



Welcome to the summer 2019 edition of our e-newsletter.

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Dear Members,

Sorry this newsletter is a little later than usual, life just gets busier and busier!

I hope you have enjoyed the summer holidays and feel refreshed ready to begin the Autumn term.

The IY Convention in Nottingham was a little smaller than usual but provided a unique opportunity to develop our understanding of pranayama. Navaz Kamdin was truly amazing, providing us with a wonderful programme of study. Her clarity, compassion and good humour inspired us all. Hopefully a detailed account of her teaching will appear in the next IY magazine. It was good to see Uday Bhoshale working alongside her demonstrating the poses with great finesse. So, in order to build on our knowledge and understanding of pranayama I have included Guruji's account of how he struggled over many years to master pranayama as well as his thoughts on Pranayama and Deep Breathing from 'Yoga Wisdom and Practice – for health, happiness and a better world'.

This newsletter also contains information about the World Yoga Festival – particularly the Iyengar Yoga teaching, the usual events update and AGM, the second ORIY bursary, the recipe and a new section on environmental matters.

As always, I am keen to include ideas and articles from members so please do get in touch. I will be happy to write up your thoughts for future newsletters so you don't need to worry about producing a polished article – unless you want to!

Looking forward to hearing from you.

Best wishes

Mary

ORIYI Chair

Maryfitzpatrick10@icloud.com



Events

Yoga Workshop with Sallie Sullivan – 29th June

Sallie came to Newbury on one of the hottest Saturdays of the year but took great care to provide a session that was cooling. See some photos below



The afternoon was spent exploring the intricacies of the Sanskrit pronunciation of some of the asanas. We learned how to stress particular syllables within the words and enjoyed chanting them together correctly. The day finished on a high with pranayama

ORIY Annual General Meeting

The AGM took place during the lunch break and the committee elected. A copy of the minutes will be circulated with this newsletter.

Interesting and inspirational classes at the World Yoga Festival 2019 – by Ruth Denbigh

Garth McLean - A compassionate and inclusive teacher whilst teaching a general class, there was something for everyone, for those not used to the traditional Sanskrit names Garth often used both the Sanskrit and western names of poses so that those unfamiliar had some idea of the direction in which we were heading. He spoke about the need to be unconfined by success and failure, listening to our own bodies limits for the day and working within them, that no step along the path was ever wasted. On reflection I realise that there were so many points made, encouraging us to lift our hamstrings and spread our buttocks whilst taking the thighs back was a recurring theme. I am also aware of the fact that I have picked up on and remembered things that along my own journey I am ready to receive and that every single person in that marquee will have experienced something slightly different and what they were ready to receive. So, for those at the festival and those reading apologies for any glaring omissions.

Garth spoke about the importance of inversions so that we can experience the change in perspective inversion brings. In a marquee without walls, with lots of people in the class with no or limited props, plus uneven ground brought new and different challenges. Very soft squashy grass under foot made me thankful for the solid floor of the yoga studio. He also taught some pranayama and spoke about the importance of practicing it, how he had personally found pranayama healing.

Garth taught a class first thing each morning and a second at the end of the day, in the usual slots saved for the visiting Iyengar teacher in the large Space tent. Each day was different with Sunday's class having a much more playful feel about it, experimentation and giving things a go, losing the preconception of success and failure. Talking about the Bhagavad Gita when Krishna tells the great warrior Arujuna that however small the step along the path is learning and it never wasted.



Mary Niker also took a class each day for beginners, it was great to see people experiencing the detail of an Iyengar class for the first time. Mary taught in a very accessible, enthusiastic, relatable style with a great sense of humour. A wonderful reminder that we are all different, our bodies naturally are different and that when attending class we still need to use our own intelligence when following the teacher's instructions. An instruction given to the class may be for the majority but for someone who is very stiff or hyper mobile the instruction may not be right for them. A great chance to go back to basics and explore further.



Overall it was a great experience, for which I am thankful and which left me eager to explore more in my own practice as well as to read the Bhagavad Gita myself, as I take the first steps of my journey.

For those who are interested in the other aspects of the World Yoga festival this year there are lots of recordings of some of the sessions

on the festival YouTube channel here -

<https://www.youtube.com/channel/UCVIJyQN4eakcQ57uVrcATMA>



Future Events

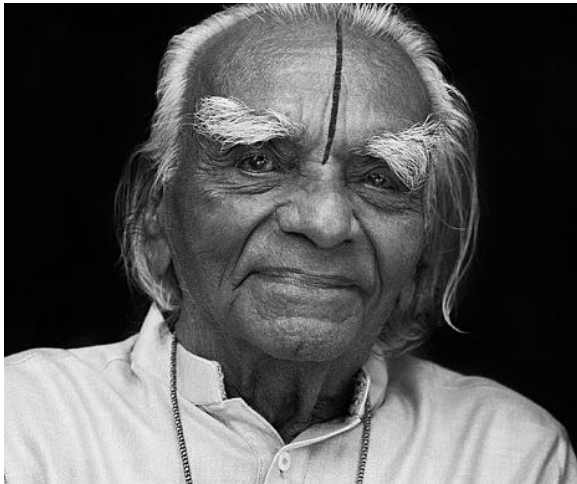
Saturday 2nd November - Senior Teacher, Cathy Rodgers Evans providing a Professional Development Day for our **Teacher members** to be held at St Nicolas School, Newbury, RG14 7UL. The subject to be covered is Pregnancy.

Uday Bhosale will be returning to our region to teach a 2 day event on **4th and 5th April 2020** - the venue will be Steventon Village Hall - save the date!



How I began Pranayama

From “My Yogic Journey”, talk given on B.K.S. Iyengar’s 70th birthday at Tilak Smarak Mandir.



“In 1941, I went to Mysore for a few days. As I was staying with my Guruji and knowing that he would not teach me pranayama, I thought of watching him while he practised pranayama in the mornings. Guruji was a regular practitioner of pranayama, always practising at a fixed time in the mornings, but he was never regular in his asana practice. He was in the habit of getting up very early, but my sister was a late riser, so nobody knew I was up to observe his practices. I wanted to see how he sat and what he did with his facial muscles. I stealthily peeped through the window and observed his movements very carefully. I wanted to learn to sit, to stretch the

spinal column, and relax the facial muscles. Each morning I watched his adjustments and movements, the dropping of the eyeballs, the closing of the eyes, movements of the eyelids, lift of the chest, movement of the abdominal organs, maintenance of the waist, the sound and flow of his breath. Having observed his practice minutely, I was tempted, approached him with humility and pleaded him to teach me pranayama. He said that it might not be possible for me to do pranayama in this life. His refusal to teach me was the seed for me to start the pranayama practices myself. Though I was determined to do it, it was not as easy as I had thought it to be. I struggled the same way to do pranayama as I struggled to learn the asana. With failure after failure, dejection and discontent, I restlessly persisted with the practice of pranayama from 1944. The pains and struggles of 1934 reappeared even in the pranayama practices. The end of struggle, dejection, and the state of restlessness came only in 1962-63 and not before, though everybody was proclaiming that yoga brought poise. I was laughing at their statements and thought it all to be nonsense.

“I began practising all the asana meticulously to straighten my spine. When I felt strong in the spine, I again began my pranayama. “

Restlessness and unhappiness prevailed over me for decades. In the beginning, I could not do even one breath with any rhythm. If I took one deep inhalation, I had to open my mouth for the exhalation, as I could not release the breath through the nose. If I inhaled normally to master deep exhalation, I could not draw in the next breath due to the laboured releasing of the breath. I was under constant pressure. I was not finding the cause of this problem and my Guru’s words that I was an unfit student for pranayama were ringing in my ears, bringing a negative state of mind in me.

Like a religious person, each morning I would get up early for pranayama, and after one or two attempts I used to lie down, thinking within myself, ‘I cannot do it today, let me try tomorrow.’ This process of getting up in the early morning and not practising after one or two attempts continued for years. Then one day I made up my mind to do at least one cycle before losing heart in between.

Then, after an interval, I followed with a second cycle with great difficulty. I used to give up for the third cycle, as it was next to impossible. In this way, I pursued the practice daily, but it was ending in failure; yet I succeeded after eight to ten years to sit for one hour at a stretch for pranayama. Many may not believe that it took me such a long time. The reason why it took me so long is on account of my spine, which could not take the load of sitting straight.”



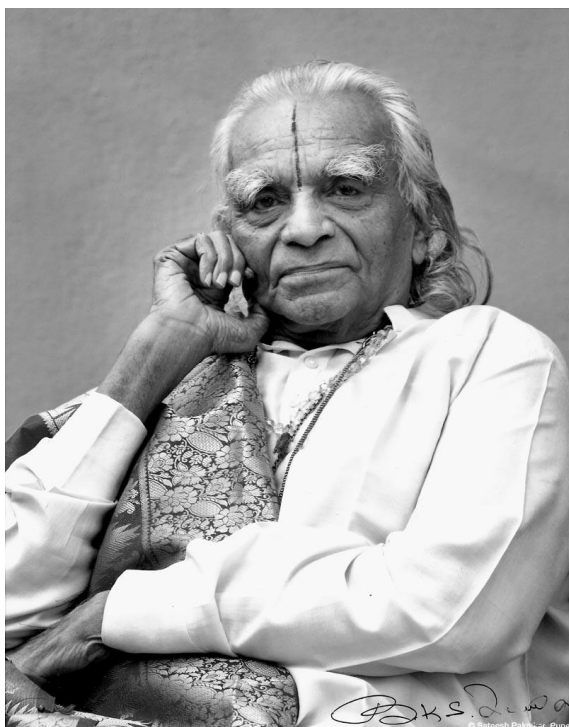
Pranayama and Deep Breathing - by B.K.S. Iyengar

“If you keep a vessel under a tap, the water that flows, touches the bottom of the vessel and moves to the sides to accommodate the water as it comes. Unless and until the first water which dropped into the vessel finds a surface, the vessel does not fill at all; there will be air gaps. So if you open the tap very heavily, it will seem that the water has come to the top, but if you slow down the flow, the water descends to find its level.

If the water gushes from the tap, the vessel cannot be filled at all to the brim. It is the same in deep breathing. Though it appears that one has filled the lungs, the vessel of the breath remains empty. Secondly, if the tap is opened fully, the force of the water from the tap makes the vessel vibrate and distort its position. The same happens for the torso in deep breathing and one will not know whether the drawn-in breath is absorbed or not by the lungs. If the tap’s opening is narrowed, the water that drips into the vessel does not disturb, and when the vessel receives the water, the level rises smoothly, rhythmically, covering the surface of the vessel evenly. So also in pranayamic breathing, you make the upper palate open in such a way that the air that is drawn in is not made to gush, but flow into the narrow passage through the half closed palate.

One can measure how much one wants to open or close the upper palate to allow the breath to go in smoothly through the windpipe to fill the lungs. The windpipe bifurcates into two branches, which further branch off. The tissues open out tremendously in pranayamic breathing. This way the drawn-in breath goes towards the extremities and feeds the alveolar cells. The alveolar cells absorb the drawn-in air without any disturbances, vibrations, or leaving any gaps between the air cells and the bronchioles. The drawn-in air is not released without feeding those areas. In deep breathing, they do not feed because the walls harden. The intercostal muscles of the chest become hard, therefore that breathing does not supply the needed energy to the extremities.”

Breathing in Asana



“ If you carefully observe the contact of the breath in different asana, you observe that the breath touches different parts in different asana. It means take a deep in-breath or a deep out-breath, the touch of each breath in the torso differs each time and will not be the same. Each breath touches sometimes the inner parts and at other times the outer parts or the middle parts. When a deep inhalation or a deep exhalation is taken, you like to be in touch only with that part where the breath touches and neglect the other parts allowing these areas to remain dry and senseless. If the land is dry, it cracks. The same thing happens here: wherever the breath touches, that part gets nourished and the non-attended parts remain undernourished. It means there is progression on one side and regression on the other. While doing the asana learn to observe that the breath taken in or out touches the torso evenly.

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### ORIY BURSARY SCHEME

In order to support and further the study and understanding of our teacher members the ORIY Committee has agreed to offer a second bursary to support attendance at the Ramamani Iyengar memorial Yoga Institute (RIMYI) in Pune. This bursary is only available to teachers who intend to attend General Classes for a minimum of one month who would not otherwise be able to afford to go. The amount of the bursary is £1,000 to be used to help meet the cost of travel, accommodation and RIMYI fees.

If interested please contact the ORIY Chair, Mary Fitzpatrick at [maryfitzpatrick10@icloud.com](mailto:maryfitzpatrick10@icloud.com) for an application form.

Applications should be received by Friday 3<sup>rd</sup> January 2020

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Caring for the environment.

As you know there is a lot of talk about caring for the environment and thankfully governments, businesses and individuals are beginning to take actions to do something about it. This new section in the ORIY Newsletter will showcase all the things we can and are doing to help the environment. Many of us are eating no or less meat, taking shorter showers, walking or using a bike whenever possible, avoiding printing documents as much as possible and recycling etc.

I've just been reading that the British buy more clothes than their EU neighbours and five times as many items as they did in the 1980s! The environmental cost of our shopping habits is beyond belief. A BBC Radio 4 investigation for the Today programme took us from Spain to Ethiopia where they examined whether the planet, and some of its poorest people are footing the bill for our unquenchable thirst for fashion – and how we should tackle it. The plight of some of those who make our clothes came into shocking relief in 2014 when 1,138 garment workers lost their lives in the collapse of the Rana Plaza factory complex in Bangladesh. As a result, conditions improved and wages rose but the clothes companies then looked elsewhere to keep costs down. So now huge quantities of clothing are manufactured in Ethiopia where wages average about a third of the rates paid in Bangladesh! Textile production, it's claimed, contributes to more climate change than aviation and shipping combined. And there's consequences at every stage of a clothing item's life cycle – sourcing, production, transport, retail, use and disposal. It's not a simple as cotton versus synthetic. Cotton is a very thirsty crop. The UK House of Commons' Environmental Audit Committee highlighted in a recent report that a single shirt and pair of jeans can take up to 20,000 litres of water to produce. It concluded, "we are unwittingly wearing the fresh water supply of central Asia." Yet, a polyester shirt made out of virgin plastics has a far larger carbon footprint. Transporting items increases that further and dyeing fabrics can introduce more pollutants. Microplastic fibres shedding into waterways is becoming an increasing problem – a single washing machine load can release hundreds of thousands of fibres. Plus, a million tonnes of clothes are disposed of every year in the UK, and 20% of that ends up in landfill. So, what can be done? Some retailers are beginning to switch to sustainable fabrics and looking to improve how they source and their processes. But it seems to me that the big problem is with us – the customers. Now is the time to seriously reduce the amount of clothing we buy. Perhaps taking a vow to not buy anything new for a year. Such action is growing in popularity and there's an increasing focus on buying better clothing and making do and mending torn garments.

I invite you all to share some of the things you do to help look after our planet. **Hopefully I'll be inundated with all your ideas which can then be published in future newsletters.**



Lemon Drizzle Traybake



Ingredients

225 g unsalted butter
225g golden caster sugar
3 medium eggs
150ml milk
225g self-raising flour, sifted
1.5 teaspoons baking powder, sifted
Finely grated juice and zest of 2 lemons
100g golden granulated sugar
Makes 1x30x23 cm traybake

Preheat the oven to 170°C / fan oven 190°C/gas mark 5 and butter a 30 x 23 x 4cm baking tin. Put the butter and caster sugar into a food processor and beat together until pale and fluffy. Incorporate the eggs one at a time, scraping down the sides of the bowl if necessary, then add the milk and whizz until creamy. Gradually add the flour and baking powder through the funnel with the motor running, then incorporate the lemon zest.

Transfer the mixture to the prepared tin, smoothing the surface and bake for 30 minutes until golden and shrinking slightly away from the sides, or a skewer comes out clean from the centre.

Run a knife around the edge of the tin and prick the cake with a skewer at about 2 cm intervals. Combine the lemon juice and the granulated sugar in a bowl, stirring it evenly to distribute it, then spoon it over the top of the cake. Leave it to cool, allowing the juice to sink into the sponge. The surface should have a lovely crystalline sheen. Cut into whatever size or shape you fancy.