

Dorset & Hampshire Iyengar Yoga Institute

Welcome to the 16th Edition Newsletter !

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

- * **Chairman:**
Giulia Howard-Hole
- * **Secretary:**
Cara Bowen
- * **Treasurer:**
Zoë Hobbs
- * **Recording Secretary:**
Jenni Doohan
- * **Webmaster Coordinator:**
Martin Chilvers
- * **Liaison Coordinator:**
Mary Heath
- * **Advertising / PR:**
Beth Perrior
- * **EC Rep:**
Elaine Rees
- * **Newsletter Editor:**
Jenny Trayford
- * **Events Co-Ordinators:**
Kim Trowell ~ Dorset
Carol Batterson ~ Hants



Message from your Chairman

Hello and welcome to a new year and the 16th edition of our newsletter. In December last year to celebrate Mr Iyengar's 94th birthday, the DHIYI was pleased to send a donation of £94 to the Iyengar Yoga Development Fund. This supports teachers, enabling them to work with people who would not normally have access to yoga classes.

Unfortunately, our January yoga day with Andrea Smith had to be cancelled due to bad weather, where driving conditions for some coming from further afield could have proved difficult. A decision to cancel an event is not taken lightly. We endeavoured to contact everyone on the list in some way, a message was put on the website and e-mails sent to members and teachers alike. It emphasises the need for up to date contact information being provided, and also for individuals to check the website/e-mails in inclement weather. Happily Andrea was able to offer us another day on the 13th July, so please make a note of it.

Our first event in 2013 will then take place on April 27th with Marios Argiros, a teacher new to the Institute, but not to some of you who have enjoyed his teaching whilst on a yoga holiday. Marios, a senior teacher, has recently spent the month of January at the Iyengar Institute in Pune, so we particularly look forward to the day. Being April this is also the time of our Annual General Meeting which will take place during the lunch hour. Please take time to attend this short formal meeting, where we account for what has happened in the last year and members can have their say. In accordance with our Constitution, the present committee will stand down. They are available for re-election if they wish to continue for another year, when proposed and seconded.

In the first weekend in June we have Margaret and Gordon Austin coming to teach a two-day event. Many of you will know Margaret, a popular Senior teacher as she has been coming to teach in Bournemouth for many years, but this is the first time she has taught for the DHIYI and the first here with her husband. It is mentioned in this newsletter how good

it was to have Judi and Tig teach as a couple, so I'm sure this will be an equally instructive and enjoyable experience. You will read a short history of the Teachers' Get-Togethers which have been held regularly in Dorset twice a year and, more recently two have been held in Hampshire with plans for more to follow. Our Professional Development Day will take place in November - for teachers this is a necessary date to put in your diaries. The theme is 'Iyengar yoga for neck and shoulder problems, high blood pressure and headaches', and the moderator is Brenda Booth, who will be teaching all the poses.

Please note that for all future DHIYI events in Hampshire, cheques payable to DHIYI are to be sent to Carol Batterson, the Hampshire Events Organiser. All payment for events in Dorset will be sent to Kim Trowell as usual. Contact details for both Carol and Kim are in this newsletter (page 5), the website and on any advertising for the events. The Spring newsletter is also the time for renewal of membership, so please read Cara's information on how to pay for your renewal and update your details if anything has changed.

I hope as usual you will enjoy reading this newsletter where there is a mixture of reports from students and teachers alike. I am sure everyone remembers their first Iyengar yoga day, I certainly do, so thank you to Matt for sharing his thoughts and impressions of that day. It is also good to read the comments of two students and the benefits they gained from their careful yoga practice during pregnancy. Lastly Bellur, as most of you are aware, is Mr Iyengar's home village, and the IYA(UK) regularly sends donations to help improve the lives of the villagers. It is therefore most interesting to read Mary's positive time there on a yoga retreat over New Year with Patricia Walden, an American Advanced teacher, before heading off to Pune.

Giulia Howard-Hole, Chairman

Update from your 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! The cost for the 2013-2014 annual membership will be £12.50, which is the same as last year. Your membership with us buys you:

- A bi-annual DHIYI newsletter
- Full membership of the IYA (UK), the governing association for Iyengar Yoga in the UK
- A bi-annual "Iyengar Yoga News", the glossy magazine produced by the IYA (UK)
- Discounts on DHIYI events, Kim's Yoga workshops and some other events



Our membership tally for 2012-2013 came to 108 of which 44 were teachers and 64 non-teachers. Please help raise our membership numbers for 2013!!! You can join our institute or renew your existing membership in one of four ways.

1. Pay by cheque: For both joining and renewing members, a cheque made payable to DHIYI for £12.50 can be mailed to: Cara Bowen, 19A Belle Vue Rd, Bournemouth, BH6 3DB

2. Pay by online bank transfer: This option is for both joining and renewing members that would like to make a one-off payment on-line. The DHIYI bank details are listed on the Standing Order form.

3. Pay by Standing Order Mandate (form enclosed with Newsletter): This option is for renewing members **only** (you must already have a membership number). For this option, you must fill out your SO form and give it to your bank. Please do not mail us this form.

4. Do nothing! If you are a renewing member and you paid by a standing order mandate last year, then this option is for you. Your membership fee will automatically be deducted from your bank account. Once payment has been received you will receive an acknowledgement via email. Anyone requiring an official paper receipt can send a stamped, self addressed envelope to Cara.

***Renewing members, please remember to write your membership number on the back of your cheque or on your standing order form. This is very important for the processing of the membership fees.**

You will also find a membership form/application enclosed in your newsletter. This form is necessary if you are a newly joining member, or if you have any changes or additions to your contact details. As our membership year begins on April 1, 2013, this means your fees are due by March 31st. If you need any more forms or have any membership enquiries please don't hesitate to email me at cbellyjam@hotmail.com.

Warm Regards, **Cara Bowen, Secretary**

DHIYI Yoga Workshop with Judi Sweeting & Tig Whattler



I became a student of Iyengar Yoga approximately 14 months ago. I had earlier in my life practised Hatha Yoga for several years. I am fortunate enough to have Jenni Doohan as my teacher and attend her improver classes 2-3 times a week. In preparation for my first workshop I attended several 3 hour morning sessions which Jenni kindly arranges throughout the year. This gave me a perfect grounding to develop my stamina and understanding of the asanas. I was then confident enough to try my first DHIYI workshop day.

The following short piece will share my views on the most recent DHIYI workshop held in late 2012 at Botley, Southampton.

Judi spoke very early of her recent experiences having just returned from intensives and local classes in Pune, passing on knowledge which I felt privileged to hear. It was evident from the very beginning that Judi would demonstrate to the class why the Iyengar method is so amazing. We started the class in Sukhasana and I clearly remember thinking how the most simple pose was so tremendously difficult and uncomfortable. Although I am quite flexible from my athletic training, I am flexible in all the wrong areas. Sitting tall for 5 minutes to settle the mind left my hips and back vibrating with muscle ache. It was from that point that I left my ego at the door and experienced what true yoga is about. Judi has the most wonderful ability to create and maintain a theme of work through superb sequencing. The whole structure of the lesson plan had a natural flow which visibly grew in energy, the deeper we progressed. A lot of focus was put into Adho Mukha Svanasana (AMS) and we revisited this pose many times during the lesson plan.

Without doubt the highlight of the day for me was practising AMS in 3s (1st helper stands by pupil's hands and uses his hands to press into the pupil's sacrum, 2nd helper stands by pupil's feet and crosses his wrists to roll pupil's front thighs in with palms and draws them back).

Judi and Tig proceeded to demonstrate this pose on me, taking bricks to my sitting bones and rolling my biceps out, then Tig placed flat bricks under my heels and opened the back of my thighs with his hands. BKS Iyengar asserts that this posture stretches the shoulders, legs, spine and whole body. I can assure everyone I felt stretched in all those areas after that demonstration!

The Iyengar method is so rich in the tradition of classical yoga, tracing the lineage of our Guru (BKS Iyengar) back through a lineage of acknowledged Yoga Masters. Yoga is a spiritual discipline not necessarily a prescription for relaxation. Transformation requires a breaking down of old habits (samskaras) and may not be easy or comfortable. Judi conveyed this message perfectly.

Attending my first Yoga workshop is an experience which will live long in my memory. When the workshop came to an end, I remember the overwhelming feeling that took hold of both body and mind. I had established a physical and psychological balance which was truly empowering.

A big thank you to Judi and Tig.

Namaste

Matthew Figg ,
Hampshire Student

Lyn Roxburgh ~
Hampshire Student writes:-

A thoroughly enjoyable day and good to practise with another experienced yoga teacher. I appreciated the very detailed instructions, demonstrations and corrections! I liked that Judi was so approachable and answered questions. I do hope there are more workshops soon and thank you for organising such a good event.



Jane Bradley ~
Hampshire Student writes:-

It was very good to have a couple come to teach so that while Judi was teaching you might have the benefit of a firm but kind adjustment to your pose. The lift in Headstand really helped me to understand what needed to be done. I liked the work with a partner in Dog Pose using bricks behind the backs of the knees and again in the afternoon with the bricks on the backs of the thighs. All in all it was a very nice way to spend a wet and windy Saturday.

Iris Lee ~
Hampshire Teacher writes:-

As ever, Judi gave us lots of ideas but I'm going to mention two that I found very effective.

Firstly, Virabhadrasana I with the front foot on a brick, its toes up the wall, and the hands on the wall. We've done this before to square the hips to the wall, and to make a better bend in the front leg. The extra idea this time was to raise the heel and come up on the toes of the back leg, and to keep the lift this gives in the trunk as we replace the heel.

Secondly, Supta Padangustasana preparation. We lay down with knees bent and pulled the sides of the mat towards the feet to draw the shoulder blades down the back. Then, still holding the mat, we stretched out the legs.



History of the Teachers' Get-Togethers in Bournemouth

I had read in a few of Mr. Iyengar's articles his request that teachers regularly meet up to share their knowledge and exchange ideas. I brought up the possibility at one of our DHIYI Executive Committee meetings and it was decided that I should send out an e-mail to teacher members to gauge interest. After receiving an overwhelmingly positive response, I organised (with the help of Kim Trowell and Giulia Howard-Hole) our first Teachers' Get-Together in July, 2010. So far, we have held six gatherings, all at Trinity Hall in Southbourne. We have been following the Preliminary Course (P.C.), covering the asanas in the order in which they are listed. Kim reads instructions from the P.C. and occasionally from *Light on Yoga* and *Geeta's Gem for Women*, so we feel we have the presence of the Iyengars' brilliant teaching with us. After we all do the pose, we comment on any aspects that we or our students struggle with. Tips and methods are offered as we study each pose together. We have averaged 10 teachers at each meeting which lasts 2 and a half hours. Participants have commented that the Get-Togethers have been very informative, relaxed and beneficial.

Look out for my next e-mail to teachers giving details of our gathering in July, 2013.



Jenni Doohan ~ Hampshire Teacher



Teachers Get Together



The different steps of Marichyasana I



Group Picture of some of the Teachers who attended



TEACHERS' GET-TOGETHERS IN HAMPSHIRE

Last year we held two very successful Get-Togethers in Hampshire and since we were only 7 – 8 members we were able to meet at Sandy Bell's house (with lovely underfloor heating!) at no cost. The first one in Spring was after the Uday Bhosale day which those of us who were able to attend had thoroughly enjoyed and those of us who were unable to make it were very pleased to hear what Uday had said. Our second meeting was concerning the PD days. Some of our members had been to the Bournemouth PD Day, others had been to Sarva and one had been to Sussex. It became obvious that different points had come up at the various days and so we spent a very useful morning swapping notes. We already have a subject matter of Pranayama for our next meeting which is likely to be in February.

Carol Batterson, Hampshire Events Co-Ordinator

YOGA DAYS IN HAMPSHIRE

As you will see from the various feedback given by students attending our days, they are very enjoyable. The plan is to have at least one full day annually in Hampshire with a Senior Teacher who goes to Pune on a regular basis. This year I have already asked Judi Sweeting and Tig to come back and they have agreed to return on 23rd November. Each time DHIYI has put on a day in Hampshire the attendance has been good but not necessarily with teachers from Hampshire. Our other days are held in Bournemouth which is a long way for us, especially if you are the Portsmouth side of Hampshire so I would urge you to take advantage of these days as it is an opportunity to keep up with the current Pune teaching which we should all strive to do. Any suggestions as to what you would like to see happening in Hampshire would be most welcome.

Carol Batterson, Hampshire Events Co-Ordinator

Yoga and Pregnancy.....

Not having any pregnancies in my classes for a couple of years - I now had two come along at once. I remembered Mr. Iyengar's words on being responsible for two lives and felt a bit worried about having them in a general class. But both women preferred to stay with their fellow students. (Who turned out to be very interested and supportive throughout).

I also recalled Mr. Iyengar's guide lines on yoga and pregnancy: No tension and plenty of space for the developing baby. Armed with that principle plus Geeta's book, *Yoga During Pregnancy*, lessons were planned to accommodate the pregnant ones into the general class, with their special requirements. Now that the babies have been born (gorgeous girls) I asked the mothers for their views on yoga and pregnancy and here are some of their observations: The yoga postures made them feel more comfortable by taking the weight/pressure off and also eased backache. One of them also thought that the practice helped to put the baby into right position. Attending class gave confidence to practise at home and even use some postures during labour. They also stressed how important it was to have time and both had very good attitude to pregnancy and yoga and generally found it helpful.

But however we prepare and plan there can still be unexpected complications. In this case one baby was delivered by c-section after a longish labour and the other baby was born happily at home.

Both mothers have recovered well and it is wonderful to see them with their little girls. Fathers also doing very well.

The mothers, fellow students and I have found this a lovely experience and I am looking forward to having them back in class.

Tarja Armitage ~ Dorset Teacher

A Tribute to Rosie.....

Sadly, our dear friend and yoga student Rose D'Aroy, known as 'Rosie', passed away in September 2012. Some years ago Rosie suffered severe injuries in a horse riding accident which left her with limited use of her arm and shoulder, and was told by her doctors that she probably wouldn't regain a full range of movement of the arm. Through her years of dedicated practice in both classes and workshops she proved the doctors wrong. She even overcame her fear in managing to practice inversions such as Sirsasana, Sarvangasana and Adho Muka Vrksasana! She was passionate about yoga and worked diligently, very rarely missing a class. She lived a full and interesting life, taking great pleasure in the simple things and was very much loved by her family and friends.



Rose D'Aroy

Rosie was a real inspiration, not only in her yoga practice but in the way she lived her life, she was truly yogic by nature; kind, loving, gentle, non judgemental..... we could go on.

A truly beautiful person, Rosie will be greatly missed.

Julie Fanciullacci and Chrissie Barrett ~ Dorset Teachers



Bellur New Year Yoga retreat.....

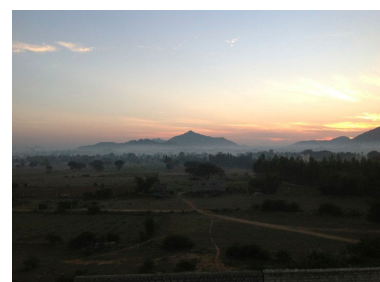
Mary Heath one of our Dorset Teachers, is currently in Pune and she spent the New Year in Bellur on a week long yoga retreat led by Patricia Walden, one of Gururji's Advanced teacher from the USA and Rita Keller, one of the most senior teachers in Germany. Below is an excerpt from an email she sent from sunny India:

"A belated Happy New Year from Bengarulu, where I'm in a nice hotel, back on the radar and relishing the joy of proper plumbing after a week in Bellur with a hot and a cold tap, a bucket and a jug!

Plumbing apart, it was so good to be back in Bellur, and the yoga retreat was excellent.

We all (about 50 of us) met at the airport and finally arrived at the campus near the village about 6pm on New

Year's Eve to a hearty supper, then a chance to see the new yoga hall in the newly-built (and nearly finished!) college before finding our rooms in the accommodation block. I shared with the only other UK teacher Joanna, and two young Harvard professors and we all got along well and learned to love our basic living quarters.



We celebrated midnight at the Patanjali temple (above) which was rather special. Thereafter the daily routine was:

Up at 6am, tea and shower, watch the sunrise over the village, pranayama 7.00-8.30am, breakfast, a lovely 15 minute walk through the

fields to the village for puja at the temple, 2 hour asana class, lunch, then about 30 minutes spare if we were lucky to do our washing or to collapse on the bed, 1.5 hour philosophy class, another 2 hour asana class, evening puja (on campus), supper, shower again and bed!

Every morning the villagers and babies and toddlers would be out on their doorsteps to greet us as we came into the village - it was touching.

The children at the campus High School were so curious about us that one day we had to be put on display for them in one of the big halls so they could have a good look at us! Rita called out our countries and we stood up in turn to great applause, and then all 300 of them stood and sang the Indian national anthem for us. Philosophy was just an hour that day! Two days later they put on an amazing display of yoga and dance for us.

As for the yoga, I felt a real connection with Patricia Walden and with her teaching - it was meticulous, penetrative and thought-provoking.

*Mary Heath ~ Dorset Teacher
(In Pune)*



D.H.I.Y.I. ~ Dorset and Hampshire Iyengar Yoga Institute

Upcoming Events 2013

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@talktalk.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.*



Teacher Members - if you would like your classes to be added to or amended on the website, please contact our Webmaster, Heather Taylor at heather4red@gmail.com.

DHIYI EVENTS

(Cheques to be made out to DHIYI and sent to Kim for Dorset events and Carol for Hampshire events)

Saturday 27th April 2013

Yoga workshop with Marios Argiros at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~4.00PM ~ Cost ~ DHIYI Members £22 ~ Non-members £25 ~ *Contact Kim Trowell*

***PLEASE NOTE THAT THE ANNUAL AGM WILL TAKE PLACE
DURING THE LUNCH HOUR***

Saturday 1st & Sunday 2nd June 2013

Yoga Weekend with Margaret & Gordon Austin at Bay View Breeze Hotel,
35 East Overcliff Drive, Bournemouth, BH1 3AP

Saturday 10AM~4.00PM~Cost ~ DHIYI Members £30 ~ Non-members £35

Sunday 10AM~1.00PM~Cost ~ DHIYI Members £18 ~ Non-members £21

Discount is booking for both days: DHIYI Members £46 ~ Non-members £54 (use enclosed booking form)
Contact Kim Trowell

Saturday 6th July 2013

Teachers' Get-Together at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~12.30PM ~ Cost ~ DHIYI Members £4 ~ Non-members £6

Contact Jenni Doohan to book your place 01425 622635 or email jenni.doohan@hotmail.co.uk

Saturday 13th July 2013

Yoga workshop with Andrea Smith (rescheduled from January) at Trinity Methodist Church in Southbourne,
BH6 5AQ ~ 10AM~4.00PM ~ Cost ~ DHIYI Members £22 ~ Non-members £25 ~ *Contact Kim Trowell*

Saturday 16th November 2013

Yoga PD Day for Teachers with Brenda Booth at Trinity Methodist Church in Southbourne, BH6 5AQ
Theme: Neck, Shoulders, Headaches ~ 10AM~4.00PM
Cost ~ £14 ~ *Contact Kim Trowell*

Saturday 23rd November 2013

Yoga workshop with Judi Sweeting at The Botley Centre, Nr Southampton, HAMPSHIRE, SO30 2ES
10AM~4PM~ Cost ~ DHIYI Members £22 ~ Non-members £25 ~ *Contact Carol Batterson*

Saturday 7th December 2013

Teachers' Get-Together at Trinity Methodist Church in Southbourne, BH6 5AQ
10AM~12.30PM ~ Cost ~ DHIYI Members £4 ~ Non-members £6

Contact Jenni Doohan to book your place 01425 622635 or email jenni.doohan@hotmail.co.uk

Non DHIYI EVENTS

Saturday 23rd March 2013

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

Saturday 15th June 2013

Yoga morning with Mary Heath (recently returned from Pune) in St Boniface Church, Hursley Road,
Chandler's Ford, Eastleigh, SO53 2FT
10AM~1.00PM ~ Cost ~ £15 ~ *Contact Carol Batterson*

Saturday 21st September 2013

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

Saturday 2nd November 2013

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