

IYANW Update

2005 IYANW Officers:

Pat Musburger - President

Felicity Green - Vice President

Nadine Sims - Treasurer

Paul Cheek - Secretary

Nina Pileggi - Membership Chair

Don Gura - Communications Chair

Judy Landecker - Scholarship Chair

Upcoming Workshops

Yoga Northwest – Bellingham, WA

www.yoganorthwest.com

Yoga Angels from L.A.

With Subhadra Griffiths

Teacher training for children and teen yoga

Jan. 6-8

Felicity Green

Asana & Pranayama

Feb. 4-5

Joan White

April (check website for dates)

Felicity Green's workshop schedule

Bellingham, WA

February 4-5

Contact: Yoga Northwest

360.647.0712

Hawaii

March/April 2006 (dates not set)

Contact: Marcia Carmen 808-329-6933

Big Island, HI

Retreat at Akiko's Bed & Breakfast

April 5-8

Contact: Felicity Green 360-468-3492

www.alternative-hawaii.com/akiko/reserve

Tree House Iyengar Yoga-

Shoreline (Seattle), WA

www.thiyoga.com

pmsurger@comcast.net

Ingela Abbott

Feb. 17- 19

The Center for Yoga of Seattle

www.yogaseattle.com

206.526.9642

16 Weekend Yoga Teacher Training

Starts March 18

4 Week Yoga Teacher Training Immersion

July 31 - August 25

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A Note from The President: Moments of Change

Pat Musburger

Moments large and small fashion the changes in our lives. Taking up a hobby, making a phone call, or going to the doctor—My horseback riding teacher recommended yoga to help keep me in the saddle; a call to a local university was answered by my future husband; cancer slapped me sideways out of a stressful lifestyle.

One moment's comment, decision, or encounter may sometimes appear insignificant but later prove pivotal. Yet other moments resonate as life changing even as we experience them. The Yoga Journal Conference in Estes Park sits securely in this second group for me.

During a 20-year career in theatre and television, I met and spent time with some extraordinary people from Willie Nelson to Gloria Steinem and Bill Murray to George W. Bush. Celebrity lost its hold on me long ago. So I was not prepared for my reaction to Gurujī's presence. Since I've not been to Pune this would be my first encounter with a man I deeply admire and strive to honor with my life and teaching. I looked forward to his teaching along with that of the senior teachers. But what transformed and transfixed me more than his teaching was his presence.

A sense of calm sits round him even as he creates a sense of excitement. During the Q&A session he said that "Only a stupid person is contented" and went on to explain that Santosa cannot be practiced but rather must come from inside and that we must learn to live in both contentment and discontentment. He sat for over an hour accepting the bows and thanks of his students with not a sign of either ego or discontent. Each day as he entered the auditorium the excitement grew. This man, who is much shorter than I had imagined, infused everyone present with a sense of purpose and change.

Nowhere was this effect more evident than at the IYANW meeting held at the conference. Ideas and suggestions for growth, change, and support literally flowed out. Included in the suggestions was having a theme for each newsletter. The obvious choice for this issue was "Impressions of Gurujī". We hope you enjoy reading your colleagues' reflections on this exceptional man who has altered so many lives.

The playwright Bertolt Brecht wrote, "Because things are the way they are, things will not stay the way they are." We will not always have our beloved Gurujī on this earth. He has written that he hopes his ending will be our beginning. He prepares us for that change. Though I was only one of 800 present, I felt that he spoke to me individually. My moments with him have, beyond a doubt, changed me. ■

Namaste, *Pat*



Fall Meeting: Estes Park, CO

Coming Next Issue: More Impressions of Gurujī, Certification Results, and Managing Depression

Impressions of Guruji

It was during my first week of classes with Guruji in Pune in January 1980. The pose was Utthita Trikonasana. Although I could not see him, I sensed his presence as he walked around the room giving corrections and adjustments. Suddenly he slapped me sharply on my sacrum. As I looked up, his eyes were dancing; I smiled. He said, "You will remember where I hit you!"

I guess he was right; my sway back has improved dramatically over the years and I no longer have back pain in any pose. To this day, my lower back and sacral area seem to move with an innate understanding of the direction of natural alignment. When I saw Guruji in Estes Park this September, his eyes were still dancing and I was still smiling.

— **Julie Lawrence**



Patricia Walden demonstrates Sarvangasana for Guruji and Annette Benning during an interview

All my life I searched for my place in life and someone who would be my guide, my guru. No one shed the light I sought which led me to turn within to uncover the secrets to the mystery and meaning of life...

So it was with great anticipation that I arrived in Estes Park to finally see B.K.S. Iyengar! ... During the course of the conference he blossomed more each day as the realization dawned that we adored him. Each class greeted and honored him by chanting sutras that he had spoken the day before. Sometimes our praise, amidst standing ovations and thunderous applause, overwhelmed him. He would smile broadly, look startled as emotion overcame him and take his hand to wipe his eyes.

Each day Guruji continued to stir and kindle my inner light with the passion and intelligence in his words, with his humbleness, his honesty, his authenticity as the master of this subject, yoga. My consciousness shifted. My search was over. My journey to wholeness, inner peace and ultimate freedom has finally begun.

— **Carmen Viola**

I had met Mr Iyengar before and heard the 101 tales of his fiery teaching, his lion-like demeanor. Yet the man who taught us in Estes Park this fall became so endeared to me that I wept each time he entered the hall. Had I never heard a word of him before, I would have been deeply moved by the surging up of devotion that swept over the room when this humble, dear man entered, many devotees dropping to full prostration. However, his presence struck me more because of the innumerable benefits I have received due to his life of discipline, study and devotion.

— **Cat Enright-Down**

During Mr. Iyengar's visit to Chicago in 1990, we took him on a boat tour of downtown from the Chicago River. As we'd pass under bridges, several of us at the front of the boat would jump up to tap the bridge. Mr. Iyengar would laugh heartily and clap as one or more of us would make contact. As we neared the end of the tour and were heading in to the dock, we all stood up. Just before the dock was a low bridge. Guruji was standing at the front of the boat and, as we passed under the bridge, reached up from his tip toes and swatted the bridge. He laughed harder than ever. His heart, his joy is that of a child.

When Guruji arrived each day to the Estes Park conference center, I felt his warmth, his love, and his joy so strongly. I am not normally given to tears from the presence of a person, but he was so giving that my heart was overfull. My eyes were filled with tears each time he came into the room.

— **Charles R Udell**

I was walking out of the Institute in Pune after a class and seeing Guruji in the doorway, on the floor, wondering what he was doing there with his head cocked toward the inside of the house. I walked around to see and Guruji invited me in to sit down with him and watch the cricket match on TV. As we sat watching cricket together, Guruji was delighted and stated that "There is never a dull moment in the game."

— **Jerry Aldridge**

I had heard such fierce stories about BKS Iyengar and his methods of teaching that I was quite curious about this "Lion of Pune." In 1987 at Harvard University I got my first glimpse of him after one of my classes at the Iyengar conference. I saw him and his entourage coming out of a building and beginning the walk across campus to another class. I kept a respectful distance but sneaked along as closely as possible to SEE HIM. I remember the feeling of butterflies in my stomach as I watched him laugh and chat with his students. His laughter caused me to think that maybe there was another side of him I hadn't heard so much about.

Three years later at RIMYI, on a Friday evening after Pranayama, my friends and I were discussing where to go get juice after class. Guruji was standing there as we were talking and when we decided where to go I asked him if he would like to go with us. He seemed delighted to be asked, graciously thanked me and declined, of course. My friends teased me later about asking him, but I thought it would have been rude not to include him. He was always present after our classes and one time teased us about our habit of taking notes. He laughed and proudly stated that he had never taken a note.

Recently in Estes Park I was moved to tears so many times as I saw him laugh and hold his hands up high receiving the adulation of so many students there to honor him. His joy was infectious, as was ours, and his smile and laughter will be a precious memory of mine forever.

— **Vickie Aldridge**

SOME SUGGESTED YOGA RESOURCES

Yoga Unveiled by U.A. Asrani (DVD)

Felicity Green recommends this as an excellent history of yoga with definitions of the different approaches. It examines yoga as it is today including what is lacking in the West.

Yoga-Sutras of Patanjali, Vol I: Samadhi-Pada (Book) by Pandit Usharbudh Arya, D.Litt.

Recommended by Don Gura for supplemental reading to the Light on the Yoga Sutras by BKS Iyengar. This book addresses the first Pada in detail and adds other translations in support.

Reflections on My Five Visits to India

(Excerpts from *Reflections* by Ingela Abbott)

Ingela Abbott

In August I returned from my fifth visit, since 1976, to study with the Iyengar family. As I reflect back I realize that these trips mirror going through the five Koshas or layers of our being. In our Yoga practice, we seek to integrate the Koshas by moving from the surface to the core to create a union between the body, mind and soul. Yoga is union.

My first visit—1976: Anamaya Kosha—Physical Body

This was an overwhelming experience for me. Guruji was my first Yoga teacher ever. I had followed *Light on Yoga* for five years while living in Japan. I taped the instructions from the book and followed the words daily. I thought it was like Guruji with me in the middle of Tokyo. But when I finally met him in person, I found him more dynamic and powerful than ever imagined. He was more like a Zen Master than a gentle, comforting guru.

I had a hard time grasping his in-depth instructions and Guruji's intense instructions went right over my head, touching only the Anamaya Kosha, physical body.

My Second Visit—1979: Pranamaya Kosha—The Energy Body

This was a three-week intensive course led by Guruji. He challenged me in every class. Some people told me he only challenges students he likes and in whom he sees potential. Others said he challenges students with big egos to humble them or to help them face their fears with courage and self-reliance.

On this second experience I did go deeper into my practice, moving beyond my physical body and into my Pranamaya Kosha, the energy body. Each day I had to tap into deeper sources of courage to face him. Guruji is often called the Lion and the Lamb because he can be fierce, but also compassionate. Well, during my first two visits to India I only had contact with the Lion!

My Third Visit—1985: Manamaya Kosha—Mental Body

I joined a three week-intensive group of 35 Yoga teachers from around the world. Geeta taught, with help from her father. Now, I finally started to grasp some of the more subtle instructions. In the past whenever Guruji would single out a body and show us how to improve the pose physically or energetically, I often could see no change. But still I nodded yes, in fear of disclosing my ignorance.

But on this third visit my understanding and experience deepened and my eyes became keener. I moved deeper into the Manamaya Kosha, the mental layer.

My fourth visit—1995: Vijnanamaya Kosha—Intuitive Body

Ten years later, long time students of Mr. Iyengar's were honored with invitations to participate in a Pranayama intensive.

Prior to it we spent 14 days with Guruji doing Yoga in Rishikesh which is at the foothills of the Himalayans Mountains, on the banks of the Ganges River, and the birthplace of Yoga. The area is filled with sacred air, temple bells, chanting, and vibration. We visited the origin of the Ganges River, Deoprayagh, and some of us dipped our whole bodies into the glacial water three times to cleanse our past sins. Guruji joined us like a playful child with big smiles. This was the first time I saw glimpses of the Lamb.

The sacred Himalayan experience and the breath opened my heart and took me on a deeper journey inward into the Vijnanamaya Kosha, the intuitive body.

My Fifth Visit—2005: Anandamaya Kosha—Soul Body

This summer my 9-year-old daughter Maya joined me on my trip to India where she watched my daily classes from the back of the room. As Mr. Iyengar's children Geeta and Prashant lead the daily classes, Guruji often does his practice in the back of the room. Several times I had the opportunity to have my mat next to his. It was fascinating to practice Yoga in his presence. I could sense a gentle, humble soul and the presence of the Lamb. Whenever my eyes met his, he smiled amiably.

In the past, I was too intimidated to face Mr. Iyengar eye to eye, let alone talk to him. On this visit I decided to step forward to connect with him. To my surprise, he met me with genuine warmth that overwhelmed me.

Had I finally proven my commitment to his teaching by passing the senior certification? Or had his heart opened seeing me in the presence of Maya, my beautiful daughter born in Calcutta, India. The acceptance I felt from him touched my core, the Anandamaya Kosha. Whenever I remember looking into his eyes, my heart again fills with gratitude and reverence for having received the gift of Yoga from him. Thank you Guruji. ■

Ingela

You can read more of Ingela's Reflections at www.yoganorthwest.com

BENEFITS OF JOINING IYANW

- IYANW Newsletter published 3 times per year, including:
 - List of workshops by certified Iyengar teachers
 - Asana and philosophy columns
- IYANW e-mail correspondence announcing current events in our region
- Scholarship opportunities for study in the U.S. and India
- Discounts for workshops at participating studios
- Listing on IYANW website for certified teachers and workshops
- Concurrent Membership in IYNAUS (Iyengar Yoga National Association of the United States)

Forward Bend Vinyasa

Julie Lawrence

*Supta Padangusthasana I –
R leg, L foot pressing wall

Supta Padangusthasana II

Supta Padangusthasana –
knee to armpit, shin perpendicular to floor

Supta Padangusthasana I – head to shin

Repeat from * with the left leg lifted

The first time through, do all the standing poses
with R leg forward, and all the seated poses with
R leg bent:

Tadasana – palms in Namaskarasana

Urdhva Hastasana

Uttanasana

Adho Mukha Svanasana

**Lunge – R leg forward

Utthita Trikonasana

Utthita Parsvakonasana

Lunge, R – leg forward

Adho Mukha Svanasana

Eka Pada Rajakapotasana prep, back leg straight

Janu Sirsasana

Urdhva Hastasana

Urdhva Mukha

Classic pose

Dandasana

Ardha Baddha Padma Paschimottanasana

Urdhva Hastasana

Urdhva Mukha

Classic pose

Dandasana

Triang Mukhaikapada Paschimottanasana

Urdhva Hastasana

Urdhva Mukha

Classic pose

Dandasana

Bharadvajasana II (R leg to Ardha Padmasana)

Parivrta Janu Sirsasana

Eka Pada Rajakapotasana prep, back leg straight

Adho Mukha Svanasana

Repeat on second side from ** above

Uttanasana

Urdhva Hastasana

Tadasana – palms in Namaskarasana

Viparita Karani

Savasana

Workshops continued from page 1

The Boise Yoga Center - Boise, ID

www.boiseyogacenter.com

Gail Ackerman

January 13-15

Judith Lasater

March 3-5

Pixie Lillas

from Sydney, Australia

April 21-23

George Purvis

June 8-10

Guatemalan Iyengar Yoga Retreat

with Vickie & Jerry Aldridge

March 25-April 1

Sunset Yoga Center- Portland, OR

info@sunsetyoga.com

503.626.6245

Janet MacLeod

May 12-14

General Workshop

Jawahar Bangera

February 17-19

General Workshop and Teacher Training

Northern Lights Yoga - Helena, MT

JMyPal@aol.com

Boulder Hot Springs Women's Yoga Retreat

with Judy Landecker

January 14-15

Inspirations from Manouso Manos

with Judy Landecker

March 18-19

Spring Yoga Weekend at Boulder Hot Springs

with Judy Landecker & Charles Udell

April 21-23

Lois Steinberg A Taste of India Yoga

Workshop

May 23-27

Julie Lawrence Yoga Center - Portland, OR

www.jlyc.com

jlyc@hevanet.com

503.227.5524

Candlelight Restorative Workshops

with Julie Lawrence

Monday, December 19

Tuesday, December 20

6:00 – 8:00 pm—\$30

Do It Yourself: How to Build a Home

PracticeWith Tonya Garreaud

Saturday, February 4

1:00 - 4:00 pm—\$45

A Conversation About India With Julie

Lawrence & Terry Petersen

Sunday, March 5

3:00 pm—Free

Laurie Blakeney

March 24 - 26—\$180

Yoga of Bend - Bend, OR

www.yogaofbend.com

nadine@bendcable.com

Carolyn Belko

from San Diego, CA.

March 10-12

Let us hear from you

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