



Iyengar Yoga ASSOCIATION OF CANADA  
ASSOCIATION CANADIENNE DE Yoga Iyengar

In this Spring 2018  
newsletter:

- Yoga and healing
- IDY and 100 years of BKS Iyengar
- Community
- News from IYAC/ACYI
- Birjoo Mehta
- Thoughts from Kelowna
- Prashant on YouTube
- Recent assessment results
- Future assessment dates
- Calendar of upcoming events

## WELCOME TO OUR SECOND NEWSLETTER OF 2018



From *The Tree of Yoga* –

When you grow a plant, you first dig the earth, remove the stones and weeds, and make the ground soft. Then you put the seed into the ground and surround it with the soft earth so carefully that when the seed opens it will not be damaged by the weight of the earth. Finally,



you water the seed a little and wait for it to germinate and grow. After one or two days, the seed opens into a seedling and a stem grows from it. Then the stem splits into two branches and produces leaves. It steadily grows into a trunk and produces branches in various directions with many leaves.

Similarly, the tree of the self needs to be taken care of. The sages of old, who experienced the sight of the soul, discovered its seed in yoga. This seed has eight segments which as the tree grows give rise to the eight limbs of yoga.

*B.K.S. Iyengar*

Photo: *Light on Yoga*

## GREETINGS FROM YOUR EDITOR



Rejoindre Carole au:  
Contact Carole at:

m.c.carpentier@sympatico.ca

As I started work on this '*spring*' newsletter, the crocuses in my garden looked like this – poor little woebegone things shivering in a bed of ice and snow. We'll probably leap directly into full-fledged summer – no complaints here!



We have a wide range of stories this month – more on the healing powers of yoga, one centre's celebration of BKS Iyengar's birth centenary, a community coming together, some thoughts from the annual conference in Kelowna last autumn, and a sneak peek at the new IYAC/ACYI logo.

I would encourage you to look at the calendar of upcoming events, both here and on the IYAC/ACYI website. There are several opportunities coming up to study with some wonderful teachers.

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

Deadline for  
next issue:  
**27 July 2018**

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

- Why is Iyengar yoga your yoga?
- How do you keep your yoga community vibrant?
- How do you foster regular practice by students?
- How do you spread the word about Iyengar yoga?
- How are you feeding your yogis? We want your recipes!
- Resources for teachers and students – blogs, websites, apps, books, props...
- Workshops with senior teachers from Canada, from the Source, and globally
- How have you used Certification Mark funding?
- Where in the world have you done Iyengar yoga recently?
- What's new or notable where you are?

And, especially...

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

# Working with Yoga to Heal a Frozen Shoulder

*Linda Fernandes, Toronto ON*

After three months of decreasing mobility and increasing pain last year, I was diagnosed with Adhesive Capsulitis (frozen shoulder) and partial rotator cuff tears (subscapularis and supra spinatus) in my left shoulder. While I was convinced that a strenuous canoeing trip in August was the trigger, my doctor assured me this condition occurs for no particular reason, mainly in women over 40, and, while painful, would resolve in about three years.

This condition had progressed to the point where I could barely lift my arm above shoulder height and could no longer put my left hand on my hip, even though I was continuing to practise yoga regularly. More debilitating was the unrelenting pain. I could not sleep and, therefore, could not, at times, function at work. Relief came only after a cortisone shot to the shoulder which reduced inflammation and pain, allowing me to begin work on regaining mobility.

Yoga, with modifications, has been my principal therapeutic practice, with the approval of my doctor.

My recovery began at the end of January 2018, a week after receiving the cortisone shot. I improved sufficiently to begin a 30-day Sadhana in March. The daily practice, using props (straps, bolsters, benches, blankets) to support the affected shoulder, while working within my pain tolerance, has resulted in improved mobility. I have largely recovered the vertical range of motion in the arm. I can hold Sirsasana and Sarvangasana briefly. With sufficient preparation, I can once again get my left arm onto my back.

My learning through this process – which is still ongoing:

- Doing a shoulder practice even before the diagnosis was confirmed was helpful. It reduced and partially reversed the contraction in the shoulder capsule across the back. I regained space in the armpit chest quickly.
- Walking with hiking poles was helpful to maintain strength and mobility in the arm. I found the arm just wanted to hang like a dead weight. Using the poles made the arm work.
- A half hour of targeted stretching each morning was helpful to counter the overnight contraction in the arm and shoulder.
- Contraction in the arm can result in contraction in the hands – I observed that my left thumb was shortening and bending. I had to actively stretch it.
- Working aggressively through the pain will not stop the progression of the condition. The inflammation has to subside before work on regaining mobility can begin.
- For me, a cortisone shot was essential for managing pain and inflammation; oral pain medications were ineffective.

Two websites provided useful information for me in my recovery:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3666515/>

<http://yogaforhealthyaging.blogspot.ca/2013/08/yoga-and-menopause-frozen-shoulders.html>





# La Journée Internationale du Yoga International Day of Yoga

21.06.2018

- ? How will you celebrate International Day of Yoga?
- ? How will you honour the 100<sup>th</sup> anniversary of BKS Iyengar's birth?
- ! Perhaps a 100-minute class on International Day of Yoga!
- ! Or, a class of 100 asanas!      ! Or a class of 100 students!
- ★ Check out Iyengar Yoga Centre Victoria's plans on the next page.
- ! Or, submit a video to the RIMYI documentary project – the deadline has been extended, so it may not be too late!

*Please share your stories with us in our next newsletters.*

**BKS  
Iyengar**

**1918  
2018**

**100  
years**

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

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

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

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

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

Release Date: 14th Dec 2018

Details for participation can found on - [www.gurujithefilm.com](http://www.gurujithefilm.com).

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

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

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

Source: Iyengar Yoga UK

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

Source: Iyengar Yoga Italia

## Thoughts on Centenary Celebrations



## Iyengar Yoga Centre Victoria



*Leslie Hogya, of the Iyengar Yoga Centre in Victoria BC, tells us about one of their ideas for celebrating the centenary of B.K.S. Iyengar's birth.*

One of our ideas in Victoria is for every teacher at our centre to read from Guruji's writings each class in the 100 days leading up to the centenary of his birth, 14 December. Our readings will begin on Tuesday, September 4 2018.

I went through some of his publications and made a reading list. The teachers are free to choose any quote from the books listed.

Week beginning	Source	Section
September 4	Light on Life	Chapter 1
September 10	Light on Life	Chapter 2
September 17	Light on Life	Chapter 3
September 24	Light on Life	Chapter 4
October 1	Light on Life	Chapter 5
October 8	Light on Life	Chapter 6
October 15	Light on Life	Chapter 7
October 22	Light on Yoga	From the Introduction
October 29	Light on Pranayama	From the Introduction
November 5	Light on the Yoga Sutras	Pada 1 or Pada 2
November 12	Light on the Yoga Sutras	Pada 3 or Pada 4
November 19	Tree of Yoga	
November 26	Yoga Wisdom and Practice	
December 3	Astadala Yoga Mala	From Volume 7
December 10	The Art of Yoga	



**Yoga Centre  
Toronto**



**Yoga Journey  
Collingwood ON**



**Good Spirit  
Yoga  
Flesherton ON**



Yoga Centre Toronto (YCT) is the primary Iyengar yoga centre in Toronto. In addition to a full slate of classes run seven days per week, there are regular workshops with senior YCT and visiting teachers, an extensive therapeutic program, and a teacher training program. Most of the current teachers in the Ontario region passed through YCT as teacher trainees and continue to study with Marlene Mawhinney, YCT’s senior teacher. YCT operates as a not-for-profit organisation; bursaries funded from the annual fundraising campaign are available for students who would otherwise be financially unable to attend regular and therapeutic classes. After being at the same location since 1972, YCT has been forced to look for a new home. While a suitable location has been found, transforming dusty, empty square feet into a warm and welcoming yoga space will, needless to say, be a major undertaking.



Hilary Phillips

**Two Heads Are Better Than One!**

When the Iyengar yoga community in Canada learned about YCT’s impending move and the costs involved, many, many donations were forthcoming from across the country.



Lori Berenz

Despite all this support, there was still a need for funds to meet the high cost of moving the centre to a new location which would have to be designed and finished for the teaching of Iyengar yoga.

A letter went out from Barbara Young in Ottawa to say that a huge fundraising campaign was underway ‘to reach out and encourage the wider community to join in the effort to raise the roof on a new Yoga Centre Toronto.’ Soon after reading this letter, Lori Berenz and Hilary Phillips put their heads together to see how their yoga communities could help raise funds. After some pondering and discussion, they came up with the plan described on the following page.

*continues...*

## COMMUNITY



### Yoga Centre Toronto



### Yoga Journey Collingwood ON



### Good Spirit Yoga Flesherton ON

**On May 2<sup>nd</sup>**, Hilary will teach a yoga workshop for Lori's students at Yoga Journey, Lori's studio in Collingwood ON. The workshop will be titled, **LEAP OF FAITH – Virabhadrasana I & Virabhadrasana III**. Students will learn the 'building block' asanas to practise in order to develop length, strength and steadiness in these two challenging warrior poses. Hilary used the words 'Leap of Faith' as a tribute to both B.K.S. Iyengar (the documentary film on the story of his life has this title), and to Marlene Mawhinney, who, as Director of Yoga Centre Toronto, has taken the great step of moving the Centre to its new location in Toronto.

In his book The Tree of Yoga, B.K.S. Iyengar wrote that in order to practise yoga it is necessary first ".....to believe in yourself. That is the divine spark of faith. From that, all the rest will follow." He also stated that "...in any yoga pose, two things are required: sense of direction and centre of gravity." Both of these attributes are greatly needed by Marlene as she moves YCT forward, and by students in their practice of Virabhadrasana I and III which are the focus of Hilary's workshop.



**On May 9<sup>th</sup>**, Lori will teach a yoga workshop for Hilary's students at Good Spirit Yoga, Flesherton, with the theme: **Cultivating Intelligence in the Feet – Learning Balance and Agility**.

A healthy understanding of the structure and movement of the foot is the key to structural stability and mobility in the hips and lower back (and virtually the whole body). Healthy proprioception in the foot also helps with cognitive function, particularly as one ages. The knees, hips, shoulders and back will all benefit from the focus and understanding developed during this workshop. Changing perspective on the feet will increase the health and well-being of these foundational elements of the body.

B.K.S. Iyengar stated "A Yogi's brain extends from the bottom of his foot to the top of his head."

All monies generated by these two workshops will be donated by Lori Berenz and Hilary Phillips to Yoga Centre Toronto.

# Namas and Niyamas in Action

## Ethics Guidance

Sheri Berkowitz, chair of the IYAC/ACYI Ethics Committee, offers us a few thoughts on ethics and IYAC/ACYI's guiding principles and resources.

Dear IYAC/ACYI Members

As yoga practitioners, we regularly step onto our yoga mat. I often think of it as a magic carpet ride which transports us, changes us and moves us in so many ways. We enter a realm that is both familiar and new each time we come to the mat. It is often an adventure, an exploration. It is most usually an altered state, one in which the daily concerns that have been encumbering our thoughts fade so that only the asana, the stretch, the challenge, the form, the feeling of the body, the very specific quality of the asana illumines our present experience.

Amongst the many shifts that occur with a regular and long-time investment in this practice are health for our bodies, alertness and discipline to our minds, equanimity for our emotions and a larger sense of knowing about our Self and others. We gradually gain an ability to focus on the overall and on many specifics at the same time. Our personal approach to life is expressed in our approach to asana. Also, it is no accident that as individuals in this community, we respect, like, are impressed by, care about and enjoy being with one another. We are growing in similar ways and can trust one another because we understand the shared practices that foster trust and caring.

As Ethics Advisor, I invite you to take a look from time to time at the Ethics guidance that is part of our Association's guiding principles. Our guidance is represented in two documents, the Code of Ethics and the Code of Ethics Procedures. They serve as guides when questions arise or discussion is indicated regarding your own or another's thinking, responses, attitudes and behaviours.

The Code of Ethics is built upon the guidance from the first two limbs of our Raja Yoga teachings, the yamas and niyamas. It is guidance and support for each member so that we can remain current, remain loyal to the teachings of BKS Iyengar and use the service mark and our personal certification honourably. It is guidance as to how to maintain honourable relationships with our peers, our students and the community at large through our behaviour, advertising, appearance and personal conduct. It is a practical manual of living out the yamas and niyamas in action.

The Code of Ethics Procedures allow for informal, confidential discussions and inquiries with a member of the Board in the event ethics-related questions arise.

Both documents can be found in the Members section of the IYAC/ACYI website, in the 'Documents' section. Questions can be directed to Sheri Berkowitz at [sheribee@shaw.ca](mailto:sheribee@shaw.ca).

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## Revised Handbooks Online!



Manuels révisés disponibles en ligne!

Un message du Comité de Perfectionnement Professionnel



A message from the Professional Development Committee

*Dear IYAC/ACYI members,*

Please make note and use only the most recent updates to the Professional Development Handbooks online for the following:

- Assessment for Candidates
- Teacher Training Procedures
- Assessor and Moderator Procedures
- Revised Syllabi for Introductory I and II.

These updates now include the recent directives requested last March from RIMYI, and were implemented as of January 2018.

You can find these by logging into the [IYAC/ACYI website](#) and following Members/Documents/Assessment Documents.

*Deborah Lomond & Karen Major  
Co-chairs*

*Aux membres de l'IYAC/ACYI,*

Veillez uniquement utiliser les versions révisées, disponibles en ligne, des manuels de perfectionnement professionnel suivants :

- Procédures d'évaluation des candidats,
- Procédures de formation des enseignants,
- Procédures de l'évaluateur et du modérateur, et
- Plan de cours révisé pour les candidats aux niveaux de Base I et II.

Les mises à jour incluent les directives du RIMYI du mois de mars dernier, entrées en vigueur en janvier 2018.

Pour accéder aux manuels révisés, rendez-vous sur [le site Web de l'IYAC/ACYI](#) et cliquez sur Members/Documents/Assessment Documents (membres/documents/documents d'évaluation).

*Deborah Lomond & Karen Major  
Coprésidentes*



*"In yoga, three very important things have always to be united in everything: love, knowledge, and action."* B.K.S. Iyengar, *Sparks of Divinity*

## IYAC/ACYI Needs You!

### Do you have experience?

- running a business
- working on a board
- bookkeeping/finance
- marketing/promotions
- website development
- communications

### Do you like to?

- write
- talk
- support others
- be creative
- meet new members
- make a difference

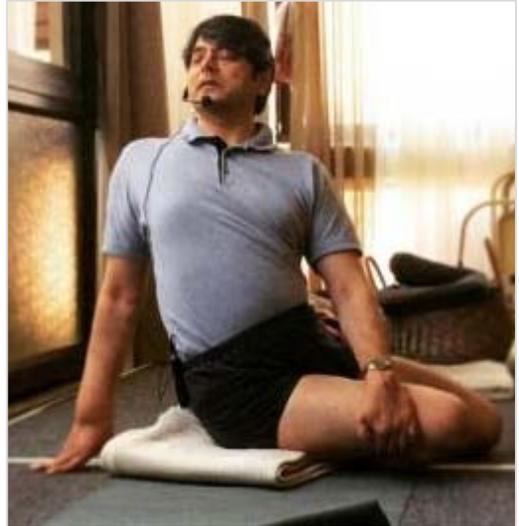
IYAC/ACYI is looking for members to join our board.

All members are welcome to apply. Please show your interest by submitting a brief description of your skills to Barbara Lee at [barbaralee66@icloud.com](mailto:barbaralee66@icloud.com).

# Birjoo – Gatineau/Ottawa

In 2018, Guruji's birth centenary, IYAC/ACYI is honoured to welcome Birjoo Mehta to our national conference October 11-14 in Ottawa-Gatineau.

Birjoo's mother was an avid student of BKS Iyengar, and Birjoo began studying with Guruji when he was eight years old. Birjoo went on to accompany Guruji on teaching tours worldwide, and has taught at national conferences in Europe, Asia and the Middle East. What better way to celebrate the brilliance of BKS Iyengar's insight into yoga, than by studying with a teacher whose life has been spent deepening his sadhana under Guruji's guidance.



## Wise Action and Joyful Effort

*annual conference*  
**11-14 October 2018**

## Sagesse dans l'action, joie dans l'effort

*conférence nationale*  
**11-14 octobre 2018**

Tandis que 2018 marque le centenaire de la naissance de Guruji, l'IYAC/ACYI est honorée d'accueillir Birjoo Mehta qui nous transmettra ses connaissances lors de notre conférence nationale, qui se tiendra du 11 au 14 octobre à Gatineau-Ottawa.

La mère de Birjoo était une fervente étudiante de BKS Iyengar et Birjoo lui-même a commencé à étudier auprès de Guruji alors qu'il avait huit ans. Il a ensuite accompagné Guruji lors de tournées d'enseignement mondiales et a inculqué ses connaissances dans des congrès nationaux en Europe, en Asie et au Moyen-Orient. Il n'y a pas de meilleur moyen de célébrer l'excellence de la vision de BKS Iyengar du yoga que d'étudier auprès d'un enseignant qui a passé sa vie à approfondir sa pratique de sadhana sous les conseils de Guruji.

**préinscription bientôt | early registration coming up**

# IYAC/ACYI AGM Kelowna 2017

(1)



At the IYAC/ACYI Conference in Kelowna in October 2017, Judith Mirus (Victoria) and Teddy Hyndman (Edmonton) were invited to preface some of the classes with brief talks on the 'Deeper Significance of Practice'.

Their discussions were summarised in two articles which appeared in the Winter 2017 issue of Iyengar Yoga Centre Victoria's newsletter. The articles, with minor modifications, are reprinted here with permission of Yoga Centre Victoria and the authors.

Judith Mirus –

In my two talks, I referred to several sutras and some of their important Sanskrit terms to illustrate how I think Guruji's teachings are direct reflections of Patanjali's.

In the first, I used a portion from an article in *Yoga Rahasya* by Dr. Mel Robins (Vol. 24. No.2, 2017) to illustrate how Guruji's approach to asana is as a reflection of *Yoga Sutra I.17: vitarka vicara ananda asmitarupa anugamat samprajnatah*. 'Through practice and detachment, four types of awareness develop. Absorption of the consciousness, achieved through engrossment in conjecture, inference and analytical study; synthesis, consideration and discrimination; bliss or elation; and a state of pure being, [which] constitute *samprajnata samadhi*.' *Samprajnata* means to know accurately, to know actually.

Robins quoted from *The Tree of Yoga*. What Guruji said is a direct and practical description of the mental faculties we must engage in our practice in order to realize the external to internal response to our own bodies in asana, Sutra I.17 in action.

In part Guruji said: "As you work, you may experience discomfort because of the inaccuracy of your posture. Then you have to learn and digest it. You have to make an effort of understanding and observation. 'Why am I getting pain at this moment? Why do I not get pain at another moment or with another movement...with this or another part of my body?... How can I get rid of the pain?... How are the muscles behaving on this side and how...on the other side?' [etc.]...You should go on analyzing and by analysis [and reflection] you will come to understand [*vitarka* and *vicara*]. Analysis in action is required in yoga....You have to see what messages come from the fibres, the muscles, the nerves and the skin of the body while you are doing the pose. Then you can learn. It is not good enough to experience today and analyze tomorrow. That way you have no chance."

I don't think it's a stretch to say this can result in felicity (*ananda*) and self-awareness (*asmitarupa*), with which, through concentrated effort in practice (*abhyasa*) and with detachment (*vairagya*) we may touch the state of knowing accurately, that actualized knowing of *samprajñata*, which is a form of samadhi with seeds.

continues...



Judith Mirus (*continued*) –

Maybe the notion of being able to experience samadhi on such a practical plane seems to diminish its depth. But really, Guruji presents asana as he practiced it as a means to accomplish composure and felicity of thought in practice through the mental skills outlined by Patanjali. I'd like to think that this is a practical taste of *citta vritti nirodhah*.

In her second talk, Teddy reflected on the meaning and meaningfulness of Freedom as significant to our practice. The word 'freedom' kept running through my head as the line from an old blues song about Bobby Magee, and I picked up on it for my second talk: "Freedom's just another word for nothing left to lose; nothin' ain't worth nothin' but it's free.' It may be apocryphal to interpret it in a yoga context, but freedom in Eastern thought, since the Upanishads, has been described as pure fullness or perfection (*purna*) or as pure emptiness (*sunya*), both outcomes of how they were understood unity, oneness.

This reminded me of Sutra I.33: *maitri, karuna, mudita, upeksanam sukha dukha punya apunya visayanam cittaprasadanam*. "Through cultivation of friendliness, compassion, joy, and indifference [equanimity] to pleasure and pain, virtue and vice respectively, the consciousness becomes favourably disposed, serene and benevolent." Guruji adds that, "These qualities keep the mind in a state of well-being." And also that with this seemingly self-evident form of being contented Patanjali lays the foundation for realizing serenity of mind, which is essential for *citta vrtti nirodhah*.

The themes of our conference were effort and surrender. In his words on asana, Guruji emphasized deliberate effort, application of intelligence and discipline in action. In his comment on Sutra I.33 he's drawing attention it's corollary: surrender. In effect, I interpret that serenity of mind as surrender *in* action.

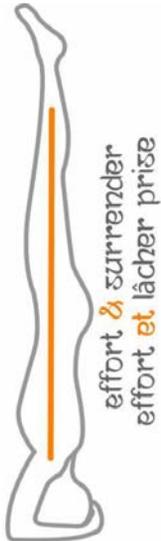
Throughout the Sutras Patanjali repeatedly returns to the flavour and means for that kind of serenity. Without disinterest and equanimity (*upeksa*) how can we actually be impartially and uniformly kind and friendly (*maitri*) and compassionate (*karuna*) and practice open-hearted joy (*mudita*); how can we fairly measure virtue and vice, be unattached to pleasure, not blind-sided by suffering and the impediments?

I've been taught that when there are lists of qualities in the *sastras*, they come in order of importance. The second in the observances after purity (*sauca*) is contentment (*santosa*), which is the exact opposite of suffering's manifestations.

And the first in the list in Sutra I.33 is *maitri*. It is translated not only as friendliness but interpreted widely in both Hinduism and Buddhism as kindness or loving kindness.

The American novelist Henry James was asked by his nephew what were the three most important things in life. James replied that the first was kindness, the second was kindness and the third was kindness. It's a universal value, a virtue that contributes mightily to peace of mind.

*continues...*



Teddy Hyndman –

The essential assumption underlining yoga practice is that the true state of the human spirit is freedom – an inner freedom. In yoga, the freedom of spiritual integrity occurs in the act of discipline itself – somewhat of a paradox. The discipline in our practice requires a very special kind of effort – right effort. Right effort means that it is one of mindfulness (focusing on one thing) and concentration. With this kind of effort we can begin to quieten the fluctuations and the turnings of the mind. All models of spiritual life or personal growth suggest that the mind be calm, that we be present, that we experience the moment.

What does surrender have to do with this? We Westerners have difficulty with the idea of surrender –giving in, or giving up. From an Eastern perspective, surrender means letting go. It is to let go at various levels of our being. We learn in savasana to let go of our muscles, bones, skin and then delve deeper to let go of our senses and to let go of our breath and let it breathe us. We are to let go of our thinking minds, the turning of our thoughts. We are to surrender “control”. Control is what we do in our everyday life – and it is important.

However, yoga practice suggests we balance the controls. We come to a place of rest – a place where we let go of our controlling everyday identity. When we let go, or surrender our everyday identity, we let go to a place where we have no expectations, no preferences, no judgements; a place where we relinquish attachments and opinions. Our minds are receptive and open. Guruji says that a practitioner who can “put aside” his everyday identity can access places where no “plump ego” could squeeze through. It is in these still, quiet moments that we can access places within ourselves we otherwise can’t squeeze to. He also says that in these still, quiet moments we let go of “was”, the memories of the past. We let go of “will be”, the future. It is an infinity of present moments.

Our yoga is a practice of putting aside our “plump egos”. It is a practice concentrating on asana and pranayama and being present. With practice we will see more clearly, behave more wisely and develop a freedom and lightness of being – that which expresses our true nature.

# WELL DONE!



# RECENT ASSESSMENTS



**Introductory II  
Kelowna BC  
16-18 Mar 2018**

- Alison Sisson, Whitehorse YT
- Angela Grace, Calgary AB
- Dianne Noort, Horsefly BC
- Janet Harvie, Calgary AB
- Jennifer Krake, Kelowna BC
- Maria Stella Patera, Whitehorse YT
- Marie Landry, Bowser BC
- Soodabeh Seyed-Fathi , Toronto ON

# FUTURE TEACHER ASSESSMENTS

## Introductory II

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

## Intermediate Junior I

28-30 Sep 2018 | Winnipeg MB

## Intermediate Junior II

02-04 Nov 2018 | Edmonton AB

# WATCH FOR IT!

**A NEW LOGO FOR IYAC/ACYI**



Iyengar Yoga ASSOCIATION OF CANADA  
ASSOCIATION CANADIENNE DE Yoga Iyengar



Iyengar Yoga  
ASSOCIATION OF CANADA  
ASSOCIATION CANADIENNE DE  
Yoga Iyengar

*Details on the new logo and its use will be coming soon from the Communications Committee.*

## UPCOMING EVENTS

EVENT	DATE/LOCATION	FOR MORE INFORMATION
Louie Ettling - Going Deeper	9 Friday sessions   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Gulnaaz Dashti - Canada Teaching Tour	04-07 May 2018   Vancouver BC	<a href="mailto:remrod@telus.net">remrod@telus.net</a>
Gulnaaz Dashti - Canada Teaching Tour	11-13 May 2018   Winnipeg MB	<a href="mailto:info@yoganorthwinnipeg.ca">info@yoganorthwinnipeg.ca</a>
Gulnaaz Dashti - Canada Teaching Tour	18-20 May 2018   Ottawa ON	<a href="mailto:welcome@pathwayvoga.ca">welcome@pathwayvoga.ca</a>
Terri Damiani - Finding Balance on and off the Mat	19 May 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Gulnaaz Dashti - Canada Teaching Tour	22-26 May 2018   Halifax NS	<a href="mailto:petra.rvkers@dal.ca">petra.rvkers@dal.ca</a>
Linda Shevloff - Thailand Retreat	20-26 May 2018   Thailand	<a href="mailto:ldshevloff@gmail.com">ldshevloff@gmail.com</a>
Gulnaaz Dashti - Canada Teaching Tour	28-29 May 2018   Oakville ON	<a href="mailto:sunseedyog@icloud.com">sunseedyog@icloud.com</a>
Marlene Mawhinney - L3/4 Workshop	26 May 2018   Toronto ON	<a href="mailto:voga@vogacentretoronto.ca">voga@vogacentretoronto.ca</a>
Basics of Yoga Philosophy - The Sutras	02 Jun 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Eyal Shifroni - Seminar Series	08-11 June 2018   Calgary AB	<a href="mailto:deanna@calgaryvengaryoga.com">deanna@calgaryvengaryoga.com</a>
Leslie Hogya and Wendy Boyer - Salt Spring Retreat	08-10 Jun 2018   Salt Spring BC	<a href="http://www.ivengaryogacentre.ca">www.ivengaryogacentre.ca</a>
Louie Ettling - Your Yoga Poses and Your Breath	09 Jun 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Bobby Clennell - Weekend Seminar	15-17 Jun 2018   Montréal QC	<a href="mailto:tim@planetvoga.ca">tim@planetvoga.ca</a>
Marie-André Morin - Semaine de yoga à la campagne	24-30 Jun 2018   Sutton QC	<a href="mailto:marieandreemorin7@gmail.com">marieandreemorin7@gmail.com</a>
Introductory Teacher Training Intensive	03-07 Jul 2018   Victoria BC	<a href="http://www.ivengaryogacentre.ca">www.ivengaryogacentre.ca</a>
Renata Ventura - Intensive	05-08 Jul 2018   Montréal QC	<a href="http://www.vogaequanimite.com">www.vogaequanimite.com</a>
Louie Ettling - Summer Urban Retreat	09-14 Jul 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Zubin Zarthoshtimanesh - Weekend Intensive	03-05 Aug 2018   Toronto ON	<a href="mailto:ivengaryogananta@gmail.com">ivengaryogananta@gmail.com</a>
Ann Kilbertus and Louie Ettling - Teacher Intensive	13-17 Aug 2018   Victoria BC	<a href="http://www.ivengaryogacentre.ca">www.ivengaryogacentre.ca</a>
Summer Workshop	17-19 Aug 2018   Fernie BC	<a href="mailto:samilloyd.voga@gmail.com">samilloyd.voga@gmail.com</a>
Louie Ettling - Haida Gwaii Retreat	03-06 Sep 2018   Tlell BC	<a href="mailto:louie.lettling@gmail.com">louie.lettling@gmail.com</a>
Kripa Foundation Iyengar Yoga - An Inward Journey	21-23 Sep 2018   Oakville ON	<a href="mailto:sunseedyog@icloud.com">sunseedyog@icloud.com</a>
Marie-Andrée Morin - Asana & Pranayama Workshop	21-23 Sep 2018   Edmonton AB	<a href="mailto:info@familyvoga.ca">info@familyvoga.ca</a>
Louie Ettling - Weekend Workshop	28-30 Sep 2018   Calgary AB	<a href="mailto:cynthia.yoga@telus.net">cynthia.yoga@telus.net</a>
Morgan Rea - Building Poses from the Foundation	06 Oct 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Linda Shevloff - Dharana, Dhyana & Asana	27 Oct 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Cheryl Joseph - Restorative Yoga Practice	17 Nov 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Meghan Goodman - Journey Inward, Restorative Yoga	17 Nov 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Luci Yamamoto - Understanding Pelvic Tilt	01 Dec 2018   Vancouver BC	<a href="mailto:thevogaspacancouver@gmail.com">thevogaspacancouver@gmail.com</a>
Louie Ettling - Weekend Workshop	25-27 Jan 2019   Edmonton AB	<a href="mailto:Info@familyvoga.ca">Info@familyvoga.ca</a>

## OPPORTUNITIES FOR DEEPER STUDY

## OTHER EVENTS

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

# IYAC NEWSLETTER

## LES NOUVELLES DE L'ACYI

### SUBMISSION GUIDELINES

#### DIRECTIVES POUR LA SOUMISSION D'ARTICLES

PROCHAINE  
ÉDITION  
ÉTÉ 2018

NEXT ISSUE  
SUMMER 2018

This is your newsletter. It will be what you make of it. We welcome feedback on the newsletter and, more importantly, your contributions.

What do you think other IYAC/ACYI members would like to read about? That is what you should be contributing, either in English or en Français. In addition to the topics found in the current newsletter, possible contributions could include recipes, interviews, heart-warming stories about interaction with your students, visits to Pune or to Iyengar yoga schools in other countries, why you decided to become an Iyengar yoga teacher. The list could go on and on!

A few things to keep in mind:

- Please keep submissions to under 450 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 **27 JULY 2018**.



Iyengar Yoga ASSOCIATION OF CANADA  
ASSOCIATION CANADIENNE DE Yoga Iyengar