

November 2012

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

## In This Issue

[Article Headline](#)

[Article Headline](#)

[Article Headline](#)

[Public Relations  
Campaign Report](#)

[Article Headline](#)

[Article Headline](#)

[Article Headline](#)

[Spicy Eggplant  
recipe](#)

[Submission  
Guidelines for  
IYAC News/les  
nouvelles de  
l'ACYI](#)

**Dear Marilyn,**

Namaste fellow members!

After serving for two years this will be my last issue as your editor.

We are in the process of searching for a new editor. Please consider trying your hand in this role. Contact Patricia Fernandes [pfernandes18@shaw.ca](mailto:pfernandes18@shaw.ca) if you are interested.

Eve Johnson will continue to assist in proofing and layout. As always I wish to acknowledge Eve and all the behind the scenes work she does to aid in this publication.

There were many late submissions this issue. Consequently I had to leave a few out. The decision to do this is based first on importance to the board and secondly on the order in which received.

If your submission was omitted I am very sorry and hopefully you will see it in the next issue.

Shanti,

Leigh Anne Milne  
[leigh@thesadhanacentre.com](mailto:leigh@thesadhanacentre.com)



"The Body Is My Temple, Asanas Are My Prayers" -BKS Iyengar

### **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."

## IYAC/ACYI Board News

### **Annual IYAC/ACYI Conference and AGM May 2013:**

Dear Members:

Here is the latest installment of what is happening with the 2013 AGM and Conference.

Mark the dates of May 23-26, 2013 on your calendars!

You will receive at least 16 hours of teaching by Canadian Certified Junior Intermediate III and Senior level teachers.

The first session is on Thursday May 23 in the afternoon. There will be a social gathering just before Part 1 of the AGM with sumptuous finger food. This is an opportunity to meet and chat with everyone!

Come to the AGM (Part 1 and 2) to find out what IYAC/ACYI has accomplished the past year and what is planned for the coming year.

Our venue and available accommodations this year is at The Harbour Towers Hotel & Suites, in the heart of the beautiful Victoria inner harbour and near all kinds of great restaurants, a short walk to the Museum, and other sight seeing opportunities. You can even take a harbour ferry ride or go whale watching!

The Harbour Towers Hotel & Suites,  
345 Quebec Street Victoria, BC.  
Visit <http://www.harbourtowers.com>

Stay Tuned!!! Check out the IYAC/ACYI website <https://iyengaryogacanada.com> and the IYAC/ACYI Facebook page <http://www.facebook.com/IYAC.ACYI> for ongoing updates on the Conference fees, Hotel rates, and schedule details.

### **IYAC/ACYI Directory Reminder:**

You can find a (printable) copy of the 2012/13 IYAC/ACYI Directory on the [IYAC/ACYI website](#) on the Members Only page.

### **Trips to India:**

Don't forget to update the number of trips you've made to RIMYI when you renew your membership online this year. It's your responsibility to keep track of this important information, as no one else does!

## Assessment Results

### **Intro I**

Toronto, September 8:

Julia MacLean

Ethel Glinert

Waruni Wensvoort

Jane Bongers

Sharon Citron Himel

Karin Young

## What Has My Practice of Iyengar Yoga Brought to My Life?

*For this issue, I sent out this question to the membership via the regional reps and teachers. There were three respondents. Their comments are shared here.*

### Barbara Wilson:

I have been practicing Iyengar yoga for about 16 years. Five years ago I had a serious motor vehicle accident. I was very broken physically, and in a full body cast. All I could do was "Breathe", and stay in the moment. As I recuperated, my practice of restorative yoga truly helped me to get mobile, and well again, physically and mentally.

Yoga keeps me centered. . . . focused on what is truly important, and enriches every aspect of my daily living.

I am now back to a full yoga practice, and I am very sure that without it, I would have so many residual difficulties.

My yoga practice brings me joy, and the positive path the teachings lay out are as important as the asanas to my physical well being.



### Mary MacInnis:

Father Joe Pereira says that the best students are those who are injured or in pain. Their motivation is stronger than those blessed with health and natural flexibility.

I am one of those people and have benefited immensely from yoga.

Three years ago, problems with



my hip and sciatic nerve caused me to stop my exercise program, aerobics, weight training, ultimate Frisbee and bicycling. An x-ray technician told me I had "old woman's hip".



I signed up for yoga and have been much healthier as a result. Once again I play Ultimate Frisbee, ride my bike, sleep, stack wood and walk without pain. My blood pressure is lower. I no longer need regular massage therapy and painkillers.

My yoga practice has improved my posture and my outlook on life. I am calmer, have more energy and can relax easily. At my age, I can still crew on a J27 and can execute all of the quick moves required during a yacht race.

### Cathy Porter:

Most of us, or so it appears from my observations, tend to stick to the familiar path throughout our lives and hence our focus, understanding, intelligence, even our physical selves are narrowed and restricted, intentionally obstructed, leaving us with a sense of security in these self-imposed limits.

This does not mean, of course, that life IS safe, merely that we perceive it to BE safe. I would describe this as the Ostrich Theory of Life.

Similar to Dante as he entered the dark forest at the beginning of The Divine Comedy and began his transformation, mirroring the transformation in Western thought from the Ancient world to the Modern world, Iyengar yoga pulled me off of the safe path, slowed me down and has taken me on a journey.

Not, however, a journey in the traditional sense - not a journey along a linear path. It has been a journey within the confines of the Present.

Journeying through that singularity of the Present broadens the horizon and instills a deeper understanding of the integration of self, mind, intelligence, spirit/soul and body within the individual and between the individual and the rest of creation.

Having lived a narrow existence on the familiar path, I was ready to begin a different sort of journey. And that, perhaps, is the grace of living - to have finally become 'old enough'. Perhaps that is why so many middle-aged and older people take up Iyengar yoga - they have matured.



take up Iyengar yoga – they have matured.

Iyengar yoga has focused my attention, settled my vritti's somewhat, and has brought to me a fuller awareness of my physical and mental state of being; improved these areas (I humbly submit) and enhanced the rest of my life and given me a better insight and purpose in my day-to-day life and relationships with others.

The journey is far from over.

## Report on Iyengar Yoga Public Relations Campaign, October 2011 to October 2012

by Jayne Lloyd-Jones, Spectacular Ink

### We have much to report after a successful year of handling a Public Relations campaign for the association.

Jayne Jonas and the Board supported us in this new venture for the organization, as we spread the word about Iyengar yoga. There is media coverage posted on the website Press Room, but as PR campaigns typically take as much as one to two years to become productive, the effects of this campaign will continue to trickle in during the months ahead.

### To summarize our original brief, we were charged to fulfill these four tasks:

- Advise IYAC/ACYI on an overall strategy to raise awareness among the yoga community at large of the uniqueness of Iyengar yoga and the role of IYAC/ACYI;
- Research and prepare a full press kit for online and print purposes for IYAC/ACYI (approx three months);
- Advise on opportunities for IYAC/ACYI to undertake outreach or education activities as they occur throughout the 12-month period of the contract;
- Undertake pro-active media outreach to relevant media to gain a greater awareness for Iyengar Yoga in the Canadian media in consultation with the Chair of the Public Relations Committee (nine months).

### General summary:

- **Website:** We collaborated with Jayne Jonas and Gary Wong to help get the IYAC/ACYI website operational, including drafting text, creating the Press Room, drafting the press releases, generating the media coverage to populate the Press Room and meeting with Gary several times to provide counsel.
- **PR Committee:** We have worked closely with Jayne Jonas and the PR committee this year to help raise the profile of IYAC/ACYI within Canada.
- **Conference 2012:** We assisted with many aspects of the Toronto Conference from copywriting and editing to raising awareness among local media.
- **Conference 2013:** we are currently assisting with the sponsorship document and working with Tourism Victoria to maximize opportunities for the conference.
- We met with several Regional Reps at the conference as well as numerous teachers to learn of stories with PR potential. Some of these have been selected as media pitches.
- **Website Press Room:** We helped Gary Wong create an image gallery of photographs for media use.
- We drafted four **press releases** to serve as a press kit for IYAC/ACYI and to reside on the website (the last two are awaiting approval by the board):
  - Iyengar yoga in Canada today
  - 2012 Conference & AGM



- 2012 Conference & AGM
  - BKS Biography
  - Teacher Training
- We have distributed press materials and media pitches to Canadian newspapers, magazines and freelance journalists and generated press coverage in several outlets:
  - Canadian Living Magazine (print version) Circ 500,000. Editor Doug O'Neill interviewed Marlene Mawhinney and took a yoga class at the Yoga Centre Toronto. He incorporated his experience into a response to a reader's question on yoga for men.
  - BCLiving.ca 11,000 UVM article by Catherine Roscoe-Barr entitled Yoga for the Reluctant Man. It took Catherine 14 years to convince her husband to attend a yoga class and when he did, he enjoyed the discipline and the structure and the foundation for any physical activity. The author also interviewed Louie Ettling on Iyengar yoga.
  - TujaWellnessAsk a Yoga Teacher Q & A by Lori Henry (3,000 UVM (Unique Monthly Visitors) article by Lori Henry entitled Ask a Yoga Teacher in which she interviewed Iyengar yoga teacher, Meghan Goodman, who is also an aerial dancer, aka "a real-life spider-woman", on how yoga and dance complement each other, and how pranayama helps steady the breath for high altitude dance routines. (Sep 30, 2012)
  - Real Weddings Magazine: the magazine is about to include mention of Iyengar yoga in a feature on the best places to get fit, by Catherine Roscoe-Barr.
  - TujaWellness: will shortly feature a Q&A with Father Joe, who recently taught a workshop in Vancouver, by journalist Courtney Sunday. (Watch the press room for these two upcoming clips!)
- Media coverage was also generated before the 2012 conference in several blogs and online sites and calendars to announce the event, including:
  - Vitality Magazine
  - YogaToronto.ca
  - Toronto Body Mind
  - Toronto.ca
  - YouthWellnessNetwork
  - NationalHealthcare.ca
  - MSN News (Ontario)conference announcement (Circ 79,000)
- Regional pitches: we have selected various stories from different regions across the country and are aligning them with journalists in those areas. Vancouver, Toronto, Calgary, Ottawa have so far been targeted. We are continuing to source story ideas from other regions. Story pitches we are working on:
  - Yoga for children
  - How Iyengar yoga complements an athlete's fitness regime
  - Mark Singleton's upcoming Vancouver workshop - we have several story angles out and are waiting to hear which journalists will pick it up.





## Giving Thanks for the Journey

by Temmi Ungerman Sears, MA, ATR, OACCPP  
 Founder and Director of [YogaBuds](#), Toronto

Having just passed the milestone thirty-year anniversary of my long engagement with yoga, many reflections arise pertaining to the swift passage of time and about the many invaluable gifts that yoga has given me through several life stages, including adolescence, pregnancy, motherhood and into middle age.

As my students share their passages with me, I am humbled by the responsibility to teach this powerful process in ways that are inspirational, authentic and personally meaningful.

I feel especially blessed to share the timeless tradition of yoga with students of all ages ranging from four to eighty-five years! In a recent evening class, two teenagers, a twenty-something year old, and men and women in their thirties, forties and fifties were learning together.

Regardless of age, gender, life stage, profession, physical capability or intellectual prowess, Iyengar yoga is truly available to all. For those who stay the course and practise with consistency, a wide range of benefits are experienced.

My dharma or path has included the incredible opportunity to share with thousands of others for over twenty-five years something that has been so important to me.

The YogaBuds for Kids program is now in its seventeenth year; to help facilitate a child's maturation process from early childhood to adulthood is a privilege.

Helping to foster meaningful connections between parent and child by teaching them yoga together has been another gift in my teaching career.

Guiding a teenager towards developing greater self-acceptance; supporting a woman through pregnancy; helping a very stiff man to eventually touch his toes; rejoicing in someone's first moments balancing in headstand, or sharing the pain of loss with an elderly student. . . ultimately, the gift that I have been given is sharing the gift of yoga with others while developing meaningful relationships with them.

Having just celebrated Thanksgiving, I am reminded that it is how we use our blessings, not what we say about them that is the true measure of our thanksgiving.

Thus, it is through my commitment to continue to "pay it forward" to my students - from all walks and of all ages - that I will express my thanksgiving.

*Best of all is it to preserve everything in a pure, still heart, and let there be for every pulse a thanksgiving, and for every breath a song. - Konrad von Gesn*



Photo by Kara Thorsen

## A week in Sutton with Marie Andree Morin

by Kara Thorsen

Twenty-three of us travelled to Sutton Quebec for a week-long intensive with Marie Andree Morin. Some of us knew one another well, some we knew by face, others were strangers; strangers to Marie Andree as well as to their peers. After our first meal we gathered in the room we would be practising in for the next week, to learn of the "rules" for our residence and what our week together would be about.

Marie Andree began with Yoga Sutra 1.1: *atha yoganusasnam* - "with prayers for divine blessings, now begins an exposition of the sacred art of yoga," stressing the word NOW. NOW we are here, NOW is when we create change, NOW is our present, represented by our past and posing for our future. Our practice together is NOW.



For five days we all together went to the room giving our NOW to Marie Andree and she returning it with hers.

The yoga practice was involving, present and demanding on our NOW.

We were various levels and abilities; we were various cultures and ages. It was an exposition of the sacred art of yoga. Not only in that room, but with every meal, with every walk and with every piece of wood gathered for the sauna. With every dish washed and certainly with every good-bye said at the end of our week together.

Marie Andree sailed her ship of NOW with all in it, banding us together for the trials that arise when in a practice testing our endurance. As a week intensive touches not only the body, but the mind, and the mind may scream NO, covering the body's convictions.

But steady and smooth Marie Andree kept us happily in our moment of NOW. Despite whether it rained for three long days, despite fatigue, despite being constantly wet, despite ourselves, we laughed and loved each minute.

The photo I have chosen to go along with this essay is not one of an asana but instead one that I believe represented all of our sentiments in one glorious moment after three days of constant rain. We had made it our NOW, it was exactly that, and all we put into it.





Stephanie Quirk, teaching in Kelowna

## Therapeutics Course with Stephanie Quirk

By Barbara Young

In September 2012 about thirty IYAC/ACYI teachers have just experienced an annual PD highlight, the four-day therapeutics course with Stephanie Quirk.

It is organized in Canada by Ann Kilbertus. Here, this was year four of a six-year course that Stephanie teaches all over the world.

In year four, the spotlight is on the organic lower abdomen. We looked at how to teach people with conditions ranging from inguinal hernias to ovarian cysts, from digestive problems to menstrual difficulties and more.

It was a privilege to study with this group of dedicated, curious and openhearted teachers.

Participating in the course leaves me feeling an odd mix of humility (will I ever grasp a fraction of what is being taught?), awe at BKS Iyengar's remarkable grasp and illumination of this vast subject, and immense respect for Stephanie's skill in bringing it to us.

We're lucky to have note takers and photographers at each session, so we can review and practice what we've learned.

We met in Kelowna, and the local community welcomed us warmly. The weather cooperated too, and though there wasn't much time for visiting the region, it was beautiful just to walk by Okanagan Lake during the lunch break in the late-summer sunshine.

Thanks to Stephanie, for sharing your wide, deep knowledge with patience and humour, to Ann for making it all possible in Canada, to Jayne Jonas for compiling the notes and photos, and to the Kelowna Yoga House for welcoming us with open arms!





Gaye Bartlett and Barbara Young overlooking Okanagan Lake

## Spicy Eggplant

by Lyra Neumann of Kitchen Party catering

1 large eggplant, large dice  
1-2 carrots (or a red pepper or whatever tickles your fancy) rough chop  
1/2 tomato small dice  
1/4 onion small dice  
2 cloves garlic  
inch or so of ginger  
1/2 tsp mustard seeds  
1/2 tsp cumin seeds  
chilli flakes/powder  
turmeric  
oil

Toss mustard seeds into hot dry pan, cover loosely and wait for the seeds to stop popping, toss in cumin seeds.

Cumin will toast quickly, I suggest taking it off the heat a bit.

Add some oil return to heat and toss in tomato and onion.

Stir it around till they start to clarify and add garlic and ginger.

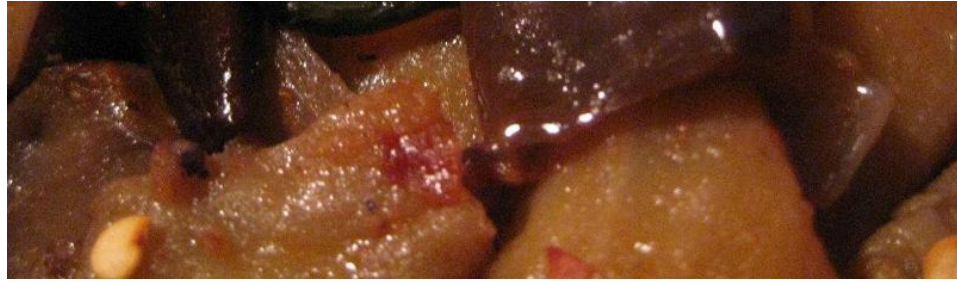
Make sure you have enough oil in the pan and add the eggplant.

Fry on all sides as well as you can, mix it well.

This is where you add powdered spice such as turmeric or cumin if you are using the ground stuff.

Add your carrot or whatever other veg (if any) and cook till done.





Spicy Eggplant: warming food for cold days.

## IYAC News/les nouvelle de l'ACYI Submission Guidelines

### IYAC/ACYI News Submission Guidelines

The IYAC Newsletter/Les nouvelles de l'ACYI Submission Guidelines  
I encourage you all to submit IYAC 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.
- \* 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 submitted in jpeg format and are titled with 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.
- \* There is no classified section for notices etc.

Namaste, Leigh

### [Forward email](#)



Try it FREE today.

This email was sent to journeytotheheart@shaw.ca by [info@iyengaryogacanada.com](mailto:info@iyengaryogacanada.com) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Iyengar Yoga Association of Canada | 50 Cambridge Street | Victoria | BC | V8V 4A8 | Canada