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IYNAUS

BULLETIN APRIL 2004

CONVENTION UPDATE

IYENGAR YOGA NATIONAL CONVENTION "PARAMPARA"
IN ST. PAUL , MINNESOTA, MAY 2004

CONVENTION CURRICULUM

The Curriculum Committee (Laurie Blakeney, Kristin Chirhart, Mary Dunn, Dean Lerner, Chris Saudek, and Patricia Walden) has created asana and pranayama sequences that are designed for each student's level and for each assessment syllabus. These classes will provide a wonderful opportunity to focus and deepen your practice, learn more about the power of sequencing, and prepare for assessment and teaching.

Classes are designed for you! Registrants will receive a Skill Level Questionnaire to assess special needs and level of practice. You will then be placed in classes specifically designed for your experience and practice level. You will also have the opportunity to select classes from a variety of special topics:

- Preparation for Intro I assessment
- Patanjali Yoga Sutras
- Principles Behind Sequencing
- Art of Refinement
- Use of props
- Mastering inversions
- Integrate philosophy in your practice
- Scoliosis
- How to practice
- Elders Yoga- students 65 and up
- Back care principles
- Arm balances
- Yoga for pregnancy
- Wonderful world of cross bolsters
- Backbends-comparing the two families
- Bhagavad-Gita: Advice to the Yogi
- Prayatna (effort) to saithilya (effortlessness) in asana
- Sciatica Practice
- Teaching the Intro I syllabi
- Yoga for repetitive injury
- Intense supported backbends
- Back care principles in practice
- General Asana
- Introducing inversions
- A class for women
- Preparations for backbends
- Teaching various levels of competence
- Yoga for neck and shoulder problems
- Managing HIV through Yoga
- Chasing the elusive lotus

For the Teacher's Convention, teachers will be placed in classes that incorporate poses from the next syllabus higher than their current certificate level.

A sample day at the Convention is filled with asana and pranayama classes, Sutra chanting, a panel discussion, special topics classes, and more. For more information about the Convention curriculum and schedule visit www.iytaus.org

INSIDE:

- ASSESSMENT DATES
- TREASURY REPORT
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BKS IYENGAR YOGA
NATIONAL ASSOCIATION OF
THE UNITED STATES, INC.
461 CARICA RD.
NAPLES, FL 34108

HERE IS THE LATEST IYNAUS BULLETIN...

IYNAUS Bulletin April 2004 • The Bulletin is published following each IYNAUS Board meeting to pass along news and decisions made by the IYNAUS Board. This Bulletin was compiled by Lisa Jo Landsberg, and designed by Ruby Red Interactive. Printed on recycled paper.

ASSESSMENT DATES.

Final list posted at: <http://www.iyngaus.org/certification/assessment/>

Teacher in Training Level

San Diego, CA Aug 27- Aug 29
Houston, TX – Sept 3 – 5
New Orleans, LA – Sept 10 – 12
Bellingham, WA – Sept 24 – 26
IYI San Francisco, CA Sept. 24-26
Delray Beach, FL – Oct 1 -3
Tucson, AZ – Oct 8-10

Introductory Level

Ann Arbor, MI – Aug 27 – 29
Portland, OR – Sept 17-19
IYI Los Angeles, CA - Oct 8 – 10
Chicago, IL Oct 15-17

Introductory Level (Cont.)

Honolulu, HI – Oct 15-17
Naples, FL – Oct 22-24
Atlanta, GA – Nov 5 -7

Intermediate Jr. I

San Francisco, CA – Sept 17-19
NYC, NY – Oct 15-17
Champaign, IL – Sept 17-19

Intermediate Jr. II & III

La Mesa, CA - Aug 20-22

Senior Intermediate Assessment

Feb 2005 (Dates and location to be announced)

TREASURY REPORT.

This Profit and Loss statement shows IYNAUS operating figures (minus most convention expenses) for the year ending December 31, 2003. (The exception is in some convention project support shown under the Website and the Grants and Donation expense lines). The books are kept on a cash basis so a "snapshot" of the organization's cash flow is shown. There is a loss of revenue over expense. This is partly due to payments delayed from last fiscal year (which had showed a profit) and delayed revenue to the store (about \$10,000.00) for goods already shipped prior to December 31. Some of the largest increases were due to increased volume in the store and a push to advertise both in print media and by expanding the website.

IYNAUS PROFIT & LOSS STATEMENT

1/1/2003 THROUGH 12/31/03

INCOME

Certification Income:	50,070.76
Fundraising Income (store):	46,749.10
Membership:	79,232.50
Donation (Cert. Mark):	2,698.00
Misc. Income	1,999.83
TOTAL INCOME:	180,750.19

EXPENSES

Bank expense:	595.97
Archives Expense:	1,126.04
Advertising Expense:	13,335.00
Website Expense:	12,919.97
Certification Expense:	32,766.95
Fundraising Expense (store):	48,067.74
Membership	
Membership Expense:	26,928.84
Yoga Rahasya Expense:	15,497.00
Bulletin/Newsletter Expense:	14,912.55
TOTAL Membership Expense:	57,338.39
Board Expense:	10,678.41
Office Expenses:	1,535.45
Professional fees, Insurance:	2,199.00
Donations/Grants:	9,800.00
TOTAL EXPENSES:	190,362.92

CERTIFICATION.

The *IYNAUS Certification Manual, 2004 Edition* contains new and important information concerning many aspects of the IYNAUS assessment and certification process. The changes include:

- The syllabus for each assessment level updated by Mr. Iyengar
- Names and requirements for Teacher in Training and Introductory assessment levels clarified
- New information on:
 - Teacher training
 - Applying for assessment
 - Renewal of certification or maintenance of Teacher in Training status
- Timetable and additional requirements for application for assessment
- *Basic Guidelines for Teachers of Yoga* as a study guide for assessment
- Scoring of assessments
- Updated bibliography and philosophy reading list
- Updated Ethical Guidelines
- New contact list for Regional Iyengar Yoga Associations

Visit www.iyngaus.org for assessment venues for 2004.

NEW PRODUCT INFORMATION.

IYNAUS is publishing a new CD on the Yoga Sutras that will be available at the Convention store and thereafter through our vendors. The CD series comes with a booklet to learn the sutra chants. For more information about this wonderful CD set contact Marla Apt.

INTERNATIONAL NEWS.

When Suzie was in Pune recently, she had a wonderful meeting with members of the Iyengar community from several countries. There was great camaraderie among the group and many positive feelings came from connecting with our international family. On a positive note—many were impressed with our ad campaign in Yoga Journal and thought about using similar ideas within their own countries. Suzie expressed that many saw IYNAUS as a forward thinking model of how to operate as a board for serving their community.

CONVENTION STORE.

Our Convention Store will carry the latest books, tapes, DVDs and CDs being published in India. Several new items by the Iyengars will be available here in the U.S. for the first time, as well as the Odyssey Convention DVDs and the new Sutra recitation CDs. All registrants will receive a complimentary prop bag with the Convention logo. The Store will also stock additional props and prop bags.

REGISTRATION.

The late registration date has been extended from March 15th to March 31st. Register online at <http://www.iyngaus.org/2004Convention/registration/> or contact Steve Hornbacher at shornbacher@carlson.com or 612-825-9494 for a registration form or to obtain more Convention brochures.

PRACTICE CORNER.

Thank you to Eddy Marks who sends us this current practice corner—a sequence given recently by Prashant Iyengar.

Prashant back arches class 22nd July, 2003 6-8 PM Advanced class:

- Bharadvajasana 1 - with back arch. Repeat many
- Rope 1 - static
- Rope 1 - knees on the bolster
- Standing back arch
- Sirsasana 1 drop back to Dvi Pada Viparita Dandasana - Repeat many
- Standing back arch
- Urdhva Dhanurasana - swinging forward and back. X2
- Sirsasana 1 drop back to Dvi Pada Viparita Dandasana – compare access to first attempt.
- Dvi Pada Viparita Dandasana - doubled rope below waist (one long rope from top hook with other rope doubled in it). Feet on wall just below hip height. Do exhalatively, do retentively, do inhalatively and stay a long time. Sometimes do with arms over. Do not take hands to floor too often
- Sirsasana 2 - bring shoulder blades together and drop back to Dvi Pada Viparita Dandasana then press up to Urdhva Dhanurasana with shoulder blades together - repeat many
- Standing back arch drop back to Urdhva Dhanurasana - repeat many
- Standing back arch
- Adho Mukha Vrksasana dropping back to Urdhva Dhanurasana repeat many
- Sirsasana 1 drop back to Dvi Pada Viparita Dandasana then do:
 - Eka Pada Viparita Dandasana - repeat many
 - Chakra Bandasana
 - Dvi Pada Viparita Dandasana 2
 - Eka Pada Viparita Dandasana 2
 - Kapotasana or Ustrasana
 - Salamba Sirsasana 1 drop back to Dvi Pada Viparita Dandasana then stay. Compare access

The whole point of first hour of class is the Dvi Pada Viparita Dandasana above, so that we could get access on all the layers, etc.

- Adho Mukha Virasana
- Sukasana - forward, right, left then switch cross of legs
- Janu Sirsasana - repeat many
- Rope Sirsasana 1
- Marichyasana 3 - with forehead wrapped doing reflectively
- Viparita Karani - with eye wrap folded in half and tied around eyes like sanmuki mudra. legs in Sukasana



IYENGAR YOGA

Only the world's most knowledgeable, rigorously-trained teachers earn the IYENGAR YOGA CERTIFICATION MARK.

LOOK FOR THIS MARK.



TO FIND A CERTIFIED TEACHER NEAR YOU CONTACT

WWW.IYNGAUS.ORG

The body is my temple and asanas are my prayers.

—BKS Iyengar