

# UPCOMING EVENTS

## Winter Yoga Retreat

**February 15 to 17**

Members \$265, Non-members \$275

This retreat is a chance to study yoga in a peaceful setting, at the Galilee Centre near Arnprior, on the banks of the Ottawa River. Participants should have 6 months of recent experience in Iyengar yoga classes and be familiar with Sarvangasana. Fee includes GST, accommodation, vegetarian meals and snacks. Please contact Barbara Young for more details, at [iyoga@canada.com](mailto:iyoga@canada.com), or pick up a flyer at the yoga centre.

## Mark your calendar: IYAC AGM and Conference with Geeta Iyengar

**Penticton, British Columbia  
April 30 to May 4, 2008**

The Canadian Iyengar yoga community has the immense privilege of welcoming Geeta Iyengar to teach at the IYAC 2008 Conference and AGM in Penticton, BC. See the IYAC website for more details: [www.iyengaryogacanada.com/events.php](http://www.iyengaryogacanada.com/events.php)

## SATURDAY WORKSHOPS

**Saturdays 1-4 pm, unless another time is shown.**

Members \$40, non-members \$45

### Pranayama Workshop Series

**Saturday February 9, March 8, April 12 and May 17,  
10:15-11:15 am**

*Donna Fornelli*

This series is for students who have regularly attended Level II classes for at least six months, or who have completed the Introductory pranayama course. It is designed for students committed to developing a personal pranayama practice, and students are expected to attend all four classes. Please consult the instructor before registering, either at the centre or by e-mailing her at [iyoga@canada.com](mailto:iyoga@canada.com).

### Preparing for Padmasana

**Saturday, March 29**

*Barbara Young*

Geeta Iyengar says that *Padmasana*, the lotus, is one of the key poses that "bring firmness of body and steadiness of mind..." Learn a series of postures to help you move safely toward this classical yoga pose. Open to Level 2, 3 and 4 students.

### Hips and Low Back

**Saturday, April 19th**

*Cathie Lewis*

An afternoon designed to bring intelligence and freedom to this common problem area. All levels welcome (because who doesn't need it!?!).

## PROPS FOR SALE AT CENTRE

- Mats ..... \$25.00**
- Straps ..... \$10.00**
- Bolsters..... \$50.00**
- Wood Blocks..... \$20.00**
- Foam Blocks ..... \$7.50**
- Blankets ..... \$25.00**

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](mailto:emilymking@hotmail.com)

*Thank you*

"Awareness must be like the rays of the sun: extending everywhere, illuminating all."  
~B.K.S. Iyengar

Check our website at [www.iyoga.ca](http://www.iyoga.ca) for more information about our upcoming events.

# IYOGA newsletter

IYENGAR YOGA OTTAWA GATINEAU ASSOCIATION • 784 Bronson Avenue • 613-761-7888 • [iyoga@canada.com](mailto:iyoga@canada.com) • [www.iyoga.ca](http://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.*

## One Weekend, Two Lenses



*The authors enjoying an angelic moment in the snow.*

I'm looking forward to a magical experience again in 2008.

*By Barbara Brown*

I had never been on a Yoga Retreat and did not know what to expect, but I did know I wanted a break and looked forward to reconnecting with my friend Ellen through our latest shared passion. We arrived and settled in Friday evening and had a much welcomed restorative class resulting in deep relaxation, followed by a healthy snack of fruit, big fat cookies and engaging conversation. Saturday morning began with a half hour chant before breakfast, another new and expanding experience for me. We had time on Saturday afternoon, after a morning class, lunch and more visiting, to go out and explore the forest and river. Ellen and I were bundled up for the weather and did not feel the cold at all. We gathered in the late afternoon for a pranayama class followed by a delicious dinner. Saturday evening the group gathered for a Q and A on yoga. We never did open the bottle of wine we brought and the whole weekend ended with an invigorating Sunday morning class and a mad dash for the airport.

I know my practice and understanding of yoga deepened over the weekend as did my friendship with Ellen.

## Looking back on the Iyengar Winter Yoga Retreat 2007 with Barbara Young

*By Ellen Hackman*

It was such a thrill to connect with my friend, Barbara Brown, while practicing yet another passion that we both share. After graduate school where we met, we continued our friendship through letters, phone calls, books and photos. I could hardly wait to meet her and catch up on our lives, escape to a retreat in a century old forest on the Ottawa River, eat delicious vegetarian food prepared and served by someone else (can you tell I'm a busy professional with young children?) and be in the company of others who value yoga as part of their life experience. Our practice room had picture windows looking out on to the river side, where we could watch the birds feed in the snowy landscape and enjoy a beautiful view of the ancient trees. It was serene and peaceful and welcoming. The group attending was a wonderful blend of interesting people of all ages. We sat with different people at each meal and enjoyed getting to know them and reflecting on our yoga experience. And the yoga.... challenging, restorative, boundary breaking, thrilling for my mind and body. I savoured every hour, and the joy of being with new friends!

I'm looking forward to a magical experience again in 2008.



*A picturesque view from Galilee Retreat Centre*

## Why go on a yoga retreat?

*By Emily King*

Weekly yoga classes are a little haven. Especially for those who have demanding work or family obligations, they can feel like that one, peaceful hour and a half in your week when the only person you are truly accountable to is yourself. The way I think of it, a weekly yoga class is what helps to keep us centred and sane in the hubbub of daily life, and (for those of us with desk jobs) assure that our backs don't freeze in that familiar hunched posture over the computer keyboard.

But occasionally, we also need to pause - and step away from the hustle and bustle completely. This allows us to take time to reflect, to be open. Where a weekly class can prevent deterioration and promote healing, a retreat can provide an expanse of time where that healing can really start to take place. In that context yoga becomes not only a way of freeing our bodies, but also our minds — a way of reaching our inner core of truth. Far more than just being a vacation, a retreat offers us time to ourselves to rest, heal, reflect, and renew our spirit so that we may emerge renewed, refreshed, and ready to return to our everyday lives with a new perspective.



"It is through your body that you realize you are a spark of divinity."  
~B.K.S. Iyengar

## Yoga – The Next Generation

*By Suzanne Evans*

Walking up the stairs at the yoga studio last week, I said to my daughter Anna and her friend Liz, "Now I get to spy on both of you in your class." As soon as I said it I knew the comment deserved a withering response. However, they let that one pass with the worldly understanding of teenagers dealing with parents. Having missed my own class that week, I was happy both to be able to make it up, and to be with them in their Sunday morning beginner's group.

At the start of class I settled down onto my bolster and listened with half an ear as Cathie's words floated by, carrying instructions for hands, backbones, and shoulders. But my real focus in that moment was on the two lululemon-clad 15 year-olds sitting in front of me in the early sunshine. In those few seconds I had time-lapse photographic images of them stream by. I could see Liz as she was at age 4 with a head of brown curls and a tiny perfect figure. The same crown now tops a body transformed into that of a dancer, strong and flexible — and much taller than me! Anna, sitting cross-legged beside Liz just as she would have done in kindergarten, has been long, narrow and active since she arrived in the world. The passing years have only made her more so.

Both girls have a healthy appetite for learning what their bodies can do. Just over the last year Liz decided to take up ballet, tap and jazz dancing and Anna is trying skate skiing and snowboarding. But in their gym class last year they had an introduction to yoga and the pleasure of it stayed with them. They are eager to reach their bodies into new realms of arts and sports that carry with them

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My bubble of dream-time came to an end with the beginning of the chant. When Cathie does the invocation I admit my mind wanders, but generally to the recording studio I think she should be sitting in to capture the fullness of her voice. She gets a complexity of notes into her chanting that I would love to translate into my yoga practice. And in part, it is the complexity of yoga that enamors Liz and Anna even at this beginning stage. "I like the focus on the little things," said Anna, "the way your heel is placed and how you have to think about the muscle behind your knee." "Yes, you can miss those things in dance," replied Liz, "but not in yoga."

On the drive home that day the backseat was full of chatter about arms and elbows, and balance and strength as the next generation discovers the fascinations of yoga.



"In asanas we are chanting with our bodies."  
~B.K.S. Iyengar