



Yoga Prajna

Newsletter of the Dorset & Hampshire Iyengar Yoga Institute

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- VACANT, Public Relations
- VACANT, EX Representative

The DHIYI Newsletter has a new name!

Prajna [pruhj-nyah] is the sanskrit word for wisdom, knowledge or insight. We hope that the newsletter can offer some information that may broaden the light of yoga in our community.

Have you joined our Facebook group?

Go to Facebook and search for "Dorset & Hampshire Iyengar Yoga Institute" and request to join the group. We share articles and videos about Iyengar yoga and photos from our events on the group's page.

Words from your Chairman

by Jenni Doohan, Hampshire Teacher

Welcome to our revamped newsletter. As I write these words, 2016 has recently begun so I am full of new year resolutions such as improving my organisation (I have purchased a Filofax for the first time) and increasing my home yoga



practice. With my second Pune trip on the horizon in August, I am starting to dread the prospect of crossing FC Road (a colossal 6-9 lanes road for those who haven't been to Pune) and then I hit upon another resolution: to worry less. I don't really consider myself to be a worrier but my family would disagree. Patanjali gives us the twin pillars of yoga: abhyasa [practice] and vairagya [nonattachment]. I take practice to mean not only diligently practising the asanas on a regular basis but also incorporating the other seven limbs with a firm foundation provided by the first two: the yamas and niyamas. Nonattachment, also translated as "dispassion," has to do with giving up craving for sense objects. In my world I broaden this to encompass craving for certain situations or outcomes. Mr. Iyengar in Astadala Yogamala, Volume 1 clarifies the twin pillars further: "Patanjali speaks of abhyasa and vairagya - a positive approach to cultivate the consciousness. What to do is abhyasa and what not to do is vairagya. Thus, abhyasa and vairagya develop an undisturbed peace and poise in the consciousness of the sadhaka [practitioner]." So, for me, more practice and less worrying.

For 2016, I wish you all undisturbed peace and poise in your consciousness.



Time to Renew Your DHIYI Membership

The current year membership expires on 31st March so be sure to renew your DHIYI membership by going to iyengaryoga.org.uk. Click on "Membership & Joining" and follow the instructions. Please select DHIYI as your primary institute. The cost of membership is £16. The benefits of membership include:

- Discounts on DHIYI events
- IY News magazine twice yearly
- Yoga Prajna (DHIYI newsletter) twice yearly
- Access to borrowing items from the DHIYI library

We no longer accept standing orders so please cancel any existing ones. If you are not able to join via iyengaryoga.org.uk, contact Nikki at membership@dhiyi.co.uk.

Your membership supports Iyengar yoga in our community.

"Purging the body and mind with persistent practice, and nonattachment to things which occur directly or indirectly, leads you to the light of knowledge that reveals the truth of oneness and everlasting peace, which cannot be written in words but experienced only."

—B.K.S. IYENGAR

An Interview with Mary Heath

by Cheree Low, Dorset Teacher



Mary Heath

Mary Heath is the most senior Iyengar yoga teacher (Senior Intermediate 3) in Dorset and Hampshire and a founding member of the DHIYI. She has recently stepped down from her position on the DHIYI committee. She teaches weekly classes in Bournemouth, Poole and Christchurch. We decided to ask Mary a few questions about her Iyengar yoga journey.

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

Mary: I started practising yoga in January 1976, at an Adult Education class. "What was it like?" (??) Well, "like a duck to water" would probably sum it up! Geeta Iyengar has said that we are born with imprints from a previous life which lead us to do what we do, and certainly I was at home on my mat from day one, body, breath and mind. My first teacher was Valerie Gatton, a former ballet dancer. She was an intelligent and inspiring teacher, who presented the poses with grace and poise; and when eventually she gave up the class, and there were problems with the new tutor, I was asked to fill in, and that was how I went on to become an Adult Education tutor.

How did you come to study Iyengar yoga?

Mary: My teacher took me to one side at the end of class one evening, and suggested I needed a more challenging class.

"Can't I just keep coming to this one?"

"Yes, of course you can, but then you must get a book called Light on Yoga by BKS Iyengar."

That immediately became my yoga bible - and stood me in good stead when I eventually came face to face with my first Iyengar teacher, Silvia Prescott!

What do you like about practising yoga?

Mary: I like the fact that it offers a lifetime of development; that it's never boring and monotonous, nor aggressive or competitive; that I am not having a work-out, but a work-in, penetrating the layers (koshas), and being constantly challenged on a physical,

physiological, psychological, intellectual and spiritual level; that in a way, therefore, it is irrelevant whether I am practising Trikonasana or Titthibhasana, as long as I am learning.

Guruji said that when he was young, he started with the asanas, not the sutras, until eventually he was able to understand the sutras through the asanas, and finally connect the sutras with the the asanas. That's so meaningful to me on this journey.

What do you like about teaching yoga?

Mary: By nature, I enjoy communicating and interacting with people, and so I feel doubly blessed that Iyengar yoga enables me to do that along with a total conviction in the subject, and therefore (hopefully) with integrity, however hard it will always be to live up to Guruji's expectations.

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

Mary: In one class years ago, Geetaji told all the 'seniors' to move back in order to let the 'new ones' be in front of her, and so I shifted further back under the ceiling ropes for the standing poses. Then, later, when the ropes had to be unhooked for those who needed them for Sirsasana, I shifted further back still, nearer the windows, where I stayed as we proceeded with the seated poses. Happy, sukham, in my Janu Sirsasana, I suddenly felt a nudge from a girl next to me, and looked up to see Geetaji calling me forward:

"You haven't got enough room back there. Come onto my mat."(!) " Now, do you need anything? No, you are ok." More than, thank you, I thought, blissful in fact.

When everyone came up out of that pose, my friends looked up to see me on the stage behind Geeta, and they said I looked as if I was on another planet! And so there I stayed, on another planet for the rest of the seated poses that morning.

What benefits do you attribute to your yoga practice?

Mary: It's difficult to list all the benefits I attribute to the practice of yoga, without running the risk of their being read as an ego trip. Hardly yogic!

Suffice to say, yoga has given me strength and sustained me through thick and thin, for which I'll be eternally grateful. 'Mens sana in corpore sano.' So far, touch wood, a healthy mind in a healthy body... Ok, so a doctor might add here: " ...for your age"!

Are you creative and want to be part of the DHIYI committee?

We are in the process of reshuffling roles on the DHIYI Executive Committee. Cheree Low will take on the position of Media Coordinator which will involve managing the website and our Facebook page as well as formatting the newsletter. We are looking for a person to be in charge of Public Relations - someone with exciting ideas to help spread the message of Iyengar Yoga in Dorset and Hampshire. This person would be involved in the newsletter content and marketing events in addition to attending our three committee meetings each year. The role could be taken on by a student or a teacher. Please email chairman@dhiyi.co.uk if interested.

Are you keen to join the National Yoga Committee?

We still have the IY (UK) EX representative position vacant. The post requires attendance at the three IY(UK) executive meetings a year (two in London, one in York) plus attendance at our three yearly DHIYI Executive Committee meetings. This job would suit someone who liked to travel (expenses are reimbursed) and get involved in the wider Iyengar Yoga community.

Correction

In an article in our previous newsletter about the International Yoga Day we incorrectly stated that the demonstration outside of Exeter Cathedral had been led by Sasha Perryman. In fact the demo was led by Sheila Haswell. Apologies for the error.

A First Trip to India for Yoganusasanam 2015

by Louisa Elliot, Dorset Teacher

Despite my love of yoga it was never in my plan to go to India. I had lots of ideas about what India would be like (even though I'd never been!), and I was convinced it was not for me. I had a long list of reasons why I couldn't or shouldn't go: missing the family, travelling all that way, the cost, the food, the culture, the heat... the list was a long one! However, the Iyengar Yoga UK Convention of 2014 in Harrogate sowed a seed that began to grow. Being taught by Abhijata Iyengar was so inspiring and uplifting that I began to fully appreciate the honour and privilege of learning directly from the Iyengar family. After that I was consumed by the pressure of my Introductory Teacher Training and when Yoganusasanam 2014 came around I was tempted but talked myself out of it. Hearing about what an amazing experience it was from those who attended, I wished I'd been braver and made the leap of faith but I had missed out. When it was announced that Geetaji would repeat the event in December 2015 I knew that I had to sign up. I still had my doubts and I changed my mind many times before I actually booked along with a friend from class, Sue Chapman. The next few months were a mixture of excitement, fear, trepidation and disbelief as we applied for visas, organised accommodation and made travel plans – I was really going to India!



The practice hall in Balewadi for Yoganusasanam 2015

Soon after Sue and I arrived in India we got ready to go to the Institute for registration. Walking up the drive to the Institute I could hardly believe we were really there. It already felt like a special and momentous occasion and we'd only just entered the gate! To be in the very place where Guruji had taught, practised and developed yoga for all of us was both joyous and humbling. Looking around the Institute and standing in the places where Guruji, the Iyengar family and our huge family of devotees have studied and shared the art of yoga was the perfect beginning for Yoganusasanam 2015.



Geetaji on stage in Balewadi at Yoganusasanam 2015

The next day the event got underway at the Balewadi Sports Complex. The room was bursting with around 1200 participants from 51 nationalities and yet there was a respectful stillness followed by a rousing applause when Geetaji first came into the room with Abhijata. Over the course of the week we were treated to a diverse programme of asana, pranayama, musical entertainment and talks to share memories, observations and knowledge. Considering the range of experience in the room Geetaji was kind, patient and diligent in her explanations of asana & pranayama, ensuring that no one was left behind. I am forever thankful to the Iyengar family for sharing yoga with me and for the opportunity to be part of this remarkable event with fellow Yogis from across the world.

Reflections on Yoganusasanam

by Mary Heath, Dorset Teacher

Towards the end of the first Yoganusasanam yoga convention in Balewadi, Pune, back in December 2014, Geeta was asked during the Q&A session if she would do a second convention for us in 2015. Her answer was that God would decide. Well, our prayers were answered!

Yoganusasanam 2015 started on a high note, without the emotion and sadness of the previous year when we had so recently lost Guruji.

Geetaji was obviously delighted to be back, and opened the Convention with a rousing orientation talk, in which she said she understood the necessary pulls of the external world in things like 'upgrading' with exams, in gaining qualifications and in running organizations, but that 'yoganusasanam', the exposition of the discipline of yoga, tells us we have to get upgraded inside. The more we have to go outside to 'upgrade' in life, the less enlightenment inside. We have to learn through yoga to throw the light inside, like a torch turning inwards to see what's happening, until the torch becomes instead a big light, and the torch is no longer needed.

But prakriti, nature, shrouds purusha, the soul, so it remains unseen, its pure light hidden by the dark glasses of prakriti, just as when we can't tolerate the sun, we have to wear sunglasses. And so we're left in the dark, covered in the tamasic (inert/dull) nature of tamaguna, which has to be removed so we shine with the enlightenment of sattvaguna.

Geeta talked at length about the obstacles (especially the ego) which we have to overcome on the involuntary path of the 8 limbs or petals of astanga yoga, about which I would like to write more in the next newsletter. Suffice to say for now, we were told we must start with the base of the first 2 limbs, the moral and ethical code of yama and niyama, without which yogasana is just physical exercise. That's where we all have to become advanced, with the correct attitude, and (for the teachers) not with senior certificates.

"In this Yoganusasanam, you can stay here all day, to stay on the yogic path, and not have to go out for experiences. So put aside the external business, and go in."



Mary Heath, Louisa Elliot, and Sue Chapman at Yoganusasanam 2015

National Day of Iyengar Yoga

On 16th January, the DHIYI celebrated the National Day of Iyengar Yoga. We hosted Marios Argiros for a day of yoga and handed out flyers to spread awareness of Iyengar yoga in Dorset and Hampshire. If you would like to download and print flyers to hand out, please visit dhiyi.co.uk and the PDFs are available under Resources.

Did you know you can borrow items from our library?

We have books, DVDs and an anatomical model of the pelvis available for our members to borrow. To see the selection and to borrow something go to our website at www.dhiyi.co.uk and click on "Resources." If you have any questions you can contact us at library@dhiyi.co.uk.

Yoga and Scoliosis - Helping Helen

by Sandy Bell, Hampshire Teacher

In July 2014 I received a call from Lisa, who said she and her 14 year-old daughter, Helen, would like to start doing Iyengar yoga. She explained that Helen had recently been diagnosed with scoliosis. When she had her first x-ray taken, in February 2014, the curve in her spine measured 42 degrees, and the specialist introduced the idea of corrective surgery, usually recommended at around 45-50 degrees. Helen was not averse to the idea, but her parents were, and they decided to see if there were other ways to correct it without resorting to surgery.

Reading as much as she could about the problem, Lisa came across an article in "Backbone," a Scoliosis Association magazine, written by a young woman who used Iyengar yoga to help manage her own condition. I explained that my classes were just about to finish for the summer holidays and would resume in September. She asked if I would be able to offer private lessons during the holidays so that they could get a head start and not be complete beginners when classes restarted. I agreed and we held weekly sessions throughout that summer. I read up as much as I could on scoliosis and discussed it with a few fellow teachers to make sure I was on the right track. The sessions weren't meant to be remedial, but rather an introduction prior to attending a general class, nevertheless, I was keen to understand the condition and make sure that the poses we did were suitable.



Helen's scan prior to surgery

During those summer sessions, we mostly concentrated on the introductory standing poses and, in line with advice I had been given, Helen did the poses to the right twice and to the left once. As her lower spine tilted to the left, she found it very natural/easy to do that side compared to the right. Because of that, we were trying to achieve as much symmetry in the body as possible, rather than working both sides equally; that would come later. For the same reason, I encouraged Helen to sleep on her right side (instead of her favoured left). We used a wall behind her a lot of the time, and I was very hands-on, literally, to help her feel where to puff out the hollows and where to draw in the bulges. To lengthen the spine, we found that ardha uttanasana (flat back stretch) was a better option than the full pose, and lifting the hips with a belt in adho mukha svanasana (dog pose) gave the best result in that pose. I also gave Helen some simple hamstring stretches and abdominal work to do at home between sessions.

In August 2014, Helen's curve was measured again. They were not told the measurement or shown the x-ray and were told only that the change was within a 10 degree tolerance and that sometimes that can be due to the way people stand during the x-ray. This was a bit frustrating.

In September, Lisa and Helen joined my weekly class and decided to continue with the private lessons as well. It was in those sessions that I would always introduce any new poses to them, and also give Helen personal instructions as to how she should work in the pose in class.

Early in 2015, another student let me borrow a ceiling rope that she had got in India after spending several weeks at an Iyengar centre in the Himalayas. It consisted of a very long narrow strip of cotton fabric with six inch loops sewn at each end and a small (5" x 1") piece of wood. You put it over a ceiling beam and insert one loop end through the other and put the piece of wood through the first loop to hold it in place. It was very

simple and crude, but very effective. From then on, I had Helen (and Lisa) hanging in headstand and supported dog pose every week before we started the usual lesson. When I had to return the item, I fashioned one for myself out of a length of nylon webbing from a local chandlery.

In February 2015, Helen had another measurement taken, six months earlier than originally planned, as she was finding the pain in her back more and more difficult to cope with. This time it was 56 degrees. She was also told that the previous measure had been plus nine degrees, so 51. The surgeon explained that that the curve was at the point that if she didn't have the operation then gravity would make it even worse as she got older. There was some disappointment that we hadn't been able to arrest the development of the curve, but no one was disheartened. Helen was stronger, fitter and more flexible than she had ever been, and she had gained a confidence in herself and her body that allowed her (and her parents) to agree with the doctor to have the operation.

The date was set for mid-August, meaning she would miss the first few weeks of college. We continued with our twice a week sessions, the highlight always being hanging from the ropes! About a month before the appointed date, the operation was postponed, because another more urgent case had come up. The new date was set for 1st October. Though frustrating at the time, it turned out very well, indeed. Helen started sixth-form college on-time in September, made friends, and got to know her teachers, which was a great help knowing she was going to miss several weeks of term.

The day before the surgery, another x-ray was taken. The surgeon was very surprised to see that there had been very little progression of the curve since the previous measurements were taken in February, saying that, "it would make his job a lot easier." All down to the yoga? We like to think so. In the event, the metal rods were 2-3 vertebrae shorter than were originally planned. Making for a shorter operation and a quicker recovery. During the last session we had before the operation, Helen was doing a dog pose on the ropes, and I remember showing Lisa how "perfect" her back looked. It really was as if she had no curve whatsoever. Quite amazing!

Apart from a painful couple of days in hospital when there was a problem with the pain medication, Helen's recovery from the operation has been very smooth and quick. After five weeks she was back at college, and after eight weeks was allowed to restart all her normal activities, including yoga. It's great to have her back in class, and in our private sessions we are working our way through the poses to see where/if there are any restrictions (e.g. twists, setubandha sarvangasana) or modifications that need to be made. She has now had her three-



Helen's scan post surgery

month check at the hospital and the spinal nurse was very impressed with the level of activity she is doing – ballet, yoga, swimming, gym sessions, horse riding, etc.

Lisa says they were told all along that the operation was not a pain relieving operation but more a cosmetic improvement, however, only three months later, Helen's pain now is pretty minimal. It will probably take about a year for her body to fully adapt itself to her new, straighter frame and height - she gained an inch during the operation, and Iyengar yoga is the ideal discipline to help her through it.

Lisa said, "We believe that the yoga has helped immensely – in particular with reducing the progress of the curve in the last six months, and building her strength to allow her to recover so well after the operation."

On Dispassion

by Cheree Low, Dorset Teacher

The following three sutras from *The Yoga Sutras of Patanjali* directly discuss the concept of vairagya [dispassion or renunciation] (translated by Edwin Bryant):
I. 2 Yoga is the stilling of the changing states of mind.

I.12 The changing states of mind are stilled by practice and dispassion.

I.15 Dispassion is the controlled consciousness of one who is without craving for sense objects, whether these are actually perceived or described.

Dispassion is the idea of renouncing that which leads us away from a state of yoga, a still and focused mind. The five senses are what draw the mind outward and scatter the consciousness. Objects of sensual attachment can be something as simple as hearing distracting noises during asana practice or as complex as power-seeking. The yogi is encouraged to have indifference to these objects. It is not that we will stop having desires for sensual objects, rather that we recognise the defects of indulging in them and reflect on the consequences. This indifference to sense objects is cultivated by acknowledging that the pleasure from sensory gratification is temporary. A significant part of the yogic path is for us to identify the sense objects that we let drive our behaviours, recognise the pitfalls that this attachment brings, and reflect on the fleeting nature of the pleasure derived from this indulgence. For me the list is long, but awareness and mindfulness are the first step.



Louisa Elliot, Suzie Walker, and Marcelle Edwards at Iyengar Yoga UK Convention 2015 – Exeter University

Training, Friendship and Becoming a Yoga Teacher!

by Suzie Walker, Dorset Teacher

Before deciding to train as an Iyengar Yoga teacher, I had enjoyed my practice and attended classes for many years. Off my mat, I found I wanted to do more and learn more, and that yoga was becoming an increasingly important part of my life. So, it seemed a very natural step to train as a teacher and to share the wonderful gift of yoga with others; a gift that we have all been given so freely.

One becomes three

And at the very start of this journey, I met two local yogis also starting the same trainee teacher journey, Louisa Elliott and Marcelle Edwards. So, with two comrades, the three of us embarked on our own teacher trainee journeys together and became firm friends along the way!

Back to the start

The demands of the training programme were very different from being a class attendee, and we soon realised that this was the start of a very personal journey of discovery too. Two years later and having spent hours training together, days training with our teacher trainees, completing assignments on yoga philosophy and anatomy, as well as attending yoga workshops and conventions, maintaining our own personal practice and going to regular classes, we were faced

with one day – the final assessment. Having heard so much about the assessment process, the day loomed large in our minds. At the day, three assessors and one moderator assessed our yoga practice and teaching. And as we each stepped into the room, we hoped to put aside our nerves and let our love for yoga shine from within.

“It is only through the mirror of yoga that the whole of man reflects to know himself.”

B.K.S. IYENGAR

The agonising wait...

This was by far the hardest part, as we each waited weeks for our results to arrive by post – thankfully all three of us passed and we were jubilant! The joy in our hearts still radiates today and every day, as we embark on yet another journey, this time as ‘teachers’. We’re all now busy setting up our own classes and are ever thankful to our teachers, each other, our own yoga practice and of course, our guru B.K.S Iyengar.

DHIYI
Iyengar Yoga

**Dorset & Hampshire
Iyengar Yoga Institute**
www.dhiyi.co.uk
dorset-events@dhiyi.co.uk

**3-Day
Workshop
with
Laurie
Blakeney**

2nd - 4th September 2016
Bournemouth Central Premier Inn, BH1 2BZ
£90 DHIYI members/£102 non-members
Single days also available
Visit dhiyi.co.uk for more information

Did you know?....

In addition to the five yamas (social disciplines) defined in the *Yoga Sutras of Patanjali* there are an additional six mentioned in the Yogopanisads according to *Yoga a Gem for Women* by Geeta Iyengar. The yamas in the Yoga Sutras are ahimsā (non-violence), satya (truthfulness), asteya (non-stealing), brahmacarya (sexual moderation) and aparigraha (non-acquisitiveness). The additional six are ksama (forgiveness), dhrti (steady intellect), dayā (compassion), ārjava (straightforwardness), mitahāra (moderation in diet) and sauca (cleanliness).

The DHIYI Needs Your Involvement

We are always keen to have offers of help from our members to ensure the smooth running of the institute and to spread the load. Here is a list of ways you could volunteer your time:

- Serve on the Executive Committee (currently there are two vacant posts)
- Serve on a Sub Committee (Newsletter, Library, special weekend event)
- Volunteer to help set up or clean up for a specific weekend event. (We are currently looking for volunteers for the Laurie Blakeney event 2nd - 4th September, 2016 in Bournemouth.) Please email Jenni at chairman@dhiyi.co.uk if you would like to help out in some way.

Submissions for Future Newsletters

The DHIYI Newsletter sub-committee is always looking for content we can publish in future newsletters. If you would like to submit an essay, artwork, poetry, or any other contribution for a future newsletter, please contact Jenni at chairman@dhiyi.co.uk.



DHIYI Event Registration Information

DHIYI events are non-profit and are for the educational benefit of our members and community. Students must have at least one year of Iyengar yoga study. Members receive a substantial discount on every DHIYI event. Please make cheques payable to "DHIYI" and post to either the Dorset or Hampshire Event Coordinator as applicable. 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.

Dorset Events:

Kim Trowell
29A Spencer Road
Bournemouth
BH1 3TE
dorset-events@dhiyi.co.uk
01202 558049

Hampshire Events:

Carol Batterson
25 Manor Close
Wickham
PO17 5BZ
hampshire-events@dhiyi.co.uk
01329 832853

Upcoming DHIYI Events

Yoga Day with Edgar Stringer

Saturday, 27 February 2016; 10 am - 4 pm
£22 members/£30 non-members
Botley Community Centre, High Street, Botley, Hampshire SO30 2ES

Yoga Day with Judi Sweeting and DHIYI AGM

Saturday, 16 April 2016; 10 am - 4 pm
£22 members/£30 non-members
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

Teachers' Get-Together

Saturday, 2 July 2016; 10 am - 12:30 pm
£6 - contact Jenni Dooan: 01425 622635 or jenni.dooan@hotmail.co.uk
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

Professional Development Day (Teachers)

Moderator: Sasha Perryman
Saturday, 30 July 2016; 10 am - 4 pm
£16
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

3-Day Workshop with Laurie Blakeney

Friday-Sunday, 2-4 September 2016
For more information and to register visit dhiyi.co.uk

Yoga Day with Judith Jones

Saturday, 8 October 2016; 10 am - 4 pm
£22 members/£30 non-members
Botley Community Centre, High Street, Botley, Hampshire SO30 2ES

Yoga Day with Judi Soffa

Saturday, 5 November 2016; 10 am - 4 pm
£22 members/£30 non-members
Trinity Methodist Church, Southbourne, Dorset BH6 5AQ

Other Iyengar Yoga Events

Half Day of Yoga with Kathi Vaile

Saturday, 12 March 2016; 10 am - 12:30 pm
£12.50
Liliput Church Hall, Liliput, Poole BH14 8JX
Contact Kathi Vaile at 07842 243183 to register

'Purely Pranayama' with Elaine Rees

Saturday 21 May 2016; 10 am - 12 pm
£15.00 (includes coffee & cake after)
Wessex Health Clinic, 17 Stour Road, Christchurch BH23 1PL
At least two years of regular Iyengar Yoga asana practice required.
Contact Elaine Rees at elainerees@europe.com or 07504 823517 to register

2-Day Yoga Workshop with Margaret Austin

Friday, 3 June 2016; 6 pm - 8:30 pm
 £16 members/£18 non-members
 St Clements Church, Bournemouth BH1 3DZ
 Saturday, 4 June 2016; 9:30 am - 2:45 pm
 £28 members/£30 non-members
 Trinity Methodist Church, Southbourne, Dorset BH6 5AQ
 Contact Kim Trowell to register

Yoga Course in France with Zoe Hobbs

Saturday, 18 June - Saturday, 25 June 2016
 £680 all inclusive of accomodation, full board, and yoga classes
 Contact Zoe at 01202 431424 or 07880 864345 and
 zoeleehobbs@talktalk.net for more information

'Purely Pranayama' with Elaine Rees

Saturday 9 July 2016; 10 am - 12 pm
 £15.00 (includes coffee & cake after)
 Wessex Health Clinic, 17 Stour Road, Christchurch BH23 1PL
 At least two years of regular Iyengar Yoga asana practice required.
 Contact Elaine Rees at elainerees@europe.com or 07504 823517 to register

Yoga Day with Jayne Orton

Saturday, 24 September 2016; 10 am - 4 pm
 £28 members/£30 non-members
 Trinity Methodist Church, Southbourne, Dorset BH6 5AQ
 Contact Kim Trowell to register

'Purely Pranayama' with Elaine Rees

Saturday 1 October 2016; 10 am - 12 pm
 £15.00 (includes coffee & cake after)
 Wessex Health Clinic, 17 Stour Road, Christchurch BH23 1PL
 At least two years of regular Iyengar Yoga asana practice required.
 Contact Elaine Rees at elainerees@europe.com or 07504 823517 to register

Yoga Day with TBA

Saturday, 29 October 2016; 10 am - 4 pm
 £25 members/£28 non-members
 Trinity Methodist Church, Southbourne, Dorset BH6 5AQ
 Contact Kim Trowell to register

'Purely Pranayama' with Elaine Rees

Saturday 26 November 2016; 10 am - 12 pm
 £15.00 (includes coffee & cake after)
 Wessex Health Clinic, 17 Stour Road, Christchurch BH23 1PL
 At least two years of regular Iyengar Yoga asana practice required.
 Contact Elaine Rees at elainerees@europe.com or 07504 823517 to register



Teachers' Class Listings

Teachers, please ensure that you keep your class listings and contact information up to date on the DHIYI website. Please contact Cheree Low at admin@dhiyi.co.uk to update your information.