

**Mary Obendorfer and Eddy Marks**

October 19 – 21, 2012  
Boise Yoga Center, Boise, ID  
www.boiseyogacenter.com  
208.343.9786

**Carolyn Belko**

October 19 – 21, 2012  
Mind Your Body, Pocatello, ID  
www.mybpocatello.com/home  
208.234.220

**Chris Saudek**

November 16 – 18, 2012  
Julie Lawrence Yoga Center, Portland, OR  
www.jlyc.com  
503.227.5524

**Dean Lerner**

January 18 – 20, 2013  
Julie Lawrence Yoga Center, Portland, OR  
www.jlyc.com  
503.227.552

**Janet MacLeod**

February 1 – 3, 2013  
Tree House Iyengar Yoga, Seattle, WA  
www.thiyoga.com  
206.361.9642  
*\*member discount available\**

**Yoga and Scoliosis with Rita Lewis-Manos**

March 15 – 17, 2013  
Rose Yoga of Ashland, Ashland, OR  
roseyogacenter.com  
541.292.3408

**Carrie Owerko**

June 14 – 16, 2013  
Julie Lawrence Yoga Center, Portland, OR  
www.jlyc.com  
503.227.552

**Patricia Walden 5-Day Intermediate Intensive**

June 19 – 23, 2013  
Yoga Northwest, Bellingham, WA  
www.yoganorthwest.com  
360.647.0712

**Joan White**

October 18 – 20, 2013  
Tree House Iyengar Yoga, Seattle, WA  
www.thiyoga.com  
206.361.9642  
*\*member discount available\**



**2012 IYANW Officers:**

- Anne Geil** - President
- Marcia Gossard** - Vice President
- Karin Brown** - Treasurer & Grants
- Angela McKinlay** - Secretary
- Tonya Garreaud** - Membership Chair
- Denise Weeks** - Communications Chair

## Upcoming Workshops

Area studios are encouraged to send announcements of upcoming workshops being offered by Certified Iyengar Yoga instructors. Go to <http://www.ianw.org/workshops/submit> for more information.

**Jo Zukovich**

September 28 – 30, 2012  
Rose Yoga of Ashland, Ashland, OR  
roseyogacenter.com  
541.292.3408  
*\*member discount available\**

**Rebecca Lerner**

October 5 – 7, 2012  
Sunset Yoga Center, Portland, OR  
www.sunsetyoga.com  
503.539.4504

**Elise Browning Miller**

October 5 – 7, 2012  
Yoga Northwest, Bellingham, WA  
www.yoganorthwest.com  
360.647.0712

*Continued on back page*

## Prop Technology

by **Tonya Garreaud**

It might come as a surprise to people who know me that the first thing I reach for each morning is my smart phone. After all, I was a late adopter—I still don't hand out my cell number very often—I prefer not to be bothered. In general, I'm not a fan of cell phones. It is extremely difficult for me to maintain equanimity when I see poor driving caused by the distracting use of a cell phone. And I have to hide my annoyance when I hear the various rings, beeps, and dings of students' cell phones while I'm teaching. But I have come to depend on my little "hand computer," as I call it, to keep my calendar current, provide directions in an unfamiliar city, and even more, to act as my timepiece and even an extra set of eyes while practicing *asana* and *pranayama*.

For years, I practiced with a simple timer that needed to be turned off once it reached its set time. Otherwise it kept beeping incessantly. Mid-breath during *pranayama* practice, I would have to search with one hand to find the timer and turn it off. Or worse, while upside down, search for a way to quiet the timer so I could finish the pose in peace.

In the vast sea of the App Store, I found an app that changed my practice for the better: a simple program that lets me set a series of timed intervals. I began with a series to guide me through some standing poses. Not only does the app chime to let me know I've been in the pose for one minute, but it also allots a few seconds for me to change from one side to the other. I don't have to touch the device after the timings have started (unless of course I want to pause—a resting *Uttanasana* before finishing the series).

Then I programmed a series of forward bends and one for variations in *Sirsasana* and *Sarvangasana*. And then I discovered the best use for this app—*pranayama* timings. So first thing in the morning, I reach for my phone and off we go to the yoga room. Once I've decided which series of *pranayama* techniques I'm going to do, I press start and allow myself to let go of time. The phone will let me know when it's time to finish one technique and move along to the next.

Granted, because this is a smart phone and not just an old fashioned timer, there is the added temptation to read email or check the weather or read *The New York Times*. It's not like mid-*viloma* breath I'm wondering what the weather is going to be like; the real temptation is after I've finished my practice. I've used the device to help bring my mind to a quiet state—afterwards I have to not use it to keep my mind in a quiet state (or at least wait until I've had a cup of coffee).

The other function I use frequently on my smart phone during *asana* practice is the camera. Since I can't take snapshots of myself, I simply turn on the video recorder and do the pose for the camera. In recording parts of my practice, I've been able to see what I'm doing without having to look into a mirror. I've used a mirror before, and I know that the very act of looking can distort the pose. With the video camera, I just do it. Then, watching the film later, I can see clearly and objectively what I did in the pose. Sometimes I use this literal self-reflection to see if I am able to show an observable action. It's one thing to feel a change in my body, but as a teacher, I also have to be able to *show* a change. I've also used the video to help catch and correct a misalignment.

*Continued on page 6*

### Coming Next Issue: Yoga Journeys

*Where do we go to do yoga? As a teacher you might travel to teach workshops around the country or around the globe; as a student you might travel to study with a teacher at his or her studio or enliven your learning by going to study yoga at a vacation destination. Or maybe you've been to India recently? Share your yoga journeys. These could be literal trips or simply the journey you make **to** and **on** your mat at home. Send ideas, photos, questions, or full stories (up to 1,250 words) to Denise Weeks at [workshops@ianw.org](mailto:workshops@ianw.org). Deadline is November 1, 2012.*

**Membership:**  
[ianw@yinaus.org](mailto:ianw@yinaus.org)

**Newsletter:**  
[workshops@ianw.org](mailto:workshops@ianw.org)

**General Information:**  
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**Iyengar Yoga Association  
of the Northwest**  
P.O. Box 14682  
Portland, OR 97293

## A Note from the President: Living a Conscious Life

As summer arrives, we can see the end of it. By mid-August, I smell a crispness in the air, notice a hint of gold in the sky, and watch the evenings darken. Even with the anticipation of fall, time seems suspended. Of all of the months of year, August is a time to pause. In this pause, we can fall asleep or we can wake up. We can drift into unconsciousness during our vacations, or we can use the time to wake up to our life.

As practitioners of yoga, we are called to a conscious life. Whether it's on or off the mat, we are called to wake up to our actions and the effects of our actions. In this issue, many of the articles explore this theme. Can we listen to the changes we need to make? Can we learn from our mistakes? Likewise, in our daily lives can we wake up to our relationship to technology and how we use it? Most importantly, can we learn from an 8-year-old boy who intuitively understands the depth of yoga?

Living a conscious life off the mat also includes contributing to the greater yoga community. IYANW held elections in July. Seven

highly capable candidates stepped forward, willing to offer their time and talents to the board. Over half of our membership voted. Congratulations and thank you to those who stepped forward to run, and to all of you who voted. The matters of the board might not seem that important, voting might not seem that significant, but that small action, or the bigger act of running for the board, does matter just as much as, or more than, taking a breath before responding to the next text, or lightening up on a twist before you go too far.

Sometimes in our current pace of life, it seems like there's little time to pause. But it's a matter of priority. It only takes a moment. Here's wishing you a conscious life, as you pause and wake up. ■

All the best,



## Screen Time

DVDs are not exactly the hottest new thing in technology, but they're a lot more current than VHS tapes and audio cassettes. Remember those? The IYANW library now has DVD versions of filmed courses, conventions, and celebrations from Pune and around the world that were previously available only in older, nearly obsolete formats. Now you can check out DVDs of any of the fifteen classes from a 1991 Pune Backbend Intensive, segments of a 2001 Teachers' Training Course, or recordings made during the 2009 London Convention with Geeta Iyengar. Here are some more titles:

75th Birthday Teaching: Pranayama  
Lecture & Pranayama Demonstration  
Yoga '90 Teaching Series  
Interview on Backbends - B.K.S. Iyengar with Victor Oppenheimer and Patricia Walden (1991)  
Yoga: The Ultimate Freedom (1976, Ann Arbor, MI)  
80th Birthday Celebration Children's Program  
Samadhi Pune (1979)  
Yoga in Action: Role of Yoga in a Woman's Life (1997)  
Interview with Geeta Iyengar (1992)  
Women's Intensive Q&A (1997)  
Iyengar Yoga Convention with Geeta Iyengar (2009, London)  
Iyengar Yoga Certified Teachers' Convention with Geeta Iyengar (2010, Portland, OR)

If you're looking for new ways to connect to the source—or maybe get to India without actually leaving your living room—check out a few of these instructive DVDs. Then pull your sticky mat up to the screen and have your own private class with Guruji, Geeta Iyengar, or any of the Senior Teachers featured in these recordings.

We offer gratitude and appreciation to Jennifer Shonk (Intermediate Junior I) and Steven Berardelli for converting all of these recordings and making our library's collection more user friendly. That was a true labor of love.

Go to [www.iyanw.org/membership/library](http://www.iyanw.org/membership/library) to see the IYANW library's entire collection. ■

## Finding Yoga at the Source

### An Interview with Kelly Sobanski

by Denise Weeks

Art teacher Kelly Sobanski, of Bellingham, WA, who is working toward her Introductory I certification this fall, has brought yoga into her special education and art classrooms on many occasions. When she had worked with autistic children for five years and had built a trusting relationship, Kelly decided to start teaching yoga classes weekly to help calm the kids down, and she saw a huge improvement in their behavior, especially after *Savasana*. In another setting, teaching a 3rd grade art class, she taught a few poses to restore her students' energy near the end of the school day. "It would wake us up and get us in a better mood," Kelly said.

One of the students in that class, an 8-year-old boy who'd been an orphan for the first few years of his life and had severe anger management issues, took Kelly's brief teachings to heart.

"The next thing I knew, his grandma through adoption came up to me and thanked me for teaching him yoga. She said, 'It has changed our whole family's life. He does yoga for 45 minutes in the morning and in the evening, every single day, and he's been doing it for three months.'"

When Kelly asked him about it later, when she was inspired to make a low-tech video, interviewing him about his yoga practice, he said, "I just saw how it calmed you down, and I thought it would calm me down."

"This is a boy who had major anger issues," Kelly said. "He would beat up other kids; his teachers had trouble dealing with him. He would do a lot of mischievous things behind teachers' backs and hurt other kids all the time. He had been in and out of counseling, and nothing was working. His grandma told me that his yoga [practice] had changed their whole life, as a family, and that his anger had totally stopped."

How did a few yoga poses at the end of the day, in art class, turn into a transformative, twice-a-day, dedicated home practice? *Light on Yoga*. "That's the amazing thing about this," Kelly said. "I asked him, 'So are you using a book, or is anyone teaching you?' And he said, 'Yes, I have a book. It's called *Light on Yoga*.'"

That's not the book you'd think an 8-year-old would pick up at a bookstore. No color photos, difficult vocabulary, no bells and whistles. Kelly asked him why he chose that book. He said, "I think it's the best book to learn yoga from because it describes the feelings that yoga can make you have and what yoga is supposed to do to you." He also explained that the book helps him learn, but "it is the movement that teaches yoga."

"He has a very intuitive personality with yoga, and he has a deep understanding of it, without being trained," Kelly said. "He has learned yoga through doing it, completely. I mean, he has no filters on it. He's just a kid who has done yoga . . . and he talks about how it makes him feel. He's dedicated to yoga because it has helped him change his life towards a positive path."

Recent issues of *Yoga Samachar*, the bi-annual IYNAUS magazine, have included responses to a survey about how we, as a community, can attract more young people to Iyengar Yoga. Here is a real live example. This 8-year-old also says in the interview, "When I grow up, I'm gonna' teach others. I'm hoping the others I teach will go and make another yoga class which will make the people they taught to make another, then the cycle keeps on going and soon a whole bunch of people will know yoga."

Kelly believes that children, especially those with autism or anger and behavioral issues, can benefit tremendously. "I'm really interested in this emotional aspect of yoga, especially with kids, and how it helps them." Kelly hopes to continue to study the positive effects of yoga on children, especially children with autism, and she will make her videotaped interview available soon, so others can see it for themselves. ■

*Denise Weeks (Introductory II) lives in Bellingham, WA with her husband, son, and two dogs. She teaches at Yoga Northwest. Denise is nearing the end of her four-year term on the IYANW board and is about to begin a term as the Northwest region's representative on the IYNAUS board.*

## Assessment Season

A belated congratulations to all those who passed their 2011 Iyengar Yoga certification assessment, and best wishes to everyone going up for assessment in 2012. These are demanding examinations that require years of dedicated practice and study.

We applaud your efforts.

### Junior Intermediate I

Jennifer Shonk

### Introductory II

Karin Brown

Megan Cannon

Kisa Davison

Kimberly Lee

### Introductory I

Roberto Astorga

Kathy Jo Brisker

Robyn Castano

Charlotte Sather Davis

Leslie Williams

*By the practice of yogic discipline, one is led towards spiritual illumination.  
A sadhaka is one who practices, applying his mind and intelligence  
with skill, dedication, and devotion.*

– B.K.S. Iyengar (*Light on the Yoga Sutras of Patanjali*, 101) ■

## Quiet or Wired?

by Anne Geil

I often feel like a Luddite, the English group in the early 1800s who were opposed to mechanical and technological advances. I don't have cable, a flat screen tv, or even a cell phone, let alone a smart phone. I don't have an ipod, an ipad or a kindl. I don't tweet, blog or even post. But unlike the Luddites, I am not morally or philosophically opposed to technology. I do drive a car, I do use a washing machine, and I long for a dishwasher to replace the one that broke months ago. Most importantly, I do have a computer with internet access. Even though I am behind the times, I am still wired. And I manage to get myself into trouble.

There was a time in my life when I didn't care about news—I wasn't in touch with the latest happenings because I didn't get a newspaper and didn't have television reception. But with the internet, news stories are readily available. Although most stories are depressing or trivial, I still find myself asking, "I wonder what's going on."

I am especially prone to ask this when I'm sitting down to do something I don't want to do: bookkeeping, writing an article, or even responding to challenging e-mails. In fact, in these cases, it's amazing how much time I can waste. I'll look at the clock, tell myself, "Ten more minutes," and soon enough, 30 minutes have passed. Our technological devices can feed right in to our addictive patterns—whether it's searching news stories, following blogs, checking the weather, or playing games—from Scrabble to FarmVille.



Photo Source Unknown

When I've grown sick of gruesome news stories, like eating too much junk food, I often turn to yoga websites to clean up my "diet." Whether it's reading an old Yoga Journal article or even an interview with Patricia Walden in an old IYANE newsletter, it points me in a better direction and toward a more wholesome mind state. Being wired allows me to access so much that would have been impossible to uncover 10-15 years ago. To track down a 1986 *Yoga Journal* article without the internet would have taken tenacious effort. And old regional newsletters would be nearly impossible to find. Not only does the internet give us access to this material, it allows us to browse for things we didn't even know we were searching for: a sequence by a Senior Teacher, videos of Guruji from 1938, a Senior Teacher's experience studying with another teacher.

Yet even this beneficial aspect of the web can be a distraction. It can still keep us from our own, personal practice. Reading about others is inspiring, and can point us in the right direction. But we still have to walk the steps. We still need to make our practice our own. Though sometimes I'd like to believe otherwise, I know a hand on the mouse doesn't count. Being wired, though, is not the problem. Like most things in life, it's our relationship to our technological devices that's the problem. If we use them to distract ourselves, even in a positive way, then they are a crutch, not a tool. If we fall into using the web or games or even texting to feed the bottomless pit of dissatisfaction, then not only will we come up unsatisfied, but we will be far from liberation.

However, it is not realistic or even desirable to be a Luddite. Technology is a part of our lives and we are now destined to live with it. I believe as yogis we are called to maintain a healthy relationship with technology. This requires much more discipline than an all or none approach. Finding a judicious relationship with e-mail, texting, and instant access to news and information, is very personal. There is no magic formula. I can't look at anyone else's situation and say, "only this many hours on the computer outside of work." Each of us needs to evaluate for ourselves what is appropriate. Even more than time, each of us needs to become aware of, and question, the drives behind our patterns. From here, we can begin to determine a healthy versus an unhealthy relationship to technology. Each of us needs to look in our own hearts and minds and be unflinchingly honest.

"Remember that yoga is not asking us to  
refrain from enjoyment. . . . Yoga is against bondage.  
Bondage is being tied to patterns of behavior from  
which we cannot withdraw."  
B.K.S. Iyengar (*Light on Life*, 93)

Again, I'm not saying one should never waste time on the phone or computer. But with awareness, we can see what we are doing. With awareness, we can acknowledge we are wasting time. With awareness, we can begin to have the freedom to keep wasting time, if we decide to, or to stop and do something else. That is a yogic practice: seeing the patterns, knowing the motivation behind the patterns, and making conscious choices. We all slip into unconsciousness. We all have our weakness, and will find, more times than we like, that we've gone astray. But each time that we see that, without being harsh or self-judgmental, we strengthen our ability to have more choice the next time. So maybe the choice isn't quiet or wired. Maybe, instead, we should focus on "quiet while wired." ■

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*Anne Geil (Introductory II, Shoreline, WA) has taught at Tree House Iyengar Yoga since 2006. She shares a manual therapy practice with her husband, and has previously taught anatomy & physiology at a local massage school. Anne is the current president of IYANW.*

## Learning How to Learn

by Susan Witter

The end of my current yoga session marks one year of consistent dedication to yoga classes once a week. Committing to yoga has been a wonderful journey and, like any adventure, not without its surprises and occasional mishaps.

### My bad habits

What we do for our living—construction work, copyediting, teaching, truck-driving—how we spend long hours every day—strongly influences how easily we learn a new physical skill. For me, decades of writing and editing for a living (so, sitting at a computer reading the screen, typing, and mousing) have taught me to jut my head and lean forward, cross my legs, under-use my left side, curve my low back, and brace my upper chest, back, and, especially, abdominal muscles in order to maintain this unnatural posture. Such responses have blocked my physical energy, and my spine often settles into what I call "the C position." Despite my best intentions to sit up straight, I've found myself creeping back into poor posture, especially under stress. Perhaps more damaging, my body has trained itself to ignore discomfort signals.

I also dance (contemporary/modern). I came to dance late—at age 40. Though making progress, I got hurt regularly because I didn't have the tools to learn better alignment in an enduring way. I sometimes compensated for poor alignment by overdoing corrections. One of the caveats of dance—"DON'T use your quads to lift your leg!"—when carried to my extreme, resulted in strange imbalances of strength. Before I began yoga in earnest, some muscles—abdominal, adductors, abductors, hamstrings—were very highly developed. Yet my quadriceps were under-developed. Though the quads have improved already, my upper body was, and is still, a mishmash of over-used and under-used muscles, with an especially under-used left side. If it isn't dance, it's gardening, lifting, cycling, or something else that causes spinal strain and regular trips to the chiropractor.

Obviously, in yoga I have a lot to learn—and to unlearn.

### Learning patience with myself

If my yoga instructor sees an issue specific to me, she comes over to give useful physical guidance—a touch on the area in question, a gentle push to begin the desired shift in energy. Although I'm accustomed to using verbal cues to adjust my body, I am slow to "anticipate" that correction and make it myself without prompting. So I hear my same specific cues again and again. Since my body is still rusty about checking in, I can't yet "find" the new alignment easily myself; the new arrangement feels awkward. It eludes me.

Yoga cues are precise, in a building-block way: while in a pose lasting, say, 30 seconds, I may hear, "line up your knee cap with the center of your foot," "square up your hips," "lift your chest," and "keep your low back long." Over those 30 seconds, I go through a repeating checklist, monitoring myself for all four of those items over and over, always encountering, negotiating, and resolving the need for balance among them. I recognize which parts I can do easily and which ones need my

constant attention. Such active self-inspection feels like a highly effective learning tool in a bite-sized chunk.

### The danger in ultimates

A common early extreme I fell into, for example, was when doing upper body twists. I know how far around I can twist when dancing, and I would aim for that level of flexibility in a yoga pose. But achieving that range for five seconds (dance) is not the same as maintaining that range for 30 seconds or longer (yoga). As I'd approach the 20-second mark, I'd begin to feel discomfort. I'd then strain to keep the range, countermanding my body's signals. Philosophically, this recalls greed and fear. I would listen very hard for the instructor's voice telling us, I hoped, to come out of the pose on this side. Then I'd over-do the twist on the other side. My poor spine was like a worn-out washrag.

I torqued myself into subluxation three or four times before I woke up to my over-ambitious actions—what I tend to overdo or do inappropriately. They include upper-body twisting, over-rotating my neck, arching my low back, and "giving up" on my left side. Eventually, slowly, the continual spiritual guidance with which my instructor started the class (like balancing the play of ease and effort) is merging with conditioning and awareness of vulnerable areas. I'm starting to tune in.

### Backing down

I noticed a change for the better in my pain frequency and level—during any activity—when I ramped down my yoga effort a little. This is difficult to do when already in an asana and given my natural desire to put energy into physical activity. But I found that if I reduced my extensions, stepped my feet less widely apart, and twisted my spine less, I could focus instead on alignment and on balancing a pose's component challenges. This is a dynamic tension: comfort versus growth.

The question of degree is key. I'm exploring a balance between alignment and extension by aiming first for alignment, then trying for extension, and choosing the spot on the continuum where I want to be. I find that I make several small shifts, some for alignment, some for extension—a sort of conversation. This juxtaposition may be different on different days. If I can maintain it, I may find that I become more aware of what's going on in my joints and spine.

I just checked my calendar. The last time I was at the chiropractor was six months ago. I'd like to think that this hiatus is due to increased awareness on my part—that I'm finally learning how to learn and, more important, unlearn some of my harmful habits. ■

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*Susan Witter has been practicing Iyengar Yoga seriously for one year, after having dropped in to classes for quite a while. She writes and edits in Bellingham, WA, and makes frequent trips to Lopez Island. Learning how to get out of her own way has been her life's work.*

## Recently in Our Region: Rebecca Lerner Workshop

by Carmen Viola

Charlotte Davis and Stacey Williams brought Rebecca Lerner to 8 Petals Yoga in Bellingham, WA for a weekend workshop and teacher training June 15th-17th. Students and teachers from throughout the northwest region and Canada came to practice, learn, and be inspired by this clear, warm, and thought-provoking yogini, recently awarded an Intermediate Senior II designation from Guruji. We were continually encouraged to experiment with *asana* in an experiential process of discovery to identify our limitations, clarify our understanding, and find ways to work with problem areas in our own bodies and for our students. ■



Rebecca Lerner demonstrating Parivrtta Parsvakonasana

Photos by Carmen Viola



Adjusting Elizabeth Kerwin in Adho Mukha Svanasana

Events in your area? Please share them with the IYANW community by submitting information, insights, and photos to [workshops@iyanw.org](mailto:workshops@iyanw.org).

*Prop Technology continued from page 1*

Even as helpful as the video camera has been, I have to be careful not to let it take over my practice. It does take time to set it up so that the camera is seeing what I want to capture. And instead of just having a video camera nearby, having a smart phone nearby puts me just a few steps and a few taps away from email, Facebook, and the ability to go anywhere and everywhere my mind wants to wander. How much will power does it take not to follow a few taps?

In the same way that I don't get my "hand computer" out of my bag while enjoying dinner with my partner, Peter, I don't go wandering through email and around the world wide web while I'm practicing. I don't check email while I'm eating with Peter because what I'm doing at that moment is sharing a meal and conversation. It may well be that phone-free dinners have helped keep the distractions at bay while I'm practicing. There is a purpose, a set intention, whether in sharing a meal or standing on one's head. While I'm practicing, I'm doing just that—practicing, with the purpose of settling fluctuating thoughts—even if I have a computer device with a million bells and whistles that I use as a prop. ■

*Tonya Garreaud lives in Portland, OR where she teaches yoga and manages the day-to-day operations of the Julie Lawrence Yoga Center. Tonya has served on the IYANW board for several years and is currently the membership chair. When not doing yoga related activities, she enjoys reading, cooking, and cultivating her community garden plot.*

## Election Results

Thank you to everyone who participated in our recent IYANW election. If you ran, we appreciate your volunteer spirit and dedication to service. If you voted, thank you for taking the time to consider all our qualified candidates and for sending in your ballot

### New Board Members (starting January 2013)

Kimberley Healey  
Michelle Ringgold  
Margrit von Braun

#### *Brief Biographies*

**Kimberley Healey** has studied and practiced Iyengar Yoga since 1994. She has taught on and off since 2001 and participated in teacher training. She has studied yoga on both U.S. coasts and several continents. Her background in corporate finance and academia as well as her current work as a high school teacher have provided her with excellent administrative, organizational and communication skills. She currently resides in Ashland, Oregon and looks forward to being able to speak for dedicated Iyengar Yoga practitioners far from urban centers. As a single working mother she knows the joys and challenges of constant practice.

**Michelle Ringgold** is an Introductory I instructor and has taught at Tree House Iyengar Yoga since 2004. She started on the yogic path in 1995 and has studied in the Iyengar tradition since 1999. She completed her training at The Yoga Tree, and continues to study with senior-level teachers, Felicity Green, Janet MacLeod, and Joan White. Her Introductory II assessment is scheduled for this October. Michelle would bring to the board 12 years of experience in graphic/web design, skill in social media, as well as a compassionate and fun approach to working on a team supporting the PNW region.

**Margrit von Braun** has practiced Iyengar yoga for 30 years and has taught for 8 years at the Moscow Yoga Center in Idaho. She is registered as an RYT-200 and continues to study with many senior Iyengar teachers. Teaching allows her to share her love of yoga and to deepen her own practice. Yoga was requisite to staying grounded in a busy career (30+ years as a university professor/dean and a business owner). Now retired, Margrit would like to help the IYANW promote Iyengar yoga in an increasingly competitive yoga environment, which can be confusing to new students. ■



The cure to combat the three Ss—stress, strain, and speed—can be found in three Ws—the work of devoted practice, the wisdom that comes of understanding the self and the world, and worship because ultimately surrendering what we cannot control allows the ego to relax and lose the anxiety of its own infinitesimally small self in the infinitude of the divine.  
- B.K.S. Iyengar (*Light on Life*, 79)