

IYANW Update

Iyengar Yoga Association of the Northwest

May 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.

Julie Gudmestad

June 13 - 14
Boise Yoga Center, Boise, ID
www.boiseyogacenter.com
208-343-9786

Felicity Green

June 13 - 15
Sunset Yoga Center, Portland, OR
www.sunsetyoga.com
503-626-6245

Padmasana Unfolding

Tonya Garreaud

Sunday, June 22, 1:00 - 4:00 pm
Julie Lawrence Yoga Center, Portland, OR
www.jlyc.com
503-227-5524
\$50/current members of IYANW pay \$35

This workshop is part of a national membership drive for IYNAUS and IYANW. Part of the fees will go toward your six-month membership in both organizations.

Buckhorn Springs Yoga Retreat

Julie Lawrence

July 13 - 18
Julie Lawrence Yoga Center, Portland, OR
www.jlyc.com
503-227-5524

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A Note from the President: We call it practice

Pat Musburger

One of the first things I noticed about Iyengar Yoga teachers was that they always talked about practice. "I practice yoga" not "I do yoga". Because of my background in education this appealed to me. The process took precedence over the product. Learning *how* to learn trumped reciting facts.

But then there is the old adage that practice makes perfect. Perhaps it does in some things but on the yoga journey, we need not look for perfection. This can lead us down many a wrong path. In this issue our most recent scholarship recipients reflect upon their practice. Angela McKinlay discusses the journey she has taken to get to the point of preparing for assessment. Anne Geil ponders the balance between inner and outer reflection. Neither is looking for perfection but they continue to practice and to clarify their understanding of themselves.

Something almost magical happens when the casual yoga student begins to practice at home. Often it's a workshop that inspires the effort. It may be an exceptionally good class or just a feeling that this is the time. Paul Cheek provides a challenging practice sequence here for anyone ready to jump in. And afterward there is a yummy chai tea recipe for you to try as a relaxing reward.

My mentor, Felicity Green, is fond of telling us that Guruji says, sometimes the body is willing but the mind isn't or the mind is willing but the body isn't; never mind, just practice! Remember, it doesn't have to be perfect, it's practice! ■

Namaste,



Mirror, Mirror on the Wall

By Anne Geil

As I prepare for assessment, one of my teachers suggested I practice regularly with a mirror to accurately gauge my alignment and get it in my bones. At first I balked. After years of dance classes with wall to wall mirrors and an external focus on one's body, I have appreciated and enjoyed the lack of a mirror in yoga class. Not seeing the external image of myself has allowed me to develop a strong internal relationship with my body through asana practice.

Even though this internal relationship with my body is strong, the objective reality of my alignment is not as well developed. I rely on my teachers' feedback and my inner sense of correct positioning. But my inner sense can be off. Now that I teach, students are learning their sense of alignment from watching my body. I see the benefits of synchronizing my internal and external perspectives.

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Coming Next Issue: Guruji's 90th Birthday

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 September 5, 2008.

My Life Changing Journey

By Angela McKinlay

My yoga journey began about ten years ago at an on-site yoga class through my employer. One class was all it took for me to know this is what my body and mind needed. Initially, I went with the intention of regaining flexibility after surgery on my Achilles. I was amazed at how well my body responded, but what surprised me more, was how peaceful and energized I felt after class. It was like no other experience I'd had.

Soon my yoga journey led me beyond the asanas and into a relationship with the philosophy. As my teacher would read various texts on yoga, the words resonated and I wanted more. As I began reading, studying the sutras and chanting, yoga started to become a daily practice for me. In fact, as my personal practice increased, my struggle with panic attacks and anxiety began to decrease. What an unexpected blessing!

My teacher at the time was moving out of state and before she left, she asked if I'd ever consider teaching. I had a hard enough time speaking in public, how could I possibly teach? I quickly put that notion behind me and set out searching for a new class. I was getting discouraged when someone from class mentioned that a nearby studio was offering free yoga classes. You know the saying, "when one door closes another one opens." Well, that door opened wide for me this time.

My first class at Tree House Iyengar Yoga drew me in and there began another journey on my yoga path. It was the first time I experienced Iyengar Yoga. Sure, I had used props and was taught proper alignment, but not like this! After my first asana class, my focus, clarity, and body awareness increased. Before long, my stamina, strength, and



Angela in *Eka Pada Rajakapotasana*

flexibility increased, as it never had before. Most important, the number of days and the length of time I practiced at home increased. Gone were the days of practicing with videos. I now started practicing poses from class and challenging myself at home. I bought my first Iyengar books, and began practicing the sequences I found there. As I became acquainted with fellow students and began developing a relationship with the Iyengar community, the studio became my home-away-from-home. I quickly grew to love the teachers, especially my current teacher and mentor Pat Musburger. She challenged me (and still does) in ways I hadn't been challenged before and encouraged me to push myself when she knew I could do more. When Pat asked if I'd consider teaching a class at the studio, I thought she was joking, but to my shock (and secret excitement), she wasn't! After thinking it over and coming up with all the reasons I should say no (none of which were valid), something inside me kept saying yes, you should say, yes! So I did, and haven't regretted it. Through my personal practice of yoga and the growth I experienced, I was able to push past the fear that almost kept me from teaching.

I can't begin to explain how my personal practice has grown and where it has led me. I've been teaching for three years and recently decided to work toward my Teacher-in-Training certificate. I have also been fortunate enough to receive a scholarship from IYANW, which has helped me in that endeavor. I'm so thankful to my teachers and students, all of whom inspire me to practice and to continue teaching. I express deep gratitude to Guruji for his teachings and being an example of those teachings. ■

Membership Drive Workshops

This summer, IYNAUS and IYANW are supporting local studios in holding membership drives. If your studio sponsors a workshop as part of the membership drive, IYNAUS will donate their portion of membership fees to compensate the teacher and studio hosting the special class or workshop. In addition, IYNAUS will supply copies of Yoga Samachar and registration materials for the new members. IYANW receives only \$12.50 to cover the cost of a membership for the remainder of the year. All other proceeds go to the studio and teacher. Your students get the benefit of a great workshop and they become members of both IYNAUS and IYANW so they can begin to participate in the larger Iyengar Yoga community.

If you are interested in participating or have questions, contact Pat Musburger, pat.musburger@iynaus.org

IYANW Board Elections

In early August you will receive your ballot for the IYANW Board election. So far, we have a number of strong candidates. When making your selections, please consider three things:

- The qualifications of the candidates to fulfill the responsibilities of the board positions
- A mix of both certified and non-certified teachers—the seven member board should be made up of at least one non-certified teacher or student, one teacher certified at the Introductory level, and one teacher certified at or above the Intermediate Junior I level
- A balanced representation of the geographic region (Alaska, Idaho, Montana, Oregon & Washington)

You should receive your ballot the first week of August. It must be postmarked by August 15 in order to be counted, so mail your ballot back as soon as possible. If you do not receive a ballot by August 8, please contact Tonya Garreaud, Nominating Committee Chair, yogagirl@hevanet.com or Pat Musburger, President, pmusburger@comcast.net.

Mirror, Mirror on the Wall, *continued from cover*

So my husband mounted mirrors in my yoga room and I've been practicing with them diligently. What an experience it has been. At first I thought, "Why did I wait so long to practice like this?" I've noticed so many details that I wasn't catching: How my back arm extends posteriorly in all the lateral standing poses, how my torso shifts off the center line in standing poses, how my chest collapses regularly in forward bends. I've gotten quite excited about seeing misalignments and being able to easily make significant changes. Yet I have also noticed all the judgments, criticisms and sometimes praise that arise while seeing my reflection: my legs are less than straight in standing poses, my belly hangs down in forward bends, and my jumps are quite smooth. Opinions and judgments bounce off the mirror's surface faster than light. The settled nature of *shtira sukham asanam* can seem quite remote. If I'm not careful, I can spend more time judging myself than deepening into the asanas. My ego can have a heyday.

As my sense of internal presence and focus has been shaken, I realize I need to find balance between the internal and the external reference points. When I am getting carried away by my reflection, I know I am deviating from the path of yoga. When I'm aiming for balance, and using the mirror as a tool, I know I am on the right path. Since my yoga path includes teaching, attention to my external image is important. Yet I believe externals must always be in service of the internally directed nature of yoga. If the practice becomes too external, it loses its whole foundation and risks crumbling. I've realized a mirror can be a skillful tool to calibrate one's sense of alignment. The danger is having it become a crutch. Used too long or too frequently, I can sense how the mirror can retard my internalization of correct alignment, and, more importantly, steadiness in the postures. Already, I am alternating practice sessions with the mirror and without it. Ultimately, my aim is to develop an internal mirror as accurate, or more accurate, than the external mirror. Then I can refer to the outward mirror rarely, if at all. The real mirror is inside me. ■

From *The Yogi's Kitchen*

Each new season Angela McKinlay writes a nutrition column for the Tree House Iyengar Yoga webpage. The nutrition tips and recipes complement a yoga practice geared to each season. Here is a recipe to enjoy after your practice. Go to www.thiyoga.com to read more.

Peppermint Chai Tea

1 stick cinnamon
8 lg. black cardamom pods
2 tsp. fennel seeds
1 tsp. whole allspice berries
1/2 tsp. black peppercorns
4 inch piece fresh ginger, coarsely chopped
2 cups lowfat organic milk or vanilla rice milk*
2 black tea bags (can use decaf)
2-peppermint tea bags
1 tbsp. or more raw sugar or honey

Wrap cinnamon stick in cloth and break into pieces with heavy object. Place cinnamon, cardamom pods fennel, allspice, and peppercorns in saucepan with ginger, milk and 3 cups water. Cover and bring to boil over medium high heat. Remove lid, reduce heat to medium and simmer for 5 minutes.

Turn off heat, add tea bags and steep for 5 minutes. Strain into teapot. Add sugar or honey, stir to dissolve and serve hot or cool to room temp and serve over ice.

You can increase the spice portion of the recipe, and place extra in a sealed container to have on hand.

* Soymilk tends to separate when boiled and doesn't work well.

IYNAUS Convention in Portland, Oregon May 12-16, 2010

By Julie Lawrence

Beautiful Portland, Oregon has been chosen by IYNAUS to host the next convention. The planning committee, Julie Lawrence, Chair, Tonya Garreaud, Venue Coordinator, and Nina Pileggi, Finance Chair, has been meeting regularly to plan an exciting, informative and inspiring event. The dates of the convention are May 12-16, 2010. An assessors' meeting will be held on May 11.

The best news is that Geetaji has accepted our invitation to be our honored guest and to share the genius of her teaching with us. In addition to her official duties as our honored teacher, since she has never been to Oregon, we hope to offer her many opportunities to experience the natural beauty that Portland and the Pacific Northwest have to offer.

The theme of this convention is "reflection". This theme presents many opportunities for interpretation including looking to the past for our roots as well as to what the future may hold for us personally as well as collectively.

The curriculum is not yet finalized, but we intend to hold larger classes in the morning, followed by smaller breakout sessions in the afternoons focusing on a variety of topics.

The convention will be open to all IYNAUS certified teachers and teachers-in-training.

There will be many opportunities for Northwest area students and teachers to volunteer. Think about what you would most enjoy doing to help. As the time gets closer, we will put out calls for volunteers and ask that you contact us at that time. Mark your calendar now! ■

Asana Sequence

Submitted by Paul Cheek

This sequence was taught to my intermediate students.

I focused on the work of the legs at the top of the thigh and on maintaining evenness in the pelvis by using the same actions as we moved from sitting on the floor to standing upright to balancing upside down using similar actions. I also taught the sequence from the perspective of sequencing a home practice and we worked on cultivating *Dharana* (concentration) by holding the poses longer.

I do my best to teach sequencing to my students so they can develop their home practice. It is wonderful when my students have questions about what they are doing at home. Practice is the key.

Virasana

Dandasana

Urdhva Hastasana in Dandasana

Supta Padangusthasana I

Supta Padangusthasana II

Parsva Utthita Hasta Padangusthasana

Prasarita Padottanasana I

Sirsasana I

Eka Pada Sirsasana

Parsvaika Pada Sirsasana

Adho Mukha Virasana

Setu Bandha Sarvangasana - using block

Halasana

Salamba Sarvangasana

Eka Pada Sarvangasana

Parsva Eka Pada Sarvangasana

Halasana

Parsva Halasana

Jathara Parivartanasana

Janu Sirsasana

Paschimottanasana

Savasana

*"Become quiet, receptive, humble.
You have to find out for yourself.
YOU have to find out!"*

— Geeta Iyengar

Upcoming Workshops – continued from cover

Julie Gudmestad

Anatomy Awareness in Asana

August 11 - 15

Gudmestad Yoga Studio, Portland, OR

www.gudmestadyoga.com

503-223-8157

Joan White

Oct 31 - Nov 2

Yoga Northwest, Bellingham, WA

www.yoganorthwest.com

360-647-0712

Felicity Green

Nov 7 - 9

Boise Yoga Center, Boise, ID

www.boiseyogacenter.com

208-343-9786

Chris Saudek

Studying the Sutras

Friday, Nov 21

Julie Lawrence Yoga Center, Portland, OR

www.jlyc.com

503-227-5524

Chris Saudek

November 21 - 23

Julie Lawrence Yoga Center, Portland, OR

www.jlyc.com

503-227-5524

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.

"Just as a goldsmith purifies gold, so must the body be constantly purified and purged, so that the inner gold may shine."

— B.K.S. Iyengar

Let us hear from you

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