

Dorset & Hampshire Iyengar Yoga Institute

Welcome to the 20th Edition Newsletter !

**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:**
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- * **EC Rep:**
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- * **Newsletter Editor:**
Jenny Trayford
- * **Dorset Events Co-Ordinator:**
Kim Trowell
- * **Hants Events Co-Ordinator:**
Carol Batterson

Message from your Chairman

Welcome to the 20th edition of our DHIYI newsletter which is a tributary issue in honour of Mr. Iyengar's life.

Reflecting Mr. Iyengar's immense impact on so many people, it is a bumper issue. Thank you to all of you who have contributed your thoughts and memories. In addition to the articles on local events and Cheree Low's piece on the Kleshas, you will find some local members' experiences while attending Geeta's convention in Pune in December.

This year marks the 10th anniversary of our institute. I can still clearly remember sitting, slightly cramped, in Mary Heath's lounge with a big group of keen practitioners discussing the possibility of forming an institute. Thanks to the indefatigable efforts of all those who have served on the committee over the past 10 years, the institute is thriving, holding events in both Dorset and Hampshire and promoting Iyengar Yoga in both. Some of the current committee members have been on since the inception and would like to step down so I am appealing to your sense of Seva (selfless service) to consider putting your name down to join the committee. Please refer to the Announcements section on page 7 to see which posts need filling.

To celebrate the 10th anniversary of the DHIYI, we are hosting American teacher Laurie Blakeney who has felt Mr. Iyengar's light on many occasions at the RIMYI in

Pune. Laurie holds an Advanced Level Teaching Certificate and is the director of the Ann Arbor School of Yoga in Michigan. She is known for challenging her students while helping them to enjoy exploring their potential. She includes artistic and philosophical considerations in her teaching, taking the students beyond the physical. Laurie will be coming to teach us the first weekend in September, 2015 in Bournemouth.

Please see the advert and application form in this issue.

We hope that you will be able to attend all or part of this event.

Thank you for being a member of our institute. We appreciate you being a part of the DHIYI community and we always welcome your feedback.

Jenni Doohan ~ Chairman

chairman@dhiyi.co.uk



Update from your Membership Secretary

Greetings DHIYI Members! It is that time of year to renew your DHIYI membership or to join (or rejoin!) our institute for the first time! Our total for the 2014-2015 year came to a fabulous 116! Many thanks for that. The cost for the 2015-2016 annual membership will be £14.00 which is up £1 from last year. Your membership with us buys you:

- A bi-annual DHIYI newsletter
- Full membership of the IY(UK), the governing association for Iyengar Yoga in the UK
- A bi-annual "Iyengar Yoga News", the glossy magazine produced by the IY(UK)
- Big discounts on DHIYI events (as well as some other non-DHIYI events)

Most of you will have received an email from myself regarding the new membership renewal system. Within the last few weeks, you should have received an email from the IY(UK) with a link to their new membership page where you can renew. The IY(UK) has asked that we all renew via their online system if possible. If you do not have access to a credit card, you may continue to renew directly through us as you have done in the past. For those who cannot renew online, you may make payment by cheque or online bank transfer. Please make cheques payable to DHIYI and send them to me:

Cara Bowen, 19A Belle Vue Road., Bournemouth, BH6 3DB ~ Bank: Acct no. 01562096; Sort code 40-17-22

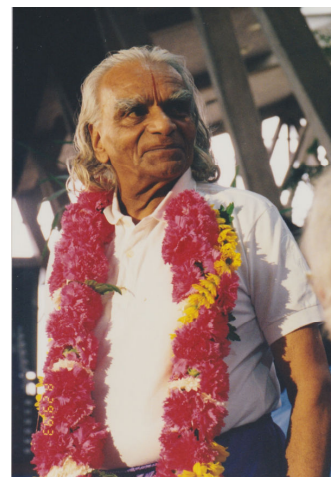
Once payment is received you will receive an acknowledgement via email. Anyone requiring a paper receipt can send a stamped, self addressed envelope to me.

NOTE: We will no longer be accepting payment via Standing Orders. If you haven't already done so, please cancel any SO you may have created with us.

Also, please note that there are no membership forms enclosed with your newsletter this year. In an effort to be more green, and with the majority of members now enrolling online, the DHIYI 2015-2016 membership forms are now available online only. This form is necessary if you are a newly joining member, or if you have any changes or additions to your contact details.

Finally, after much consideration, I have decided to step down as membership secretary this year. This means that the DHIYI will be requiring a new Secretary starting 1st April 2015. I believe it is an ideal time to come into this position considering the simplified membership renewal system and the exciting anniversary celebrations approaching this year. Being a membership secretary means having an eye for detail, some knowledge of the Excel Spread sheet program (or the willingness to learn), the ability to work on a team, and enthusiasm for the development of the Iyengar community in Dorset and Hampshire. If you are interested, please contact anyone on the committee and I can show you what to do.

Warm Regards, **Cara Bowen**



Guruji: Memories and Tributes

My first personal contact with Guruji was 30 years ago, when he was being filmed teaching a master class to some of his senior students, all Iyengar teachers, at Maida Vale in London.

My friend Jill Cousins, whose husband was the video filmmaker, 'smuggled' me into the building in the guise of an assistant. I expected to hide in a corner, but someone shoved a clapperboard in my hand and said 'Stand there and click it at the right time', and there I was, watching Guruji warm up before the start of the 'class' by wrapping himself around a pillar! I was fascinated at how he wriggled, writhed, stretched and extended himself into position, using his breath powerfully but without any force and with a look of Savasana on his face.

I was a rookie and didn't know any the teachers present, but they included Shyam and Mira Mehta, Faeq Biria, Penny Chaplin, Genie Hammond and (little did I know it) the teacher who would, nearly 20 years later, calmly and steadily guide me through my own Senior training, Jeanne Maslen.

I vividly remember the moment, during a break to adjust the sound or lighting, when I realized Guruji was heading straight for me across the room, his eyebrows leading! He stood in front of me, hands on his hips, and said "You do yoga! Am I right?" "Yes Sir". He turned to the group and said "Ha! You wonder how I know but I just know!" I tried to stand in a good Tadasana after that! Later, when there was a problem in the filming which required a repeat, Guruji asked me calmly "What do they want me to do?" The camera team told me "That bent leg one with the arm over" and I told Guruji Uttitha Parsvakonasana. He loved the whole process and never once got impatient.

Later, we were sitting outside on a lawn with refreshments, when Guruji came out to join us. Faeq had to shift to make space for Guruji to sit down between us and there he was sitting next to me! I can remember his asking me where I lived, and my being so shy (Yes!) I could hardly speak. He signed my copy of *Light on Yoga* and wrote "Labour with love and Yoga blesses you."

Fast forward 8 years to 1993 and the Crystal Palace Convention where we were being taught in different groups, with Guruji doing the rounds, overseeing and intervening. My group was practising Pinca Mayurasana, and as he walked past me he said "Abdomen UP!" and flicked my belly with his foot. The touch was right on target and so light! I felt I shot up several inches. Probably not, but I have the samskara of that deft touch to this day.

Over the years, on all my visits to Pune, Guruji was always there - and when I went back in December of last year, more than 3 months after his death, I felt he still was.

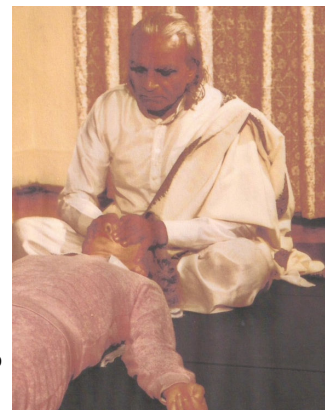
Mary Heath ~ Dorset teacher



At the filming Mary described above, I was 'operating' one of the cameras (it was locked on automatic) and during one of the many breaks, had dropped into Uttanasana to try to relax when I heard a sound beside me. Opening my eyes, I saw a pair of brown feet beside mine and froze in terror. He said, 'You have a headache?' and then 'Come'. That was when he put his hands on my face and sat in silence for several minutes. Lindsay Clenell took a photo, which I still treasure. (see right)

The second unforgettable memory was during an evening when a group of us had attended a talk at the Bhavan temple in London. The plan was to go to a theatre to watch some of the Mahabharata and then have a meal afterwards. I was to follow Shyam in his Mercedes with Guruji. I had an old Escort and was a bit nervous at joining the evening traffic in London. We were standing on the pavement while the Mehtas discussed where best to eat. Suddenly, he went to my car, opened the door and said, "I'm coming with you - these people can never make up their minds". He sat in the passenger seat and I gaped in horror, mumbling, 'No, sir, you can't do that. I don't know London. I will get lost and the world will never see Mr Iyengar again.' Of course, he roared with laughter and firmly stayed put. So off we went, hurtling through the streets, me sticking to Shyam's bumper, regardless of any other road-user or traffic light. We didn't speak and I have no further memory of that evening, except that after the play, some teachers were being critical and he turned to me and asked, 'What did you think' and then triumphantly repeated my reply - "Marvellous!"

Jill Cousins ~ Dorset teacher



I would like to share with you my first experience of seeing Mr. Iyengar. It was in Paris, November, 1997. I was a teacher trainee so was allowed to attend the convention only as an observer. The venue was in a beautiful park on the outskirts of the city. Coaches were organised to take us from the city hotel to the oasis of the woods of Vincennes. The theme of the weekend was "How to Teach Beginners". Mr. Iyengar was 78 years old, sprightly and strong. Although small in height, he radiated a huge presence. When he first entered the room, some of the 300 participants flocked to him, prostrating themselves before him and touching his feet. I had never witnessed such overt reverence.

At the beginning of the first class, a group of beginners was organised at the front and Mr. Iyengar showed how to teach them with simple yet effective instructions. He then had a group of senior teachers on the stage, presenting the same asanas. After this, all the other participants did the poses along with the beginners and senior teachers. His teaching was full of fire, intense and bright. He would chastise the class and then he would look at me, sitting on a chair on the side, and wink! I have read from other people who experienced his teachings over the years that they too thought he would look directly at them and connect with them personally. His light was so vast that it touched and affected everyone there. He used imagery that elicited the correct actions in the poses. For example, in Tadasana and Trikonasana he spoke of a building standing on four pillars; each thigh had four pillars (that is, four corners). Each pillar had to be straight, broad, firm, strong and parallel. He emphasised discovering and rediscovering the body and the pose. He urged the students to feel where the intelligence was touching, to analyze and reflect, putting into action what needed to be done and bringing ananda (bliss) to where there was no body, no mind. In Sirsasana he likened the body to a kite. The centre brain was the boy controlling the kite. The string of the kite was the intelligence. The string had to be pulled from the feet to the head to balance the kite so that the kite "could fly in comfort." In the one pranayama class he taught, he said the throat was like a pulley; as the pulley was used to draw water from a well, the pulley should not shake. All inhalations were to be done from the well of the heart. All exhalations were to be done from the well of the brain. Pranayama made the brain empty and the heart full, taking the practitioner to the gates of meditation. I felt extremely fortunate to have been able to see Mr. Iyengar teach in Paris and to feel his light.

Jenni Doohan ~ Hampshire teacher

Guruji: Memories and Tributes

I would like to give my wholehearted thanks to Mr Iyengar for his ability to communicate his enthusiasm and thoroughness of knowledge on the subject of yoga to his pupils. Through his teachings he has trained my teachers to teach each class with clarity, knowledge, love and caring. In turn it has made me more in tune with my body, and to keeping it healthy, and to be aware of my spiritual side, enabling me to live a more fulfilling life. Thank you.

Ewa Dean ~ Dorset student



At 51, with neck, spinal and knee problems and fibromyalgia, my future looked depressing. Then I met Mary, whose kindness, commitment and faithful adherence to the teaching of Guruji, gave me a renewed life. Over 12 years, Iyengar Yoga has changed the relentless process of loss to gain, both physically and mentally and has brought me wonderful new friends. Even with a short episode of cancer, daily practice of recuperative Iyengar Yoga was my comfort and therapy. I am humbled to think that Guruji's teachings must have brought equal benefits to millions of people worldwide – a man who from the poorest of backgrounds in India has had such a huge effect on my life thousands of miles away by selflessly dedicating himself to researching and spreading the knowledge of yoga. In the Tree of Yoga, Guruji says, "Death is unimportant to a yogi What happens after death is immaterial to him. He is only concerned with life – with how he can use his life for the betterment of humanity." There are no words to thank him adequately, other than to try harder in my practice. I honour his name, I honour his practice and I honour all those teachers so inspired by Guruji, who have helped me so much.

Wendy Sharp ~ Dorset student



As the news of Guruji's death came from Pune, I had just begun to read 'Light on Life'. The closing line of the preface to this book is familiar to all I am sure, but it assumed new importance and profundity at that time for me: "It is my profound hope that my end can be your beginning". The whole of the preface I have found to be inspirational and encouraging, and of course BKS was talking in this about his own journey and the end being the publication of the book. Having now read and reread many parts of the book, I am constantly drawn back to those few words. What an amazing legacy he has given to the Iyengar yoga community.

Chris Maclean ~ Dorset student

I would like to pay tribute to our Guru as follows: Yoga has changed my life dramatically. I have suffered from depression for many years and since my practice of yoga I feel a different person. So much more alive and happy with my life. Our Guru has helped so many people and must always be remembered for the gift he has given us. Thank you.

Ann Caygill ~ Dorset student

Even though I never met him, I want to say thank you to Guruji for spreading his belief and knowledge of yoga. My body and mind benefit from his work and his teachings.

Debbie Merry ~ Dorset student



My first experience of yoga was with a Wheel of Yoga teacher and I am very grateful for that initial introduction, but it is the Iyengar method that I have stayed with and never felt the need to leave. Two of Guruji Iyengar's quotations sum up my first experience of Iyengar Yoga: his exhortation to us all to 'Do do do'; and (roughly paraphrased) 'If you feel death coming on, finish the asana then die!'. My first Iyengar yoga class was a revelation. I had never worked so hard before, 'doing, doing, doing', but equally had never before experienced such a clean, clear, sweet Savasana at the end. If during the asanas I often felt I would surely die, then during Savasana I felt I'd woken up in Heaven! Ostensibly we were working just on a physical level, but a deep connection was made between the physical body and the inner spirit. We had been working 'from the known to the unknown' as Guruji has said, and that direct experience was much more powerful and effective than any words.

What else can I say? Just 'thank you Guruji'.

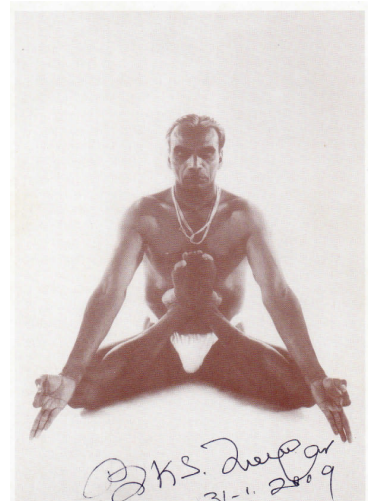
Bobbie Vallis ~ Hampshire teacher

I went to Euro Yoga at Crystal Palace in 1993. I remember crying as we filed past Mr. Iyengar at the opening ceremony. I couldn't believe I was actually seeing him. 1,000 teachers and students were there. I can remember 5,000 white blocks leaving the hall, like sugar lumps, and then the same 5,000 blocks coming back in whenever he wanted them. I remember watching Guruji's Sarvangasana. His toes were like fingers pointing to different parts of his legs, and his hands were continuously lifting up his back ribs. We did Urdhva Dhanurasana over a chair, with a hand bandage on, mat to mat widthways and mat to mat lengthways, and no-one was allowed to come out of the pose until he said so. His teaching was wonderful, and it was such a privilege to be there. Some lessons were split into groups, and I was on the balcony with Birjoo. Guruji planted a tree in the grounds of Crystal Palace. I was very close by him and took photos. We had wonderful Indian food, and the very best yoga (of course). I am so pleased I made the effort to go - it was life changing.

Kathi Vaile ~ Dorset teacher

It was the 31st January 2009, the last class of our stay in Pune, the Saturday morning ladies' class. I was there with Mary. There was the usual buzz and excitement pervading the large entrance hall of the the Institute, the early birds ready and waiting in the queue to go up to the practice hall, others emerging from the small ladies' changing room, tucking in T-shirts then joining the queue. Some, like myself, doing a last bit of "shopping" at the table which had Pune pants, CDs, books, T-shirts and postcards of Mr Iyengar etc. I bought a pack of 4 sepiia postcards of Guruji in different poses and was just about to join the queue when I noticed him sitting quietly at a smaller table to back edge of the entrance hall area. He was smiling gently, just watching the comings and goings. I suddenly had the need to personally thank him for his teachings and inspiration, so I asked Mary if she thought it would OK to just go up to him and say my thanks. "Of course, off you go" she replied. I approached Guruji and found myself bowing my head and bringing my hands into Namaste with my newly purchased postcards between my hands. He smiled at me with twinkling eyes and graciously let me voice my gratitude. Then out of nowhere I asked if he would sign one of my postcards. "Yes, which one shall I sign? On the back or the front?" "Please, you choose" I responded. He choose the one of himself in Kandasana, which is on the cover of many publications of "Light on Yoga". He signed and dated it on the front, then one more heartfelt thank you from me, and I started walking backwards as I did not feel it right to turn my back on him, and made my way to the queue for class, feeling so happy that I had had that one minute or so of personal contact with the man whose life's work has had such a profoundly positive influence on mine.

Zoe Hobbs ~ Dorset teacher



Guruji: Memories and Tributes

"The young, the old, the extremely aged, even the sick and infirm obtain perfection in yoga by constant practice. Success will follow him who practises, not him who practises not. Success in yoga is not obtained by the mere theoretical reading of sacred texts. Success is not obtained by wearing the dress of a yogi or a sannyasin, nor by talking about it. Constant practice alone is the secret of success. Verily, there is no doubt about this." Sparks of Divinity p.184 18.255

"Relaxation follows extension. We cannot maintain continuity of intensity. That we have to learn." p.184 18.253

"Everyday, head and neck balance, with the brain completely relaxed. This is far superior to sleep and rest." p.99 12.5

Anna Finch ~ Dorset teacher

Yoga has been a big part of my life from the first time I went to an Iyengar yoga class at a local health and fitness club. I have never looked back and have never stopped going, and always manage to find a class somewhere to suit my working hours, and not just at the club.

The reason that Iyengar yoga is such an important part of my life is because it helps me with any stresses and anxieties, helping me deal with the everyday challenges that life brings us, and the different situations that arise, helping me focus on looking at life differently and keeping me both physically and mentally strong. Therefore Mr. Iyengar has been such an inspiration and continues to be so, and will always be a great inspiration to me in all aspects of my life.

Tracy Broomfield ~Dorset student

Although I was a qualified yoga teacher, it was only after I attended a week's course in the Iyengar method, that I knew it was something that appealed to me. Therefore, when I heard Mr Iyengar was teaching an evening session in London, I was very keen to attend and experience the occasion so two friends and I drove up one afternoon, found the venue and joined the class. I remember it was Penny Chaplin who introduced him and guided us through the planned programme, and my other memory was of Mr Iyengar, rather forcefully I thought, trying to get one gentleman to achieve a better pascimottanasana! When we left to drive home we were rather subdued, none of us wanting to voice our feelings, but we finally agreed that his brusque manner and impatience were not what we had expected and was this really for us?

The second occasion was when he was giving a talk and demonstration at the Barbican and I can still visualise him going into sarvangasana and his hands going slap, slap onto his back as if there was absolutely no doubt in his mind where they had to be placed. I can hear those slaps still!

The third occasion was when he visited Southampton Technical College as it was then, but I have only just recalled this event and, apart from the fact that it took place, I have no further thoughts about it. The European Yoga Convention of 1993 was a different matter altogether – so many memories to recall. There were yoga enthusiasts from all parts of Europe, each with their own country flagged up on a pole and their own interpreter. In the mornings we were divided into groups and received instruction from a senior teacher in one of the smaller rooms. Mr Iyengar would appear at unspecified times and spend a few minutes observing the class and making corrections occasionally. I expect the teacher was very nervous but I didn't appreciate that then.

In the afternoons we all gathered in the main hall where Mr Iyengar did the teaching. The noise in the room was unbelievable; Mr Iyengar was giving his instructions in a loud, clear voice but all around the room the various interpreters were repeating what he had said, which caused some confusion. Jean Lee can remember his saying, "I am telling you what to do but you are not listening"! It was definitely the time to develop one's power of concentration.

There was a firework display at the end of the convention, which Mr Iyengar seemed to enjoy very much.

The doubts I had experienced the first time I had seen him had been replaced by the knowledge that the Iyengar approach to yoga was for me and so I continued my training and in 1984 became a qualified Iyengar teacher – thirty years ago!!

Julie Smith ~ Hampshire teacher

Thank you Guruji!!

Although I never had the opportunity of meeting him personally, It is a privilege to have lived in the same lifetime as such a legend, who has touched so many people's lives in so many ways!!!!

Marcelle Edwards ~ Dorset student teacher

I never met Mr Iyengar but the legacy he has left behind will live on forever in the practice of Teachers and Students that he taught and inspired during his lifetime. Iyengar yoga has been part of my life for 22 years and I could not imagine my life without it. During this time I have heard so many wonderful stories about Mr Iyengar and his passion and skill. We are fortunate that he will live on with the wonderful Teachers that have studied with him over the years. And I feel lucky to be part of this incredible "family". Thank you !

Jenny Trayford ~ Dorset student



Photo Courtesy of Anna Finch

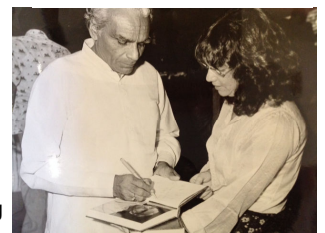


Photo Courtesy of Anna Finch



Photo Courtesy of Julie Smith



Photo Courtesy of Julie Smith



Photo Courtesy of Julie Smith

YOGANUSASANAM CONVENTION ~ Dr Geeta Iyengar, Balewadi, Pune, 1-10th Dec 2014

The title for this course to celebrate Dr. Geeta Iyengar's 70th birthday was taken from Patanjali's very first Sutra: "*Atha yoganusasanam* - Now begins the path of instruction of yoga"

In Sanskrit, any auspicious undertaking is started with the word "atha" meaning NOW - not later, not in the future but NOW, suggesting the sense of immediacy. "*Anusasanam*" means direction, exposition, instruction, guidance. How appropriate then that the Iyengar family chose this sutra for the title of this 10-day course, in tribute both to our Guru BKS Iyengar, universally acknowledged as one of the world's greatest yoga teachers, and to the sage Patanjali. Geeta started Day 1 by saying that we should first welcome Patanjali and Guruji to the Convention with the Invocations to Patanjali and the Guru, and that she would welcome us later! Her poise as she then spoke from the heart of the loss of her father and guru, and our guru also, was truly moving. She said there that was only one Guruji and no-one could take his place, and she felt sure she could not do him justice but that she would do her best to come as close as possible to Guruji and convey his teachings, and that is why the name Yoganusasanam was chosen.

"It is our duty to carry on in the same manner, with the same intensity and depth of understanding, the discipline given to us by Guruji and pass it on to the next generation who will never see him" (Geeta Iyengar)

As the 2.5 hour daily asana classes crept towards 3 hours, and the 1.5 hour pranayama classes became 1.75 hours, it was obvious that Geetaji was actually gaining strength and inspired to go on, both because before he died Guruji had blessed her and decreed that the Convention should go ahead, and because of the standing ovation she received at the beginning and end of each day from 1200 people who came from all over the world to pay our respects to her, sing Happy Birthday, and gratefully receive Guruji's teaching as she remembered it from the 1960s.

"In our heart, breath, brain and body, Guruji will exist for us forever, as long as we are on this earth. He who came into our lives, apart from as my father, but for all of us as our teacher and guru, left such a deep samskara, such an impression in us and showed us the path - not just with his guidance, his instructions, his teachings but because deep inside the heart he has left the yoga samskaras, for which we have to be grateful for ever." (Geeta Iyengar)

Mary Heath ~ Dorset teacher

The convention in Pune was a tremendous success, aimed at practitioners of a minimum of just 3 years. The focus was on standing poses, inversions and Savasana to prepare newer students for pranayama. On day 1 Geeta told us that she didn't know where to start, feeling alone after the passing of her father, "a great pillar of life", it was a very emotional first day! During his last days, she had promised him that she wouldn't cancel the convention as his desire was to offer beginners a solid foundation in the Iyengar method of yoga. After her tearful first day, she gained strength with each class and we experienced her extraordinary teaching of asana and pranayama. During the first few days her focus seemed to be on finding the 'inner awareness' in asana. Sitting in Swastikasana at the start of practice she instructed;

"Take the pupils of the eyes back and be with the screen in the back of your head, you don't need the outer screen in front of you. From this back screen, look at your own pictures within and in time this screen has to become white.....the posterior inner trunk, white."

Her instructions take you to such a quiet place and I experienced Savasana like never before. I felt privileged to be there amongst the 1200 crowd and I look forward to another trip to Pune in the future.

Julie Fanciullacci ~ Dorset teacher

Although I visited India a number of times before and even volunteered there teaching in a local primary school, this was my first time in Pune. I was a little anxious beforehand as the event seemed to grow bigger and bigger and in the end there were 1200 participants from over 52 countries who took part. I should not have been worried as the whole event was very well organised and every session felt as if I was spoken to directly by Geeta. To be taught by her for 10 days was such a privilege and a truly magical experience. I have been practising yoga now for over 20 years but I have to admit that I never came as close to experiencing the unity of body, mind and soul as in Geeta's sessions. It really felt like I took an inner journey and sharing this experience with Geeta and all the other participants there was fantastic. Geeta made herself available at the Institute on a couple of afternoons to talk to anybody who wanted to see her. I went to see her as well and her attentiveness and humility really moved me and to receive her blessing made me quite tearful. I am sad that I never met Guruji in person but I am so happy having met Geeta and having experienced her teaching, guidance and support. All our asanas were done in preparation for pranayama. Geeta made the link for us all the time like broaden the chest, lift and broaden the ribcage and open the armpit chest as this will broaden the mind and bring freedom. One of my favourite instructions was to fill your back, filling it from the spine to the sides even when you take your inner shoulder blades and dorsal in and make it look and feel like a banana leaf. One day Geeta abandoned our asanas class to talk to us at length about pranayama. The following day we were asked to lie with a tightly folded belt in our dorsal just behind the heart area. This lifted our hearts and we were able to breathe into this area behind the sternum. Geeta asked us to breathe in from lower back ribs into upper ribs, moving the breath from back to front and up as this opens the cardiac region and helps us breathe freely. It worked, I could really feel the benefits of deep pranayamic breathing. At the end of the session Geeta told us that Guruji did three arm movements repeatedly in his hospital bed until the end in order to open his heart and armpit areas. Namaste!

Ingrid Masters ~ Hampshire student

My first ever visit to Pune. Very exciting! And it surpassed all expectations. Over 1200 people from over 50 countries worldwide gathered together in a vast sports hall on the outskirts of Pune. Geetaji arrived and spoke from the heart. She described her loneliness and sadness at the loss not only of her father but also her guru. We were all so moved. In contrast, the Sunday session of Geetaji's birthday, a children's class was full of fun and laughter. So very much to learn from all of her teaching. Everything she taught seemed very personal to my own practice. And I imagine everyone in that huge hall felt she was teaching them personally. She covered so much. We worked on the dorsal and the shoulder blades in many asanas, and all that really improved our sirsasana and much more. Geetaji taught a great deal of pranayama over the ten day period, and I'm sure I can speak for everyone there - the depth of that practice was astonishing, enlightening, enriching. With grateful thanks Geetaji, and looking forward to the next time. Namaste.

Beth Perrior ~ Dorset teacher

When I try to describe my experience at the Yoganusasanam words seems to fail me. It was my first experience of India, of Pune and the Institute. I was travelling with my husband Giles, my sister Rachel and our friend Sharon Taylor. They had both been before but we had not, and we had no idea what to expect. People had given us lots of tips, helpful advice; one even urged us not to go because they thought it wasn't safe! In the end, the best piece of advice was to use hand wipes at all times - for a country famous for its soap, Indian standards of hygiene are abysmal, even in the Institute. Each morning we would arrive at the bus stop at seven for a half-hour journey through the sprawling suburbs of Pune to Balewadi. I loved that long period before the morning class - plenty of time to talk, practise and rest. Classes were a roller coaster of experiences - all the emotions, lots of humour and deep concentration. Giles came as an observer and commented how fast the day went and how much energy and concentration even that activity required. Each country had a 'zone' in the stadium, and these zones moved round each day so that everyone had a chance to be close to the stage and Geetaji for a day. From the observers' gallery, Giles could see the different zones and said that there were clear differences in ways of practising between countries. Lunch was delightful and a great success for the catering firm who served 1300 people with seven different authentic Indian dishes, every day for 10 days. In the afternoon, the RIMYI Organising Team put on an item of more general interest, a talk, a dance, music and discussion. Then out into the warm late afternoon sun to catch the buses back to Model Colony, through the rush hour traffic and the amazing sights and contrasts for which India is so famous. One lasting impression, and it was very impressive, was the quality of the event, the organisation, the thought and care that had gone into it. Guruji's vision for the event was clearly manifest - though they knew he was very ill, he insisted that come what may, it had to go ahead - and in just six months the team of young people from the Institute brought it all to life. It was a triumph!

Hannah Lovegrove ~ Dorset teacher



ROPES WORKSHOP ~ Bath July 2014

Ten adventurous yoga students of mine set off one Sunday in July for a 'Ropes Workshop' at the Bath Iyengar Yoga Centre (BIYC) led by Richard Agar Ward. Having heard my stories from Pune, there was a mix of excitement, trepidation and a sense of the unknown. Richard gave us a perfectly paced workshop which culminated in Rope Sirsasana (Headstand) which everyone had a successful go at, and, surprisingly, enjoyed! Afterwards we had a lovely picnic lunch in the park opposite the BIYC whilst being serenaded by classical music! My students tell the rest and here are some photos of us hanging like bats and enjoying time together afterwards!

"I didn't know what to expect so was quite nervous. Richard's studio occupies 3 floors and is so tranquil despite the busy traffic outside. Everything was so well explained by Richard, whose calm composure quickly put me at ease. Working with ropes is so different to anything I've experienced before, but I found it quite liberating. Warrior poses are so much easier using ropes and the upside down poses are just exhilarating once you've conquered the fear factor. Two and a half hours soon flies by. Having a few back and hip niggles were not a problem as I found the rope work took most of the strain out of the usual poses. All in all, it was a great day out shared with great yoga buddies and I would definitely do it again and recommend it to anyone wishing to try something different." **Lindy**

"I felt easier after the workshop, as having being ill it helped me get gently back into yoga. Thanks!" **Linda**

"Felt the instructions to the poses were well talked through. Had full confidence in Richard even though I thought some poses would be impossible. More powerful than I would have imagined. Would recommend to anybody who likes different aspects to yoga. Let's go again soon." **Debbie**

"I found the ropes day excellent. It was fun and I learnt a lot about poses by approaching them in a new way. Also I gained courage from hanging upside down and I felt very encouraged that I could manage it! I would certainly do it again if there was an opportunity." **Barbara**



"Bats, some people do like bats!!! I could be one of those people after hanging in the ropes!! Loved it!" **Ann**

"Please don't do it! We want our places on the next one and if you make it too inviting poor Richard won't cope! We were a good crowd, had a great picnic in the sun accompanied by a band, and loved the freedom ropes give one. (You'll understand when you've done it! – if there's room that is!!)" **Viv**



ANNOUNCEMENTS

DHIYI Membership Renewal, due 31st March, 2015

This is due on the 31st March, 2015.
Please see Cara Bowen's "Update from your Secretary" on p. 1 for details.

Executive Committee Vacancies

We have 4 available positions on our committee. Please consider putting your name down as we are in desperate need of replacements. Contact Jenni Doohan at chairman@dhiyi.co.uk to find out more.

Here are the available positions: Membership Secretary ~ Treasurer ~ Liaison Coordinator ~ EX Rep

Teachers

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

Laurie Blakeney Event, Friday 4th - Sunday 6th September, 2015

To mark the 10th anniversary of the DHIYI we are holding a weekend in Bournemouth with Laurie Blakeney, an American Junior Advanced Teacher. See the advert in this issue and on the website and find an application form enclosed. We are hoping to attract 100 participants. Please spread the word and put the dates in your calendar. You do not have to attend the whole weekend but it would be lovely if you did to get the most out of the experience.

95 POSES in 95 MINUTES, 13th Dec 2014, Christchurch, Dorset

On a sunny day in mid December I was helping my teacher, Elaine Rees, prepare for a very special afternoon of yoga. Anyone who knows Elaine will appreciate the thought and enthusiasm that goes into any event she holds and this took plenty of planning!

95 poses in 95 minutes to celebrate the life of B.K.S. Iyengar and the wonderful gift of yoga that he has given us. This was to be a charity event to raise funds for his home village of Bellur in India.

And so on Saturday 13 December (one day before Iyengar's birthdate) we opened the door of Portfield Hall in Christchurch to 65 eager students and teachers. The Hall was very festive with Christmas decorations and a big tree but the focal point were the displays of photos and articles about Mr. Iyengar which attracted the students and stimulated conversation.

As we entered, a bindi was placed on our forehead and we then attempted to find a space for our mats. As in India we were all very close! Looking around it was quite inspiring. Many participants were dressed in red and there was a great buzz in the room as students discussed with a mixture of excitement and trepidation the coming 95 poses.

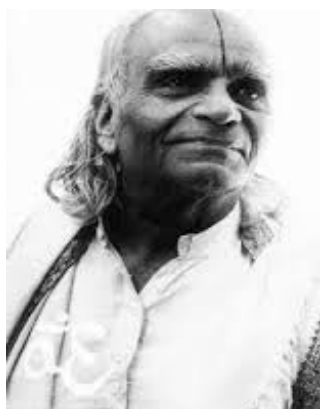
At precisely 3pm we started! No time for demonstration prior to the poses we relied on Elaine's clear instructions and a quick look at her on the stage. Using minimal equipment we soon got in the rhythm of doing the poses a bit quicker than usual. When a wall might have been useful we used each other for balance, helping to bring much merriment to the occasion.

We were amazed when Elaine announced we had done half the poses and knew it would not be as difficult as some had imagined to finish. There was even time for Elaine to read us wise sayings from the Master and a bit about his life.

By the time we had completed the 95 poses it was dark and it felt really special to finish by singing the invocation by candlelight surround by so many yogis all there to show thanks and appreciation to Guruji.

The afternoon ended with a welcome glass of mulled wine and mince pies giving everyone the chance to chat. The end of a delightful afternoon and many thanks to everyone who helped and for the generosity to all who gave towards the funds for Bellur. The event raised a fantastic £430.

**Jane Wright ~
Dorset student**



BRENDA BOOTH YOGA DAY ~ Botley, Hants, 22nd Nov 2014



It was an unexpected treat to begin with Pranayama (breath control) sitting cross legged or in Virasana (hero pose) with the option of supine (reclining). Brenda brought attention to the position of our Namaskarasana (prayer position) hands - if the fingers are pointing straight ahead or downwards rather than at an angle of 45 degrees upwards the chest concaves.

It would be much later in the day that we did Salamba Sarvangasana (shoulderstand) but we were made aware of how the positioning of the hands behind the ribs lifting us up in this asana correlated to our being able to sit upright correctly in Pranayama. We were asked to broaden our false ribs so that we did not protrude our abdomen. Centre of the tops of the ears, shoulders and hips all in line.

To quieten the mind and to make closing the eyes easier we imagined taking our eyes backwards horizontally to the occipital bones and we felt the protrusion of the occipital bones at the base of the backs of our skulls. Our fellow yoga practitioner Mary, who is a neuroradiologist, told us that this was indeed a direct line along the optical nerves to the occipital lobes connecting the eyes to the brain.

After Ujjayi practice to each of our own capacities we went onto **Surya Bhedana Pranayama** bending the index and middle fingers towards the palm and bringing the ring and little fingers towards the thumb for placing against the bridge of the nose - it is important when practicing this that the finger nails are no longer than the end of the fingers and if they are not well betide if you are at the RIMYI in Pune - as you may well be sent out of the room!

In supine Pranayama a fully-packed bolster placed vertically under the spine can sometimes 'catch' the lower back. Alternatively use four tiered blocks with a three-fold blanket along their length with a small support for the head, or two three-folded blankets, one on top of the other with a support for the head.

It is a good idea to have two blankets in your yoga equipment.

Why do you do yoga? You do it for yourself and the benefits it brings to you goes to those with whom you come into contact and from those people the benefits go on to others thereby, we hope, making a better world for us all.

Brenda brought us her knowledge as a messenger rather than as an authority which gave the day a feeling of unity and openness. She stressed to us the importance of practicing yoga at home, both Pranayama and Asana, however little practice you may manage, that done each day is of great benefit so strive to make it daily!

For our asana (posture) practice after a midday break we were shown a line that Brenda drew on her feet from between the second and third toe up the centre of the foot to the ankle and also along the centre of the sole of the foot. Many of us did this also and we used this in our Tadasana (Mountain pose) and other standing poses which reminded us to keep our leading leg's ankle, knee and middle thigh all in line. In Tadasana we pressed down hard on the outside and inside edge of our big toes and stretched the underside of the foot from mid-arch to the very edge of, as Gururji described, the horseshoe shape of the back of the heel. This gave us an emphasis to detail on the base of the pose.

We learnt to get into our standing poses quickly and to adjust once there. In particular our Trikonasana (triangle pose) took our awareness to our greater trochanters which are where you find dimples at the top of your legs (*the greater trochanter is the knob-like lateral projection at the proximal end of the femur- Wikipedia*). Going into Trikonasana to the right we noted the natural tendency of the abdomen to move to the right. We learned about the lifting and bringing in of the greater trochanter before extending to the right, to help make space to enable us to lengthen well from the waist to the ampit and then for us to be able to turn the abdomen from the right to the left, then to open the chest, taking the left shoulder blade back, back of the head in line with the heels.

In our Padottanasana hands on floor then Pashchima Namaskarasana (prayer pose hands behind back) Brenda told us the importance of Pashchima Namaskarasana in our day to day health to ward off rheumatism and arthritis, it was stressed that we should practice this often and was demonstrated by standing with the back to the corner of a wall with the hands in prayer position behind the back, bending the knees and then straightening the legs thereby bringing the hands further up the back as far as between the shoulder blades or higher if possible.

Brenda came to assist many of us throughout the afternoon and it was a great help to those who were assisted and those who could look on.

Our afternoon took us through Parsvakonasana, Prasarita Padottanasana, Uttanasana, Dandasana, Bharadvajasana 1, Maricyasana III and Pascimottanasana.

In Pascimottanasana two bolsters one on top of the other placed as far up towards the hips as possible and along the length of the legs is very good for those suffering with a bad back as they can lift their abdomen to lower it along the length of the top bolster following with the chest bringing the head to rest on the top bolster and stretching the arms forward.

Adho Mukha Svanasana (downward facing dog), Sirsasana (head stand), Salamba Sarvangasana (shoulder stand) near the wall and dropping back to Setu Bandha (bridge pose) if possible or alternatively going into Setu Bandha using the hands as support and legs on the wall took us to the Svanasana and the end of our practice for the day.

Our poses can bring earth, wind and fire elements - Brenda made us aware of these and she taught us that we can approach our yoga with our souls, for ourselves and then for the benefit of all.

I enjoyed the day very much and have good impressions that will stay with me. A great venue and good organisation too.

Thank you to Carol for organising and to Brenda for coming and to everyone who came and made the day what it was.

Linda Hooper ~ Hampshire teacher



Yoga Philosophy in Practice

Integrating Yoga Philosophy into Practice: The Five Afflictions and Practising with them in Mind

According to the Yoga Sutras of Patanjali, the goal of yoga practice is attaining a state of yoga, a state where the consciousness becomes still. The benefit of attaining this state is that then we experience our own truth. These concepts are expressed in the second and third sutras (translations by B.K.S. Iyengar in *Light on the Yoga Sutras of Patanjali*):

1.2 *yogah citta vrtti nirodhah*

Yoga is the cessation of movements in the consciousness.

1.3. *tada drastuh svarupe avasthanam*

Then, the seer dwells in his own true splendour.

There are five afflictions (*kleshas*) which impede our progress toward achieving a state of yoga by disturbing the consciousness. These five afflictions are ignorance (*avidya*), egoism (*asmita*), desire (*raga*), aversion (*dvesa*), and fear (*abhinivesa*). Through introspection we can trace all pain and suffering back to at least one of these five afflictions.

Ignorance (*avidya*) is the root of all of the other afflictions. It is the mistaking of the transient for the permanent, the impure for the pure, pain for pleasure, and that which is not the self for the self. It can manifest in our practice of poses (*asana*) and breathing techniques (*pranayama*) when we mistake good alignment and skillful action as the end goal rather than a means toward a goal—the stilling of the mind.

Egoism (*asmita*) can grow out of this mistaken goal. Our ego, sense of self or the "I"-sense, can get wrapped up, over-intellectualising the practice of asana. Instead of being present and feeling the actions and reactions in the poses, the ego judges. Our ego can either puff us up, pausing pride, or tear us down, creating a false sense of humility. This happens when we intellectually label and limit our practice, preventing our progress and stifling our awareness. For example, have you ever been in class and your teacher gives an instruction such as, "Draw the thighs up" in Extended Triangle Pose (*Utthita Trikonasana*), and because you already know this is a correct action, you assume you are already doing it? Ignoring the teacher, you lose an opportunity for growth and increased awareness. Conversely, have you ever believed you were unable to perform a certain action (for example, "My shoulder blades will never do that!") and don't attempt a pose or an action because, "There is no reason to try"? This is another missed opportunity for the expansion of awareness that stems from the ego.

Desire or attachment to pleasure (*raga*) can manifest in asana practice when we only practice the postures that we enjoy because we mistake the pleasure we feel in our favourite poses for equanimity. Likewise, avoiding the poses we find challenging, difficult, or distasteful is an example of aversion (*dvesa*). Practising in this way will continue (and perhaps increase) the fluctuations of the consciousness. The mind is flitting around, following the whims of desire and aversion, instead of practising in a measured and wise way—one that promotes equanimity, serenity, and stillness.

Fear (*abhinivesa*) causes one to doubt the process and benefits of the practice of yoga. Sometimes, when we experience an injury, instead of having trust in our ability to work in the poses in a safe and health promoting way, we take time off or discontinue our practice out of fear of further injury. This fear keeps the mind from settling and us from experiencing our own truth.

These are just some examples of how the five afflictions can manifest in our yoga practice. Here are some questions we can ask ourselves to consider how these afflictions may influence our life and practice:

- *Avidya*: How do I mistake the transient for the permanent? Impure for pure? pain for pleasure? that which is not the self for the self?
- *Asmita*: How do I identify myself as separate/distinct from others? What labels to I cling to? How do I perceive myself and how do I think others perceive me? How does that make me feel?
- *Raga*: What expectations do I cling to? How do I feel when things don't happen as I'd like them to? What do I find pleasurable? What emotional attachment arises from this?
- *Dvesa*: What do I avoid even though I know it's good for me? When has unhappiness led to hatred?
- *Abhinivesa*: What am I afraid of? How does this change my behaviors and choices?

Cheree Low ~ Dorset Teacher



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 18th April 2015

Yoga workshop with Sheila Haswell ~ at Botley Community Hall, High Street, Hants, SO30 2ES.

10AM ~ 4PM ~ Members £22 ~ Non-members £30 ~ **Contact Carol Batterson**

PLEASE NOTE THAT THE ANNUAL AGM WILL TAKE PLACE

DURING THE LUNCH HOUR

Saturday 4th July 2015

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 11th July 2015

First Aid Day ~ at Trinity Methodist Church in Southbourne, BH6 5AQ

10AM~4PM ~ Cost £45 ~to be paid by 1st June 2015 ~ **Contact Kim Trowell**



DORSET HAMPSHIRE IYENGAR YOGA INSTITUTE
10th Anniversary

Iyengar Yoga
Intensive

4-6 September
2015

with
Laurie Blakeney

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

Saturday 3rd October 2015

Yoga PD Day with Sallie Sullivan ~ at Trinity Methodist Church in Southbourne, BH6 5AQ.

10AM ~ 4PM ~ Cost £15 ~ **Contact Kim Trowell**

Saturday 5th December 2015

Teachers "Get Together" at Trinity Methodist Church in Southbourne, BH6 5AQ

10AM~12.30PM ~ Cost £TBC ~ **Contact Jenni Doohan 01425 622635 or email jenni.doohan@hotmail.co.uk**

Non DHIYI EVENTS

Saturday 7th March 2015

Pranayama & Recuperative Workshop with Elaine Rees ~ at Wessex Health Centre, 17 Stour Road, Christchurch, Dorset, BH23 1PL ~ 10AM~11.30PM ~Cost ~ £12 (including Tea/coffee & cake)

Contact Elaine Rees for booking and information elainerees@europe.com or 07504 823517

Saturday 7th March 2015

A Class From Pune with Kathi Vaile ~ at Lilliput Church Hall~ 10AM~12.30PM ~Cost ~ £12

Contact Kathi Vaile for booking and information on 01202 732881

Saturday 21st March 2015

Yoga workshop with Andrea Smith ~ at Trinity Methodist Church in Southbourne, BH6 5AQ

10AM~4PM ~Cost ~ DHIYI Members £25 ~ Non-members £27 ~ **Contact Kim Trowell**

Saturday 16th May 2015

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

Friday 29th May 2015

Yoga workshop with Margaret Austin ~ at St Clements Church, St Clements Road, BH1 3DZ

6PM~8.45PM ~Cost ~ DHIYI Members £15 ~ Non-members £18 ~ **Contact Kim Trowell**

Saturday 30th May 2015

Yoga workshop with Margaret Austin ~ at Trinity Methodist Church in Southbourne, BH6 5AQ

10AM~4PM ~Cost ~ DHIYI Members £27 ~ Non-members £30 ~ **Contact Kim Trowell**

Saturday 11th July 2015

Pranayama & Recuperative Workshop with Elaine Rees ~ at Wessex Health Centre, 17 Stour Road, Christchurch, Dorset, BH23 1PL ~ 10AM~11.30PM ~Cost ~ £12 (including Tea/coffee & cake)

Contact Elaine Rees for booking and information elainerees@europe.com or 07504 823

Saturday 19th September 2015

Yoga workshop with Jayne Orton ~ at Trinity Methodist Church in Southbourne, BH6 5AQ

10AM~4PM ~Cost ~ DHIYI Members £27 ~ Non-members £30 ~ **Contact Kim Trowell**