In this Autumn 2018 newsletter:

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WELCOME TO OUR FINAL NEWSLETTER OF 2018

B.K.S. Iyengar

He entered our world 100 years ago, on 14 December 1918. He brought us a great gift – the knowledge and wisdom of yoga.

Yoga is a friend to those who embrace it sincerely and totally. It lifts its practitioners from the clutches of pain and sorrow, and enables them to live fully, taking a delight in life. The practice of yoga helps the lazy body to become active and vibrant. It transforms the mind, making it harmonious. Yoga helps to keep one’s body and mind in tune with the essence, the soul, so that all three are blended into one.

B.K.S. Iyengar, from ‘On Yoga’, *Light on the Yoga Sūtras of Patañjali*

I am neither a *Saṅskṛta* scholar nor a philosopher. I am purely someone who has been an ardent student of yoga for nearly 80 years, totally involved in the *sādhanā*, exploring its depth to understand the beauty and majesty of this vast ocean of *yauṣṭika* knowledge and its wisdom in tracing the core of the being or the spiritual heart – the soul.

B.K.S. Iyengar, from ‘Prologue’, *Core of the Yoga Sūtras*
We are closing in very quickly on the 100th anniversary of Mr. Iyengar’s birth. He brought to us and this world something very special. He gave us much wisdom, including his thoughts on teaching and teachers. For example, he wrote, “I want them (the teachers) to look at their (the pupils’) needs and to remove obstacles that come in their path of learning.”

[Astadala Yogamala, vol 8]

This came to my mind, recently, when I learned of the death of one of my first Iyengar yoga teachers. Zubin Zarthoshtimanesh has kindly shared with us his tribute to Andy Orr, a long-time Iyengar yoga practitioner and teacher in Toronto.

We have, once again, some great articles, including reports on several visiting teachers, one teacher’s view on a special group of students, and a student’s story on how yoga has helped her deal with health challenges.

This is your newsletter – what would you like to hear about? We love stories and contributions of all sorts and sizes from your Iyengar yoga community...

We’d especially like to hear about:

• The IYAC/ACYI conference in Gatineau/Ottawa in early October – your experience, your thoughts, your takeaways.
• Your activities for the 100th anniversary of B.K.S. Iyengar’s birth.

And also:

• Why is Iyengar yoga your yoga?
• How do you keep your yoga community vibrant?
• How do you foster regular practice by students?
• Stories from your 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?
Dear fellow Members,

I am honoured to be returning to the Board of Directors after a break of a few years. I was previously vice-president for six years and have been active in the association since the late 1990s. My first karma yoga experience with the association was to collate, publish and mail out the membership directory. In the early days, each member received a hard copy of the membership directory via Canada Post. The membership has grown, and how we connect and communicate with each other has changed. One constant has been our annual gatherings where we conduct the business of the association but, more importantly, reconnect with our Canada-wide iyengar yoga colleagues and friends.

This membership renewal season, 2019, will take place on a renewed website which will also reflect the fruits of the rebranding efforts. The Board members have been working hard on many fronts to bring this about.

I look forward to working with the returning Board members and welcoming Melissa Hadley as our newest Board member as we continue to evolve to better serve our members and find more ways to share our beloved Guruji’s work with a wider audience.

Sincerely,

Patricia Fernandes

The 2018/2019 Board, left to right: Barbara Lee, Jane Kruse, Lori Berenz, Patricia Fernandes, Patti Gibbon, Stephanie Tencer, Barbara Young, Sharoni Fixler, plus Isabelle Tremblay (top) and Melissa Hadley (bottom)
Dear Guruji,

Please accept my humble offering of one hundred syllables.
Your light shone on many horizons, beyond even your dreams, you wrote.
I have never met you, but feel your presence when my skin moves.
In asana my bones hear your voice, my extensions feel the piercing gleam from your eyes.
I surrender my breath to you.
I seek eternally an end to duality.
I bow. Om Guru Om.

Iyengar Yoga Centre of Victoria has published a special centenary edition of its newsletter. With articles by senior Canadian Iyengar yoga teachers such as Shirley Daventry-French, Margot Kitchen and Leslie Hogya, all of whom studied directly with Mr. Iyengar, this is a must-read for our community.

The special edition newsletter can be accessed at:

To honour B.K.S. Iyengar's centenary year, IYAC/ACYI asked several Canadian Senior Teachers to share with us their stories of having worked closely with Guruji in the early days. Here's a teaser of some very precious memories.

Please stay tuned to the IYAC/ACYI facebook page, as each of the five interviews will be released in full in the weeks leading up to December 14th, the date of what would have been Guruji's 100th birthday.

Are you planning to honour Guruji for his birthday? What do you have planned? Tag us on Facebook and let us know!

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**All Levels Women’s Intensive**

**Rita Keller**

Yoga Workshop by Rita Keller
7th to 18th January 2019 (12 days)

**Faeq Biria**

Yoga Workshop by Faeq Biria
10th-16th February 2019
17th-23rd February 2019

Details and registration at www.belluriyengaryogacenter.com
For my friend, ANDY ORR, In Memoriam

A tribute by Zubin Zarthoshtimanesh, in Toronto, June 2018

What is a good man worth to the community?

“I is Rome worth one good man’s life?”

From: ‘Gladiator’

Emperor Meiji: “Tell me how he died.”

Nathan: “I will tell you how he lived.”

From: ‘The Last Samurai’

I remember when I first came to Canada in 1993. I was the youngest of my colleagues. It was for an Iyengar yoga convention in Toronto with our Guruji. A small entourage of students were accompanying our Guruji everywhere, sightseeing, practising and living with him. To make it convenient for us, it was planned to have a van at our disposal. The driver of that vehicle was a man named Andy.

Silent, unassuming, down to earth and genuinely all-heart, Andy slowly became a part of us. A yogi, and the world’s best yoga teacher used to sit next to him, and he would dutifully take him to classes and the Niagara Falls and other sights. It would have been the easiest thing to pop a quick question to his Guru or ask for some tips but then we wouldn’t be talking about Andy.

He absorbed the mood of his co-passenger and would suggest things like a coffee stop or a visit to the World’s Biggest Bookstore, the iconic Toronto bookshop. Guruji would go back to his room but he suggested Andy take me to the bookstore. That day he bought me a book. And so it was: for 25 years to the day (he passed away last week – 17 June 2018) that we gifted each other a book whenever we met.

Today, when we talk about yoga teachers, we talk about their certificates, their qualifications, long years, the names of half a dozen teachers they toiled with, but nobody talks of imbibing life lessons quietly from one another. What one has absorbed is what makes the difference and not what one has learnt. What one has absorbed, will become the fabric of that person’s life. This is what Andy absorbed from Guruji and what led him to become one of the finest Iyengar yoga teachers in Canada.

He once told me that his observations of that first meeting with Guruji has lasted him a long time. At our last meeting a year ago in the coffee shop of a bookstore, he told me, “I want to keep learning new skills because that’s what helps me to grow inside.”

It’s a telling thing that this fine Iyengar yoga teacher and student who had so much to give and share was, towards the end, not involved in the community he helped nurture. He quietly left and but for his immediate students, no one noticed because he was not a certifier of others’ practices and a teacher trainer.

An Art is only as good as how well its practitioners practise it; this is the difference Andy made to the Iyengar yoga community of Toronto. His life is to be counted and celebrated for the next generation of teachers so that they realise that no Yoga teacher training course in the world will help one to become a good person. And that the silent communication between a teacher and student sometimes means more than reams of information.
The workshop by Father Joe Pereira, held on September 21-23 2018 at the Sunseed Yoga Studio in Oakville, Ontario, Canada, was enthusiastically attended by over 60 devoted students of yoga in the Iyengar tradition. Students came from throughout the Greater Toronto area and from as far as away as Wisconsin in the USA!

Students were thrilled to meet and be taught first-hand by Father Joe, who was a direct student for over 40 years of Mr. Iyengar, and dear friend of Mother Theresa.

Father Joe shared his incredible knowledge of the original teaching of Mr. Iyengar, integrated with the insight of his lifetime personal practice, and his work as a yoga teacher and therapist. He also shared how the practice of Iyengar yoga has integrated with his life work as a Catholic priest, and in the Kripa Foundation, which he founded, and which addresses addiction through the practice of yoga, and has grown worldwide.

Students attending the workshop were carefully instructed in Asana and Pranayama, along with accompanying philosophy of Mr. Iyengar and Patañjali. We not only learned the physical intricacies of each Asana, but the accompanying philosophical purposes as well as health (mental, physical and emotional) value of each pose.

In the Saturday afternoon and Sunday practices, students were instructed in preparation Asana to be done before Pranayama. Subsequently, Father Joe taught specific Pranayama practices of benefit to specific conditions.

Father Joe continually emphasized that all of the practice should be dedicated to a lifetime of devotion to yogic principles. He taught us how yogic practices integrate into a spiritual life from any religious or spiritual background. He reminded us that yoga is NOT a physical exercise but a way of life dedicated to self-awareness, and eventual Samadhi.

He also reminded us that particularly in North America, we need to understand and teach others that Asana is just one piece of a much larger lifetime devotional practice.

Karen Walker practices in Oakville ON. She participated in this recent workshop.
Teaching Students with Sight Loss

Lynne Swenson, of Calgary, teaches at Calgary Iyengar Yoga. Below she tells us of her experience of teaching Iyengar yoga to students who are partially or wholly blind.

The message was always clear; our beloved guru, B.K.S. Iyengar, wanted Iyengar yoga to be available to everyone! “He made (yoga) approachable for anyone... no matter what the challenges, physical challenges, mental challenges, or age.” (New York Times, 2014) He simply did not see any limitation! This message is of great importance to all teachers and students of Iyengar yoga, and it is reinforced in the first paragraph of ‘What is Iyengar Yoga’ on the IYAC/ACYI members’ website.

When I was approached by the Executive Director of the Alberta Sports and Recreation Association for the Blind (ASRAB) to start a yoga program for partially-sighted and blind adults, I was initially reluctant, perhaps, even a little bit afraid of the challenges this group of students would present. Regardless, the strong message of B.K.S. Iyengar’s expressed desires was playing over and over again in my head, and I soon realized that this opportunity was not only a gift, but also an obligation. I began by trying to contact and connect with other teachers in the ‘greater yoga community’ who may have had experience working with this segment of our population. There weren’t a lot, but one local Iyengar yoga teacher provided some helpful tips from her experience working one-on-one with a partially-sighted family member.

Further research on-line led me to the purchase of a DVD set ‘for Teachers of Yoga’ from the Blind Yoga Network in New York City. It was helpful, but naturally, I wanted to research more information from the Iyengar yoga community specifically, so I decided to connect with other teachers through the IYAC/ACYI website. One member contacted me and shared her experiences working with a blind student who attended her general classes regularly. She also suggested, of course, that I contact the Ramamani Iyengar Memorial Institute in Pune. There, I was redirected to the Iyengar Yoga Centre Yogakshema and the Indian Heritage Society in New Delhi, where I ordered a copy of Yogikasparsh, a Tactile Resource for Teaching Yoga Asanas to Persons with Visual Impairment by Nivedita Joshi. Two months later I received this simple, and extremely helpful, ‘Teachers of Iyengar Yoga’ resource booklet (English version). This resource also came with a student’s guide written in Braille, including Braille diagrams of each asana. This, I donated to the members of ASRAB here in Calgary.

With the encouragement and advice of others, and with this resource at my side, I was ready to prepare the first 8-week session of classes.

continues...
Teaching Students with Sight Loss

As a certified iyengar yoga teacher, it is my duty and honour to share the rewards of an iyengar yoga practice. Initially, we started with one class per week (six students), but soon expanded to two classes per week. With the support of ASRAB and the Canadian Council for the Blind (CCB -Calgary chapter), we have been successfully running two classes per week with six students per class, for the past six and a half years.

The most common questions I am asked are, “Where did you start?”, “How can you demo the pose or the use of props?”, and, “You must have to do a lot of hands-on adjusting!” Interestingly enough, I ‘started’ where I always start. I went back to the guiding principles of teaching iyengar yoga: a thorough review of the placement and use of all the props and the yoga mat (obviously, a ‘tactile’ review in this case), an explanation of why we use the props (incidentally, the wall has become our most useful prop), and clear, concise verbal instruction, all with the principles of ahimsa and satya at the forefront.

As for hands-on adjusting, I have found that I am not doing any more of this type of adjusting than is necessary in my classes with sighted students. Once the verbal cue is understood (and that’s my job, of course), this particular group of students often practise with ‘heightened’ awareness and better cellular memory of the pose than sighted students. Health issues and physical challenges are, of course, no different than those of sighted students. Demos are still effective for those who have some vision, so I often do a demo anyway (even if it’s just to help me stay on track with clear verbal instructions and verbal adjustments).

After several years of teaching partially-sighted and blind students, I can honestly say my best resource is the students themselves.

I welcome the opportunity for communication and information-sharing with any of you who may be currently working with this population, or with those who have done so in the past.

Lyne: I hope you will take this opportunity to listen to a recent interview with two of the participants in the iyengar yoga classes that I teach. This particular segment was hosted by the producer of a CJSW (University of Calgary Radio) program called ‘Bumping into Walls’ featuring lifestyles of those who face the daily challenges of being partially-sighted or totally blind.

https://cjsw.com/program/bumping-into-walls/episode/20180904/
Jayne Lloyd-Jones, of Salt Spring Island BC, reports ‘from the paddock’...

After some nifty brainstorming by Jayne Jonas, who teaches at Peninsula Yoga Centre in British Columbia, and her friend and student, Cathy, the Blueberry-Alpaca Yoga Day took shape. While it started out as a creative way to harvest the bountiful blueberries at Cathy’s beautiful Sunhill Orchard in Saanich, it soon grew into a ‘plein air’ yoga class in the company of inquisitive alpacas, a horse and a llama; a fund-raiser for the Pen Yoga Student Bursary Fund; and a shared lunch on Cathy’s pool deck.

So when the sun rose a deep red on a hazy day in August, thanks to the smoke drift from the Okanagan, it provided 20 thankful yoga students with cooler air than usual and no need for hats, sunscreen and sunglasses.

Jayne Jonas taught a lively class of standing poses (who knew that Ardha Chandrasana could be perfectly executed along the alpaca fence rails!), complete with two small dogs peacefully strolling between the students and even making themselves at home on a mat here and there. Jayne Lloyd-Jones, who had hopped over from Salt Spring Island, took over for the seated poses, twists and Supta Padangusthasana, at which point the alpacas overcame their shyness and peered over the fence to see why 20 legs were waving in the air. Savasana was a peaceful experience with the bird sounds, the scents of the flowers in Cathy’s garden, and the restorative humming sound that alpacas make.

After a few laughs over photographs, we settled in to a healthy lunch of fruit, guacamole, hummous, and Jayne Jonas’s famous blueberry tart, beside Cathy’s pool. A mellow afternoon of blueberry picking capped off the day, as everyone mindfully applied themselves to picking the juicy berries, one by one, testing out the occasional one for ‘quality control’.

There was general agreement that this should become an annual event (if Cathy and her blueberries will welcome us again); that the $480 raised for the Pen Yoga Student Bursary Fund was not at all bad; and that alpacas are the most agreeable animals to practice yoga with. Move over ‘goat yoga’, we have a new model!
In Toronto with Zubin
“Every asana is complete within and of itself”

Kara Thorsen, of Montréal, shares her recent experience with Zubin Zarthoshtimanesh.

If I had to condense the experience with Zubin Zarthoshtimanesh to one word, that word would be ‘humanity’. Humanity is an extension of himself. Zubin’s determination to be understood is within every action, as well as within his regular question, “Are you understanding me?” Pausing always, eyes searching each of us for the response, to see if his actions and words indeed have hit the targets he is aiming at.

Zubin addressed spinal loading, insisting on the importance of our self-discovery. “Know every part of you,” to better live in this world; “Let every asana teach you about you;” urging us to use the asana to modify a perspective we may hold too dear. He spoke of a continuous current within the body and mind, the restraint we must use to gain the freedom that only meeting the resistance can provide.

The urgency of points on how we use yoga to be better people was most touching. Zubin embodies this principle. It is without a second thought that his teaching comes from exploration of the subject of yoga within every subject, and those subjects include every part of him, subjectively and objectively.

As our practice advanced through the days of the workshop, all the beginning points were illuminated. For example, how we used the back of the thigh in Virabhadrasana II was explored in Urdhva Dhanurasana. Zubin supplied blueprints for our own practice, always challenging us to discover something new within ourselves, unveiling the sensitivity to being human, who we are, who we can become.

“It’s you who decides the level of pain you live with,” he told us, as the topic of pain always arrives, sooner or later. The discussion continued with the difference between a patient and a student. We have to know the difference; we have to be sensitive to the difference; we have to recognize the importance of the subject of yoga and ride the currents that make us, us. Then, we have to to make the effort to improve by developing our ability to touch new surfaces within ourselves.

There is a movement in every system to advance. I have personally struggled with this over the past few years. Zubin courageously advised us to be cautious of levels and labels, that it is all relative, that it is not wise to base a teacher’s qualifications on level alone. He shared Prashant’s analogy of certified quacks. We must determine for ourselves the issues that persist. We must protest the urge within ourselves to move with lost intentions or follow our lesser motivations; we must find a greater purpose.

Zubin’s stories brought laughter; his anecdotes for various themes brought light and love defining his commitment to us that weekend.

This was my first experience with Zubin. I had had to make a choice as there were many teachers to learn from this summer, all tremendous in their own right. I could not be happier that fate brought me to Toronto to have this first-hand experience of exaltation with Zubin. For me, Zubin defines congruence.
Six years ago, at the age of 48, I was diagnosed with Parkinson’s disease. Three months later, I began Fay Gascho’s Iyengar yoga class, weekly. Over these last six years, I have tried many options and treatments to help me manage this progressive disease – lifestyle and diet changes, acupuncture, meditation. The most significant change I have experienced is through yoga. I found that yoga relieved my stiffness, helped me sleep better, encouraged me to tune in to my body and calm the mind; I became more emotionally balanced and had more energy. The more I practised, the better I felt.

About two years after my diagnosis, I began having difficulty with my right leg in the mornings before I took my medication. At first, it was a slight flutter of weakness, then becoming frozen and leaving me unable to get out of bed and walk to the kitchen. Initially, if I got down on the floor and did some yoga stretches, the problem would disappear. I increased my yoga practice, taking two yoga classes weekly, as well as practising at home daily. My strength and flexibility increased, although mornings were still a tremendous struggle due to my inability to walk. Over the past year, my leg has become progressively worse. Although practising each morning enabled me to walk well enough to function until my medication kicked in, often it took an hour or more to walk normally.

I’ve had a sense of fear when doing headstands, however, with Fay’s encouragement and support, and using Viparita Karani boxes, I became more confident. About four months ago, I began doing headstands each morning at home using a headstand bench – the bench allows me to stay longer in the pose and keeps my head and neck loose. I felt the change immediately. Since starting the headstands daily (followed by Sarvangasana), I am now able to walk much better in the morning, not only after my practice and medication, but beforehand as well, leading me to believe the pose has a lasting effect on my body. I don’t know why this works for me. I suspect it’s the inversion creating blood flow to the brain, but I know without a doubt, it has helped with my Parkinson’s disease.

Experiencing such a dramatic change with this progressive disease has had a great effect on my outlook for the future. I am so thankful to have met such an amazing teacher in Fay who has been so encouraging and helped me to embrace my Iyengar experience!
Grand Opening
of YCT’s New Location

The day after Labour Day, just before 6:00 am, students streamed into YCT’s new location to attend Marlene Mawhinney’s 40th September intensive.

During the previous two weeks, volunteers, carpenters and other tradespeople, and staff had worked to put the finishing touches on the new centre; moved equipment, cupboards and supplies from 2428 to 3366 Yonge Street; and with gratitude, bid the old studio farewell.

A shout out goes to Myles, who led the refurbishing and rebuilding of the movable cupboards, and just for being amazing. Who knew our volunteers could do so many other things besides asana? They painted, they scraped, they cleaned, and they did it all without any of the usual sounds we hear when they come out of a 45-second Utkatasana.

Thanks again to the Trillium Fund for the grant that made equipping our new yoga centre possible. Thank you also to all the supporters who provided resources for our move.

As students settled into the new centre, appreciation for the beautiful space poured in.

Early morning classes practised with the sunrise and evening classes were blessed with the sunset. We are truly in the light. The tree canopy visible from the windows is symbolic of growth and our strong roots.
Grand Opening
of YCT’s New Location

I would like to recognize the immense work, dedication and love for Guruji’s work that Marlene has displayed in moving the centre forward.

Our Guru’s brilliant and precise teachings have been the source of Yoga Centre Toronto’s work for the past 40 years and I’m sure we will continue to be inspired by the integrity, compassion and generosity of B.K.S. Iyengar in our new location.

The Grand Opening ceremonies took place over the weekend of September 28-30, and featured a centenary celebration of Guruji’s birth and a three-day workshop with Raya Uma Datta, direct from Pune. The centre was transformed from three classrooms into one vast room that held 101 people comfortably. Maybe we could hold an AGM here!

The workshop started with a three-hour session for teachers where Raya challenged our practices. By swiftly moving through families of asanas, we explored the commonalities and progression which Guruji had laid out in Light on Yoga so we could deepen our understanding and our practice.

We explored ways to break through the dullness of practice, to confront ourselves, to ‘flesh up’ the Sūtras and find the joy. Yes, ‘flesh up’ the Sūtras. Raya expressed that the Yoga Sūtras of Patañjali may seem a bit dry to read. Yet, by imagining the ‘klesas’ – ignorance, egoism, lust, malice and attachment to life – as villains (like characters from a spaghetti western), you can see how they can threaten our contentment. Examine them in your life and have a showdown with them. His message - bring the work to life so we can connect with it, own it and be in Yog.

He questioned our knowledge of Light on Yoga and of why Guruji sequenced it the way he did. Do you know how many drafts of Light on Yoga there were? Again and again, Raya brought to light the brilliance and simplicity of Guruji’s teaching.

The remainder of the intensive focussed on working in standing asanas to progress and challenge our twists, forward bends and back bends. We also explored several concepts.

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One concept was intimacy versus proximity in asana. For example, in Uttanasana, is reducing the space between the trunk and the legs an intimate welcoming experience or just trying to get the two closer together? The Uttanasana trunk needs to “fall like a flower from a tree towards the legs”.

Another concept was psychological time versus actual time. How can one minute in an asana feel like 15 minutes? To illustrate, Raya recounted the story of one practice with Guruji in the yoga hall in Pune, where, unknown to Guruji, Raya was determined to hold Dwi Pada Viparita Dandasana for as long as Guruji did. They went into the asana together. After several minutes, Raya checked to see if Guruji was coming out of the asana. No. Several more minutes went by. No change. Raya’s body was starting to shake. Still no movement from Guruji. Raya’s body was starting to burn. His whole body was screaming. Finally Guruji came out of the asana. Later, Raya told Guruji what had happened, and asked him why he had stayed in the asana so long. Guruji’s reply, “I’m an old man, you know; sometimes I just forget.” Clearly the time spent in this asana was perceived quite differently by the two.

Raya also touched on precision being efficiency of breath. These were among the wonderful and rich learnings from his personal and shared experiences with Guruji that he so generously shared with us throughout the workshop. It was barrier-breaking.

On Saturday evening, Raya shared a presentation of Sūtras, quotes and photographs of Guruji. The centenary celebration presentation was interspersed with philosophy, stories and asana demonstration. It was uplifting and inspiring. The way philosophy was woven through it was beautiful.

It was a great privilege to open the new location with this incredible celebration. Raya’s passion is contagious, so I am sure we will bring that positive energy into our practices at Yoga Centre Toronto for 40 more years.

And, speaking of the next 40 years, there are some wonderful asana workshops, philosophy workshops and intensives coming up at YCT in the next few months. If you happen to be in Toronto, please come join us!
Melissa Perehudoff recently returned from her fourth trip to the Ramamani Iyengar Memorial Yoga Institute in Pune, India. Here are some of her thoughts.

Attending RIMYI is a true pilgrimage filled with many wonders, challenges and insights. Digging deeper into my yoga practice helped to unearth some greater understanding of yoga philosophy. These are my humble attempts to personalize my limited understandings on the subject of the \textit{vrttis}.

Yoga is defined as \textit{citta vrtti nirodhaha} or the cessation of movements in the consciousness\textsuperscript{1}. B.K.S. Iyengar states that a quiet and pure consciousness is divine and at one with the soul\textsuperscript{2}. Investigating further into the yoga \textit{Sūtras} we discover that there are five types of fluctuations or \textit{vrttis} that can cause our consciousness to be unstable. The five \textit{vrttis} are correct knowledge, false knowledge, imagination, sleep and memory\textsuperscript{3}. The \textit{vrttis} are classified into five groups for simplicity and ease of understanding. All five can affect you at one time in varying degrees\textsuperscript{4}. They can be painful (\textit{klista}) or non-painful (\textit{aklista}). The painful \textit{vrttis} can cause our downfall and non-painful or pure \textit{vrttis} result in upliftment\textsuperscript{5}.

**Correct knowledge** or \textit{pramana} is the first fluctuation. In Geeta Iyengar’s classes she demands that we awaken the intelligence in each cell of our body. Learning to broaden the buttock as we raise the back leg in \textit{Virabhadrasana III} creates evenness in the hips and makes the two sides of the body parallel. This \textit{aklista} form of \textit{pramana} creates evenness in the exterior body and balanced energy in the interior body. The \textit{klista} example of \textit{pramana} could be my hyperextending elbows. My mirror, teachers and sometimes students have reported that my elbows are not straight. I experience physical pain when I do not do the correct actions in my upper and lower arms to straighten this joint in poses such as \textit{Adho Mukha Svanasana} or \textit{Adho Mukha Vrksasana}.

**False knowledge** or \textit{viparyaya} is the second fluctuation of consciousness. Before this fourth trip to RIMYI, I had convinced myself that \textit{Kurmasana} was not easily accessible for my body because of my short legs and long torso. After two weeks into my practice in Pune, I could stay in the pose longer and with more ease because of a daily practice that included groin opening poses such as \textit{Upavista Konasana}, \textit{Malasana} and \textit{Marichyasana I}. In fact, it is painful to see that I convinced myself of an assumption based on false knowledge. Hence the saying, “Don’t believe everything you think”.

**Imagination** or \textit{vikalpa} is the third modulation of consciousness. I have to confess that sometimes during practice time in the main hall at RIMYI, I took a moment to observe the adept practitioners. It’s quite something to be doing a quiet restorative practice next to someone who is doing a jumping practice or someone practising \textit{Padmasana} in \textit{Sirsasana}. I imagine these yogis to be single-focused in

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More from Melissa Perehudoff...

digging deeper into the yoga sūtras of Patañjali

their pursuit of yogic awareness and mastery in this lifetime. Then, when I speak to them while putting on my shoes outside the Institute or while buying bananas from the street vendor, I discover they are mothers, fathers, teachers or business people who have an ordinary life and a passion for yoga, just like me.

Sleep or nīdra is the fourth modulation and is the non-deliberate absence of thought waves and knowledge. The state of mind when one is at rest in deep sleep is what we are working to achieve through our yoga practice when we are awake. That is silence in the oscillations of the mind and consciousness which can be experienced as a kliṣta state of void or loneliness or an akliṣta state of solitude or freedom. Of course, disturbed sleep when the mind is busy or the senses cannot withdraw is kliṣta vṛtti. If we desire sleep that brings freshness and brightness to our day, our preparations before going to bed and surrendering to sleep can be one more opportunity to practise restraining the fluctuations of the mind.

Memory or smṛti is the fifth classification of the vṛttis. As Geeta Iyengar said, if our memory is incorrect, it can be painful. For example, remembering incorrectly that big toes turn out in Salabhasana could pinch the lower back. Correct memory that the big toes gravitate towards each other in Salabhasana can help learning in more difficult back bend poses such as Urdhva Dhanurasana when it helps to turn the big toes slightly in to broaden the lower back. As we discover a new awareness in a pose through practice, memory of the experience must alter and help us to develop discrimination.

A steady, dedicated, attentive practice can free the mind from fluctuations. An experience of clear consciousness in daily life can lead to another and this akliṣta memory can inspire us to continue on this light filled journey.

1 Light on the Yoga Sūtras of Patañjali, B.K.S. Iyengar, p46
2 ibid p12
3 ibid p52
4 Transcript of talk by Jawahar Banghera at Iyengar Yoga Center of Victoria, February 2018, transcript by Gary Wong
5 Discourses on Yoga, Vol. 1, Prashant Iyengar, p10
6 Light on the Yoga Sūtras of Patañjali, B.K.S. Iyengar, p56

Canadians in Pune, July 2018, L-R
Melissa Perehudoff (Kelowna BC), Marie-Claude Gervais (Montréal QC), Louis Gerin (Québec QC), Claudie Berge (Montréal QC)
**WELL DONE!**

**Recent Assessments**

**Introductory II**
- Cheryl Martin, Winnipeg MB
- Erin Houston, Victoria BC
- Jessica Lowry, Nanaimo BC
- Karina Berrade, Carstairs AB

**Introductory II**
- Lenore Koreen Lindeman, Lethbridge AB
- Nicole Arendt, Nanaimo BC
- Santiago Arribas Picon, Calgary AB
- Vaughn Barkman, Erickson MB

**Intermediate Junior I**
- Brandy Baybutt, Sooke BC
- Jean-Pierre Nicolotti, Ottawa ON
- Inga Norkute, Calgary AB
- Maryna Illyashenko, Etobicoke ON

**Intermediate Junior I**
- Petra Rykers, Stillwater Lake NS
- Ruth Martin, Calgary AB
- Siobhan Sloane-Seale, Vancouver BC
- Suzanne Boucher-Chen, Calgary AB

**Future Teacher Assessments**

<table>
<thead>
<tr>
<th><strong>Introductory II</strong></th>
<th><strong>Intermediate Junior I</strong></th>
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<tr>
<td>02-04 Nov 2018</td>
<td>Fredericton NB</td>
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<tr>
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<td>London ON</td>
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<tr>
<td>24-26 mai 2019</td>
<td>Montréal QC (français)</td>
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<tr>
<td>Sep/Oct 2019 TBD</td>
<td>Calgary AB</td>
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<tr>
<td>08-10 Nov 2019</td>
<td>Ottawa ON</td>
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<tr>
<td>22-24 Nov 2019</td>
<td>Vancouver BC</td>
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<td><strong>Intermediate Junior III</strong></td>
<td>02-04 Nov 2018</td>
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<td><strong>Intermediate Junior III</strong></td>
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### UPCOMING EVENTS

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<thead>
<tr>
<th>EVENT</th>
<th>DATE/LOCATION</th>
<th>FOR MORE INFORMATION</th>
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<tbody>
<tr>
<td>Louie Ettling - Going Deeper</td>
<td>9 Friday sessions</td>
<td><a href="mailto:theyogaspacevancouver@gmail.com">theyogaspacevancouver@gmail.com</a></td>
</tr>
<tr>
<td>Marlene Mawhinney - L3/4 Workshop</td>
<td>03 Nov 2018</td>
<td><a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a></td>
</tr>
<tr>
<td>Marlene Mawhinney - Philosophy Study/Discussion</td>
<td>03 Nov 2018</td>
<td><a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a></td>
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<tr>
<td>Marlene Mawhinney - at Kelowna House</td>
<td>09-12 Nov 2018</td>
<td><a href="mailto:melissa_perehuddoff@telus.net">melissa_perehuddoff@telus.net</a></td>
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<tr>
<td>Cheryl Joseph - Restorative Yoga Practice</td>
<td>17 Nov 2018</td>
<td><a href="mailto:theyogaspacevancouver@gmail.com">theyogaspacevancouver@gmail.com</a></td>
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<tr>
<td>Meghan Goodman - Journey Inward, Restorative Yoga</td>
<td>17 Nov 2018</td>
<td><a href="mailto:theyogaspacevancouver@gmail.com">theyogaspacevancouver@gmail.com</a></td>
</tr>
<tr>
<td>Practice Enrichment/Professional Development Series</td>
<td>23-24 Nov 2018</td>
<td><a href="mailto:yoga@telus.net">yoga@telus.net</a></td>
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<tr>
<td>Marlene Mawhinney - Weekend Intensive</td>
<td>23-25 Nov 2018</td>
<td><a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a></td>
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<tr>
<td>Karen Major - L2/3 Workshop</td>
<td>Bimonthly</td>
<td><a href="mailto:majork@sympatico.ca">majork@sympatico.ca</a></td>
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<tr>
<td>Marlene Mawhinney - L3/4 Workshop</td>
<td>01 Dec 2018</td>
<td><a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a></td>
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<td>Luci Yamamoto - Understanding Pelvic Tilt</td>
<td>01 Dec 2018</td>
<td><a href="mailto:theyogaspacevancouver@gmail.com">theyogaspacevancouver@gmail.com</a></td>
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<td>Rita Keller - Women's Intensive</td>
<td>07-18 Jan 2019</td>
<td><a href="https://tinyurl.com/Rita-Jan">https://tinyurl.com/Rita-Jan</a></td>
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<td>Marlene Mawhinney - Weekend Workshop</td>
<td>11-13 Jan 2019</td>
<td><a href="mailto:yoga@yogacentretoronto.ca">yoga@yogacentretoronto.ca</a></td>
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<tr>
<td>Louie Ettling - Weekend Workshop</td>
<td>25-27 Jan 2019</td>
<td><a href="mailto:info@familyoga.ca">info@familyoga.ca</a></td>
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<td>Practice Enrichment/Professional Development Series</td>
<td>25-26 Jan 2019</td>
<td><a href="mailto:yoga@telus.net">yoga@telus.net</a></td>
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<td>Ann Kilbertus - Weekend Workshop</td>
<td>08-10 Feb 2019</td>
<td><a href="mailto:cynthia_yoga@telus.net">cynthia_yoga@telus.net</a></td>
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<td>Faeq Biria - All Levels Retreat</td>
<td>10-16 Feb 2019</td>
<td><a href="https://tinyurl.com/Biria-Feb">https://tinyurl.com/Biria-Feb</a></td>
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<td>Claudie Berge/Marie-Chantal Perras/Yan Chabot - Retreat</td>
<td>17-23 Feb 2019</td>
<td><a href="mailto:info@iyengaryogamontreal.com">info@iyengaryogamontreal.com</a></td>
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<td>Faeq Biria - Intermediate/Advanced Retreat</td>
<td>17-24 Feb 2019</td>
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<td>Louie Ettling - Going Deeper</td>
<td>22-24 Feb 2019</td>
<td><a href="mailto:tim@planetyoga.ca">tim@planetyoga.ca</a></td>
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<tr>
<td>Frema Bram/Samantha Lloyd-Lopeter - Retreat</td>
<td>23 Feb-02 Mar 2019</td>
<td><a href="mailto:info@familyoga.ca">info@familyoga.ca</a></td>
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<tr>
<td>Ty Chandler/Sharoni Fixler - L1/2 Retreat</td>
<td>02-09 Mar 2019</td>
<td><a href="mailto:deanna@calgaryiyengaryoga.com">deanna@calgaryiyengaryoga.com</a></td>
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<tr>
<td>Marlene Mawhinney - Weekend Workshop</td>
<td>08-10 Mar 2019</td>
<td><a href="mailto:welcome@pathwayyoga.ca">welcome@pathwayyoga.ca</a></td>
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<td>Louie Ettling - L2/3 Weekend Workshop</td>
<td>08-10 Mar 2019</td>
<td><a href="mailto:sandra@pranayogawinnipeg.ca">sandra@pranayogawinnipeg.ca</a></td>
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<td>Ty Chandler/Sharoni Fixler - L2/3/4 Retreat</td>
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<td>Practice Enrichment/Professional Development Series</td>
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<td>Edwin Bryant - Bhagavad Gita</td>
<td>12-14 April 2019</td>
<td><a href="mailto:welcome@pathwayyoga.ca">welcome@pathwayyoga.ca</a></td>
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<td>Sharoni Fixler - L1/2/3 Practice Retreat</td>
<td>26-28 Apr 2019</td>
<td><a href="mailto:deanna@calgaryiyengaryoga.com">deanna@calgaryiyengaryoga.com</a></td>
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<tr>
<td>Jawahar Bangera - Teachers/Trainees Seminar</td>
<td>03-05 Jun 2019</td>
<td><a href="mailto:deanna@calgaryiyengaryoga.com">deanna@calgaryiyengaryoga.com</a></td>
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<td>Jawahar Bangera - Workshop</td>
<td>07-09 Jun 2019</td>
<td><a href="mailto:majork@sympatico.ca">majork@sympatico.ca</a></td>
</tr>
</tbody>
</table>

#### OTHER EVENTS

| Centenary Celebrations of B.K.S. Iyengar's Birth | 15 Dec 2017 to 14 Dec 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 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)
• Photos: identifiable people should have given permission regarding use of their images.
• 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 JANUARY 2019.