

November 2013

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

In This Issue

[2014 Halifax AGM
and Conference](#)

[Yoga: The Art of
Transformation](#)

[Carole Baillargeon
Workshop in
Montreal](#)

[Yoga et Femme
Enceinte](#)

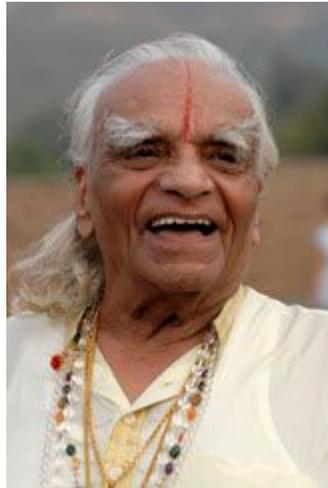
[Certification
Funds...A report
from Edmonton.](#)

[Assessment News](#)

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

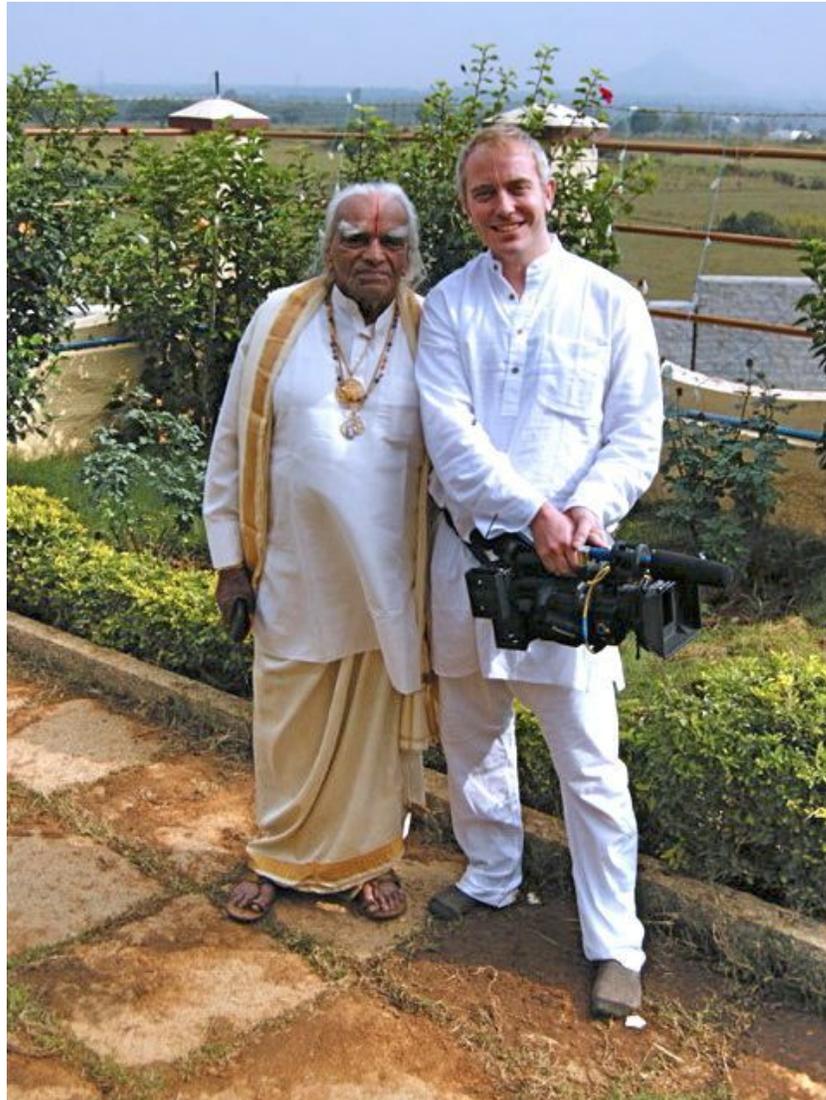
Dear Marilyn

HAPPY BIRTHDAY GURUJI AND GEETAJI !



BKS Iyengar, and his daughter Geeta celebrate birthdays this month. Guruji (born December 14, 1918), turns 95!

The above photos of Guruji and Geetaji were taken by Jake Clennell as part of his in-progress documentary on the life and art of BKS Iyengar. You can learn more about the film, and watch a 22 minute segment at: <http://sadhakafilm.net/blog/about-sadhaka2/>



Guruji and Sadhaka Director Jake Clennell

Jake is the son of long-time Iyengar Yoga enthusiasts Bobby and Lindsey Clennell. Originally from London, the Clennells now live in New York. The family first visited Pune in 1975, when Jake was five. Bobby has returned numerous times and has written a Guide to Pune, published by Iyengar Yoga National Association of the United States, and revised annually; very useful information for anyone planning a trip to RIMYI!

And from RIMYI, Rajvi writes, "We have been receiving inquiries about plans for Guruji's birthday celebrations this December. We will only be having an evening function from 6 to 8 like we do every year."

Our former President, Leslie Hogya, who has probably just arrived in Pune as you read this, suggests, "If you will be in India around Guruji's birthday and are wondering about a gift, the best gift is to support the Bellur Trust."

IYAC/ACYI can also consolidate individual donations from Canada and forward them

to Pune. Donations can be sent to our Treasurer, Linda Kaytor, clearly marked for the Bellur Trust.



Ramamani Sundararaja Iyengar Hospital in Bellur

Guruji, who left Bellur at the age of 18, has a lot of concern for his birthplace. The Bellur Trust was formed with the vision to serve the village of Bellur with all the necessities. This will help not only the villagers but also the children of villages nearby Bellur. (From the BKS Iyengar website.)

While birthday celebrations will be low-key at RIMYI, there will be lots of activity at Iyengar Centres and Studios across Canada.

Are you planning a birthday celebration or workshop? We would like to feature a Canada-wide visual tribute to Guruji in our next newsletter. Please send us your photos (in jpeg format), with accompanying highlights, or summaries, of your local festivities or workshops.

And now to our current issue.

A big thank you! to the Iyengar community in Montreal; particularly to Christine Michaud for her *article en francais*, with beautiful photographs by Carla Ramirez; and to Kara Thorsen for her delightful workshop review.

Christine writes of the discipline - and possibilities! - for prenatal yoga, which seems a fitting way to usher in a New Year.



Patanjali 'dressed' for the inauguration of the new Patanjali Temple in Bellur

As we say farewell to 2013, with its heartbreak and misery for the people of Syria and the Philippines, let us do so with gratitude for our teachers, and for the abundance and privilege of life in Canada.

Namasté,

Karyn Woodland

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."

2014 Halifax AGM and Conference



Mark your calendars for the next AGM in Halifax, May 22 to 25, at Kings College, (where it was held a few years ago). Dorm-style accommodation on-site will be available at a reasonable price. Watch for more details over the next few months.



Yoga: The Art of Transformation

Yoga: The Art of Transformation is the world's first exhibition of the visual history of yoga, combining the power of art and the power of yoga. That it is being staged at the iconic Smithsonian Museum in Washington, DC, is indicative of yoga's increasing influence in North America.

While yoga today is a global phenomenon practiced by millions of people seeking better health and spiritual insight, few are aware of its dynamic history. This exhibit



explores yoga's rich diversity and historical transformations, including its philosophies, transformational goals, and importance within multiple religions.

Temple sculptures, devotional icons, vibrant manuscripts, and court paintings created in India over 2,000 years - along with early modern photographs, books and films - reveal yoga's mysteries and illuminate its profound meanings.

Twenty-five museums and private collections in India, Europe, and the United States loaned art works for the exhibit.

Its highlights include ten folios from the first illustrated compilation of asanas made for a Mughal Emperor in 1602, as well as Thomas Edison's *Hindoo Fakir* (1906), the first movie ever produced about India.

The exhibit examines the "paradox of the body," both a tool for practice and transformation, as well as what the practitioner ultimately seeks to transcend.

It also looks at the varied roles that yogis and yoginis played in society, from sages to spies.

Yoga: The Art of Transformation runs at the Smithsonian until January 26, 2014. It will be on view at the Asian Art Museum in San Francisco from Feb. 21 to May 25, 2014, and at the Cleveland Museum of Art from June 22 to Sept. 7, 2014.

Even if you won't be seeing the show in a gallery, you can find much more information, and view some of the art online at:

<http://asia.si.edu/exhibitions/current/yoga.asp#>

Or watch a brief video at: <http://www.youtube.com/watch?v=-qM8z8yNofw>

(Compiled with notes from the Smithsonian website.)



Carole Baillargeon Workshop in Montreal

by Kara Thorsen



Carole Baillargeon demonstrating a variation of Kapotasana

This past September, I had the privilege to study with [Carole Baillargeon](#) at Planet Yoga in Montreal. A native of Montreal, Carole now lives in Darwin, Australia.

Carole is light, open and integrated. I found her practice and teaching to be the same. She peels away the kosas in every cue.

She told us we must have a "containment" in asana. She, herself, is contained. Within that containment came a kinetic linking of energy, integrating the asana, making it complete. Her ends and her means are very clear for her - and become so for all she teaches.

Years ago, when I first began my practice, I heard a teacher say, "As we gain flexibility, we lose it, so we need to be careful about how we continue our work."

Just as one door opens where another closes, when we open new doors we must ensure we do not close the already open ones.

There were many moments in Carole's workshop when I felt as if it was my very first class. I noticed I had developed some 'habits.' Yet something that may have worked for many years sometimes no longer applied - in my practice as well as in my teaching, and my day-to-day life. I continue to work on changing some old habits.

Yoga, for me, is a love affair. New discoveries unfold each day. Not only on my mat, but in my person. Love affairs always go through ebbs and flows. Rather than clinging to a past experience, we need to find a way to produce something new.



Carole assists a student

Carole individualized the class; she had something for everyone. "The answer is in the problem," she demonstrated on one student.

"Go to that end range of the problem and find your way out of it."

Where we so often hesitate to commit, she gave us permission to 'go in' to 'get out.' Our pain can be temporary if the commitment to deliverance is permanent.

The work was dense, deep, and slow. Every organ was touched; the fatigue squeezed out, and energy reabsorbed. New actions helped us change patterns and open doors.

Carole was refreshing in every way. Her teaching reminded me of a phrase I once read; "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." [Rumi]

Kara Thorsen
[The Little Yoga Room](#), Montreal

Yoga et Femme Enceinte

Par Christine Michaud



Pincha Mayurasana

[Le centre de yoga Iyengar de Montreal](#) offre, depuis plusieurs années, un cours qui s'adresse spécifiquement aux femmes enceintes. La routine des postures est adaptée selon le niveau de l'élève, qu'elle soit débutante ou avancée. Notre professeur et directrice du centre, Marie-Andrée Morin établit au départ un programme, qui se répartit sur trois trimestres et qui peut s'adapter selon la condition de la femme enceinte. Elle s'assure que l'exécution des postures soit faite en toute sécurité pour la mère et pour l'enfant.

Les professeurs du centre ont eu l'occasion d'observer et de voir évoluer une de leurs collègues enceinte, Marie-Chantal Perras qui a suivi ce programme. À notre demande, elle a accepté de partager son expérience dans ce bref exposé.



Purvottanasana

Au 1er trimestre, Marie-Chantal a continué de travailler et d'enseigner. Durant cette période, elle a ressenti des nausées et des moments de grande fatigue. Après ses journées de travail, elle venait au centre deux fois par semaine pour suivre le programme. Lors de ses pratiques, les postures de récupération, *Supta Baddhakonasana*, *Supta Virasana* et *Viparita Karani* l'ont réellement aidé à soulager ces symptômes.

Au 2ème trimestre, son état s'est amélioré et Marie-Chantal a continué d'exécuter les inversions, *Sirsasana* au mur, *Sarvangasana* classique et *Halasana* avec la chaise, incluant les variations telles que *Padmasana*, *Baddhakonasana* et *Upavista Konasana*. Le souffle court fut un des inconforts ressenti, qu'elle a pu soulager à

l'aide des postures dont, *Malasana* avec la saisie des cordes et *Purvottanasana* supporté. Ensuite quelques torsions dans la chaise ont apporté du soulagement à ses maux de dos.



Padmasana en Sirsasana

Pendant le 3ème trimestre, Marie-Chantal s'est sentie plus énergique. Elle exécutait les postures debout avec supports dans le but de maintenir l'ouverture du bassin et d'augmenter le tonus de cette région. Des inversions plus avancées *Adho Mukha Vrksasana* et *Pincha Mayurasana* avec de l'aide pour monter, ont été ajoutées au programme et lui donnaient de l'énergie. Elle pratiquait aussi régulièrement d'autres postures plus spécifiques telles que, *Upavista Konasana* et

Malasana en tenant les cordes et *Yoga Mudra* en *Virasana* supporté, qu'elle désirait maîtriser pour pouvoir les adapter aisément au moment de l'accouchement.



Upavista Konasana en Salamba Sarvangasana

Au début du travail, Marie-Chantal s'est installée près de ses cordes et a organisé tout le matériel qu'elle avait choisi pour accoucher à la maison. Les postures, avec la saisie des cordes, *Malasana* et *Baddhakonasana* ont facilité les premières contractions.

Ensuite *Upavista Konasana* a permis l'engagement de la tête du bébé. Avant la sortie complète du bébé, *Yoga Mudra* en *Virasana* avec support, fut la posture qui l'a aidé à se détendre complètement entre les contractions intenses. Au bout d'une heure, avec l'aide de la sage femme, Marie-Chantal a donné naissance à un beau garçon de 7.2 lbs.

De cette expérience, Marie-Chantal a confirmé l'importance d'être à l'écoute de son corps et attentive dans l'exécution des postures. Désirant éviter le stress et les tensions, qui risquaient d'être ressentis en elle et par son fœtus, elle a appris à adapter ses pratiques selon les journées.

Pour conclure, Marie-Chantal nous a confié qu'au cœur de son accouchement, elle s'est sentie habitée par la présence de Guruji et a remercié son génie créateur de vie.

Par Christine Michaud, avec la participation de Marie-Chantal Perras pour le partage de son expérience, Carla Ramirez pour les photos et les professeurs du centre pour leur collaboration.

Certification Funds

A report from Edmonton

In 2011 [Family Yoga Centre](#), along with other local teachers, took

advantage of the IYAC subsidy (from Certification Mark funds) to promote and increase awareness of Iyengar Yoga in Edmonton.

We used the funds to place an article in the Edmonton Journal giving information about Iyengar Yoga, where to find classes, and promote free classes.

We had only a handful of people come in for the free classes and little response from the advertisement in the paper. While the ad did not generate a lot of "business," I believe that this type of promotion does increase awareness.

Now that fewer people read the newspaper, it might be better to use the funds towards promotion in other formats.

The subsidy is a great idea to help communities promote Iyengar Yoga in Canada. However, as a private studio owner I would need to find ways to include all the teachers in the community before being able to get the funding and that changes the promotional material and the message. Based on that I probably would not apply for the funding again.



Respectfully, Frema Bram

Assessment News: Announcing the Successful Candidates!

The following candidates passed their Intro / I Assessment in Toronto on September 20.

Maryna Illyashenko
Karen McKinnell
Nozomi Morimoto
Sandra D'Ippolito
Mary Mohamed
Mary Ann Juurlink
Hazim Hassan

Four more candidates, from the Toronto October 19 assessment have also joined the ranks of Intro I teachers:

Monireh Kariminia
Roy Chan
Jessica Romero
Ernie Patal

(With thanks to Lisa Towson.)

IYAC News/les nouvelle de l'ACYI Submission Guidelines

We welcome IYAC news, updates, articles, workshop reviews, interviews, recipes, and RIMYI practice sequences.

Submission deadline for the January issue is January 18.

SEND TO: kwoodland@telus.net

- * Please keep submissions to 500 words or less.
- * Single space between lines and single space after periods.
- * Please include your name, and a brief bio.
- * Photos submitted in jpeg format. Please identify subjects of photos.

This newsletter is published in January, April, September and November. We currently do not have a classified section.

[Forward email](#)



Try it FREE today.

This email was sent to journeytotheheart@shaw.ca by 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