

February 2010

# Iyengar Yoga Association of Canada Newsletter

## In This Issue

- [The Calgary AGM](#)
- [Teleconference on Hold](#)
- [A Letter from Guruji](#)
- [Chair needed for Scholarship Committee](#)
- [IYAC Needs a New President](#)
- [German Bakery Bombing](#)
- [What do you think of the IYAC Brochure?](#)
- [Restorative Yoga For Cancer Patients](#)
- [Looking for a Board Liaison](#)
- [Dates for the 2010 IYAC AGM](#)
- [A Postcard from India - Marlene Miller](#)
- [Chocolate Pizza for Sweet Times](#)
- [Book Review: Edwin Bryant's translation of the Sutras](#)
- [New Guidelines for Introductory Assessment](#)
- [Iyengar Yoga Around the Internet](#)
- [Your Board At Work](#)

## Dear Marilyn,

2010 marks the tenth anniversary of IYAC as a formal Association and in this tenth year some people on the Board are stepping down, finishing their terms and generally offering positions to new nominees. As members, we are very grateful for all those behind the scenes and those who maintain the momentum of such a formidable organization.

There are a few call outs for those who want to offer their time to IYAC. Please participate in anyway you can -- offering up nominations, voicing concerns, joining a committee and/or writing an article for the News. Remember that the board and the organization is for members like you!

Namaste,

Traci Skuce  
Editor, IYAC News  
[traciskuce@gmail.com](mailto:traciskuce@gmail.com)

## The Calgary AGM

Come to this year's AGM and conference to learn and study with our treasured senior teachers - Shirley Daventry-French, Marlene Mawhinney and Margot Kitchen. From Thursday May 20, to Sunday May 23, 2010 we have the opportunity to study and learn together in a series of eight workshops. The senior teachers will lead us toward developing the skills of observing, seeing and adjusting in both Pranayama and Asana, and will answer questions from students and teachers about practice and teaching.

Other sessions will focus on general asana and pranayama. The conference will finish off with a class taught by some of the Junior Intermediate teachers.

How many of you will be there to celebrate and learn? Please let us know by email at [iyacanada@gmail.com](mailto:iyacanada@gmail.com). Just post, "Yes, I plan to attend the 2010 conference in Calgary" in the subject line.

If you cannot be there and would like issues or concerns raised, please forward these on to Nancy Searing at [nancysearing@shaw.ca](mailto:nancysearing@shaw.ca).

We look forward to seeing many of you there!

## Teleconference on Hold

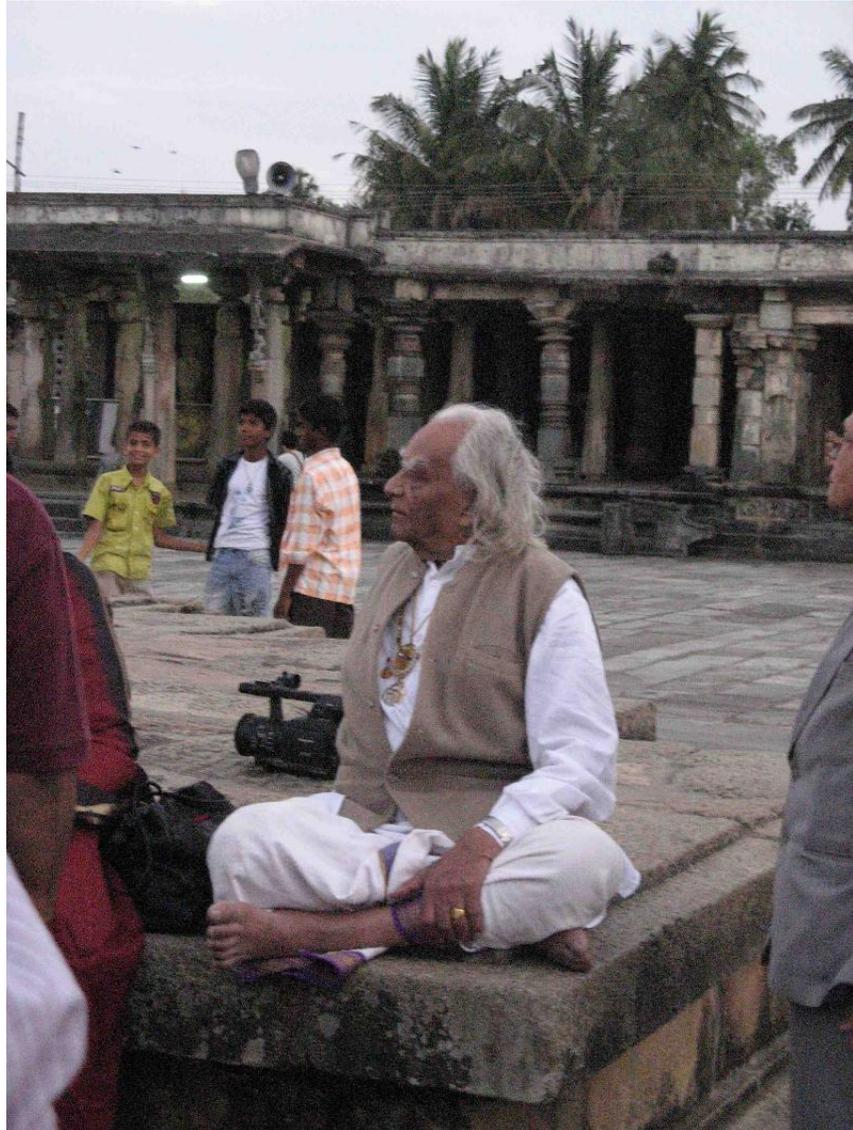
By Kelly Murphy

At the 2009 May AGM in Halifax, I suggested that IYAC consider access to the AGM by teleconference. There are two reasons: to participate in the AGM and to reduce the carbon footprint caused by travel across

the AGM and to reduce the carbon footprint caused by travel across Canada and from overseas.

Unfortunately, we are a bit ahead of our times. We had hoped to find a means by which members could access the AGM from their home computers. Technicians tell us that we will have to wait for the link-up to be developed in order to keep us all in the same virtual loop during the meeting.

Michelle Gunderson has good contacts with a company in Calgary. Hopefully by next AGM, we shall be able to put that option in place. But for May 2010, you will have to be there in body and mind or send your proxy vote in order to participate in the decisions.



Guruji in a South Indian temple during his 90th birthday celebrations, Leslie Hogya photo.

## A Letter From Guruji

Thanks a lot for your letter and also a donation of Canadian dollars of \$2,500 for the B.K.S.S.N.T.

Please convey my gratitude to all the members who contributed for the

Please convey my gratitude to all the members who contributed for the Bellur trust.

Thanking you.  
Yours affectionately,  
B. K. S. Iyengar

*Note: The money for the Bellur trust comes mainly from sales at our Annual conferences, so all of you who bought t-shirts, books, etc., have helped contribute to this gift.*

## Looking for a Way to Get Involved with IYAC?

As Chair of the Scholarship Sub-committee (reporting to the Professional Development Committee), you have the opportunity to be directly involved with supporting the development of assessors and teacher trainers.

Responsibilities include:

- Update yearly Application Package and co-ordinate distribution to members
- Review applications and, in consultation with committee members, award IYAC RIMYI Study Scholarships
- Co-ordinate all related correspondence with applicants and IYAC Treasurer
- Write report for AGM
- Communicate with Board re: any suggested changes or revisions to the Scholarship to meet the needs of the membership

This position will be available immediately following the 2010 AGM in Calgary or sooner if you're really keen. Please contact Marilyn Shepherd for further details or to express interest.





Guruji during the 90th birthday celebrations, photo by Leslie Hogya.

## IYAC Needs a New President

Leslie Hogya has finished her three-year term as IYAC President this year. Thank you Leslie, for your hard work and efforts for the organization. We look forward to reading your annual report once it is available.

And this means, IYAC is in need of a new President.

Please email your nominations for a new Board President and new Board Members to IYAC Secretary Nancy Searing, [nancysearing@shaw.ca](mailto:nancysearing@shaw.ca) by March 28, 2010.

Remember to confirm with your nominee so we know they are willing to be elected.

New Board nominees and returning Board Members will be posted in the April IYAC News so that there is plenty of time to make voting decisions.





A buddha head on the green bamboo walls of the German Bakery,  
photo Eve Johnson

## A Bomb Attack at the German Bakery

Violence reached into Pune's quiet life last Saturday night when someone left a knapsack with a bomb inside in the German Bakery. Ten people have died and more than 50 were injured. You can find a BBC story on the bombing by [clicking here.](#)

We grieve for those who were killed and injured and extend our sympathies to their families. Marlene Miller, who is currently in Pune, has reported that no one at the Institute was hurt in the attack.

## IYAC Brochure - Feedback

New IYAC brochures have been distributed to membership. We are interested in gathering feedback from you. Did you like the brochures? Will you use them? How will you distribute them? What feedback do you receive and do they generate any questions?

Please send your comments and observations to Nancy Searing, at [nancysearing@shaw.ca](mailto:nancysearing@shaw.ca).



Fruit for sale on the street in Pune, photo Barbara Young

## Restorative Yoga Class for Cancer

Patients, Yoga North, Winnipeg

## Patients, Yoga North, Winnipeg

By Val Paape

On page 64 of a recent issue of *Yoga Rahasya* ( Vol. 16 No. 2; 2009), a brief article, "Research Update: Iyengar Yoga Programme in a Cancer Centre," was published. This research update summarized a study conducted in Winnipeg on a restorative yoga class that I taught for cancer patients at the Yoga North studio; it was published in the journal, *Current Oncology*, in August 2008.

Anyone who wishes to read the entire article can download it here:  
[www.current-oncology.com/index.php/oncology/article/view/284/280](http://www.current-oncology.com/index.php/oncology/article/view/284/280)

When the article became available, I sent it to Rajvi Mehta, the Yoga Rahasya editor.

Since 2000, I have been teaching a class for cancer patients in partnership with the Psycho-Social Oncology Department of CancerCare Manitoba. The class is advertised through and financed by CancerCare. Student registration also occurs through them and the registration is confined to those patients who are currently going through treatment or have completed their treatments within the last six months. The class is free to participants.

Over the years, CancerCare kept meticulous attendance records for the class and after each 10-week session, had the students complete a written evaluation. As we had consistent positive evaluations, CancerCare became interested in supporting a research study on the yoga class.

Jill Taylor-Brown, the Director of Psycho-Social Oncology found an interested graduate student, Meghan Duncan, at the University of Saskatchewan, Saskatoon, SK, who needed a research topic for her Master's Thesis. Thus, the research project was born.

The "Cancer Class" as we call it, does not exclude anyone who wants to attend unless the class is full or they do not meet the criteria of being on treatment or within six months of treatment. Therefore, many types of cancers are represented, some participants are quite sick and in any given group, there will be a host of other problems such as back problems. Needless to say, this makes the class very challenging but also very rewarding. I am lucky to have some yoga students and teachers who volunteer to assist as well as having a paid assistant.

I have given Geetaji materials related to the class and discussed with her the asanas that I have been teaching. In addition, I asked for her help in determining if there were any asana restrictions/contraindications for specific types of cancer. When the research paper came out, I mailed her a copy. I am very grateful to Geetaji for her input and confidence in the program.

I have also been working on a simple booklet for those attending the class so that they might have an accessible reference for doing a home practice. The plan is to provide a CD of three guided Savasanas to accompany the booklet. In addition, some students at Yoga North are looking into financing "prop kits" for participants to support home practice.

If anyone is interested in more information, don't hesitate to contact me at  
[amval@mts.net](mailto:amval@mts.net).

## Do You Like Spreading the Word? You'd Make a Perfect IYAC Board Liaison

After doing a fabulous job for the past four years, Kelly Murphy will step down from her role as board liaison in May.

The Liaison an IYAC Board member whose function is to communicate IYAC board business to the wider membership through the Regional reps. The liaison also relays member concerns, issues and questions via the reps to the IYAC Board.

Currently, we need someone who could take on the Liaison role. Kelly will be happy to coach you before she leaves the position in May.

Contact Kelly at [kemurphy@shaw.ca](mailto:kemurphy@shaw.ca)

## From the Library: Teacher Training at RIMYI

What a thought - traveling to the Ramamani Iyengar Yoga Institute in Pune for teacher training with the Iyengars. Well, thanks to your IYAC library you can do just that. The library includes dozens of DVDs from the 2000 and 2001 teacher-training courses held at the Institute.

Here's how to find and order material from the library.

First, go to [http://www.iyengaryogacanada.com/resource\\_library.php](http://www.iyengaryogacanada.com/resource_library.php). Click on the Library Browsing Guide to see how materials are catalogued.

Then return to the Library Page and click on appropriate catalogue, Book Catalogue or Audiovisual Catalogue. Scroll down to the section that contains the items that interest you.

Jot down the name and call number of the item(s) you'd like to order and email Sharon Pickle at [spickle@rogers.com](mailto:spickle@rogers.com). She'll mail them out to you along with a letter explaining when the materials are due and how to return them. What service!

After the 2010 AGM, Sharon Pickle and Patricia Lyle Barlow will be taking over the library. Sharon will be responsible for lending and Patricia will take care of acquisitions and cataloguing. A huge thanks to both.





A peaceful morning in the park. Photo by Barbara Young

## Postcard from India: Correspondence from Marlene Miller

We have all been shocked by the bombing at the German Bakery. There was no one there from the Institute. Linda Kaytor and I were in the area of Koregan Park attending a benefit concert when it happened. We were caught in a traffic grid lock on the way home, as emergency vehicles were trying to get through, and we did not know what took place at that time. The atmosphere has settled down; however, there is a sense of being cautious and aware.

I have been thoroughly enjoying the teaching of Geetaji and some of the Indian teachers (with interjections from Guruji). Guruji is fabulous - a mind with incredible clarity and a body that is subtle and full of life - ageless at 91. Geetaji has been teaching brilliantly - January felt to be a focus on backbending poses right from the first Monday in January - how close to standing drop-over back bends are you? "Lift your dorsal has been the theme."

It is so inspiring to be practicing two to three hours each day with many others at the same time. Learning from each other, finding different ways to approach problems in poses. Having someone, including, Guruji, there to assist or guide you. Of course, Guruji does not wait to ask - he acts!

It will be very interesting to observe the evolution of the RIMYI once Geetaji retires.

Last week was "Republic Day." School children put on performances in which they demonstrated many of the different ethnic backgrounds of India.

In the evening, I attended community celebrations organized by the women of the apartment complex I'm staying in. Children, mothers and grandmothers performed together, offering something from their diverse backgrounds. Also, there was a fashion show of traditional dress - beautiful - and puja ceremonies of various regions. The very proud fathers & grandfathers stood and sat around taking pictures!

Take care everyone - and keep your uninterrupted practice going - where is your mind??? We are so fortunate to have such wonderful teachers around us and part of our lives.

Thank you everyone for your support - truly and gratefully appreciated.

Namaste  
Marlene

## Chocolate Pizza

By Traci Skuce  
*My friend, Elyot, is a renegade cook.  
She throws things together that the*



*conventional cook might balk at. The thing is, most of the time, the results are fabulous. Chocolate Pizza has become her signature dish.*



#### **Dough:**

1 3/4 cups warm water

1 tbsp baking yeast

1/2 tsp sugar

2 tsp salt

1/4 c. olive oil

4 cups flour (mix whole wheat, spelt, cornmeal -- whatever you fancy.)

#### **Toppings:**

olive oil

balsamic vinegar

goat cheese (crumbled) or daubs of cream cheese

pecans

craisins

apple, pear, plum - or whatever's in season

good quality dark chocolate, broken into bits

#### **Directions:**

Proof the yeast in water, mixed in with sugar. Once the yeast is frothy, pour yeast water into a mixing bowl with olive oil and salt. Add flour cup by cup, mixing first with a spoon. When it becomes too stiff, begin to knead with your hands. Knead for ten minutes or so, adding flour if there is any stickiness, until it is nice and pliable, but firm. Let the dough sit for an hour in a warm kitchen spot.

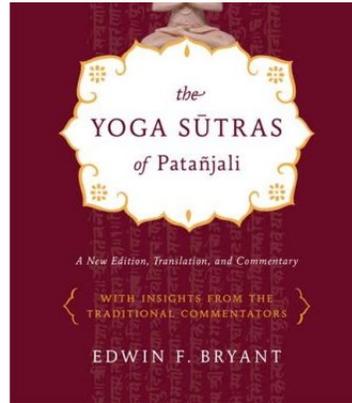
Roll the dough out into thin rounds or rectangles. Drizzle with olive oil and balsamic vinegar. Then, dress your pizza with all the delightful toppings and bake about 10 minutes in a pre-heated oven -- at 400 degrees F.

Serve as desert, or amongst the other savory pizzas you can make for dinner.

Have fun!

## Book Review: The Yoga Sutras Of Patanjali





*The Yoga Sutras of Patanjali, A new Edition, Translation, and Commentary with insights from the Traditional Commentators*, By Edwin F. Bryant  
(North Point Press, NY, 2009, \$35)

By Leigh A. Milne

Dr. Edwin Bryant holds a PhD in Indic studies from Columbia University; he has taught at Columbia and Harvard and is currently professor of Hindu Religion & Philosophy at Rutgers. In addition to being a scholar, Edwin has also lived and traveled extensively in India and is a bhakti practitioner of over 30 years. He is a warm impassioned teacher and as Patricia Walden has noted "Edwin has this gift of being able to synthesize and articulate complex concepts without compromising complexity".

Edwin has been teaching the Yoga Sutras to university students and yogis for many years so, not surprisingly, in reading this translation and commentary as a yogi, I feel that Edwin anticipates and answers my many questions.



He also adds the occasional story, sometimes to add a little whimsical relief to the complexity of the text as in YS 1:11 reflecting back in his commentary on how viparyaya, error, might manifest as a sattvic mental state Edwin imagines a situation wherein a person "might walk into a yoga studio taught by dedicated practitioners grounded in Patanjali's teachings, having mistaken it for a health spa, but, once there, be inspired to undertake the practices and philosophy of the system and thus ones initial error becomes conducive to the goals of yoga."

In other cases, stories are given or expanded from the Mahabharata and other Indic scripture to highlight the origin of certain thought processes as in the colorful story of the three incarnations of Jada Bharata from the Bhagavata Purana first referred to in YS I:16 and expanded upon by Edwin in YS III:7.

As well, Edwin provides a history of yoga and introduces the six schools of Indic thought. This book also includes a Sanskrit pronunciation guide; Devanagari transliteration, and English translation (which is helpful for chanting the Sanskrit) and extensive reference notes.

Of great interest are the extensive quotes included in the commentary from classical commentators Vyasa, Sankara, Vacaspati Misra, Bhoja Raja and Vijnanabhiksu as well as contemporary yogi Hariharananda Aranya. In this, Edwin has generously provided us with multiple viewpoints to assist in deepening our insight and has enabled us (non scholars) to come to our own understanding.

In the foreword, Mr. Iyengar writes, "As you are dedicating it [this book] to the teachers of yoga, I am sure your book will provide the readers with plenty of knowledge so that they may grasp the philosophy behind the subject and move toward the higher aspects of life in their sadhana."

## New Guidelines for Introductory Assessments

Guidelines, procedures, and forms for the new Introductory I assessments are now posted on our website.

These assessments are intended to be less formal, less expensive and more local in nature than the higher-level assessments. No certificate is awarded, but passing candidates will be able to go on with their studies and to pursue Introductory Level II assessment.

Guruji has requested that Level I assessments be held in Canada. There is no calendar of specified assessments. Teachers can request an assessment when trainees are ready. The first Level I assessments can begin after September 2010.

## Iyengar Yoga around the Internet

By: Jayne Jonas

Please share with others what you find on the Internet about Iyengar Yoga. All websites, links, youtubes, videos, etc. etc.

Send to Jayne: [jayne@telus.net](mailto:jayne@telus.net)

<http://www.marthastewart.com/article/iyengar-yoga>- puts Martha and James Murphy in the light of show business yoga but worth watching.

<http://www.adyo.org/> - examines the dynamics of yoga and addiction through a film produced by Lindsey Clennell, senior Iyengar yoga teacher and filmmaker from New York.

<http://www.iyngaus.org/news/announcements.php>

Watch excerpts from Geetaji's profound and insightful teaching at the Canadian Intensive.

<http://www.iyngaus.org/news/announcements.php>

Senior Teachers Discuss a Lifetime of Yoga

Listen in on the conversation as senior Iyengar Yoga teachers from the U.S. and Canada discuss living a life of yoga. This conversation, between Felicity Green, who jokes that she's a "cover girl" at 75, Joan White, Leslie Hogya, Margot Kitchen and Shirley Daventry-French, was held during Geeta Iyengar's April 2008 visit to Canada and printed in the winter issue of Ascent magazine.

## Your Board at Work

The IYAC Board plans to create a simple booklet outlining the basic IYAC Policy and Procedures.

As a step in this process, the board is currently organizing and reviewing all of the IYAC operating documents, beginning with a review of IYAC bylaws, followed by a review of the IYAC Policy and Procedures manual.

Systems, reviewed by a review of the IYAC Policy and Procedures Manual.

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