

IYENGAR YOGA IN SUSSEX

WELCOME - IYS NEWSLETTER AUTUMN 2023

Welcome to the Autumn Newsletter and hello from me, Helen Ayling, a local level 3 teacher based in Worthing.

I have recently taken over from Sara Calder-Jones who stepped down as Editor at this year's AGM held at Heene Community Centre on Saturday June 24th. I'm sure all members share my gratitude and send a big thank you, Sara, for your wonderful newsletters over the last 8 years.

Some of you may remember me from our 30th Anniversary Celebration held this January at the Shoreham Centre.

It is a joy to be a member of the IYS committee again and to be the messenger of news and stories from Iyengar Yoga Events locally, nationally and internationally. I am grateful to be part of this wonderful community and for the support it gives to our practice of Yoga.

In this edition of the newsletter, we have reports from the AGM and workshop, with a review of Andrea Smith's skilful teaching as well as IYS news. Also are reviews from the IY UK Convention with Jawahar Bangera, Pushpanjali, the family Yoga festival, and the World Yoga Festival.

I hope you enjoy this edition of the Autumn Newsletter and I look forward to hearing your comments, suggestions and reviews.

Helen



Namasté

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FORTHCOMING EVENTS

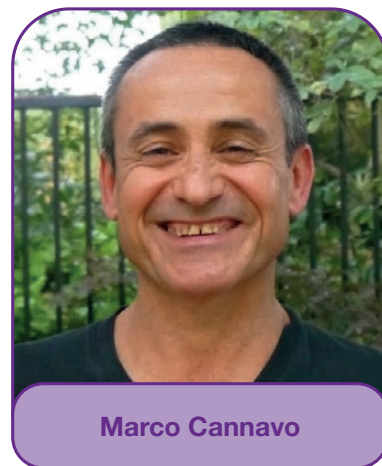
WORKSHOP WITH MARCO CANNAVO Saturday 14th October 2023 11.30 - 2.30

IYS is delighted to welcome Level 3 Iyengar teacher Marco Cannavo from London to our next workshop in Barcombe, East Sussex.

About Marco Cannavo:

Marco was born in Italy. After a career as a professional dancer, he came to London where he learned yoga. He has been practising since 1993 and teaching since 1998. He teaches Beginners, General and Intermediate classes and has visited Pune several times. He is an assessor for IYUK and is currently the chair of the teaching committee at Iyengar Yoga London Maida Vale. His teaching style is marked by clear direct instructions and humour.

Early Booking is recommended.



Marco Cannavo

EXCHANGE OF LEARNING DAY (PD DAY) - THE ART OF ADJUSTMENT with Sallie Sullivan Saturday 18th November 2023 12:00 pm – 5:00 pm

The EOL teacher will facilitate group involvement in the programme and there will be time allowed for discussion and practical application. Trainee teachers are also welcome to attend. The EOL day is an in-person event this year as the content of the programme is 'hands on'. The event is open to all IY(UK) teachers and registered trainees. If there are places available, retired or ex-Iyengar teachers who are still IY(UK) members and who do not teach other styles of yoga will also be welcome.

Cliffe Hall is a light and airy venue centrally located in the heart of Lewes. Parking is available at Brook Street Car Park for £1.90 for 12 hrs. and is a 10 minute walk to the hall. Bring a light lunch. Hot drinks will be available. Please bring own yoga mat and a set of props.

See booking forms at back of Newsletter



Sallie Sullivan

REVIEW OF PAST EVENTS

SUMMER WORKSHOP WITH ANDREA SMITH AND AGM Saturday 24th June 2023 By Brian Ingram (Chair of IYS)

On a warm and slightly humid day in June we gathered at the Heene Community Centre in Worthing for another visit from Hampshire Senior Teacher Andrea Smith. For those who don't know Andrea she is a Senior UK teacher whose experience reaches back to Silva Mehta and Diana Clifton, and has visited Pune to be taught by the Iyengars on many occasions. This was our first visit to the Heene Centre.

In a pleasant, airy studio Andrea started us off gently with Adho Mukha Virasana followed by Dog Pose. Then as we moved on, all poses were performed whilst keeping the spine extended eg: Upavista Konasana (seated wide legged forward bend) going forward with the head up. In this way she conditioned us to keep space and spinal length in every pose.

She gradually brought us to the lotus-based asanas. Garbha Pindasana, where one first performs Padmasana (lotus) and then after bringing the knees up attempts to feed one's arm through the folded legs, is not a pose I attempt very often, but there we were doing our best,

back against the wall to keep our spines protected and long. A selection of Padmasana or simple cross-legged poses followed. If, like so many, you couldn't do Padmasana you could strap the legs in Sukhasana or make a figure-of-eight with the strap to keep the legs together (a new one for me). The arms and shoulders were not neglected either, with Marichyasana 1 as a twist with arms clasped. The morning finished with Nirālamba Sarvangasana. We did this version of shoulder stand without the hands on one's back (nirālamba: no support), but instead with the head near a wall for the fronts of the feet to ascend.

After a short break the 2nd part of the workshop was very different, with breath observation in different poses including in simple cross-legged pose with Jalandhara Bandha (chin lock). We did lots of supine poses with the eyes covered. It was all refreshing on a warm day.

Andrea's instructions were clear and accurate. It was a nicely-paced and interesting class on a hot, humid day, thankfully in a cool hall.

REVIEW OF PAST EVENTS CONTINUED

After a short break and refreshments, we settled to our AGM. A short synopsis of the main points is below:

- We celebrated our 30th Anniversary in the Shoreham Centre on 21st January. Thanks were extended to Brian, Cathy, Randall and Sara for organising it, and to all those who participated on the day: Felicity Goodson, Jenny Deadman, Cathy, Mike and Clare, and Helen Ayling. The event was free to attend and cost £331 to put on.
- Suzanne Joinson and Yvonne Mazkal have stood down from the Committee.
- Following Yvonne's resignation Brian is currently both Treasurer and Chair, assisted by Randall.
- Sara Calder-Jones has resigned as editor of the Newsletter after eight years in the role. Thanks were extended to her for her very successful tenure.
- Cathy, as Events Secretary, reported that as well as the 30th Anniversary Event we held a workshop with Kirsten Agar-Ward in Cliffe Hall and a Neck & Shoulders workshop, taught by Cathy and assisted by Randall, Susan and Helen in Shoreham. We also held a PD Day for teachers. All were well attended and made a surplus. Future events planned are Marco Cannavo in Barcombe Village Hall and an Exchange of Learning Day to be held in Lewes and led by Sallie Sullivan.
- Randall, our Membership Secretary, reported that we currently have 57 members comprising 30 teachers and 27 students*. We have raised the membership fee to £18. Teachers were urged to recruit more members.

- Brian, as Treasurer, reported that we made a surplus this year of £23, which contrasts with the loss of £585 for the previous year. Our balance stands at £5173.59.
- Bev Appleby, as our IY UK Representative, reported on her meetings with IY UK. Membership has fallen and Member Groups, such as IYS, are key to the organisation. The IY UK Annual Convention went well this year. An email poll has been held concerning next year's convention with Abhijata Iyengar planned for the early May Day Bank Holiday weekend. PD Days, for teachers, have been renamed Exchange of Learning Days. Website and PR are analysing website usage, and teachers are urged to check that their entry comes up when searched.
- All Committee members resigned and were unanimously re-elected.

The committee of IYS is as follows:

Brian Ingram (Chair & Treasurer)
 Randall Evans (Membership Secretary)
 Cathy Rogers Evans (Events and EOL Secretary)
 Beverley Appleby (IY UK Representative)
 Sallie Sullivan (Minutes Secretary)
 Mike Bliss
 Sara Calder-Jones
 Susan Collins (EOL Assistant)

Note: Since the AGM two new members have joined the Committee. Helen Ayling, as our new Newsletter Editor, and Vicky Nardell. We welcome them both.
*** There are now 65 members, comprising 31 teachers and 34 students.**



REVIEW OF PAST EVENTS CONTINUED

IY UK CONVENTION WITH JAWAHAR BANGERA

27 - 29th May 2023

By Hazel Johnson

With renewed excitement after an absence of three years for me, I decided to make the journey to Harrogate to attend the IY UK convention. I have always loved Jawahar's teachings of the subject and have fond memories of his visit to Brighton Community Base when he had us almost dangling over Queens Road to emphasize the nuances of Ardha Chandrasana and Parivrtta Ardha Chandrasana.

The ridiculously long car trip was made bearable by the excellent company of Sara (Calder-Jones) and once there I felt the thrill of being at convention with so many Iyengar practitioners from all over the country.

Jawahar once again brought all his wisdom and experience to the three-day programme. Progressing inevitably towards Monday's Urdhva Dhanurasana, we steadily worked in Trikonasana and Parsvakonasana and various seated poses to gain intelligence in the shoulders and chest region. We repeated the standing poses, often with use of a high brick for the hand to get the shoulder blades in. We had to apply our intelligence and Jawahar urged us not to fall into the same old habits as always. He bade us 'Discern what is required of you!'

We moved on to a supported Setu Bandha using a longwise bolster over a brick and a belt for the ankles or feet. The brick could be raised if it was possible. Props had to be set up on the floor not the sticky mat so that the bolster could slide easily away and we could lie down for a much-welcome Savasana to end the session. The afternoon session concentrated on shoulder work in various poses including an interesting handstand practice variation starting from an Uttanasana with hands on bricks, straight arms and a high tiptoe closer to the bricks. Jawahar insisted 'Arms must be straight. Observe the effects of the different hand/wrist positions.' Once again personal study was most important, to observe the various shoulder blade actions in you, to observe the arm actions in you. A recap of digital pranayama action followed in seated position; then came a supported Savasana with breath observation to conclude the session.

Day two had us studying standing poses especially Parsvottanasana and Virabhadrasana 1 but this time emphasis was more on the leg action which was then taken to Adho Mukha Svanasana and Sirsasana. Using the belts in Dandasana, Paschimottanasana and Upavista Konasana also gave wonderful insight into the connections of the poses. The afternoon looked at the lifting of the chest and we were treated to a surprise demonstration of Adho Mukha Svanasana with the head staying on the floor. I don't know who was more surprised, us or the volunteer.

Also, to our surprise we were able to emulate this ourselves with wide hands gripping the sticky mats. With renewed awareness of shoulder blades and upper chests we practised Trikonasana, Ardha Chandrasana and Virabhadrasana 2, and we were now ready for seated Pranayama with lifted chests leading to more correct neck and frontal brain positions. Supported Savasana with breath observation concluded the session.

Day three dawned and we returned to Adho Mukha Svanasana with head to the floor and to the standing poses, especially Virabhadrasana 1. Jawahar with his delightful humour let the cat out of the bag saying that it was all preparation for Urdhva Dhanurasana – so tailbones in, lift away from hips, and up we went. Anyone who wished to (or had reached their capacity for Urdhva Dhanurasana,) did Chatush Padasana with the same actions. A final Sirsasana and Setu Bandha followed and the convention was over. The acknowledgements and thanks had been said at the beginning of the day so that everyone could disperse to their modes of travel in haste, if necessary, at the end.

I am so glad I made the journey and had the opportunity to be taught live by someone so close to Mr Iyengar and to be surrounded by like-minded friends old and new from Sussex and beyond, and I'll not forget in a hurry the cream tea at the famous Harrogate Betty's Tearooms.

-with huge and grateful thanks to Sara for sharing her amazing notes



IY UK Convention 2023

YOGA PUSHPANJALI - A FAMILY YOGA CAMP

29 - 30th July 2023

By Bev Appleby

As soon as I heard that an Iyengar Yoga family camp would be taking place in the first week of the school summer holidays, I did a double take and checked the details....Would it really be the case that I and my 7 year old son could enjoy daily Iyengar Yoga classes, Ramayana storytelling, wholesome vegetarian food whilst immersing ourselves in nature and all the adventures that camping offers?

Yes, this was indeed the case.

So, I informed my friend - who also practises Iyengar Yoga and has children - and, greatly excited, we both signed up.

Arriving at the Steiner school, we were greeted immediately by our Iyengar teacher organisers - Sarah Delfas and Annie Beattie. We settled in, put the tents up and then all the children and teenagers went off with Annie to get to know each other and run a perimeter check of the grounds.

With Annie being a primary school teacher and assisted by Oli - a Steiner school teacher - I had no qualms about my son heading off into roughly 160 acres, mainly woodland to explore. In fact, this was exactly what I wanted for my son... a chance to spend his time outside with a varying age mix of children and teenagers enjoying a mix of frivolous and feral, coupled with organised and structured Yoga, games, adventure and play.

And of course.... lots of Yoga for me too.

The traditional wood panelled high ceiling room with its windows overlooking the Steiner grounds was a good choice for most of the week's Yoga classes. Both Sarah and Annie delivered wonderful adult Yoga classes that were personalised by their individual practices and life experiences.

Both Sarah and Annie taught the children and teenager Yoga classes. I got a sneaky look at these wonderfully engaging and energetic classes. When Uday Bhosale arrived at the weekend, he delivered all the adult, children and teenagers classes. Uday's adult Yoga classes were thorough and his teenager classes truly dynamic. There was no shortage of Yoga classes at this family Yoga camp.



As a level 1 Iyengar Yoga teacher, I am in my first year of teaching classes full time. I currently run 8-10 classes a week... so the chance for me to focus primarily on my own practice and participate in Yoga classes twice daily was needed. It actually proved to be somewhat a rescue remedy which was much needed at that time.

Julie made and served wholesome and lovingly prepared vegetarian food and snacks in the sociable canteen hub. Everyone got to know her, and we're truly thankful to her for feeding us so well. After meals, campers would muck in and help wash up. With such delicious and thoughtful food being prepared and cooked for us, it gave the campers a chance to show our appreciation.

After dinner, the captivating Maria treated us all to daily story telling of chapters from the Ramayana. Maria's ability to present the story with so much detail, enthusiasm and drama to adults and children alike was infectious. She made the story come alive and relevant and it was really wonderful listening to the children recall the Ramayana characters and chapters.

Camping was camping... and I love camping so that suited me fine!

The constant tease of the weather being so unpredictable along with the inability to ever feel 100% dry isn't so bad. Night times were dreamy with lots of new nature sounds that I hadn't heard before. This kept me and my little one guessing all week what these noisy night-time creatures might be.

It was actually a bit of an emotional time when we all came to leave. Annie and Sarah both spoke wholeheartedly about their interests behind how and why this Iyengar Yoga family camp was created. Since they believe that parents and caregivers should not have to 'for-go' or 'put on hold' their own Yoga practice for the sake of having young children, the question was raised - Why shouldn't Yoga be more readily available and at best be more integrated into family life?

Well, this family centric Yoga camp for Iyengar Yoga practitioners of all ages and generations certainly offered a platform for this.

The first Yoga Pushpanjali Iyengar Yoga family camp a real success. I will be coming again next year and I suspect so will others.

Bev is a member of IYS Sussex and lives in Worthing, West Sussex.

She is a mum to a curious 7-year-old boy.

Pushpanjali is the offering of flowers to Hindu Gods and Goddesses. Pushpanjali is the combination of two words, Pushpam and Anjali. In Sanskrit, Pushpam means flower and Anjali means offering with folded hands. This dance is devoted to Nataraja, the lord of the dance.

IYS MEMBERS CONTINUED

WORLD YOGA FESTIVAL WITH DEVKI DESAI 4 - 6th August 2023 By Helen Ayling

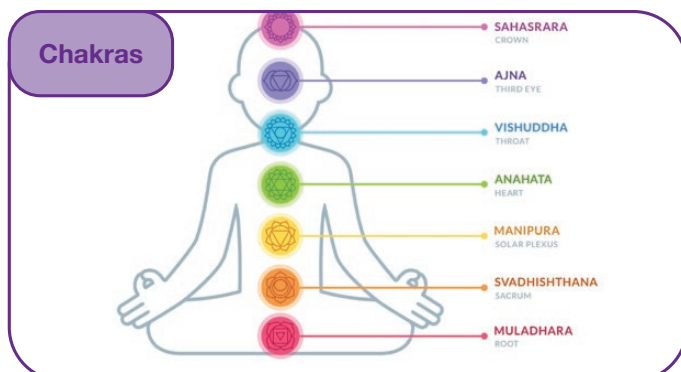
The World Yoga Festival is now in its 7th Year and took place from the 4th to the 6th August 2023. Having grown from a very small unknown festival it now is attracting higher numbers and teachers of yoga asana from many different lineages. It comprised classes and sessions in yoga asana, pranayama, meditation, non-duality, Ayurveda, chanting, kirtan, Vedanta talks and with nightly music concerts, all held in a series of large, decorated and carpeted marquees set in Henley showground, beside the river Thames.

As Iyengar practitioners we have been lucky. In the past we had Birjoo Metha, Zubin Zarthhoshtimanesh (two years running!), Garth Maclean, Kirsten and Richard Agar Ward, Usha Devi and this year Devki Desai.

The World Yoga Festival is hosted by The Arsha kula Foundation a UK Registered Charity and started in 2016. I was invited in 2017 to attend with some friends who were performing there, Zubin was teaching and by day two, people were running to the 'Space Tent' to be part of his class. Students from other yoga practices at first laughed at the disciplined way he held the classes. By the end he attracted a large, captivated following of keen students.

By 2023 there is still the same keen interest in the Iyengar teachers. After Usha's informative and strong teaching style last year, Devki came and charmed us all. When I studied at RIMYI in 2016, I loved observing her on Sunday mornings, teaching the children. She is deeply reverent and spiritual but also a very dynamic teacher and creates a feeling of fun too. I was looking forward to her teaching us 'like children' and she did this and more, in the morning practices. A lot of arm work and jumping between asanas was taught and we were told to make our chest 'Photo Ready'. Later she deepened her explanation of the 'Anahata Chakra' there in our chests, with its 12 petals that we were told we must unfurl. On our last morning, of course, came the backbends, from jumpings. She had us chanting the Bija Mantras from the start on the Friday morning at 7am. I have experienced these sounds in Prashant's teaching of pranayama, but never whilst in Asana. It was the chanting of these mantras that had a profound effect on my experience of the yoga classes this year. I will explain a little about this.

From what I could make out, Devki had us chanting Element bija mantras and Chakra bija mantras.



Each of the body's seven chakras has a one-syllable seed mantra that activates its vitality and latent power. Intoning the mantra can accelerate or decelerate the flow of energy associated with each chakra to intensify and purify it.

The Elements relate to our Doshas (Pitta-fire, Vata-air and Kapha-earth). In a nutshell a Dosha is a form of biological energy. The three Doshas govern all our physical, mental and psychological system. In Ayurveda practice, if one of our 'Dosha' is overworking, then these systems usually become unwell.

Samkhya philosophy, one of the oldest philosophical systems and the philosophy that underlies Ayurveda, holds that the creation of the universe enabled three states of energy or pure consciousness, to come into play. These three states are known as Gunas, (Sattva, Rajas and Tamas)-which literally means 'ropes that bind us to the physical world'.

Together, the Gunas form the Pancha Mahabhuta (five elements) that compose the building blocks or proto-elements, from which everything in the material world is constructed.

Each element contains the one before it, so each of the five elements contains ether and earth holds all the elements – ether, air, fire and water.

Bija Mantra	Element	Chakra
Lam	Earth	1. Muladhara
Vam	Water	2. Svadhishtana
Ram	Fire	3. Manipura
Yam	Air	4. Anahata
Ham	Ether	5. Vishuddha
Om		6. Ajna
Ah		7. Sahasrara

Root Chakra: Muladhara, Sacral Chakra: Svadhisthana, Solar Plexus Chakra: Manipura, Heart Chakra: Anahata, Throat Chakra: Vishuddha, Third Eye Chakra: Ajna, Crown Chakra: Sahasrara

Musical Notes	Mantra	Chakra
B		Sahasrara Crown - Spiritual
A	Aum	Ajna 3rd Eye - Perception
G	Ham	Vishuddha Throat - Expression
F	Yam	Anahata Heart - Love
E	Ram	Manipura Solar Plexus - Power
D	Vam	Svadhishtana Sacral - Sex
C	Lam	Muladhara Root - Survival

Conceptual Diagram by Thomas Chan

Chakra meditation with mudra and mantra

IYS MEMBERS CONTINUED

I've included these charts to make some explanation of the source of these mantras. As a long-term Iyengar student and teacher I have marvelled how the Iyengar family weave intrinsic yoga philosophy and Ayurvedic understanding into our practice of Iyengar yoga, very simply, through action to reference. The Pune Cycle takes us through the standing to the supine asanas, and our practice is to balance not only the right and left but the energies of our bodies.

Devki took the afternoon practices to work for our understanding of the breath using our experience of chanting again, to join us to our action in asana. She made some use of the chairs available, to teach us, the capable, less capable, experienced and the inexperienced together. Comparatively, asanas were shown, practised

and explained through props and without. As usual, as per other years, I noticed teachers from the other yoga schools coming to observe and practise.

Devki had us finishing the classes repeatedly chanting Om Svadhyaya Om.

The second of the eight limbs of yoga, from Patanjali's Yoga Sutras, is niyama or personal observances. Of these, the fourth observance is svadhyaya. In Sanskrit, sva means "self;" dhyaya translates as contemplating, meditating on or reflecting upon. Svadhyaya therefore, can be translated as self-reflection, self-contemplation or the study of oneself.

A traditional form of svadhyaya is mantra recitation: as in the recitation of Om (Aum) (Yoga Sutras 1.23-29).

NOTICE BOARD

EQUIPMENT FOR SALE To purchase contact Brian Ingram: brianiyoga@gmail.com
Members Prices

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

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

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 randallellans1@gmail.com

THE FINAL WORD



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

BKS Iyengar in Parivrtta Parsvakonasana.

By email to: hchee@hotmail.co.uk or by post to: 4 Hertford Road, Worthing, BN11 1HX

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



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.



BKS 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 practised 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

Iyengar Yoga Sussex (IYS) is affiliated to Iyengar Yoga UK and is a non profit-making membership organisation committed to promoting the practice and philosophy of Iyengar® Yoga.

Iyengar Yoga Sussex



Iyengar Yoga Workshop

with guest teacher

Marco Cannavo

Saturday 14th October, 2023

Barcombe Village Hall

Barcombe Mills Road

Barcombe BN8 5BH

11:30pm - 2:30pm - Asana class

£28 IYS members/ £36 guest participants.

Early Booking is recommended.

Please bring your own basic yoga props and mat to this event.

IYS is delighted to welcome Level 3 Iyengar teacher Marco Cannavo from London to our next workshop in Barcombe, East Sussex.

About Marco Cannavo:

Marco was born in Italy. After a career as a professional dancer, he came to London where he learned yoga. He has been practising since 1993 and teaching since 1998. He teaches Beginners, General and Intermediate classes and has visited Pune several times. He is an assessor for IYUK and is currently the chair of the teaching committee at Iyengar Yoga London Maida Vale. His teaching style is marked by clear direct instructions and humour.

How to Book

1. Email Cathy the IYS Events Secretary at cathyrogersevens@gmail.com with your full name and contact details indicating if you are a member or guest of IYS and your payment amount.
2. Make a bank transfer for the total amount of your booking. As a reference please be sure to include your surname and first initial. **Co-operative Bank Details:** Account Name: Iyengar Yoga Sussex Sort code: 08 92 99 Account no: 65675373
3. You will receive your confirmation of your booking by email from Cathy.
4. If you have any questions or wish to pay by cheque contact Cathy Rogers Evans Tel. 01903 762850.
Make cheque payable to: IYS. Send to Cathy Rogers Evans, 48 Grover Ave., Lancing, West Sussex, BN15 9RQ

Cancellations policy: Refunds given in full if cancellation is received 5 days prior to the date of the workshop.

If you wish to join IYS contact Randall Evans, IYS Membership Secretary or if you have a question about membership: randallevans1@gmail.com. If you are experiencing financial hardship please write to: Brian Ingram, 51 Meadow Lane, Burgess Hill, RH15 9HZ with details.

For info on other IYS events visit: www.iyengaryogasussex.org.uk

Iyengar Yoga Sussex



IYUK Exchange of Learning Day (PD Day) for Qualified Iyengar Yoga® Teachers

“The Art of Adjustment”

Senior Teacher: Sallie Sullivan

Date: Saturday 18th November, 2023

Time: 12:00pm - 5:00pm

Venue: Cliffe Hall, 28 Cliffe High Street, Lewes, East Sussex BN7 2AH

Cost: £28 Early booking recommended

The EOL teacher will facilitate group involvement in the programme there will be time allowed for discussion and practical. Trainee teachers are also welcome to attend.

The EOL day is an in-person event this year as the content of the programme is 'hands on'.

The event is open to all IY(UK) teachers or trainee registered members. If there are places available, retired or ex-Iyengar teachers who are still IY(UK) members and who do not teach other styles of yoga will also be welcome.

Cliffe Hall is a light and airy venue centrally located in the heart of Lewes. Parking is available at Brook Street Car Park for £1.90 for 12 hrs. and is a 10 min. walk to the hall. Bring a light lunch, hot drinks will be available. Please bring own yoga mat and a set of props.

How to Book

1. Email **Cathy Rogers Evans** with request to attend this PD Day. Include your full name, contact details and method of payment at: CathyRogersEvans@gmail.com Tel. 01903 762850
2. Make a bank transfer for the total amount of your booking. As a reference please be sure to include your surname and first initial. **Co-operative Bank Details:** Account Name: Iyengar Yoga Sussex Sort code: 08 92 99 Account no: 65675373
3. You will receive your confirmation of your booking by email from Cathy.

Cancellations policy: Refunds given in full if cancellation is received 5 days prior to the date of the workshop.

Your Name: _____

Phone Number: _____

Payment: Bank Transfer _____ Sending a cheque in the post. _____

For info on other IYS events visit: www.iyengaryogasussex.org.uk





Iyengar® Yoga Sussex



30th Celebrating 30 Years!

Membership Form - 1st April 2023 to 31st March 2024

Iyengar Yoga Sussex was established in 1993 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 join or renew my membership to IYS with payment of £18 for the year 2022/23.

Your membership will be valid for one year, from the 1st of April, 2023 to the 31st of March, 2024.

New members: Please complete all parts of this form and return by email or post to my address: **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.*

Renewing membership: Send me by email or post any changes to your contact information at randallevans1@gmail.com and your payment method from the options below.

☐ **Payment by bank transfer:** Name: **Iyengar Yoga Sussex**, Bank: **Co-op Bank**, Sort **08 92 99** acct. **65675373**

☐ **Payment through IYUK website:** Choose **Iyengar Yoga Sussex** as your *member group* and pay £18 on their website. I will be notified by IYUK of your choice and send you an acknowledgement letter by email.

☐ **Payment by cheque:** Make your cheque payable to "IYS" and post it with your completed form to my address

Please print clearly. If paying on line you can email your information.

Surname _____ First Name _____

Address _____

Post Code _____ Tel no. _____

Email Address _____

I am joining/renewing my membership to IYS as an: **Iyengar Yoga Student** ☐ as an **Iyengar Yoga Teacher** ☐.

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.

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)

Signed _____ Date _____

Benefits of joining Iyengar Yoga in 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