

## 2011 IYANW Officers:

**Tonya Garreud** - President  
**Marcia Gossard** - Vice President  
**Karin Brown** - Treasurer  
**Anne Geil** - Secretary  
**Paul Cheek** - Membership Chair  
**Denise Weeks** - Communications Chair  
**Angela McKinlay** - Education Grants

## Upcoming Workshops

Area studios are encouraged to send announcements of upcoming workshops being offered by Certified Iyengar Yoga Instructors.

### Felicity Green: Brief Study of the Bhagavad Gita

June 24 – 26, 2011

Rushing Water Yoga, The BKS Iyengar Yoga School of Southwest Washington, Camas, WA  
[www.rushingwater yoga.com](http://www.rushingwater yoga.com)  
 360.834.5994

### Yoga at Doe Bay with Ingela Abbott and Felicity Green

July 8 – 10, 2011

Yoga Northwest, Bellingham, WA  
[www.yoganorthwest.com](http://www.yoganorthwest.com)  
 360.647.0712

### 5-Day Intermediate Intensive with John Schumacher

August 3 – 7, 2011

Yoga Northwest, Bellingham, WA  
[www.yoganorthwest.com](http://www.yoganorthwest.com)  
 360.647.0712

### Rebecca Lerner

September 9 – 11, 2011  
 Sunset Yoga, Portland, OR  
[www.sunsetyoga.com](http://www.sunsetyoga.com)  
 503.539.4504

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## Member Classes Around the Region

Since late last year, IYANW has offered four classes for current members and members-to-be. Existing members expressed appreciation for this additional membership benefit, and those who became new IYANW members learned more about who we are, what we do, and how they can become more connected to Iyengar Yoga locally and nationally.

The two most recent classes were held on April 16 in Bellingham, Washington at Yoga Northwest, and on April 30 in Beaverton, Oregon at Sunset Yoga. We thank Ingela Abbott for letting us use the Yoga Northwest studio and Denise Weeks for teaching the Bellingham class. We also thank Nina Pileggi for teaching the Portland class in her brand new studio.

Denise's class was on the theme of *sauca* (cleanliness, purity) and focused on supine, standing, sitting, and inverted twisting poses. Mr. Iyengar says in *Light on Yoga* that it is "a long way from taking a bath to meeting God" (258), and that, too, was a theme of the workshop—working from the "big" strengthening and heat-generating twists like Jatari Parivartanasana to the quieter, inward-moving twists like Ardha Matsyendrasana II. The Bellingham gathering was small: two existing members and three new members came, but they were enthusiastic, dedicated practitioners, ready to explore.



Sauca Class

Nina's class at Sunset Yoga Center had ten current members in attendance and attracted one new IYANW member!

The sequence was from Mr. Iyengar's book, *Light on Life*. Mr. Iyengar has given us this sequence to help us develop emotional stability. He notes that the various poses included in the sequence cool the brain, balance the intelligence of the head and heart, stimulate positive thinking, and bring quietness. Nina noted that when she has practiced this sequence in the past, the benefits were both immediate and lasting.

"It's a long way from taking a bath to meeting God."  
 B.K.S. Iyengar

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## Coming Next Issue: Seasons of Our Lives

*Are we in the Northwest more sensitive to seasons than other people? This spring has certainly challenged northwesterners who crave a little sunshine. How does your yoga practice support you through the changes of season and the changes of life? Please share your stories. Also send workshop information, community news, recommended resources, and pictures to Denise Weeks at [denise.weeks@comcast.net](mailto:denise.weeks@comcast.net). Deadline is October 1.*

# A Note from the President: Our Ongoing Work


Recently, a community garden reopened near my home. Miraculously, after four years on a waiting list, I got a spot. This is my first year planning and caring for a vegetable garden on my own. Even as I write “on my own,” I know I’m not alone. I have had lengthy phone conversations and email exchanges with my mother who gave me an early appreciation for snacking in the garden. Knowledgeable friends have generously offered advice and have even donated plants, both decorative and edible.

As I walk by other well-established gardens it’s been difficult not to compare the progress of their garden with mine. After all, I started with a completely bare plot. The soil needed amending and turning. There were no strawberries, raspberries, or herbs returning from a previous year. So when I see my neighbor’s raspberry plants reaching five feet and look at my recent transplants that are hardly a foot tall, it’s hard not to be discouraged. After all this work, there is only minimal progress that can be seen so far.

This is how I feel about the progress of IYANW, too. We have stepped up our ongoing efforts to involve members in our organization, most recently by offering more member workshops than ever before. Like progress and growth in the garden, our membership is growing slowly. But I have confidence that eventually these efforts will take root, fostering a vibrant yoga community in all parts of the Northwest.

Behind the scenes at IYANW we are working with volunteer Carmen Viola to update our website, so maybe by our next issue we will have a successful new web launch to report.

We are always interested in hearing from you, too. In this issue we hear from one student who has been successful in bringing the benefits of yoga to a stressful workplace, and we hear about regional studios’ efforts to benefit others through fund-raisers. This work we do in yoga (and in our gardens) is ongoing, always unfolding, continually evolving. Don’t hesitate to send us any updates or information important to you, your practice, your teaching, or your studio. ■



## IYANW Member Discounts

Regional Iyengar Yoga studios help make IYANW membership attractive. Most (but not all) studios will ask for your membership number to receive a discount, so have that information ready. If you don’t see your studio listed below, be sure to ask next time you sign up.

### 10% off Regular Classes

Elizabeth Kerwin & Rushing Water Yoga

### Discounts on Workshops

Boise Yoga Center, Boise, ID – 10%  
Iyengar Yoga of Bend, Bend, OR – 5%  
Julie Lawrence Yoga Center, Portland, OR – 8%  
Sunset Yoga Center, Portland, OR – varies by workshop  
Elizabeth Kerwin, 8 Petals (Bellingham)  
& Turtle Haven (Deming), WA – 10%  
Rushing Water Yoga, Camas, WA – 10% (no discount on benefit classes)  
Tree House Iyengar Yoga, Seattle, WA – 10%  
Yoga Northwest, Bellingham, WA – 10% ■

*Member Classes continued from page 1*

### **The Sauca Sequence:**

Adho Mukha Virasana  
Adho Mukha Svanasana  
Uttanasana  
Malasana  
Urdhva Prasarita Padasana  
Jatari Parivartanasana Variations  
Virabhadrasana II  
Virabhadrasana II > Vimanasana  
Parsvottanasana – classic  
Parsvottanasana > Parivrtta Trikonasana  
Parivrtta Parsvakonasana  
Uttanasana  
Ropes Sirsasana  
Janu Sirsasana  
Marichyasana III (2x, going slow)  
Ardha Matsyendrasana II (2x, going slow)  
Ardha Matsyendrasana III – just for fun!  
Halasana  
Supta Konasana  
Parsva Halasana  
Sarvangasana  
Savasana

### **The Emotional Stability Sequence:**

The following sequence had to be modified somewhat as it calls for many “furniture” type props that were not available.

Adho Mukha Svanasana (resting the head on support)  
Uttanasana (shoulders on two tall stools if available, we substituted resting the head on support)  
Sirsasana (in the ropes)  
Viparita Dandasana (on a chair, legs supported)  
Sarvangasana (on a chair)  
Niralamba Sarvangasana (we substituted Sarvangasana II, with arms in the chair legs, feet on a wall)  
Niralamba Halasana (knees or thighs resting on a stool)  
Setubandha Sarvangasana (on a bench – we substituted bolsters)  
Viparita Karani  
Paschimottanasana (head on a bolster or chair)  
Upavista Konasana (holding toes, concave back)  
Baddhakonasana (roll blankets and place under the knees for comfort)  
Supta Virasana (on a bolster)  
Viloma II Pranayama  
Savasana with chest elevated ■

# Creating Space for Yoga at Work

By Denise Weeks

At the beginning of every quarter I ask my students if they have any goals, small or large. Many say they'd like to develop a more consistent home practice. Last quarter, student Jenny Duncan told the class that her practice had become more regular after she successfully created a quiet space for yoga and meditation at the bank where she works as a personal banker. Jenny calls this work-place sanctuary the "Zen Den." Many in the class had a look of mild envy: if only every workplace had a yoga room! I asked Jenny how her workplace success came about.

## How did you come up with the idea for a Zen Den?

I got the idea one day in class. You were talking about home practice and I thought, "I'm working so much and I'm home so late; lately work is home," so I decided to make a room for relaxing at work!

## Describe your Zen Den. What was the room before, and how did you change it?

I found an office no one used much and asked the manager if I could use it to make the Zen Den. I told her I wanted it not only for myself but for the whole team, including her! It is so important for the leaders of the team to have 15 to 25 minutes with their own thoughts and some time to breathe.

I put a list on the break-room table of things I thought would be nice to have in the Zen Den, and added that people should bring anything they thought would be relaxing. We got bamboo mats and two desk waterfalls, a radio and some soothing CDs, a foot massager, and aroma therapy. I bought a back-drop at Party City of the ocean and palm trees, and I brought in some yoga books. Others have brought every thing from stress balls to pictures of their family. We have blankets and yoga mats, and on the door I have a sign that I got from the office supply store that says "Open" on one side and "Closed till \_\_\_ (whatever time you're done). Relaxation in session."

## How do you and your coworkers use the Zen Den?

Tips for using the room include:

- limit your time to 15 to 25 min so everyone has a turn
- act like you're not even in the building when you're in the Zen Den
- don't talk on the phone
- think grateful and joyful thoughts
- and the most important tip: breathe!

We have an egg timer so people can just relax and not watch the clock. We also have a dry erase board and put up a quote of the day.

## I know your work can be stressful for you. How has the space helped you?

It has not only been a great way to take my breaks, but it has really changed my way of life. I spend up to 25 minutes every day just doing yoga!



Photo by Jenny Duncan

## What's the best thing about having your Zen Den at work?

I think the best thing is that I can be in the present moment and so can my team. I know at least half of the team has used it, and that helps the other teammates and the customers.

I have a high stress job and try not to take things home with me, but I have so many customers that are going through financial hardships it sometimes overwhelms my heart and mind! When you go to the doctor you don't want a stressed out doctor, and when you are dealing with your finances you don't feel very good about a stressed out banker! With the economy still recovering and so many things happening in the banking world, the Zen Den is the best thing that could have happened to me and the bank! ■

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*Jenny Duncan lives in Ferndale, WA with her husband, Michael, and 2 cats, Napoleon and Atilla the Hun. (And she commutes 70 miles round-trip to Burlington every day—more time devoted to work!) She has been doing yoga for five years. Denise Weeks teaches at Yoga Northwest in Bellingham.*

# Northwest News

## Cultivating our own Voice

by Nadine Sims

Iyengar Yoga of Bend hosted our Senior Mentoring Teacher, Carolyn Belko, for four days in March. This is the 7th year that Carolyn has held a spring workshop in Bend, but it was her first time in our beautiful new studio. Even though half the students had studied with her before and half have only been practicing for the short time the studio has been open, Carolyn's astute sequencing and masterful class control allowed both levels of student to reach their full potential.

The underlying theme of the workshop was "Stability in the Moment." Carolyn helped everyone experience this relationship in both *Asana* and *Pranayama*. Carolyn is especially gifted when it comes to therapeutic solutions; she successfully showed a dozen students how to either resolve completely or initiate correction of chronic, painful conditions. Students are still reporting back on the positive effects of her insightful guidance and are marveling at how they have improved, and many are already asking about when she will be coming back or are making plans to study with her the next time they visit the San Diego area.

## Fundraiser for Japan

by Ingela Abbott

On March 26 Yoga Northwest sponsored a "Help Japan Benefit Workshop." We raised \$1,268 from very generous contributions and Yoga Northwest matched that amount. The total donation of \$2,556 went to Doctors Without Borders and the Red Cross to help our friends in Japan recover from the horrific tragedy and disaster caused by the record earthquake and tsunami that took 20,000 lives and caused over 350,000 people to lose their homes, work, families, schools, hospitals, and transportation.

Our hearts go out to them as they struggle to regain their health and hope in the future. While our contribution is a drop in the ocean, hopefully many drops can fill an ocean of relief. And in yoga, the breath reminds us that we are all interconnected—that we give and receive in the great miracle of life.

## Happenings at Tree House Iyengar Yoga

by Pat Musburger

We are excited and pleased to welcome Felicity Green to our studio. Having recently moved from her longtime home on Lopez Island, WA to the Seattle area, she will be conducting workshops and private classes at Tree House.

In May Angela McKinlay offered a benefit restorative class that raised \$235. Initially it was to benefit the victims of the tsunami in Japan, but after the devastating tornadoes and floods in the south Midwest, it was decided that the proceeds would go to the Red Cross Disaster Relief General Fund. ■

Upcoming Workshops – continued from cover

**Nina Pileggi – Weekend Retreat at the Coastal Mountain Sport Haus, Mist Oregon** September 30 – October 2, 2011  
Sunset Yoga, Portland, OR  
www.sunsetyoga.com  
503.539.4504

**Yoga in Vietnam with Hiking, Biking, and Kayaking with Ingela Abbott**  
October 16 – 29, 2011  
Yoga Northwest, Bellingham, WA  
www.yoganorthwest.com  
360.647.0712

**Carrie Owerko**  
October 21 – 23, 2011  
Julie Lawrence Yoga Center, Portland, OR  
www.jlyc.com  
503.227.5524

**Dean Lerner**  
November 4 – 6, 2011  
Yoga Northwest, Bellingham, WA  
www.yoganorthwest.com  
360.647.0712

**Laurie Blakeney**  
January 6 – 8, 2012  
Julie Lawrence Yoga Center, Portland, OR  
www.jlyc.com  
503.227.5524

**John Schumacher**  
March 9 – 11, 2012  
Julie Lawrence Yoga Center, Portland, OR  
www.jlyc.com  
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