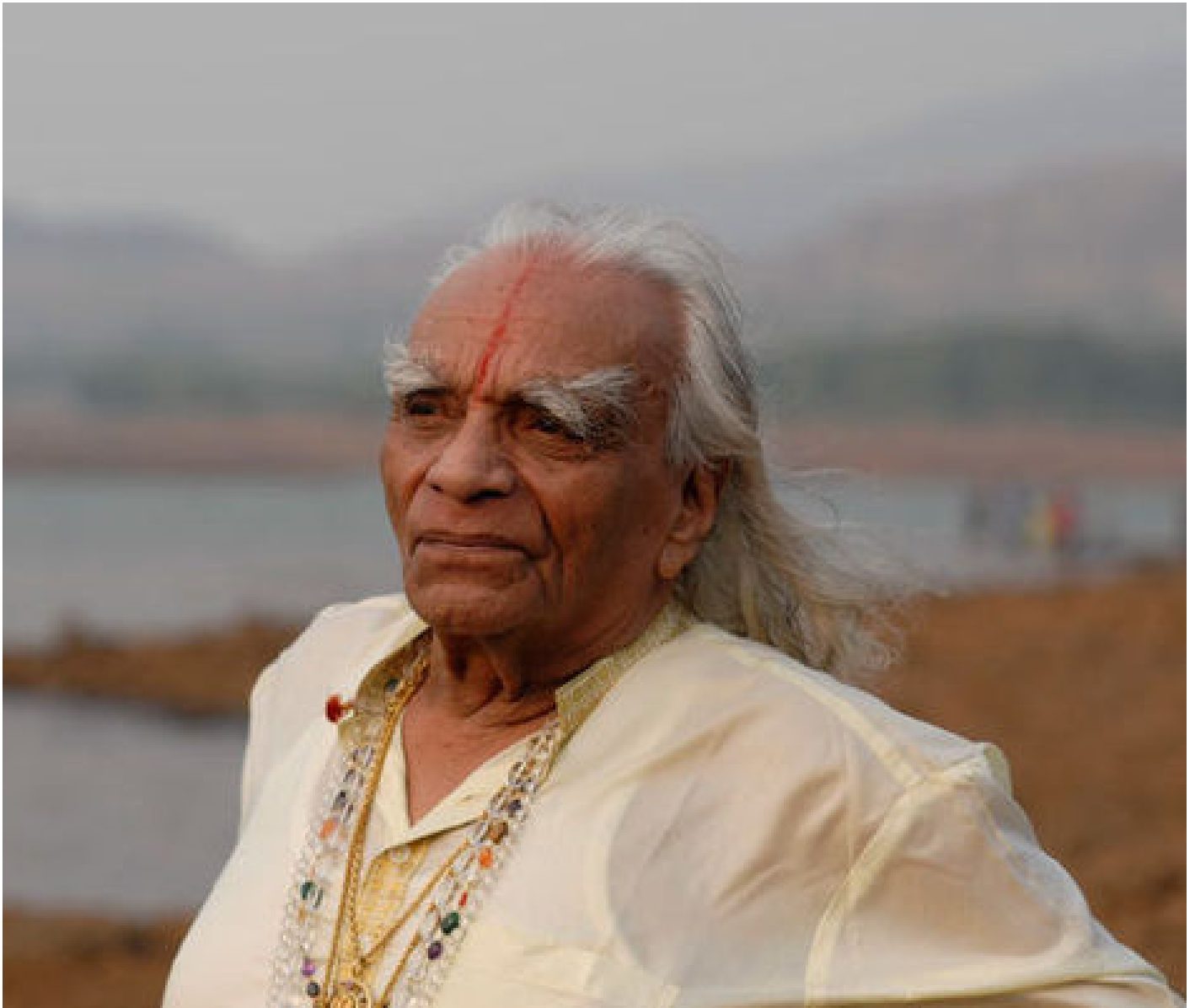


Dorset & Hampshire Iyengar Yoga Institute

Welcome to the 19th Edition Newsletter !

Bellur Krishnamachar Sundararaja Iyengar



14th December 1918 - 20th August 2014

***'I always tell people,
" Live happily and die majestically" '***

Message From Your Chairman

Welcome to the autumnal edition of the DHIYI newsletter. As your new chairman, I am aware of the daunting task of following in Giulia Howard-Hole's footsteps. I thank her for her nine years of dedication, assiduous efforts and enthusiasm in leading our institute from its inception to its ninth year.

I, along with roughly 200 other foreigners, spent the month of August in Pune, studying at the RIMYI. One morning I was fortunate to be able to pay my respects to Mr. Iyengar who was sitting outside his humble dwelling with Abhijata by his side. In the afternoons Vedic chanting would emanate from the Iyengar home and float into the hall of the institute.

Unfortunately, Mr. Iyengar's health deteriorated and, after an eight night stay in hospital, he died at 3:15 am on the 20th of August. That morning we were invited to enter the family house where Geeta and Prashant were sitting by Mr. Iyengar's body which was laid out on the floor, reflecting a return to the lap of Mother Earth. We were invited to the cremation (normally a ceremony only for men) which started at 2 pm, eleven hours after his death.

Through the throngs of people, we could see snippets of Prashant carrying a clay pot of water on his shoulder as he circumambulated the pit where the body lay. After each circuit, the brahmin priest would hammer a hole in the pot, letting more water flow out. I was told the water represented Prashant's ties to his father as well as life leaving its vessel. Soon the pot was empty and Prashant dropped it behind him. That night there was a terrific thunder storm in Pune. The sky lit up and continued to flash for ages with thunder rumbling from the dark sky. Even nature seemed to mark the passing of Mr. Iyengar.

Horn-filled Pune had been our home for three weeks. The institute had been our hub where we had attended and observed classes six days a week. Exposure to Prashant's teachings had given us a different slant to approaching asanas, the breath, and philosophy. Classes taught by Abhijata, Rajlaxmi and Gulnaz had been stimulating and focused. After the 20th of August, the institute was closed until 3rd of September. Our busy schedule was replaced by space, stillness and silence. A few of us continued to meet, practising in the hotel room classes which we had observed. In the afternoons we would often journey to the institute to sit quietly in the main hall where a shrine had been erected with Mr. Iyengar's photo, some flowers and a candle. We sat quietly reflecting on the life of such an influential, vibrant person whose teaching had transformed the lives of so many.

I believe it is the duty of Iyengar teachers to ensure that the light of Mr. Iyengar's teachings continues to illuminate the world, enriching and improving the lives it touches. We appreciate you, our members, supporting our events and ensuring that Iyengar Yoga continues to flourish and prosper.

**Jenni Doohan ~
Chairman**



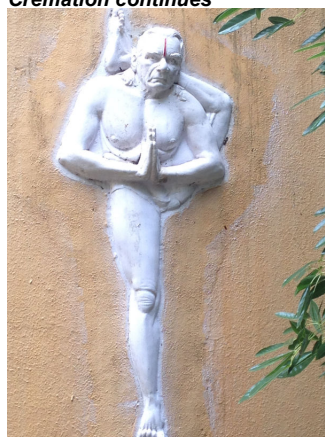
Entrance to the Crematorium



Entrance to the Crematorium



**People dispersing while the
Cremation continues**



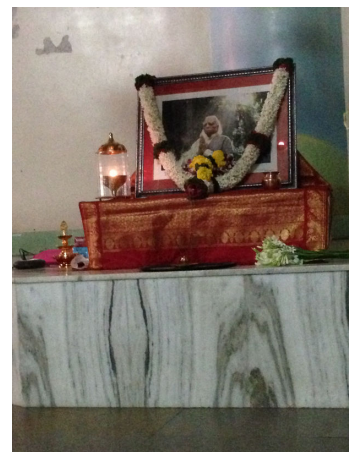
**Statue of Mr Iyengar outside
RIMYI**



Picture of Mr Iyengar inside RIMYI



**Statue of Mr Iyengar outside
RIMYI**



**Shrine in honor of Mr Iyengar in
the main hall, RIMYI**



**Poster of Mr Iyengar outside the
park on Hare Krishna Mandir Rd**

Please email the committee
at committee@dhiyi.co.uk:

- * **Chairman:**
Jenni Doohan
- * **Membership Secretary:**
Cara Bowen
- * **Treasurer:**
Zoë Hobbs
- * **Recording Secretary:**
Monica Mooney
- * **Liaison Coordinator:**
Mary Heath
- * **Public Relations:**
Cheree Low
- * **EC Rep:**
Vacant
- * **Newsletter Editor:**
Jenny Trayford
- * **Dorset Events Co-Ordinator:**
Kim Trowell
- * **Dorset Events Co-Ordinator:**
Carol Batterson ~ Hants

Update from your Membership Secretary.....

Autumn 2014 ~ Greetings Members! Our DHIYI membership total is currently 111. Lovin' those numbers! Thank you to all for spreading the word and getting our numbers back on the up. For those that have still not joined but would like to, half-year memberships are now available for £9.50. In addition to discounts on DHIYI events (as well as some other events), you will also receive our second round of the IY (UK) magazine coupled with our very own DHIYI newsletter. Our next Institute sponsored workshops are with Brenda Booth in Botley and Judith Jones in Southbourne in January and there is an £8 discount for members! So please continue to encourage your fellow yoga friends to become members of the DHIYI (or to renew lapsed memberships) so that they too can enjoy the benefits....

Membership forms can be downloaded from our website: <http://dhiyi.co.uk>

Payments can be made by cheque or online bank transfer. Cheques made payable to DHIYI for £9.50 can be posted to: **Cara Bowen, 19A Belle Vue Rd., Bournemouth, BH6 3DB**

Feel free to email me for any other membership inquiries at: membership@dhiyi.co.uk

Thanks very much to all of our members!

Warm Regards,

**Cara Bowen ~
Membership Secretary**



Annual Convention ~ Harrogate ~ 3rd—5th May 2014

I read the email, a place had become available. Did I still want it?

This was about seven days before the convention in Harrogate this year. After doing cartwheels of celebration and confirming my desire to attend, reality took hold--this was my first Iyengar convention--I was a newbie aware that I would be surrounded by experienced and proficient practitioners and celebrated teachers with many years spent in dedicated training and study, often travelling to Pune many times to be with the Iyengar family and at the heart of Gururji's training centre.

So I started three days of Iyengar yoga under the guidance of Abhijata Iyengar, granddaughter of BKS himself, with some trepidation and lots of escape plans! The organisation of the convention was such that there were two sessions per day for Saturday and Sunday and one on Monday, giving plenty of opportunity to rest out a session!

Registration began at nine on Saturday with the first asana class beginning at eleven. Over five hundred eager and enthusiastic yogis descended on the beautiful spa town of Harrogate and positioned their mats within the hall, the noise rising to a crescendo by the appointed hour of Abhijata stepping on to the stage for the first time. Yes, another first timer!

Abhijata was teaching for the first time at convention in the UK, and accompanying her was her baby daughter on her first trip out of India along with her husband and mother. Lots of firsts for many people as I soon discovered I was not alone as a newbie. There were many of us often travelling great distances to attend, for example from New York just for the convention.

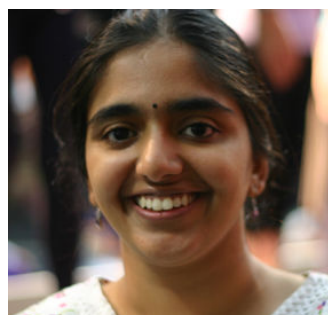
After rapturous applause Abhijata began the class with humility and authority outlining the themes for our work. She was totally engaging and inspiring as she shared her experiences of training under the direction of BKS himself and the demands this put on her own practice.

But as she said, this was not a process of applying make up, this was surgery and encouraged everyone no matter their level or years of experience to be open minded, come out of petty -not prettymindedness, not to work from established memorised patterns in our bodies but to be open to the infinite possibilities without barriers. Give one hundred percent to our practice and not look for escape routes! So much for my escape plans!

From the first emotional invocation raising the roof of the hall on that first morning to the final minutes of Savasana on Monday, two and a half days of Iyengar yoga became almost a devotional journey of discovery for me and I suspect many other candidates who attended. We worked and worked at many asanas, pushed, directed and encouraged by Abijata, watching demonstrations by her and other senior practitioners, to achieve the most extension and expansion. On the Sunday morning Abijata relayed the greetings of her Grandfather from the previous evenings telephone conversation, again with encouragement to work hard. No escape!

First time at convention was a pleasure and a privilege. I would encourage any yoga practitioner to give it a try, with an open mind and heart, ready to work hard and learn lots. Over the whole convention we practiced some one hundred and eighty or so asana and pranayama poses in about fourteen hours. It was hard work but inspirational and encouraging to share this experience with so many. I hope this year I can get my application in on time to try and ensure a place at the next convention 😊

Chris Maclean ~ Dorset Student



Abhijata



Quite crowded !





Yoga day with Lydia Holmes

We enjoyed an excellent day of yoga with visiting teacher Lydia Holmes in July. In the morning session we focused on extending the spine in Adho Mukha Svanasana with hands on the chair and hands on bricks to the wall and Uttanasana with buttocks to wall and hands extending forward focusing on extending the front body so that the back didn't round.

We were told to think of the back as a filing cabinet if more space was created then the pockets would move in. Likewise, if the spine was extended, the vertebrae moved in. Supta Padangusthasana was done with the foot into the wall. By the time we did the first Trikonasana our bodies were well and truly extended and the pose felt good.

We continued with standing poses and used the wall for both Ardha Chandrasana and Parivrtta Ardha Chandrasana.

I particularly enjoyed the preparation for Sirsasana: We did Supta Padangusthasana, Eka Pada Adho Mukha Svanasana and Urdhva Prasara Eka Padasana. The legs were taken up straight one at a time in Sirsasana. The morning session finished with Salamba Sarvangasana and Savasana.

After lunch it was two hours of remedial poses and Pranayama which I enjoyed immensely. The remedial poses included Sirsasana with eyes closed (for those who felt confident), chair Sarvangasana and Supta Virasana. Pranayama practice included Bahya Kumbhaka.

Lydia said that on her visit to Pune Geeta was always emphasising the importance of enthusiasm in our practice and teaching and not to feel as though we were putting on "old clothes". I'm sure that no one felt like this during the day.

Thank you Lydia, for sharing a wealth of knowledge and understanding of Iyengar Yoga with us.

Thank you DHIYI committee for arranging the events and for everything you doit is very much appreciated.

**Sally Hogsflesh ~
Dorset Teacher**



Announcements.....

EC Rep

The DHIYI Executive Committee is still looking for an Executive Committee Rep. Each year the Rep would represent the DHIYI at two meetings in London and one meeting in York plus three DHIYI Executive Committee meetings. Travel expenses to London and York would be reimbursed. The Rep would write up a short report of the IY(UK) meetings and circulate it to committee members of DHIYI.

Treasurer

Our current Treasurer, Zoe Hobbs, announced at the AGM her intention to stand down next April. Any one interested could shadow Zoe to see what the role entails.

Please contact Jenni Doohan at chairman@dhiyi.co.uk or tel 01425 622635 if you are interested in either role.

Teachers:

To update your class listings on the website, please now contact Cheree Low at publicrelations@dhiyi.co.uk

Request for tributes to the life B.K.S. Iyengar

In our next newsletter we would like to include people's experiences and recollections of being taught by Mr. Iyengar. If you have not been taught directly by Mr. Iyengar, you could write something about how the teachings of Iyengar Yoga have affected your life.

Please send your contributions by 15th January, 2015 to Mary Heath at info@dhiyi.co.uk

New Logo

The DHIYI is interested in having a new logo designed to be used in emails, newsletters, social media, and marketing such as t-shirts. If you or anyone you know with graphic design experience would be interested in sharing your skills and talents with us, please contact Cheree Low at publicrelations@dhiyi.co.uk for more information.



Yoga day with Sallie Sullivan, Bournemouth

On the 5th April we had a very good and enjoyable day with Sallie Sullivan at Southbourne. Sallie has a thorough, deep knowledge of yoga and she was able to share that knowledge in an unassuming and friendly manner.

During the day she led us from the surface, physical practice to deeper levels or layers, challenging our habitual way of doing the asanas.

The morning started with gentle seated twists and gradually built up through sequences of standing poses to Virasana, Malasana to Sirsasana and to some more demanding balancings: Eka Hasta Bhujasana, Kurmasana and Bakasana. All with helpful and interesting instructions and with many quotes from the Iyengars from her recent time in India.

PM session. After the usual concession to eating at lunchtime, ie Supta Sukhasana, we moved on to a variety of backbends with chairs. Working in stages down the spine. And still on the chairs, we did several twists. Followed by Sarvangasana/Halasana etc

Sallie mentioned that the time spent in Sirsasana should be doubled in the Sarvangasana practice. The day ended with lying down pranayama, using imagery of letters.

Very many aspects of yoga were covered by Sallie's excellent programme for us and if you missed the day, make a great effort to come next time.

It was beautifully taught and gratefully received, so thank you Sallie.

By Tarja Armitage ~ Dorset Teacher

Back in April, Sallie was kind enough to travel to Bournemouth to teach a very enjoyable yoga day which was much appreciated by everyone taking part.

Stability and simplicity seemed to be the order of the day with crystal clear instructions and demonstrations. Sally's down to earth approach was both encouraging and achievable whilst trying something a little different.

After some gentle warming up in Sukhasana and Virasana, we progressed to Supta Padangusthasana I and II and then onto standing poses which I particularly enjoyed.

In Trikonasana the hand was placed flat on the floor for added stability and firmness in the hips. We then linked Parsvakonasana, hand on the floor in front of the leg, to Trikonasana encouraging more turn to the pelvis. Next we linked Virabhadrasana II to Trikonasana giving more extension to the trunk



and then Virabhadrasana I to Trikonasana bringing more lift and opening to the chest.

The next sequence of Parsvottanasana, hands to floor-into Virabhadrasana III again, hands to floor, into Urdhva Prasarita Eka Padasana whilst feeling very stable, also encouraged extension and mobility.

We then had a bit of fun linking Tadasana, Urdhva Hastasana, Malasana, "banging" buttocks and "clapping" legs! Moving on, rolling the legs into Sirsasana (bit of a challenge for me that one) and then some more sensible sitting poses and forward bends to open the hips and extend the upper back and shoulders. The morning session rounded off with Eka Hasta Bhujangasana and Bakasana.

After lunch, the instructions to turn out the lower leg bones instead of the muscles in Virasana were excellent. I always enjoy supported back bends and Sally's sequence was both restful and rejuvenating. I particularly liked Dwi Pada Viparita Dandasana with straight legs.

We finished with some chair twists and forward bends to relax and broaden the back.

A really good day Sallie. Thank you. **By Ali Pegg ~ Hampshire Teacher**



Upcoming Events 2014/2015

PAYMENT INFO

Dorset Events:

Kim Trowell
29A Spencer Road
Bournemouth
Dorset
BH1 3TE

Email:
kimtrowellyoga@googlemail.com

Tel: 01202 558049

Hampshire Events:

Carol Batterson
25 Manor Close
Wickham
Hampshire
PO17 5BZ

Email:
carolbatterson@uwclub.net

Tel: 01329 832853

****IMPORTANT****

*For regular DHIYI days,
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.*



NOTE FOR ALL TEACHERS

Please can you ensure that you keep
your class listings up to date on the
DHIYI website to avoid any
confusion with potential new
members reading out of date
information when enquiring about an
advertised class. Please contact
Cheree Low at
publicrelations@dhiyi.co.uk.

DHIYI EVENTS

Saturday 25th October 2014

Yoga PD Day with Judi Sweeting ~ at Botley Community Hall, High Street, Hants, SO30 2ES.
10AM ~ 4PM ~ Cost £15 ~ **Contact Carol Batterson**

Saturday 22nd November 2014

Yoga workshop with Brenda Booth ~ at Botley Community Hall, High Street, Hants, SO30 2ES.
10AM ~ 4PM ~ Members £22 ~ Non-members £30 ~ **Contact Carol Batterson**

Saturday 6th December 2014

Teachers "Get Together" at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~12.30PM ~ Cost £6 ~ **Contact Jenni Doohan 01425 622635 or email jenni.doohan@hotmail.co.uk**

Saturday 17th January 2015

Yoga workshop with Judith Jones ~ at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~4PM ~Cost ~ DHIYI Members £22 ~ Non-members £30 ~ **Contact Kim Trowell**

Saturday 18th April 2015

Yoga workshop with Sheila Haswell ~ at Botley Community Hall, High Street, Hants, SO30 2ES.
10AM ~ 4PM ~ Members TBC ~ Non-members TBC ~ **Contact Carol Batterson**
**PLEASE NOTE THAT THE ANNUAL AGM WILL TAKE PLACE
DURING THE LUNCH HOUR**

Non DHIYI EVENTS

Saturday 18th October 2014

Asana workshop with Elaine Rees ~ at St Catherine's Hill Centre, 17 Marlow Drive, Dorset, BH23 2RR
10AM~12.30PM ~Cost ~ £16 (including Tea/coffee & cake)
Contact Elaine Rees for booking and information elainerees@europe.com or 07504 823517

Saturday 1st November 2014

Yoga afternoon with Cheree Low ~ at Beaufort Community Centre, Beaufort Road
Bournemouth, BH6 5LB
1PM ~ 4PM ~Cost ~ DHIYI Members ~ £14 Non Members ~ £16
Contact Cheree Low for booking and information chereeyoga@gmail.com or 07521 585388

Saturday 8th November 2014

Purely Pranayama workshop with Elaine Rees ~ at Wessex Health Centre, 17 Stour Road,
Christchurch, Dorset, BH23 1PL
10AM~12.30PM ~Cost ~ £12 (including Tea/coffee & cake)
Contact Elaine Rees for booking and information elainerees@europe.com or 07504 823517

Saturday 8th November 2014

Yoga workshop with Kirsten Agar-Ward ~ at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~4PM ~Cost ~ DHIYI Members £25 ~ Non-members £27 ~ **Contact Kim Trowell**

Saturday 6th December 2014

Asana workshop with Elaine Rees ~ at St Catherine's Hill Centre, 17 Marlow Drive, Dorset, BH23 2RR
10AM~12.30PM ~Cost ~ £16 (including Tea/coffee & cake)
Contact Elaine Rees for booking and information elainerees@europe.com or 07504 823517

DORSET HAMPSHIRE IYENGAR YOGA INSTITUTE
10th Anniversary

**Iyengar Yoga
Intensive**

with
Laurie Blakeney

4-6 September
2015

Laurie Blakeney (pictured here with Shri B. K. S. Iyengar) holds an Advanced Level Teaching Certificate granted to her by B.K.S. Iyengar. She is the director of the Ann Arbor (Michigan) School of Yoga. She began her Iyengar yoga studies in 1971, and has studied annually in Pune India at the Iyengar Institute since 1983.

AT THE BOURNEMOUTH CENTRAL PREMIER INN, WESTOVER RD, BOURNEMOUTH, BH1 2BZ

Friday, 4th September: 18.30-20.30 (£16 DHIYI members/£18 non-members)

Saturday, 5th September: 10.00-13.00 & 15.00-17.00 (£40 DHIYI members/£45 non-members)

Sunday, 6th September: 09.30-12.30 & 14.30-16.30 (£40 DHIYI members/£45 non-members)

Book the whole weekend at a discount: £84 members/£96 non-members

For more information or registration please
visit dhiyi.co.uk or contact dorset-events@dhiyi.co.uk