



Dorset & Hampshire Iyengar Yoga Institute



Dorset and Hampshire's new yoga institute

Your Committee:

- * **Chairman:** Giulia Howard Hole
- * **Secretary:** Elaine Rees
- * **Treasurer:** Zoë Hobbs
- * **Recording Secretary:** Jenni Doohan
- * **Webmaster:** Simon Gardner
- * **Liaison Coordinator:** Mary Heath
- * **Advertising / PR:** Beth Perrior
- * **EC Rep:** Andrea Smith
- * **Newsletter Editor:** Jenny Trayford
- * **Events Organiser:** Kim Trowell

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Message from the Chair

Hello, and a big welcome to everyone, old and new members to another year and our sixth newsletter.

2008 is going to prove a rewarding year for DHIYI, with various yoga activities planned for the next few months ahead. In January, some of you will have attended our first yoga workshop of the year, when Senior teacher Andrea Smith, from Hayling Island, came for the second time to give us a most informative day of yoga.

On Saturday 12th April, Richard Ward, a senior teacher from Bath, will teach the next workshop. Our AGM will take place during the lunch hour. This would be a good opportunity for DHIYI members to hear what has been going on during the last year, and also have a chance to talk about the running of our Institute.

All committee members have kindly agreed to continue for another year, however if anyone would like to take a more active interest, please

do not hesitate to let us know.

In our last newsletter we particularly drew attention to needing someone to step in as our EC Representative. Our current Rep will be stepping down in the next year.

DHIYI is very excited and honoured to be able to have Birjoo Mehta, an Advanced Iyengar teacher, from Mumbai, India, come to teach us in June. Birjoo is holding a pre Convention tour, visiting Dublin, Bournemouth, Sheffield, before finally going to Newcastle, where the IYA Convention will be held this year. This is a wonderful opportunity for students who may not be able to go to the main Convention or have never been taught by an Indian teacher, to experience at first hand, instruction from a teacher who has been studying with BKS Iyengar since 1975.

For teachers, a date that should go in your diaries, is September 6th, when DHIYI is able to hold its

first PD Day in Bournemouth.

Apart from giving you more details of the above dates, I hope you will enjoy reading this Newsletter for its usual varied contents. Such as the benefits gained from the King and Queen of Poses, how yoga has helped someone with myotonic dystrophy, and a successful pregnancy, to students practicing yoga whilst on holiday in Nepal, and the chance to go on a yoga holiday in France.

Lastly I would like to mention, that Kim Trowell, DHIYI Events Organiser celebrated her 80th birthday this January. Kim, as many of you will know, has enthusiastically promoted yoga, inviting teachers to Bournemouth for day and weekend workshops. That she has done this for almost 35 years is an achievement. Congratulations Kim on your birthday and thank you for all your hard work.

Giulia Howard-Hole,
Chairman

News from the Secretary

Looking back over the last 3 years, membership has settled into a more steady state of affairs!

This year we had a total of 143 members, spanning 5 counties and 2 countries! So, where do we all come from!? Well.....

100 members are from Dorset
33 members are from Hampshire

and...10 are from a mix of Wiltshire, Somerset, Kent and France!

Membership is slightly down on last year (159) so we very much hope you will rejoin! Perhaps you

can encourage friends to join or buy someone a membership as a birthday present!? A renewal form is enclosed and I look forward to seeing those envelopes drop through my door!

Elaine Rees, Secretary

! BIRJOO MEHTA—Yoga Teacher in Mumbai, India !

The DHIYI are excited to announce that Birjoo Mehta will be teaching in Bournemouth on the 7th & 8th June 2008. Birjoo has been a student of BKS Iyengar since 1975. He has accompanied SRI BKS Iyengar on his international journeys and conferences since 1984.

He has been invited to teach at the IYA convention in 2008 and has agreed to visit Bournemouth for 1 1/2 days in June. This is an incredibly exciting and wonderful opportunity to be taught by a great teacher.

For further information please contact either Kim Trowell on 01202 558049 - email kimtrowellyoga@googlemail.com or Beth Perrior on 01202 525874



Birjoo

A Personal Memory of Birjoo's Teaching

I remember a few years ago Birjoo taught at the Annual Convention which was held in Edinburgh.

He struck me as a quiet, reserved man with a gentle manner. The thing that sticks most in my mind was his reference to the 'virtual body' which he drew on a flip chart – the virtual body being in the chest and pelvis.

We were encouraged to do the asanas with the virtual body constantly in mind, so trikonasana for instance was executed with the actual body, the virtual body in the chest and the virtual body in the pelvis.

He applied this process to all the asanas during the course with the object of the whole body being engaged in the posture being taught.

During the pranayama class he encouraged us to sit straight and observe where the breath gets caught or stuck and to concentrate on those areas.

If you have look to the picture on the left, he is actually demonstrating this in the photograph.

By Andrea Smith

The King and Queen of Yoga Asanas

It's a fairly safe bet that your teacher regularly includes one or more inverted pose in class. So why, in particular, is the practice of Sirsasana and Sarvangasana considered so important?

Salamba Sirsasana (*Salamba* = support, *Sirsa* = head)

The ancient books have termed Salamba Sirsasana the King of all asanas. Regular practice makes pure healthy blood flow through the brain cells, thus they are rejuvenated so that thoughts become clearer and thinking power increases. This asana is a boon for anyone suffering from tiredness or insomnia, loss of physical and mental vitality and weak willpower.

- Calms the brain and helps relieve stress and mild depression
- Stimulates the pituitary and pineal glands
- Strengthens the arms, legs, and spine
- Strengthens the lungs
- Tones the abdominal organs
- Improves digestion

When correctly performed Sirsasana rejuvenates and revitalises the whole body, developing the body and disciplining the mind so that one becomes balanced and self-reliant in pain and

pleasure, loss and gain, shame and fame, and defeat and victory.

In the Hatha Yoga Pradipika practitioners are advised to practice Sirsasana for only a little while at the start and to increase the practice time a little each day. In this way it is said that "*after six months grey hair and wrinkles disappear*" Now you know why yoga practitioners look so young and vital!

If Sirsasana develops masculine qualities of willpower, sharpness of the brain and clarity of thought then **Salamba Sarvangasana** (*Sarvanga* = all parts of the body) develops feminine qualities of patience and emotional stability and is thus termed the Queen of all asanas.

As its name implies Sarvangasana has an effect on the entire physiological and psychological systems. Because of the improved blood flow to the chest and throat areas ailments such as breathlessness, asthma, bronchitis, throat problems and palpitations can be relieved. The head remains firm due to the chinlock thus the nerves are soothed, the brain is calmed and headaches disappear. Sarvangasana is therefore a boon to those who are tense,

nervous, upset, irritated or fatigued.

- Calms the brain and helps relieve stress and mild depression
- Stimulates the thyroid and prostate glands and abdominal organs
- Stretches the shoulders and neck
- Tones the legs and buttocks
- Improves digestion
- Reduces fatigue and alleviates insomnia

The practice of Salamba Sarvangasana brings peace, strength and vigour to the practitioner and is recommended as the best recuperative treatment after a long illness.

The above is a snapshot of just some of the benefits of including Sirsasana and Sarvangasana in your regular practice. Much more detail and invaluable information can be found in *Light on Yoga*, *Yoga: A Gem for Women*, and *Yoga - The Path to Holistic Health*.

(Remember that inversions are contraindicated for some medical conditions and should not be practised during menstruation. Your teacher can advise further on this and suggest suitable alternatives or modifications.)

By Lyn Buckby



Salamba Sirsasana
(*Salamba* = support, *Sirsa* = head)



Salamba Sarvangasana
(*Sarvanga* = all parts of the body)

DHIYI Holds First Yoga Day in Hampshire



"Sallie Sullivan"

Our first DHIYI yoga day in Hampshire was held on September 8th, 2007 at the Wallington Village Hall, near Fareham. Sallie Sullivan, an intermediate senior teacher from Brighton, was our teacher.

Although petite, Sallie was large in her Pune experience. She shared some of her experiences of studying with the Iyengars and referred to them often.

She also referred to the Yoga Sutras of Patanjali, encouraging us to develop tapas (zeal), svadhyaya (self-study), and isvara pranidhana (dedication of our practice to a Higher Principle).

In addition to asking us to incorporate these 3 practices

into our postures, she quoted sutra II-16 a few times:

"Heyam dukham anagatam," which Mr. Iyengar translates as, "The pains which are yet to come can be and are to be avoided," (Light on the Yoga Sutras of Patanjali, p. 116). This sutra was especially apt in Virasana where square rather than diamond shaped knees had to be strived for as diamond (or squinting) knees would eventually lead to knee pain.

The sequence of poses focused on hips which culminated after lunch in Padmasana work, first supine with one foot up the wall then seated. I especially appreciated her attention to the art of jumping into and out of the standing poses which

we practised many times, bringing our awareness to what the arms were doing in addition to the legs.

Sallie made some perceptive comments about Mr. Iyengar such as that he externalizes for us what he does instinctively.

Also, whereas we take a torch to certain parts of our body, Mr. Iyengar sees his whole body with flood light.

Thanks to Sallie for an enjoyable day. May this be the first of many DHIYI yoga events to be held in Hampshire.

By ~ Jenni Doohan

A Different Kind Of Holiday Snap.....



When students announce that they are going on holiday during term time I generally remind them of the importance of their yoga practice.

This couple seen in the pictures went trekking in Nepal last year with my words hopefully ringing in their ears.

When they returned back in class, looking wonderfully well and relaxed, I asked to see some pictures of the trip.

Next week they brought an

excellent collection of pictures of the Himalayan scenery and also triumphantly produced these two photos: Lynne doing rather good a.m.svanasana in a bit rough ground and Phil in a.chandrasana, cleverly using a rock under his hand.

New standard for holiday snaps?

By ~ Tarja Armitage

Photos By ~ Phil & Lynne Goble



How Yoga Helped Me.....



On a Recent visit to my neurologist regarding myotonic dystrophy (a form of Muscular Dystrophy) that I have been diagnosed as suffering with, he was demonstrating my weaknesses to a trainee Doctor and couldn't understand why my diaphragm was acting normally for someone with my condition !

When I mentioned that, as well as tackling the gym and pilates, I still do Iyengar Yoga that I started some 7 or 8 years ago now., he thought that the only explanation must be down to the breathing exercises involved with Yoga.

Proof that even when we're not practising pranayama the asanas are working on the diaphragm.

Even if my condition means that I have to do a lot of the poses supported against the wall, this has given me further incentive to continue with Yoga for as long as I am able to.

By ~ Theresa Bailiff
(Attending Mary's yoga class at the Club at Meyrick Park)

Yoga Course in France 2008



If you fancy a different type of break then why not consider a Yoga Course in France?

There are still spaces available on Saturday 13th Sept—Saturday 20th Sept 2008 to join Zoe Hobbs at Fig Tree Farms. For more information visit: www.figtreesfarm.co.uk

There is a bright modern hall only 2 minutes walk away where Yoga classes will be taught. There will 27 hours of Yoga Tuition taught by Zoe which includes a morning session between 8.30am~11.30am and afternoon session between 5pm~6.30pm.

The Price is £575 and includes the following:

- 27 Hours Yoga Tuition
- Return flights from Southampton to La Rochelle, France
- All Transfers in UK & France
- Accommodation with swimming pool and gardens
- Food & Drink—breakfast,

lunch and dinner with wine

- Hall hire plus wooden and foam blocks
- Towel hire for bathroom use and for the swimming pool

You will need to bring along your own mat, belt and Blanket.

Wednesday afternoon will be free time and lunch is not included on this day.

If you are interested in this course then please contact:

Zoe Hobbs
Tel 01202 431424



Yoga and My Pregnancy



Joanne Inverted !!



I have practised Iyengar yoga since 1998. After the birth of my first baby, Gulliver, and after relocating to Dorset in 2005 with my partner Anthony, I became pregnant again but sadly I suffered a miscarriage. I conceived again in mid-December 2006, and at 15 weeks resumed my yoga classes with Mary. Under her supervision all the poses I performed were supported, either against the wall or with a chair or with blocks and bolsters, and with an emphasis on the inverted poses and **supta baddha konasana** (rather than seated), for example. Some poses were a joy, especially in late pregnancy where poses such as **ardha chandrasana**, **sirsasana** and chair **sarvangasana** (see photos) helped shift the load.

I carried the baby low from early on and grew big pretty quickly, so such poses proved a huge relief. As did the assurance of an experienced teacher who noted the changes in my body

with the advancing weeks and adapted my programme accordingly.

I am also eternally grateful to my wonderful fellow classmates in the Monday evening class at St. Catherine's Hill, who were tactful regarding my failed pregnancy but made me feel welcome in the classes despite my extra requirements (eg. same wall space every week, extra blocks, bolsters offered without question). Their warm words and encouragement still touch me now, especially when I consider how recently I had joined an already well established class.

I was also grateful for some simple **pranayama** in the weeks prior to the birth, especially as I was getting "braxton hicks" contractions and convinced I was going to give birth. However the baby was obviously having a great time and in no hurry to come out, much to the consternation of the midwives who offered

intervention as soon as the due date passed. I refused and 5 days later went into labour. As the contractions increased I put into practice the breathing learned in my yoga classes, and delivered a beautiful baby girl, Frieda, with no interventions of any kind and no stitches needed !

Thank you Mary and the class, not only for the yoga but for supporting a mother-to-be through a tragic and difficult, then joyous time in a new part of the country.

Frieda is four months old now, and I am looking forward to my return to class. PS When Frieda's head appeared, her waters were still intact - the midwife then ruptured the membranes.

This suggests she had a pleasant and cushioned journey

Lucky baby !

By Joanne Browne



D.H.I.Y.I.

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Upcoming Events 2008

DHIYI EVENTS

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 (For Certified Teachers Only)

Professional Development Day (AM Pregnancy & PM Children) with Julie Browne at Trinity Methodist Church in Bournemouth, Wesley Hall, Southbourne Methodist Church, BH6 5AQ ~ 10.00AM—4.00PM
Cost ~ To Be Confirmed

OTHER EVENTS

Saturday 15th March 2008

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

Friday 16th May 2008—Evening

Yoga workshop with Margaret Austin—**Venue To Be Confirmed**

Saturday 17th May 2008

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

Saturday 20th September 2008

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

Saturday 22nd November 2008

Yoga workshop with Sheila Haswell 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

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