



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.

Thank You

The DHIYI thanks Jenny Trayford, our faithful newsletter editor, who for more than eight years put together interesting editions with photos and illustrations sprinkled throughout. Jenny took us from black and white into the world of colour.

Words from your Chairman

by Jenni Doohan, Hampshire Teacher

In the last newsletter I wrote about the need for me to work on vairagyam (detachment) in order to face the challenges of my next Pune trip. As I write this, I am in the middle of my month in Pune. Needless to say, the Indian style of driving has not changed, and personal space, both on the roads and in the institute, is not as defined or observed as it is in the West. But I now appreciate more the way everything flows, settles into place, and flows again in this culture.



Jenni Doohan at RIMYI in Pune, India

I have had the privilege of being taught by Sunita — Mr. Iyengar's third daughter — this trip. She has taught many of the Wednesday and Saturday morning women's classes. She sits on the platform and surveys the mostly western group of students in front of her. The teachings pour out as she establishes a theme and then interweaves the instructions around that theme. Sometimes fiery, sometimes serene, she reminds me of both Mr. Iyengar and Geeta's demeanours. Please find one of her lesson plans in this issue.

Now that I am back on English soil, my lesson with detachment continues. As Laurie encouraged us during her recent weekend of excellent teaching in Bournemouth, I am working on gliding through life, not accumulating stress, worry, or negativity but instead trying to focus on the bigger picture - the wonderment of life, the flow, slotting in, and flow again of all things.

Message from Nikki – DHIYI Membership Secretary

There are 107 current members for 2016/17, including 7 new members who were not members last year.

- 50 Non-Teachers
- 57 Teachers

The large majority of our members are in Dorset: 82 of the 107 total members.

We have 24 members from last year who still have not re-joined. There is still time so please re-join online via IY(UK) and help us to support the promotion of Iyengar Yoga throughout Dorset and Hampshire by becoming a member of the Dorset and Hampshire Iyengar Yoga Institute.

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 membership is £16 and runs from 1st April through 31st March.

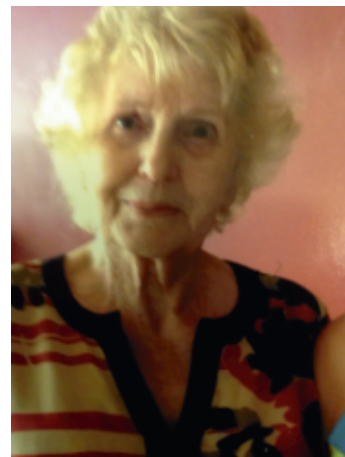
Many thanks again for being a member of DHIYI and your continued support.

Warm regards,
Nikki Byrne
Membership Secretary
membership@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.

An Interview with Kim Trowell



Kim Trowell

Kim Trowell is a Senior Intermediate 1 teacher in Dorset. She teaches weekly classes in Bournemouth and has organised many yoga days with visiting teachers throughout the years. She has also served on the DHIYI committee as the Dorset Events Coordinator since the inception of the institute. We asked her a few questions about her Iyengar yoga journey.

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

Kim: My very first yoga experience was in 1969 with a lovely gentleman teacher called John Davies. He was an ex-army major stationed in India, where he studied physical yoga.

Years ago the Iyengar method of yoga went through a phase where some of the visiting (male) teachers were quite aggressive with their "correcting". I was not particularly impressed. I went to various teachers who taught different methods: Claude Maréchal from Belgium and Paul Harvey who taught Desikarchar yoga. Then I qualified with the British Wheel of Yoga in 1974.

How did you come to study Iyengar yoga?

Kim: When my husband died in October, 1988, I started attending monthly yoga workshops in Salisbury with Silvia Prescott, a very senior Iyengar teacher. After the various exams, I gained my Senior Intermediate Level 1 certificate in 2002 at the age of 74 (known to be the eldest). There are wonderful institutes, not only in Great Britain, but around the world. Tokyo, Japan was possibly the hardest and most challenging. I went every day (Monday to Friday) for two months in 1991 and 1992. A wonderful experience.

What do you like about practising?

Kim: My personal practice (of late) is now minimal, due to physical ailments (unfortunately genetic) but, when I was able-bodied, I found the practice suited me. It was the discipline, the challenge, nothing "air-fairy". It was real.

What do you like about teaching yoga?

Kim: Teaching, I love. Mainly because I so believe in the whole structure of the system. If I didn't believe and respect it then I could not teach it.

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

Kim: I have several memorable stories connected to B.K.S. Iyengar. I have travelled to many countries following Guruji and Geetaji Iyengar workshops. Once, in 1996, I travelled to Tel Aviv to see and attend Guruji's intensive. After the four days convention, I was invited to a kibbutz, near to the mountains of Jordan, a day's travel. Unbeknown to me, Guruji had been invited to where I was staying. He arrived by aeroplane (low flying) to view the area and to cover more ground sightseeing than using a car. So there I was, at the dining table, sitting next to Guruji and his entourage (Faeq Biria, Manouso Manos plus others), just like one of the family!!!!

What benefits do you attribute to your yoga practice?

Kim: The benefits I attribute to my practice over the years are not entirely physical. Obviously when I was younger, I felt stronger, capable and very positive. Time spent training, exams taken, dedication, financial outlay, time spent allotted to lesson planning. However, there is another aspect which I now recognise and respect. In my 89th year, with many physical difficulties, I am able to "draw upon" the strength required mentally. A "get on with life" attitude and to be gracious to my "fellow men". There is no doubt in my mind - the "Iyengar method of yoga" is an all round winner.



An Allegory (Video Blog)

by Lisa Walford, Intermediate Senior I teacher from Los Angeles
transcribed by Jenni Doohan, Hampshire teacher

The fireplace is the container that enables the vibrancy of fire. The container without the fire is void, empty. The fire, dynamic, creative, without the container becomes chaotic, unbridled. The two together have purpose and structure, form and force. Ramakrishna, a great Indian saint, suggested, again using fire, that one who just hears about fire really has no understanding of fire. One who has seen fire has a little bit of introduction to fire but one who has prepared fire, cooked with fire, been burnt by fire understands fire.

This understanding, this direct experience in yoga is called "prajna." In our yoga practice we will explore the prana, the vitality in life, the resonance in life and how we refine that, working with this prajna, with the wisdom so that our practice becomes a laboratory, a sand box, a playground, a way to experience the deep, creative process of yoga.

Yoga Prajna

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.

Correction

In the interview with Mary Heath in our previous newsletter, we incorrectly stated that Mary was the most senior Iyengar yoga teacher in Dorset and Hampshire. In fact, Mary is one of the most senior teachers along with Hampshire teachers Ros Wakeford and Andrea Smith.

Newsletter Contributions

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

Imagination as a Tool for Practice

by Cheree Low, Dorset Teacher

The Yoga Sutras of Patanjali defines the five changing states of mind as right knowledge, error, imagination, sleep and memory. Each of these states can be either detrimental or non-detrimental to the practice of yoga. At the IY(UK) convention in 2014, Abhijata Sridhar Iyengar challenged us to use our imagination to improve our practice.

Abhi instructed us in asana using a lot of imagery. For example, she asked us to take the trunk to the side in Utthita Trikonasana as if we had hundreds of arms like an Indian goddess sprouting from each rib, along the side of the waist and pelvis that were all trying to reach the floor.

Since then, I have been very interested in how imagery can make a difference in our experiences in the poses and also how imagination can be a tool to learn, feel, and grow.

The visual metaphor that Prashant Iyengar gives in *The 18 Maha Kriya of Yogasana* helps us to understand the unified state of body-mind-breath. He likens the transformative process to the kneading of dough. The dry flour, water, and oil have distinct qualities and are not able to merge and blend without the process of kneading. Kneading transforms these three disparate ingredients into a fourth kind of matter that is flexible: dough. He states body, mind, and breath are kneaded into the fourth state of "body-mind-breath" or the "kneaded state" through the practice of asana.

At the IY(UK) convention in 2016, Raya Uma Datta asked us to use our imagination

continued on page 8 column

Women's Class Taught by Sunita Parthasarathy

17-8-2016, RIMYI, Pune

Notes taken by Jenni Doohan, Hampshire Teacher

Swastikasana

Adho Mukha Virasana

Adho Mukha Svanasana -

Uttanasana

Samastiti - Urdhva

Hastasana - Urdhva

Namaskarasana

- Bottom of feet well open

- Inner legs absolutely parallel to each other

Adho Mukha Vrksasana

- Climb up the wall with the side trunk

- Inner legs parallel to each other

Pincha Mayurasana

- Do one leg at a time at first

- Climb up the wall

- Full pose. Inner thighs parallel

- No air should pass between the inner forearm and the floor

- With the armpit opening, the outer body lifts

Sirsasana

- Forearms rolling in and pressurised

- Outer thighs roll in so inner legs face each other

- Container remaining down, content goes up. Both should go up.

Parsva Sirsasana x 2

- Keep rolling, keep rotating

- The skin has to give the direction

- If forearms are well pressed down, you will have the space within

- Squeezing of the legs, union between the hips

Dandasana

Urdhva Prasara Padasana belt loop around feet - Jathara

Parivartanasana

- Belt tail under neck and held in left hand, take legs to right

- Don't let right leg become dull

- Be fluid

- Repeat, no belt

- Take legs to right, 20 degrees up, 20 degrees up, 20 degrees up

- Repeat and when you take the legs down, 20 degrees down, 20 degrees down, 20 degrees down

Supta Baddha Konasana flat

Chatuspadasana - Halasana - Salamba Sarvangasana - Eka Pada

Sarvangasana -



Sunita Parthasarathy

continued on the bottom of page 7

The Value of Yoga after Life-changing Events

by Andrea Smith, Hampshire Teacher

In case you needed any confirmation of the value of a regular yoga practise, let me share the recent traumatic events in the life on one of my students.

Christine has been attending my classes, two a week, for approximately thirty five years (have I really been teaching THAT long)!! She also established a regular home practise – even when travelling on holidays the equipment went with her.

This dedication has stood her in remarkably good stead as on the Sunday before Christmas, 2015, crossing the road to attend a carol service at her church, she and a friend were hit, forcibly, by a car. Christmas and many weeks after were spent in hospital, with neck injury, a broken arm and shattered lower left leg.

The neck and humerous repaired and movement restored gradually but she faced many operations on the leg, with an uncertain outcome and possible amputation at the end. Christine made the most difficult decision – to have the amputation, just below the knee. Hospital staff have been left amazed at her level of recovery from these life changing injuries.

On returning home several yoga teacher friends visited and between us we have put together a programme. Using props, including the bannister rail in place of a tresler, huge progress has been made and the programme adjusted to include more as confidence and flexibility increases. She now no longer has the hospital physio treatment. All the medical staff who have attended Christine have put this progress down to her long standing yoga practise, asana and pranayama, and strength of body awareness – mental and physical.

Her first prosthetic was fitted and more asanas became accessible. Now Christine is having a 'yoga leg' made (as well as a swimming leg) which we await with great excitement. She has attended her first class and is looking forward to increasing her range with a target of returning to regular classes. (She has also had a swim in the sea)!!

This has been a hard struggle on many levels for Christine and her family to cope with, and there have been dark days, but this progress has been made in a mere seven months and the lady in question is eighty three and looking forward to her next birthday.

There is no doubt it has been a hard journey for Christine and her family but she feels without her background in yoga she would not have made this level of recovery.

The moral is – even when we don't feel like it – get the mat out and let's be grateful for this wonderful art we share.

Help us Celebrate National Iyengar Yoga Day

On January 14th, 2017, the DHIYI will be holding a morning of free classes in Southbourne to introduce new people to Iyengar Yoga. We are looking for members who would like to join the sub-committee to help us organise the event. Please email chairman@dhiyi.co.uk if you would like to get involved.



Some of the DHIYI members at the IY(UK) Convention in May 2016 in Harrogate

Utkatasana: My Favourite Pose

by Julie Smith, Hampshire teacher

When Jenni asked me to write about my favourite pose Utkatasana immediately sprang to mind – I wish that putting my thoughts into words came as easily!

Why I like this pose:

1. Utkatasana involves the ankle, knee, hip and shoulder joints and, to a lesser extent, the elbow and wrist. These are parts of the body that all students and especially beginners can relate to, which is a positive starting point for both teacher and student.
2. Utkatasana has a beneficial effect on the internal organs, especially the abdomen, heart and lungs.
3. The points that have already been introduced in Tadasana and Urdhva Hastasana are those required for Utkatasana; so the student can carry this awareness into the pose.

I like teaching Utkatasana because, as teachers, we encourage our students to be aware of the physiological benefit of yoga as well as the physical, and in Utkatasana the effect on the abdominal area in particular is more easily felt than in many other standing poses. Since it is an introductory pose there is every chance that the student will experience, for the first time, the physiological benefit as well as the physical.



Guruji in Utkatasana

Ways to practise this pose:

1. Stand with the back to the wall – feet about 6” away from the wall and together. Hands by the sides. With the whole length of the back body in contact with the wall slide down the wall as far as possible, bending the knees and ankles and keeping the weight even on the feet. Carefully bring the back of the body away from the wall until only the tail bone is still in contact while still maintaining the lift of the front hip bones. Bring the backs of the hands to the wall at arm's length in order to work on the shoulders and upper body area but in a passive way. Hold the pose for a short while – face passive – quiet breathing – then inhaling straighten the legs and come up to Tadasana. Hold this position and feel the difference in Tadasana at the end of the practice compared with the beginning, and it is at this stage you can really experience the lift of the abdominal organs.

2. Stand in Tadasana – take the hands onto the buttocks, thumbs towards tail bone – fingers on buttock flesh – keeping elbows towards each other, shoulders down. Using the hands to keep the buttock flesh down and lower back-body long, inhale and exhaling descend into the pose trying to keep the tail bone in but on the imaginary wall as in the previous practice. Hold. Inhale and come up and reflect.

Sometimes I vary this by placing the palms on the front hip bones – finger tips towards the groins – elbows in to help maintain the lift of the lower front body when descending into the pose.

3. Do two or three arm exercises in preparation for Urdhva Hastasana, then from Urdhva Hastasana descend into Utkatasana keeping side ribs lifting, shoulder blades down. In this way the upper body is lifted, and the chest expanded with benefit to the heart and lungs.

A sample sequence for practising Utkatasana:

1. Adho Mukha Virasana with each hand on one or two blocks, the forehead supported, and hold for 2 or 3 minutes, giving all the joints their first gentle stretch to prepare the body for greater effort later. The hands on a lift enables more work in the shoulder joints and upper back.
2. Adho Mukha Svanasana – remove blocks and come to kneeling, keeping the arms strong, lift hips and straighten the legs keeping on the balls of the feet initially whilst trying to maintain the harmony of the body from hands to hips – then gradually lower the heels.
3. Tadasana
4. Urdhva Hastasana
5. Utkatasana
6. Tadasana
7. Virabhadrasana I
8. Parsvottanasana
9. Resting Uttanasana – feet approximately 12” from wall – buttocks on wall, legs slanting – relax down.
Begin each sitting pose with a belt round the feet and the body upright to encourage the lift of the abdomen as in the standing poses. Repeat each pose, keeping tail bone in and front body lifted as you move forward.
10. Dandasana – sitting on 1 or 2 blocks.
11. Janu Sirsasana
12. Pascimottanasana
13. Tadasana along the ground, feet into wall – belt round feet and belt-ends held at arm's length by the side of the body. For the aware, all that we have been trying to achieve can now be experienced.
14. Savasana – release the belt – relax and separate the feet and legs, adjust where necessary, close the eyes and observe the breath.

In my own recent practice, having just come into Tadasana from Utkatasana and experiencing the abdominal lift, I decided to raise my arms, step one leg back and descend into Virabhadrasana I while continuing to experience (rather than actively employ) the abdominal lift. I also went into Parsvottanasana with the same preparation and I found it helpful.

Sunita's sequence continued from page 4

- Skin has to teach the flesh
- Make up leg lighter
- Learn to make mid thigh skin softer like butter

Parsva Pada Sarvangasana - Karna Pidasana - Supta Konasana - Sarvangasana - Parsva Sarvangasana - Parsva Halasana - Parsva Sarvangasana - Sarvangasana - Parsva Sarvangasana - Parsva Halasana - Parsva Sarvangasana - Sarvangasana - Halasana

Supta Baddha Konasana

- Broaden the shoulders

Setu Bandha Sarvangasana - Eka Pada Setu Bandha Sarvangasana - Halasana - Sarvangasana

- Hands on the back

Drop down to Setu Bandha Sarvangasana

Uttanasana

Savasana

- Whatever breathing comes, make it soft.
- Let go with the mouth, especially the inner corners of the mouth
- Soft, quiet inhalations
- Soft, quiet exhalations
- Place hands on trunk
- Turn to right

Continued from page 4 column

to gain more clarity in the asanas. He asked us to imagine that the front of our trunk were a trampoline. The trunk must stretch in all directions evenly to create buoyancy and lightness. I found this particularly helpful in asymmetrical poses such as Parsvottanasana where the trunk on the forward-leg side is shorter, lacking stretch back towards the leg. I would imagine the symmetry of stretch on a trampoline and adjust the asana to find the evenness of the imagination.

In our most recent DHIYI event, visiting teacher Laurie Blakeney commented that often the most helpful imagery is inspired by nature. In Maha Mudra, she asked that we envisioned two ocean waves. The first wave on the inhalation, moves from the feet through the legs, around the back of the body, and over the head. The second smaller wave during the movement of the abdomen up and back, moves from the feet through the legs, back from the abdomen towards the spine, cresting at the solar plexus. She then said at the crest of each wave, to pause and "surf" the wave. For me, imagining the movement and beauty of ocean waves and surfing helped to find a dynamism in the stillness of the pauses of Maha Mudra that I could sustain without creating hardness and tension.

So often, we become mentally fixed on the "points" of a pose, that we practise the asana from the head only and not also the heart. When our practice of postures becomes overly mental, the body can follow suit and become hard, tense, and stuck. Once the body and mind are in a state of tension, it becomes very difficult to observe, feel and adjust to create more space, lift, and expansion. One of the remedies to this pitfall can be to integrate the breath more fully into the postures and to create a softer yet more adaptive mental state through the use of imagination.

And the answer was: Samadhi

by Iris Lee, Hampshire teacher

When I took early retirement from IBM I was stumped about what to request as a leaving present. I wanted to be reminded of my colleagues, my interests, my work experiences. That's quite a list. A canteen of cutlery wasn't the answer.

After hard thinking I came up with a painting, by a work colleague, on some yoga theme. I didn't know if "some yoga theme" was an adequate brief. But Tessa Coe (www.tessa-coe.work), a full time painter and exhibitor for the last 15 years, accepted my waving hands and this vague brief.



Samadhi by Tessa Coe

After her initial designs and further discussion, this became my painting. (Reproduction here doesn't do justice to its glow and texture.)

It's acrylic on paper and is called Samadhi. I see it as a sun radiating stylised yoga postures: clockwise from the top Supta Virasana, Urdhva Mukha Svanasana, Adho Mukha Svanasana, Uttanasana, Utthita Trikonasana, Sukhasana, Tadasana, Utthita Parsvakonasana.

I first met Tessa when I stood in for her manager. We went through some tough times together and, as an antidote, would go to Friday lunchtime yoga lessons for a little breathing space. I was one of those instrumental in setting up a regular yoga class at IBM Hursley, and now I teach classes there on Wednesday evenings. All in all I have the perfect memento: Samadhi.

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.

Upcoming DHIYI Events

Yoga Day with Andrea Smith

Saturday, 8 October 2016; 10 am - 4 pm

Full day: £22 members/£30 non-members

Morning only: £14 members/£19 non-members (BACS code 16H4)

Botley Community Centre, High Street, Botley, Hampshire SO30 2ES

Yoga Day with Judi Soffa

Saturday, 5 November 2016; 10 am - 4 pm

£22 members/£30 non-members (BACS code 16D5)

Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

National Day of Iyengar Yoga

Saturday, 14 January 2017; 10 am - 12:30 pm

Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

Yoga Day with Richard Agar Ward

Saturday, 21 January 2017; 10 am - 4 pm

£22 members/£30 non-members (BACS code 17D1)

Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

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)

Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

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

Other Iyengar Yoga Events

Yoga Day with Jayne Orton

Saturday, 24 September 2016; 10 am - 4 pm

£28 members/£30 non-members

Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

Contact Kim Trowell to register

'Purely Pranayama' with Elaine Rees

Saturday 1 October 2016; 10 am - 12 pm

£15.00 (includes coffee & cake after)

Wessex Health Clinic, 17 Stour Road, Christchurch BH23 1PL

At least two years of regular Iyengar Yoga asana practice required.

Contact Elaine Rees at elainerees@europe.com or 07504 823517 to register

Yoga Morning with Kathi Vaile

Saturday, 1 October 2016; 10 am - 12:30 pm

£12.50

Holy Angels Church, Liliput Church Hall, Liliput, Poole BH14 8JX

Contact Kathi Vaile at 07842 243183 to register

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



Yoga Day with Uday Bhosale

Saturday, 15 October 2016; 10 am - 4 pm

£25 members/£28 non-members

Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

Contact Kim Trowell to register

'Purely Pranayama' with Elaine Rees

Saturday 26 November 2016; 10 am - 12 pm

£15.00 (includes coffee & cake after)

Wessex Health Clinic, 17 Stour Road, Christchurch BH23 1PL

At least two years of regular Iyengar Yoga asana practice required.

Contact Elaine Rees at elainerees@europe.com or 07504 823517 to register

Comments from the Laurie Blakeney 3-day Workshop

Thoroughly enjoyable day. Lovely kick start for the autumn term.

Great day. Very well explained asanas.

Thanks Laurie. Love the way you follow a theme through the poses and the variety of ways to reach deeper into the asana. Light bulb moments in Pada Hastasana and Bramari in Setu Bandha. Wow!

Wonderful weekend, excellent teaching, all very different. Thank you to everyone.

Thank you Laurie for shining a light into some dark places.

What a great weekend of yoga. Laurie is an inspirational teacher. Can't wait for the next visit. Thank you.

Really good, toned the whole spiritual psychic emotional physical connection and great humour. Please return.

Please bring Laurie back again. Awesome at every level. Very enjoyable weekend.

A wonderful weekend. Thank you.

Fantastic weekend. Inspired.

I came last year and this year was also excellent - great teaching!

Amazing weekend, thanks to all.

Laurie's insights to not only the physical but also the energetic and spiritual aspects of yoga are an inspiration!

Personally, I really appreciated your help in easing my lower back, outer hip discomfort. Parsvakonasana, bringing the buttock in to see the heel, and Uttanasana with a wide brick between the inner thighs made my back feel better. I loved the way we did Dhanurasana, holding the toes. There was no unease in my knees or back using that method. I also appreciated all your explanations and different ways of approaching the asanas and pranayama to make our awareness penetrate further inwards.