

# SWLSYMI

## SW LONDON & SURREY IYENGAR YOGA INSTITUTE

### The Yoga Show

Look within ... Go beyond

28 29 30 Oct 2011 London  
National Hall Olympia

FREE ENTRANCE TO  
THE YOGA SHOW  
for Iyengar Yoga members



We are pleased to announce that we have teamed up with The Yoga Show this year to offer all our registered members a **FREE ONE DAY PASS** worth £12.

To obtain your free day pass please visit

[www.theyogashow.co.uk/iyengar](http://www.theyogashow.co.uk/iyengar)

On check out please enter promotional code YS1 Iiyengar

For tickets and further information about the event or to receive a FREE PROGRAMME visit [www.theyogashow.co.uk](http://www.theyogashow.co.uk) or call 01787 224040

#### Dates for your Diary

A wonderful opportunity to promote Iyengar yoga at The London Yoga Show at Olympia Friday 28th to Sunday 30th October 2011.

The IYA (UK) has booked a corner stand (G19). If you would love to be part of the show, please contact Diane Drain at [dianedrain@btinternet.com](mailto:dianedrain@btinternet.com)

September 2011

#### Committee 2011

Chair:

**Diane Drain**

Deputy Chair:

**John Shirbon**

Hon Secretary:

**Lesley Whiteley**

Hon treasurer:

**Peter Kosasih**

Membership Secretary:

**Jane Howard**

Deputy

Membership Secretary:

**Anita Phillips**

IYA Liason:

**Judith Richards**

Media Secretary:

**Janette Browne**

Newsletter Editor:

**Penny Boylan**

Copy Editor:

**Tehira Shafiq**

Events Secretary:

**Kate Hebblethwaite**



© used with permission of BKS IYENGAR,  
Trade Mark Owner



Workshop with Brenda Booth

## Dates for your Diary

### Workshop Worries?

- Have you always wanted to try a yoga workshop but Don't know what to expect?
- Will I cope with 3 hours of yoga?

### Yes you will!

A workshop is a mixture of practising poses, watching demonstrations, and listening to in-depth teaching on theory and practice, so you will not be doing a solid session of only asanas!

Most workshops have a theme which the teacher will develop, focusing on the details of the pose to help you gain insight and deepen your knowledge.

When you see a workshop featuring a senior teacher, such as Margaret Austin, grab your place

without delay. You will be in for a treat of a day, listening to someone with an encyclopaedic knowledge of Iyengar yoga. Even the most basic poses, when taught by a senior teacher come alive in many and unexpected ways; you may have been finding difficulty with some aspect of your practice, or have always wondered about something that will suddenly come to light during the more-in-depth explorations that take place on a workshop. You will find new ways into your poses, understand things that may have been perplexing you, and give a real boost to your own practice!

Many of us have "eureka!" moments at a workshop where asanas we have been doing for years suddenly click!

Check the website for full booking information: [www.swlsiyi.org.uk](http://www.swlsiyi.org.uk) or email the team at [swlsiyi@gmail.com](mailto:swlsiyi@gmail.com)

### Workshop with Margaret Austin

Sunday 20th November, 2011 at Thames Ditton Hall, Mercer Road. KT7 0BS  
Something to really look forward to! Margaret is one of our most popular senior teachers and we are thrilled to have secured her for this special SWLSIYI event.

### Call for Contributors

Do you have a personal yoga story, useful tips or anything "Iyengar" you would like to share? Let us know where you do your home practice and what challenges you face! We are also particularly keen to have some articles about the recent workshop with Brenda Booth, the Yoga show in October, and Margaret Austin's next workshop. If you would like to be an "official photographer" at the next event please email Penny on [pennyboylan@hotmail.co.uk](mailto:pennyboylan@hotmail.co.uk)

## A New Service for Teacher Members

SWLSIYI are offering a new service for our teacher members which will help you to help find cover for classes.

To use this service all you need to do is to email us with the details of the cover you are looking for and we will send the details out to all our teacher members on your behalf. Anyone who is interested will contact you directly. To use the service, send the following details to [swlsiyi@gmail.com](mailto:swlsiyi@gmail.com) including: Your name, Your contact details (phone and/or email). Date/s cover required. Day/s of week cover required. Class start/end time. Name of venue. Town/area. Postcode. Class type: (eg general/beginners/intermediate). Fee to be paid and any other key information.

## Vacancies

The SWLSIYI committee is looking for two members with special skills to volunteer their help!

### Media and Marketing

We are looking for somebody with journalistic or PR experience to help us spread the word about all aspects of Iyengar yoga to a wider audience, and you may be just the person to offer your help!

### Deputy Secretary & Treasurer

On occasions, committee members in two key jobs may be unable to attend all our meetings.

Would you be willing to deputise these jobs if necessary? Simply take the minutes at the odd meeting or step in to deliver a prepared SWLSIYI financial report. Someone with some accountancy background or good organisational skills would be invaluable.

Contact [swlsiyi@gmail.com](mailto:swlsiyi@gmail.com) if you are able to help.

## A month in Pune

When I arrived at Rimyi, I felt an immediate sense of belonging despite my slight apprehension of what to expect as a novice to a month of indoctrination – Pune style! My initial irritation from the pollution and jetlag quickly vanished when I started experiencing the profound teaching of yoga and the dedication to its tradition that was so evident and abundant

Each day, we were guided through numerous asana whilst being made aware of the interconnection between body, mind & breath. These three elements in turn became the “conductor” of the asana and we worked towards experiencing the different effect each one brought. For instance, often when we are learning a pose, we tend to let our body dictate our emotion and our breathing pattern. Other times, we may let our mind control our body and breath, particularly in situations where determination and endurance are required to sustain a posture such as during inversions. Ultimately, we should aim to transcend each asana through prana and employing correct breathing techniques to transform each asana into a meditation (Dhyana).



Peter says don't try this at home!

Prashant also utilised many techniques to encourage us to explore kriyas (actions) and mudras (locks for steadiness and gestural aspects), the technical requisites to obtain steadiness and comfort in asana. In addition, he instilled in us, the importance of self-diagnosis, self-correction and employing breathing with Uddyana kriya to sharpen poses - an exploration to find the guru within!

Metaphors and mental images were used in abundance to ignite our thought processes and fine tune our holistic yogic practice in terms of our attitude, intention and outcome. Endeavoring to follow Prashant's profound philosophy whilst being hung upside down for ten to fifteen minutes at a time certainly gave a different perspective of how energy and concentration could be channeled when required!

The journey through the eight limbs of Astanga was implicitly explored. The exercises in pranayama (breathing controls) and pratyahara (abstraction of the senses) were profound and produced the outcome of antaranga sadhana, the inner quest. The discipline learnt is to lay a solid foundation for one's more personal and mature endeavours in the quest of the soul, anataratma sadhana. My favorite motto of Prashant's (and he used many!) had to be: **Accept, except what is expected!**  
Peter Kosasih



## My Level 1 Assessment – 2nd July 2011 – Sarva Iyengar Yoga Institute

I'd been longing for weeks for this day to arrive but now I wasn't so sure. Sarva's founders Sheila and Ally welcomed the candidates with big smiles, made us comfortable, and encouraged us to come and find them if we needed a hug during the morning – some of us could have done with one right then!

The moderator and three assessors arrived with comforting words rather than the menacing looks I'd feared; they knew how nervous we were and assured us that they wanted us to do well. We were then led through a mellifluous invocation; a moment of peace.

The practice assessment that followed was the most physically demanding hour of yoga I've ever done. Even poses I usually settle into with confidence presented new challenges. But I went through my mental checklists and concentrated on my breathing. I settled into the final pose, Savasana, with a huge sense of relief. The teaching assessment was more daunting. I'd considered my assigned pose, Virabhadrasana II, a lucky draw but was quivering like a leaf while teaching. I pulled myself together before taking my "student" into Sarvangasana, but I felt that my teaching performance was less than competent.

Just getting through the assessment gave me a huge sense of accomplishment. I and a group of fellow trainees enjoyed a celebratory lunch together. Hopeful and yet prepared for the worst, we'd worked hard during the previous ten months of teacher training and were looking forward to a summer of relaxing and enjoying our own yoga.

Our readers will be pleased to know that Anita passed her introductory level 1 assessment. Congratulations!

Print copies of this newsletter to give to your own students. Put a copy on your noticeboard and have some extras to give away.

Don't forget to update your profile on the IYA website. It's free and you can upload a photograph of yourself with a profile and list the classes you teach.

Please visit the SWLSIYI website [www.swlsiyi.org.uk](http://www.swlsiyi.org.uk) and contact us for anything, including volunteering!  
[swlsiyi@gmail.com](mailto:swlsiyi@gmail.com)  
Anita Phillips

## Guruji goes to China

In a recent interview with the Times of India, guruji explained that the government of India was keen to showcase yoga in China as part of its celebration of the 60 years of friendship between the two countries. He therefore agreed to lead a yoga summit with the help of some of the most respected teachers from all over the world, in spite of the fact that at 93 he feels reluctant to travel these days.

The first China-India Yoga Summit took place in Guangzhou, China on 16th June, 2011. The website for the summit is really worth a look to get some idea of what a massive undertaking this must have been. You can find lots of pictures, biographies of the teachers and learn how they overcame such obstacles as the language barrier. [www.yogasummit.org](http://www.yogasummit.org)