



**In this Autumn 2017  
newsletter:**

- Yoga in Alberta high schools
- Meet the new Board
- A letter from the new President
- Your regional reps
- News from RIMYI – class fees
- Yoga and kids in Japan
- Recent assessment results
- Upcoming assessment dates
- Feeding the yogis
- Calendar of upcoming events

## WELCOME TO OUR AUTUMN 2017 NEWSLETTER



*A yoga class at the high school founded by B.K.S. Iyengar in his home village of Bellur - From The Indian Express 07 September 2014*

*“The approach of a young child to yoga is very different from that of an adult. Consider the intellectual development of an adult and the intellectual development of a child, and consider the speed of a child in physical action compared with the speed of an adult.”*

*B.K.S. Iyengar,  
The Tree of Yoga*

*Photos of Mr. Iyengar from The Art of Yoga and Light on Yoga*

## GREETINGS FROM YOUR EDITOR

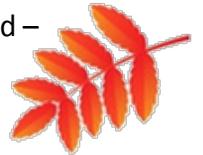


Rejoindre Carole au:  
Contact Carole at:

m.c.carpentier@sympatico.ca



Well, Autumn is here. In Toronto, at least, it was a long time coming, as summer – which was very slow in getting started – stretched into September and even October.



Community outreach and community building are critical to sustaining the vibrancy of the Iyengar yoga world. We have a very interesting story from Moira Nicholson in Calgary about how she established yoga as a credit course in the Alberta high school curriculum.

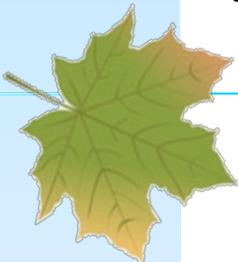


Deadline for  
next issue:  
**20 January 2018**

*[check out the  
submission criteria  
at the back of this  
newsletter]*

This is your newsletter – we're always looking for stories from your Iyengar Yoga community...

- Why is Iyengar yoga your yoga?
- How do you keep your yoga community vibrant?
- How do you foster regular practice by students?
- How do you spread the word about Iyengar yoga?
- How are you feeding your yogis? We want your recipes!
- Resources for teachers and students – blogs, websites, apps, books, props...
- Workshops with senior teachers from Canada, from the Source, and globally
- How have you used Certification Mark funding?
- Where in the world have you done Iyengar yoga recently?
- What's new or notable where you are?



# Yoga as a High School Credit Course in Alberta

In 2002, as a high school science teacher and working mother in Calgary, **Moira Nicholson** discovered yoga. As we will see in the story below, that was just the beginning!

Soon I wondered about sharing its benefits with students, and in 2006 proposed it to my principal. Initially dismissive, two years later she told me to go ahead with the idea.

To become a credit-earning option in Alberta schools, a course must have government approval. The proposal must include detailed learning objectives, evaluation procedures, teacher qualifications, proposed budget requirements, and suggested resources; it must show progression from one level to the next. I had to work with a Board Specialist who proposed calling the course “Relaxation Techniques”. I insisted on “Yoga”.

It took me months (winter 2008-9) to write a suitable document. During this time I began a yoga teacher training program. My school took a chance on the course being approved, and proceeded to register students for the following year.

Long story short, Yoga 15-25 was approved. I taught the first section in spring 2010. Students were keen to try yoga.

*The designations ‘15, 25, 35’ refer to course or program levels in the Alberta education system. Yoga 15 is earlier stage, Yoga 35, more advanced.*

Interested teachers across the city and province started calling, and soon it spread to other schools and school districts. As demand grew, the document was revised and Yoga 35 was added.

*The Calgary Board of Education holds copyright on the document, but other Alberta Boards can acquire it.*



Some semesters, I taught 11 classes per week. My classroom was a former electronics lab, with an upper mezzanine.

I often gave students time to journal, to reflect, to answer questions I would pose. They wrote some profoundly moving answers, a few of which are included in these pages (*see the coloured boxes*).

***“I really have trouble shutting my brain off and I get stressed out over tests. Now I just focus on my breath and calm down. I feel like I am sleeping better and more rested for the day ahead.”***

*continues...*

# Yoga as a High School Credit Course in Alberta

continued

**Fast-forward to 2017:** Dozens of Alberta high schools offering Yoga 15-25-35. Hundreds of teenagers doing yoga every day, as part of their daily timetable. Just what the world needs.

*"I've struggled with depression issues since junior high.... I've noticed since we've been doing yoga every day that I have a lot more energy and even motivation. It's been almost like a free therapy session every day haha. The work we've been doing with savasana has helped a lot, and I've found that doing yoga every day has made a big difference in my ability to sleep deeper and for longer."*

*"My favourite part of yoga is how it is so different from practically every other activity I do, although I'm not that flexible it doesn't matter in the slightest because yoga is all about respecting personal body limits. Unlike school, sports and a lot of other activities, yoga takes out the competitiveness and I am always in calm control."*



*"....In the winter when I started yoga, my focus was primarily about athleticism. Now, amongst this odd feeling of spring, I find myself more and more digging into the inner, more deeper aspects. Pranayama, Pratyahara, Dharana, and Niyamas are a much larger focus for me now."*

*My original goal has been replaced with new ideas. Originally, I wanted to touch my toes. Now, I want to improve my breath, my focus, and my inner discipline.*

*Of course, the athletic aspects of yoga are still very important to me, but my practice is more balanced. Paul Chek, a very famous health practitioner calls this "working in" instead of working out. I am now determined to balance the two in my life."*

**Maira today:** Very early on in the Alberta high school yoga program, I knew I needed better training as a teacher, and joined Margot Kitchen's Iyengar teacher training program in 2011. Cynthia Palahniuk, Sonja Evans and Sam Lopeter-Lloyd all worked with Margot to train me as an Iyengar yoga teacher. Cynthia has been my main teacher for several years now. I am certified at the Intro II level.

Since retiring from teaching high school in June 2016, I have been teaching a weekly class in a friend's basement, and since this fall, a class for Cynthia Palahniuk at Parkdale United Church in Calgary.

I'd be happy to answer any questions on the Yoga 15-25-35 program.

# Meet the new IYAC/ACYI Board of Directors



*Back row, left to right:*

Barbara Lee, Stephanie Tencer, Jane Fothergill, Lori Berenz, Patricia Gibbon, Morgan Rea, Isabelle Tremblay, Jane Kruse

*Front row, left to right:*

Tom Leverty, Frema Bram, Barbara Young, Glenda Balkan-Champagne, Sheri Berkowitz, Sharoni Fixler

## **Executive Committee**

- President - Frema Bram, Edmonton
- Vice-President - Morgan Rea, North Vancouver
- Treasurer- Barbara Lee, Calgary
- Secretary - Glenda Balkan-Champagne, Victoria

## **Members at Large**

- Lori Berenz, Collingwood
- Sheri Berkowitz, Victoria
- Sharoni Fixler, Calgary
- Jane Fothergill, Victoria
- Patricia Gibbon, Edmonton
- Jane Kruse, Toronto
- Tom Leverty, Toronto
- Stephanie Tencer, Toronto
- Isabelle Tremblay, Montréal
- Barbara Young, Ottawa

# A LETTER FROM OUR NEW PRESIDENT



Contact Frema at:

frema@familyoga.ca

Dear Members,

I would like to introduce myself as the new board president of IYAC/ACYI. Drew Perry, board president for the last several years, has retired effective this past AGM. Drew has done a tremendous job and I know I have big shoes to fill.

I have been a member of the board for the last five years and I was approached by Drew to take on this role for my last year on the board. IYAC/ACYI bylaws prevent board members from staying on for more than two three-year terms.

My home is in Edmonton where, for the last 15 years, I have owned, operated and taught at an Iyengar yoga studio, with the help of some very fine teachers. ([www.familyoga.ca](http://www.familyoga.ca)). I am certified at the Intermediate Junior 3 level. I believe I have an understanding of the work involved in becoming an Iyengar Yoga teacher, the process of assessments, and the hard work that those who run studios have – as well as their contribution to the association – by providing locations for workshops, teacher training and assessments. I salute you all.

I have been involved as a volunteer for many, many years. My daughters were synchronized swimmers during their school years and both my husband and I volunteered in several capacities with the club, such as participating in fundraisers (casinos and bingos), chaperoning at swim meets, and serving on that board. It has always been important to me to take the opportunity to offer support as a volunteer within the context of my current situation.

So that leads me to this one-year term as your board president.

I look forward to working with the great group of people who make up this year's board, some returning and some new members. Being on the board is an opportunity to learn new skills as well as develop relationships with fellow yogis from across the country.

I look forward to a rewarding year and I encourage everyone to consider joining the board or helping on one of the several committees that support your organization as it grows and evolves over the next year.

Looking forward.

Sincerely,

Frema Bram  
President  
IYAC/ACYI



## YOUR REGIONAL REPRESENTATIVES

REGION	REGIONAL REP
British Columbia	Jessie Kerr
Vancouver Island & Yukon	Jessie Kerr
Alberta	Inga Norkute
Prairies – Manitoba & Saskatchewan	Pamela Nelson
Ontario	Whitney Lord
Québec	Christine Michaud
Ottawa-Gatineau	Leigh Stevenson
Maritimes – Nova Scotia, New Brunswick, PEI	Petra Rykers
Newfoundland & Labrador	vacant
International	vacant

*You can contact your regional rep via the contact function in the IYAC/ACYI website.*

## MEMBERSHIP RENEWAL

It is time to renew your annual IYAC/ACYI membership. Below are the essential details you need to know.

Renewal deadline: 31 December 2017

Renewal process: log in to IYAC/ACYI website and go to the 'shop' tab

Membership fees: Certified Teacher Member - \$225

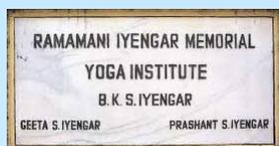
Teacher Trainee Member - \$95

General Member - \$40

Friend of IYAC/ACYI - \$25

A formal, detailed communication from the Membership Chair will be sent out.

## NEWS FROM RIMYI



### Class fees are now subject to India GST/VAT

The Institute has advised that India is now charging GST/VAT (18%) on commercial items such as tuition fees. As a result, the Institute is having to add it to the fee for classes. Therefore, as of August 2017, the total fee, including GST/VAT, for one month of classes is **USD 590.00**.

For more information: Judi Mirus, Pune Registrar for IYAC/ACYI (jj.mirus@gmail.com)

# Kids and Yoga in Japan



studio YOGA DIPIKA  
IYENGAR YOGA INSTITUTE OF AZUMINO



[www.youtube.com/watch?v=RpEyYPYptUU](http://www.youtube.com/watch?v=RpEyYPYptUU)

[www.yoga-dipika.com](http://www.yoga-dipika.com)

Prompted by Moira Nicholson's story about bringing yoga to the Alberta high school curriculum (*in this newsletter*) I was browsing around the net on the topic of Iyengar yoga and kids. Thanks to the wonders of YouTube, I came across this lovely little video of a 10-minute 'performance' put on by some kids at Studio Yoga Dipika in Azumino, Nagano Prefecture, Japan. The video was posted by their teacher, Elena Kogure. I've included a few screen shots here:

- The Invocation to Patanjali
- A 'rolling' Urdhva Dhanurasana, where the youngster on the right crawls under the arch formed by the others then gets into the asana forming another arch. They repeat until they run out of mat!

Their form is by no means perfect, but they know the names of the asanas and get into them promptly and without instruction (this is a 'performance' and not a class).

I've included the YouTube coordinates which you can copy and paste into your browser.

*Carole Carpentier*

**WELL  
DONE!**



## RECENT ASSESSMENTS



**Introductory II  
Abbotsford BC  
29 Sep – 01 Oct 2017**

- Melissa Hadley, Victoria BC
- Samuel Ko, Calgary AB
- Janice Berg, Calgary AB
- Danusia Onulov, Calgary AB

**Intermediate Junior I  
Abbotsford BC  
29 Sep – 01 Oct 2017**

- Soo Youn Ham, Victoria BC
- Meghan Goodman, Vancouver BC
- Norma Janes, Courtenay BC

**FUTURE  
TEACHER  
ASSESSMENTS**

<b>Introductory II</b>
19-21 Jan 2018   Nanaimo BC
16-18 Mar 2018   Kelowna BC
14-16 Sep 2018   Calgary AB
02-04 Nov 2018   Fredericton NB
09-11 Nov 2018   London ON

<b>Intermediate Junior I</b>
28-30 Sep 2018   Winnipeg MB

<b>Intermediate Junior II</b>
<i>date and location to be advised</i>

<b>Intermediate Junior III</b>
17-19 Nov 2017   Toronto ON

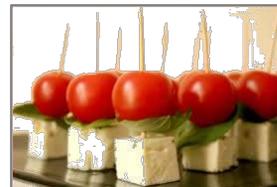
## FEEDING THE YOGIS

*a duo of  
tasty treats*

### CHERRY TOMATO AND FETA CHEESE BITES

#### Ingredients:

- Small cherry (or grape) tomatoes
- Feta cheese in a block
- Fresh basil
- Extra virgin olive oil
- Balsamic vinegar



#### Method:

- Cut the feta cheese into 1.5 cm cubes
- Thread onto a decorative toothpick:
  - one tomato, from top to bottom through the stem end
  - one small basil leaf
  - one cube of feta cheese
- Drizzle with olive oil and balsamic vinegar
- Place upright on a plate
- Repeat until you have as many as you want

### TINY PIZZA MARGHERITA

#### Ingredients:

- Miniature pita
- Spicy tomato sauce (e.g., as for pasta)
- Grated mozzarella
- Bocconcini (cocktail size), cut in half or thirds
- Fresh basil
- Extra virgin olive oil
- Sea salt



#### Method:

- Spread a thin coating of tomato sauce on the pita
- Sprinkle with mozzarella
- Add a slice of bocconcini
- Add torn basil leaves
- Drizzle with olive oil
- Sprinkle with sea salt
- Place in a preheated oven (350-400F) until the cheese is bubbling
- Serve while still warm

*Carole Carpentier,  
from Toronto,  
serves these  
nibbles to hungry  
crowds.*

## UPCOMING EVENTS

EVENT	DATE/LOCATION	FOR MORE INFORMATION
Going Deeper with Louie Ettling	9 Friday sessions   Vancouver BC	<a href="mailto:theyogaspacevancouver@gmail.com">theyogaspacevancouver@gmail.com</a>
7-week Sadhana with Louie Ettling	06 Nov - 22 Dec 2017   Vancouver BC	<a href="mailto:theyogaspacevancouver@gmail.com">theyogaspacevancouver@gmail.com</a>
L3/4 Weekend Intensive with Marlene Mawhinney	10-12 Nov 2017   Toronto ON	<a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a>
Yoga Philosophy with Sharoni Fixler	12 Nov 2017   Calgary AB	<a href="mailto:deanna@calgaryivengaryoga.com">deanna@calgaryivengaryoga.com</a>
Maui Retreat with Sharoni Fixler	19-24 Nov 2017   Maui HI	<a href="mailto:deanna@calgaryivengaryoga.com">deanna@calgaryivengaryoga.com</a>
Yoga for Emotional Health	19 Nov 2017   Montreal QC	<a href="mailto:tim@planetvoga.ca">tim@planetvoga.ca</a>
Weekend Workshop with Louie Ettling	24-26 Nov 2017   Winnipeg MB	<a href="mailto:info@voganorthwinnipeg.ca">info@voganorthwinnipeg.ca</a>
L3/4 Workshop with Marlene Mawhinney	15 Nov 2017   Toronto ON	<a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a>
Anatomy & Yogasana I & II with Leigh Anne Milne	07-10 Dec 2017   Canmore AB	<a href="mailto:k.labonte@me.com">k.labonte@me.com</a>
Welcome Back New Year's Workshop	07 Jan 2018   Vancouver BC	<a href="mailto:tim@planetvoga.ca">tim@planetvoga.ca</a>
L1/2/3 Weekend Intensive with Sharoni Fixler	12-14 Jan 2018   Calgary AB	<a href="mailto:deanna@calgaryivengaryoga.com">deanna@calgaryivengaryoga.com</a>
Shoulder Workshop with Jocelyn Hollmann	13 Jan 2018   Toronto ON	<a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a>
Weekend Intensive with Marlene Mawhinney	19-21 Jan 2018   Edmonton AB	<a href="mailto:ji.mirus@gmail.com">ji.mirus@gmail.com</a>
L3/4 Workshop with Marlene Mawhinney	27 Jan 2018   Toronto ON	<a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a>
Going Deeper with Louie Ettling	02 - 04 Feb 2018   Montréal QC	<a href="mailto:tim@planetvoga.ca">tim@planetvoga.ca</a>
Jawahar Bangera at Kelowna Yoga House	16-20 Feb 2018   Kelowna BC	<a href="mailto:yogibauer@hotmail.com">yogibauer@hotmail.com</a>
Retreat - Puerto Vallarta Mexico	24 Feb - 03 Mar 2018	<a href="mailto:frema@familyyoga.ca">frema@familyyoga.ca</a>
Jawahar Bangera	02-04 Mar 2018   Vancouver BC	<a href="mailto:remrod@telus.net">remrod@telus.net</a>
Retreat Intensive with Ty & Sharoni (L1, 2)	03-10 Mar 2018   Mexico	<a href="mailto:sharoni@calgaryivengaryoga.com">sharoni@calgaryivengaryoga.com</a>
Retreat Intensive with Ty & Sharoni (L2,3,4)	10-17 Mar 2018   Mexico	<a href="mailto:sharoni@calgaryivengaryoga.com">sharoni@calgaryivengaryoga.com</a>
Weekend Workshop with Krisna Zawaduk	13-15 Apr 2018   Edmonton AB	<a href="mailto:Info@familyyoga.ca">Info@familyyoga.ca</a>
Gulnaaz Dashti	04-06 May 2018   Vancouver BC	<a href="mailto:remrod@telus.net">remrod@telus.net</a>
Weekend Intensive with Gulnaaz Dashti	18-20 May 2018   Ottawa ON	<a href="mailto:welcome@pathwayyoga.ca">welcome@pathwayyoga.ca</a>
Retreat - Thailand with Linda Shevloff	20-26 May 2018   Thailand	<a href="mailto:ldshevloff@gmail.com">ldshevloff@gmail.com</a>
Bobby Clennell in Montréal	15-17 Jun 2018   Montréal QC	<a href="mailto:tim@planetvoga.ca">tim@planetvoga.ca</a>

## OPPORTUNITIES FOR DEEPER STUDY

## OTHER EVENTS

<b>Membership Renewal deadline</b>	31 December 2017
<b>Centenary Celebrations of BKS Iyengar's Birth</b>	15 Dec 2017 to 14 Dec 2018
<b>2018 IYAC/ACYI Conference &amp; AGM</b>	11 to 14 October 2018   Ottawa ON

# IYAC NEWSLETTER

## LES NOUVELLES DE L'ACYI

### SUBMISSION GUIDELINES

#### DIRECTIVES POUR LA SOUMISSION D'ARTICLES

PROCHAINE  
ÉDITION  
HIVER 2018

NEXT ISSUE  
WINTER 2018

This is your newsletter. It will be what you make of it. We welcome feedback on the newsletter and, more importantly, your contributions.

What do you think other IYAC/ACYI members would like to read about? That is what you should be contributing, either in English or en Français. In addition to the topics found in the current newsletter, possible contributions could include recipes, interviews, heart-warming stories about interaction with your students, visits to Pune or to Iyengar yoga schools in other countries, why you decided to become an Iyengar yoga teacher. The list could go on and on!

A few things to keep in mind:

- Please keep submissions to under 500 words.
- Please make submissions in an editable format (i.e., not in .pdf format).
- Photos should be in .jpg format, and should be identified as to subjects, occasion, location, date, and photographer (we will give a photo credit).
- Please include your name, location and a short bio.
- Please note that we may edit the submission for length or to fit it to a page.
- We may decide to hold your submission until a future newsletter to accommodate space constraints or to group articles into themes (we will advise you of this).
- While we welcome all submissions from members, there may be some situations where the newsletter is not the appropriate vehicle for a particular item (we will discuss this with you).
- There is no classified section, so ads or items for sale are not generally accepted.

All submissions, and any questions, should be sent to the editor at [m.c.carpentier@sympatico.ca](mailto:m.c.carpentier@sympatico.ca). We also welcome comments, feedback and suggestions.

The newsletter is published four times per year. The **submission deadline** for the next issue is **20 JANUARY 2018**.



**Iyengar Yoga Association of Canada /  
Association canadienne de yoga Iyengar**