

SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

Dates for your Diary - AGM on 14th April, 2012

Our next SWLSIYI event with Judith Richards on the 14th April will include our AGM to be held during the short break for lunch between 12.30pm and 2pm. We would love everybody at the workshop to attend this as well - you may be inspired to join the committee for the next year!

We would love to increase our membership, too, and as an incentive this year we have been able to reduce the membership fee to £10 for non-teacher members and £15 for teacher members. Joining IYA UK directly costs £17.50 so joining SWLSIYI with IYA UK membership included is great value. The new membership form for 2012-2013 is on the SWLSIYI website www.swlsiyi.org.uk

Spring 2012

- **Price:** £40 for Institute members. £45 for non-members. Priority booking for all SWLSIYI members up to 2nd March 2012.

- **Cheques** made payable to **SWLSIYI** sent to Kate Hebblethwaite, Events Secretary, 31 Crowborough Road, London SW17 9QB.

- **By BACS:** Account name: SWLSIYI, account No: 65389520, sort code: 08-92-99, with your name in the customer field. Please also email swlsiyi@gmail.com to confirm your booking.

SWLSIYI Iyengar Yoga Workshop JUDITH RICHARDS

Saturday 14th April 2012

10.00am to 4.00pm

*Break for lunch & AGM from 12.30pm—2.00pm
(light refreshments will be provided)*

Judith first started practising yoga in the Iyengar method in 1970 and started teaching in 1976. Judith finds that learning yoga is a lifelong process, and brings to her teaching a wealth of knowledge and experience balanced with humour and compassion.

She continues to develop her own practice and understanding of yoga and regularly attends workshops, seminars and intensive courses with the world's greatest teachers in Britain and abroad, including BKS Iyengar's parent institute in Pune, India, the Ramamani Iyengar Memorial Yoga Institute. Judith gained her full Senior Intermediate Certificate in 2008.

Venue:

Thames Ditton Hall, Mercer Road, Thames Ditton, KT7 0BS

Nearest train station:

Thames Ditton Station

Parking:

Available locally



Requirements:

One years recent and regular Iyengar yoga practice recommended.

Please bring your own yoga equipment (mat, brick, belt, blanket and blocks)

Committee 2012

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Workshop with Margaret Austin

Margaret Austin Workshop

by Joy Shillingford

A What a day we all had in the hands of the delightful Margaret Austin!

We arrived in thick mist and left on "cloud nine." (George Harrison adopted the term as the title of his 1987 album). Margaret herself had almost to navigate the entire globe to get to us from the North of England by rail.

Our asana practice took us from Supta Baddhakonasana supported by blocks into the hips to Hanumanasana with chair support. This journey with Margaret's influence and support seemed a perfect example of the "effortless effort" to which we all aspire, and was evident in Margaret's graceful demonstrations.

The next day the HIPS especially were alive! Margaret's firm, yet gently persuasive teaching style gave an air of informality to the day as she guided us in the use of props and partner work. This in-depth approach brought to light many strengths and weaknesses in our own practice and a feeling of having learned much about ourselves.

Iris pictured here in Virabhadrasana 2 enjoying the stability, awareness and freedom in the pose, unaware of her knee injury.

In the morning we worked through a sequence of 26 asana - Standing - inversions - back bends finishing with Parsva Uttanasana.



Workshop with Margaret Austin

A delicious light lunch magically appeared (thank you John and Ursula) and as usual we had a chance to catch up with friends and colleagues old and new.

The afternoon session continued to delight with 17 further asanas, mostly supine and prone. Some were restful while others continued to strengthen our backs, arms and legs. In all of them our spines and once again the HIPS!! gained flexibility.

Margaret had to leave very promptly to retrace her very long journey home. We are so very grateful to her for travelling so far to give us the benefit of her extensive knowledge and look forward to a return visit to delight us all again.

Thank you Kate for producing the day - a return visit please!



Workshop with Margaret Austin

First Aid Training

The Iyengar Yoga Association in the UK (the governing body for Iyengar Yoga in the UK, to which all Iyengar yoga teachers, trainee teachers and all SWLSIYI members belong) stipulates that anyone taking their Introductory Level 2 Teacher Training Assessment must hold a valid First Aid qualification which includes CPR, such as First Aid at Work or Emergency First Aid at Work. The qualification lasts for 3 years, and many teachers opt to keep their first aid training and certification up to date, although there is no mandatory requirement to do so unless you run your own centre, in which case there must always be a qualified first aider on the premises when students are in class.

SWLSIYI will be holding a First Aid training day each year and the first took place on Dec 4th at Judith Richard's North Surrey Centre. The instructor was Elaine Martin, who, as an Iyengar Yoga teacher herself as well as a qualified first aid instructor, was able to make the first aid training highly relevant to a yoga environment. All the essentials of the course were covered, often made memorable by some fairly horrific photographs of injuries, or by practical exercises with CPR dummies, bandaging each other or moving each other into the recovery position.

However these are skills that we hope never to have to put into practice. A teacher has a duty of care towards their students, but a student is also responsible for their own health and safety and for that of those around them. Make sure the teacher is aware of any health or medical conditions that could affect your yoga practise. If you have medication, such as an asthma inhaler, bring your medication with you to class. Be aware of the environment around you no-one wants you to put your legs though a window in full arm balance!

To see the full detail of the IYA (UK) rules regarding First Aid training log in to IYA (UK) website, and select Teacher's FAQ then select the question on First Aid from the list of Teacher's questions. Keep your eyes open for information on next year's First Aid training day.



Workshop with Jayne Orton

Jayne Orton will be back with us again on 10th and 11th November at The Bhavan, W14 9HE. This two day event will be very popular so put the date in your diary and do not leave it too long before booking!

The cost for institute members is £42 and £48 for non-Institute members, or £80 for both days for members and £86 for non-Institute members.

Another reason for joining SWLSIYI means cheaper workshop fees!

A Trainee Teacher

by Tehira Taylor

A little over two years ago my teacher said to me, 'Have you ever considered doing the teacher training certificate?' I was a little embarrassed, whilst slightly flattered. But I politely answered, "Perhaps one day".

It didn't take me long to start feeling quite strongly about becoming a yoga teacher in the future, but it was the fear of not quite feeling ready and the long training course which had held me back. So after a conversation with my brother over coffee, I realised that I did really want to start making some changes for my future. I dropped straight in at the deep end. I missed the original selection day, as I made a sudden decision to go for it and it was already July. I also didn't want to wait a year for the next round, so one day I was raising the subject again with my teacher, the following week I was a trainee.

I remember my first training class vividly: I was in a Level II class as the only Level I trainee! My teacher proposed we all do some warm-up poses and then for each individual pose, one person speak out what actions they are doing, to get an understanding of what we should be doing in the poses and to get used to hearing our own voices. 'So, Tehira, why don't you start?!' Eek! Well, now was as a good a time as any to really hear my own voice.

It's two years on, but it feels like it was just yesterday.

So what are the challenges, the ups and the downs of being a trainee. What is it really like?

Well, for everyone I am sure it is very different, based on their personal circumstances. For instance, I am managing a full time job which requires some late hours and commitment to travel. On the flip side, I don't have children to manage from morning until night. We all have our own challenges to fit in the yoga practice, classes, theory and assignments. I'd love to say planning is the key, which of course it is, but in true style, I have always managed to defer the assignments until the last minute and I am forever catching up on my training day notes. There has never been a day I've felt I am on top of it all, but that's because, as I am learning, there is in fact always something more to learn!

As trainees, there are some things we all share.

First and foremost is the love of yoga. This is what certainly keeps me going through the training. It also keeps me going through the uncertainties and moments of reduced confidence, when I wonder if I am good enough to be a teacher. I always have to remind myself that I am also a student and I can always be a student, be it in a class or in my own home.

After a 7 hour training session where we have been challenged both in our own practice of the poses, and in our teaching, we sit, we observe, we do, we learn. Sometimes it feels overwhelming. All that I have learned in a session, the amount I still have to learn to get through the Introductory syllabus, the amount I have to go away with and get better at in my poses and teaching. Some training days are full of positive energy, sometimes the room feels filled with tired bodies, weighted minds. There is no denying that it is no walk in the park. But there is a reason why it has to be so tough, you only have to look up an Iyengar teacher anywhere in the world and notice the consistency and quality of the teaching to know why the training is so rigorous.



Workshop with Margaret Austin

But other things about my experience of the training are also true. My fellow trainees and I arrive (most of the time) full of energy, ready to learn, ready to be scrutinised so we can become better teachers, ready to get through every word of the syllabus to pass the assessments. We work together. We listen to each other. We encourage each other.

Embarking on the training course is not about an extra few hours a month of yoga to get through the syllabus. It requires a commitment of practice, time to read and learn the theory, going to extra classes to practice the teaching. It's a huge commitment. But the benefits too are enormous. The deeper learning and practice yes, but also to be surrounded by people of the same interests and goals, developing great friendships. With the overall thought in mind that while I may benefit now, I hope one day that my training will benefit others who I am given the opportunities to teach.



Workshop with Margaret Austin