

# IYOGA newsletter

IYENGAR YOGA OTTAWA GATINEAU ASSOCIATION • 784 Bronson Avenue • 613-761-7888 • iyoga@canada.com • www.iyoga.ca

*Iyengar Yoga Ottawa Gatineau is dedicated to promoting the art, science and philosophy of yoga according to the tradition of our teacher Sri B.K.S. Iyengar.*

## SATURDAY AFTERNOON WORKSHOPS: 1- 4 PM MEMBERS \$40, NON-MEMBERS \$45

**Saturday, October 27 ~  
Upper Back and Shoulders  
with Barbara Young**

Many of us carry life's tensions in our upper back and shoulders. We work long hours at drawing tables, desks or computers, compounding the tension there. This workshop will teach you to open and release these areas, and will provide you with a short sequence of postures to practice on your own.

**Saturday, November 24 ~  
Learning the Ropes  
with Cathie Lewis**

According to Geeta Iyengar, "By the practice of yoga karunta, one gains agility, lightness of body, speed of movements and alertness in the brain." Please register early, as space is limited.

## GURUJI'S BIRTHDAY CELEBRATION ~ Friday evening, December 7

Each December, we gather to honour and celebrate our teacher on the occasion of his birthday. Please watch the website ([www.iyoga.ca](http://www.iyoga.ca)) and the yoga centre bulletin board for more details.

### Board Members 2006-2007

Marie Cocking, Director  
Donna Fornelli, Treasurer  
John Giokas, Director  
Emily King, Director  
Cathie Lewis, Past President  
Laurette McCormick, Director  
Sharon Pickle, Secretary  
Linda Uhryniuk, Membership  
Barbara Young, President

### Board Members 2007-2008

Marie Cocking, Director  
Donna Fornelli, Treasurer  
John Giokas, Director  
Paulette Hendry, Director  
Cathie Lewis, Director  
Laurette McCormick, Director  
Sharon Pickle, Secretary  
Linda Uhryniuk, President  
Barbara Young, Past President

## The Year in Yoga

On September 28<sup>th</sup> at 6:30pm the Iyengar Yoga Centre of Ottawa hosted its Annual General Meeting. A dozen of the centre's teachers, students and supporters were in attendance to hear about the year past and to plan for the one to come. A variety of topics were discussed including membership, the library, the centre's charitable activities, and of course the election of new board members. Anyone interested in viewing the full minutes of the meeting may do so at the centre. Iyengar Yoga Centre members are also always welcomed at any of the board's meetings as observers. Meeting notices are posted in advance on the centre's bulletin board. Following here is Barbara Young's 2006-2007 President's Report, which provides a summary of the past year's activities.



L to R, is as follows: *Linda Uhryniuk, President, Cathie Lewis, Director, Barbara Young, Past President, Laurette McCormick, Director, Marie Cocking, Director, Sharon Pickle, Secretary, John Giokas, Director, Donna Fornelli, Treasurer*  
Absent - Paulette

## IYOGA President's Report, 2007

*Barbara Young*

I remember once being told that if an organization or business made it well into its third year of operations, it would probably survive and thrive. Here we are, having celebrated our third anniversary in May, and we have settled into a familiar pattern of classes with a growing core of dedicated students. The transition from the 2005-2006 to the 2006-2007 Board of Directors saw its usual comings and goings, with Marie Cocking and Laurette McCormick joining the board and Patricia Kirby and Nancy Dutaud moving on to other commitments.

With the new board's hard work and cooperation, we were able to take on some longer-term projects and see them through to completion. I'll mention a few briefly, and leave details to other board members.

Our first major effort was creating a promotional postcard. The project was choreographed by Cathie Lewis and professionally designed by renowned Canadian graphic designer Neville Smith. In reality, it was design not only by committee, but by the multitudes, with Neville receiving input and feedback from students, teachers and even family members! The result is something we'll be able to use for a long time to come. Flowing from the new logo developed for the card, we also had the website professionally redesigned by Ottawa web design firm Imatics.

Marie spent many hours writing and revising a Fundraising Policy Statement, and also developed a student survey. The teachers worked together on a proposal for a new teachers' pay scale. Donna presented three options to the board, suggesting an interim plan, and the board approved their proposal. We agreed to continue evaluating the teacher pay scale as the centre evolves, until our teachers' fees are on a par with those in the larger community.

## PROPS FOR SALE AT CENTRE

- Mats ..... \$25.00**
- Straps ..... \$10.00**
- Bolsters ..... \$50.00**
- Wood Blocks ..... \$20.00**
- Foam Blocks ..... \$7.50**
- Blankets ..... \$25.00**

Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one's being, from bodily health to self-realization. Yoga means union - the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions.

~B.K.S. Iyengar, Astadala Yogamala

On the subject of fees, Sharon researched student fees charged by other yoga centres so we could compare our student fee structure with that of other centres. Our student fees have remained the same since the centre opened. As a result of Sharon's research, we decided to leave the 8-week class fee unchanged, while raising the cost of a Flexipass from \$50 to \$70, effective this September.

We held many special programs and events this year in addition to our regular classes. Cathie, Donna and Barbara all offered Saturday afternoon workshops, a sadhana was held in the spring, and we offered our first Winter Yoga Retreat at the Galilee Centre in Arnprior. We were once again privileged to welcome Ginette Dion-Ahmed to perform Bharata Natyam Indian classical dance for Guruji's 88<sup>th</sup> birthday celebration. She performed an original work that she choreographed in his honour, about the teachings of Patanjali. Our Day of Yoga Fundraiser was once again a success, and all funds raised were put toward the purchase of a trestler, which is due to arrive at the yoga centre next month.

Our centre has also played a role both nationally and internationally this year. As you heard earlier, we have been involved, through the work of Donna and Sherry, in archival work for the Ramamani Iyengar Memorial Yoga Institute in Pune, India. On the national front, Barbara assumed the role of Librarian for the Iyengar Yoga Association of Canada, and the association's extensive collection of books, videos and DVDs is now located here



at the yoga centre. On the newsletter front, our centre's newsletter entered into a newsletter exchange with the Iyengar Yoga Centre of Victoria. Perhaps most exciting was our hosting of a national teachers' assessment in June. Candidates and assessors traveled to Ottawa from as far as Hong Kong, and from all across Canada, and our own Sharon Pickle was one of the successful candidates. Congratulations Sharon! We're delighted to have another certified Iyengar yoga teacher at the centre.

I'd like to end by thanking the volunteers who have contributed in so many ways, large and small. From maintenance to mat washing, from cleaning to cooking, from distributing postcards to writing articles for the newsletter, student volunteers have been integral to the life of our centre. The collective karma yoga of students and board members creates a fertile environment in which our practice and study of Iyengar yoga can take root and flourish.

*Thank you, and Namaste!*

## Did you ever wonder... who is Patañjali?

By Emily M. King

At the beginning of each Iyengar yoga class we chant together. It's not a long chant, but it marks the start of the class, it helps to bring us together as a group of students who have come to learn and practice, and it helps us to leave the worries of the day at the door. It invokes the spirit of the sage **Patañjali**, recognized as the author / compiler of the Yoga Sutras, in hopes that some of the wisdom that has been handed down through millennia of yoga practice through the ages will infuse itself into our practice that day. The chant is in Sanskrit -

*Yogena cittasya padena vacam  
malam sarirasya ca vaidyakena  
yopakarottam pravaram muninam  
patanjalin pranajaliranato'smi  
abahu purusakaram  
sankha cakrasi dharinamsahasra  
sirasam svetam pranamami patanjalin.*

In English that translates to the following:

*Let us bow before the noblest of sages Patañjali, who gave yoga for serenity and sanctity of mind, grammar for clarity and purity of speech and medicine for perfection of health. Let us prostrate before Patañjali, an incarnation of Adisesa, whose upper body has a human form, whose arms hold a conch and a disc, and who is crowned by a thousand-headed cobra.*



But who is Patañjali? Patañjali is known in Indian mythology as an incarnation one of the four manifestations of the Hindu god Vishnu, thought to have been incarnated to defend and record the practice of yoga. Wanting to teach yoga to the world, Patañjali is said to have fallen (*pat-*) from heaven into the open palms (*-añjali*) of a woman, hence his name.

Although clearly identified as a god by Indian culture, the Patañjali figure, as understood in a more Western cultural framework, is also likely to have represented one or more (some say as many as four) historical figures. In addition to yoga, Patañjali was a great dancer and is worshiped as the patron saint of dancers. He is also attributed with penning a treatise on Sanskrit grammar as well many texts on Ayurvedic medicine. Some contradictions among these texts have lead scholars to believe that the authors may not all have been one and the same person.

In yoga, Patañjali was clearly an original thinker. He not only compiled information about yogic wisdom but reinterpreted and clarified it. His genius brought together in a holistic way many lines of argument in yoga philosophy. He made the abstract practical, and inspired a long line of teachers and practitioners up to the present day including most notably our own Guru, B.K.S. Iyengar. Patañjali may be remembered as not only providing a practical summary of yoga in its most essential form, but also as one of the greatest minds on the subject.

When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world. ~B.K.S. Iyengar



Change leads to disappointment if it is not sustained. Transformation is sustained change, and it is achieved through practice.

~B.K.S. Iyengar, Light on Life