

Dorset & Hampshire Iyengar Yoga Institute



Dorset and Hampshire's new yoga institute

February 2007
Number 4

Your Committee:

- * **Chairperson:** Giulia Howard Hole
- * **Secretary:** Elaine Reese
- * **Treasurer:** Zoë Hobbs
- * **Members:** Jenni Doohan, Kim Trowell, Mary Heath, Simon Gardner, Beth Perrior, Andrea Smith, Jenny Trayford

Inside this issue:

Message from the Chair	1
News from the Secretary	1
A Newbie In India	2 & 3
DVD Review Iyengar Intensive	3
2006 Events Review	4
How Yoga Helped Me	4
Events 2007	5

Message from the Chair

Hello, welcome to another year, and our fourth newsletter.

Welcome is also extended to Jenny Trayford, our new Newsletter Editor who has kindly stepped in to replace Martyn Van Lancker. Martin did a wonderful job of producing the first three. Many thanks Martyn for all your hard work...!

The DHIYI yoga year started on January 20th with a day taught by Senior teacher Alan Brown from Yorkshire. I am sure those who attended came away with various points and ways of practising from the day, not least, the need to look at our individual practise afresh, and not get stuck in the same familiar groove.

The next event on our calendar is April 14th where Julie Brown, a senior teacher from Manchester, will be teaching. This date is also important as we are holding our **AGM during the lunch hour**. Please make a note in your diary, and I hope as many of you as possible will be able to attend.

Yoga days are an opportunity to practise yoga for longer than your customary one and a half hour lesson. They also give everyone an opportunity to learn from a different teacher and possibly gain a deeper understanding of the poses.

I am pleased to say that all the

current committee members have agreed to continue in their posts for another year as from the next AGM. However any support offered from our members would be much appreciated, whether it be ideas for a new event, helping in a sub-committee, or indeed articles for the next newsletter.

I hope you all enjoy reading this edition of our newsletter, with its interesting first hand views from India, reviews, and how yoga has helped with a dodgy hip...!

Giulia Howard-Hole
Chairperson

News from the Secretary

Just managed to organise the sending out of the September IYA magazines before setting off for Pune (More of that later on!).

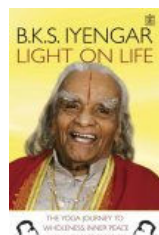
A very big thank you to Beth, Mary and their team of helpers

in sending those out!

Since that little flurry, life in membership has been quiet but I'm pleased to say there are still a few people signing up. I'm delighted to say that our grand total is **"159"**

members for this year, which is an excellent achievement..!

Elaine Rees
Secretary



"Light On Life" by BKS Iyengar

The structure of this book follows different aspects of paths (from Freedom Awaits, through The Physical Body, The Energy Body, The Mental Body, The Intellectual Body, The Divine Body to Living in Freedom) and provides a learning framework for yoga as well as an invaluable discourse on life. **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.**

A Newbie In India—Part 1

“India is a land of paradoxes”

Words spoken, by a wonderful CF trainer from India, about his native country.

And it is! In one breath, India can take the wind right out of your sails and, in the next, you're soaring with joy. You'll be walking along the road, fed up with the dust, the dirt and the pollution. Then suddenly, the man in the flower shop steps out and give you the sweetest smelling bunch of Jasmine as a farewell gift. You're sitting on your balcony, tired of the car horns, the throat-clearing and the incessant explosion of Diwali firecrackers. Then, before your very eyes, a flock of rare green parrots have descended on the trees in front of you and the delightful 6pm bird-song begins.

Over the last month, these are just some of the images, ideas and impressions that I have received on my first tentative steps into this incredible part of the world.

Why India? To explore two great passions – culture and yoga! My quest took me first to Mumbai for two days and then a month in Pune (4 hours south-east of Mumbai) where I studied yoga with the Iyengar family.

Taking excerpts from my diary, I'd simply like to share a few personal insights into a country I'd dearly love to go back to.

Mumbai: 28/29 September 2006

“I had been warned of chaos and disorganisation at Mumbai airport. I had imagined hordes of children, beggars and rogue taxi drivers all trying to grab my bags.

Perhaps it was because I was late coming out but no-one, except my official guide, besieged me! Where was the confusion and the masses? Instead, I had an attentive guide and a polite driver who took time to point out the sights to me. He asked me what I wanted to do in Mumbai. When I expressed a desire to have tea in the Taj Hotel, he promptly offered to join me in his own time.

In my air-conditioned taxi, I felt trapped in a capsule while this whirlwind of life operated outside. The traffic is amazing. Heavily congested, bumper to bumper, pedal to pedal, foot to foot! Scooters, bicycles, autoriks, taxis, cars and people, all jostling for position. Yet, everyone skilfully weaving in and out and just missing each other. Quite fascinating. Constantly sounding horns to let each other know they are close by. Not a blaring of horns but more of a polite toot!”

It struck me one day, as I bumped along in the back of an autorik, that it was just like being on the dodgems at the funfair EXCEPT that you were really trying not to crash!

“Past the harbour, Chowpatty Beach and the old colonial buildings, into downtown Mumbai we went. One moment passing the slums of Mumbai, the next drawing up to the impressive ‘Gateway of India’ – a British legacy and focal point for visitors.”

My hotel was situated close to the Gateway which looked out of a very busy Mumbai Harbour. After lying flat for a while and having a much-needed snooze I went out.

“Venturing out that afternoon, I felt very conspicuous and awkward at first. There were very few ‘western’ tourists about but I met a Scottish guy by the Gateway. I liked the way this chap got chatting to a group of young Indian lads and they seemed to keen to answer his questions. That seemed to spur me on and I gradually grew more confident.”

And, I came to discover, that Indians are some of the most helpful, friendliest and warmest people I have ever encountered on my travels.

“I noticed that there are far more men walking around than women. Most women are in elegant, bright, beautiful saris. Men wear shirts and trousers. Not a lot of jeans.....”

Cont....



A Colourful Rickshaw



Gateway of India

A Newbie In India—Part 1 Cont.....



..... I was unsure if people looked at me curiously or disapprovingly. I wore a T-shirt WITH sleeves – for modesty - and jeans. My guide, Sajid, reassured me this was ok in Mumbai”.

I vowed then to buy some ‘Indian’ clothes as soon as I could! When I did, I felt more integrated, more accepted and much cooler!!

“Sajid also told me that if a foreigner takes the trouble to come and visit India, they should be treated with respect. People seem proud and open to talk about their historical figures, their country and their beliefs. And India is so colourful and vivid and ever-moving. At least, where I’ve been so far it is. Is it everywhere? In the suburbs? In the slums? Can you believe, I saw a sign advertising a bus tour to India’s biggest slum.

When someone tries to sell you something, after 3 or 4 “no’s” they leave you alone without reproach. In fact, they

then start chatting to you like a friend. Asking questions, offering advice, offering views. It is warm, there is a nice atmosphere and people SMILE at me! The lady in the phone booth smiles. The young man selling maps. People just start talking. But, occasionally, the chatting gets too overwhelming and I’m glad to escape indoors.

On my second day in Mumbai I visited the Prince of Wales Museum (now renamed). Here I saw the most wonderful artefacts, sculptures of Hindu gods and a collection of beautiful miniature paintings.

“In the afternoon I took a boat to the Elefanta Caves – natural caves which housed an amazing array of Hindu gods carved out from the rocks themselves. A young security guide willingly introduced me to Parvati, Shiva’s lovely wife, Ganesh, Brahma, Vishnu and a host of others. Bit concerned about being drenched by the sea water in Mumbai Harbour. It was rather funny though and I

laughed a lot with the Indian family who got wet with me!”

Masala tea at the Taj Hotel was very uplifting. How can a tea of ginger, cloves and cinnamon with HOT milk, taste so good? But it does....

So, in the words of cultural expert, Fons Trompenaars, “do I feel like a fish out of water?”

Naturally.

Different colour.

Different hair.

Different views.

Yet I have felt far more comfortable than I had thought I would be.

**By
Elaine Rees**

Don’t miss
“Part 2—A Novice goes to RIMYI”
in the next Newsletter



Review ~ Iyengar Intensive at Estes Park ~ DVD Set

I have been savouring my afternoon sessions watching each of the 5 DVDs of Mr. Iyengar at the Yoga Journal conference in Colorado in 2005. There are 3 morning asana classes with senior American teachers on stage taking turns teaching introductory poses with Mr. Iyengar watching, interrupting, commenting and adding his own poignant instructions. His ability to use the minimum amount of words to achieve the maximum effect always impresses me. With his sharp, penetrative eyes of intelligence he can give the students the perfect instructions to work from the core of their beings.

The 3 pranayama classes are

with different senior teachers: Mary Dunn, Manouso Manos and Patricia Walden. They all present the subject from their own angle and it’s interesting to learn from each of them.

Both Manouso Manos and Patricia Walden teach master classes in front of Mr. Iyengar who adds his gems of wisdom throughout both classes I particularly enjoy Manouso’s class which focuses on twistings.

There are other sessions on the DVDs including a fantastic performance by the Yoga Troupe who links poses in a seamless fashion along to dance music with Sanskrit chanting in the background, an interview of Annette

Bening with Mr. Iyengar, and finally a Question and Answer session with Mr. Iyengar assisted by Manouso and Patricia who both end up doing various poses in their street clothes so that Mr. Iyengar can show on them his answers.

Although a bit pricey (around £70 but teachers get a discount from Yoga Matters) it’s definitely worth the money as one can watch over and over again different classes of this varied and high quality DVD set.

**By
Jenni Doohan**



2006 Events Review



The DHIYI events calendar got off to a good start in January with a visit by senior teacher **Andrea Smith** who arrived 'Pune fresh' so we were fortunate to have the benefit of this in her teaching. This was a great way to start a new year of yoga.

Another senior teacher, **Judith Jones**, visited in April. Her teaching was solid and interesting, and showed her in-depth knowledge of yoga asanas, all combined with her great sense of humour.

The workshop was followed by the AGM.

In July, **Zoe Hobbs** conducted a workshop in Southbourne specifically for complete beginners.

In September **Karen Wilde** from Australia visited for a pelvic floor workshop aimed particularly at women.

Lastly, a one day intensive First Aid Day was arranged in November for teachers and trainee teachers.

All the events were well attended and thoroughly enjoyed.

There are events now organised throughout 2007 and details can be found on the website (www.dhiyi.co.uk) or via your teacher.

If you haven't yet attended a one day workshop then why not do it in 2007?

It's a great way of meeting up with other students and teachers and to work in yoga asanas in more detail and depth than can often be covered in a normal class situation. Your teacher will be able to give you more information.

By Lyn Buckby

"How can you have peace of mind when there is no peace in the body?"

How Yoga Helped Me

When I tell people I practise Yoga, I often get asked why I like all that "spiritual stuff".

It really is a shame that people's idea of what yoga actually is can be so wrong. Few have very little idea of how difficult and rewarding it can be as well as being so rejuvenating and relaxing to both body and mind.

Yoga can benefit many people in different ways both physically and mentally. I thought I would write about how yoga helped me personally.

I was born with a dislocated left hip. I had suffered from a weak hip all through childhood and teenage years and would often find myself limping when it occasionally "popped" out of place.

When I first started practising

yoga in 1993, I didn't know what to expect. I was one of those people that had no real idea of what yoga really was but I had always wanted to try it as I was under the impression that you needed to be supple person. This suited me perfectly as I was lucky enough to be naturally "bendy" but I couldn't believe how difficult I found some of the poses and how little strength I had in my hip when practising basic asanas such as trikonasana and especially virabhadrasana I, II & III.

My opinion changed. I loved yoga and I loved the way I felt after each class. I was hooked but I used to find myself dreading the classes which focused on what I considered to require heavy strength. I continued with my practise and after a while I began to notice a change in my asanas. My strength was increasing and I

no longer had "popping" problems with my hip. I didn't dread those poses anymore but thought of them as challenge to me personally and how they were benefiting me.

I truly believe that if I hadn't started to practise yoga I would have had a serious problem with my hip weakness now. Yoga has helped me strengthen my body and allowed me to correct my tendency to "over" bend. I am by no means as strong as I would like to be but I have learnt many things in my yoga practise over the years and have met many wonderful people along the way....!

By Jenny Trayford

Before I started to practise yoga I used to suffer with unbearable period pains.

I now find that my period pains

are so much easier. The pain killers I used to take have now halved, and I'm sure they will soon cease to be necessary at all.....!

By Leanne~ Nurse, Bournemouth





D.H.I.Y.I.

Dorset and Hampshire's new yoga institute

"The
brain
must
be quiet
the body active"



We're on the web
www.dhiyi.co.uk

Upcoming Events 2007

DHIYI EVENTS

Saturday 14th April 2007

Yoga workshop with Julie Brown at Southbourne Methodist Church in Bournemouth
Wesley Hall, Southbourne Methodist Church, BH6 5AQ
Cost ~ DHIYI Members £18 ~ Non-members £20

PLEASE NOTE THAT THE ANNUAL AGM WILL TAKE PLACE DURING THE LUNCH BREAK @ 1.15PM

Saturday 8th September 2007

Yoga workshop with Sallie Sullivan at Wallington Village Hall, Broadcut Road,
Fareham, Hampshire, PO16 8ST
Cost ~ DHIYI Members £TBC ~ Non-members £TBC

OTHER EVENTS

Saturday 10th March 2007

Yoga workshop with Judi Sweeting at the David Lloyd Club in Bournemouth
David Lloyd Health Club, 5 Knole Road, Bournemouth, BH1 4DQ
Cost ~ DHIYI Members £23 ~ Non-members £25

Sat / Sun 9th-10th May 2007

Yoga workshop with Margaret Austin at the David Lloyd Club in Bournemouth
David Lloyd Health Club, 5 Knole Road, Bournemouth, BH1 4DQ
FOR COSTS ON THIS EVENT PLEASE CONTACT KIM TROWELL

Saturday 20th September 2007

Yoga workshop with Gerry Chambers at the David Lloyd Club in Bournemouth
David Lloyd Health Club, 5 Knole Road, Bournemouth, BH1 4DQ
Cost ~ DHIYI Members £23 ~ Non-members £25

Sat / Sun 27th-28th October 2007

Yoga workshop with Faeq Biria at the David Lloyd Club in Bournemouth
David Lloyd Health Club, 5 Knole Road, Bournemouth, BH1 4DQ
Cost ~ DHIYI Members & Non-members ~ Both days £60

Saturday 1st December 2007

Yoga workshop with Jayne Orton at the David Lloyd Club in Bournemouth
David Lloyd Health Club, 5 Knole Road, Bournemouth, BH1 4DQ
Cost ~ DHIYI Members £23 ~ Non-members £25

For more information on any of the above events or to reserve a place:
Please contact Kim Trowell on 01202 558049 or email "kimtrowellyoga@gmail.com"

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** lyengar yoga events 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" or by post to:
1 Henbury Manor Farm Bungalows, Dorchester Road, Sturminster Marshall,
Wimborne, Dorset. BH21 3RL.