

December 2009

Iyengar Yoga Association of Canada Newsletter

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Dear Marilyn,

Welcome to IYAC News

The holiday season is upon us once more. Here's hoping your 2009 was deeply lived.

May your New Year be full of learning and light.

May your New Year be blessed.

Namaste,

Traci Skuce
Editor, IYAC News
traciskuce@gmail.com



Photo credit: Nancy Bleck & Susan Stewart

Geetaji Announces Her Retirement

Geetaji recently announced that she will retire from teaching in 2010. How blessed we have been as a community to be influenced greatly by her teachings.

Thank you, Geetaji!



Geetaji in Portland!

The Iyengar Yoga National Association of the U.S. will sponsor Reflection, a convention for Certified Teachers May 11-16, 2010, in beautiful Portland, Oregon.

The convention is an opportunity for Iyengar Yoga Certified Teachers to come together in community and learn from our esteemed teacher Dr. Geeta S. Iyengar.

Geeta Iyengar has requested that teachers certified at Intermediate Jr. I level and above be invited to this convention from all Iyengar Yoga international communities.

Check for for updated details at:

<http://www.iyengarteachersconvention.com/>

Namaskar,

Gloria Goldberg

Julie Lawrence

Co-Chairs, Iyengar Yoga Certified Teachers' Convention 2010

** This invitation is for Intermediate Junior teachers. For now, we are taking the names of experienced Intro II teachers and placing them on a wait-list in case enrollment opens up for them. If this interests you email Melissa Schoales at mschoale@dal.ca



Guruji's Birthday Wishes

Guruji asked that if we wanted to send a gift for his birthday, we send money for his Bellur project to improve the lives of those in his home village.

If your local group is planning to send money to India for the Bellur trust, please let us send it altogether, as it may be taxed otherwise.

We are sending the money soon, so please reply by email to Marilyn Shepherd at journeytotheheart@shaw.ca. You can state the amount coming, and we can cover that amount until your check arrives.

If you do collect money later, please get the instructions about the proper way to do this from Marilyn.

Leslie Hogya

President

Iyengar Yoga Association of Canada



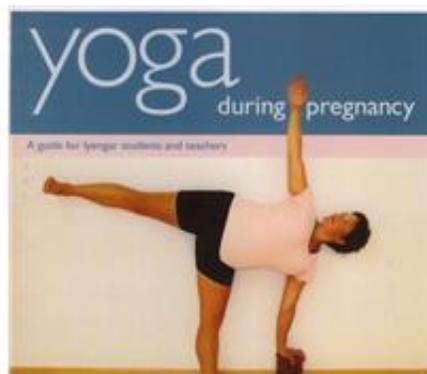


The door of the Patanjali Temple in Belljur, photo by Leslie Hogya.

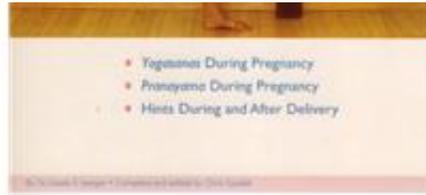
News from the IYAC Library

The IYAC Library Committee is being transferred to the capable hands of Patricia Lyle-Barlow and Sharon Pickle here in Ottawa. They are taking on the many tasks involved in keeping the library up to date and accessible.

Not ones to let grass grow under their collective and very well-planted Tadasana feet, they've been busy acquiring new books and DVDs. I'd like to bring one in particular to your attention.



At the RIMYI library, I once came across a fascinating series of articles by Geetaji about pregnancy. The articles were photocopied from a local newspaper, where they had originally been published. Imagine my delight when I discovered that Chris Saudek has worked with Geetaji to edit and compile the



edit and compile the articles into a book called ***Yoga and Pregnancy***.

We have recently acquired it for the IYAC library and it is well

worth a read.

Other recently-acquired titles include:

Yoga Wisdom and Practice, a book by BKS Iyengar.

The re-mastered CD and booklet of ***Patanjali's Yoga Sutras chanted***. This new package is especially helpful because it is easy to skip back and forth from one chapter and sutra to another.

Father Joe's DVD Yoga for Health

A gentle reminder to those of you who haven't yet returned items borrowed at the AGM last May - they were due back in September! Thanks in advance for returning them as soon as possible.

We've lost track of one item - ***Lois Steinberg's Iyengar Yoga Therapeutics***. If you have it, please let me know at b-young@rogers.com, and I'll pass your message along to Patricia and Sharon.

Wishing you much light and warmth from your practice as winter approaches.

Barbara Young
IYAC Library

IYAC Brochure - Spread the Word

As Iyengar yoga students and teachers, you have a keen appreciation of Iyengar yoga's tremendous intelligence and integrity. For many people who are looking for a yoga class, Iyengar yoga is just one choice in the bewildering array of yoga classes available.

Our challenge is to let people know what is unique about Iyengar yoga, and encourage them to choose Iyengar yoga classes. To this end, IYAC has recently put careful thought into the design and content of a beautiful brochure, designed by Charles Campbell. If you haven't received your hard copy already, it should arrive via your regional rep soon.

The good news is that **IYAC will cover all your brochure expenses.**

There are two ways to obtain brochures for distributing to your yoga centre and community.

1. **For 50 or fewer brochures:** You may order through IYAC by sending a request to Emma Richards at iyacanada@gmail.com by February 1, 2010, Specify the number of brochures you require and the address to which they should be sent.

2. **For more than 50 brochures:** Please print the brochures locally. A PDF of the brochure is available on the [Members Page of the IYAC website](#), along with an expense claim form. Send the PDF to your local printer and show them the original. Ask that they use a similar quality paper, as quality reproduction is important in communicating our message of excellence. Mail your expense claim form and original receipt

message of excellence. Mail your expense claim form and original receipt to IYAC secretary, Nancy Searing, and she'll see that you are reimbursed. You'll find Nancy's mailing address in the IYAC Directory.

We have one important request - **please do not photocopy the brochure.** This will diminish its impact, deflate its design and detract from its message.

Let's make the most of this opportunity to spread the word about Iyengar yoga!

Many thanks from the IYAC Board of Directors



Photo by Melissa Worth.

Archival Project

We have received a request from the international Iyengar community through Eddy Marks. He is working on an archival project with professional film makers to videotape the Iyengars. He is currently in Pune doing this work.

He already filmed some of Prashantji's classes. Soon he will shoot instructional videos with Geetaji & Guruji teaching to the ongoing practitioner.

Geetaji will be retiring from teaching at the RIMYI during the year of 2010. And we still need guidance from the Iyengars. Excellent quality instructional videos would benefit us all.

That is why IYAC is soliciting your donations. We will be sending \$1,000 from the IYAC reserves. If you wish to add to this donation, please make a cheque out to IYAC, and mail it to Marilyn Shepherd.

Also, there is a call-out to gather all photos, newspaper clippings and special correspondence at RIMYI scanned and organized for use in publications, websites, conventions etc.

Please help where you can.

Season's Greetings from IYAC's President

Dear Members:

Another year is coming to a close, with December's days getting shorter and the nights long and cold.

Thank you to each and everyone who who contribute in your own way to the growth and health of Iyengar yoga in your community and in the country.

When the outer light is fading, we can be inspired by our practice and find the Light within.

In Mr. Iyengar's new book *Yoga Wisdom and Practice*, there are excerpts drawn from articles in the eight volumes of Astadala Yogamala.

"There is no age limit and no geographical restriction. Differences of sex and health are no drawback. Yoga is for all. All that is required for success in yoga is cheerfulness, courage, correct knowledge of the techniques to be followed, moderation in one's habits, and faith in the practice of yoga. Then the effects of yogic practice as enumerated by the sages follow. These are beauty and strength, clarity of speech, and expression, calmness of the nerves, an increase of digestive powers, and a happy disposition that is revealed in a face full of smiles." (pg 76)

Namaste,

Leslie

Save These Dates - It's the 2010 IYAC Conference and AGM

Our annual conference and AGM will be held May 20-23 in Calgary.

Registration begins at noon on Thursday the 20th. Classes begin Thursday afternoon, followed by the annual general meeting lead in. Assessors will meet late in the afternoon on Wednesday, May 19th.

The focus for the classes will be observation and correction. Guruji recently reminded us that all teachers - including Introductory II teachers - need to be able to adjust and correct our students. To correct, we must be able to see the problem.

Teachers will be Shirley Daventry French, Marlene Mawhiney and Margot Kitchen. On Sunday, there will be a general class with Intermediate Junior teachers from around the country.

Prices and details will be available soon.

A Celebration of the Cells!

By Traci Skuce

Every Fall, we are blessed to host a workshop with Father Joe, here in the Comox

valley.

Father Joe has studied with Guruji for the past forty years and he brings with him an intimate knowledge of the teachings.

He has a special gift for taking a room full of multi-levelled students deep into their own hearts.

Ingenuous sequencing and long-held backbends lead the practitioner to connect with all four chambers of the heart. "You in the west, do too much yoga with your mind," said Father Joe. "You must do it with your heart."

While teaching, Father Joe talks at length about the beauty and genius of Iyengar yoga. Reverence for Guruji infuses his instruction as he encourages the opening of the thoracic. "Done properly," he said. "Iyengar yoga is a celebration of the cells."

At those words, my own cells tingled and vibrated. The body wants to be celebrated. The cells want such life.

After the workshop, my heart swelled with gratitude and appreciation for Father Joe here in this unlikely part of the world. And for the beauty of Mr. Iyengar's teachings passed on.



A Recipe for Holiday Cheer

I grew a lot of squash this past summer. And when I say a lot, I mean it took over the Village. So, I've been devising ways to dress and serve it. What follows is a squash recipe that is so beautiful it may make it to your holiday table. (Image by [Mindful One](#), at Flickr.)



Squash-Pecan Casserole (from Miriam Kasin Hospodar's *Heaven's Banquet*)

4 cups pureed, cooked winter squash (butternut, buttercup, pumpkin etc.)
 1/4 cup melted ghee or butter
 1/2 cup brown sugar
 1 tsp. all spice
 1 tbsp. lemon juice
 1/3 cup finely chopped crystallized ginger
 1/2 cup dried cranberries
 salt
 1/4 cup pecan halves

Roast hollowed-out squash on oiled baking sheet in 350F oven. Puree when soft, adding ghee/butter, sugar, allspice and lemon juice. Stir in crystallized ginger and dried cranberries. Add salt to taste. Spoon into baking dish, decorate with pecan halves. Bake for 30 minutes.

Enjoy,
Traci Skuce

New Membership Registrar

Theresa McDiamird is stepping down from her five-year term as Membership Registrar.

Thank you Theresa, for your years of dutiful service (and much patience!).

We would like to welcome Jocelyn Hollman into this position. Her contact information is:

Jocelyn Hollmann

258 Broadway Ave. Toronto. On

M4P1V9

tel: 416-482-3448 cell 416-220-9100

email: iyac.reg@gmail.com

2010 Membership Renewal is on the Horizon

2010 IYAC Membership application will again be able to be done online. We urge ALL MEMBERS to use this online option to minimize error and increase efficiency. The online site is secure and only takes minutes to use.

All 2009 IYAC members will be sent information about your 2010 membership application, including your ID#, in late December 2009 or early January 2010, so stay tuned!

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