

Your IYNAUS Board Members

NOTE: PLEASE USE THE CONTACT FORM ON
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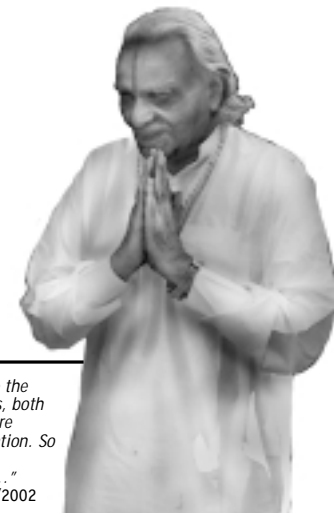
BULLETIN NOVEMBER 2003

PRESIDENT'S REPORT

2004 IYENGAR YOGA CONVENTION

*"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..."*

-BKS Iyengar, in a letter dated 3/27/2002



The IYNAUS Board met this October in Minneapolis with the Coordinating Committee of the 2004 Iyengar Yoga Convention. Minneapolis was unseasonably warm and bright. After our site visits of the Radisson Riverfront Hotel and the RiverCentre (the locations of the Teachers and General Convention) many of us stood on a bridge spanning the Mississippi River, directly across the street from the RiverCentre.

The Mississippi River is the longest river in North America and is the water source for over 4 million people. In May 2004, on the banks of this vast waterway that connects 12 million people in 125 counties, the Iyengar community will group together to benefit from the knowledge passed through our lineage.

From the Convention flyer: "Pampara: In the Tradition of Patanjali"—pays homage to this foundation as passed on to us by Guruji. The Convention is inspired by the lifetime work of Yogacharya BKS Iyengar. Through repeated trips to India over the last few decades, Guruji's Senior teachers have devoted themselves to learning, applying and disseminating the art and science of Guruji's wisdom and methods.

The 2004 Convention is a rare opportunity for our Iyengar community and for newcomers to this path. The Teachers Convention will cultivate understanding in all aspects of yoga, help to improve the level of our teaching, and build community among the teachers. Some of the topics covered will include an introduction to the Yoga Sutras of Patanjali, understanding the principles in sequencing of asanas, how to introduce and cultivate home practice, the fundamentals for prenatal yoga, how to integrate yoga philosophy into your daily practice, putting the fire into your practice and much more.

The General Convention will feature asana and pranayama classes, special topics classes, special events and celebrations, a beautiful archives display, and the film being created with Diane Estelle Vicari—a documentary on Guruji. Diane is an award-winning documentary filmmaker living in Los Angeles, who is going to have one of her films "Sugihara" shown on PBS. The Convention Committee is still taking donations for the film. They can be made out to the IYNAUS Convention Fund-Film and they can be sent to Iyengar Yoga 2004, 2008 Grand Avenue SO., Minneapolis MN 55405. (continued on next page)

IYNAUS Bulletin November 2003 • 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. Photo of Guruji courtesy of Lisa Jo Landsberg (80th Birthday Celebration).

Inside:

- Website News
- Convention Tapes
- Yoga Research Info



HERE IS THE LATEST IYNAUS BULLETIN...

President's Report (cont'd)

Many of us who have at the very least organized a weekend workshop can appreciate the significant effort and labor of love that is required to coordinate an event like this. IYNAUS is proud to recognize the contributions of the Convention Coordinating Committee including Marla Apt/Convention Co-Chair, Kristin Chirhart/Convention Co-Chair, Momi Jhung Advertising Chair/Housing/Travel Chair, Janice Rideout/Arrivals/Departures/Tickets Chair, Laurie Blakeney/Curriculum Chair, Susan Zimmerman Olshanski/Finance Chair, Rita Dungey/Food Chair, Lee Sverkerson/Honored Guest & Hospitality Chair, Francie Ricks/Magazine Chair, Steven Hornbacher/Registration Chair, Diana Drake/Special Events Chair, Velma Wagner/Store Co-Chair, Suzie Muchnick Spencer/Store Co-Chair, Jim Guy/Technical/Audio Visual Chair, Jeanne Barkey/Venue Co-Chair, Margie Siegel/Venue Co-Chair, Ann Fehrenbacher/Volunteers Chair, Kathy Horak/Prop Kit Chair, and Laura Holmes/Archive Display Chair.

We also acknowledge the amazing work of Momi Jhung, Steve Hornbacher, Colin Earl, and Carmen Viola for the design and implementation of the Iyengar Yoga Convention Website. Check it out: www.iyngaus.org/2004convention. We encourage you to register for the Convention online at www.iyngaus.org.

Archives / Past Convention News.

Believe it—the ODYSSEY videos (and DVD's) will be available sometime in December. Order now and receive a special one-time only pre-order discount. Order online at www.iyngaus.org or from the order form included in this Bulletin.

Membership.

By now you have received a postcard from Suzie (with a POB, Philadelphia) that describes how to update your member information on the website. It will provide teachers and other members' with information on how to list workshops. A new member ID system will allow you to log in using a designated ID number to do your updates and listings.

Certification and Ethics.

The assessments are going well this year. We have changed the number of assessors present at each assessment from 4 to 3 due to the lack of assessors available. Joan continues to focus on upgrading the systems, the manual (expected completion in November), and the training of assessors. The Assessor's meeting at the 2004 Convention is the first step in coming together as a group to begin the process of a formal Assessor's Training Program. The new Certification manual will have many revisions including the revised list of required asanas that we received from Guruji and other information that has been sent from India.

Treasurer's Report.

The bank accounts are still very healthy, almost unchanged since the last report in May. IYNAUS will include a full reporting of the financials in the first Bulletin of 2004. Anyone that wants detailed information about the financials at this time please contact Mike.

Newsletter.

IMPORTANT DATES: January 15th for submissions for the May issue and July 15th for the November issue of Yoga Samachar. Please support the Newsletter and your community with literature for Yoga Samachar. Judi welcomes poems, personal reflections from Pune, your yoga life, insights from classes, workshops, teaching, or contact with students that include humor/breakthroughs/quotes.

Outreach.

The new definition of the Outreach Committee that is now in our by-laws reads: "The Outreach Committee shall work towards furthering the understanding of Iyengar yoga in the larger community. This shall include but not be limited to promotion of our certified teachers and disseminating information regarding the high quality of their training and assessment, making materials to this end available to our teachers, and

creating a source of accurate information on Iyengar Yoga for the use of the media."

We've invested our funds (including your fees) to advertise and promote the quality of Iyengar Yoga teachers through Yoga Journal ads. In this board meeting, we voted to continue this campaign. Will you look at the Yoga Journal ads and let us know what you think? Please visit www.iyngaus.org and go to the Community link. There you'll find a copy of the YJ ad with a space for you to note your comments and suggestions. Or you can email Mary Reilly, Marla Apt or Lisa Jo Landsberg (Outreach Committee) and tell us—What's working? What would you change? Let us know. Some of us have not yet mastered Sutra 111.19.

We're still working on the design of a promotional brochure called, "WHAT IS IYENGAR YOGA?" This will eventually be found on the IYNAUS website where you can download it and use it to add in your own information such as location, contact and class or workshop schedules. If you have a studio and use a flyer with information about the nature of Iyengar Yoga, and are willing to share that with IYNAUS for possible inclusion in this brochure, please email that to Mary. What other resources would you like to see from Outreach that will support you, your teaching etc.?

Yoga Research.

A certified Iyengar teacher notified us that he is currently doing research applying yoga as part of a 17 million dollar grant for study on post polio patients. The board that controls the research is composed of members of other yoga traditions as well, so it doesn't seem this will be billed as research employing only Iyengar yoga. The teacher stated that he felt Iyengar yoga was the only method that was scientific enough to be useful in these types of

Website.

IYNAUS is proud to announce the official launch of the 2004 Iyengar Convention website with information on Venue, Curriculum, and Travel.

We encourage you to register for the Convention electronically on www.iyngaus.org.

Teachers will be able to place workshop listings on the website for FREE for a limited time (until the Convention in May). After that IYNAUS will charge a nominal fee to cover administrative expenses. Please submit your workshop listings using the workshop submission form located on the calendar page of the community section of the website. Certified Teachers may now list the Studio name and address of their Primary Teaching Location and update personal and public information using the new login tool. Please see the membership section to learn more about logging in.

AVAILABLE NOW—A Bulletin board to list articles and photos of the Iyengar family as well as Iyengar Yoga in the news. This area on the website will archive news that becomes public or published information.

The website lists potential yoga liability insurance companies. If anyone has other companies other than our listings they've found to be good resources for yoga insurance, please submit that information to Sue.

Yoga Research (cont'd)

experiments. His literature search found many studies using other methods that did not follow the accepted model of scientific study and so were not useful.

The Yoga Research Committee is compiling all research studies current or otherwise being done using Iyengar yoga. Please direct any knowledge of known research to the committee via the Yoga Research using the contact form on the website or mail published papers to Mary Reilly, 5586 Fisher Road, Harbor Springs, MI 49740.

Practice Corner. (courtesy of Lois Steinberg)

This sequence is from November 1996 taught by Geeta in the Friday evening asana class:

Utthita Trikonasana -2 repetitions

Uttanasana
Utthita Parsvakonasana - 2 repetitions
Virabhadrasana I - 2 repetitions
Uttanasana
Parivrtta Trikonasana - 2 repetitions
Adho Mukha Svanasana
Prasarita Padottanasana II (head down) then I (concave back)
Uttanasana
Adho Mukha Svanasana
Adho Mukha Vrksasana
Pincha Mayurasana
Sirsasana
Parsva Sirsasana
Adho Mukha Vrksasana
Janu Sirsasana
Trianamukhaikapada
Paschimottanasana
Ardha Baddha Padma
Paschimottanasana
Adho Mukha Virasana
Maricyasana III
Urdhva Dhanurasana
Setubandha Sarvangasana - supported
Sarvangasana
Halasana
Sarvangasana
Ekapada Salamba Sarvangasana
Savasana

Odyssey Convention with Geeta Iyengar on DVD & Video

Enjoy a one-time only Pre-order Discount! Order a full set of Convention asana & pranayama classes and Q&A with Geeta available in a 9 DVD set or 18 VHS tapes. \$90 before January 31, 2004, \$120 after. 10% discount on orders of 10 or more sets, 15% discount on orders of 20 or more sets. Also available for Teachers in Training and Certified teachers: the Convention Teacher's Classes with Geeta in a 4 DVD set - \$45 before January 31, 2004, \$55 after.

Visit the IYNAUS website and pre-pay online or fill out the form below. If you are ordering more than one copy you can find the bulk shipping rates online at www.iyngaus.org. If you don't have access to the web, you can request a complete order form by calling 800-899-YOGA. Please make all checks payable to: IYNAUS P.O. Box 31931 Philadelphia, PA 19104

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ITEM	PRICE	SHIPPING	TOTAL COST
9-DVD set	\$90	\$6.00	\$96
18 Video set	\$90	\$11.50	\$101.50
Teacher's Class 4-DVDs	\$45	\$6.00	\$51
TOTAL			

Pennsylvania residents, add 7% for sales tax
All above prices available only on orders paid in full by January 31, 2004

