

BKS IYENGAR

Light on the Yoga *Sutras* of *Patanjali*



*II.50 bahya abhyantara stambha vrttih
desa kala samkhyabhih paristah dirgha
sukmah*

<i>bahya</i>	<i>external</i>
<i>abhyantara</i>	<i>internal</i>
<i>stambha</i>	<i>restraint, suspension, a pause</i>
<i>vrttih</i>	<i>movement</i>
<i>desa</i>	<i>place</i>
<i>kala</i>	<i>time, duration</i>
<i>samkhyabhih</i>	<i>number, precision, minuteness, reflection, deliberation</i>
<i>paridstah</i>	<i>Regulated, measured</i>
<i>dirgha</i>	<i>long in place and time Expansion, high</i>
<i>sukmah</i>	<i>subtle, soft, minute, fine, exquisite</i>

*Pranayama has three movements:
Prolonged and fine inhalation, exhalation
and retention; all regulated with precision
according to duration and place.*

From the Editor

November 2010

Welcome to this issue of the Link.

I hope everyone managed to experience Jawahar's excellent teaching skills this winter. His depth of knowledge was an inspiration !

Legs roll in, arms roll out.

Apologies to one and all for the late delivery of this issue for reasons that were mainly out of my control.

Thanks again to Kath, Melodie, David, Paul, Sue, Delwyn and everyone else who has helped in getting this issue to you. Enjoy your practice !!

Namaste
Neil.

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**“Truth is the soul connecting
with the conscience.”
- B K S Iyengar**

IYANZ MEMBERSHIP

Annual Membership \$35

Please send a cheque made out to

IYANZ and post to

Treasurer, IYANZ,

PO Box 4023, Nelson South,

Nelson 7045



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email IYANZyogalink@gmail.com

Deadline for the next issue is: 31 January 2011

Assessment Reports:

Junior Intermediate Level 2 and 3 Assessment August 2010

This year's Junior Intermediate Assessments were held at Ponsonby Community Centre in Auckland.

Moderator John Leebold, assessors Pixie Lillas and Peter Scott
Congratulations go to:

Louisa Potter and Anne-Marie Tweedie at Junior Intermediate 3.
Delwyn Unkovich at Junior Intermediate 2

Thank you to everyone who volunteered their time to be students in class, trainee assessors and runners.



ADVERTISING

To advertise in the quarterly IYANZ Newsletter
YOGA LINK

cost:	one issue:	1/2 page - \$ 20
		full page - \$ 40
	four issues:	1/2 page - \$ 50
		full page - \$100

contact: the **EDITOR** by emailing
IYANZyogalink@gmail.com

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From the Chair

November 2010

The highlight of this spring was our special guest Jawahar Bangerla.

Jawahar bestowed upon us his knowledge of asana, pranayama and philosophy with humility and grace.

His teaching was deceptively simple, his eyes caught everything in the room whilst his manner was calm, kind and helpful.

The IYANZ events committee must take first bow for their effort of organising this event. Thank you, Michelle Brown, Vanessa Greenwood and Frances de Haas and hosts Leena Kothery Tessa Meek Frances de Haas and Michelle Polglase. It takes a year from the time the guest teachers are invited, then the planning begins, with venues to be sourced, hosts to be found, flyers to create and distribute. So many things for us to do.

The excitement begins when our guest arrives and teaching begins.

Thank you to all of you who attended this workshop and helped this event to be such a success for our association.

Having taught in Auckland and Wellington, Jawahar arrived in Christchurch on a beautiful spring day. Teachers and students came from Nelson, Hastings, Auckland and about, to take part with the people of Christchurch. The after shocks were felt that weekend as a reminder of what has happened in Christchurch and how it has effected the people for so long. Jawahar saw this immediately, etched on the faces of the locals and taught a restorative class on the Friday night. From there he built up very slowly on Saturday. By Sunday we were up to speed with a back bend class and everyone received the gift of energy that back bends give. The afternoon Teachers Class was a very interesting therapeutic session including adjustments for Scoliosis and adjustment for Tinnitus in Salamba Sirsana. Jawahar commented that this is the wonder of Iyengar Yoga that Guruji knows and teaches these refinements for our ailments and conditions.

Jawahar asked me not to say anything about his gift to Christchurch. He said he could not take money from these people, These were his words. He has gifted the money from the Christchurch event back to the people of Christchurch.

I have spoken to a group in attendance at Jawahar's workshop and they were keen to have a few sponsored workshops in their region so we will talk about this in the near future. We were wanting to provide something that everyone could share in. Thank you Jawahar for your sincere kindness.

We are pleased to introduce Susan Lamont as our new treasurer. Susan has taken over from Jackie Kesby. Jackie, a registered accountant, has been doing our books as treasurer for the past five years. Jackie has given us superb advise and has given us a good system to work with. Jackie is meticulous with our finances and I know has

both enjoyed the work and spent many hours at it. We extend a huge thank you to Jackie for this service to our association. Jackie is currently on our Teacher Training & Assessment Committee and has worked tirelessly as a New Zealand assessor for the past 5 years.

We welcome Susan Lamont and want to advise all of you of our new box number for all funds and correspondence.

P O Box 4023
Nelson South
Nelson 7045

Melodie Batchelor
IYANZ Chairperson



2011 CALENDAR of EVENTS

See Notices for further details of these events

2011

FEBRUARY

10-18 February

GLENN CERESOLI Live-in Retreat
Venue: Tauhara Centre, Taupo
Contact: Paul Barton 07 3491 654
Mobile: 0274393 910
Email: yogapaulb@xtra.co.nz

25-26 February

Workshop with Melodie Batchelor Hawkes Bay
Te Awanga Community Hall,
General class \$150, Teacher Training \$75
Contact Lucinda Sheratt
Lucinda@freshintegrativetherapy.com
021 506 604

MARCH

4th-6th March

Junior Intermediate Teacher training with
Monica Haar & Susie Lever J I level 1 Guidance
towards assessment
Contact Monica Haar www.yogacentre.co.nz
Mob+64 21 2156544

12-13 March

Introductory level 2
Assessments will be held in Auckland with details
early next year. Contact Joyteeka@hotmail.com

25-30 March

John Leebold Intensive
Venue: Kerikeri yoga center.
Contact Louisa; Kerikeriyogacentre@xtra.co.nz

APRIL

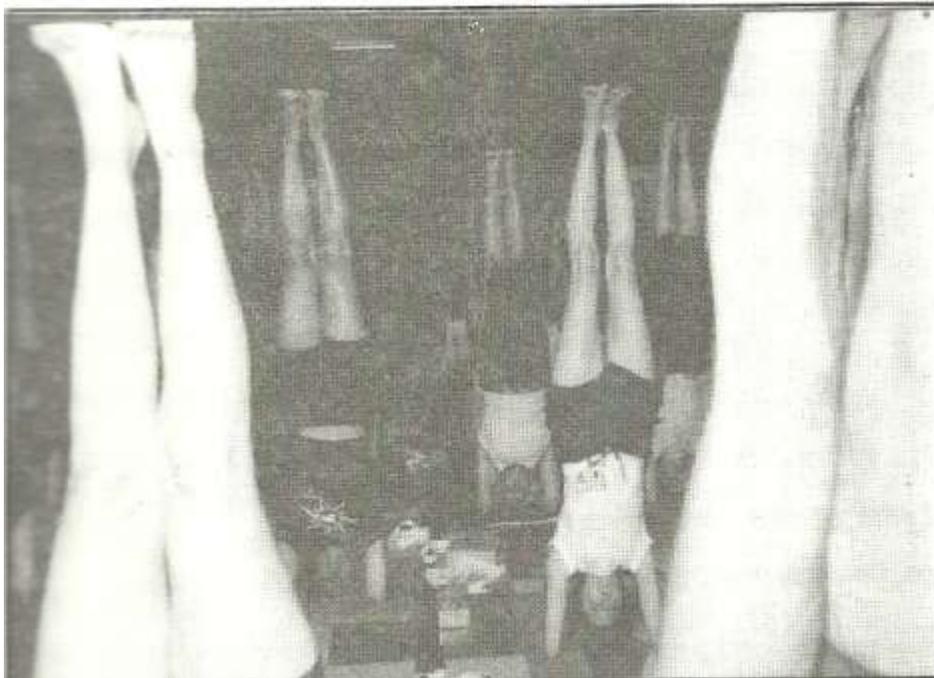
1-3 April

Workshop in Piha with Peter Scott
Venue Barnet hall Piha
Contact Melodie Batchelor:
melodiebatchelor@hotmail.com

MAY	
30 April-1st May	Introductory level 1 Assessments will be held in Auckland with details early next year. Contact Jyoteeka: Joyteeka@hotmail.com
30 April-1st May	Pixie Lillas Teachers development Workshop North Shore Yoga Contact Louisa: Kerikeriyogacentre@xtra.co.nz
JUNE	
17th June-19th June	Junior Intermediate Teacher training with Monica Haar & Susie Lever J I level 2 Guidance towards assessment Contact Monica Haar www.yogacentre.co.nz Mob+64 21 2156544
JULY	
2nd July-4th July	Junior Intermediate Teacher training with Monica Haar & Susie Lever Final training weekend with practice & teaching Questions arising prior to assessment Contact Monica Haar www.yogacentre.co.nz Mob+64 21 2156544
SEPTEMBER	
15-18 September	B.K.S. Iyengar yoga Association of Australia Convention Venue : Novatel Hotel Wollongong For more information check the website : www.iyengaryoga.asn.au
OCTOBER	
7-14 October	Pixie Lillas spring retreat At Kimi Ora Spa Resort, Neelson Contact Louisa: Kerikeriyogacentre@xtra.co.nz
22-23 October	Junior Intermediate Assessments will be held in Auckland with details early next year.

Back to the Basics: Sirsasana

The hallmark of Gurujī's method of teaching is the precision and clarity of instructions. Geetaji, has her own eye for perfection and observation of the minutest details along with the inheritance of Gurujī's traits. She sees to it that one in all present in her classes get the essence of yoga by her series of clear, simple sequential instructions. During the yoga-Sadhana celebrations in December 2004, she emphasised on the basics and how to attain a firm foundation in our practices. Arti H Mehta transcribed and compiled her teachings for Sirsasana.



Back to the Basics: Sirsasana

Placement of the forearms

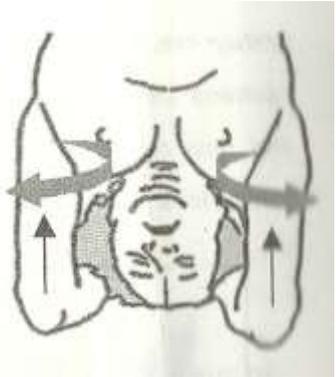
- Interlock your fingers.
- The outer edge of the forearm bone should be firmly placed on the blanket. The flesh of the forearm touches the floor easily but not the bone. Keep the bone in contact with the floor and let the flesh spread.
- The skin on the front of the forearm drops, keep it up.
- The portion of the forearm facing the ceiling should not turn out but keep it straight.

Errors that can be avoided while taking the legs up

- The elbows should face forward.
- The forearms must not shift from their position.
- Pressurize the lower arms down on the blanket as you take the legs up.

Adjusting the upper arms

- Press the forearms down and then lift the Upper arms up and forward.
- Ensure that the upper arms stand on the forearms.
- Space is created between the clavicles when the upper arms comes forward.
- The fibers in the upper arms have to come closer to the bone by expanding the flesh.



“ The front of the armpit should move like an arrow in Sirsasana and the back of the armpit should move like a arrow in panayama”.

Adjusting the head and face

As one takes the legs up in Sirsasana, the force of the body moves the head and face forward. Therefore after going up:

- **Move the head back to it's original position.**
- Allow the face to recede back.
- Keep the back of the epic of the brain in line with the base of the brain.
- Do not allow the skull to oscillate forward or backward as you breathe.

Adjusting the chest

The upper part of the chest must move forward. The sensation in this region should be similar to the sensation that is felt when one is going to do Viparita Dandasana from Sirsasana.

Adjusting the floating ribs

- The skin above the floating ribs should massage the floating ribs. Lengthen and extend the skin near the floating ribs so they do not come forward aggressively.
- Do not allow the bottom false ribs to project out. Move the frontal bottom ribs backwards so that the back ribs spread out.

Observations on the abdomen

- The abdomen should not get puffed.
- Do not allow the lower portion of the abdomen to drop inwards.

Adjustment of the Diaphragm

- Sit as if you are sitting for pranayama. Do antara kumbhaka and watch how the diaphragm and the skin rub the floating ribs for them to remain stable. The skin massages your floating ribs. This should be the action and sensation that is felt in sirsasana.
- Normally in Sirsasana, you massage the skin with the rib bones but it is the opposite of that which has to be done and kumbhaka is the guide.

Back to the Basics: Sirsasana

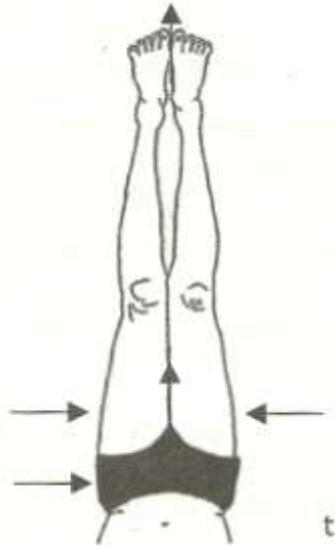
“ The skin guides your floating ribs. The movement of the skin in Kumbhaka is the action in Sirsasana”. This is how pranayama teaches us asana.

Adjustment of the tailbone

- The tailbone should not project back. Move it in and then lengthen it towards the heel.
- The anterior tailbone should move towards the posterior tailbone and the front tailbone should be longer than the back.

Adjustment of the hips

- Contract the hips and move the outer hips closer to the inner thighs.
- The outer sides of the buttocks should move closer to the inner buttocks and the groins. Move the outer hips closer to the inner thighs.



Adjustment of the thighs and knees

- Keep the groins parallel to each other.
- Cut the outer thighs inwards. Move the outer side of the femur bone in and the pelvic up.
- The eyes control your thighs. If your eyes turn then your buttocks and thighs give way.
- Broaden the back of the thighs and narrow the front of the thighs.
- Broaden the lower thigh muscles from side to side.
- Broaden the back of the knees.

Adjustment of the calf muscles

- Move the inner side of the calf muscles back.

Adjustment of the feet and toes

- Touch the big toes. Turn the metatarsals in for the big toes to touch each other.
- Press the toes especially the outer side of the nails and then lift the skin of the toes up.

Adjustment of the heels

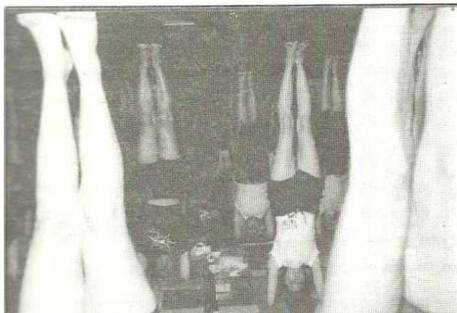
- Roll the inner heel to the outer heel
- Do not narrow the back of the heel. Raise the inner heels up and do not let it shrink into the body.
- Lift the inner heel and inner thighs up.

What is correct Sirsasana ?

The hemispheres of the brain should run parallel to each other. The distance from the center to the skull should not be longer on one side and shorter on the other side. So place the center of the head in such a manner that all the four hemispheres of the brain can do their job separately. For this the back neck and front neck corners should be parallel.

How can we find out if the hemispheres of the brain run parallel?

If the front tip is longer then you have contracted the hemispheres of the front brain. If you extend the back of the neck the back hemispheres of the brain are above the floor. Just like the stern of a ripe fruit which is perpendicular to the floor, in Sirsasana, the body should be perpendicular so that the arms, the legs, the back legs, the front legs, the side legs and the body floats on the four edges of the hemispheres of the brain.



That is correct Sirsasana.

YOGA AND MEDITATION

LIVE-IN SILENT RETREAT

May 27 28 29 2011, Tauhara Centre – Taupo 2010

Meditation, Philosophy and methods of asana and pranayama for integrated awareness (Samadhi).

Open to beginning and experienced students.

Yoga Direction

You are invited to join a special opportunity over a weekend to learn from the Yoga and Meditation tradition. Your retreat guide is Paul Barton who is a qualified Iyengar Yoga teacher with 30 years of practice and a passion for understanding mind states, ways of perceiving and evolving consciousness and Self.

This Retreat will allow you to release the minds constant noise and body's pains so we can concentrate and invest in what we choose to do with more ease and competency (full attention). We will gain a greater sense of balance and physical control, feeling more grounded and physically alive. Learning to take more control of our mental states, (mind and consciousness), and health and well-being is very invigorating and empowering; it does not have to take a lot of time for busy folks but it requires we learn the experience of it and create an attentive and disciplined approach. Establishing a regular practice moves us towards greater wellness and clearer perception.

This retreat will include yoga, pranayama (breathing work), and meditation (in sitting, walking and in yoga poses). The retreat will be silent except for teaching times and organisation needs. There will be a profound shift in your experience of life and the inner world. This is a ideal setting to return to our deeper self and integrated functioning.

Places for 23 students exist for this retreat and preference will be given first to those who register and pay in full. Please register with Paul providing contact details and payment. Payment due by May 13 please.

Location: 60 Acacia Heights Drive, Taupo. www.tauharacentre.org.nz

Commences: 6 p.m. Friday, finishes 4 p.m. Sunday

Cost: full investment for bunk room own bedding \$290, self contained rooms are available at a higher cost. Please bring sleeping, bag, toilet stuff and yoga equipment, walking, shoes and a rain coat or umbrella, thanks

Contact Paul Barton, Yoga Studio, P O Box 1753 Rotorua,
Res. 07 3491 654, 0274393910.

Email yogapaulb@xtra.co.nz

Rest In Perfect Savasana Dear Friend

A tribute to Clive Heydenrych

The knowing its time

You know when something is going to happen, if you listen closely. Over the last while, my body has needed more pain killers, more sleep each week and rest and this is the disease speaking. They (the medical profession) say that as the cancer spreads, the body's coping device is to slowly shut down and need more rest and pain killing drugs. I have small victories along the way; I managed to walk the furthest distance along the beach (about 400m) yesterday since my blood clot in my leg, after which I struggled to walk 10m. The unstoppable flow of the cancer marches on.

So I now face this time as my preparation, as I say my goodbyes, and prepare for my next life. It was wonderful to say my final goodbyes to my brothers and mom who all flew out from South Africa. The goodbyes are/were hard; death in some ways seems much the easier thing to deal with. Letting go of the attachments of a lifetime of happy memories and adventures with so many good friends and family, this is the hard part.

I have always felt at peace with my death. Where I am going to I do not know. But I am sure there will be some more adventures out there. Well I like to think this... and that keeps me happy. So while I don't have any death song - I like the spirit that Shawnee, Chief of the Tecumseh tells us:

Sing your death song and die like a hero going home
(Shawnee - Chief Tecumseh)

I am not a hero, but the essence of "going home" gives me hope that my journey I have made here on earth is just part of a bigger journey that we will all make. So while I am not a great singer (leave it up to my very talented brothers, sister, nephews) they have all made some really beautiful beautiful music which I will claim as my death songs. Music can be found via the Facebook website.

I have recently been to my mountain that I have talked about previously. I know the place I plan to die, and its wild and wooly and windy and full of noisy seagulls (a Clive place). Hospitals are not for me, being drugged to a stupor in a hospice or my bed at home is not for me. For those who really know me, they will know that this is not my path, the path where every other normal sane and sensible person might chose to go. But not Clive, and my friends will shake their heads....

So I am at peace with where I am at. I struggle with the endless cycle of daily pills, injections etc. To me, this is not what any normal sane person would choose either (???). I would have to ask my sister Denise, as she is the normal sane person in our family, . But every day I get a treat, my sister massages my feet last thing at night, and I fall asleep like a little baby...Thanks Denise - the star who has shone for me through this dark period in my life.

So my dear friends - this has been my journey, and I thank you for sharing it with me. I hope in some small way, we have all been blessed by where this journey has taken me and yourself. It hasn't been easy for me and I am sure not so for many of you also. Take care, and don't put of taking those little adventures along the road, sometimes life only give us one chance.

Much love, Clive



Celebration of Clive Heydenrych

February 1960 – November 2010



How to tell the story of a man, how to do justice to a life well lived, how to capture the essence of a free spirit?

Please bear with me as I reminisce on the Clive I knew. I hope it captures a little of the man you have known – that vibrant, stubborn, exciting, infuriating, uplifting, unique, beautiful thing called Clive.

Clive bounced into our lives when Lynn was on a mountaineering course in Arthurs Pass. He handled a rope in a similar way he handled his relationships: with great enthusiasm, creating a huge tangled mess, but, when all was done, somehow, it could all be tidied away without **any real harm being done. His cry of “Er- .you’re not safe” as he belayed Lynn up a gulley,**

somehow captured the mixture of security and uncertainty, humour and chaos he created.

One of Clive's great gifts was the spontaneity and sheer joy he brought to everything he did. "Life is never boring" was a common expression of his. This was most often expressed in his reaction to water. 'Kit- off' Clive took any opportunity to shed his clothes and jump into the rivers and lakes of NZ. Life was an adventure to be lived; to the full. We shared many adventures: climbing, skiing, biking. Sure, you were never quite certain if he was going to turn up, because a better offer had appeared, but you got used to that after 10 years or so. But when he was there, he was there 100%, exploding into your world like the firework displays he so enjoyed. I remember him like a little kid dancing under a smoky, misty firework display at Sparks in the Park, working his way to the front to experience the maximum effect.

This is not to say that he was a light-weight. Quite the opposite. As a scientist he took his work very seriously, and he loved what he did. Work took him north to Auckland working for NIWA, and then into consulting. He was always very direct which did, at times, create tensions. However, no-one ever questioned the integrity or commitment behind his work decisions.

We shared an interest in things meteorological and he was always the person to check the weather before heading to the hills for a weekend mission. He mostly got it right except for one notable occasion when he sent us up Mt Taranaki to find the cloud descending and gale force winds at the top.

Whether modelling wind flows over the Tararuas or being an expert witness in a consent process, he was deeply rewarded by his work.

About 15 years ago, Clive began yoga. This was to become a tremendously important part of his life. He was deeply committed to his practice. We began to notice a subtle **change in Clive's outlook. He seemed a little more centred; the tigger inside was balanced by a more meditative Clive. We also noticed 'head stands' popping up in the most unusual places – by the lakes and rivers, and up mountains.** He loved to boss people around, so it was only natural that he became a yoga teacher. Many of you will know him through this and have been lucky enough to have experienced the enthusiasm, care and compassion he brought to his teaching.

"He who dies with the most toys, wins". Well, Clive was a winner. Be it his kite, bike, snowboard, skis or surfboard, Clive threw himself into it all, quite literally. The thrills

and spill of a trip with Clive always added stories to any outing. Even when ill, he dosed himself up with steroids to lead the charge up Table Mountain, with the compulsory stop for head stands.

Clive was always a keen snowboarder and had many a trip into the hills with Brad. Later on, he moved away from the dark side and converted to telemark skiing. This caused great hilarity as he launched himself down the slopes, arms flapping, squawking like a seagull. Until the inevitable happened and he would dust himself off and start again. We can only assume that his strength and flexibility from yoga saved him from the most dreadful injuries.

An annual pilgrimage to Craigieburn was not complete without Clive, the hut bitch, making tea in the morning or acting as waiter. Because he was stuff all use in the kitchen when it was his turn to cook. The sight of gear held together with duct tape, or his remarkable gargled rendition of the South African national anthem will never be forgotten.

He also had a great affinity with the water. He was a keen body surfer who later began to surf a longboard. **I would wait for his morning text to alert me of the surf conditions. We'd ride some waves or sit out the back waiting and chatting. Clive told me, "Greg, we could still be out her at 70, doing old man surfing." Well Clive, you never could stick to a plan!**

Clive's heart resided in two places, Cape Town and Christchurch. Both places pulled on him and it was not an easy decision for him to finish his days here in ChCh. However, he loved his house in Sumner and the close group of friends around him. The only anger he showed during his illness was that he had finally found a home to stay in for a long time, and he was being denied that opportunity.

This brings us to Clive's last year. We may not want to dwell on a year of sickness, hospitals and pain, but the way Clive lived his last year is a testament to the man he was. He never stopped living. He squeezed every last drop out of his time. Yes, when the pain got bad, and it did, he struggled. But he was never beaten. He was realistic yet positive.

Clive had an interesting understanding of things medical. In the past, he had some fatigue problem so he went for some blood tests. He proudly revealed to the Craigieburn group that he had a low *sperm* count. Bemused as to why he would be sharing this, he **was quizzed as to how the sample was collected. "From my arm" he chirped, "they took some blood". This really was indicative of how he struggled to understand some basic medical facts.** This continued throughout his illness.

However, at the same time, he understood his body very well. Through his body, his yoga and his outdoor activities, he explored both his physical and spiritual nature. The spiritual

side of Clive's life was extremely important to him and he expressed it physically. Yet as the physical side was taken from him, his spirit grew even stronger. This was evidenced by the amazing blossoming of his writing. From a man who struggled with dyslexia, eventually came the most beautiful prose in the letters to his friends.

I'll quote:

"But in all my struggles, there have always seemed some positive and happy times, like a bright spring flower nestled in the rocky wall or the ever hopeful seagulls down by the beach hoping to get lucky on Dave's scone crumbs; while this retired man enjoys another slow morning at the beach."

He did not fear death. The scientist in him was to some degree fascinated by what was happening to him and, through his yoga, he prepared himself for the inevitable.

The manner of his death was also typically Clive. Not for him the slow demise, the slide into oblivion with the aid of a needle. He was going to face death on his own terms. He was going to live to the last second. He had lived more in 50 years than many in several lifetimes.

The last thing he wanted to do was a base jump. He wanted to fly again. And this is what he did. Who else but Clive would tick off the last item on his bucket list in the final moments of his life ?

I'd like to finish by quoting from a favourite book of Clive's, Jonathan Livingston Seagull.

"But you can. For you have learned. One school is finished, and the time has come for another to begin" As it had shined across him all his life, so understanding lighted that moment. They were right. He could fly higher, and it was time to go home.

He gave one last look across the sky, across that magnificent silver land where he **had learned so much. "I'm ready," he said at last.**

And Jonathan Livingston Seagull rose with the two starbright gulls to disappear into a perfect dark sky.

Clive's Eulogy by Greg Preston.

Tributes from friends of Clive :

To me, Clive was constantly climbing mountains whether it was with his bicycle, on foot or a new Asana that he was determined to conquer. He always showed a positive face and I loved how he would notice a new hair cut or a pretty dress and give compliments. As his teacher trainer, I also saw his dedication to Yoga and his absolute faith in the process. I believe that is what made it possible for him to pass over with such dignity. He will always remain close to my heart.

Monica Haar

When I had a house warming, Clive was the first to arrive. At his suggestion, we christened the apartment with hand stands on the balcony. Clive was an adventurer with a huge heart and a zest for life.

David Bullivant

I remember a warm, attractive, charming man with heaps of energy.

Clive had memorable charisma; he broke hearts, took risks and bought out the dare-devil in others. He lived life to its fast, dangerous, edgy fullest, yet also had a sensitivity and awareness of self that bought him to practice and teach Yoga.

His words and sharing of his experience facing his death touched me deeply. It was evident that along with his passion and exploration of the physical world, he also explored, till his passing, his spiritual being in this world, sharing his insights until he passed over; warm, funny and with the familiar vitality he had.

The Iyengar Yoga community will feel the loss of this great practitioner and teacher.

Lee McGarva

When Clive lived in Auckland we often used to cross paths on the way to work. Of course he was on his beloved bicycle. We always had great chats about life and I think he was a real philosopher. He also had a very sharp sense of humour and whether it be pairing up in a yoga workshop or meeting in the street, there was always cheeky laughter. It was my great privilege to have met him in this lifetime.

Greg Goodyer

About 10 years ago we were on a retreat with Peter Thomson in the South Island, Boyle river. Peter had said to us, take it easy in between the sessions. Next minute I know we are off to ride the rapids on black inner tubes with Clive and friends. At the end of what can only be called a harrowing ride through rapids and rocks we came out on an amazing water hole. After another ride through the rapids we declared we had to come back the next day and have a jump into the water.

The next day we hitched a ride back - it was about 10 kms away. Clive, me and one other yoga friend. It was an 8 metre jump Clive did that day, into the water hole. I ventured 3 metres up but there was no way I was going up that high. Needless to say we did more than one jump and had to hitch back quickly to make the afternoon yoga session. We had less than 30 minutes, no cars had come for what seemed an endless amount of time. Finally a Combi turned up with 2 German tourists who whipped us back just in time! That retreat was the first time I had spent time with Clive. It was one of the best 2 days of my life.

Suzi Carson

I first remember meeting Clive, when we were both in class with Monie at her School in St. Benedicts Street by Beresford. I noticed Clive initially because he was handsome and athletic. Over the next few months I noticed Clive more because he was unassuming, and intelligent and we shared a passion and determination towards our yoga practice. Over the last few years I have only seen Clive at workshops. He was always the same. Quiet, consistent with a ready smile, a bit of a giggle—a joke about the weather or a jibe about the South African rugby team. I will miss him. He touched me with, what I think, on reflection was his passion for life and his goodness. They say only the good die young. Rest in peace Clive. Namaste

Delwyn Unkovich

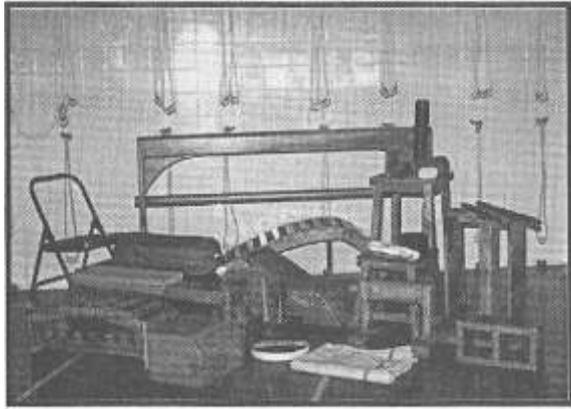
Why do we use props?



Props are an integral part of practice for Iyengar yoga students. However, we have to evolve in our understanding on the use of props. This concept was clearly demonstrated by Guruji during his presentation and later articulated by Prashantji during his explanation. This article has been composed on the basis of the learning during the celebrations of the annual day at the RIMYI 2004

“ A prop is a prop when it is no longer a prop”

— Prashant S. Iyengar



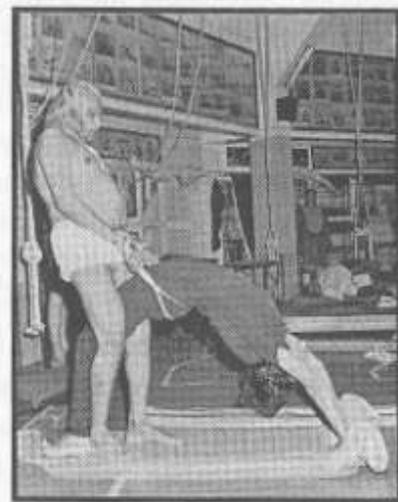
Ask any Iyengar yoga student on what makes them different from any other yoga practitioner? **They will promptly list out their “attributes”.** These would include their **“ability” to sequence asanas,** Stay in the asana for prolonged duration of time, emphasis on alignment and of course **the use of props. Props and “Iyengar Yoga” seem to go hand in hand. But how many of us really understand why and how we use the props? We may have attained many experiences but we have not been able to “grasp” or catch these experiences. The way we use the prop,** what we learn from it and what we apply from this learning will depend upon our caliber and the hierarchy in our practice. A disabled patient would be using the prop as a crutch while Guruji would be using the same prop to reach the inner most depth of his own self.

A prop as a crutch: Today hundreds of thousands of patients with problems ranging from slipped disc, arthritis, cervical spondylosis to heart ailments and hypertension have benefited from the practice of Iyengar Yoga. A belt, a rope, a crepe bandage a block are their life support systems. Most of these patients would never have benefited from the practice of the classical yogasana as they would never have been able to do them if not for the props. Ask a patient with cervical spondylosis to roll the trapezius muscles back. Even if they know the anatomical position of the muscle they have no access to it. Adjust a rope around their back of the neck for **“tractions” and observe the sigh of relief on their face!!**

Ask a heart patient to open the chest and see the difference when one places a block behind the chest as in Sharapanjarasana. Medicines can keep people living but yoga props gives one life. But we need to grow beyond the use of these props as crutches. After all, a critically ill patient is weaned off the ventilator as he starts improving!!

A prop to annihilate fear: Fear can devastate an individual but a prop can help one to overcome fear. Abhinivesa is literally translated as clinging to life or as fear of death. In our practice, it is the fear of losing our balance or fear of falling. It is one of the impediments, an obstacle in our practice. How many of us would have managed to learn Sirsasana if we never had the wall behind us? How many of us who are stiff and heavy would have learnt Sarvangasana if not for the chair? Fear also impedes our progress. When we are doing the asana independently, there is always a spot, an area, **a region where we “cling on to “ for the fear of falling.**

For example, while doing Virabhadrasana III, we tend to be on the outer heel and outer ankle of the foot, which is on **the floor as we have this “false notion” that it is giving us stability.** In reality, it is the outer portion of the back of the heel, which brings us stability. When we use support for our arms, the weight on the heel of the bottom leg automatically shifts towards the back of the heel and stability sets in. Thus we need to identify the region where fear is holding us back in each pose. Observe what changes are brought about in this abhinivestic region when we use props and then try to imitate that action when we perform the asana independently.

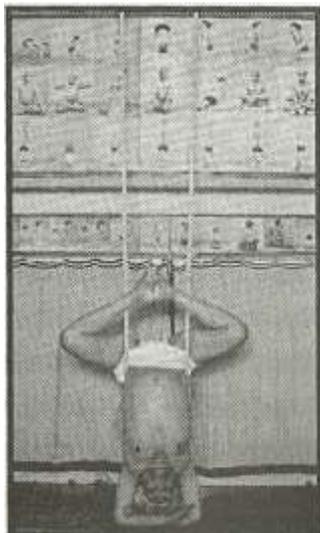


A prop brings in physical and mental stability. **Guruji Has often said, “ asana is not motion but co-ordinated and harmonius actions”.** However, the more difficult the physical positioning of the body in an asana, the more physically unstable we are. We are constantly moving and therefore fail to experience the asana. The props serve as a support to help us stay for longer duration in an asana and therefore experience the transformations the asana brings about.

I wonder how many of us would be able to stay for for 7-10 minutes in Viparita Dandasana independently. We may use our will power but along with that we may be using our lips and jaws **too !! But, it is common for most of the “Iyengar Yoga”students to be doing Viparita Dandasana for 7-10 minutes on a chair.** In fact, many of us look forward to the freshness and coolness of mind that Viparita Dandasana brings especially when our head is also supported by a bolster. It is very difficult to keep the consciousness(especially the mind) in a stable state ven if we do **manage to “stabilise” and balance ourselves physically in an asana. The citta bhumi constantly wanders and is in the ksipta (distracted) state.** Under the instructions of a teacher in a class, we may be better focused (but the instructions of a teacher are also a prop!). But, it takes just a split second for the consciousness to wander especially when we are performing the asana independently. The use of props aids the citta bhumi to be used in an ekagra (one pointed state) for longer duration of time.

A prop aids in bringing humility: I wonder if any of us would have realised this but whenever we use a prop for any of the asana, we automatically start to involute and introspect. Thus, there is no space for pride. Sage Patanjali has very clearly said that progress in our practice of asana leads us either towards apavarga or bhoga. Many of our neo-yogis can fall from the grace of yoga because **of pride of “achievement”.** **The use of props ensures that there is no room for pride and the practitioner retains humility, which should be one of the most important traits for a practitioner.**

A prop to objectify the brain: As has been explained in the previous issue of Yoga Rahasya (YR10.4;pg.40), we tend to use our heads much more than our senses. We tend to work and direct with the brain rather than spread our intelligence across the entire body. The brain continues beng a subject—directing the rest of the body all the time. When does the brain get a chance to rest? When does the brain get a chance to feel the quietness and **tranquility. Even if we are doing a “relaxing pose” like Savasana—the brain directs the body on how to rest..**



The only time that a brain can be objectified by even a beginner is when they are using props. The thoughts cease naturally. For example, when we are doing Sirsasana on the rope, the brain becomes totally quiet. This quietness is not dullness but an active passivity ! This objectification of the brain also happens when our head is rested on a bolster in Adho Mukha Svanasana. We are more stable, quieter and we can stay longer than what we can independently.

This is the reason that when asanas are done prior to a pranayama practice, we perform many of the asana with our head rested. This prepares our brain for the active passivity necessary for pranayama.

A prop brings in the feeling of lightness: In the 43rd sutra of the Vibhuti Pada, Sage Patanjali says that an accomplished yogi attains lightness in the body and he is even able to levitate. This Sutra clearly gives us a clue as to what we should aim for in our practice of **asanas. We all “enjoy” the asana when the body feels light. That is exactly what the props do.** For example, when Ardha Chandrasana is performed with the support of the tressler and the lifted hand is used to revolve the chest, the chest opens. Thus, we never feel the fatigue but instead feel light and energised by the asana.

A prop develops sensitivity in the practitioner: As beginners, we start our asana practice through the gross body. We tend to use only the muscular body but as we continue, we need to attain the sensitivity to feel the asana through the skin and the senses. The prop aids in developing the sensitivity. For example, when we are performing standing asanas against a tressler, we can learn what the source of action is. Once we make any particular action we can **study the range of it's effects. Sparsa, contact, is an important component of practice.**

Sensitivity develops when we have some external contact and that is how the props guide us. It is for us to use this sensitivity to trigger our intelligence. The props give us a spark of light but we fail to catch it. For example, when we are doing Ardha Chandrasana, the leg on which we stand tends to become shorter. The moment we perform the same asana with the tressler, it **automatically becomes longer. It is for us to catch” what the prop does to us.**

In Sarvangasana, the frontal thighs tend to collapse if we stay longer in the asana and they feel very fatigued. But, if we loosely tie a belt around the bottom calves and move the legs outward to touch the belt, we will observe that the frontal thigh muscles naturally recede towards the bone and there is no fatigue in the thigh muscles. So we have to study what the props do to make us **perform the asana with greater ease. Their use sparks our intelligence. We have to “catch” these sparks and clues that we get with the props.** We should then try to incorporate them while performing the asanas independently.

The props help us to adjust the pranas in our system. The prana vayus are the life force in our system. We are comfortable

In any asana as long as these

Vayus are balanced. For

Example, when the udana

Sthana is tensed or udana

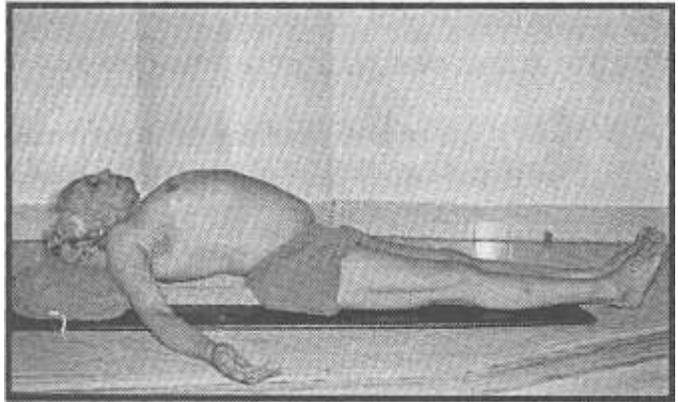
Vayu overused, the throat and

Along with it the brain feels

Choked. Many beginners

often tend to unknowingly

block or grip the udana



sthana while doing the asanas especially the twisting asanas and also in sitting pranayama. Such

practice can be harmful for the practitioner. The use of props automatically adjusts the prana

vayus in our system. For example, vyana naturally drops while doing Savasana on the floor. The

vyana pervades the entire system and can be observed on the lateral sides of the chest. But the

vyana naturally lifts when a bolster or pillow is used to vertically support the spine in Savasana. In

Urdhva Mukha Svanasana, the samana (located around the abdomen) and the vyana tend to

drop. However, when Urdhva Mukha Svanasana is performed with the palms on a chair or a

Viparita Dandasana bench then the samana and vyana both get lifted. We feel lighter and

energised.

We should not always use a prop as a crutch or a sofa to flop ourselves on ! We should be very

clear in our minds as to why we are using a prop for a particular asana on a specific day. We

should use the prop to trigger our intelligence and generate life in our practices just as Bheesma

Pitamah used the bed of arrows to trigger his intelligence and keep himself alive !!

JUNIOR INTERMEDIATE TEACHER TRAINING - WORKSHOP WEEKENDS 2011

We will run a series of Junior Intermediate level 1,2 and 3 weekend workshops in 2011.

Each weekend will contain teachings around all of the Asana from level 1, 2 and 3 Junior Intermediate course syllabus.

In order to run these courses we need a minimum of five teachers participating each weekend.

Please make an application of interest via email or phone to Susie Lever: suelever@gmail.com or ph. 09 361 5538 or 021 039 4483 or Monica Haar: haarmonica8@yahoo.com

Each course will contain instructions of the Asana and Pranayama and Teaching skills.

Dates for each workshop weekends:

March 5th/6th June 11th/12th July 2nd/3rd August 6th/7th

All weekend times are -Saturday 1pm – 4pm and Sunday 1pm – 4pm

Venue for all workshop weekends:

IYC, 148, Great North Road, Newton (above Firestone Tyres)

Cost for all four workshop weekends:

\$550.00

Cost per workshop weekend:

\$150.00

We look forward to hearing from you

Namaste Moni and Susie

Studying with the Iyengars in Pune

The Ramamani Iyengar Memorial Yoga Institute (RIMYI) conducts regular classes for all levels, including beginners, general and advanced. Special classes for ladies, children and individuals with medical problems are also held. Classes are conducted by Smt Geeta S Iyengar, Sri Prashant S Iyengar as well as senior teachers trained by Yogacharya BKS Iyengar.



The Institute RIMYI welcomes foreign Iyengar Yoga practitioners for general and ladies classes.

Prerequisites:

Students should have been practicing "Iyengar Yoga" for at least 8 years. This should **include regular practice of 'inverted postures' such as Sirsasana, Sarvangasana for 8-10 minutes.**

All students should have read the introductory chapter to "Light on Yoga" and be familiar with the terms and principles covered in that chapter. Women are expected to know what is to be practiced during menstruation.

Applications and Admissions:

An [Application Form](#) can be downloaded from the website www.bksiyengar.com. (This form is also available from the Secretary of IYANZ). You may apply for one month or two consecutive months of General Classes. (Note : The classes are generally booked a year or two in advance). Students are allowed to attend a maximum of six classes per week for one month. Monthly fees at the institute are US\$425.

New Zealanders traveling to Pune

We've included this section in the Link to allow those planning a trip to Pune to hook up with other teachers traveling at the same time (contact details in the Teacher Listings).

Neil Mackay August 2012

Please email IYANZYogalink@gmail.com if you are planning a trip to Pune.

K K TRAVELS - Pune

KK Travels operate hourly air conditioned Cab Services between Pune and Mumbai Chhatrapati Shivaji International Airports (Sahar Airport). All Passengers are dropped at their desired point in Pune and adjoining areas and vice versa. This is our shared cab service and the fare for Iyengar students is Rs.600/- only—a discount of Rs.50/-

See the website for details of other services offered or email your enquiry.

E Mail : kktravels@kktravels.com

Web Site : www.kktravels.com

Iyengar Yoga Teacher Training for Central Region (Mid North Island) NEW INTAKE

Paul Barton is offering teacher training in weekend block for folks spread out over the central region. The will mostly be live in and will not always be in Rotorua. The group formed so far is a bonded and functioning and a new batch of training teacher can start in early 2011. The training will cover the Iyengar Syllabus for certification plus practices specifically designed to help us distinguish between awareness and ego attachments and integrating these two to evolve a high level of personal development. Costs are reasonable based on live in work at Paul home about \$2000 to Level 1 Intro with food and accommodation included

For more details or to discuss contact Paul on 07 3491 654
Email yogapaulb@xtra.co.nz

Notices

NEW ZEALAND RETREAT WITH SHAYNA OGDEN

15 - 22 January 2011

A 7-day retreat at Tauhara Retreat & Conference Centre (www.tauharacentre.org.nz) at Lake Taupo (near Rotorua) in New Zealand. Price includes 7 nights accomodation, six yoga days (morning and afternoon classes), three meals each day, airport transfers ex Rotorua. Nearby activities include: swimming in Lake Taupo, natural hot springs, cave exploring and bushwalking.

Accomodation options include:

- shared bunk rooms
- single bunk rooms
- shared motel style self contained rooms
- single motel style self contained rooms

Contact : phone (03) 5348 3888
shayna@daylesfordyoga.com

WORKSHOP WITH MELODIE BATCHELOR HAWKES BAY

Date: February 25th and 26th 2011

Venue: Te Awanga Community Hall

Cost: General classes \$150

Teacher Training: \$75

Contact: Lucinda Sheratt: lucinda@freshintegrativetherapy.com

021 506 604

Melodie teaches from her experience gained on annual visits to the Ramamani Iyengar Yoga Institute in Pune, India or participation in Guruji and Geetaji's conventions since 1998. This workshop will include a teacher training session and general classes.

Notices

INTRODUCTORY TEACHER TRAINING 2011

With Susie Lever

I will be putting together a new group for Introductory Teacher Training starting February 2011.

There will be ten Introductory Teacher Training Workshop Weekends (one a month) held throughout the first year 2011. This includes two to three hours both on Saturday and Sunday afternoons (dates yet to be confirmed). Each Teacher training workshop weekend is carefully structured to cover personal practice, teaching skills and yoga philosophy.

Please contact Susie for further details.

Phone: 09 361 5538 or 021 039 4483 or email: suelever@gmail.com

INTRODUCTORY LEVEL 2 ASSESSMENT

The next Introductory Level 2 Assessment will be held on the weekend of the 12th and 13th of March 2011. For application forms please contact the coordinator, Jyoteeka Cummings. Applications will be sent out from 1 November. Please return applications to Jyoteeka before 1st January 2011. No late applications will be accepted.

Phone (06) 3551197

E-mail - Jyoteeka@hotmail.com

Address - 29 Featherston Street, Palmerston North 4412

NB for Level 2 applications there is a priority system, i.e. priority goes to those who sat Level 1 in 2009 and whose 2 years is up and therefore need to sit, as well as those who wish to re-sit. Thereafter it will be on a first come, first served basis. Those that apply but are not successful in securing a place to sit in 2011 will be on a priority list for 2012.

Notices

JOHN LEEBOLD INTENSIVE 25TH - 30TH MARCH

Venue; Kerikeri Yoga Centre

Cost:\$550

The days schedule will be; 7am-8.15am Pranayama.

9am-11.30am Asana session.

4pm-5.30pm Inversions and rejuvenation.

The intensive will start with a class at 6pm Fri (rejuvenation)
and end after the morning Asana session at 11.30am.

I will advise you early next year of a list of places to stay and those accommodation costs.

Contact; Louisa Potter 0274981018

Kerikeriyogacentre@xtra.co.nz

PIHA WORKSHOP WITH PETER SCOTT THE 1ST TO THE 3RD OF APRIL 2011

Venue: Barnett Hall, Piha.

Cost: General \$180

Advanced \$60

Meals \$95

Accommodation: Google accommodation Piha for different prices and styles of accommodation.

Contact: melodiebatchelor@hotmail.com

Peter's teaching is inspired and informed, whilst his approach is direct, inclusive and supportive. His structured method of structuring creates a clear path to a discerning practice. Peter has been a dedicated teacher since 1982 and a committed trainer of teachers.

Notices

INTRODUCTORY LEVEL 1 ASSESSMENT 30 APRIL-1 MAY

The next Introductory Level 1 Assessment will be held on the weekend of the 30th April - 1st May 2011. For application forms please contact the coordinator, Jyoteeka Cummings. Applications will be sent out from 1 November. Please return applications to Jyoteeka before 31st January 2011. No late applications will be accepted. Contact Jyoteeka :

Phone (06) 3551197

E-mail - Jyoteeka@hotmail.com

Address - 29 Featherston Street, Palmerston North 4412

PIXIE LILLAS TEACHERS DEVELOPMENT WORKSHOP FRI 30TH APRIL-SUN 1ST MAY

To help develop levels for Junior Intermediate levels I, II, III.

Venue: North Shore Yoga. Cost \$280

Contact: Louisa Potter 0274981018

Kerikeriyogacentre@xtra.co.nz

LIVE IN SILENT RETREAT WITH PAUL BARTON 27-28-29 MAY

A yoga and meditation live in silent retreat including yoga, pranayama and meditation. There are places for 23 students.

Location: 60 Acacia Heights Drive, Taupo. www.tauharacentre.org.nz

Commences: 6 p.m. Friday, finishes 4 p.m. Sunday

Contact Paul Barton, Yoga Studio, P O Box 1753 Rotorua,

Res. 07 3491 654, 0274393910.

Email yogapaulb@xtra.co.nz

Notices

PIXIE LILLAS SPRING RETREAT 7TH -14TH OCTOBER

at Kimi Ora Spa Resort, Kaiteriteri, Nelson.

Contact Louisa Potter 0274981018
Kerikeriyogacentre@xtra.co.nz

A LETTER FROM OUR NEW TREASURER

Hi everyone,

I have recently taken over the role of association treasurer. My sincere thanks to Jackie Kesby for the clear and organised state in which she has handed over the accounts, and for agreeing to continue in an advisory capacity till the end of this financial year.

As I am based in Nelson, the association now has a new PO Box number.

PO Box 4023
Nelson South
Nelson 7045

Please use that postal address to contact me about any matters relating to IYANZ finances. I will do my best to respond promptly, or refer you to someone else if I **can't help. I ask for your patience as I settle in to this new role.**

Namaste
Susan Lamont

THE GUIDELINES FOR TEACHER TRAINING AND CERTIFICATION MANUAL

The Guidelines for Teacher Training and Certification Manual is now printed and ready for distribution. If you would like a copy then please send \$30.00 to Jackie Kesby made out to 'IYANZ', together with your postal address and contact details. Please indicate that the money is for purchase of a Manual and she will alert me to send one to you.

Thank you Susie Lever

Christchurch Workshop

– a rocking & rolling good time

It is quite disconcerting to have a room full of students in salamba sirasana (headstand) when an aftershock strikes - that was my experience the week before **the workshop with Jawahar Bangera. Fortunately we're a stoic lot in the South, so we just carried on. Actually we're getting pretty good at guessing where the shakes sit** on the Richter scale. Anything less than a 5.0 is hardly worth reacting over.

Although we have been very lucky in Christchurch not to have loss of life, many students have been affected in ways ranging from having to move from damaged houses to losing businesses in affected areas. The continual aftershocks make it **difficult to feel grounded, and with the body continuing to jump into "fight or flight"** mode many people feel physically stressed.

So it was fantastic to have Jawahar Bangera down for a workshop we had hoped could still go ahead. The workshop was well supported and incredibly inspiring. The depth of information and generous sharing of knowledge was hugely appreciated. It is also great to be a part of a flourishing Iyengar Yoga community, and a chance to connect with a large number of like minded individuals.

For those students contemplating taking part in a workshop, go for it! Workshops are an opportunity to explore poses in depth, and enable us to take our own practice to a whole new level. When a senior teacher of such vast experience comes to our isolated shores it is all the more valued. Even the earth was calm.

Michelle Polglase

A big Thank you is extended to Jawahar Bangera for visiting us and sharing his depth and knowledge of understanding of yoga.



Thanks to Michelle Polglase for the photograph of the workshop in Christchurch



Thanks to Leena Kothare for the photograph of the workshop in Auckland

Yoga teacher wanted

Mt Eden Yoga, Auckland needs a yoga teacher to teach 1 or 2 classes a week.

If you are interested please ring
Heidi 021-0720-510 or email:
heidinapflin@ihug.co.nz

PROPS FOR YOGA

Blocks	8"x6"x4", 9"x6"x4" and 10"x6"x4"	\$25
Foam Blocks	10"x6"x4"	\$15
Yoga Belts	8' long with quick release buckles	\$15
I Rest		\$10
Yoga Bolster	Round 25" long	\$70
	Oval 30" Long	\$70
Pranayama Pillow	Long & Flat—30" long	\$40
Sand bags	4.5kg each—strong denim covers with handles	\$30 pr \$32 pr
Mat Bags		\$35 40
Zafu	Traditional round meditation pillows	\$50
Zabuton	Square mat for use under Zafu	\$55
Pelvic Sling	Sling for inversions with hardware	\$95
Foam Shoulder Pads	2 @ 50 x 265 x 615mm	\$40 pr

Contact: Fran Campbell: 09 378 4913
PO Box 78220 Grey Lynn, Auckland

IYANZ Library List

To request items or for further information:

Contact: Jyoteeka Cummings
29 Featherston Street, Palmerston
North, 4412
Phone: 06 355 1197
Email: jyoteeka@hotmail.com

NB. Please include your postal code when providing your address for postage.

BOOKS:

BKS Iyengar:

- Light on Yoga
- Light on Pranayama
- Light on the Yoga Sutras

- Light on Astanga yoga
- The Art of Yoga
- Astadala Yogamala Vol. 1
- Yoga – The Path To Holistic Health
- 70 Glorious Years

Others:

- | | |
|--|-----------------------|
| Geeta S Iyengar's Guide to a Woman's Yoga Practice | Lois Steinberg |
| Yoga – A Gem for Women | Dr. Geeta Iyengar |
| · Yoga In Action – Preliminary Course | Dr. Geeta Iyengar |
| · Yoga and the New Millennium | Shri Prashant Iyengar |
| · Yogapushpanjali-Light On Yoga Research Trust | |
| · Yogadhara – 80 th Birthday Commemorative Volume | |
| · Yoga for Children | S & R Chanchani |
| · A Matter of Health | Dr. Krishna Raman |
| · Understanding Yoga Through Body Knowledge | Dr. Sulochan Telang |

AUDIO TAPES:

- Patanjali Yogasutra.
2 x tapes. Comes with a copy of the Yoga Sutras
- Intensive 1995 – many tapes with different focuses.

VIDEO TAPES

BKS Iyengar:

- Asana Demonstration. 1987 Harvard University
- Guruji – life story of BKS Iyengar
- Lecture & Pranayama Demonstration 1987
- Samadhi – an aesthetic presentation of the art of Yoga
- 1992 visit to NZ; demonstration
- 1995 Australasian Intensive; 5 x practice tapes
- 75th Birthday Teachings: 10 x asana tapes
- 75th Birthday Celebrations. Pranayama; 3 x video tapes, Class 1 2 & 3
- 80th Birthday Celebrations; full set of pranayama and asana tapes
- Silver Jubilee of RIYMI;
- Jan 2000 Teacher Guidance: 6 x tapes
- Yoga : the Ultimate Freedom. 1976, Ann Arbor Yoga

Others:

- **Geeta Iyengar's visit to Sydney 1996; 6 x tapes**
- **Women's Intensive: Geeta Iyengar 1997 9 x Pranayama (various sessions)**
1 x Question and Answers
- **Yoga In Action The role of yoga in Women's Lives Menstruation**
Beginners Practice and Demo; 1994
- 1938 Iyengar Practice (Krishnamacharya)
- Felicity Green Basic Yoga
- Felicity Green Basic Yoga
- A Yoga Demonstration by Dona Holleman
- Manouso Manos 1 x tape
- John Friend Yoga Alignment and Form
- Rishikesh International Yoga Week:
I - Demonstration, II - Asanas, III -Therapy, IV – Pranayama

DVD's **Mr Iyengar and Geeta's Teacher training course 2001 14DVD's**

Mr Iyengar and geeta's Teacher training course 2000 6DVD's

Geeta Birthday celebration classes 9th to 13th Dec 2004 NEW

Geeta guiding senior teachers 2009 Will be split into 3 sets of 3

Geeta teaching backbends with props 2010 3 DVD's

Geeta teaching pranayama November 2004 3 DVD's

Geeta's convention in Australia 2009

Others Rishikesh International Yoga Week:

I—Demonstration, II—Asanas, III—Therapy, IV—Pranayama

The rental for all items is \$5 per month plus the price of the postage.
If you have any items that you would like to donate to the library please feel free to contact

IYANZ BOOKSHOP



	Price
Basic Guidelines for teachers — BKS Iyengar & Geeta Iyengar	\$25
The Art of Yoga — BKS Iyengar	\$40
Yoga in Action: Preliminary Course — Geeta Iyengar	\$20
Yogadhara: 80th birthday Commemorative Volume	\$40
Yoga and the new Millenium — Prashant Iyengar	\$15
Understanding Yoga through Body Knowledge Dr Sulochana D Telang	\$25
BKS Iyengar Archive Project compiled by the Iyengar Yoga National Association of the United States (IYNAUS) (pub 2007)	\$45
Geeta S. Iyengar's Guide to a Woman's Yoga Practice Vol1 by Lois Steinberg (pub 2006)	\$85
Iyengar Yoga - Asana Alternatives : The neck and shoulders by Lois Steinberg	\$75

Order and payment:

Make cheques payable to IYANZ and post to:
IYANZ Bookshop, Heidi Napflin

Flat 4 107 Mt Eden Road, Mt Eden, Auckland 1024

NB. Please include your postal code when providing your address.

Prices quoted include postage and packaging.

All books are available at the date of publishing this *Yoga Link*.

Quantities held may be limited: you can check by emailing Heidi at:
heidinapflin@ihug.co.nz or phone 09 630 6950

Note: Book sales are only available to financial members of the Association.

YOGA ARTS - essential yoga equipment

yoga arts offers a full range of essential yoga equipment; including the wonderful handcrafted trestler, spike & yoga bench.



stockist of the black komfort mat and yoga spezial



Essential Home KIT | 15% disc

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- (2) *Standard Wooden Blocks*
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- (1) *Standard Bolster*

Colours: *Mats: Blue, Green, Purple*
Bolster: Navy, Royal

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75mm x 225mm x 140mm

Bevelled edges.

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(\$8.50 per 2 pack...\$4.25 per block)

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Contact: Denise Lewis

021 479 708

yoga@embody.co.nz

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Glenn Ceresoli – Iyengar Yoga
Live in Retreat - Tauhara Centre
Taupo, February 10-18, 2011

“The Yoga Mind”

*Cultivating Constant Integrated
Awareness*

This live in retreat will focus on practice to create a yogic mind in life (and in practice). This is the heart of learning and the process of living the yogic state. Glenn is a senior certificated Iyengar Yoga teacher currently living in Australia. He asserts to teach in a way that connects you to the core of who you are and shows ways to keep you anchored in that knowledge, in that experience, in day to day life.

Glenn hopes that people will find through yoga that aspect of Self that will guide them through anything - whether that path appears right, wrong or indifferent to the outer world. Following ones heart can mean deviation at times from the rules of the world.

We all want inner composure and contentment in the face of adversities, the trick is to be able to create this.

This live in retreat will be a valuable experience for committed Iyengar Yoga students. We start at 6pm on the 10th and finish at 1.30pm on the 18th.

Prepayment of a \$300 non-refundable deposit for the retreat is essential.

Contact Paul Barton, Yoga Studio, P O Box 1753, Rotorua Email: yogapaulb@xtra.co.nz . Phone 07 3491 654, Mobile: 0274393 910.



Registration for Glenn's Retreat: Deposit of \$300 paid by November 30, 2010 secures your place in the retreat.

Full retreat with meals and accommodation is listed below; if you want other options considered please ask.

- | | |
|--|--------|
| 1. Shared 4 berth bunkroom bring own bedding | \$1644 |
| 2. Shared 4 berth bunk room beds and towels | \$1854 |
| 3. Self contained single occupancy | \$2267 |
| 4. Self contained shared occupancy | \$1911 |

Prices include GST.

If you want more information on the Tauhara Centre please let me know and I will post it out, or see their web site www.tauharacentre.org.nz. Once you register you will receive more information. .

Please make cheques to Yoga Studio and post to P O Box 1753 Rotorua 3040 with thanks Paul Barton

Be in your Breath Be on your Breath

WITH



The World's first inflatable **TRAVEL BOLSTER**

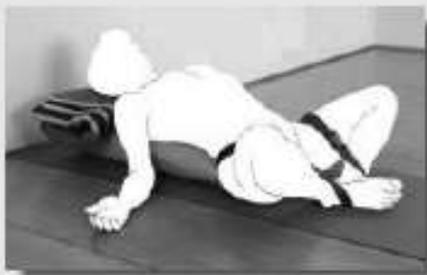
YoGoBolster is small enough to pack in your overnight bag and is perfect for retreats, workshops, that weekend away or even as an additional prop in your studio



**From this to this
with 6-8 breaths**

Comes with a 100% cotton cover and is available in a wide range of colours and patterns

Weighing a mere 530 grams it inflates to a 250mm dia x 760mm long (approx) bolster



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Note: Teachers PLEASE CHECK YOUR DETAILS.

If any changes are required please contact the editor..



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