

IYOGA newsletter

IYENGAR YOGA OTTAWA GATINEAU ASSOCIATION • 784 Bronson Avenue • 613-761-7888 • iyoga@canada.com • www.iyoga.ca

Iyengar Yoga Ottawa Gatineau is dedicated to promoting the art, science and philosophy of yoga according to the tradition of our teacher Sri B.K.S. Iyengar.

Iyengar Yoga Centre - AGM, 2008

On September 26th, 2008 at 6:30pm a little over a dozen interested yogis and yoginis gathered for the Iyengar Yoga Ottawa Gatineau Association's annual general meeting. After taking some time to introduce ourselves, the group then turned to business by approving the agenda and last year's minutes.

Next the president's report followed from Linda Uhryniuk, indicating a year with solid performance, continued success, and few substantive changes to the centre's operations. Linda attributes the centre's ongoing success to the high quality teaching that the centre's teaching staff provide. (See Linda's full report on page 2). In addition to providing leadership for the board over the past year, Linda is also one of the centre's most devoted volunteer cleaners, a fact that was recognized during the meeting by teacher, Donna Fornelli.

The financial report followed the president's report indicating that, in 2007, net income had increased by more than \$2,000 over the net income of the previous year. This is very good news, and will help to assure the centre's ongoing success. As a not for profit organization, a non-certified auditor is required; Emily King agreed to serve as auditor for the year starting September 27th, 2008.

During committee reports it was revealed that the fall issue of the newsletter would



Iyengar Yoga Centre's new 2008/09 Board of Directors

be out by mid October. Anyone wishing to contribute to the newsletter, please contact Emily King – new material is always very appreciated, and warmly welcomed. From the membership committee we heard that there are currently 62 members, 22 of which have a friends pass, which includes with it a membership, and there are currently 15 flexi-pass holders. All of these are up slightly from last year. About one third of students choose to become members at this time. On fundraising there was some discussion about possible fundraising opportunities for the future, such as appealing for yearly donations, particularly if the centre were to seek charitable status.

Finally, new board members were elected – a warm welcome to David Gunn, Patricia Lyle-Barlow, Luc Savard, and Annemiek Van Den Berg as new board members for the year starting September 27th, 2008. A big thank you to Marie Cocking and John Giokas, who are stepping down from the board, for their time spent, work done and expertise brought to the board of directors over the past year. At 7:45 the meeting was adjourned until next year. Many thanks to all.

FALL SCHEDULE

Day	Time	Teacher	Level	Fee (GST incl.)
Monday	9:30-11:00 AM	Cathie Lewis	1	\$95
	1:00-2:30 PM	Donna Fornelli	1	\$95
	5:45-7:15 PM	Barbara Young	1	\$95
	7:30-9:00 PM	Donna Fornelli	2	\$95
Tuesday	7:00-8:30 AM	Barbara Young	Mixed Levels	\$95
	9:30-11:00 AM	Donna Fornelli	2	\$95
	1:00-2:30 PM	Donna Fornelli	Special Needs	\$95
	5:45-7:15 PM	Cathie Lewis	2	\$95
	7:30-9:00 PM	Sharon Pickle	1	\$95
Wednesday	9:30-11:00 AM	Barbara Young	Gentle	\$95
	12:30-2:30 PM	Barbara Young	2	\$130
	5:30-7:30 PM	Donna Fornelli	4	\$130
	7:40-9:10 PM	Donna Fornelli	1	\$95
Thursday	9:30-11:00 AM	Cathie Lewis	2	\$95
	4:00-5:30 PM	Donna Fornelli	1	\$95
	5:45-7:15 PM	Barbara Young	2	\$95
	7:30-9:00 PM	Barbara Young	3	\$95
Friday	1:00-3:00 PM	Cathie Lewis	3	\$130
Saturday	8:00-9:30 AM	Donna Fornelli	2	\$95
Sunday	10:00-11:30 AM	Cathie Lewis	1	\$95
	11:45-1:15 PM	Barbara Young	Restorative	\$95

Everybody should live quietly whether his experiences are happy or sad, whether they are successes or failures. That is contentment.
– B.K.S. Iyengar

SATURDAY WORKSHOPS

HIPS AND LOW BACK - PARTS 1 AND 2

with Cathie Lewis

Saturday November 1 ~ Part One, 1-4 PM

Members \$40, Non-members \$45

Saturday December 6 ~ Part Two, 1-4 PM

Members \$40, Non-members \$45

Focus on health, mobility and stability of hips and low back in this 2-part workshop. Recommended but not essential to participate in both. Some Iyengar yoga experience required.

ALL-DAY WORKSHOP FOR LEVEL 2-4 STUDENTS

with Barbara Young

Saturday, November 22

10 AM-12:30 PM and 1:30-4 PM

Members \$65, Non-members \$75

Delve more deeply into your practice and understanding of Iyengar yoga. Plan a very light lunch. Participants should be familiar with Sirsasana and Sarvangasana.

... AND MORE

Also save the date for a special celebration of Guruji's 90th birthday on December 12th – watch for more details to come on the website or at the studio.

PROPS FOR SALE AT CENTRE

Mats.....	\$25.00
Straps.....	\$10.00
Bolsters.....	\$50.00
Wood Blocks.....	\$20.00
Foam Blocks.....	\$10.00
Blankets	\$30.00

Report to the Annual General Meeting on behalf of the Board of Directors, Iyengar Yoga Ottawa Gatineau Association (IYOGA) September 2008

Looking back over the last year, I would say that we have had a very steady year, with a few highlights and many successes.

One of the highlights of 2008 was Geeta Iyengar's visit to Canada in May/June. Several teachers and students from our Centre attended. Barbara Young offered another successful winter retreat in February, and the Centre was treated to a wonderful new bright sunny yellow entrance thanks to Sharon Pickle's determination and generosity.

Thanks to the work of a few individuals, we continue to enjoy a high standard of cleanliness at the Centre. Membership in IYOGA increased this year, with approximately one third of the students at the Centre joining as members. The schedule of classes was improved by offering a new format in the summer session, and a free introductory class was offered at the beginning of the fall session with great success. Twenty-nine people attended the class, with about 1/3 enrolling in classes after the session.

The highlight of the successes of the Centre is, without a doubt, the excellence of our teachers. They offer a very high level of teaching, working together to offer classes 7 days a week — morning, noon, and night, including holidays — with levels from 1 to 4, special needs, gentle, and restorative classes, special classes, workshops and retreats. With wonderful reliability, the teachers are always on time, available to students, and never cancel classes. Our teachers set an excellent example for all of the students at the Centre.

Thank you to each of you who serve on the Board of Directors of the Centre. Marie Cocking and John Giokas will be leaving the Board of Directors this year. On behalf of the Board, I would like to thank them for their good work on behalf of the Centre.

Linda Uhryniuk
President, IYOGA

The still waters of a lake reflect the beauty around it.
When the mind is still, the beauty of the Self is seen
reflected in it. — B.K.S. Iyengar

2007/08 Board of Directors

Marie Cocking – Director
Donna Fornelli – Treasurer
John Giokas – Director
Paulette Hendry – Director
Cathie Lewis – Director
Laurette McCormick – Director
Linda Uhryniuk – President
Barbara Young – Past President

2008/09 Board of Directors

Donna Fornelli – Treasurer
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Cathie Lewis – Director
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David Gunn – Director
Patricia Lyle-Barlow – Director
Luc Savard – Director
Annemiek Van Den Berg – Director

As always, thank you to our dedicated volunteers! Your contribution makes a difference. Anyone interested in volunteering please speak to your teacher or call the centre at (613) 761-7888. Those interested in helping with the newsletter can contact Emily King at emilymking@hotmail.com

Thank you

How yoga got to... where yoga got to

By Stuart Pursey

About seven years ago (or was it nine?) a yoga student named Lois dragged me to an "Iyengar Yoga Class" with eight others from my sailing club. I was not happy about it at the time, but it was easier to go than to argue. I wore my jeans hoping I would get kicked out of the class. No such luck! I had over played my hand that evening and so here I am still a student at Iyengar Yoga all these years later; and in fact Donna has continued to teach me ever since that "unfortunate" evening.

If you are new (or even not new) to Iyengar Yoga you might wonder about certain things. What really goes on? What is a yoga class really like? Where did all those poses come from? What are the teachers really like?

I'll start with a typical Iyengar class. At the beginning of the class, you moan (ie. "om") three times. But you can't moan just any old time you like. The whole class has to moan three times together. If the class moans really loudly with the moans resonating and ringing off the walls you get extra points (well I think you do). After the three moans are over, you sing or chant the invocation. This is in Sanskrit, a language that I don't understand, but it is a giving of respect to those who have brought yoga to everyone though the ages, and particularly the sage Patanjali, who is thought to be the inventor of yoga. (You can listen to the chant here: <http://www.bksiyengar.com/audio/invocation.mp3> - the part that we do in class starts about a third of the way into the recording.)

After the invocation the teacher will ask if you have any injuries or sickness. Usually if you are hurt or sick you can mention it to the teacher before class starts so you don't have to confess in front of the whole class, which can be a little embarrassing. So it is better, before the class, to go up to the teacher and say that you have a sore ankle (or a sore whatever); that way you don't have to say it front of everybody. It is important though that the teacher, one way or another, knows about injuries because if half way through the class if you can't do a pose and the teacher notices (and they always do) and then you explain why (because of said injury) you really catch it because the teacher asks why, why, oh why was she was not told earlier? Then they will often give you something else to do instead.

Once these things are done, the poses begin. Each pose has a name in Sanskrit. A really popular pose is Tadasana. This is the "stand up straight" pose. It is truly amazing how much time and effort can go into this pose. The

teacher can spend hours on that pose. Recently I have started to think that almost every pose is Tadasana. There is upside down Tadasana (like headstand and shoulder stand). There is "bend over at the hip crease with legs poker straight" Tadasana. There are lots of variations of this pose depending where you put your arms and legs and which direction you bend. An equally popular pose is Adho Mukha Svanasana. This pose, translated from Sanskrit into English, is "dog stretch". And finally, after you get through all the poses for that day the teacher says, with great (but quiet) gusto, "Haven't you been waiting all class for this?" and asks you to do Savasana. Known as "corpse pose" this is the pose where you take a nap without falling asleep.

Perhaps you are wondering where all these poses come from. Yoga began thousands of years ago in India (or thereabouts) where monks and sages would mediate. Naturally they got achy and stiff from sitting so long and needed to stretch. The main thing to know is that yoga was not invented instantly: it developed over the years and still continues to develop, year by year, or perhaps, decade by decade, or even century by century.

Well, by now you may be wondering about the "Iyengar" in Iyengar Yoga. There are many forms of yoga and I suppose each has their advantages and disadvantages. Quite simply Iyengar Yoga is named for B.K.S. Iyengar, the guru of this style of yoga, and it is based on having accuracy and precision in the poses. A big advantage to Iyengar Yoga is the use of props — they really help you to achieve the poses in ways that otherwise you could not do.

Now onto the teachers; there are three main teachers; Donna, Barbara, and Cathie. Actually there is one more now too: Sharon - she just got her certification in 2007. Actually again there is one more than that, a newer student teacher named Glenda. There might be more, but I have never seen them. These teachers are as different as night and day. You might think that that means they are very, very different, but not really. How much is day different than night after you get past the whole light and dark thing? Donna, my main teacher, is especially good at getting your legs "poker straight", while Barbara has a lovely singing voice for the invocation and Cathie likes using the ropes that hang on the walls. Each has their advantages.

Well, I would like to continue this article but I really have to get ready to go to yoga ... sometimes I make it to class and sometimes I don't, but I always know if I made it to yoga or not once I get there.