

IYENGAR YOGA IN SUSSEX

WELCOME



What difficult times we are living through. Instead of our Newsletter bringing you news of our AGM and exciting workshop in April I have to inform you that we have decided to follow the government health advice regarding Covid19 and announce its cancellation. As practitioners of Iyengar Yoga the promotion of good health is inherent in our practice and we have to put that first.

The current restrictions will not last forever and we are hopeful that our event in July with Gerry Chambers will go ahead. In the meantime keep in touch with your teachers, practice at home and stay healthy.

Brian
Chair of IYS

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FORTHCOMING EVENTS

See the back pages for application forms or visit www.iyengaryogasussex.org.uk

Whilst every effort will be made to proceed with our scheduled events they may be subject to last minute cancellation or postponement owing to government advice regarding Covid19. Please check our website www.iyengaryogasussex.org.uk, or ensure that we have your up to date email address by emailing Randall on randallefans1@gmail.com

IYS AGM AND WORKSHOP WITH HELEN AYLING



CANCELLED UNTIL FURTHER NOTICE

Saturday 25th April 2020

12.00 noon - 1.00pm AGM Meeting

1.30pm - 4.00pm Yoga Workshop

Venue: Brighton Natural Health Centre, 27 Regent Street, Brighton, East Sussex BN1 1UL

£20.00 IYS members

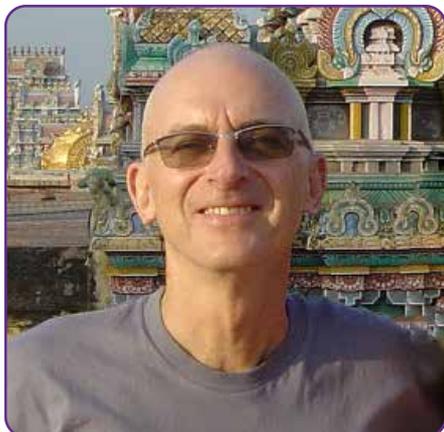
£25.00 guest participant

Note: Early booking is recommended.

This is an equipped yoga centre. Bring your own mat and props if you prefer.

Helen is a popular Sussex Intermediate Junior III Iyengar Yoga teacher. She is an able practitioner who loves sharing what gives her joy by teaching yoga. This annual IYS event is an opportunity to enjoy practising Iyengar Yoga with fellow yogis from all over Sussex. You are welcome to participate in this workshop if you have a minimum of six months experience in the subject of Iyengar Yoga. All members are welcome to attend the IYS AGM before Helen's workshop.

WORKSHOP WITH GERRY CHAMBERS



Saturday 4th July 2020

11.30am - 5.00pm There will be a break for lunch

Venue: The Shoreham Centre, 2 Pond Road, Shoreham-by-Sea BN43 5WU

£28.00 IYS members

£35.00 guest participant

Note: Early booking is recommended.

This is not an equipped yoga centre. Please bring your own yoga props and a light lunch.

IYS is pleased to welcome Gerry back to Sussex by popular request after his last workshop here in 2018. Gerry Chambers is a very experienced, highly respected Intermediate Senior III teacher. He is currently living in Devon and teaches classes, workshops and retreats in the UK and Internationally.

He frequently studies yoga at Ramamani Iyengar Memorial Yoga Institute, Pune India. For many years Gerry was the chair of the Iyengar Yoga Institute, Maida Vale in London. In 1999 he moved to Bristol where he co-directed YogaWest, Iyengar Yoga Centre in Bristol. You are welcome to participate in this workshop if you have a minimum of one year's experience in Iyengar Yoga.

MEMBERSHIP RENEWAL DUE NOW

By Randall Evans, Membership Secretary

The annual membership begins on the 1st of April, 2020 and ends on the 31st of March, 2021. The cost to join or renew your membership will remain at £14 this year. IYS currently has 93 members total, 39 of which are qualified teachers of Iyengar Yoga. A membership renewal form is on page 9.



Workshop with Judi Soffa 9th November 2019

Reconnections was the theme of the day at the workshop run by Judi Soffa and hosted by Iyengar Yoga Sussex (IYS) events organiser Cathy Rogers Evans. The buzz of the 39 IYS members reconnecting with one another eventually settled as Judi opened the class with what was to prove a consistent focus on detail and precision.

It's always struck me that to an outsider, Tadasana as a posture must epitomise the suspicion that yoga is a bit of a soft option. But to me as a practitioner, Tadasana highlights the complexity and subtlety of yoga as a discipline, and Judi carefully drew back yet further layers to reveal more subtlety and precision in the understanding of this pose.

"If you're out by a fraction at the base of your pose, then you'll be way off at the extension" – I paraphrase, but I believe that was the message. Inner ankle and outer armpit were the two body parts that received the most attention over the course of the day, and there was a discernible energy expended in the pursuit of connecting and reconnecting with these.



We enjoyed belts connecting our big toes and belts round our wrists in Tadasana, belts connecting our ankles in Sukhasana, belts round our feet, round our fingers, round our ankles... and after placing our shoulders on table tops, belted arms overhead, we might have ended up with belts round our ears (courtesy of our opposite sadhakha) had we not been instructed to drop our head beneath the table. You needed to be there!



And indeed, the mood confirmed how glad everyone was to be there, enjoying the wonderfully calm and evenly-paced delivery, absorbing the detail slowly and deliberately, reconnecting with their shared passion for yoga. Thank you Judi.

Mike Carey

REVIEW OF PAST EVENTS

Workshop with Uday Bhosale 15th February 2020

It was a real pleasure to attend the workshop with Uday today, within the excellent facilities offered by The Shoreham Centre and alongside many other yogis keen to absorb insights from a direct pupil of BKS Iyengar. Hosted seamlessly by Iyengar Yoga Sussex (IYS) Events Secretary Cathy Rogers Evans, the day flowed smoothly between a morning of focus on the lower back and an afternoon of mostly pranayama.

Uday's demonstrations of how to extend length in the lumbar spine in several floor based asanas such as supta padangusthasana, dandasana and ubhaya padangusthasana, were effective in raising awareness of how abdominal tension may limit one's capacity in such poses. Through a layered and methodical approach to each asana, Uday guided the group's focus towards the lower back, with practice in strengthening muscles that are often otherwise neglected in the typical "slumping" postures of daily life. As I sit writing this article, this is an apposite example and reminder of the material we covered in the earlier part of the workshop. I am curiously noticing that my mind has wandered towards my lumbar spine, with intention to "lift" rather than "slump" and I hope that I shall have continued awareness as a result of Uday's inspirational teaching today. Uday highlighted the

fact that our bodies can easily become misaligned through everyday lifestyle and how Iyengar Yoga offers an invaluable opportunity to correct physical alignment, thereby also enhancing overall wellbeing. After a short break for lunch in the afternoon, Uday suggested some supta baddha konasana to aid digestion before a few inversions and then a period of pranayama. Minds began to settle as Uday gently guided the group through a number of breathing exercises, speaking of the inner sensitivity that continued practice may promote. Before long, it was time for a

final savasana and then, the only disappointment of the day.... that it was time to end.

Thank you to Uday, for such an engaging and insightful experience today.

Claire Sainsbury
(Claire is a trainee Iyengar Yoga teacher under the new mentor system)





National Iyengar Yoga Day 18th January 2020

On a bright and promising Saturday afternoon 18th January, Lewes-based teachers SALLIE SULLIVAN and ALI HAHLO led an afternoon of free yoga events to mark NATIONAL IYENGAR YOGA DAY. We were generously hosted by SOULFIT YOGA studio in LEWES who opened their doors nearly 2 years ago. SOULFIT is a beautiful airy, light, peaceful studio with 2 lovely class spaces and a busy programme of classes of different yoga styles, with pilates, dance and personal training also on offer. Ali teaches a weekly Iyengar class there and has always received warm support by the owners Fiona & Gyles Abbott, and by a loyal body of students.

We were all very gratified when the free class offered to new students, unfamiliar with Iyengar yoga, was booked out with a sizeable waiting list! The 45 minute class went very well with 20 students attending, all very attentive and with many follow-up enquiries resulting. We were further delighted when another 30 students, mostly more experienced, turned up to hear Sallie talk for 15 minutes on yoga philosophy in relation to PATANJALI's YOGA SUTRAS in another studio.

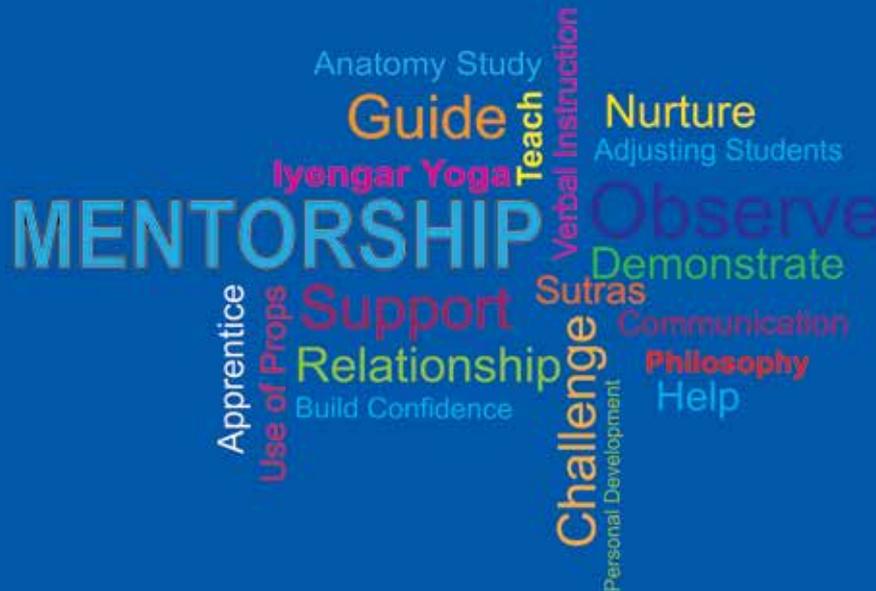
This was then followed, in the main studio, by a screening of LEAP OF FAITH the wonderful biographical film about BKS IYENGAR's life (known affectionately as GURUJI within the yoga community) from poverty, disease and disadvantage to global recognition and renown. The room was full and everyone sat attentively through the 75 minutes showing, absorbed in the extraordinary story of a remarkable individual. Throughout the afternoon the resident cafe in the studio was open serving delicious smoothies and vegan snacks. Ali and Sallie took in lots of display materials - photos, Guruji's quotes, plenty of books and Iyengar yoga flyers as well as DVD's of Guruji, Krishnamacharya and other student groups giving asana demonstrations - which were marvelled over by many of those attending. The day was generally felt to have been tremendously enjoyable and worthwhile. A big THANK YOU to SOULFIT who have even undertaken to tell all their students about other IYENGAR classes in Lewes taught by Sallie and Ali in other venues!. A big-spirited gesture which Guruji would have appreciated I'm sure.

Ali Hahlo

Spaces in Between

*There are spaces between all words
Ever spoken, read or heard
Between one thought and the next
The event to journalist text
The seeing and the seen
What has and might have been
Those who want and those in need
What is plenty, what is greed
Twixt soil, the falling seed
The rain and the flowering mead
Those spaces hold our being
The Human one invoking*

*Without borders, colour, race
Infused in this Earth's grace
In the spaces in between
Glow a freedom seldom seen
Love's hum within our age
Love's song, our lineage
Intimate bonds to one another
The dependence on Earth Mother
In the spaces in between
In the spaces in between
by Felicity Goodson*



Graphic by Randall Evans

Senior Teacher, Sallie Sullivan reviews becoming a mentor under the new method of teacher training, MENTORING.

Part 2 of Sallie's review.

Being or Becoming a Mentor

Thinking you might oversee a potential yoga teacher? Be assured this is not going to be an easy task, and not to be taken on lightly. The system is currently undergoing enormous change directed by the Iyengar family in Pune. The changes are coming principally from Prashant, Mr Iyengar's son, and Abhijata who is Mr Iyengar's granddaughter and Prashant's niece.

The levels with their different set syllabuses and the assessment procedures are both being radically restructured. There is a draft document, which is out for discussion and comment, which will involve a lot of change.

So how does it stand, currently? Teachers who are already moderators and/or trainers, or have reached Senior Intermediate 1 and have made at least 3 visits to Pune, are able to become mentors directly. We thought it would be a new way of training new teachers but with the familiar syllabus as set out by Mr Iyengar with only minor changes over the decades.

As the new syllabuses are in draft form and out for feed-back I can only sketch the probable process in broad terms.

The trainees will need to attend a class where they meet more challenging Intermediate poses for their own development. They will learn to teach introductory poses by assisting in a beginner or general level class and being guided by the mentor. The mentor can be expected to oversee them teaching one or two poses per week in an appropriate class, giving feed back afterwards. The mentor will also have to make sure that the syllabus is covered over time, and keep meticulous records for classes attended and poses taught. They will be responsible for teaching safety

issues such as menstruation practice, minor problems and injuries, and normal pregnancy practice.

Apart from that, mentors will meet with the trainee or trainees as necessary to cover aspects of teaching and theory that can't be covered in a public class. This will include philosophy, anatomy and physiology, safe sequencing, practising adjusting and helping students safely into head balance and shoulder stand. It will also cover teaching of supine pranayama to a peer group, as this may not be done in a public class.

Apart from meeting from time to time in these special sessions the mentor will just see their trainees in class for the usual class fee, with no charge for planning and feedback time, in this apprenticeship model.

The Assessment and Training Committee of the IYUK has decided that we need a minimum of 500 hours and Pune requires a minimum of three years regular attendance. Trainees will keep a log of weekly classes and special events which will all count towards the 500 hours. Mentors will likewise need to be organised with well-planned classes and evaluating not just the class given but also how they are coping with the extra responsibility of overseeing their trainee(s).

Some teachers who are not far off qualifying as mentors have registered as 'trainee mentors' and will be overseen by a full mentor. That will mean another level of planning so that both teachers fulfil their commitment to the trainee teacher and nothing 'falls through the cracks'.

The new process will be more 'trainee-centred' rather than 'mentor-centred'. A lot of teachers who think that they may soon qualify as mentors are asking to register and identifying a mentor to oversee them. I would suggest a pause for reflection to see how things work out.

by Sallie Sullivan

NOTICE BOARD

EQUIPMENT FOR SALE

Members Prices

Classic Yoga Mat, Dark Blue _____	£22.00
Belts, White, Classic Sliding Buckle, 2.5cm Wide, 2 metres Long _____	£4.00
Pressed Foam Yoga Blocks _____	£4.00

Non-Members Prices

Classic Yoga Mat, Dark Blue _____	£24.00
Belts, White, Classic Sliding Buckle, 2.5cm Wide, 2 metres Long _____	£4.50
Pressed Foam Yoga Blocks _____	£4.50

To purchase contact Jenny Deadman, on 07817 239363

We are always interested in any archive material or memories of days past. ALSO THE IY(UK) ARE PUTTING TOGETHER A NATIONAL ARCHIVE AND WOULD BE VERY INTERESTED TO HEAR OR SEE ANY RELEVANT MATERIAL. Randall Evans is the IYS member on the national IY(UK) archives committee. Please send any material or photos to him at randallevans1@gmail.com

USEFUL WEB LINKS

Iyengar Yoga Sussex (IYS):

www.iyengaryogasussex.org.uk

Please visit our site for up-to-date IYS event information and membership details.

The Iyengar Yoga UK IY(UK):

www.iyengaryoga.org.uk

The Official BKS Iyengar website:

www.bksiyengar.com

Other useful links

YogaSouth, Lancing

www.yogasouth.com

The Brighton Natural Health Centre:

www.bnhc.co.uk

Just Yoga, Worthing:

www.justyoga.co.uk

Lewes Yoga:

www.lewesyoga.co.uk

www.iyengaryogainthemews.co.uk

www.learnnyoganow.co.uk

IYS Member Teachers who wish their websites to be included should email the Newsletter Editor.

THE FINAL WORD



We welcome any comments, contributions and articles relating to Iyengar Yoga in Sussex - reflections on workshops, classes, poems, photos, drawings.....

By email to: saracalderjones@btinternet.com

or by post to the Editor, 57 Sea Lane, East Preston, West Sussex BN16 1ND

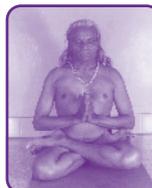
A huge thank you to all contributors who have helped to make this newsletter possible.

BKS Iyengar in Parivrtta Parsvakonasana.



THE IYENGAR® YOGA CERTIFICATION MARK

This mark is only awarded to fully qualified and approved teachers of Iyengar® Yoga. In order to qualify for this mark they have to undergo rigorous training assessments, continually update their skills and have the necessary insurance in order to teach.



BSK IYENGAR 1918 - 2014

BKS Iyengar was born in Bellur in Southern India. After being introduced to yoga by his Guru T.K.V. Krishnamacharya, he went on to study and teach yoga for over 80 years. He taught on all five continents winning global respect and admiration. His books on yoga have become classics, and he is recognised as a major contributor to the popularity of yoga in both the west and east. Iyengar® Yoga, named after him and taught in his name, has become a widely practiced form of yoga with teachers and organisations in more than 40 countries around the world. Sussex was one of B.K.S. Iyengar's earliest centres.



IYENGAR YOGA SUSSEX

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EVENT BOOKING FORMS

(PLEASE MAKE ALL CHEQUES PAYABLE TO 'IYS')

WORKSHOP WITH GERRY CHAMBERS

I wish to attend the Yoga Workshop with Gerry Chambers on Saturday 4th July 2020 11.30am to 5.00pm at The Shoreham Centre, 2 Pond Road, Shoreham-by-Sea BN43 5WU and I enclose my cheque for: **£28 as a IYS member / £35 as a guest participant.**

I am a current member of IYS: Yes No

To join IYS **please include a separate cheque for £14 and your completed membership form.**
You can print a membership form from the website www.iyengaryogasussex.org.uk
Contact Randall Evans IYS Secretary if you have a question about membership: randallevans1@gmail.com

Name: _____

Address (with Postcode): _____

Email: _____ Tel No: _____

Emergency Contact Person Tel No: _____

Date: _____ Signed: _____

Please send completed form(s) with cheque payable to "IYS" to: Cathy Rogers Evans, 48 Grover Avenue, Lancing, Sussex BN15 9RQ. Your printed receipt will be available on the day of the event.
Enquiries to cathyrogersevens@gmail.com or call 01903 762850
For info on other IYS events visit: www.iyengaryogasussex.org.uk
If you are experiencing financial hardship please write to: Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ with details.

MEMBERSHIP APPLICATION - 1ST APRIL 2020 - 31ST MARCH 2021

The Institute was established in 1992 for the purpose of promoting, educating and maintaining the standard of Yoga as defined by BKS Iyengar, in Sussex. Brian Ingram (Chairman), Randall Evans (Membership Secretary), and the IYS committee wish you a warm welcome to our growing yoga community.

I wish to apply for membership to IYS and enclose a cheque payable to "IYS" for £14.

Your membership will be valid for one year, from the 1st of April, 2020 to the 31st of March, 2021. Please complete all parts of this form and return it with your cheque for £14.00 **PAYABLE TO "IYS" to: Randall Evans, 48 Grover Avenue, Lancing, West Sussex, BN15 9RQ.** You will receive your receipt by email. If you do require a paper receipt you must include a self addressed stamped envelope with your application form.

Please print clearly

Surname: _____ First Name: _____

Address: _____

Postcode: _____ Tel No: _____

Email: _____

I wish to join IYS as **Iyengar Yoga Student** Yes No

I wish to join IYS as **Iyengar Yoga Teacher** Yes No

To be a Teacher Member of IYS you must also be Teacher Member of IY(UK) in good standing.

This includes the following:

1. An Iyengar yoga teaching certificate
2. A Certification Trademark Licence (CM)
3. Full teacher membership of IY(UK).

IYS Teacher members are granted use of our website in the form of an account for promotion of personal classes and workshops taught in Sussex.

IY(UK) Membership Number: _____ Your Teachers Name?: _____

Data on IYS members such as address details are kept on a computer. Lists will not be sent to organisations outside the IYS and its parent body IY(UK).

To receive our News Letter and the Iyengar Yoga News we need your signed consent.

I wish to receive the **IYS News Letter**

Yes No

I prefer to receive the **IYS News Letter** by

Email Post Both

I wish to receive **Iyengar Yoga News** from IY(UK)

Yes No

Note: The IYN will be posted to you directly from IY(UK)

Date: _____ Signed: _____

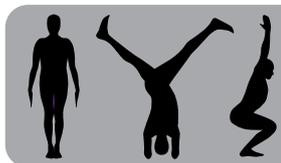
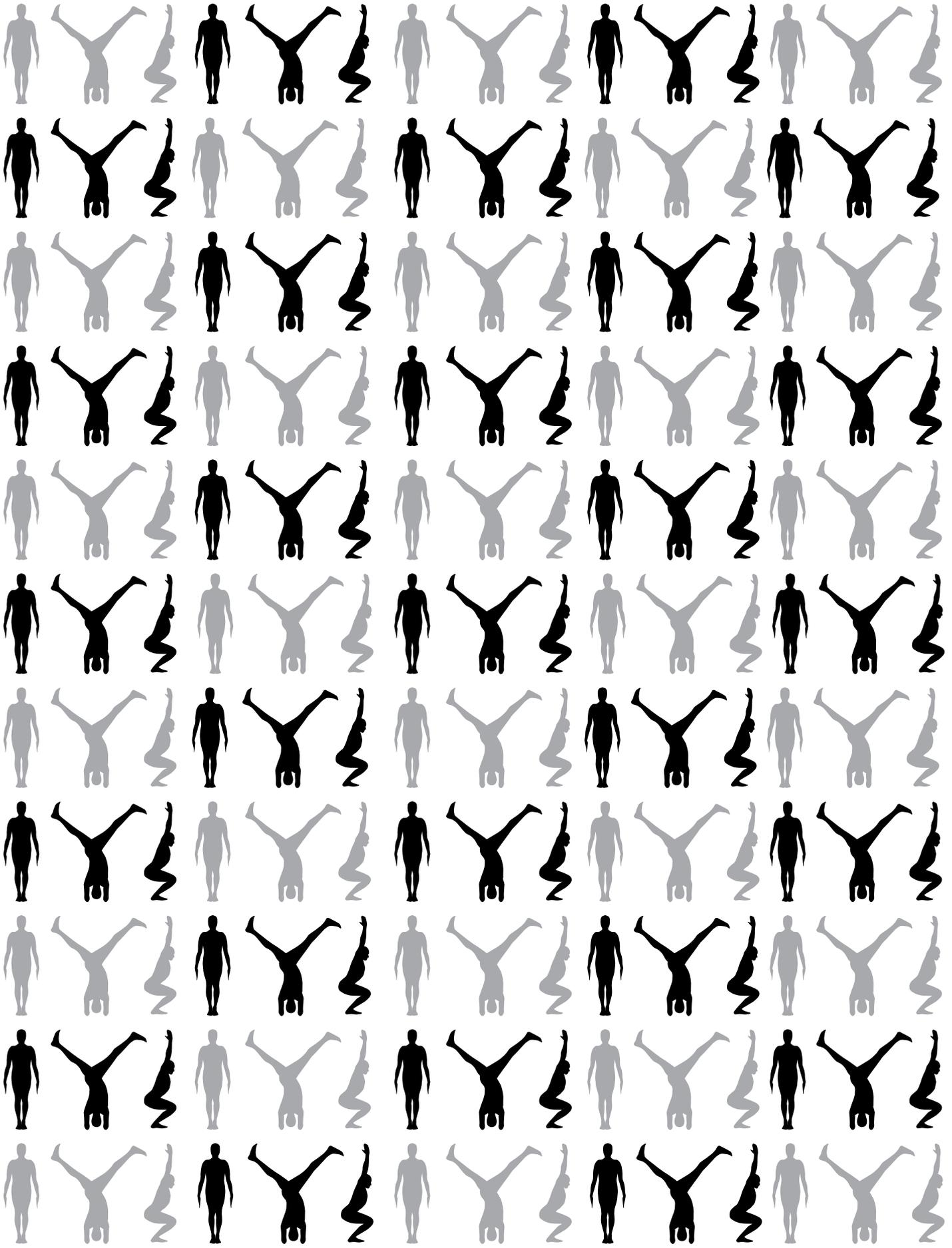
Benefits of joining Iyengar Yoga Sussex (IYS):

- Local IYS events at reduced prices
- Automatic membership of IY(UK) our national Iyengar Yoga organisation
- IYS newsletters & Iyengar Yoga News, a national publication which is published twice a year
- Advanced booking information for national IY(UK) conventions
- IY teacher members account on the IYS Website for promoting classes and workshops
- The opportunity to make friends with other Iyengar yoga practitioners
- Discounted yoga equipment



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