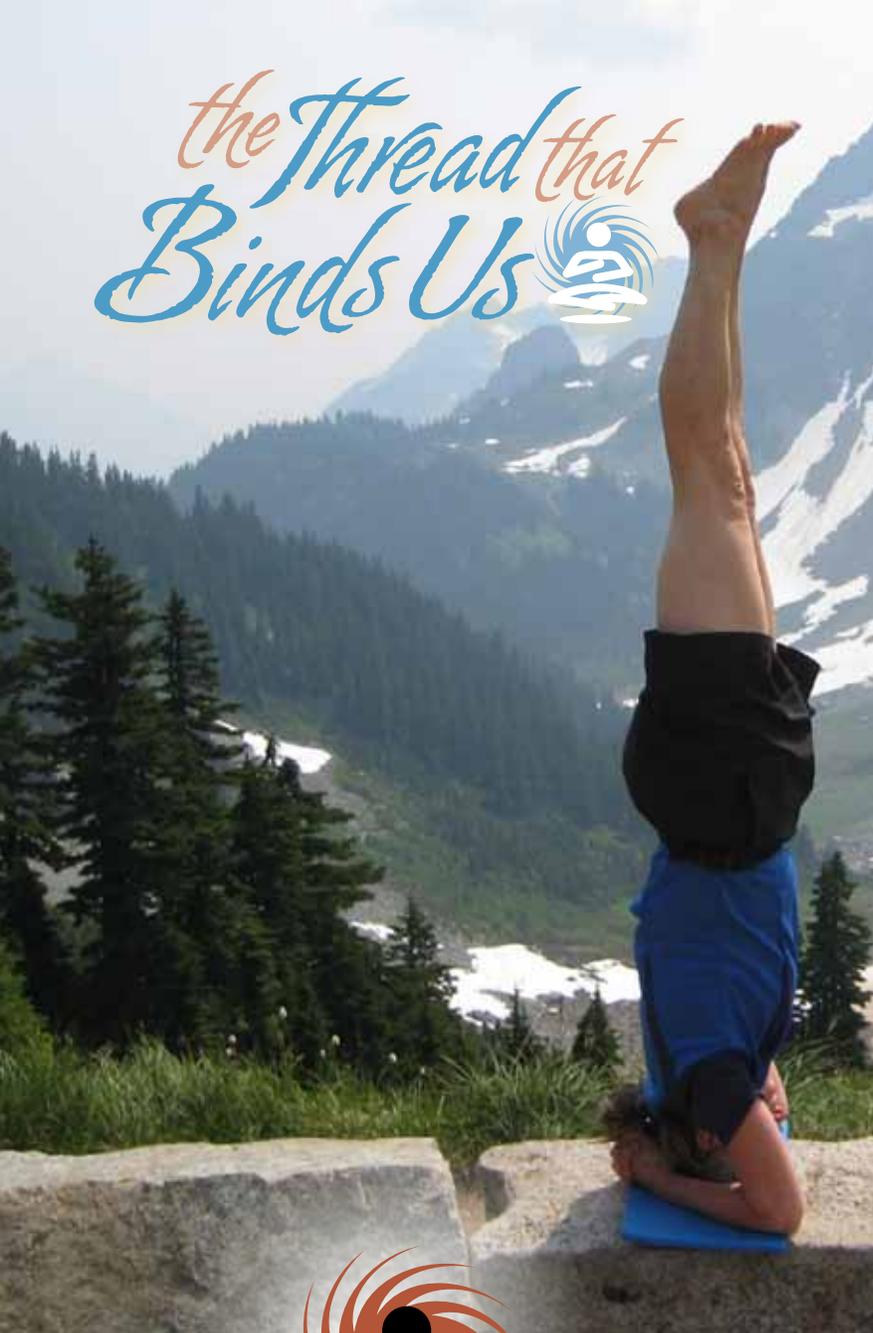


the Thread that Binds Us



In a quiet moment I sat in our back yard, basking in the golden hues and mellow warmth of the Autumn afternoon. Memories of summer gone remained; happy, glorious moments. Crossing Georgia Strait in our sailboat, the ocean so incredibly calm I was able to do an entire yoga practice on the bow. In the past I had found it difficult to concentrate with so many sensory distractions. Constantly present is the sense of the ocean and every single sound carried by the salty air. When I approached Marlene on this issue, she told me to simply "become the sound", "be the motion." So I sat blissfully in swastikasana, rocking gently with the rhythm of the boat. When I opened my eyes, the sea was a stunningly crisp, blue expanse. The sun brilliant and breeze so very soft; I was on a bolster of happiness. How different it was from our return crossing. In that difficult sea, the wind was cold and biting. Waves crashed onto the deck and our boat rocked back and forth, up, down and sideways like a crazy horse. I had to summon up a bit of faith.

I recalled what wonderful gift yoga has been to me. It is a practise you can take with you and do anytime, anywhere in the world. Your practise can be structured to improve weakness and help heal injuries. Yoga has slowly made so many positive changes not just in my body, but in my life.

Autumn, for me, is synonymous with the harvest. It is a time to not only give thanks for the fruits of our labour but for all of the beauty and grace in our world.

As we enjoy the kaleidoscope of falling leaves and crisp cool nights this Fall, let's find some quiet moments to give thanks. Breathe in with a feeling of elation, exhale with a sense of love. Breathe in with joy, breathe out with gratitude. Simply breathe and give thanks.

Namaste

Your Editor, Lorette and Associate Editor, Irene



PENINSULA YOGA CENTRE

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Lorette Hickling



Irene Crampton

Photographer: John Cochrane

Yoga Reflections

Comments from students of Parklands School, Sidney



Kirsten Dibblee, a teacher at Parklands school, has been bringing her physical education classes to the Peninsula Yoga Centre each term for a few years. It provides the students in Kirsten's Fitness for Fun (PE 11) and Ultimate Body and Mind (PE 12) classes an opportunity to experience Iyengar Yoga. Below are some comments from this year's class:

I enjoyed the stretching, relaxing and the endurance. I loved it; it was really hard but relaxing too. I liked to test my endurance and I would like to go there again to be able to do more. –**Miranda**

It was very calming and it was nice that I could do it. It was really cool to learn the history behind Yoga. It was very relaxing and the teacher was very encouraging! –**Kelsey**

Doing Yoga was really fun! It was nice to stretch and relax. I would attend this class again since it is a really good way to be fit. It's relaxing and I felt good when I left the class. –**Sara**

It was relaxing and taught me control. I would definitely do it again as it was very relaxing but fun at the same time. –**Kasia**

It was fun. I would attend it again because it helped my back, was fun and relaxing. –**Colin**

It was fun – I love it. It was good for us so I liked it. –**Roy**

With Gratitude

Craig Davidson and Alana Gallagher hosted a fun, wind-up pot luck dinner at their home in Sidney at the end of June. The rains cleared just in time for a wonderful feast and get-together on their back deck. Thank you for sharing your lovely home!

AGM

The Annual General Meeting of the Peninsula Yoga Society will be held in the Yoga studio at:
the Mary Winspear Centre
on Friday, October 21st – 6:00 – 9:00 pm.
Everyone is welcome to attend.



Making Friends with Downward Facing Dog

By Glenda Hingley



A dog may be man's best friend, but my personal relationship with Adho Mukha Svanasana was not too friendly in my first years of Iyengar yoga. We had a sweet, gentle little terrier who practiced yoga with me when I was in my teens and I seemed to recall enjoying a downward facing dog along with her and the nice yoga lady on TV. But the 1990's downward dog seemed more like an overweight Labrador retriever – heavy, heavy, heavy! Things have changed since then, but it did not happen overnight. Here are a few of the things you can do to help you better appreciate this wonderful pose:

Do it a lot. Put it in your practice every day.

Do it a lot. Put it in your practice every day. Do it a lot more! Try a practice where you do long holds of standing poses with downward dog between each one. After a minute on each side of Parsvakonasana, a 30 second downward dog will seem like a rest.

Get an assistant. Either a human assistant, wall ropes or the yoga belt over the door knob system will help you learn the mechanics of the pose without having to hold your body weight. Ask your teacher if you need help learning these tricks.

Stand the pose up or flip it upside down. Ardha Uttanasana (half forward bend at the wall or a table) is a standing version of downward facing dog and legs up the wall with arms overhead is a "supta" or reclining version. Each of these variations will give you valuable insight into the actions necessary for the full pose.

Remember that downward dog fits almost anywhere in a practice. It is a lovely release from headstand (Sirsasana) or shoulder stand (Sarvangasana) and can even be used as a final stretch out before Savasana. Find a place in your own practice where you are most likely to enjoy it and you will be more likely to practice it.

Regular practice of Adho Mukha Svanasana will stretch your hamstrings and Achilles tendons, open your shoulders, lengthen your side body and elongate your spinal muscles. It can help wake you up when the brain is foggy or help calm you down when the body is tight. With regular repetition and a few tricks, downward facing dog can be a faithful companion in your yoga practice, as it now is in mine.

Competition

Where on the Peninsula is Glenda in Adho Mukha Svanasana?

Guess the correct location on the Peninsula by September 29th, 2011 and you'll win a yoga belt. If we receive more than one correct answer there will be a draw. Send your answers to Penyoga@shaw.ca. If you don't have access to email, drop a note to your teacher.

Good luck everyone!



Why do we chant AUM in class?

by Nancy Searing



Photography by Terry Albrecht

"Inhale with warmth, elation and joy as if you are receiving the life force as a gift from God. Exhale with a sense of gratitude, silently expressing your humbleness as a surrender to the Lord".

From "Light on Pranayama" by BKS Iyengar.



AUM is an intonation that is made up of three sounds. A-U-M. The sound emerging from the vocal cords starts from the base of the throat as "A". With the coming together of the lips "U" is formed. When the lips are closed, the ending sound is "M". All speech is dependent on the use of these three syllables; hence AUM is considered to be divine. Intoning AUM allows the sound to resonate through the body and penetrate to the centre of one's being to the individual soul.

Some believe that vibration is the source of creation and that the primordial sound AUM is the manifestation of that vibration. AUM represents the creation of the universe, the divine cosmic consciousness or universal spirit.

AUM is also called pranava. It indicates that AUM is integral in our breath or prana, the life force and is part of all life. The past, the present and the future are all included in this one sound and all that exists beyond. It is the eternal symbol that reflects absolute reality.

AUM like the Latin word OMNI means all. It is thought that the "Amen" in Christianity and the "Amin" in Islam came from AUM but lost the original pronunciation through time.

The purpose of yoga, according to the Yoga Sutras of Patanjali, sutra 1.2, is to, "Still the fluctuations of the consciousness". Chanting AUM focuses our consciousness and turns our senses inward. The ongoing repetition of AUM brings the practitioner, sadaka, to a place where the body, breath, senses, mind and intellect are fused together with the divine cosmic consciousness.

AUM is the bow, the individual self is the arrow and the target is the universal spirit.

With practice we learn to intone AUMs of equal length and the momentary silence that arises as the last sound of the "M" fades away becomes more and more tangible. Our awareness moves between the sound and the silence until the sound ceases and eventually, even the thought of AUM is extinguished and there is no thought. This is the state where the mind and the intellect are transcended as the individual self merges with the infinite self. This is why we chant AUM.



One Hour Practise

by Marlene Miller

Reference: "Light on Yoga" by BKS Iyengar and "Yoga – A Gem for Women" by Geeta Iyengar

This practise will help increase and maintain mobility, stability and flexibility in the hips and shoulders. In the same way, it will also help increase spinal health.



30 sec – 1 min ea. side
Supta Padangusthasana –
Leg Up, Lateral, & Rotated



30 sec to 1 min
Adho Mukha Svanasana



1 – 3 min
Baddha Konasana



30 sec each side
Parighasana



30 sec – 1 min
Tadasana



30 sec – 1 min
Urdhva Hastasana



30 sec – 1 min
Utthita Trikonasana



30 sec – 1 min
Utthita Parsvakonasana



30 sec – 1 min
Ardha Uttanasana - standing forward bend
hands/arms resting on ledge.



3 – 5 min
Sirsasana



30 sec – 1 min
Chatuspadasana



30 sec – 1 min
Urdhva Padasana



3 min
Salamba Sarvangasana



5 min
Savasana

*"Regular practice of yoga
can help you face the turmoil of life
with steadiness and stability."*

- BKS Iyengar

The Recipe Box

Swiss Chard (or Spinach) Pie By Irene Crampton

This is a lovely dish to serve for a lunch or light dinner. It goes well with a nice tomato salad, green beans and a chunk of crusty bread. The recipe is very forgiving; experiment with sliced tomatoes on top when they are plentiful from our gardens in the Fall. Or, vary the quantities of mushrooms and greens.

3 eggs lightly beaten	1 good-sized bunch of swiss chard or 2 bunches of spinach
1 C cottage cheese	1/8 teaspoon freshly grated nutmeg
1 C shredded mozzarella cheese	1 tablespoon chopped chives (or green onion tops)
1 tablespoon minced parsley	1/4 cup chopped fresh tarragon or dill (substitute dried if fresh not available)
1 teaspoon olive oil	
3 cups thinly sliced mushrooms	
2 teaspoons freshly squeezed lemon juice	
1/4 teaspoon freshly ground pepper	

- » Preheat oven to 350 degrees.
- » In large bowl, mix eggs, both cheeses and parsley.
- » In a large skillet, over medium heat sauté the mushrooms in oil, lemon juice and pepper until liquid has evaporated.
- » Add chopped swiss chard and nutmeg, cover and cook for about 3 minutes. (If using spinach, cook for 1 minute only.)
- » Remove the cover and cook until most of the liquid has evaporated. Remove from heat and stir in remaining herbs. Cool slightly
- » Combine vegetables with the egg mixture and pour into oiled 9 inch pie dish.
- » Bake approximately 35 minutes until set and nicely browned on top. Allow to rest for about 5 minutes before serving.



Photographer: Irene Crampton

Inspirational Collections

CD Review by Lorette Hickling

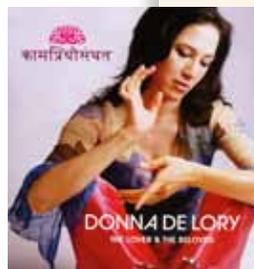
The Lover and the Beloved. – Donna De Lory

Donna De Lory's lovely clear voice is highlighted in this collection of her adaptations of Indian devotional music and mantras.

As a student of yoga, she became entranced with singing Kirtan. As her music developed she found herself becoming more and more involved with devotional music and learned to play the harmonium.

I was completely surprised while reading her biography, that she toured as one of Madonna's back up singers for 21 years. Performing all over the world she sang in tours ranging from "Who's That Girl?" to "The Confession." Her last collaboration with Madonna was at the Live Earth 2007 concert in London.

Ganapati Om is the song which De Lory admits to being one of her favourites and on this CD it is also mine. In reference to the mantra she said "I like to think of this as a prayer to strip away the ego, asking to identify with God's plan, not our plan.



Her translation is as follows:

Ava tvam mam

Ava vaktaram

Ava srotaram

Ava dataram

Tat tvam asi

Please protect me

Protect the reciter

Protect the listener

Protect the giver of this knowledge

Thou art That

Do you have a favourite CD or Iyengar based video? Please share it with us.



Mr. Iyengar Visits China



Photographer: Iyengar Yoga Centre of Hong Kong

In June of this year Mr. Iyengar made history with his first visit to China. The following excerpts are taken from an article written in the "The Hindu" newspaper BEIJING edition, June 21st, 2011.

On his first visit to China, renowned yoga guru B.K.S. Iyengar discovers a passionate response in a country where he has more than 30,000 followers. China, he says, "could overtake India in yoga".

When B.K.S. Iyengar arrived in China last week on his first visit here, he did not know what to expect. Mr. Iyengar, instead, arrived here to a passionate reception, and was left stunned by the wide interest in his teachings in a nation where he can now count more than 30,000 people as followers of his yoga philosophy.

One yoga student complained: "I've been practising for seven years, but feel I can't improve." Mr. Iyengar had little comfort for her. "I've been practising yoga for 76 years," he said. "And I'm still learning."

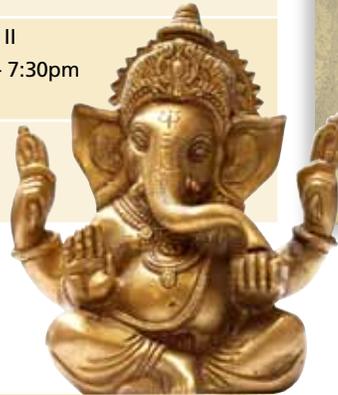
Yoga, he said, could bring the two countries together by creating a common bond and changing perceptions. "I have created friendship through yoga," he said. "If you practise yoga, your way of thinking becomes different. If you stand on your feet, you see the world one way. But if you are standing on your head, and are topsy-turvy, the world will look a whole lot different."

*"I will not be surprised,"
he added, "if China even
overtakes India in yoga."*

Calendar, Schedule and Resources

September 6 - December 16, 2011 (15 weeks)

Monday	Tuesday	Wednesday	Thursday	Saturday
55 & Better 10:00-11:30am MM, JJ or NS	Level I 9:30 - 11:00am NS	Level II 9:30 - 11:30am NS	Level I & II 9:30 - 11:00am JJ or NS	Level I & II 9:00 - 10:30am GH
Specific Needs 1:00-2:30pm MM, JJ or NS				
	Level II & III 6:00 - 8:00pm MM	Level I 6:00 - 7:30pm GH	Level II 5:30 - 7:30pm MM	
	Introductory 8:00 - 9:30pm MM	Introductory 7:30 - 9:00pm GH		



Panorama Classes

Brentwood Bay, Central Saanich Cultural Centre –Room B

LEVEL I:

Tuesdays	9:00 - 10:00 am	Sept. 6 - Oct. 25 Nov. 1 - Dec. 13	LL	8 classes/ \$72 7 classes/ \$63
Thursdays	7:00 - 8:30 pm	Sept. 8 - Oct. 27 Nov. 3 - Dec. 15	LW	8 classes/\$108 7 classes/\$95
Fridays*	9:00 - 10:30 am	Sept. 9 - Oct. 28 Nov. 4 - Dec. 16	LL	8 classes/\$108 6 classes/\$81

* No class Remembrance Day

Ages 13 and up.

Call Panorama Recreation at 250-656-7271 to register for Introductory Panorama Classes. PYCS membership \$20 ANNUALLY July 1 - June 30

Q and A

Q. What is the difference between a bursary and a scholarship and who is eligible?

A. To be eligible for either a bursary or scholarship you must be a member of the Peninsula Yoga Society. This includes teachers and students. Membership costs \$20.00 a year and includes other benefits.

You may apply for a bursary if you are registered in a class, facing a financial burden and need assistance with tuition fees. The application should be made in writing and given to your teacher, who will forward it to the Bursary Committee. It is also possible to apply by sending an e mail to penyoga@shaw.ca Attention: Bursary Committee.

A scholarship is an award. Members who are registered in a B.K.S. Iyengar workshop, conference, or professional development course may apply. The application can be made in writing or by e mail as specified above. The amount of the award depends on how many persons apply. The Committee attempts to distribute their allotted funds as evenly as possible.

September 2011

Tue 6 Fall Session Begins
Wed 21 No classes (facility booked)
Thu 22 No classes (facility booked)

October

Mon 12 No classes (Thanksgiving)

December

Wed RESTORATIVE CLASSES
21 & 28 6:00-7:30pm

Certified Iyengar Yoga Instructors

Marlene Miller (MM) - Senior
Nancy Searing (NS) - Intermediate
Jayne Jonas (JJ) - Intermediate
Glenda Hingley (GH) - Introductory
Linda Larson (LL) – Introductory I
Linda Walker (LW) – Apprenticing

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Hong Kong, Misc
Distribution: Louyse Gauvin

Check out our website at www.penyoga.ca

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: penyoga@shaw.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.

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