



Iyengar Yoga Association: Southeast News

PRESIDENT'S LETTER

Dear Friends

As we move into 2004 your board has been steadily at work. Our Southeastern Association is continually growing and organizing for the future. First, I'd like to thank the membership for their commitment of time in voting for the new board members.

Next, I want to welcome our two new board members, Jonathan Freilich from New Orleans, Louisiana and Jan LeFrancois from Spartanburg, South Carolina. Some other changes include Cindy Dollar – Treasurer, Lynda Gill – Newsletter Chairman, Phyllis Rollins – Scholarship Chairman, and Lynda Gill – Vice President.

In addition to our once-a-year Introductory Teacher Training and the Junior Intermediate Teacher Training taught by John Schumacher, IYASE is sponsoring Gloria Goldberg in Memphis, Tennessee this March. This workshop is for teachers who are already mentoring or training teachers, it is not a preparation for certification.

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FUTURE ARTICLES

If you have information that you would like to be included in future IYASE newsletters, please send an email to: lyndasyoga@hotmail.com (**Next deadline: June 30, 2004**).

I.Y.A.S.E. JUNIOR INTERMEDIATE TEACHER TRAINING WITH JOHN SCHUMACHER FOSTERS NATIONAL COMMUNITY



The fall I.Y.A.S.E. Jr. Intermediate Teacher Training with John Schumacher was attended by teachers from all over the country. From as far away as Maine, New York, Michigan, Iowa, even Idaho and California as well as the southeastern states of Florida, South Carolina, Georgia, Louisiana, Virginia, Arkansas and Tennessee, members of the Iyengar community gathered to learn and to grow as teachers and practitioners. It was a seasoned group with Carrie Owerko of New York preparing to take her Jr. Intermediate Level II assessment the following month. The rest of the group was at the Introductory Level II with several planning to go up for assessment within the next two years.

John did a thorough job of covering the syllabi for both Levels I and II, and the asana sequences he taught gave the participants a satisfying practice while reinforcing key teaching points for the poses. As Florida attendee Dena Glazer said, "I liked doing the poses a lot. Doing the poses while listening to his words was very helpful. Having them taught to me the way I'm supposed to be teaching them is a great learning experience."

Friday evening's asana class focused on inversions, Saturday morning's on arm balances and abdominal strengtheners, and Sunday morning's on backbends. The pranayama class was first thing Saturday morning followed by a short break, then the asana class.

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Teacher Training: Cont'd from pg. 1

I began my asana and pranayama training with John nearly twenty years ago, as did many here in the southeast, and I have a deep appreciation for his expertise in teaching the subtleties of pranayama. We were delighted to discover that John had brought several copies of his newly released Pranayama CD. Needless to say, they quickly sold out. The first time I played mine I did every practice session on the CD (nearly an hour of practice), and it was just what I needed to find that deep state of relaxation so essential for pranayama practice. I immediately ordered copies for my students. Since it focuses on preparatory and beginning stages of pranayama, it is appropriate for a wide range of people, assisting beginners as well as teachers of beginners.

At the end of the Saturday morning session, John handed each of the volunteer practice teachers a three-pose sequence. After lunch we reconvened for the most exciting part of the weekend, the practice teaching. This is, in many ways, the most valuable aspect of any teacher training since it requires those teaching to draw upon all that they have learned and bring it into a brief, focused teaching demonstration. It's a prime learning experience for everyone, whether in the role of teacher, student or observer. The time limit of 20 minutes for three poses forces the teachers to be succinct. John reminded us that teachers at the Jr. Intermediate Level are expected to

convey the more subtle aspects of asana and to link those subtleties throughout the poses.

I enjoyed participating as a student and was inspired by the competence, as well as confidence, of those who taught. After the workshop, John expressed his appreciation of the group's level of experience. "It's such a pleasure to work with people who are so devoted to the practice. There is no greater joy for a teacher than to have students who are enthusiastic, responsive and capable. It's a privilege for me to do the Junior Intermediate workshops for them." It's also a satisfying experience for those who study with him and then go on to pass the assessment, as did Carrie Owerko. Congratulations Carrie!

On Saturday evening K-Lea hosted a delicious catered Indian dinner at her home, giving us all a chance to relax and mingle on a more casual basis. Since the purpose of these I.Y.A.S.E. Teacher Trainings is to build community as well as to facilitate the learning and teaching of Iyengar yoga, we recognize the importance of occasions such as this one when the attendees are so warmly received by the local community. As Lou Hoyt commented afterward, "John's workshop was fun and well done. Of course, I wasn't preparing for assessment and was more relaxed. It was fun being with others who, over time, are becoming yoga friends as we study together."

— Lynda Gill ■

**I.Y.A.S.E.
JR. INTERMEDIATE
TEACHER TRAINING
WITH
JOHN SCHUMACHER
OCT. 22-24, 2004
STILLWATER YOGA STUDIO
ATLANTA, GA
CONTACT LOU HOYT
(901) 683-0932**

**HAVE YOU HEARD
John Schumacher's
Pranayama CD?
Pranayama:
Preparations and Beginnings
by John Schumacher
On this CD, John provides
instruction in the basics of the
practice of pranayama.
Available at
www.unitywoods.com
(301) 656.8992 ext. 114**

NAMASTE`

— By Teacher Training Committee

On March 5, 6, and 7th in Memphis, Tennessee, nine certified teachers attended an IYASE sponsored workshop with Gloria Goldberg. This workshop was devoted to teachers who are currently mentoring and teaching students in a "Yoga teacher's training program" to become Iyengar yoga teachers.

Many in our region endeavor to improve and clarify the teaching standards and guidelines for our region's teachers. We wanted to bridge the gap between what is being taught in these programs and how Mr. Iyengar wants us to teach the fundamental principles of Iyengar yoga.

Gloria is a perfect example. She has been successful in providing teacher trainings in her region for the last 12 years. Her close relationship with the Iyengars is invaluable to clear understanding of how the method is to be taught to the teachers who are teaching.

We spent 16 intense hours going through, step-by-step, the principles of teaching, class management, demonstration skills, asana observation, correction skills, and supervised student teaching.

Gloria generously gave of her years of experience, her love of Iyengar yoga, her desire to help us become better teachers and made it fun, too!

I came away with more clarity, confidence, skills and respect for the distinguished system we are a part of.

If you are providing teacher training, you'll not want to miss the next workshop with Gloria Goldberg. ■

"I.Y.A.S.E. JR INTERMEDIATE TEACHER TRAINING: A PERSONAL ACCOUNT"

— Nancy Mau

This workshop, like so many of the other IYASE sponsored teacher training workshops, was a wonderful learning experience for me on a lot of levels. On one level, you have John Schumacher guiding and fine-tuning your practice while simultaneously helping you to understand, as a teacher, the linking and sequencing of the asanas. As many have experienced, John's warm, humorous and thoughtful approach makes all the difference when working on arm balances and padmasana variations. On another level, I got to spend a weekend at a beautiful studio with many wonderful friends and colleagues, some of whom I had not seen since the last retreat. At workshops like this one, where you are surrounded by so many inspiring and dedicated practitioners, the experience is enriched by what you have also learned from your friends during the course of the weekend. I feel fortunate to have had both.

Nancy Mau is an Iyengar instructor at Stillwater Yoga Studio in Atlanta, GA. ■

CONGRATULATIONS TO THE FOLLOWING I.Y.A.S.E. TEACHERS WHO PASSED THEIR ASSESSMENT IN 2003:

Junior Intermediate Level II:

Colleen Gallagher

Junior Intermediate Level I:

Sharon Conroy

Teachers in Training:

Judy Rosenzweig

Vindra Mahraj

Deborah Tobias

Jayne Jonas

Elisa Aueron

Mark Bodnar

Jan LeFrancois

Kquvian DeWeese

Suzanne Spitzer

Mary Gay Bumgarner

Jonathan Freilich

If you or someone you know here in the southeast passed an assessment in 2003 and is not on this list, please let us know by emailing lyndasyoga@hotmail.com.

Preparing for an assessment is a big commitment of time and money. We recognize the amount of hard work that is required to go through this process and want to congratulate everyone who passes. ■

*"What is important
is whether you are
sincere, whether you are
humble, whether you
are compassionate."*

— BKS Iyengar



THE GOD WITHIN — REACH

— Lou Hoyt

Feeling good is all in where you put your attention. The practice of yoga is a process of getting to know yourself. Every time you show up on your mat to practice, choosing to be present, you will find out something about you. How you are feeling in your body, what your emotional state or mood is, and where the mind is---what thoughts have you been dwelling on. This practice of self study, svadhyaya, is an aspect of yoga that can bring great transformation. Kriya Yoga, yoga of action, as defined in Sutra II.1, says “ spiritual evolution must be tested in active engagement “. As yoga practitioners, transformation and growth come from putting these practices into our daily lives. The three components of Kriya Yoga are : tapas, the discipline of self care; svadhaya, self study that leads to self knowing; Isvara pranidhana, devotional practices that open us to our Higher Self, our Source. Our yoga practices, study and self reflection, brings clarity and inner guidance from our inner being. Sutra I.3 translates the word drastar as inner being, our Higher Self. This Sutra states that the practice of yoga brings us to this focused inner state, free from past conditioning, which is our natural state. Mr. Iyengar writes “yoga teaches one to experience the divinity within one’s self”.

Asana and pranayama practices quiet the physical by drawing the mind into the actions of the poses and practices. This process of connecting inward allows us to open to our inner

guidance. The most obvious guidance from within is our emotions that tell us in every moment how we are feeling. By paying attention to how we feel we can make choices that are aligned to our best interest and well being. The Sutras also tell us there are obstacles on this path of harmony and inner peace. Sutra I.30 lists the obstacles to serenity and purity of consciousness as: sickness, lethargy, doubt, carelessness, apathy, sense gratification, errors in judgement of self, lack of perseverance, and inability to maintain achieved progress. Sutra II.3 lists the five Klesas as “ self-induced” causes of suffering when they appear in excess in our lives. They are: ignorance, egoism, attachment, repulsion, and fear. We suffer because the mind is absorbed in these conditions that separate us from our Source, our sense of well-being. The mind, like a muscle in the body, has a habit of doing the same thing over and over the same way. In our physical experience we have picked up patterns of thinking, samskaras, that become our beliefs. We live, make decisions and act from these beliefs. Yoga is the liberating practice that connects us inward to observe the inner world of our thoughts. The thoughts we think create our moods or feelings. We know when we are feeling good and we know when we are in a negative place. One cannot feel good and be thinking negative thoughts. Feeling good is the connection to our Higher Self , aligned to the spark of divinity within, the Atman. The heart and mind feel open together. Observing where we let our mind dwell and the emotions that arise from our thinking brings us to a more subtle internal practice. We have the ability to deliberately

choose where to put our attention thus choosing how we want to feel. Our yoga practice leads us from the gross to the subtle, from the physical to the more subtle practices of controlling our consciousness, our mental states. The inspiration must come from within. We have to want to feel good and deliberately choose positive ways of thinking. Our greatest desire must be to feel connected and guided by the Light within. Namaste. ■

Presidents Letter: (Cont'd from pg1)

As your elected board we are committed to education in the Iyengar tradition passed on to us by Guruji. It is through education that we learn the process, techniques, and guidelines of yoga; but without the foundation of yama and niyama as part of our personal practice, our daily application becomes merely poses.

As yoga teachers and students, we have an obligation to “walk the talk”. Mr. Iyengar wrote in “Light on Yoga”, “sva” means self and “adhyaya” means study or education. Education is the drawing out of the best that is within a person. The education of the self.” Practice, education, and service are rooted in “Parampara; in the tradition of Patanjali.”

Finally, I thank all of you for your suggestions, complaints, and compliments. I truly feel it is through interaction that we grow. See you at the Convention.

To our dear Judi – We love you. Our prayers are with you.
Yours in yoga, Janie ■

2003/2004 WORKSHOPS

- April 2-4, 2004 **John Schumacher:** Weekend for Teachers on
Pranayama, *Bethesda, MD*
Linda San Gabriel (301) 656-8992 ext. 118
- April 2-4, 2004 **Laurie Blakeney:**
Unity Woods Yoga Center, *Bethesda, MD*
Linda San Gabriel (301) 656-8992 ext. 118
- April 9-11, 2004 **Lois Steinberg:** Postures, *Naples, FL*
(239) 566.9642, www.postures.com
- April 16-18 **Workshop for Women with**
Sharon Conroy and Mary Pappas-Sandonas
The Abbey, *New Orleans*
Sharon Conroy (985) 809-0890
- June 4-6, 2004 **Suzie Muchnick Spencer**
Yogarosa Center, *Hallandale Beach, FL*
Rosa Santana (954) 456-6077
- June 25-July2 **George Purvis**
St. Joseph's Abbey, *Covington, LA*
Sharon Conroy (985)809-0890
- Aug. 27-Sept. 3 **John Schumacher**
St. Joseph's Abbey, *Covington, LA*
Sharon Conroy (985)809-0890
- Oct. 22-24, 2004 **IYASE Teacher Training with John Schumacher**
(Intermediate Jr. Syllabus)
Stillwater Yoga Studio, *Atlanta, GA*
Lou Hoyt (901)683-0932
- Oct. 29-31, 2004 **Manouso Manos**
Yoga Sol, *Delray Beach, FL*
Colleen Gallagher (561) 272-8699

MARK YOUR CALENDERS:

*2004 Iyengar
Yoga Convention*

St. Paul, Minnesota — May 5th - 11th, 2004

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WWW.IYASE.ORG

Our website, www.iyase.org, contains valuable info about our members. Certified teachers are listed by state. There are links to the National Association and Mr. Iyengar's website. If you have any requests or suggestions, send them to: lyndasyoga@hotmail.com.



2004 IYASE

MEMBERSHIP REGISTRATION FORM

Please Circle One: New Member Renewal

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Email _____

Our membership year is Jan. 1 - Dec. 31, 2004.

Please send a check for \$50 made payable to IYASE with this registration form to:

Cindy Dollar, PO Box 7401, Asheville, NC 28802

NOTE: Certified teachers renew through IYNAUS, not IYASE.