

IYANW Update

Iyengar Yoga Association of the Northwest

March 2007

www.dongura.com/iyanw

Current IYANW Officers:

Pat Musburger - President

Nina Peleggi - Treasurer

Tonya Gerreaud - Secretary

Paul Cheek - Membership Chair

Don Gura - Communications Chair

Judy Landecker - Scholarship Chair

Upcoming Workshops

IYANW encourages members to send announcements of workshops to be given by certified Iyengar teachers.

Sunset Yoga Center – Portland, OR

www.sunsetyoga.com

Janet MacLeod

April 6-8

Contact: Nina Pileggi

\$160 members

Northern Lights Yoga – Helena, MT

Boulder Hot Springs Yoga Weekend

Judy Landecker

Apr. 27-29, 2007

Tree House Iyengar Yoga – Seattle, WA

www.thiyoga.com

Ingela Abbott

March 23-25

Contact: Pat Musburger, (206) 361-9642

\$140

Yoga for Menopause with Felicity Green

May 11

1-4pm

\$60

Felicity Green, Teacher Training: Observation, Correction, and Common Physical Problems

June 2

1-4pm

\$60

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A Note from the President: Foundation Support

Pat Musburger

In 2005 I attended a John Schumacher/Mary Dunn workshop where a theme revolved around using one body part to support another—activating the arms to bring life into the chest; using the strength of the legs to support the hips, and so on. It is my firm belief that IYANW needs to work in that same way. This enables the whole body to be strong without over stressing certain areas while bringing balance and equanimity.

Three years ago at convention a group of us came together to re-form a defunct association. That firm foundation reached out and attracted new members. The region grew from 8 at that initial meeting to about 80 at last count. As we approach our next convention in May we need to reach out again. Not merely for higher numbers, but also for varied support that comes from all parts of the body in an organization and breathes new life into it.

Each member has something to contribute that will benefit others. It's our job, as the foundation of the body, to discover what we need and ask for your help. We intend to do just that. If you are attending the convention, plan to come to the membership meeting and bring an interested friend. Look and listen for announcements of time and place. In addition, all members will receive a short email questionnaire soon. I urge you to take some time to answer and return it to show your support for IYANW.

You are the reason the association exists. Without your support our firm foundation may tire and crumble like overstressed hip joints. As always I look forward to hearing from you and seeing many of you at convention.

Namaste,



Yoga in My Life

Sarah Ross

Sometime in my youth the word yoga entered into my lexicon. There's some vague recollection of adults describing yogis with legs around their necks while standing upside down and a mention of someone sitting perfectly still, feet atop their thighs. I remember a slumber party when those of us who could imitated shapes we'd heard about. Bursting into gales of laughter we squeezed one more bit of effort into a twisted-revolved-inside-out knot.

Much later my mother, at age 60, began studying yoga. Her enthusiasm peaked my curiosity. On a late winter afternoon in 1986 I drove ninety minutes to my first yoga class at Yoga Northwest. It felt good. Though having studied ballet for almost 24 years I was used to a more

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Coming Next Issue: Reflections on The Journey: 2007 IYNAUS convention

Let us hear from you. Send articles or news of assessment results, studio workshops and other happenings, recommended resources and pictures to don@dongura.com or pmusburger@comcast.net Deadline is August 1, 2007

Debi Galliers and Jennifer Shonk received IYANW scholarships in 2006. Both used them to offset the expenses of teacher assessment and certification. We ask scholarship recipients to share an article about their experience. As you will see from these contributions, the process affected each of them differently and their reflections on it take divergent paths. We thank them for their contributions and wish them well in their future as Iyengar Yoga teachers.

Assessment Scholarship

Debi Galliers

To help with the expenses of my assessment at the Introductory Level, I recently received a \$200 scholarship from IYANW. I am very grateful to have been one of the teachers chosen to receive funds contributed from our regional members and teachers.

During the two years allotted after completing the Teacher in Training assessment, I chose to study with Rajiv and Swati Chanchani in northern India the 1st year and to do assessment the second.

Long term planning is not the way I have lived my life. India and assessment changed this. The first year I weighed everything—Does this support my trip? Everything I spent money on, everything I choose to do had this 5-letter word in front of it, INDIA. This focused attention on achieving a goal continues to reward my life. My experience in India was rich with incredibly humble and devoted teachers, ritual, and adventure. I maintained this focused attention into the assessment process. Again weighing everything—Does this support me in passing assessment?

My path to India was smooth. My path to assessment was full of two by fours. Just as I stepped over one, another would fall. It's one thing to step over the obstacles in your path but quite another to carry the emotional weight around with you. This belief in our storyline, quieting the ever-present citta vrttis, is the work. The daily, minute-to-minute practice is the true yoga. Sometimes it doesn't happen as quickly as you would like, and this also is a lesson.

Both experiences were full of learning. You begin to discover what paths suit, support, and nurture you in becoming a better teacher. Both paths brought me closer to seeing who I really am. I see that believing in a philosophy and having focused attention are not guarantees that I will thrive in a system. The work continues.

I think that as a yoga community we are lucky to have teachers and colleagues who give back to the community. Thank you to all. ■

On Iyengar Yoga Assessment

Jennifer Shonk

In early 2000, four years after my first introduction to Iyengar Yoga, I set two goals. The first was to travel to India and study directly with the Iyengar family and the second was to become a certified teacher. Through tapas and opportunity I have seen both of these goals met and learned so much about yoga and myself in the process.

Preparing for Iyengar Yoga certification is not an easy task. Like asana practice, consistent and deliberate study is required and you must exercise good time management. The assessment is broken down into three parts: demonstrated practice, a written exam and teaching demonstration. In addition to studying the asanas and pranayamas, there are questions on philosophy, the Yoga Sutras, sequencing, problems that arise in class and anatomy. The teaching portion of the exam is most heavily weighted but it is important to give all aspects of the exam equal attention during preparation.

One of the most beneficial aspects of my teacher training was the time I spent in apprenticeship and observed literally hundreds of students over dozens of classes under the direction of a senior teacher. It is a great way to see many of the variants of what can happen in a class and how to handle unexpected situations.

Early on in preparation, read the manual and devise a method to approach it. The manual is very clear on what will be tested and gives effective methods of preparation for the teaching portion. The teaching demonstration feels very different from teaching a regular class: follow the methods listed in the manual and you will be clear in your teaching and demonstration. Identify the significance of the given asanas, their relationship and the actions learned and in looking ahead how they support future syllabuses or on a higher syllabus, look back and see how the actions carry through. This approach can also be used for the anatomy and philosophy portions of the test.

When the time comes for assessment, rest, have fun and remember why you have chosen to take the test and how Iyengar yoga has benefited your life. ■

George Stevenson invented the steam engine because he noticed that steam in a boiling kettle lifted the lid. The force was irresistible. Yoga is about channeling and transforming that energy to higher purposes, just as Stevenson used the energy of steam to drive locomotives. — BKS Iyengar, Light on Life

Fundraisers for the IYANW Scholarship Fund

Nina Pileggi, Portland, OR

On January 21st Sunset Yoga Center held a special benefit event and open house. The event was designed to benefit both our local community and the Iyengar Yoga Community. This event was inspired by a similar event held last year at Tree House Iyengar Yoga.

Our local community beneficiary was the Oregon Food Bank. Students were invited to participate in one of three benefit classes: Invigorating Standing Poses, Challenging Sun Salutations and Twist Again! The cost of the class? Donations of non-perishable food or funds to the food bank. Sunset Yoga Center teachers donated their time and the students brought their enthusiasm for yoga. We collected just over 200 pounds of food from the three class, as well as over \$500.

Our Iyengar Yoga community beneficiary was our IYANW scholarship fund. After the benefit classes, we held a small open house and silent auction. Attendees bid on gift certificates for massages, yoga calendars, meditation cushions and more. The silent auction raised over \$450 for the scholarship fund! ■

Don Gura, Boise, ID

On February 9-10, Vickie Aldridge and I conducted a two-day workshop on our experiences in Pune, India. I was in India in December and Vickie in January. We had over 15 students sign up for the weekend. The tuition was put towards their enrollment as members of the IYANW and additional money was donated to the IYANW scholarship fund. ■



Students at Sunset Yoga in Portland, Oregon

Scholarship News

Congratulations to Meg Sutton of Bellingham, WA and Kisa Davison from Camas, WA, the most recent winners of IYANW scholarships. Meg will use her award to defray expenses for assessment and Kisa plans to use hers for ongoing classes.

The next scholarship deadline is June 30, 2007. Remember, any IYANW member in good standing is eligible to apply for a scholarship. They are awarded twice a year for expenses relating to assessment, workshops, convention, and classes. Application forms can be downloaded from the website www.dongura.com/iyaw.

Workshop Schedule Online

Have a workshop coming up? As long as it is given by a certified Iyengar teacher and you are a member of IYANW, you can now enter your information online. Go to our website and click on workshops to fill in your information. Coming soon is a website page to check out the workshops in our region.

Yoga in my Life continued from cover

rigorous workout. Some actions I got, others felt really strange. Of course Savasana was nice.

I went to class every week but this was just exercise not yet a practice. The philosophy at the beginning of class along with the new poses presented something to learn and explore. Intuitively yoga was the elixir my soul wanted. In spite of the unbearable frustrations with Trikonasana I reached into places that I recognized were not about exercise but were about me and my relationship to life.

It took almost 15 years before I started a serious daily practice 7 years ago. Given the creeping creakies there are times I regret not listening to early advice to practice daily. Yoga has become a lens to reflect on life, a reference point from which to contemplate. Now when I enter into Trikonasana it is both familiar and new. I welcome every part of the asana as if it were a dear friend as well as a new

acquaintance. Some days I feel as though I could be in it for hours. Yoga provides a framework not only for my asana practice but also for how to live. What effort am I giving to make this situation work? Am I thinking more from my head or my heart? What is my approach to a situation and where will I direct my attention? How do I work with my edge and where is my boundary? Like most students of this practice I have gone from merely welcoming Savasana after a long class to embracing how the practice of asana has stretched into other parts of my life-- how I think, how I approach a problem, how I go about my day and my relationships. It provides a path that is both a guide and an inspiration for living and yes, a little bit of exercise. ■

Sarah Ross lives and practices yoga in Olga, Washington. She currently studies with Felicity Green.

Monday Night Class with Geeta

January 15, 2007
As recorded by Tonya Garreaud

Supta Padangusthasana series

- leg straight up, outer ankle in line with hip
- leg to side, when going to the right, the left leg needs more attention; move abdomen to the left
- Parivrtta – keep the thigh in the socket. When taking right leg to the left, move the abdomen to the right.

Jathara Parivartanasana

"This is the belly turning pose, not the leg turning pose."

Supta Baddha Konasana

Lying flat, holding ankles

Bharadvajasana I

Emphasis on moving the armpit skin from the back to the front

Bharadvajasana II

Emphasis on moving the shoulder blades in

Ardha Baddha Padma Paschimottasana

Holding front foot with both hands, Urdhva Mukha phase only

Marichyasana III

Press the left arm into the right leg to move the abdomen from left to right.

Pasasana

Turn abdomen; back arm turns from inside out, front arm turns from outside in

Ardha Matsyendrasana I

Paschimottasana

Adho Mukha Svanasana

Visvamisrasana from Adho Mukha Svanasana

Use the shoulder blade work from the twists to do the pose. She had us do from Parsvakonasana a couple of times to take away the fear.

Adho Mukha Svanasana

Sirsasana

Adho Mukha Virasana

Urdhva Mukha Svanasana

Eka Pada Rajakapotasana

The bent leg needs to behave like Janu Sirsasana – it needs to go back.

Urdhva Mukha Svanasana

Setubandha Sarvangasana with the brick

Upcoming Workshops - Continued from cover

Julie Lawrence Yoga Center – Portland, OR

www.jlyc.com

Yoga & Writing

Julie Lawrence & Kim Stafford

March 10

1:00- 4:00 pm

\$60

Westerbeke Yoga Retreat

Julie Lawrence & Elise Browning Miller

April 20 - 22

\$490

Boise Yoga Center – Boise, ID

www.boiseyogacenter.com

Gail Ackerman

April 13-15, 2007

Ranch Encantado Retreat

Vickie Aldridge and Jerry Aldridge

March 21-31, 2007

Felicity Green's workshop schedule

Mar. 8 - April 15, 2007

Big Island Hawaii

Contact: Felicity 360.468.3492

Rose Yoga Center – Medford, OR

www.roseyogacenter.com

Jo Zukovich

Oct. 19, 20 and 21

Contact: Janet Langley, (541) 773-9877

\$135 nonmembers, \$130 members

Yoga Northwest – Bellingham, WA

yoganorthwest.com

Joan White

April 13-15

\$170

Newsletter News

At the February IYANW Board meeting the decision was made to publish and mail the newsletter only twice a year instead of three times. So the next publication is set for early September. The new E-Newsletter is being created to keep you informed in-between publications. Scheduled to come to your computer at least 3 times a year, the E-Newsletter will keep you up on happenings, board decisions, workshops, and IYNAUS developments.

Be watching for the first E-Newsletter in the spring and as always, send us news, articles, bits of information, anything you would like to have included.

Let us hear from you

Membership:

iyanw@iynaus.org

Newsletter:

info@dongura.com

General Information:

pmusbarger@comcast.net



Iyengar Yoga Association of the Northwest

2552 14th Ave W #402
Seattle WA 98119

