

BKS IYENGAR

Light on the Yoga *Sutras* of *Patanjali*



II.52 tatah ksiyate prakasa avaranam

tatah *from that, then*

ksiyate *destroyed, dissolved*

prakasa *light*

avaranam *covering*

*Pranayama removes the veil covering the
light of knowledge and heralds the dawn of
wisdom.*



From the Editor

June 2011

Welcome to this issue of the Link.

Winter slowly creeps up on us again. It's good that we have the instructions from Guruji on how to correctly perform Sarvangasana on page 14. We can now fortify our defence systems so we avoid the seasonal "flu"! I know it certainly saved me when I was living in the wintery depths of England.

Please take note that subscriptions are due for this year now (see page 10).

I'm sorry to see Melodie leaving her chairpersons role. She has given 3 good years of service to the Association in this position.

The delay with this issue is due to the importance of sending out the form being provided in this issue for nominations to the IYANZ executive committee.

Thanks again to Rajvi, Kath, Melodie, Moni, David, Monica, Millen, Paul, Susan and everyone else who has helped in getting this issue to you.

And most importantly enjoy your practice !!

Namaste

Neil.

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Deadline for the next issue is: 27 July 2011

IYANZ MEMBERSHIP

Annual Membership \$35

Please send a cheque made out to
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Treasurer, IYANZ,
PO Box 4023, Nelson South,
Nelson 7045

**“Yoga does not separate you. It makes
you build your life according to the
situations and circumstances
which you are caught up in.”**
- B K S Iyengar



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

CONTENTS	Page
From the Editor	2
Acknowledgements	3
From the Chair & Assessment report	6-7
Calendar of Events	8-9
Subscription reminder	10
Yoga Rahasya: The subtleties of Sarvangasana	14-19
Guruji interview: Yoga is an Indian heritage....	20-23
Yoga Rahasya: Clearing misconceptions. Prashant S. Iyengar	26-29
Greetings from Stephanie Quirk	30-33
Crusade for Christchurch	34-37
Studying with the Iyengars in Pune	38
Notices	40-41
IYANZ Library List	42-43
IYANZ Bookshop	44
Minutes AGM IYANZ 7th May 2011	48-49
Executive Committee Chair Report	50-51
Assessment & Teacher Trainer Committee Report	52-53
Treasurers report	54-55
Financial Report 2010-2011	56-57
Secretary's Report	58
Certified Teachers List	61-63
IYANZ Committee 2011	64

From the Chair

June 2011

Winter is now upon us and I am sure our practice reflects the change in the weather, more back bending and twists to keep us warm and feeling optimistic, Pranayama to be calm, clear-headed and energised.

This year's AGM was held in Wellington. My thanks go out to Tessa Meek for hosting this meeting at her school and making us comfortable and welcome. We had a vibrant meeting, full of ideas and enthusiasm for the year ahead. I will step down as Chair Person this year as we recruit someone new in our upcoming elections.

I have done three years and would like to hand on the role to another. I have learned a lot from the experience and encourage participation in the Executive Committee from our certified teachers. I have learned and been inspired by my committee members over the last three years by their intelligence and commitment to IYANZ.

Stephanie Quirk:

I am very pleased to announce Stephanie's Therapy courses which will start in March 2012 and finish November 2014. See the notices for more information. These courses will be open to Junior Intermediate Level 1 and above. Introductory Level 2 teachers will be able to participate in the first two days of the first two courses.

These courses will be held in Auckland.

We would like to offer assistance to Christchurch teachers in the form of billets and transport to and from the airport.

Stephanie has been very generous to offer these courses for \$350 per course. We will share more with you throughout the year, although we can now give you dates and price for your planning over the next three years.

Our teachers and friends in Christchurch are still very much in mind. In the May AGM we were able to finalise our gift to Christchurch teachers who have lost venue and equipment. I suggested we publish the response from some of those teachers in this Link as they are so thoughtful and meaningful.

I leave tonight for Guangzhou in China to participate in their Yoga Summit, June 2011. **Teachers from China and around the world will gather for four days of Guruji's** teaching. Guruji will be assisted by Abhijata, Manuso, Patricia, Faeq and other highly esteemed Indian teachers and members of the new South and East Asian association.

Have a wonderful yoga year
Namaste
Melodie

Assessment Report:

Introductory Level 2

Participation in the Introductory Level 2 Assessment held on March 11th to 13th **at Ponsonby's Four Winds Yoga in Auckland was high with 15 candidates.**

5 candidates passed

Moderator: Monica Haar

Assessors: Jackie Kesby, Rosie Holland and Susie Lever.

Thank you to all candidates and assessors for your time and participation.

Thank you to the students who volunteer their time on assessment days.

Introductory Level 1

Intro 1 was held May 22nd at Herne Bay Yoga in Auckland. There were 8 candidates and 8 passes given.

Moderator: Melodie Batchelor

Assessors: Jackie Kesby, Rosie Holland and Susie Carson.

Thank you to all assessors, candidates and "guinee pig" students for your participation.



2011 CALENDAR of EVENTS

See Notices for further details of these events

2011

JUNE

24-25 June Intensive with Wendy Brown
24th 6-8pm 25th 9-12am & 2-4pm
Cost \$120 contact Wendy 033881171

AUGUST

5-7 August Junior intermediate development weekend
Concentrating on JI levels 1, 2 & 3
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

23-25 September Weekend retreat with Rosie Holland
Venue—Yoga on the square Palmerston North
Cost \$180
Contact Jyoteeka Cummings Jyoteeka@hotmail.com

30 September—2 October Peter Thomson Auckland Teachers development
Contact Suzi suzi@yoganet.nz
0274822901 / 094822901

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 10 July. (see details below)
NOVEMBER	
3-6 November	Iyengar yoga center spring retreat at Te Moata Contact Sue Lever; suelever@gmail.com Or mobile: 021 039 4483
11th– 13th November	Piha Yoga retreat with Melodie Batchelor : Stability Contact Melodie Batchelor : melodiebatchelor@hotmail.com
DECEMBER	
15-18 December	Live in retreat in Taupo Contact Paul Barton : yogapaul@xtra.co.nz

Junior Intermediate Assessments

28 - 30 October 2011

Applications need to be in by 10th July 2011

Email Rosie Holland yogarosie@gmail.com for an application form. Please include your postal address when applying with post code.

I will be out of the country between 13th June - 10th July so please apply before this date.

Subscription reminder

IYANZ annual membership fees are now due, for the year 1 April 2011 – 31 March 2012. Thank you to the 177 members who have renewed their membership as of 1 June.

If you have not yet paid, and wish to remain a current member of our association, please pay your fees promptly. Payment details can be found on the membership renewal form sent with the previous Link. This is also available for download on our website www.iyengar-yoga.org.nz. We need the form to process your membership renewal, so please be sure to return the form when you pay your fees – even if you pay online.

A reminder that certified teachers are required to remain financial members of the association, and to pay the annual certification mark fee, in order to retain their certification.

Anyone wishing to order Yoga Rahasya needs to pay their membership and Rahasya subscription by the end of July.

Namaste
Susan Lamont (treasurer)

New members required for Executive Committee

Dear Members of the Iyengar Yoga Association,

Committee emphasis and memberships change, and we are looking for new faces in the Executive Committee. Serving on the committee can be a fascinating and dynamic process providing a unique opportunity for personal growth and reflection. It is a privilege to be a member of this committee, and can be a fun and rewarding experience.

Our association constitution stipulates that membership on committees change every few years; with this comes loss of skill and experience, but also the chance to bring new skills and knowledge to the running of the Association. With Melodie stepping down from the Chair, and Executive Committee, we lose some valuable skills but the opportunity now arises to bring new members into the Executive Committee and create another unique group to run our association on behalf of the members.

This is your opportunity to become a member of the Executive Committee, which requires several new members.

Currently the Exec has a very effective Treasurer Susan, and two other members, Eira and Paul. At the recent AGM Roger Brown from Wellington was nominated to join the Committee. We are looking for nominations for one more committee member from each of the northern and southern regions of New Zealand – i.e. one from Auckland/Northland and one from the South Island.

If you feel passionate about assisting or feel you would like things to change, then please submit your nomination (with seconder) by posting back the enclosed nomination form before [three weeks from estimated delivery date of Link]. After this date, voting (if necessary) will be conducted via postal ballot and/or online voting.

To nominate someone or vote you must be a current financial member of the association, so now would be a good time to pay your 2011-12 subscription, if you have not yet done so. If we do not have your email address, please send it to the Link editor, so we can use it to keep you informed.

Signed Eira Kramer, Paul Barton, Susan Lamont

A Level 2 Introductory Assessment was held at the Ponsonby Community Hall the 11th-13th of March -11. The event was organized by IYANZ.

Assessors were; Sue Lever- Auckland, Jacke Kesby-Hamilton, Suzi Carson- Auckland, Rosie Holland-Nelson and the Moderator was Monica Haar- Auckland.

Five of the Candidates passed their Assessment and are now Certified Iyengar Yoga teachers.

Congratulations to;

Gabriella Gini- Hamilton

Madhu Nahna- Hamilton

Kathleen Powell- Auckland

Michelle Cowell- Auckland

Wendy Norwood- Auckland

Thank You Suzi Carson for your tireless support and endless contribution to this rather big event. Thank You Hine and Tamar for getting our coffees. They were life savers !

And last but not least a great Thank You to all of you who turned up as 'Guinee pig' students during the weekend. Your contribution is so valuable.

Namaste'

Monica Haar

JUNIOR INTERMEDIATE DEVELOPMENT WEEKENDS

June and August 2011

Monica Haar and Susie Lever have put together a series of yoga development weekends aimed at the Junior Intermediate syllabus.

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

The date for the next development weekend is 17th/19 June
The times are from 1 – 4pm Friday and Saturday and Sunday 12 – 3pm
This weekend we will be concentrating on the Junior Intermediate level 2 syllabus, however all levels are welcome and will benefit from attending.

The venue is at 147 Great North Road, Grey Lynn

The cost for the weekend is \$175.00

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

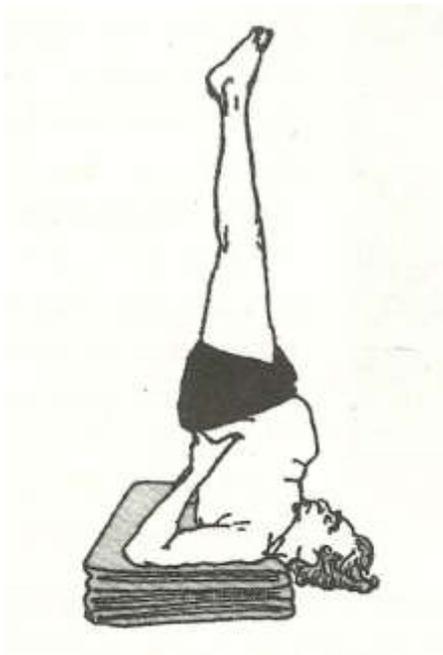
Please note that the third course date has changed from July 1st/3rd to August 5th/7th and will be for all Junior Intermediate levels 1,2 and 3.

We look forward to hearing from you

Monica and Susie

The Subtleties of Sarvangasana. Arti H Mehta

Sarvangasana is referred to as the “queen of asanas”, a rare gem in the three worlds as it brings about an overall effect in the practitioners body as well as mind. Its regular practice brings about gradual changes such that practitioner develops the subtle qualities of patience and emotional stability. The asana itself requires a lot of subtle adjustments and is not merely a “shoulder balance”. Often, we tend to perform the pose mechanically. To give an example, we use a belt around the upper arms but we do not know why we use or what we learn from it. This article concentrates on some of the subtle adjustments of Sarvangasana with an explanation on why we do it. The reader is however advised to refer to *Light on Yoga* and *Yoga in action* for the basic methodology for these asana.



Why do we teach Sarvangasana before we teach Sirsasana?

Sarvangasana creates confidence in the practitioner to do the topsy turvy poses.

In both the asanas the legs are in the air and they wobble. But, there is an “earth” quality in the legs in Sarvangasana which is absent in Sirsasana. A student feels more stable and therefore we teach Sarvangasana first.

How can you grow intellectually, sensitively, sensibly to understand the unknown within the core?

Yoga is the blending and coordination of the action of the motor nerves with the sensory nerves. When the motor nerves go very close to the sensory nerves, the sensory nerves get jarred and lose their feelings and perceptions. When that happens, wait for a while and allow the mind to recede from the extension in the motor nerves by your voluntary action. This will then allow your sensory nerves to **guide you on what’s to be done.**

The sensation of the motor nerves coming together with the sensory nerves without them rubbing each other is the guide. This will make you grow intellectually, sensibly to understand the unknown within the core.

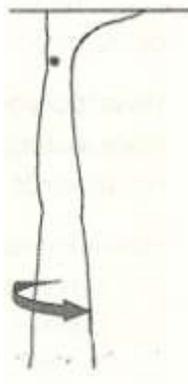
How do you learn the right action on the legs in Sarvangasana?

The correct action on the legs is learnt when the legs are slightly spread apart.

The sensation that you get in the legs when they are apart serve as a guide when you bring the legs closer.

Observe the direction of the skin when you spread your legs apart. The skin of the bottom leg faces the front but the skin on the top leg (frontal thigh) faces the sides. The skin in the bottom of the legs guides you towards the **“correct” positioning of the legs in Sarvangasana where the legs** are joined and kept close to one another. Sensitively, turn the skin on the top of the thighs to face the front.

Use the motor nerves in the bottom of the legs to bring the legs closer so that the skin in this part of the legs continues facing To the front.



How does one join the legs in Sarvangasana?

*Spread your legs apart. Harden the motor nerves on the bottom of the outer side of the lower legs and revolve the skin inwards of the top legs for the two legs to come close together. **“Keep the motor nerves strong, the sensory nerves should circularly move for the motor nerves to come closer without creating passivity”.***

*Pound the bottom of the outer side of the thigh to revolve the skin of the top leg inwards for the thigh to face to the front. **“Where there is pounding, is the stable brain which should not shake and where it’s revolving is the mobile brain”.***

*Lengthen the skin as you join the legs. When the skin is lengthened, the flesh has to lengthen. **“Do not work from the motor nerves. They have to follow the sensory nerves”.***

How do you know whether the feeling in the legs is correct or not in Sarvangasana?

*You should lift the skin from the inner ankle towards the heel for the calf muscles to stretch out like a stencil. Then look at the inner side of the ankle joint of each leg and find out whether it is in line with the respective eye. If it is not in line then lock the stable joint at the bottom of the thigh, get the outer side of the ankle joint **to move by taking the sensory nerves inwards. “ The inner legs go up, the outer legs do not go up. The outer legs have to be brought in line with the inner leg. That is meditation”.***

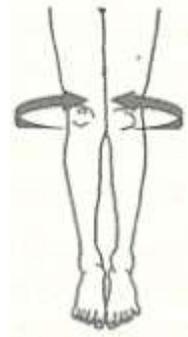
How should the knees be in Sarvangasana?

Watch how the kneecap naturally behaves in the pose. The outer kneecap tends to go out. Roll the outer knee inwards.

Watch the movement of the knee. Does the entire knee feel gripped? If not, It means the nerves are lifeless at the back of the inner leg near the bottom of the buttocks. Create life there and you can grip the entire knee. The sensory nerves at the

outer side of the knee go towards the ligament. Roll the

quadriceps muscles from the outside inwards so the centre of the quadriceps muscles is exactly in line with the nipples. The knees should get broader as if they are extending from side to side.



How do you ascend the back of the legs up?

Keep the buttock bone away from the tailbone. Then the groins roll in, the pelvic head gets in and the back of the legs go up.

How do you adjust the trapezius muscles in Sarvangasana?

Place exactly the head of the trapezium on the blankets. The muscles should roll towards the kidneys and the skin should move backwards.

How should the triceps be in Sarvangasana?

The outer banks and the inner banks of the triceps should be evenly touching the blanket. The arch of the thumb helps you to learn how to master Sarvangasana. If it does not touch the back then you have to use the inner arch to make the outer arch strong and stable. The triceps should be used to raise the Ribs and the buttocks up. Nail the triceps onto the blankets and then with the help of your fingers (which are placed on the back) charge your back.



How should the biceps be in Sarvangasana?

The bottom of the biceps and the top of the biceps should **run parallel to each other.** "The attention and elongation of the inner upper arm is the brain in Sarvangasana".

How do you adjust the fingers on the back?

Before you go into the pose, the pores of the skin at the back coils in but after you are in the pose it does not coil in but opens out. Move the ribs where your fingers **are placed towards the front and then ascend the ribs to create an "awakening" in the chest.** Do not rest on your hands. Manipulate your back ribs from the intercostal muscles by lifting the intercostal muscles along with the bone.

How do you adjust the cervical spine so as to remove the bulge between the shoulders?

When you stand erect, a portion at the top of the back bulges out. This bulge can be rectified while doing Sarvangasana. Take two thin sticky mats and roll it lengthwise. Place these on their inner side on the top of the back of the shoulders. The top of the back that was initially convex becomes concave. To make the neck concave, move the muscles of the outer side of the upper arms of both the hands closer towards each other.

How should you practice Sarvangasana if you have neck pain?

If you have neck pain you can use a blanket folded three times vertically under each shoulder while practicing at home.

How do you know whether you are doing correct Sarvangasana or not ? Watch the centre of the abdomen and the outer viscera. The outer abdominal viscera is down where the centre is up. So, poke the inner arch of the thumb into the body for **the outer abdominal walls to come close up. That's how you learn Sarvangasana.**

Why do you use a belt for the elbows?

The belt is not used merely to support. You use the belt to bring intelligence to the biceps and triceps. With the belt around the upper arms, pin the lateral biceps down, move them towards each other by coiling the skin of the biceps towards the ground. If the skin cuts the belt, you have to roll the upper arms inwards so that it neither cuts the belt nor allows the arms to go out.

How to adjust the belt and work on the belt:

Sit. Take the belt around the arms at the elbows. Lie down after the belt is put. The belt gives a sense of direction to the fibres of the forearms. Are they parallel or are they cutting in? The one that is cutting in has to turn out and the moment it turns out the elbow goes in. The reaction of the adjustment of the biceps on the belt is to be learnt.

The bottom edge of the belt touches the arm but the top edge does not. Both the edges of the belt should be even touching the arm. Now, move your intellectual intelligence on the sonic intelligence to revolve from the inner side of the biceps to the outer side of the biceps. Only turn the motor and the sensory nerves. The inner, the top and the back of the arms equally touch the belt when you rotate the biceps from inside out.

Why do you use a belt for the middle of the thighs?

The belt is not just used to tie the legs and keep them straight. You have to observe How the sensory nerves in one leg is almost touching the belt without any constriction on the skin and in the other leg the skin is squeezing the thread of the belt in such a way that it does not allow the sensory nerves to open. Feel the sensory nerves on the outer side of the thighs where the lower end of the belt and the top end of the belt touches. When you observe the belt, there is a slight fold on the belt. Now gradually stretch using the motor nerves for the sensory nerves to act more than the motor nerves. The fold disappears automatically. The belt also helps to move the quadriceps muscles backwards.

Sarvangasana article compiled from the teachings of Guruji during his 80th birthday and the silver jubilee of RIMYI

How do you go into the pose using a belt for the legs and arms ?

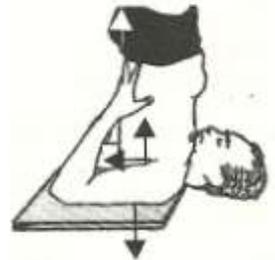
Tie a belt for the legs and lie down. Bend the knees and get the legs closer. Let your intelligence flow into your calf muscles. Let the shoulders roll out. Keep the elbows in line with the upper arms. Extending the back of the arms, bend your elbows and extend the upper arms towards the elbows and open the top chest. Now, keeping the top chest alert, exhale, bend your knees and quickly go up into the pose with the hands on your back.

How should the energy flow in the body in Sarvangasana?

It is a circular coiling movement of energy within the body. The energy flows from the back of the legs upto the heels and then descends down from the metatarsals toward the front. It is a circular action from behind. Energy from the back of the heel goes to the buttocks and from the top of the chest comes to reach and receive that cycle of the energy flowing down and from the frontal chest the energy goes up to the pelvic girdle. It is a circular coiling movement of the energy in the body.

Why do you sometimes feel drained in Sarvangasana?

This happens because the chest does not open out. The Sides of the chest which is in line with the nipples is too Narrow while the top chest is broad. To correct this, lie Down on the floor in preparation for Sarvangasana with The blankets supporting your shoulders. Extend your hands behind you and roll the triceps towards you. Keep The palms on the back, press the elbows down on the floor and raise the armpits of the chest. This creates space in your chest.



How to broaden the chest?

Pinning the triceps towards the ground, place the hands on the back and lift The inner tailbone straight up. The chest broadens. The importance of Sarvangasana is it releases the glandular system.

Why do you need to learn inverted poses in order to learn pranayama?

Sarvangasana, Sirsasana and other inverted poses help to develop the area of the sides of the chest. This area is the storehouse of energy which is important for pranayama. Theses poses help to conserve energy and are not draining poses.

How men who first put yoga in its most rigorous and austere form on the world map are back in the 1980s, BKS Iyengar is remarkably relaxed about its Hindu-Indian roots. At the age of 83, he still is leading a large contingent of yoga devotees to China for an ambitious summit. He plans to, he says open the world's eyes to yoga's true potential.

MEET THE MAJESTIC

When I met BKS Iyengar at his residence in Pune, he was relaxed and open to my questions. He had a calm, steady gaze and a gentle smile. He was dressed in a simple white kurta and dhoti. He was sitting on a mat, and he was looking at me with a calm, steady gaze. He was dressed in a simple white kurta and dhoti. He was sitting on a mat, and he was looking at me with a calm, steady gaze.

Iyengar's yoga is a blend of the traditional and the modern. He has a deep understanding of the human body and its potential. He has a deep understanding of the human body and its potential. He has a deep understanding of the human body and its potential.

YOGA IS AN INDIAN HERITAGE, NOT A HINDU PROPERTY



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I had a chance to meet with the yoga god himself, BKS Iyengar. He is an amazing man, full of life and energy. He is an amazing man, full of life and energy. He is an amazing man, full of life and energy.

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Work-care foundation for your family



I believe that at 93, I am still fresh in the subject of yoga. I do sometimes talk of retiring but I find that I still have so much to give. But yes, I don't want to travel abroad after this trip. The burden of expectations is too much on these trips and I don't know how to just sit on the stage and watch

YOGA IS AN INDIAN HERITAGE, NOT A HINDU PROPERTY

TIMES NEWS NETWORK
MALINI NAIR

You are being seen less and less on the international circuit. How did you agree to lead a yoga summit in China on such a large scale?

The government of India was keen to showcase yoga in China as a part of its celebration of the 60 years of friendship between the two countries. I am not keen to travel and teach abroad anymore but this is a significant summit because the two nations have cultural ties that go back thousands of years. So I agreed. It would have been tough to handle hundreds of yoga students on my own, so I asked to be allowed to take a team of senior teachers who would assist me. Slowly this team grew from one to 14 and included senior Iyengar teachers from other countries as well. And I believe that the numbers of those enrolled are growing by the day. I see the numbers at around 800 by the time I get there in June.

What exactly will be the agenda of your teaching sessions at Beijing? Will it be aimed only at senior practitioners or novices as well?

I believe that there are a large number of yoga practitioners in China today. So it is not as if the subject is not known to them. But my emphasis will be on exactly how it should be propagated. For both those who know nothing about the subject as well as those who understand its real depth, this summit is going to be an eye-opener. I mean to show them how to start from scratch and aim for the ultimate. Asana and pranayama are all perceivable aspects of yoga practice, but there are other layers which are not that obvious. These connect yoga to our life, our spiritual and moral health. Few talk about these aspects anymore — how yoga forms the link between the physical plane and the spiritual, how it moves from the periphery to the highest philosophical levels bringing balance to the **mind...I think the responsibility is mine to show how you move from the body to the mind to the intelligence and finally to the consciousness and psychospiritual body.** And it is a huge responsibility.

China has its own ancient, indigenous practices similar to yoga, such as Tai Chi, that makes similar connections. Do you see a link in these systems?

Certainly. It will be easy to connect with the Chinese on these issues. They have for centuries been practicing physical regimens that have spiritual connections. For example, they have the concept of yin and yang which is parallel to what we call ida (consciousness) and pingala (self). We have several Chinese yoga students in India and Iyengar yoga teachers have been in China for a while now. So we have had an exchange of ideas between the two worlds. I look forward to the discussions with their masters.

You were the first to take yoga to the West where you have a vast following today. But do you find it easier to explain its philosophy in the East?

I find that the East absorbs the yogic philosophy far better. Yoga is an emotional subject actually and in the West they calculate from the head. On the other hand, the East banks on the intelligence of the heart. They are both strong in their own spheres. But I find that nations which are geographically centred in the world map — such as Russia and Africa — have the best of both approaches. They use the head as well as their heart to their advantage. Yoga teaches us to move from Kurukshetra to dharmakshetra and god knows that we need fewer Kurukshetras today!

There was a heated debate in the media over the Take Back Yoga movement started by the Hindu American Foundation in the US. Its stated intent is to reclaim the place of Hinduism in yoga. Do you subscribe to this?

Yoga is an Indian heritage, not a Hindu property. Patanjali's Yoga Sutra, which forms the basis of the system, addresses all humanity not just Hindus. Just because yogis did not travel as widely as they do today does not imply that the practice belonged to one community or place. Patanjali calls yoga sarva bhauma, a universal culture. And yoga is an individual's evolutionary journey as a sadhaka (seeker) from the body to the self. Where is the room for doubt here?

The argument against the Take Back Yoga movement is also that yogasanas find little mention in ancient Hindu texts, that most of them are modern inventions that go back just two centuries. **Life is dynamic and so is yoga. If I have an inquisitive mind why can't I research yoga like the sciences and come up with my interpretation? As yoga practitioners, we investigate how we can oxygenate the cells of the body so they don't die. The subject is so deep and dense that no matter how much we do we end up just scratching the surface. So why then should the study of yoga remain static? According to ancient texts, there are as many asanas as there are creatures in the world. If you ask where are they all listed, I say that as a nation that has been culturally disturbed time and again by invaders, we have lost a lot in the process.**

Does it bother you that yoga is being marketed purely as a fitness regimen?

The fact is that yoga is open to interpretation. For instance, Patanjali talks of sexual yoga and if **someone decides to reduce yoga to just that what can one do? I can't blame people for exploiting** its open-endedness. After all, in the 1950s when I was in the West trying to propagate yoga it would not have helped if I carried on about spiritualism and philosophy. So I connected with them in whatever way I could — by showing them the physical prowess that yoga brings. I lived only on bread and coffee those days, because there was hardly any vegetarian food available. They saw me teaching eight-nine hours a day on this diet and saw that I still had the strength to throw them over — so I had to stress on physicality. It was only after a decade that I slowly started talking about the intellect and the mind and consciousness. They were ready for it by then. So you see the market-driven yoga industry evolving into something more deep one day?

Yoga is being exploited and that is giving it a bad name. But, the spokes of the wheel go down **and then they have to come up, don't they? (laughs) It can't get any worse so it has to get better.** Today anyone can be called a yogacharya but people will see light someday, look for true gurus.

There is talk of you retiring from active practice and this being your last international trip.

I have said that yes, but if I can still help those who are seeking knowledge, why not? I have been taking some classes for women because my daughter (Geeta) has not been keeping too well. So all applicants for yoga courses now ask for the days when I take the classes! I believe that at 93 **am still fresh in the subject. But yes, I don't want to travel any more. The burden of expectations is too much on these trips and I don't know how to just sit on the stage and watch.**

You are grooming your granddaughter Abhijata as the inheritor of your legacy.

I see her as the perpetuator of this parampara. She catches on fast and I am teaching her how to keep the foundation stable so that the body can deal with any crisis without suffering. When I train her, there are 30-40 other students around so she becomes a tool to teach all of them as well! There are many changes happening around us in the world and she will have to deal with this different world in the coming decades. The computer age has changed our lives but it will also cause the body to degenerate faster from the inside. She will have to impart the knowledge of how to use yoga to stop this decay and bring balance back to our lives.

IYENGAR YOGA CENTRE SPRING RETREAT

AT

TE MOATA

NOVEMBER Thursday 3rd – Sunday 6th

Monica Haar and Susie Lever welcome you to our Iyengar Yoga Spring Retreat at Te Moata. Together we will share our deep experience, creativity and passion for the art of yoga.

The weekend will focus on Pranayama and Asana sessions and this will also include some Yoga philosophy.

Te Moata is a purpose-built retreat centre sitting on 344 hectares of regenerating native bush in the Coromandel Peninsula. It is a flourishing sanctuary where we celebrate life, nurture the human spirit and encourage personal responsibility and growth.

Schedule for the long weekend:

Thursday 4–6pm Asana

Friday & Saturday 7.30–8.15 Pranayama, 9.30-12noon Asana, 4-6pm Asana

Sunday 8.30-10.30am Asana, 10.30-11am Q&A = 15 hours

Full cost of the weekend is \$450.00, which includes all meals (vegetarian), three night's accommodation and all the Yoga classes.

This retreat has proved to be very popular. There are rooms for 30 people maximum – so early booking is recommended.

Please ask Susie for more info and to book a place.

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

IYENGAR YOGA CENTRE TE MOATA SPRING RETREAT

Te Moata is a purpose built retreat centre sitting on 344 hectares of regenerating native bush in the Coromandel Peninsula of the North Island of New Zealand. The vision of Te Moata, a flourishing sanctuary, is to celebrate life, nurture the human spirit and encourage, personal responsibility through stewardship of the natural environment.

The spring retreat will surely prove to be a special weekend. We will begin with a Yoga class at 4pm on the Thursday evening, after everyone has settled into their accommodation, followed by dinner. Friday and Saturday will start with an early Pranayama class followed by 2 Asana classes. In between the sessions there will be plenty of time to discover and enjoy the wonderful natural environment that surrounds Te Moata. We will hold an Asana class on Sunday before lunch and say our farewells to a very special place after that.

We welcome all students who are currently practicing Sirsasana (headstand) and Sarvangasana (shoulderstand).

Te Moata is at 180 Paul Road, Tairua 3544, New Zealand.

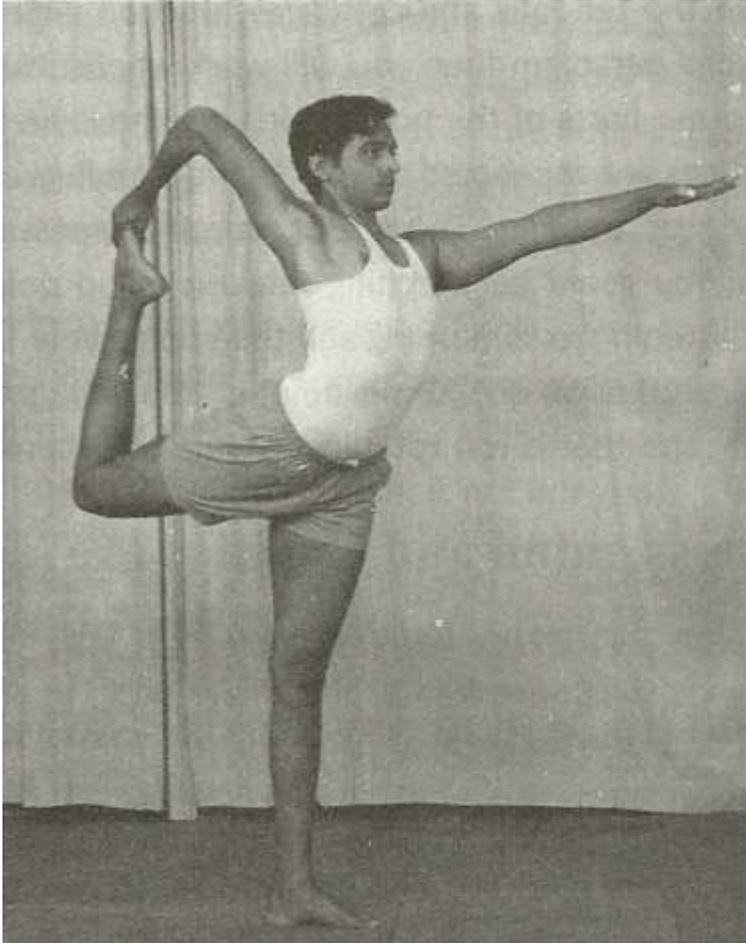
We will send out details of how to get there and what to bring etc nearer to the time.

If you would like to book a place for this retreat please contact Susie Lever by phone – 09 361 5538 – 021 039 4483 or email suelever@gmail.com.

Namaste'

Monica and Susie

Clearing Misconceptions:
Asana'a are done by the
body for the body
Prashant S. Iyengar



Asana-s are done by the body for the body but are not meant totally for the body but for the consciousness

Asana-s are done by the body but not totally for the body. Asana-s seem and appear to be a very physical endeavour since you have to do something with the body. It is possible that students who are very sincere in their asana practice may get caught in body dynamics, adjustment, correction, alignment, etc as there are so many applications. It is possible for them to become action-o-holics!

Asana-s are done by the body but are not totally for the body. Asana-s are part of yoga and yoga is primarily for the consciousness. Yoga is for the mind. It should be done for the body for and mind.

Since yoga is done by the body, it is possible that one might do it by the body and for the body. And when that happens one might get caught in action-o-holism. If through asana-s, your goal is something on the plane of consciousness, your goal is something on the plane of the mind, something on the plane of faculties; then practice of asana-s will not be action-o-holism. You become thoughtful. You become pensive. You become discriminative. These faculties are triggered through the practice of asana-s. If the consciousness, mind and faculties are not involved then one might end up in a gym psychosis.

When there is gym psychosis. Then you will work on the legs in the standing poses. You will work only on the legs to develop the muscles of the legs, strengthen the joints and make the tendons and cartilages function well. If you do standing poses in the yoga paradigm then you will work wholistically. The legs will be connected to other parts of the body which are the locus of various parts of the mind. Your legs are connected to your brain. Your legs are connected to your senses, your eyes and ears. These connections are missing when there is action-o-holism. You could be watching television and do your leg workout. You could be listening to something and then doing your leg exercises, because you have to do 10 or 50 or 100 movements. You work only on a particular part of the body and that is not total involvement. Whereas while doing an asana you connect all aspects of the body viz., skin, flesh, muscles, bones, tissues, tendons, cartilages etc. and you also try to connect the various aspects of mind, the motor mind, conative mind, cognitive mind, sensitive mind, supersensitive mind, reflective mind, super reflective mind, memory, intelligence, etc. All those aspects will be involved in your workout on the legs when you do standing poses as yogasana. That is why everything gets evened out—the mind, the senses and the body. There will be a unified state.

If the consciousness, mind and faculties are not involved in the practice of asana-s then one might end up in gym psychosis.

In gym psychosis you will say, "I did 150 leg lifts, or 100 leg workouts." You keep yourself separate from the action of your legs. You say, "I did my leg work." Whereas, there is a unified state with an integrative mechanism when standing poses are performed as yogasana-s. There is no "I" different than the body. There is no integrative mechanism in gym psychosis and workouts. Your breath is not connected to the body. You inhale and exhale; the breathe is connected only as far as the biomechanics are concerned but you do not integrate the breathe with the action. Breathe might accompany the action, but the breath is not integral to the action. For example, weightlifters inhale and lift weight. Breath will be an instrument of the endeavour.

IN yoga, the breath will not merely be a component of an endeavour but it will become integral to it. That is how the mind will be totally subsumed in the body and in the activity of the body in asana-s. All the various facets from conative aspects to super cognitive to reflective aspects of the mind will be involved. That is how the forces will be evened out.

In gym psychosis, the mind , body, senses and breath will not be evened out. Ego means doing something independently. Am I doing right? Am I doing correctly? Am I doing it at a sufficient pace? The breath will be doing its job with the movements but it is not integral.

Yoga practices are integral. Yoga is a unified state. If you cook a dish, you might add sugar, salt, you might add something pungent, something hot. Then, you get a mixed taste. You cannot say this is a sweet dish or this is a salty dish. Everything is unified there. In a gym workout, the ego is not dissolved. That is **why the ego says "I did it independently."** In **asana-s**, there is an ego. Nothing can be done without an ego but it does not get dissolved. The ego gets dissolved in body, in mind, in breath, and in senses. It loses its identity. It is a unified blend. When salt is dissolved in water, it becomes salty water. You can neither identify the salt in that water nor can you identify the water because it is salty water. Similarly all these aspects are blended together in an asana because of the integrative dynamics. Therefore, nothing has a separate identity. In a gym workout, the ego does not get integrated with the action. That is why the ego bloats there. In yoga there is no chance of the ego bloating, providing the yogic **paradigm is not used in that way. If you say I've got to do ten minutes of Sirsasana or 150 back arches then it is not an asanic paradigm.**

Therefore, please note that though asana-s are done by the body but they are not totally for the body.

Thank you to Peter Scott

It is such a pleasure to be in the company of teachers like Peter Scott and all the wonderful people who attended the workshop in Piha the first weekend of April. They came from many parts of North Island and even as far as Christchurch. The weather was perfect and approximately 60 people of varying abilities attended. Peter pulled us all together with his clever language and astute observations. His humility in his delivery is so refreshing, always acknowledging that everything comes from Guruji. There was much talk of containment in our practices. That it is not all about extension. We need inward rotation of ligaments at the front groin to contain the front of the abdomen and broaden the lumbar and sacrum. It is so fascinating to carry this principal through to the rest of our practices. **So the analogy 'For every action there is an equal and opposite reaction!' comes to mind.**

Thank you Gary for the wonderful shared meals and both your and Melodies hospitality. It was a joyous weekend filled with love, compassion and learning. Thank you. Jackie Kesby

Greetings from Pune from Stephanie Quirk.

Im writing this to give you some back-ground to the therapy courses and how I have put them together. So far I have completed the full six part courses in Koln, Edinburgh, Bristol, Manchester, London and San Diego, I have them currently running in Israel, Moscow (2), New York, Naples (Florida), Los Angeles, Canada, South Africa and soon to start in Australia.

An entire course is a series of six, 4 day visits. Each visit can be seen as further levels or stages, but really they are best seen as layers, because it is a process of learning to see, teach and adapt on increasingly subtle levels. Throughout the entire course I am trying to bring to the teachers an interest in observation, exploration and inner reflection in their own practices. This is where the knowledge has to come from. Though I do give out straight practical solutions, I am trying to keep away from just giving out prescriptions and formulas.

The reason why I have structured the course is because it is more a teacher education than me imparting info. My aim in the series of six visits is essentially to give the teacher the resources and skill to be able to 'problem solve' each situation that comes in front of them. So it is not a course of imparting lists of sequences and props for ailments, rather the emphasis is on observation and experiential understanding that comes from the teachers own practice. Each visit has a theme, but the study is on observation and understanding undertaken in more and more refined levels. How I teach the subject is not exactly how I have been taught in the therapy room of Pune, rather it is what I have understood is **happening the student**. What I mean by that was essentially that for years I just "did" what I was told to do, and over the years I learnt what was "to-be-done". But when I reflected on what it was I was faithfully "doing" I recognised that there were key principles and approaches to problems that the student/patient was facing. I began to see how the understanding of how to work therapeutically flowed out of the asanas that we were performing in the classroom situation. So when I teach in the courses, it is not that I just show the teachers how to set-up for this pose or how to use particular props, rather I teach them the links or connections to the inner actions that are happening in the asanas. In other words I teach them to reflect and act from understanding the asana, not just to repeat sequences or set-ups. So even though we will be covering what is done to students in the therapy room, it is the learning and understanding that is different to how I had to learn it.

The Six parts are arranged

1. Annamaya Kosa (pertaining to the appendicular skeleton)

2. Annamaya Kosa (pertaining to the axial skeleton)

So these first two parts are about the structural body, there is an emphasis on how the body stands and holds itself, the teacher is learning through observation to trace the source of the dis-ease. The teacher is also given remedial adaptations to apply in these areas.

1. Pranamaya Kosa (emphasis on the upper thoracic region)

2. Pranamaya Kosa (emphasis on the lower abdominal cavity)

In these next two visit we move on to looking into the inner organs. As dealing

with problems in the upper thoracic region (i.e., heart or lungs) a;ot of the asanas are expressive in their nature, so less abstract to the teachers eye, that is why it is taken 1st, where as disturbances in pregnancy, or prolapses and hernias really involve the teacher learning how the body holds and retains its onw contents whilst giving space to the organs.

1. Manomaya Kosa (more emphasis on systemic disorders, anaemias, Blood pressure problems, auto immune disorder i.e., ME & MS.)

2. Manomaya Kosa (emphasis on senses of perception, i.e. detached retinas, meniers disease, epilepsy)

Here the teachers observation needs to be much more refined, they have to be able to see the change in the smallest adjustments to the students, they need to be ble to see/read the student inner tonality and energy.

Part one begins at the known the see-able and the easy to see do-able, it is the outer body and right in part 1 it is the outer outer body, i.e. arms, knees, hips, shoulders. It is also the introduction to the entire course, intro to observing, intro to the understanding of the back ground asanas and how they work on the body. Basically in the first two sessions I am setting up the entire background.

There is an order to each 4 day visit.

Day 1 – There is always a led practice, with emphasis on the topic of study. I lead the practice giving guidance as to how the teacher need to be seeing the work where how they should be observing. The afternoon is on specifics of observation.

Day 2 – we move into looking a problems that arise in students participation in a general yoga class (this is why Intro's may attend the 1st 2 days of each part of the course, more on attendance requirements later).

Day 3 – How we adapt poses more specifically, why we do (this comes out of the work of the 1st 2 days and taken further to see what is happening in those adaptations)

Day 4 – further work as for day 3.

In each visit I also look at pranayama and usually give a talk relating to the subject. By the time we are up to parts 5 & 6 I am asking the teachers to give presentations.

As you can see there are 2 parts to each kosa of learning and it is here that I don't mind people if really necessary for dates swapping to other venues, but people cannot leap over kosa levels.i.e they can swap 1 & 2, or 3 & 4, or 5&6, but not do 3 before 1 or 2 etc.

Having the course concurrently running in London, Amsterdam and Copenhagen, does mean that the teachers can make up in other venues when they cannot otherwise make the dates.

Each part is 4 days

Each part begins with the connection to the teachers own practice and what are the elements in the asana are working on different parts of the body. The 4 days are an immersion into a particular area of study.

The course is definitely a teacher training, but it does because of the subject tend to attract people with problems to see it as therapy sessions for them, which often it is, but it isn't really the purpose of the course.

Re timings:

10-1 and 3-6 generally works well, but always on the last day we finish earlier, i.e., 9-12 and 2-5.

Generally the timings for the course also allow for night classes and early morning classes at the institutes to continue if they are scheduled.

Re numbers:

As there is such a strict requirement for doing the course in sequence there is always a drop out rate, though the other venues give some flexibility. But because of this I tend to say let a good number of people in at the beginning. Though it depends a lot on space and the equipment available to the students.

Re eligibility;

The teachers need to be Jnr intermediate 1 or above to do all 4 days of each part of the course. If there is space available there, Intro certified teachers may do the first two days of each part as it involves the asana understanding and the level of work and adjustments carried out in class situations. There is an exception and that is where an Intro teacher is working with a more senior teacher assisting them with therapeutic situations than I allow them to attend also, as this means that that senior teacher oversees their work ultimately.

Regards Stephanie Quirk

Crusade for Christchurch

- How an early morning Yoga class made \$300 for Christchurch

The company I work for, McDonalds Restaurants NZ Ltd recently held a conference for our Assistant Managers in Taupo, 140 people were in attendance. As some of our restaurants had suffered severe damage from the quake in Christchurch and many of the managers and crew had suffered personal loss, be it their home or source of income. We therefore decided that while in Taupo we would set the goal for the delegates to raise money for our people in Christchurch.



On Tuesday afternoon the teams were told that their activity on Wednesday morning they had to raise as much money as possible doing activities and been sponsored for **these. They were not allowed to just “put the bucket out” and ask for donations. On** finding out there were prizes involved for the most money raised and for the most inventive way, their enthusiasm levels for the activity rose.

This is where the yoga part comes in. One enterprising young man came up and asked me a simple question “ If I came and did yoga with you at 6am, would you donate \$10 to my team” I of course saw the opportunity to donate both my time and money to a good cause, and show someone why I love yoga.



Once it was discovered that I had agreed it suddenly took on a life of its own and the offer put forward was anyone who turned up for yoga at 6am would receive a donation for each member of their team that attended.

At this stage I was thinking no need to panic these are young people, we were going out for an evening of fun and entertainment, so most would probably not be capable of getting out of bed at 6am let alone come to a yoga class. My thoughts, 10 would turn up. I thought that Sun Salutations and standing poses were the best way to go, and confirmed this with a fellow yogi that night.



I felt that having attended yoga classes for the past three years at Four Winds Yoga in Ponsonby meant that I was semi confident in getting the few that turn up to do these poses. I figured we had no equipment so simple was the best plan. Wednesday 5.30am came around, I picked up my mat and headed for the conference hall expecting to find very few people if any waiting for me. To my surprise there were already ten people waiting for me, we went into the conference room and waited to see if any others would turn up.

The amazing thing is that by 6.05am there were 50 people waiting for their first experience of **yoga**. We managed to raise **\$300 in half an hour** for our co workers' in Christchurch, and not only that I was able to share with people a small part of what I enjoy about yoga. Ella James – Training Consultant for McDonalds Restaurants NZ Ltd and a keen Iyengar yogi.



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. When applying for a visa ask for a tourist visa.

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).

Suzi Carson, Wendy Norwood, Vanessa Greenwood, Tamar Munch,
Philippa Jones, June 2011

Jude Folkard December 2011

Neil Mackay 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

JUNIOR INTERMEDIATE DEVELOPMENT WEEKEND 5—7 AUGUST

This weekend will be for all JI levels 1,2 and 3, with practice, teaching and questions arising prior to assessment.

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

Cost: 175.00

Please contact Monica Haar www.yogacentre.co.nz, mob+64 21 2156544 or

Susie Lever: suelever@gmail.com mob 021 039 4483

WEEKEND WORKSHOP WITH ROSIE HOLLAND 23RD-25TH SEPTEMBER

Rosie will once again be joining us for a weekend workshop In Palmerston North at Yoga on the square.

Cost \$180

The time for the workshop will be:

Friday evening, 5.30pm to 7.30pm

Saturday morning, 9am to 12pm and in the afternoon, 2pm to 4pm

Sunday morning, 9am to 12pm.

Phone +64 6 355-1197 or +64 211 497633 or email Jyoteeka@hotmail.com for booking or further information.

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](http://www.iyengaryoga.asn.au)

Notices

PIXIE LILLAS SPRING RETREAT 7TH -14TH OCTOBER

at Kimi Ora Spa Resort, Kaiteriteri, Nelson.

Contact Louisa Potter 0274981018

IYENGAR YOGA CENTRE SPRING RETREAT at TE MOATA

3 –6 NOVEMBER

At Te Moata Retreat Centre, Paul Rd, Tairua

Monica Haar and Susie Lever welcome you to our Iyengar Yoga Spring Retreat.

Please see full page advertisement on page

Contact Susie Lever: suelever@gmail.com or mob 021 039 4483

MELODIE BATCHELOR PIHA YOGA RETREAT : STABILITY 11TH—13TH NOVEMBER

At Barnett Hall, Piha . Cost: Classes \$180 please See advertisement on page :

Contact Melodie Batchelor :

melodiebatchelor@hotmail.com

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.

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.

Piha Yoga Retreat: Stability

With Melodie Batchelor

November 11th to 13th 2011

Melodie has conducted an annual yoga retreat in the beautiful surrounds of Piha for 15 years. The weekend Yoga Retreat is open to all levels and will cover Iyengar Yoga Asana, Pranayama and a discussion on Yoga Philosophy. Recently back from the Indian and China Yoga Summit in China, Melodie will teach directly from her **experience from Guruji's message and teachings.**

Yoga Sutra 1.36: Inner stability is gained by contemplating a luminous, sorrowless, effulgent light.

The beautiful vegetarian food will be accompanied by Guruji's latest DVD A Leap of Faith

Cost: Classes \$180 Meals: \$95

Venue: Barnett Hall North Piha

Contact: Melodie Batchelor

melodiebatchelor@hotmail.com

Enrolment 5.30pm

Timetable: Friday Class 6 to 8pm

Dinner at Melodie's 8.30 to 10pm

Saturday: Class 10.00 to 12.00

Lunch: 12.30 to 2.00pm

Saturday: Philosophy discussion: 2.30 to 3.30pm

Class 3.30 to 5.30pm

Dinner: 6.30 onwards

Sunday: Pranayama 7.30 to 9am

Breakfast at Barnett Hall

Sunday: Class 10 to 12

Workshop finishes with lunch

12.30 to 2pm.

Google Piha Accommodation for different styles and prices.

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



stockist of the black komfort mat



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
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www.yoga.net.nz

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Props for Yoga

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Made with round edges, 25x15x10 cm. (also come in 22.5x15x10 and 20x15x10)
- Wedges**.....\$30.00
Made of pine, helpful for when you have tight wrists. Many other uses.(600 long)
- Yoga Belts**.....\$18.00
Side release buckles or D rings. Comes in black and natural. 8 foot long.
- I-rest**.....\$12.00
Filled with organic flax seeds.
- Yoga Bolster**.....\$78.00
Inside and outside covers made of 100% cotton, fibre filled. Approximately 3.0kgs.
- Pranayama Pillow**.....\$45.00
Inside and outside covers made of 100% cotton, fibre filled.
- SandBags**.....\$40.00/pr
Made of 100% cotton denim with handles. Filled with gravel. 4.5kgs.ea.
- Pelvic Sling**.....\$100.00
Comes with hardware for fixing into wood framing.
- Zafu**.....\$55.00
Traditional Japanese Meditation cushion. Round and Crescent..
- Zabuton**.....\$65.00
Square floor cushion, 100% cotton cover, non removable. Approximately 76x79x50cm.
- SetuBandha Benches**.....\$195.00
Made of pine. 20x5 cm wide x 1.2 long x 30 cm high. Rounded edges.

Custom orders welcome on wood and fabric props.

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093784913 or 0273084360

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sue@eclipsefashion.co.nz

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MINUTES AGM IYANZ 7TH MAY 2011

Held at Iyengar Yoga Centre of Wellington, The Bakehouse, Swan Lane, Wellington.
Meeting started 1405

PRESENT: Melodie Batchelor, Eira Kramer, Sue McBride, Susan Lamont, Roger Brown, Tessa Meek, Jo Peden, Deborah Barton, Wendy Cuthbert, Clare Dominic, Graham Lloyd.

APOLOGIES: Paul Barton, Sean Carr, Rosie Holland, Mass Dioli, Norman Gruesch.

MINUTES of AGM 2010 (Link May 2010) read and accepted

MATTERS ARISING:

Regional Yoga days open to all students plus friends.

Purpose: to raise awareness. Local teachers are encouraged to offer to host and to apply to Events committee for a senior teacher.

CHAIRPERSON'S REPORT:

Presented by chairperson, Melodie Batchelor

Moved that report be accepted: Susan; seconded Jo Peden. Motion passed

TREASURER'S REPORT:

Presented by treasurer, Susan Lamont

Moved that report be accepted: Susan; seconded Tessa Meek. Motion passed

EVENTS COMMITTEE REPORT:

Presented by Melodie on behalf of committee

Moved that report be accepted: Melodie, seconded Jo. Motion passed

SECRETARY'S REPORT:

Presented by secretary, Sue McBride.

Moved that report be accepted: Sue, seconded Tessa. Motion passed

Sue suggested that a hard copy of the constitution be given to all members of the Executive. Moved Roger; seconded Melodie. Motion passed

ACTION Sue to get copies printed, bill to Susan.

AGENDA:

- 1 Use of the Iyengar Name.
- 2 Raising of subscriptions.
- 3 Setting budgets and reimbursements for committee members.
- 4 Investment accounts.

GENERAL BUSINESS

Use of the Iyengar name:

Over the past year there have been two incidents of misuse of the name Iyengar. Letters have been sent to the Byron Mackays but there has been no response. Legal advice is needed.

Moved by Tessa, seconded by Melodie that the letters be given to Zal Unkovich for legal advice. Motion passed

ACTION: Sue.

Members of the IYANZ who become aware of misuse of the name are obliged to raise it with the committee.

Recommended by Melodie that the issue of use of the Iyengar name is made very clear on the website.

ACTION: Sue to get in touch with David Bullivant who has been managing the website.

Roger has noticed that on the website, the issue of insurance has been lifted from Australia – because of ACC that is not relevant here.

ACTION: Sue to ask David to make the relevant changes.

Subscriptions:

Susan moved that the Executive look at raising subscriptions for teachers, and maintaining subscriptions for students at \$35.

Seconded by Jo. Motion passed

Council Structure:

This was discussed at length, but it was decided that the size of the country is too small to make establishing a council workable. It was agreed that there needs to be more communication between the various committees, and a recommendation was made that members of the executive meet face-to-face at least prior to the next AGM.

(Clare left the meeting at 3.50pm)

Financial Support for Christchurch:

Susan reported that Christchurch Iyengar teachers have been affected by the earthquake in various ways that have significantly impacted on their classes. The meeting decided that the money already earmarked for

Christchurch (see treasurer's report) would be shared out among the Christchurch teachers.

Contributions to Guruji's Bellur Trust would also continue, but at a slightly lower level for the next 2 years to facilitate our contribution to Christchurch.

ACTION: Susan to proceed.

Membership of the Executive:

Two new members were unanimously voted on to the executive, and were welcomed on: Tessa Meek, Roger Brown.

Susan will continue in role of treasurer, but not be involved in the other governance business of the committee.

Sue raised the issue of auditor. If we have to be audited it is important to have accurate minutes. She offered to look into writing a monthly report.

A vote of thanks was passed to Melodie who is resigning after three years of dedicated work in the role of chair.

The meeting closed at 1645.

Executive Committee Chair Report
May A.G.M. 2011

Melodie Batchelor

New committee members:

At Our last year's A.G.M. Eira Kramer and Paul Barton were nominated on to the executive committee. Our then Treasurer, Jackie Kesby informed us that she would be handing her job to Susan Lamont in the following few months.

Jackie set up good systems and procedure which have made Susan's job easier. Jackie was treasurer for five years, in which time she kept a meticulous set of books for us.

Website

One of last year's major works by the executive was to develop a new website for I.Y.A.N.Z. It is designed to be easy to use and informative. There is scope for future development to make the website more useful for our members.

Using the Iyengar name:

This year the executive committee have handled cases where yoga teachers are using the Iyengar name without conforming to the criteria of being a certified Iyengar teacher, a member of I.Y.A.N.Z. and paying the certification mark. We are in the process of **developing a standardised letter to send to those who don't conform. We ask them to stop** using the Iyengar name in any of their wording or advertising, such as Iyengar style, Iyengar teacher etc.

We do this at Gururji's request as it disturbs him that his name is used outside of these parameters.

Iyengar Yoga Therapy Courses with Stephanie Quirk:

Currently we are in talks with Stephanie Quirk who has set dates to start her therapy classes in New Zealand. Stephanie has assisted Geetaji for many years in the therapy classes in Pune.

These dates are:

Part 1: 22 to 25th March 2012

Part 2: 22 to 25th November 2012

Part 3: 17 to 20th May 2013

Part 4: 6 to 9th September 2013

Part 5: 23 to 26th May 2014

Part 6: 21 to 24th November 2014

These courses are open to Junior Intermediate Level 1 and above.

I suggest that those wishing to attend, upgrade this year from Introductory level 2 to be eligible for this unique opportunity.

I.Y.A.N.Z guest teacher Jawahar Bangera 2010:

Jawahar taught in three centres, Auckland, Wellington and Christchurch.

Jawahar was invited by the New Zealand executive committee in conjunction with Leena Kothare and the Events committee. He did not disappoint with his distinct style, reflecting the many years he has spent with Guruji.

Jawahar made a very special and generous donation to the people of Christchurch after the first earth quake. His generous donation was even more appreciated after the second earthquake. Jawahar showed such sensitivity and compassion in his teaching in Christchurch it was very humbling to observe his generosity.

Christchurch earthquake:

The executive committee were in dialog with Christchurch teachers about their safety and **their future. How best to use Jawahar's donation. It was decided to donate to Red Cross.**

The exec then thought to put money aside for Christchurch teachers for lost yoga equipment.

We are still in dialog on this subject.

Membership Fees:

We are currently talking about the need to raise subs to fund assessments and the training of assessors.

We see the need for the development of our assessors and can send them to Australia **once a year for a weekend training session. This topic will be discussed at this year's A.G.M.**

I thank all committee members for their work. I thank Neil MacKay for his work as Link editor.

A special thank you to Jackie Kesby, our out-going Treasurer and welcome Susan Lamont to the role.

Namaste,
Melodie

The Assessment and Teacher Training Committee Report.

Firstly welcome Monica Haar back to New Zealand and to the A & TT committee. She was nominated on to the committee at the end of 2010. She brings with her a wealth of experience.

Suzi Carson was nominated to the Assessment and Teacher Training committee at the beginning of the last financial year.

Stephanie Quirk is coming to Australia and possibly NZ to run Therapy workshops for our certified teachers.

We are presently discussing how the Assessment and Teacher Training committee can support Stephanie and New Zealand in making this happen.

The A & TT committee train our Junior Intermediate level 3 certified teachers to become possible assessors in NZ.

We are in the process of inviting more eligible teachers, onto the training programme this year 2011. Suzie Lever is currently in training as a moderator. Paul Barton has been asked to train as an Assessor for the next 4 Introductory Assessments, starting with Introductory Level 1 in May 2011.

Each Year the Australian Iyengar yoga association hosts an annual all assessors weekend . All the assessors in Australia come together and train in the process of Assessing.

They also kindly invite the New Zealanders. This year in March, five NZ assessors are being funded to attend. Feedback from this meeting will be discussed by the committee including future funding and future training of New Zealand assessors. We are looking again at corrections needed in the training manuals and other documentation sent to teachers etc.

If you are aware of any discrepancy then please sent this directly to Suzi Carson : suzi@yoga.net.nz

Also in discussion is how the assessment and Teacher Training committee can support teachers in their teacher training programmes.

Possible suggestions: Training available and yearly face to face meetings.

If you have the criteria to train teachers please contact the committee directly for further guidance, before starting a programme..

This is the wish of BKS Iyengar.

Introductory Level 1 assessment will be held on the weekend of the 20th – 22nd May. Junior Intermediate 1 assessment will be held 29th/30th October 2011.

The assessments held in May of 2010 Intro level 1, Stephanie Anderson, Barbara Baird, Kate Coull, Michelle Cowell, Gabriella Gini, Bridget Hensley, Caroline McHenry, Juliet Mc Lean, Madhu Nahna, Wendy Norwood, Linda Oliver, Kathleen Powell, Wendy Purdon reid, Nikki Ralston, Annette Springer and Christine Stewart passed.

Assessments for Junior Intermediate 2 & 3 were held on 28th and 29th August. Louisa Potter and Anne-Marie Tweedie passed JI 3 and Delwyn Unkovich passed JI 2.

The Junior Intermediate Level 1 assessments were held on the weekend of 4th, 5th December. Jyoteeka Cummings, Tessa Meek, Neil Mackay, Pat MacDonald and Michelle Robinson passed.

Introductory 2 assessments were on the weekend of 11th to 13th March. Madhu Nahna, Gabriella Gini, Kathleen Powell, Michelle Cowell and Wendy Norwood passed.

The Assessment and Teacher Training Committee. Melodie Batchelor, Monica Haar, Rosie Holland and Jackie Kesby.

BKS Iyengar Yoga Association of NZ Inc. – Treasurer’s Report 2010-11

The total funds held by the association show a significant increase this financial year. The receipts-less-expenses calculation has risen markedly compared to previous years:

<i>Financial year</i>	<i>Receipts-less-expenses</i>
2008-09	\$ 17,315.20
2009-10	\$ 9,411.25
2010-11	\$ 30,679.86

Some reasons for this increase are:

there were no expenses incurred for regional yoga days in the 2010-11 financial period **IYANZ made no donation to BKS Iyengar’s Bellur charity trust in 2010-11** (see below) IYANZ is still holding ~\$13K of fees owed to Jawahar Bangera for the workshops he conducted in October 2010. This will be paid as soon as we receive his instructions.

Jawahar’s workshops netted	\$ 21,497.55	<i>as at 31/3/11</i>
	<i>less</i>	<u>\$ 12,795.28</u> <i>outstanding fee payable to</i>
<i>Jawahar</i>		
	\$ 8,702.27	<i>actual funds injection to</i>
<i>association</i>		

Jawahar generously asked that his Christchurch workshop fee be donated to “the people of Christchurch”. \$ 5,767.96 was given to the Red Cross 2011 Earthquake Relief fund.

Assessment costs are up again compared to 2009-10: due to a high number of candidates, it was necessary to run 2 Junior Intermediate assessments during 2010, which meant bringing in Australian moderators both times five of our assessors received funding to attend the Sydney assessor training meeting

The Executive Committee intends to give some financial support to our teacher members in Christchurch whose premises, equipment and/or income have been affected by the earthquakes. The matter is still under consideration, but at least \$5-6K of association funds may be used to this end. A primary function of our association is support of the Iyengar yoga community, and teachers are vital to maintaining that community. I believe it is beholden upon us to contribute to keeping those Christchurch teachers going.

I took over as Treasurer from Jackie Kesby in November 2010. As I've been learning the ropes there've been 1 or 2 minor hiccups, and some tasks (eg the Bellur donation) that have been overlooked. With Jackie's helpful advice, I now have a good handle on managing the association's funds. My thanks to committee members and others for their patience through this transition. Particular thanks to David Bullivant for his efficiency maintaining the member database and his practical support with membership renewals.

Both Jackie and I have found that chasing up information on unidentified deposits is the biggest time-waster for the treasurer.

A reminder to ALL members of ways they can help the treasurer manage IYANZ funds:

please return membership renewal forms (either paper or email) when paying your subs

please provide clear and complete identifying information on ALL internet payments

please avoid over-the-counter bank deposits where possible – these are very hard to identify on our bank statement

please make any payments to IYANZ by posting a cheque, or via internet banking – if neither option suits, please contact me directly

Namaste, Susan Lamont (Treasurer)

BKS Iyengar Yoga Association of New Zealand

Financial report 2010-2011

REVENUE and EXPENSE statement

	Revenue = receipts	Expenses = payments	Net
Subscriptions	\$10,320.00		\$10,320.00
Admin expenses		(\$753.96)	(\$753.96)
AGM expenses		(\$454.95)	(\$454.95)
Certification Mark	\$3,900.00	(\$1,998.39)	\$1,901.61
Yoga Rahasya	\$3,240.70	(\$1,875.00)	\$1,365.70
Assessments	\$7,950.00	(\$12,301.14)	(\$4,351.14)
Workshop	\$44,570.28	(\$23,072.73)	\$21,497.55
Bookshop	\$3,084.00	(\$2,496.04)	\$587.96
Yoga Link	\$390.00	(\$1,646.45)	(\$1,256.45)
Teacher Training manual	\$720.00	(\$360.00)	\$360.00
Certificates	\$605.00	(\$12.23)	\$592.77
Sundries **	\$1,838.07	(\$967.30)	\$870.77
	\$76,618.05	(\$45,938.19)	\$30,679.86

** **Summary of SUNDRIES**
for year ended 31-Mar-11

Revenue

Overpayments	\$187.50
Interest	\$560.57
Unidentified deposits	\$1,090.00
	<u>\$1,838.07</u>

Expenses

Refund overpayments	\$107.50
Bank fees	\$132.00
Website	\$527.80
PO Box	\$200.00
	<u>\$967.30</u>

TERM DEPOSIT summary

Term deposit as at	31-Mar-10	\$24,187.40
Plus interest	2010-2011	\$1,085.45
Term deposit as at	31-Mar-11	<u>\$25,272.85</u>

Summary of ANNUAL ACCOUNTS

Opening balance	1-Apr-10	\$37,213.54
Plus term deposit and interest	31-Mar-11	\$25,272.85
Plus receipts over expenses	2010-2011	\$30,679.86
Closing balance annual accts		<u>\$93,166.25</u>

BANK RECONCILIATION as at 31-Mar-11

Opening balance as at	1-Apr-10	\$37,213.54
Plus revenue for year		<u>\$76,618.05</u>
		<u>\$113,831.59</u>
Less expenses for year		(\$45,938.19)
Discrepancy		(\$1.00)
Closing balance cheque acct		<u>\$67,892.40</u>
Balance per Bank Statement as at	31-Mar-11	\$69,162.66
Less outstanding cheques	100848	\$271.05
	100849	\$321.15
	100850	\$195.06
	100851	\$483.00
		<u>(\$1,270.26)</u>
Closing balance cheque acct		<u>\$67,892.40</u>

IYANZ BALANCE SHEET as at:

31-Mar-11

National Bank of NZ cheque account	\$37,213.54	\$67,892.40
National Bank of NZ term deposit	\$24,187.40	\$25,272.85
Closing balance annual accts	<u>\$61,400.94</u>	<u>\$93,165.25</u>

IYANZ SECRETARY'S REPORT:

I was appointed to the role of Secretary, Iyengar Yoga Association of NZ, following the AGM 2010 and took over from Clare Davenport

This first year has been one of learning, both the working structure of the Executive and trying to interpret the more intricate workings of the computer. Thank you to the executive for their patience and support!

The system of communicating by email is slow but sound. It does avoid the need for face-to-face meetings and gives the opportunity to read and reread others' opinions. On the other hand things often move slowly.

The main issue I have had to deal with is that of the use of the name "Iyengar" by those not qualified to do so. There have been two occasions where this has arisen, one probably out of ignorance, the other on the verge of false advertising. Letters have been sent to both parties. It appears there is not a good understanding of the Constitution in this regard. The solution may be to write an item for the Link and also to remind teacher trainers that they need to explain the ruling and the reasoning behind it to their trainees.

I would like to suggest that, to make the job easier for future executive members there is a description of the Executive and how it works, (perhaps a printed copy in the Link), a job description for the secretarial role and how to access membership lists and addresses.

To conclude I am prepared to serve in the role for a further year should that be required. I should also like to thank Melodie for her help.

Sue McBride

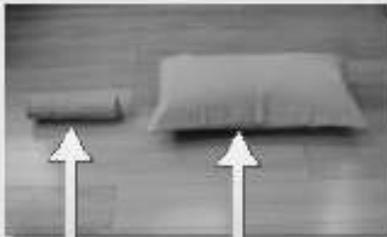
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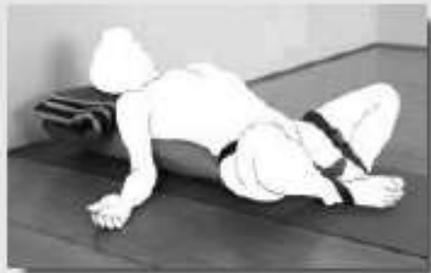
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Contact: Denise Lewis

021 479 708

yoga@embody.co.nz

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
Delwyn Unkovich Auckland 09 377 4544 delwyn.unkovich@gmail.com
Mande White Auckland 0274 908020

CERTIFIED TEACHERS continued

JUNIOR INTERMEDIATE LEVEL I

David Bullivant	Auckland	021 079 0930	d.bullivant@auckland.ac.nz
Jyoteeka Cummings	Palmstn Nth	06 355 1197	jyoteeka@hotmail.com
Pat MacDonald	Auckland	09 810 9644	yopat55@hotmail.com
Neil Mackay	Auckland	09 426 4203	neilmackay@yahoo.co.uk
Tessa Meek	Wellington	04 473 0722	tessameek@paradise.net.nz
Tria Peters	New Plymth	06 757 2121	angel.star@xtra.co.nz
Michelle Polglase	Christchurch	03 351 3383	mapolglase@hotmail.com
Michelle Robinson	Auckland	0273209340	Michelle_robison@clear.net.nz

INTRODUCTORY

Roger Brown	Wellington	04 576 9402	roger@paradise.net.nz
Michelle Brown	Hamilton	07 859 1221	mvincentbrown@yahoo.co.nz
Sean Carr	Christchurch	027 255 1998	seandbc@hotmail.com
Michelle Cowell	Auckland	TBA	
Pam Crisp	Wellington	04 972 0284	pdcrisp@doc.govt.nz
Clare Davenport	Christchurch	03 942 9789	oscsopaxc@paradise.net.nz
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Note: Teachers PLEASE CHECK YOUR DETAILS.
If any changes are required please contact the editor..



