

BKS IYENGAR

Light on the Yoga *Sutras* of *Patanjali*



*II.51 bahya abhyantara viaya aksepi
caturthah*

bahya *external*

abhyantara *internal*

visaya *region, sphere, an
object, reference,
aim, realm*

aksepi *passing over, gaining
over, overcoming,
Transcending*

caturthah *the fourth*

*The fourth type of pranayama transcends
the external and internal pranayamas, and
appears effortless and non-deliberate.*

From the Editor

February 2011

Welcome to this issue of the Link.

Firstly I would like to thank my Father who I have unfortunately omitted to thank over the last two issues ! So thank you Millen for your support, time, patience, assistance and also the generous use of your equipment without which I would not have been able to edit these links. Thank you and namaste Dad.

I am still keen on getting articles from New Zealand practitioners for the Link. At the moment all articles are sourced and copied from *Yoga Rahasya*. But I think with the wealth of experience and knowledge available here we could and should start supplying some of our own articles ! I am only really after pieces that cover *asana*, *Pranayama* and philosophy subjects—so please consider writing a piece for upcoming issues. Thank you.

You may be aware that I have recently taken over the job of editing the Link & as a result have had a steep learning curve to take on this task. As a result there have been several errors in the Link which I apologize for to everyone involved. Although I have people helping me with proof reading the magazine mistakes still do happen so please bear with me as I hope to improve the accuracy and timing of publishing. I hope to send out digital copies to advertisers and or contributors a week before the copy goes to the printers so any errors can be rectified. Please notify me as soon as possible if there are any errors and state the page number said error is on and state clearly what needs changing. Thank you.

Please note the change of date for the October Junior Intermediate Assessments due to the date clashing with the rugby world cup !

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

Namaste
Neil.

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Deadline for the next issue is: 25 April 2011

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From the Chair

February 2011

Happy New Year to all of you, I hope your holiday was happy and relaxing and full of fun.

We are so lucky that our weather has been so good and I am sure our hearts are with those suffering in the Queensland floods.

As you have seen, we delayed the production of the Link in December to collect tributes for Clive Heydenrych. Thank you to everyone who sent a tribute **and thank you Delwyn for asking family for permission to print Clive's own** goodbye to his friends and family.

Again our calendar of events is full with workshops and teacher development throughout the year. I hope that many of you will attend and take the opportunity to shape and develop your craft.

Through meetings with the Christchurch Yoga community, in conjunction **with our I.Y.A.N.Z executive committee, it was decided that Jawahar's kind** donation of all fees from his workshop in Christchurch, be divided between Christchurch Earthquake support groups, some given back to Jawahar and some given back to our association.

We thank Jawahar again for his kindness and generosity in this regard.

Good luck to those who will sit Introductory Level 2 in March.

Introductory level 1 assessment is being held in Auckland on May 20th to the 22nd, applications will close at the end of February. Contact Jyoteeka for an application and see the notices for more information.

The Junior Intermediate Assessment was held on December 4th and 5th 2010 at Herne Bay Yoga in Auckland. John Leebold was Moderator and Assessors were Monica Haar, Susie Lever and Melodie Batchelor. We would like to express our congratulations to all five candidates, Jyoteeka Cummings, Tessa Meek, Neil Mackay Pat MacDonald and Michelle Robinson on their success in passing this level.

Finally please note the date and venue has been fixed for the AGM on the 7th of May at the Iyengar Yoga centre of Wellington.

Have a very good year everyone
Melodie Batchelor



Tribute to Clive Heydenrych

The Iyengar Yoga community is a close knit one. As teachers we commit to a process of personal and professional development, and gather strength from those around us. When one of our own unexpectedly needs treatment for a terminal condition, it comes as a shock, particularly as we place health and wellbeing at a high priority.

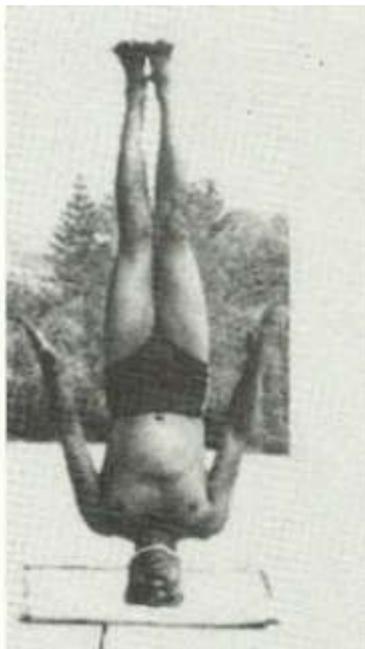
Clive Heydenrych was an integral part of the Christchurch Iyengar Yoga community, a dynamic teacher who inspired many students with his energy and enthusiasm. As a fellow Yoga teacher, friend, and practise partner, Clive had originally asked me to teach for him for a few weeks while he went on holiday - that's a year ago now, and I'm still teaching that class. Community is important, and as teachers we need to recognise and value the support our students give us while continuing to give back to the same community. We need to take inspiration from the courage those around us show, and make the most of every day.

Enjoy the journey.

Michelle Polglase



Tadasana or Urdhva Sirsasana ?



Urdhva Sirsasana or Tadasana ?

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

4-6 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 soon. Contact Jyoteeka@hotmail.com

18-23 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 Barnett hall Piha
Contact Melodie Batchelor:
melodiebatchelor@hotmail .com

29 April-1st May

Pixie Lillas Teachers development Workshop
North Shore Yoga
Contact Louisa Potter: Tel : 0274981018
Kerikeriyogacentre@xtra.co.nz

MAY	
7 May 2PM to 4PM	IYANZ AGM Held @ Iyengar Yoga center of Wellington, The Bakehouse, 6 Swan Lane, Wellington
20-22 May	Introductory level 1 Assessments will be held in Auckland with more details soon. Contact Jyoteeka: Jyoteeka@hotmail.com
JUNE	
17 -19 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
24-25 June	Intensive with Wendy Brown 24th 6-8pm 25th 9-12am & 2-4pm Cost \$120 contact Wendy 033881171
JULY	
1 -3 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	
22-25 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
28-30 October	Junior Intermediate Assessments will be held in Auckland with details soon. The due date for applications is 29 July.

The following is a important letter received from Guruji in December 2010 regarding the new constitution and teacher training could all teachers please read this thank you.

Ramāmaṇi Iyengar Memorial Yoga Institute

1107-B/1, SHIVAJINAGAR, PUNE : 411 016, (INDIA) GRAMS : "YOGADIPIKA", PHONE : 25656134

22 December 2010

My Dear Teachers,

The 2009 amendments made to the Appendix C of the Iyengar Yoga (Pune) Constitution Guideline with respect to what certified instructors are qualified to teach do not apply for those teachers who were certified in or prior to 2009. The new rules only apply to teachers certified in and after 2010. The changes were created for the next generation of teachers who **have a fresh brain, mind, blood and creativity; they have to be guided so they don't cross the boundaries of their knowledge.** The rules were not changed for rigidity, but to have a good sense of judgment so the teachers can live happily and contentedly.

(1) All certified teachers may teach their students who become pregnant and have normal pregnancies. Intermediate Junior 2 and above teachers can conduct a pre-natal class for women with a healthy pregnancy. When there are abnormalities in the pregnancy, teachers must refer the student to an intermediate Senior 1 or above teacher. If there is no Senior 1 or above teacher in the region, they can continue to teach the pregnant student only if they are consulting with and working under the supervision of a senior teacher (send a description of the student with photos).

(2) In terms of therapeutics, all certified teachers can help healthy students who have common conditions with minor risks. Examples of these conditions are: knees, low back, neck, shoulders, constipation, diarrhea, headache, high blood pressure, anxiety, and depression. Yoga Sutra 1:30 is key for how to teach to students with conditions. Introductory 1 Level teachers are only to take healthy students. See that they know how to tone (strengthen, align, **and balance) the students' bodies and minds.**

Teachers certified Intermediate Senior 1 or above can teach Therapeutic classes for illnesses such as cancer, difficult structural anomalies, heart conditions and other acute / chronic conditions (YS 1:31). Gentle Classes (not to be called Therapeutic Classes) for students who need to move at a slower pace, require special assistance and/or more props.

Ramāmaṇi Iyengar Memorial Yoga Institute

1107-B/1, SHIVAJINAGAR, PUNE - 411 016, (INDIA) GRAMS - "YOGADIPIKA", PHONE : 25656134

If the Intermediate Junior 2 or 3, teacher was certified in or before 2009 and has been conducting Therapeutic classes working under the supervision of a senior teacher, he/she may continue these classes. Supervision includes sending photos of the student with information about his/her condition. Intermediate Junior 2 or 3 certified in 2010 and after are not to start a Therapeutic Class.

3) Teacher Training courses may be conducted by Intermediate Junior 2 for two years , and above, if they were certified prior to rule changes only if they have been to study at RIMYI four times or they are under the supervision of an Intermediate Senior 1, or above, teacher.

(4) Those associations assessing Intermediate Senior 2 and 3 levels, the assessors should look at the practice of some of the Intermediate Senior 1 poses and see if they are the same as before, or if they have improved. The presentation of the asanas should show an integration of body, mind, and intelligence. They should be teaching with precision. Teachers over 65 should be given a margin of consideration for the circumstances of their age. Look for maturity of wisdom and not physical action.

(5) When assessing, include "guinea pig" students with gradational cases (minor to major risks) appropriate for each level, to evaluate the teachers capabilities.

With Best Wishes,



B.K.S. Iyengar

Guidelines for a yoga teacher

Geeta S Iyengar

“Teach from the heart and not from the brain alone”

- Teach from the heart and not the brain alone
- Build up qualities such as honesty, morality, helpfulness, compassion and dignity. Be straightforward.
- As a teacher remain *sattvic* inside and show the *rajasic* nature outside. The *rajasic* quality of a teacher helps to overcome the *tamasic* nature of the students.
- Teach according to the students needs and maintain presence of mind.
- It is a must to develop very good demonstration skills, and to give good verbal instructions.
- The teacher has to learn how to cultivate persistence in the students, build up their willpower, and impart the knowledge on where to focus and with how much effort.
- Learn how to safely teach older students and those with simple health concerns.
- As a teacher you should not have any fear complexes while instructing or helping. Be prepared.
- Be bold. Be cautious. Make the student do the Asana within your capability **and the student's capacity. Do not be callous.**
- To express yourself as clearly as well as properly. Show courage at the time of doubt. Do not take risks if you are in doubt. Be retrospective, and make the students do within the limits of their mental frame.
- You should refer to the technique of each *asana* in *Light on Yoga* before coming to the class. It will help you to express yourself with confidence and courage.

- You should always ask questions on the quality of your teaching. Practice *svadhyaya*.
 - ◊ Was my explanation correct ?
 - ◊ Did I explain what I wanted ?
 - ◊ What did I want them to know or do ?
 - ◊ Did I show them my *asana* as I directed them ?
 - ◊ Why did the student not respond ?
 - ◊ Has the student understood my language or not ?
 - ◊ Did I understand their problem ?
- Show a positive attitude. Do not be negative. Do not express negative thoughts to students.
- After class, your homework is to understand why the student was not getting the *asana*. You have to reflect on their problems. Think and re-think. And then work on your own. This way you will find that students improve as the quality of your practice in teaching improves.
- Externally treat your students as students, but internally treat them as God-sent. You are learning by helping them. They make understand and you must give them respect.

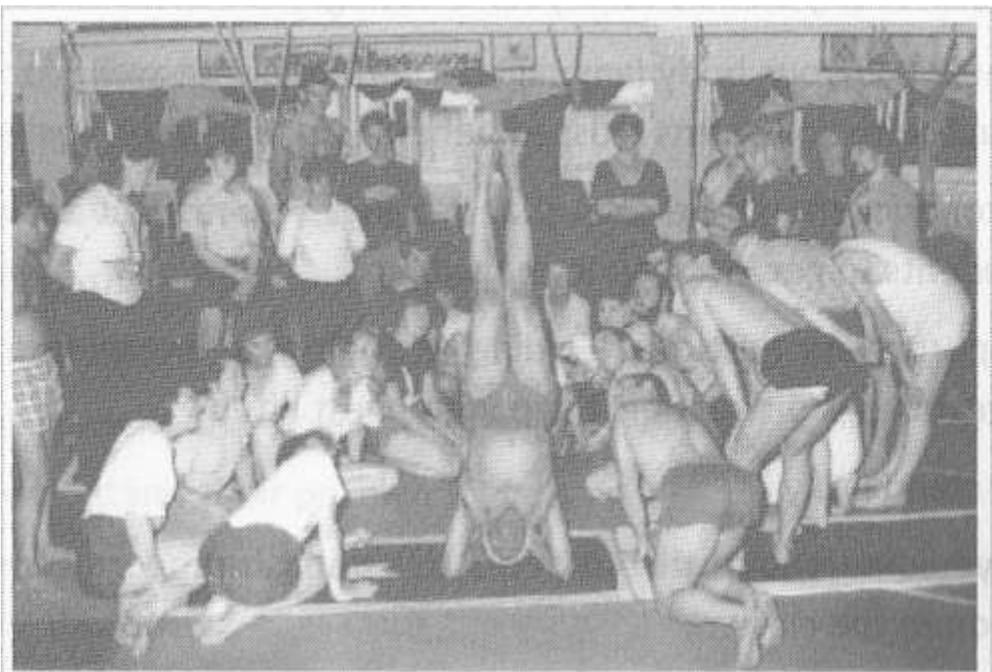
Create intelligence in yourself in order to create proper understanding in the students for them to develop intelligence.. To become a teacher be a learner first.

**“Externally treat your students as students
but internally treat them as God-sent.
They make you understand &
you must give them respect”**

How should a teacher present oneself

- You should be dressed in a modest manner. Your clothing should not be so loose that the students cannot see what you are demonstrating and it should not be too tight as this may restrict your movement. You should not be loud or overly exhibitivite in your dressing.

- You must use your body language to communicate well. For example, do not teach with your arms crossed behind your back or in your pockets.
- Your conduct should be such that it brings you respect as well as inspire the students to get involved in the subject.
- Use appropriate gestures. Folding, wringing or engaging in extraneous hand gestures is distracting. Keep your chest lifted.
- Never stand lazily.
- Use eye contact with the students to establish rapport and to focus the attention of the class.
- Your movement in class is seen by the students. They will respond casually if your presence appears casual. Be purposeful and positive.
- Be responsive and interact when needed. You must completely involve yourself in the class when you are teaching. Do not ignore or neglect those who have come to you.
- Do not refer to scripts / ideas unnecessarily.
- The teaching has to be directed not only to those who are in front of you, But also those who are at the far end of the class.
- Do not talk for a long time about the *asana* because the attention of the students gets unnecessarily diverted. Do not speak out of context while the students are in the *asana*. All your words and actions should be directly linked toward the asana that is being taught.
- Regular practice influences your presentation as a good yoga teacher. Your asana practice should be such that you are very clear and secure about your understanding and demonstration of the *asana*. Sometimes imitate the mistakes of the students to learn on yourself how you will correct them. This will allow you to focus on the students and teach with confidence.
- As a teacher if you cannot work on yourself in your practice then you will not be able to get the others to work on themselves.
- Keep demonstrations to the point and do not give too much explanation.



*Visual expression is more important than
verbal direction*

- Do not rely only on words. Synchronise your words with your own actions.
- Visual demonstration is more effective than verbal directions. Our method emphasises the importance of demonstration.
- If you shake, your body droops and chest caves then the students think that they have to shake, drop themselves and cave in their chest. Students imitate the teacher just as a child imitates the mother. So be watchful on yourself while teaching.
- Ask the students to look at the part you are emphasising or correcting when you demonstrate.
- You need to perform better because the students are watching you. That is why it is important that you are clear about what you show and what you want the students to learn to do. It is your moral responsibility to be able to do what you ask the students to do.

- Your performance should clearly reveal and express what has come i.e. you have to dramatise the point of action that you want them to do. This helps the students to distinguish the different actions.
- Be like an actor on the stage, your expression should be loud and dramatic so that the other students can see clearly. Do not over dramatise.
- You have to demonstrate what you say to the students.
- When you ask students to do an action or any other adjustment, show it on your body in an exaggerated way. The students must clearly see the particular action, such as lifting, raising, turning, gripping, tightening and so forth.
- You have to show the *asana* two or three times in the beginning so that the students get a clear image of the asana
- Repeat and demonstrate an instruction for just one of the actions several times on each side.

***“Synchronise your words with
your actions.”***

This article is an excerpt from the guidelines given to teachers in the publication, Basic guidelines for the teachers of yoga.

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

Russian Diary

— Arti H. Mehta

Guruji visited Russia in April 2009. It was his first international trip after 5 years and a long time since he conducted public classes. Arti H. Mehta who was part of his entourage shares some of her notes of Guruji's teachings during his classes.

Guruji in his introduction to the class had said that what he was going to teach is something which he had never taught before and even his senior most students were unaware of. He has taught us about how the *pancha bhutas* and *pancha vayus*, the *pancha vritti—pramana, viparyaya, vikalpa, nidra, smrti* and the *pancha klesha—avidya, asmita, raga, dvesa, abhinivesa* affect us in our *asana* practice and how they have to be expressed.

Here are some notes and hints from his teachings. We are expected not to merely **note the 'point' or instruction but grasp the experience that they bring. All these** hints are to be implemented along with the basic instructions



Tadasana:

1. Join your feet together.
2. Stamp your heel especially the semi-circular part of the heel.
3. Join your inner ankles and inner knees.
4. Keep the inner ankle, inner knee, inner thigh, perineum, navel, sternum, tip of the nose, crown of the head in a straight line.
5. Open out the back thighs from inside out—circularly.
6. **Lift out from the 'tail' of the tail bone.**



Stamp the
semicircular part
of the heel

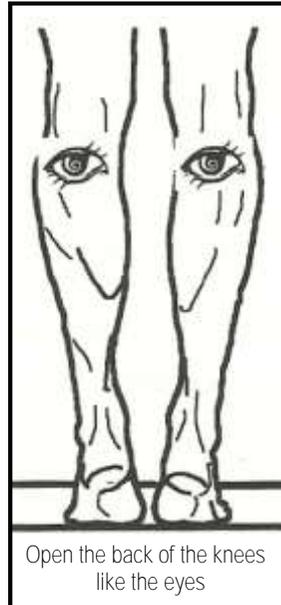
7. The lower inner buttocks close in and push forward. This is *asmita* (arrogance) on part of the buttocks. So open out the lower inner buttocks.

8. Turn the pelvic girdle in.

9. Lift the inner thighs make them parallel to each other.

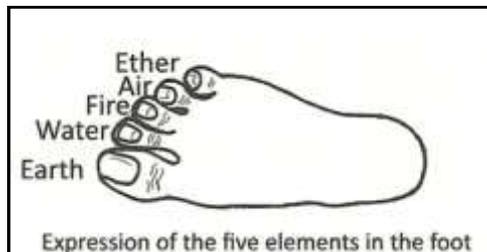
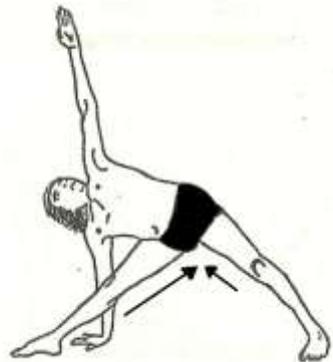
10. Keep the crown of the head and the region between the perineum and the anus in the same line.

- The whole leg should 'open' out like the banana plankton continuing like a creeper till the back of the top thigh.
- Imagine the back of the knees to be two eyes. Open these eyes by moving the upper eyelid up and lower eyelid down.

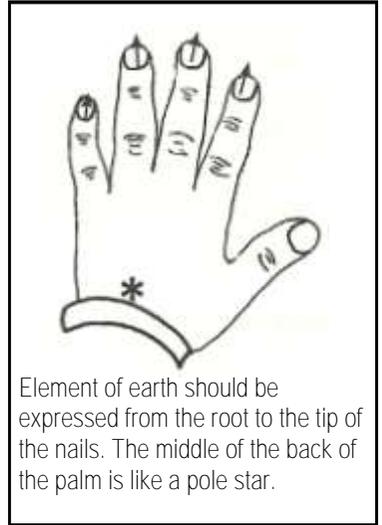


Trikonasana:

- Spread the legs for Trikonasana. Turn the right leg (foot, knee and thigh) out and the left foot in.
- Spread the back (left) leg till you feel the 'triangle' between the upper legs.
- The five toes are like the five elements. The big toe is the element of earth while the little toe is the element of ether. Spread the right foot from the little toe towards the big toe.
- The left foot spreads from the big toe towards the little toe.



- The shin bone should be exactly between the two ankles joints. O II O
- As you move the right arm down, the bone of the left elbow must be made concave.
- The element of the earth should be expressed from the root of the nails towards the tip of the nails in the lifted (left) hand. This makes the arm very stable
- The middle of the wrist at the back of the palm of lifted arm should be like a pole star(*). The entire body except for the feet must connect to this pole star.



Parsvakonasana:

- Move the skin from the pit of the toes towards the heels while bending the leg at the knee.
- Bend the leg from the ligament of the knee.
- The side trunk should be parallel to the thigh. Move the side trunk forward (lean forward) and then place the arm on the floor maintaining the side trunk parallel to the thigh.
- Lengthen the elbow to take the arm over the ear.

Ardha Chandrasana:

- When you take the arm forward to go into Ardha Chandrasana from Trikonasana, the **'back' leg comes closer towards the front leg**. When this happens, place the outer side of the foot on the floor. Then lift the leg up from the groin keeping the outer side of the foot parallel to the floor. Then the leg does not turn or lift more. Turn the chest so that it faces the lifted arm.



- The heel of the front leg should be placed in such a manner similar to the action that the children do with their heels while playing in the sand—they rub the heel in the sand and then place the heel into the sand. This keeps the leg firm.

Virabhadrasana I:

- The source of action is the buttock of the leg that is kept behind. This buttock should roll forwards.
- The front and back of the thigh and of the back leg should run parallel.

Normally, the ego is just associated with the mind. Guruji mentioned that there is sgo of the body too which is *somatic ahamkara*. One needs to identify this *somatic ahamkara*.

“The body too has an ego—somatic ahamkara.”

Parsvottanasana:

- The back leg should be turned inwards from the groin. The groin faces the front.
- Extend the arms up from the groin and then take them down to go into *Parsvottanasana*.



- Move the navel towards the sternum and the sternum towards the chin.
- Place the palms down on the floor but move the armpit forward.
- **Move the palms closer to the back leg. ‘Ground’ the palms by placing the back of the palms on the floor and moving them towards the wrists.**
-

Guruji gave an analogy of a train to understand Parsvottanasana. The spine is like a train. In a train, the guard has to give the green signal to the driver to proceed.

The tailbone is the guard and it has to give the green signal to the brain (the driver). The spine (33 compartments of the train) should not get disjointed. The nerves within the spine (the passengers) should not get squashed. So *Parsvottanasana* must be done in that manner where the tailbone initiates the movement when one is ready.

Parivrta Trikonasana / Parivrta Parvakonasana:

- The Parivrta action, the turning comes from the groin of the back leg. This groin has to be soft like a flower. The groin should not get crushed.
- Do *Parivrta Parsvakonasana* and observe the sensation in the buttock of the leg that is left behind. Do *Parivrta Trikonasana* so that the same sensation is experienced.
- **Extend the ‘opposite’ arm along with the side trunk in *Parivrta Parsvakonasana* as though you are waiting “ to embrace your beloved”, then hook it outside the knee.**

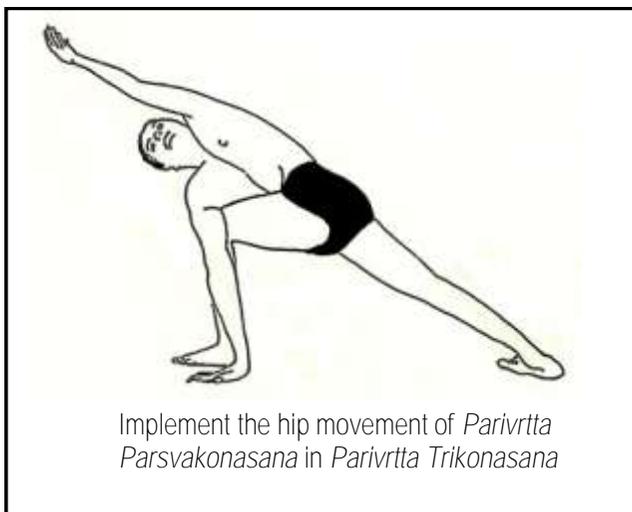


Photo courtesy: Illustrations have been reprinted from *Yoga in Action* by Geeta S. Iyengar

Quiz: Similarity in Dissimilarity

-Arti H. Mehta

“Children concentrate well. It depends upon how you attract them towards the subject.”

Here is a test to evaluate how well you have read *Light on Yoga*.

1. List ten *asana-s* with the word—*kona* (angle) in them:
2. List nine *asana-s* with the word *mukha* (face) in them:
3. List eight *asana-s* (variations not included) named after birds along with the name of the bird they represent:
4. Under what category of *asana-s* would most of the above fit in?
5. List six *asana-s* with the word *dhanur* (bow) in them ?
6. List six *asana-s* that you can do with one leg in *padmasana*?
7. What is the other name for *Setu Bandha Sarvangasana* ?

The answers to this quiz are given on Page 44



Iyengar Yoga Centre's Spring Retreat at Te Moata Retreat Centre: November, 2010



Iyengar Yoga Centre's Spring Retreat at Te Moata

Retreat Centre: Friday 5th to Sunday 7th November, 2010.

The theme of this spring retreat was darkness (dukkham) and light (sukham), and after a long, cold and gray winter, spring and light (literally) had finally arrived with balmy air and sunny blue skies: perfect timing for our weekend yoga retreat. Te Moata is a rustic retreat centre nestled in the middle of 344 hectares in the Coromandel Peninsula. Surrounded by native bush and lit by solar power, the retreat centre comprises a number of buildings clustered around a central courtyard, in the middle of which is a fishpond brimful of glinting goldfish, their fins catching the gentle rays of the spring sun. We sought the light literally as well as metaphorically and so this became the one of the preferred gathering spots during the retreat; where people came to bask in the warm sun, to chat, read or simply enjoy the peaceful scenery.

It was in this perfect setting that Susie and Moni shared their combined experience, passion and vision in a number of asana and Pranayama sessions. People started arriving from mid afternoon on Friday and were welcomed by Dave, who drove each group from the car park to the centre, high up in the hills. On arrival everyone was individually welcomed, shown to their room, offered tea and biscuits, and had some **“down-time” before the first yoga session commenced in the evening.**

The yoga sessions were held in a large, light workshop space, complete with breathtaking views of rolling hills populated by kauri and other native trees, filled to **capacity with 24 students all keen to share Moni and Susie's wisdom and knowledge.** The first session led by Susie was restorative and calming, drawing everyone carefully into the same relaxed space, soothing the nerves and quietening the mind. Participants had arrived from a number of destinations and yoga disciplines – all of whom had come together to spend three days in this wonderful conducive atmosphere, and practice Iyengar yoga under the guiding hands of Moni and Susie.

We were fed delicious vegetarian meals in the communal dining room. Tea and biscuits were available at all times, kettles topped up constantly with boiling water provided by the **centre's willing staff. Karma yoga was done everyday with everyone offering a helping hand to chop vegetables for salads and meals, sweep corridors and clean bathrooms.** This was part of the spiritual lightness of the Centre. The kitchen was a cheerful warm place buzzing with activity where people chopped, cut and grated industriously and cheerfully, laughter flowing freely as stories were shared.

The space between lunch and the afternoon session was filled in different ways: some people were content to relax and read; some went for nature walks to admire the **indigenous forest and watch native birds, while others explored the Centre's many sacred sites.** Most popular was the labyrinth which is modelled on an ancient labyrinth. It is made of Te Moata red clay and hand molded clay stones. A number of us walked the labyrinth barefoot and careful to observe the rule of silence as we symbolically **walked our life's journey. Out here with nature we could review the notion of the** darkness that we had confronted in the morning asana session. There are a number of sacred sites where people can meditate quietly, including a lavender circle which lends itself to walking meditation. At the centre of the Green Tara Circle and surrounded by ferns is the sacred greenstone, Hine Pounamu, which was gifted to Te Moata by the Waitaha people. We sat on the rustic wooden benches that surround this circle breathing in the peacefulness, and imbued with the power of the place. In the midst of this stillness the darkness seemed far away and the light almost palpable. The quiet spirit-of-place at Te Moata put everyone in the right frame of mind for the evening yoga session: in tune with nature and our bodies, and ready to saturate ourselves with whatever Moni and Susie had planned for us on our mats.

During the following session we considered sukham or light: Sthira sukham asanam (II.46) **"Asana is perfect firmness of body, steadiness of intelligence and benevolence of spirit."** Sukham itself translates directly as light. We focused on areas in our poses where we could feel the light, the healing power of the asana. By bringing light into our practice our bodies find a balance and stability which nothing can shake; then we are better equipped to face the darkness in other areas of our lives.

The retreat ran for an all too short three days. All too soon it was time for the last lunch, the farewells and the drive back to Auckland. The weather had not let us down and the sun continued to dominate the sky as we drove away from our wonderful retreat. Not unsurprisingly, a number of us stopped at the nearest café to sip coffee in the sun and reminisce about the wonderful three days we had shared. What a success it had been; and we were unanimous in agreeing: same time next year, but with an extra, fourth, day.

Namaste
Eira Kramer

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 4th/6th June 17th/19th July 1st /3rd

All weekend times are -Friday & Saturday 1pm – 4pm and Sunday 12am—3pm

Venue for all workshop weekends:

IYC, 147 Great North Road, Grey Lynn

Cost per workshop weekend:

\$175.00

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

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.

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

Notices

JUNIOR INTERMEDIATE TEACHER TRAINING LEVEL 1 4TH—6TH MARCH

Venue: Iyengar Yoga Centre 147 Great North Road, Grey Lynn, Auckland

Time: Friday & Saturday 1—4 pm, Sunday 12—3pm

Junior Intermediate level 1 guidance towards assessment

Contact : yogacentre@yahoo.co.nz

Telephone: 021 2156544

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 on Wednesday.

Please see page 35 for a comprehensive list of accommodation available.

Contact; Louisa Potter 0274981018

Kerikeriyogacentre@xtra.co.nz

Notices

PIHA WORKSHOP WITH PETER SCOTT 1ST—3RD APRIL

Venue: Barnett Hall, Piha.

Cost: General \$195

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 sequencing creates a clear path to a discerning practice. Peter has been a dedicated teacher since 1982 and a committed trainer of teachers.

IYANZ AGM SATURDAY 7TH MAY 2 PM to 4 PM

The AGM will be held in Wellington this year at : Iyengar Yoga Centre of **Wellington, The Bakehouse, 6 Swan Lane (above Duke Carvel's , side entrance)** Wellington.

Please e mail Tessa Meek if you need more directions :

[Tessa meek@paradise.net.nz](mailto:Tessa.meek@paradise.net.nz)

INTRODUCTORY LEVEL 1 ASSESSMENT 20TH—22ND MAY

The next Introductory Level 1 Assessment will be held on the weekend of the 20th to 22nd May. For application forms please contact the coordinator, Jyoteeka Cummings. Please return applications to Jyoteeka before 1st March 2011. No late applications will be accepted. Contact Jyoteeka :

Phone (06) 3551197

E-mail - Jyoteeka@hotmail.com

Address - 29 Featherston Street, Palmerston North 4412

Apologies for the change in date— although the application date has been moved back to allow for any inconvenience for applicants.

Notices

PIXIE LILLAS TEACHERS DEVELOPMENT WORKSHOP FRI 29TH APRIL-SUN 1ST MAY

To help develop for Junior Intermediate levels I, II, III.
Venue; North Shore Yoga. Cost \$280

Contact; Louisa Potter 0274981018
Kerikeriyogacentre@xtra.co.nz

JUNIOR INTERMEDIATE TEACHER TRAINING LEVEL 2 17TH—19TH JUNE

Venue: Iyengar Yoga Centre 147 Great North Road, Grey Lynn, Auckland
Time: Friday & Saturday 1—4 pm, Sunday 12—3pm
Junior Intermediate level 2 guidance towards assessment
Contact : yogacentre@yahoo.co.nz
Telephone: 021 2156544

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

JUNIOR INTERMEDIATE TEACHER TRAINING LEVELS 1,2 & 3 1ST—3RD JULY

Venue: Iyengar Yoga Centre 174 Great North Road, Grey Lynn, Auckland

Time: Friday & Saturday 1—4 pm, Sunday 12—3pm

Final training weekend which will deal with specific practice and teaching questions arising prior to assessment

Contact : yogacentre@yahoo.com

Telephone: 021 2156544

B.K.S. IYENGAR YOGA ASSOCIATION OF AUSTRALIA CONVENTION 22-25 SEPTEMBER

Venue : Novatel Hotel Wollongong

For more information check the website:

www.iyengaryoga.asn.au

PIXIE LILLAS SPRING RETREAT 7TH -14TH OCTOBER

at Kimi Ora Spa Resort, Kaiteriteri, Nelson.

Contact Louisa Potter 0274981018

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 Susan Lamont P.O. Box 4023, Nelson South, Nelson 7045 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

JOHN LEEBOLD INTENSIVE 18TH - 23RD MARCH

Venue: Kerikeri Yoga Centre Cost:\$550 Contact: Louisa Potter 0274981018

Kerikeriyogacentre@xtra.co.nz

Accommodation available in Kerikeri for the Intensive

richard@stonestorelodge.co.nz Bed and Breakfast accommodation (Richard is a yoga student also doing the intensive) *Main suites (twin or double bed) own bathroom \$100 a night. (so \$50 each if share room)

*Two bedroom shared bathroom \$65 per night (so \$32.50 per person)

www.stonestorelodge.co.nzPh +64 9 407 6693 Mobile +64 27 233 0602.

HoneHeke Lodge, (Super friendly backpackers) stay@HoneHeke.co.nz www.HoneHeke.co.nz

094078170 *Dorm \$26 per person (6-8 people) *Double bunk bed \$31 per person.

*Queen with ensuite \$38 per person (2 per room) *Studio \$43 per person, or \$64 single.

*Flat \$33 per person (sleeps 4)

Top 10 Holiday Park Kerikeri mail@kerikeritop.co.nz www.kerikeri10.co.nz 094079326

0800272642 *Park Motel \$130 per night (up to 2 people) any extra person \$20 per night

*Cabins medium or large \$85 per night (up to 2 people) any extra person \$20 per night

* Tent site \$16 per night.

Avalon Resort, Luxury accommodation, willem@avalonresort.co.nz www.avalonresort.co.nz

094071201 *Luxury Cottage (can sleep up to 4 if sleep in lounge, other wise 2) \$180 per night for cottage. *Studio (sleeps 2) \$140, (so \$70 a night per person)

Tania Booth Wharepuke Subtropical Accommodation 094078933

www.accommodation-bay-of-islands.co.nz *Cottages (sleeps 2) \$120 , (so \$60 per person per night)

This place has a fantastic restaurant on the premises.

Please let these places know you are part of the Yoga group as they have offered us a good discount: Stone Store Lodge, Avalon Resort and Wharepuke Subtropical Accommodation.

YOGA INTENSIVE WITH WENDY BROWN IN CHRISTCHURCH

24th June 6-8pm

25th June 9-12am & 2-4pm

Cost \$120

Contact Wendy on 033881171

(afternoons are the best time to call)

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 – 80th 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 Teachings. 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 me. I am interested in building up the library, Please let me know if you are interested in hiring anything that the library does not stock and I will look to how we can acquire them.

Jyoteeka

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.

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Essential Home KIT | 15% disc

- (1) Black mat \$135
 - (2) Standard Wooden Blocks \$45
 - (1) 3 metre natural cotton Strap \$20
 - (1) Standard Bolster \$82
- Colours: Navy, Royal, Black

Cost: \$242 Saving: \$42
(GST incl | Freight not included)

full details of Yoga Arts equipment range:

www.yoga.net.nz

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Importers Stock Clearance

75mm x 225mm x 140mm

Bevelled edges.

Purple or Blue.

2 per pack.

Cartons:

\$102 per carton of 24 blocks + postage.

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Each carton contains 24 blocks:

6 x Purple 2 packs

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Individual 2 packs:

\$10.50 per 2 pack + postage.

(\$5.25 per block)

Contact: Denise Lewis

021 479 708

yoga@embody.co.nz

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Lasting Natural Fibre Stretch Fabric
Designed in New Zealand for yoga practice
Cotton 95% Spandex 5%

Special features:

Detailed seams following outside
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Panelled Waistband with no elastic
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Great fit, great feel.

Available in Black sizes 8-14

Full Length \$60.00

3/4 Length \$50.00

To order email

sue@eclipsefashion.co.nz

Or phone 03 3883696

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: yogapaul@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**

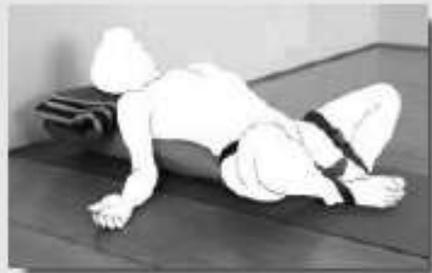
YoGoBolster is small enough to pack in your overnight bag and is perfect for retreats, workshops, that weekend away or even as an additional prop in your studio



**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



For full details go to www.yogogear.co.nz

Answers to the Quiz—Similarity in Dissimilarity

1. 1. Utthita Trikonasana, 2. Parivrtta Trikonasana, 3. Utthita Parsvakonasana, 4. Parivrtta Parsvakonasana, 5. Baddha Konasana, 6. Adho Mukha Baddha Konasana, 7. Upavista Konasana, 8. Samakonasana, 9. Supta Konasana, 10. Supta Baddhakonasana.
2. 1. Urdhva Mukha Svanasana, 2. Adho Mukha Svanasana, 3. Gomukhasana, 4. Adho Mukha Baddha Konasana, 5. Trianga Mukhaikapada Paschimottanasana, 6. Urdhva Mukha Paschimottanasana I and II, 7. Adho Mukha Vrksasana, 8. Adho Mukha Virasana, 9. Triang Mukhottanasana
3. 1. Garudasana (eagle) 2. Krounchasana (Heron) 3. Mayurasana (peacock) 4. Hamasana (swan) 5. Chakorasana (partridge) 6. Bakasana (crane) 7. Kapotasana (dove or pigeon) 8. Kukkutasana (cock)
4. Balancing category of asana-s
5. 1. Dhanurasana, 2. Parsva Dhanurasana, 3. Akarna Dhanurasana, 4. Urdhva Dhanurasana, 5. Eka Pada Urdhva Dhanurasana, 6. Padangustha Dhanurasana.
6. 1. Ardha Baddha Padmottanasana, 2. Vatayanasana, 3. Ardha Baddha Padma Paschimottanasana, 4. Marichyasana II, 5. Bharadvajasana II, 6. Ardha Matsyendrasana II and III.
7. Uttana Mayurasana.

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	\$30 pr
	with handles	\$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
 ma_fran@yahoo.com

CERTIFIED TEACHERS

SENIOR INTERMEDIATE LEVEL II

Monica Haar Auckland 09 360 8884 haarmonica8@yahoo.com

SENIOR INTERMEDIATE LEVEL I

Melodie Batchelor Auckland 09 376 5477 melodiebatchelor@hotmail.com
Susie Lever Auckland 09 361 5538 suelever@gmail.com

JUNIOR INTERMEDIATE LEVEL III

Paul Barton Rotorua 07 349 1654 yogapaulb@xtra.co.nz
Wendy Brown Christchurch 03 388 1171
Rosie Holland Nelson 03 539 4655 info@rosiehollandyoga.com
Jackie Kesby Hamilton jacksteve@xtra.co.nz
Joy Sanders Auckland 09 486 5338 nsyoga@ihug.co.nz
Anne-Marie Tweedie Christchurch 03 388 9080 amtweedie@clear.net.nz
Louisa Potter Keri Keri 027 498 1018 kerikeriyogacentre@xtra.co.nz

JUNIOR INTERMEDIATE LEVEL II

Fran Campbell Auckland 09 378 4913 ma_fran@yahoo.com
Suzanne Carson Auckland 09 482 2901 suzi@yoga.net.nz
Frances de Haas Christchurch 03 388 0105 frances.dilepre@xtra.co.nz
Corry Regnier Hamilton 07 856 4932 corry.yoga@gmail.com
Matthew Smart Hamilton 07 846 7600 matthew@iyengaryoga.co.nz
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Mande White Auckland 0274 908020

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If any changes are required please contact the editor..



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