

April 2010

Iyengar Yoga Association of Canada Newsletter

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Dear Marilyn,

Welcome to IYAC News

As we head into spring, we move ever closer to another AGM. One of this year's themes is to create a tapestry of the association's history. Each one of us offers a unique perspective and experience of Iyengar yoga, all enriching the living history of this tradition. This is an amazing thing to share. Whether we know each other or not, we have all been touched by Guruji's teachings.

How extraordinary. How blessed.

Namaste

Namaste,

Traci Skuce
Editor, IYAC News
traciskuce@gmail.com

If You Are Planning to Come to Calgary, Please Register Now!

WE NEED TO MAKE FINAL BOOKINGS AND CONFIRM NUMBERS.

Please go to Iyengaryogacanada to download the registration form.

Weaving Our History Together

By Patricia Fernandes

IYAC will officially celebrate 10 years of incorporation at this year's AGM!

Long before the year 2000, a core group of dedicated Iyengar yoga sadhakas prepared the way for organizing IYAC. They made many fruitful trips to Pune which inspired the learning and teaching shared back in Canada. With Guruji's guidance, they developed a teacher training program and built our association from the ground up. Annual meetings were held across the land and threads of various groups were brought together into an association, then into incorporation.

At this year's AGM, we plan to create a history tapestry together. We encourage everyone to reflect on important moments from their Iyengar yoga lives. We plan to set up a history wall, and we'd like to weave your individual memories together by

having you write them down on it. Photographs, drawings, poems, songs and other musing are also welcome. We'd especially encourage those of you who were there at the beginning to jot down important dates and events that formed the first threads of our collective historical tapestry so they're fresh in your mind at the AGM.

If you are unable to attend the gathering in Calgary, please send your contribution to Patricia Fernandes by May 1. For further information, contact either Patricia, at p.fernandes@unb.ca or Barbara Young at b-young@rogers.com

Pune Connections

By Barbara Young

We're currently creating a Pune Connections page for the IYAC website. One essential element will be the Flats to Rent section. We have several listings, but there are more flats becoming available in the RIMYI vicinity all the time. If you've stayed in one you liked within walking distance of RIMYI, please send me the landlord's name and email address, along with the approximate walking time to RIMYI, and we'll include it.

If you have any other favourite places you'd like to share, such as restaurants, parks, tailors or shopping opportunities, you're welcome to send them along too. We'd appreciate receiving your suggestions by April 15.

And finally, one of the most common questions we receive is "Who will be going to RIMYI the same month as me?" To save time and email for our busy registrar, Marlene Mawhinney, we're planning a "Canadians at RIMYI" section. If you've received your confirmation letter for classes and wish to appear on the list, please send me the month(s) and year of your study trip and we'll add you to the list.

Happy trails!



Bas-relief of Guruji on the wall at RIMYI, Barbara Young photo

Volunteer Needed for Indexing Penticton DVD

Leslie Hogya

If you have spent time looking at the DVDs produced in Penticton, you may be the perfect person to make an index of what was taught on the different days.

In a recent European DVD set, there is a useful index. We could do the same for Geeta's Penticton visit and make it available in future sales or as a PDF.

If this is something that appeals to you please contact: leslie.hogya@gmail.com

Insurance Registrar Position Available

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During the past four years Lynne Bowsher has been the Insurance Registrar for IYAC. She has worked with Pearson Dunn (IYACs insurance company) to refine the process of how information and payments are handled and processed each renewal year. She was instrumental in adding teachers in training to those able to obtain insurance through IYAC as well as making Contents insurance available for those who require it.

Lynne will be stepping down from this position at this years AGM, therefore, IYAC needs someone willing to step into this position to continue this volunteer service to help our members with their liability insurance needs.

Anyone interested should contact Lynne at lynne.bowsher@primus.ca or call her at 250-766-3122.

Beautiful Studio Available in Parksville, B.C.

If you have ever considered moving to the Island and starting up your own studio, associate member, Lindsay Schroeder has a property you might be interested in. This building has a studio with sprung wood floors. Also, there is a two-bedroom suite in the building, so an ideal situation for a teacher who wishes to live close to work/yoga.

Please forward any inquiries to artafire@telus.net

Is retail your thing? You could shine as our volunteer shop coordinator

IYAC is seeking an energetic and creative person to take the Shop Coordinator position to a new level.

The position would require the coordinator to manage all our product information to

The position would require the coordinator to prepare all our product information to be added to the website, order new product and take orders and ship them out as they come in.

In the past this has amounted to about 2 hours a month.

If you are interested and have more questions, just email Marilyn Shepherd at journeytotheheart@shaw.ca

Thanks for your support of your association.



Best-dressed horns on the streets of Pune, Barbara Young photo.

Yoga Links

Here are some links you might be interested in checking out. Also, if you find one you'd like to share send it to Jayne Jonas, jhionas@netzero.net

www.ihanuman.com

www.yogaforthetheconstructionindustry.com

www.yogaartandscience.com

www.yogasequences.blogspot.com

Winter-Meets-Spring Vegetable Curry (Mild)

By Traci Skuce

Nettles herald the coming of Spring. They mark the end of those dark rainy months

and spring up just as the sun comes to sit on the expansive side of day.

Last Spring, I discovered a stinging nettle patch down by the beach near Macdonald Wood Park. Though I knew of one near Chinatown, in Cumberland, this patch rose up sooner, extending the nettle-top season by a couple of weeks. Plenty of time to enjoy these nutrient packed weeds. If you do plan to gather wild nettles, be warned that these plants are true to their name and do sting. If you have gloves, it's good to wear them.

When I return home with my basket of wild-crafted nettles, I also carry ideas of what to do with them. Dry some for tea. Spanakopita. Spring tonic. Soup. What I will really do with these nettles is find a way to incorporate them into dinner without anyone suspecting a thing.

Greens can be a difficult sell for kids. My youngest son makes such a display when I bring greens to the table, I've stopped serving them to him. But, if I finely chop them, integrate them into sauces or stews, no one feigns a choke or gags.

So curry it is. Curry is a staple meal around our house. It actually garners a collection of yays and high-fives. This might have something to do with our love of the condiments (hot pickles, yogurt and chutney), but I think the curry lends the diner a sense of satisfaction and comfort.

Serves 4-6

¾ cup brown lentils
½ cup red lentils
4 cups water

1-2 tbsp. coconut oil, or alternative such as grapeseed oil
1 medium onion, diced
1 tbsp. grated ginger
2 tsp. Kowloon Curry from Monsoon Coast (or alternative curry powder)
1 parsnip or potato, diced
1 small head cauliflower
2 carrots, sliced
bunch of nettles, spinach or kale - finely chopped!
1 can coconut milk
salt to taste

Simmer lentils in water for 40 minutes.

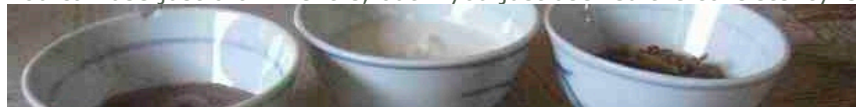
In a large sauce pan with a lid melt the coconut oil, add onion and Kowloon curry spice mix and saute for 1-2 minutes. Add the ginger, parsnip, carrot, cauliflower and salt. Stir for one or two minutes. Then stir in the coconut milk and cooked lentils. Simmer for 20-25 minutes on low heat. Stir frequently.

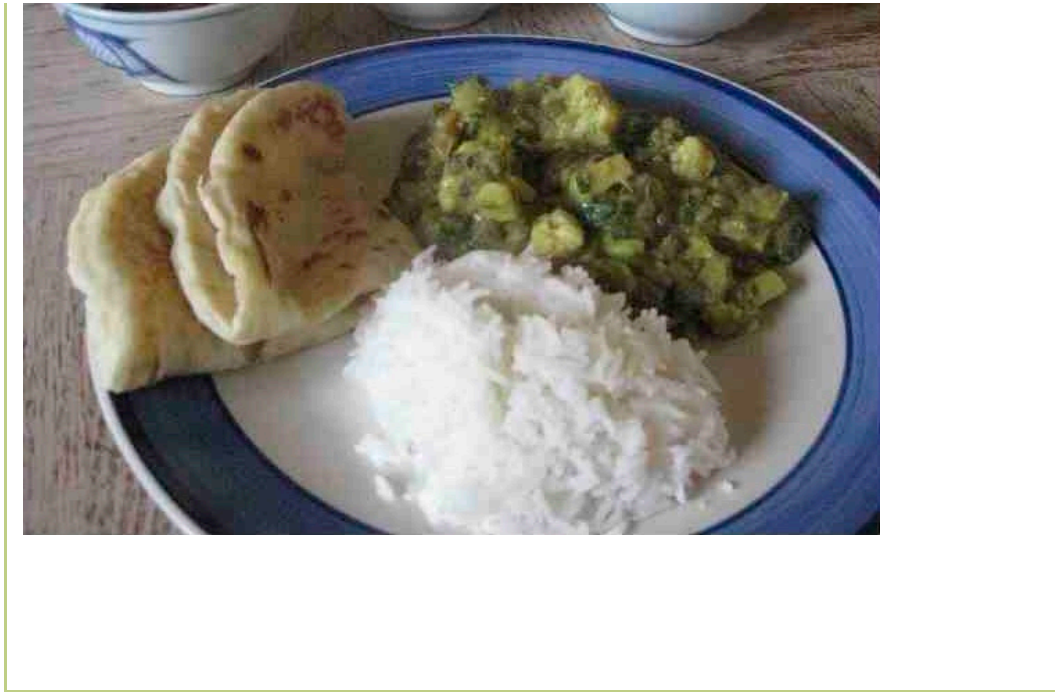
When the vegetables are cooked, turn off the heat and add greens. Cover with lid. The heat will wilt them, but they won't be overcooked. Wait two or three minutes, then lift the lid and stir the greens into the curry.

For a little extra flavour, toast up some cumin seeds and throw them into the pot right before serving.

Serve with basmati rice and/or naan bread. If you fancy condiments try Hot Pickled Lime for spice lovers, yogurt and mango chutney for all.

Variations: Use whatever vegetables you have on hand. You may substitute any of the vegetables at any time. Try zucchini, peas, peppers and eggplant in the summer. You can use just brown lentils, but if you just use red the consistency is too soupy.





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