

IYANW Update

Iyengar Yoga Association of the Northwest

November 2006

www.dongura.com/iyannw

Current 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

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

Sunset Yoga Center – Portland, OR

www.sunsetyoga.com

Felicity Green

Dec. 2-3

Contact: 503-626-6245

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

Yoga Northwest – Bellingham, WA

www.yoganorthwest.com

Felicity Green

Pranayama and Yoga Sutras

February 3-4, 2007

Northern Lights Yoga – Helena, MT

Donate Your Stretch Holiday Benefit Class

Judy Landecker and Charles Udell

Dec. 16

Boulder Hot Springs

Women's Restorative Yoga Weekend

Judy Landecker

Jan. 13-14, 2007

Boulder Hot Springs Yoga Weekend

Judy Landecker

Apr. 27-29, 2007

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A Note from the President: Karma Yoga, Giving Back

Pat Musburger

In the Bhagavad Gita, Krishna instructs Prince Arjuna in the ways of Karma Yoga, Yoga of action. He urges Arjuna to act as a matter of duty, without giving thought to the fruits of his activities. In this way he may learn detachment. Our yoga community is filled with acts of Karma yoga on all levels: a teacher taking extra time with a student's problems, students recommending a teacher to a friend, organizing fundraisers for charities, providing support for individuals in need, caring for aging parents, or just listening to a friend's troubles.

When the IYANW Board met recently, it brought together a group willing to spend time and energy to promote the teachings of B.K.S. Iyengar simply because they think it is the right thing to do. The incoming board members joined us so that the transition can be efficient and beneficial. As the new officers and committee chairs begin their work, they welcome your contributions of time, talent, and ideas.

This issue relates many specific actions of our members that certainly qualify as Karma Yoga. We hope it inspires you with new ideas and insights as you continue down this path to attain knowledge.

Namaste.



Giving Back

From Paul Cheek

Rushing Water Yoga – Camas, WA

Looking for some ideas on how to give back? Here are a few things that others have done recently. If you want more information, contact the teacher listed.

A great way to build and support your community is to offer or attend a workshop or special class that donates proceeds to an appropriate cause. At Rushing Water Yoga Studio in Camas, WA we offer a Thanksgiving Day class and a restorative class in December and all proceeds go to the YWCA program to prevent violence against women. Every 5th and 6th week at RWY we ask our students to bring in donations for the local food bank. Available volunteer contact information for both these programs encourages students to participate

A few times a year we ask students for suggestions on ways we can help support our community. Their suggestions provide opportunities for Karma yoga to help build the yoga community and community in general.

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Coming Next Issue: Yoga Experiences—How did you start? How did it evolve? What made you stay?

*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 **January 30, 2007***

Preparing for Pune

by Vickie Aldridge, The Boise Yoga Center, Boise, ID

I have just been awarded the Karin O'Bannon scholarship of \$1500 for study in Pune for the month of January 2007. I have been to Pune 3 times, with my last trip being January 1999. I have had to postpone this trip several times since then due to a lack of cash, so it is with great anticipation and humble gratitude that I prepare to go to Pune.

I filled out the scholarship paperwork in April, prayed over it as I sent it off in the mail and I hoped, prayed and waited until August to hear the results. I had decided that if I didn't get the scholarship I wouldn't be going this time either. In the meantime, one of my students presented me with five \$100 dollar bills to encourage me to go this time and not postpone again. She said that she would never be going to Pune and that I must go and bring back the teachings to her and other students. With tears and gratitude, I accepted her generous gift, told her that I would let her know my decision and put the money in the bank.

A few weeks later upon receiving my award letter, I jumped up and down, cried, squealed and thanked the Lord for my good fortune. I made my plane reservations that very day, and as other students have heard my story some have donated to my "cause" as well. I feel truly blessed by the many opportunities that have come my way because of this path of Yoga. I have the support and love of so many wonderful students who choose to have me as their teacher, colleagues of mine, as we listen to and encourage each other when things aren't going so well, and my teachers who have given of themselves with their time and knowledge. I am grateful.

A student of mine had decided to go with me a few years ago. She applied and was accepted for the same month of study, although today she seems to be backing out. She has heard that people get sick in India and sometimes never recover and have to quit their jobs and lose their livelihood! She is frightened and she looks to me, her teacher, for reassurance. I told her that, while it is true that some have a very difficult time adjusting, others go back year after year, as India seems to beckon to them. I have seen many give up on India, sometimes before ever going. There is much to hate about it, but at the same time there is so much to learn about oneself and life from the experience if we are willing.

What can I say to this woman? India is a difficult country and is definitely not a vacation. The yoga classes can be grueling and we don't receive much "coddling" from the Iyengars. I have seen many give up after a few days or a few weeks to go and do something more fun and less demanding.

Can I encourage her to go? People do get sick while there. I always get the cough from the pollution and the intestinal distress from water and food, no matter how careful I try to be. It can also be a dangerous place with the chaotic traffic, millions of people everywhere, and many wanting something from us, whether it is a photo, money or food.

I have been felt up and put down, been propositioned for dates and even yelled at in a 5 star hotel for not eating the food that I didn't order. I have been tired and dirty, weary from traveling. I have endured bed bugs in my hotel room and rats in the hall. I have wondered about my safety in many situations, and my sanity in being there at all.

India is a country of great contrast, as those who have been there know. There is filth and great beauty, poverty and wealth. You will be elated one moment and deeply saddened the next. Something must call us to be there, just as Guruji says that something inside each of us says "yes" to yoga. He also says that not all are called. I am sure that this is true of India, as well.

My first trip I went expecting the worst, and in some ways wasn't disappointed because it was very bad in so many ways. I knew I might get hit or kicked in a yoga class, or at the very least yelled at, and sure enough that held true too. However I came back a stronger person at so many levels that I have chosen to return several times. In spite of the challenges, India and this Iyengar Yoga have taught me to face my fears and inadequacies daily and hopefully learn to rise above them as I continue to practice.

So, in the end I told my student that only she can decide if she wants to risk the "peril" of it all and go. We each have to listen to our own inner voice, and be intuitive enough to know what it is saying. I told her that I certainly wouldn't think any less of her if she chooses not to go. It is her decision in the end and only she can make it. I will be there to encourage her and help as much as I can if she chooses to go. Many of us end up as "family" after our time in Pune, as we have made a connection for life.

B.K.S Iyengar has said that if we face and accept our fear that 50% of it falls away and then we only have the other 50% to deal with. The Bhagavad-Gita states that fear is due to worrying about the future and that if we are able to stay with "God" consciousness, and the knowledge of a spirit that transcends this material world and body, then we will be free from fear and our future will be bright. Our practice of faith and hope carry us through this life of challenges.

Each of us must choose our own path in life and make decisions based on our own instincts and heart felt feelings. I have felt the crippling effects of fear in my own life many times. The fear of getting hurt, physically and emotionally, the fear of failure, the fear of illness and death, the fear of being alone, the fear of dealing with a difficult situation. This practice of yoga has taught me how to face my fear with each full arm balance or drop back.

I have learned to practice Svadhyaya and ask myself questions like: "What's the worst thing that could happen and am I willing to accept that?" "How would I feel about myself if I don't rise to the challenge and face my fear?"

So, it all comes back to practice, doesn't it? This practice of yoga that teaches us to have "equanimity toward pleasure and pain," to tap into that place inside of us on a daily basis, a place of spirit, strength, and contentment, and to know that it's always there for us.

With Gratitude and Blessings from Vickie Aldridge. ■

Vickie lives in Boise and, along with husband Jerry, is the owner and Director of the Boise Yoga Center. www.boiseyogacenter.com

Board Meeting Highlights

The IYANW Board met in Seattle in October and accomplished quite a bit. The meeting introduced the incoming board members while still having the benefit of those leaving the board in January. The full minutes are available on our website, but here are the highlights.

Election of new officers and committee chairs beginning in January, 2007: President—Pat Musburger, Vice President—Debi Galliers, Secretary—Tonya Garreaud, Treasurer—Nina Pileggi, Membership—Paul Cheek, Communications—Don Gura, Scholarship—Judy Landecker. Please let us know if you are interested in helping on any committee.

Scholarship monies were raised and deadlines set—see accompanying article for details.

Website additions: Our website is expanding. In addition to the contact information, by-laws and application forms previously available, you can now access minutes from board meetings, a list of Iyengar studios in the region, and past newsletters. An up-to-the minute list of workshops is coming soon along with the ability to enter your studio workshops online.

Annual Membership meeting set for May. During the IYNAUS convention in Las Vegas we will hold our annual meeting. We will keep you posted on the time and place—plan to attend and meet old and new friends from across the region.

We presented out-going board members Felicity Green and Nadine Sims with small tokens of our gratitude for their service to the community.

Additional long-range plans were made for increasing membership, supporting members, raising money for scholarships, and spreading Iyengar Yoga throughout the region. We'll keep you posted and hope to hear from you as well. ■

RECOMMENDED READING

Waking: a Memoir of Trauma and Transcendence by Matthew Sanford

Paralyzed from the chest down from injuries in a car accident at the age of 13, the author discovered Iyengar yoga after feeling his body stir from the inside. His insights into how the mind and body connect and work from the inside out will inspire and enlighten.

Giving back—from on cover

From Judy Landecker

Northern Lights Yoga – Helena, MT

At Northern Lights Yoga, in Helena Montana, we hold a holiday benefit class before Christmas, "Donate Your Stretch—Stretch Your Donation". All our teachers participate by teaching one pose. Last year we picked poses that started with the letters of the word P-E-A-C-E.

When the students arrive, they put a donation in one box and the name of the their favorite organization or charity in a second box. At the end of the class, a recipient is picked from the second box and all donations are sent to them from the students and teachers of Northern Lights Yoga.

From Pat Musburger

Tree House Iyengar Yoga – Shoreline, WA

To raise funds to support students participating in the recent Komen 3-Day Walk, we held a Yoga Marathon to Fight Breast Cancer. This 10-hour continuous class had rotating teachers and students. Refreshments were available all day as was free chair massage—donated by students from a local massage school. Activities ranged from classic poses to musical mats to feeling the vibrations of a didgeridoo.

In addition a silent auction ran throughout. Once an hour students were encouraged to do a new pose called Bidasana—they roamed about the room to place bids in the auction. The goods and services donated by the students and community were generous as were the bids. We hoped to raise \$500 and the final tally was \$1,700.

Many students returned at the end of the day to participate in the group Savasana. We plan to make it an annual event choosing a different charity each time. ■



Dean Lerner instructs Carmen Viola in Sirsasana at a recent workshop at Yoga Northwest. Tony Garreaud and Jane Carlsen and others observe.

IYANW Scholarship Changes

Scholarship money available for 2007 has been increased to \$800. In addition, there are now two deadlines for requests for scholarships. The first is **January 31, 2007** and then again on **June 30, 2007**. Any IYANW member in good standing, not a member of the scholarship committee, is eligible to apply. The money may be used to offset expenses for workshops, assessment or convention. Application forms may be downloaded from the IYANW website www.dongura.com/iyanw or contact committee chair Judy Landecker at jmypal@aol.com. Applicants are selected through a blind process judged on the seriousness of their practice and their service to the community. The IYNAUS convention in May would be a perfect opportunity to use some financial assistance—apply today!

Women's Class with Geeta

Recorded and shared by Jennifer Shonk

- Invocation
- Adho mukha virasana
- Adho mukha svanasana
- Salamba Sirsasana with variations:
 - Parsva
 - Parivrtta eka pada
 - Baddha konasana
 - Upavista Konasana
(emphasis on maintaining a long, even waist)
- Adho mukha vrksasana
 - 5 times changing leg each time
(lengthen waist, balance and come down with long waist, legs together)
- Pinca Mayurasana with rolled mat under elbows, brick, belt
 - 5 times changing leg each time
(lengthen waist, balance and come down with long waist, legs together)
- Viparita Dandasana outer elbows at wall
 - 3x learn to lengthen outer arm so point of elbow meets the wall
- Kapotasana
 - 8-12 inches from the wall
 - 6 - 8x like Ustrasana, coil the spine and release the hands to the wall
(each time pressing the shin more and more—lift the top sternum)
- Virasana toes and thighs together, heels apart
- Parsva Virasana to left
- Bharadvajasana to left
(repeat these two to the right)
- Adho mukha virasana
- Salamba Sarvangasana
 - Eka Pada, keep the outer foot in line with the outer hip
- Halasana feet 1 foot apart
(come into it this way from Sarvangasana)
Broaden the back of the pelvis, back, sacrum and thighs
- Supta Konasana keep the back of the pelvis broad
- Parsva Halasana
 - 2x keep feet 1 foot apart, open across the back and move head of femur of near leg to the side the legs are on.
- Halasana, roll down
- Pascimottanasana feet 1 foot apart
- Supta swastikasana for relaxation

Upcoming Workshops - Continued from cover

Julie Lawrence Yoga Center – Portland, OR

www.jlyc.com

Candlelight Restorative Workshops

Julie Lawrence

Monday, December 18

6:00 - 8:00 pm

Tuesday, December 19

6:00 - 8:00 pm

New Year's Day Class

Terry Petersen

Monday, January 1

10:00 am - 12:00 pm

The Joy of Teaching:

Iyengar Yoga Teacher Training Program

Julie Lawrence

January 13-14, February 3-4, March 3-4,

April 14-15, May 19-20, June 2-3

Dean Lerner

February 16-18, 2007

Yoga & Writing

Julie Lawrence & Kim Stafford

March 10

1:00 - 4:00 pm

Westerbeke Yoga Retreat

Julie Lawrence & Elise Browning Miller

April 20-22

Felicity Green's workshop schedule

Nov. 18-19

Lummi Island, Wa.

Contact: Constance Drake

Mar. 8 - April 15, 2007

Big Island Hawaii

Contact: Felicity 360.468.3492

The following member studios offer varying discounts to IYANW members for visiting teacher workshops or regular classes. We encourage members to support these workshops and studios to show your appreciation. Let us know if we can add your studio to the list.

Boise Yoga Center—Boise, ID

Julie Lawrence Yoga Center—Portland, OR

Northern Lights Yoga—Helena, MT

Rushing Water Yoga Studio—Camas, WA

Sunset Yoga—Portland, OR

Tree House Iyengar Yoga—Shoreline, WA

Yoga of Bend—Bend, OR

Let us hear from you

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of the Northwest**

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