over the top of the head towards the forehead.

**Savasana:** Feet should be on the mat, at the end of the mat, never on the floor.

### Conclusion

This was a thought-provoking day; who would have thought after much practice over the years that this basic work was so demanding – no cause for complacency then? Thank you to Brenda for making us so aware of what needs to be done.

**By Julie Smith (Hampshire Teacher)**



I have listed below “the order of play” in the morning with points that I have remembered.

### Adho Mukha Virasana

Keep your buttocks reversed into the parking space created by your heels. To keep the extension of the body place hands, with little fingers pressing down and palms facing, on a lift so that the arms are at the same height as the body. If the back is very rounded take the arms higher and/or put the head on a block. Maintain this work in Adho Mukha Svanasana.

### Uttanasana

Before lifting the arms lift the two ribs under the breasts, then take the arms up, and extend forward and down. Wide legs – swing arms vigorously up, forward and down through the legs to work the hips and open the shoulders.

### Trikonasana

With feet together put a tight belt around the hip sockets. With feet apart, hook your fingers in each side of the belt and lift your pelvis with your hands, then extend to the side with this manual lifting action. With your back to the wall, put a block behind the buttocks and extend to the side trying to keep the rear-leg buttock in contact with the block. Once in position lift the rear-leg hip to keep the buttock back. Face the wall and extend to the side, have the rear arm bent and its hand cupped on the wall. Work to keep the nipples and trunk parallel with the wall.

Followed by Uttanasana, Padangusthasana, Padahasthasana, Uttanasana, & Parsvakonasana

### Virabhadrasana II

Press your fingers into the belt on your rear-leg outer hip to keep it in, and hook your fingers under the belt on the front-leg hip and lift it up. As you go down, keep the buttock bones level.

### Prasarita Padottanasana

Before we went into the pose we swung the arms up and then through the legs a few times, as we did in Uttanasana earlier. Take arms well back.

### Sirsana and Eka Pada Sirsana

Bring the armpits in line with the elbows.





## IYA 2012 Convention at Brunel University



The 2012 IYA Convention at Brunel University was fortunate to have Zubin Zartoshtimanesh from Mumbai as the teacher. Close to the Iyengars and having taught for 19 years, Zubin was a perfect choice, embodying the yogic principles of zeal (tapas) for the subject with immense self-study (svadhyaya) and dedication to the higher principle (isvara- pranidhana).

Throughout the three days, Zubin implored us to reflect, develop sensitivity and intelligence to what was happening inside, and to transform ourselves. He emphasized the importance of connections - front body to back body, legs to spine, arms to spine, eyes to the body. Without connections, there was stress and strain. We were asked to work through the peripheral nervous system by making it active to access the central nervous system which should be quiet and neutral. By using the wall which gave us reference points, we shifted the centre of gravity to touch the back body, bringing restfulness to the poses. "Yoga for the whole" was strived for. We focused on spreading the paraspinal muscles, activating the buttocks and awakening the outer body. Energy had to reach the extremities with no energy leaking out.

I came away from the weekend with increased sensitivity as to how the consciousness changes from pose to pose and how important it was to deepen the pose, improving the calibre of the intelligence which flowed throughout the body.

permeated his teaching and I felt blessed to be a part of the Iyengar family.

### **Jenni Doohan (Hampshire Teacher)**

The DHIYI was well represented at the annual Iyengar Yoga Convention in June of this year, held once again at Brunel University.

Zubin Zartoshtimanesh from Mumbai is one of Gururji's senior teachers, and taught with enthusiasm, vigour and conviction. Zubin had already been to teach in Sheffield, where he had been shown around a factory making cutlery, learning that it takes 25 steps to make a knife, and at Convention he commented that it takes hundreds of components to make a yoga pose!

An example of the observation, adjustment and correction we were asked to make in our practice over the 3 days of the Convention was in *Setubandha Sarvangasana* with the brick under the tailbone, starting with the feet on the floor, then slowly raising the legs, at first bent then gradually straightening them, observing that very few people can raise the legs to the perpendicular *Viparita Karani* position without the tailbone lifting and the back ribs dropping. In order to keep the chest open, with the back corners of the ribs up and the tailbone down, the legs might need to slant away slightly from the perpendicular.

### **Mary Heath (Dorset Teacher)**



Zubin began the convention talking about:

How we can use the breath to release the body. Use the outbreath to relax tension from the body, or to quieten the mind.

In normal sports you are active. In asanas you're not just active, you become sensitive to your body and become knowledgeable about it.

Asanas have different foundations – be sensitive to them and their effects on the rest of the body. You don't just work on the inner body but work on different regions, and you work to feel sensitivity in those regions from the inside.

The extremities, ie the fingers and their nails, the toes and their nails, need to be accessed for other parts to work. The feet affect the legs, the thighs, the hips. When all these work you access the spine.

### **Iris Lee (Hampshire Teacher)**

Like all very good instructions, Zubin's were applicable in many postures. He had us standing with backs against the wall and told us to touch the wall with the thighs not just the calf. Obviously it's impossible but in trying to do so it makes you take the buttock flesh flatly down and in and the thighs strongly back. These actions were then repeated in the standing poses and many others. In fact the applications are endless and that is one of the great things about good teachers - their words stay with you and encourage further discovery.

### **Tarja Armitage (Dorset Teacher)**





## Life as an EC Rep

### **What is an EC Rep?**

EC stands for 'Executive Committee' and 'Rep' is Representative! This committee consists of volunteers who come together to discuss, debate and make decisions about the future of the Iyengar Yoga Association (IYUK) in the UK. Ideally, each UK Institute is represented.

### **What does an EC Rep do?**

As your DHIYI Rep, I'm invited to attend three meetings a year - in London and York. I send a short report on our DHIYI activities, events and future plans and bring back news from the IY(UK).

I'm also able to put forward any ideas, queries or feedback from local teachers and students. So, if there is anything you'd like me to say, just drop me a note @ elainerees@europe.com.

There is always a lot to get through at our meetings and they are run very efficiently. With 30 passionate people plus, you can imagine that debates are often interesting, exciting and occasionally quite heated!

### **Who can be a Rep?**

As far as I know, anyone on the Institute committee (eg DHIYI) can volunteer to be a Rep.

### **What are the benefits of having a Rep?**

I've only been in the role for just over a year and already it has certainly given me a totally different insight into the running of Iyengar Yoga in the UK. I have learnt a great deal about the management, promotion and future plans and this means our DHIYI team can offer input on the organisation.

It is great to be part of such a democratic organisation and I feel that we can have a real say in what goes on.

It has also enabled me to understand the huge amount of time that certain individuals put in to ensure smooth running of the whole Iyengar Organisation.

**By**

**Elaine Rees (Dorset Teacher)**

## A First for the DHIYI .....!

The DHIYI was delighted to welcome for the first time to Bournemouth one of the teachers from the Ramamani Iyengar Memorial Yoga Institute in Pune. Uday started attending the Institute 13 years ago, and since 2001 he has been teaching children's classes and beginners' classes and assisting in the medical classes at the Institute, so it was a chance for those present to get an authentic taste of what a Pune class is like.

**Mary Heath**  
(Dorset Teacher)

In the morning three hour class we focused on standing poses, Increasing our sensitivity, awareness and intelligence. Memorable points were in Trikonasana, picturing the front leg as an aerial being pulled up which shifted the weight to the back leg; in Virabhadrasana II we had to imagine a spirit level on the pelvis, levelising side to side, front and back. The morning class finished with inversions. In Sirsasana Uday pointed out

that the little finger was the weakest leg of the tripod. We had to even out the contact of the forearms on the mat.



The afternoon class consisted of restorative and supine poses where we stayed involved so the mind did not drift outward. Our awareness was brought to the breath. Any tightness gradually dissolved with the breath as space was created and effort was reduced.

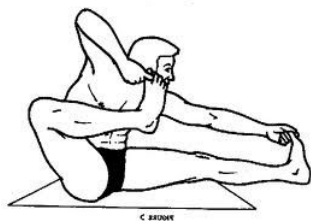
**Jenni Doohan**  
(Hampshire Teacher)





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

## Upcoming Events 2012 / 2013



Teacher Members - if you would like your classes to be added to or amended on the website, please contact our Webmaster, Heather Taylor at [heather4red@gmail.com](mailto:heather4red@gmail.com).

### DHIYI EVENTS

#### Saturday 27th October 2012

Teachers' Get-Together in Hampshire For further information please contact Carol Batterson  
By email: [carolbatterson@talktalk.net](mailto:carolbatterson@talktalk.net) or phone 01329 832853.

#### 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

#### Saturday, 1st December, 2012

Teachers' Get-Together at Trinity Methodist Church Hall Southbourne, Bournemouth BH6 5AQ  
10 am - 12:30 pm ~ DHIYI Members £4 ~ Non-members £6  
Contact Jenni Doohan 01425 622635 or [jenni.doohan@hotmail.co.uk](mailto:jenni.doohan@hotmail.co.uk)

#### Saturday 19th January 2013

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

#### Saturday 27th April 2013

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

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

#### Saturday 1st & Sunday 2nd June 2013

Yoga Weekend with Margaret & Gordon Austin ~ Venue **TBC**  
Saturday 10AM~4.00PM~Cost ~ DHIYI Members £TBC ~ Non-members £TBC  
Please note that Sunday is a half day morning **only**

### KIMS's EVENTS

#### Saturday 10th November 2012

Yoga workshop with Edgar Stringer~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM  
Cost ~ DHIYI Members £25 ~ Non-members £27

#### Saturday 23rd March 2013

Yoga workshop Teacher TBC ~ at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10AM~4PM  
Cost ~ DHIYI Members £25 ~ Non-members £27

**For more information on and costs of any of the above events or to reserve a place:**  
\* Please contact Kim Trowell at [kimtrowellyoga@gmail.com](mailto:kimtrowellyoga@gmail.com) or call 01202 558049

### **\*\*IMPORTANT\*\***

**For regular DHIYI days, cancellations made up to 2 weeks prior to the event  
will incur an administrative fee of £8.  
Notice given less than 2 weeks prior to the event will result in no refund.**