



# Dorset & Hampshire's Iyengar Yoga Institute

>Welcome to the 8th Edition Newsletter !

## Your Committee:

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

## Message from your Chairman

Hello and welcome to 2009 and the spring edition of the newsletter.

Thirty students attended the first yoga event of the year on January 17<sup>th</sup>, when senior teacher Brenda Booth came to teach at Trinity Methodist Church in Southbourne.

At least two of those thirty students were relative beginners experiencing their first full yoga day. They appeared to enjoy the experience, which leads me to say, that yoga days can give you the opportunity of exploring poses with a little more depth, the chance to try new poses, and the chance also, to build up your stamina.

Our next event on Saturday, 25<sup>th</sup> April with Judith Jones is also the date of our Annual General Meeting. This will be held during the lunch hour. The AGM is an important date in any organization, when members can hear what has

been happening in the last year, have a dialogue with the current committee, and volunteer their own ideas and suggestions.

This Newsletter has amongst other things, several pieces which relate to Birjoo Metha and the IYA convention in 2008.

You will also find coverage on Mr Iyengar's 90<sup>th</sup> birthday, both from the special birthday classes held by local teachers celebrating his birthday with 90 poses, as well as an article and pictures from Pune.

I'm sure you will all enjoy seeing and reading the first hand report from one of our teachers, who was present for several events on and around the 14<sup>th</sup> of December.

I would like to take the opportunity to say thank you to Andrea Smith, our DHIYI Representative for

three years, who has recently stepped down, for all her hard work and commitment. The post is still vacant, and if anyone is interested please do not hesitate to contact me.

Lastly, I hope you will find this newsletter interesting reading, and on behalf of the committee, congratulations and thanks are extended to Jenny Trayford, our Newsletter Editor. Congratulations Jenny, on the birth of your son, baby Sam towards the end of last year, and many thanks for gamely putting this edition together.

**Giulia Howard-Hole,  
Chairman**

## Update from your Secretary ~ February 2009

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Well, the magic number of 143, has - through some wizardry - turned into an even more magical 149 Members! So, thank you, once again for helping us grow and develop the DHIYI.

As well as France, we now have a member in Malaysia! And, of course, a healthy sprinkling of people from many different counties - including Dorset, Hampshire, Wiltshire and Somerset.

We have sent you a DHIYI renewal form. Just complete it and return to me with your cheque.

During the year always let me know if you change address or telephone number so your magazine goes to the right place!

I love getting your renewals and can get swamped in your enthusiasm! I also have an exam and holiday in March this

year! Kindly practise your yogic patience if it takes time to get your membership card. It will be on its way..."

Thanks again for your patience and much-valued support.

**Elaine Rees,  
Secretary**



### Yoga Holiday 20th~27th June 2009 & 13th~20th September 2009

There are still spaces on this years yoga holidays to the beautiful French town of St Valerien with daily tuition from Zoe Hobbs.

The Price is £630 and includes 27 hours of yoga tuition, return flights from Southampton, All transfers in the UK and France, accomodation, food and drink and hall hire.

For more information please contact Zoe Hobbs on Tel. 01202 431424 or visit [www.dhiyi.co.uk](http://www.dhiyi.co.uk) and see "events".

**Guruji's 90th Birthday Celebrations~ India December 2008**



**Happy Birthday Guruji !!  
(Pune 14.12.08)**

I left for Pune on 10th December to join in the celebrations in honour of Guruji's 90th birthday, followed by a birthday tour of South India, before settling down to 6 weeks of yoga classes at the Institute.

Over the course of 3 days we were treated to presentations of music, dance, theatre and, most memorably, a yoga demonstration of 90 poses by children, some of them with learning difficulties, which was truly heart-warming and delighted Guruji. On his actual birthday, 14th December, the celebrations culminated in an evening of felicitations followed by a celebratory buffet dinner, in the beautiful open-air setting of Govinda Gardens on the edge of Pune where, as dusk fell, the trees slowly lit up and Guruji walked down the red carpet in flowing white robes to a resonant chant of OM OM OM from the vast audience, which reverberated in the warm evening air. Most of us managed to hold back the tears until Guruji stepped up to the microphone and started with "My children, I love you all." He said although he doesn't know how much longer he has on Earth, he could be guilty of *Raga/Attachment* because he is so attached to us, his "children". He told his teachers that they have to take this gift of yoga, and polish it until it shines like the pole star which we must carry on without him through the Millennium, which left me with an imminent sense of loss and an overwhelming sense of responsibility.

There followed a 5-day trip of South India, including Bangalore and Mysore, with 275 teachers and students from all over the world, escorted by Guruji. We visited beautiful temples and Mysore Palace, and the highlight was a full-day visit to his native village Bellur, where we were honoured with a welcome from the villagers which will live with me for ever. Many of my colleagues, students and friends have generously donated during 2008 to the £342 birthday present which I handed to Guruji for the Bellur Trust, which has so far funded the provision of fresh water for this formerly impoverished village, and the building of a Hospital, a High School, and the first Patanjali Temple in the world. The current project is a Community Hall. The following photographs tell the story of my visit to Bellur and show the results of worldwide generosity, which Guruji gratefully acknowledged at the *Puja* in his honour.

**by Mary Heath**



**A flower strewn path welcomes us to Bellur**



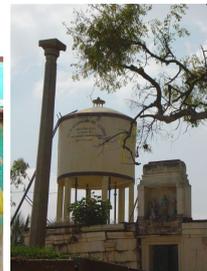
**Villagers & family goat greet us at their door**



**Guruji's humble birthplace**



**Guruji's childhood home**



**Bellur now has fresh water**



**Proud villagers in front of their Patanjali Temple**



**Brenda, Mary and friends outside the Temple**



**Priests at the Puja inside the Temple**



**Guruji is honoured at the Puja**



**Beautiful saris & offerings of Fruit & flowers**



**The village men prepare our food "al fresco"**



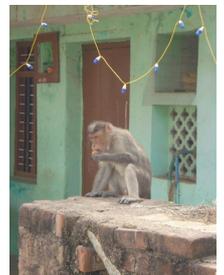
**Lunch too for the villagers.....**



**.....and the primary school children.....**



**.....and the oxen.....**



**.....and of course the monkeys !!**



**Bellur now has a Hospital with Casualty....**



**.....plus a labour room...**



**...& a fully equipped Operating Theatre....**



**.....AND its own High School...**



**.....with eager students and teachers...**



**.....smart uniforms and smiling, happy faces !**

## Birjoo Comes to Bournemouth 7th—8th June 2008



**Birjoo Mehta**

You will have read in the previous newsletter about our successful weekend. Here are some salient points which hopefully will jog your memory. At the beginning Birjoo made all the students and teachers feel at ease by telling us that we were there to get the joy that yoga brings. He then took us on an inward journey of experiencing citta (consciousness), delving deeply into the Yoga Sutras. We observed that by establishing stability in the pose (for example, pressing firmly the metatarsals down of the leading leg foot in Trikonasana) we became "established" in the pose which stopped the mind from wandering and brought quietness. Often we are ruled by the ego and its memories. Joy comes when the ego is absent and we are looking forward rather than back.

Then with Birjoo's guidance we studied Virabhadrasana II, Parsvakonasana, Virabhadrasana I and Ardha Chandrasana, adjusting the body by moving the consciousness. Feeling where the consciousness pooled in the pose allowed us to shift some of the awareness to different parts of the body to spread the consciousness throughout. Birjoo used the analogy of investing money in one venture but once a profit is made the surplus money is re-invested in other places to get maximum returns. The Richard Branson philosophy.



Consciousness spreads either through attention or awareness. Attention is when the mind positions consciousness to a particular place. Awareness happens without the involvement of willpower; consciousness goes to a particular place through the senses (for example, when we stub our toe). Obviously a certain amount of attention is needed but eventually we aim to convert attention to awareness because awareness does not tire us or drain our resources. Attention creates tension. Effort has to be effortless by releasing the tension.



The sound of slapping filled the hall when we hit our front thighs in Uttanasana to release (as opposed to work) the hamstrings. When the quadriceps contract the awareness should be there, thereby allowing the hamstrings to release.

As the consciousness spreads, the right action starts to come. If every cell is alive, the body is in a vibrant state without any distortion. Birjoo asked us to forget all the instructions received in the past. He said that good teachers ask themselves in the pose what happens in the body when the cells are alive? Birjoo talked about when consciousness is directed outwards it is like a mirror and it reflects outwards. When there is no



stimulus, consciousness is turned inwards and we look within. In Virabhadrasana III we turned the mirror inwards and again directed the consciousness through the legs, hips, up the spine vertebra by vertebra, dorsal to sternum then sternum to dorsal, remaining composed and keeping a quietness in the mind and eyes.

After lunch Birjoo quoted Sutra III-32, "By samyama on kurmanadi, at the pit of the throat, the yogi can make his body and mind firm and immobile like a tortoise." He spoke about the 5 vayus and how we overuse samana vaya (found in the gastric region) by being greedy and eating too much; we also overuse udana vayu (located in the throat area) by talking too much which dries the throat. In Trikonasana we were asked to observe the throat and also the diaphragm. The diaphragm tends to go towards the head making us feel tired and tense. The diaphragm is the bridge between the physical body and the mental body. If soft, the mind is quiet; if hard, the mind is agitated. To open the throat, extend the clavicles out to the sides. Working through the quietness of the mind we did Trikonasana again, this time off the mat, widening the feet so the distance between the perineum and the front leg groin was the same as the distance between the perineum and the back leg groin. The wider stance gave us the freedom to take the abdomen back towards the spine; the diaphragm softened and the clavicles broadened, bringing an openness to the throat and stability in the pose.

Next we watched the rhythm of the breath. We find pranayama difficult, Birjoo said, because we do it like we do the asanas. If we work on the intercostal muscles and ribs we are not doing pranayama. Instead, make the consciousness move the chest. In the inhalation move citta to the inner walls of the chest then to the outer walls of the chest and beyond. During exhalation, go in the opposite direction. We laid back over a bolster and observed the samana (throat) region and the samana (gastric) region, aiming to keep them both open and soft. Birjoo had us then sitting for Ujjayi with the head down to soften the throat.

In the Sunday morning class Birjoo talked about the trinity of prana, consciousness and body. Prana is the vehicle of consciousness. The body is like a country where the consciousness can move. We then started to work through the consciousness on the breath by using source (bija) mantras. Each chakra is a storehouse of consciousness and can be unlocked by soundlessly chanting the specific

bija mantra associated with it.

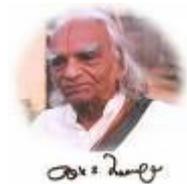
Location	Chakra	Bija Mantra	Element
Root of trunk	Muladhara	Lam	Earth
Pelvis	Svadhista	Vam	Water
Navel	Manipura	Ram	Fire
Heart	Anahata	Yam	Air
Throat	Vishuddha	Ham	Ether
Brow	Ajna	Om	
Crown of head	Sahasrara	Om	

In Adho Mukha Svanasana we silently chanted Luh (Lam) to give the pose and breath more stability. We then chanted silently Yuh (Yam) to open the chest and finally Vuh (Vam) to balance the citta.

Birjoo took a student up in Sirsasana who was not used to balancing. First he explained the technique of squeezing the consciousness in certain parts to get the body to shoot up like a tube of toothpaste. He asked her to squeeze the elbows and then move the awareness to the wrists to take them down. Then still squeezing the elbows she was told to lift and squeeze the shoulders and take the legs up. To bring stability to the pose Birjoo had her soundlessly chant Lam during the inhalations and exhalations. She balanced for a few moments! We employed the squeezing consciousness technique in Urdhva Mukha Svanasana, Ustrasana and Salamba Sarvangasana.

We ended by doing Ujjayi Pranayama and we chose either the right or left side of the chest to focus on. We took the breath from the sternum to the chosen side then back again to the sternum then further out to the side then back again etc. so the consciousness ended up spreading beyond the contour of the body. The ego was quietened so memory started to fade. We shifted the center point of consciousness so that the ego and the memories were left behind and we saw a different view. The beauty of yoga, Birjoo told us, is that it allows us to move the consciousness so the ego is left behind and we become free. I thought of the vociferous seagulls outside the hall's windows.

**By ~ Jenni Doohan**



## Notes from Birjoo Mehta's teaching at the 2008 IYA Convention

### The difference between exercise and yoga

When we first learn yoga we use our brain and our brain uses *willpower* to achieve the physical shapes of the poses. This is true for all exercise.

But with yoga, as time passes, we don't need to (and shouldn't) keep using the will.

The difference between exercise and yoga is *consciousness*, and the effect of consciousness on the brain and on the emotions.

When the brain watches consciousness (awareness) it is quiet and absorbed, which brings a clear mind and happiness.

The mind can only be clear if:

- The neck and throat are relaxed.
- The collarbones are broad.
- The shoulder blades spread towards the spine (although the back stays broad).
- The diaphragm is free. The abdomen is soft.

Once the mind is clear, and the brain is absorbed, the intelligence comes into its own and can guide us at the deepest level.

When the mind is clear the body is stable. When the mind is clear the breath is stable.

### What is Iyengar yoga?

**Q:** When people ask how our Iyengar yoga is different from other yoga, what do you say?

**A:** Gururji's yoga is based on the sutras of Patanjali. It is not hatha yoga with its kriyas, based on the Hatha Yoga Pratihika. The yoga sutras of Patanjali train the consciousness, which involves:

- The mind – clear it.
- The intelligence – sharpen it.
- The ego – diminish it.

### Why do we feel good after yoga?

**Q:** Is it physical work?

**A:** Yes, but the essence of yoga is that the student surrenders their ego to the teacher. When we practise without ego it brings happiness.

**Q:** If it's physical work, why doesn't it seem so good when we practise on our own?

**A:** When we practise on our own the problem is that we have no teacher: our brain is the teacher. It gives instructions and the ego is activated. But feeling good cannot involve the

ego.

**Q:** Is it learning new things?

**A:** Yes, we are happy and interested when we learn new things. But when we practise on our own the brain doesn't have anything new to give us. The way to overcome this is to select a focus, for example, "pressing the metatarsals." The intelligence can take that on, so now you can work with that intelligence.

### Being in the pose

An asana starts *after* all the adjustments have been made. Instructions are for *preparing* the pose. *In the pose* the brain is quiet, and then intelligence comes in. The *intelligence* recognises if the metatarsals are pressing, if the pressure is even across the foot, is even across both feet, the effect on the toes etc. Then you can learn. Just use one, or at most two, points in your personal practice. The sequence of poses is important: bring what you learned in the previous pose into the next.

When you work with an objective it is the brain that is active. When you work with the intelligence you're at a cellular, intuitive level in the body.

The mind has to be clear to transmit consciousness into (subtle) action.

### The brain, the intelligence, and the ego

The brain translates sensations into actions, and takes input (sometimes!) from the intelligence. The intelligence discriminates. The ego is a collection of memories and relationships, sometimes known as "luggage" that we carry around. It uses these memories and relationships to inform the brain.

Our ego sits at the centre of our being, consciousness also sits at the centre of our being but we can move consciousness into different parts of our body, and even beyond it. When we move our consciousness we are nudging ourselves to new points where we have no luggage, we are just like a child – innocent. When the ego dissolves then there are no blocks.

When you have practised with consciousness the body is quiet because the mind was silent and not giving instructions to be restless.

Notes taken from Birjoo Mehta's teaching at IYA Convention, Newcastle, June 2008. Any mistakes in recording are mine. 16 August 2008.  
**By Iris Lee**

## Brenda Booth Yoga Day Review

On the 17th of January Brenda Booth came from Kent and she is a senior teacher who has been teaching for 30 years. Her original British teachers were Silva Mehta and Genie Hammond who have influenced her teaching style.

Brenda's observation of everyone was excellent and she gave us many instructions in every pose. She didn't keep to the lesson plan, she let fly and taught what she saw. She said, "Work with a pose in as many different ways as possible."

Poses which were new to me were sitting on a chair, facing the chairback, legs over the back of the chair (good for problem knees) and then going into Ubhaya Padangusthasana still on the chair. Repetition of Uttanasana led to achieving a very good Uttanasana final pose and Pascimottanasana. Her teaching of basic poses made me ache from head to toe and I hope she comes back again soon.

**By Kathi Vaile**



## Yoga During Pregnancy



**37 weeks pregnant**



After 2.5 years of trying to have a baby, my husband and I were told that conceiving naturally was highly unlikely so imagine my surprise when I found out I was pregnant last January...!

I told my senior yoga teacher straight away and was absolutely gutted to be told that I would have to suspend major class practise until I was at least 13 weeks. I really wanted to go to class but knew this was my miracle baby and wanted to be a little cautious as well. I practised the poses my teacher told me I could do at home which was a little limited I have to say. The time dragged by but eventually I was allowed back to class. However, I still wanted to practise everything as I didn't "feel" pregnant yet but wasn't allowed to and I was told I would be grateful for certain alternatives once my bump got bigger. At first I didn't believe it but

sure enough, as the months went by and I became a beached whale, I was seriously pleased to be doing supported ardhachandrasana and supported savasana on my bolster. Oh, my lovely bolster....my prize possession during those final months!

I practised yoga until I was 39 weeks. My class was wonderful and supportive the whole time. Especially when one of my final classes was a special "pregnancy class" that my teacher decided to do for me which meant the whole class practiced being pregnant. Even the men!

I felt invigorated when I had the energy and almost forgot I was pregnant in sirsasana. If I was having a "tired" day, I was able to relax and rejuvenate especially in supta baddha konasana. Yoga was my saving grace during my pregnancy but unfortunately my

labour didn't turn out to be the natural home birth I had planned. My son Samuel arrived safely on Monday 22<sup>nd</sup> September weighing 9lbs exactly, after a marathon 5 day labour ending in an emergency Caesarean!

After 4 months I have just restarted classes and although I have to be a little careful after my caesarean and need to build up my stamina again, it feels so good to be back!

**By Jenny Trayford**



## 90 Poses in 3 Hours in Celebration of Guruji's 90th Birthday



Before I left for Pune to join in the celebrations for Guruji BKS Iyengar's 90th Birthday, 26 students and teachers joined me to mark such a special occasion by doing 90 poses in 3 hours. Any apprehensions were soon dispelled as everyone settled into the practice. It was a demonstration of what Guruji advocates: "*effortless effort*". And the good news was that nobody felt tired or even ached afterwards! Over £100 was raised to swell the funds I'd been accumulating recently for a donation to Guruji's native village Bellur - a perfect birthday present for him! And while I was in Pune at the Birthday Celebrations, four local teachers, Jenni Doohan, Sally Hogsflesh, Beth Perrior and Kathi Vaile were leading another Birthday session which swelled the total even further. See Sally's article below.



Mary Heath



On 14th December, which was Guruji's birthday, Kathi and I arranged a non-profit-making yoga afternoon by way of celebration. A total of 31 people attended, and the 4 teachers present led the poses. Thanks to Jenni for planning the sequence of 90 poses to perfect timing. We began the shared practice with the Invocation to Patanjali. There was a lovely atmosphere and the afternoon flew by. Before our tea we sang "Happy Birthday" to Guruji. The cake was made by a student from the Village Club. (Thank you Sally.) Everyone enjoyed the afternoon and many suggested that it should be an annual event. That means next year we would do 91 poses!



Thanks to everyone for coming and for contributing to the delicious tea. We raised £60 for the Bellur Fund, which Mary gave personally to Guruji on our behalf.

Sally Hogsflesh

## Yoga Holiday in France ~ Review



Zohrer in Dog Pose



More Practice



Angela and Lyn in La Rochelle



Charlene (Blue) and Zohrer behind



The Pool

It seems long time ago when I booked for the yoga holiday, but September already is here and I begin to panic as I haven't managed to get back to regular practice and I'm concerned about my fitness and whether I'll be able to cope with 4 and a half hours of yoga every day.

Apart from a 20 minute delay at Southampton Airport everything went according to plan. Everybody (10 of us) met at Beaufort Community Centre and we were taxied to the airport and before we knew it we were at La Rochelle airport and after 60 minutes arrived at Fig Trees Farm. Some people knew each other from regular classes and some had just met however, by the time we arrived at the gites it was like a group of friends who had known one another for a long time. Tim and Penny the owners of Fig Trees who run it, are truly beautiful people who made everyone welcome with such a warm reception that we all felt we were at home in no time.

The usual length of yoga classes is one and half hour in which I always feel it is not long enough, especially considering using props. By the time that I settle in a position it feels a bit rushed to the next pose. On the holiday, as the morning session is 3 hours, (the early evening class is one and half hours) it gives a chance to take

time to focus, explore and stretch deeper, I feel I found muscles in my body that I didn't know I had!. Also, having more time made it possible to do more fun things, for example, hanging by belts from the pillar (see the picture of me). So 3 hours not only was not long but also it provides enough time to settle into it and we found that we even managed to "relax the face". ( This is a joke; when we were doing a rather difficult pose and our faces were tense, at the end of stage to stage guidance Zoe would say, " and now relax the face")

Very soon I realised I do not need to worry about not being fit as there's no competition in yoga, it is about progress. Everyone can either do the whole asana or some part of it if the pose is too difficult, Zoe always introduces alternatives so that nobody feels left out and progress does not stop as the alternatives make the students get ready to do the Asana eventually. Zoe takes care of every single person and every step of the way as if it is a one to one class. Without causing stress or embarrassing anyone, she pushes with such a gentle touch that hard to believed you worked hard but your muscles let you know that you have! By the end of the week everyone was impressed by their progress, and what is touching is that Zoe teaches from her heart and every little

progress means to her a lot, like a proud mother.

Besides our Yoga practice we swam, went for a walk to collect blackberries which Tim turned into a wonderful crumble, had massages, pedicures and manicures from the beauty therapist who came two afternoons and on Wednesday after the shortened morning class went to La Rochelle for sightseeing and shopping.

Penny and Tim who are the heart and soul of the place who take care of everyone like you are in your mum's home for being spoilt with a special treat, TLC, make the holiday priceless.

So considering 27 hours of yoga tuition, accommodation and the pool, flight, taxi transfers and delicious food (full board) approximately £600.00 is such good value. You only need to bring your Yoga mat and blanket as blocks, bricks, belts and spare mats are provided.

If you bumped into anyone who has been on this yoga holiday they highly recommend it.

Text by Zohre Rostami

Pictures By Charlene Lloyd



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

## Upcoming Events 2009

### DHIYI EVENTS

#### 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 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 28th March 2009

Post Pune Teachers Class (certified Iyengar yoga teachers only)  
At The Village Health Club, opposite Bournemouth Hospital  
1.30PM—4.30PM ~ Cost ~ £13.50—please make chq payable to:  
M.M. Heath at 38 Bodorgan Road, Bournemouth, BH2 6NL

#### 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

#### 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

**\*Please contact Mary Heath** directly on 01202 250441 or  
email [mary@maryheathyoga.co.uk](mailto:mary@maryheathyoga.co.uk)



*M.S. Harshgar*



We're on the web  
[www.dhiyi.co.uk](http://www.dhiyi.co.uk)