

# Dorset & Hampshire Iyengar Yoga Institute

**Welcome to the 17th 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. The year started on April 27th with a well attended yoga day taught by Marios Argiros, during which we held our Annual General Meeting. For those of you who were unable to attend, I can report that the committee responsible for the general activity of the Institute had held three regular meetings and two sub-committee meetings. The sub committees dealt with the web site and the Margaret and Gordon Austin weekend held in June this year. Elaine our EC Representative had attended IY(UK) meetings, two newsletters were produced, and the website maintained.

One necessary function of the committee is to organise yoga events which everyone, students and teachers can enjoy, to date this has been three a year. We aim to provide a variety of teachers for the yoga days, or weekend workshops, but always welcome suggestions from the membership for a particular teacher, or ideas for an event. As well as general days, the committee also organises days for teachers to further their knowledge. In this last year a Professional Development Day, a First Aid Day, as well as more informal get-togethers have been held. I was able to report that the current committee had been happy to continue for a further year and were duly re-elected after standing down, and being proposed for a subsequent year. As usual I asked if there was anyone who would like to become more involved with being part of a team in helping to run the Institute, this year being slightly more pertinent. I mentioned at the end of the AGM, that this would be my last year as chairman. It has been a particularly positive time in many ways, with the establishment of the DHIYI Institute, the subsequent commitment that involves, being part of a team and not the least, making new friends. So please do not hesitate to get in touch with any committee member if you are interested in getting involved or in holding a particular post and continuing in some way the work started in 2005.

Events organised for the remainder of the year include the Judi Sweeting's day in Hampshire on November 23rd, and January 18th with Judith Jones. Our AGM 2014 will take place on April 5th. Our next Professional Development

day will be on November 16th, the theme being 'Iyengar yoga for neck and shoulder problems, high blood pressure and headaches', and the moderator will be Brenda Booth. Please make a note of the Events page of the newsletter, and put the dates both for DHIYI and non DHIYI events in your diary.

As always I hope that you find this edition of the newsletter interesting to read, with its report of yoga events, such as the Marios Argiros day, by a student, the re-scheduled day with Andrea Smith and a morning in Hampshire with Mary, plus an account of how yoga appears to have helped one student's hip replacement in making her stronger thus enabling her to recover more quickly and giving her the added bonus of friendship and support found in the classes she attended. Friendship and generosity are also evident in the response which Elaine's birthday celebrations produced. An amazing £1.000 was raised for the people of Bellur, so thank you to all concerned.

Four teachers from the committee attended classes at the RIMIYI Institute in Pune this August, and our diary excerpts are a small glimpse of our daily life there on this occasion. Be it walking to the Institute, dealing with traffic and noise, attending classes, or visiting the underprivileged. I trust you also find interesting an account of one of the five niyamas - Isvara pranidhana - this especially resonated for me with a personal surrender in the pranayama classes. However we all have to find our own interpretation of this niyama in relation to our practice and particularly in more challenging situations, sometimes easier to do in some circumstances than in others.

Finally talking of challenges, of all the numerous photos in our newsletters, there is the incredible one of Bruce Gordon walking with seemingly complete focus on those wires in Minneapolis!

**Giulia Howard-Hole, Chairman**

## Update from your Secretary.....

Our DHIYI membership total is currently 108. The DHIYI continually has terrific visiting teachers come to our area for workshops and we appreciate member supporting these days. 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>, 2014) 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 (only one for the half-year membership) • 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.

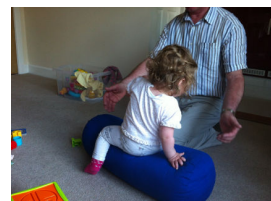
Membership forms can be downloaded from our website: [www.dhiyi.co.uk](http://www.dhiyi.co.uk) ~ Payments can be made by cheque or online bank transfer. Please make cheques payable to DHIYI for £9 and post to: Cara Bowen, 19A Belle Vue Road, Bournemouth, Dorset, BH6 3DB

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**

## Baby Isabelle....

**Baby Isabelle  
proving she's  
a natural !**



## The Pune Diaries ~ Three Teachers visit Pune in August 2013.....

**August 23rd 2013**

My month in India, Pune with Zoe, Elaine and Cara went amazingly quickly, each day had a certain routine, which amongst other things,



wove round our classes, personal practice, eating, and keeping in touch with family back home. Very often we had 'adventures', going to visit another area, sightseeing or shopping. This invariably involved a ride in a auto rickshaw, which was an adventure all on its own, dependent on one's level of detachment.

I have chosen this day, as it gave us another aspect of life in Pune, of a group of individuals who cared deeply for the underprivileged in their midst. It was an opportunity we would not have been privy to, had it not been for the involvement of my daughter Lia who was there at the same time.



Zoe and I walked to the RIMIYI Institute for our personal practice. We found unusual activity in the main hall, with Mr Iyengar perched on the edge of the curved stage, directing a student with very detailed instructions on

Virabrahadasana 1. There was a photo shoot going on and the student did the same pose, over and over,

stopping every now and again to have a little rest and wipe her face. Then again for another attempt to get it right, with more photos being shot.

At the same time there were a few students attempting to do their own yoga. We tiptoed round to get our equipment, then settled to our practice, in the meantime very aware of what was going on. (As more people started to arrive, Uday announced that some of us could go and use the smaller room upstairs if we wanted to. Zoe and I duly did, it was very airy, light and peaceful. We continued there.)

We met Cara and Elaine outside the Institute as arranged at 10.30, and got two rickshaws to Deep Griha Society. Lia, had spent the month of August volunteering for this society, which cared for the slum people of the Tadiwala Road. It was a chance for us to see where she had been working and to meet some of her co workers. We met various people at Deep Griha, all passionately involved in what they are doing, and none more so than the fundraiser, Mr Augustine Mendonca, introduced to us as Gus. He told us about the work the society did, which was started by Dr. Neela Onawale and her husband in 1975.

From a small one room clinic, it had expanded into centres that helped with three different slum areas, as well as various educational and welfare programmes. The Tadiwala Road slum is the biggest of three in Pune, with 60,000 people.

### Backbending !

Here is a picture of Bruce Gordon doing a back bend and trying to balance on a team building exercise in Minneapolis.

Bruce said, "I did this without injuring myself at all and it must all be down to yoga" !

We're glad to see that Bruce is including Yoga in his life !

He then took us round the centre, introducing us to whoever was working there, the doctor, teachers, aid workers, and the ladies looking after the children in the creches. Some of the younger children were asleep, on blankets on the floor, but the older ones were very much awake. More than eager to sing and speak to us, wave and smile. One boy was celebrating his 6th birthday, and we all sang Happy Birthday to him, much to his delight. It was quite incredible to see the very small rooms they were in, very few toys, but a great eagerness to engage with us.



We finally met Dr Neela, and this charming serene woman explained how it was her life's work, that she was very happy to have started it, and see it grow. It all felt quite inspirational.

We got there at 11 am and did not leave till gone 2 pm, I felt a little drained with all the information and the awareness of the sharp difference in my world and that of the people I had been met and heard about.

Our pranayama class that evening was taken by Nawas; it was good, clear and concise. She advised people with long finger nails that they could not do the digital breathing. Fortunately, we had all been diligently filing our nails during the month. It was our last Pranayama class, and it was for me, a calm and peaceful surrender to my own practice, and although I very much inhabited my own quiet space there was also a sense at the end of others around me experiencing their own particular quietness.



The hall during the pranayama session had a completely different feeling to it. Although it was light when we started, by the end of the session it was dark, the only light in the room a circle of coloured bulbs high up in the ceiling. It seemed far removed from the constant activity and noise that usually exists during the days and nights in Pune.

**Giulia Howard-Hole ~  
Dorset Teacher**





## The Pune Diaries ~ Three Teachers visit Pune in August 2013....

### **WALK ON THE WILD SIDE**

**Pune 7<sup>th</sup> August 2013**

Today I woke up to the sound of chickens, someone sweeping with one of those strange tied-up brooms, squawking birds and of course hooting traffic. We had class at 9.30am so was able to enjoy very civilised breakfast of masala omelette, toast, butter and jam, with a cup of tea, on the balcony. "Vesuvius" (a really smokey smokestack outside my room) was gently puffing away, the soft breeze blowing the smoke away from me and my line of washing, ate my breakfast, read the "Times of India", the price of onions was causing concern as well as the ongoing conflict on the "L O C" with Pak. (The line of control with Pakistan). Then the walk to class, through the College grounds, dogs not too bad today, passed the little Turtle Temple, into the park and Namaste to the man who sat on the wall selling his wares and into RIMYI. Had a most wonderful class with Geetaji, a very sweaty experience. "Rise to the occasion, challenge yourself!!", as we repeated Sirasana with lots of variations, in between we did most of the standing poses, legs shaking. Then some seated poses, including Ardha Padmasana when one student was really reprimanded for not looking after herself, because of her knee condition. Changed some money with the money man at the Institute, very good rate, 92 rupees to the pound. After class we headed off to look for Dimpex (supply batik t-shirts, wall hangings, belts etc) which had moved premises. We didn't find it but we were close so would try again another day. The walking about trying to find it was at once exhausting and fun. Firstly I "sold" a few English coins to a very smartly

countries. We were having a go at following a map from Mary to find Dimpex, asked a few people along the way if we were heading in the right direction. They didn't seem to label the roads so it all added to the excitement. One of our detours took us passed a real jungly part of the city, full of huge trees teeming with huge brown golden bats, loads of them just hanging around in the trees. I'd never seen so many. Saw a few nanny goats grazing happily in the traffic around one of overflowing skips. Further along at another foul-smelling skip, huge raven type birds all perched on the rim of the skip, looking menacing. Then once we'd passed the fruit and veg market, we came upon the pigs who hang out in a water ditch, all blissfully snuffling about in the dirt and rubbish. Bought a melon and some oranges, they displayed the fruit and veg so beautifully. Came upon the More supermarket, straight in there! Finally back to the Ketan, had been walking about 3 hours through the fumes, so straight into the shower to wash of the sweat and dust. Drank at least 2 pints of water and had something to eat before we met on the top-floor balcony to do our notes. I enjoyed our note making times, between us we managed to remember the sequences and different points. Today was a really good class. We then sat and watched more bats, enormous with huge wing spans swooping through the trees, and we also saw a little chipmunk busying itself back and forth across an electric cable. Much wildlife today. We didn't go out to eat tonight, ate some of our supplies. Tuna with tomato and herbs on rice cakes, and pumpkin seeds sprinkled on top. Then it was time to Skype Shaun, the wonders of modern technology, great to share the day with him, afterwards caught up with e-mails and now it was time to sleep. Felt tired from class and walking about but it was a good day. Would fall asleep to the sound of the building site

opposite and the hooting traffic.

**Zoe Hobbs ~ Dorset Teacher**



## Mary Really Got Under Our Skin.....

On 15 June we were lucky to have a three-hour Mary Heath workshop in the attractive Community Centre at Botley. One of Mary's themes was one of the five *jnanendriyas* or organs of perception: the skin (the largest organ of the body). (The others are: ears, eyes, speech, excretory, and generative organs. See "Basic Guidelines for Teachers of Yoga," page 107.)

When standing or sitting we normally think of sliding the skin of the back down from the shoulders and down from the back waist but Mary differentiated between the posterior (facing out) skin and anterior (facing in) skin: slide the posterior skin downwards but lift the anterior skin upwards.

In Adho Mukha Virasana we thought of the skin from below the navel as belonging to the lower abdomen and the skin from above the navel as belonging to the chest. In Adho Mukha Svanasana the top of the navel has to go back to the spine (if only the bottom of the navel goes back to the spine you can end up dipping your lumbar from the top navel).

Uttanasana brought the instruction to lift the top back-thigh skin, and Parsvakonasana to lift the shin skin on the leading leg; and Utkatasana to lift the shin skin on both legs and take the top back-thigh skin towards the below-buttock crease.

In Paschimottasana Mary told us to take from below the navel towards the back ribs, and from above the navel towards the chest. Take the back ribs towards the knees, for the body to go forward from the diaphragm.

We were inspired by Mary's good humour and gentle but deep expertise: she covered many more wonderful things than I've space to mention here. Come again, Mary, please.

**Iris Lee ~ Hampshire Teacher**



## The Pune Diaries ~ Three Teachers visit Pune in August 2013.....

### Thursday 8 August ~ "Dogs, Trade Secrets and Feeling Better"

"Stretch that comfort zone gently but firmly...imagine that comfort zone gently stretching and expanding by even just 5% today..." (quote from my Daily Sunshine book).

Ok, so this could be one approach to tackling my current discomfort with my yoga practice, so I'll try it! At 3am I woke up to voices outside "the building site" – a new shop, beauty parlour and offices – being built directly opposite my hotel room. Nearly went outside to ask them to "be quiet" but the delivery van soon drove off and I soon dropped off again.

At 5am alarm went off and I was tired. Dragged myself out of bed and down for 6.10am to walk to class with my Pune buddies. Avoided the dogs in the college grounds but encountered 10 growling ones near the Institute. That, plus a slightly upset tummy and anticipation of Prashant's class, set my nerves "jangling".

However, I enjoyed class and felt integrated again. I knew I needed to be stronger – mentally and physically – and would push that comfort zone gently and, as Prashant would say "further and further and further"!

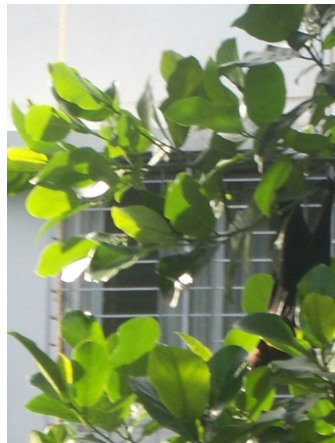
Prashant was trying to reveal the deeper truth behind our physical yoga. "Good body monitors" he called us, kindly. Now we needed to find something more. He was offering us some of his "trade secrets" – all we needed to do is understand them which can be very tricky!!!

Dashed back to the Aromas Café next door to our hotel to order a heavenly cappuccino! Had it on Zoe's balcony along with a 'Cheese Toast', cucumber and more toast! We then shifted to our favourite balcony on the top floor, looking over the brilliant orange 'flame' trees and life below. Made notes on class and I loved sharing ideas with my buddies. Back to my room to read more of 'Light on the Yoga Sutras'. That was the morning.

Later that afternoon we decided to go for a walk and do some...shopping! However, when we started walking up this huge, main, traffic-choked road I decided to head back home leaving the gang to bravely continue. On the way back, I found a very nice 'beauty parlour' and vowed to book a massage later that week.

Back for tea on my own balcony.

Spirits fully lifted again at 6pm when, from nowhere, a giant bat flew towards my balcony and landed athletically on a tree right in front of me! So excited at seeing him, I called the gang. The bats were so close we could see their eyes looking at us. They then climbed along the branch like monkeys to claim their fruit.

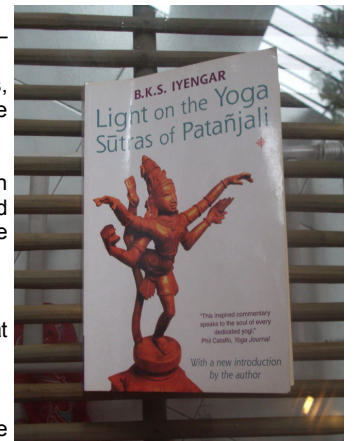


Massive wing span – we reckoned around 3 feet. For the past week, they'd been hanging there, night after night, and we never knew. Batwatching became a regular feature of a pre-dinner lives thereafter! It was amazing to find that in this dirty, busy, polluted city of Pune there was a whole range of wildlife above our heads. Bats of different kinds, wonderful green 'whooping' birds and even a bird of prey.

Dinner at 'Vaishali' consisted of spicy dosas, tasty uttapas and a veg burger I think! Called my beloved Tim - real treat to hear his voice. He had a query about our water bill...the reality of life back home. Read a bit of 'The Kashmir Shawl' and drifted off around 10pm.

Woken at 12.30am by TV in the next room.....

**Elaine Rees ~  
Dorset Teacher**



## Marios Argiros Saturday 27<sup>th</sup> April 2013

It is no easy task writing a review of a yoga workshop. One's experience depends on the individual's personality. This short article shares my experience of the day.

Marios Argiros was the Senior Intermediate Level teacher taking the workshop. Marios combines teaching yoga with his work as a Classical musician. Marios makes regular visits to India, allowing him to study with the Iyengar family at the Ramamani Memorial Institute in Pune.

Marios is very much the epitome of everything that he elucidates. Being relatively new to yoga I found the philosophical foundation most interesting and helpful, his teaching delivered with good depth and pace. From beginning to end a balance was struck between asanas and other limbs of yoga. The scientific underpinning of Marios's teaching was most welcome.

Virabhadrasana 1 was an asana explained and performed in much detail. Particular focus was made on the Iliopsoas (psoas major and iliacus), deep muscles in the inner hip. Performing an asana where there is extension of one or both hips will stretch the psoas. It is important that the psoas be actively contracting in that stretch.

This action is demonstrated in a low lunge, where the back leg is in full extension and the psoas is being stretched on that side. On the front leg the psoas is fully shortened. The back leg psoas should be eccentrically contracted to protect the muscle and the hip joint. The position and action of the psoas in Virabhadrasana 1 is exactly the same as a low lunge. A variation of the pose was performed by placing the front foot on a brick with arms stretching down.

During the workshop Marios explained we should approach our asanas unencumbered by our goals, free from our ideas of a certain vision of a pose. We should not just follow what the teacher demonstrates; we should delve deeply into the body, mind and breath and use those inbuilt diagnostics to determine what to do, how to do it and with what effects.

Fantastic, inspiring and well organised, thank you.

**Matthew Figg ~ Dorset Student**



## Summer Yoga day with Andrea Smith



The yoga day which was postponed from January due to the snow and ice situation took place on a beautiful, blue-skied, warm day in July at Trinity Hall, Southbourne.

Andrea made us feel at our ease as she encouraged questions and comments throughout the day. We were asked to "feel our way" in each pose. The morning class focused on inversions with some partner work to help get the right actions in the arms, legs, and spine. Then supine work led to back arches, culminating in Laghu Vajrasana, a pose I had rarely done, and Urdhva Dhanurasana from Tadasana (in threes).

Everyone was able to manage Urdhva Dhanurasana, feeling secure with the first helper using a belt to support the pupil's pelvis as the pupil's hands walked down the second helper's legs (or wall). An exhilarating tall and broad opening in the chest was the result.

In the afternoon Andrea gave an overview of the eight limbs, asking for contributions about how the Yamas and Niyamas were relevant in our own lives. The Gunas, Bandhas, and Nadis were also touched on. We finished with a Pranayama practice incorporating Sanmukhi Mudra with Bhamari breath and then the sun breath which involved digital pranayama. Andrea's approachable demeanor ensured everyone could clarify any uncertainties and we were left with calm and clear minds like the azure skies overhead.

**Jenni Doohan ~  
Hampshire Teacher**



## How Iyengar Yoga Helped Me Deal With A Hip Replacement

About 4 years ago (I was 39), I thought it would be good to supplement my existing exercise regime of circuit training, cycling and the odd bit of swimming with yoga to improve my suppleness and strength. I was also beginning to experience some stiffness and pain in my joints and I thought yoga would probably help with this.

I was recommended an Iyengar Yoga class and was pretty ignorant of the differences between the different types of yoga. So, I just started going along to a beginners' class with a friend.

There's a lot of kit in Iyengar Yoga, which I found really helpful because it gets you safely into the right positions and I was able to

borrow stuff until I felt I wanted to have some of my own things for use at home.

I found the classes a brilliant mix of physical challenge and mental relaxation - it's great following detailed instructions and focusing on your body after a day at work making decisions. What did come as a surprise was the amount of laughter and camaraderie that I have experienced in class and the positive support it has been.

At first I made steady progress, learning the poses, which directly improved my every day posture and made me very 'body aware'. As time went on the pain and stiffness became worse and my ability to do the poses and to do every day things at home also got worse. I was

diagnosed with arthritis in both my hip joints, and the degeneration of 1 joint in particular speeded up greatly this year.

I continued to go to class right up until my first hip replacement operation a month ago. I believe the yoga, supplemented with targeted exercises at the gym, have helped to keep me moving, minimize the inevitable increasing pain, helped me to understand and be aware of what was happening to my body and provided emotional comfort through new friendships.

I am grateful that I found this class and hope to be back there again as soon as the doctors sign me off!

**Caroline Peach ~ Dorset Student**



## THE YOGA SUTRAS OF PATANJALI

### The concept of Isvara Pranidhana

In a recent newsletter I wrote about *aparigraha* (non-hoarding), one of the 5 yamas in the 8-fold path of Astanga Yoga as set out in Patanjali's Yoga Sutras, and about how we can understand it in the context of our yoga practice.

Here I would like to address one of the 5 *niyamas*, namely *Isvara pranidhana* the literal translation of which is surrender to God. It is linked, therefore, to *Bhakti* Yoga, the path of devotion.

One of the many highlights of the yoga retreat in Bellur in January, as reported in the last newsletter, was sitting in the shade on the verandah of Guruji's family bungalow each afternoon before evening practice, while our philosophy lecturer Paul Sherbow led us to consider some of the philosophical questions arising from the Sutras.

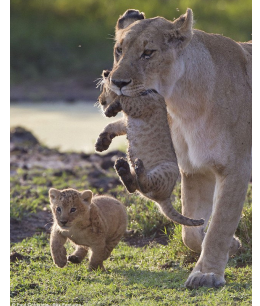
As well as Guruji's translation of the Sutras, we looked at Dr. Edwin Bryant's translation, in which he points out that as there are 6 sutras directed to *Isvara Pranidhana* ("a not insignificant number bearing in mind the general frugality of the Sutras!"), we can conclude that Patanjali was definitely promoting a theistic practice. In *Light on Life*, Guruji too describes *Isvara Pranidhana* as the most theistic of all aspects of yoga, but he does define *Isvara* as Divinity in a general and non-denominational sense (p.261).

So while this raises the question of religion, which gives concern to some yoga practitioners, Guruji says in his translation of the Sutras, "What in fact is true religion? It is eternal, and has no denominations or boundaries. It is a method knowingly designed to lift each individual's awareness so that he may experience the core of his being. It sustains the *sadhaka's* (practitioner's) development and prevents his downfall; it lifts him when he slips. In short, religion is the means to Self-Realisation" (*Light on the Yoga Sutras of Patanjali* p.137).

In a lecture in 1984, Guruji said that when the asana is well performed, well-managed and well-balanced and one has learned to extend without strain, force or tension, a receptive passivity with alertness allows one to surrender to the practice, and that this surrender of oneself to that asana is as good as *Isvara Pranidhana* (*Astadala Yogamala* vol.2 p.227). Quite an easy concept for me lying in *Savasana* in the yoga hall in Pune, when Geeta says, "Surrender your body to the support of the floor and the embrace of Mother Earth", but a bit more of a challenge when she shouts in *Eka*

*Pada Raja Kapotasana*, "Go there!... Do it!... DIE!!" (Yes, really!) Well, I was choking back the tears when I came out of the pose, so I made some sort of breakthrough!

Back on the verandah in Bellur, and I am gazing across the fields, just pondering what the word 'surrender' means: capitulation on some level? a defeat in battle? a white flag? or the sort of romantic surrender in the Elvis song? (Google it if you're too young to remember it.) Just then, Paul grins and says, "It's like the cat and the monkey! The mother cat goes and picks up the kitten in her jaw and the kitten surrenders passively, whereas the baby monkey actively runs and clings to its mother." Aaah!



A final reference to *Isvara Pranidhana*, this time from Arjun von Caemmerer, a medical doctor and Iyengar yoga teacher. In *Yoga Rahasya* vol.20.no.2 he points out an intriguing parallel between *Kriya* Yoga, the triune of *Tapas* (application), *Svadyaya* (investigation) and *Isvara Pranidhana*, and a well-known and popular contemporary prayer:

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, And the wisdom to know the difference.



"Although Patanjali's Sutra 2.1 is more of a definition than a petition, its congruity with this prayer is nonetheless inescapable. Serene acceptance of the unalterable resonates with the *santosa* (contentment)- suffused surrender of *Isvara pranidhana*, whilst the *virya* (vigour)-charged attitude that effects necessary change through 'doing what needs to be done' coincides with the zeal of *tapas*. And the wisdom to know the difference - the intelligence that gauges how and when to proportion these seemingly polar opposites - echoes the bridging and balancing role of *svadyaya*." (Dr. Arjun von Caemmerer)

Mary Heath ~ Dorset Teacher



### Birthdays, Bollywood & Bellur!

Reaching 50 is an ordeal in itself so I decided to get through it with a little fundraising fun for Bellur! Bellur is a small village in rural India where BKS Iyengar was born. Funds are used to improve the local school, hospital and water facilities. About 120 family and friends turned up and here's what happened!



*They came to an evening of music and dance,  
An evening of fun and they took a chance,  
As I moved into my 50th year,  
They joined me and helped take away the fear!*

*The theme was 'Indian' – leggings, saris & 'bling',  
Everyone entered the spirit of the thing,  
On our tables, Indian elephants, flowers and vibrant colours  
so fit,  
A dash of 'Bombay Mix' and candles were lit.*



*We had a modern jive class and there was disco galore,  
In our Saturday Night Fever set, they were shouting for more  
We saw and sampled some Indian 'Bolly',  
And yoga to disco ('Oops Up Inside Your Head') was so very jolly!?*

We managed to raise a grand total of £1000 for The Bellur Trust. This was achieved through a fantastic raffle where friends, family and local businesses donated generously. My two young nephews refused to let anyone leave the venue without putting something in their Bellur Bucket! And, I've had an amazing response from people who were unable to come and from the local yoga community. Thank you EVERYONE. So, perhaps, on your next milestone birthday...?



Elaine Rees ~ Dorset Teacher



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

## Upcoming Events 2013/14

### PAYMENT INFO

#### **Dorset Events:**

Kim Trowell  
29A Spencer Road  
Bournemouth  
Dorset  
BH1 3TE

Email:  
kimtrowellyoga@googlemail.com

Tel: 01202 558049

#### **Hampshire Events:**

Carol Batterson  
25 Manor Close  
Wickham  
Hampshire  
PO17 5BZ

Email:  
carolbatterson@ewclub.net

Tel: 01329 832853

### **\*\*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.*



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

*(Cheques to be made out to DHIYI and sent to Kim for Dorset events and Carol for Hampshire events)*

#### Saturday 16th November 2013

Yoga PD Day for Teachers with Brenda Booth at Trinity Methodist Church in Southbourne, BH6 5AQ  
Theme: Neck, Shoulders, Headaches ~ 10AM~4.00PM  
Cost ~ £14 ~ *Contact Kim Trowell*

#### Saturday 23rd November 2013

Yoga workshop with Judi Sweeting at The Botley Centre, Nr Southampton, HAMPSHIRE, SO30 2ES  
10AM~4PM~ Cost ~ DHIYI Members £22 ~ Non-members £25 ~ *Contact Carol Batterson*

#### Saturday 7th December 2013

Teachers' Get-Together at Trinity Methodist Church in Southbourne, BH6 5AQ  
10AM~12.30PM ~ Cost ~ DHIYI Members £4 ~ Non-members £6  
*Contact Jenni Doohan to book your place 01425 622635 or email [jenni.doohan@hotmail.co.uk](mailto:jenni.doohan@hotmail.co.uk)*

#### Saturday 18th January 2014

Yoga workshop with Judith Jones at Trinity Methodist Church in Southbourne, BH6 5AQ  
10AM~4.00PM ~ Cost ~ DHIYI Members £22 ~ Non-members £25 ~ *Contact Kim Trowell*

#### Saturday 5th April 2014

Yoga workshop with Sallie Sullivan at Trinity Methodist Church in Southbourne, BH6 5AQ  
10AM~4.00PM ~ Cost ~ DHIYI Members £22 ~ Non-members £25 ~ *Contact Kim Trowell*

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

### Non DHIYI EVENTS

#### Saturday 8th March 2014

Yoga workshop with Edgar Stringer ~ at Botley Community Hall, High Street, Hants, SO30 2ES.  
10AM ~ 1PM ~ Cost £14 ~ *Contact Carol Batterson*

#### Saturday 22nd March 2014

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

#### Friday 6th June 2014

Yoga workshop with Margaret Austin ~ **Venue TBC**  
6PM~9PM ~Cost ~ DHIYI Members £16 ~ Non-members £18 ~ *Contact Kim Trowell*

#### Saturday 7th June 2014

Yoga workshop with Margaret Austin ~ at Trinity Methodist Church in Southbourne, BH6 5AQ  
10AM~4PM ~Cost ~ DHIYI Members £27 ~ Non-members £29 ~ *Contact Kim Trowell*

### Yoga and Walking Weekends

**Saturday 2nd November - The Yoga Day** ~Time: 10 am - 4 pm (1hr for lunch). **Cost:** £20 morning only, £25 for the day. Suitable for people who are fit and healthy and have been practicing yoga for a year or more. Hannah Lovegrove is highly experienced and has been teaching yoga for over 12 years. The Masonic Hall looks out over Lyme Bay, with views from Portland to Golden Cap and the Cobb. Equipment is provided.

**Sunday 3rd November - Lambert's Castle Walk**~Time: 11 am start ~ **Cost:** £8 per person (exc. food)  
Taking in some of the loveliest views over the Marshwood Vale, this 2 hour walk covers two National Trust sites – the ancient hill forts of Lambert's Castle and Coney's Castle. Reasonably level walking with one or two short steep hills. The walk is very dog-friendly.

The Bottle Inn, Marshwood, Dorset DT6 5QJ. **Meet at the Bottle Inn car park for a prompt start.** Food will be available to purchase afterwards, or bring your own packed lunch. The Bottle Inn sells a wide variety of Real Ales and always has a log fire burning!

**Booking:** call 07971 434336 or use the Booking Form on the web site.  
[www.hannahlovegrove.comyoga-holiday](http://www.hannahlovegrove.comyoga-holiday)