

Dorset & Hampshire Iyengar Yoga Institute



Dorset and Hampshire's new yoga institute

Your Committee:

- * **Chairperson:**
Giulia Howard Hole
- * **Secretary:**
Elaine Rees
- * **Treasurer:**
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- * **Recording Secretary:**
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- * **Webmaster:**
Simon Gardner
- * **Liaison Coordinator:**
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- * **Advertising / PR:**
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- * **EC Rep:**
Andrea Smith
- * **Newsletter Editor:**
Jenny Trayford
- * **Events Organiser:**
Kim Trowell

Inside this issue:

Message from the Chair	1
News from the Secretary	1
A Newbie in India~ Part 2	2/3
Sarah's Story	3
Sitting at the Feet	4
New EC Rep	4
IYI Convention	5
Mum To Be	5
Events 2007 / 2008	6

Message from the Chair

The second Annual General Meeting of the DHIYI was held on the 14th of April, during a yoga day taught by visiting senior teacher Julie Brown. I was able to report that as an Institute we have been busy with various events, a beginners' class, a pelvic floor workshop, and an opportunity for teachers to gain an up to date First Aid Certificate. On January 20th this year we held a yoga day taught by Alan Brown, another senior teacher. I also pointed out that our first event held in Hampshire was taking place in September, and hoped that as many of you as possible would be able to attend the Sallie Sullivan day. Most of you will be aware of the Bellur Trust from the IYA magazine. It is a charitable trust, formed by BKS Iyengar, his family and

students, "with the objective of undertaking, social, cultural, and health related projects" for the benefit of the people of Bellur and other similar villages in India. The DHIYI was happy to donate the proceeds from the 14th April day to the funds.

On the events side, we are holding another two hour beginners class in November. I would like to remind all teachers to encourage new students to attend, and students to spread the word amongst friends. For the completely new student it is a good introduction to Iyengar Yoga. Do make a note of other DHIYI events listed at the end of the Newsletter, where you will see we have dates for 2008.

Andrea Smith our local Executive Council Representative has

written an informative piece about her role. Although Andrea has kindly agreed to continue for the next term, I hope that after reading this, someone may feel inspired to find out more for the future, or even take over now. Please do not hesitate to come forward and make yourself known. As Andrea has pointed out, this position is open to student as well as teachers within the DHIYI.

I hope you will enjoy reading this Newsletter, continuing Elaine second installment of her trip to Pune earlier this year, as well as a students account of her experience attending the IYA Convention in June for the first time.

Giulia Howard-Hole
Chairperson

News from the Secretary

Organisation of the membership office gets smoother and smoother! After the initial torrent of envelopes falling through my letterbox, things quietened down a little. Then we noticed that a lot of members still had to be reminded to renew! Off went our reminders and another hailstorm arrived!

Everyone should have received a DHIYI membership card and let us know if yours has gone astray.

So, I'm thrilled to say we have a total of 170 members and still the occasional shower comes through my door!

Thanks again for all your loyalty, support and subscriptions! Keep spreading the word!

(Hope you like the rain analogies...I'm writing this in mid-July!)

Elaine Rees, Secretary

CALLING ALL TEACHERS!

Can you help recruit new members!? Have you had new people join your class over the last year or so? Are they potential members of the DHIYI? Can they be encouraged to join us!?

Perhaps we feel we're repeating ourselves sometimes but there could be someone in your class who'd love to know about the DHIYI and has missed your announcements. Maybe you work in a leisure centre, health club or in adult education where new people are frequently dropping in? As our beginners get more experienced, they may be more keen to join.

Here are a few tips:

- have a small supply of membership forms at the ready!
- have the website address so they can download a form!!
- have a spare magazine and newsletter to whet their appetite!!!

We really appreciate your support and I'm sure your students will enjoying being part of the DHIYI, too!"

A Newbie In India—Part 2



The Bust of Smt. Ramamani welcomes the visitor at the gate of RIMYI



Smt. Geeta S. Iyengar

A continuation of diary excerpts from my visit to India in October 2006. Here, let me share with you my experiences of being taught yoga at RIMYI.

The Ramamani Iyengar Memorial Yoga Institute (RIMYI) is situated in the populated, polluted and proliferating city of Pune. It is far from a sun-washed, cloud-free, idyllic retreat often connected with yoga. Set in one of the quieter, leafier, wealthier areas, you still hear trucks rumble by, the incessant hoot of the horns and the strong whiff of car fumes as you try to focus on your yoga asanas (poses).

The teaching is tough, demanding and inspiring. The regime is strict. Monday to Saturday, two hours of classes, usually with Geeta or Prashant. Then another 2 hours of personal practice at some point during the day. The studio has a very special air about it. How many life changing moments must have gone in that room, I can only begin to imagine. It is equipped with everything you can imagine – apart from foam blocks! Bolsters instead!

Everything that comes out goes back to its rightful place immediately.

"I set foot in the Institute for the first time today (Saturday). It radiates an air of calm and serenity. I felt a little emotional too. After all, this is the reason we have come all this way, to experience and live in a culture so different from our own. Everywhere are tributes to Mr Iyengar, Patanjali and paintings. It is cool and clean. I felt in awe, do not want to put a foot wrong.

Pandu, the secretary, exemplified the Indian pace of doing business from my Western eyes. No apparent organisation, constant phone interruptions, no awareness of time. Discovered our first class is Tuesday, not Monday, due to the 'Dusseera' Festival and the course is now \$400, not \$300 (as stated on my form)!"

Tues 3 October "First Day at RIMYI"

Walked to RIMYI. Left shoes outside. Changed, washed feet and hands – DO NOT DRY – like to see evidence of clean feet. 1015-1145 Personal practice in

room upstairs. Felt like a real novice. Bemused. Daunted. In awe. Never cover mat with blanket. Geeta, Mr Iyengar's daughter, came in to practice. Everyone uses lots of equipment and the ropes. Hard to focus. Pictures and certificates everywhere of Mr Iyengar. Someone did namaste (hands in prayer position) and touched Geeta's feet. Who are these people who inspire so much reverence? Took the autorikshaw home – felt exhausted!

1800-2000: "First Class at RIMYI" with Prashant, Mr Iyengar's son.

Nervous, excited, curious. Prashant has a nice sense of humour. Class interjected with laughter yet serious messages. No introduction, straight into 'aum' and invocation. Mix of Indian and Westerners. Less daunting than I thought. Very enigmatic. Hard to follow words and thoughts at times."

Although classes are in English, the delivery is often very fast, the accent confusing and Prashant has an exhaustive vocabulary. I had also been warned before I left UK about leaving your yoga mat and equipment unattended. Always get someone to guard your gear they said. So, I go off to fetch something and "yep, a little old Indian guy pinched my mat!"

Weds 3 October: 0930-1130: 'Second Class at RIMYI - Baptism of Fire – Slaps and Shocks'

This class was being taken by Sunita, another daughter. Mr Iyengar was doing his own personal practice at the back of the room. I had to move my mat and unknowingly placed it in front of him.

"Having moved my mat, I found myself eyeball to eyeball with Mr Iyengar. Me in Uttanasana (forward bend), he in a backarch. His eyes were everywhere. Yes, I was nervous, tense, afraid. It was heightened when I heard him giving instructions to Sunita – constant instructions I felt he was observing me, and he was.

Mr Iyengar can be fierce, uncompromising. He is passionately dedicated to yoga. I got through the first few poses.

The first slap came in Ardha Chandrasana – top leg down. Then they just kept coming – different poses, different places – shoulder blades, thighs, ankles. It was constant".

I remember he made us do Utkatasana to get rid of fear. I have never sweated as much in a yoga class as I did then. It could have been anyone of us. I just happened to be standing in that place at that time. I must admit that at that point I wanted to go home.

"Their approach is so different. Children – I felt like a child – are brought up with more discipline here in India. What may seem unfair in one culture is not in another. And, what does 'compassion' mean in India? The next day I found out.

2030: phoned my teacher in the UK – fantastic. Had a laugh. She said go back to practice tomorrow and that Mr Iyengar had a huge, warm heart inside. What's the worst that can happen now? I get a roasting again – and recover again."

Thurs 5 October

Next day I observed a 'Medical Class' at RIMYI. In it, I witnessed that "huge, warm heart".

Watched the medical class. I was astounded. All the RIMYI teachers were there including Mr I and Geeta – helping, tending, supporting all kinds of people who had problems. Lad with polio, guy with back problems from car crash, blood pressure, spondylitis... It was like ants running around, getting things, attending people. Busy, relaxed and highly focused. Each person had a personal programme. Helpers were kind, firm, attentive. It was very humbling.

And there, in that class, I saw the meaning of the word 'compassion'. And now I've experienced Prashant's "severe to tender". A teacher is sometimes severe and sometimes tender. So much illness, so much compassion. I cried. Not sure why? Perhaps it was seeing the love that filled that room."

Cont....!

A Newbie In India—Part 2 Cont.....

cont.../

That evening we had our first class with Geeta – ‘Pranayama’. The next day I wrote...

"Deep sleep! Must be the lavender oil? Or, more likely, the wonderful Pranayama class with Geeta. Lighting was very subdued. At one point we sat up and a whitish-blue light was lighting her up. Rather eerie and goddess-like. Her voice goes from quite harsh to very soft. Felt myself drifting in and out of sleep towards the end."

So, I got through my first week and that was all it was for me – getting through. As time went on I overcame my fears, life at RIMYI got more familiar and time started to fly by. Although I always entered a class with some anticipation, I started to enjoy the experience. Reflecting back, I realise what an enriching, challenging and unique time it is.

There are so many things I could tell...I am left with a myriad of impressions...

There was the day I worked out how to stop the blood supply being cut off to my feet while hanging upside down for 10 minutes in Rope Sirasana!

"And...the government official with a heart problem who Mr Iyengar taught while we practised around him. Two security guards in the studio, dozens of Indian teachers and more security guards outside. Mr I has the most amazing laugh."

The fabulous classes with Geeta. The enlightening philosophies of Prashant.

"Backarching. Lost count of the number of Urdvha Dhanurasanas we did that day. Felt a bit wobbly and tired but made it through class. You always do. Kept dreaming of cappuccino and chocolate cake! At 1230 fulfilled dream! I feel comfortably worn out now. Body is really tired though brain is ok. Just want to lie in room and read, write letters and make notes on lesson. First time I feel so exhausted. Had big lunch then followed Geeta's advice and laid down to digest."

Great!!"

India is famous for its festivals and everyone celebrates. In one month we managed to hit both Dussera and later Diwali. Diwali put RIMYI out of action for five days! During that time I took myself off to a beautiful Ayurvedic Centre, in the countryside near

Pune. To my utter surprise the entire Iyengar family had also decided to stay at the same place, at the same time! On our last day, we were getting up from lunch. Mr Iyengar turned to us 'westerners', threw out his arms, gave a radiating smile and said 'namaskarasana'. A rare treat and an image imprinted on my mind.

And, writing this 6 months later, how do I feel? My yoga is different and I now see my encounter with Mr Iyengar as a blessing rather than as a beating! At times you want to escape but you are drawn back and missing class is rarely an option. Their teaching is indescribable.

Their knowledge so in-depth. Now I understand the 'reverence' a little better. It has taken me a little further beyond the physical limb of yoga into another realm. *"Do your asanas with love and affection. Look down towards your heart centre, there lies your conscience"*.

For sure, I want to go back.

By ~ Elaine Rees

Sarah's Pregnancy Story

For me yoga was my saving grace during my pregnancy. There were so many things that I decided to stop doing while I was pregnant – running, drinking, eating soft cheeses! that I was delighted to find out that I could continue to practice yoga right through my pregnancy.

I was able to start again at 3 months and at first, while my bump was still small, I was able to do most of the usual poses without too many props.

As the weeks progressed and my bump got bigger, I did

have to start taking the class a bit easier with more props and more rest breaks. Occasionally I found this a bit frustrating rest breaks. Occasionally I found this a bit frustrating not being able to practise to my usual standard but once I got the hang of the adjustments in the poses, I enjoyed the classes.

Of course an understanding teacher who is well versed in Iyengar Yoga for pregnant woman also made the classes worthwhile for me. Being able to stretch out, invert and

stay mobile with the Yoga practise was a welcome relief.

I truly believe that yoga helped me through a problem free pregnancy and a quick and relatively easy childbirth. Toby Charles was born after just a few hours of bearable drug free labour.

By ~ Sarah Mansell



Sri. Prashant S. Iyengar

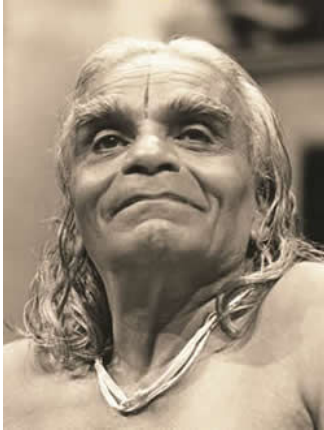


"How can you have peace of mind when there is no peace in the body?"



Sitting At The Feet Of The Master

February 2007 RIMIYI Pune India



***"When I Practice, I am a philosopher,
When I teach, I am a scientist,
When I demonstrate, I am an artist"***

A typical morning practice session is in progress when Chandru, who works at the Institute, rushes in - "Everybody stop practising! Clear the room! Put all the equipment away, quickly, quickly! Guruji is coming to give a talk to a group of visiting college students. Mats away, quickly, quickly!"

A mad scramble ensues, as people swing down out of the ropes, slide off the benches, roll down from **sarvangasana**, extricate themselves from belts, and start gathering up the equipment. We all head for the storage area like a well-trained military unit. Then :- "Get the mats out! Get the mats out! They can all sit on the mats!" And so the "parivrtta" stage of the operation ensues. "Guruji says those who wish to stay and hear what he says can sit at the back."

Great!

In sweeps the great man with an entourage of perhaps 30 or 40 star-struck college students (apparently on a 9-month training course in another city to gain a yoga diploma), and he sits on the edge of the stage and beams at

them as they settle down at his feet.

Mostly I just listened for what was almost an hour, grateful to have been born in the lifetime of one of the icons of the 20th century as named by Time Magazine, counting myself privileged to be one of his teachers and so lucky to be back in Pune, sitting there cross-legged in front of him, but I did write down a few gems from his message to these young people :-

~ People always want to become a teacher - you never hear them say they want to be a student forever!

(In answer to a question from one of the teenagers about **dhyana** (meditation - 7th stage of yoga) : **~ Don't think you know what meditation is! Why do you think it is that yogis spend a lifetime aiming for it? You can't even concentrate!**

~ Let there be no disparity between thinking and acting. Foundation has to be firm, then mind is firm. Look at the photos (enlarged photos of Guruji are up on the walls all around the hall).

~ Is there strain or imbalance anywhere? No - *sthira sukham asanam* (posture must be firm/stable and serene - Yoga

Sutras of Patanjali II.46)

~ The action of *tadasana* in your body has to be imprinted in your mind and in your heart. ~ Yoga is discipline. Discipline is religion - regardless of Hindu, Muslim, Christian. Yoga teaches you not be irreligious.

~ Trying to penetrate the sheaths (*koshas*) of the body is like the sun trying to penetrate a thick forest.

~ As you cannot measure the outer sky (*mahat-akasha*) so you cannot measure the depth of the inner consciousness (*chit-akasha*)

(In answer to a question about people teaching yoga on TV) : **~ Does the honey come to the bee, or does the bee come to the honey?!!**

~ Practise simply and you can experience Divinity. Arrogance will not bring Divinity. God bless you.

He beams again, his affection for these keen young minds evident.

They scuttle after him as he sweeps out of the hall, and we look at each other with a silent "wow!" and put the mats away.

By ~ Mary Heath

Executive Council Representative Required

Institutes across the country are entitled to have representation on the Executive Council of the Iyengar Yoga Association. This person can be a teacher or practitioner (who would be required to show commitment to the Iyengar method and have practised for a minimum of four years).

The Executive Council oversees the administration of the Association, is responsible for paid employees, determines the budget and maintains accounting records. It is supported by Standing Committees each with a specific remit.

An Institute Representative is required to attend Executive Council meetings to act as a liaison between their Institute and the IYA, passing information both ways. Proposals are brought to the Executive Council from the Standing Committees and often require a vote - this is one

function of a Rep.

Executive Council members are likely to be required to join one of the Standing Committees, most of which meet twice a year, and/or take up a specific function if they have the necessary skills. The tenure is in three year blocks, with a maximum of twelve years.

I have been the DHIYI Representative since its inception and was previously an Individual Rep. Having now completed three years I am prepared to continue but if a member of the DHIYI would like to take up the position, I am prepared to step down. During this period there have been three meetings a year, alternating between London and York. I also sit on the Planning

Committee which is responsible for 'forward thinking' and

presenting ideas to the Executive Council. I am also Deputy Secretary, Responsible for amending the Standing Orders of the Constitution and the Constitution itself following amendments presented at the AGM, plus standing in for the Secretary when required.

Being on the Committee is interesting and allows one to understand how much work is carried out in the background in order to make the IYA function and support its members. The Rep will meet Iyengar practitioners from across the country and influence, on behalf of their own Institute, many decisions.

**By ~ Andrea Smith,
EC Rep**



Annual IYA (UK) Convention



"The brain must be quiet the body active"

Recently I attended, for the first time, Annual Convention at Brunel University in Uxbridge. I did not know what to expect and, although I was really looking forward to the weekend, there was a little apprehension. I need not have worried. I thoroughly enjoyed the whole weekend.

To be taught by two of Mr Iyengar's senior teachers from the Institute in Pune was an amazing experience! In some ways it was so different, with their terminology, their

accents, the intensity, but, really it was just like one of my regular classes - but longer.

The mealtimes were great, as well as the lovely "veggie" food, it was an ideal opportunity to chat to everyone and get to know people.

The accommodation was good, with every 10 rooms having a kitchen - which was a great meeting place.

Some people said to me they

felt it was a "self-indulgent weekend". I go along with that - catching up with friends, meeting new friends - eating well, and loads of great yoga. What more could you want?

I shall definitely be booking up for next year. See you there!.

By ~ Pauline Collison

Mum To Be @ Yoga

We were delighted when we found out I was pregnant. At 42 I had been beginning to think it was never going to happen. Apart from the first few months, I regularly attended Yoga classes at the Meyrick Park Club, went swimming 2 or 3 times a week and did a lot of cycling. I stopped cycling at 7 months (although I did cut down my mileage quite a lot before then) but I carried on swimming and going to Yoga until about 8 ¾ months! And I felt great throughout.

Both my yoga teachers Elaine and Mary encouraged me to keep coming to class every week and explained what I should and shouldn't be doing eg. nothing on my tummy and none of the strong abdominal poses like the boat pose - I always did struggle with poses like that so I didn't mind too much being excused these. I used additional blocks for extra support on other poses and to keep me horizontal rather than folding over on the forward bend "uttanasana". Perhaps the biggest treat however was being able to use the wall for support on standing poses and dog stretch.

Perhaps one surprise I had was how comfortable I found

the headstand "sirsasana". Before I was pregnant I always struggled a little with the headstand and although as I got heavier, I could hold the headstand for an ever shortening period of time, I did find this quite a relaxing pose - and it felt the baby did too. I'm not sure others in the class weren't quite so relaxed about it mind! I did need a helping "leg-up" to get into and out of headstand, with a configuration of blocks and bricks for extra support. Mary also taught me a gentle way of getting into shoulder stand by walking my legs up the wall, which proved much easier than the conventional way, as well as being safer for the baby.

My wedding date also fell during my pregnancy (February) so the relaxation I found at Yoga helped with the lead-up to that as well as the pregnancy. I usually found an excuse to start "savasana" at the end of class earlier than the rest such as when they were doing forward bends just before the end of class. I also concentrated on my breathing in preparation for the birth, which I was also taught to do at ante natal classes.

This was my first child so I

can't really say whether my Yoga practice helped with the labour as unfortunately I developed pre-eclampsia so was admitted to Poole hospital and was induced which didn't help with my stress levels. Being on a drip I was unable to move around much during labour but I do remember adopting one or two different Yoga poses and did try to remember using my breathing techniques.

After nearly 5 hours labour, Lauren Catherine was born without too much difficulty some 5 days after her due date, weighing 3.66 kg (8lb 10oz) and is a very happy and healthy baby.

I am sure that my continued fitness and well-being during pregnancy must have helped this.

Thank you Mary and Elaine, as well as my friends in the classes, for all your support during my pregnancy and since.

By ~ Annmarie Winter



Upside Down Mum !!



D.H.I.Y.I.

Dorset and Hampshire's new yoga institute

Upcoming Events 2007 / 2008

DHIYI EVENTS

Saturday 3rd November 2007

Beginners Workshop with Zoe Hobbs at Trinity Methodist Church in Bournemouth
Wesley Hall, Southbourne Methodist Church, BH6 5AQ ~ 10.00AM—12.00PM
Cost ~ £8

Saturday 19th January 2008

Yoga workshop with Dave Browne at Trinity Methodist Church in Bournemouth
Wesley Hall, Southbourne Methodist Church, BH6 5AQ ~ 10.00AM—4.00PM
Cost ~ DHIYI Members £19 ~ Non-members £21

Saturday 12th April 2008

Yoga workshop with Richard Ward at Trinity Methodist Church in Bournemouth
Wesley Hall, Southbourne Methodist Church, BH6 5AQ ~ 10.00AM—4.00PM
Cost ~ DHIYI Members £19 ~ Non-members £21

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

Saturday 6th September 2008 ~ TBC

OTHER EVENTS

Saturday 22nd September 2007

Yoga workshop with Gerry Chambers at Trinity Methodist Church in Bournemouth
Wesley Hall, Southbourne Methodist Church, BH6 5AQ ~ 10.00AM—4.30PM
Cost ~ DHIYI Members £23 ~ Non-members £25

Sat / Sun 27th-28th October 2007

Yoga workshop with Faeq Biria—**FULLY BOOKED**

Saturday 1st December 2007

Yoga workshop with Christina Niewola at Trinity Methodist Church in Bournemouth
Wesley Hall, Southbourne Methodist Church, BH6 5AQ ~ 10.00AM—4.30PM
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@goolemail.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.

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