



## In this Autumn 2016 newsletter:

- Light on Yoga hits the half-century mark!
- London by the numbers... Highlights from the London conference and AGM
- Bellur for yoga retreats
- Resources – New teacher training program handbooks
- Recent assessment results
- Yoga humour
- Feeding the yogis
- Calendar of upcoming events

## WELCOME TO THE AUTUMN 2016 NEWSLETTER

In this issue, we have a special section on Light on Yoga, which was first published 50 years ago.

In 1958, an Indian publisher approached me to write a book on yoga... I was hesitant, as the task was Herculean... But something inside urged me to undertake it.

*B.K.S. Iyengar in the 'preface to the new edition: my reflected thoughts' (2000).*

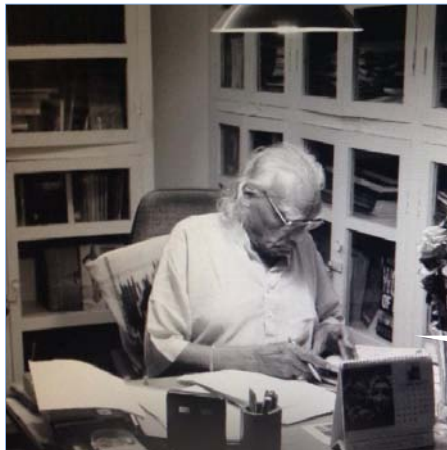


Photo : Raya Uma Datta

It is only thanks to the persistent encouragement of my devoted friends and pupils that this book is now achieved.

*B.K.S. Iyengar in the preface to Light on Yoga.*

The title of this book is Light on Yoga, as my purpose is to describe as simply as possible the āsanas and prānāyāmas in the new light of our own era...

*B.K.S. Iyengar in the preface to Light on Yoga.*



Photo source : Yoga Rahasya, Vol. 23 No. 3; 2016

## GREETINGS FROM YOUR EDITOR



Rejoindre Carole au:  
Contact Carole at:

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Autumn comes upon us...

Time to regroup. Time to get started again. Time to finish something we started a long time ago.

The idea of a book on yoga was first suggested to B.K.S. Iyengar in 1958. That it was not published until 1966 speaks to the monumental task such a book represented. Mr. Iyengar enlisted the aid of his students, including his good friend Yehudi Menuhin, to help put his thoughts into writing. He carried the manuscript with him everywhere he went, adding to it, revising it, working at it between classes, on the train, on a plane. The photo sessions alone involved over three years of work. He put it aside more than once, but kept going back to it. And, finally, there it was.

So, beyond being the go-to book on yoga, the making of Light on Yoga provides us with lessons in perseverance, patience and striving for excellence. These are lessons we can apply every day.

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In our autumn newsletter, we have IYAC's own example of a monumental task completed after much patient teamwork. Cindy Campbell and Linda Shevloff describe the journey of the revision of the IYAC Guidelines from a Professional Development Committee goal to a reality ready to be posted on the IYAC website.

Don't forget we'd love to hear from you. We're looking for stories from your Iyengar Yoga community...

- How do you spread the word about Iyengar Yoga?
- Which one pose would you teach or practise?
- How are you feeding your yogis?
- Resources for teachers and students – blogs, websites, apps, books, props...
- Visits by senior teachers from Canada, from the Source, and globally
- Where in the world have you done Iyengar yoga?
- What's new where you are?

ALSO: Conference memories

Deadline for  
next issue:  
20 January 2017


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


# 50 years of Light on Yoga


## Fireside chat with IYAC Lifetime Members

Significant contributions of members to the promotion of Iyengar yoga in Canada and to the development of the Association are honoured through the awarding of a Lifetime Membership. To become a Lifetime Member, members must be at least 70 years of age and be nominated in recognition of their role over many years in support of Iyengar yoga in Canada.

At the recent IYAC conference, three of our Lifetime Members shared their life experiences of Iyengar yoga and Light on Yoga. They are amongst the most senior Iyengar yoga teachers in Canada and were pioneers in bringing Iyengar yoga to the Canadian community.

<p>Ingelise Nherlan Vancouver BC First studied with B.K.S. Iyengar: 1974 First visit to Pune: 1977</p>	
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	<p>Margot Kitchen Calgary AB Discovered Iyengar yoga: 1978</p>
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<p>Marlene Mawhinney Toronto ON First visit to Pune: 1985</p>	
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They spoke to the audience by the light of a tea candle, which served as the 'fireside'.

The session was moderated by Frema Bram from Edmonton.

Regan Tataryn, from Winnipeg, relates some of the thoughts they shared. She also provides some observations on these thoughts, including the **emphasis** on thoughts that particularly resonated with her.



# 50 years of Light on Yoga



*Regan:*

*One thread that seemed consistent throughout the stories they shared – and all of their experiences – is that the practice of Iyengar yoga ‘saved their lives’. In one way or another, in different ways, it allowed them to go deeper, be more authentic and live fuller, richer lives.*

## Fireside chat with IYAC Lifetime Members

*Frema: How were you introduced to Light on Yoga and what has been the influence on your yoga practice, your teaching and your life?*

*Ingelise:* I was introduced to Iyengar yoga by Maureen Carruthers. I have a background in ballroom dance and competitive gymnastics and was attracted by the discipline. I had heard of B.K.S. Iyengar referred to as both ‘the lion’ and ‘the lamb’ and came to study with him in 1974 in San Francisco. I knew immediately he was my teacher. Later on I learned of his great compassion. My first time to Pune was in 1977.

*Marlene:* I was almost 30 years old when I was introduced to yoga. My health was suffering and at the time I had five small children. An ‘angel’ told me that I must do yoga. I started with getting all of my children organized at home so I could practise with a teacher on television. I immediately bought a hardcover edition of Light on Yoga and my health improved as I continued to practise.

*Margot:* I was introduced to yoga when I was in Montreal in 1972. I took Sivananda yoga and anything else I could. I had a terrible postpartum depression after my third child and yoga helped me through this. When I moved to Calgary, it was amazing because I met a woman named Erin Murphy. She said, “You need to come to this workshop.” I met Glenn Moyer (Donald Moyer’s brother) and he introduced me to Light on Yoga. I dabbled in many yogas and it took me a long time to commit. Then Guruji came to Edmonton in 1984.

*Marlene:* We didn’t dabble! We searched!

*Margot:* We were at a small meeting of the fledgling association and Marlene said to me one day, “When are you getting off the fence?” Marie-Andrée (Morin) came over and gave me a hug and I was in tears. And... I got off the fence.

*Marlene:* I had been invited to take a class with Angela Farmer, an Iyengar yoga teacher from England, and she started to talk about the coccyx, the tailbone, and I thought, “My God she is brilliant!” I was young and flexible and I could just do it. There was something in the teaching that spoke to me. There was an authenticity about her and her teaching.

# 50 years of Light on Yoga



*Regan:*  
The beauty and the gift of an Iyengar yoga practice is the opportunity to continually learn and to be a student of yoga and of the Self. As we proceed through our lives, the experiences and situations that we face, the practice of Iyengar yoga and the systematic intelligence that it builds in us through all of the koshas, will support us in many different ways through the course of our lives.

## Fireside chat with IYAC Lifetime Members

*Marlene:* Light on Yoga has been everything to me. I seldom practise without opening it. As I am practising or preparing to teach a class, I often refer to it. **Every time I close it and re-open Light on Yoga, it seems as if he has re-written it overnight. There is something there that I didn't catch the last time.** There is a lot of richness in this book.

*Ingelise:* I attended a workshop with Donald Moyer in Vancouver (he had done some Iyengar yoga) and we were using some props and doing twists and downward facing dog on a chair and I thought, "*This is brilliant.*" Little did I know how much Gurujī's props would help millions of people in the world. **There isn't one pose in the entire book that cannot be modified. Anyone can modify any pose in Light on Yoga and obtain the benefits from that pose.** Sometimes I will pick a pose in the back of the book and then go to the beginning and figure out which poses lead to that pose and start my practice that way. Gurujī had a great sense of humour as well: "If I tell them a joke first, backbends will come better!"

*Margot:* **What has it meant in my life? Without the practice of Iyengar yoga, I wouldn't be here, I would be dead. I owe him my life.** For many reasons, moving every 18 months from province to province for my husband's work, and with three children, it was very trying. I needed something for me. A neighbour near me also had had postpartum depression and had committed suicide and I thought, "*I better do something or that will be me.*" I also had a terrible rickshaw accident in Pune on the second day after I arrived. I had all of these expectations and plans for that month of study, and was reading a book by Ram Dass the night before which was talking about surrender and I thought to myself, "*I don't know how to surrender.*" Oh sure! After being pinned under the rickshaw and being taken to the hospital, my hands were so swollen that Pandu was trying to take off my wedding ring and it was so difficult that I started to laugh. **After all of this I realized everything is out of my control and I had to surrender.**

# 50 years of Light on Yoga



Regan:

For the longest time after studying with B.K.S. Iyengar, they would address him as 'Mr. Iyengar, Sir'. Later, they moved to 'Sir', and then after more time of continuing to study with him, eventually they addressed him as 'Guruji'.

## Fireside chat with IYAC Lifetime Members



*Frema: How did you explain to your partners and your family the need to go away to teacher trainings and intensives in India?*

*Marlene: My husband came with me to my first teacher training program and took it with me. It was every other weekend and we would get a babysitter and go. I was depressed and yoga at that time was like candy. **Guruji has said to me that depression is a lack of hope. The difference at that time was that the other yogas I had studied tried to take me out of my life and Iyengar yoga placed me solidly in my life and gave me the strength, the courage and the hope to do it.** The intensives in India at that time could be anywhere from 28-56 people.*

*Regan: Marlene's daughter Kelly, explained that people in her neighbourhood called them the 'granola family'.*

*Margot: I was David's weird wife! In the beginning the classes were so small that you would inevitably have a personal encounter with Guruji.*

*Ingelise: Sometimes I would feel ashamed because I didn't want to go home. B.K.S. Iyengar said, "You must go home, but you must come back."*

# 50 years of Light on Yoga



## Fireside chat with IYAC Lifetime Members

*Marlene:* In 1995 we were told to start assessing and certifying teachers in Canada. B.K.S. then wrote out on two pages the Introductory I and II syllabi. I proceeded to type it up and get it printed. All of the advanced poses come from the poses on these two syllabi.

*Ingelise:* I can still feel a backbend in my body even though I cannot do it.

*Margot:* The first time Guruji saw me teaching he put his hand on my shoulder and said: “*My friend, you are wrong.*” Then he laughed and his eyebrows bounced up and down.

*Frema:* How did Guruji assign the certificates to the senior teachers in Canada?

*Marlene:* He asked for a list of 10 names of people over 50 who had done yoga for 10 years and assigned them different levels accordingly. Among these were:

- Senior III – Maureen Carruthers, Shirley Daventry French, Ingelise Nherlan
- Senior II – Marlene Mawhinney, Marie Andrée Morin
- Intermediate Junior II – Margot Kitchen

When he gave me the certificates the first time, he said come back in two years and we’ll look at the next level. When I came back, he gave me the Senior Intermediate III certificate. **Guruji said to me: “You may no longer be able to do these asanas, but you need to know how to teach them.”** What he said was so precious and I needed to figure out how to do that.

# 50 years of Light on Yoga



## Fireside chat with IYAC Lifetime Members

*Regan: There were a few other anecdotes about the intelligence of Guruji's feet and hands as he adjusted you in the poses. These adjustments are what would help to provide the true feeling of the pose.*

*Margot: His finger was hitting the side of my head and I couldn't figure out what he was doing. Hilda beside me said: "Do you think you might be in your head?"*

*Marlene: At times when he was teaching, he would just suddenly appear. I was doing Adho mukha svanasana with my hands into the platform. His foot hit my head three times; my head hit the floor. I had no idea what was going on here but it felt amazing! No one would come near me for the rest of the intensive! Later on in life as my practice developed and our relationship grew, he would address his letters back to me: "Dearest Marlene and Affectionately yours."*

*Ingelise: One time he told me to do Urdhva dhanurasana and I just went up and I did it. He kept kicking my feet out repeatedly. I never really understood what he was doing, at the time. I told Zubin this story last year at the AGM in North Vancouver, and immediately Zubin said: "He was testing your stability!"*

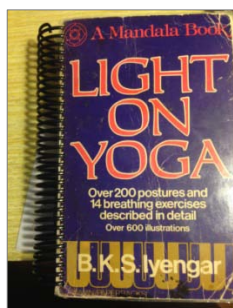
*Regan: It was clear from the fireside chat with Ingelise, Marlene and Margot that Guruji, Light on Yoga and, ultimately, their consistent dedication to the practice of yoga, have influenced all of their lives profoundly. Not all of us have had the privilege to meet Guruji, but through Light on Yoga, his many other books, Geeta, Prashant and the Iyengar family, our wonderful senior teachers and, of course, our practice, we can all hope to get a glimpse of what he was trying to teach us.*



# 50 Years of Light on Yoga

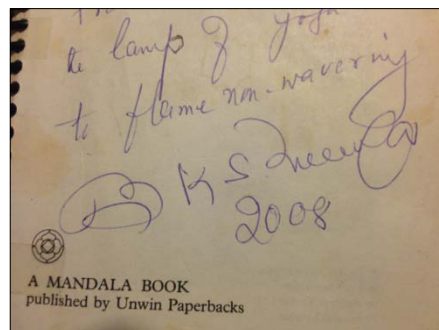
## Leslie Hogya – My copy of Light on Yoga

Approximately 42 years ago I became aware of Iyengar's classic work, Light on Yoga because one of my early yoga teachers had a copy. Her name was Elaine, and sometimes she would open the book and show us a picture of a pose and we would attempt to do it. I doubt that if you had asked me at the time, that I would have been able to tell you that the book was written by B.K.S. Iyengar or the significance of that. Elaine was not an Iyengar teacher, but taught a general Hatha yoga class. I began studying Iyengar yoga a few years later, after Shirley Daventry French started bringing Norma Hodge to Victoria for weekend classes. My first copy of LOY was purchased probably soon after that.



It is called the Mandala edition and publication date is listed as 1976. The photos are integrated with the text, unlike earlier editions where the photos were placed at the back as an appendix. I have bought several other versions, the most recent one I have was published in 2001. The format and placement of photos was updated and the photos are of better quality (see my article in Yoga Rahasya vol 23. No. 3 2016).

In 2008, after I had been to India quite a few times and felt more comfortable speaking to Guruji, I took my first battered copy with me to the RIMYI library and asked Guruji to sign it. Even though the pages are yellowed, and I had it spiral bound as it began to fall apart, it is very precious. He wrote: *"Practice alone lights the lamp of yoga to flame unwavering."* B.K.S. Iyengar 2008



*Leslie Hogya is based at the Iyengar Yoga Centre of Victoria.*

# 50 Years of Light on Yoga

## Sheri Berkowitz: The light on my path - Light on Yoga

What many people today would not realize is that there were only a few texts available in the early days for those of us thirsty for yogic knowledge. When I came upon Light on Yoga, it would have been in 1974 or 1975 and I found it to be a treasure trove. Light on Yoga was part of my library before I had my first class taught by an Iyengar teacher. In those early days, I used the book daily to understand the poses and to find wording to teach.

Of course, I soon found my way into the back of the book and the Appendix with its elegant practices. I was overwhelmed. By week 16 the lists were so long and advanced so quickly that I became discouraged. I'd get halfway through a practice and run out of time or simply quit!

As the years have gone by I have found those practice guides so much more revealing. As I grew in my understanding I could comprehend the essence of the development he was indicating. Also, the curative asana lists so helpfully guided me towards understanding an approach to employing the asanas as tools for healing.

It took a while for me to start reading the Introduction as I had begun in Sivananda style and training in that style had included a great deal of yoga philosophy. Then when I began to read it, it became quickly apparent that it was deep and offered available guidance in so many ways.

I understood how organized, thorough and how clear was Mr. Iyengar's writing. He says in the Preface, "Yoga is a timeless pragmatic science evolved over thousands of years dealing with the physical, moral, mental, spiritual well-being of man as a whole."

Light on Yoga has become an ongoing guide for me in so many ways for 40 years. All who have used it throughout many years remark on how there is always something new to learn from these pages. To write about it in this moment is to recognize the profound place it has held in my personal development and my development as a teacher.



Sheri's *second*  
copy of  
Light on Yoga

In appreciation to this dear teacher and guide, B.K.S. Iyengar, author of Light on Yoga.

*Sheri Berkowitz is based in Victoria.*

# 50 Years of Light on Yoga

## A few additional thoughts from Ingelise Nherlan on Light on Yoga

I remember reading that Guruji originally wanted to call his book 'Light OF yoga' but the name had been taken already. So, true to his ability, he moved willingly and smoothly through that which was unchangeable and out of reach, and his book became Light on Yoga.



What a wonderful example of flexibility and adaptability. What an amazing man – Guruji to thousands, he gave us his life's work .

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We all know that Yehudi Menuhin was likely THE most influential student amongst all the Iyengar students in the world.

I once attended a concert given by Yehudi, and went backstage to meet him. I introduced myself with "I am also a student of Mr. Iyengar." You should have seen the light in Yehudi's eyes!

In August 1966 in Saanen, Switzerland, Yehudi made some introductory remarks ahead of a yoga demonstration by Guruji. He subsequently wrote an article based on these remarks, the title of which is "With No Instrument" (see Yoga Rahasya Volume 6, No. 2). The essence of Yehudi's message is that while both he and Guruji were artists, he – Yehudi – used the violin for making art, whereas Guruji used only his body. Certainly, in both cases, they brought tremendous beauty to the world.

*Ingelise Nherlan is in Vancouver.*

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Tell us! What are your thoughts on Light on Yoga?

Tell us! Your story on Light on Yoga.

Tell us! How many copies of Light on Yoga do you own?

Tell us! When did you buy your first copy of Light on Yoga?

Tell us! How often do you refer to Light on Yoga?

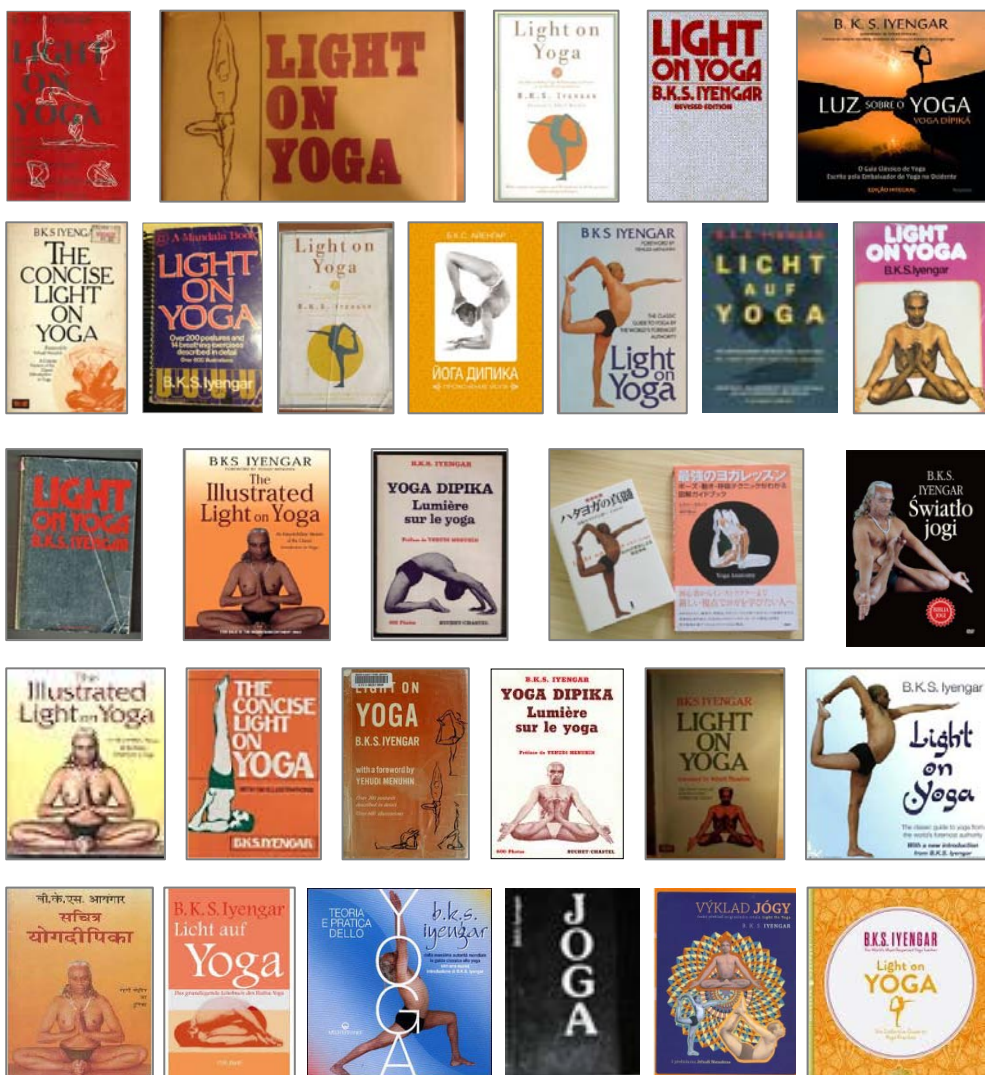
Tell us! Have you given Light on Yoga as a gift?

# 50 years of Light on Yoga

In 'Facts About Light on Yoga' in Yoga Rahasya Vol. 23 No.3; 2016, we learn that there have been 39 printings of Light on Yoga (in the UK) and that Light on Yoga has been translated into 26 languages.

It has also been published in illustrated versions and concise versions.

Below are just a few examples of Light on Yoga...



Do you have  
a different  
Light on Yoga?

Send us a  
photo!

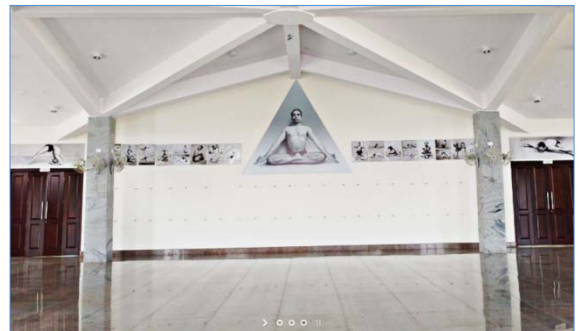
# Yoga Retreats in Bellur



Photo: Instagram

The Yoga Hall is available for retreats. The Hall itself can accommodate 300 students. Dormitory facilities include 10 shared rooms for up to 40 students and a twin shared room for teachers.

In the Winter 2016 issue of the IYAC newsletter, George Dovas of the Iyengar Yoga Centre of Hong Kong described for us the newly inaugurated Yoga Hall in Bellur, the birthplace of B.K.S. Iyengar in Karnataka state.



Source: [www.belluriyengaryogacenter.com](http://www.belluriyengaryogacenter.com)

Travel costs (airfare) for teachers are covered by the Bellur Trust; teaching is carried out on a charitable/donated basis. Proceeds of the retreats go to the Bellur Trust.

Several retreats are currently scheduled, with teachers from around the world.

26  
November

KR Muralidhara

Yoga Workshop by KR Muralidhara at Bellur.  
From Nov 26 to 27 (2016)

16  
December

Manouso Manos

Yoga Workshop by Manouso at Bellur.  
From December 16 to 20 (2016)

16  
November

Christine Stein

Yoga Workshop by Christine Stein at Bellur.  
From Nov 16 to 19 (2016)

31  
December

Rita Keller

Yoga Workshop by Rita Keller at Bellur.  
From December 31(2016) to January 07 (2017)

Source: [www.belluriyengaryogacenter.com](http://www.belluriyengaryogacenter.com)

For more information, go to [www.belluriyengaryogacenter.com](http://www.belluriyengaryogacenter.com).

To arrange a retreat, contact:

Pradeep Naidu  
Bellur Iyengar Yoga Center  
[info@belluriyengaryogacenter.com](mailto:info@belluriyengaryogacenter.com)  
ph- 9611 410 737

# IYENGAR YOGA RESOURCES



## NEW IYAC Guideline Handbooks

*Teacher  
Training  
Handbook*

*Assessment  
Handbook for  
Candidates*

*Syllabi for  
Candidates*

*Assessor and  
Moderator  
Handbook*

*continues...*

## **IYAC Guidelines Handbook Project Now Completed**

*By Linda Shevloff and Cindy Campbell*

In 2012 the Professional Development Committee agreed that *IYAC Guidelines* should be revised into a series of comprehensive handbooks that would provide clear guides to teacher training and assessment processes in plain and accessible language, and was accurate, complete and up-to-date.

Corrine Lowen began revising the current online document in 2013 under the direction of the PD Committee. She brought Cindy Campbell in on the project in January 2014 as editor. Together they divided the original document into five sections: *Teacher Training Handbook*, *Assessors/Moderators Handbook*, *Assessment Handbook for Candidates*, *Forms* and *Syllabus*. In the final formatting, the *Forms* became part of the *Assessment Handbook for Candidates*.

Corrine and Cindy pulled the first three books into solid first drafts by June/July of 2014. Corrine had to step away from the project because of her health by August 2014 and Marlene Miller took over as the content expert in consultation with the Senior teachers. The *Teacher Training Handbook* moved along the fastest and went online late in 2015 in English and French.

The *Assessors/Moderators Handbook* and the *Assessment Handbook for Candidates*, along with the *Teacher Training Handbook* were sent to Geetaji at the end of August 2015 for her review leading to the meeting with training teachers in December 2015 in Pune. The PD Committee needed some time to digest what came out of that meeting, and Marlene Miller stepped away from the project, leaving it in very good shape.

Linda Shevloff took over as the content expert early in the spring of this year. Linda began by going over the documents Cindy had marked as requiring revision or correction. She went through each queried point by checking with assessors and checking procedures with Fay Gascho. Cindy did a series of edits on each document as revisions were sent in to her and formatted each book. In other words, a group effort!

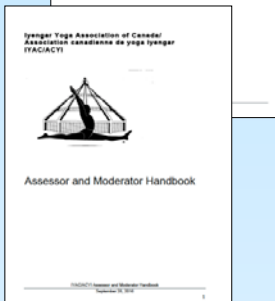
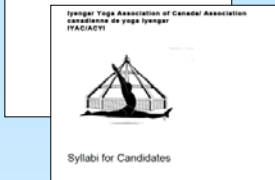
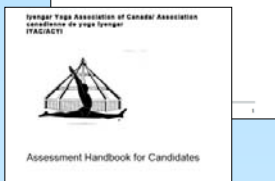
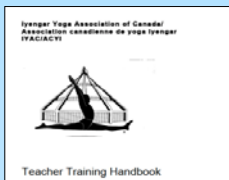
At this time we do not have an established procedure for making changes, so please send your suggestions to Linda or Cindy. However, each time an update is made to any of the books, the membership will be informed and a revised version posted.

# IYENGAR YOGA RESOURCES



## NEW IYAC Guideline Handbooks

*continued...*



The English versions have been posted under the documents tabs on the IYAC website. The French versions will follow shortly. These books are downloadable. Please refer to these books and discard the original guidelines.

Many thanks to everyone who helped revise the guidelines. We hope that the membership will find the new books helpful.

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### Highlights from the Guideline Handbooks

#### *Teacher Training Handbook*

- Completed in summer 2015 and available online.

#### *Assessment Handbook for Candidates*

- A guidebook for candidates with specific sections for each level.
- Clear information about how candidates are placed in assessments.
- New sub-sections called “Assessment Design” added for each level to inform candidates about what to expect at the assessment weekend.
- Newly organized Application Packages for candidates at each level.
- Clearer directions for the application process and how to use the forms.
- Forms include digital and e-mail options.
- Available online shortly.

#### *Syllabi for Candidates*

- Contains the charts of poses for all levels from Intro I to Int. Senior III.
- Plate and page numbers double-checked for accuracy.
- Available online shortly.

#### *Assessor and Moderator Handbook*

- Language made more precise and clear.
- Rules and regulations double-checked and made consistent throughout.
- More specific details about assessments added.
- Acts as a step-by-step handbook for running an assessment.
- Layout more user-friendly.
- Matches the current Canadian situation with the Pune regulations, and notes where changes will be made in future.
- Available online shortly.

## ***AGM and conference ...by the numbers***

**IYAC's Annual General Meeting and conference** were held in London, Ontario 20 to 23 October 2016. Below are a few highlights from the sessions.

**1**

New logo

New lifetime member: Marie-Andrée Morin

**2**

New honorary presidents: Geeta Iyengar and Prashant Iyengar

Joint recipients of the Corinne Lowen scholarship: Fay Gascho and Cindy Campbell

**3**

New board members: Barb Lee (Calgary), Patti Gibbons (Edmonton), Isabelle Tremblay (Montreal)

Lifetime members leading Pranayama: Marlene Mawhinney, Margot Kitchen, Marie-Andrée Morin

Lifetime members in a fireside chat: Marlene Mawhinney, Margot Kitchen, Ingelise Nherlan

**4**

New handbooks to support the teacher training program

**1 8**

Senior teachers from the 'new wave' teaching asana sessions

**2 5**

Thousand dollars earmarked to hire expertise to help develop and implement a public relations plan with the objective of spreading the word about Iyengar yoga more widely in the public

**1 0 0+**

IYAC members and students who gathered in London

**2 0 1 7**

Next AGM and conference in Kelowna BC, 19-22 October

*More details, including formal reports, are available on the IYAC website.*



**WELL  
DONE!**



## RECENT ASSESSMENTS



**Intermediate Junior I  
Montréal QC  
09-11 Sep 2016**

- Michèle Morrier, Montréal QC
- Marie-Claire Martin, Montréal QC
- Louis Gérin, Montréal QC
- Yan Chabot, Montréal QC
- Carla Ramirez, Montréal QC
- Susie O'Reilly, Montréal QC
- Claudie Berge, Montréal QC

**Introductory II  
Saskatoon SK  
30 Sep – 02 Oct 2016**

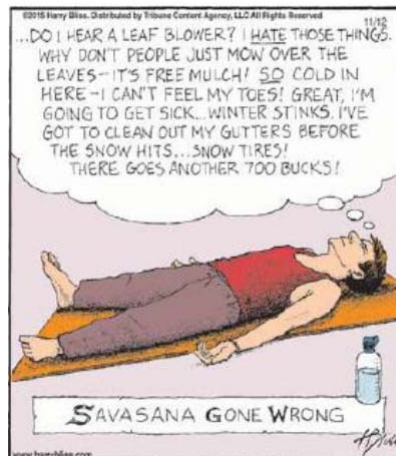
- Diane Barker, Saskatoon SK
- Kelly Mawhinney, Janetville ON
- Teresa Tustain, Kelowna BC
- Suzanne Boucher-Chen, Edmonton AB
- Lynne Swenson, Calgary AB
- Usher Fleising, Calgary AB
- Mary-Ellen Hannah, Nanaimo BC
- Jean-Pierre Nicolotti, Ottawa ON

## YOGA HUMOUR



in the face of  
autumn and  
winter in Canada

### BLISS



## FEEDING THE YOGIS



Hearty  
goodness to  
chase away  
the chill!

### Squash & Red Pepper Soup

Ingredients:

- 1 squash (butternut or kabocha), cut in half and seeds removed
- 2 red peppers, cut into quarters, seeds and stem removed
- 1 onion, finely chopped
- Extra virgin olive oil
- Nutmeg, to taste
- Sea salt
- Freshly ground black pepper
- Vegetable stock
- 100 ml almond milk (unflavoured, unsweetened)

Method:

Put the squash cut side down on an oiled cookie sheet. Bake in a 350F oven for 30 minutes to 1 hour, depending on size. The squash will be ready when the flesh is easily pierced with a fork. Allow to cool slightly. Remove the flesh from the skin using a spoon.

Grill the peppers over a charcoal grill or a gas flame until the skins are charred and blistering. Put the peppers in a covered bowl and allow them to sit until cool. Remove the skins and discard. Chop the peppers coarsely.

In a large pot, heat the olive oil and sauté the onion until translucent. Add some of the vegetable stock, the cooked squash and the red peppers. Add enough additional vegetable stock to cover all the vegetables by a few centimetres. Add the nutmeg, sea salt and black pepper.

Simmer for 10 to 15 minutes.

Allow the soup to cool slightly.

Using an immersion blender (or a food processor, in batches), blend the soup until quite smooth. Add additional vegetable stock to achieve the desired consistency.

Taste and adjust the seasonings.

Just before serving, stir in the almond milk.

*Carole Carpentier,  
Toronto*

# UPCOMING EVENTS

EVENT	DATE/LOCATION	FOR MORE INFORMATION
Pune Practice - Louie Ettling/Linda Shevloff	Frequent Fridays 2016   Vancouver BC	<a href="http://www.iyengaryogacanada.com">www.iyengaryogacanada.com</a>
Pune Practice for Teachers & Trainees	Frequent Fridays 2016   Vancouver BC	<a href="http://www.iyengaryogacanada.com">www.iyengaryogacanada.com</a>
Going Deeper with Louie Ettling	Frequent Fridays 2016   Vancouver BC	<a href="http://www.iyengaryogacanada.com">www.iyengaryogacanada.com</a>
Practice Enrichment Series	04 Nov/02 Dec 2016   10 Feb/10 Mar 2017   Victoria BC	<a href="http://www.iyengaryogacentre.ca">www.iyengaryogacentre.ca</a>
Pranayama L1/2 with Sharoni Fixler	05 Nov 2016   Calgary AB	<a href="mailto:sharoni@calgaryiyengaryoga.com">sharoni@calgaryiyengaryoga.com</a>
Teaching Enrichment Series	05 Nov/03 Dec 2016   11 Feb/11 Mar/ 07 Apr/13 May 2017   Victoria BC	<a href="http://www.iyengaryogacentre.ca">www.iyengaryogacentre.ca</a>
Intensive with Zubin Zarthoshtimanesh	10-14 Nov 2017   Toronto ON	<a href="http://www.yogacentretoronto.ca">www.yogacentretoronto.ca</a>
Intermediate Certification prep weekends	11-13 Nov 2016   Vancouver BC	<a href="http://www.iyengaryogacanada.com">www.iyengaryogacanada.com</a>
40-Day Sadhana	14 Nov - 23 Dec 2016   Vancouver BC	<a href="http://www.iyengaryogacanada.com">www.iyengaryogacanada.com</a>
3-day workshop with Mahyar Raz	18-20 Nov 2016   Vancouver BC	<a href="http://www.iyengaryogacanada.com">www.iyengaryogacanada.com</a>
Weekend Workshop with Zubin Zarthoshtimanesh	19-20 Nov 2016   Ottawa ON	<a href="mailto:welcome@pathwayyoga.ca">welcome@pathwayyoga.ca</a>
Iyengar Yoga Retreat	19-26 November 2016   Sint Maarten	<a href="http://www.scugogyoga.com">www.scugogyoga.com</a>
Weekend Workshop with Zubin Zarthoshtimanesh	25-27 November 2016   Montreal QC	<a href="http://www.planetyoga.ca">www.planetyoga.ca</a>
Anne Kilbertus at Kelowna Yoga Hall	25-27 November 2016   Kelowna BC	<a href="mailto:melissa_perehudoff@telus.net">melissa_perehudoff@telus.net</a>
Nourished Body, Mind & Soul - Yoga and Gourmet Vegan Cooking Retreat	26 Nov - 03 Dec 2016   Barbados	<a href="http://www.thesadhanacentre.com">www.thesadhanacentre.com</a>
Student Enrichment Program L1/2	01 Jan - 30 Sep 2017   Calgary AB	<a href="http://www.calgaryiyengaryoga.com">www.calgaryiyengaryoga.com</a>
Pranayama L2/3 with Sharoni Fixler	07 Jan 2017   Calgary AB	<a href="mailto:sharoni@calgaryiyengaryoga.com">sharoni@calgaryiyengaryoga.com</a>
Iyengar Yoga with Father Joe	16-22 Jan 2017   Goa, India	<a href="mailto:leigh@sadhanayoga.ca">leigh@sadhanayoga.ca</a>
Reflections from Pune - L1/2/3 Weekend Workshop with Sharoni Fixler	20-22 Jan 2017   Calgary AB	<a href="http://www.calgaryiyengaryoga.com">www.calgaryiyengaryoga.com</a>
Weekend Workshop with Louie Ettling	03-05 Feb 2017   Montreal QC	<a href="mailto:tim@planetyoga.ca">tim@planetyoga.ca</a>
Jawahar Bangera Intensive	17-20 Feb 2017   Victoria BC	<a href="http://www.iyengaryogacentre.ca">www.iyengaryogacentre.ca</a>
Retreat with Sam Lloyd & Frema Bram	18-25 Feb 2017   Mexico	<a href="mailto:info@familyyoga.ca">info@familyyoga.ca</a>
Jawahar Bangera - Guest Speaker	27 Feb - 01 Mar 2017   Calgary AB	<a href="mailto:sharoni@calgaryiyengaryoga.com">sharoni@calgaryiyengaryoga.com</a>
Retreat with Sharoni Fixler	11-18 March 2017   Mexico	<a href="mailto:sharoni@calgaryiyengaryoga.com">sharoni@calgaryiyengaryoga.com</a>
Iyengar Yoga Retreat	02-08 April 2017   Cuba	<a href="mailto:leigh@sadhanayoga.ca">leigh@sadhanayoga.ca</a>

# OPPORTUNITIES FOR DEEPER STUDY

# UPCOMING TEACHER ASSESSMENTS

<b>Introductory II</b>
11-13 Nov 2016   Fredericton NB
18-20 Nov 2016   Calgary AB
29 Sep - 01 Oct 2017   Abbotsford BC
03-05 Nov 2017   Ottawa ON
<b>Intermediate Junior I</b>
21-23 Apr 2017   Winnipeg MB
09-11 Jun 2017   Ottawa ON
<b>Intermediate Junior II</b>
09-11 Jun 2017   Vancouver BC

<b>Intermediate Senior I</b>
19-22 Jan 2017   Victoria BC
02-05 March 2017   Toronto ON
<b>Intermediate Senior II</b>
19-22 Jan 2017   Victoria BC
<b>Intermediate Senior III</b>
19-22 Jan 2017   Victoria BC

# IYAC NEWSLETTER

## LES NOUVELLES DE L'ACYI

### SUBMISSION GUIDELINES

#### DIRECTIVES POUR LA SOUMISSION D'ARTICLES

PROCHAINE  
ÉDITION  
HIVER 2017

NEXT ISSUE  
WINTER 2017

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](mailto: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 January 2017**.



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