



Yoga Prajna

Newsletter of the Dorset & Hampshire Iyengar Yoga Institute

DHIYI Committee Members

JENNI DOOHAN, Chairman
 BRIDGET CAMPBELL, Treasurer
 INGRID MASTERS, Recording Secretary
 NIKKI BYRNE, Membership Secretary
 KIM TROWELL, Dorset Events
 CAROL BATTERSON, Hampshire Events
 CHEREE LOW, Media Coordinator
 VACANT, General Member
 VACANT, General Member
 VACANT, EX Representative

The DHIYI Needs YOU!

We are looking for people with exciting ideas to help spread the message of Iyengar Yoga in Dorset and Hampshire to fill three vacancies on our committee. New committee members could be involved with the newsletter, public relations, and marketing and would also attend our three committee meetings each year. These roles could be taken on by students or teachers. Please email chairman@dhiyi.co.uk if interested.

Nearly Time to Renew

Your current membership will expire on 31 March 2017. Follow the instructions on page 2 to renew your membership and encourage your fellow yogis to join in support of Iyengar yoga in Dorset and Hampshire.

Words from your Chairman

by Jenni Doohan, Hampshire Teacher

Welcome to the 24th DHIYI Newsletter. As I write this, 2017 has just begun, and I have recently returned with my two sons from Washington D.C. where I spent nine days with my parents and sister. At the end of one of our museum outings to the National Mall, we walked in the twilight to the US Capitol and saw the stage and seating where the Presidential



Jenni Doohan

inauguration will take place. For many, it is a time of consternation and disquietude. Luckily, yoga gives us the techniques to follow to bring cheerfulness and calm back into our lives. Every time I get on my mat I feel more centred, sharp, and mentally decluttered. Geeta Iyengar gave a lecture on the 16th Chapter of the Bhagavad Gita at the RIMYI at the end of August and in this talk she said, "When we are absolutely pure, clear and not really worried about this world, in short, that is called 'abhayam'. Fearfulness is always there. Find out what is the root cause of that fearfulness. We are attached to something and that fear is there.... When holding something, fear comes. When we say, 'This is mine', 'I should have this', all the attachments take us towards the fear. We have to feel that nothing is ours and that gives us *abhayam*. This is the nature of a person who has divinity."

Thus, *vairagyam* (detachment) pops back into my life as a solution to deal with these potentially turbulent times as it enables me to let go of my attachment and become less tied to things beyond my immediate control. Along with *vairagyam* goes *abhyasa* (practice) which is essential on the yogic path.

In closing, I would like to thank each of you for supporting the DHIYI by being a loyal member. The DHIYI would not exist without your support. I am especially grateful to the Executive Committee members (listed on the left) for giving freely their time, expertise, and enthusiasm. Finally, I would like to thank each member who has contributed an article to this issue. Best wishes for a very happy, healthy, peaceful and yoga-filled 2017.

Message from Nikki – DHIYI Membership Secretary

To Join DHIYI or renew your membership please visit iyengaryoga.org.uk. If you are a new member, click "Join" at the top of the page. If you are a renewing member, sign in and follow the instructions to renew and select DHIYI as your primary institute. The cost of current and next years memberships is £16 and runs from 1st April through 31st March.

Member benefits include:

- Full membership of IY (UK), the governing association for Iyengar Yoga in the UK
- Iyengar Yoga News, the glossy magazine produced by IY (UK) biannually
- DHIYI Newsletter Yoga Prajna, produced biannually
- Use of the DHIYI Library which includes a variety of Iyengar Yoga related books, DVDs, and teaching aids.
- Discounts on all DHIYI events and some independently organised Iyengar Yoga events
- Up to 15% discount at www.yogamatters.com for non-teacher members; up to 40% discount for teacher members
- Eligibility to book a place at our national Annual Convention led by a senior teacher
- The opportunity to submit Iyengar yoga related articles to *Iyengar Yoga News* and *Yoga Prajna*
- Access to Members area of the IY (UK) website
- The opportunity to subscribe to *Yoga Rahasya*

Warm regards,
Nikki Byrne
Membership Secretary
membership@dhiyi.co.uk

An Interview with Andrea Smith

Andrea Smith is an Senior Intermediate 3 teacher who lives and teaches on Hayling Island.

When did you first start practising yoga and what was it like?

Andrea: I first started practising yoga in about 1978 as a result of being bored witless by going to a gym for a while. A colleague at work signed four of us for a further education course of yoga and we happened by chance to have a teacher, Linde Toompuu, who was studying Iyengar yoga with Kofi Busia and I eventually did classes with him and also through her went to the Institute in Maide Vale and worked with Silva Mehta and Diana Clifton.

Working with these teachers was a very humbling experience as I thought I was doing quite well and was quite flexible but soon realised I didn't know nearly as much as I thought I did! A recurring theme in my yoga experience.

What do you like about practising yoga?

Andrea: I started the training when my children were young and I think it helped me stay sane. Motherhood and my husband running his own business, like many people's lives, the pressure was on. Practising yoga I found drove all other thoughts from my mind and whilst it was difficult to find the time on occasions, focusing on it was refreshing and helped to cope with life in general.

What is your favourite story or memory of studying at RIMYI?

Andrea: My first visit to Pune was with Linda Toompuu and we were both terrified. We didn't know anyone, apart from Kofi, who had been and it was like a leap into the unknown, both in terms of the country and the Institute. It was a huge learning curve on all sorts of levels not least being parted from my family.

Visits to 'the cupboard' were renowned and for visitors to the Institute to get stuck in there, not literally but we always seemed to be the ones getting out and putting away equipment, often to find the equipment we got out to use was purloined by one of the Indian students. This was depicted brilliantly by the local students at one of the birthday celebrations, who were blindfold, on the stage, feeling around for bricks, belts, etc., which they thought were right by them – but had been taken by a neighbour. Gurujii had tears of laughter running down his face during this play – having witnessed the performance no doubt many times, in reality. On another occasion HIYA (Hampshire Iyengar Yoga Association) was folded and surplus funds given to the Institute in Pune.

I had the job of taking this money and going into what at that time felt like the bowels of the building to give it personally to Gurujii. Just two of many memories – different with each visit as in the early days there weren't many westerners there.

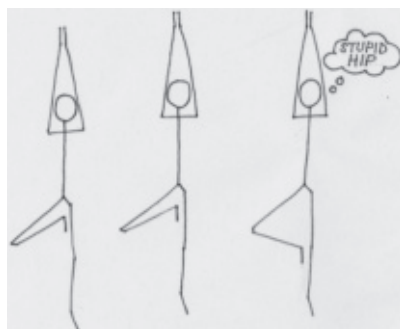
What benefits do you attribute to your yoga practice?

Andrea: I still feel that in spite of the number of years I have been practising yoga there is so much more to discover and there is no end to the journey. We can only make small steps, occasionally light bulb moments, when we are on the mat mind, body and soul.

Our Attitude to Stiffness – a (possibly idiosyncratic) view

by Iris Lee, Hampshire Teacher

When I started yoga (100 years ago) I was surprised that my teacher thought I was stiff. I had always been able to easily do everything I wanted, to me I'd never been stiff. But, of course my teacher was more observant and knowledgeable than I was.



One dictionary definition of stiff is “moving with difficulty,” another is “lacking suppleness.” I'd never had difficulty moving in normal life, it was only when I started yoga and saw what others could do that I understood I lacked suppleness.

Of course we can be temporarily stiff from sitting at a desk, or after getting out of bed. Or the traumas of life – worry or overwork – can make themselves felt. Some continually repeated movement like cycling or gardening, can tighten us up. Scar tissue can limit extension. It is rare to find someone who is never stiff. However, rather than stiffness itself, I want to look at our *attitude* to stiffness.

Have you ever heard someone in class say, “This stupid hip, it just doesn't work”? Have you said or thought something similar yourself? Of course it may not be a hip but some other area. It's rarely said with sympathy or compassion, no, it's said accusingly, with anger or scorn or disappointment.

We often talk in our heads, to ourselves, in ways we would never dream of talking to someone else. If you told a fellow yogi they had a stupid hip, think how they'd feel. When we reject or berate parts of our body it's like an internal war: on the one side you, the paragon, who wants to be

continued on page 10 in the left column

Are you keen to join the IY(UK) EX Committee?

We still have the IY (UK) EX representative position vacant. The post requires attendance at the three IY(UK) executive meetings a year (two in London, one in York) plus attendance at our three yearly DHIYI Executive Committee meetings. This job would suit someone who liked to travel (expenses are reimbursed) and get involved in the wider Iyengar Yoga community.

Have you joined our Facebook group?

Go to Facebook and search for “Dorset & Hampshire Iyengar Yoga Institute” and request to join the group. We share articles and videos about Iyengar yoga and photos from our events on the group's page.

Did you know you can borrow items from our library?

We have books, dvds and two anatomical models (pelvis and hip) available for our members to borrow. To see the selection and to borrow something go to our website at www.dhiyi.co.uk and click on “Resources.” If you have any questions you can contact us at library@dhiyi.co.uk.

Newsletter Contributions

If you would like to contribute content for an upcoming issue, please email newsletter@dhiyi.co.uk.

Teachers' Class Listings

Teachers, please ensure that you keep your class listings and contact information up to date on the DHIYI website. Contact Cheree Low at admin@dhiyi.co.uk to update your information.

Paying Tribute to the Life of One of the Earliest Iyengar Teachers in the UK

Silvia Prescott was one of Guruji BKS Iyengar's first teachers in the UK. After meeting Guruji in 1971, she travelled to Pune about 20 times over the ensuing years to study with the Iyengar family. Silvia was an inspiration and guiding light to me and to so many other yoga teachers. Below are the personal tributes I received from colleagues on hearing of her death on the 3rd November.

~Mary Heath, Bournemouth

Silvia Prescott will be missed by many, she was an impressive, wonderful lady. Incisive intellect and wit and "said it as it was"! I feel truly fortunate to have been taught by her. ~Judi Sweeting, Cirencester

Sorry to hear about Silvia, such a lovely person. Silvia was one of my assessors many many moons ago. I have some good memories of times we shared. ~Margaret Austin, Sunderland

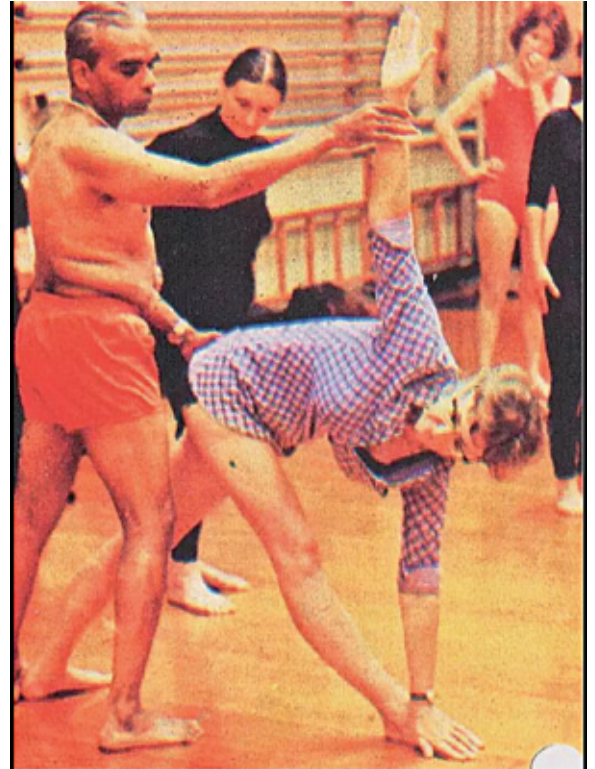
My memories of Silvia, from many, many workshops, at the Pavilion in Southampton and in Salisbury, plus from our time together on the national committee, are that Silvia made me focus and she helped me question my practice and my opinions! A few small adjustments in class, a few words or a raised eyebrow, were enough. I shall carry her teaching and influences forward and I am very grateful to her for sharing her knowledge. ~Ros Wakeford, Hampshire

Friday afternoon classes in her studio is where I will remember her as a wonderful teacher. ~Brenda Booth, Kent

I was sorry to hear about Silvia. I remember her as strict but incisive and encouraging in the sessions I attended with her many years ago. ~Julia Casson, Hampshire

I have come to bed with a cup of hot chocolate and a biscuit to think about all the lovely and funny times I with her [Silvia]. I remember someone saying at Salisbury when I was trying to teach Vira 2 that my back leg was crooked and Silvia said that she knew, but it was the best I could do. Then my mind goes to Portugal and her father's car. She used to take it on the ferry to Santander and drive from there. He had given it to her and she felt that as long as it kept going, a part of him was still with her. I used to go to her class at her house on a Tuesday morning in the days when you could drive through the centre of London, past Harrods, and the drive would make my back ache, so I spent the first half hour on a bench. She was a brilliant cook and always brought some yummy lunch at the Institute when she and Silva and Genie were best mates. They were like silly young schoolgirls together. ~Jill Cousins

I sat quietly, hearing of the passing of Silvia Prescott. She was a noble woman of great integrity. Yes she held those qualities of being strict, incisive and encouraging. All were part of my experience when I had the great fortune to learn from her. ~Stephanie Quirke, Australia



Silvia Prescott with BKS Iyengar

More Reflections on the Life of Silvia Prescott

Julie Smith:

In the words of the Bard, "Who is Silvia, what is she? Do all her swains (or students!) commend her." 'She' was Silvia Prescott, a devotee of BKS Iyengar and his method of yoga, who visited Pune on many occasions, until she was proficient enough to become one of his early senior teachers of Iyengar yoga in the UK. I am full of admiration for the dedication shown by Silvia and others who travelled to Pune in those early days when the work was so intensive and living conditions were difficult.

I first met Silvia in the early eighties, when she travelled from London to Southampton once a month to teach for a day, and I attended those classes regularly in order to benefit from her teaching. I was rather in awe of her at the time, and it was definitely a clear student/teacher relationship. The venue changed to Salisbury, and after a short gap I started going to these classes, which were comprised of both students and teachers.

Eventually, in the early nineties Silvia decided a small group of us were ready to be guided through the Junior Intermediate certificate syllabus, which after three years of study we eventually passed in 1994. By this time I was a more confident student, more readily joining in discussions and able to express an opinion, which I think earned Silvia's respect more, and because we had been working together as a small group for such a long time, we were all firm friends, Silvia included.

Although that regular monthly contact with Silvia has long since passed, I have always been aware of her presence, but now, much to my surprise, it is as if I have lost a limb.

I think my students must feel they know Silvia as well as I did, because I have quoted her so often during my teaching over the past 35 years, and no doubt will continue to do so.

I have never been to Pune, but I feel that Silvia did the next best thing and brought Pune to me, for which I will always be grateful.

Tarja Armitage:

My memories of Silvia are that in the 80's she came to give teacher training classes in Southampton and later in Salisbury. She said she wanted to spread the Iyengar teachers network out of the main city centres. So in a way Silvia is responsible for a large number of teachers in this region. Silvia was a wonderful teacher with a deep knowledge of yoga as taught by Mr. Iyengar himself. One extraordinary aspect of her teaching was that she was able to put across in words the finest details, without actually demonstrating.

Her instructions were so fundamentally sound, that they have never been superseded by anything since, but only added to.

Mary Heath:

13 years of convent schooling with Notre Dame nuns had prepared me well for studying Iyengar yoga with the indomitable Silvia Prescott! I took to her stern, sensible, no-nonsense approach like a duck to water, though my friend Jill Cousins, who had persuaded me to start going to the monthly Salisbury workshops, and who knew Silvia, remarked that Silvia didn't know what to make of me at first! Certainly, I felt she circled me for a while, eyeing me as she taught, this 'new girl' (smiley, leggy, rather ditsy-looking maybe?), but she soon saw I was still an earnest, serious student, captivated by and dedicated to the Iyengar system, hook, line and sinker, and by the wonderfully steady, subtle and intelligent way in which she communicated it. I soaked it up like a sponge.



Anne Richardson, Julie Smith, Silvia Prescott, Mary Heath, Bobbie Vallis, Judith Jones, Jackie Matthews, Tarja Armitage, 1994

And when Silvia decided you were ready for your Introductory assessment (in the days before formal training courses), you did it. When she told you you had to volunteer to be an assessor, you did it. When she decided it was time for some of us to work towards the Junior Intermediate certificate, we just trusted her implicitly. We became a really close and mutually supportive group, with Silvia by now like a mother hen with her girls ...a bit like in the Prime of Miss Jean Brodie!

We all wanted to do our best for her, and to this day I never do Adho Mukha Svanasana without her words ringing in my ears: "How you ever got your certificate doing it like that I'll never know!"

And so I will never stop trying to do it better, even though she's gone now.

Silvia conveyed Guruji's ("Sir's") teaching so authentically that when I first went to Pune, I at least felt at home in the classes, well-drilled as it were, albeit seriously challenged sometimes! Silvia's grasp of what was the real gist of his message means that as we continue to learn, to understand more, to look for new light in our practice, and to evolve, yet after all these years her 'girls' still often say to each "That's exactly what Silvia taught us!"

Bobbie Vallis:

My memories of Silvia Prescott are from the general yoga days/ Teacher Training days organised by Annie Richardson, at the Catholic School in Salisbury in the 1980s and '90s.

I particularly remember her distinctive lightweight honeycomb mat, minimal equipment for her own use when teaching. But she did advise us on how and when to use all the belts, blocks, bricks etc that we students dutifully carried with us in our large yoga bags. And it turned out she wasn't averse to using more substantial aids when the going got tough...

One day we were tackling Parivrtta Janu Sirsasana from the Junior Intermediate syllabus. We were all struggling with the challenge of extending sideways along the straight leg, aiming to reach and hold the inner edge of the foot, then extend the other arm over to reach for the outer edge of the foot. That foot was such a long way off!! So Silvia mentioned that she practised this pose within reach of a heavy piece of furniture, such as the leg of her grand piano. This prompted Judith Jones' plaintive cry of 'Oh no. Do we have to carry a piano leg in our bag now?!' ...A few weeks later my husband Dave and I attended a Sunday class at Silvia's London flat and through an open door on our way to the yoga studio, we caught a glimpse of the famous piano leg, attached to the piano. Ever since then Parivrtta Janu Sirsasana, Judith's comment and Silvia's piano leg have been linked in my mind. With love and gratitude to Silvia.

Judith Jones:

In October 1989 I made my first visit to the old Maida Vale Iyengar Yoga Institute building to take my Introductory Assessment. There I met a lady in the kitchen making tea. The following year I was encouraged to go to a yoga day in Salisbury with 'a fantastic teacher called Silvia Prescott'. Who is this Silvia I wondered? Have you guessed? – yes the 'tea lady' who turned out to be the most awesome and inspirational Iyengar yoga teacher I had encountered !

Silvia had been teaching Saturday events regularly in Salisbury and some of the teachers asked her if she would

include Intermediate Junior training. I joined them and Silvia became our 'Mum'. She was indeed an Earth Mother figure who gave enveloping hugs and enjoyed nurturing her group. No soft touch though. She inspired us to work hard and diligently. She also nurtured the idea of us 'giving something back' for all that we were receiving from BKS Iyengar through his teachings, by becoming involved with the Association in some way, e.g. volunteering our time to become assessors (this was before payment for doing this job !). I soon realised that she had me earmarked to take over from her as the Association's Newsletter Editor – even though I had no idea how to put a magazine together - 'You can do it!'. She met me at Membury Services on the M4 near my home on her way to the West Country one weekend and handed over a bag of papers which was my Editor's pack! I just had to get on with it. Silvia had launched me into my involvement in the Executive Committee of the Association and had taught me that you can do anything if you concentrate your mind to it – or at least give it your best shot - anything from Eka Pada Sirsasana with your leg round the back of your neck to being Chair of the Association. Don't ask me which I found the most challenging!

Silvia's keen 'eye' for adjustment in yoga also gave her a good eye for photography. She took many photos of Gurujii and was on one occasion blessed by him allowing her to photograph him practicing at the RIMYI, just the two of them in the room. Some of these black and white photos appeared in the two Calendars produced by the IYA some years ago. I spent an afternoon at Silvia's house in London looking through her albums and choosing what would be suitable. A few weeks before she died she phoned me saying that she wanted to donate all her photos to the Association so they could be for everyone. This has been done and is Silvia's legacy.

Silvia was generous and kind in so many ways. I have many fond memories and it was partly due to her that I first went to Pune – that is another story!

Anne Richardson:

According to Mr Iyengar in his yoga book the Path to Holistic Health, the relationship between the teacher and the discipline has similarities to that of a mother and child. 'Just as a mother loves, nourishes, guides, cajoles into obedience, rebukes, educates, and protects her child, the guru takes the disciple into his care, making it his life's work to mould his student into perfect shape, physically mentally and spiritually'. This describes Silvia - an amazing, inspirational lady whose influence has had an immense enduring impact on my life and that of many others. She was a true advocate of Iyengar yoga. Her selfless dedication included that of training a small group of teachers to junior intermediate level in Salisbury. I was privileged to host these sessions at my home in the same room in which I now teach and aspire to the standards she set.

In his book 'The Art of yoga' Mr Iyengar says 'The talent of the teacher lies in correcting the student in the twinkling of an eye, in taking him by surprise.' Just one example of many I recall of Silvia's teaching involved my informing her of a finger injury I had and the effect it had on my ability to perform head balance. Silvia's succinct instruction was to change the interlock of my fingers! This insightful instruction allowed me to execute the physical pose but also facilitated my reflection on a deeper more embracing, holistic meaning of balance.

Dear Silvia, you will be in our hearts forever.

Jackie Matthews:

I feel forever blessed to have had Silvia Prescott as my teacher. She took me through my training for the Introductory and Intermediate 1, 2 and 3 certificates back in the 80's/90's . She was such a special teacher with a strict , no nonsense approach, full of wisdom , compassion and a deep understanding , not just of the poses but also of all of us in the group allowing each of us to be ourselves and develop in our own way. So many of her words are still in my head, and I hear myself repeating her words of wisdom, over 30 years later. I remember feeling a great connection with her all those years back and felt this again at her funeral, a very special occasion when I felt her presence very strongly. I was so glad to be there, to be able to send love and light to help her on her way on her new and wonderful journey.

Utthita Trikonasana: My Favourite Pose

by Giulia Howard-Hole, Dorset teacher

“Utthita means extended, stretched. Trikona (tri=three; kona=angle) is a triangle. This standing asana is the extended triangle pose. Effects: This asana tones up the leg muscles, removes stiffness in the legs and hips, corrects any minor deformity in the legs and allows them to develop evenly. It relieves backaches and neck sprains, strengthens the ankles and develops the chest.” - *Light on Yoga*

When asked for my favourite pose there was no hesitation in choosing the above. I have loved it from when I first started many years ago and it still continues to challenge and sustain me. I love it because it gives me a sense of freedom and openness from a position of being firmly grounded. The opening of the upper chest, the lifting of the sternum, the work of the shoulder blades which support that opening is possible through the work of the legs and arms. If not the first pose I do when I start my practice it is very often the second, sometimes it is the only pose I focus on. I find I can use Trikonasana like a touchstone into my personal practice. I can do many rounds of the pose in one go, or alternate it with other standing poses, or move from one pose, say Adho Mukha Svanasana to Trikonasana or even Prasarita Padottanasana or Parsvottanasana to Trikonasana. Getting into a pose in a different way is interesting to explore. I find that it gradually draws me into a quieter state in my practice. What Prashant Iyengar says resonates with me: "Do the sculpturing, carving of your Trikonasana as a general orientation. Start with the physical aspect and then move on to the muscular aspect. Try to do Trikonasana organically".

Traditionally Utthita Trikonasana is done at the start of an Iyengar yoga class, being one of the first of the standing poses. If I were exploring the pose for myself or even teaching it to a non beginner class, I would do it first, and then explore ways of working that would open my joints more, such as working on the hips. Baddha Konasana for example, could be done in various ways, then Supta Padangusthasana to the side, continuing with the rotation of the leg in the hip joint, Vrksasana and Utthita Hasta Padangusthasana to the side. In Utthita Parsva Hasta Padangusthasana the upright foot could be on support or into the wall, firstly with the leg bent to bring that buttock bone forwards and the knee back, and then straightening the leg.

Working on grounding the feet and creating firmness in the legs and hips enables the spine to lift. Equally, working on the arms, rotating them in the shoulder sockets, moving the arms evenly out to the sides in line with the shoulders, connecting to the shoulder blades, maintains a good rotation with the sternum lifting. Eventually work on Trikonasana again to see if any more freedom, balance, stability are felt.

Obviously whatever challenges I encountered when I started would be different to how I experience the pose today. Now as I practise I try to maintain my awareness of the pose, what I've learnt about myself regarding my body, what I gain from other teachers, and what I know I should be aiming for. The challenge also is to be present in the pose and accept whatever is happening on any one day, be it stiffness, lack of stability, or even lack of concentration. So then I go back to being more grounded and working my legs, continuing onwards until a modicum of Trikonasana emerges.

Trikonasana is a challenge to our bodies, as Mr BKS Iyengar says in *Light on Life*, "Our body seems to be trying to collapse forward to the floor. It does not want to open itself in the way the pose requires". He goes on to say that through practice we learn to lengthen, open, rotate our limbs to enable us to move sideways without toppling over. One of the main points of the pose is to lengthen the spine; the grounding and working of the legs will achieve this.

Luckily we have many means in the Iyengar method to help us, in the use of props. Working with the wall, either with the back to the wall, or side foot into the wall, helps with stability, alignment and extension of the spine. A chair could also be used, either behind you to hold on to legs, or to extend to. The use of belts is also amazing to help open the chest, or put round the top front leg to help it rotate more to name but two. Bricks or blocks can equally be placed on the floor to go down to, if the ankle is too low.

I sometimes work on one aspect of the pose, such as the feet, legs or the arms and shoulder blades; the possibilities



Giulia Howard-Hole assisting a student in Utthita Trikonasana

are endless. How I focus on Trikonasana at the beginning can be the starting point for the rest of the work covered. Also we must not forget the power of imagery, in its way an equally impressive prop. There is Abhijata's lengthening of the lower side ribs as mentioned in the last newsletter, or Geeta Iyengar's lifting of the top arm. Here she tells us to imagine holding a balloon held by a slight string, which is lifting us up. A balloon would fly away, would be lost, were it not firmly tethered. Our grounded feet and legs allow us the freedom to soar up. The imagery is wonderful; we can almost feel this straight line from the bottom hand, arm, upwards across the open chest, through the top arm and hand, holding on to this fragile light balloon, turning our heads to gaze up. Reaching up not just to the ceiling but beyond to the sky.

John Schumacher (an American teacher), said, "The form is simple, yet it is so rich that it contains just about all the actions ever involved in any pose. It especially teaches grounding and proper action in the legs. It also balances the nervous system, promotes circulation in the abdominal organs, tones the diaphragm, and opens the ribcage, which makes it a good long term preparation for pranayama."

Trikonasana as one of the first standings is frequently practised and taught. There is also much written about it, so it is still wonderful to learn another way of approaching the pose. Recently I have become interested in the function of the shoulder blades and their role in the opening of the chest. Prashant Iyengar puts it succinctly when he says, "In Trikonasana every position that you take (from the commencement of the asana to the end of the asana) in every stage of the asana you have to see that the shoulder blades takes the proper position to be in the governing state." However, the emphasis on working should be on the whole, so attention and intelligence is taken to all aspects of the pose. Eventually aiming for the balanced state, so that even when the body is to one side or the other, there should be physical balance as well as mental balance.

Finally I love Geeta's words (Cologne DVD, 2009) about being quiet in the mind. She advises us not to speak to ourselves when in the pose, which helps us to "be calm to receive Trikonasana; be in the pose." A balm to the spirit.



How You Can Help

We are always keen to have offers of help from our members to ensure the smooth running of the institute and to spread the load. Here is a list of ways you could volunteer your time:

- Serve on the Executive Committee (currently there are three vacant posts)
- Serve on a Sub Committee (Newsletter, Library, special weekend event)
- Volunteer to help set up or clean up for a specific weekend event.

Email Jenni at chairman@dhiyi.co.uk if you would like to help out in some way.



*Celebrating National Iyengar Yoga Day
Trinity Methodist Church, Bournemouth
14 January 2017*

*Our Attitude to Stiffness - continued
from page 3*

perfect, on the other your stiffer hip, which isn't measuring up. But you are one whole, and, excuse me, you've been in charge of your hip and responsible for it all your life so how come it's no longer good enough? It's taken knocks from life just like you have, but it's part of you, it is you.

Mr Iyengar talked of the cells having intelligence. What if they have the potential to be affected by disapproval, if they droop or shrink under criticism (as indeed we do), or "feel enthusiasm" to work better under good will and praise?

Like any good team some play leading roles, some support roles, but each team member has to be enthusiastic and share a common purpose, or they are not a team. If part of you is limited in movement maybe other parts have to work a little harder so the stiffer side has the time it needs to learn the action and improve. Or maybe you rein back the more supple part to match the stiffer. There should be joy in finding ways to work that bring greater evenness to the body, and pleasure in improvement even if it doesn't yet meet the longed for standard.

Next time you feel irritation or disappointment with part of your body, how about changing your mental attitude and see what happens?

And are you one of those people who say "I have tight hamstrings" the moment a forward bend is suggested, or a similar "can't" applied to some other part of your body. Immediately thinking "I can't" will mean you can't. But an attitude that regards this potential movement as tough for you but you're going to try to go some way toward your goal, will take you some way toward your goal. Which is better, surely, than not trying.

Yoga after Hip Replacements

by Kathi Vaile, Dorset Teacher

In 2013 I had 2 hip replacements, one in February and one in June. It came on suddenly after 30 years of Iyengar yoga. I was doing Supta Padangusthasana II and my leg out to the side would not go to its normal extent. It was the start of osteoarthritis. In the following months, before my surgeries, walking became increasingly painful. Painkillers did not help but gin did! I thought it was the end of my yoga life, but the recovery was amazing and quick. I was back to teaching after 2 weeks and driving after 6 weeks. Yoga makes us strong, and you would never know I had had two hip replacements. My advice to anyone else would be to do all the exercises they give you (various standing leg lifts), 3 times a day, and the muscles will get strong to support the new hip. I wrote to the surgeon and thanked him for doing a great job, and thanked my husband for looking after me. I remained positive throughout my recuperation and this was helped by my returning to teach after two weeks. I was on two crutches for a total of six weeks and I used one of my crutches in class to prod my students like Geeta did with her stick.

I need to leave out all poses where one leg is crossed over from one side to the other, e.g. Garudasana, Ardha Matsyendrasana I, etc. When I came back to class I used the wall to do standing poses. Sitting in Sukhasana is still painful. If I sit (back to the wall if necessary) on two bolsters with a rolled blanket between my shins and ankles and a belt around my knees and hips it is doable. Virasana is more comfortable. Janu Sirsasana is painful; the hip doesn't like that position and I have to sit on two bolsters. I use a belt around my foot to go forward and I stay in the concave state. Baddha Konasana does not come easily unless I sit on two bolsters. Trianga Mukhaikapada Paschimottanasana is no problem. For Padmasana the action does not come so I do Sukhasana with a "figure-of-eight" belt. When I teach this pose I show on a student.



*Kathi Vaile using support in
Sukhasana and Janu Sirsasana*

continued on bottom of page 11

How I Work After Hip Replacements

by Julie Smith, Hampshire teacher

I had my first hip replacement when I was eighty and the second six years later. Fortunately I was never in constant pain as some people are: in both cases the hip would just seize up and release a little while later allowing me to walk again. Pre-operation it was bone pressing on bone rather than inflammation of the surrounding tissues.

I can't recall my yoga practice being affected too much after the operations but, as I was in my eighties, I was already using props to help me perform some asanas.

I remember feeling nervous on returning to class after the first hip replacement so I worked with my back to the wall for some of the standing poses, and the rear foot to the wall with a chair to reach to for poses such as Parsvottanasana and Virabhadrasana I. In the sitting poses I always sat on two foam blocks for Swastikasana with my thighs supported by a foam block in the back of each knee, but I preferred being in Virasana, which was much more comfortable initially.

The two main points to remember were:

- Do not to take the leg of the replacement hip across the body, and
- Always keep at least a right angle between the leg and body (this is the physio's post-op commandment), in Utthita Hasta Padangustasana, Eka Pada Sirsasana and Uttanasana, for example.

The first of these has remained a constant for me but after a time I felt confident enough to go a little beyond ninety degrees to a level that seems right to me.

In the seated forward stretches I have always sat on one block to achieve some movement in the lower back but I now sit on two; and when bending the leg in Janu Sirsasana I don't bring the foot very close to its own thigh, and I support the thigh to stop the hip doing too much.

I am certain that if I'd had hip replacements at a younger age my suggestions for adapting the asanas would be different because my performance level was already diminishing!

The most surprising thing to me is how inventive I have become in adapting lessons to my present capabilities mainly using two chairs and the wall, as it is not only the hips but advancing years that have to be addressed.

continued from page 10

Straight leg poses are no problem. Balances are OK, but can't be held too long, as my hips muscles get fatigued. I must not go too deeply into the closed twists. Supta Virasana, Supta Swastikasana and Supta Baddha Konasana are no problem. While I was at RIMYI last August, two teachers took me up into Rope Sirsasana with my legs straight and a plank in front of my thighs. Immediately it hurt in my lower back and hips so I came straight down. Getting up and down from the floor takes longer, and as teachers we do a lot of that. Rolling onto my side is painful where the scars are, so I avoid that.

I am grateful that I am still loving my yoga life, both as a student and as a teacher.



Julie Smith

DHIYI events can be paid for by cash, cheque, or BACS payment. If paying by cheque, make payable to "DHIYI"; if paying via BACS, please follow the instructions below. Cancellations made up to 2 weeks prior to the event will incur an administrative fee of £8. Notice given less than 2 weeks prior to the event will result in no refund.

If you would like to attend a DHIYI event and pay via BACS, please follow the following steps:

1. Email or phone the appropriate event coordinator and indicate that you would like to attend the event and that you are paying by BACS and if you would like a receipt. If you are paying the DHIYI member reduced rate, please include your membership number in the email. If you are booking a PD Day please also include your teacher status in the email.

2. Transfer the correct fee to DHIYI using the following details:
Account Name: DHIYI
Sort Code: 401722
Account Number: 01562096
Reference: Event Code + Your First Initial and Surname
(for example, 16D2 J Doe)

Dorset events information:
Kim Trowell
29A Spencer Road
Bournemouth
BH1 3TE
Tel: 01202 558049
Email: dorset-events@dhiyi.co.uk

Hampshire events information:
Carol Batterson
25 Manor Close
Wickham
Hampshire
PO17 5BZ
Tel: 01329 832853
Email: hampshire-events@dhiyi.co.uk

Upcoming DHIYI Events

Half Day of Yoga with Mary Heath

Saturday, 25 February; 10 am - 1 pm
£14 members/£19 non-members (BACS code 17H2)
Botley Community Centre, High Street, Botley, Hampshire SO30 2ES

Yoga Day with Uday Bhosale and DHIYI AGM

Saturday, 22 April 2017; 10 am - 4 pm
£22 members/£30 non-members (BACS code 17H3)
Botley Community Centre, High Street, Botley, Hampshire SO30 2ES

Yoga Day with Kirsten Agar Ward

Saturday, 15 July 2017; 10 am - 4 pm
£22 members/£30 non-members (BACS code 17D4)
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

Yoga Day with Lydia Holmes

Saturday, 9 September 2017; 10 am - 4 pm
Morning Only £14 members/£19 non-members
Full Day £22 members/£30 non-members (BACS code 17D6)
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

Professional Development Day with Judith Jones

Saturday, 23 September; 10 am - 4 pm
£32 (BACS code 17H10)
Orchard Life, Bath Rd, Midgham, Reading RG7 5UU

Professional Development Day with Patricia James

Saturday, 14 October; 10 am - 4 pm
£32 (BACS code 17H7)
The Old Forge, Newtown near Wickham, PO7 4RA

Other Iyengar Yoga Events

Yoga Day with Judith Jones

Saturday, 18 February; 10 am - 4 pm
£28 members/£30 non-members
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ
Contact Kim Trowell 01202 558049 or kimtrowellyoga@googlemail.com

One week yoga holiday in France with Zoë Hobbs

17 June - 24 June 2017
£695 includes transfers, flights, accommodation, board and yoga classes.
Contact Zoë Hobbs 01202 431424 or email zoeleehobbs@talktalk.net

Yoga Workshop with Margaret Austin

Friday, 23 June 6:00 pm - 8:45 pm
£18 DHIYI members/£20 non-members
St Clements Church, Boscombe, Bournemouth BH1 3DZ
Saturday, 24 June; 9:30 am - 3:30 pm
£28 members/£30 non-members
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ
Contact Kim Trowell 01202 558049 or kimtrowellyoga@googlemail.com

Yoga Day with Jayne Orton

Saturday, 30 September; 10 am - 4 pm
£28 members/£30 non-members
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ
Contact Kim Trowell 01202 558049 or kimtrowellyoga@googlemail.com