

*Iyengar Yoga Ottawa Gatineau Association
Fall Newsletter 2010*



Iyengar Yoga Ottawa Gatineau

Exists to:

- ॐ Study, teach, disseminate, and promote the art, science and philosophy of yoga according to the tradition of our teacher, Sri B.K.S. Iyengar;
- ॐ Educate the community and health care professionals about the benefits of Iyengar Yoga;
- ॐ Provide teacher training;
- ॐ Co-operate with local, national, and international organizations with similar goals;
- ॐ Establish and maintain suitable quarters and facilities for the corporation to further its objectives.

Iyengar Yoga Ottawa Gatineau Association Board of Directors

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Anyone wishing to contact a member of the Board may do so by emailing them directly or by phoning the yoga centre at 613-761-7888 and leaving a message.

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IYOGA Class Cancellation Policy:

Classes may be cancelled due to insufficient registration. If a class is cancelled students may transfer to another class during the same session, have a course credit for the next session or receive a refund.

Contributing to the IYOGA Newsletter:

Anyone wishing to submit an article (500 words max) for the newsletter may do so by emailing iyoganews@gmail.com. Submissions may be edited for length and clarity. We cannot guarantee inclusion of your submission in the newsletter (but we'll try!) Please send your submission in text format only. Pictures are also welcome.

Articles and photos may not be reprinted without the expressed written permission from the author and/or photographer.

IYOGA Newsletter Committee: Judy Maxwell, Leeann McGovern, Corrine Stocco, Eryn Kirkwood and Jennifer Fornelli. Anyone wishing to join the Newsletter Committee is most welcome. Please email us at iyoganews@gmail.com.

Our centre is located at 784 Bronson Ave. just south of Carling Ave. and is conveniently located on bus routes #4 and #85. Parking is available at the rear of the building. For more information please visit our website at ivoqa.ca or call 613-761-7888.

A Message from our President

I've been thinking about happiness a lot this year. Why are some of us happy and some are not?

I spent time thinking about happiness as it relates to no suffering, to contentment and to gratitude. I thought a lot about what makes me happy and unhappy. I thought about happy people and what makes them happy. A close friend, whom I think of as a happy person, told me that she tries to be joyful in every moment – not thinking about the past or future. I'm inspired by the happy demeanor of the Dalai Lama, who admits to not knowing what brings lasting happiness.

I decided to work at creating happiness in my life by identifying what makes me happy and increasing it in my days, at the same time eliminating things that decrease my happiness. I started small, and tried to be conscious of finding happiness in all that I do, including work, family, spiritual practice and community service.

Yoga practice definitely makes me happy. I identified a few things that make me happy in my practice - learning a new way to do something, feeling a new freedom in a familiar pose, and doing something that I couldn't do before. Sometimes I'm happy just to make it to class on time! Some days I'm happy just to make it to class at all. I almost always have a feeling of happiness during class when it's time to take savasna.

It makes me happy to see familiar and friendly faces at the Centre.

I hope that you find happiness attending our Centre, and that you find happiness in all of your days. Mr. Iyengar talks about happiness as a state of mind, and that yoga practice can help to move us from the mind state of happiness to the spiritual state of delight. Something else to think about...

Linda Uhryniuk
IYOGA President

Members of the IYOGA Teacher Training Program

Ever wonder who those people were in your class who didn't participate but sat at the back of the class and took notes? Occasionally they would be called on to "look, do, or teach"? They are the future teachers at our yoga centre and here is an opportunity to find out a bit more about them...



After a year of curiosity and "research," Eryn Kirkwood joined the Iyengar Yoga community in early 2009 and has never looked back. In September of 2009 she was accepted into the Teacher Training Program under the direction and guidance of Donna Fornelli. Eryn is a member of the Iyengar Yoga of Ottawa/Gatineau Newsletter Committee, writing and editing articles and assisting in Newsletter production. Her enthusiasm and passion for the practice are hard to miss and are certain to carry through in her future as a teacher!



Glenda Murphy has been studying under Donna Fornelli with the Ottawa Iyengar Yoga Studio since 2005. She has currently completed the 3-year pre-requisite training and is preparing for teacher certification assessment this coming fall. Glenda has had a lifelong interest in yoga — she took her first Iyengar yoga course as a teenager on the east coast. Throughout the years, yoga has continued to hold an important place in her life. These days yoga is a source of great joy and fulfillment as she shares her experiences with yoga students.



Leigh Stevenson was first introduced to Iyengar Yoga in 1998, when she began taking classes with a friend at Yoga Centre Toronto. From her very first class, she knew she had been exposed to something uniquely awakening. Having attended classes in Toronto, Calgary and now Ottawa, she has always been struck by the transformations that Iyengar Yoga can affect, whether in herself or in her fellow students. Leigh has had the great fortune to have met some truly inspirational teachers, all of whom have influenced her desire to join the Teacher Training Programme at Iyengar Yoga Centre of Ottawa-Gatineau. She looks forward to the prospect of attending classes at RIMYI in Pune, in November of 2011.

Starting a Home Practice – Who Knew It Could Be So Simple?

By Leeann McGovern

I don't know about the rest of you, but I had been procrastinating starting a home yoga practice for a long time. My excuse was that I never knew quite how to begin – which poses to start with and what sequences to follow. So when I saw that the studio was offering a "Starting a Home Practice" workshop, I realized that this was my chance to finally get going. And what a chance it was. The workshop, led by Donna Fornelli, was very practical and gave me just what I needed.

We talked about typical obstacles to home practice and considered easy solutions to these. For example, you might not have official yoga props at home but you can improvise - a large can of juice will substitute nicely for a wooden block. You might think you don't have enough space in your apartment or house, but all you really need is enough space for a yoga mat. We went through the groups of poses – standing, seated, forward bends, back bends, inversions – and discussed sequencing. The best suggestion for sequencing was to note the order that you practice the poses in class and follow that same order at home. Perhaps even jot down on paper the poses you did in class, in the order they were done, to help you remember.

There were other handy pointers. Hold a pose for as long as you're actively working in it and breathing normally, for example. Pay attention to how the body is feeling and work accordingly, as another example.

We talked about the health benefits of regular yoga practice, as well as how a home practice allows us to get more out of our yoga classes. We were reminded that we practice yoga to quiet the mind.

There was lots of opportunity for questions and to discuss specific concerns.

Heck, we even did some yoga!

What resonated most with me, however, was Donna's assertion that a home practice need not be a huge undertaking. It's okay to start small – fit in just 10 minutes twice a week even. Maybe increase that over time or even just maintain it. Maybe just do Adho Mukha Svanasana (dog stretch) three times and call that a practice. Maybe do half a dozen poses some days and just a couple on other days.

The workshop reaffirmed that there are many good reasons to start a home practice, however small or simple that practice is. After all, yoga is something that we do for ourselves and that only we can do for ourselves.

IYENGAR YOGA OTTAWA GATINEAU MEMBERSHIP

Iyengar Yoga Ottawa Gatineau is a registered not for profit association. Please consider supporting our association by becoming a member. Membership benefits include library borrowing privileges, discounts on workshop fees, and a vote at annual general meetings. All membership fees go towards the upkeep of our centre.

Memberships are renewable each September. For those of you who have taken out a membership in 2010 your membership will be extended until September 2011.

Membership forms are available at the yoga centre or may be downloaded from our web site at iyoga.ca.

What is the traditional understanding of the purpose and meaning of the practice of yoga? What does yoga mean to you? How is it part of your life?

By Leigh Stevenson

"The word Yoga is derived from the Sanskrit root yuj, meaning to bind, join, attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion" (B.K.S. Iyengar, *Light on Yoga*, p. 19). Philosophically, "Yoga" has many applications, but the most common interpretation is the union of body, mind and soul.

Many western practitioners consider yoga to be a strictly physical pursuit – a way to get a great workout, or "...nothing but a kind of gymnastics" (B.K.S. Iyengar, *The Tree of Yoga*, ix). Interestingly, this is what initially brought me to yoga. Over a decade ago, it was meant to complement my running program, to counterbalance the "pounding" of my muscles by stretching them. At the time, I certainly did not view it as a spiritual or philosophical practice, nor did I have any idea that, within mere months, yoga would become much more important to me than virtually any other "extracurricular" pursuit.

I find it fascinating that, whereas many other philosophies seek to transform individuals from the inside out, yoga (while it can be used in this way) also has the ability to penetrate a person from the outside in. Patanjali's *Sadhana Pada* reveals that a *sadhaka* who demonstrates *tapas* in his or her practice and follows the eight-fold path may one day achieve enlightenment to the same degree as those who are inherently spiritually enlightened. I imagine that many individual practitioners have been surprised by the inevitable, if unintentional, permeation they've experienced.

To me, personally, the ultimate meaning and value of yoga is *stillness*. Over time, I have become increasingly aware of my susceptibility to distractions of many and various kinds; I consider myself to be a virtual embodiment of "cittaviksepah" (I, 30). This is why yoga is so important to me: "*yoga cittavrtti nirodah* (yoga is the stilling of the fluctuations of consciousness)" (I, 2). Practising yoga is my opportunity to escape my daily distractions, my emotions, my future and past. Commitment to personal practice, classes and teacher training and endeavouring to reach a deeper understanding of the techniques and lessons of Mr. Iyengar – and yoga in general – are the influences that afford me a level of centeredness and clarity that I've never before discovered. In practical terms, it's simply a directive to "hit the mat". But much more importantly, it's an opportunity to truly *focus* – on my physical self and my breath, yes. But I've also had glimpses of where that focus can take me – the *Dharana* that can lead to *Dhyana* (however brief) and perhaps, one day (whether in this lifetime or another), to *Samadhi*.

Physical firmness, emotional stability and intellectual clarity are the keys to meditation.

BKS Iyengar

Things to remember when attending a class at the Iyengar Yoga Centre:

- Light food may be taken up to two hours before class;
- Consume water before or after class but not during;
- Bare feet are essential;
- Please don't wear baggy pants, perfume, cologne, or heavy jewellery;
- Please be on time, and be sure to let your teacher know about injuries or medical conditions.

Thank you!

Autumn Session 1: Tuesday September 7 to Sunday October 31 Autumn Session 2: Monday November 1 to Thursday December 23				
Day	Time	Level	Teacher	Fee (includes HST)
Monday	9:30 - 11:00 am	1 - 2	Karin Holtkamp	\$110
	1:00 - 2:30 pm	1	Donna Fornelli	\$110
	4:15 - 5:15 pm	Pranayama/Sutra Study*	Barbara Young	\$75
	5:45 - 7:15 pm	3	Barbara Young	\$110
	7:30 - 9:00 pm	All Levels	Donna Fornelli	\$110
Tuesday	9:30 - 11:00 am	All Levels	Donna Fornelli	\$110
	5:45 - 7:15 pm	2	Cathie Lewis	\$110
	7:30 - 9:00 pm	1	Sharon Pickle	\$110
Wednesday	9:30 - 11:00 am	1	Barbara Young	\$110
	1:00 - 2:30 pm	2	Barbara Young	\$110
	5:30 - 7:30 pm	4	Donna Fornelli	\$150
	7:40 - 9:10 pm	1	Donna Fornelli	\$110
Thursday	9:30 - 11:00 am	2	Cathie Lewis	\$110
	5:45 - 7:15 pm	1	Barbara Young	\$110
	7:30 - 9:00 pm	2	Barbara Young	\$110
Friday	1:00 - 2:30 pm	3	Cathie Lewis	\$110
Saturday	8:00 - 9:30 am	All Levels	Donna Fornelli	\$110
	10:00 - 11:30 am	Restorative**	Donna Fornelli	\$110
Sunday	10:00 - 11:30 am	1 - 2	Glenda Murphy	\$110
	11:45 am - 1:15 pm	Strength/Endurance	Barbara Young	\$110

*Ongoing Pranayama runs September 13-November 1. Previous Pranayama experience required.

*Sutra Study runs November 8 to December 20.

** Restorative Yoga welcomes students with particular needs. Please see class description.

Registration: The centre will be open for class registration 15 minutes before and after class times. INTERAC, MasterCard, VISA, cheque or cash accepted.

Generous discounts are given to yoga students who register in more than one class per week.

First time registrants receive 10% off the primary class registration. Student and Senior discounts also apply.

Pre-Register: Please make a cheque payable to Iyengar Yoga Centre and mail to 784 Bronson Ave., Ottawa ON K1S 4G4. Be sure to include your name, mailing address, email address, telephone number and the class day, time and level (or workshop). To pre-register by phone, using VISA or MasterCard, please call 613 761-7888. Please note that we do not accept deposits to hold space in classes or workshops.

Some financial assistance is available for those who cannot afford classes. Please contact Donna Fornelli by leaving a message at 613-761-7888.

Missed classes may be made up during the same session at the same level or lower. Classes cancelled because of special events or holiday closures may be made up during the same session. Classes may be cancelled if there is insufficient registration.

Gift certificates are available. Please contact us for more information.

FREE Introductory Classes: Saturday September 11, Noon-1pm; Saturday October 23, Noon-1pm

These yoga classes are offered at the beginning of each session so new students can visit our spacious, well-equipped centre and learn about Iyengar yoga. Tell friends and family!

Saturday Afternoon Workshops are offered regularly. Watch for details at iyoga.ca and at the centre.

IYOGA FEE SCHEDULE FOR MULTIPLE CLASS REGISTRATION

Primary Class	1 additional class	2 additional classes	3 additional classes	4 or more Additional classes
1.5 hour = \$110 *Seniors/Students = \$100	\$110 + 65 = \$175 \$100 + 65 = \$165	\$175 + 55 = \$220 \$165 + 55 = \$210	\$220 + 55 = \$275 \$210 + 55 = \$265	Add \$55 for each class
2 hours = \$150 *Seniors/Students = \$140	\$150 + 65 = \$215 \$140 + 65 = \$205	\$215 + 55 = \$270 \$205 + 55 = \$260	\$270 + 55 = \$325 \$260 + 55 = \$315	Add \$55 for each class
1 hour = \$75 *Seniors/Students = \$65	n/a	n/a	n/a	n/a

*Seniors over age 65 and Students with valid student ID card.

Drop –In: 1 hour - \$12; 1.5 hour - \$17; 2 hour - \$22

1. Register in your primary class at the highest level you plan to attend i.e, if you plan on attending a level one *and* a level two class in the session, the level two class will be your primary class.
2. Register in your additional class(es) by filling in the “Additional Class” page when you sign in at the beginning of your first class. At the same time, we ask that you indicate whether it is your second, third, fourth, etc., class of the session.
3. A 1 hour class qualifies as an additional class, but does not qualify as a primary class that can be added onto. Those who wish to add a one hour class should add \$45 to the total of their class fees.

<u>Props For Sale*</u>	
Belts	\$11.30
Blankets	\$34.00
Blocks – Foam	\$11.30
Blocks – Wood	\$22.60
Bolsters	\$56.50
Eye Rests	\$15.00
Head Wraps	\$ 8.50
Mats - Studio	\$28.25
Mats - Travel	\$22.60

<u>Books For Sale*</u>	
How to Use Yoga	\$12.60
Illuminations	\$10.50
Light on Yoga	\$38.80
Light on Yoga Sutras	\$31.50
Light on Pranayama	\$23.73
Light on Life	\$36.70
Yoga A Gem for Women	\$31.50
Yoga the Iyengar Way	\$37.75
DVD – Yoga for Beginners	\$28.25

* Prices in include all applicable taxes.

*Yoga is for all of us.
To limit yoga to national or cultural boundaries is the denial of universal consciousness.
BKS Iyengar*

Why Iyengar Yoga?

By Eryn Kirkwood

I come from a strong fitness background. My entire life, I've played competitive sports, lifted weights, done aerobics and spinning, you name it. So it's no surprise that when I finally stumbled across this thing called Yoga, it was purely with an interest in the physicality. I tried PowerYoga and Vinyasa and fell in love. And like any relationship founded on ego gratification, this too was a sordid affair. Although I felt great once the class ended, happy to have survived, drenched in sweat and near comatose in a room heated to 45 degrees, the next day was a different story. I pounded through the postures with poor alignment, aiming to get my heels down, grab my toes, reach the floor, put my chin on my shin, stretching beyond any natural capacity, and eventually, I came to a place of greater pain than ever before my introduction to the practice. After a few injurious adjustments from teachers with as little as 30 days of training, I was desperate. My life had become a miserable search for relief. I bounced from chiropractors to massage therapists and acupuncturists. I tried deep tissue massage, physiotherapy, needle therapy . . . and was headed for psychotherapy if something didn't give!! Finally, I began to question this style of Yoga.

I have always been a cerebral person, interested in studying the body, and anatomy was at the forefront of my mind. Somewhere along the way I had heard that this style of Yoga, this *Iyengar Yoga* (how the heck do you say that?? Eye-ying-gar???) was world-renowned for its heavy focus on alignment and the extensive training of its teachers. Maybe if I could pinpoint what my *issue* was, then I could fix it. I looked online, and Low and Behold, there was one center in the city that offered this particular style. The Iyengar Yoga Center on Bronson.

Since my first class with Sharon, my life on all levels has not been the same. Everything I'd heard about this style was true -- and more. I experienced alignment for the first time and it felt GREAT! I tried less reaching and more *being*. I was privy to the knowledge and guidance of a highly qualified teacher and saw how each individual was offered some variation of the same pose that best suited their needs. The ability of one woman to teach a class of 10 students in such a way didn't go unnoticed. Sharon's thorough understanding of the postures and warm demeanor hooked me in.

Shortly thereafter (and dozens of emails later) I met with Donna and enrolled in a Level 2 class. In 4 years of full-time Yoga, I had not heard that I overarched my lumbar spine, that I didn't straighten my legs in the standing poses, that my alignment was way off. I had come to the class hoping to stay, and when Donna asked me if I knew Sirsasana (Headstand), sheer willpower put me on my head and fierce determination kept me there despite jello legs and trembling arms. I knew the pose was a disaster, but Donna allowed me some semblance of pride --- if only for that one class . . .

In a matter of weeks and a handful of classes, my body felt better than EVER. My back pain was gone, my hamstrings were healing, and I didn't have to curl into the fetal position to get out of bed. In a handful of classes, these phenomenal teachers had done what every professional in the field had been unable to do. It was a miracle.

I knew right away this was my path and that my method of practicing and teaching was not only ineffective, but harmful and unethical. One year ago this September I applied and was accepted into the Teacher Training program. It's a huge commitment, and it's worth every second. I'm so excited to be a part of this thriving community, dedicated to learning and passing on the great teachings of our Guru, B.K.S. Iyengar. The benefits I've reaped from this style of Yoga--the ability to focus, heightened body-mind awareness, ease and lightness in my body, all reassure me that other styles just don't compare. So perhaps the question isn't "Why Iyengar Yoga," but why the heck not!

Yoga Sutras Chapter II

By Karin Holtkamp

Sutra II.1: Burning zeal in practice, self-study and study of scriptures, and surrender to God are the acts of yoga.

Sutra II.43: Self-discipline burns away impurities and kindles the sparks of divinity.

Sutra II.44: Self-study leads towards the realization of God or communion with one's chosen deity.

Sutra II.45: Surrender to God brings perfection in samadhi.

Those four sutras are intricately linked. They are describing Kriya yoga, the yoga of action. Kriya yoga encompasses tapas (burning zeal), svadhyaya (study of self and scriptures), and Ishvara pranidhana (surrender to God). Tapas, svadhyaya, and Ishvara pranidhana are the last three of the five niyamas (ethical observances), the niyamas being the second branch of Ashtanga Yoga as described in Chapter II of the Yoga Sutras.

First I am going to describe the different aspects of Kriya yoga in a little more detail. First comes tapas: The Sanskrit word tapas has been translated as burning zeal, discipline, and a desire to devote oneself to the practice of yoga. We need at least some amount of zeal and discipline in order to maintain a regular practice so that the impurities of the mind will get burned away over time.

Svadhyaya is the study of the self and of the scriptures. This involves studying one's mind and becoming aware of its fluctuations. Observing what it is attached to and what it is averse to, as well as becoming aware of one's behavioural patterns that are deeply rooted in past impressions (samskaras). Yet svadhyaya ultimately goes beyond the mind. Beyond the behaviours, attachments, and aversions; beyond all the mind-stuff resides the indwelling spirit, the soul, called Purusha in Sanskrit. Purusha is the light within, which is usually covered by a thick layer of ignorance. Practicing yoga is an attempt to remove those layers and to get in touch with the light within, which is pure consciousness and divine.

Ishvara Pranidhana means surrender to God as in body, mind, and spirit. This includes not being attached to the outcome of one's actions. Practicing both tapas and svadhyaya prepares the practitioner for that surrender.

Kriya Yoga appeals to me because it is active, demanding my direct participation. I am asked to do my part by maintaining a regular sadhana so that over time the impurities of the mind will be eradicated. To stay committed to this practice I need all the tapas I can come up with. To help me stay on the right track I need to practice svadhyaya so I have a better chance to respond to each situation spontaneously with a clear and present mind rather than falling back on reactive patterns dictated by past impressions.

Up to this point it's all in my own hands: It's up to me what and how I practice as well as how I conduct myself in everyday life. However, my own efforts will get me only so far, because how far along on this path I will be able to make it ultimately depends on the grace of God, which is something that can only be hoped for rather than taken for granted.

Before one is able to practice Ishvara Pranidhana, the ego has to be cut down to size first, and the mind needs to be purified. An inflated ego is likely to get in the way of this process. Realizing that the ego is not likely going to give up anytime soon and certainly not without a fight, I can clearly see that I have my work cut out for me.

An intellectual mind that is unconnected to the heart is an uncultivated mind.

BKS Iyengar

Marichyasana III

By Eryn Kirkwood

Marichyasana III in its classical presentation is a complex posture requiring notable flexibility in the hips, hamstrings, and shoulders; however, steps working up to the final pose are each in their own right a variation of the asana that is accessible to all levels of ability.

Props Needed:

2 or 3 four-fold blankets

How to do the Pose

To come into the pose, take two or three 4-fold blankets to sit on in Dandasana. You should have enough height that the sacrum lifts and the spine is straight. Bend your left leg, bringing the heel close to the buttocks and the inner foot alongside the opposite inner thigh. Place your left hand on the floor (or the blankets or a block if your hand doesn't reach) at the base of your spine. Inhale, extend the right arm overhead, and lengthen the spine. As you exhale, turn your torso to the left, and hug the knee in the crook of your right elbow. Lift the torso upright again and open the chest as you turn to the left. Draw the right ribs toward the left thigh. Keep drawing the shoulder blades in and lift the chest. If there is little or no space between your right ribcage and left thigh, take your right elbow on the outside of the left thigh, turn the right arm and swing the left arm around your back to grasp your hands. If you can't quite grasp your hand use a belt. Gaze over the left shoulder. Stay here for 20-30 seconds. Exit the pose in the same manner in which you entered it. Return to Dandasana before repeating on the other side.

I find the greatest challenge of this posture is keeping the bent knee hugging close to the body and the extended leg rolling inward. The key to this asana is to keep the chest lifted and the spine lengthening as you turn the abdomen to the left. Internally rotate the thighs to keep the outer hips compact and the sacrum lifting.

Marichyasana III has a beneficial effect on the abdominal organs. Compression of the abdomen increases blood circulation around these organs and keeps them healthy (*Light on Yoga*, page 126). Massaging the organs in this way tones the digestive system and helps to counteract constipation, diabetes, and obesity. Strengthening of the urinary system and improved functioning of the bladder are additional "perks." (*Yoga: A Gem for Women*, page 148-9).



*Yoga is a light which, once lit, will never dim.
The better you practice, the brighter the flame.
BKS Iyengar*

A Little Light on the Invocation to Patanjali

By Jennifer Fornelli

If you have regularly attended classes at the centre you have experienced the class beginning with the chant of the Invocation to Patanjali. Have you ever wondered why there is a chant at the beginning of each yoga class? Have you ever sat and contemplated "should I, or shouldn't I?" or thought "How is this going to help my practice?" Here is a bit of information that might shed a little light on the invocation and what it means...

The sage Patanjali, the "father of Yoga", lived in India approximately 2,200 years ago. A great scholar and philosopher, he was the author of the classical treatises on Yoga philosophy (The Yoga Sutras), Sanskrit grammar (the Mahabhasya) and Indian medicine (Ayurveda). Patanjali showed his mastery of Yoga and language by codifying the entire Yoga system (Darsana) in just 196 sutras.

Tribute is made to Patanjali in the following traditional sloka (verse) to acknowledge his teachings and the lineage of yoga. Included in the sloka is a description of Patanjali's symbolic form as the thousand headed cobra that represents infinity, the conch calls us to Yoga practice and the disc symbolizes the wheel of time and the law of cause and effect.

Ohm

Ohm

Ohm

Yogena cittasya paden vacam
Malam sarirasya ca vaidyakena
Yopakorottam pravaram munimam
Patanjalim pranjalir anato'smi
Abahu purusakaram
Shankha cakrai dharinam
Sharasra sirasam svetam
Pranamami Patanjalinam

Hare Ohm

Reciting the sloka is our way of paying respect to Patanjali and acknowledging the three aspects of his work: Yoga, Pada Shastra (grammar), and Ayurveda (medicine). To help further understand what we are saying for those first few minutes of each class, here is the English translation:

I salute Patanjali, the revered sage,
Who brought Yoga for serenity of mind,
Grammar for clarity of speech, and
Medicine for purification of the body.

I salute Patanjali,
Whose upper body has a human form,
Who holds a conch and discus in his hands and
Who is crowned by the thousand-headed shining cobra.

If you are not comfortable reciting the invocation, that is okay. It is important to be mindful of the chant, and its meaning, giving thanks for the teachings of yoga, especially our teacher BKS Iyengar.

Namasté

IYOGA COMMUNITY NOTICES

Great Glebe Garage Sale

At this year's Great Glebe Garage Sale the Iyengar Yoga Centre raised just over \$800 for the centre. The funds will go towards new props for the centre and in support of Mr. Iyengar's Belur Project in India. Thank you to everyone who donated items for the sale and to the following who helped out by donating their time, storage space, yard and vehicle to transport items – your contributions made the event a great success: Russell and Susan Bell, Judy Maxwell, Leigh Stevenson, Roopal Thaker, Luc Savard, Len Fornelli, Sharon Pickle and Don Fugler.



Volunteers Needed!

If you are able to help with either (or both) of the following opportunities please email iyogaottawa@gmail.com or 613-761-7888

Annual Yoga Centre Cleaning Party: Each year students and teachers gather to give our centre a thorough cleaning and then head out for a celebratory dinner. This year's cleaning party will take place on *Wednesday, August 25 from 5:00pm to 7:00pm*. If you are able to join us, please sign up by emailing before Monday, August 23. If you are unable to join us but are willing to take home 4 or 5 yoga mats to clean please let us know.

Flyer Distribution: We need your help promoting our centre through flyer distribution in the Glebe area. Please meet at the yoga centre at *6:30pm on Wednesday, September 1*. Anyone with a teenager requiring volunteer hours is most welcome to join us!

Your help is greatly needed and will be appreciated!

Pranayama Saturdays: One Saturday a month, Donna Fornelli will lead a general class for experienced Iyengar students who wish to establish their own Pranayama practice.

Fee: \$20 per session – Pre-registration required

Dates: September 11, October 9, November 6, and December 4

Time: 1:00 - 2:30pm

WEEKEND INTENSIVE WITH CHRIS SAUDEK – October 29-31, 2010

Chris is a senior teacher who has been studying with the Iyengars since 1978. She has attended general classes, intensives, and assisted in the medical classes in Puna. Chris teaches workshops and trains teachers throughout the United States and Canada. This workshop is for Levels 2, 3 and 4 students who are steady in Sirsasana (at wall is fine) and Sarvangasana with variations.

Times: Friday 6:00 – 8:00 pm; Saturday 10:00 am – 1:00 pm and 4:00 – 6:00 pm;
Sunday 9:00 am to Noon

Fee: IYOGA Members - \$237.30; Non-members of IYOGA - \$254.25, taxes included

Location: Iyengar Yoga Centre, 784 Bronson Avenue

Info: 613-761-7888 or iyogaottawa@gmail.com

Please join us for our Annual General Meeting on Friday, September 24th at 7:00pm at the Yoga Centre. All IYOGA members are invited to attend.