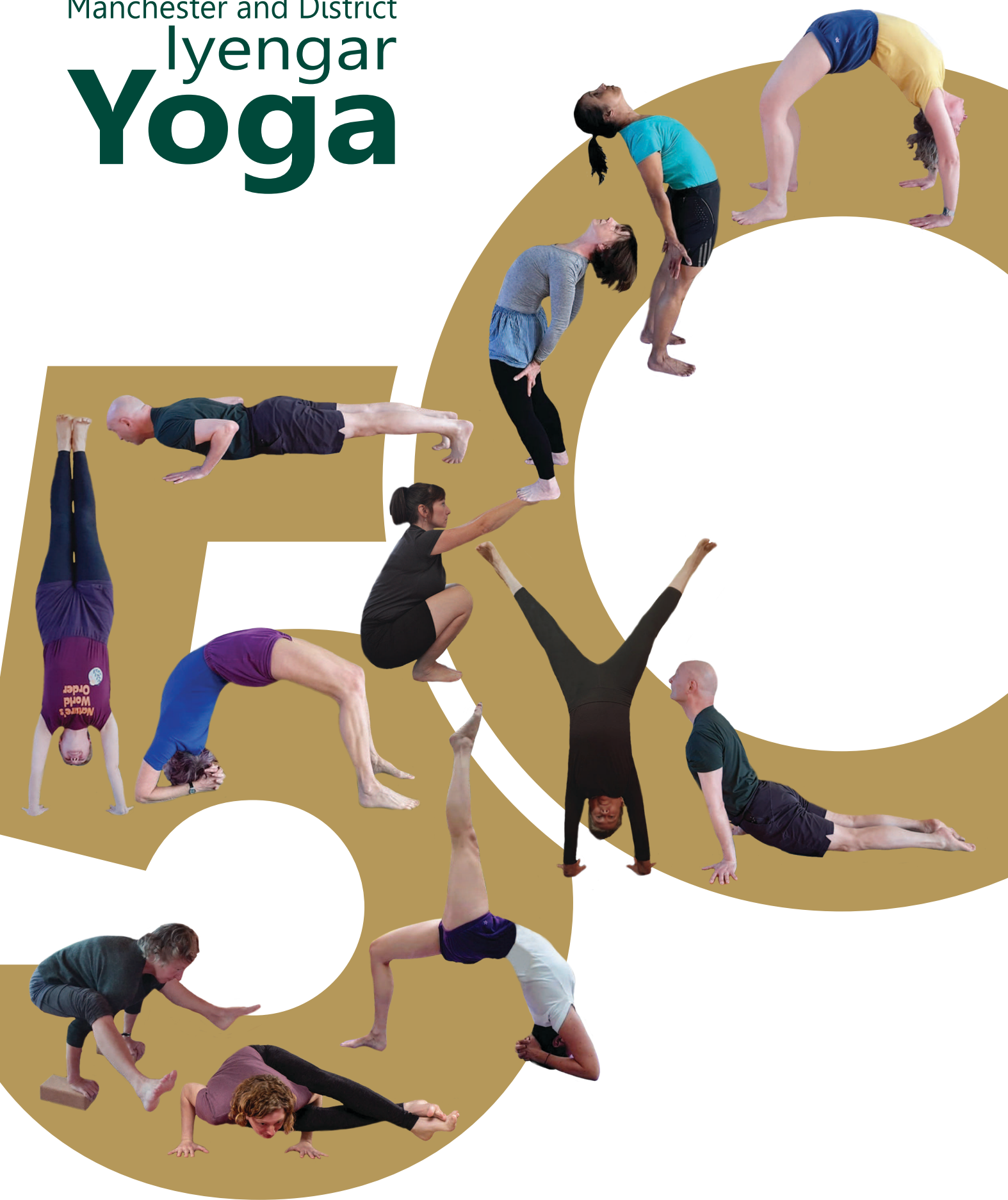


Manchester and District
Iyengar
Yoga



MDIY Journal 2022

Manchester and District Iyengar Yoga

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Sri Prashant S Iyengar



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Centre Administrator

Our Centre Administrator Clare Tunstall, has been with us 4 years now. Don't forget you can contact her with any queries relating to MDIY.

clare@mdiiy.org.uk or leave her a message on 0161 339 0748

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Thanks to Julie Brown, the Monday Teachers' class and Nicky Wright for our colourful cover.

The beginning is the most important part of the work. Plato

Chair's Address

Welcome to our Golden Jubilee year! The first committee meeting of the newly-formed Manchester and District Institute of Yoga - as it was then called - was held on 5th January 1972 (it was a few years later that BKS Iyengar's name was added, in recognition of the esteem in which he and his method were held by members). In the last 50 years, due to the efforts and inspiration of those founding members and those they recruited, we have gone from strength to strength. We have not only attracted some of the best teachers in the world to come and teach us, dare I say we have some of the best teachers in the world within our number - not to mention the sense of community and unity that those teachers have helped to foster and promote; and we can do it all in our fantastic building, owned by our members for the benefit of our members. Thank you for your support whether over the last 5 days or the last 5 decades, and I hope to see you at one of our many celebratory events throughout the year!

I am thrilled that the team have agreed to put together this year's journal, covering as it does not just the past with articles by and about those important to us over the last half century; and the present, looking at how yoga has helped us to get through the last couple of years and how we'd adapted and managed our practice and our teaching through this period; but also our hopes for the future. Here's to the next 50 years!

Charlotte Everitt

Editorial



In celebrating the MDIY's first 50 years in this year's journal, we've taken a look at our first beginnings and the remarkable pioneers who had the vision and drive to establish MDIY. Our centrefold plots the MDIY timeline and the significant milestones along the way right up to the present day. But we've also looked at some of the challenges we've all faced in the more recent past - our yoga practice has always been there for us, helping us to meet whatever life has thrown at us, and will continue to do so, as we venture into the next chapter.

Many thanks go to all our many contributors and to Charlotte Everitt and members of the MDIY Executive Committee who have supported our various random requests and queries. Special thanks are due to Clare Tunstall who encouraged contributions from the MDIY community through our various social media outlets. My particular heartfelt thanks go to the core editorial team of Joan Abrams, Heather Brennan, Andy Green, Jacqui Naraynsingh and Lizzie Nicholls. The team valiantly and patiently tackled meetings over Zoom, as well as the technological mysteries of Publisher and Dropbox, with good cheer and I am grateful to them all – this journal wouldn't have happened without them.

Debbie Heaton

A journey of a thousand miles must begin with one step. Lao Tzu

Good wishes

Dear friends and colleagues of the Manchester Iyengar yoga community,
It delights me to know that you have completed fifty years of yoga.

Guruji sowed the seed and your patience and perseverance has nurtured the tree of Yoga in Manchester to grow into a fifty year old guiding light.

I thank you all for your selfless efforts in making the branches of this tree reach far and wide.

The last two years have been extremely difficult and I am so happy and amazed that you have all continued on this path of yoga. This speaks volumes of your love for this subject.

For those who could not be actively participating, please know the doors of yoga are always open.

I wish you all the best and pray that the Light of Guruji's teachings continue to guide you all.

May the joy of practice of asana and maturity from the practice of pranayama instil in you the sensitivity to face life with faith, vigour and gratitude.

With love, Abhijata Iyengar

Dear Teachers of MDIY

I am so very happy to know about the 50 years of celebration of MDIY. It is indeed a very joyous occasion and I wish to compliment the efforts by your entire community to share the teachings of Guruji to the fraternity maintaining the purity of his teachings.

I happened to be present for the Silver Jubilee celebrations by chance and it was my first visit to an Iyengar Yoga Institute outside of India and that too in the presence of Guruji. I happened to be travelling to UK and informed Guruji - who immediately said, "I am going to be in UK - come" - And both my sister and myself literally landed up at MDIY. It was very gracious of Tricia to host us and we have some wonderful memories of the visit which although 25 years does not seem to far away! After that I have been the beneficiary of the warmth of MDIY several times.

I wish you all the very best for the celebrations. Great work. Keep going.

Regards, Rajvi Mehta

Dear friends

Thank you for your invitation to our Golden Jubilee celebrations on the 25th June 2022.

Sadly, there is no way for me to be with you. Travel arrangements would be well nigh impossible plus the fact that I am approaching my 93rd birthday. Not exactly a spring chicken!!!

Many memories come flooding back even before MDIY began its wonderful journey. You will all be in my heart on our special day. Long may our Institute continue to thrive.

Thanks you for remembering me. I send my love to everyone.

Have a Happy Day ☺

Patty Batchelor

(Patty was one of the earliest Treasurers of MDIY and Tricia Booth's first teacher)

From the beginning



From the beginning – Emerson Lake and Palmer (1972)

The Watergate scandal was breaking, Mark Spitz won seven Olympic gold medals in swimming, and the M62 opened - meanwhile, our dedicated founder members were establishing what became MDIY.

But first, Imagine - John Lennon (1971)

In 1971, we swapped pounds, shillings and pence for 'new pence' and the Queen visited Manchester. On 28 June, at an inaugural meeting in Withington, Mr FWA Bowen was appointed chairman and proposed an Institute for the purpose of promoting and furthering the aims of Hatha yoga. Mrs Pen Reed was appointed secretary and Mr Peter Reed was appointed treasurer. Mrs Reed read out the Constitution and Rules which were passed by those attending the meeting.

Mr Bowen informed the meeting that Mr BKS Iyengar had graciously accepted the invitation to be the President of the Institute once it was launched.

Could it be for ever? David Cassidy (1972)

We relied on candles when the miners' strike turned off the lights and Dukinfield was set to become part of Tameside in local government reorganisation. By May 1972, the Manchester and District Institute of Yoga had 99 members. The executive committee comprised 'Mssrs Bowen, Reed, Fletcher and Keenan, and Mesdames Reed, Maslen, Black Adams, Helliwell and Irving', and was planning a visit from Mr Iyengar! Tickets for members were 20p - about the same cost as a dozen eggs.

Listen to what the man said – Wings (1975)

In 1975 Elizabeth Taylor and Richard Burton got remarried, the white tailed sea eagle was reintroduced to the Isle of Mull and snow fell in June as far south as London. The executive committee discussed linking Mr Iyengar to the name of the Institute, a connection that continues to this day. It wasn't a foregone conclusion – there was a debate and after the motion was carried on a show of hands with 'a healthy majority', it was put to the members in a postal ballot.

Keep the faith - Bon Jovi (1992)

Betty Boothroyd became the Speaker of the House of Commons and a former NHS clinic on King Street, Dukinfield, became the home of the Manchester and District Institute of Iyengar Yoga. The rest, as they say, is history!

It's my belief that history is a wheel. Boethius

Past Chairs

Bill Bowen
1972-1977 (no pic)

Jeanne Maslen
1978—1983



Tricia Booth
1984—2010
(with current Chair
Charlotte Everitt)



Jacky Taylor
2011– 2015



Debbie Bartholomew
2016-2017



MDIY Teachers who have inspired us

Tricia Booth was integral to my recovery after a near fatal car accident. She came to see me at home with her copy of 'Sparks of Divinity' signed by BKS Iyengar himself for me to read whilst recovering and her care and adjustments to my practice helped me to be where I am today. I'm eternally grateful.

Heidi Sherwood

I have been doing yoga for over 20 years starting at Glossop Adult Centre, with Marjorie Saville. One summer she told us she was finishing and told us about the new building. I thought about it and decided to give it a try.

I was a bit apprehensive, but I needn't have been. I was made very welcome by Marjorie and the students (some of whom I am still friends with).

I have had five different teachers and their friendliness and enthusiasm is catching. I attend Joan's Thursday 'Slower pace' class now because of illness. I miss doing inverted postures but the chair postures are a good replacement.

So I say thank you to the teachers at MDIY for their patience and dedication and for keeping Mr Iyengar's teaching alive.

Marian Penney

I went to the local adult education centre in Withington in the 2nd half of the 70s and there was this figure of a woman. I was just mesmerised. I thought 'if that's what yoga does for you, then that's for me'. She looked amazing – it was like a vision of perfection. She was fit and tanned. She was wearing a bright yellow trouser suit and she looked such a picture. And then the classes – when I first started, I would walk home from the community centre and it was an effort, but it didn't put me off. She was an inspiration. Jeanne Maslen was beautiful inside and out. I recall someone had taken a back-bender and Jeanne retorted that their need must be greater than hers.

Patricia Willis

My introduction to yoga was back in the 70s at evening classes at the local college and a seed was sown. Almost two decades later in 1994, whilst working for the local Council, a chance conversation about a yoga class with someone called Alan Brown drew my attention. Wouldn't it be great if he could come and teach a class for employees? That resulted in Alan teaching a weekly class for over 20 years.

Alan has since then guided my yoga journey with challenge, encouragement and expertise, supporting my yoga practice through serious illness. It was a moment in his class after my illness that I had such a feeling of wellbeing that I committed to his teacher training programme. That was in 2012. So it was a bit of a slow burn from the 1970s but I'm so glad I had that chance conversation.

Heather Brennan

*The years teach much which the days never know. **Ralph Waldo Emerson***

YOU SAID

WE DID

You said you always needed to take a full Friday off to attend classes with visiting teachers

We arranged later time slots, and where possible, we asked teachers to teach two workshops so you'd get 4-5 hours teaching for just one afternoon off work

You said you'd like snacks at longer workshops

We have started to provide snacks like flapjacks or biscuits for after events

You said that there were too many teachers at workshops

We introduced some student only events

You said you weren't sure where to go for an event

We now send out pre-event welcome emails with full details

You asked for a workshop on Women's Health

We dedicated a Sunday workshop with Dr Rajlaxmi to this

God provides the wind. Man must raise the sail. St. Augustine

Past, present and future – memories and thoughts from Iyengar yoga pioneers

I was privileged to interview Pen, Tricia and Julie at the end of 2021 about the threads and themes that hold the 50 years of MDIY together. They were generous in sharing their funny and fascinating stories with me. I was amazed to hear how Pen started MDIY with Jeanne Maslen and how they and other pioneers spread Iyengar yoga across the UK and the world.

Jacqui Naraynsingh

We started by talking about the past.

Tricia: Pen brought yoga to Manchester.

Julie: And she's still here. Yay!

Jacqui: What did that mean to you at the time? Was it a strange and unusual thing that you didn't think you'd be doing? How did it feel?

Pen: I just tried to interest local people in what I'd learnt when we lived in Birmingham. I was on the teachers' course at the Birmingham Athletic Institute and I brought the (hatha) yoga that I'd learnt there up here. But when I saw Mr Iyengar that was it. That's all I wanted. I didn't want the yoga I was doing. He taught the postures with depth, and there was no depth to the yoga I was doing when I started.

JB: And it's still being taught like that. That's the link through the last 50 years. What attracted Pen is what attracts people now.

TB: I particularly liked the Iyengar method because I was a physiotherapist. All the waffle with the other sort of yoga didn't mean much to me but as soon as Pen introduced us to Iyengar yoga, I thought wow, this is great.

PR: It was another sphere altogether from the ordinary hatha yoga.

I wrote to Mr Iyengar and he replied immediately and said come up to London. Unfortunately, Jeanne Maslen couldn't come with me, so I went up to London, and then asked him back for a demo up here. He stayed in my cottage and it was just an absolute revelation to see him working.

JB: Where did he do the demo?

PR: Well it was before the 1972 incorporation. The first one was at Spurley Hey.

TB: That was just when I was being introduced to the group, and you'd had the demo and there were a few people who couldn't cope with that sort of yoga and they left. I came to the first meeting you had. We were going to call the group Manchester and District Yoga, and a year or two or later it became Manchester and District Institute of Iyengar Yoga. Jeanne Maslen, Valerie Zakian and myself were there.



Pen Reed

Nothing great in the world has ever been accomplished without passion. Hegel

PR: Bill Bowen became the chair. He was a student of Pen's, and he was a Bank Manager. He did everything for us along with Pen's first husband Peter. A constitution was drawn up, but the word 'institute' was there straight away.

JN: Where was it based?

JB: We floated around. The institutes are groups of people that get together. We are one of the few with a building. It's an organisation. Without a building there would still be a committee to promote Iyengar Yoga and organise teachers to come and teach. I thought Mr Iyengar gave us the name of 'institute' right at the beginning.

TB: The committee circulated around all the houses to meet, which was really nice as we got to know people better.

JB: It was very noisy at my house, so we only did it there once! (all laugh) All the events on our 50-year timeline, they were all organised by the MDIY. The Free Trade Hall, Wythenshawe Hall and the Refuge - we used their ballroom.

TB: I don't know how many people we had at the Refuge, but it was a lot. We had a meal on small tables and Tom (husband) and my daughter did all the washing up for Mr Iyengar. I sat on the stage at Wilmslow and I could see how Guruji was very nervous before he got started. Also, at the Free Trade Hall in 1984, I introduced one of my 'elderly' students to Guruji and she curtsied, and I thought that was lovely.

JB: When I started yoga, I went straight into an Iyengar class, so I'm well behind Tricia and Pen. I went to a class and that was it. It's like entering a huge family. What has kept us together over the 50 years has been being in the Iyengar Yoga family and doing classes together.

TB: Working together in the classes united us. Even though we went out to teach our own classes, we brought everyone into a centre and learned together.

JB: Before the building we had to hire a school hall or similar to come together for a bigger event.

JN: Iyengar yoga has inevitably evolved: did things always move as you expected them to, or have you had any unexpected developments?

TB: If we're talking about MDIY and the building, we rented it first and then we bought it. We rented the main part of the building and then there was the cottage that was let out by the owner. The person living there said I don't like it at Christmas when nobody is there because I don't get any heating through. We sorted it out but it was quite a few years that we were heating someone's cottage.



Tricia Booth

No time like the present. Mrs Manley

JN: In terms of yoga, I appreciate the reassurance and comfort of the Iyengar method, but I'm aware that some things have changed over the years, like the training for teachers. Has that always been a smooth transition?

TB: Jeanne and Pen both ran teacher training courses, and the courses were very much under Mr Iyengar's umbrella. Jeanne and Pen spoke with him and organised teacher training. Then of course the whole country began to be interested and Guruji overlooked that all the time. It's something that develops all the time. It's never stagnant. I was one of the first trainees in Jeanne's group and I remember, having qualified, we hired a coach to go to London as we were all expected to have a lesson with Guruji before we taught. He came to the UK probably annually then. We had our first lesson with this man. I shall never forget it. It was lovely.

JN: He has a reputation for being quite fierce, was that your experience?

PR: Yes, he was fierce.

JB: He frightened me to death.

TB: He used to say that he only saw us for a short while, so he had to get his message over and my goodness, he did that, didn't he?

JB: Changes that have been made have not always been smooth, but we are a Guruji led organisation. So even though all the committees are democratically elected and democratic in the way they operate, what comes from Pune we have to implement, and sometimes it is difficult to change. When you think about your practice of yoga you mention the word comforting, but also it should be exciting and challenging, and 'what's next' and what you can find out about yourself through your yoga practice. Abijhata, when she is teaching, she talks about Guruji's quotes a lot and how he related yoga to Patanjali, and it's not to be static. It's always to be exploring and finding out and not being still. We have to take changes on the chin and get on with it.

It's good to remember that Pen, Jeanne and Tricia were not only pioneers in the North West, but Jeanne in particular travelled all over the country. And Mr Iyengar would say 'go here and help them' She went and taught in Israel. I think we've been a very dutiful lot in the North West!

TB: She went all over the world with him as well, with the group we called 'the young men' at that time. They are now the older senior teachers in India. She would go and help him in his teaching and I was very lucky, I often went with her in this country, and I was someone she could demonstrate on. I learnt a lot doing that.



Julie Brown

O for a life of sensations rather than of thoughts! Keats

JN: Was that something new or were there already people in those areas practising Iyengar Yoga?

TB: At first it was new. She encouraged people to do Iyengar yoga, but as they got established, Jeanne went up and guided them. She was their mentor.

JN: What do you think the future holds for Iyengar Yoga and the MDIY?

TB: Who's to know. It will certainly develop. Zoom has come along and from Pune we are getting excellent classes. Every teacher is expected to have some connection with Iyengar Yoga and Zoom has really helped to keep the connection with teachers from India.

JB: We're just lucky really. For people who can't travel to India it's rather nice for them. Also, it's changed a lot in Pune. It used to be 3-week intensive courses with maybe 30 in the room.

TB: The first time it was just us and the Australians, just 30 and then 30 to 60 and then, just before Covid, 300.

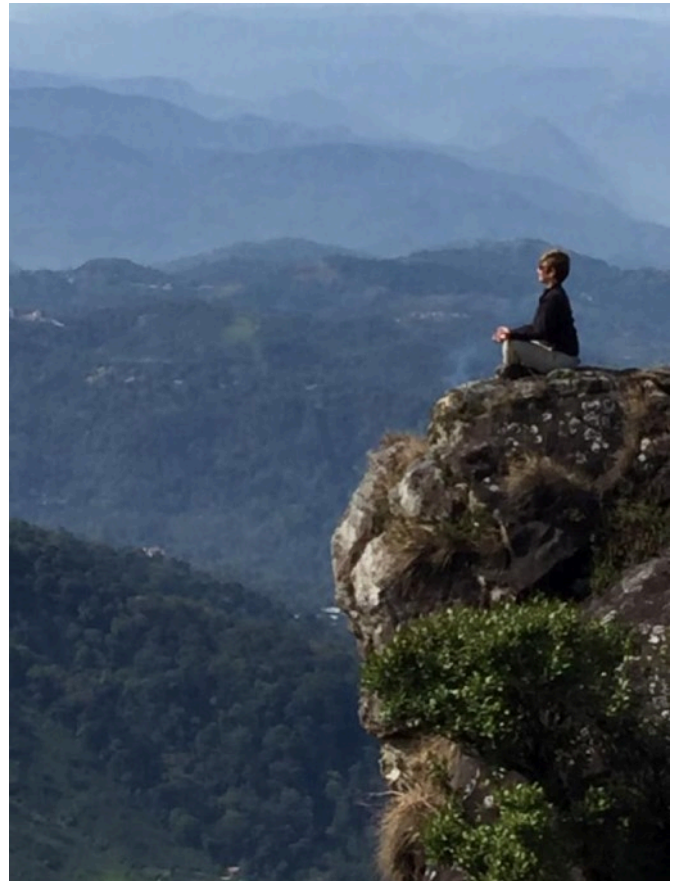
JN: With just 30 people in the class, that sort of intense scrutiny sounds terrifying!

TB: We might have been worried before the classes, but once you started the class with Guruji you forgot all about that. My teacher Patty Batchelor said 'look at his eyes when he's telling you off. There's always a sparkle and a kindness in his eyes. He knows what he's doing, he knows what you're feeling'

JB: When I went, I'd only qualified the year before and I had never been anywhere abroad. My first trip on an aeroplane was to India. I found it extremely challenging. I can't say I ever really lost that fear, which says a lot about me I suppose, rather than Mr Iyengar. It was a real big event in my life.

PR: On one of the intensives, he had me in headstand, and he had me there for half an hour because he was talking so much. When he said come down I couldn't! That amused him.

TB: Pune itself has changed. When we first went out, if you wanted to ring home, you had to book a telephone call and it could take 4 days before you got through. The roads were dust. Gradually, each time we went out to Pune, it had changed so much. We were always met by coach at Mumbai and you took your life in your hands in that coach, because you'd see coaches having fallen down the side of the road. You wondered if you would ever get there.



Jacqui Naraynsingh

In disagreements with loved ones, deal only with the current situation.

Don't bring up the past. Dalai Lama

JB: I think we were lucky though, because now in Pune, there's Marks & Spencer, a Macdonald's and off-licences. It's not the same anymore. I'm pleased I actually saw how Pune used to be. I know they've got to change and move with the rest of the world, but it was an adventure to go somewhere where it was so different, and to do yoga.

TB: When we used to go shopping, and we might need to go back to it with all the plastic pollution, but when we bought our bread, it was always wrapped in newspaper and tied up in string.

JN: With yoga on Instagram and so many different forms of yoga, do you think people come to a class with different expectations – or do people know what they're getting with Iyengar?

JB: I don't know the answer to that. Many of my students are long-term. I don't know where Iyengar yoga stands in this country compared with other sorts of yoga. I just know that the students we have want to keep coming.

TB: At first when you told your friends you practised yoga, they thought you were a bit odd. Now that doesn't happen. So that's a good change.



With thanks to these fabulous pioneer women who have paved the way for another 50 years of Iyengar yoga in Manchester.

Hope springs eternal in the human breast. Alexander Pope

Therapy interview with Debbie Bartholomew

This interview is an opportunity to find out more about what happens in therapy classes and to understand the next level of support.

Debbie Bartholomew runs the therapy classes at MDIY, and I was keen to ask her more about it.

Rebecca Baron

RB - What is the history of therapy classes in Manchester and how did you first get involved?

DB - In the late 70s, early 80s, before we had a building, Jeanne Maslen was asked by Mr Iyengar to go to Pune for 2-3 months to learn therapy and to help students in need. He also wanted her to pass the knowledge on to other teachers in the UK.

Jeanne would load back benders and all the necessary equipment into the boot of her car and take it around Manchester to her general and therapy classes.

Margaret Ellison was also keen to learn therapy work, so she shadowed Jeanne and took over the class after Jeanne stepped back. Years later Margaret agreed to train me.



RB - What other experience did you have to teach the therapy class?

DB - I went to the therapy class in Pune. That first time, I was absolutely petrified. That was around 2005. There was a little lad who was blue with a heart condition; a young woman whose bones were fused – you can imagine the pain she was in! Seeing Mr Iyengar and Geeta working out how to help was amazing. It was very different to problems I'd seen in my classes, with a bad knee or a bad back.

That visit I was just running around finding bricks, blocks and blankets etc...

The second time I was given a student to look after. The notes were amazing. Each student had a page with details of their medical problems and then their programme. Their programme had crossings out and changes as they improved. The first patient I looked after had a bad hip. I studied his medical notes and programme and started working with him...closely watched, and corrected, by Guruji, Geetaji and Abhijata! It was a daunting experience!

RB - What do you need to be able to teach therapy?

DB - Practical experience! You have to be teaching a long time before starting a therapy class. In a general class you look at a pose, you know it's not quite right but you're not sure why. It takes a long time to develop the eyes to see 'why.'

If you balance in the present, you are living in Eternity. BKS Iyengar

RB - What sort of problems do people have?

DB - Students come with a range of problems, and often more than one. Common things are Multiple Sclerosis, post mastectomy, students waiting for knee or hip replacements, very bad backs, scoliosis and chronic fatigue. More recently I've been involved with the **Long Covid Pilot Study**. Some students are Iyengar students; some have been recommended to the class by friends or a doctor.

RB - Does it influence how you teach your general classes?

DB - It can help with class management if someone comes with an injury - "I've done my knee in; I have a bad back, etc..." I know how to help them. I've learned so much from the therapy class that it really helps with my observation and general teaching.

RB - Has Covid affected your teaching?

DB - The Therapy class stopped with Covid. Many participants are more prone to infection because of their condition. A weakened immune system makes them more at risk. But we hope to re-start soon.

I've learnt Covid 19 is a strange virus - some people have symptoms, others don't.

Teaching Long Covid patients has helped me understand chronic fatigue and how difficult doing small things can be - even lifting a bolster or folding a blanket.

I found restricting the diaphragm in twists is not good, and I soon realised which poses were inhalative and which were exhalative.

In my own experience, I could do inhalative poses like Sirsasana, but not exhalative poses like Sarvangasana. Even now, Sarvangasana can set me off!



Rest deeply in Savasana every day. Always enter that Pratyahara (withdrawn state).

Judith Hanson Lasater

RB - How do you see your role as the teacher?

DB - There are mental as well as physical obstacles when you are ill or injured. My role is to help students to remove these obstacles, even just a little. I try to re-build their confidence.

Learning what your students need is important: they may be frightened of setting their back off; or if they've had a mastectomy, they may be anxious of reaching up and hurting themselves.

Each week we try to build confidence. And over the weeks, they experience less pain, and see that they can do it.

There are programmes for different conditions, and they need to be adapted to fit the individual and the way their body works.

I always try to contact someone who's had the condition I'm dealing with, or someone who knows more about it, so I can learn how best to manage individual conditions.

Many of the regular attendees know their own routine, and can get on and do that (**See photos!**), and we can then observe and gradually adjust their programmes.



Nature does nothing without purpose or uselessly. Aristotle

Thursday Nights

I'm on the teacher training course and find it very tough
One week I say much too much, the next week not enough!
It is sometimes hard to make much sense of some of my instructions
If they were followed to a tee, there would be so many ructions.

Jeanne and Tricia stand and listen, sometimes totally baffled
Whilst I demonstrate a yoga pose and then begin to waffle
"Put your hand in front of - but to the back of your right foot
This is how you do it - it says so in the book!"

When Jeanne says "come teach Uttanasana" my knees begin to knock
I breathe out, bend and touch my shins - it comes as quite a shock!
"No-one knows their maximum" so Jeanne says every week and
When I demonstrate in front of her, I always reach my peak!

Standards are high and I agree, so there's not much time for laughter.
When pressing upwards from the floor to teach Urdhva Dhanurasana.
We have to speak and give instruction whilst doing this back arch pose
To think and do and breathe and speak - well it keeps you on your toes.

So on Thursday nights I'll do my best to not be a disaster
And hope to be as good as them and our Yoga Master!

Thank you Jeanne and Tricia



Debra Bartholomew

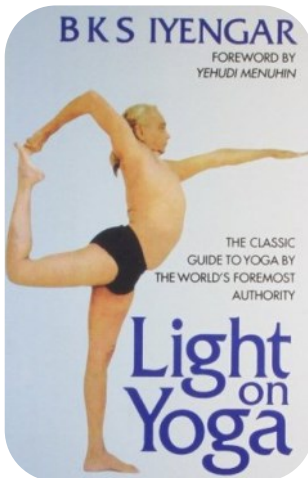
There is no cure for birth and death save to enjoy the interval. George Santayana

MDIY Timeline

1962 Mr Iyengar teaching Yehudi Menuhin in London



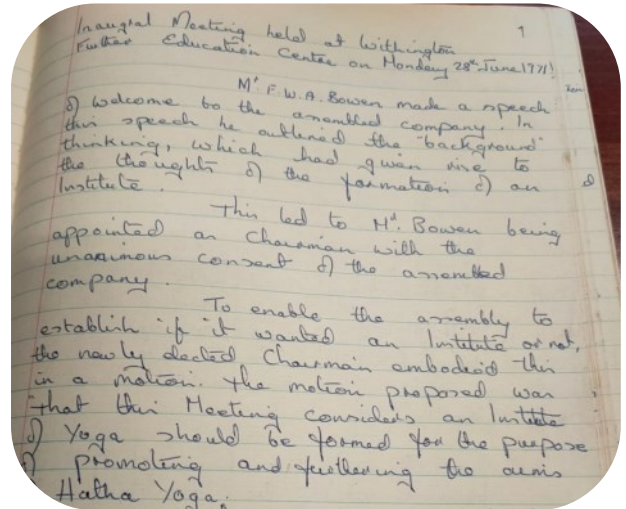
1966 Light on Yoga published



1967 Pen Reed met Jeanne Maslen
Mr Iyengar invited to Manchester by Pen Reed (hosted Aug 1972) →

1968 Demonstration by Mr Iyengar at Spurley Hey High School, Manchester
500 people @ 2s6d each

1971 Inaugural meeting of the Institute.
(First page of minute book—above right)
Mr Iyengar agreed to be President



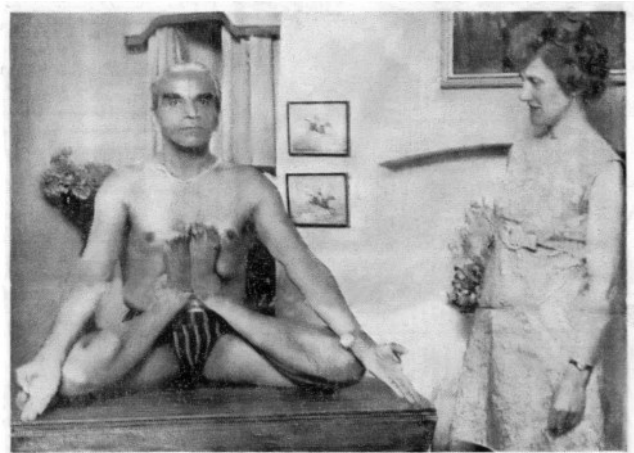
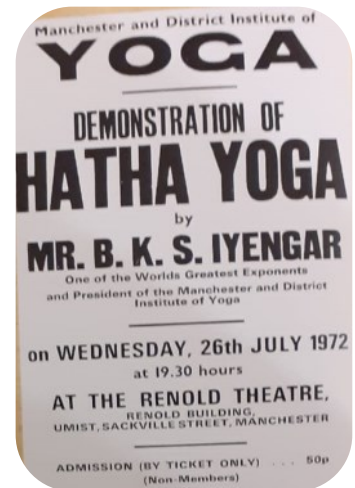
1972 Incorporation of MDIY- Bill Bowen Chair.

1972

Demonstration
by Mr Iyengar

at

Renold Theatre
Umist
Manchester



Mr B. Iyengar demonstrates a position of meditation to his hostess, Mrs P. Reed

1973 Teacher Training courses begin with Pen Reed and Jeanne Maslen

1975 RIMYI opened in Pune.

Manchester teachers' first intensive course.
Name changed to MDIY

1978 Jeanne Maslen becomes Chair of MDIY

1983 Free Trade Hall. Mr Iyengar talk, demonstration and Q&A held at Refuge Assurance, Oxford Road, Manchester



1984 Tricia Booth becomes Chair of MDIY

1986 Wythenshawe Forum - 1000 students give demonstration with Mr Iyengar in attendance

1990 Free Trade Hall - Gururji, Jeanne and MDIY student Ken Dean. Mr Iyengar explaining a feet detail



1993 Leased our building in Dukinfield



1993 Mr Iyengar opens MDIY (with Jeanne)



1993 Euro-Yoga 93 at Crystal Palace, London. Mr Iyengar teaching.

Manchester teachers on planning committee. 1,000 participants from all over Europe.



1993 Yoga for children classes begin

1997 - Mr Iyengar at our 25th Anniversary celebrations with Jeanne and Pen



2000 International Teacher Training programme in Pune to celebrate 25 years of Ramamani Iyengar Memorial Yoga Institute



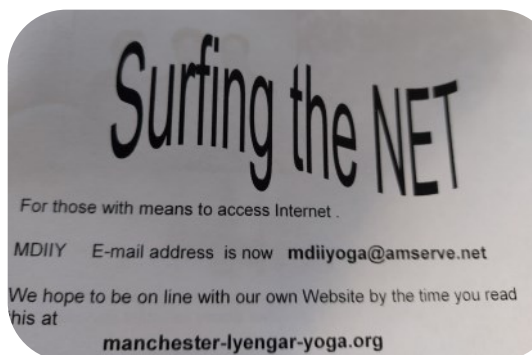
2001 Manchester Iyengar Yoga Survey Completed by John Aplin

Platform in Maslen Hall built by John Maslen

2002 – Crystal Palace – 25th Anniversary of IY(UK). Geeta Iyengar teaching



2002 Our website went live



2003 Annual Convention in Dukinfield Town Hall - part of National Iyengar Yoga Convention



2005 Light on Life published by Mr Iyengar

2005 The whole building was purchased

2006 Stand and classes taught at OM Yoga Show Manchester



2008 Big clean up of the ground floor by volunteers during the summer to prepare for ground floor studio. Also roof repairs undertaken.

2008 Janice Yates becomes our paid Centre Manager



2010 Tricia Booth resigns Chair of MDIY after 26 years

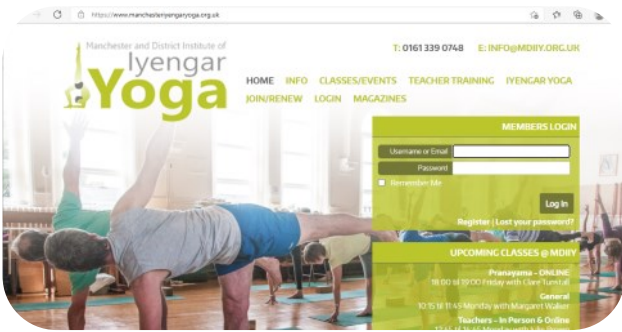
2011 Jacky Taylor becomes Chair

2012 40th Birthday celebrations.

2012 Opened the renovated MDIY garden.



2012 Current website launched



2015 Purchased cottage next door. Instrumental in it all were our great volunteers from L to R:

Margaret Ellison, Robert Leyland, Susan Halliwell, Kim Skinner, David Reddican



2015 Changed name to MDIY

2016 Debbie Bartholomew becomes Chair

2018 Charlotte Everitt becomes Chair



2018 Clare Tunstall becomes Centre Manager



2020 Online teaching commences

2021 Blended online and live teaching



2022

50th birthday celebrations

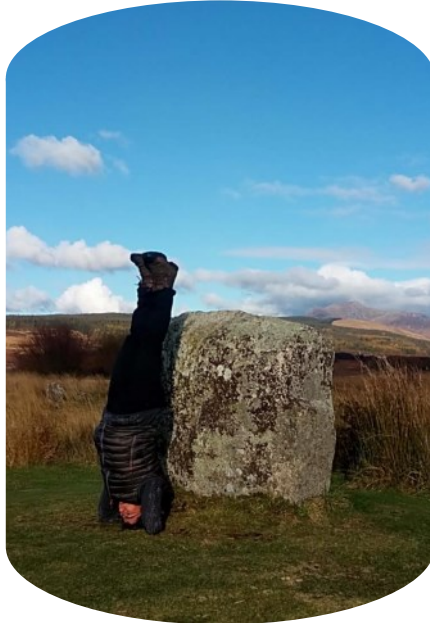


Thanks to all who've helped with this small snapshot of our lively 50 years of life at the MDIY. Missing are the efforts of our many volunteers, visiting teachers, assessments, teacher training, events and our ongoing classes and students. We just couldn't get you all in!

Yoga in the great outdoors



Brennan family—Dunstanburgh



Rebecca—Isle of Arron



Julie and Pen camping



Marion—various locations



Sarah



Mr Iyengar and students

Withington 1968



Vicki at Ingleborough



Carrie in Scotland



Positive changes of the pandemic

Julie Brown

We've seen many changes in the Iyengar Yoga world over the years, but the Covid 19 pandemic has probably triggered the most.

For many, it has brought enormous heartbreak, sadness, frustration or loneliness, but also, for some, it's brought a feeling of determination to continue with our practice of Iyengar Yoga.

This is just a slice of my experience of the changes we made, to keep our Yoga community in touch with each other.

When lockdown first happened in March 2020, most of us hadn't heard of 'Zoom,' so the MDIY Monday teachers' class got together as a group via WhatsApp and set ourselves some challenges. One of them was:

"Have a look at Light on Yoga ,and work towards a pose you have never been taught, never practised, and perhaps never looked at before!"

It gave us such a sense of liberation and adventure to be trying these poses for the first time, and working out how to help ourselves get there, or partly there! Several of us even posted our attempts to achieve these 'crazy' poses!

Here is Pen Reed, one of our founder members, high flying in Salabhasana!

and Debbie, practising Eka Pada Rajakapotasana!



Yoga allows you to find a new kind of freedom that you may not have known even existed.

B K S Iyengar



And here's Stephen practising Gorakasana and Joan practising Urdhva Dhanurasana!



We also chose poses we didn't much like, working towards more understanding and even learning how to love them. Mine was Virabhadrasana 3!

On the 2nd April I taught my first Zoom Yoga class. Afterwards I declared I hated it and how exhausted I felt. I heard many teachers say the same, but also how grateful the students were. After my first Zoom class teaching on a Tuesday evening, I declared I needed a pancake to eat, and this has since become a tradition in our household each week, rather than just once a year!

I soon began to enjoy teaching via Zoom, and the feedback lots of us received from our students was so positive - their Yoga practice was helping them through these strange times.

For example, one student said:

'The MDIY Monday teacher's class, 9th June 2020 via Zoom - it was good to be back together again, having a chat before class started, and a laugh during, as we attempted some of the more complicated poses.'

My actions are my only true belongings. Thich Nat Thanh

We had many pets joining in the fun as well! We also made 2 different videos. The first was each of us receiving a chair from another person, using the chair for a pose, then passing the chair on to the next person, or at least, that is what the finished video looked like!

The second video was a fun Christmas treat, as normally we would have had a live demo at the MDIY to acknowledge and celebrate Mr Iyengar's birthday. The video involved everyone in the class wearing Christmas outfits with bits of tinsel tied around various parts of our bodies! It certainly helped make us feel we were one big supportive group in the Iyengar Yoga world.

Meanwhile, our teachers' WhatsApp group was now dealing with Zoom issues, such as giving tips as to what sort of equipment / lighting / clothing / background worked best, as well as simply supporting one another!

Uday also put forward a challenge to some of us to help raise money for NHS charities, and we were very honoured to have Abhijata on board. Five of us each taught a one hour class via Zoom, and raised over £33.000! Amazing!

The IY(UK) annual convention was also online. Nawaz gave us some brilliant Pranayama classes, and I was asked to teach a general class. Another nerve wracking situation – good job I have my Yoga to help me through!

The Monday class is now a blended class—and another challenge! But I'm sure the poses we attempted at the start of lockdown helped give us courage to deal with the technical issues and adapting to new ways of teaching, with improved 'verbal adjustments' and 'more' demonstrations of the poses!

In summary, I feel online teaching and WhatsApp have been very inclusive and supportive. We reached out to each other in many different ways from giving support to those who were struggling or caring for someone who was ill, or when someone we knew had died, to rejoicing in the birth of grandchildren. All in all a positive experience for me!



This is Jany with her dog!

True concentration is an unbroken thread of awareness. BKS Iyengar

Here are a few more comments from participants of online classes:

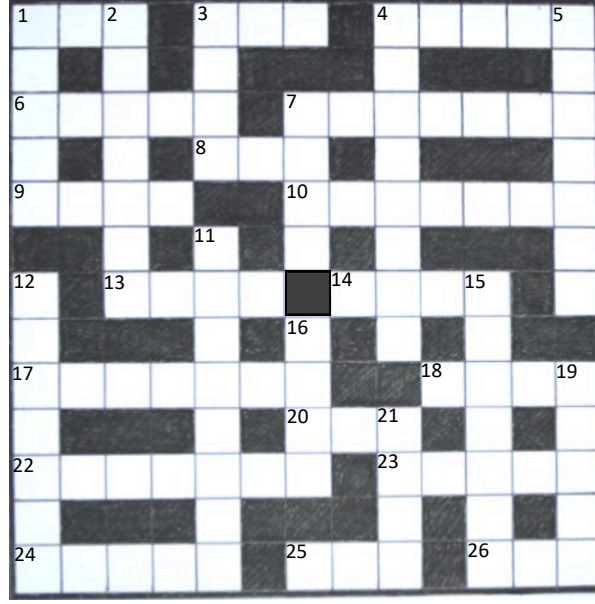
- 'I am able to work to the recordings of the classes being taught from the Institute in Pune – a wonderful opportunity!'
- 'With Zoom - living in an isolated village where I did not see or speak to a person for days on end Zoom Yoga classes were my lifeline to sanity! Even now, being so far from the Yoga centre, joining the classes has had a huge impact on my positive mental health.'
- 'Zoom, despite limitations, still means you can be with your 'Yoga family.'
- 'Zoom quite often gives a quieter place on the mat to focus.'
- 'Zoom allows me to participate in the Yoga community in ways I would not otherwise do – like attending my first convention, the diversity workshop and attending Prashant's eight day course.'
- 'As a teacher it has taught me lots about my classes and, I hope, helped me to improve my communication skills.'
- 'Zoom enabled me to continue my teaching practice as a trainee, and to teach others and be taught. It is remarkable how much can be seen on a zoom screen.'
- 'The first yoga convention IY(UK) organised really sticks in my mind as a very important and uplifting event. It was the most amazing opportunity to be taught by teachers from around the world, and in particular Pune.'
- 'It's been good to get back to face to face classes, though I still massively appreciate zoom classes - it enables me to attend teaching I wouldn't otherwise be able to make, and I've benefited from the recordings and being able to review sections of classes, or catch up with what I have missed. Pranayama classes on zoom have been a particular joy to do from home - especially early morning or evening classes.'
- 'The pandemic triggered memories from the aftermath of 9/11 when I was a child but I needed to be strong for my family. Logging into a Yoga class each week gave me comfort and peace. I felt grounded in the practice that has guided many people for hundreds of years towards the now.'

Each one of us is part of the soul of the universe. Plotinus

Sanskrit (s) & English (e) crossword

ACROSS

1. Desire (s)
3. Eka (e)
4. Only element found in Earth, Water, Fire, Air and Ether (e)
6. Whole (s)
7. Profound and absorptive meditation; last limb of Yoga (s)
8. Polite form of address, like "mister" (s)
9. Soft, gentle, mild (s)
10. Fancy, imagination, without basis (s)
13. A city in N. India; a border; "front" (s)
14. A support or piece of equipment to help maintain a pose (e)
17. A large triangular-shaped bone that lies in the upper back (e)
18. Body or limb, or a constituent part (s)
20. Second syllable of a rigorous 'discipline' to find 'union with the Supreme,' that represents the moon (s)
22. Sage and son of Brahma (s)
23. One that is 'Master of the Self,' Lord, Seer (s)
24. Seat, posture; third limb of yoga (s)
25. Channel of lunar energy (s)
26. Even, also, in addition to (s)



DOWN

1. A state in north-eastern India famous for its black tea (s)
2. Free from anger (s)
3. Vital energy, virility, strength, spiritual lustre (s)
4. Mental impression or imprint (s)
5. Two feet or legs (s)
7. One of the triumvirate of Hindu Gods whose dance enchanted Lord Visnu, and who was alone in being able to absorb the poison churned up from the ocean floor by Visnu's reincarnated form as a tortoise (s)
11. The name of a mountain; heron (s)
12. The main Nadi located within the spinal column, which controls the central nervous system (s)
15. Tawny or reddish colour; also name of the channel representing solar energy (s)
16. Lineage, genus (s)
19. Boundless; Mother of the gods (s)
21. Ancient Sanskrit astronomical word referring to the "sunset" and representing the eight luminous bodies (s)

Reflections from newly qualified teachers – training through lockdown

In January 2018, a group of strangers walked through the doors of the MDIY to start their journey towards becoming Certified Iyengar Yoga teachers. The high reputation of both the MDIY and the teacher trainers was exciting and daunting but we felt very privileged to share the journey under the watchful eyes of Tricia Booth, Julie Brown, Marion Kilburn and Jill Johnson.

At the start, we went into too much detail, often getting ourselves in a complete pickle. As a group, we helped each other as much as we could; we were in this together, through tears and laughter. In our first class Valerie taught Uttitha Trikonasana and wondered why she ever put herself forward as a trainee!

Continuing training throughout lockdown, many of our learned practices needed to be adapted and our use of words was even more important. Valerie remembers “One of our group taught Ardha Matsyandrasana and shortly before the assessment, she nailed it – it filled my heart to see how far we had come.”

Watching each other blossom was wonderful. The strangers had become friends, becoming confident teachers, demonstrating a level of knowledge that at points we thought was way beyond our reach.

A year on and many of us are enjoying teaching on a regular basis. Tracey has the honour of teaching the foundation class at the MDIY. Valerie, who teaches beginners at Aquinas College in Stockport, is on point here; “Real life teaching is very different from working with peers or even family and friends. Learning to adapt to the needs of students and seeing them respond to the method Mr Iyengar gave us is both joyous and hard work!”

I have embraced teaching by Zoom. Each week is different and seeing the progression of the students is delightful - some have invested in bolster and chairs, a good sign of their commitment!

We continue to practise, teach and learn, hoping that one day we might inspire even just one student to embark on the same journey.

Currently Valerie’s favourite sequence is Surya Namaskara from Yoga in Action: Preliminary course: Working towards Adho Mukha Vrksasana before I am much older!”

For me, it is Parighasana but one day I’m hoping the elusive Adho Mukha Vrksasana will become my favourite!



Michelle Pendergast with Valerie Judge.

All rising to a great place is by a winding stair. Francis Bacon

I have been a primary school teacher for 22 years. I always loved sport and fitness and was a long distance runner. I came across yoga when injured and a physiotherapist recommended that I try to incorporate more stretching into my training. After one session I was hooked and have been attending classes, and workshops ever since.

I enrolled on the teacher training course in April 2017. I relished learning more about the Iyengar method of yoga. It was hard work but the advice and support given by all the teachers was priceless. We were also encouraged to build our own support network with fellow students, that has proved invaluable. We still support each other – we have a Whatsapp group and contact each other regularly.

In March 2020 lockdown struck and everyone stopped! The teacher trainers however continued to offer their support during this difficult time. Learning to teach online was a steep learning curve. Camera angles, lighting and furniture all became considerations in teaching online! The phrase “you’re on mute” became a regular part of our lexicon.

The assessment dates were re-arranged and we came together to practise in a socially distanced way. We now were faced with the challenge of teaching from our own little square! Tricia and Marion were reassuring, supporting and guiding us through. Then the Covid situation worsened, restrictions were back in place and the assessments were cancelled. Finally, in December we heard that we had qualified as teachers, based on ongoing teacher assessments from the past three years.

Face to face classes resumed in May 2021 and I began teaching, learning so much from my students, whether adjusting with words or by the power of a strong demonstration. I can honestly say that I absolutely love teaching! It is a highlight of my week! I still get a buzz of excitement as I arrive each Thursday to teach in such an amazing centre. It is lovely to get to know new students and welcoming them into the group and seeing their yoga journey begin.

I still feel I am at the beginning of my yoga journey and I continue to develop my own practice and knowledge of Iyengar yoga.

B.K.S. Iyengar famously contemplated “Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.”

Tracey Ashton

I am a newly qualified teacher, having passed my Level 1 assessment in November 2020. Reflecting over my training journey, I have gained an even deeper appreciation of the study of yoga and of the teachers I have had the good fortune to learn from. One major learning point is to honestly self-assess my practice, to look deep within myself and learn more about the self from the application of asana and pranayama practice.

Not only to understand our own unique body but also to understand emotions, our reactions to progress, our self-judgements, criticisms and our mindset.



An area I struggled with most was helping students when I couldn't even understand fully how my own body worked. I remember thinking very early on that I would never be able to teach as I couldn't see subtle movements and changes or know what students were feeling inside.

The huge benefit of teacher training was the opportunity to observe our peers and learn by continuously watching, learning and discussing these nuances together. Eventually, I started to learn the subtleties.

I did wonder how lockdown would impact on classes but I have been very lucky as I now run 3 classes a week. I learn through working with the students and reflecting on what went well and what could be improved. It feels like more learning has begun since going out there to teach. I was slightly lonely at first because we were so used to meeting with our fellow trainees but I am enjoying it very much and know that each day I learn more and more.

Looking ahead, I would like to progress to the next stage of teacher training and organise more classes. My hopes are to improve as a practitioner and a teacher and continue to progress on my yoga journey.

Tara Goodchild



Mentoring at MDIY

If you have attended Iyengar yoga classes regularly for a minimum of three years and have a good standard of practice in the Level 1 asanas, you may be interested in becoming a teacher. The route to teaching is via mentorship by an experienced teacher, approved as a mentor by Iyengar Yoga (UK). Ask your teacher for more information.

Sanskrit and English crossword answers

Across

1. ASA 3. ONE 4. SOUND 6. SARVA 7. SAMADHI 8. SRI 9. MRDU 10. VIKALPA 13. AGRA
14. PROP 17. SCAPULA 18. ANGA 20. THA 22. MARACHI 22. SVAMI 24. ASANA 25. IDA
26. API

Down

1. ASSAM 2. AKRODHA 3. OJAS 4. SAMSKARA 5. DWI PADA 7. SIVA 11. KROUNCHA
12. SUSUMNA 15. PINGALA 16. JATI 19. ADITI 21. ASTA

Man is made by his belief. As he believes, so he is! Bhagavad Gita

Make a stylish eye-pillow



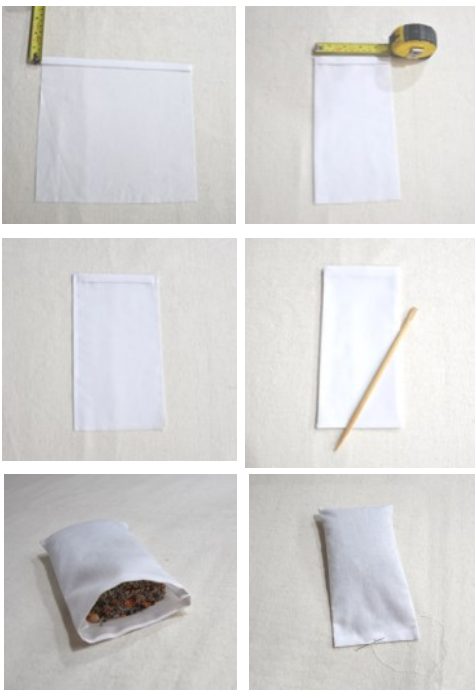
Recycle unwanted fabric

Preparation

- Cut a square of cotton print fabric 25x25cm, plus another 12.5x9.5cm.
- Cut a square of plain white cotton fabric 24.5x24.5cm.
- Gather filling - buckwheat, rice, lentils, lavender or dried beans mix, and weigh out 200g.

The inner pillow

- Iron 2 x 1cm folds along the top edge and press flat.
- Fold lengthways and iron in half, with the folded top edge showing.
- Backstitch or machine sew around the side and the bottom edges, at 0.5cm in from sides.
- Turn inside out, gently squaring the corners with a blunt stick, before ironing flat.
- Carefully tip in the filling mix.
- Ladder stitch the top folded edge together to finish.



The printed-cotton cover

- Cut larger fabric lengthways, fold over the top edges 2 x 1cm and iron flat. Fold over the bottom edge of the small piece and iron flat.
- Tuck the cut edge of the small fabric inside the fold on one of the larger pieces. Backstitch or machine sew along the folded edges.
- Place fabric pieces right sides together and sew around the bottom 3 sides, 0.5cm in from the edges. Tidy edges using pinking shears or with a zig-zag stitch, then stitch a ribbon along the top edges.
- Turn through to right sides out and ease out the corners. Put the inner pillow inside and tuck under the inner pocket.
- Finally, tie a bow to finish your eye-pillow!



And so to bed. Samuel Pepys

Minutes of the MDIY Annual General Meeting

Held on Saturday 20th November 2021 at

Manchester and District Iyengar Yoga and online via Zoom

There were 41 members present. (19 online via Zoom and 22 were present in Maslen Hall)

Apologies Verena Huber, Susie Savage

Minutes of the 2020 AGM

The minutes from last year's AGM were printed in the 2020 Journal and were proposed by Jayne Wilson and seconded by Debbie Bartholomew.

Chairman's Address (Charlotte Everitt)

I will start by thanking everyone who has got involved with MDIY this year. As well as the EX and the Classes & Events group, I am thrilled that we had a great response to calls for help with the journal and I am really looking forward to seeing next year's edition! Janet has done her usual superb job of ensuring that we're able to keep the centre clean, and in particular has removed all trace of the masking tape from the floors. We've seen ongoing social media activity from Clare, Debbie and Lauren; plus Kim in particular has put masses of energy into outreach, contacting local groups and running free classes in the park to try to bring Iyengar yoga to more people. Sacha, Rita and Faye have carried on with the Saturday children's classes which have continued to be very popular, and we're hoping more teachers will want to get involved with teaching children.

We celebrated some longstanding contributors this summer – with David Reddick retiring from teaching, Janice Yates standing down from the committee, and Tricia Booth and Marion Kilburn handing over the teacher training reins, though we're thankful that they are continuing to teach and in fact we have some upcoming workshops with them! Thanks to everyone who came to our "not-always-raining" outdoor tea party to join us in thanking them.

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.

This year has had its positives but has been a particularly hard year. After being closed for the start of the year, when we returned to classes in April, we very much hoped that we'd be able to scale back up to a full timetable quickly, and with this in mind, we ran pretty much a full timetable of face-to-face classes, with additional online classes from September. However, it has become clear that this was a very optimistic hope. Andrea who keeps all of us on the Classes & Events group updated with the numbers did some analysis and showed that 2 years ago, we had 280 visitors in an average week; by October, including online classes, that was 180 per week. That has made a significant dent in our

income and means that we haven't been able to replenish our reserves as we have in previous years.

Pre-covid, we tended to break even on classes, with some larger classes subsidising smaller classes; and then with our successful regular weekend events, we'd be able to make a profit across the year. However, we now have fewer larger classes and more small class sizes; and fewer events, but also, partly as we continue to limit the number of people in the hall and building at any one time, fewer people at events.

I have spoken to teachers across the UK and this is absolutely the case across the country. I think there are a mix of reasons – some students just find that online access to teachers means they don't need the hassle of travelling to class; some plan to come back but cannot as yet due to shielding; and some have simply lost the habit. Recently we have had to make the difficult decision to cut some classes temporarily, and try out some new alternatives.

We get very little feedback about what new or different classes would be appealing so if you have an idea please do get in touch. Or if there are any particular Iyengar yoga teachers you'd like us to invite to teach a workshop, Debbie is always looking to know who would be a popular choice.

But it is not all bad news! We very much hope that as we go into our 50th year, we can look forward to another 50. The very first committee meeting of the Manchester & District Institute of Yoga took place on 5th January 1972 - while we are the longest standing Iyengar yoga institute in the world, the "Iyengar" was actually added into our name a few years later, in honour of Guruji. Until 1992 that meant teachers teaching around the Manchester area in rented halls, lugging their equipment with them, until the Institute was able to move into this property, and since then we have expanded out to fill the rest of the building. We are looking forward to a full year of events with teachers connected to the institute, and in particular to our celebrations on 25th June, with thanks to the Golden Jubilee working party for organising these events as well as our celebration merchandise.

Secretary's Report (Tracey Ashton)

It has been another interesting year to say the least! Last year at the AGM Janice Yates, a long standing figure at MDIY and very much one of its driving forces, retired from her post as Secretary. I nervously stepped into her shoes! I have well supported by Charlotte, Clare and the rest of the Committee members and I am enjoying learning more about the workings of the MDIY.

The festive period arrived and December 12th is when traditionally we hold our Christmas party and would celebrate together. Due to restrictions we were not able to do that but were delighted that whilst we couldn't meet in person, we could connect online and with Jawahar. Julie Brown even managed to co-ordinate a fantastic yoga demonstration online! We were thankful that our teachers continued to connect with their students using online

platforms. Who would have thought the phrase “you’re on mute” would become such a regular phrase heard in a yoga class!

So 2021 dawned and we welcomed in the New Year in the midst of a 2nd national Lockdown. Undeterred we celebrated with our own Julie Brown who put us through our paces! Uday returned and treated us a much needed session to counteract the stresses and strains of modern life and living in an online world. We were also fortunate to have Devki and Marios to keep us going during the Centre closure.

Finally in May we were able to re-open our doors. Charlotte, Clare and the rest of the Committee set to work preparing for socially distanced classes. Several reels of masking tape later and we were ready to open. Students began to breathe life back into the Centre. The summer also saw us hold a special garden party in honour of four members who have been pivotal to the growth and success of the MDIY. Tricia Booth and Marion Kilburn finally stepped down after many years of inspiring and training new teachers. David Reddican, who had been instrumental in the development of the building, retired from teaching and finally Janice Yates, stepped down from her post of Honorary Secretary. Her hard work and dedication has been so important to the growth of the Centre.

In July Debbie Bartholomew held our first face to face workshop since re-opening our doors. It felt fantastic to be practising together, learning from each other and seeing old friends.

The autumn term heralded with a fuller timetable and a range of face to face, online and blended classes to appeal to all students. One of our favourite teachers, Jayne Orton, also returned leaving us all uplifted and energised after a dynamic back bending workshop.

Well, what will come next? Next year marks an important milestone in the history of the MDIY as we celebrate the big 50! The group in charge of the jubilee celebrations have been hard at work organising a spectacular year with teachers being invited to teach every month of our anniversary.

This will culminate in a huge celebratory weekend in June in which Jawahar will be joining us! Marion is leading a team in organising an evening extravaganza, aptly entitled ‘Yogi’s got Talent!’ So lots of exciting events to look forward to!

Finally, I would like to take this opportunity to thank Charlotte, Clare, all the teachers, members of the Committee and all the students for their continued support, hard work and dedication to the MDIY. It is this community spirit that makes the Centre what it is today. Feeling socially connected whether in person or via technology, in an increasingly isolated world, is more important than ever. The benefits of social connectedness shouldn’t be overlooked.

I would like to wish you all a happy and peaceful end to 2021 and hope to see many of you at our Golden Jubilee events in 2022! Thank you.

Treasurer's Report (Kathryn Duffy - read by Michelle Pendergast)

All attendees should have a copy of the year-end balance sheet. Once again our thanks go to Michelle for completing our audit.

The bank balance is at a healthy level and the administration costs are down £3k mainly due to less "in the building" activity.

Over the year our non-profit membership organisation was eligible for the Tameside local government small business grant of £11100.00 and this really accounts for the surplus for the year.

Our income from membership, classes, events and rental has covered our outgoings necessary to keep our institute MDIY running and our property well maintained.

Our main cost over the year has been on Zoom set up and screen technology to enable the online classes and events that have been so successful.

Donation income over the year is fees payable to teachers for the delivery of events which they have kindly donated back to MDIY. This includes a donation back into our bursary fund of £445.

Once again this year our MDIY team plus volunteers have worked tirelessly to keep ahead of restrictions and have constantly evolved timetables and events to maintain a combined deliverance of our yoga classes, with I am sure numerous headaches along the way. They have maintained and looked after the building and gardens and the dedication of your committee for pulling together to assure our future has to be commended.

Membership Secretary's Report (Susie Savage)

Last year's student numbers paid until 2021 - 453

This year's student numbers paid until 2022 - 462

Number of new students signed up this current year - 18

Number of students outside UK - 4

Calculations taken as from 18th November 2021. Students are still continuing to renew weekly. 2022-2023 membership commences on 1st April 2022 - 31st March 2023

Election of Officers

The Chairman, Secretary and Treasurer retire. The Chairman, Treasurer and Secretary are willing to stand again. The following members wish to stand for election:

	<u>Proposer</u>	<u>Secunder</u>
Charlotte Everitt (Chairman)	Julie Howarth	Debbie Bartholomew
Tracey Ashton (Secretary)	Valerie Judge	Marion Kilburn
Kathryn Duffy (Treasurer)	Janice Yates	Jayne Wilson

The officers were unanimously elected.

Election of Members

In accordance with our Constitution, three members retire annually. The following members wish to stand for re-election:

	<u>Proposer</u>	<u>Secunder</u>
Clare Tunstall	Colin Higgins	Meg Moore
Jayne Wilson	Verena Huber	Susan Halliwell
Nicky Wright	Tracey Ashton	Maureen Charlton

The members were unanimously elected.

Any other Business

Julie Brown expressed her thanks to the Committee for all their hard work in keeping the centre running and guiding the MDIY through all the changes that have occurred this year. She recognised all the support that Clare has offered to teachers to enable them to teach online and blended classes.

There was no other business and the meeting closed at 10:30am.

MANCHESTER & DISTRICT IYENGAR YOGA
Income and Expenditure Account for the year ended 31 July 2021

	2020		2021
£	<u>INCOME</u>		£
	6,925	Subscriptions	7,033
	4,510	Net proceeds from events	5,047
	19,803	Net proceeds from classes	15,154
	4,513	Rental income	1,005
	48	Net sale of publications and goods	110
	1,579	Donations	2,747
	10,000	Grants	11,100
	<u>47,378</u>		<u>42,196</u>
	73	Bank interest	5
	<u>47,451</u>		<u>42,201</u>
		<u>LESS EXPENDITURE</u>	
	17,618	Administration expenses	14,226
	16,693	Property running cost	9,624
	745	Donations	880
	1,305	Purchase of yoga equipment	700
	5,325	IYA Subscription	6,224
	<u>41,686</u>		<u>31,654</u>
	(723)	Corporation tax	(177)
	293	Paypal fees (on memberships only)	318
	<u>41,256</u>		<u>31,795</u>
£	<u>6,195</u>	Surplus for the year	<u>£ 10,406</u>

Balance Sheet as at 31 July 2021

	<u>GENERAL FUND</u>		
	13,962	Balance brought forward at 1st August	10,157
	6,195	Surplus for the year	10,406
	<u>20,157</u>		<u>20,563</u>
	10,000	Less Transfer to Building Fund	10,000
	<u>10,157</u>		<u>10,563</u>
		<u>BUILDING FUND</u>	
	323,100	Balance brought forward at 1st August	333,100
	10,000	Transfer from General Fund	10,000
	<u>333,100</u>		<u>343,100</u>
	<u>1,412</u>	Creditors	<u>(1,113)</u>
	<u>344,669</u>		<u>352,550</u>
		<u>Represented by:</u>	
	48,187	Bank Accounts	55,690
	1,562	Stock of goods held for resale	1,940
	294,920	Property at 134 King Street and Cottage at cost	294,920
	<u>344,669</u>		<u>352,550</u>

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
9th November 2021

MDIY Yoga Shop

Our shop is an excellent place to buy your essential items of yoga equipment. We stock sticky mats, blocks and bricks, as well as belts and blankets. We also keep a number of yoga publications. We are always well-stocked and our prices are very competitive.

For enquiries, contact the MDIY administrator Clare Tunstall on clare@mdiiy.org.uk or 0161 339 0748

	£
Celebration merchandise	
MDIY 50th Anniversary bags	20.00
MDIY 50th Anniversary mugs	10.00
MDIY 50th Anniversary T-shirts	15.00
Equipment	
Belts	6.00
Blocks – blue EVA	4.50
Bricks – cork	10.00
Bricks – blue EVA	5.00
Blankets – cotton	20.00
Mats	15.00
Posture Sheets	0.50
Practice Memo	1.50
Invocation Tape	2.00
Interview Tape (Mr Iyengar)	2.00
Books	
Light on Yoga	15.00
Light on Pranayama	12.00
Light on the Yoga Sutras of Patanjali	15.00
Light on Life	12.00
Yoga in Action – Preliminary Course	10.00
Yoga A Gem for Women	12.00
Yoga for Children	14.00
Illustrated Light on Yoga	12.00
Astadala Yoga Mala (each volume)	12.00
Alpha and Omega of Trikonasana	12.00
Tuesdays with Prashant	12.00
Teachers of Yoga (available for teachers and trainees)	14.00
Women’s Yoga Book	14.99
Practice and Enjoy (Julie Brown) Video or DVD	13.00
DVD of Geetaji’s visit to MDIY	10.00





Manchester and District
Iyengar
Yoga