

SWLSIYI newsletter



Welcome to the very first issue of the SWLSIYI newsletter. We hope you find this short introduction to your new Institute an informative read.

Our new Institute

Teachers & Students of Iyengar Yoga across S.W.London & Surrey came together in May and September 2009 to respond to a proposal to form a new regional Iyengar Yoga Institute to foster community links and share events & resources and that would link to the National IYA.

South West London and Surrey has, up until now, been the only area around London which has not had a regional Institute. So, following an excellent response to the proposal, an interim committee was set up with result that in January 2010, SWLSIYI was established and formally approved by the National Iyengar Yoga Association.

So why did we need an Institute? Regional Institutes act as a hub for teachers and students in the area, making it much easier for aspiring students to find classes, teachers and information on Iyengar Yoga. The Institute gives members the chance to feel part of a community; it provides the opportunity to host events, to invite senior teachers to visit, and creates a central information resource and pool of skills across the region.

How does it work?

The institute is a "not for profit" organisation, meaning all funds raised are put back into the Institute to support the services to its members. We are a "Virtual Institute" initially, so a physical yoga centre will not be necessary.

Revenue is expected to come initially from subscriptions, events and fundraising/donations. The Institute is run by a team of volunteers, utilising their skills to share the enormous workload that has gone into the set-up and will go into the running of it. We have several volunteer roles to fill, so please do contact us if you would wish to express your interest in getting involved.

A committee (see right) was voted in at the Inaugural meeting in February and sub-committees are being formed to organise Membership, Finances, Events, Website & Newsletter development and external communications.

What next?

Following our inaugural event at the Bhavan on 16th May (see overleaf), we now have 60 members. This means we have a big enough membership to have our own representative at the IYA – volunteer required.

We are currently planning a First Aid Day for teachers and are also beginning our planning for a second workshop, to be held in Surrey, in the Autumn. So watch this space.

We are also in the development stages of creating a unique logo, as well as a website and a regular newsletter for members. So there are many exciting things ahead to bring to the members.

We have come so far already since the initial proposal just over a year ago. We are most fortunate in having a great team of people on the Committee & Sub-Committees with experience in many fields as well as yoga and who are pooling their skills, energy & enthusiasm into getting the new Institute up and running.

Thanks also go to the committee of the Dorset & Hampshire Institute & Helen White, IYA Secretary, and the rest of the IYA committee and team for their help & support with the formalities in setting up our Institute.

Namaste.
Diane Drain,
Chair, SWLSIYI

Contact us on
Tel: 07504 126078 or E-mail: swlsiyi@gmail.com

Proposed SWLSIYI events for 2010 include a First Aid Day for teachers and a Yoga Workshop in Surrey with Johanna Heckman-Mohan. For information about the many upcoming events at the locations below, please visit the websites or email direct.

Judith Richards:
Surbiton, Surrey
www.yogadham.co.uk

John Shirbon and Ursula Schoonraad
Tooting, South West London
www.iyyoga.com

Julie Hodges:
Putney, South West London
julieyogaputney@yahoo.co.uk
Tel: 0208 392 9120

Vacancies

We have the following vacancies to fill; **Events Secretary** and **IYA Representative** - so if you think you would like to offer your help, please get in touch.

Committee 2010

Chair:
Diane Drain

Deputy Chair:
John Shirbon

Hon Secretary:
Lesley Whiteley

Hon treasurer:
Peter Kosasih

Membership Secretary:
Jane Howard

Deputy Membership Secretary:
Anita Phillipps

IYA Liaison:
Judith Richards

Media Secretary:
Janette Browne

Newsletter Editor:
Penny Boylan

Copy Editor:
Tehira Shafiq



Photography/Diana Penny

Celebrating our new Institute

A weekend of workshops brought together over 70 people to celebrate the foundation of the South West London and Surrey IYENGAR Yoga Institute (SWLSIYI), on 15 and 16 May.

Bharatiya Vidya Bhavan, the Indian institute for art and culture in West London, could not have been a more fitting venue to celebrate the event, where BKS Iyengar himself conducted a workshop in 1988.

The celebrations began on Saturday with a full day workshop taught by Bhavan resident teacher, John Shirbon, together with Ursula Schoonraad. Together they brought a wealth of experience and expertise, coupled with warmth, humour and spirituality. The day was made extra special with a tabla recital, performed by Sanjai Sankar.

Sunday's full day session, was taught by our special guest senior teacher, Jayne Orton from Birmingham. Jayne focused on working from the core, emphasising the need for the body to be strong on the outside, but soft on the inside. Her sequencing was varied and refreshing, skillfully

drawing attention to alignment and precision. Jayne's sensitivity and insight went hand in hand with her energy, wit and inner calm.

During the well-deserved break, Executive Director of the Bhavan, Dr M N Nandakumara blessed us with fond memories of Guruji's visit to the UK in the 1970's and his admiration for Guruji's strong character and teaching which brought yoga to the west. This was followed by a Bharatanatyam dance from Southern India, dedicated to Ganesh, beautifully performed by resident Bhavan dance students.

The inaugural event was a very fitting celebration, bringing together students and teachers from South West London and Surrey, the very purpose for the Institute.

A big thank you to everyone involved in making this event happen - from planning, promotion and logistics, to all those who attended.

**See you again soon,
Suzanne Gribble**