

IYANW Update

Iyengar Yoga Association of the Northwest

November 2008

www.dongura.com/iyanw

Current IYANW Officers:

Pat Musburger - President

Tonya Garreaud - Vice President

Nina Pileggi - Treasurer

Jennifer Shonk - Secretary

Paul Cheek - Membership Chair

Don Gura - Communications Chair

Judy Landecker - Scholarship Chair

Upcoming Workshops

IYANW encourages members to send announcements of upcoming workshops being offered by certified Iyengar Yoga teachers.

Judith Lasater

February 6 - 8, 2009
Boise Yoga Center, Boise, ID
www.boiseyogacenter.com
208-343-9786

Dean Lerner

February 13 - 15, 2009
Julie Lawrence Yoga Center, Portland, OR
www.jlyc.com
503-227-5524

Carolyn Belko

March 6 - 8, 2009
Iyengar Yoga of Bend, Bend, OR
www.yogaofbend.com
541-318-1186

Ingela Abbott

March 20 - 22
Tree House Iyengar Yoga
Shoreline, WA
www.thiyoga.com
206-361-9642

Rebecca Lerner

March 27 - 29, 2009
Sunset Yoga Center, Portland, WA
www.sunsetyoga.com
503-539-4504

George Purvis

May 8 - 10, 2009
Boise Yoga Center, Boise, ID
www.boiseyogacenter.com
208-343-9786

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Letter from the President: Change and Remembrance

Pat Musburger

Autumn brings many of us to a time of reflection. As the leaves begin to change color and eventually fall, we naturally turn to thoughts of change and remembrance.

In December our yoga community remembers the 90th birthday of B.K.S. Iyengar with a variety of events. These are woven together to create our Mala for the Guru to send our birthday wishes. In addition Felicity Green, our most senior Northwest teacher, reflects on Mr. Iyengar's profound influence on her life and teaching. I remember the first time I saw Guruji as he is often called. The brightness of his smile radiated warmth and intelligence and I knew I was in the presence of someone very special.

In September our community lost someone who was also quite special. Senior teacher and inspiration to many, Mary Dunn, died after a long battle with cancer. Enough of us were fortunate to have Mary as a teacher so that no one in the Iyengar Yoga community will ever go untouched by the magic of her teaching. Three long time practitioners share with you here their remembrances of Mary and her spirit.

And finally, the end of this year marks a change in the IYANW Board of Directors and the end of my tenure on it. Serving as President has been an honor and privilege. I offer my thanks to past board members with whom I have served, Felicity Green, Nadine Sims, and Nina Pileggi; my support to continuing board members Paul Cheek, Tonya Garreaud, Don Gura, Judy Landecker, and Jennifer Shonk; and my congratulations to incoming board members Denise Weeks and Karen Brown.

I look forward to seeing all of you who continue to support the work of IYANW. Keep practicing, learning and loving. ■

Namaste, *Pat*

Mary Dunn, The Great Conductor

By Vickie Aldridge

The impact that many people have on our lives can be profound, and they often don't even know how important they are to us. I am sure that Mary Dunn touched many of us in that very special way that she had, with her laughter, her most descriptive way of instructing, her sincerity as a teacher and her compassion in demanding that we rise to our full potential. I think she was one of the fortunate ones who knew how much we loved her.

Mary Dunn inspired me in so many ways over the years. I remember somewhat proudly the times that she liked my poses, but her way of teaching also inspired me to practice those that didn't please her quite so much. Every single



Mary Dunn

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Let us hear from you. Send articles or news of assessment results, studio workshops and other happenings, recommended resources and pictures to Don Gura, don@dongura.com or Tonya Garreaud, yogagirl@hevanet.com Deadline is April 30, 2009.

time that I sit with simple cross legs for *Pranayama* or fold my knee for *Janu Sirsasana*, I think of Mary, every single time. She taught me to have awareness about my hips, knees and back and to practice in a nonviolent way, bringing *Ahimsa* into my life and practice.

In Tulum, Mexico we used the dining hall for our classroom, so the furniture had to be moved in and out twice a day. The bar, however, was a permanent fixture and couldn't be moved. Each evening she would see many of us joyfully having our cocktails around that bar. One morning when George Purvis was teaching she came in early for her next class. There many of us were, with one foot up on the bar using it as a prop for *Utthita Hasta Padangusthasana*. She interrupted the class with her laughter and yelled out that it was the best use of the bar she had seen all week!

Mary was there to help many of us learn about our own body. She was also there to celebrate with us when we overcame our difficulties. She taught that this body is not just an instrument but a full-fledged orchestra. I can see her walking around the classroom and so joyfully instructing us with her "oom pa pa, oom pa pa", telling us to bring in the violins now, then the flutes, the drums and cymbals, all of the instruments that make the beautiful music we love to hear and to create the most excellent yoga pose we can for now.

I will miss her presence in this yoga world, my world of yoga. I will miss her laughter and the fact that she always remembered my name. But she left me with a piece of her in my memories of all that she has taught me. She left her mark in this world, was loved by many, and will live on in my heart forever. ■

Vicki Aldridge is an Intermediate Jr. I Certified Iyengar Yoga Teacher who, along with her husband Jerry, owns and teaches at The Boise Yoga Center.

Mary Dunn's Inspiration

By Elizabeth Kerwin

Mary Dunn's inspiration as a teacher of the Iyengar method beamed as brightly as her sparkling blue eyes and poetic articulations. She passionately guided students towards deeper understanding of the asanas and all that constellates the fullness of our practice. Mary's gift for me resided in her ability to so fully and directly transmit her enthusiasm.

A high seriousness accompanied by great knowledge, an ethical sensibility, and the ability to articulate instructions clearly with graceful and spontaneous metaphor infused Mary's classes. I feel privileged and deeply blessed to have studied in several teacher trainings with Mary at the Feathered Pipe Ranch as she taught alongside the other stellar senior teachers George Purvis, Gabriella Guibalaro, and of course Dean Lerner.

Mary, Dean, and George guided my very first teacher training intensive at Feathered Pipe. Even at meal tables Mary would hold forth, speaking her experience in such a way that we were captivated. She served on my certification committee and held the experience with a sense of respect and kindness that reflected the depth of her own appreciation for the process. This attitude spoke to me as much as the content of the examination.

Last year I signed up with great enthusiasm for a "double header" with Mary; a workshop at the Julie Lawrence Yoga Center as well as a teachers' intensive at Feathered Pipe. Alas, Mary's diagnosis meant she could not be present for either of these. I nonetheless attended Feathered Pipe having a most touching Iyengar Yoga experience of community and prayerfulness. Dean and Rebecca Lerner courageously proceeded without Mary physically present and upheld the teachings with strength as we collectively and with tenderness prayed for Mary in a Native American pipe ceremony, in song, and in each asana as we dedicated the merit of our practice to one of Iyengar Yoga's great spirits.

As I get older and weigh my life experiences with increasing discernment and gratitude, I hold even more preciously these amazing gifts of studying with our guiding teachers. Mary held a unique place for me and for so many others. Her voice, intelligence, and bright presence live on with clarity and resonance in our hearts and minds. We in the Northwest are privileged to have our own direct links to the Iyengars in our senior teachers. I am grateful to have such a solid foundation of teachings with Felicity Green and Ingela Abbott, two of my original and inspiring guides. As a second-generation teacher in the method of Iyengar Yoga, I am indebted and ever more appreciative of those first-generation American recipients of the teachings in our school of yoga. May the teachings thrive in the days and years to come as we honor Mary and all our senior teachers in the tradition of Iyengar Yoga. ■

Elizabeth Kerwin is an Introductory Certified Iyengar Yoga Teacher who lives in Deming, WA and teaches at 8 Petals Yoga in Bellingham.

A Note for Mary Dunn

By Ingela Abbott

Mary, it's so hard to believe that you are not with us anymore. I'll miss your big warm radiant smile. But I know you are with us. Your generous spirit and warm-hearted teachings will echo through us forever.

Mary was my first Iyengar Yoga teacher in this country, at a workshop in Seattle at Marie Svoboda's studio in the late seventies. Her teaching which was dynamic yet very warm, supportive, and light-hearted, touched me deeply. Things she taught and said in that first workshop are still with me 30 plus years later. An example, in Savasana "feel the roots of the hair relaxing inwards..."

Thank you Mary for all you gave us. We'll miss you. ■

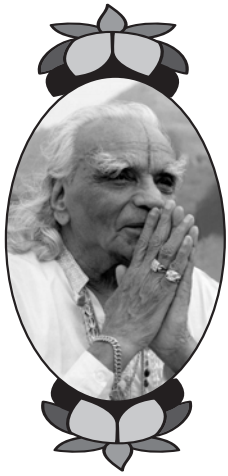
Ingela Abbott holds an Advanced Jr. I teaching certificate and is Director of Yoga Northwest in Bellingham, WA

"Regular practice of yoga can help you face the turmoil of life with steadiness and stability."

— B.K.S. Iyengar

In Honor of the 90th Birthday of B.K.S. Iyengar: My teacher, My Guru, My Bringer of Light

By Felicity Green



MALA FOR THE GURU

Since I first met his teachings in 1970 I have been captured by this man of genius whose life has affected so many people the world over. The life he has lived is a shining example to all of us. He has shown us how to live with integrity and purity. He has been a gift to all of us who have had the privilege and the grace to come into contact with him and his inspiration. His teachings and example have sustained me through many dark times, they provided an anchor and hope. May he continue on in good health for many more years bringing his blessings and love to all of us.

In gratitude and reverence, *Felicity Green*

Sunset Yoga, Portland, OR

Saturday, December 6, 1:00 - 3:00 pm

Class led by Geeta Iyengar (via iPod) to benefit Oregon Food Bank followed by an open house.

The Boise Yoga Center, Boise, ID

Sunday, December 14 10:00 am - 12:00 pm

Birthday class taught by James Burton, followed by refreshments.

Northern Lights Yoga, Helena MT

Saturday, December 13, 10:30 am - 12:00 pm

Stretch Your Donation: Holiday Benefit Class with birthday cake and refreshments. Donations will go to the Bellur Project.

Yoga Northwest, Bellingham, WA

Saturday, December 13

An afternoon of yoga, DVDs of Guruji, Indian treats, goodies and social time. Special discount on *Light on Life* with proceeds benefiting the Bellur Project.

Julie Lawrence Yoga Center, Portland, OR

Sunday, December 14, 2:00 - 4:30 pm

Iyengar Yoga demonstration followed by birthday cake and social time.

Tree House Iyengar Yoga, Shoreline, WA

Sunday, December 14, 4:00 - 7:00 pm

Yoga Videos, special tribute to Guruji, potluck dinner and birthday cake. Donations will be taken for IYANW scholarship fund and the Bellur Project.

For more information on these special events check websites of the studios.

IYANW made a donation of \$200 to the national association birthday gift for Mr. Iyengar. This donation helped fund Guruji's trip and participation in the devotional Ratha Yatra Festival last July.

IYANW Lending Library

As a service to our members, we are creating a lending library. The library has already received numerous donations in the form of books, videos, audio cassettes and DVDs. If you have material you would like to donate to the lending library, please contact Tonya Garreud for details.

Felicity Green and Jo Leffingwell graciously donated many items to the library including over a dozen videos. Some of these are quite unique—B.K.S. Iyengar asana demonstrations, teaching, and a whole series of

videos from the backbend intensive in Pune, India. We are looking for help in transferring these tapes from VHS to DVD. More members will be able to make use of these materials if we can transfer them to a newer format. If you, or someone you know has this capability, let us know.

We expect to have the lending library open for use in the coming months. The catalogue will be available on the IYANW website along with the library policies. ■



At their last board meeting, Pat Musburger and Nina Pileggi were presented with gifts from fellow board members. We appreciate their enthusiasm and service these last four years.

Asana Sequence

Submitted by Nina Pileggi, who recently returned from studying at the Iyengar Yoga institute in Pune, India

August 11, 2008
Geeta's Class

Invocation

Adho Mukha Virasana

Uttanasana

Adho Mukha Svanasana

Adho Mukha Vrksasana

Pachima Namaskarasana

Pincha Mayurasana

Salamba Sirsasana

Parsva Sirsasana

Parivrtta Eka Pada Sirsasana

Virasana in Sirsasana

Parsva Virasana in Sirsasana

Eka Pada Sirsasana

Parsva Eka Pada Sirsasana

Adho Mukha Virasana

Uttanasana (holding elbows)

Uttanasana back to wall

Pincha Mayurasana

Bharadvajasana I x4

Marichyasana I twist only

Marichyasana III x3

Ardha Matsyendrasana x4

Paschimottanasana

Salamba Sarvaganasana

Halasana

Parsva Halasana

Supta Konasana

Karnipidasana

Parsva Karnipidasana

Salamba Sarvaganasana

Supta Swastikasana

Upcoming Workshops – continued from cover

Laurie Blakeney

May 15 - 17
Julie Lawrence Yoga Center, Portland, OR
www.jlyc.com
503-227-5524

Peru Yoga Adventure with Vickie and

Jerry Aldridge

May 18 - 29, 2009
Boise Yoga Center, Boise, ID
www.boiseyogacenter.com
208-343-9786

Patricia Walden

(SOLD OUT - waiting list only)
June 10 - 14, 2009
Yoga Northwest, Bellingham, WA
www.yoganorthwest.com
360-647-0712

Buckhorn Springs Yoga Retreat with

Julie Lawrence

July 19 - 24, 2009
Julie Lawrence Yoga Center, Portland, OR
www.jlyc.com
503-227-5524

Julie Gudmestad

November 13 - 15, 2009
Boise Yoga Center, Boise, ID
www.boiseyogacenter.com
208-343-9786

IYANW Scholarships

Any member of IYANW may apply for a scholarship to further their study of Iyengar Yoga. The next deadline is June 30th. You can download an application form from the IYANW webpage.

*"Yoga is the golden key which unlocks the door to peace,
tranquility and joy."*

— B.K.S. Iyengar

Let us hear from you

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