

Dorset & Hampshire Iyengar Yoga Institute

Dorset and Hampshire's new yoga institute

February 2006
Number 2

Your Committee:

- * Chairperson:
Giulia Howard Hole
- * Secretary:
Elaine Rees
- * Treasurer:
Zoe Hobbs
- * Members:
Chrissie Barrett
Jenni Doohan
Martyn Van Lancker
Kim Trowell
Mary Heath
Carol Gillingham
Simon Gardner

Notice of Annual General Meeting 1st April 2006

DHIYI has been running for some months, and it is time for our first annual general meeting, which will be held at the Yoga Day with Judith Jones on the 1st of April 2006. I hope as many of you as possible will be able to attend.

One of the main purposes of this meeting is to elect a committee to run DHIYI for the next year. This is your opportunity to have a real say in what will happen in the next twelve months with your institute.

Committee members that will be elected at the AGM are as follows: Chairperson, Membership Secretary, Treasurer, Events Organiser.

I would welcome any interest from members wishing to take an active role in the running of the committee, and will happily discuss any of the positions available on the committee with them.

On a practical note, anyone wishing to stand for election on the committee will need to be proposed by one member,

and seconded by another. Voting will take place at the AGM.

On behalf of the Interim Committee, I would like to thank you all for your fantastic support so far. What we must do now is start to build on the firm foundation we have established.

Giulia Howard-Hole
Chairperson

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News From the Secretary

Life in the DHIYI membership division has now calmed down just a little! However, processing over 160 applications in a short space of time has been quite challenging—and rewarding.

You should have received an interesting IYA(UK) magazine, a lengthy local newsletter, and a magnificent membership card! If not, kindly let me know!

As news of the DHIYI spreads, more and more people are contacting me for information—even from as far away as West Yorkshire! Simon's website (www.dhiyi.co.uk) has proved invaluable, and later in this edition of the newsletter, you'll find a copy of an article from the Echo.

Get ready for more good reading, exciting events, and membership

renewals in March!

Elaine Rees
Secretary



"Light on Life" is the culmination of a master's spiritual genius, a treasured companion to his seminal *Light on Yoga*.

Visit the DHIYI website at www.dhiyi.co.uk, follow the link to "Books" on the "More Information" page to order your copy, and at the same time help your institute.

DHIYI's 1st Yoga Seminar Day

Anyone passing St. Marks Church Hall, Wallisdown, during an otherwise quiet Saturday afternoon in January, could have been surprised for a few moments by the soft humming of bumblebees coming from within. A little foretaste of summer perhaps?

It was in fact a group of DHIYI students doing a few rounds of Bhramari breathing during a pranayama session taught by senior teacher, Andrea Smith. Andrea, from Hayling Island, has recently returned from attending classes at the RIMYI (Ramamani Iyengar Memorial Yoga Institute) Pune,

India. So we were indeed fortunate in having her as our teacher, running our first ever DHIYI yoga day on January 14th, with enthusiasm and "helpful ways to work" fresh from Pune.

As well as giving clear instructions, Andrea was also considerably reminding students to be mindful of not exceeding the limit of what they could do, be it on working your legs in the morning asana practice or focussing on non injurious breathing during the afternoon pranayama class.

The day was well attended by 32 students who thereby worked hard, breathed well and hopefully came away with something learnt.

Whether for some, this was the first yoga session longer than the usual one and a half hours, or yet another yoga day you have attended, I hope it will encourage you all to come back, enjoy, learn, and support our Institute.

Guilia Howard Hale



Lilian Biggs—A Tribute

Our dear friend and fellow teacher Lilian was an inspiration to a great many in our region. She came to Emsworth to teach us each July and never failed to leave us inspired, energised and with a wonderful feeling that she really cared for our well-being. Her no-nonsense approach filled teachers & students alike with confidence and with not only an aspi-

ration to do better, but also the knowledge to do so. I miss Lilian deeply. She attended the same class as I did in Manchester and I still look to where her mat lay. Each summer her visits with Gerard filled our home with lively, sometimes earnest, conversation, with laughter and a great deal of warmth. Adrian & I attended her 80th birthday party in Bradford last Sep-

tember; it was just the most happy and friendly occasion with her family and friends. We shall all miss her, but her legacy to us will never fade. We'll hear her voice when in poses, we'll never say "I can't" and we will do better. With love to Sheila, Gerard & family.

Ros Wakeford

The last memory I have of Lilian is, not surprisingly, a happy one. It was at the IYA(UK) Convention in Bath last September, just weeks before she died, when a small group of us were gathered around the kitchen table at the end of the day for a late-night hot drink and a natter. The atmosphere was warm and light-hearted as the conversation got around to stories of amusing misunderstandings, and Lilian

related how, faced with a computer problem, she telephoned the call centre and, predictably enough, found herself explaining her plight to a courteous young man in India :-

Bombay : Ah yes, madam, I see you have five unread e-mails.

Bradford: WHAT ?!! Five hundred e-mails ?

Bombay : No madam - five unread e-

mails.

Bradford : Five hundred ? I can't have five hundred !!

Lilian had us rolling with laughter that night, and I will always remember her with a smile, as well as gratitude for all her enthusiastic and dynamic teaching over the years.

Mary Heath

A few months ago a much loved senior teacher made her great passing into the world beyond. In a few seminars I attended that she gave, I was privileged to learn from her. I found her to be full of energy and stories of her classes with Mr Iyengar. She was very good at learning names, especially the names of any guys in her class, and if she saw any of them stepping out of line she would bellow across the room, "Hey Steven (or

whoever) - what are you doing?"

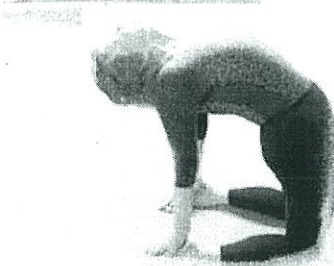
Although small in stature, Lilian was big in heart. She always embraced the task in hand wholeheartedly. With a twinkle in her eye she would point out any mistakes and correct them, and then often make a joke.

At the Iyengar Convention in Reading in September 2004, she played the part of a fairy godmother in the pantomime

of the Ramayana which was written, I believe, by her daughter Sheila Haswell. Dressed in a tutu holding a magic wand she looked like a pixie. At the end of the show, she gracefully went into Hanumanasana, beaming from ear to ear.

She was a true inspiration to us all and will be greatly missed.

Jenni Doohan



Our Friend Lilian

WEBSITE NEWS

Just a reminder that you can help support the DHIYI by considering making purchases on amazon.co.uk through the DHIYI website. The DHIYI get around 5% commission on all purchases (actually 7.4% on books).

One of the long term aims of the Institute is to have a permanent Yoga Institute building for Dorset and Hampshire to hold regular classes and workshops. We think this is a really worthwhile cause.

We already appreciate your support in terms of a membership fee and supporting our events, but if you'd like to help more (it doesn't cost you anything extra) you can go to www.dhiyi.co.uk/amazon and we will automatically receive commission from any purchases that you make.

If you want to help MORE, why not persuade your friends, family, work

colleagues and any people who walk past your house to do the same. Who knows, maybe some of them will take up Yoga, which must be a good thing.

Simon Gardner
DHIYI Website Administrator



Yoga institute in good health

IN THE few months since its creation, the Dorset and Hampshire Iyengar Yoga Institute has already attracted more than 160 members.

The aim of the new institute is to give teachers, students and the public the chance to share good practice and gain a better understanding of the principles of this type of yoga, established by Yogacharya B K S Iyengar.

Iyengar yoga focuses on good alignment in poses, which lead to better posture and health.

Members of the institute receive newsletters and invitations to local workshops, sessions and talks across the two counties.

Scores of classes are already held daily at locations across Bournemouth, Poole and Christchurch.

"As the institute becomes more established and continues to grow, there will be opportunity in the years ahead for everyone who wants to get involved to play their part," said institute chair Giulia Howard-Hole.

For more information on classes, events and the institute visit www.dhiyi.co.uk or contact membership secretary Elaine Rees, on 01202 483951.

Article from the Bournemouth Echo, 10th January 2006

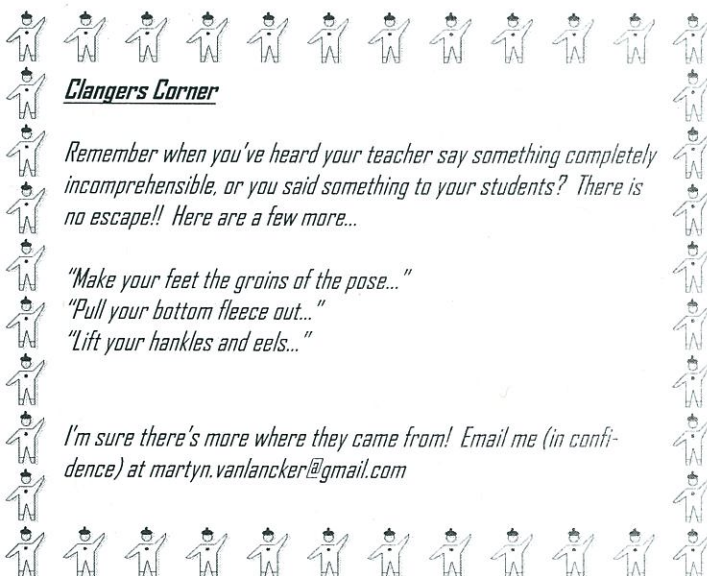
Teachers

You can register your classes on the DHIYI website either via email or post. If you would like to do this, please send the details below by email to webmaster@dhiyi.co.uk or by post to: 1 Henbury Manor Farm Bungalows, Dorchester Road, Sturminster Marshall, Wimborne, Dorset. BH21 3RL.

- Your name and telephone number (optional)
- Your email address and / or website address (optional)

Then for each class:

- Day of the week / time of day
- Location of class including postcode if possible
- Difficulty level
- Special instructions (eg must be member of health club, pregnancy, etc)



Clangers Corner

Remember when you've heard your teacher say something completely incomprehensible, or you said something to your students? There is no escape!! Here are a few more...

"Make your feet the groins of the pose..."

"Pull your bottom fleece out..."

"Lift your hankles and eels..."

I'm sure there's more where they came from! Email me (in confidence) at martyn.vanlancker@gmail.com