



the Thread that Binds Us



PENINSULA YOGA CENTRE

Issue #5 | November 2012

Savasana The Corpse Pose	2	The Recipe Box	7
Savasana setup	2	Book Review	8
Relaxing the Back	4	Class Schedule	8
Yoga as a discipline	5	Calendar	8
Summer Session Unlimited Pass	6	Credits	8

What a beautiful, warm and golden gift this autumn was. Overjoyed with the endless days of sunshine I watched leaves turn colours more brilliant than ever before.

But when the rains came, I embraced them. Yes... I felt a little wretched about that, but after dealing with a debilitating back injury this summer, I happily and selfishly, wrapped myself in that grey and misty blanket of comfort I saw outside my window.

Illness, pain and healing are extremely personal journeys. Emotional or physical, or intertwined with one another, they can be long roads with seemingly endless and insurmountable stumbling blocks.

We search through these trials, for a path to acceptance, to a place of letting go. Through healing, we try to find some small moments of great beauty which can inspire our soul.

There are times during illness when one feels we have lost ourselves; that who we are seems to have gone, to have disappeared. We grieve for the return of the person we are used to presenting to the world and for what we feel we have lost.

It is for this reason that in this issue, we are focussing on Savasana. For it is in Savasana, or meditation we are able to let ourselves go, to travel deep, deep down into our heart centre. It is there, we reach that beautiful place within, which is us, and remains us always.

Jayne demonstrates how to set up props for Savasana, including those that help open up the chest. She includes a lovely variation with feet at the wall that helps ground us emotionally. Nancy takes us through a wonderful sequence to release the back.

If Savasana is all you have the time for, or all you can physically manage, give yourself that gift. Let yourself go. When you let go, inhale, and letting go, exhale. Then find yourself some small miracle that will inspire your soul.

Namaste,
Lorette Hickling, Editor



Lorette Hickling



Irene Crampton

The most difficult and most beneficial of all asanas

Savasana always comes at the end of a yoga session. Many people misunderstood the ideas behind this relaxing pose and skip it to resume their routine. Ann Barros shares her views around the importance and the benefit of the pose.

In his book, "Light On Yoga", B.K.S. Iyengar considers Savasana the most difficult pose. When first hearing this, many of us long-time practitioners of yoga may disagree. To most of us, Savasana is a well-deserved rest after a challenging class. It is a chance for the body to release all the effort after a strenuous yoga session. Many of us are happy to go into a deep state of relaxation. But is this really Savasana? Just relaxing deeply, or possibly going to sleep?

According to Mr. Iyengar, Savasana is about "shedding" – letting go – "like a snake shedding its skin to emerge glossy and resplendent in its renewed colors." We have many skins, sheaths, thoughts, judgments, ideas, prejudices, and projects for the future. Savasana is a shedding – a letting go – "of all these sheaths to see how glossy and gorgeous, serene and aware is the beautiful rainbow-colored snake who lies within. We even lie on the ground as a snake does, with the maximum possible surface of our bodies in contact with the earth."

Deep relaxation is actually not that easy. Oh, it may be an eager dropping of the weight of our body into the floor after having exerted muscularly for two hours of asana practice, but soon after, the mind interferes with many thoughts and tension - which distract us from savoring our quiet inner body, our Self, our Spirit. Tension prevents relaxation, and keeps

us bound to our earthly identity – our responsibilities, our family, our loss, our pains, our gains. To be free of tension means to be free of all these identities and attachments.

What is tension? Tension manifests in various parts of the body. Tired, sore muscles, aching joints, a feeling of "heaviness" in the body are all signs of stored-up tension in the body. And what does tension do to the brain? Headaches, hyper-anxiety, and an ill-temper are all signs of tension keeping the brain in a tightly locked, protective state. When the brain is over-active with worry and concern, depression or fear, one feels terrible, simply put. We are all aware of the mind – body – spirit as one, as this is at the core of the practice of yoga asanas. So when the brain is tight, the body is also tight and the spirit within cannot be set free.

Meditation allows our inner spirit to be set free. This freedom is the goal of our yoga practice. It is just being in the moment, an ego-less being in the present moment, not stuck in the past or future- formless and free. Savasana prepares us for meditation. In the practice of Savasana, like a corpse, we allow our body to lie on the floor and release all muscular, skeletal effort. The mind then immediately also relaxes as we consciously let go of every effort still lingering in the body. Yoga teachers guide their students through imagery into a relaxed, but aware state in the practice of Savasana. With practice, the student learns to quiet the brain, to still the noises of anxious thoughts. Once the brain has become quiet, tension leaves the body and mind naturally like a fog clearing as the morning sun rises.

Mr. Iyengar further adds: "By all means, relax, go to sleep even; we are all human, but in Savasana you are on the edge of a great mystery, and if Savasana is the most difficult of all postures, at least it has the saving grace that we can all lie on the floor as we attempt it."

So be easy on yourself in the practice of Savasana. If you fall asleep, your body and mind probably need the rest. Do not judge yourself harshly for this. If you become frustrated with tumultuous thoughts preventing you from experiencing that state of formless inner bliss, practice letting go of one thought at a time, even the frustrating thought. Slowly but surely, over time, with consistent practice of Savasana, we will begin to shed our outer layers and experience peace within. Savasana is, therefore, the greatest gift that we can give to our Self.

www.baliyoga.com

Ann Barros C.I.Y.I., E-RYT,
a member of Yoga Alliance
Jakartadoyoga, Iyengar Yoga Studio,
Jakarta, Indonesia



Savasana setup by Jayne Jonas



This simple set up is for Savasana done at the end of a practice. If ones legs are still feeling active one could place 3-5 blankets or a bolster on top of the legs to help still the activity.



This set-up with the bolster, eye bag and blanket under the head could be used at the end of a practice then one would go flat on the floor for Savasana.



This setup can be used before one begins a practice or towards the end of a practice to open the chest. Then one would go flat on the floor with a blanket under the head and neck.



Savasana, with feet on the wall at the end of a practice.

Jayne Jonas with her dog Zolie who lives life in savasana (when not out hunting or eating)

Relaxing the Back

By Nancy Searing

This is a practice to do when your back is in crisis. You can repeat Pavana Mukatasana, Adho Mukha Virasana and the bolster twist before the final Savasana. Or practice any combination that feels good and relaxes your back. Focus on steady even breathing and letting go, relaxing and releasing.

Hold the poses (asanas) 2-5 minutes or longer if it is helpful.

"make every moment momentous and then let it go to make space to move on"

- Marlene Miller.



Savasana – knees bent



Savasana – calves on seat of chair



Eka Pada Pavanamuktasana



Pavanamuktasana



Adho Mukha Virasana



Bolster twist



Savasana with bolster under knees

Yoga as a discipline

by Glenda Hingley



Yoga is a discipline, in the sense that it is a practice with certain prescribed guidelines and practices that we follow to improve ourselves and our lives. In Iyengar yoga, an important part of our discipline is Savasana (Corpse Pose), which is performed at the end of a class or practice. Students, both new and experienced, often find themselves longing for the rest, relaxation and release of Savasana during challenging parts of a class, particularly if the poses are not their favourite!

It comes as a surprise to many that once we begin a home practice, Savasana seems to fall by the wayside. The phone rings, the dog barks or the various duties around the house start clamoring for attention and we think "oh, I can do a quick few minutes of Savasana or I can get to it later. This needs my attention right now." In my own practice this summer, the discipline of long, deep, absorbing Savasana took a back seat to the gorgeous weather, time consuming hobbies and the multitude of other things that call us all away from our mats.

At the end of the summer though, I once again made the trip to the Salt Spring Centre for Yoga to attend the Footsteps of Patanjali retreat led by Shirley Daventry French and Leslie Hogya. Aside from the beautiful food and gorgeous pastoral setting, a retreat such as this allows students to let go of almost all daily responsibilities and move more and more into the discipline of yoga.

Morning pranayama begins with Savasana, of course. The room is bright with late summer light, warm from the heat of the wood burning fireplace and students filter in silently and set up their props. Silence is observed after 9 or 10 pm until after pranayama, so we come to that first Savasana of the day either fresh from sleep, bolstered with an early coffee or tea or perhaps contemplative after an early morning walk, but in silence. No discussions of how your room mate slept, what might have happened in previous classes or what might be for breakfast, though the smells emanating from the kitchen certainly invite internal speculation!

We conclude pranayama with Savasana, go to breakfast, have a break, then asana class. Another Savasana. As the days go by, this rhythm and routine begin to bring discipline back to my practice and I reconnect with the depth and breadth of this crucial pose. Being on retreat means no interruptions, no sounds of the neighbour's renovations and slowly, gradually, fewer thoughts of my own chores, duties, travel plans or projects invade this special time.

"Through the cultivation of friendliness, compassion, joy and indifference to pleasure and pain, virtue and vice respectively, the consciousness becomes favourably disposed, serene and benevolent."

From Yoga Sutras of Patanjali - BKS Iyengar

Treatments in the Garden House at the Centre are Savasana in themselves. Each year, even when the budget is a bit tight, I make a point of having at least one of their offerings as the space is so inviting, the practitioners are so experienced and talented and because, as the old commercial used to say, I deserve it.

At the end of our five days my practice of the discipline of Savasana is renewed, my understanding of how my own mind and body respond to the pose is refreshed and I feel ready to bring this back to my students when classes begin again in September. Moving into winter, Nature's Savasana, we can all reconnect with this discipline and create our own renewal and re-energizing with every practice or class.

Summer Session Unlimited Pass

From Linda Larsen

In response to student request we offered a pass to allow unlimited access to summer classes. During July and August, 26 classes were offered. Purchase of an Unlimited Pass allowed a student to attend any or all of the classes. The students who availed themselves of the opportunity gained some wonderful insights from the experience.

"As I moved to Sidney recently, for me the summer yoga classes were an introduction to the yoga and the teachers at the Mary Winspear Centre. I got a better overview of yoga as I had mainly done pilates until now. All this helped me decide which class I should register in for the fall."

From Connie Calvert

"The previous summer I took only one class a week. In order to move ahead, I felt I needed to be doing yoga more than once a week. I signed up for the unlimited pass. I found the first week difficult because my muscles were sore. The 2nd week got easier and I found myself motivated to practice at home. Now, I'm feeling much stronger and stretched out."

From Sarah Ferrier

"I attended all summer classes with the July/August unlimited pass. After the 18th class, my back was pain free and I could walk without a painful limp in my leg. I slept soundly all night and felt stronger and more flexible each week. I also became more aware of body alignment throughout the day. I generally felt better and enjoyed the opportunity of meeting new people."

From Suzanne Lee



Peninsula Yoga has a new presence on Facebook!



Our page has been having a slight Savasana or maybe a long pranayama practice, but we are back to Tadasana and ready to go! Take a peek and post something on our wall. There are lots of you tube videos, yoga blogs etc. around now, so if you follow any please tell us about it.

The Recipe Box



Black Bean Veggie Burgers

Adapted by Nancy Searing from "Whitewater Cooks by Shelley Adams"

Makes 24 Pattys.

2 Tbsp. Olive Oil	¼ Cup Olive Oil
2 Onions finely chopped	1 Cup Roasted, Chopped Almonds
3 Cloves Garlic (or more), finely chopped	2 Cups Roasted, Chopped Sunflower Seeds
2-19 ounce cans of black beans, drained, and coarsely pureed	1 Cup Soy Sauce or Braggs
2 Tbsp. Cumin	10 Eggs
3 Tbsp. Chili Powder	4 Cups Coarsely Grated Carrots
2 Tsp Chopped, Fresh Oregano	4 Cups Whole Quick Oats
½ Cup Chopped, Fresh Parsley	6 Cups Finely Ground Quick Oats

- » Saute onions and garlic in olive oil.
- » Cool a little and put into a large mixing bowl.
- » Add the remaining ingredients and mix well. Using your hands is the best.
- » Form into ½ cup patties.
- » Bake on a lightly oiled pan, 10 minutes each side. These freeze well.



Welcome to the new board members

from left to right: Marilyn Ming, Jayne Jonas, Del Nyberg, Marlene Miller, Shelley Smith, Jenny Trost, Lillian Vincent, Cheryl Lumley, Claudia McGregor.

The first meeting of the new Board was shorter than usual so that it could be followed by a facilitated discussion on communications and branding with Erin Brocklebank, Communication Strategist with Holy Cow Communication Design Inc. We were pleased that 21 people were in attendance at this meeting including both former and new students as well as the new Board of Directors. Last year the Board gave approval to review its communication and advertising strategies as we are approaching the 10th anniversary of our Society. The anniversary celebrations, rebranding, and attracting new students will be some of the focus points for the Board this year.

Congratulations to the team at Holy Cow

Holy Cow Communication Design Inc, is the recipient of this year's Saanich Peninsula Chamber of Commerce *Business of the Year* (1-15 employees) award. What a lovely and most deserving honour!

Many of you may not know that Holy Cow designed and produced the first two years of our newsletter free of charge. The professional layout and touches you see are to their credit. You may also be unaware that Julie Coward, Holy Cow's co-owner, is one of our yoga students. Although our Peninsula Yoga Society now share half the cost of production, we would like to express our extreme gratitude to Holy Cow for this wonderful gift they continue to give to as part of their Karma Yoga practice.



Calendar, Schedule and Resources

January - June 2013

Monday	Tuesday	Wednesday	Thursday	Saturday
	Pranayama 7:00 - 8:00am			
55 & Better 10:00-11:30am	Level I 9:30 - 11:00am	Level II 9:30 - 11:30am	Level I & II 9:30 - 11:00am	Level I & II 9:00 - 10:30am
Specific Needs 1:00-2:30pm				
	Level II & III 6:00 - 8:00pm	Level I 6:00 - 7:30pm	Level II 5:30 - 7:30pm	
	Level I 8:00 - 9:30pm	Level I & II 7:30 - 9:00pm		

Registration Opens: NOVEMBER 30TH

January 7 – March 30 – 12 Weeks AND April 2 – June 27 – 12 Weeks
(except Monday & Saturday classes – 11 Weeks)

Satellite Classes at Central Saanich Cultural Centre

Tuesday	Thursday	Saturday
Level I 9:00 – 10:30 am	Level I 7:00 – 8:30 pm	Level I 9:00 – 10:30 am

Satellite Classes Held at Central Saanich Cultural Centre (CSCC)
Room B, Brentwood
Register through Panorama Recreation Centre



Book Review

As virtually every book dealing with asana includes savasana, any of the practice books would fit this newsletter's theme. In *The Woman's Book of Yoga and Health* by Linda Sparrowe and Patricia Walden (2002), savasana is included at the end of each sequence and at the beginning of some. Numerous variations are shown. In the picture and discussion of the classic savasana, the authors point out that "this pose brings a sense of complete relaxation, lightness of being, and serenity."

Written by well-known Iyengar-trained teachers, the book shows many basic yoga poses but is divided into sections dealing with various stages in women's lives from the teen years through the senior years. The introductions to each section and chapter are excellent. Included are sequences for dealing with various situations including the immune system, pregnancy, back care, headaches, depression, menopause, heart, osteoporosis, and digestion. Photos are clear and show modifications using props.

- by Marilyn Ming

January 2013

Mon 7 Winter Session Begins

April

Tues 2 Spring Session Begins

**No Classes

March 29 – Good Friday
April 1 – Easter Monday
May 20 – Victoria Day (Monday)
May 21 – 26 – IYAC Conference in Victoria

Certified Iyengar Yoga Instructors



Glenda Hingley
Jayne Jonas
Linda Larson
Marlene Miller
Nancy Searing
Linda Walker (teacher in training)

Credits

Editor: Lorette Hickling
Associate Editor: Irene Crampton
Design/Production: Holy Cow Communication Design Inc
Photography: John Cochran, Misc
Distribution: Susan Leacock

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.

Studio address:

Mary Winspear Centre
Room 3, 2243 Beacon Avenue Sidney, BC

