



# WHAT A WONDERFUL REASON TO CELEBRATE!



**PENINSULA YOGA HAS BEEN PART** of our Island Community and a very special place in our lives for ten years! We hit this milestone of success with pride, unbridled enthusiasm and deep gratitude.

We are grateful to Sri BKS Iyengar, the founder of Iyengar yoga, for his continual guidance and

inspiration. Our gratitude embraces Marlene Miller who resolved to have a yoga space of our own on the Peninsula. Also encircled in this huge embrace are Nancy Searing and Glenda Hingley who jumped on board and pitched in to make our beautiful studio at the Mary Winspear Centre a reality. We encompass in our appreciation, Jayne Jonas and Linda Larsen, whose dedication and inspiration have helped to keep our Yoga Diya. (flame) burning brightly. Our sincere thanks extends to the master carpenter, Andrew Schenck, who skillfully created our rope wall, each beautiful panel of wood, a piece of art, perfectly placed and secured. All those who have painstakingly hand made our props and bolsters deserve a huge thank you, along with all of the hardworking board members over the years. And the biggest embrace goes to you, to us, the students, and to teachers who are the living, seeking, learning, sharing reason we are all bound together in this caring community.

Teaching and Learning create a beautiful harmonious flow where the line between blurs. Teachers and students

learn from each other as a wonderful symmetry is created in which we grow together.

Inside this extra large anniversary edition, you will read some of the history of our studio from the perspective of both teachers and students. We also thought that now, while this month of September begs us to concentrate once again on work, school, schedules and routine, would be a good time to take inspiration from each other for our home practices. With this in mind we have asked the teachers to choose an asana which motivates them to get onto their mat. There are as many asanas to choose from as there are needs to be met. My personal choice of getting to the mat finds me more or less forehead to the floor in a lovely balasana (child's pose) or indulging in Viparita Karani (legs up the wall). Maybe one day I will take myself by complete

*continued on page 9...*

## CONTENTS

Iyengar Yoga on the Peninsula .....	2
The Little Yoga Centre that Could .....	3
On the Mat .....	4-5
Discovering Yoga .....	6
Practice .....	7
20 Minute Practice .....	8-9
New Logo .....	9
Detachment .....	10
Recipe .....	11
Music Box .....	11
Schedule .....	12
Workshops .....	12





# IYENGAR YOGA ON THE PENINSULA

**IT IS NOW 10 YEARS** since the inception of the Peninsula Yoga Centre Society. In 2003 this Society formed, rising from the grassroots of the students asking if I would be interested in opening an Iyengar yoga studio on the Peninsula. And, they would be most willing to help. Absolutely I was. However, I did not have the financial resources to do so on my own, thus the Society was created. I taught for 24 years through the Panorama Recreation Centre. Classes were held at the Centre, in school gymnasiums and the Central Saanich Cultural Centre. It was wonderful to envision all the classes in a central location with a fully equipped studio. No more would students have to bring their own props or teachers move equipment in and out of their cars! Nancy

After some searching for an appropriate studio location, we were fortunate to be able to rent space at the Mary Winspear Centre where we have been ever since. It has been wonderful to be associated with such a fine community centre administered by great staff.

10 years ago Julie Coward of Holy Cow Communications contributed with the inspiring logo that we have been using to brand ourselves. This year in 2013, the logo has been updated and refreshed. It is wonderful that Holy Cow Communications has also grown during this period and will now be redesigning and upgrading our website.

In the past 10 years many students and teachers have served on the board of directors. All have generously contributed their time and energies to overseeing the rental of Mary Winspear facilities, the scheduling of classes and other yoga functions. In addition other members continue to participate giving their energies to do tasks such as the registration, advertizing, and this newsletter. We are fortunate many are so willing to contribute towards the administration of Peninsula Yoga.

In the yogic tradition of selfless service, the inception and continuation of PenYoga has truly been a community endeavour. We are very fortunate to benefit individually and collectively from our diverse community. The PenYoga Centre is a place where all may come to practice and study yoga.

It's time to celebrate!

With gratitude and appreciation,

*Marlene L Miller*

Searing and Glenda Hingley had trained with me and became teachers by the time this not for profit society was formed. In 2006 Jayne Jonas also began teaching with Peninsula Yoga. Soon afterwards Linda Larson also trained and is now teaching. Our last teacher in training was Linda Walker.

# THE LITTLE YOGA CENTRE THAT COULD

**FAR, FAR BACK IN THE** mists of time of the early 1980's, Marlene Miller, shaking off the prairie dust of Calgary, rode into Sidney, BC, and started teaching yoga classes.

This was before the days of sticky mats and yoga DVD's and well past the first flush of yoga fever of the 1960's, but with little more than a bag of yoga belts and tapas (a burning desire) to spread the word of Iyengar yoga, Marlene held classes where and when she could and a tiny "bija" (a seed) was planted on the Saanich Peninsula.

wanted a home for yoga. They wanted a place to settle down, a place that would always be clean, warm, welcoming: a place where they could put down stakes and put up a rope wall; a true centre for Iyengar yoga on the peninsula.

So this group of students and teachers did what they knew they had to do - gathering their courage and fortitude, feeling like the legendary, mighty warrior Virabhadra himself - they formed a non-profit society and they had meetings. Lots and LOTS of

This was karma yoga - the yoga of action - in action. It was the tilling, watering and weeding of that tiny yoga sapling.

Then they watched and waited. They had built their home for yoga, but would the students come? Yes they did! And they brought friends, family, co-workers and total strangers with them. The classes grew, the teacher roster expanded and the Peninsula Yoga Centre, which had been just a tiny seed not so long ago, grew into a thriving, healthy, strong and vibrant tree of yoga - thanks to the continuing, dedicated work of all of the teachers and all of the students.

So this is our story. We have always envisioned the PYC as a community - a place where we can come together to study, practice and learn about Iyengar yoga and to learn about our Selves. And with the help of each of us, our energy and willing spirits, that is exactly what it has become.

Namaste

*Glenda Hingley*

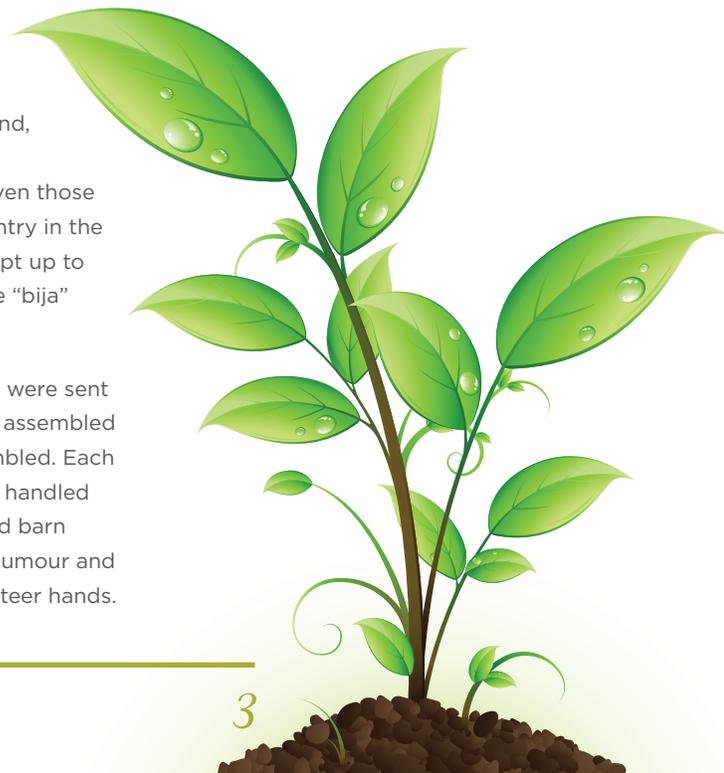
*"A tiny 'bija' (a seed) was planted  
on the Saanich Peninsula."*

The years rolled by and over time Marlene built a group of strong, dedicated students, willing to follow her to school gyms, community centres and anywhere they could find to lay down their mats and have a yoga class. She even found teacher apprentices so more classes could be offered.

But the turn of the 21st century brought change and revolt! No longer were the students content to study and practice hither and thither. No more would they deal with smelly, carpeted floors, unheated rooms or inadequate props. They

meetings! Planning was done, space was found, finances were arranged. Thanks to the internet, even those who were out of the country in the summer of 2003 were kept up to date on the planning. The "bija" was starting to sprout.

A floor was laid, blankets were sent from India, bolsters were assembled and chairs were disassembled. Each stage of preparation was handled with a good old fashioned barn raising attitude, a lot of humour and many, many willing volunteer hands.



# ON THE MAT

In the following pages you will find the answers we received from our teachers when we asked them for their favourite pose and which pose helped to get them “on the mat.” Their answers range from recharging and invigorating, to the comfort of releasing a certain part of the body and to asanas you can simply benefit from during the day as you go about your activities... Including working on the computer and watching a bit of TV! Is there one pose you know which simply makes you feel good? Sometimes it is nice to just simply start with that one.

## My Favourite Pose

By Glenda Hingley

Although my favourite pose changes regularly, right now it is definitely “sukhasana”, which translates to “simple crossed legs.” As so often happens in yoga, that which is simple is not always easy, but once we get used to doing it, it can be helpful in so many ways.

My favourite TV watching position is sitting in sukhasana on a bolster with my legs crossed on another bolster in front of me. Then I can switch to a gentle forward bend from time to time. And since we have so many portable devices around these days, I also like to write, play games or surf the internet using my coffee table and bolster instead of a desk and chair. Alternating the cross of the legs helps keep things even and I usually give my tighter hip a bit of extra time so it can open up more.

Sitting cross legged, even with a bolster or other support, spreads the muscles of the lower back and relieves the aches we get from walking, gardening, dancing or lifting. Adding a twist with a well-lifted torso is energizing and also aids digestion.

I love that sukhasana is fairly portable and can be done in so many places without overtly “doing yoga” in public. I have used it many times to loosen up my back and hips while traveling – on ferries, in some restaurants and even in the car – not while driving, of course!



## My Go to Pose

By Jayne Jonas

Adho Mukha Vrksasana, downward facing tree pose. I usually start my practice with this powerful inversion. Vrksa means a tree. I try to make myself as tall and strong as a Douglas fir. This pose quietens my mind, heats my body, and opens my chest.



## Sirsasana & variations

by Marlene Miller

One of my favourite poses that gets me to my mat is Sirsasana and variations. It is a quick way for me to ground, to become present. I find the pose to be invigorating at the same time calming, particularly the busyness of my intellect. After coming out of the pose, there is enthusiasm to really get on with my practice.



## Supta Padangusthasana

(variations) (Reclined foot-toe pose)

By Nancy Searing

Individually, or as a series of one or more of the variations of Supta Padangusthasana are a great preparation for all categories of asana; standing poses, forward extensions, twists, backbends and pranayama. Supta Padangusthasana works the hips, legs, arms and shoulders, and also prepares the diaphragm for pranayama. I find this pose the best to relieve low back pain and release hips. While the work seems to be with the top leg focusing on the work of the down leg draws the senses inward and makes the asana meditative. B. K. S. Iyengar says that Supta Padangusthasana I guides us into 60% of the poses in Light on Yoga.



*"I liked how I could work the poses into my everyday life."*

## DISCOVERING YOGA

*By Esther Miller*

**I FIRST HEARD ABOUT YOGA** while listening to a CBC radio interview with Kareen Zebroff. It must have been around 1973. She was telling about her TV program that was on every weekday morning. I thought it sounded most interesting, so I tuned in and started learning about Hatha Yoga.

I liked how I could work the poses into my everyday life, so when I washed my hair I would stand in Uttanasana and dry it. Working in the garden in Parsvakonasana, and sat on the floor to read or watch TV. Every so often a yoga class would be

offered by the School District, and I would sign up

It wasn't till 1991-2 that I had my introduction to Iyengar Yoga and Marlene Miller was the teacher. I loved the precision of the poses, and for the first time, props. When I look back on it Marlene was amazing. In the trunk of her car she had all the props neatly stacked in their designated place.... chairs, wooden blocks, foam blocks, mats, straps, extra blankets, poles, and more. Every week she hauled all the props into the, Deep Cove School gym, and at the end of class put them all back into the car.

She encouraged us to bring our own equipment, and gradually I acquired what was needed. Marlene also arranged with a Foam Shop in Victoria to make Yoga blocks to the correct dimensions, and we purchased them too. Every week I would head to my Yoga class with 4 foam blocks, 3 blankets, 2 straps, and a mat. The advantage to having your own props is that you can practise at home. Since then, when my husband or children ask me what I would like for a birthday gift I suggest another prop. I am happy to say I now have a bolster and 2 sandbags.

In 1993 Marlene attended the Iyengar Yoga Conference in Toronto, and she returned filled with great enthusiasm, new ideas, and T shirts for us to purchase, hence the reason I remember the date! A number of years later a conference was held in Vancouver and quite a number of students attended. Nancy and Glenda were there, and they too had such a wonderful experience that they decided to devote their time to becoming teachers, and I am very glad they did. It's exciting when our teachers return from a conference or a visit to Pune. You know they will return with new thinking. That's the joy of Iyengar Yoga. It is always evolving.

I have appreciated the teachers at PenYoga. Their knowledge, encouragement, and sensitivity to our needs is to be admired. Also the fine students. Now that I am 71 years old, I thank Iyengar Yoga for keeping me flexible in body and mind.

# Practice



By Marilyn Ming

**ON THIS TENTH ANNIVERSARY OF** the Peninsula Yoga Centre, it seems appropriate and

somewhat disturbing that I'd be asked to write about my practice for this newsletter. I wish it were my practice from 10 years ago that I could describe – a practice that seemed ideal then, almost 2 hours/day and a wide variety of poses and classes in different yoga disciplines. Alas, now things are different and I am continually trying to have a regular home practice. Practice is so much easier when there are few distractions. No wonder those old yogis ran off to the hills to meditate and practice!

When we speak of practice, we usually think of the asanas, but there is more to yoga and more to practicing asana than the physical manipulations of the poses. As B.K.S. Iyengar points out in the **Tree of Yoga**, for asana to be more than another type of exercise, one must bring together the various layers of the body and mind into a concentrated kind of meditation – the union of body and mind that is the meaning of yoga.

Iyengar classes are fantastic for improving poses, correcting our alignment and pushing us to do new things. While we focus on the physical aspects of each pose the additional activity of selecting and fetching new props makes for a very enjoyable interaction with other people. The classes teach us how the body should be in the pose; we concentrate on the interaction of the muscles, the alignment of the bones, the release into the correct form. These qualities are necessary for yoga, but a home practice adds another very important

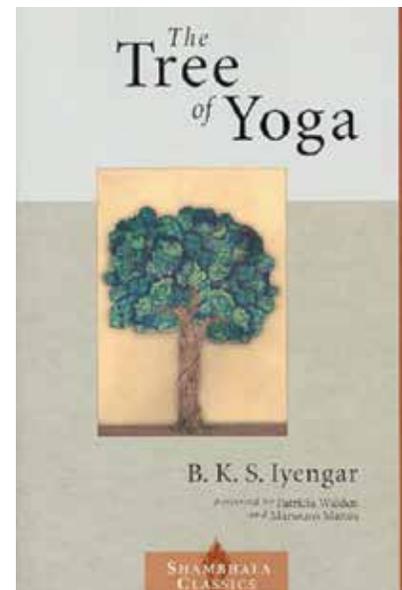
layer. Besides keeping our bodies flexible, at home we can find the uninterrupted space to concentrate on each pose, the space to link breath with movement and still the mind. The flow from one pose into another becomes the meditation B.K.S. Iyengar discusses in his book.

So, my poses are better technically than they were 10 years ago, but my devotion to a concentrated practice is less. I have two kinds of home practice: one form is integrated throughout the day, the other is the devoted hour or so of asana.

I still start every day, regardless of where I am or what is going on, with sun salutations (at least one) and close each day with a reclining twist and savasana. Usually at night if I've not had a practice hour, I add supta padangusthasana, halasana, and sarvangasana (shoulder stand). I almost always do some single poses throughout the day – sitting twists, a headstand, trikonasana while waiting for the tea kettle to boil or in a quiet part of an airport, tadasana in line at the market, malasana while weeding. Some pranayama and spending more time sitting on the floor than on chairs are also habits. This practice has stayed with me for 50 years. If I don't have a mat, I do poses that can be done on a moving boat, in a small motel or guest room, next to and in a tent. Granted, the concentration is not always there in this kind of practice but often the very act of focusing on the pose and the breath stills my mind even in a crowded airport or market.

Adding an hour of the concentrated practice in which I can bring together the breath, the mind, all the alignment that I learned in class and that meditative flow, is more of a challenge these days, but I am trying to do it on a regular basis. When I did this regularly, I made great progress mentally as well as physically. It also

encouraged me to incorporate the poses that for me are difficult and that become more difficult as I neglect them. It's fun to do the poses that I'm good at, more of a challenge to struggle with poses like back bends, upward bow and even gomukasana and the balancing poses. Those are my challenges, so I usually begin by saying to myself I'll just do a couple of sun salutations, then I add some standing poses, and before I know it, the practice has extended through a whole range of asanas. It's the getting started that is difficult for me.



For me yoga is more than asana, it is a way of life, incorporating the yamas, niyamas, pranayama and the higher forms of concentration and meditation (with which I continually struggle,) what Iyengar describes in *Tree of Yoga* and what he feels can be manifested in asana. The breath and the concentration in even a single pose bring together my rather scattered mind and awkward body and the asanas enable me to keep walking.

B.K.S. Iyengar's **Tree of Yoga** is available in the PenYoga library.

# TWENTY MINUTE PRACTICE

If all you can squeeze from your busy day is twenty minutes, gain a few moments of serenity from this 20 minute practice.

by Marlene Miller



*Pose 1a*



*Pose 1b*



*Pose 1c*

1 min ea Supta Padangusthasana I (upward leg), Parsva (lateral leg), Parivrtta (leg rotated across torso)



*Pose 2*

30 sec. each side Utthita Trikonasana (Triangle pose)



*Pose 3*

1 min Adho Mukha Svanasana (Downward Facing Dog)

*Pose 4*

3 - 5 min  
Sirsasana or supported Dwi Pada Viparita Dandasana (head stand or chair supported back bend)



*Pose 5a*



*Pose 5b*



3 - 5 min Sarvangasana or Viparita Karani (Shoulder Stand)



# The Peninsula Yoga Centre has a new logo!

**WE'RE PROUD TO LAUNCH THE** new PenYoga logo as part of our refreshed look. In 2012 we began a rebranding process with Holy Cow Communication Design to reflect the progress our organization has made over the last 10 years. Our new look highlights our commitment to balance, the fluidity inherent to our practice, and connection with both our community and environment.

Our next round of communication work will focus on realigning PenYoga's new visual identity with a cohesive overall brand. We'll be working hard to find creative and engaging ways to articulate our vision while at the same time enhancing the profile of our classes, instructors, the Studio, and future expansions. Equally important is showcasing the leadership role that PenYoga and our instructors play in the broader Iyengar Yoga community. As part of our renewed commitment to our overall communications, we'll soon be launching a brand new website complete with a robust online registration system. We've also recently joined Facebook with much success - make sure to 'like' PenYoga for updates, exclusives and contests!

Watch for our new logo around the Saanich Peninsula. We hope that this refreshed look and renewed commitment to communications will take us forward towards another 10 years of shared success - and beyond!

*The PenYoga Board of Directors*

*continued from page 1...*

surprise and jump into shoulder stand first thing!

We hope to continue the celebrations over the course of this year. I think we deserve at least one good celebration and feast of Indian food and music!

Why do we practice? In the words of BKS Iyengar, "The yogic journey guides us from our periphery, the body, to the centre of our being, the soul. The aim is to integrate the various layers so that the inner divinity shines out as through clear glass." (Light on Life by BKS Iyengar)

I don't often stop to think about this, but with practice and study there is the hope that our individual light adds yet one more prism of beauty to our world.

Namaste,

*Lorette and Irene*



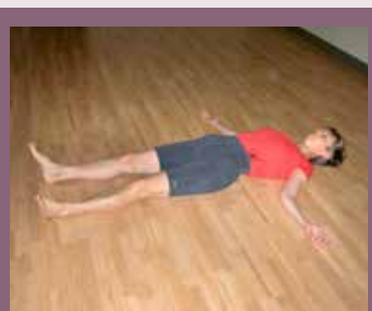
*Pose 6*

1 min ea side  
Marichyasana III (Twist)



*Pose 7*

1 min Dandasana  
(Seated Staff pose)



*Pose 8*

5 min Savasana  
(Corpse Pose)

# Detachment

By Jenny Trost

**IN YOGA CLASS THE OTHER** day Nancy mentioned that there are 2 pillars of yoga—practice and detachment. At the mention of detachment, something in me took notice, recognizing that this is something I'd like a lot more of. What is detachment? How do I cultivate it?

Practice is a "long, uninterrupted inquiry" developed through progressive levels of learning. Whether or not we have a practice outside of class, it is a concept we all understand. According to BKS Iyengar, practice (abhyasa) is an evolution, a forward movement into life.

Detachment (vairagya) is also translated as renunciation. These are not qualities our society pays much attention to. Indeed, the word renunciation does not land favorably with me. I am not inclined to give up anything or to voluntarily do without. Detachment, on the other hand, sounds peaceful. I would happily gain some distance from some of the emotions I am now feeling. So how could I do that?

Vairagya is the development of self-observation, which we do whenever we practice yoga. According to BKS Iyengar, it is "the path of involution, abstaining from the fruits of action and from worldly concerns and engagements." I would add that it is self-observation without judgement. How often do we castigate ourselves for not practicing or for not doing a pose well enough?

Over the past 10 months, I have practiced handstand every day. Or, almost everyday. I have practiced it because it frightens me, because I know I am physically capable of it, yet somehow can't translate what I see into what I do. There have been times I have felt frustrated and stupid and embarrassed. I do well in the pose when I am calm and centered. After 10 months, I recognize when my emotional state is such that there is no point in continuing to throw myself against the wall. Better to let it go and move on to another pose.

Patanjali states that there are 4 steps to vairagya: disengaging the senses from action, staying away from desire, stilling the mind and freeing oneself from craving. Remember how glorious it feels after a good yoga class when whatever was troubling at the beginning of the class is now not so troubling. The process of observing oneself, being present to physical sensation, and accepting the state of today's posture without judgement, leads to peace of mind.

The practice of detachment is transformative. It changes how we exist within ourselves and helps us to accept ourselves, allowing us to be more who we are.

*"the path of involution, abstaining from the fruits of action and from worldly concerns and engagements."*



# Muffin Recipe



Submitted by Glenda Hingley

In a mug or small bowl:	Add:
- 1 teaspoon of oil,	- 1/4 cup ground flax seeds
melted butter or ghee	- 1 teaspoon cinnamon
- Beat one egg with a fork	- 1 teaspoon sugar or substitute
	- 1/2 teaspoon baking powder

Mix well and microwave on HIGH for 45 – 60 seconds, turn it out onto a plate and enjoy! Delicious alone or with a cup of coffee or tea and extra wonderful with a bit of yogurt and fresh fruit on top.

I have also used oat flour and rice flour successfully and probably other non-gluten flours or combinations will work.

You can add raisins, sliced dried apricots, small amounts of nuts and seeds or for a big treat, use 2 teaspoons of cocoa powder and 2 or more teaspoons of sugar for a chocolate muffin. There are even more variations online.

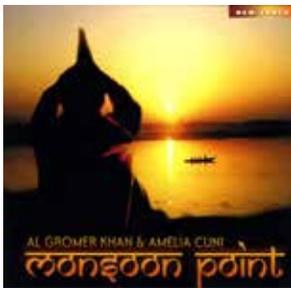
This muffin makes a great breakfast or pre/post yoga class meal and is chock full of omega 3s and fibre, but low carb and non-gluten. You can grind your own flax meal in a coffee grinder, or use regular oatmeal in the grinder to make oat flour. I mix up about a week's worth in small containers and keep them in the fridge to keep the flax meal fresh.

## FROM THE MUSIC BOX

By Lorette Hickling

### MONSOON POINT

Artists: Al Gromer Khan and Amelia Cuni



This cd will transport you to the heart of India. Play it on a quiet night; burn some incense and light a candle. Listen while the dawn is mystical and the sun beginning to rise.

The following review is copied with permission from Banyen Books.

*On the updated cover art for Al Gromer Khan and Amelia Cuni's Monsoon Point, there's a depiction of a shadowed figure in a yoga pose, while the sun sets over a shimmering lake. It was a well-chosen picture, because it reflects the mood of the music perfectly. Khan presents*

*a languid landscape of electronic keyboard tones that find a balance between being spiritually uplifting and soothingly mellow. This is definitely an album that is suited for winding down or internal exploration. Adding to the album's spiritual potency is the Dhrupad singing of Cuni, whose low, silky voice floats amidst Khan's nuanced synthscapes. Keep this album in mind for your next yoga session—its subtle fluidity would make it perfect for concentration and slow, deliberate asanas.*

*Re-mastered from its original release in 1995 for the new film Sublime by Tony Cranz, Monsoon Point features Amelia Cuni who is a master of Dhrupad, the oldest surviving genre of classical singing in India. And Khan, whose first calling is as a sitarist, here masterfully floats the synth waves of what he calls "this new, meditative classical music, which I call Paisley music" with otherworldly ahhhhh.*

If you have not had the pleasure of shopping the wonderful selection of books, cd's and merchandise at Banyen Books on 4th Avenue in Vancouver, then check out their website and newsletter at [www.banyen.com](http://www.banyen.com). You will find descriptive reviews, articles and current events. They have an excellent mail order service to the Island.



## CREDITS

Editor: Lorette Hickling  
 Associate Editor: Irene Crampton  
 Design/Production: Holy Cow Communication Design Inc.  
 Photography: Michelle Loewen

Check out our website at [www.penyoga.ca](http://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](mailto: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.



# Yoga Workshops

Father Joe Perreira Oct 4-6 Courtney  
[www.yogaonrosewall.com](http://www.yogaonrosewall.com)

Contact Vicky Catchpole: 250-338-7973  
 email at [vipalmpole@hotmail.com](mailto:vipalmpole@hotmail.com)

Elise Miller: Sep 9, 11, 12 Vancouver  
 Mahyar Raz: Sep 20-22 Vancouver  
[www.theyogospace.ca](http://www.theyogospace.ca) 604-876-9600

Chris Saudek: Sep 27-30 Victoria  
 Going Deeper with Shirley French Nov 1-2 Victoria  
[www.iyengaryogacentre.ca](http://www.iyengaryogacentre.ca) 250-386-YOGA(9642)

## Iyengar Yoga: September 9–December 21, 2013

All Classes held at Mary Winspear Centre (Registration opens August 1, 2013)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Led Practice *New* MM 6:30–8am				
55 & Better *New Time* MM/JJ 9–10:30 am	Level 1 NS 9:30–11am	Level 2 NS 9–11 am	Level 1-2 JJ 9:30–11 am		Level 1 GH 9–10:30am
Specific Needs *New Time* MM/JJ/NS 10:45–12:15 pm		55 & Better *New* MM/NS 11–12:30 pm			
Level 1 *New* LL 7–8:30pm	Level 2–3 MM 6–8pm	Level 1-2 GH 6:30–8pm	Level 2 MM 6–8 pm		

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

	Level 1 9–10:30am LL Panorama CSCC - Room B	Iyengar Yoga Start *New* LL 6:30–7:30 am		Level 1 9–10:30am LL Panorama CSCC - Room B	
--	--	--	--	--	--



**Certified Iyengar Instructors:**  
 MM - Marlene Miller • NS - Nancy Searing  
 GH - Glenda Hingley • JJ - Jayne Jonas • LL - Linda Larson

**No Classes:** Monday, October 14—Thanksgiving  
 Thurs–Sat October 24–26—Pro D Teachers  
 Monday, November 11—Remembrance Day