

# Dorset & Hampshire Iyengar Yoga Institute

Dorset and Hampshire's new yoga institute

September 2006  
Number 3

## Your Committee:

- \* Chairperson:  
Giulia Howard Hole
- \* Secretary:  
Elaine Rees
- \* Treasurer:  
Zoe Hobbs
- \* Members:  
Jenni Doohan  
Kim Trowell  
Mary Heath  
Simon Gardner  
Beth Perrior  
Andrea Smith

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## Message from the Chair

The first Annual General Meeting of the DHIYI was held on the 1st of April, at a Yoga Day with Judith Jones. For those of you who were unable to be present, I am pleased to report a few points. As mentioned in our last newsletter one of the purposes of the AGM was to elect a committee proper to run the DHIYI for the following year. This was achieved with the majority of the Interim Committee willing to stand again for the following year. In my report I was able to say that the aims set out in our inaugural meeting, through the

work of the Interim Executive Committee had been successfully achieved. A bank account had been set up, a membership data base had been established and a web site created. Two yoga days had been organized and newsletters distributed. Since then we have offered a two hour class for complete beginners in July, have issued membership cards to all members, and have organized future yoga workshops. Later in the year a First Aid Course is being offered. More details will follow. Any ideas and suggestions for

future events would be appreciated, as would indeed any yoga related contribution to be included in our next newsletter, so please feel free to speak to any committee member. We hold regular committee meetings to ensure the smooth running of our Institute, where new ideas are proposed and explored, hopefully to the advantage of its members.

*Giulia Howard-Hole*  
Chairperson

## News From the Secretary

The doormat of the DHIYI Membership Office was inundated with renewals this April! I'm delighted to report that a total of 134 members have signed up for 2006-2007 with

a broad mix of students and teachers. People are joining from all over Dorset, Hampshire and occasionally beyond. We even have a member with a French address! Thank you all

for your belief in the DHIYI, your incredible enthusiasm and for jumping on board with us!

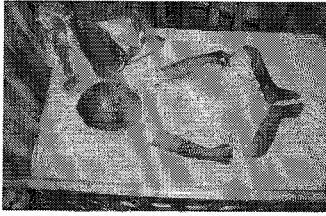
*Elaine Rees*  
Secretary



### "Iyengar Yoga for Beginners" by BKS Iyengar

The easy to follow, step-by-step sequences of key Iyengar yoga poses make this the perfect introduction. This is the only guide of its kind from the world-famous yoga guru BKS Iyengar. Visit the DHIYI website at [www.dhiyi.co.uk](http://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.

## Yoga in Pregnancy



Anna's Yoga Baby in  
Supta Baddha Konasana

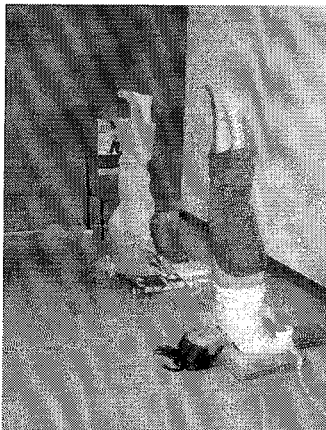
I took up Iyengar yoga after the birth of my second child eight years ago - to improve my flagging posture and enhance wellbeing - and always wished I had discovered yoga before my pregnancies. Thus, expecting a third child after quite a gap gave me this very opportunity! I was so lucky to have a very experienced teacher, Mary Heath, to guide me - particularly as I soon learnt that what you can and can't manage changes almost daily during pregnancy! Working at the back of the class next to the

all-important wall, two other Mums-to-be and I followed the work of the rest of the class with modifications and emphasis on supportive postures. It is amazing how a simple pose like Ardha Chandrasana, with the support of the wall, can transform you from feeling like an elephant to feeling almost light! There are huge benefits to be gained from postures that take the weight off your perineum, feet and legs, while more restorative poses are invaluable at a time when rest can be hard to

achieve! As for the birth itself, breathing techniques are valuable in helping you feel as in control as possible; despite an OP presentation, I managed a normal delivery using just gas and air. After the birth, yoga practice is particularly helpful in counteracting the poor posture induced by breastfeeding and carrying a baby and will hopefully make you a more relaxed mother!

*Helen Schuster-Bruce*

## Adam John Foxcroft Kyte (born 3rd June 2006)



Two proud mums-to-be! Clare &  
Sarah in sarvangasana

I had what I can only describe as an easy and enjoyable pregnancy and labour. After many years of enjoying walking, swimming and yoga I was delighted to find that wherever I read, these were the advised activities of pregnancy. So I continued them all three throughout my pregnancy, including my over due days. Mary Heath assured me that inverted postures were recommended until the head was engaged, so here I am upside down at eight months. This was a great source of amusement to my husband who wanted to know if

the baby knew which way up it was! When the day came when I went into labour in the early hours of one morning after a yoga class the evening before, during the day I had been digging the garden. I kept my contractions secret from my husband allowing him to go out for breakfast as planned. This gave me the opportunity to take control and practice lots of breathing from the start. Yoga and some excellent NCT antenatal classes gave me the confidence to breathe my way through each yoga contraction. This I did with

just the help of a couple of hot baths and much squatting to push at the end. Adam John Foxcroft Kyte was delivered at 8:55pm on Saturday 3<sup>rd</sup> June 2006 weighing a healthy 8lb 3oz. Adam is thriving. He has been gaining weight well above average and now delights us with glorious smiles and gurgling chatter. Needless to say, I shall ensure that Adam walks far, learns to swim early and is introduced to yoga.

*Clare Foxcroft*

## Convention 2006



Brunel 2006

DHIYI was well represented at Convention, which was held at Brunel University for the second year running. The Uxbridge campus offers a pleasant environment and excellent facilities and yoga practitioners came from far and wide to enjoy the opportunity to deepen their practice under the expert

tuition of Jawahar Bangera, one of Mr. Iyengar's most senior teachers from Mumbai. After a weekend workshop open to all Iyengar practitioners, teachers and student teachers were then put through their paces from Sunday afternoon until Wednesday morning. Jawahar's comments during

his teaching were a reminder that Iyengar yoga is in fact Patanjali yoga - a point Gurufji himself has made - as the Iyengar teaching system is firmly based in the Yoga Sutras of Patanjali, an Indian sage who, approximately 2,000 years ago, collated and elaborated existing knowledge of yoga phi-

## Convention 2006 (continued)

osophy in 196 aphorisms or short, concise and succinct sentences ("sutra" literally means "thread").

There have been a number of translations and commentaries on the *Sutras*, but they can sometimes be obscure and difficult to understand. I first tried to get to grips with them in the 1970s, but it is the practical guidance in Mr. Iyengar's translation "Light on the Yoga Sutras of Patanjali" which has made yoga philosophy more accessible to me, and this Convention gave us an ideal opportunity to put it into practice. For example, in Chapter II.3 are listed the five afflictions (*klesas*) which disturb the consciousness :-

**Avidya** - lack of spiritual knowledge or wisdom, ignorance

**Asmita** - ego, pride, "I" or "me"

**Raga** - desire, attachment (to pleasure)

**Dvesa** - hate, dislike, aversion (to pain)

**Abhinivesah** - fear of death, clinging to life.

It is *avidya* which is the root cause of the other four afflictions - they are the shoots of the root.

In "Light on Life" Mr. Iyengar says :- "If you want to see the power these afflictions have over our lives and human history in general, just watch the evening news on television and identify

these five destructive influences at work. That is easy. Then apply them to yourself."

Jawahar called them the 5 miseries (!) and his teaching allowed us to see how they might be apparent in our practice and how we should be working to overcome them. For example -

When you take the front thigh to the back thigh of the back leg in a posture, e.g. *Parsvottanasana*, the back leg goes "from the unknown to the known".

Don't drop the chest just to get the hand to the floor in *Trikonasana* - that's the ego. Why are you so keen to put the hand on the floor? "Do you want to go "subterranean"!"

On the other hand, in another posture do you really need all those props or are you becoming too reliant on them - too comfortable/complacent?

Many of us may have a posture that they would perhaps prefer to avoid!

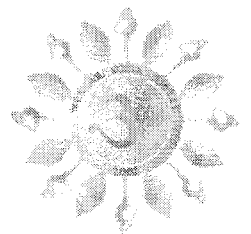
Some people are hindered in the practice of an *asana* by fear. So, when helping in *Adho Mukha Vrksasana* (full arm balance), we were instructed to clasp around the abdomen/solar plexus

region to give support and confidence, if the student was fearful, instead of just lifting the hips.

Another reference to the *Sutras* which Jawahar brought into our practice was *pratipaksa* (Chapter II.33) which translates as "to the opposite side, on the contrary". *Paksa* means to take one side in an argument and *pratipaksa* conveys the idea of taking the opposite position. To counteract negative thoughts or tendencies, opposite (positive) ones should be thought of, and this principle is applied in our *yogasana* practice whenever we correct and adjust the body. For example, observe how in *Trikonasana* when you turn out the right leg you have to correct the trunk from right to left, yet in *Virabhadrasana* /to the right, you have to correct the trunk from left to right! This correction then is observation of *pratipaksa* in practice.

Thanks to Mr. Iyengar and Jawahar, the study of the *Sutras* is now a little less daunting for me.

Mary Heath (July 2006)



## Vacancy for Newsletter Editor

It is with great regret that we have to announce that Martyn Van Lancker will be standing down from the DHIYI committee and also from his role as editor of the DHIYI Newsletter.

Martyn's departure leaves a vacancy in the DHIYI committee for a Newsletter Editor. So, if you are creatively computer literate and would be interested, please contact Giulia Howard-Hole via email on [giuliahh@hotmail.com](mailto:giuliahh@hotmail.com).

As a committee member you would

need to attend DHIYI committee meetings approximately 4 times per year. These are generally held immediately after Yoga workshops.

As the Newsletter Editor you would be responsible for collating relevant news, information and articles to be posted out bi-annually to our 130 members. Ideally, you would be able to arrange for the printing of the newsletter (expenses would be reimbursed) and would be able to gen-

erate new ideas to keep the newsletter fresh and interesting as the DHIYI's membership grows.

As Martyn was also a student representative on the committee we would especially welcome another student member to the position to help maintain a student / teacher balance.

Many Thanks  
The DHIYI Committee



# D.H.I.Y.I.

Dorset and Hampshire's new yoga institute

Our business is to make Iyengar  
Yoga your business

[ We're on the web!  
www.dhiyi.co.uk ]

## DHIYI Events

### **Saturday 2nd December—First Aid Course with Elaine Martin**

Elaine is a Paramedic, First Aid Trainer, and Iyengar Teacher. *Places limited to DHIYI teachers initially*, although this event will be open to others if places are available nearer the time. Cost £25, venue: Wesley Hall, Southbourne Methodist Church, Southbourne, Bournemouth, BH5 2HA

### **January 20th 2007—Yoga Day with Alan Brown**

Venue: Wesley Hall, Southbourne Methodist Church, Southbourne, Bournemouth, BH5 2HA  
Cost: £18 members / £20 non-members

### **April 14th 2007—Yoga Day with Julie Brown (followed by DHIYI AGM)**

Venue: Wesley Hall, Southbourne Methodist Church, Southbourne, Bournemouth, BH5 2HA  
Cost: £18 members / £20 non-members

Please use the enclosed application form to apply.

### **Other Yoga Events**

Teachers, if you are organising an event, please let me know. Email me at [webmaster@dhiyi.co.uk](mailto:webmaster@dhiyi.co.uk) for inclusion in the next newsletter. Please note that Iyengar yoga events only will be included.

### **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](mailto:webmaster@dhiyi.co.uk) or by post to: 1 Henbury Manor Farm Bungalows, Dorchester Road, Sturminster Marshall, Wimborne, Dorset. BH21 3RL.

### **Kim's Yoga Days 2006**

November 25th—Sheila Haswell

Cost TBC

DHIYI members will receive a £2 discount from the ticket prices. All events are held at the David Lloyd Fitness Club, 5 Knole Road, Bournemouth, and run from 10:00am until 4:30pm.

These events are open to students at all levels. For more information, please ring Kim on 01202-558049.