

YOUR IYNAUS BOARD MEMBERS

• Sue Salaniuk, President
1615 Knight Rd
Ann Arbor MI 48103-9371
president@iyanus.org

• Marla Apt, Vice President, Intensive
Workshop, National Convention, Archives
1223 Hayworth Avenue
West Hollywood CA 90046
convention@iyanus.org

• Lisa Jo Landsberg, Secretary, Outreach
1725 Dogwood Lane
Boulder CO 80304
secretary@iyanus.org

• Mike Reed, Treasurer, Royalty, Store
920 Damon Ct
Houston TX 77006
treasurer@iyanus.org

• Carmen Viola, Website
24230 242nd Way SE
Maple Valley, WA 98038
website@iyanus.org

• Joan White, Certification, Ethics,
Intensive Workshop
3505 Baring St
Philadelphia PA 19104 2416
ethics@iyanus.org

• Suzie Muchnick Spencer, Membership,
Yoga Rahasya, Service/Certification Mark,
Store, Certification
461 Carica Rd
Naples FL 34108
membership@iyanus.org

• Judi Rice, Newsletter, Nominating
9100 Ash Avenue
Pewee Valley KY 40056 9013
newsletter@iyanus.org

• Mary Reilly, Nominating, Yoga Research,
Outreach, Royalty
5586 Fisher Road
Harbor Springs MI 49740 9715
outreach@iyanus.org

COMMITTEES

Archives Marla Apt, Chair - Jay Budai,
Elaine Hall, Kim Kolibri, Cyndy Cordle

Certification Joan White, Chair - Suzie
Muchnick-Spencer, Chris Saudek, Patricia
Walden, Gloria Goldberg, Lois Steinberg,
Sue Salaniuk, Manouso Manos (advisor)

Convention Marla Apt, Chair - Kristin
Chirhart

Intensive Marla Apt, Chair - George
Purvis, Patricia Walden, Joan White

Yoga Research Mary Reilly, Lois

Steinberg, Judi rice, Marla Apt, Chris
Saudek

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Bradley (IMIYA), Steven Hornbacher
(IYAMN), Mary Teasdale (S CA, San
Diego), Sophie Boller (S CA, Los
Angeles), Marj Rash (IYASCUS), Aileen
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Stewart, Elaine Hall, Susan Edmunds,
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Lamaster, Carmen Viola

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Laura Allard, Lisa Jo Landsberg, Mike
Reed

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Walden, Sue Salaniuk

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IYNAUS

BULLETIN JULY 2003



BOARD NEWS (FROM THE SECRETARY)

Our recent Board meeting was held in Cohasset MA, hosted by Joan White and her husband, Donald. Cohasset is the only town in Norfolk County with an Indian name. The name, originally Conohasset, is said to mean "long rocky place." Conohasset was also the name of the Indian tribe that lived there. The Iyengar Yoga system emanates from a long tradition passed through our beloved Gurujii from his teachers and so on. The path can often seem long and rocky. At times, we experience the sweet and peaceful aspects.

Our Board meetings can feel long and rocky. There are many obstacles to overcome and sometimes it feels like a daunting task to respond to the needs of our community while attempting to properly transfer and integrate the information that comes from India and the Iyengars. Patanjali reminds us that success comes after long, uninterrupted, alert practice.

Overcoming obstacles like deepening one's understanding or refinement in asana or pranayama, observing the positive developments in our students, helping others to resolve pain are all cause for celebration. Gurujii's upcoming 85th birthday is clearly a symbol of the success that consistent, uninterrupted practice can birth.

When traveling to a new place, I take Iyengar classes with local teachers whenever possible. It's pretty amazing to discover there's a fine level of consistency and quality among teachers in our system all across the U.S. Though the Board continues to wrestle with the awesome challenges of how to improve and create consistency in the assessment and certification process, serve our members in meaningful ways and the like, it's a fact that we've already accomplished a great deal on many fronts. There's no doubt we must continue to improve, but let's also celebrate the great community that we've created and focus on that as we look forward to Gurujii's 85th birthday and a life that has given us the opportunity to deepen and enrich our lives in vast and profound ways.

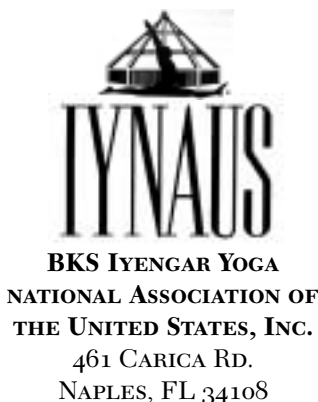
INSIDE:

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ARCHIVES

Welcome Marla Apt as the new chair of the Archives Committee. Archives are going through a transition with Eddy being in India. The Board had approved the purchase of equipment for Eddy to enable the transfer of many of the images we have in storage to more stable formats. While Eddy is in India, his assistant Kim, in San Diego, is working on some of the archives issues. Marla is in communication with Eddy, but we don't have anything yet to report on the progress of his efforts.

IYNAUS Bulletin July 2003 • The Bulletin is published following each IYNAUS Board meeting to pass along news and decisions made by the IYNAUS Board. The Bulletin is compiled by Lisa Jo Landsberg, and designed by Ruby Red Interactive and photos courtesy of ARCHIVES and Colin Earl.



HERE IS THE LATEST IYNAUS BULLETIN...

PRESIDENT'S REPORT

Sue Salaniuk reports, "Everyone continues to make progress on their activities and assigned jobs". In fact, this meeting was "business as usual" in a sense. There is no great big news to report and that's good. It means we're operating at more efficient levels and the projects we have in place are moving along with a certain amount of ease.

"We need to continue to define what we want the Association to be and ways for us to provide benefits for the membership." Sue welcomed Carmen Viola to the Board for her first official meeting with us. Carmen joins us to take the place of Eddy Marks who is in India for the year.

The agenda covered aspects within the following areas: funding studies on the effects of yoga, a gift for

Mr. Iyengar's birthday (an email to all will be forthcoming regarding our choice), amending the By-laws (this is a cure for anyone's insomnia), selecting an editor for the Bulletin and Newsletter, insurance information on the website, how to continue the ad campaign, prioritizing the list of activities for the Archive Committee, ideas for how to use our Royalty money, possibility of collating information about therapeutic aspects of asanas, suggestions for the Nominating Committee for Board members and the Nominating Committee, and other miscellaneous items.

We have renewed Liability Insurance for the Board and we're looking into insurance for the general population. The Board had been contacted by United Healthcare to

potentially be a part of a preferred provider in a network of alternative choices for their members. The people involved in that project are no longer with United Healthcare but they have their own network and are talking to us about our potential involvement as a provider with that system. It's still early to report the outcome.

One of Sue's gifts as leader of our group is the ability to interject balance and perspective in our otherwise endless-meeting agenda. Sue actually scheduled in time for asana practice during this weekend. It's certainly a bit strange to spend a weekend with yoga colleagues to enliven our path of yoga and not to make time to practice. This time we did. And maybe that's why we're happy with our latest Board results.

WEBSITE

www.iyngaus.org is the happening place for current information about assessment, certification requirements, forms that can be downloaded for assessment application, FAQ's regarding the certification process, certified teacher listings, articles and more. Carmen and Colin are doing an amazing job upgrading and modifying the system so our site is continually refreshed and easier to use. They're dedicated to keeping the news current, fresh and interesting. It would be so helpful for the board members if more people used the website for finding information instead of emailing and calling us. There are so many questions that we answer frequently that are available at your fingertips on the Internet. Please, please use it!

In the works—An area on the website for articles from SR Teachers with views, stories, experiences etc. If there are enough submissions, an archived articles folder will be created to access them once they've been rotated off the main pages. We're dreaming of hosting digital or other photographic images of Gurujii in a gallery setting. Colin is working on a database driven form that can be used for membership renewal, Convention registrations, assessment purposes and so on. Carmen is aware that some certified teachers are receiving unwanted emails because anyone can go to the site and access a certified teacher's email address if it's posted. There is a technical solution that will prevent this from happening. Finally, Carmen suggested listing events and workshops on the website. Colin found some ways that this could be accomplished by allowing teachers to fill out the information themselves and the system would be able to remove expired workshops and only accept "approved" teachers.

OUTREACH

What did you like about the Yoga Journal ads? Limited feedback from teachers has been positive. We're refining the ads based on those comments. Let us know what you think. Our contract of three ads with YJ culminated with this July issue and we plan to continue the campaign. Our vision is to brand Iyengar yoga by associating it with quality, maturity and substance—and linking it to the Certification Mark. It's important that you use your Certification Mark in your flyers, newsletters, business cards etc. People will begin to "see" the mark of a great teacher. We hope to make the ads available and on the website for certified teachers to use in their local marketing efforts. There will be an administrative (shipping/handling fee) to get the ad. We'll have more updates as this comes together.

Plans are in the works for designing an Iyengar Yoga flyer for certified teacher's use. We still envision a place on the website for public service announcements and press releases related to Iyengar Yoga. Developing content is going to be a major effort and well, it's another wish on the list.

Outreach is a new committee and we're still developing who we are and how we can continue to serve the community. We'd like to know if any teachers are providing yoga for community service? This would be helpful in directing a new potential project for Outreach. If you are providing this service, will you please contact someone on the Outreach Committee and let us know the details of what you're doing? And as always, let us know how we're doing and what ideas you may have to strengthen and build our community.

NEWSLETTER

If you haven't seen the recent newsletter on Celebrating Longevity published by IYNAUS, check it out. Judi Rice compiled an incredible volume with lovely articles including an amazing piece entitled "Seeing is Believing—Gurujii's Practice". September 1st is the next due date for articles to be published in the next Newsletter. Event listings can be posted (approved Teacher Trainers and Certified Teachers workshops); Judi is currently clarifying what the costs would be for those postings. It will be on a first come, first serve, space available basis. Judi would be delighted to receive submissions for the next Newsletter. If you want to know what we're looking for, check out the current Newsletter for insight into what might fit. Reflections on practice, India, stories about the Iyengars, quotes etc. are all welcome contributions. Please contact Judi Rice for more information @ newsletter@iyngaus.org

YOGA RESEARCH

(FORMERLY KNOWN AS THERAPEUTICS & MEDICAL RESEARCH)

During the February Board meeting, we decided to fund a study on the effect of yoga on depression by David Shapiro. The YOGA RESEARCH Committee informed David that he needed to use teachers of Junior Intermediate Level II Certification or above for teaching purposes. David replied that he's happy to comply with this request. The YOGA RESEARCH Committee also put David in contact with Patricia Walden who has already done work on this subject.

CORRECTION FROM THE LAST BULLETIN—It was reported that the YOGA RESEARCH COMMITTEE is currently working on a therapeutics manual. This is not correct. A therapeutics manual is not in the works at this time. Most of the therapeutic sequences prescribed by the Iyengars are not useful in a general format since they are intended for individual circumstances.

CERTIFICATION

We're currently out of certification manuals and will not be reprinting them soon. Joan is in communication with India about updating the manual so new ones won't be ready before November 2003. Here's the link to find out more about certification: <http://www.iyngaus.org/certification/overview.htm> From there, you'll be able to find another link for news, the certification manual, venues, application, renewal and FAQ's.

ETHICS

We have updated the Ethical Guidelines for Teachers of Iyengar Yoga. This information will soon be available on the website. Look for updates. Joan is currently preparing for the upcoming certifications this summer and fall and will be traveling to San Diego and working with Gloria Goldberg on new assessment sequences and test questions.

CONVENTION

The dates are set! The next Iyengar National Convention has been confirmed for May 5-11, 2004 in St Paul MN. The Certified Teachers Convention is scheduled for May 5-7 at the Radisson Riverfront and the General Convention at the RiverCentre, a beautiful, new, smoke-free facility, May 8-11. Registration for the Convention is expected to be on the IYNAUS website by October.

A letter from Convention Co-chairs Kristin Chirhart and Marla Apt and the IYNAUS Board members was sent out seeking "seed" money for the convention. The letter reads, "In addition to funding the convention we have several exciting projects including a film on Gurujii's work to be premiered at the convention and additions to the Iyengar Archive Display. Please join with us to support the many dedicated practitioners of Iyengar Yoga in their study by donating to our convention fund." If you want to support the vision, please contact Kristin Chirhart (kristinchirhart@yahoo.com) or Marla Apt.

The letter also notes the purpose of the convention is to carry on the tradition and teaching of our Gurujii, BKS Iyengar and conveys a letter dated 3-27-02 wherein Gurujii writes: "I wish that you all group together and take the points I gave for so many in so many classes, both collectively as well as individually so these are brought out to surface in the coming convention. So that the new comers too benefit from these thoughts braided together for uniform work...." Gurujii adds, "Regarding the coming Convention I have my full support to you all and hope the Convention comes out successfully well."

PRACTICE CORNER - sequence submitted by Lois Steinberg

Here is a sequence that Geetaji taught in April 1993. Geetaji said it takes years to get the physical postures before the mental work begins.

Adho Mukha Svanasana—hands to the wall and feet wider apart than classical position, skin of the back soft so it rolls out from the center to the sides

Adho Mukha Svanasana—heels to the wall

Uttanasana—legs apart, catch the ankles with the elbows out to the sides, several repetitions

Adho Mukha Vrksasana—repeated 2x

Sirsasana—the skin of the back soft as Adho Mukha Svanasana

Utthita Trikonasana—back foot to wall, brick for hand, back skin like Adho Mukha Svanasana, repeated several times

Uttanasana—feet apart, entwined elbows

Utthita Parsvakonasana—back foot to wall, brick for hand, energy has to be drawn out by taking the skin of the back in, several repetitions

Uttanasana—as above

Dwi Pada Viparita Dandasana—with the chair and a 3-fold blanket folded in half on seat, hold hands inside legs of chair, open chest with skin of back soft as in Adho Mukha Svanasana

Salamba Sarvangasana—skin of the back chest moves to the ribs, front chest skin moves out

Halasana—feet hip-width

Viparita Karani Sarvangasana—

MEMBERSHIP

Suzie says the bulk of her time has been spent in the continued updating and maintenance of the Membership Database. This includes the data entry of individual dues and Yoga Rahasya subscriptions, collection of delinquent fees and dues from teachers in training and certified teachers and address changes. There is continued work on removing the "bugs" from the updated database.

Suzie is active in the 2003 Assessment preparations as well as communicating by voice and email to Regional Board Members, regional members and assessment candidates. There's also a lot of work in facilitating and assisting Colin Earl with the distribution of the Certification Marks. Finally, Suzie maintains an active collaboration with Laura Allard about the inventory of Odyssey merchandise. (Yes, we still have about 30 boxes of assorted shirts and sweatshirts, mugs and other miscellaneous items. Want to buy any Odyssey items....cheap?)

For those of you who have been members for sometime, you'll recognize what an unbelievably outstanding job Suzie has done cleaning up and systematizing Membership efforts. We're all lucky for Suzie's persistence and determination to stay on top of this difficult task and constantly improve the system.