



Dorset and Hampshire Iyengar Yoga Institute

Promoting the study of Iyengar Yoga in Dorset and Hampshire

Issue 21 ~ Autumn 2015

Message from your Chairman

Hello and welcome to the DHIYI autumn newsletter. Our 10th anniversary event held at the beginning of September in Bournemouth was a great success, thanks to all who were involved. Laurie Blakeney's playful, joyful teaching was well received as can be seen in the comments about the weekend in this newsletter. Laurie gave us fresh images to contemplate such as taking inventory in an asana by going in and decorating, and placing the furniture carefully before inhabiting the pose. I also liked the fluidity in Parsvakonasana, with Laurie bringing in water, air and wind while reminding us to keep the back foot earthed and grounded. She emphasised exploration, experimentation, challenging ourselves and "synchronised dancing" (in Supta Baddha Konasana with the breath and in Parivrtta Trikonasana with our partner).

We have three committee members who are stepping down: Monica Mooney who has diligently served as the Recording Secretary since April, 2014, Jenny Trayford who has created 18 informative newsletters since 2007, and Mary Heath who was the person who initially held a meeting in her lounge in 2005 to discuss the possibility of setting up the institute. Mary's vision, dedication and tenacity have ensured that the DHIYI has flourished and grown into a vibrant organisation. Mary's role on the committee as "Liaison Coordinator" over the past 10 years has been apt as she has been an efficient organiser, bringing people together and ironing out any

issues so that all runs smoothly. I thank Monica, Jenny and Mary, on behalf of the DHIYI membership, for their faithful service on the committee.

We welcome Ingrid Masters as the new Recording Secretary and Helena Chiu as the new Liaison Coordinator. The post of Newsletter Editor is now vacant so please contact me if you are interested.

I am sure you will all join me in congratulating Cheree Low whose baby Evelene was born in June. Cheree is our PR/Webmaster who has revamped the website and helped to design our new logo which features Geeta Iyengar in Urdhva Mukha Svanasana.

We wish Cara Bowen, our previous Membership Secretary of four years, all the best in her next chapter in Austin, Texas.

Finally, I would like to remind you of the opening of our DHIYI library. This is a wonderful resource available to you, our members. Please go to our website to see the selection of books, DVDs and teaching aids available to borrow.

Thank you for being a member of our institute and for your continued support.

Jenni Doohan ~ Chairman
email: chairman@dhiyi.co.uk

Update from your Membership Secretary

Autumn 2015 ~ Greetings Members! Thank you for helping to support the promotion of Iyengar Yoga throughout Dorset and Hampshire by becoming a member of the Dorset and Hampshire Iyengar Yoga Institute ;-)

Our DHIYI membership total is currently 121 (10 more members than last year)! Thank you everyone for spreading the word and joining this year.

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 DHIYI newsletter.

For full details of all future events please go to our website - www.dhiyi.co.uk/dhiyievents and 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 many benefits.

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

Nikki Byrne—Membership Secretary

DHIYI Committee

Chairman:	Jenni Doohan	Membership Secretary:	Nikki Byrne	Treasurer:	Bridget Campbell
Recording Secretary:	Ingrid Masters	Liaison Coordinator:	Helena Chiu	PR / Webmaster:	Cheree Low
EC Rep:	VACANT	Newsletter Editor:	Jenny Trayford	Dorset Events' Coordinator:	Kim Trowell
Hants Events' Coordinator:	Carol Batterson	email the committee:	committee@dhiyi.co.uk		

Laurie Blakeney ~ DHIYI 10th Anniversary Yoga Weekend

Well done on organising such a great event! And what a refreshing style of Iyengar Yoga teaching. Thank you all so much
~ Evelyn

Was she possibly the best teacher I have ever had?
~ Lone

Super event - thank you to all involved. Hope to be back next year.
~Anonymous

Thought-provoking weekend which will inspire me in my practice.
~Anonymous

A truly inspiring seminar. Laurie has given us such a lot to focus on and bring into our teaching. Thank you DHIYI for organising such a wonderful event. Laurie's teaching was compelling. I hung on to every word. I look forward to my practice and exploration of my own work in order to further my teaching after such an inspiring weekend. Thank you for coming to the UK, Laurie ~ Julie

Thank you for an inspiring weekend. Thanks Committee for all your hard work and thanks to Laurie for her teaching ~ Zoe

Thanks a million. Laurie has put so many things in context for me ~ Angela

My first ever yoga weekend. Loved it. Thank you to all concerned ~ Michele

A fantastic weekend, well organised, great yoga tuition. Thank you so much ~ Su, Fiona, Philip

Thank you to the sub committee. A big thank you to the DHIYI Committee for 10 years of very hard work. Excellent event. Excellent teacher. Can we have her every year?
~ Kathi

What a wonderful day yesterday (and I am guessing a wonderful weekend) and thank you and all the others for such brilliant organisation ~ Jackie

I just wanted to thank you for a splendid day on Saturday. It has been good to be part of founding such a vibrant and well-run institute. Laurie's teaching was just superb – so perfectly paced, pitched and delivered
~ Elaine



Laurie Blakeney ~ DHIYI 10th Anniversary Yoga Weekend

Congratulations to DHIYI sub committee for organizing such a fantastic event for us last weekend. Laurie was so inspiring with her kind and patient manner, giving me the confidence to try new things and give seemingly impossible things a go! Her teaching has been a breath of fresh air for my personal practice this past week just when I needed something to diffuse the "pre-assessment" panic! I thoroughly enjoyed the weekend & sincerely hope that she will be able to visit us again

~ Louisa

A BIG thank you to all the committee for arranging the weekend with Laurie. I know a lot of time and effort went into all the organisation. Wonderful teacher and great venue. It is really appreciated Thank you again DHIYI committee

~ Sally

I thoroughly enjoyed working with Laurie finding her teaching clear and easily accessible for all levels of practice. Her light hearted approach was both inspiring and beautifully sequenced. I was sad not to be able to return on the Sunday but family duty called! Could Laurie be persuaded to return? I hope so

~ Ali

Thank you for a very well organised event I thoroughly enjoyed it. Unfortunately only able to attend Saturday but very pleased to be there.... Laurie is an excellent teacher and made it such fun. I do hope we welcome her back again soon. I particularly liked her comments about how we learn life skills on the yoga mat with how we react to situations and others and learn measure in living. (These were not her exact words - but what I understood)

~ Diane

Thanks for arranging such an excellent event - friendly and welcoming. Laurie's teaching was superb

~ Anna



2015 Convention with Birjoo

All teachers have their own special approach to teaching yoga. Birjoo established his by telling us about dharma, universal law of nature, sustaining, supporting life and how that related to our yoga practice.

On the subject of right and wrong way of doing postures, matters that worry teachers endlessly, he directed us to look at pictures of Guruji and to note how his chest was always fully expanded and his face serene.

Guruji had obviously developed the right way of yoga to sustain health and vitality in his long life. From that background, the first session with Birjoo was spent expanding the chest, inflating it to bursting and then maintaining that throughout all postures. It made Trikonasana seem nearly effortless. The expanded chest and lifted viscera (the vital inner organs) were the constant instructions and applied to everything from Tadasana to Urdhva Dhanurasana. The above work prepared the body perfectly for Pranayama and the sessions were calm and mindful.

During the lessons there were many moments of deep silence, not just lack of sound and movement but a kind of positive silence. And I think they demonstrated the special quality of Birjoo's teaching. The yoga was very much from the inside.

Wonderful weekend of yoga with an excellent teacher and time spent with friends.

Tarja Armitage ~ Dorset Teacher



Solstice Class ~ Exeter Cathedral ~ June 2015



It was a pleasure to take part in the summer solstice yoga class in front of Exeter's magnificent cathedral.

The class was well supported by convention attendees and the pre-arranged coach was much appreciated.

Fortunately we had good weather. A sunny, bright and breezy afternoon with blue sky and fluffy white clouds. We even had the cathedral bells ringing out while the class was in

progress (was this by chance or arranged?).

The wind tried in vain to lift the mats from the ground but failed as we held them down.

We assembled in front of the cathedral with mats lined up and handbags parked to one side. We were ready to begin the invocation to Lord Patanjali.

Sasha Perryman led an excellent class. Poses were called, relayed and we flowed from one to another. Minimal props were used (no time for these). Cobbles may have been hard through the mats but this was put aside as we moved as one in yoga. Even the occasional seagull dropping a gift did not daunt us. It was an enthusiastic class full of fun and laughter.

Many students were dressed in convention T shirts and leaflets were handed out to the shoppers and tourists who quickly gathered around to watch and take pictures. All too soon the class came to an end but there was still time for a welcome coffee with friends then back to the University.

The memorable experience was of childlike fun and unity and a feast for the senses being outside on such a lovely afternoon.

I'm so pleased to have taken part. Well done events committee for the excellent organisation.

Diane West
~ Dorset Teacher



Iyengar Yoga Display outside of Exeter Cathedral ~ June 2015

During the convention in Exeter in June we were all invited to participate in an Iyengar Yoga display in the city centre arranged and led by Sheila Haswell.

On the Sunday afternoon approximately 60 of us gathered at Cathedral Green, set down our mats on the cobblestones in front of Exeter Cathedral, then quietly sat in Sukhasana and prepared for the Invocation. It was a beautiful setting. An amazing silence hung over the area as together we chanted the Invocation. I found it a moving and emotional moment.

During the display I took photos and handed out Iyengar Yoga flyers and chatted to the onlookers sitting on the green. Some assured me that they felt encouraged to join an Iyengar class.

Sheila called out the name of each of the poses and the session flowed. looking very professional and impressive. Thank you Sheila and well done everyone who took part. It was a memorable afternoon and made the convention weekend even more special.



Sally Hogsflesh
~ Dorset Teacher



"Inventive Yoga" Forgot to take my yoga belt so needed to improvise with what I had to hand ...or should that be foot!? So, used my walking pole to do a few stretches! Scenery to die for".

Lindy Stokes
~ on top of a mountain near Dolgellau , North Wales



We have been Mary Heath's students for at least twenty years but still remain eternal beginners. While we proceed at our tortoise pace, there are many aspects we appreciate about Iyengar Yoga and the approach of Mary and her colleagues. Foremost is the collaboration rather than competition. We admire how teachers and trainee teachers support each other as they undertake their personal challenges.

Another is the way in which different members of this community bring their own individual understanding to their teaching. There is constant learning and there are always different ways of teaching a pose. May we never become stale!

Yet another feature is the great hinterland of stories about Mr Iyengar and his formidable family, rooted in Pune, making teaching journeys across the world, leaving trails of thought and sayings. The idea of 'effortless effort'

provides inspiration even to eternal beginners.

Beverley
~ Dorset Student



A Warm Welcome to our new DHIYI Committee Members

I came to Iyengar yoga after practicing and teaching different styles of yoga in Hong Kong. Having only focused on the exterior and the performance of yoga poses, I sustained some injuries that I couldn't find any way to heal myself and a dear friend suggested that I try Iyengar Yoga. Somehow she knew this would be "my thing". And she was right. After a few sessions with Linda Shevloff at her beautiful studio in Hong Kong I was hooked. It appealed to a part of my intellect that I didn't know I possessed. The thirst to learn and be a sponge to soak up all that I could.

Maybe it was the hidden architect in me, as my father was an architect, the building of an asana, from the foundation up, from inside out. Rather than the way I learned previously from the outside only. Each asana was broken down from the gross to the subtle. From the feet upwards and from the bones outwards.

This was the first time in my life that I was totally switched on! The passion was ignited and upon seeing Guruji in 2011 when he made his first trip to Hong Kong, I literally felt and saw a lamp lit inside myself and I knew for sure that learning and sharing Iyengar Yoga would be "my thing", my calling in this life.

I was home. Even my mother commented how wonderful it was for me to finally find something to help others.



Secretly, I feel Iyengar yoga has saved my own life, giving it a purpose, a mission and a home. Thank you.

Helena Chiu ~ Hampshire Teacher ~ coming on to the committee as Liaison Coordinator



I was introduced to yoga by a colleague in 1990 as he felt I would benefit from its practice. He suggested to accompany him to a Saturday workshop at IBM where a guest teacher from India would be teaching us in Iyengar Yoga. I went along and struggled to keep up as the teacher shouted out the names of the asanas whilst wandering amongst us. When we did Pascimottanasana, he took both my wrists and pulled me forward so that the front of my body came to rest on my legs. It was such an intense stretch that I forgot to breathe.

After that experience I decided to look deeper into Iyengar Yoga. I joined a class with Lesley Herron in Chandlers Ford and soon understood that taking part in a whole day workshop was not the right initiation. When Lesley changed her approach to teaching I changed to Mary Heath. I was working in Bournemouth at the time and went to her evening classes in Christchurch. It was during this time that I started developing my self-practice and an interest in the spiritual and philosophical background of Iyengar yoga. After my retirement I started an additional weekly class with Julie Smith and then Carol Batterson in Chandlers Ford. I started reading Patanjali's sutras and some of BKS Iyengar's books. But it was Geeta's 'A gem for women' that really inspired me. It was therefore really special for me to be part of her birthday workshop last December in Pune. It was yoga that introduced me to India, a country I love and where I

volunteered in 2012 to teach English to school children. Together with my Indian friends I am now involved in setting up a school for Special Needs children in Kerala.

Yoga has helped me make many friends here and in India and has guided me through some very difficult times in my life. My daily practice of asanas and increasingly also pranayama help me develop my self-awareness further and bring me peace.

I have been a member of DHIYI for many years and benefitted greatly by taking part in workshops and by receiving literature and news about events etc. I thought it is time to give something back, so when the opportunity arose, I accepted gladly.

Ingrid Masters ~ Hampshire Student ~ coming on to the committee as Recording Secretary



The Importance of Restraining the Senses

The importance of restraining the pleasure-seeking nature of the senses is a recurring theme in the Yoga Sutras of Patanjali.

Yoga, as defined by Patanjali, is the cessation of the movements of the consciousness—to have a quiet mind. The five senses of sight, hearing, smell, taste, and touch are the primary means by which our internal life interacts with the external world; therefore, it follows that if we can direct our senses away from the external, then the mind can be less distracted and more quiet.

Patanjali must have believed this to be key in our progress on the yogic path for the idea of controlling the senses is present in many sutras. For example, this sutra which lists the nine obstacles to achieving a state of yoga:

I.30 vyadhi styana samsaya pramada alasya avirati bhrantidharsana alabdhabhumikatva anavasthitatva citta-viksepa te antarayah.

These obstacles are disease, inertia, doubt, heedlessness, laziness, indiscipline of the senses, erroneous views, lack of perseverance, and backsliding. (trans. BKS Iyengar)

To overcome indiscipline of the senses, Patanjali prescribes the practice of internalising the senses, pratyahara, one of the eight limbs of the yogic path along with the limbs most are familiar with from attending yoga classes: the practice of asana (postures) and pranayama (breathing exercises).

II.29 yama niyama asana pranayama pratyahara dharana samadhyah astau angani

Moral injunctions, fixed observances, posture, regulation of breath, internalisation of the senses towards their source, concentration, meditation, and absorption of consciousness in the self are the eight constituents of yoga. (trans. BKS Iyengar)

II.54 svavisaya asamprayoge cittasya svarupanukarah iva indriyanam pratyaharah

Withdrawing the senses, mind, and consciousness from contact with external objects, and then drawing them inwards towards the seer, is pratyahara. (trans. BKS Iyengar)

II.55 tatah parama vasyata indriyanam

Pratyahara results in the absolute control of the sense organs. (trans. BKS Iyengar)

Patanjali offers another practice which will grant supreme control over the senses, the practice of samyama (performing concentration, meditation, and absorption simultaneously) on the metaphysical makeup of the senses themselves:

III.48 grahana svarupa asmita anvaya arthavattva samyamat indriyajayah

By the performance of samyama on the process of knowing, on the sense organs, on ego, on the constitution of the gunas [qualities of nature], and on the purpose of the gunas comes control over the senses. (trans. Edwin Bryant)

That method of restraining the senses is, for most of us, a bit advanced. Instead, the teachings of BKS Iyengar invites us to continue with our practice of asana and pranayama whilst integrating the other six limbs of the yogic path into our practice. We can challenge ourselves to practise with the concept of sensory withdrawal in mind *by asking ourselves:

Can we practise drawing the senses inward during the practice of posture? Can we notice, when in a posture, when our senses are moving our attention to the external rather than the internal?

When our senses draw our attention outwardly, can we adjust and come back to the inner life? Can we understand when our senses are motivating the way we practise and whether that is beneficial or not to the stilling the mind?

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 14th November 2015

Yoga workshop with Mary Heath ~ at Botley Community Hall, High Street, Hants, SO30 2ES.
10AM ~ 1PM ~ Members £14 ~ Non-members £18 ~ **Contact Carol Batterson**

Saturday 5th December 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 16th January 2016

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

Saturday 27th February 2016

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

Saturday 16th April 2016

Yoga workshop with Judi Sweeting at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~4PM ~ Members £22 ~ Non-members £30 ~ **Contact Kim Trowell**
**PLEASE NOTE THAT THE ANNUAL AGM WILL TAKE PLACE
DURING THE LUNCH HOUR**

Saturday 2nd 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 30th July 2016

Yoga Professional Development Day with Sasha Perryman at Trinity Methodist Church in Southbourne,
BH6 5AQ ~ 10AM~4PM ~ Cost £16 ~ **Contact Kim Trowell**

Saturday 8th October 2016

Yoga workshop with Judith Jones ~ at Botley Community Hall, High Street, Hants, SO30 2ES.
10AM ~ 4PM ~ Cost ~ TBC ~ **Contact Carol Batterson**

Saturday 5th November 2016

Yoga workshop with Judi Soffa ~ at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~4PM ~ Cost ~ TBC ~ **Contact Kim Trowell**

Non DHIYI EVENTS

Saturday 21st November 2015

Yoga workshop with Margaret Rawlinson ~ at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~4PM ~Cost ~ DHIYI Members £25 ~ Non-members £28 ~ **Contact Kim Trowell**

Saturday 28th November 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 19th March 2016

Yoga workshop with TBC ~ at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~4PM ~Cost ~ DHIYI Members £25 ~ Non-members £28 ~ **Contact Kim Trowell**

Friday 3rd June 2016

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 4th June 2016

Yoga workshop with Margaret Austin ~ at Trinity Methodist Church in Southbourne, BH6 5AQ
9.30AM~2.45PM ~Cost ~ DHIYI Members £25 ~ Non-members £28 ~ **Contact Kim Trowell**

Saturday 24th September 2016

Yoga workshop with Jayne Orton ~ at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~4PM ~Cost ~ DHIYI Members £25 ~ Non-members £28 ~ **Contact Kim Trowell**