



In this Winter 2017 newsletter:

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WELCOME TO OUR FIRST NEWSLETTER OF 2017

“When I practise, I am a philosopher. When I teach, I am a scientist. When I demonstrate, I am an artist.”
— *one of Guruji’s most famous statements*

Prashant, speaking at the celebration of his father’s birth anniversary in December 2016, stressed that we could only witness the teacher and the artist; Guruji’s true practice was private, within himself and for himself.



Photo: Aditya Kapoor from DK books for the Iyengar Institute

“Yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life.”
— [B.K.S. Iyengar, Light on Life](#)

“Meditation is oneness, when there is no longer time, sex, or country. The moment when, after you have concentrated on doing a pose (or anything else) perfectly, you hold it and then forget everything, not because you want to forget but because you are concentrated: this is meditation.”
— [B.K.S. Iyengar, Sparks of Divinity: The Teachings of B.K.S. Iyengar from 1959 to 1975](#)

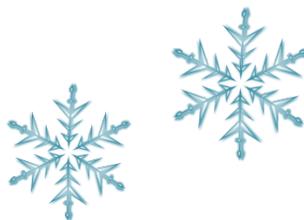
GREETINGS FROM YOUR EDITOR



Rejoindre Carole au:
Contact Carole at:

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BRRRRRRR...



I know I shouldn't complain about winter in Toronto. I've lived in other parts of Canada, and winter here is – comparatively speaking – often a non-event. Until today (-9C), I thought I'd escaped it! I spent all of December and some parts of November and January in Pune, where the temperatures were perfect in my view.

This was my first time studying at RIMYI. In 2015, I had attended Geeta's December intensive, and had managed to squeeze in one of Prashant's classes afterwards, so I wasn't a total newbie. I was, however, one of the few foreign students who is not a teacher. Most of the local students who come to study all year round are not teachers, though, so I didn't feel totally alone.

My month at the Institute was terrific. I learned a lot of new words from Prashant and developed a deep respect for the patience he and Sunita, Rajlaxmi and Navaz show in incorporating hordes of unknown students into their regular classes every month. They all placed great emphasis on listening to the 'inner teacher' and analysing what you are doing, what you feel, what you observe, what needs to be adjusted, how the breath and the pose interact. I believe my yoga practice has developed as a result my time in Pune, though I know I have much to think about and work on over the next months.



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 recently?
- What's new where you are?



Deadline for
next issue:
20 April 2017

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



In Pune with Abhijata (I)

December
2016

In December 2016, 300 Iyengar yoga students from 37 countries travelled to India for a one-week intensive taught by BKS Iyengar's granddaughter, Abhijata Sridhar. For this intensive, preference was given to intermediate students with three to ten years experience and to students who had never studied in Pune. Most of the sessions were held at a facility near RIMYI, with registration and a few sessions held right at the Institute.

A number of Canadian students participated in this intensive. Nancy Zrymiak of Vancouver was there and corralled the Canadian participants for this photo:



From left to right:

- Charles Sanderson, Charlottetown
- Sharoni Fixler, Calgary
- Gary Wong, Victoria
- Martine Letarte, Montreal
- Roberta Vommaro, Vancouver
- Inga Norkute, Calgary
- Nancy Zrymiak, Vancouver

Nancy Zrymiak received some interesting reactions when she told people what she was doing in December...

*"Why travel half way around the world for a yoga class?" my father-in-law asked. It did seem a bit odd when put like that. Even the friendly Indian couple on the airplane seemed puzzled when I said I was in India for yoga – even when I specified *Iyengar Yoga*.*

Nancy first discovered Iyengar Yoga seven years ago and is in her second year of the teacher training program with Louie Ettling in Vancouver. Below she tells us about her experience at Abhijata's intensive.

Abhijata's teachings were informative and full of wisdom. She challenged us in our asanas to "be present in every part of the body" just as her grandfather had challenged her. Once, after she had practised Dhanurasana he asked, "What was your little toe doing?" Or when she was excited about doing Sirsasana for twenty minutes, "But what did you learn in the pose?"

continues...



More from Nancy Zrymiak...

Every day we gathered mat-to-mat for four hours of yoga and a two-hour presentation, usually by Abhijata or Prashant. One special morning at RIMYI Geeta walked in, arm-in-arm with Abhijata, sat on the stage on a simple bolster and proceeded to reminisce and share her knowledge.

She talked about Guruji, how he never had a teacher who taught him how to do each asana, like we do now. He learned everything himself and understood that if the body was not aligned, especially in the beginning, then the body would hurt later.

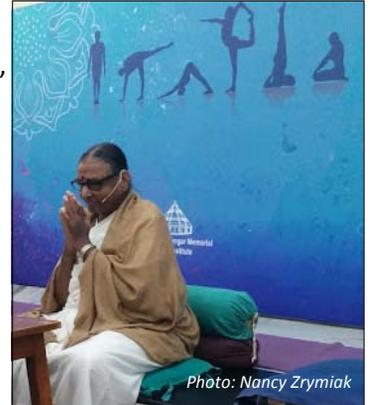


Photo: Nancy Zrymiak

Geeta stressed that we must have a well-rounded practice. Even if forward bends seem boring or backbends are difficult we must practise them all. Do inversions every day, though the other poses you can rotate.

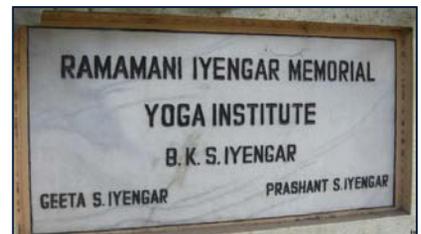
Standing poses and the sequences in Light on Yoga are important especially when teaching beginners. Don't show difficult poses to students who aren't ready for them. That is ego. She talked about fear, saying that we must overcome our mind and our ego. It is our ego that says, "I'll be embarrassed if I fall." Throw out the ego and just do!



Photo: Martine Letarte

Abhijata explained that she offered the intensive to intermediate students because "you will carry on Guruji's teachings and will be open to change. You are not yet set in your ways". She told us that Iyengar Yoga is **not** a set of rules. Iyengar Yoga **has** a set of rules but it is ever expanding, an open system that we must explore and enrich.

So, was it worth going all that way "for a yoga class"? Even Geeta said that students travel here and there to be taught by other teachers, but it is our own teachers who are the most important; our own teachers know us best. Still, to experience Iyengar yoga where it all began, to walk through the gates of RIMYI for the first time – actually, every time – and to feel of one mind with so many others from across the world, is without a doubt a privilege. A privilege, I suppose that only an Iyengar student can understand.



In Pune with Abhijata (II)

December 2016



Martine Letarte nous parle de sa semaine de yoga à Pune : là où tout a commencé !

Un matin, il y a plusieurs années, Abhijata Sridhar est arrivée particulièrement motivée à sa pratique de yoga auprès de B.K.S. Iyengar, son grand-père. Elle était décidée à tenir 20 minutes dans Sirsasana. Elle s'est lancée. Plus le temps avançait, plus elle avait de la difficulté. Mais, elle a tenu le coup. À la fin, alors qu'elle était toute fière d'elle, Guruji lui a demandé ce qui se passait. Elle lui a dit qu'elle avait tenu 20 minutes dans Sirsasana. Il lui a demandé ce qu'elle avait fait. Elle a répété, toute excitée : j'ai tenu 20 minutes dans Sirsasana ! Il lui a dit que la prise de posture se fait en quelques secondes seulement et lui a redemandé ce qu'elle avait fait par la suite. Elle ne savait pas quoi répondre. Il lui a dit sèchement qu'elle avait perdu son temps. Elle a réalisé qu'il avait raison, qu'elle avait seulement attendu que les 20 minutes soient terminées.

Voilà l'une des nombreuses anecdotes racontées par Abhijata. Le genre d'anecdote qui fait réfléchir sur sa pratique. Qui remet en perspective ce qu'on fait parfois un peu machinalement. Qui reconnecte aux grands principes du yoga Iyengar. Qui rappelle pourquoi on l'a choisi et qui donne envie de continuer.

Abhijata, à la fois jeune, drôle, inspirante et rigoureuse, a su captiver les 300 élèves issus de 37 pays venus en Inde pour assister à cet atelier. Ayant appris auprès du Guruji, Abhijata a donné une semaine d'enseignement très riche. Les cours de quatre heures sortaient des sentiers battus.

Alors qu'il y a toutes sortes de règles dans le yoga Iyengar, elle a invité ses élèves à en sortir parfois. À condition de toujours avoir une bonne raison pour le faire ! Par exemple, un matin, on a fait Sirsasana, puis des postures vers l'arrière, puis Sirsasana à nouveau. L'objectif était de voir comment cela permet d'entrer davantage les fessiers lorsqu'un retourne sur la tête une deuxième fois.

On a aussi fait des enchainements : à partir d'Adho Mukha Svanasana, sauter pour atterrir en Utthita Trikonasana, ou en Utthita Parsvakonasana. Si elle trouve que les enchainements donnent une légèreté au corps et à l'esprit, elle a recommandé de ne pas s'en tenir qu'à eux, parce qu'ils ne permettent pas d'approfondir les postures.

Il y a eu de la technique dans cet atelier, mais également plusieurs leçons de vie. Abhijata a raconté que Guruji disait souvent qu'on a tendance à rester en sécurité avec ce que l'on connaît, alors qu'il faut s'ouvrir à la nouveauté. Et, que le yoga, qui n'est pas seulement physique, joue aussi ce rôle à travers le travail des asanas.

Les participants ont aussi eu la chance d'écouter en conférence Prashant et Geeta, les enfants de Guruji et directeurs de l'Institut.

Se connecter aux racines de ce yoga qui occupe une si grande place dans sa vie permet de quitter l'Institut en pleine forme, inspiré, le cœur léger, les yeux dans l'eau et avec une grande envie d'y revenir passer un mois.

À Pune avec Abhijata (III)

**décembre
2016**

*Martine Letarte est
étudiante au Centre de
yoga Iyengar de
Montréal depuis 2012*

Marie-Andrée Morin

Membre à Vie de IYAC/ACYI | IYAC/ACYI Lifetime Member

Ginette Dion rend hommage à Marie-André Morin, récemment nommée Membre à Vie.



Ginette Dion pays homage to Marie-André Morin, recently named Lifetime Member.

Aujourd'hui, j'aimerais vous parler de Marie-Andrée Morin, notre ambassadrice du yoga Iyengar au Québec. Marie-Andrée est actuellement la seule professeure certifiée senior intermédiaire 3 au Québec. Voici son parcours.

Dans les années 80, elle étudie auprès de différents professeurs pour s'initier au yoga Iyengar. Désirant approfondir cet art, elle rencontre Faeq Biria, qui devient son principal professeur.

En 1989, elle ouvre le centre de yoga Iyengar nommé Tejas, qui devient quelques années plus tard, le Centre de yoga Iyengar de Montréal. Dans les années 90, pour une période de deux ans, Marie-Andrée se rend une fois par mois à Paris afin de suivre la formation de professeur donnée par Faeq Biria. Pendant toutes ces années (depuis 30 ans), elle participe tous les étés à ses stages intensifs à Blacon, en France, qui durent 5 à 6 semaines. Aussi, elle a donné généreusement de son temps pendant plusieurs années à l'organisation de ces intensifs.

Poursuivant sa passion et son désir profond de transmettre la tradition Iyengar, Marie-Andrée continue de se rendre régulièrement en Inde auprès de la famille Iyengar.

Elle a donné plusieurs formations de 1997 à aujourd'hui. Actuellement, tous les professeurs francophones du Québec ont été formés par Marie-Andrée.

Ayant à cœur d'offrir une formation de professeur en français, elle est la pionnière au Canada pour cette formation. En 1999, elle a organisé le premier examen base 1 et 2 à Montréal. Je suis heureuse d'avoir fait partie de cette première cohorte avec Sylvie Lapointe et Henriette Viens. Et nous continuons encore aujourd'hui notre cheminement.

suite...

Today I want to talk about Marie-Andrée Morin, our ambassador of Iyengar yoga in Quebec. Marie-Andrée is currently the only certified Senior Intermediate 3 teacher in Quebec. Here is a little about her Iyengar yoga journey.

In the 1980s, she studied with different teachers as she learned about Iyengar yoga. Then she met Faeq Biria who led her deeper into Iyengar yoga and became her main teacher.

In 1989, she opened the Tejas Iyengar Yoga Centre in Montreal. A few years later it became the Centre de yoga Iyengar de Montreal. In the 1990s, for two years, Marie-Andrée went to Paris once a month for teacher training with Faeq Biria. She has attended the 5 or 6-week summer intensives in Blacon, France for the last 30 years – every year! She also contributed her time generously for many years in organizing these intensives.

Pursuing her passion and her deep desire to pass on the Iyengar's teachings, Marie-Andrée continues to travel regularly to India, and to study with the Iyengar family.

She has trained teachers in Montreal since 1997. All of today's francophone teachers in Quebec were trained by Marie-Andrée.

She had a heartfelt desire to offer teacher training in French and dedicated herself to this mission. She is a true pioneer in Canada, the only senior teacher to train teachers in French.

continues...

Marie-Andrée Morin

Membre à Vie de IYAC/ACYI | IYAC/ACYI Lifetime Member

suite...

Tout cela, pour vous dire combien, dès le début, Marie-Andrée a toujours été très impliquée dans l'enseignement, la formation, la promotion du yoga Iyengar à Montréal. En invitant des professeurs francophones comme Faeq et Corine Biria, elle a contribué à l'épanouissement du yoga Iyengar pour la communauté francophone. Marie-Andrée a toujours eu à cœur de conserver la langue française au Québec à travers l'étude et l'apprentissage du yoga Iyengar.

Marie-Andrée fait partie des professeurs seniors du Canada qui ont créé l'Association Canadienne de yoga Iyengar. Au sein de l'Association, elle a remplie le rôle de juge aux examens de certification des enseignants. Il va sans dire que ce travail est essentiel afin de préserver l'intégrité de l'enseignement de BKS Iyengar. Elle a aussi été membre du Conseil d'administration et responsable du comité «Assessment and Certification». C'est un travail parfois ardu et fait de façon bénévole, comme celui de tous ceux qui participent activement à poursuivre la mission de l'Association canadienne de yoga Iyengar.

C'est donc avec une grande sincérité, passion, rigueur, intégrité et fidélité que Marie-Andrée continue sa pratique et son enseignement du yoga Iyengar.

Grâce à son dévouement, elle a réussi à transmettre sa passion à ses professeurs. La plupart d'entre eux oeuvrent encore dans l'enseignement du yoga et sont tous aussi passionnés qu'elle. Elle a créé une communauté au Québec qui grandit et qui s'épanouit de plus en plus.

Merci Marie-Andrée ! Ensemble, nous te sommes reconnaissants.



continued...

In 1999, she organized the first Introductory I/II assessment in Montreal. I am pleased to have been part of the first cohort with Sylvie Lapointe and Henriette Viens. We continue our journey today.

All this highlights how, from the beginning, Marie-Andrée has always been deeply involved in teaching, training, and publicizing Iyengar yoga in Montreal. By inviting Faeq and Corine Biria to Quebec, she gave her students the opportunity to study with two of the most highly skilled francophone teachers in the Iyengar tradition. Marie-Andrée has always been dedicated to preserving the French language in Quebec through the study and learning of Iyengar yoga.

Marie-Andrée is one of the senior teachers who created the Iyengar Yoga Association of Canada. Within the Association, she was an assessor for many years.

It is with great sincerity, passion, rigor, integrity and loyalty that Marie-Andrée continues her practice and teaching of Iyengar yoga.

Through her dedication, she succeeded in passing on her passion to many, many teachers. Most of them still teach Iyengar yoga and are as passionate as her. She created a Quebec community that continues to flourish and grow.

Thank you Marie-Andrée! Together, we are grateful.

COMMEMORATING 100 YEARS

A CHALLENGE FROM PRASHANT

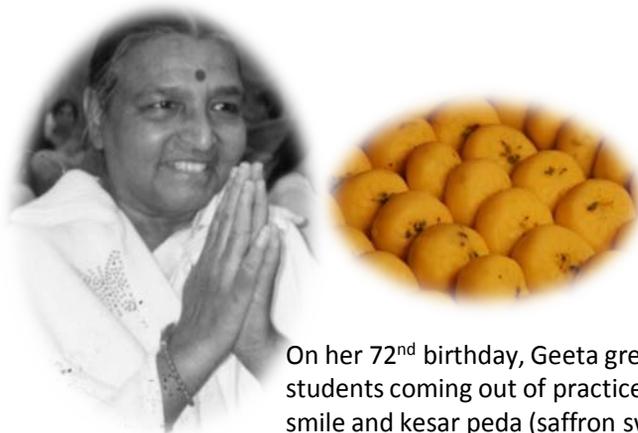
15 DECEMBER 2017 will mark the beginning of the centenary of the birth of B.K.S. Iyengar.

At the ceremony commemorating Guruji's birth in Pune on 14 December 2016, Prashant presented a challenge to the entire body of Iyengar yoga students worldwide – prepare your celebrations of the centenary anniversary of our Guruji's birth.

It is intended that there will be activities honouring Guruji and his teachings around the world throughout the year leading up to the 100th anniversary of his birth.

And we all have a full year to think and plan!

Geeta
turns 72!



On her 72nd birthday, Geeta greeted students coming out of practice with a smile and kesar peda (saffron sweets).

A Tale of Two Braids

I was recently in Pune to study at RIMYI. As is practically a pilgrimage by visiting students, I went with a friend to Vaishali for dosas. We were seated at a table for two, just beside a larger table where two couples, one younger and one older, were sitting. As we were perusing the menu, the younger man leaned over and asked if we needed any help with the menu.



We laughed, indicating we knew exactly what we wanted, but his offer led to a conversation... What were we doing in Pune? Was it our first visit? Were they Pune residents? And introductions... his wife, his mother, his father.

The parents did not seem to speak English but there was much giggling and chatting going on with frequent glances over at us. Finally, the young man told us that his mother wanted me to know that she loved my hair, especially that I wore it 'Indian style' in a long braid down my back – just like her, but a different colour (hers was dark, mine light, and neither of us with a grey hair to show!).



We all laughed and I was able to show my appreciation without words - namaskaram.

We continued to chat. Soon our waiter came and took our order and they paid their bill and left, waving goodbye and offering good wishes for our visit.

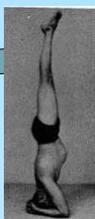
A few minutes later, the young man's wife came by our table to speak to us. She wanted us to know not to be surprised when we got our bill – her mother-in-law had insisted that her son pay for my meal in recognition of my Indian-style hair! I turned around and there she was, off in the distance, with a great wide grin on her face.

What a lovely experience of community! At a time in this world when people too readily look for the differences between people, here was one person who went beyond the barriers of language to celebrate the similarities.

Carole Carpentier studies in Toronto when she's not editing the IYAC/ACYI newsletter, and... she's working on a new photo for the editor's page!

A Summer Intensive with Lois Steinberg

- Lois puts the 'intense' in intensive!



Regan Tataryn of Yoga North in Winnipeg tells us how she spent her summer vacation!

This past summer, I had the pleasure of attending a week-long intensive with Lois Steinberg in Champaign-Urbana, Illinois. I have attended a few weekend workshops with Lois in the past, and I frequently reference her books (on yoga for women, the low back, the knee, the neck and shoulders, and cancer) for my own practice and teaching. Still, I really had no idea what to expect for this intensive.

There were daily asana and pranayama sessions, three sutra study sessions, two opportunities to teach assessment style and one to teach a pose from a syllabus in preparation.

The asana practices were very intense, with poses and combinations of poses that I had never done before, from the 'back of the book'. One of my favourites was dropping back to *dwi pada viparita dandasana* from *sirsasana* and then pushing up to *urdhva dhanurasana*! This intensity is what I really needed to push my personal practice out of my comfort zone. The more advanced poses, the length of time we held poses, being in a room full of serious and very advanced Iyengar yoga students and teachers – all pushed me to go further and try things that I had never done before.

The pranayama and sutra study were also wonderful. A senior teacher named Gary Jaeger, who has a PhD in Philosophy, led the sutra study. He did an amazing job at making this very understandable and relatable. Lois also seamlessly weaves the sutras into her teaching.

There were two 'mock' assessments, Intermediate Junior 1 and Intermediate Junior 2. In these mock assessments, you have the usual eight students that you teach, but the rest of the students from the intensive are all watching, so, a little nerve wracking! It was such a good experience for everyone; whether as teacher, student or observer, there was the opportunity to learn from each other and learn from the feedback that everyone provided. Also, since Lois assesses students in the US and abroad, it was interesting to see what other countries look for in assessments and what is required.

On another afternoon, students who wanted to teach one pose to prepare for their next assessment taught in sequence from Introductory II to Senior Intermediate I. This was also very enlightening. The feedback Lois gave was clear, to the point and if she saw something right away that was wrong, she would stop them so they could change directions and learn quickly.

Seeing a range of teaching styles and confidence is always a good reminder of how much there is to learn in Iyengar yoga and in teaching it.

I would highly recommend any of Lois' summer intensives as a way to push your practice, challenge your teaching style and build your understanding of Iyengar yoga. It was also wonderful to connect with and meet more Iyengar yogis from across the border and around the world!



Yoga for Youth

*-outreach projects supported
by the Certification Mark Fund*

Pamela Nelson of Christopher Lake SK explains how the Certification Mark Fund has supported a number of youth outreach programs in Saskatchewan.

Certified Iyengar Yoga Teachers in good standing and members of IYAC/ACYI pay a fee each year to use the Certification Mark. The Certification Mark Fund is made possible because of the generosity of Yogacharya Sri B.K.S. Iyengar where he stipulated that 40% of these fees be used for the development and promotion of Iyengar Yoga in Canadian communities.

I have been fortunate to receive support from the Certification Mark Fund for a few separate projects over the last five to six years that have allowed me to promote the teachings of B.K.S. Iyengar to youth.

The first project, in 2011, was a “**Yoga for Girls**” class. The intention was to try and reach the girls during an important developmental phase and hope that they would gain more awareness and confidence about themselves and encourage them to make better choices for their own wellbeing. At that time, there was some government funding available, so this program was done in cooperation with another organization. Outside funding remained quite good, so I actually was able to continue teaching youth in four different schools for a few years after the initial project.

In 2014, funding was greatly reduced and most of the after school programs in the community schools were cut. I felt at this time there was a real need to keep the program going so I put in another proposal to continue the classes at a community school in Prince Albert. In 2015 and 2016, I requested funding from the Certification Mark Fund to help support a youth yoga class. My request was granted and again – and with much gratitude – I have been able to provide the classes to the youth in the school.

The Yogashastra volumes have been wonderful in helping create the weekly classes. Kids enjoy the stories and learning about the eight limbs in simple terms.

Youth yoga classes have been beneficial to me also as I always learn something interesting from the kids. They show some new ways to approach things and I always learn something about myself, as kids can be very honest. 😊

As I write this, there is a crisis amongst youth in the Northern communities of Saskatchewan. Although I don't live that far north, I feel these tragic events are another important reason why we need to keep trying to bring the benefits of yoga to a younger age group. As Geeta writes in the Preface to [Yoga: A Gem for Women](#), “Yoga makes one face both happiness and sorrow with equanimity.”

Namaste.

**WELL
DONE!**



RECENT ASSESSMENTS



**Introductory II
Fredericton NB
11-13 Nov 2016**

- Fatemeh Zeighami , North York ON
- Abha Chawla-Humeniuk , Tiny ON
- Susannah Horgan , Calgary AB
- Petra Kuehl , Toronto ON
- Jillana Burgess, Dartmouth NS
- Roy Chan, Burlington ON
- Devin Joseph Waterbury, Dartmouth NS
- Mary Ann Juurlink, Chelsea QC

**Introductory II
Calgary AB
18-21 Nov 2016**

- Adriana Fischer, Toronto ON
- Annette Newton, Palgrave ON
- Pam Maguire, Mississauga ON
- Sharon Hogan, Toronto ON
- Velerie Chowaniec , Edmonton AB
- Laila Moos, Calgary AB
- Linda Fernandes, Toronto ON
- Pauline Clark, Calgary AB

**Intermediate Senior I
Victoria BC
12-15 Jan 2017**

- Ty Chandler, Victoria BC
- Krisna Zawaduk, Kelowna BC

**Intermediate Senior II
Victoria BC
12-15 Jan 2017**

- Louie Ettling, Vancouver BC

**Intermediate Senior III
Victoria BC
12-15 Jan 2017**

- Ann Kilbertus, Victoria BC

MAKING ASSESSMENT HISTORY



Senior Assessors:

Marlene Mawhinney
Toronto

Marie-Andrée Morin
Quebec City

Shirley Daventry French
Victoria

*From Teddy Hyndman,
Chair of the IYAC/ACYI Assessment Committee*

12-15 January 2017
Victoria BC

Beautiful flowers from the IYAC/ACYI Board of Directors brightened the entrance to the Victoria Yoga Centre. It was the beginning of an historic event for Iyengar Yoga in Canada. For the first time in Canada, an assessment of three Senior levels was to take place over several days. For the first time in Canada, there was to be an assessment at the level of Intermediate Senior III.

Preparation for this assessment was long in the making. It took months of organization and administration: scheduling of three different levels, creating new sequences for practice, making new forms and questions for exams, deciding on different timings for practice, all in all, a long list of things to do. The host community had much more to organize. Not only was it necessary to fulfill the duties of 'host', they had to find volunteer students who had to be prepared to follow instructions for asana at a very senior level. And, they certainly were!

In what might be called a marathon assessment, the senior assessors were exemplary. With uninterrupted awareness of attention and the eyes of the 'Seer', they drew upon their years of experience and commitment to Guruji's work. As professionals, they kept to the high standards of assessment expected in the Iyengar system. All candidates in the three levels showed their commitment, dedication and courage (*see the results on the previous page*).

In the realm of friendship, encouragement and tasty treats, the Victoria hosts and volunteers deserve the highest certificate. Thanks to the senior assessors, candidates, and students. Canadians have shown they can rise to the excellence Guruji intended.

FEEDING THE YOGIS



This is a very versatile dish. It can be served hot or at room temperature, on its own or as a side dish, or in the hollow of a roasted squash half.

*Carole Carpentier,
Toronto*

Quinoa with Chickpeas and Kale

Ingredients:

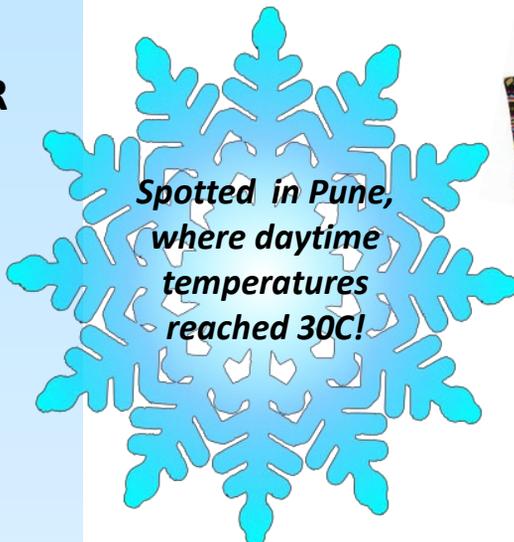
- 1 cup quinoa, rinsed
- 2 cups water or vegetable stock
- 1 shallot, chopped
- 1 garlic clove, thinly sliced
- 1 hot pepper, thinly sliced (optional)
- 1 cup steamed kale (1 small bunch fresh)
- ½ to 1 tablespoon za'atar
- Sea salt
- Olive oil
- 1 tin chickpeas, including liquid
- ½ preserved lemon (or lemon rind)

Method:

1. Bring the water or stock to a boil and add the quinoa. Lower the temperature to a simmer. Cover and allow to simmer for 20 minutes. Using a fine-meshed strainer, drain the quinoa, then return it to the pot and leave covered until needed.
2. Cut out the hard centre core of the kale and discard. Cut the leaves into short strips. Rinse the leaves and do NOT shake off the water. Put the kale into a saucepan with a lid over low heat. Allow the kale to steam in the water clinging to the leaves. Don't let it steam too long or it will lose its brilliant green colour. Remove from the heat and set aside, uncovered.
3. Use a large pan such as a dutch oven, and sauté the shallot and garlic gently in a bit of olive oil. Add the hot pepper to the pan. Sauté until softened.
4. Chop the preserved lemon finely. Add to the pan, and sauté for a moment.
5. Add the za'atar and sea salt. The seasoning should taste quite strong.
6. Add the chickpea and liquid. Sauté until most of the liquid has evaporated.
7. Fluff the quinoa with a fork; add it to the dutch oven; stir gently to combine.
8. Add the kale and stir gently to combine.

YOGA HUMOUR

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UPCOMING EVENTS

EVENT	DATE/LOCATION	FOR MORE INFORMATION
Student Enrichment Program (L 1, 2)	01 Jan - 30 Sep 2017 Calgary AB	sharoni@calgaryiyengarvoga.com
Student Enrichment Program (L 2, 3)	01 Jan - 30 Sep 2017 Calgary AB	sharoni@calgaryiyengarvoga.com
Going Deeper with Louie Ettling	9 Friday sessions Vancouver BC	theyogaspacevancouver@gmail.com
Seminars/Intensive with guest speaker Jawahar Bangera	10-14 Feb 2017 Kelowna BC	yogibauer@hotmail.com
Petals of the Lotus Workshop	10-12 Feb 2017 London ON	majork@sympatico.ca
Intensive with guest speaker Jawahar Bangera	17-20 Feb 2017 Victoria BC	iyengarvogacentre.ca
Mexico Retreat with Sam Lloyd & Frema Bram	18-25 Feb 2017 Puerto Vallarta MEX	info@familvoga.ca
Marlene Mawhinney Workshop	25 Feb 2017 Toronto ON	www.yogacentretoronto.ca
Ann Kilbertus Workshop	25-26 Feb 2017 Ottawa ON	donnaforbelli@sympatico.ca
Yoga & Meditation Retreat	25 Feb - 04 Mar 2017 Puerto Vallarta MEX	Heather Graham: 604.418.2091
Teacher/Trainee Intensive with guest speaker Jawahar Bangera	27 Feb - 01 Mar 2017 Calgary AB	sharoni@calgaryiyengarvoga.com
Gabriella Giubilaro Workshop	03-05 Mar 2017 Vancouver Bc	theyogaspacevancouver@gmail.com
30-day Spring Sadhana	06 Mar - 04 Apr 2017 Toronto ON	www.yogacentretoronto.ca
Weekend Intensive with Marlene Mawhinney	10-12 Mar 2017 Toronto ON	www.yogacentretoronto.ca
Mexico Retreat with Ty Chandler & Sharoni Fixler	11-18 Mar 2017 Puerto Vallarta MEX	sharoni@calgaryiyengarvoga.com
Marlene Mawhinney Workshop	25 Mar 2017 Toronto ON	www.yogacentretoronto.ca
Iyengar Yoga Retreat Cuba!	02-08 Apr 2017 Playas de Este CUBA	leigh@sadhanavoga.ca
Marlene Mawhinney Workshop	19 Apr 2017 Toronto ON	www.yogacentretoronto.ca
Louie Ettling Workshop	05-07 May 2017 Winnipeg MB	Sandra@pranayogawinnipeg.ca
Urban Retreat with Louie Ettling	17-22 July 2017 Vancouver BC	theyogaspacevancouver@gmail.com
40-day Sadhana with Louie Ettling	06 Nov - 15 Dec 2017 Vancouver BC	theyogaspacevancouver@gmail.com

OPPORTUNITIES FOR DEEPER STUDY

UPCOMING TEACHER ASSESSMENTS

Introductory II
29 Sep - 01 Oct 2017 Abbotsford BC
03-05 Nov 2017 Ottawa ON
Intermediate Junior I
21-23 Apr 2017 Winnipeg MB
09-11 Jun 2017 Ottawa ON

Intermediate Junior II
09-11 Jun 2017 Vancouver BC
Intermediate Junior III
17-19 Nov 2017 Toronto ON
Intermediate Senior I
02-05 March 2017 Toronto ON

OTHER EVENTS

International Day of Yoga
21 June 2017 Worldwide
IYAC/ACYI Annual Conference & AGM
19 to 22 October 2017 Kelowna BC

IYAC NEWSLETTER

LES NOUVELLES DE L'ACYI

SUBMISSION GUIDELINES

DIRECTIVES POUR LA SOUMISSION D'ARTICLES

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PRINTEMPS 2017

NEXT ISSUE
SPRING 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. 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 2017**.



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