

January 2012

Iyengar Yoga Association of Canada Newsletter/Les nouvelles de l'ACYI

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Dear Marilyn,

Welcome to IYAC/ACYI News.

Hello and Happy Winter comings!

Our January newsletter is no doubt smaller than others we have had and perhaps we can look upon this fondly in our hopes of the New Year and understand sometimes less is more.

There are fewer articles because there was more family. There will be less reading and more time for practice.

I will follow this ever so brief but unconditional lesson and keep you no further in welcoming you to this IYAC/ACYI newsletter.

I thank Leigh Milne and Eve Johnson for their guidance and for their confidence in me as guest editor in Leigh's absence.

I thank Barbara Young for answering my plea for articles and all others who have been around to help in our community and this first 2012 edition.

Enjoy.

Kara Thorsen
thelittleyogaroom@gmail.com

A note to our readers:

if you can't see the photographs in this newsletter, please check that your email program is able to view remote images. In Mac's Mail program, for example, go into "Preferences," then into "Viewing," and then place a tick in the box beside "Display remote images in HTML messages."

IYENGAR YOGA TODAY- FROM THE SOURCE

Dear Members:

Here is the latest instalment of what is happening with this year's AGM and conference.

Hopefully you have all marked the dates of May 9-13 on your calendars!

We have someone in Pune right now who has been



meeting with Raya and Rajlaxmi, our guest teachers from Pune, to finalize the schedule's details.

But what we can tell you right now is that you will be receiving at least 31 hours of teaching-DIRECT FROM THE SOURCE!

* 4 1/2 hours of Pranayama

* 18 hours of Asana

* 8 1/2 hours of Demonstrations and Lectures

* Introductory and IJ I teachers may watch how Raya and Rajlaxmi teach non-Iyengar students on Saturday

* In addition, you'll have the opportunity to attend our AGM to see what the Association has been working on the past year and what is planned for this year

* Plus our Saturday night Gala Dinner with great food and a chance to meet and chat with everyone!

This type of a conference is a first of its kind for IYAC/ACYI, an intensive style conference with two senior teachers from Pune - an opportunity not to be missed!

Stay tuned for the brochure and registration details coming out as soon as we have everything finalized.

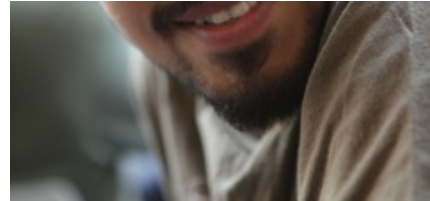
***Please note that you should plan to arrive in Toronto on May 8 if you are coming from outside.

The Toronto organizing committee has made arrangements with The Fairmont Royal York for accommodation. Further information about other central accommodation in Toronto will be provided when the full conference information is available.

Kindly, and in anticipation of a great event,

Your 2012 IYAC/ACYI Conference Organizing Committee:

Tom Leverty, Chair
Linda Kaytor, Shop & Finance
Jane Kruse, Volunteer Coordination
Stephanie Tencer, Registration & Marketing



Raya U.D.



Rajlaxmi

93 Poses in 93 Minutes (or so)

A practice in honor of Guruji's birthday

By Barbara Young

Guruji's birthday fell on a Wednesday evening this year. That was the scheduled time for our "Exert" class, an energetic and often quite fast-paced class.

To honour the occasion, I decided to craft a practice that would include 93 poses - not all different! - one for each year.

We went a few minutes over our 90-minute time slot, so it probably took almost exactly 93 minutes to complete.

While planning the sequence, I was reminded of the "Yoga for Athletes" classes I'd observed at RIMYI many years back. Here it is.

**93 poses in 93 minutes celebrating 93 years ~ Happy Birthday Guruji!!
December 14, 2011**

1. Swastikasana/Invocation	48. Urdhva Mukha Svanasana
2. Adho Mukha Virasana*	49. Urdhva Mukha Svanasana
3. Adho Mukha Svanasana	50. Virasana/Vajrasana
4. Adho Mukha Virasana	51. Ustrasana
5. Adho Mukha Svanasana	52. Virasana/Vajrasana
6. Adho Mukha Virasana	53. Ustrasana
7. Adho Mukha Svanasana	54. Virasana/Vajrasana
8. Adho Mukha Virasana	55. Adho Mukha Virasana
9. Adho Mukha Svanasana	56. Adho Mukha Svanasana
10. Uttanasana hands to floor	57. Virasana Twist
11. Sirsanana	58. Dandasana
12. Adho Mukha Virasana	59. Bharadvajasana I
13. Tadasana	60. Dandasana
14. Utthita Trikonasana	61. Marichyasana I twist
15. Tadasana	62. Dandasana
16. Virabhadrasana II	63. Marichyasana III
17. Tadasana	64. Dandasana
18. Baddha Hasta Uttanasana	65. Adho Mukha Virasana*
19. Tadasana	66. Adho Mukha Svanasana
20. Utthita Parsva Konasana	67. Adho Mukha Virasana
21. Tadasana	68. Adho Mukha Svanasana
22. Utthita Ardha Chandrasana	69. Adho Mukha Virasana
23. Tadasana	70. Adho Mukha Svanasana
24. Baddha Hasta Uttanasana	71. Adho Mukha Virasana
25. Tadasana	72. Adho Mukha Svanasana
26. Virabhadrasana I	73. Baddha Hasta Uttanasana
27. Tadasana	74. Dandasana
28. Virabhadrasana III	75. Triang Mukhaikapada Pascimottanasana
29. Tadasana	76. Dandasana
30. Parshvottanasana	77. Janu Sirsasana
31. Tadasana	78. Dandasana
32. Prasarita Padottanasana	79. Baddha Konasana
33. Tadasana	80. Dandasana
34. Adho Mukha Virasana*	81. Upavistha Konasana concave
35. Adho Mukha Svanasana	82. Parsva Upavistha Konasana
36. Adho Mukha Virasana	83. Upavistha Konasana
37. Adho Mukha Svanasana	84. Dandasana
38. Adho Mukha Virasana	85. Pascimottanasana supported
39. Adho Mukha Svanasana	86. Dandasana
40. Adho Mukha Virasana	87. Halasana
41. Adho Mukha Svanasana	88. Sarvangasana
42. Baddha Hasta Uttanasana	89. Karnapidasana
43. Chaturanga Dandasana	90. Halasana
44. Salabhasana	91. Supta Konasana
45. Makarasana	92. Halasana
46. Dhanurasana	93. Savasana
47. Dhanurasana	

AMV – AMS sequences were done moving from one to the other on the breath.*

Presently
by Kara Thorsen

Presently we sift through our past to remember good times or try to forget the less than enjoyable. Or we rely on the plans we are making to bring some sort of prosperity. We depend on the resources of past and future for happiness, thinking that true happiness can only be either lost or found, not immediate.

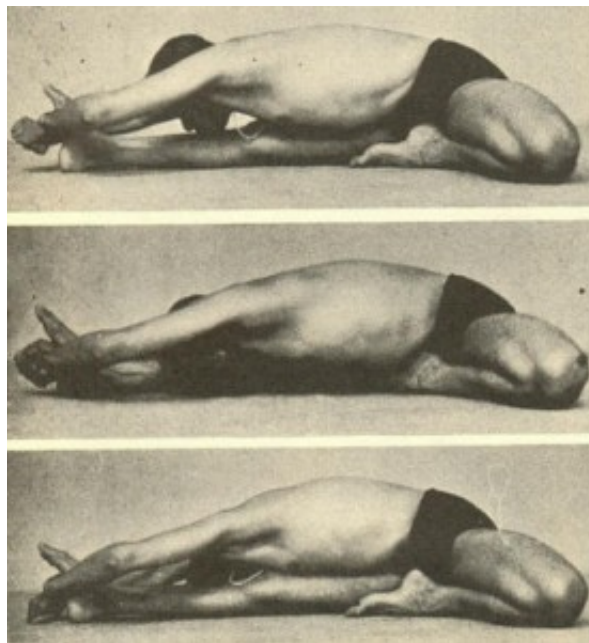
But in reality this thought is heavy, we burden ourselves with incompleteness and never were, are, or become satisfied.

Consider Sisyphus and his rock. He perpetually pushes that rock up the mountain. There is no looking back and he can not see around his rock nor climb up to see what is before him as he will be crushed if he leaves his place to gain another advantage.

He simply continues to push. His present is the task at hand, his duty, dharma in Sanskrit. He trusts that in his present the past will fade and the future will become but no matter either way as the rock is still before him and there is no other safe alternative. We must in the end have faith that Sisyphus is happy or at least contented to continue.

If we are always looking to the past for our pleasures or dreaming of the future to bring them, then how can we ever appreciate what we have now? Tomorrow may never come so why put the pressure on an intangible for our happiness now?

In tying this thought to our asana practice, forward bends are an excellent example of staying in the present. Before we can go forward we must lift up. Often holding this lift demands more exertion than the final stage of the pose. We want to go forward, staying is taxing, we have to press down, we have to lift up, we have to open the hardened places and all this is confronting to our psyche as well as the physical body.



Janu Sirsasana from Light on Yoga

Staying feels as though nothing is being accomplished, like we are not progressing. Staying feels stagnant. Yet staying is the necessary preparation, staying is what leads us with security and grace into the final stage.

It is of the utmost importance to stay. Staying is in fact more active than going. Yet it requires more resources and we feel defeated. We would rather move on than gain the leverage that staying can teach us. But if we stay long enough to experience the body's release, the rewards are so much greater because we have been gifted grace from endurance.

"Yoga makes us live in the present. The present is the only state that gives us real happiness and joy," BKS Iyengar

Congratulations!

Here is the list of successful candidates for the Introductory II assessment in Ottawa January 13 to 15, 2012:

Diana Tsui
Zhanna Zeleke
Soheila Panbechi
Debbie Hanisch
Stephanie Tencer

And for the Intermediate Junior II Assessment in Calgary, January 27-29, 2012:

Val Speidel - Vancouver
Jocelyn Hollmann - Toronto
Skjei Sharma - Calgary
Cynthia Palahniuk - Calgary
Krisna Zawaduk - Kelowna, B.C.
Sylvia Guenther - Toronto
Samantha Lopeter-Lloyd - Medicine Hat, Alberta
Eileen Millar Abbotsford, BC

Assessment and Pranayama

by Debbie Hanisch



The successful candidates: Left front, Sohiela Panbechi, middle left, Stephanie Tencer, top, Zhanna Zeleke, right, Debbie Hanisch, missing, Diana Tsui

Pranayama has been a very important element in my practice but in hindsight I didn't realize or really understand how beneficial the practice was and continues to be.

Anxiety reared its ugly head during a difficult peri-menopause and still more difficult menopause; it literally crept up my tight shoulders to produce panic attacks. It's what brought me to yoga eight years ago at the mature age of 47.

With the ebb and flow of life, the demands of travel throughout teacher training and perhaps being slack in Tapas, my regular Pranayama practice managed to slip back to two or three times a week.

Marlene, my teacher trainer, has often shared with her students the benefits of Pranayama and made a strong suggestion that it become an important part of our practice, especially pre-assessment.

Fortunately I listened and followed Mr. Iyengar's prescription: out of bed, cup of coffee and then Pranayama. I did this every morning

religiously for three months, taking 20 minutes in my morning routine.

What I received was the gift of surrender. It was a beautiful change. I realized I was O.K. with what my teachers had taught me and I felt well prepared to go into assessment with confidence and a sense of completeness for the challenge ahead.

I believe from this I was able to be strong for my colleagues during assessment as they were for me. I became very much the witness. We really are connected in this world.

I was fortunate and passed my assessment supported on a wave of Pranayama but pass or fail the fact that we arrive at this place is most important.

It's the work that counts; there are no free rides; Tapas is key and Pranayama is a high end vehicle to get you there. I highly recommend it to obliterate fear and find the present state that is life.

IYAC/ACYI is now on Facebook

Stay connected with the IYAC/ACYI community, and up to date on Iyengar news worldwide by liking our Facebook page.

Click the button below, and it will take you there.

You'll find the latest reports on Iyengar yoga and health, association news, and videos past and present of Guruji and Geetaji.

Thanks to Glenda Balkan-Champange, who set up the page, Ty Chandler, who is handling the content, and Stephanie Tencer who will be working with Ty to bring you news and stories leading up the the AGM in May.

Be sure to "like" the page when you get there, so new posts will arrive automatically in your Facebook newsfeed.

Like us on Facebook 

Yoga, Our Mirror



"Yoga is the mirror in which we see ourselves," B.K.S. Iyengar

By Carla Ramirez

The practice of asana is a difficult apprenticeship of great effort, that requires from the Sadhaka willpower, intelligence and humility to progress and see if we can fulfil our potential to its capacity.

The will with which we commence aids us to continue when the practice is difficult and permits us to adhere to the consistency of our practice.

What follows with this consistency is the space created in our desire to continue, attempt and execute the asana to the best of our ability even when it seems impossible.

Intelligence permits us to differentiate between necessary efforts and the efforts of little use to us that can and need to be left behind for our own safety.

Humility teaches us how to better face our weaknesses. It is here we need to call upon our willpower once again to return to the premise of our practice with strength and reformed intelligence.

In this way of working we see that through the practice, even if it is difficult, we amass something sound and profitable.

If we continue to act within these three esteemed qualities in our life, we can say our willpower permits us to continue in the challenging moments, our intelligence provides us the ability to evaluate obstacles, and our humility helps us to see our errors and correct them with less difficulty.

Willpower, intelligence and humility can implant themselves within our hearts and little by little refine us to a more conscious state.

With this developed consciousness we are capable of traversing the barriers with the advantages we have learned. These barriers then become smaller and smaller as our resistance to the fluctuations of the mind are liberated without denying the obstacle's existence.

Life is not easy and the path of Yoga no less trying, but both are enormously valuable.

"Yoga is the mirror in which we see ourselves." -B.K.S Iyengar

Bon miroitement, bon quotidien. Good shimmer, good day.

This article was originally published as: "Le yoga, notre miroir," on [L'Espace Créé](#). Kara Thorsen translated it for IYAC/ACYI News. Photo credit: [waldec](#) via Flickr.



Make a warming winter soup with red lentils

Greek Red Lentil Soup

by Sharon Pickle

2 cups red lentils (or little yellow lentils, or combination of red and yellow)
 2 Tbsp olive oil
 1 large onion, diced
 8 cloves garlic, minced
 2 carrots, diced
 1 tsp salt
 ¼ tsp black pepper, or to taste
 ¼ tsp red chili flakes
 1 Tbsp minced fresh rosemary (or 1 tsp dried)
 2 Tbsp minced fresh oregano (or 1 ½ tsp dried)
 2 bay leaves
 7 cups chicken or vegetable stock or combination of stock and water
 Zest of 1 lemon
 Juice of 2 lemons
 Crumbled feta cheese

Rinse lentils thoroughly and set aside to drain.
 Heat oil in a soup pot over medium/high heat and sauté onion, until

translucent. Add garlic, carrots, salt, pepper, chilies, herbs and bay leaves. Stir and sauté for a few minutes.
 Add lentils and stock and bring to a boil. Reduce heat to a simmer and cook until the lentils are soft and falling apart, approximately 1 hour. (If you like, the soup can be pureed or left as is. If you puree the soup, remove the bay leaves first.)
 Season the soup with lemon zest and lemon juice.
 Serve the soup with crumbled feta cheese. Enjoy!

Photo credit: [whitneyinchicago](#), via Flickr.

IYAC News/les nouvelle de l'ACYI Submission Guidelines

IYAC/ACYI News Submission Guidelines

I encourage you all to submit IYAC/ACYI news updates, articles, interviews with senior teachers and/or studio owners, workshop reviews, recipes and RIMYI practice sequences. What are your ideas?

- * Please keep articles to approx 500 words or less. Single spaced lines and single space after periods.
- * Save me a wee bit of time and use your spellchecker please.
- * Please write your name in the body of your submission document.
- * Articles and announcements should be complete. Do not send me links to websites or bullet points with the expectation that I will write the article.
- * Articles must be of general interest to the membership.
- * Photos should be submitted in jpeg format and given identifying names
- * Publication dates are mid January, April, July and October. Please note these dates on your calendar and make your submission at the beginning of the publication month or even earlier.

Namaste, Leigh

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