



Pen Yoga
IYENGAR
CENTRE

Fall/Winter 2014/2015

*Without consideration
of caste, class, creed,
religion or region...
it is said that the
only royal path
is yoga.*

OUR BELOVED GURU, B.K.S. IYENGAR passed away the morning of August 20th in Pune, India. He left a legacy of yogic teachings that inspires each of us in our individual growth and tasked us with the honour of passing on his teachings. Shortly before his death he sent us the following message:

Without consideration of caste, class, creed, religion or region...it is said that the only royal path is yoga. This alone is the path that purifies the seeker of truth and no other.

With my deep love and affection toward you all, my heart is throbbing with a sense of gratitude; words fail me and I find it extremely difficult to send a message to you all, my yogic children to whom I am bound.

A message conveys that I am parting with you, but actually I am also close and attached... Even those who learned and later parted from me are close to my heart because they carry the same message of yoga - the unity in diversity. Please know that we are all brought together by the invisible hands of God to jointly work towards integrating yoga further and further. This yoga - art, science and the self-culture of man braided together - has bound us forever and this affectionate bond and feeling that belongs to the heart, not the head, is not capable of being conveyed. These are feelings which have made us all live in contentment and emanate the rays of love and delight.

- B.K.S. IYENGAR

This newsletter is dedicated with love to our beloved Guru, B.K.S. Iyengar. His illumined soul transcended from this earth on August 20, 2014.

Reprinted here is his last message to us, his students. As we mourn his passing, we are equally cognizant that the light he carried will continue to shine in our lives. His legacy instructs and encourages us on the pathway to our innermost being.

He stated " *The yogic journey guides us from our periphery, the body, to the centre of our being, the soul.*" (From Light on Life by B.K.S. Iyengar, pg 3)

Namaste, Lorette Hickling, Editor

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Marlene attended her first Iyengar class in the mid '70's and has continued in this practice. She began teaching in 1979 receiving her first certification from B.K.S. Iyengar, himself, while at RIMYI during the last Intensive in 1997. Marlene is now certified as Senior Intermediate II and teaches regularly at Pen Yoga.

By Marlene Linda Miller

IN THE FALL OF 1982, thirty two years ago, I found a very nervous and excited small me standing on a yellow line, essentially in the centre of the Ramamani Iyengar Memorial Institute, Pune, India. I had been placed at that spot by one of the teachers assisting Sri B.K.S. Iyengar and I was to be in that place each day for the next 3 weeks. A few moments later, "He" entered the hall, filling the entire space with his whole being. Mr. Iyengar began walking towards the platform and stopped. Taking in the features of one of my colleagues, he launched into a very animated dissertation of what it was to be spiritual. Those around me stood in Tadasana and I filled with fright. This was my first experience with "The Teacher".

Standing poses were taught with such vigour and passion in a way I had never before felt or understood. Tadasana, felt in every cell, was between each pose. While in Tadasana I had the most incredible vision of B.K.S. Iyengar, "Guruji,". He was standing at the base of a fountain of energy that radiated outward to several "Iyengar" teachers. In that moment I knew I was in the presence and flow of the source of the teachings. He taught so intently my mind was riveted in the moment and experience of each and every asana.

I was a student of the "Canadian Intensive", a group of around 24. We were joined by other foreign students to form a group of 60. A small group compared to the 120+ now attending general classes. The morning sessions were 2 - 3 hours, 5 days of the week. On Saturday women attended the "Ladies" class. On Sunday men attended Prashant's (Mr Iyengar's son) early morning class. Each afternoon was Pranayama. In addition we had an early morning weekly class with Prashant. We were also permitted to observe other classes. Observing and taking notes at Prashant's classes was like attending a yoga philosophy session.

I had the good fortune to attend four Canadian Intensives taught by Guruji

and/or Geetaji, his daughter. Since then I have made frequent trips to India to attend general classes.

Guruji endeavoured to have us experience the fullness of every asana and enlighten us on the subject of yoga. He gave the practical instruction that took us into the shape of a pose and then guided us so precisely we experienced the depth of each asana. This is unquestionably yoga in action, meditation in action. He showed how to apply yoga philosophy. For example, while teaching Utthita Parsvakonasana, we were gathered to observe a student. Guruji asked us where the student was being ethical and where not. With much humour Guruji showed us where there was alignment in the body - ethical. When there was no alignment - unethical! He asked if we worked and reflected in the pose like that, saying: "Ethical discipline of the asana is when you extend correctly, evenly and to the maximum." And "Do your maximum to go further." (Iyengar, His Life and Work).

Guruji had the ability to observe the entire class and yet see each student as if they were the only one in the hall. He saw through us, noting our imbalances and seemed to instantly

recognize the psychological state. Thus his teachings would help us remove our imperfections. It was uncanny. He was a demanding teacher being the 'Lion in the Lamb and the Lamb in the Lion' all in the same moment.

Time was given to observing one, two or more students as we attempted to "see" the effect of adjustments and instructions. Then we were sent back to our place, guided with clear instructions and much vigour. When we understood his teaching there would be the slightest nod of his head and a twinkle in his eyes.

Pranayama classes, particularly in my first "intensive" felt like a time when I did not breathe! I felt very nervous and that I was neither ready for it nor able to do it. Caution had been given about not doing Pranayama until asanas were accomplished and the nervous system toned. I really did not even know how to lie down correctly!

To be so well and enthusiastically instructed and guided that one's attention is absorbed fully in the moment is rare in my experience. Guruji inspired many to pursue the knowledge of one's Higher Self. He wanted each one of us to experience the vibrancy and relevance of the ancient yogic teachings. In one of his maxims he states: "Yoga is like music. The rhythm of the body, the melody of the mind and the harmony of the soul, create the symphony of life." (Iyengar, His Life and Work). Yoga lived in every moment, in every breath of his life.

I am full of gratitude to Guruji for his dedication and teaching of Yoga.

Namasté, Marlene.





A Legacy of Giving

By Nancy Searing



MANY OF US KNOW OF B.K.S. Iyengar's immense contribution to the universalization of yoga around the globe. He has done this by presenting the physical, mental, emotional and spiritual concepts of uniting body, mind and spirit. His influence has spanned generations of yogis and will likely continue to do so for generations to come. However, his legacy does not end with his contribution to yoga. There are generations of residents in the village of Bellur in southern India, many of whom are not yogis, who have benefited and will continue to benefit from B.K.S. Iyengar's generosity of spirit.

Bellur, a small village in south India, is B.K.S. Iyengar's birthplace. The initials of his name stand for Bellur Krishnamachar Sundaraja. Growing up in Bellur as a sickly, poverty-stricken child, with no nearby access to education likely sparked his dream of providing good education and healthcare facilities to the children of Bellur. In 1967 he began the Bellur Krishnamachar and Seshamma Smaraka Nidhi Trust in honour of his parents. The trust, usually referred to as The Bellur Trust, is dedicated to providing educational and health facilities and services to the residents of Bellur.

In December 2007 I had the honour of attending Mr. Iyengar's 90th Birth Day celebrations, which included a tour, with B.K.S. Iyengar, to South India and a visit to Bellur. It was an inspiring and heartwarming opportunity to see first hand the work accomplished by the Bellur Trust in a relatively short period of time. A primary school was built in 1967/8, followed by a high school in 2005 and a clinic/hospital in 2006. Other developments in Bellur include a hall above the primary school for yoga classes, a water tank for clean drinking water, infrastructure for roads and electricity and a guesthouse. School fees, books and materials, school uniforms and a free lunch are also provided to the school children through the Bellur Trust.

The Bellur Trust constructed the world's only Patanjali temple in Bellur and continues to maintain and renovate the Patanjali temple along with many other local temples that have great historical significance. Bellur was a dusty impoverished village until the Bellur Trust began its work and once had an important place in Indian mythology. We visited the ruins of ancient temples that are now being reconstructed through the generosity of the Bellur Trust.

B.K.S. Iyengar said, "I want this

village to become a model village, not only in Karnataka (the state to which it belongs), but also a model village in India."

The Bellur Trust has come a long way in fulfilling B.K.S. Iyengar's goal of providing educational, cultural, social and health-related projects for the advancement of his native village Bellur and other impoverished villages in India. The Bellur Trust runs free eye-exam and medical clinics for residents of neighbouring villages. There are plans to build a college in Bellur.

B.K.S. Iyengar asked his students all around the world to help raise the funds needed to continue the work that the Bellur Trust has started. There are future plans, not only for Bellur, but also for the villages that surround Bellur, that will also need ongoing support. The benefits to the village of Bellur have been immense and the future plans will benefit the whole area around Bellur.

All of us can foster the legacy begun by Mr. Iyengar by contributing to the success of the work done by the Bellur Trust. You can donate individually or make donations through group projects and associations such as the Iyengar Yoga Association of Canada/Association canadienne de yoga Iyengar.

"Giving does not impoverish, withholding does not enrich."
-- Yogacharya B.K.S. Iyengar



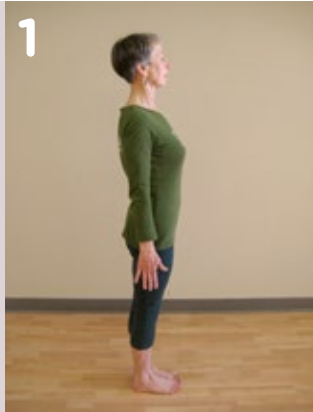
Nancy is Certified Intermediate Junior II. If not practising, teaching or otherwise involved in yoga, Nancy is likely socializing with family and friends or working in her garden, hiking, biking or traveling. Nancy teaches Level I, II and Specific Needs classes at Pen Yoga.



ONE HOUR PRACTISE IN HONOUR OF B.K.S. IYENGAR

by Marlene Miller.

The birthday of SRI B.K.S. Iyengar is December 14, 1918. This auspicious occasion has always been celebrated. Marlene has suggested that the following practise be done during the month of December in his honour. The poses are from Marlene's very earliest memories of being taught by Mr. Iyengar in Puna.



1
TADASANA.
HOLD 1 MIN.



2
UTTHITHA HASTA PADANGUSTHASANA.
HOLD 30 SECONDS EACH SIDE.



3
VIRABHADRASANA II.
HOLD 30 SECONDS EACH SIDE.



4
UTTHITA PARSVAKANASANA.
HOLD 30 SECONDS EACH SIDE.



5
PRASARITA PADOTTANASANA.
HOLD 1 MINUTE.



6
SALAMBA SIRSASANA PREP.
HOLD 2 - 3 MINUTES.

ONE HOUR PRACTISE IN HONOUR OF B.K.S. IYENGAR



ADHO MUKHA VRKSASANA PREP.
HOLD 30 SECONDS WITH 2 REPEATS



URDHVA DHANURASANA.
HOLD 2 - 3 MINUTES.



BHARADVAJASANA I.
HOLD 1 MINUTE EACH SIDE.



JANURSIRSANA.
HOLD 1 MINUTE EACH SIDE.



SETU BANDHA.
HOLD 5 MINUTES.



SAVASANA.
5 MINUTES.

By Glenda Hingley



DURING THE FIRST FEW WEEKS of attending Iyengar yoga classes, I remember Marlene speaking respectfully whenever she mentioned Mr. Iyengar or his teaching. It made me curious to know more, because I wanted to be involved with yoga, but wasn't at all interested in becoming a follower or disciple of anyone.

Glenda has been studying Iyengar yoga with Marlene Miller since 1997 and attained Introductory I/II certification in 2005. Glenda is a regular level 1 teacher at Pen Yoga.

As time went on, I paid attention to how she spoke about him, how she had studied with him personally, how he could be fierce, funny, wise and furious, sometimes within the space of seconds! But while there was always respect, perhaps a bit of awe and certainly a sense of inspiration and admiration, there was always the feeling he was a person, not a deity. Everything I have heard and read about B.K.S. Iyengar since then has only reinforced to me the idea that this is a man whose ideas, ideals and teaching are worth following.

He was a householder like most of us, who worked to support his family, and through decades of intense practice, teaching, traveling

and demonstrating, eventually his worldwide family of students and teachers. I feel honoured and privileged to have been taught by so many of his direct students and also to know that he considered students like me to be his "grand-students".

The body of the man is now gone, but look at the family he has left behind! It is comforting to know that I am able, in my small way, to add my own "great-grand-students" to the family. Though the opportunity to bow down to touch his feet in accordance with Indian tradition never arrived, I bow my head to honour him and his legacy at every practice and every class. Thank you B.K.S. Iyengar!

Coconut Curried Vegetables



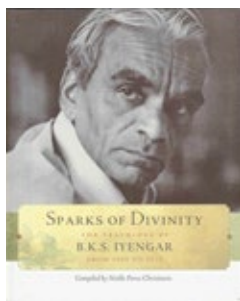
Original recipe from Vikram Vij, Vancouver. Submitted by Nancy Searing

- | | |
|---|--|
| 3-4 tbsp oil | 1/2 tsp cayenne pepper |
| 15 fresh curry leaves (available in most Indian groceries, they should be green, not brown) | 1 tsp salt |
| 1 1/2 tsp. black mustard seeds | 1/2 tsp black pepper |
| 1 large onion, finely chopped | 1 400 ml can of pure coconut milk |
| 2 large cloves garlic, finely chopped | 1 medium eggplant, cut into 1 1/2 inch cubes |
| 2 large tomatoes, diced | 2 large red sweet peppers, cut into 1 1/2 inch cubes |
| 1 tsp ground cumin | 1 medium cauliflower, cut into medium pieces |
| 1 tsp turmeric | 1/2 cup chopped cilantro leaves |

In a large saucepan heat oil over medium heat for one minute and add curry leaves and mustard seeds. Wait until they start to sizzle and let sizzle for approximately 30 seconds or until a few start to pop. The curry leaves will cook and become shrivelled. Immediately add garlic and onions. Saute until the onions are golden brown. Add tomatoes and all powdered spices. Continue to sauté until the oil separates from the tomato "masala". Add coconut milk. Bring to a light boil, add eggplant cover and simmer for 5 minutes. Add remaining vegetables, cover pan and cook to taste, approximately 15 minutes. Adjust the spices. Turn heat off, stir in cilantro.

BOOK REVIEW

Book Review by Marilyn Ming



SPARKS OF DIVINITY, TEACHINGS OF B.K.S. IYENGAR COMPILED

by Noëlle Perez-Christiaens

ON FIRST GLANCE, THIS LITTLE book looks like a collection of the sayings of B.K.S. Iyengar, but it is much more, if that's possible. It really conveys the experience of one of the first of Iyengar's western students,



Noelle Perez-Christiaens who went to India in 1959 to study with a man almost unknown in the western world and only one of many yoga teachers in India. He was still teaching students one-on-one in his own home and she became almost part of the family. Although he had been introduced to Europe in 1954 by Yehudi Menuhin, he had yet to attain fame and indeed, had to decide on a surname for his passport. By Indian tradition at that time, he was called B.K. Sundararaja - the book will tell you why.

Noelle is the student pictured with Iyengar in his first book, *Light on Yoga*, and her journal documents her impressions and experiences of working with Iyengar at that time. Her initial impression was that his teaching was a marvelous form of gymnastics but she was looking for a spiritual yoga. Iyengar explained to her,

"this does not exist because yoga is unity and that I cannot do anything with a weak body. Attention means concentration. Meditation is the moment when, after complete concentration to get a perfect pose, you hold it...There is a moment of such intense focus that you lose the awareness of "I". For him, each pose is a meditation, an experience of unity without sense of time, gender or nationality." (p.7-8)

Many of Iyengar's sayings that make up the central part of the book are quotes from her own journals and letters from Iyengar, as well as his sayings collected from a variety of students recommended by Iyengar. Although she never went back to India, she continued to study with Iyengar when he was in Gstaad, Switzerland. She was in close contact with him by letter as well and the book covers the years up to the death of his wife and the establishment of his yoga institute, named to commemorate his wife.

The author says that this collection of Iyengar's sayings are not meant to be read straight through but browsed and referred to again and again. The gems of wisdom will certainly give you much to contemplate and the story of Noelle's months of study in India will be intriguing.

Marilyn Ming is a retired librarian and educator. She has travelled extensively around the world and worked in several countries, including Nigeria, Trinidad and Kuwait. She has studied yoga for almost 50 years although, she admits, not always consistently. After sailing in their own Valiant 40 all over the Caribbean, the Pacific Northwest, up to Alaska and around Vancouver Island, as well as chartering and sailing with friends in other parts of the world, she and her husband sold their sailboat, and now are pleased to cruise in a little Ranger Tug.

FROM THE MUSIC BOX

by Lorette Hickling



BEYOND

Artists: Tina Turner, Regula Curti and Dechen Shak-Dagsay

Normally if I was asked to pick my one favourite cd for the entire year it would be a very difficult task. However even after the first time I listened to "Beyond" I knew it would easily be my first pick. This cd is a compilation of soothing Buddhist chants blended with transcendent strains of Christian music. It is very healing cd, compiled with incredibly harmony by Tina Turner, Regula Curti and Dechen Shak-Dagsay. Together their voices rise, twist and swirl skyward as incense from a cone of pure essence.

Inside the cd cover the artists wrote,

"Whoever we may be, whatever religion we may belong to - when we pray and our prayers come from the deepest of our hearts, a transformation takes place and we find ourselves "Beyond right and wrong". We experience the immense power of deep spirituality whenever we chant together although each person is praying in his own tradition. It is our deepest belief that love and compassion are the unifying essence of every religion."

They subsequently released "Love Within Beyond" adding the dusky, yet crystalline voice of Swani Shende-Sathyee from India singing Hindu prayers. Both of these CD's will transcend you into a place of beauty and peace.

CREDITS

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We encourage you to submit articles and photographs to continue to make this newsletter a reflection of our wonderful yoga community on the Peninsula. Please forward submissions to: info@penyoga.ca

Articles may be in plain text or any version of MSWord. Please ensure your photographs are the highest possible resolution. If you do not have access to a computer, please pass along your material to your Yoga teacher.

The editors reserve the right to edit all articles and withhold publication at their discretion.



*"Yoga is like music.
The rhythm of the
body, the melody of the
mind and the harmony
of the soul, create the
symphony of life."*

(Iyengar, His Life and Work).

IYENGAR YOGA: Winter/Spring 2015

January 5 - March 28 (12 weeks), March 30 - June 27 (13 weeks)

All classes held at Mary Winspear Centre (registration opens)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
55 & Better JJ/MM 9-10:30 am	Level I NS 9:30-11 am	Level II NS 9-11 am	Level I/II JJ 9:30-11:30 am		Level I GH 9-10:30 am
Specific Needs MM/JJ/NS 10:45-12:15 pm		55 & Better NS 11:10-12:40 pm			
	Level I MM 4-5:30 pm	Level I/II MM 4-5:30 pm			
Level I LL 7-8:30 pm	Level II/III MM 6-8 pm	Level I/II GH 6:30-8 pm	Level II MM 6-8 pm		

Classes at Central Saanich Cultural Centre (register through Panorama Rec Centre)

	Level I Panorama LL 9-10:30 am			Level I Panorama LL 9-10:30 am	
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Certified Iyengar Instructors:

MM - Marlene Miller • NS - Nancy Searing
GH - Glenda Hingley • JJ - Jayne Jonas • LL - Linda Larson

No Classes:

February 9 – Family Day, April 3 – Good Friday
April 6 – Easter Monday, May 18 – Victoria Day
May 6 - 11 IYAC Conference – Teachers PD

Check out our website at www.penyoga.ca and **like us on**  for news, inspiration and current yoga events.