



Manchester and District
Iyengar
Yoga



Staying healthy and positive

MDIY Journal, March 2021

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**Sri Prashant Iyengar, Honorary
President of MDIY**

Don't think that unless you have reached the ultimate final pose then only the fruit comes. No. At every level, asana has something to offer.

**The asana is not a position, it
is a situation.**

Abhijata Iyengar



Sri Prashant Iyengar and Abhijata Iyengar at the Pune Institute



**Pranayama clears and soothes
the feverish brain, making way
for reason and clarity of thought
and lifting the mind towards
meditation.**

**From 'Light on Life'
B K S Iyengar**

Chair's address

Charlotte Everitt

This year, some stuff happened; I don't propose to dwell on it! But our whole world went Zoom; and so we invested in big screens and computer equipment to be able to broadcast classes and workshops. Some of us have grasped online yoga and never want to let it go, some of us see it as a lifeline that's saved us from drowning, and some of us are eyeing it suspiciously and just holding out for the day when we can all be back in our normal classes (and wishing that teacher wasn't quite so close to us for reasons that have nothing to do with social distancing).

Thank you to everyone who has stayed with us during this time, and we are looking forward to seeing you all, hopefully very soon!

Editorial

Jayne Wilson

Welcome readers to our first co-publication of the MDIY Journal as an online and paper format. The theme of the articles this year speaks of the positive outcomes and inner courage attained by the calm and grounded actions we take in response to suffering. B.K.S. Iyengar said, in 'Light on Life': 'We must not try to run from the pain but to move through and beyond it.'

I have been so uplifted by the examples of personal bravery, self-care, intuitive and conscious action shown by all our contributors.

I particularly enjoyed Debbie Bartholomew's tribute to David Reddick, who is retiring from teaching - where the Saturday morning workshop was called: 'Strong, Steady and Stable'. Also, Heidi Sherwood with her 'Office Yoga'; Joan Abrams' 'Chair Yoga' and Shirley Budden's heartfelt description of her transformation from grief to gratitude. The latter article was one I personally connected with. I commend to you the strength and resilience of our yoga community this past year which is shown through the lens of their personal stories shared here.

My sincere gratitude goes to co-editor Joan Abrams and layout designer Kathy Powis for helping me to find my feet with producing this edition of the MDIY Journal. Also to Nicky Wright for designing the front cover.

With thanks to all our journal contributors:

Joan Abrams, Debbie Bartholomew, Shirley Budden, Sacha Cash, Rita Mori, Julie Royle, Susie Savage, Heidi Sherwood, Kim Skinner, Clare Tunstall, Jayne Wilson, Janice Yates (and thank you children's class for the wonderful drawings). Thanks also to Susie Murray for proof-reading.

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PRACTISING ALONE, PRACTISING TOGETHER

By Kim Skinner

'Why do we come together in class? Because it is hard to practise alone.'

Christian Pisano (advanced teacher, France)

It is hard to practise alone but it is well worth the effort. The more you practise the more you find the faith to continue.

Before the coming of Covid 19, yoga students would attend class and their practice would be guided by their teachers' instructions. Strictly speaking, being in class is not practice but the teacher gives us guidelines which we can then, if we choose, explore in our own practice.

This is definitely true in my case.

I have vivid memories of being in class with Geeta in Pune in 2018 and we only did a

'We never work as hard when we are on our own as we would in class,'

Geeta Iyengar

few basic poses but we explored them so intensely and at such length it was light years away from how I work when alone. This way of working has been a guiding force.



What of all those people we used to meet in ‘real life’ classes?

For those who have access to technology, there are Zoom classes. Class plans, DVDs and books are available for those who do not have the facility for Zoom but how many feel confident or motivated to try to practise alone? I used to teach a class for women refugees and the organization wanted me to encourage the women to practise at home. One of the students heard this discussion and told the manager “but she makes us do it!” with the word ‘makes’ strongly emphasized.

We can also use our memories of classes and events we have attended. All those experiences are within us at some level. Many have had the experience of remembering an instruction they didn’t understand and then finding that it makes sense as we gain more experience.

And so, we are never really alone when we practise by ourselves.

We are standing on the shoulders of a long line of teachers. Those who have attended classes for a while may find that there are poses which bring relief and freedom from stiffness, pain, stress, low mood or energy. We can start with these asanas and notice any benefit. Have faith in your own discrimination which will have been honed by your attendance in class. If an action doesn’t seem right, try to understand why. Maybe you will notice that you are overworking in one area and underworking in another.

Our teachers at MDIY will always be available to you to answer questions about practice. If we don’t know the answer, we can ask teachers with more experience. So never feel alone.

When we find it hard to keep going, these words can inspire us:

“In 1944 I struggled terribly with my practice. It was dry, lifeless and artificial. I was acting from the will of my head, my ego and not from my heart, my intelligence The will that springs from the intelligence of the heart is ... the intelligent will of Nature’s consciousness expressing itself through us”.

BKS Iyengar from [Light on Life](#) (p.168 to 169)

YOGA ON CHAIRS

By Joan Abrams



Of the many different things we've all had to do during this pandemic, teaching chair yoga was a surprise decision of mine. It took root straight away with the students and has made every week's class a challenge and fun. Generally, we are a group of practitioners who are older, find unsupported yoga a challenge for various reasons, or have difficulty being on and getting up from, the floor.

As the class has developed (over 50 sessions as I write this) so has my understanding of what can be done – and also which part of the seat of the chair suits each pose. 'Asana' means 'seat' in Sanskrit – and I see a chair as a transformative place to help us experience our yoga postures. We do 15 – 20 postures during every class, covering all areas of yoga, except

inversions of course!

We've kept the added props very simple: 1 blanket, 2 blocks/books, cushion, belt, yoga mat, and of course the chair. Like human beings, all chairs are very different, so I recommend a small piece of non-slip material for the seat of the chair.

Urdvha Hastasana (as you can see above) central on the chair and with feet in *Tadasana* is very firm and secure.

Coming into the standing poses, the edge of the chair (being very sure you won't slip of course) is the key place. There is no pressure under the thighs and you have lift from the legs but with chair support. I enjoy doing *Utthita Trikonasana*, with time to extend the chest when the chair is doing some of the leg work!



The middle part of the chair, giving more support under the thighs I find helps with *Gomukhasana* – 'head of a cow' pose, or *Bharadvajasana* (chair twist – see next page) or an upper back bend with blanket on the top of the chair.

Then comes the buttocks being taken right to the back of the chair. We all love this: the back of the chair like a helpful wall to lift and support the spine. From here, especially with a block behind the shoulder blades, and arms out, the chair teaches a huge amount.



But my favourite is *Dandasana* (Left) – the legs stretched out one after the other and the arms lifting. Strong, but do-able.

Where else but the corner of the chair for *Virabhadrasana 1*? This is a strong pose at any time – but the corner of the chair rests one buttock and the back leg can stretch back lightly or rest on a block.



Now, where else is there on the seat of the chair to do yet more poses? Well, the VERY edge! *Supta Virasana* can be done comfortably on the chair. Cushion underneath to help with turning the feet back (if possible), and cushion/blanket on the back of the chair to rest the shoulders. Sadly, the chair can't provide head support, but once the shoulders are secure, then the head and neck can extend safely, and not for long, of course.

Virabhadrasana 1

And, finally, *Savasana* on the chair. It all depends on your chair, your length, and the quality of your blanket and cushion – but the VERY edge of the chair is used again and can give a comfortable rest – once you understand your own chair, and what a range of yoga poses can be done on it.

The postures might look unlike the well-known shapes in 'Light on Yoga' or the beautiful colour illustrations of yoga poses to be found, but, inside, the posture is still there. Chair support provides time to focus so that our yoga can always give us balance, openness and vitality - thanks to the simplicity of a chair.



KEEP THE KIDS MOVING

By Rita Mori

Sacha has been running the children class for the last 8 years.
For the last 2, other teachers have come on board too.
When asked to teach I jumped at the chance.

I'm a young kid at heart.

As a child I ran everywhere.

Brought up in a warm climate with no TV and telephone meant that I was outdoors most of my time.

I moved a lot.

Movement is literally the elixir of life.

The earlier we can pass this information onto children the better.

When teaching yoga to children we do it at a fast pace with lots of jumping, making it as exciting as our energy will allow us.

And yes they definitely have plenty.

We make it fun, they enjoy it because doing yoga IS FUN.

We like to emphasise in class why moving and stretching plus relaxing the body is important for our well being.

Learning is a natural response and children are very good at that.

Yoga improves balance and strengthens aerobic capacity.

It has also been shown to reduce anxiety and stress.

Children will come and go.

Some might come back to yoga later on in life.

But one thing is for certain: the seed of yoga has been planted and it will stay with them forever.



MY LOCKDOWN INJURY and journey to RECOVERY

By Clare Tunstall

Unfortunately, last year in lockdown 1 when enjoying my one hour of outdoor exercise a day, I managed to trip and sustain a really painful injury. I was just off to my local park to see the numerous heron chicks when, walking down a slope, I tripped and when catching my fall, I jammed my foot into a fissure in the path and pop went my hip. Lying on the floor unable to get up, my leg felt like it wasn't attached to the rest of my body.

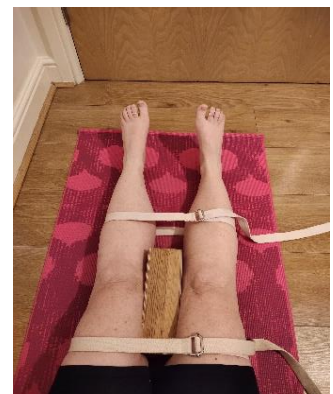
I thought it would be useful to let you know about my journey to recovery.



Just prior to the trip to A&E which I was so reluctant about, I lay on my bed in absolute agony. I thought about trying to relax everywhere and to breathe but to relax my leg meant the foot rolled out and caused an intense pain on my outer hip. So, 20 mins into the injury, I had a yoga belt loosely tied around the middle of my shins just to stop my legs from rolling out. Then I could relax. I was able to concentrate on breathing properly and to try and do some slower smoother exhalations to ease the pain. It worked! I spent about an hour with this, seeing if the pain could reduce, and maybe the injury wasn't as bad as I thought. However, a 111 call and a trip to A&E confirmed a ruptured hip tendon. They said 6 – 9 weeks of pain and a year to recovery. So what to do?



I can honestly say that I have never appreciated pranayama so much. Daily relaxation with the shins loosely tied and controlling the length of the inhalations and exhalations and practising deepening the exhalations continued to provide much-needed pain relief but also kept me connected to a yoga practice. As a yoga teacher, it was a big shock to be so badly injured but, luckily, I was only teaching a small practice group online due to my lack of tech and space. My little practice group also enjoyed more pranayama classes.



After a couple of weeks, things felt very out of place but the pain was slightly reducing, so I tentatively practised *Supta Padangustasana 2*, (*Padangustasana 1* was impossible). I could not lift the leg up in a forward position at all, even in bed, to see how much range of movement I had. My bed is close to a wall so I could take the foot to the wall and rest it there. That gave me a chance to feel what muscles I could connect with or move and it wasn't a lot. There was a great feeling of disconnection there. So how to get that back?

I have to tell you, at this point, that this injury was exhausting. I am normally an active person, cycling, walking, occasionally jogging, lots of yoga and lots of time on the allotment, but, literally shuffling around my flat would absolutely tire me out. I then chatted to my great friend, Lauren Currie, who regularly attends classes with Debbie Bartholomew, MDIY's super therapy teacher. I started sitting in a sort of reclining *dandasana* with a brick between my knees, legs tied at the shins and thighs. I could not put this brick between the thighs due to pain on the inner thigh. I lay over a back bender daily just with the legs tied straight and taking my friends advice: "staying there as long as I could". I was trying to rest and recuperate from this tiredness and of course still concentrating on breathing to manage the pain. It reminded me of Mr. Iyengar's quote, 'begin your asana by releasing the breath till you feel a quiet state of silence in the cells and the self'. It really started to work. On certain days I could feel some really strange stretching twisting sensations inside my leg. After a few weeks of this I felt like I might have the energy to attempt this same action in *tadasana*, our basic standing pose. But I could not put my inner legs together at all, and my tailbone stuck out a mile and I could not bring it in. So back to the brick and belts in *tadasana*.

Long daily practice of this again brought about weekly changes. I have heard many teachers say, do fewer postures and spend time in them. Do them well. I never thought



I would be spending hours in only one pose, *Tadasana*, daily but it was transformational. Week by week or sometimes 2 weeks I would notice a small change, the legs getting a little stronger, the posture getting a little straighter, my energy levels getting a little better.

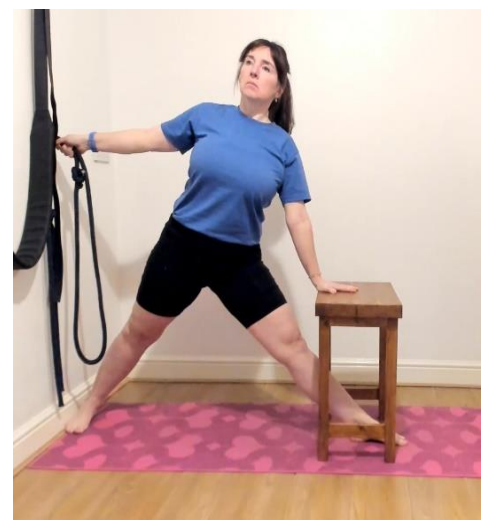
The thing was I could work so much on shoulders, neck and arms and was practising *Urdhva Hastasana*, *Baddangulyasana*, *Gomukasana*, *Baddha Hastasana*, as moving my arms and shoulders was about the only thing that didn't hurt. It was great though. These arm poses are uplifting for the spirit and meant that I could think about teaching sometime in the future. They kept my hopes up.

I couldn't take my leg too far forward and I definitely couldn't take it back. I couldn't cross the leg over the body and still can't but I could do external rotation with caution. I was wearing a belt tied around the hips daily. And, literally, only practising *Tadasana* and *Dandasana*. After about 5/6 months I was attempting inversions. I could not do them at first as bringing either leg up would be painful, so I was going up into the inversions with bent legs. I couldn't bend the legs close to the body either, so I was sort of cycling up into the poses. Whilst this is completely unconventional and I know we discourage students from doing this, it was the only way. The relief of being able to get up was exhilarating.

7 months into the injury I was managing a quick full arm balance using my head against a bolster on the wall. During all this time I was hardly attending classes at all. It was strange to think that under normal circumstances I would be attending classes with many senior teachers and they would be assisting me in classes with props and advice. It was strange to feel a bit alone during this time but, injury or no injury, I am sure we have all felt a period of loneliness at some point during this pandemic so no point in further dwelling on that.

On a positive note, there was no way I could push myself to get to classes and work as I might have tried if we weren't in lockdown. And there was plenty of time to recover! Throughout the whole injury I attended online classes with Rajiv Chanchani and I still do. The main reason being that Rajiv does not teach the postures - you do the postures in whichever way you can whilst he instructs the work of the breath. This is a great experience as general instructions in a class would not have worked for me at all. In Rajiv's classes I could use my wall ropes, my chair, come out of the poses as and when needed and take myself back to the all-important pain-relieving breath work.

10 months later things are much improved, there are still more postures I can't do than I can, but I wanted to share the thoughts that this does not matter. In yoga we must enjoy and be happy with what we can do and just continue practising. As Mr. Iyengar says '*Perfection in asana brings unalloyed happiness, blessedness and beatitude.*' It doesn't matter which posture, how simple or advanced, as it is not about the posture at all.



YOGA IN THE WORKPLACE

By Heidi Sherwood



Being asked to do this article for MDIY really is an honour. I have been a member for around 8 years. I completed a year teacher training here in 2013/2014 but had to stop due to a serious car accident. I resumed my training in 2018 with my teacher Sue Lovell, but because of the time I spent training here I have always felt a strong connection with the MDIY and have made many good friends over the years from yoga workshops and classes I have attended.

I've worked at Tarmac now for 24 years. I'm blessed that I have been surrounded by management and colleagues who have believed in me and given me opportunities whilst I was a trainee teacher and also since becoming a teacher in November last.

I started my quest to bring yoga into the workplace in 2019 when I put together a 'Desk Yoga' programme. The company allowed me to set up sessions over our Health & Safety week where people from across site could attend. Tunstead site employs about 450 people so you can see why I want to be able to share the benefits of this wonderful subject to the masses.

When I ran these workshops, I started with a short talk about yoga and BKS Iyengar, making sure I kept it simple and interesting. Each session lasted about 40 mins and they became so much of a success that I was asked to go to our main head office in Solihull to run some, and also as far as Birtley. My manager completely unfortunately COVID country to do these.



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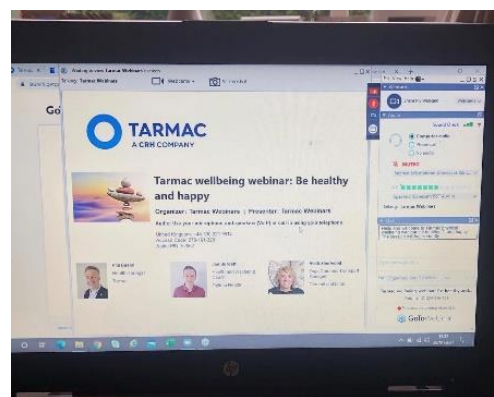
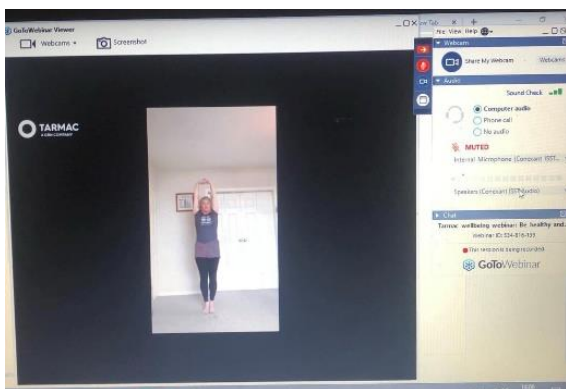
Following these sessions, I started a monthly section in our local company newsletter focusing on simple poses or breathing exercises. This still continues and is titled 'Yoga with Heidi'.

Obviously at the start of COVID we all just needed to adapt to this new way of life, but, as time went on, I needed to do something to help people cope with the



monotony and lack of social interaction. I approached our directors to ask if they would allow me to run a weekly lunchtime session on Microsoft Teams. I trailed this with a chosen few and got great feedback so started this from January. It's 20 mins but with my having so much to say about yoga, it runs over a few minutes!!!

Tarmac has recently started running monthly Wellbeing webinars which go out to the whole company and I was approached to present a short session. This really was an honour, and I felt very privileged to be able to present to over 200 people. It was nerve-racking but once I got talking, it was all good, and I even wore my Pune pants. 😊



I work in the Logistics side of the business, and the next roll out will be 'Yoga for wagon drivers' which I can't wait for. But maybe no Pune pants for this one; unless they're hi viz of course....

SILVER LININGS OF LOCKDOWN

By MDIY members

I've learnt how to 'count my blessings'
Norma

The best thing about lockdown has been having more time to spend with my rescue greyhound, Zola.
Alison

Saving money 'cos not going down to Kent every few weeks
Denise

As a teacher - it has been a boon to see my students regularly on zoom three times a week - to chat and share feelings before or after class - and to share our yoga practise together.

As a student - it has been amazing to have been able to zoom into many varied classes and diversity of teachers within the UK and Pune: to learn; to develop persistence and to feel enthused over the excellent practise of Iyengar yoga.
Susie

Best thing was getting to know my neighbours. I live in a flat so we're always in close proximity but we're always out working.

In lockdown we spent time talking to each other in our hallway and communal garden.

They supported me through my injury, (helped with shopping, cooking) and we supported our hard-working NHS nurse neighbour through her long draining hours.

We watched birds in the garden on my bird feeders.



Clare

I can sleep longer on Sunday morning because I don't need to travel
Ruthie

Yes, I second that one Ruthie - an extra half hour on a Sunday morning! And no need to put make-up on
Fiona

Being able to see everyone [on Zoom] in spite of the rules. It really cheers me up.
Rebecca

I can get to 2 classes a week because I don't have to travel.
Fran

Canal walks - discovering amazing water landscapes so near home - pssst! - Peak Forest Canal
Joan



I love it too! I can attend more classes than before. I am saving on petrol and time and I can do yoga with my dog!
Marta

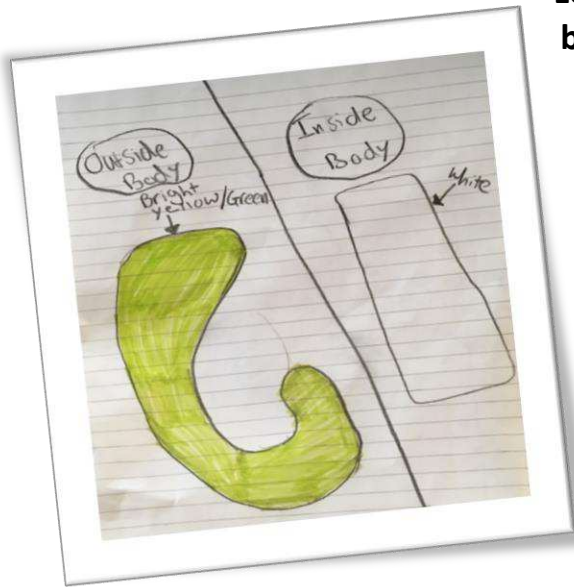
Yep - I can do more classes; I like not having to drive home after recuperative classes especially when it's cold and dark.
Alison

Gardening in the sunshine and painting the garden every day.
Janet

So many examples of thoughtfulness, generosity and kindness.
Kathy

**A Child's View of Breath:
from the imagination of the MDIY children's' yoga class**

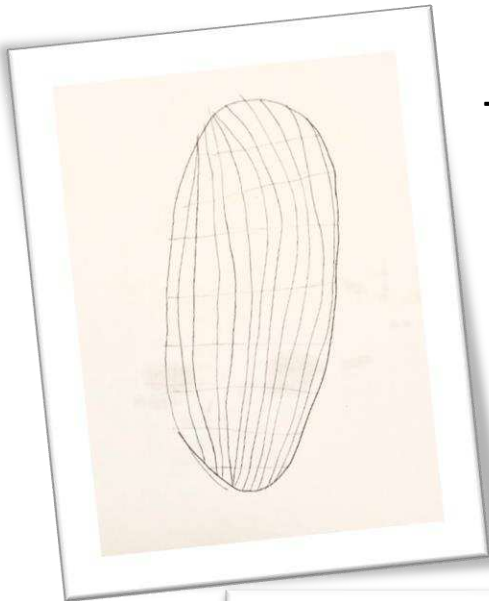
**Levi and Bertie's
breath**



**Annika is
channelling
Elsa and has
icicle breath.**



Toto



**Elin's is a
flaming
arrow**



Christian

LIGHT IN THE DARKNESS

By Shirley Budden

In March 2020 our lives changed dramatically, plunged into the bewildering and frightening time of Covid - the clashing of science and politics, endless rules and rumours, hopes and fears. No one has escaped the pain of loss and separation in previously unimaginable forms.

In March 2020 I was struggling with the first anniversary of my wonderful youngest brother's death at 48 years old. One week later my mother died. It was the beginning of the first lockdown. I could not be at her funeral in Ireland. Due to restrictions and fear of infection I did not see my dear father for another two months. So many of us have lived through similar traumas.

Yet one year later I feel more stable and calmer than I have for a long time. I know this is partly because I listened to what I needed to do in my yoga practice. But also because of my 'Covid blessing' which appeared just when I needed it most.

Like so many of us I have struggled with Pranayama - hampered by pain, tension, trying too hard; only sporadically glimpsing the benefits I was told about. It felt more like floundering, struggles in mind and body hampering any sense of progress or clarity of understanding. I had some great experiences in classes but never had regular weekly classes and a coherent practice remained elusive.

Back to March 2020. I was in turmoil, looking only to survive the emotional maelstrom, nervous system battered, energy volatile. Restorative poses were what I did day in day out for some weeks. Anything else depleted energy I did not have to spare. I'm sure

this resonates with many.

And then my 'Covid blessing'. The chance to attend on Zoom Sharon's MDIY Pranayama class EVERY Tuesday morning. It is easier to reorganise zoom teaching schedules than room hire!



I learned new things, stitching, wrapping and the wonderful Sarapanjarasana. Technical details became clear as day under Sharon's steady, knowledgeable,

enthusiastic and kind guidance. Encouraged at every step to listen to what we needed. Tuesday immediately became the best day of the week!

Week by week I gained steadiness, confidence, energy and relief from the turmoil. The reserves of resilience which had been so desperately depleted were topped up, enabling me to face other challenges in my life with insight and calmness.

The benefits spread through all areas of my life. I was better able to support my GP husband in the professional challenges brought by Covid. Breath awareness came more organically in other poses. I had more energy and insight for my Zoom classes.

I have done pranayama classes with many wonderful teachers and am grateful for every single moment. MDIY and IY (UK) never fail to provide inspiring and challenging experiences. And yes, we must strive for independent practice. But the helping hand of a regular class can be so very important. The regular weekly pranayama classes steadied and lifted my energy and my spirits, cleared my mind and restored me to my better self.

From the isolation and desolation of grief to feeling gratitude for life again. From the painful memory of witnessing my brother's last breath to a more peaceful understanding that 'the individual breath redissolves into the cosmic breath'.

Sutra 1.36 - Visoka Va Jyotismati, in the words used by Sharon, brought me much solace:

'Within us is a little light that shines in a place of no sorrow...It has been with us all our life and will stay with us for the rest of our life.'

With gratitude for all the teachers who have guided and inspired us.



Sarapanjarasana basic equipment.

Exploring the Breath: Freediving

By Sacha Cash

'Mountain torrents dislodge rocks and gouge out canyons - yet when the energy of the flowing water is stilled and balanced against that of the rocks, each loses its separate identity. The result is a lake, reflecting the serene beauty of the mountains around. Emotions are the torrents, while the steady intellect forms the rock. In Khumbaka both are evenly balanced, and the soul is reflected in its pristine state.'

BKS Iyengar.

I have always had an affinity with water from an early age. Its reflective nature calms me and makes me reflective. Its' cohesive and adhesive properties at a molecular level mirror my personality's need for completeness and immersion.

A liquid's characteristics means it flows easily, is not easily compressed and will assume the shape of the container it occupies. This mimics my nature completely: I'm dynamic and can change to suit the people around me but stubborn in my beliefs and will not be pushed around. It even mirrors my body type: I'm flexible but compact and my butt will assume the shape of any chair nowadays!

Basically, I am water - 80% in fact (but then aren't we all).



I was drawn to find a freediving course a couple of years ago, after reading an article wherein it was described as meditation in action with visible results. Because I find water so calming, I wanted to learn the art of breath control in such a

setting. Isn't that what we say about asana practice, that it is meditation in action?

Freediving is a discipline in training the breath and is undertaken with a buddy to ensure your safety in terms of breath retention and body reactions.

After my first few sessions I realised why it was classed as a discipline. Just like yoga there are so many intricate nuances that regular practice is a must.

Increasing the length of time you can hold your breath is a slow process, as you have to do it safely. This is just the first discipline.

Then comes Dynamic where movement under water across a distance has to be mastered to balance efficient gliding so as to conserve oxygen stores in the blood.

Then comes depth diving, where you combine the 1st two disciplines with the added intricacies of pressure as you ascend and descend a weighted line. There are lots of other fun things to consider whilst free diving: the buoyancy of your body and wetsuit and how you counteract it with precisely placed weights; the temperature of the water; and your mental and physical state when in the water.

Freediving teaches you to never hyperventilate before submerging.



Here is the science!

- Hyperventilation rapidly decreases CO₂, (which also causes a need to breathe in the body, not low levels of oxygen as many believe).
- Hyperventilation will reduce the amount of oxygen available to muscles and organs.
- Alkalosis is an increase in the pH of the blood and is caused by a decrease in CO₂. This causes haemoglobin in the blood cells to bond too strongly with oxygen molecules therefore not allowing oxygen into the muscles. This is what makes people feel faint or experience pins and needles if they hyperventilate, because alkalosis reduces blood pressure.
- The reverse of this being acidosis where increased levels of CO₂ chemically effect the haemoglobin protein resulting in the release of oxygen into the blood stream and then muscles. (This is known as the Bohr effect)

Have I lost you? Stick with it....

Breath is known as the gateway to the mind; to understanding consciousness and how to control it. Before we can look at this, we have to understand the gateway that is the automatic nervous system. This is so called because it was once thought to be controlled subconsciously. However ancient yoga practice and medical studies have

proved otherwise. How we breathe communicates to the rest of the body through the nervous system. We all know how magically that slow *Ujjayi* exhalation calms us, almost to a soporific degree.

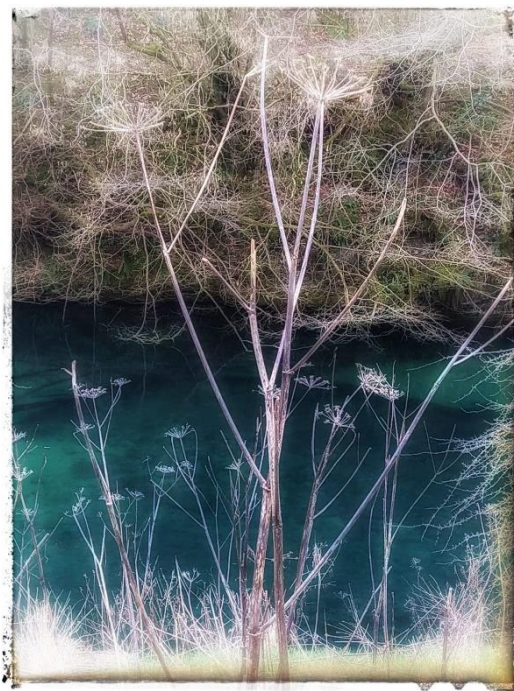
Rapid breathing (*Bhastrika*) triggers the flight or fight response in the 'sympathetic' nervous system, triggering an increase in the heart rate, blood pressure and a decrease in digestive ability (which is why we feel sick or have bad stomachs when anxious or stressed). It doesn't sound very sympathetic, but it is designed to react when we are faced with real danger.

'Retention of breath in Khumbhaka should not be misinterpreted as re-tension of the brain, the nerves and the body to hold the breath. Re-tensioning leads to hypertension. Kumbhaka has to be done with the brain relaxed so as to revitalise the nervous system.'

'The length of time that the breath is held can be compared with that of traffic signals. If one passes the red light, accidents may occur. So also in Khumbhaka, if one goes beyond one's capacity, the nervous system will be damaged. Tension in the body and brain indicates that the chitta cannot hold the prana in khumbaka.'

The Vagus nerve acts as a break on the nervous system - sliding it from the quick responses of the sympathetic nervous system to the slower responses of the parasympathetic digestion. That's why it is termed the 'rest and digest' response of the body. The vagus nerve kicks into play when the breath pattern becomes rhythmic, and the exhalations are longer so that the CO2 levels rise. Simply put, *Bhastrika* is yogic coffee and *Khumbaka* is Horlicks.

For anyone wanting to safely explore the benefits of cold exposure and how breathing techniques help, look to Gurujis teachings in ***Light on Pranayama***, Chapter 15.



"Do not retain the breath by force of will. The moment the brain becomes tense, the inner ears hard and the eyes red, heavy or irritable, one is exceeding one's capacity."

A CLASS WITH GURUJI

Article courtesy of "Yoga Rahasya", the magazine of RIMYI in Pune

Transcribed by Joan Abrams

Many young readers of Yoga Rahasya would not have had a chance to meet Guruji, leave alone attend a regular class with him. So, we reprint some tips from Guruji in one of the general classes that he taught at RIMYI in February 2011. The reader is expected to know the basics of the asanas discussed here. In case they do not know them, then they should refer to 'Light on Yoga' and 'Yoga in Action'.

VIRASANA to proceed towards ADHO MUKHA VIRASANA:

1. Roll your calf muscles out. Sit on your buttocks, anus up and back ribs in.
2. Extend your arms from
 - the waist corners palms facing each other,
 - from the inner armpits extend the arms forward. As you come forward:
 - raise the head up sternum forward.
 - look toward outer armpits moving forward.
3. Keep the palms down with the little finger on the floor, back ribs continuously coiling in and sternum moving forward and from the extreme corners, the side trunk moving forward, and do *Adho Mukha Virasana*. Keep the trunk like a box.



ADHO MUKHA SVANASANA:

1. Press the palms on the floor.
2. Front edge of the side trunk and back edge of the side trunk should be like a plank. The entire side body should be like a plank.
3. Move the sternum towards the legs.



UTTANASANA:

1. Move the 'plank' of the side trunk forward. Lift the head up keeping the back concave.
2. Make a circle from back armpit towards the front armpit coiling your back ribs in and raising the head up.

2nd attempt:

1. Keeping the elbows bent, increase the concavity of the back. Keep the eyes connected with the back.
2. Move the back ribs in, dip the navel down and pelvis down.
3. Make the arms straight by moving the navel forward and move the pelvis forward.



Uttanasana to Adho Mukha Svanasana – to – Uttanasana – to – Adho Mukha Svanasana:

From *Uttanasana*: with bent elbows, with the bent knees, retaining the concavity of the back, walk back to *Adho Mukha Svanasana*. Keep the back ribs and legs straight and again walk forward to *Uttanasana* with the back concave. Repeat this action from *Uttanasana* to *Adho Mukha Svanasana* two to three times.

UPAVISTHA KONASANA:



1. Extend the back of buttocks to the heel. Let the back of the leg be line a plank. Inner knees down and inner heels down.
2. This gives you more coiling action of the back. Coil the skin of the back towards the spine.
3. Place the palms cup-shaped by the side of the hips. With the arms bent at the elbows, move the outer elbows towards the inner elbows.
4. Move the area of the kidneys in (it is an organic pose). Moving the kidney area in and up let the inner thighs go down.
5. Finally, hold the elbows (*Baddha Hasta*), lengthen the armpit skin, kidneys in and up.

BADDHA KONASANA:

1. Place the palms by the side of the hips and move the buttocks forward. Then hold the feet with the palms, move the side body forward.
2. Keeping the elbows bent, palms holding the feet; extend the upper arms toward the elbow as well as the forearms moving towards the elbow. The meeting point is the elbow.
3. Hold the feet coil the back armpit to the front armpit. Pits of the legs (groins) have to go down as though there are weights kept on your groins.
4. Lift the side body from the waist corners. Move the groins down and lift the side body up.
5. Keep the palms behind the buttocks and raise the buttocks up. While lifting up, bring the outer thighs down, and the socket from the back to the front, take the knees down and then sit in *Baddha Konasana*.



DANDASANA to JANU SIRSASANA:

1. Bend your right leg for Janu Sirsasana. Keep the back of the left leg like a plank.
2. Keep the groin of the right leg down and take the arms up.
3. Extend the arms forward. Move the arms and head forward. Both should move forward together. Move from the inner arms.
4. Extend your arms forward from the waist corners, but the arms and head should be in one line.
5. Keeping the right socket down, pits of the leg down, go on extending the right arm and the inner arm forward further and further.
6. As you go forward, the web between the thumb and index finger has to move forward. The web has to drag your hand forward. Do not hold the foot.
7. As you move forward, armpit circularly moves from back to front, lengthen the skin of the arm pit and then come up. Repeat the asana by bending the left leg.



Dandasana to Urdhva Hasta Dandasana to Paschimottanasana:

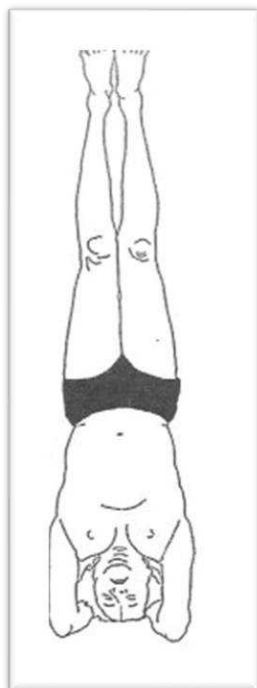


1. Sit in *Dandasana*. Inhale raise the arms up to *Urdhva Hasta Dandasana*.
2. Keep the arms up and head in one line.
3. As you extend the arms and trunk forward to go into *Paschimottanasana* – go down by keeping the upper arms touching the ears; and the head and upper arms in one line. The eye-balls parallel to the floor.
4. As you extend forward and down, the eyes are perpendicular to the floor. Inhale, raise the trunk up; come up ‘half-way’, moving shoulder blades forward and deeper in; slowly come up.

ADHO MUKHA SWASTIKASANA:

1. Sit in *Swastikasana*. Inhale, extend your arms. Keep the upper arms in line with the head. The sides of the chest should be like a plank.
2. Release the skin of the arms away from the armpit chest. Extend forward from the web between the thumb and index finger and armpit chest.
3. Move the arms and the head down; move the sternum.

SIRSASANA:



1. Go into *Sirsasana*.
2. Move the inner armpit and outer armpit forward. Forearms strong on the floor for the side ‘plank’ of the trunk to become long.
3. Move the outer elbow towards the inner elbows so that the upper arms are perpendicular to the floor. The inner shoulder to the outer shoulder and narrow the outer elbows. When you widen the shoulders, the biceps will get lengthened.
4. With all these actions, the front end of the side body and the back end of the side body should be of the same length. Shoulders up. Deltoids in and up.
5. When the inner legs drop, the inner armpit also collapses. Lift the inner legs from the groins to the heels.

With this lift, inner body feels life. The inner armpit and outer armpit should be of the same height.

6. The back should be like that of *Adho Mukha Svanasana*.
7. Move your metatarsals from outside in; arches of the feet roll from inside out like in *Upavistha Konasana*.
8. Suck the hips in like *Baddha Konasana*. The outer side of the hips have to raise up towards the ceiling.
9. Thighs have to be circular.
10. Be lively in *Sirsasana* by increasing the height from the toes. Alert the back-rib corners. The whole pose changes. Otherwise dead weight comes on the arms.

SARVANGASANA:



1. Go into *Salamba Sarvangasana*.
2. Lifting the back up, let the palms go down.
3. The back of the inner thighs should not be 'hiding' inside. Lift the body higher up from the junction of the buttock and thigh.
4. Widen the arches from inside out. Broaden the inner heel towards the outer heel.

HALASANA:

1. Keep the tips of the toes on the floor and feet like *Upavistha Konasana*.
2. The outer hip sockets should be parallel to the floor.
3. The front of the hip socket and the back of the hip socket should be parallel to each other.
4. Press the tips of the toes down on the floor and widen the knees.
5. Keep the inner edge of the foot and outer edge of the foot parallel.



PASCHIMOTTANASANA:

1. When you go forward in *Paschimottanasana* from *Dandasana*, the side body should be like a plank. The web between the thumb and the index finger should be more powerful to move the side body forward.

2. Holding the feet, keep the eyes and the eye-balls parallel to the floor and move the head down.

UTTANASANA:

1. Go into *Uttanasana*.
2. Entwine the arms at the elbows. Holding the elbows, close the eyes.
3. Head down, legs active, brain cells passive.
4. Slowly come up. The closed eyes bring coolness to the body.



The class ends!

Uday Bhosale

teaching from his home on Zoom. He was an early inspiration to yoga teachers getting to grips with Zoom.

The Question and Answer session from his latest MDIY workshop has been transcribed and will appear in our website edition of this magazine soon.



IT HAS BEEN A YEAR !!



RIMIY 46th ANNUAL DAY CELEBRATION TALK

With Prashantji Iyengar

By Jayne Wilson



This is the 46th year since the formal inauguration of the Ramamani Iyengar Memorial Yoga Institute. In Pune our beloved Prashantji gave a talk to commemorate this special day. I hope you will indulge me in conveying just a small component of the talk here. You can of course watch the full version at your leisure on You Tube, (<https://www.youtube.com/watch?v=SuP3Ffhfwz0>).

Prashantji began his talk with “the memories are getting crowded in my mind” and how now “there are many, many students of the new generation who have no idea of the Institute. Even the senior students do not know the historical background of the Institute so I thought I should mention that on this occasion.”

The story of RIMIYI began in the mid-late 1960’s with Mr Moody, who was a dear friend of BKS Iyengar. He persuaded Guruji to share the cost of buying a large piece of land in Pune. I know that many students will have stayed in one of Mr Moody’s apartments that are built next to the institute, on part of the said piece land. Mr Moody and Guruji paid 6 Rupees per square foot at that time! About 0.05p per square foot!

It was not a venture that Guruji really wanted to do as he had just built a house in Bangalore and his mission was to build a primary school in his home village of Bellur. As Prashantji explained “We were not business class people.” But he raised some money to build a primary school. Money raised by his demonstrations and foreign students contributed.”

As we know the primary school was formally opened in 1966.

Mr Moody was insistent, and the land was bought. Bhumi poojan performed in 1971 by Guruji and his wife, Ramamani. Prashantji then explained how the students in Pune initially



suggested building an institute on the land and the Bombay students also agreed that it would be a “wonderful idea and they started raising funds”.

A bank account was opened and the “students started donating generously”, both from India and from abroad. Eventually 600,000 Rupees (£5,924 today) was raised and used to build the initial institute and the house that the Iyengar family still lives in today.

At that time, in 1971-1975, the architect Kirit Vora designed the pyramidal structure. However, the most significant features of the construction were the instructions given by Guruji for the internal arrangements.

Prashantji said “Guruji had some ideas in his mind. Eight columns to the building; for the 8 limbs of Ashtanga yoga. The centre column is bearing all the weight and is milled under. All the beams are connected to it – the spine of the building. Between the 8 columns there are 7 openings, 7 states of consciousness. There are 3 floors, 3 tiers of practice, Bahiranga, Antaranga and Antaratma Sadhana. On top of the building Hanuman is placed - the “Vayu Devata”. Finally, there are “88 steps from the doorstep to reach Hanuman, for the 8 limbs of Ashtanga yoga”.

The institute was formally inaugurated on 18th January 1975. The building only having been handed over by the builders the day before! After the formal celebrations the first intensive course at the RIMIY was held, with a maximum capacity of 45 students in the hall at that time (the institute has since been extended out to take in the balconies). They had 95 students on the course, so they held 2 sessions: 7am till 10am and then 10am till 1pm, with no breaks for the teachers. And this went on for three weeks! Now that would be an amazing story to hear from those who were there, (note to self to find an article on that intensive).



I humbly apologise for any errors, additions or omissions made in order to share some of this wonderful story of our mother Institute.

A GOOD READ:

The Psycho-Physical Lab - Yoga Practice and the Mind-Body Problem

By Ohad Nachtomy & Eyal Shifroni

A review by Susie Savage

A provoking statement to explore during Covid lockdown when mental health could be an issue due to prolonged isolation or monotony. What an interesting alternative to motivate daily personal yoga practice in a different way.

“Can stretching a limb bring about joy and wellbeing? Can performing headstand improve our thought process and our clarity of mind? Can bending the body forward or backward develop our personality and make us better human beings?”

Eyal Shifroni

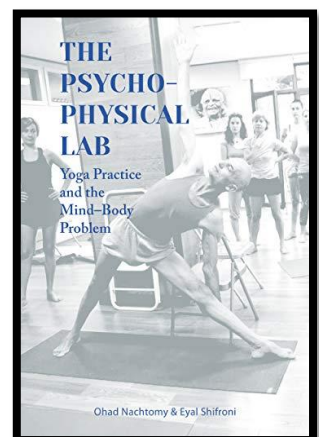
The essence of this book is to explore the effect each pose brings to you when concentrating on different aspects of the human body. For example: how we ground our feet; how we use our eyes, or our breath; or a variety of props, tweaking individual sensitivity to notice the subtle changes within the mind. Very much like BKS Iyengar teaches us, but in this book Eyal Shifroni encourages the reader to study themselves inwardly almost like a laboratory experiment. Hence, the Psycho-Physical Lab. So, the practice is very quiet, slow and studied to allow the concentration of the mind to turn deeply inward.

The book is written in four chapters (which need not be read from cover to cover). The first chapter covers the ‘Practical Exploration’ of the body, breath and mind during practice with emphasis on self-study and the resulting effects.

The second chapter aims to develop mental and physical changes through yoga practice when exploring emotions, such as: ‘Dealing with Negative Moods/Fatigue/Feeling’ or ‘Confidence and Courage’, and many more.

The third chapter is a philosophical read of the brief history of Body and Soul according to the philosophy of Socrates and Aristotle to the present - written by Ohad Nachtomy.

Finally, the fourth chapter offers five different practice sequences to enhance mental states and qualities. The idea is to follow a chosen sequence for a prescribed time (days or weeks or months) to develop a more positive state of mind. For example, to name a few: build confidence; or find emotional balance; or recover from fatigue. The sequences are carefully structured and need to be followed. The book is very well-written with lovely illustrations. Eyal Shifroni provides a lot of detail but it is easily assimilated and interesting. The philosophy section demands concentration as it is historical and scholarly.



DAVID REDDICEN RETIRES

As David retires from teaching at our yoga centre I would just like to say a big thank you. When the building was first acquired, David was the project manager. He got builders, heating engineers, tradesmen and roofers sorted and even knocked down interior walls himself. He was fundamental in getting the building fit for purpose. We couldn't have done it without you David.

Janice Yates

David and I both qualified as Introductory Iyengar Yoga teachers at the same time. Both of us were very stiff and had our struggles but we passed!

After a few years he approached me in Jeanne's class and typical David said "Hey, you passed your introductory certificate at the same time as me, you should be thinking about taking the next one." The next class he was there again asking, cajoling and rallying teachers to take their Junior certificate. He asked Jeanne Maslen to run Junior Certificate weekend workshops. If he could find eight students then Jeanne would run a course.

He finally persuaded me, promising I could go just for a 'look see'. I thought 'well, as long as I don't have to take the exam then I'll go.' He rallied six more teachers and the training course was on! Of course, once you are there with all your yoga chums you just are carried along



with them aren't you? Jeanne's teaching was inspirational and we both passed all the Junior levels together.

Then the MDIY asked if David, John Aplin and myself would teach a Saturday workshop together. With much trepidation we said yes and decided the theme was going to be Strong, Steady and Stable. I can't remember now who was Strong, who was Steady. I think I might have been Stable. Unfortunately, John had a serious accident

and couldn't teach, so it was down to me and David.

We sat on the stage in Maslen Hall. I was quivering - I couldn't tell if David was. A few poses in David produced elastic bands for us to put one on our big toes. I didn't know about this (bad planning I suppose!) but when we wrapped these elastic bands around our toes EVERYBODY'S toes started dancing and jiggling about. I tried my very best to stop mine, but they wouldn't, and even David's were doing it. I wasn't the only one laughing! To this day I don't know why we had the elastic bands!

Then we went for our Senior certificate and he roped us all in again. Jeanne ran a course for us, and we knew we had to study hard - we were to be her last group of teachers she would mentor for their senior certificate.

By now David had had a yoga room built onto his house so a few of us would go to David's house once a month and practise. I remember vividly experimenting with pipe lagging at his

house. Yes, shiny grey-coloured pipe lagging in shoulder stand. I remember it because it was SOOOO painful. He just shot up in *Sarvangasana*, with two pieces of pipe lagging under his shoulders, showed us what to do, and then we had to do it. I think I lasted about ten seconds! He has shoulders of steel! That's David though, always coming up with something to target a bit of the body that wouldn't go. He's an engineer and that's how his brain works.

We all passed our Senior assessments together. After every assessment we celebrated with a coffee at the M6 toll services, Birmingham. He always had the coffee that's so big you need two handles on the cup to hold it. How all that coffee fitted in his little belly I'll never know! The Friday class won't be the same without you David and the Pranayama class which always marked the end of the term. You are an inspiration to us stiff types and your dry wit will be missed - that and your grumpiness!

Debbie Bartholomew

I have been on the Iyengar yoga journey with David for many years. We were students on Tuesday evening with Jeanne Maslen until she passed this class to David in January 2006. Big shoes to fill and David continued the high standard of teaching. David's teaching further evolved after attending local classes in Pune with Prashant's teaching a big influence. I am thankful for David's enthusiasm in bringing the focus in the Tuesday classes to the potency of the breath to make us body, mind, breath aware. David challenged us to look at the diagnostics of the body and mind using breath in a major way. Week 10 was always a treat with pranayama. David explains the breath and sounds associated with the breath so clearly. With gratitude for the inspiring Tuesday classes, I wish David well in his retirement. For now it will be to the book: Tuesday with Prashant....

Julie Royle



David, front L, with Julie Royle, Liz Tonner, Debbie Bartholomew. Back row: Barbara Leyland, Christine Niewola, Margaret Austin, Brenda Booth

I met David Reddican at the first Iyengar yoga class I'd attended some time ago. I remember it well because of how good I felt at the end; we had worked hard, really hard and yet I felt energised and somehow purer inside. The respect and fondness shown to David by long-term members of the group was abundantly clear and I was pleased to be in the best yoga class I could be. David worked with us each week until impossible poses (never thought I'd do headstand) just came. I enjoy his discipline, the teachings about mind, body and breath and the yoga philosophy David would impart whilst in dog down for what seemed like an eternity. I am sure I speak for many others as I say a huge heartfelt thank you to David for all your wonderful teaching & inspiration and we will miss attending your classes.

Tara Goodchild

Minutes of the MDIY Annual General Meeting Held on Saturday 14th November 2020 online via Zoom

There were 59 members present.

(56 on online via Zoom and 3 teachers were present in Maslen Hall)

Apologies: Margaret Ellison, Tracey Evans, Sharon Dawn-Taylor.

Minutes of the 2019 AGM

The minutes from last year's AGM were proposed by Joan Abrams and seconded by Jayne Wilson.

Chairman's Address (Charlotte Everitt)

A warm, if virtual, welcome to our Annual General Meeting 2020, in what has been – I think you will agree – a funny old year.

I won't go over the things you already know, but I will say that we owe many people a huge amount of gratitude. The support from our members has been fantastic, with many of you attending classes, offering donations, or simply sending messages of support.

During "Lockdown 1", several of our teachers taught their classes online off their own bat and donated part of their class fees to us. They were also keen to come back and teach face to face, allowing us to run a number of face-to-face classes between July and November; and have adapted to teaching online so we can run an online timetable ourselves, in "Lockdown 2".

During this time, we have invested in the technology to allow us to both broadcast online classes, and show them, in two of our halls. Who would have thought that online yoga would take off in the way that it has? While speaking to people tells me that there are a lot of mixed feelings about online classes – and definitely still a hope and expectation for "real-life" classes – the benefits of being able to fit in extra classes without worrying about travel time or childcare, being able to experience different teachers, and especially access to Indian teachers, are welcomed.

We've been able to do all this through the contributions of our Executive Committee, and our Classes & Events working group. We've welcomed some new members to the C&E group this year, Valerie and Andrea. And of course – Janet has done her usual superb job of ensuring that we're able to keep the centre clean. Thanks also to Joan and Lynda for putting together our annual journal – and to the new team who will be taking over from them for 2021; to our social media team of Clare, Debbie and Lauren who put out content to keep us all connected; and to everyone who looks after the building and garden, especially Kim, who allegedly enjoys weeding! And of course, thank you to our Administrator Clare who keeps us all in line, makes sure we can get to our Zoom classes, and gets the light bulbs changed!

We are always on the lookout for people to lend a hand, so if you are interested in getting more involved then please do come and talk to us. We now have two vacancies for committee members, and two for reps to the national association IY(UK); these are interesting and varied roles for anyone who would like to help support our aims of bringing more Iyengar yoga to more people.

When we think about some of the people who have supported us, there are two people who have played a massive part in getting us to where we are now; and so, it is with mixed feelings that we are letting them retire from the Committee and from the CE group.

Janice Yates has filled a number of roles for many years; Honorary Secretary, our Administrator and the "face" of our centre, and a very popular teacher. Margaret Ellison, as well as her many years as a teacher with a particular interest in remedial work, was instrumental in finding and securing our centre. They have been stalwarts, contributing their time and energy for decades, for the benefit of MDIY, and without them we would not have our centre.

We are happy to say that both will be continuing as trustees so we will still be able to call on them for advice and still consider them part of MDIY. And we hope they will enjoy retirement! While I am not willing to make any predictions about when we will be able to start getting back to normal, I will

commit that, when we are able to meet in person again, we will thank them properly with a little party.

Speaking of parties, and the future – I will end on an optimistic note by saying we are looking forward to our Golden Jubilee, with our 50th anniversary as the oldest Iyengar yoga institute in the world on 5th January 2022.

Secretary's Report (Janice Yates)

Last year the AGM had the highest ever attendance. It would be good if we can have a good attendance here on Zoom this year.

The New Year started with a busy workshop for all with Julie Brown and lots of our members were pleased to be together after the Christmas break. We hear Lily's was busy afterwards!

National Iyengar Yoga Day was great with five different events running in our three studios. We were delighted to have the chance to chat to members and parents of the kids and sign up a few people to our more specialist classes, such as back care and restorative. Tameside News were on site for the morning as always appreciating the part we play in the local community. Our trainees enjoyed hands on experience with adjustments and helping with props for those new to our method.

14th March was our last workshop before closing our doors and it was thoroughly enjoyed by all, as Margaret Austin once again made the journey from the North East, as she has over the many years before. Our members were delighted to explore methods to relieve periods of sitting and to help with legs and hips. Who knew how much sitting around was about to come along? Then we closed and there began the feat of contacting all members and teachers who were probably in as much of a state of disbelief as we were. Over the coming weeks we were glad to share some fun ideas from our teachers and members over the social media channels and our monthly email newsletter.

We were pleased that some teachers were quick to set up online classes and connect to some students. During June as travel restrictions lessened, Kim was delighted to get back into the garden and regular weeding sessions took place and still do. We were also able to take advantage of the space and time and have Maslen Hall redecorated which is a job we were planning in advance of our 50th birthday party which is now likely to be in 2022. So, we did utilise the time to get some all-important jobs done.

We were delighted to host our first ever online event with our old friend Garth McLean and all thanks to Charlotte who calmly hosted the event for over 100 attendees from all over the world. We had our broadband upgraded in preparation for being able to host our very own MDIY online classes. On the w/c 3rd August we were pleased to open our doors both real and online. The Executive committee and Janet worked tirelessly to prepare for our opening. That hard work really paid off with our students feeling confident and safe to return. We hosted an online family yoga weekend. The children certainly had fun, we are not sure which the harder class, the children's with Uday or the adult class with Zubin.

We cannot stress how much Charlotte, Janet and Kim have worked on everything. Charlotte in her advisory capacity to all our teacher members, has guided people through the continuously changing regulations. She has written clear guidance, held online meetings and has helped people across all counties, tiers and borders, all the time continuing with her full-time job and helping her family. Janet has been in and out daily ensuring we are the safest and cleanest we can possibly be.

As I retire as honorary secretary and welcome Tracey as our new Secretary, I would just like to remind you that Clare Tunstall is your point of call for all matters relating to the MDIY.

Treasurer's Report (Kathryn Duffy)

All attendees should have a copy of the Year End Balance Sheet with accompanying commentary. Our thanks once again to Michelle Pendergast for completing our audit.

The one main point to emphasise is that as we are a non-profit membership association, we were eligible for the Tameside Local Government Small Business Grant of £10k. This gave us assurance that when we faced the closure due to the Lockdown we did so with some degree of financial security. Our MDIY team and volunteers were then able, during the Lockdown, to oversee the refurbishment and re-decoration of Maslen Hall and stairway as planned. This was a huge task which was made easier by our closure.

Janet cleared and cleaned; Kim kept the garden in order.

The MDIY Committees, along with our dedicated core of teachers, have adapted to necessary changes quickly and effectively and members must particularly thank the truly amazing efforts of Charlotte and Clare. They have showed an unflinching dedication to the Centre, working so hard behind the scenes to adapt to the constant changes of legislation and dealing with the demands of the Lockdown. They have created new timetables, co-ordinated teachers and introduced the necessary new technology to enable teachers to teach online and to keep all our members in touch. It has been testing but they have pulled everyone together to assure our future.

Membership Secretary's Report (Susan Savage)

The current membership figure is 512 which is slightly down on last year's figure of 608. This is perhaps understandable in the light of the pandemic as some people may be unsure as to renewing their membership. It may also be partly due to the reduced number of face-to-face classes that were able to be offered in the centre. MDIY still have a range of classes and workshops running online. Other membership benefits include discounts for classes and workshops with a wide range of teachers from around the World, access to a beautiful garden and the friendship and belonging to a yoga community.

Election of Officers

The Chairman, Secretary and Treasurer retire. Janice Yates (Secretary) retires and does not seek re-election. The Chairman and Treasurer are willing to stand again. The following members wish to stand for election:

	<u>Proposer</u>	<u>Secunder</u>
Charlotte Everitt (Chairman)	Susan Savage	Marion Kilburn
Tracey Ashton (Secretary)	Janice Yates	Valerie Judge
Kathryn Duffy (Treasurer)	Susan Halliwell	Sasha Cash

The officers were unanimously elected.

Election of Members

In accordance with our Constitution, three members retire annually. Margaret Ellison retires and does not seek re-election. The following members wish to stand for election:

	<u>Proposer</u>	<u>Secunder</u>
Debbie Wilkinson	Clare Tunstall	Verena Huber
Susan Halliwell	Jayne Wilson	Joan Black

The members were unanimously elected.

Any other Business

Vanita Mistry expressed her thanks to Charlotte and Clare for all their hard work in keeping the centre running and guiding the MDIY through the constantly changing legislations. She also recognised all the support that they have offered to teachers to enable them to teach online.

Joan Abrams expressed her thanks to the MDIY which she said has been 'a rock' and central to the yoga community during these difficult times. She added special thanks to Margaret, Janice and all the teachers who do such a wonderful job to ensure that the MDIY is an amazing place to come together and practise yoga. She wished everyone 'Namaste'

There was no other business and the meeting closed at 10.30 am.

**MANCHESTER AND DISTRICT IYENGAR YOGA
FINANCIAL REPORT**

Income and Expenditure Account for the year ended 31 July 2020

	2019		2020	
£	<u>INCOME</u>		£	£
	10,044 Subscriptions		6,925	
	13,032 Net proceeds from events		4,510	
	29,431 Net proceeds from classes		19,803	
	4,235 Rental income		4,513	
	675 Net sale of publications and goods		48	
	20 Donations		1,579	
	- Grants		<u>10,000</u>	
	57,437		47,378	
	<u>80</u> Bank interest		<u>73</u>	
	57,517			47,451
	 <u>LESS EXPENDITURE</u>			
	20,754 Administration expenses		17,618	
	19,507 Property running cost		16,693	
	842 Donations		745	
	310 Purchase of yoga equipment		1,305	
	<u>6,768</u> IYA Subscription		<u>5,325</u>	
	48,181		41,686	
	1,155 Corporation tax		(723)	
	185 Interest on bank loan		-	
	<u>386</u> PayPal fees (on memberships only)		<u>293</u>	
	49,907			<u>41,256</u>
£	<u>7,610</u> Surplus for the year		£	<u>6,195</u>

Balance Sheet as of 31 July 2020

	<u>GENERAL FUND</u>			
	26,352 Balance brought forward at 1st August		13,962	
	<u>7,610</u> Surplus for the year		<u>6,195</u>	
	33,962		20,157	
	<u>20,000</u> Less Transfer to Building Fund		<u>10,000</u>	
	13,962			10,157
	 <u>BUILDING FUND</u>			
	303,100 Balance brought forward at 1st August		323,100	
	<u>20,000</u> Transfer from General Fund		<u>10,000</u>	
	323,100			333,100
	 <u>6,717</u> Creditors			<u>1,412</u>
	<u>343,779</u>			<u>344,669</u>

Represented by:

	47,178 Bank Accounts		48,187
	1,763 Stock of goods held for resale		1,562

294,838 Property at 134 King Street and Cottage at cost

294,920

343,779

344,669

Prepared from the books and vouchers produced and from information provided and certified to be in accordance therewith.

Mrs Kathryn Duffy
Hon. Treasurer

M. A. Pendergast (FCCA) Chartered Certified Accountant
7th November 2020

MDIY Newly qualified teachers

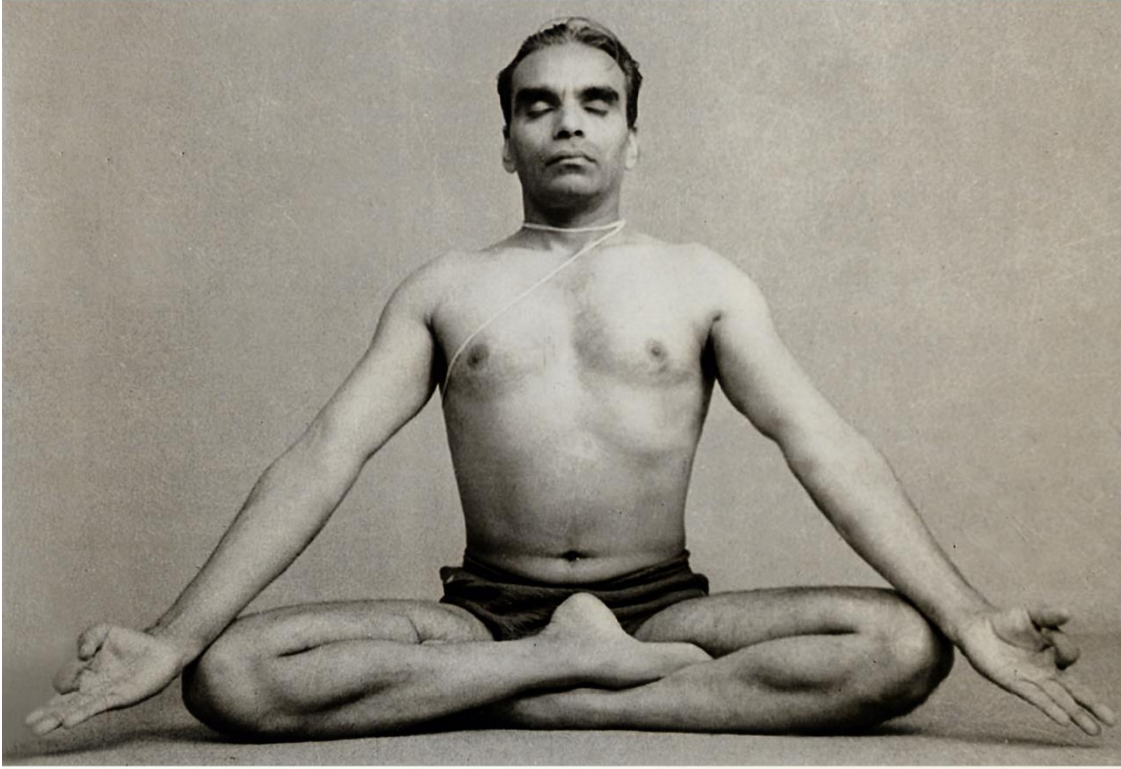
Congratulations!

Tracey Ashton
Sam Brook
Izabella Corbett
Tara Goodchild

Muthukumaran Gourishankar
Louse Olverson
Michele Pendergast

A GARDEN SEQUENCE OF POSTURES – ENJOY YOUR PRACTICE OUTDOORS! - Clare Tunstall





Siddhāsana

