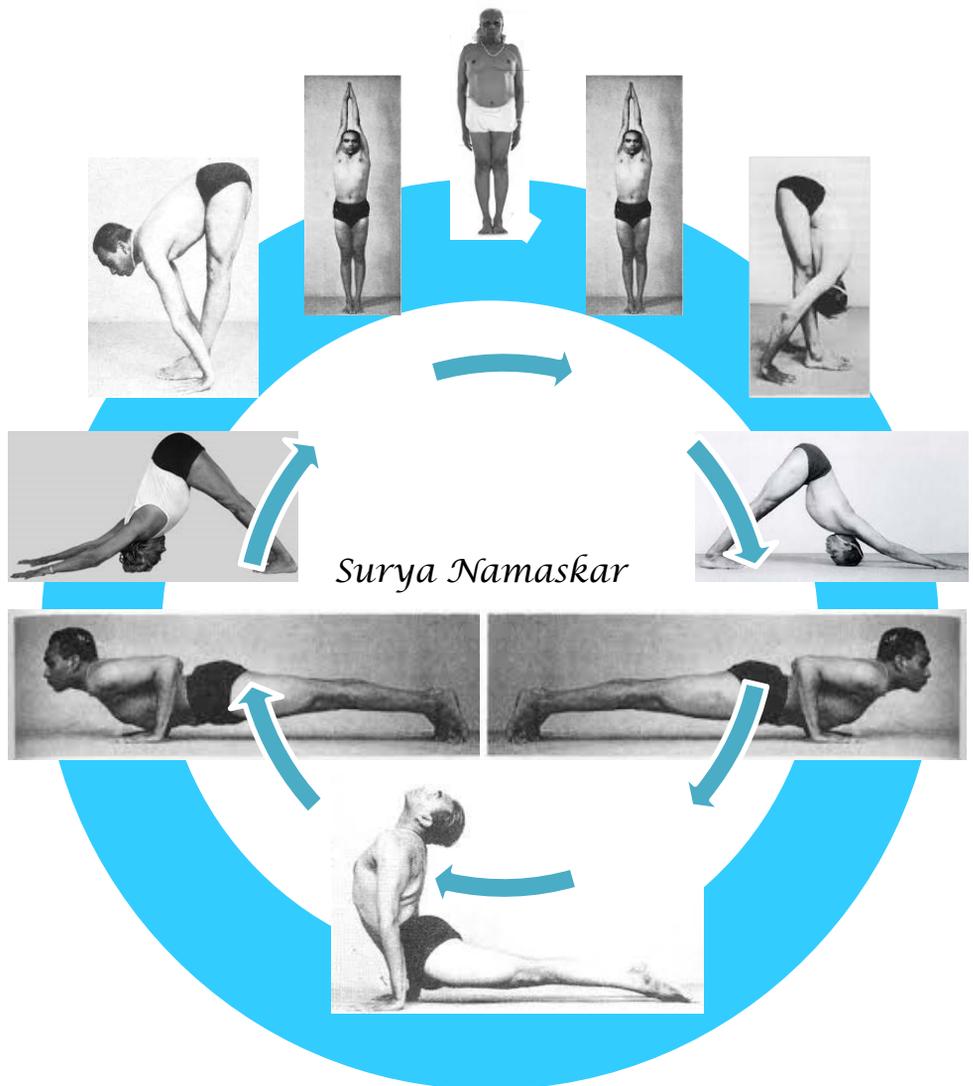


**In this Winter 2018
newsletter:**

- Yoga changed my life
- And my life, too
- Farewell to Hilda Pezarro
- IDY and 100 years of BKS Iyengar
- Birjoo Mehta
- Join your board
- À Pune avec Prashant
- News from IYAC/ACYI
- Geeta in the news
- Recent assessment results
- Future assessment dates
- Calendar of upcoming events

WELCOME TO OUR FIRST NEWSLETTER OF 2018



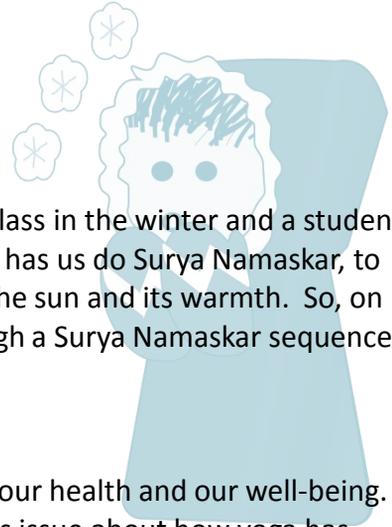
Photos of Mr. Iyengar from The Art of Yoga, Light on Yoga, and Yoga, The Path to Holistic Health

GREETINGS FROM YOUR EDITOR



Rejoindre Carole au:
Contact Carole at:

m.c.carpentier@sympatico.ca



Oh! Oh! Oh! It's cold. When I go to class in the winter and a student complains "It's so cold!", our teacher has us do Surya Namaskar, to get us moving, to get us thinking of the sun and its warmth. So, on our front page, Guruji leads us through a Surya Namaskar sequence to help us keep warm!

Yoga can have a profound impact on our health and our well-being. We have two wonderful stories in this issue about how yoga has changed people's lives. First, Irving Glass of Toronto tells us about life with MS and yoga. Then, Sandra Stuart of Winnipeg explains how the total klutz little sister of a star athlete now hangs happily from the monkey bars in the park.

This is your newsletter – we're always looking for stories and contributions of all sorts and sizes from your Iyengar Yoga community...

Deadline for
next issue:
20 April 2018

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

- 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?

And, especially...

- How will you be celebrating International Day of Yoga?
- How will you be honouring the 100th anniversary of BKS Iyengar's birth?

How Iyengar Yoga has Changed my Life



In 2001, Irving Glass was diagnosed with Multiple Sclerosis. In this testimonial, he tells us how Iyengar yoga has helped him live with this debilitating disease.

Irving recently achieved Introductory II teacher certification and teaches a special Iyengar yoga class for seniors and people with MS, at Yoga Centre Toronto.

My yogic journey began after I was diagnosed with Multiple Sclerosis, at 47, in August 2001. My neurologist suggested that I try yoga. I had never done any yoga. It was not that I had anything against it: I just was not interested. Luckily, a friend of my sister-in-law's, who has MS, suggested I try the MS class at an Iyengar Studio (Yoga Centre Toronto). MS is a progressive degenerative disease. I had issues with balance, mobility, and weakness especially in my legs. I could not climb or descend stairs without holding the handrail. If there were no handrails, as often is the case in the front of office buildings, I would need the aid of someone to lean on. At intersections, I would cross at the indentations meant for strollers and walkers, as it was difficult to lift my foot up over the curb; a task as simple as heel-toeing my shoes to remove them was not possible.

Once I started Iyengar yoga, despite the slight fatigue I felt at the end of class, I also felt energized; there was a marked difference in the strength of my legs and the liveliness of my step, especially as I was walking to my car after class. Within a year I felt less weakness in my legs and the curbs on the sidewalk were no longer an issue. Within two years, I could climb or descend eight to ten steps without holding a handrail. I no longer needed help in front of office buildings with steps and no handrails. I could now heel-toe my shoes to remove them. Eventually, as I continued to practise yoga with greater frequency I had better balance; stronger legs; I could stand for longer periods; the tingling and numbness in my feet and hands has been greatly reduced, indeed, often there is none; believe it or not, I can almost run across the street!

In Iyengar yoga the use of props for support and feedback has allowed me to progress through the asana, at my own pace. By using props, whether it be a wall, a block, a belt or a chair, I do not have to worry, as much, about my balance and can concentrate on the many nuances of the pose as well as deepening the precision, alignment and holding the asana for a longer period of time without tiring myself. It has allowed me to better deal with my limitations and achieve the full benefits of the asana.

continues...

How Iyengar Yoga has Changed my Life [2]

Iyengar Yoga has helped me to increase my awareness of my own body. It has taught me to bring the proper carriage of my body into my everyday life. It has brought me mobility, and stability, and strength, and balance too. As I said at the beginning, MS is a degenerative disease, yet through yoga, I am in better physical condition now than when I was first diagnosed; indeed I would say that despite my limitations I am in better physical condition today, at 62, than when I was 40, before I was diagnosed.

By practising yoga as often as I do, I notice a marked difference in my well-being: physically, emotionally and spiritually. As to my emotional and spiritual well being, yoga helps to contribute to my positive outlook on life. I find I can deal with stress much better. I weigh my battles before worrying about things that might not be worth the aggravation. I have an overall calmness to my demeanor that has come from taking yoga off the mat and trying to incorporate it into my daily life. The physical awareness that I am experiencing during my yoga practice has brought me an amazing awareness within my daily life.

The practice from one asana to another; its sequencing from the beginning of a practice to the end; the relation of one asana to another, the attention to precision and alignment of the body and the control of the breath; all of this has led to the mindfulness, intention and awareness of being in the moment: the here and now. In my life I'm less pre-occupied with the past or the future and am more concerned and aware of the now.

My enthusiasm for yoga has greatly enhanced my life. Dare I say I can't imagine life without yoga? But it's true! I don't question whether I will be doing a yoga practice each day. It seems to be a given. Most importantly, I practice somewhere between "courage and caution". I have progressed enough that I have not allowed my limitations to become a disability. I applied for and was accepted into the 3-year Yoga Teacher Training Program to become a Certified Iyengar Yoga Teacher in 2014; I have just passed my Introductory Level II Assessment. I am now *A CERTIFIED IYENGAR YOGA TEACHER!*

My first year of teacher training, when I was in a class or workshop with my teachers, I was in awe and humbled: these are my teachers and here I'm learning and practising along with them! Since beginning the teacher training course I have seen the greatest change in my strength, balance and mobility. At the beginning of the course I could not have imagined standing for an hour and a half teaching a class. To be able to stand for that length of time did not seem possible. It was one of my main concerns when considering the course.



Yoga Centre Toronto
since 1972 • YCT is a non-profit charitable organization • Iyengar Yoga for Health

YCT Class Schedule

MONDAY

12:30-1:45pm
Yoga for Seniors / MS
Irving Glass

continues...

How Iyengar Yoga has Changed my Life [3]

When I began the course I could not go up in Sirsasana without help and would need a corner for balance and stability. For me the thought of taking my buttocks, legs and feet off the wall was not even an option. Now I do not need help going up nor do I need the corner when going up into Sirsasana. I can go up on my own with straight legs or bent legs at the wall. Once up, stable and balanced, I can remove my buttocks and hips off the wall and then move my feet off the wall and balance near the wall but not touching. I can stay up for about two to three minutes. But I have learnt to exercise more caution since I have a tendency to get tired and sink in the pose. I now hold the pose for less time away from the wall and then move back to the wall so that I can maintain a lifted pose, a better pose and not tire myself too much. Rest assured I'm not going to be resting on my laurels: in my own practice, I'm moving the mat away from the wall, balancing with bent legs; I'm working on straightening my legs to the ceiling. My mantra is try, do and be patient. The example of this one asana applies, in varying degrees, to all asanas that I practise. This certification is just the beginning of my yogic journey!

It is said "that it takes a village to raise a child". I'm indebted to the Iyengar community for helping me to be where I am now. My teachers, fellow student teachers and students have all provided me with valuable input, feedback and caring. My teacher and mentor, Marlene Mawhinney, has enhanced my journey beyond measure. I know that I am the one who accomplished my certification but because of her guidance and patience I share it with her. She has inspired me; she has challenged me and pushed me when I needed pushing; she was and is able to help me deal with any of my issues. But most important she did not allow me to get caught up in my limitations to hamper and slow my progress. And she continues to do so. I understand that Mr. Iyengar felt that yoga was open to everyone, regardless of his or her limitations and this includes their ability to teach it!

Yoga has allowed me to re-evaluate my spiritual awareness and experience a general overall happiness in my life that is new to me. There is an overall gladness and joyfulness in my life. I am truly blessed because when I look at my entire life, these last three and a half years are the best, bar none, of my 62 years. For me these are, and I'm sure will continue to be, "the best years of my life". My certification has rekindled my passion, confidence and purpose in yoga and life. It has reinforced my positive attitude of looking at the glass as half full, rather than the negative view of the glass as half empty. It has re-confirmed to me that there is a silver lining to every cloud. My cloud was MS, yet it brought me to yoga, which has been life-altering for me. To say "it has changed my life" is truly an understatement!

**A GREAT
YOGA PHOTO
by
Sandra Stuart**

Sandra teaches and practises in Winnipeg MB. This photo was taken in Gimli MB this past summer.



Margaret Laurence wrote in The Diviners, "I keep these snapshots, not for what they show, but for what is hidden in them."

This snapshot shows a happy, healthy, fit grandmother (me) playing with her delightful two-year old grandson (River). What is hidden in the photo is my profound joy in being upside down on the monkey bars - a first, at the age of 65!

As a child I was a complete klutz, a hard mantle to wear as the little sister of a star athlete. Teachers would often express their incredulity that I was Shona's sister - I was hopeless at anything that required

co-ordination. I couldn't sink a basket to save my soul, or jump a hurdle, or skate, or ski, or do a cartwheel, or hang upside down from the monkey bars like all my friends did.

And then I found yoga, and best of all, it was Iyengar yoga! I could use a block, a chair, a wall, a strap - whatever it took for me to bridge the gap between my very tight body and the pose being taught. The approach was slow and thoughtful, allowing me to co-ordinate my limbs without feeling rushed. More importantly, I was drawn to the beautiful yoga teaching that told me I was whole and complete, that nothing was missing. I began to question those cherished notions I had of who I was and wasn't. Over the years, I have thoroughly enjoyed learning how to ski, cross the lake on a paddle-board, do Ardha Chandrasana on a slackline, and, most recently, hang upside-down from the monkey bars!

I am also grateful to be able to help my big sister as she endures knee and hip problems from her 50-plus years of playing basketball. She never misses her yoga class, and every day she sits in vajrasana with a rolled mat behind her knees, followed by Supta Padangustasana with traction. She has recently found the courage to try sirsasana!

Hilda Pezarro

1931 - 2017

Hilda Pezarro, an Iyengar yoga pioneer in Canada and IYAC/ACYI Honorary Member, passed away in December 2017. Shirley Daventry French offers us this appreciation of Hilda's life.

Hilda Pezarro, long-time friend and colleague on the path of yoga, died in North Vancouver recently at the age of eighty-six. Born in Namibia in 1931, Hilda spent her school years in South Africa, married at age nineteen, travelled extensively, and eventually emigrated to Canada.

My husband, Derek, and I met Hilda for the first time in 1976 while we were students in a yoga development course at Yasodhara Ashram. It was a three-month residential course and Hilda, who was living in Calgary at the time, had taken this course a couple of years previously. She came expecting to be a teaching assistant to Swami Radha only to learn that Swami Radha felt she was capable of being the primary teacher. A little taken aback, Hilda did a masterful job.



Source: Legacy.com

During this same visit she also taught one of the early morning Hatha yoga classes based on a class she had taken with B.K.S. Iyengar in London a few months previously. It was impressive and startlingly different. This class was the first time I had been asked to pull my kneecaps up. We also did *Utthita Trikonasana* and *Virabhadrasana I* and *II* for the first time holding them what seemed like an eternity. At that time we were more used to holding as long as you were comfortable!

We met Hilda again when she was lucky enough to have a place in the 1979 Intensive with B.K.S. Iyengar. Classes were very demanding and after class we had many meals together where we laughed hysterically like schoolchildren just let out of school. Hilda had a wicked sense of humour and an infectious laugh. My next contact with Hilda was in Calgary when she was one of the prime organisers of a conference called *Challenge to Change*. Derek and I had been invited to teach there along with Angela Farmer from England and Ramanand Patel. Swami Radha was one of the keynote speakers. Thereafter Hilda's and my paths crossed at many a yoga event in Pune, across Canada and throughout North America.

In 1984 I learned that Hilda was moving to Montreal because of her husband Theo's work. It happened that in that summer I attended a yoga course in Pescadero, California with Ramanand Patel. I was sharing a room with Marie-Andrée Morin, a yoga teacher from Montreal. It was her first experience of Iyengar Yoga and she was eager to learn more so she enquired if I knew an Iyengar teacher in Montreal. I put her in touch with Hilda, and so began a strong tradition of Iyengar Yoga in Quebec!

After a year or so Hilda moved back to western Canada and ended up living in Vancouver where she quickly became involved in the Iyengar community there.

Hilda was also a vital force in the creation of the Iyengar Yoga Association of Canada. During the 1993 convention in Toronto where Gururji was Guest of Honour, Hilda and I served as his Entourage Committee. This was the best possible duty because we got to spend much of the day with him including meals at his residence. Each mealtime was a gift in itself because we listened to many an impromptu discourse on the art and science of yoga: how to refine its practice, how to bring it into all aspects of life, how to interpret philosophical concepts—served with much humility, curiosity and humour.

continues...

Hilda Pezarro

1931 - 2017

[2]

One of the highlights of our time on this Entourage Committee was a trip to Niagara Falls with Guruji where we did everything it is possible for a visitor to do there including a stormy trip on the *Maid of the Mist*, all of us including Guruji resplendent in bright blue oilskins! It poured with rain and the wind howled all day, but nothing dampened Guruji's spirits. His acceptance, tolerance and endurance uplifted the spirits of all of us privileged to share this experience with him.

Most significantly during this 1993 visit to Toronto, we were also in his presence as he spoke clearly and consistently on several occasions of his desire for Canada to formalise our national association, adopt the guidelines and syllabi he had drawn up, and begin certification and assessment.

As we moved to follow his wishes, there was fierce opposition in some communities. However, a majority of the country wanted to move towards certification and assessment in accordance with Guruji's wishes. A committee was established to look into implementation of the process and Hilda was appointed as chairperson. She did her job well and by the time the next Canadian group went to Pune everything was in place. Hilda was awarded one of the first honorary lifetime memberships in our national association in appreciation of her efforts in this regard.

Guruji awarded Iyengar Yoga teaching certificates to eleven long-time Canadian students, Hilda among them. These were signed and presented by him during the Canadian Intensive in Pune in 1997. Hilda's health had prevented her from coming to Pune on this occasion, but as Guruji gave me her certificate to present back in Canada, he spoke of her maturity. This group of teachers became the first assessors.

Hilda's husband's health and later her own health prohibited her from serving as an assessor other than a few times at the very beginning. However, we often deferred to her for counsel in difficult situations.



Hilda was a bright spirit in Canadian yoga, loved and respected by all who met her. For me personally I shall always treasure the adventures we shared, the humour which she was able to bring into the most sober situations, her mischievous laugh and bright spirit.

This photo shows Hilda with Leslie Hogya (L) and Donna Fornelli in 2011.

Hilda and Theo had four children: two daughters and two sons. Theo predeceased her, but on behalf of her friends in Victoria and colleagues throughout Canada, I should like to send light to her children and grandchildren in honour of a great and gracious lady, Hilda Pezarro.

In divine friendship
Shirley Daventry French



La Journée Internationale du Yoga International Day of Yoga

21.06.2018

- ? How will you celebrate International Day of Yoga?
- ? How will you honour the 100th anniversary of BKS Iyengar's birth?
- ! Perhaps a 100-minute class on International Day of Yoga!
- ! Or, a class of 100 asanas! ! Or a class of 100 students!
- ! Or, submit a video to the RIMYI documentary project (28 February deadline)!

Please share your stories with us in our next newsletters.

**BKS
Iyengar**

**1918
2018**

**100
years**

**Yogacharya
B.K.S. Iyengar**
Tributes and Memories

A documentary film commemorating the legacy of Guruji on the event of his birth centenary

This film will be crowd-sourced through the participation of Iyengar Yoga practitioners from all over the world.

We invite you, the members of our Iyengar Yoga family, to participate in this endeavor by recording your impressions on the impact that Guruji and his legacy have had on your lives.

Through this film, we aim to show that no matter who we are or where we're from, it is one legacy that binds us all.

Submission Deadline: 28th Feb. 2018

Details for participation can found on - www.gurujithefilm.com.

For technical queries, please contact: Minal Kapadia, Different Strokes Communication (+91) 9920671895, info@different-strokes.co.in

For further information on the project, please contact LOVIT (yogafilm@gmail.com)

B.K.S. Iyengar
**100
Years**
A celebration of Guruji's
birth, life and work
1918-2018

Source: Iyengar Yoga UK

YOGACHARYA
**B.K.S.
IYENGAR** 100
CENTENARY YEAR 2018

Source: Iyengar Yoga Italia

Birjoo Mehta to join IYAC/ACYI in Ottawa/Gatineau



Next autumn, IYAC/ACYI has the great honour of welcoming Birjoo Mehta as the featured speaker at our national conference in Ottawa/Gatineau, October 11 to 14. After studying with him last year in San Diego, Lisa Walford of Los Angeles wrote this article. For anyone unfamiliar with Birjoo and his teaching, it provides a glimpse into one student's experience of studying with him.

Guru Tattva – Birjoo Mehta on Yoga after Guruji

I recently returned from an inspiring four-day conference with Birjoo Mehta in San Diego. His theme was the Pancha Maha Bhutas, or five elements. Birjoo studied with Guruji, Shree BKS Iyengar, since he was a young child.

He began the conference by contextualizing his teaching with a classic metaphor. We can no longer study at the feet of our guru, but we can invoke the light of his teachings. Just as the sun illumines everything around it, the integrity of Guruji's practice paved an approach to self-study that sweeps the cobwebs out of the most remote corners of the body and mind. It is now for us to internalize these teachings and call on the *Guru Tattva* within each of us.

"Guru is like the sun. When he is there, all of us can benefit from his benevolence. Guru is one who makes the darkness light. Guru Tattva is the essence of Guru; we see the light through the benevolence of the Guru. For we cannot see the essence of the Guru, we see his light through his teachings. The moon does not have the essence of the Guru, for the moon is a reflector. We can bask in the glory of his moon, his teachings, the reflection, or we can go to the stars and study through the essence of the Guru Tattva." – Birjoo Mehta

Let me explain. The Yoga Sutras of Patanjali are based on a cosmology rooted in the Samkhya system. One of six principal schools of Indian philosophy, Samkhya is an interpretation of the laws of nature, the root of suffering, and the means to overcome suffering. Tattva literally means a "thatness", truth, or principal. I might interpret the Tattvas as the yogic parallel to our modern day physics, except that the root of everything in Samkhya is consciousness. Hence, the Tattvas evolve from an all-encompassing Knowing through the most subtle form of mind out into the world of earth, water, fire, air and space that we then see, hear, taste, feel and smell through our sense organs. Classically, there are 25 Tattvas. Birjoo poetically suggested a 26th, the Guru Tattva. How appropriate!

continues...

Birjoo Mehta to join IYAC/ACYI in Ottawa/Gatineau

[2]

After Guruji's passing, many people asked what would happen to the Iyengar lineage, the teachings, and who would take the helm. Geetaji, Prashantji, and Abhijata, the immediate members of the family well known to most of us, already teach amazingly insightful classes, meditations and wisdom practices. Those of us embedded in the Iyengar system have no doubt that the study will evolve. But of course, when the pole star disappears, there is a period of soul searching. Birjoo encapsulated these times with his words and teachings.

What an image: his suggestion that we should now reach to the stars, each our own pole star, and invoke the essence of the Guru Tattva. Then, he introduced one of my favorite slokas from the Bhagavad Gita:

"What is night for the ordinary person is day for the yogi, and what is day for the ordinary person is night for the yogi." – BG 2.69

As noted above, we experience reality through our senses of perception, and through the mind that interprets and relates everything to our internally created sense of order. This *sloka* implies that our "ordinary" reality is like night, or ignorance, to one who is truly awakened.

It is as difficult for me to imagine this awakened state as it would be to explain the smell or color of a rose to one who can neither smell nor see. Metaphors abound. The awakened state is akin to being the ocean rather than a drop in the ocean, or to being salt dissolved in water. The salt and water merge completely into an undifferentiated whole. This is the insight of the awakened. This transcendence is the light of the Guru Tattva.

Most Iyengar teachers begin their classes with the invocation to Patanjali. Sometimes I add that we give thanks for the wisdom in the Yoga Sutras, and for anything and anyone who brings some insight into our lives. These are small Guru Tattvas. Those who were not graced to have known Guruji personally can study the reflection of his light through his works and his words, and can embrace every insight that remove darkness, the Guru Tattva.



Learn more about Lisa Walford
at <http://lisa.walford.com>.

Lisa's story on Birjoo was edited
by Barbara Young of Ottawa.



IYAC/ACYI PRESIDENT FREMA BRAM asks...



Why not join our board?

Board members are elected at the annual AGM, to be held this year in October in Ottawa/Gatineau.

If you are interested in joining the board or one of the committees, contact Frema Bram at:

frema@familyoga.ca

Be intent on action not on the fruits of action; avoid attraction to the fruits and attachment to inaction!

- from the Bhagavad-Gita

(translation by Barbara Stoler Miller)

It really is life changing.

You will learn patience. A group of smart and passionate folks sitting around a conference room table can argue and pontificate. They can say things you do not agree with and make the most brilliant observations. And you will learn patience to wade through it.

You will have an experience that enriches your resume or your life.

You will meet interesting people. People who join boards are a wonderful breed. They have chosen to get off the bench and onto the field. You will be enriched by being in their company.

You will learn to play nicely in the sandbox. This is about diplomacy and making sure that your colleagues get their say (even if you think *your* comment said it all). The very best board members are teams.

You will learn to appreciate that assets = liabilities + equity. I mean this quite specifically. You will be able to read and understand financial statements and ask a related question or two that actually makes sense.

You will learn how to run an effective meeting of people who don't work for you. Perhaps you will find yourself as a committee chair where you learn a very different set of skills than in a staff meeting. These fellow board members are volunteers, not paid employees, and they may have more business experience than you do.

You will stretch all your intellectual and emotional muscles. Board service at its best allows you to bring your full self to the organization – your emotional connection to the work, your commitment to the overall sector, your life experience, your skills, and the good head you have on your shoulders. There are precious few tables you will sit at that will need all of what you bring the way a not-for-profit does.

You will fall *more* in love with your organization. The closer you are to the work of your organization, the more that work comes to life for you, the more passionate you will become. And you will feel another emotion.

You will feel lucky.

À Pune avec Prashant | In Pune with Prashant

17 – 20 décembre 2017



Christine Michaud and Marie-Chantal Perras attended the intensive with Prashant Iyengar in Pune this past December. Below, Christine tells us about her experience.

*Christine (G) et Marie-Chantal (D), en toute sérénité
Christine (L) and Marie-Chantal (R), feeling very serene and uplifted*

«Je suis là pour vous donner ma compréhension de l'enseignement de Guruji». Prashant Iyengar

Marie-Chantal Perras et moi-même nous sommes inscrites à l'atelier intensif de Prashant, qui s'est déroulé à Pune, du 17 au 22 décembre 2017.

La première session, ce matin là, fut un petit coup de cœur, le fait de revoir l'Institut (RIMYI). L'atmosphère effervescent était palpable dans une salle bondée. Pendant l'introduction, Mme. Firooza Razvi, professeure à Mumbai, a fait un rapprochement entre le soleil et la lune, B.K.S. Iyengar incarnant le soleil, Prashant et Geeta représentant le reflet, que le soleil projette sur la lune. Tous les deux figurent comme les ambassadeurs les mieux placés pour guider et aider à comprendre davantage l'enseignement de Guruji.

Prashant se présente et reçoit un chaleureux applaudissement. Il tient à clarifier ses intentions en nous assurant que son but n'est pas d'enfiler les souliers de son père. Il explique que son approche est différente, informelle et non conventionnelle. Il désire que les étudiants le soient aussi. Le yoga pour lui, est relié à la nature et à la vie.

Le yoga, selon lui, n'est pas seulement le yoga «to do» mais le yoga «to learn, un processus organique d'exploration». Nous devons continuer de penser, de réfléchir, d'observer et de pratiquer «svadhyaya» (l'étude de soi).

“I am here to give you my understanding of Guruji’s teachings.” Prashant Iyengar

Marie-Chantal Perras and I participated in the intensive given by Prashant in Pune 17 to 22 December 2017.

The first session was at the Institute (RIMYI); how profoundly affecting to return here, to the source. The atmosphere was electric, palpable, the room filled beyond capacity. Firooza Razvi, a teacher from Mumbai, drew an analogy using the sun and the moon. B.K.S. Iyengar was the sun, Prashant and Geeta are his reflection, as the moon reflects the light of the sun. They are the ambassadors best positioned to guide us in better understanding Guruji’s teachings.

Prashant arrived to warm applause. He wanted to be clear about his plans for the intensive and assured us that he had no intention of trying to fill his father’s shoes. He explained that his approach is different, informal and not conventional. He indicated he wanted students to be this way, too. For him, yoga is part of nature and part of life.

He stressed that, in his view, yoga is not just doing but also learning, an organic process of exploration. We should be always thinking, reflecting, observing and practising ‘svadhyaya’, introspection or the study of the self.

Asanas are the mirror, the reflection of oneself, our own reflection. “When a mirror is dirty, one must clean it so that the reflection will be clear.

continues...

À Pune avec Prashant | In Pune with Prashant

17 – 20 décembre 2017

[2]

Les asanas sont le miroir, le reflet de soi, notre reflet. «Lorsqu'un miroir est sali, il faut le nettoyer pour que la réflexion soit plus belle». Ce qui s'applique aussi pour les asanas. Les postures diffèrent d'une pratique à l'autre. Elles possèdent tellement de choses à négocier et à apprendre. Il appartient à nous de les découvrir. «Les asanas sont comme un bon thé préparé avec la bonne combinaison de quantité et de proportion d'eau, de feuilles de thé, de lait et de sucre». Un de ses ingrédients tout seul, ne peut donner du thé.

« Nous respirons pour vivre et pour devenir. Que signifie une respiration normale? Lorsqu'on grimpe une montagne, elle est différente et on doit l'adapter. La respiration aide à soutenir à maintenir et rester plus longtemps dans une posture. Elle sert d'outil d'observation entre le corps et le mental». Ensuite, il demande de rentrer les omoplates en tant qu'exercice et d'observer comment l'esprit devient plus alerte et plus aiguisé. C'est ce qu'il faut développer et acquérir avec le yoga.

Prashant nous rappelle que l'invocation et le «AUM» se font en expirant. L'expiration nettoie, purge les passions (A), évacue les émotions (U) et calme le mental (M). «Que fait la respiration pour vous, à vous, sur vous, avec vous?». Dans le Pranayama, elle libère le corps et pacifie le mental. «L'apprentissage du Pranayama est un long processus qui demande une certaine dose de patience».

Nous avons aussi eu le plaisir de retourner une autre fois à l'Institut pour une session de 2 heures avec Geeta, qui a parlé de son parcours auprès de son père.

Ravies d'avoir assister à ce stage, nous avons écouté scrupuleusement ce que Prashant avait à nous raconter. Il ne nous reste plus qu'à absorber ce condensé précieux de connaissances et d'expériences qu'il a su exprimer avec modestie, humour et générosité...



This applies also to asanas.” Poses change from one practice to another. Poses involve so many things that must be negotiated and learned. They are ours to discover. “Asanas are like good tea,

prepared with the right combination of water, tea leaves, milk and sugar. Any one of these ingredients alone cannot produce tea.”

“We breathe in order to live, in order to continue being. What do we mean by normal breathing? If one is climbing a mountain, the breath is different and must change. Breath helps us to stay in a pose longer. It acts as a tool of observation between the body and the mind.” As an exercise, Prashant asked us to move our shoulder blades in and to observe how we became more alert, more aware. This is what we need to work on and attain.

Prashant reminded us that it is during exhalation that we chant the Invocation to Patanjali and the ‘AUM’. Exhalation cleans, it purges our passions (A); it clears the emotions (U); and it calms the mind (M). “What does the breath do for you, to you, on you, with you?” In Pranayama, breath frees the body and calms the mind. “Learning Pranayama is a long undertaking that calls for a certain amount of patience.”

We also had the pleasure of returning to the Institute for a two-hour session with Geeta, who spoke to us of her yoga journey alongside her father.

We were delighted to participate in this intensive. We listened with intense closeness to what Prashant had to share with us. Now, we must absorb this precious essence of knowledge and experiences that he was able to impart with modesty, humour and generosity...



News and Updates from IYAC/ACYI



NEW FACEBOOK GROUP FOR MEMBERS

At our 2017 Annual Conference in Kelowna, a group of members expressed interest in a private Facebook group with the specific aim of supporting one another to grow their individual studios/classes. We are pleased to announce that this group, open to IYAC/ACYI members only, has now been set up.

While there are many places online where people can post about specific teaching questions and/or assessment preparation, the focus of this group is the business of yoga. Please take full advantage of this new IYAC/ACYI resource and use the group to ask relevant questions and share information with each other.

To join, once you are logged into Facebook, please search for **IYAC/ACYI Members Only** and then request membership.

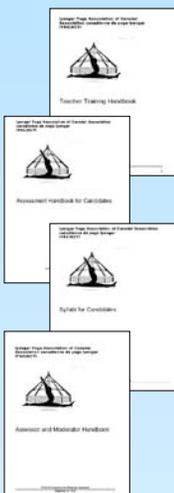
Once your membership has been approved by one of the group's moderators, please consider creating a post to let others know who you are and where you are from. Feel free to include in it a link to your website or other social media profiles and let's all benefit from our collective experiences!

If you have any questions about this new Facebook group, please email Stephanie Tencer at stephanie.tencer@gmail.com.

UPDATED HANDBOOKS NOW ONLINE

Updated Assessment/Training Handbooks incorporating changes resulting from 2017 professional development meetings. English and French documents can be found on the [IYAC/ACYI website](#) under *members/documents/assessment documents*:

- Assessor and Moderator Procedures/Procédures de l'évaluateur et du modérateur
- Assessment Procedures for Candidates/Procédures d'évaluation des candidats
- Teacher Training Procedures/Procédures de formation des enseignants
- Syllabi (unchanged/aucune modification)





News and Updates from IYAC/ACYI

RESULTS ARE ONLINE! | LES RÉSULTATS SONT DISPONIBLES EN LIGNE!

Thanks to those who participated and provided feedback. To view the results, log in to IYAC/ACYI website, and go to *members/documents/2017 AGM Survey Results*

Nous remercions tous ceux qui ont fait part de leurs commentaires. Les résultats du sondage sont disponibles sur le site ACYI/IYAC, en ouvrant une session, puis en passant par *members/documents/2017 AGM Survey Results*

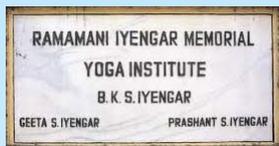
In discussions with members about rebranding Iyengar yoga in Canada, it was suggested that members consider using the Iyengar name in the name of their studio to help increase awareness of Iyengar yoga. In order to do that studios are required by RIMYI to meet certain requirements and apply for permission. More information is available in emails from Frema Bram, IYAC/ACYI President, dated 11 and 18 December 2017. The form which must be completed can be found on the IYAC/ACYI website by logging in and going to *members/documents/Iyengar Yoga: Request to Use Iyengar Name in Business Form*.

For more information, contact Morgan Rea at morganrea@shaw.ca.

POST-AGM SURVEY SONDAGE SUR L'AGA

REBRANDING TO INCLUDE THE IYENGAR NAME

RIMYI IN THE NEWS



Sakal Times e-paper Wednesday, 13 December 2017

'Yoga is a very complex science, but it's no secret'

As the centenary of BKS Iyengar's birth begins, Sakal Times interviewed Geeta Iyengar on why practising yoga is ever more important.

To read the full interview, go to:



www.sakaltimes.com/pune/%E2%80%98yoga-very-complex-science-it%E2%80%99s-no-secret%E2%80%99-10159

WELL DONE!



RECENT ASSESSMENTS



**Introductory II
Ottawa ON
03-05 Nov 2017**

- Jacqueline Casey, Toronto ON
- Geneviève Gervais, Montréal QC
- Irving Glass, Toronto ON
- Florence Guardia, Ottawa ON
- Kasia Harasiewicz, Toronto ON
- Emily MacDonald, Sydney, NS

**Intermediate Junior III
Toronto ON
17-19 Nov 2017**

- Glenda Balkan-Champagne, Victoria BC
- Lori Berenz, Collingwood ON
- Sarah Bertucci, Toronto
- Michele McLean, Toronto ON
- Eileen Millar, Abbotsford BC
- Niren Pandya, Toronto ON
- Deborah Peake, Vancouver BC
- Stephanie Tencer, Toronto ON

**Introductory II
Nanaimo BC
19-21 Jan 2018**

- Ghislaine Atkins, Toronto ON
- Lara Cubitt, North Vancouver BC
- Karen Gibson, Courtenay BC
- Julia MacLean, Dartmouth NS
- Crystal McMillan, Parksville, BC
- Sean O'Leary, White Rock BC
- Deanne Orrell, Nanaimo BC
- Jennifer Van De Pol, Victoria BC

FUTURE TEACHER ASSESSMENTS

Introductory II

16-18 Mar 2018 | Kelowna BC
14-16 Sep 2018 | Calgary AB
02-04 Nov 2018 | Fredericton NB
09-11 Nov 2018 | London ON

Intermediate Junior I

28-30 Sep 2018 | Winnipeg MB

Intermediate Junior II

date and location to be advised

UPCOMING EVENTS

EVENT	DATE/LOCATION	FOR MORE INFORMATION
Louie Ettling - Going Deeper	9 Friday sessions Vancouver BC	theyogospacevancouver@gmail.com
Practice Enrichment & PD Series	17 Nov 2017-27 Apr 2018 Victoria BC	ivoga@telus.net
Louie Ettling - Going Deeper	02 - 04 Feb 2018 Montréal QC	tim@planetvoga.ca
Louie Ettling visiting teacher classes	06 Feb 2018 Ottawa ON	welcome@pathwayvoga.ca
Jawahar Bangera - Teachers & Trainees Seminar	07-09 Feb 2018 Calgary AB	deanna@calgaryivengarvoga.com
Jawahar Bangera at Kelowna Yoga House	16-20 Feb 2018 Kelowna BC	yogibauer@hotmail.com
Marlene Mawhinney - L3/4 Workshop	24 Feb 2018 Toronto ON	yoga@vogacentretoronto.ca
Marlene Mawhinney - Pranayama Clinics	24 Feb/24 Mar/21 Apr 2018 Toronto ON	yoga@vogacentretoronto.ca
Retreat - Puerto Vallarta Mexico	24 Feb - 03 Mar 2018	rema@familyyoga.ca
Basics of Yoga Philosophy - Sutras Series	24 Feb-02 Jun 2018 Vancouver BC	theyogospacevancouver@gmail.com
Marlene Mawhinney - Weekend Workshop	02-04 Mar 2018 London ON	majork@sympatico.ca
Jawahar Bangera	02-04 Mar 2018 Vancouver BC	remrod@telus.net
Ty & Sharoni - L1/2 Retreat Intensive	03-10 Mar 2018 Mexico	sharoni@calgaryivengarvoga.com
Marlene Mawhinney - 30-day Sadhana	05 Mar - 03 Apr 2018 Toronto ON	yoga@vogacentretoronto.ca
Ty & Sharoni - L2/3/4 Retreat Intensive	10-17 Mar 2018 Mexico	sharoni@calgaryivengarvoga.com
Marlene Mawhinney - L3/4 Workshop	24 Mar 2018 Toronto ON	yoga@vogacentretoronto.ca
Marlene Mawhinney - Weekend Intensive	13-14 Apr 2018 Toronto ON	yoga@vogacentretoronto.ca
Krisna Zawaduk - Weekend Workshop	13-15 Apr 2018 Edmonton AB	info@familyyoga.ca
Louie Ettling - Weekend Workshop	20-22 Apr 2018 Winnipeg MB	sandra@pranavogawinnipeg.ca
Marlene Mawhinney - L3/4 Workshop	21 Apr 2018 Toronto ON	yoga@vogacentretoronto.ca
Ann Kilbertus - Atelier de fin de semaine Weekend Workshop	27-29 Apr 2018 Montréal QC	info@ivengarvogamontreal.com
Gulnaaz Dashti Canada Teaching Tour	04-07 May 2018 Vancouver BC	remrod@telus.net
Gulnaaz Dashti Canada Teaching Tour	11-13 May 2018 Winnipeg MB	info@yoganorthwinnipeg.ca
Gulnaaz Dashti Canada Teaching Tour	18-20 May 2018 Ottawa ON	welcome@pathwayvoga.ca
Terri Damiani - Finding Balance on and off the Mat	19 May 2018 Vancouver BC	theyogospacevancouver@gmail.com
Gulnaaz Dashti Canada Teaching Tour	22-26 May 2018 Halifax NS	petra.rvkers@dal.ca
Linda Shevloff - Thailand Retreat	20-26 May 2018 Thailand	ldshevloff@gmail.com
Marlene Mawhinney - L3/4 Workshop	26 May 2018 Toronto ON	yoga@vogacentretoronto.ca
Eyal Shifroni Seminar Series	08-11 June 2018 Calgary AB	deanna@calgaryivengarvoga.com
Leslie Hogle and Wendy Boyer - Salt Spring Retreat	08-10 Jun 2018 Salt Spring BC	www.ivengarvogacentre.ca
Bobby Clennell Weekend Seminar	15-17 Jun 2018 Montréal QC	tim@planetvoga.ca
Introductory Teacher Training Intensive	03-07 Jul 2018 Victoria BC	www.ivengarvogacentre.ca
Louie Ettling - Summer Urban Retreat	09-14 Jul 2018 Vancouver BC	theyogospacevancouver@gmail.com
Ann Kilbertus and Louie Ettling - Teacher Intensive	13-17 Aug 2018 Victoria BC	www.ivengarvogacentre.ca
Morgan Rea - From the Foundation: It's all about the Base	06 Oct 2018 Vancouver BC	theyogospacevancouver@gmail.com
Linda Shevloff - Dharana, Dhyana & Asana	27 Oct 2018 Vancouver BC	theyogospacevancouver@gmail.com
Cheryl Joseph - Restorative Yoga Practice	17 Nov 2018 Vancouver BC	theyogospacevancouver@gmail.com
Luci Yamamoto - Understanding Pelvic Tilt	01 Dec 2018 Vancouver BC	theyogospacevancouver@gmail.com

Centenary Celebrations of BKS Iyengar's Birth	15 Dec 2017 to 14 Dec 2018
International Day of Yoga	21 June 2018
2018 IYAC/ACYI Conference & AGM	11-14 October 2018 Ottawa ON/Gatineau QC

OTHER EVENTS

IYAC NEWSLETTER

LES NOUVELLES DE L'ACYI

SUBMISSION GUIDELINES

DIRECTIVES POUR LA SOUMISSION D'ARTICLES

PROCHAINE
ÉDITION
PRINTEMPS 2018

NEXT ISSUE
SPRING 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. We also welcome comments, feedback and suggestions.

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



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