



# IYENGAR YOGA

NATIONAL ASSOCIATION OF THE UNITED STATES

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## JULY 2006 IYNAUS BULLETIN

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### IYNAUS BOARD MEMBERS

#### **Officers:**

Marla Apt, President; Archives Chair

Linda DiCarlo, Vice President; Nominating Chair; Royalty and Scholarship Chair

Lisa Jo Landsberg, Secretary

Bobbie Fultz, Treasurer; Finance Chair; Store Chair; Yoga Research Chair

#### **Members at Large:**

Gail Ackerman, Newsletter Chair

Gloria Goldberg, Certification Board Liaison; Events Chair; Service Mark Chair

Steve Hornbacher, Membership Chair

Mary Reilly, Outreach Chair; Ethics Chair

Carmen Viola, By-Laws Chair; Website Chair

#### **Special Circumstance (non-board member) :**

Joan White, Certification Chair

Please use [www.iyngaus.org/contact](http://www.iyngaus.org/contact) for email correspondence. To send correspondence by mail, please refer to the Board Contact Information listed in 'Yoga Samachar'.

### **BOARD MEETING**

The last meeting of this IYNAUS Board was hosted by Lisa Landsberg, secretary, in Boulder, CO June 16-18. The outgoing Board members: Marla Apt, Lisa Jo Landsberg, Mary Reilly, and Carmen Viola will continue to work in transition through the month of October when the new Board will convene for the first time in Saylorsburg, PA.

### **ELECTION RESULTS**

The IYNAUS membership has elected four new Board members to join Gail Ackerman, Linda DiCarlo, Bobbie Fultz, Gloria Goldberg and Steve Hornbacher. **Welcome** and **congratulations** to **Constance Braden** from Houston, TX, **Richard Jonas** from New York, NY, **Linda Lutz** from Columbia, MO, and **Pat Musburger** from Seattle, WA on their election to the IYNAUS Board! *Thank you for your dedication and your willingness to serve our Iyengar Yoga community!*

Here are the actual ballot numbers: 550 votes returned out of 2000. 5 were late postmarked so were not included in the count. 90 were incorrectly marked. 445 were good votes and 2 non-contested. Next election, insure that your vote counts by marking your ballots correctly and mail before the final postmark date.

### **EVENTS**

#### **The IYNAUS 2007 Convention**

Mark your calendars for MAY 2-6, 2007 in Las Vegas, Nevada!

#### **The Journey: Anamayakosa to Anandamayakosa from Body to Bliss**

- *Assessor's Meeting and Training session on May 1.*
- *Teacher's Convention - May 2-3 for Certified Iyengar Yoga Teachers and Teachers in Training.*
- *General Convention - May 4-6 open to all teachers and students of Yoga in the Iyengar Tradition.*

On July 6, 2006 an email was sent out to our community announcing the 2007 Convention which included this excerpt of a letter from Guruji:

I AM HAPPY TO HEAR THAT I.Y.N.A.U.S. IS PLANNING A NATIONAL CONVENTION IN MAY 2007 ON THE HEELS OF LIGHT ON LIFE.

IN OUR PRACTICES WE AIM TO CONNECT THE INNER SPACE WITH THE OUTER SPACE WHICH IS JUST OUTSIDE THE SKIN. WHEN THE TWO SPACES MEET, THE PLACE AND THE BODY DISAPPEAR AND ONLY SPACE REMAINS. THIS IS HOW WE TRY TO DO THE ASANAS AND PRANAYAMA SO THAT WE TOUCH AND CONNECT THE INNER SPACE AND OUTER SPACE AS A SINGLE UNIT. THAT IS OUR YOGA.

WE DO THE ASANAS TO TRACE THE INFINITE IN THE FINITE BODY BY FOLLOWING THE ABOVE PRINCIPLES.

I WISH YOU ALL WELL.

YOURS AFFECTIONATELY,  
B.K.S. IYENGAR

## **CONVENTION EMAIL LIST**

IYNAUS members who wish to be notified of the IYNAUS sponsored events, such as the upcoming convention, see Member Profile and Preferences under Membership below.

Non-IYNAUS members may subscribe to the Convention Email List on [www.iytaus.org](http://www.iytaus.org).

## **MEMBERSHIP**

### **Member Information**

Please take a moment to confirm that the information we have on record is correct. We use Personal Profile information to send members IYNAUS publications: the Bulletin, the biannual newsletter, 'Yoga Samachar', annual invoices, biennial election ballots, information on the IYNAUS convention and events. See Member Profile and Preferences below for instructions.

### **IYNAUS Bulletin**

About two years ago the IYNAUS Board opted to email the Bulletin to our membership as a cost-saving measure. In that time, we have had many emails bounce back as undeliverable. Members who do not have viable email addresses on file or who have requested a printed Bulletin will receive this Bulletin by postal mail. Please help save IYNAUS' resources by opting to receive an e-Bulletin.

See Member Profile and Preferences below if you did not receive an e-Bulletin but have an email address, or if you prefer to receive this Bulletin by postal mail.

### **Certified Teacher Listing**

Teachers were sent an email asking to review and update the teacher listing information for the annual Certified Teachers printed directory. The directory is scheduled to be printed soon, so don't delay! See Member Profile and Preferences below for instructions.

### **Member Profile and Preferences**

Members may review and update Personal Profiles, Teacher Listings and Email preferences online:

Login with your IYNAUS ID and password combination: [www.iytaus.org](http://www.iytaus.org). From your personal My Page screen, select the "Profile" tab. Here you may review and update your "Personal Profile" and/or "Teacher Listing", and "Preferences" for receiving the IYNAUS Bulletin, email content and invoice notifications. Contact Steve Hornbacher, Membership Chair: [www.iytaus.org/contact](http://www.iytaus.org/contact).

Prefer postal mail? Send Steve your updated profile information and/or your request to receive a printed Bulletin with your name and IYNAUS ID to: IYNAUS Membership; 3010 Hennepin Ave S. #272, Minneapolis, MN 55408

## **CERTIFICATION**

A Certification Mark logo has been sent to those introductory teachers who have signed their agreements for this year.

### **2006 Assessments**

197 candidates have applied for assessment. There are 75 teacher in training candidates with 7 venues assigned; 82 introductory candidates with 7 venues assigned; 21 intermediate junior 1 candidates with 2 venues assigned; 14 intermediate junior 2 candidates with 2 venues assigned and 5 intermediate junior 3 candidates with 1 venue assigned.

In order to be a candidate for assessment in 2007, membership in IYNAUS or a Regional Iyengar Yoga Association must be on file by January 1, 2007.

### **Certification Email List**

On June 23, 2006 an e-notification was sent to all teachers and those preparing for certification

that have submitted and maintained current email address information in the IYNAUS database. The email contained an update to the Certification Manual and the Malasana clarification below. If you have an email address but did not receive this notification or have changed your email see Member Profile and Preferences under Membership above.

### **Certification Manual Updates**

Login, select "Certification" from the left side bar navigation menu. (In addition, you will find tabs for Certification status and Certification materials that are available.)

#### **List of Certification Manual Updates Online**

- *Section I.5b. Mentors*
- *Section I.11. Table of IYNAUS Assessment Levels*
- *Section III.B.5. Syllabus for Intermediate Junior III*
- *Section V.6b. Schedule for Introductory assessment • Section V.8a. Retaking the written exam*
- *Appendix 2: Philosophy Reading List, under Yoga Sutras*
- *Appendix 8 (Assessor in Training Program)*

### **Teachers News**

This Malasana clarification was given by Geeta Iyengar in May 2006:

- *Malasana is a forward extension.*
- *Every forward bend begins with concave back. Therefore, it is divided into two as concave back and head down.*
- *The orientation can be from Tadasana or Dandasana both. Normally for Indians it is easier from Dandasana as it is a usual practice. For Westerners it is easy from Standing. I take in class both ways.*
- *Therefore, categorize it as forward extension.*
- *Assess them from Tadasana orientation. If they can do from Dandasana, it is good since it is a preparation for Pasasana as well.*

(It is also posted online: Login, from the left side navigation bar select "Teachers" displayed under the "News" tab.)

### **ARCHIVES**

IYNAUS has added the following items to the archives:

- *Set of DVDs and video masters of the 1997 Paris Teacher's Convention with Guruji*
- *Newspaper clippings from the Light on Life tour*
- *DVD of the Larry King interview*
- *1 set of 2003 South African convention videos donated by the Iyengar Yoga Institute of Southern Africa (in exchange for a set of Odyssey DVDs)*
- *Namarupa Magazine with photos and article of Guruji with Pattabhi Jois*

### **Special Request to All Members**

We are looking for donations of Iyengar-related books or periodicals to be given to prison inmates who have written to us expressing interest in the subject. If you have any items to donate, please contact Marla Apt, Archives Chair: [www.iyngaus.org/contact](http://www.iyngaus.org/contact).

### **NEWSLETTER**

The next issue of 'Yoga Samachar' will feature the theme of the upcoming May Convention in Las Vegas: The Journey: Annamayakosa to Anandamayakosa from Body to Bliss. Gail is seeking submissions for this and for future issues of 'Yoga Samachar'.

As a courtesy to IYNAUS members, IYNAUS member sponsors and Certified Teachers in good standing may list Iyengar Yoga workshops or other Iyengar Yoga-related events in the event-listing section of Yoga Samachar and on the IYNAUS website for \$25. Submission deadline for the

Fall/Winter edition is September 1. Contact Gail Ackerman, Newsletter Chair for more information: [www.iytaus.org/contact](http://www.iytaus.org/contact).

## **IYNAUS STORE**

### **Position Available**

IYNAUS seeks a Store Manager to be a liaison to the IYNAUS Board to oversee inventory, sales and management of the store operations, preferably in the Boulder, CO area. The position is part-time and requires an individual with good organizational and computer skills, and some marketing experience. If you are interested in the position or would like more information, please contact Bobbie Fultz, Finance Chair at [www.iytaus.org/contact](http://www.iytaus.org/contact).

### **Store Sale**

We have many store items remaining from previous Conventions and events: t-shirts, audio cassettes, magazines and other items that teachers and studios may want to have available to their students. IYNAUS teachers who are studio owners may request a display kit for their studio. If you would like more detailed information about products or to request a sample display kit, contact the Store at [www.iytaus.org/contact](http://www.iytaus.org/contact).

## **OUTREACH**

### **Ad Campaign**

IYNAUS placed print ads in YogaFit magazine in the February, 2006 issue where B.K.S. Iyengar was featured, and in the April, 2006 issue where Mary Dunn and James Murphy were featured. Plans are to place an ad in the September/October 2006 issue contingent upon placement with an interview with Patricia Walden.

### **Booth**

IYNAUS will have a booth at the 11th Annual Yoga Journal Conference at the YMCA of the Rockies in Estes Park, Colorado on September 25-October 1, 2006.

## **KARIN O'BANNON SCHOLARSHIP FUND**

**Congratulations to Don Gura** from Boise, Idaho as the most recent recipient of the KOSF! The deadline for the next scholarship application is November 31st and is earmarked for a Certified Teacher who has already received acceptance for study at RIMYI. Login to [www.iytaus.org/Members/Teachers/scholarship.aspx](http://www.iytaus.org/Members/Teachers/scholarship.aspx) for more information.

## **TREASURY**

Bobbie Fultz, Treasurer and Finance Chair, has clearly outlined our assets and expenses. IYNAUS is in a healthy financial state that allows us to have a booth at the YJ Conference, send sample kits of materials to studios, support teachers through marketing in print media and invest in archival equipment, improving storage and security of precious historical Iyengar-related materials.

IYNAUS practices open book management. If any member is interested in receiving a report on our finances, contact Bobbie Fultz: [www.iytaus.org/contact](http://www.iytaus.org/contact).

## **IYNAUS POLICY**

The IYNAUS Board recognizes that individuals and other organizations offer Iyengar Yoga or other yoga related events such as conferences, festivals, workshops and classes. IYNAUS does not restrict the participation of its members in such events, in whatever capacity a member chooses to participate.

Opinions expressed by individual IYNAUS members, including board members, about events not organized by IYNAUS reflect their personal opinions and are not indicative of IYNAUS policy.

## **FINALLY**

The outgoing IYNAUS Board members wish to thank you for the opportunity to serve our community as the managing body of our U.S. yoga family. Any mistakes are directly the result of our own misunderstanding. All improvements and benefits to our members that have occurred during our tenure over the last four years, we owe to the guidance of our beloved teacher, B.K.S. Iyengar. We believe that our organization is healthier and more professional now and that it will continue to improve with the new IYNAUS Board.

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**THE BKS IYENGAR YOGA NATIONAL ASSOCIATION OF THE UNITED STATES IS COMMITTED TO DISSEMINATE AND PROMOTE THE ART, SCIENCE AND PHILOSOPHY OF YOGA ACCORDING TO THE TEACHINGS OF B.K.S. IYENGAR.**

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