

SWLSIYI

SW LONDON & SURREY IYENGAR YOGA INSTITUTE

SWLSIYI Gets a New Logo and Website

After many meetings for the “creatives” amongst us to get their ideas flowing, there followed much discussion on building a brief around what we want our logo to represent, hiring a designer and commissioning the work for the website development. We are pleased to announce that we now have a great new identity for our Institute. It has a colourful and modern style which retains simplicity, reflects alignment and is very welcoming. We hope you like the logo which will appear on all our leaflets, marketing materials and our website, giving us a great new identity with which to take the Institute forward.

Also launched is our brand new website, www.swlsiyi.org.uk which went live in December. This is a very exciting new leap forward for SWLSIYI. As a 'virtual' Institute, the website will be a vital source of information on teachers, regional events, workshops, as well as information about the Institute itself, joining as a member and the latest news and views. Work will continue on the site once it is launched through its development phase, so keep checking back for the updated news and information. We will be looking for feedback and ideas on the site, so please do share them via the website.

A big thank you to all those involved in the creation of our new visual identity and website.

How To Join SWLSIYI

Welcome to your local Iyengar Yoga community! Joining SWLSIYI is easy! Please have a look at our comprehensive list of Frequently Asked Questions (see the link on our website home page, www.swlsiyi.org.uk) to learn about the many benefits of joining. Also on our home page is a link to the SWLSIYI membership application form which can be filled in online, or downloaded, filled in, and then scanned and e-mailed, or posted, back to us. Pay membership fees by BACS or cheque; details are on the application form. If you have any further questions, please e-mail us at swlsiyi@gmail.com

Forthcoming Events

Welcome to our new committee member Kate Hebblethwaite who has volunteered to be Events Secretary.

Our next SWLSIYI Workshop event will be in April. The date is 9th April it will be taught by Brenda Booth, hot from her return from Pune! To coincide with the event our AGM will follow on after the workshop.

Don't forget the IYA Convention next year will be with Jawahar Bangera from 17th to 19th June, 2011 at Strathclyde University in Glasgow. Why not use our SWLSIYI Facebook group to arrange to travel to this and other events together?!

In the pipeline are:

- A day with Margaret Austin is planned for November 2011
- Jayne Orton will do a day-long event in either April or November 2012
- The Kent Iyengar Yoga Institute is planning a Weekend with Jawahar in Dartford - Sat 4th and Sun 5th June 2011 - and are now taking early bird bookings. Any interested SWLSIYI members please e-mail Anita swlsiyi@gmail.com for a booking form which contains more information.

A call for entries!

Do you have a yoga-related experience that would make an interesting read for our members? We would love to have a few short paragraphs from you for our newsletter (around 200 words). We may not be able to publish everything we receive, but we will always be very interested to hear from YOU. Please e-mail your article to us at swlsiyi@gmail.com



January 2011

Committee 2011

Chair:
Diane Drain

Deputy Chair:
John Shirbon

Hon Secretary:
Lesley Whiteley

Hon treasurer:
Peter Kosasih

Membership Secretary:
Jane Howard

Deputy Membership Secretary:
Anita Phillips

IYA Liason:
Judith Richards

Media Secretary:
Janette Browne

Newsletter Editor:
Penny Boylan

Copy Editor:
Tehira Shafiq

Events Secretary:
Kate Hebblethwaite



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A Good Rinse Before Christmas

Johanna Heckmann Mohan leads SWLSIYI's first Surrey Workshop, 13th Nov 2010.

'You are all having a good rinse before Christmas' she said, in her soft accent.

Anyone who was not there would be forgiven for thinking that something has got lost in translation. But far from it: this was a perfect description of what we could feel happening to our insides as a result of our work in twisting poses, one of the threads of Johanna's workshop. Those lucky enough to be present may remember the phrase, and our ensuing broad smiles (joy, another theme).

The afternoon didn't quite start as planned. The building was locked, the lights were off and there was no way in. With only fifteen minutes to the start time, and with more people arriving every minute, we began eyeing up the car park as a possible impromptu outdoor yoga studio. Luckily we were saved by the arrival of the key-holder, and many hands made quick work of transforming the hall into a yoga space before we settled on our mats.

Johanna asked us to have a humble head and a positive heart, and reminded us before we started that the invocation is not a singing competition, that we should not sing loudly with our egos, but sing so that we can hear our neighbours. By the last notes we were ready to participate in a shared yoga experience.

We started with dog down and uttanasana, and although we didn't yet know it one of the main themes of the day was emerging: creating space for the back of the neck. We experienced this in supta tadasana, with a long belt round the front of our shoulders like the straps of a back-pack and round our feet so that when we straightened our knees the

shoulder blades and skin on our upper back was drawn down and our shoulders flattened out onto the floor.

Next we took this awareness of the actions in our spine into twists, particularly exploring how different actions in marichyasana 1 can inform our pvritha trikonasana and pvritha parsvakonasana.

Having rinsed our internal organs in twists, the last part of the class continued the work on the spine introduced at the start, as Johanna took us into backbend poses over the chairs, using the stickiness of the mat on the chair to recreate the action of the belt that we experienced at the very beginning in supta tadasana. Supported halasana brought us to relaxation using mats rolled around blankets to make an improvised bolster under our thighs. A lovely restful way to release the spine.

Our thanks must go to Johanna Heckmann-Mohan for a wonderful class, and to all the volunteers who helped in so many ways.

Jane Howard

