



# Dorset & Hampshire Iyengar Yoga Institute



Dorset and Hampshire's new yoga institute

September 2005

Number 1

## Your Committee:

- \* Chairperson:  
Giulia Howard Hole
- \* Secretary:  
Elaine Rees
- \* Treasurer:  
Zoe Hobbs
- \* Members:  
Chrissie Barrett  
Jenni Doohan  
Martyn Van Lancker  
Kim Trowell  
Mary Heath  
Carol Gillingham

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## Welcome to your new Institute from the Chairperson

On behalf of the interim committee of the newly formed Dorset and Hampshire Iyengar Yoga Institute, I would like to extend a warm welcome to all members.

As with any new venture, we are very much in the early stages of our Institute life, with much to learn, put in place and to consolidate. The foundations however are being firmly laid, with a growing membership, a bank account, web page and newsletter.

I feel it is important in this our first newsletter to focus on one of the reasons for starting the Institute, this being the promoting of yoga as taught

by BKS Iyengar. To practice, to learn, to share and deepen our understanding of yoga.

The Institute should also be for the

benefit of its members, so it is up to us, student and teacher alike to make that happen, either by helping to organise events, attending them, coming forward with ideas and suggestions, or making time to be on committee.



*The inaugural meeting of DHIYI at David Lloyd on the 5th June 2005*

As the DHIYI becomes more established and continues to grow, there will be opportunity in the years ahead for everyone who wants to get involved to play their part.

*Giulia Howard-Hole  
Chairperson*

## News From the Secretary

Elaine has been away, but I can give you the following facts:

- Membership is now at just over 100.
- We have a bank account

- The first DHIYI events have been organised

Please keep up the good work, and don't let the momentum we have achieved in such a short space of time fall off.

Good Work All

*MVL*



## "LIGHT ON LIFE" B.K.S. Iyengar (Pub. Rodale) (ISBN 1-4050-8787-0)

"He encourages us on our own yoga journey and asks us to "carry the flame forward". We owe it to him to do so"

Fifty years ago B.K.S. Iyengar came to the West to spread Light on Yoga. Now, in his eagerly awaited new book he shares with us a lifetime of experience in order to spread Light on Life.

This inspiring book is a testament not just to his amazing insight and wisdom but to his immense capacity to convey the vast concept of Yoga in a way that makes it more accessible, enabling us to penetrate the whole subject further and to comprehend more. As well as providing a moving insight



into his life, Gurujī addresses the five sheaths (*koshas*) in chapters entitled Stability, Vitality, Clarity, Wisdom and Bliss, to help us on our inner journey, and concludes with a chapter on Living in Freedom, and examples of asanas for emotional stability.

As usual, eloquence and humour prevail. For example, on the subject of the three forces of nature (*guna*): "It's appropriate for a table to be very *tamasic*. If we want it to be more *rajasic*, we add wheels and call it a trolley"! Still on the subject of *tamas*, he declares that density in bones is a virtue, whereas in brains it's a vice! In a pranayamic metaphor, he points out that to catch a horse you

wouldn't chase it round a field but instead encourage it to come to you. On practice, he warns us that if we settle for "proficient complacency" ("Bhoga Yoga"!) our yogic journey will become "becalmed in the doldrums".

With typical generosity and honesty he shares with us the trials and tribulations he has had to overcome, with love and warmth he encourages us on our own yoga journey and asks us to "carry the flame forward". We owe it to him to do so.

Mary Heath

Teacher, Dorset

## IYA-UK Convention in Bath

At the beginning of this month more than a dozen Dorset and Hampshire teachers and students attended a weekend convention at Bath University with Corine Biria from Paris and Judith Jones from Newbury as the teachers.

The first day was for teachers only and Corine focused on the subject of

the menopause. The remaining two days were comprised of early morning pranayama classes followed by substantial asana classes and a choice of workshops on either Ayurveda or Sanskrit chanting.

While Judith Jones used her experience to guide the less experienced, Corine's teaching was precise and

penetrative, focusing on establishing parallelism, length, separation and space in the inner body, and compactness to make the mind more focused. "Lift majestically not mechanically" is still imprinted on our bodies (hopefully).

Jenni Doohan

Teacher, Hampshire

## A Matter of Health' by Dr Krishna Raman

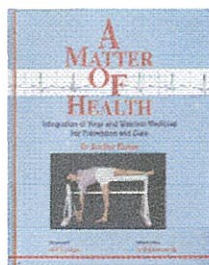
This hardback book, written by Dr Krishna Raman and first published by EastWest books (Madras) in 1998. The foreword was written by B K S Iyengar, and the book is divided into four sections. The introduction explains the teachings of Sage Patanjali and emphasises how the mind plays a significant role in maintaining good physical health. Section I deals with nutrition and lifestyles, also there is a chapter on sports and the particular problems associated with them. One such example in a vast chapter is; runners often suffer Achilles tendon problems but with regular yoga practice of asanas such as Trikonasana with the heel to the wall and seated forward bends with the feet "dorsi-

flexed' the tendon is made elastic and tears never occur. Section I also takes an in depth look at the pregnant woman and yoga. Section II is about functional anatomy and physiology, describing the various systems of the body, starting with the cell and ending with the special senses. Section III explains the importance of yogic exercise, including studies of vascular flow patterns and organ adjustments in various asanas. Section IV is a discussion of various medical disorders that particularly lend themselves to yoga. There is a chapter in this section explaining "The Uniqueness of Iyengar Yoga" highlighting how effective Iyengar yoga is in the role of therapeutic yoga. To quote Dr Raman, "Yoga is a primary form of

medicine. Integrating it with Western medicine enhances health care." To summarise, for me, this book is a 'must have' for teachers and dedicated practitioners of yoga. It contains some of the most convincing studies of the positive effects that the science of yoga has in the treatment and prevention of various diseases affecting humans today. I cannot possibly do the book justice in this brief review, but if, like me, you are absorbed by therapeutic yoga, you simply must buy this book, it is a fascinating read.

Julie Fanciullacci

Teacher, Dorset





## TRIKONASANA IN TURKEY

I'd been toying with the idea of a yoga holiday for some years and it was by chance that whilst browsing the IYA UK website last year I came across a yoga holiday advertised in Turkey with Jenny Carson, a JI teacher based in North Wales. The combination of yoga + Turkey proved irresistible so my booking was made, and in early May this year I set off on my big adventure.

The rest of the group were travelling from Manchester and as I hadn't met any of them before and only spoken to Jenny on the phone I didn't know how I'd recognise anyone. But a rolled yoga mat as hand luggage is a dead giveaway so it wasn't long before we were all rounded up and heading off in mini buses to our yoga holiday destination: Yuva.

Yuva is advertised as an eco-village and is situated amongst pine forests and chickpea groves overlooking the Turquoise Coast in a small hamlet called Faralya, about a 30 minute spectacular and heart-stopping drive into the mountains from the tourist resort of Olu Deniz. It has 9 fairly basic bungalows housing 2 or 3 people plus some newly built single log cabins and the sea is only a 5 or so minute walk. But the pièce de la resistance is its purpose built yoga platform. Perched on top of the roofs of two of the bungalows this newly built platform has the most wonderful views across the bay towards the famous Olu Deniz lagoon and the mountains beyond. This view, coupled with the scent of wild thyme, rosemary and sage gently wafting up from the gardens below, will stay with me for a very long time.

Yoga started at 08.00 every morning for 2 hours. Jenny's programme ensured that beginners as well as improvers could enjoy the session. Even though my own practice is in the evenings, I was pleasantly surprised

at how well my body adjusted to being bent and stretched in the mornings, even when we did Parivrtta Parsvakonasana at half past eight! We held poses for a seemingly long time with Jenny encouraging us to really go inside ourselves to feel what we were doing in each pose, though she was always on hand to give assistance where needed. This worked for me and several times I got a fleeting glimpse of the meditative qualities of the asanas and felt I could stay in some of the postures for much longer.

After yoga there was a well earned breakfast in the outdoors dining area. One of the highlights of the holiday



*Siddhasana on the Yoga Platform*

was the food served at Yuva. Fresh, organic where possible, and vegetarian or vegan, everything was delicious and wholesome. On a previous holiday in Turkey I quickly tired of aubergine cooked in various ways as a vegetarian main course, but in Yuva there seemed no end to the variety and abundance of good, home cooking and I don't think we had aubergine once during the week!

Before the holiday I had initial doubts about whether going away for a yoga holiday could indeed be a holiday. But on this particular break there was plenty of opportunity to do other things, either as a group or individually, with no pressure to return to Yuva for an evening class. For example, we trekked to a nearby beach at Kabak, visited Olu Deniz and the famous lagoon for the day, did a boat

trip ending up at a Robinson Crusoe type beach only accessible by boat, and visited the market town of Fethiye for essential shopping and a traditional Turkish bath.

I would have enjoyed an evening session of yoga, if only every other day, but the opportunity was always there for personal practice and many of us took advantage to use the fabulous yoga platform after returning from days out.

So what was the highlight of the holiday for me? After breakfast or supper I would walk a few yards up the hillside into the pine forest just outside the village to experience the absolute peace and quiet. There was no sound, nothing to disturb the tranquility: just the warmth of the sun, the tang of pine and the scent of wild herbs beneath my feet. Magic.

*Lyn Buckby*

*Teacher: Dorset*

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"There was no sound, nothing to disturb the tranquility: just the warmth of the sun, the tang of pine and the scent of wild herbs beneath my feet"

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### *Clangers Corner*

*Remember when you've heard your teacher say something completely incomprehensible, or you said something to your students? There is no escape!! Here are a few to start the ball rolling...*

*"Open the back of your knees to bend your neck"*

*"Take your uncles over your wrists..."*

*"Tuck your tailbone into your botty"*

*I'm sure there's more where they came from! Email me (in confidence) at [martyn.vanlancker@gmail.com](mailto:martyn.vanlancker@gmail.com)*





# D.H.I.Y.I.

Dorset and Hampshire's new yoga institute

Our business is to make Iyengar  
Yoga your business

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

## DHIYI Events

September 24th 2005—Interim Executive Committee Meeting. Venue: David Lloyd Fitness Club, Boscombe at 4:45pm.

January 14th—Andrea Smith. Cost TBC (Venue: St Marks Church Hall, Wallisdown)

April 1st 2006—A workshop with Judith Jones (IYA(UK) President). Event to be held at the Friends Meeting House, Wharnccliffe Road, Boscombe.

For details of all DHIYI events, please email Elaine at [elainerees@europe.com](mailto:elainerees@europe.com) for more details.

## Other Yoga Events

November 19th 2005—A teachers class will be held at St Catherine's Hill Hall, Christchurch starting at 10:00am until 1pm. Cost £12 (£1 donation to the DHIYI). Ring Mary on 01202-250441 or email [mary@maryheathyoga.co.uk](mailto:mary@maryheathyoga.co.uk) for more details.

Teachers, if you are organising an event, please let me know. Email me at [martyn.vanlancker@gmail.com](mailto:martyn.vanlancker@gmail.com) for inclusion in the next newsletter. Please note that Iyengar yoga events only will be included.

## Kim's Yoga Days 2006

March 11th & 12th—Judi Sweeting	Cost TBC
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May 13th & 14th—Margaret Austin	Cost TBC
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June (awaiting confirmation) Pixie Lillas (Australia)	Cost TBC
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July 8th—Richard Ward	Cost TBC
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October 28th & 29th—Faeq Biria	Cost TBC
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November 25th—Sheila Haswell	Cost TBC
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DHIYI members will receive a £2 discount from the ticket prices. All events are held at the David Lloyd Fitness Club, Boscombe, and run from 10:00am until 4:30pm. These events are open to students at all levels. For more information, please ring Kim on 01202-558049 or email [ktrowell@ktrowell.freereserve.co.uk](mailto:ktrowell@ktrowell.freereserve.co.uk)