



Dorset & Hampshire's Iyengar Yoga Institute



BIRJOO SPECIAL EDITION

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Message from your Chairman

I would like to welcome you all to this special edition of the newsletter. Richard Ward a teacher from Bath, gave us our second, well attended yoga day, in April this year. Jackie Lynch, herself a teacher, has written a review on her impressions of the workshop, which I hope you will enjoy reading. During the lunch hour we held our third Annual General Meeting, which went smoothly. In my report at the AGM, I was able to confirm that the DHIYI committee had continued to hold their regular meetings throughout the year, working through the general running of the Institute, and were as keen as always to promote yoga. The majority of the committee have kindly agreed to stand again for another year. However I did mention that it would be wonderful to have people stepping forward to become more involved, particularly in the position of an Executive Council Representative for our area. Andrea Smith our current representative is due to step down shortly. One of the most exciting

items in my report was the fact that as an Institute we were able to host a workshop in June, taught by Birjoo Mehta, an Advanced Iyengar teacher from Mumbai. As you will see, this newsletter is a Birjoo special, for indeed it was a most auspicious event, coinciding as it did, with the third date of the inauguration of the DHIYI. For those unable to attend the Saturday and Sunday morning teaching, I hope you will enjoy reading the comments collated by some of the 100 students who attended. For some it was their first yoga workshop, and I'm sure they would agree it was an inspiring way to be taught. Look out for the article covering the workshop by Jenni Doohan, to be found in the current copy of the Iyengar Yoga Magazine. Also don't forget to have a look at our webpage, for all the atmospheric photos taken during the two days. A lovely reminder of our first major event. Again as an Institute we were able to benefit as teachers, by having a

Professional Development Day in our area on the 6th of September. The theme this year was yoga and pregnancy, and teaching yoga to children. The PD Day and a larger yoga workshop, we would very much hope to be able to repeat in the future.

Although the majority of this Newsletter is devoted to Birjoo, there is also an article on pregnancy, where it seems that the student surprised even herself with what could be achieved under the careful supervision of her teacher in a general yoga class! Do take note of our events page, with the details of DHIYI forthcoming events, and other local yoga days, and mark the dates in your diary.

Last but not least, I am sure we would all like to wish Mr Iyengar a very happy and healthy 90th birthday on the 14th of December.

Giulia Howard-Hole,
Chairman

Update from your Secretary ~ September 2008

So far this year, an identical number of people have joined DHIYI. The magic number of 143.

Many people were spurred on to join so they could attend our wonderful event with Birjoo. I'm delighted to see that this has brought old faces back to the institute and new students have heard about us, too. A clear benefit of joining. We are

able to bring events like this to our local area and members get a discount.

There is still time to join and a half-year rate is available from October 2008-March 2009. So, if you know of anyone who might like to join, ask them to either go to www.dhiyi.co.uk or call: 01202 483951 or email: [elainer-](mailto:elainer-ees@europe.com)

ees@europe.com.

Finally, I accidentally sent a few people membership cards ending March 2008 instead of March 2009. A mishap with my Tippex I fear..... kindly amend them.

Thanks again for all your support.

Elaine Rees, Secretary



Happy Birthday!

**The DHIYI would like to wish Mr Iyengar
a happy 90th Birthday on the
14th December 2008 !!**





Birjoo outside the Lansdowne
where he appreciated the inverted
Yoga sign !



Birjoo Mehta Yoga Workshop 7th—8th June 2008

What an auspicious way to mark our 3rd Anniversary as an Institute! The weekend was a great success, thanks to the support of over 100 yoga devotees, both teachers and students, who attended this workshop at the Lansdowne Site of the Bournemouth and Poole College, which was judged to be an excellent venue.

The feedback forms prove how much people appreciated this chance to be taught by one of Guruji's advanced senior teachers from Mumbai - and it is precisely because we are an Institute that we were given this opportunity.

A donation from this event will be given to Bellur, Guruji's native village in India.

Below is some feedback received from members and attendees of the weekend. Thank you for the very positive feedback received about the venue, organisation and management of the weekend. Hopefully one day, we as an institute will be able to host such a remarkable teaching event once again...!

From ~ The Committee

Read the Feedback Received.....

Wonderful to have Birjoo at Bournemouth DHIYI Institute. His approach makes you work in a new, fresh way and get the sense of true yoga essence - reminds us why we do yoga in the first place. The Indian teachers have that 'dyed-in-the-wool' yoga knowledge which even the very best Europeans cannot transmit. It was like being at one of the Conventions.

Tarja Armitage

I really enjoyed the whole weekend. I thought Birjoo Mehta was totally inspirational. His manner was relaxed and he was very approachable. His analogies explaining methodology and technique made it clear and memorable. I was very interested in the connection with the chakras and how effective it was. It was very good to experience the Indian yoga teaching and study and it helped me with the study of Yoga in depth. Birjoo covered so much and we did so little - that was interesting. I would like to think I could retain his teaching and apply it as much as possible in my practice.

Pauline Collison

Before the workshop I was feeling quite nervous, worrying, "Will I be able to do everything asked of me?" In fact the whole weekend was spell-binding, and for me was an introduction to working on a different level of consciousness. I found working this way made my asanas feel lighter, uplifting and very positive. Birjoo's delivery was very clear and precise, and on Sunday he went through the main points he covered on Saturday, which I found very useful. I feel very privileged to have been able to attend the workshop. It was truly memorable.

Ewa Dean

I enjoyed the Saturday teaching day with Birjoo very much and found it most informative. Some of his points went back to the beginnings of my yoga practice- the awareness of each stage in a pose, which is so basic and so necessary.

Annabella Harding

I enjoyed the event with Birjoo very much. It was very intimate as compared with my experiences at the national Convention and I felt our guest teacher was really accessible instead of on a distant podium.

Helen Lowe

Birjoo Mehta is a truly remarkable teacher and gave us a memorable weekend. I am so glad to have been able to experience his approach to teaching. So many yoga days give the body a 'good workout' but lack the spiritual lift that the true practice of yoga brings. I have taught for years encouraging my students to use the consciousness in a similar way. Birjoo has such a depth of understanding of others and perception of himself, and his brilliant explanations made everything seem so simple and clear. I now feel inspired to develop my own practice and teaching further. It was so refreshing to have a teacher who really cared whether the students were tired or bored, and who actually encouraged questions. He obviously felt it unnecessary to shout or snap at people as some teachers might. He appeared completely devoid of ego and taught from the heart with a great need for us to understand him. He was truly inspiring.

Jackie Lynch

I had the good fortune to be at the Sunday morning class with Birjoo. He talked to us about consciousness, asking us to feel it in our bodies and use it to our advantages in the poses. For example, in Adho Mukha Svanasana he asked us to push the consciousness from the heels through the knee joints to squeeze the hips, pelvis, spinal vertebrae, shoulders, elbows, like a tube of toothpaste, down to the hands, and doing this I felt extremely strong and light and stayed longer. Working with the sounds of some of the chakras (in our heads) also helped me ease into each pose. The hall was humming with energy. Birjoo is a beautiful man who has no ego but a large aura, humble, down-to-earth and friendly. He deeply cares about his role as teacher and mentor. I felt that his class was life-changing and has helped me to progress a lot with my yoga. I am very glad that I decided to go.

Linda McAvoy

Read the Feedback Received.....cont



Using the consciousness as a means to move our awareness to specific areas of our bodies, Birjoo Mehta gave a new meaning to effortless effort. Being so light and meditative in poses was a real revelation. It was a privilege to be taught by such an inspirational teacher.

Catherine Otway



Birjoo brought India with him - Prashant (Mr. Iyengar's son) with a more down-to-earth approach. Helpful, always checking, open. I've been taking a tube of toothpaste into class and asking people to "squeeze" their joints. I liked his method of learning to balance in Sirsasana from bent legs and feet on the wall (note: see Geeta Iyengar's "Preliminary Course"= Urdhva Dandasana).

Elaine Rees

Key thoughts :- philosophy (consciousness, alertness, attention highlighted for me); pressing our metatarsals down in Trikonasana; bringing knees in more in Swastikasana to lift spine more (a simple point but well made); wonderful repeated Adho Mukha Svanasana; resonant chanting in the Invocation !

Helen Schuster-Bruce



Having some health problems, I was a little worried I would find 3 hours of yoga exhausting, but far from it. I loved Birjoo's method of teaching. Working through the poses from a different approach and with the luxury of time was very enlightening and inspiring. I found his way of teaching very body friendly. Perhaps it allowed me to let the 'end goal' fade in significance and just concentrate on moving towards it - until I found I had moved further than I realised ! I would like to explore the sounds of the chakras further. I feel very privileged to have attended that day.

Wendy Sharp



Great weekend. Seemed like sometimes forgotten principles were being extended, giving amazing and stunning results. All excellent ideologies for practice.

Pam Skilton

An interesting day with an approach that was very different to our usual yoga days, as the periods of listening were longer than the practice of the asanas, which was quite a challenge for everyone I expect. Perhaps it was a little disappointing for those attending a yoga day with a teacher from India for the first time as it did deal with the subtleties of yoga.

Julie Smith



The yoga weekend with Birjoo was excellent. I felt we had only just got going with the poses by Sunday lunchtime, and I would have liked it to go on for another day and a half ! It was different and I got a lot out of it.

Kathi Vaile

It was the first time I had attended a yoga weekend and I was quite nervous, but my fears were allayed by the welcoming atmosphere. The workshop illustrated a different way to approach yoga, and this shift of focus to the consciousness has strengthened my poses and made them more dynamic.

Sophie Vye

So much better than the huge conventions - allowing for more intimacy and awareness.

(No name)





Birjoo Mehta Yoga Workshop 7th—8th June 2008



All Pictures are courtesy of Mary Heath and Zoe Hobbs

Review: Yoga Day with Richard Ward ~ 12th April 2008



This was a special day for all; Richard taught calmly and quietly but with authority and a strength which brought us the true concept of yoga. His approach helped us to experience the true harmony that is gained when the thoughts are still, the ego quiet and emotions calm. The result of his teaching was absolute concentration and a real connection with how the workings of the external body have a profound effect on the internal organs.

Richard began with the details of the legs, how the correct movement of the inner thighs not only freed the lower back but created a greater lift to the internal organs. I liked his quote from Mr Iyengar 'firm legs = health, weak legs = infirm'. We worked on our biceps correctly by putting a belt round the upper arms and stretching the belt out through the hands. This affected the movement of the trapezius muscles and collar bones and consequently the ribcage and lungs. Practising uthita trikonasana, uthita parsvakonasana and virabhadrasana II with this

action gave a real insight into these areas. Absolute concentration was necessary to feel the effect of the external on the internal e.g. in virabhadrasana II we had to concentrate to keep the heart centred when the head turned.

We continued with sirsasana and its variations. Richard encouraged us to experience the various effects on the chest and lungs when we concentrated on different aspects of the pose. We repeated sirsasana a number of times, and between each pose we either stood or sat and practised a few ujjayi breaths. This enabled us to observe the subtle changes of emphasis on the various parts of the lungs e.g. belt around the mid upper arms affected the middle of the lungs, parsva sirsasana worked outside of the lungs, parivrttaikapada sirsasana stimulated the lower lungs. Supported backbends and salamba sarvangasana were done with the same concentration and observation of the breath in between each pose. Particularly enlightening for me was karnapidasana

which can often feel collapsed. By correctly lifting the trapezius muscles the chest felt lifted and the throat free and open.

Richard not only explained why the 3rd, 4th and 5th limbs of yoga, asanas, pranayama and pratyahara come in that order but encouraged us to actually experience the relationship between the three.

For me the concentration and discipline really helped to draw the senses inward. Not only did I gain a more intimate knowledge and awareness of my lungs and breathing but the day left me feeling calm and more at peace with myself.

So I'm sure I speak on behalf of everyone when I'd like to thank Richard for sharing his knowledge and for all his care and attention.

Please come again soon!

By Jackie Lynch

Yoga and My Pregnancy

Although I had never done any yoga previously, I believe that it helped to increase my strength and flexibility. Most importantly I found it extremely relaxing, both physically and mentally, being one of the few forms of exercise that I really looked forward to going to again and again.

I am convinced that yoga had a big part to play in the fact that I never suffered from the "classic" pregnancy back

ache as I always tried to maintain the correct postures. Much to my surprise I managed to attend class almost twice weekly up to 8 and a half months pregnant....doing poses that I would never have imagined doing before !!

At times I felt exhausted before class even began but found that after 20 minutes or so I was full of energy and reinvigorated.

Needless to say my senior yoga teacher paid special attention to me, for which I was very grateful. Her discipline was meticulous and encouraging and the rest of the class were always supportive, patient and friendly.

All in all, class was thoroughly enjoyable.

Thank you !!

By Nimisha Dutt
(new student)



Nimisha in Ardha Chandrasana



D.H.I.Y.I. ~ Dorset and Hampshire's Iyengar Yoga Institute

Upcoming Events 2008/2009

DHIYI EVENTS

Saturday 16th January 2009

Yoga workshop with Brenda Booth at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.00PM
Cost ~ DHIYI Members £20 ~ Non-members £22

Saturday 25th April 2009

Yoga workshop with Judith Jones at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.00PM
Cost ~ DHIYI Members £20 ~ Non-members £22

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

Saturday 4th July 2009

Teachers Professional Development Day—Forward Bends with Penn Reed at Trinity Methodist Church, Southbourne, BH6 5AQ ~ 10.00AM—4.00PM ~ Cost ~ TBC

Saturday 19th September 2009

Hampshire Yoga workshop with Judi Sweeting at Botley Village Hall, Nr Southampton, Hampshire ~ 10.00AM—4.00PM
Cost ~ DHIYI Members £20 ~ Non-members £22

OTHER EVENTS

Saturday 20th September 2008

Yoga workshop with Jayne Orton at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.30PM
Cost ~ DHIYI Members £25 ~ Non-members £27

Saturday 15th November 2008

Yoga workshop with Sheila Haswell at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.30PM
Cost ~ DHIYI Members £25 ~ Non-members £27

Saturday 14th March 2009

Yoga workshop with Judi Sweeting at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.30PM
Cost ~ DHIYI Members £25 ~ Non-members £27

Saturday 2nd May 2009

Yoga workshop with Margaret Austin at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.30PM
Cost ~ DHIYI Members £26 ~ Non-members £28

Saturday 12th September 2009

Yoga workshop with Penny Chaplin at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.30PM
Cost ~ **TO BE CONFIRMED**

Saturday 3rd November 2009

Yoga workshop with Marion Kilburn at Trinity Methodist Church in Southbourne, BH6 5AQ ~ 10.00AM—4.30PM
Cost ~ DHIYI Members £25 ~ Non-members £27

For more information on any of the above events or to reserve a place:
Please contact Kim Trowell on 01202 558049



Om S. Namah



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