

*Iyengar Yoga Ottawa Gatineau Association  
Spring/Summer 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

Linda Uhrynik – President.....uhryniukli@gmail.com  
Donna Fornelli - Vice-President.....donnaforneili@sympatico.ca  
Leonard Fornelli – Treasurer.....leonard.fornelli@sympatico.ca  
Mylène Denis – Secretary.....epeist@yahoo.ca  
David Gunn – Director.....c/o IYOGA 613-761-7888  
Laurette MacCormick – Director.....lmccormi@gmail.com  
Annemiek Van Den Berg – Director.....ask@aei.ca  
Luc Savard – Director.....c/o IYOGA 613-761-7888

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](mailto: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: Corrine Stocco, Eryn Kirkwood and Jennifer Fornelli. Anyone wishing to join the Newsletter Committee is most welcome. Please email us at [iyoganews@gmail.com](mailto: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 [iyoga.ca](http://iyoga.ca) or call 613-761-7888.

## Message from IYOGA President Linda Uhrynik

"To be dull is easy, to be active requires tremendous work." B.K.S. Iyengar

And, I might add, is tremendously rewarding. I feel very fortunate to have great support for being active in my yoga practice - including a beautiful, well-equipped centre, a variety of classes and great teachers. Our Centre operates as a non-profit organization, and I am grateful for all who work together to keep the Centre and Association healthy and sustainable.

You can support the Centre by purchasing an IYOGA annual membership - available in May for \$20. Membership provides access to the Centre library, discounted prices for workshops, props, and books and an opportunity to participate in the decision making at the Centre through Board election and participation.

May will also bring changes to the way we charge for classes. The IYOGA Board of Directors has chosen to retire the Friend and Flexi passes that were introduced when the Centre opened. Unlimited class passes are no longer available, but multiple classes are offered at better savings. The new fees are described elsewhere in this newsletter.

See you in class!

Linda Uhryniuk  
uhryniukli@gmail.com

## New Teachers at the IYOGA Centre



Karin Holtkamp started practicing yoga in 1995. After moving to Victoria, BC, from Switzerland, she discovered Iyengar Yoga and instantly fell in love with this method and what it has to offer. Karin began her teacher training in 2003 under the guidance of Leslie Hogya, and in June 2006, she received her Introductory II teaching certificate. She has studied with both national and international teachers and attended classes at the RIMYI in Pune in January 2009. In June 2009, Karin moved to Ottawa, where she continues her studies under the guidance of Donna Fornelli. She hopes to make another trip to Pune in the future. Karin's classes are known for their dynamism and precision. Her passion for the practice shines through her teaching.



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.

*Words cannot convey the value of yoga – it has to be experienced.*

*B.K.S. Iyengar*

## IYOGA Multiple-Class Registration Fee Schedule May – June 2010

The IYOGA Board of Directors recently reviewed the class registration fee structure for students attending more than one class in a session. For those of you who attend one class a session, the fees for May and June remain unchanged.

The aim for reviewing the multiple-class registration was to develop a fee structure that is fair and equitable for all students, that is flexible in providing options for those wishing to enroll in multiple classes and that will ensure financial sustainability for the Yoga centre. The new, Board approved, multiple-class registration fee structure is shown in the table below.

With the new multiple class options we ask that you:

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, forth, 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.

<b>Primary Class Fee*</b>	<b>One additional class</b>	<b>Two additional classes</b>	<b>Three additional classes</b>	<b>Four or more Additional classes</b>
<b>\$100.00</b> 1.5 hour	$(\$100^*) + \$65 =$ <b>\$165</b>	$\$165 + \$55 =$ <b>\$220</b>	$\$220 + \$50 =$ <b>\$275</b>	Add an additional <b>\$50</b> for each class
<b>\$140</b> 2 hours	$(\$140) + \$65 =$ <b>\$205</b>	$\$205 + \$55 =$ <b>\$260</b>	$\$260 + \$50 =$ <b>\$310</b>	Add an additional <b>\$50</b> for each class
<b>\$70</b> 1 hour	n/a	n/a	n/a	n/a

If you have any questions about the new fee structure your teacher will be happy to assist you when registering for your primary class.

As always, students can make up missed classes in the same session at the same or lower level in which they are registered. Drop in fees remain unchanged at \$12 for 1-hour, \$16 for 1.5-hour and \$20 for 2-hour classes.

**Please note:**

The IYOGA centre reserves the right to cancel or reschedule classes that have insufficient registration.

In order to comply with the Provincial government's implementation of the Harmonized Sales Tax (HST), IYOGA class fees will increase as of July 1<sup>st</sup>, 2010. A new fee schedule reflecting this tax will be released at the end of May.

## Yoga and Dealing with Grief

by Corinne Stocco

With the ebb and flow of life, it is unavoidable to suffer the loss of someone or something that we have a deep attachment to. Intense sorrow may be caused by the loss of a loved one be it a partner, family member, friend or pet, or from the loss of employment, physical security, or a cherished possession. Our response to loss covers a wide spectrum and can lead to mental, physical and emotional "dis-ease."

During a time of grief, practicing yoga has the potential to restore some balance into the body, mind and spirit. Practicing mindful yoga with Pranayama can disengage your mind from the realities that extend beyond the four walls of the yoga room and allow you to focus on your body and breath. Movement in the body and breathing into the lungs serves to dissolve tension in the body that may have built as a coping mechanism to grief. Practising yoga can also soften the heart towards the loss, like the water that starts to melt on the corners of an ice cube. Yoga can create a calm mind which reestablishes a sense of inner peace that can permeate into the rest of the day.

The postures below are suggested to help in times of significant loss and are focused on the neck and shoulders, areas in which we often store stress, and the heart, which we may need to soften in times of sorrow. Additionally, a breathing exercise is suggested to increase the release of toxins from the body and increase the intake of vital energy.

Asanas like Adho Mukha Svanasana and Uttanasana with the head resting calms the mind and cools the brain. Chair Sarvangasana, Halasana with knees supported and Viparita Karani in Sarvangasana balances the intelligence of the head (intellectual centre) with the intelligence of the heart (emotional centre)\*. Simple Ujjayi Pranayama quiets the mind and soothes the nerves. The above should be done in sequence, please consult your teacher for the correct way to do these poses.

Remember when doing these poses the most important thing you can do is to just breathe.

\*[ref Light on Life, B.K.S. Iyengar p. 267-270]

*"Regular practice of yoga can help you face the turmoil of life with steadiness and stability" BKS Iyengar*

## Imagining the Future

On Saturday, February 6, 2010 some members of the Yoga centre participated in a half day "Imagining the Future" session. A report was compiled and anyone wishing to read it in its entirety is welcome to ask for a copy the next time you are at the Yoga centre. The IYOGA Board of Directors wishes to thank all those who participated with their generous and creative contributions, especially Jean Ogilvie and Mary Glen, who led us through our work and provided an excellent report.

The Board of Directors has reviewed the report and made a decision to move forward with two of the outcomes. Two working groups have been created to look at the following:

1. The content and format of the IYOGA website. The Board representative, Donna Fornelli will be heading this group and can be reached at [donnaforneili@sympatico.ca](mailto:donnaforneili@sympatico.ca).
2. To work on a broader strategy/goal to increase the number of students at the Centre. The Board representative, Mylène Denis will lead this group and can be reached at [epeist@yahoo.ca](mailto:epeist@yahoo.ca).

Please consider this opportunity to offer your service to the Iyengar Yoga Centre on a very short term basis. These groups will work toward making recommendations to the IYOGA Board of Directors before June 2010.

Sincerely yours,  
Linda Uhryniuk – President, Iyengar Yoga Ottawa Gatineau



## Supta Virasana

by Donna Fornelli

Supta Virasana can be achieved by anyone by using enough support according to their needs. This asana is often done at the beginning of a class, allowing students to rest the body and settle the agitated mind after a busy day.

This asana rests the heart and increases coronary blood flow. The lungs and diaphragm are supported easing the breath and quieting the mind. It is especially beneficial for women at all stages of life particularly if they suffer from menstrual disorders or the discomforts of menopause as it creates space in the abdominal area thereby relieving cramps and toning the pelvic organs.

Supta Virasana relieves leg cramps and is recommended for those whose jobs require them to be on their feet, and it is also recommended for athletes. The pose stretches the thigh muscles, relieves pain and inflammation in the knees, increases circulation and is restful for the legs. It can be done after a heavy meal because it creates space around the stomach thereby aiding digestion.

If you have the flexibility to sit on the floor between your feet, ensure that the legs are parallel and that the feet point straight back. As you lie back lengthen the spine by sending the tailbone toward the knees. This is the working stage of the asana. Try adding a blanket folded lengthwise along the spine and note how it releases the breath and becomes more restive. This asana can be held as long as the student finds it restful. To come out, use your hands to sit up. Bringing the toes together and knees apart, hinge forward at the hips and rest your head on the floor or on your folded arms.

If you are less flexible, sit between your feet on enough height so the buttocks are well supported by a block, bolster and/or blanket. If your knees are 'speaking' to you, add a bit more height and place a rolled face cloth behind both knees. Lie back on twice as much height as you are sitting on with a blanket for head support. If you are *really stiff*, with the creative guidance from your teacher, even more height can be added by propping yourself up using a chair, several foam blocks, bolsters and blankets.

The amount of height needed in the beginning may seem daunting, but as your flexibility increases, the height can be decreased. Supta Virasana is worth getting acquainted with as it has the added benefit of stimulating the immune system, which enables students to resist infections.



***Thank you!***

*The IYOGA Centre would like to thank Paulette Hendry who has taken care of our membership database for the last two years. Her husband's job is taking her to Washington, D.C. at the end of May. Paulette, we extend our heartfelt thanks for all your work and wish you well in D.C.*

## A Weekend with Ann Kilbertus – A Workshop Review

by Jim Harlick

There I was, early on a Saturday morning in late February in the Ottawa Iyengar Yoga classroom, awaiting the start of a weekend yoga workshop with 26 other yoga lovers, wondering what kind of stretching, balancing and breathing challenges awaited us. I'm sure we were united in our speculation, tinged no doubt with a little apprehension, about what was to come.

To be more precise, it was me, two other guys and 24 gals, the latter all decked out in their trendy yoga gear. Now this is pretty good odds at any time. But it was not the Elgin Street bar scene on a Friday night, it was the pristine, no nonsense, white walls and blond wood floor of the Yoga Centre on the morning after. How was I going to fare against the more flexible opposite sex, with its high proportion of committed yoginis?

Being in a definite gender minority in an Iyengar Yoga class in Canada is not unusual. In fact, it is the norm. Speculation is that it may have something to do with the fact that the early Iyengar teachers in Canada were women, resulting somehow in predominantly female classes. It is the opposite in Australia, perhaps for the same reason. So, if you are a guy and want to do yoga in Canada, get use to being surrounded by women. Now I don't think that it throws us much off our stride – it might even put a spring in our asana - but from time to time there does seem to be a silent hankering among us men for a few more yogis in the class.

The workshop was lead by Ann Kilbertus of the Victoria Iyengar Yoga Centre. With her open and engaging personality and deep yoga learning, Ann delivered a rich and enjoyable weekend of Asanas and Pranayama.

At the outset, she identified a simple and clear objective: getting to a full *Padmasana*, the Lotus position. This classic seated yoga posture is not an easy accomplishment. Probably not a few of us wondered about the possible cost in terms of strained knees, wrenched hips or stretched groins. But while it was a challenging objective, it also provided a learning thread to connect and explain the various positions that Ann lead us through over the two days, designed to open our groins and develop mobility in the hips. It all culminated in that final moment of individual truth on the Sunday afternoon. Some achieved asana nirvana, some did not.

The atmosphere was one of relaxed yet focused learning. Ann's capacity to walk us through and demonstrate the yoga positions, her helpfulness in explaining how to overcome a particular physical constraint and the examples she gave of her own yoga progress all contributed to making the workshop an enjoyable and rewarding learning experience. And I don't think that we guys minded our minority status. In fact, there seemed to be a degree of solicitude from the ladies that made the less flexible gender feel appreciated.

The Yoga Philosophy Corner:

***Asana is perfect firmness of body, steadiness of intelligence  
and benevolence of spirit.***

Patanjali is considered to be the father of yoga, and wrote 196 verses called the Yoga Sutras. Each Sutra contains words of wisdom and inspiration that guide the aspirant toward self-knowledge. The Sutras are often referred to as a string of pearls.

*(ref: Light on the Yoga Sutras of Patanjali p149, II 46 - B.K.S. Iyengar)*

## Iyengar Yoga Centre Ottawa Summer Schedule

**June 22 – August 12, 2010**

Day	Time	Level	Fee*
Tuesday	9:30-11:00 am	All Levels	\$110
	6:00- 7:30 pm	Level I	
Wednesday	9:30-11:00 am	Level I	\$110
	6:00- 7:30 pm	Level 3+	
Thursday	9:30-11:00 am	All Levels	\$110
	6:00- 7:30 pm	All Levels	

Please note that all classes may not have the same teacher each week. Classes may be cancelled due to insufficient registration. Please call IYOGA for more information. \* Includes HST.

### Props For Sale\*

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

### Books For Sale\*

How to Use Yoga	\$12.60
Illuminations	\$10.50
Light on Yoga	\$38.80
Light on Yoga Sutras	\$31.50
Light on Pranayama	\$29.35
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.

### **Great Glebe Garage Sale an IYOGA Fundraiser!**

For the past three years students of the IYOGA centre have come together to participate in the Great Glebe Garage Sale! This is the only fundraising event we do and this year's event will take place on Saturday, May 29<sup>th</sup>!

If you are able to help here is what we need:

- Someone to coordinate the transporting of garage sale items from the Yoga centre to our location in the Glebe, to schedule volunteers to and ensure at the end of the day anything that is left over gets transported to St. Vincent de Paul or the Goodwill.
- Stuff to sell! Gather up all the stuff that doesn't get used and donate it to the sale. You may bring your donations to the Yoga centre until Saturday, May 22<sup>nd</sup>, 2010. For larger items please call the centre at 613-761-7888, to arrange a drop off time.
- We need your valuable time to help transport items, set up on the day of, price the merchandise, participate on the day of the Garage Sale and help with the clean up at the end of the day.

If you are interested in participating there is a sign-up sheet on the desk at the centre. If you have any questions please contact Donna Fornelli at [donnaforneili@sympatico.ca](mailto:donnaforneili@sympatico.ca)

Funds raised at this event will go towards the purchase of new yoga props for the centre and for other Yoga Centre projects.