



Welcome to the Easter 2023 edition of our e-newsletter. www.oriy.org.uk

Dear Members,

For this issue I have decided to focus on a particular asana – adho mukha svanasana. I have always considered it to be a pose which helps us to realign and centre ourselves. However, more recently I have begun to really appreciate just how versatile it is and how it can be practiced in so many different ways and, at any point during a practice. The range of reasons it can be practiced is endless eg. to bring physical alertness and mental focus at the beginning of a practice; to learn correct actions for the arms and upper back to help arm balancing poses or inverted poses; to work the knees; to release the neck; to bring mental quietness and stability with the head supported before Pranayama; and much more. Suza Francina in her book, 'The New Yoga for People over 50', also extols the virtues of Adho Mukha Svanasana (as well as Urdhva Mukha Svanasana) in Chapter Four – key Yoga Postures for Reversing the Aging process. (see later)

This well known and favoured pose is something many of us do most days but are we doing it with 'intelligence'? B.K.S.Iyengar said, "Whatever asana you do, see that your intelligence (prajna) is lighting each and every part of your body." This notion of intelligence is explained with great clarity by Gururji in a short piece entitled The Thread of Intelligence taken from Yoga Wisdom and Practice - for health happiness and a better world produced later in this newsletter.

Also included is some information and illuminating diagrams from a book entitled Therapeutic Yoga by Dr J.T.Shah. This is not a recent publication but is new to me (I got it for Christmas) and I found it interesting. I am quite a visual person so liked his use of colour coding to represent the different systems, organs and tissues in the body-I have reproduced the piece on AMS see what you think.

Tanya De Leersnyder our ORIY Rep has been in post for two years – I have included her recent summary of the last Exec meeting in January – it makes the newsletter longer but as most read it on line I hope that isn't a problem.

The first workshop of the year took place on Sunday 29th January with Lydia Holmes as always great teaching and a delight to catch up with old friends. A few words about the day are also included.

Finally, don't forget your ORIY subs of £20 are due at the end of March – it's a very simple process via the IYUK website

<https://iyengaryoga.org.uk/> don't forget to renew or join via ORIY and this time you need to opt in to receive the newsletter as a paper copy. If you need any help with this contact Julia our membership secretary at jhardy2406@gmail.com



Happy Easter

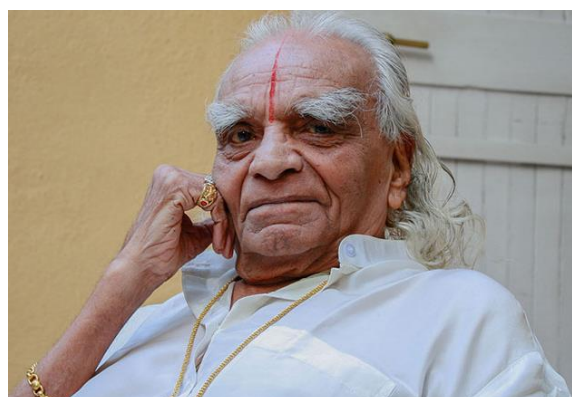
Love and best wishes

Mary . ORIY Chair and Newsletter Editor Maryfitzpatrick10@icloud.com

Workshop with Lydia Holmes Sunday 29th January



We were delighted to welcome Lydia to Newbury at the end of January. She had prepared an interesting and challenging programme of asanas emphasising leg actions working towards standing twists. The pranayama session in the afternoon was rejuvenating. We took advantage of the large gym mats stored in the school hall and used them to provide extra cushioning and warmth under our yoga mats. Looking forward to the next one.



The Thread of Intelligence – by B.K.S. Iyengar.

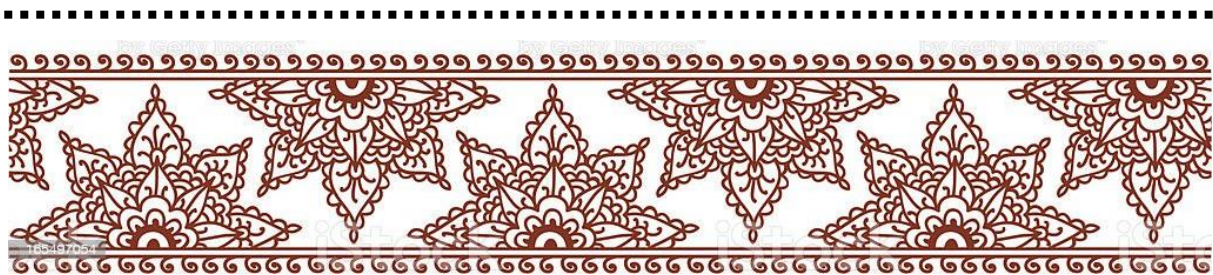
“Whatever asana you do, see that your intelligence (prajna) is lighting each and every part of your body.”

“You know about the kites that children play with. There are different shapes of kites, each having a different form, design, thread, and person to play. As one observes children’s kite games the yogi learns by using his body as a kite. We have got hundreds of muscles and joints, thousands of fibres, millions and billions of cells and hence this body can be compared to a kite.

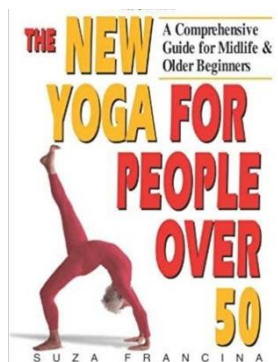
The self, which is hidden inside, plays the kite; if the wind is not there, the kite cannot fly. As such, children move and pull the thread to make the kite fly by pulling and pushing the thread forwards or backwards until the kite catches the wind to soar up. Similarly, I use the intelligence as a thread to act on the muscles to work properly and move evenly with rhythm. In the body, the calf or thigh muscles, or hinges, or ankles or heels are like different kites. To control these various muscles and structures that are like different kites, the thread of intelligence is made to be held by the holder – the Self (sutradhara) – to make the fibres, tissues, joints, and muscles move with control.

If the anatomical/physiological body is the kite, its thread is the intelligence and the Self is the holder of the thread. In order to adjust each muscle, joint, and fibre, the Self has to hold the thread and pull the intelligence in such a manner that all the various parts of the body are brought to a single state of stability like the kite that remains stable though soaring high in the sky.”

“The intelligence as thread grips the various parts of the body (the kite), so that the holder (the Self) feels the oneness with the intelligence (thread), as if the kite, the thread and the Self are one.”



‘The New Yoga for People over 50’ - Chapter 4 by Suza Francina



Key Yoga Postures for Reversing the Aging process.

“In the mornings, Monday through Friday, we do our yoga exercises. I started doing yoga exercises with mama about 40 years ago. Mama was starting to shrink up and get bent down, and I started exercising with her to straighten her up again.... When Bessie turned 80 she decided that I looked better than her so she decided she would start doing yoga too..... “

By Sarah and Elizabeth Delany, at ages 102 and 104. Authors of ‘Having our say , the Delany sisters

Downward- and Upward- Facing Dog Pose

Adho Mukha Svanasana and Urdhva Mukha Svanasana

The Downward -Facing Dog Pose is named for the way dogs instinctively stretch their bodies. When practiced with hands on the floor, the shape of the pose resembles a dog stretching, with the arms and the hands stretched out like a dog’s forepaws, the shoulders, spine and chest stretching and the pelvis and tailbone high, stretching back away from the hands. When dogs stretch, they do so with great enjoyment- with all their heart and soul. Naturally, we humans should stretch in a similar way.

(Editor’s note – not sure about the anthropomorphism of dogs here !!!!!)

A panacea for people over 50, this ingenious whole body stretching and lengthening pose combines the benefits of going upside down and bending forward. It is actually like an entire yoga session rolled into one. My experience has been that even octogenarians who may not have stretched for many years – and who may initially have trouble kneeling and getting down and back up from the floor – can begin to enjoy this pose very early in their practice.

Many of my students who started yoga in their 70s or 80s could barely go back and forth from Downward -to Upward facing Dog once before their arms collapsed. Now these same experienced students enjoy practicing Upward and Downward Facing Dog 10 times or more both with a chair and from the floor.

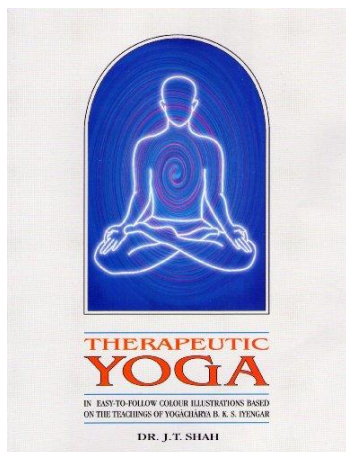
Downward-Facing Dog Pose is a halfway inverted position that almost everyone can safely practice. This pose inverts the internal organs and increases the blood flow to the head. A weight bearing pose, it strengthens the hands wrists, arms and shoulders and stimulates the bones to retain calcium, thus helping to prevent osteoporosis. Downward and Upward Facing dog poses work together to remove a lifetime of stiffness from the shoulder joints, wrists, hands and fingers. The whole spinal column is lengthened, abdominal muscles are strengthened and neck tension is released. This pose helps prevent and decrease the roundness of the upper back so common among older people in our culture. It corrects rounded shoulders by stretching the pectoral muscles on the front of the chest and eradicates the obstacles to good posture.

Older students often report that they regain lost height after consistently practicing the Downward Facing Dog and other yoga poses.

And B.K.S. Iyengar says,

“Those who are afraid to do Headstand (Sirsasana) can conveniently practice this position. As the trunk is lowered in this posture (asana) it is fully stretched and healthy blood is brought to this region without any strain on the heart. It rejuvenates the brain cells and invigorates the brain by relieving fatigue. Persons suffering with high blood pressure can do this pose.” From Light on Yoga





Therapeutic Yoga

Dr Shah's Book was first published in 1999 and has had six re-prints since then – the last one being in 2017.

The abbreviations below help to make sense of the asana diagrams. The asanas have been divided into three categories; EA Easy, MD moderately difficult and DI Difficult – found top left of the page

Abbreviations

Different letters and colours have been selected to represent different systems, organs and tissues in the body, on which the āsana has beneficial effect.

● C → Cardiovascular system

● E → Endocrine Glands

AD • adrenals

G • gonads (ovaries & testes)

I • islets of Langerhans in pancreas

PI • pituitary

PN • pineal

T • thyroid and parathyroid

TY • thymus

● F → Fat

● J → Joints

● M → Muscles

● N → Nervous system and Mind

● O → Organs

A • abdominal organs

C • ear

H • heart

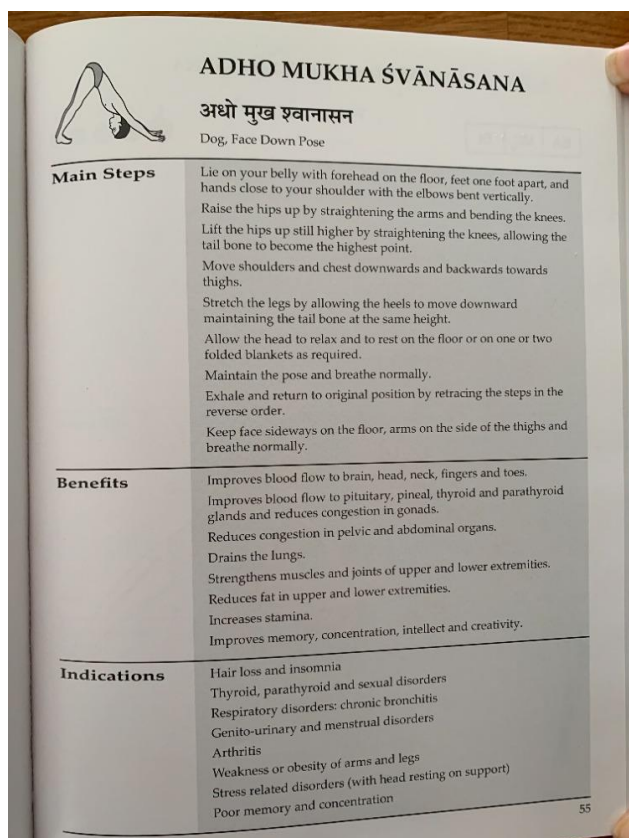
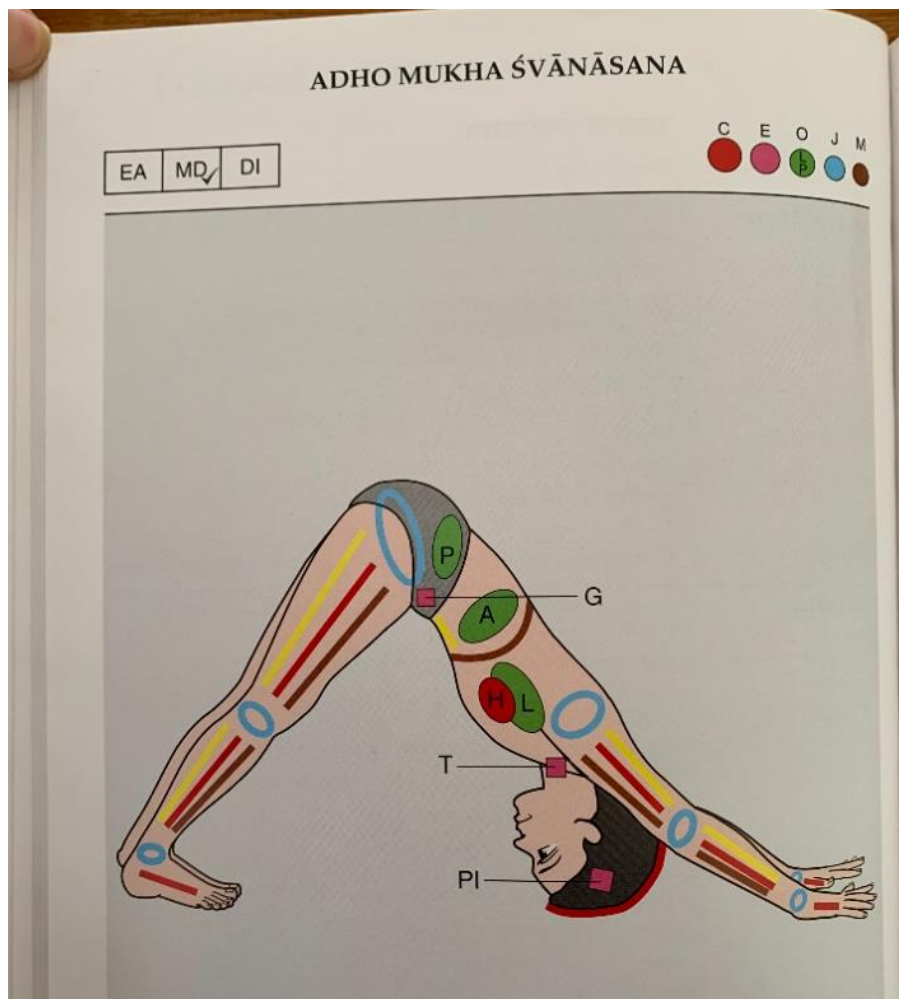
K • kidney

L • lung

P • pelvic organs

V • voice box or larynx

● S → Spine



To use this book you follow the main steps given on the page opposite the asana and review the benefits and indications given below it.

EX Committee Meeting summary – 28Jan23 by Tanya de Leernsyder

Chair:

A meeting with affiliated centres and other studios has been held to understand their views on the role of IY(UK) in supporting them in reaching a wider audience. (Awaiting feedback)

The new website is up and running!

The long covid study report is now on the website and the report indicates there may be value in further work to understand how yoga can alleviate the effects of Long Covid.

Conventions:

IY(UK) is delighted to announce that Abhijata will be the teacher at our 2024 convention from the 4th to the 6th of May 2024. The only other European venues she is visiting that year before going to South Africa are Austria and Germany.

There will NOT be an online convention in 2024.

The Jaki Nett online convention had around 272 bookings (up from 188 close to the actual event) which shows that people book quite close to the actual time of the convention.

Bookings for the 2023 convention with Jawahar Bangera in May are going well and anyone who hasn't booked yet should consider doing so soon to get a place.

CPD online/in-person requirements for teachers:

It has always been possible to apply for exemption regarding CPD requirements if there is a situation/circumstance preventing the teacher from completing the required hours. The aim is not to exclude anyone, but to ensure that we can have continued full confidence in our teachers. There is a requirement for in-person hours as part of CPD and in the words of Abhijata, online classes are not a replacement for working with your own teacher. For example, physical adjustment is an important part of Iyengar yoga and cannot be taught online.

The online conventions held have been a useful way for specialised hours to be achieved, particularly for those who work and/or have childcare responsibilities as recordings can be accessed later.

Secretary:

New committee members:

Andrew Paine – Ethics and Appeals Committee, Nick Johnson – deputy treasurer and member of the IY(UK) board.

Elaine Martin – 2nd 3 year-term on the Therapy Committee, Sheila Haswell – 2nd 3 year-term appointment as chair of the Therapy Committee, Jayne Orton – 2nd 3 year-term as chair of the Assessment and Training Committee and member of the IY(UK) board.

2023 AGM to be held on Zoom on Sunday the 11th of June 4 to 5pm.

Constitution Officer:

The latest SUFC (Speak Up For Change) policy has been updated particularly regarding the complaints procedure and these procedures can be viewed on the website.

Membership Secretary:

When people do not renew their membership, there is follow-up to find out why. Declining membership figures have been caused by multiple factors including Covid-19, teachers retiring, and the hiatus resulting from changes to the assessment process. The new membership renewal system should be a lot easier for people.

New issues of Yoga Rahasya are available to order from the website.

AT (Assessment and Training):

New Level 1 assessments have been organised and Jayne Orton thanked everyone for their hard work particularly Meg Laing who has sadly passed away. There have been sessions to train Assessors in Level 1 procedures and from April, there will be training on Levels 2 and 3.

(Note: Since the meeting, the 1st assessment was run in Scotland and 4 candidates have become new Iyengar teachers)

There are now 30 assessors ready to assess under the new system and 7 trainee assessors shadowing Level 1 assessments.

PD days have been ongoing and focusing on the new poses that are now included in Level 1 and 2.

There is a revised edition of the mentoring manual available on the website.

The proposal for teacher renewals was passed which requires that teachers complete a minimum of 30 hours of Iyengar tuition during the year made up of:

20 hours Iyengar yoga tuition, 15 hours to be in-person which can be:

- Classes with your regular teacher
- general workshops
- mentoring/assessing or leading Exchange of learning workshops (formerly PD days)
- Teaching/assisting in a therapy class

10 hours of specialised training which can be:

- IY(UK) Exchange of Learning workshops (formerly PD days) – attendance is recommended annually but required every 2 years (currently in person only)
- RIMYI Intensives in Pune / Bellur (in person or online)
- IY(UK) Conventions (in person or online)
- Foreign conventions with a RIMYI teacher (in person or online)
- IY(UK) Equity and Diversity Events (in person or online)
- IY(UK) Therapy Committee Modules or Workshops (in person or online)
- Remedial/therapeutic workshops taught by a registered IY(UK) therapy teacher (in person only)
- Remedial/therapeutic workshops taught by an overseas RIMYI approved therapy teacher (in person or online)
- IY(UK) Mentors, Assessors & Training (Meeting MAT) (in person or online)

Equity:

Benefits and risks of making EDI training compulsory for all teachers was discussed as well as the potential to make EDI training self-funding by charging a small fee mixed with some free training options as well.

It was agreed that EDI training will be compulsory for Assessors.

The equity report highlighted the need for everyone to think out of the box and ask what are you doing to make your community and work environment more safe, welcoming and inclusive. Equality, Equity, Diversity, Inclusion and Justice needs to be embedded within IYUK. Equity needs to be at the core of mentoring and assessments.

Communications and PR:

There have been many instances of Iyengar yoga appearing in the press over the past year. A table of all articles was included in the report to the committee. The committee requests that if any member has a story they would like to share or they spot an Iyengar yoga related story in the media, or have an article appearing in a local paper, please let Katie know to be able to share and increase publicity – katie@iyengaryoga.org.uk.

Instagram is currently the fastest growing platform for Iyengar yoga – it frequently reaches more than double the number of accounts than Facebook. On Facebook, top performing posts continue to

be pictures and quotes from the Iyengar family and page reach, impressions and engagement were up in 2022. Instagram reels are also performing well especially reels created by teachers.

Interesting website analytics for 2022:

Users: Who is visiting our site?

- 59,000 visitors in 2022
- 81% are new users
- Gender: Male 38%; Female 62%
- Age: 18-24: 14% ; 25-34: 23% ; 45-54: 18% ; 55-64: 13% ; 65+: 10%

Acquisition: How are users being referred to the site?

- Organic search (e.g. Google): 50%
- Direct: 34% • Social media: 7%
- Referral: 10%

Behaviour: What are people doing on the site?

- 200,527 unique page views
- Top viewed pages:
 - Teacher and class searches
 - Covid-19 recovery programme
 - Events

So far, 3 Yoga Space events have been run:

- 16Sep22 – Yoga Philosophy and our yoga practice
- 16Nov22 – Mentoring (by ATC)
- 13Jan23 – Your yoga practice

The refreshed IYN format has received positive feedback and articles are welcomed. Even though the deadline for submissions of articles is listed on the 2nd page of each magazine, the earlier the better for planning.

There have been recent articles in the press regarding issues of diversity and cultural appropriation and there was a query as to whether these were being responded to. It is felt that it is better not to respond directly to such articles, but rather to demonstrate positive activity to counter this instead. This will be discussed further.

National Iyengar yoga day on 21Jan was on the theme of home practice.

The PR committee request that people provide shareable content for social media including things such as:

- ‘How-to’s’, tips and advice for students
- Good quality photos of people in poses
- Material that is relevant to a wide audience
- Quotes from the Iyengar family or other Iyengar yoga teachers
- Show the diversity of our students and teachers, different shapes, ethnicities, body sizes etc
- Individual teachers’ own reels or stories - IY(UK) may repost these as part of the event promotion

Children, Young adults and Families:

There was discussion around whether university classes should be taking place face-to-face as much as possible. Annie Beattie replied that some in-person classes were offered, and online classes are one aspect of this due to them being able to cover all geographical areas, as well as enable students to participate who may otherwise not be able to (for example due to anxiety, agoraphobia etc.).

Plans are being made to link with other national bodies to develop this strand of activity, and also to use the updated website as a means to extend and diversify reach. Uni days might be an additional tool to help promote the work of IY(UK), and this will be explored. The uptake has not been as hoped and there will be a big push on University Mental Health Day which was a big success last year.

There is also Yogapushpanjali Family Yoga Camp which is due to run from the 24th to the 29th July at the Michael Hall Steiner school in Forest Row, East Sussex. This is an in-person yoga offer for families with childcare available. It was requested that this tour to other parts of the country in future. University classes do include college students as well as young adults generally. The terminology is hard to get right and there will be consultation with the Equity committee to make the wording more relevant to a wider audience.

Archives:

The google survey that went out to member reps has resulted in 6 responses so far. These have been compiled into a short history of each member group for the archives page. There is a lot of material on member group websites which could easily be transferred to the national archive. The survey is still very much open, and more responses are eagerly awaited.

Research:

The research committee are looking for volunteers from different backgrounds to build a strong team to identify potential IY(UK) research studies/projects. A profile for future research committee members will be sent out by Andy Tate to the membership.

Therapy:

Judith Van Dop has stood down after 3 years on the committee and new Therapy Committee members are being recruited. Seven applications have been received.

Therapy Workshops: all of which are recorded and will be going into the therapy video archive.

- The workshop on HIGH BLOOD PRESSURE was delivered by Judi Sweeting and Elaine (Lally) Martin on Sunday 25th September.
- The TC members gave a presentation online for NECK & SHOULDER problems on Saturday 5th November.
- The Asthma and COPD workshop was delivered by Judi Sweeting and Elaine (Lally) Martin on Saturday 11th February.
- The other workshops being planned for 2023 include Keeping Knees Healthy by TC members, IBS with Judi & Lally and a further workshop on the lower abdominal and reproductive area by TC members. All these are yet to be confirmed but are in the planning stages. We have many more topics to be explored using this medium.

Regarding therapy status, the committee plan to send out a short questionnaire to all therapy teachers to find out how many are a) actively teaching a therapy class, b) helping or assisting in a therapy class and c) working one-to-one with their students. This should help planning the new Therapy Module course.

Recent responses to therapy queries have covered the following conditions:

Uneven eye pressure; Pituitary gland and erectile dysfunction; Post stroke recovery; Abdominal hernia; Arthritic hip and hip replacement; How to teach a student with cancer; Hernia (various); Hiatus hernia; Post Vitreous Detachment; Cancer patients – who can teach? HBP and inversions; Breast Cancer; Heart transplant.



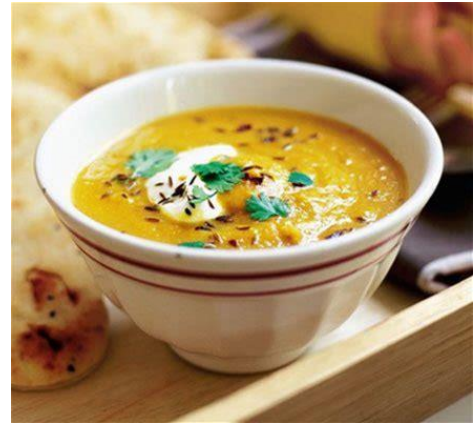
Spiced carrot and lentil soup

Spiced carrot & lentil soup Serves 4

A delicious, spicy blend packed full of iron and low in fat to boot. It's ready in under half an hour.

Ingredients

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated (no need to peel)
- 140g split red lentils
- 1l hot vegetable stock (from a cube is fine)
- 125ml milk (to make it dairy-free, see 'try' below)
- plain yogurt and naan bread, to serve



Method

1. Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
2. Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.
3. Simmer for 15 mins until the lentils have swollen and softened.
4. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
5. Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.

MAKE IT MOROCCAN Substitute the chilli flakes and cumin seeds for a few teaspoons of harissa paste. You could add cooked shredded chicken at the end of cooking, too.

MAKE IT DAIRY-FREE For a richer but dairy-free alternative, use a can of reduced-fat coconut milk instead of the milk.



<<<<<<<<< HAPPY EASTER TO YOU ALL >>>>>>>>>>>>>