

Manchester and District
Iyengar
Yoga

Rooted in the past,
looking to the future...



Manchester and District Iyengar Yoga

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Centre Administrator

Our Centre Administrator Clare Tunstall, has been with us 5 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 Nicky Wright for our stunning cover.

Roads were made for journeys not destinations. Confucius

Chair's Address

Thank you to the editorial team for another fantastic edition of our annual journal! We're well into our 51st year by now, and thank you to everyone who helped us celebrate last year. We're back to our usual programme of regular classes and events, and planning for the next 18 months of workshops. We are still seeing fewer people coming through our doors each week, but class numbers do seem to be recovering after the shock of the last few years, and we're welcoming beginners and new members thanks to presence in local magazines as well as online. We're planning to continue a mix of in-person and online workshops, to provide something for everyone, and looking forward to welcoming back some popular international teachers later in the year as well as spending time with some of our local teachers. And of course with IY(UK) running its first assessments under the new certification system, we're looking forward to gaining some new teachers from our membership!

Charlotte Everitt

Editorial

Benjamin Franklin once said that "if you want something done, ask a busy person." I think that is what happened here this year with the journal. Our wonderful editor, Debbie Heaton enjoyed an extended long overdue trip to see family abroad and despite many attempts to find a volunteer editor we didn't get one. So here I am.

I feel underqualified to write an editorial but I was really happy to help the wonderful team pull the ideas together. But an Editor I am not. I am aware of how much the journal means to our members far and wide and how it keeps some of our membership feeling connected to us even if at present they are unable to visit. Therefore, I felt a responsibility to get involved and ensure this journal was delivered. To be clear it never would have happened without, Andrew Green, Joan Abrams, Lizzie Nicholls, Heather Brennan, Jayne Wilson and Charlotte Everitt and to all our members who have written articles for us. It is not easy for our teachers and members to write about themselves and the good work they do. So much work happens selflessly without a thought for what they do. Showcasing some of the great classes and work going on was not easy. But I feel it is important to share. Not just to encourage you to feel a part of MDIY whoever you are. But also, to encourage you to join us in different ways even if you are unable to attend a yoga class right now. Maybe you could help us with the journal next year, or you could spare an hour a month to help in our garden. Or you would like to help look at our social media channels. Let us know if you would like to join us in other ways. Enjoy reading on.

Clare Tunstall

Yoga teaches us to cure what we need not be endured, and to endure what cannot be cured. BKS Iyengar

Some of the People Behind the Scenes at MDIY

Clare Tunstall – our MDIY Administrator

I first started Iyengar Yoga classes in 1995 to escape from a demanding job - it was the only way to find some quiet 'me' time. I didn't want music as I was surrounded by noise all day long. After stumbling across a survey in a women's magazine about what exercise suits your personality, I settled on yoga.

I went to my local civic information centre and looked through index cards under 'Y' for yoga. How lucky was I that my local teacher was an Iyengar Yoga teacher called Julie Brown no less. I attended Julie's class regularly for 12 years until a job and house move made it difficult to get to class. Julie put me in touch with her friend Marion Kilburn and I still attend that class to this day - 17 years later.

At the moment, I teach a couple of general classes, an Intermediate class, as well as an Express class and a Pranayama class for MDIY. The Express class was an idea of mine after I taught a free class at the Town Hall for UN International Yoga Day a few years ago. The class was very well attended by Tameside Council employees. They just came and did yoga in their ordinary work clothes. I carried over some mats from MDIY and we did a simple uplifting quick practice together in a lunch hour. So I had the idea to teach a quick class at MDIY. The pandemic got in the way of that, but we recently set the class up hoping people would come. However, as working patterns have changed, the class is still pretty quiet, but I am determined to make it work. It is a way of fitting a 45 minute yoga practice into your day. I teach the class for free as I am keen to make it work for MDIY.

As MDIY also had Pranayama classes before the pandemic, I thought online would be good as people stayed at home. I myself practised a lot of Pranayama at home during the pandemic as I was badly injured after tripping up. [see last year's journal]. So, Pranayama practice became more prominent than the asana practice and for pain management at times. I also felt that Pranayama needed more time. It is not as simple as trying a technique for 3 breaths. It requires time to just keep going in a peaceful way and the online option is a great way to do this as no one else in the class will impinge on this time. Things at home in the background might though! As I had seen the restorative classes do well online, I thought it might work to build in pranayama classes as part of that quiet relaxing Friday night programme. So now 6pm every Friday is a great time to prepare for the weekend with restorative yoga on the 2nd and 4th Friday of the month and Pranayama on the 1st and 3rd Fridays of the month.

Teach what is inside you. Not as it applies to you, but as it applies to the other.

Krishnamacharya

I came to be the Administrator because I had been on the Classes and Events Committee for some years at MDIY. Most members of the Committees have a role of volunteering doing something. MDIY only functions the way it does due to the generous time of volunteers. I helped Janice [our previous Administrator] by coordinating Teacher Assessments at MDIY. This meant getting volunteers to be students in classes for the Trainee teachers, now mentees, to teach. It was a big task as MDIY hosted many assessments throughout the year. I love spreadsheets and communicating with members so that task ticked both boxes. I would also pick up answer phone messages from the machine at MDIY and deal with some. The office is not staffed full-time, so we have an answer phone service (we also have a mobile number now). This gives an idea of what type of queries we get, mainly about classes, which allows a certain familiarity with MDIY. When Janice talked about retiring, I thought about how much I would love to do a little more. How do you take over from someone like Janice though! With 40 years plus experience Janice knows more than she knows she knows! So, we set about writing a job description and sent that out to members. I was delighted to get the role. MDIY sits with my own values. Not only am I a long-term member of MDIY and a long-term practitioner of yoga. I had 30 years of experience in a customer-focussed and administrative background but for private, profit-oriented companies. How fantastic to now work for an organisation with values that fit with yoga principles. I still worked in my corporate role alongside my admin role at MDIY but only for a few years. Janice was always on hand to help with my queries, she still is! Thank you, Janice!

The highs and lows of the job? Well, working somewhere you love with people you really like is the biggest high. Working in an environment with such good energy is something which you hope everyone has in their working lives but a lot of people don't. Speaking to members/visitors and welcoming people to MDIY is the biggest high of the job. I want people to love coming to classes and events and everything we have to offer and to feel they have a comfortable oasis of calm and hope in MDIY. As a social person it is great to work in a sociable space! There aren't many lows to be honest. However, I do get a lot of emails, we have turned into an email culture haven't we? I think for some reason the pandemic made that worse. I have a never-ending stream of emails. I am a talker rather than a keyboard-warrior, but such is the world we live in now. With MDIY being such an old building there is always something that needs doing which sometimes makes me worry a little. Luckily with all the volunteers and members there is always someone to advise, including Janice!

My best get-away holiday? Any holiday (apart from the ones where I teach yoga) is a get away from it all holiday. Seriously though, I like to immerse myself in the natural environment as much as possible. So anywhere where I can watch birds, animals, see water, big skies and trees and have space is perfect. For a sociable person I quite like a

The future depends on what we do in the present. Mahatma Gandhi

quiet holiday. I have 2 other jobs other than being the Centre Administrator for MDIY. So I like space to take my mind off them all. I would have always said Scotland is one of the



most beautiful and best places in the world to provide all these. However, I recently fulfilled a long-term dream to go kayaking on the California Coast with sea otters. That was an incredible trip. Kayaking, swimming, walking and little internet access and all in the beautiful Californian sunshine. That was a pretty good holiday!

As for the future of the MDIY? Indeed, these are tricky times - with rising costs not just for us running this fantastic building but for our members' rising living costs. We know we have lost members due to the pandemic and we certainly know that many of us are feeling the financial pinch. However we are a not-for-profit organisation, so we continually strive to support our members, not just with low-cost classes but with an environment to feel welcome in. Even if it is just for a cup of tea. We have a bursary to support those who are struggling financially. We have reading material and archives and articles to help people on and off the yoga mat. We have kind and generous teachers to support and inspire members. We have built a community for everyone to feel part of and we have a place within our local community as well as being part of an international community of yoga. So, there are more positives than worries. I don't think MDIY should be afraid of transforming and adapting to stay in existence and we have enough support to do that.

A seed grows with no sound but a tree falls with huge noise. Destruction has noise, but creation is quiet. This is the power of silence...grow silently. Confucius

Kathryn Duffy – our MDIY Treasurer

I started yoga because I had a dodgy back, recurring in the sacral area. Somebody suggested yoga and I went to Tricia's class in Whaley Bridge. Then Tricia recommended the Institute and I started with Janice Yates – about 1999. I very quickly got hooked, and then, very soon, I began going down to John Claxton's classes in Norfolk 2 or 3 times a year. This just made me more bodily aware and intensified my yoga experience. I went on a few holidays with John Sherbon and Ursula – holidays in Crete - and then Italy, in the days when not many people were doing yoga holidays. I don't think I've missed classes at Dukinfield since 1999 with many different teachers, and I've loved all of them, but would particularly mention Robert Leyland.



I began as Treasurer because Lisa Hallworth, who was our Treasurer, sadly became ill and couldn't continue. Because I did accounts for a company and knew accounts and found it easy, she said 'would you work with me and I'll show you how it all works'. Lisa had formulated all the spreadsheets which we still use. I then just took over and I'm still doing it.

I work in an office environment, so I have a PC in my office there, so I can work the role in at home or sometimes at work. I do accounts anyway and we've had a business ourselves and I've done the accounts for that. It comes as second nature. Timewise it varies – once every 5 weeks we pay the teachers and that was always the biggest thing: collating hours, working out what they were due. In those days we didn't have online banking and I had to wait till month's end. I had to look after insurance, banking etc. It was more busy when we bought the building – we went through with the purchase, and, at one time we

Your time is limited, so don't waste it living someone else's life. Aristotle

had rental from a jujitsu class. During the time I've been doing the accounts, not only have we bought the building, we took over a tenant in what is now Booth Hall, took over Booth Hall and renovated that, and, of course the cottage – we did an awful lot ourselves with David Reddican, Janice Yates and her husband Ray.

In the future – it's difficult. Costs have gone up a lot, but we don't want to put class fees up.

Some teachers haven't come back - nothing is the same as before the Pandemic. We've been successful in incorporating the cottage into the main building – as it wasn't occupied we were paying triple rates on it. On our first appeal,

Tameside said no to rate relief, but thanks to

Sarah Franklin's mother's professional experience – we appealed again and they accepted – backdated to 2017. So that is good news. We don't pay rates on the main building because we qualify as a small business which don't pay rates at the moment.



Tracey Ashton – our MDIY Secretary

I started yoga over 10 years ago and I went to a gym locally where David Reddican taught. I went to that class for 2 or 3 years and he mentioned coming to this Centre and I gave it a try, came to one of his classes and I've not looked back. I moved on to teacher training from there with Julie, Tricia and Marion and now I'm fortunate enough to teach there once a week. As my day job I'm Primary school teacher trained and at the moment work in a nursery school – ages 1 – 4 . I'm a senior teacher there, so alongside the head teacher I'm involved in looking after the school operationally and strategically. I'm based up in Haslingden in Lancashire so I travel quite a way down to the Centre. I volunteered to be on the Exec a few years ago and our wonderful secretary. Janice, retired, so now I'm the Hon Sec. It entails making sure the committee members know when the meetings are coming up, preparing the agenda, gathering information for the meetings and making sure it's circulated. Also liaising with other members of the committee, talking to the Membership Secretary and so on. It's a supportive role.

Where flowers bloom, so does hope. Lady Bird Johnson

With the wonders of technology we communicate weekly by emails and we have an online full meeting every other month. There's also a Classes and Events committee that meets the week before us and they feed into us. Lots of emails flying around helps and we usually see each other in and out of the Centre and that helps. It's a wonderful community spirit here and I think what makes the MDIY so special is that we do value that community and everyone being on board.

I think with volunteering if you value it and want to do it never takes over your life. It's such a special place and it holds such memories for me that I feel privileged to give back to that yoga community. It doesn't feel like a chore. You get to know the working of the centre and the people involved in that and how many individuals do little things in their way to make the Centre what it is today.

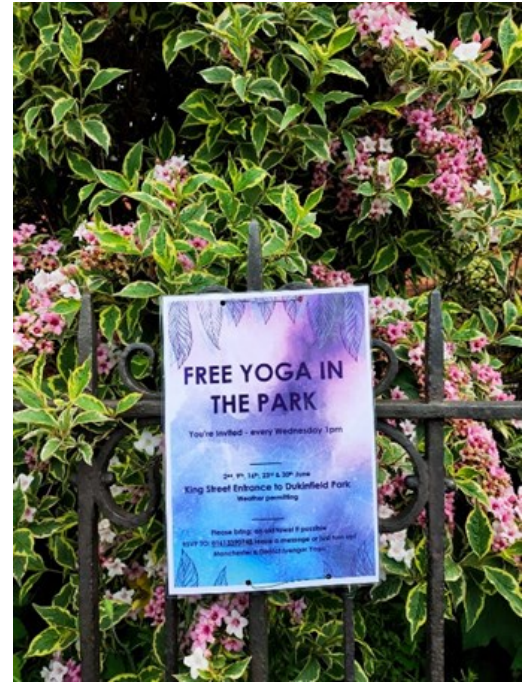


In the next 5 years, we are trying to build up post pandemic. Numbers have been building slowly, so we're promoting our yoga in the community. The children's class has become a 'family class' and we're taking that out into the community. Family classes go on in my school. I think it's about involving the community in the life of the Centre.

I will not let anyone walk through my mind with their dirty feet. Mahatma Gandhi

Working in Our Community – People First Tameside

Casting our minds back to 2021 when we were not quite in lockdown but we were navigating our way through the government 'tier' road map we realised that whilst we were open and running yoga classes from MDIY with social distancing we knew students were still nervous about coming back to class. We had cut classes from our timetable and ensured we adhered to all the advice on keeping everyone safe. However classes were small and people continued to stay away. Yet more than ever during this immensely difficult period of our lives we knew yoga would provide a positive emotional and physical support. So how could we help? As we were enjoying particularly good weather I thought it would be a wonderful idea to take yoga classes in the park. We enjoy our position of being so close to the wonderful Dukinfield Park so in June 2021 I decided to teach simple free lunchtime classes on Wednesdays throughout the month. This tied in beautifully with the United Nations International Day of Yoga which is held on the 21st June every year to raise awareness and share the benefits of yoga across the world. We put posters up around the park and outside our Yoga Centre on the King Street railings and hoped for the best.



It was nerve wracking wondering if anyone would every turn up, but with lovely weather and lush green grass to practice on, free yoga was a hard offer to resist. At one of our very first sessions we have a good few spectators whom we encouraged to just come and join us. Amongst the spectators were the wonderfully enthusiastic group, People First Tameside. People First Tameside is a fantastic user led organisation which offers educational, social and practical opportunities to over 18 year olds with learning disabilities. Local to us, based in Ashton, we were delighted they joined in with us in the park. One of our core aims at MDIY is be a responsible member of our local community, developing good relations with

those in our vicinity. This was a hard aim to keep during multiple lockdowns as so many doors closed. But there on that day in the park there we were only open to all ideas and practice.

A number of people from People First came every week and enjoyed the sessions so much that they asked if regular classes could be organised. This was a bit of a first-time idea for us, an already established group of people coming to us, rather than us



advertising for people to join classes. So we organised a new 10 week Foundation course just for People First. I began teaching them in Sept 2021 and they have continued to this day. As we all felt that the classes were working well and we were all benefitting so much. Me just as much in my teaching skills, learning so much from everyone who attended on how to adjust the postures and which props worked and which didn't. It is a great learning environment for all of us.

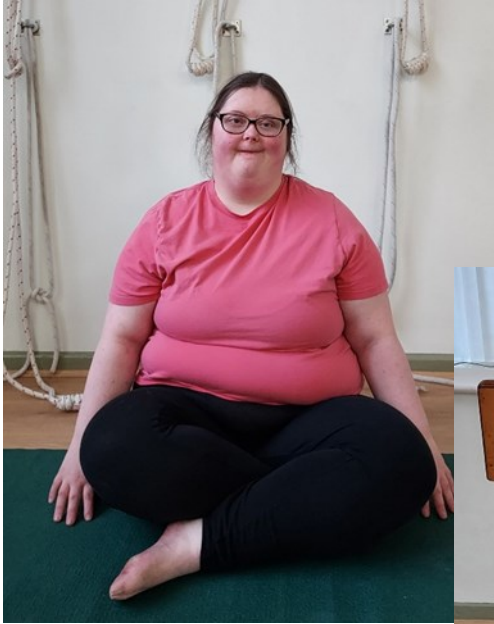
As MDIY is a members organisation, we trialled for the first time a Group Membership, so People First became our First Group Member. Rather than all the individuals joining as individual members, the organisation joined as a Member paying a tailored membership fee. We are delighted to adapt and change in this way. Just as our yoga practice teaches us.

Bethany: "I like jumping and I like lying down at the end and looking at the amazing pictures"



Ros: "I like rolling Halasana"

The longest journey begins with a single step. Patanjali



Katie: "It relaxes me"



Caitlin: "I like chair twists"



Ellie: "I like learning the names of the poses"

If you would like to talk further about our community outreach and group membership please do not hesitate to get in touch with Kim.

Kim Skinner/Clare Tunstall

In the Yogic process the ears are heard, the eyes are seen, the mind is felt and the brain which is the 'thinker' is 'thought about'. Prashant

Standing on our heads for MIND

On 18 December 2022 volunteers from MDIY took part in a sponsored sirsasana (headstand) which raised £1471 for the local MIND group.

Working together with Jason who represents MIND in Tameside, Oldham and Glossop the event was held to raise funds for the mental health support they provide to local people, and further build our relationship with the local community. Funds raised are used to offer counselling sessions for those in need, whilst we hope that the ensuing publicity will bring new people through our doors.

Practitioners of yoga know that the benefits of a regular practice are both physical and mental and we want to let people in our local community know about that and encourage them to come to our centre and try yoga.

On the day we had 10 participants in Maslen Hall and others took part online, all staying in the pose for at least 3 minutes. Here are some comments from participants :



“It helped having other members taking part and pushed me to stay in the pose longer than I would” (Kapila)

“With the moral support of fellow yogis we held the pose for as long as we felt comfortable. Staying upside down for 11 minutes, things suddenly feel calm in a turbulent world” (Sarah P)

One of our teachers, Joan, who used the sling said :

“Its such an iconic pose. Its good to be able to show that we can carry on doing headstand as we age using equipment such as the sling.”

Clare who set up the JustGiving page and publicised the event. "I did a meditative 15

minutes, it felt great, it evolved, it felt light. I was in a very quiet state of mind. I think I could have stayed longer but someone mentioned cake !"

Tilly aged 10 was our youngest participant:

"Doing the headstand was fun, I haven't done it before and really enjoyed it and it made me glad "



The last word goes to Marion, who brought several students from her class, posted this; " It was great to see everyone doing Sirsasana, and knowing that we were doing it to help MIND....It reminded me of a few words BKS Iyengar said on one of his trips to America; ' Today you will see that for hours we were all together as a single soul which we call yoga unity. Can we all live like that every day, full of generousness in whatever work we do?' MIND expressed their warm appreciation for our support and arranged for coverage in the local press.

Our thanks to all those who made cakes and cups of tea, those who took part and all our sponsors.

Kim Skinner



MDIY Bohemian Rhapsody

Sung by the Rhapsodic Yoginis

Is this the real thing? Iyengar Yo o ga?
Looking for contentment – Yes I'm looking for Bho o ga
Open your eyes, look up to the skies and see...
BKS Iyengar in some fantastic poses!

Tucked in here, tucked in there
Perfect alignment everywhere
Anyway the body goes
Really really matters to him - to him

Guruji nearly killed myself
Put my leg behind my head
I fell over - nearly dead!
Guruji headstand had just begun and
Now I've gone and landed on my bum!

Guruji Ooh ooh ooh ooh
Didn't mean to nearly die
I'm going to try again this time to mor row
Carry on carry on
It really really matters!!

Guruji I'm in a heap
Tried to balance on my wrist
Pune knickers in a twist!
Goodbye everybody I gotta go
Gotta place my knees above my elbow

Guruji ooh ooh ooh ooh
Didn't mean to nearly die
I'm gonna try again this time tomorrow oh oh oh oh

I see a little silhouette of a man
Guruji! Guruji! Guruji Iyengar!
Thunderbolts and lightening
Very very frightening HEY!!
Jumping here Jumping there
Jumping every bloomin' where.

I'm just a poor boy looking for SAMADHI
(He's just a poor boy from a yoga family)
Spare him his life from Ardha Chandrasana

Leg up here! Chest up there! There's a wobble everywhere

Our yogi he has come.
Guruji
Landing on his bum
Guruji
Landing on his bum
Landing on his bum
Landing Landing Landing Landing
Landing on his bum!

Oh Guruji, Guruji you gotta let me go
Guruji has a very special pose for me ee for me ee for meeeeeee

So you think you can do Trikonasana
But you've never been taught by the yoga master
Oh put your leg straight!
Your knee cannot be bent
You just gotta put
Your nose right over your toes.

Yoga really matters anyone can see
Yoga really matters --- Yoga really matters to me

Iyengar yogaaaaaaa

Taa Dah!!

A Blooming Marvellous Demonstration

In 2022, after a difficult two years of lockdowns, we were fortunate to be able to get together for the '50th Anniversary celebrations of Manchester and District Iyengar Yoga, and to be treated to a wonderful centre-piece demonstration created by Julie Brown. The practice was inspired by the eight-petal lotus flower. Julie described how the plant emerges through muddy waters each morning to open untouched by impurities, before sinking down again at nightfall, and how this cycle symbolises purity of heart and mind. Indeed, it was with this quality she dedicated the piece "to Mr. Iyengar, and all teachers who paved the way before us," before taking her place alongside seven newly qualified teachers, to represent the flower's form and symbolism, albeit with a disclaimer... "We will aim to show the Asanas as beautifully as we can, even if a little stained!!!"



Starting heads bowed in Sukhasana, the group worked through a natural yet sometimes difficult set of poses, before returning to Sukhasana where they'd begun, just like the lotus flower.

And I think you'll agree from the photos, they did an absolutely fantastic job!





The History and Meanings of the Lotus Flower

The origins of the Lotus flower can be traced back to Ancient Egypt. Native white and blue water lilies, common to the land, were often depicted in early hieroglyphs, until around the time of the Persian Invasion in 525 BC, when artworks increasingly began to show the more popular pink or Sacred Lotus.



For Egyptians, the daily re-emergence of the lotus or 'Redolent flower, the soul of Ra,' became synonymous with the sun. Revered as a symbol of birth and new-beginnings, it was used at funerals to represent resurrection and rebirth.

Indeed, the Lotus flower has incredible resilience. A lotus seed can withstand centuries without water, and yet, is still able to germinate and flower.

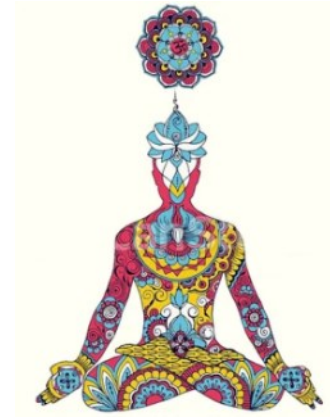
However in Buddhism it is the perfectly clean petals due to a waxy protective layer, that inspires one of the most important scriptures, originally written in *Sanskrit*, called the Lotus Sutra. Comprising of 28 chapters, it brings to light the deepest teachings of the Buddha: *"the lotus flower, which grows out of the mud, cannot be tainted by it, and yet without the mud, there can be no lotus."*



The Buddha's path to Enlightenment is to keep the mind pure and awake, regardless of the hardships of life. One must rise and remain devoted to work despite the struggle, since it is the occasions of suffering that provide strength, which is required in order for human beings to resist the temptations of evil.

(Left), Gautama Buddha is depicted sitting atop a floating lotus to symbolise the overcoming of pain and emotions to become pure and beyond worldly pleasures...

In Hinduism, Padma is the name of the Lotus flower, and the position of Padmasana (below), is adopted by those striving to reach the highest level of consciousness, itself represented by a lotus with a thousand petals emerging from the top of the head or Crown Chakra.



Many sacred paintings show gods and goddesses sitting on Lotus flowers, some even sitting in lotuses as sacred vehicles moving through time and space.



In Vedic scripture, the body of Lord Krishna, an incarnation of Vishnu, is described as being “like a bluish new-grown lotus flower.” Blue skin suggests otherworldliness; qualities connected to the Blue Lotus found in the Himalayas. Believed to be a powerful healer, it is used to worship the Hindu God Shiva, and by those wanting to connect to the celestial realms. Indeed, ancient Egyptians inhaled the perfume to induce a mildly altered or hallucinogenic state.



In essence, like the sea and sky, the blue lotus has come to be associated with the deepest recesses of the soul, and thus as a symbol of ultimate enlightenment.

Fever!

(To the tune of Fever as sung by Peggy Lee)

Never know how much I love Tadasana,
Never know how good it feels.
When your shoulder blades are in and
With your chest towards your chin and
Your buttock bones searching for your heels
It gives me fever!

I can do it when my feet are on the ground.
Fever! It's a whole different story when I turn myself upside down!

Never know how much I love jumpings
When I start I never want to stop!
I love dog head up and dog head down
But ma Chaturanga's just a belly flop!
It gives me fever!



I can't do it! My buttocks weigh a tonne!
Fever! Well I gotta keep tryin' if I want to salute the sun.

Chorus

Oh everybody's gotta fever!
Iyengar yoga is the way to go
Iyengar yoga's not such a new thing
It started one hundred years ago.

Never know how much I dread shoulder stand
It fills me with horror and doom
When I look up and see Ma belly comin' to me well
I wanna run out of the room
It gives me fever!

When I see my belly, makin' it's way to my head!
Fever! Well I know I can't see it when
I do Setubandha instead.



Never know how much I love backbends
Never know how good it feels
When I bend over into Kapotasana
And my hands catch both of my heels
It gives me fever!
When my nose touches the soles of my feet!
Fever! My new insoles have gotta lotta odour to eat!

Chorus

Oh everybody's gotta fever!
Iyengar yoga is the way to go
Iyengar yoga's not such a new thing
It started one hundred years ago.

Now you've listened to my story
Here's the point that I have made
Iyengar was born to give us yoga
So do not be afraid
Do Chaturanga, and Kapotasana
Don't be afraid of shoulder stand
Fever! You can trust Iyengar yoga
It'll take you to Samadhi land
It'll take you to Samadhi land
It will take you to Samadhiiiiiiiiiii land!!

And that's JAZZ!!

Ella Walker – Duke of Edinburgh’s Award Student

My name is Ella Walker and I am 16 years old. I started at the MDIY at the end of November 2022 with my mum. I had always wanted to try yoga as I had heard of the many physical and mental benefits that it brings.

I am also using yoga for the physical element of my Gold Duke of Edinburgh’s award. The DofE scheme was launched in 1956 by HRH The Duke of Edinburgh and aims to empower young people by building confidence and resilience. I chose to do yoga for my physical section as it was something new and also because of the support it would give me for my upcoming Gold expedition (mentally and physically).

Although I have only attended a few classes so far, I have already begun to see the changes in my posture and mindset which I hope to continue working on throughout the new year.



Be like the flower, turn your faces to the sun. Khalil Gibran

Yoga and Recovery from Surgery In November 2021

The background is an unexpected quadruple bypass operation carried out at Wythenshawe Hospital and subsequent initial recovery period when aspects of yoga practice revealed themselves to be of great benefit, and were undoubtedly a factor in the relatively smooth recovery and discharge five days after surgery (the range of discharge times is 5 to 10 days on average so this saved the NHS some resources).

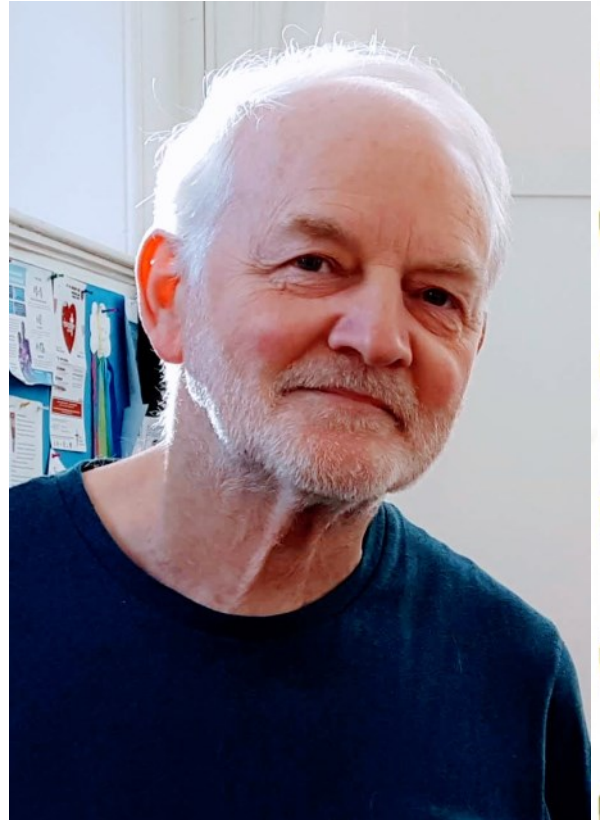
I had been practising Iyengar yoga for about seven years up to this time, with one class per week, and had a daily routine which was helping to maintain a basic level of fitness and also addressing specific issues relating to lower back/sciatica, and also some remedial asanas had been suggested in relation to a heart attack in 2012.

Patients undergoing cardiac surgery are brought round in the CTCCU (Cardio-thoracic Critical Care Unit). Patients are laid on their back with the top section of the bed raised up to aid breathing. There are a number of drains, venous and arterial lines, catheter, electrical wires to the heart, and a breathing tube which means movement is very restricted. The first to be removed is the breathing tube, to be replaced by a nasal-delivery oxygen source, which is much more comfortable.

The first occasion when yoga training showed itself to be of value was at this initial period, and was the most surprising. At this time pain relief is at a high level, and is morphine in a drip, and also a top-up orally with oromorph, which is yet more morphine! This did the trick with most of the pain, especially where the sternum had been cut through, which is usually the main source of discomfort.

However there was a painful area around the lower left back which the morphine didn't seem to be able to sort out. This was where some drain-tubes emerged near the base of the left lung, and were rubbing on the surrounding tissues causing referred pain. The problem was quite common, and they prescribed a specific painkiller which worked on nerve-pain. Unfortunately in my case that didn't work too well either.

Some time later the staff like to get you to stand up from time to time. This caused retching as mucus from the lungs was expelled, and the main muscle groups involved seemed to be the abdominals and the muscles which connect the crest of the pelvis to the



Wherever you go, go with all your heart. Confucius

lower ribs at the back. This contraction made the area around the drains quite excruciating! When I was laid back down on the bed, those two muscle groups were in spasm together, and at first it wasn't possible to get either to relax. I tried placing a hand on the abdomen and focused on the warmth, and asked the muscles to kindly relax, and for a few seconds here and there they did, bringing immediate relaxation of the back muscles, and the pain disappeared. This was tricky to maintain though, and the slightest twitch would set it all off again.

The next discovery was the one that did the trick. Hospital beds have a raised section at the base which means you can plant your feet against it and push. Somehow I discovered that if I could get my toes planted against that base and push upwards and contract my thigh muscles, the abdominals relaxed beautifully, causing the back muscles to relax in turn, and switch off the pain. After the pain had been switched off in this way for some minutes, the whole thing settled and I was able to relax completely (and enjoy the morphine cloud!).

The above was the most specific example of how yoga helped, the rest is fairly general and predictable. I hadn't realised though, how the years of yoga had developed an ability to consciously work with muscles, limbs, breathing etc, and to know something about their connections, ranges of movement, position in space, balance and so on. All the rest of the benefit during recovery derived from this experience.

The first example was the apparently simple act of getting out of bed. Thoracic or abdominal surgery leaves you like an upside-down stranded turtle when it comes to trying to raise yourself out of bed. It's instinctive to try and use your arms to pull up, but this puts a lots of pressure through the chest, which has been recently chopped through, so you quickly give up on that one.

The way we get up from savasana is in fact the way the physios teach you to get out of bed in hospital. Roll on to your side, draw up the knees making sure they go far enough over the edge of the bed so as to be able to swing the lower legs to the floor, and push up using the arm and elbow, causing no strain at all to chest or abdomen.

Standing up from bed or chair brings in the "rooted-heels" aspect of tadasana. Plant the feet firmly and sense this "spike" driving into the floor through the heels, lean forward a little and drive upwards from the heels into the standing position, again without use of the arms or any stress on chest/abdomen. Time spent in tadasana or tree-pose will help with any unsteadiness now, and this brings confidence with starting to walk, using the shower or get dressed/undressed.

The physiotherapists give some specific breathing exercises to help re-inflate any areas of collapsed lung, and to bring up any phlegm which has collected in the lungs. The one arm exercise they offer is to raise both arms steadily up and over the head as in Urdhva

"Everything is sorrow for the wise. Patanjali

Hastasana and this is to stretch the scar tissue on the chest, which soon starts to heal and contract and pull the shoulders into a more rounded posture. In addition to this I have been lying flat and stretching the arms out crucifix-wise, and this gives a good stretch there too. Can't quite do the ones where you clasp hands up your back/over shoulder but it's not far off and that one will be useful to get straight again when a bit more healed.

One of the tricks they offer to cardiac patients is the "towel-baby". This is a hand-towel rolled tightly into a cylinder shape and secured with micro-pore tape (at home a couple of strong elastic bands work just as well to secure the towel). This can be held by the patient to their chest when doing the coughing exercises to clear the lungs, and helps with the pain of coughing. It's also quite funny to see grown men caressing their towel-babies in this way so there is added entertainment value. Strange to say but you get quite fond of your towel-baby.....

Back home though I remembered that in hospital the towel-baby was great for propping up bits of your anatomy when lying in bed and trying to get comfortable. Again this was related to the use of blocks/bricks/plank supports in yoga, and the understanding that muscles relax better when they have a support to relax against. I've not been too bad with aching back etc, but making a number of towel-babies back home could be a valuable way of helping with relaxing in bed for people who had other physical or age-related issues. Having to lie mainly in one posture (i.e. on your back) day after day can become excruciating, and anything to help this is very welcome.

There were other benefits which came from previous experience with meditation, and I would guess that more advanced Iyengar practitioners would be fully conversant with this aspect through Pranayama practice.

Morphine is a two-edged sword, and the down-sides include nausea, visual disturbance, hallucinations and chronic constipation (the last thing you need!). I managed to get off opiates within two days as I respond badly to them, but the weird things which happen, especially in the wee small hours, can be softened if meditation has developed a degree of mindful awareness, so any related emotional reactions are minimised. A very common reaction though is vivid imagery involving surgery, as though the body is trying to tell the mind what it's been through whilst the mind (ego) has been blissfully anaesthetised. This did happen over two nights early on, and a couple of the angel-in-disguise nurses on duty that night helped me out when I staggered from my claustrophobic cubicle unable to sleep and tortured by heat and nightmarish visions - it's amazing what an understanding ear and tea and toast can do!!

*When starting our postures we use the brain as an organ of action, but we can then move to using the brain as an organ of witness to bring about a meditative side to our practice. **Abhijata***

I have no training in pranayama but I'm sure anyone equipped with a developed knowledge of this would be very well placed to deal with the emotional/psychological stuff which can come up.



The weeks after cardiac surgery are all about returning to normal levels of activity, steadily increasing walking and regaining some level of fitness. Keen to return to yoga, I contacted Sarah Pettitt, who leads the Monday class in Chorlton which I had been attending. Sarah advised that six months should elapse before rejoining a class, and that it would be beneficial to begin the return by attending the Remedial Yoga class at the Dukinfield Institute. In April 2022 I joined the class, which is the inspiration of Debbie Bartholomew. An initial interview with Debbie identified the issues, and a programme of asanas was drawn up accordingly. Debbie oversees a number of teachers throughout the hour and a half-long class, each of whom has two people to take through their specific remedial programme, so there is a lot of individual attention. The level of expertise and care by all was very impressive, and I soon felt total confidence and great benefit, even from the first session. After ten weekly sessions of excellent care, in which I learned so many useful things to work on at home (including help with a hip imbalance which was soon spotted!), I was deemed fit to return to Sarah's class in Chorlton. Fortunately Sarah had been the main teacher working with me under Debbie's supervision, so it was the ideal way to progress. The Remedial Yoga classes were challenging but quite wonderful, and I will always remember them with great gratitude.

If life were predictable, it would cease to be life and be without flavour. Aristotle

A Tribute to Bodhu

Bodhu Deb was a keen and dedicated yoga practitioner and was a familiar friendly face at MDIY.

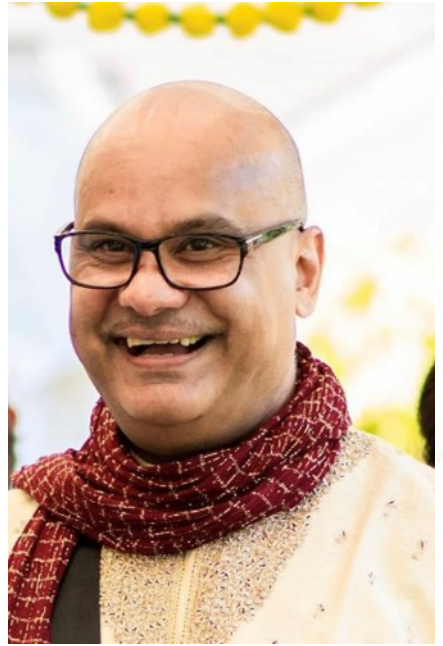
At home he was a husband and father of two boys. He spent most of his life working in the restaurant business, successfully running several restaurants throughout his life, but mainly Sagar Indian Restaurant in Blackrod which he opened with his business partners in 1988. He was also an avid cook, and spent a lot of his time experimenting with new sauces and dishes for his family to enjoy.

Initially he joined the gym and took yoga classes there. He realised that although he was very fit he struggled with flexibility and also wanted something to help him relax as he was always on the go.

As his interest in yoga developed he became a member of MDIY. He enjoyed the yoga sessions so much that he attended two asana classes a week with Sarah and Nicky and Pranayama classes with Sharon.

"Penetration of our mind is our goal, but in the beginning to set things in motion, there is no substitute for sweat". BKS Iyengar

Bodhu looked forward to his regular classes and often told his wife Jutika how much he felt he had improved over the years. He encouraged many friends and family members to also take up yoga at the centre.



Like many of us during the pandemic, Bodhu kept up a regular home practice, this helped him to keep his spirits up and to stay grounded. He was so dedicated to his practice that he set up his own special yoga room at home, complete with a rig to practise headstand. He also sent his sons yoga equipment during lockdown so they could enjoy his passion together.

In all yoga was a big part of Bodhu's life, it gave him much joy, especially being at MDIY and interacting with his good friends in class.

Unfortunately, over the last year he became ill and sadly in October 2022 he passed away.

He was a lovely man, full of enthusiasm and fun. He was well respected and much loved by his teachers and friends alike.

We all miss him dearly.

Memories of Hilda Hooker

Her daughter, Frances, writes - Hilda died peacefully on 17th August 2022. She was a friend of Jeanne Maslen and helped to found our Institute in 1972. She began her yoga at the Townswomen's Guild in the 1960s and it changed her life.

Pen Reed remembers – Hilda taught Iyengar Yoga in Robins Lane United Reformed Church in Bramhall. She was a gifted teacher, having been a schoolteacher before she trained in yoga. Hilda was very thorough in any subject she was interested in.

Tricia Booth remembers - It was a long time ago that Hilda and I worked together during our yoga practice. We used to attend Jeanne's classes at St. Chad's in Withington well before the Centre in Dukinfield opened. She was well practised, especially in her back bends and very conscientious. We made our first visit to Pune together and shared a room so got to know one another well. On later visits to Pune, Eric, her husband, accompanied her. He had also become a teacher. Her mother joined in with yoga as well at one of her classes at the Civic Centre classes in Hazel Grove. This class is still running, and our Julie Brown teaches there now. She moved down to the West Country to be near her family.

Julie Brown remembers: Hilda was part of the teacher training team who trained me at Introductory level. For the first year of our training, we had to attend a weekly class led by Hilda, Tricia Booth or Mary Helliwell. One of them would teach and the others would adjust. We always knew that when Hilda taught, we were in for a tough time!! All this was to get us into shape ready for Jeanne Maslen at the end of the year to see if we were ready to

join her teaching part of the course, alongside the classes with Tricia, Hilda and Mary.

And Marion Kilburn (1982 Introductory Level teacher) remembers the same as Julie – but also that Hilda could do great backbends!

Hilda (left)



Memories of Lisa Hallworth

My first encounter with Lisa was when we had to present a statement at the AGM. Both of us had applied to join the EX Committee of the MDIY. She wrote a beautiful statement, and everyone voted for her. The members chose well - she was a financial whizz and contributed so much to the MDIY.



Not long after that she fell ill. She came to classes at the MDIY all the way through the ups and downs of her illness. We asked Geeta for help, and she sent programmes over which really helped her condition.

Even though her illness was so serious we laughed a lot. She knew she was giving me 'brain ache' as she told me about a 'new development'.

She was the strongest person I have ever met, both mentally and physically. When she was first diagnosed, she was given three years to live. She defied the odds and made it 20 years! Long enough to see her boys grow up and take their exams.

Debbie Bartholomew

I got to know Lisa as I took over her as Treasurer at MDIY when she became ill and she was so supportive. She was a believer in justice and fair play which I think gave her that fighting spirit which saw her through her battle. She was a loving wife and mum who always had a smile and an anecdote to relay about her cancer and its treatment. A great sense of humour! In her darkest times it was her yoga and her friends at MDIY that supported and distracted her, knowing that she could attend her class, get help and advice whilst working away quietly to her own ability without fear of judgement. A lovely lady.

Kathryn Duffy

You should know that the brain is situated in the head, and mind exists in the entire fabric of man. The moment the brain receives a message, it will either immediately send a message of action based on memory, or it will pause to discriminate. BKS Iyengar

Sanskrit Wordsearch



Find the following words, forwards or backwards,
on the horizontal, vertical or diagonal!

ALOKA
APANA
ASA
AUM
BHAkti
BHOGA
BRAHMAN
CHAKRA
CHATURANGA

CITTAM
DYHANA
EKAGRATA
GOMUKHA
IDA
KLESA
MUKTI
PINCHA
PURAKA

RECHAKA
SAMADHI
SATTVA
SVADHYAYA
TRIKONA
UGRA
URDHVA
VIDYA
VIKALPA

Minutes of the MDIY Annual General Meeting

Held on Saturday 12th November 2022 at

Manchester and District Iyengar Yoga and online via Zoom

There were 29 members present. (8 online via Zoom and 19 were present in Maslen Hall)

Apologies - Verena Huber, Susie Savage, Kathryn Duffy, Michelle Pendergast,

Marion Kilburn, Jayne Wilson and Margaret Walker

Minutes of the 2021 AGM

The minutes from last year's AGM were printed in the 2022 Journal and were proposed by Debbie Bartholomew and seconded by Julie Brown.

Chairman's Address (Charlotte Everitt)

It's the biggest event in half a century - our 50th AGM, the real party time!

Thank you to everyone who came to our Golden Jubilee events this year, in particular our birthday party in June. A special thanks to those who planned it, down to the details like the bunting and tidying up the garden; all the way through to the planning of the concert, performing and compering. We had the ever-impressive, online-rehearsed yoga demonstration - but also a wide variety of other talents.

As we look back at where we've come from and forward to where we're going, a special thanks to Kim for her dedicated efforts to bring in members of our local community, which is at the core of our values. Hopefully, this a two-way benefit - we're able to help local groups like People First Tameside and MIND Tameside, Oldham and Glossop; plus they get to know about Iyengar yoga and spread the word! Thank you to all our volunteers who show such enthusiasm and support for MDIY, both within these walls and outside them.

You'll see from our finance and membership reports that our membership remains at a good level, and our class numbers are showing slow but positive signs of recovery after a muted year. We have more students each week than we did in 2021, and average class size is slightly larger than last year. There is still a way for us to go, and our members are key to that - if you know someone who would enjoy trying yoga, why not bring them along for a free taster Class? Our objective is to promote and encourage the practice of Iyengar yoga, so every person willing to give it a go gets us a bit closer to that goal. Some of those people go on to practice over a lifetime, make new friendships, and even train as teachers; by this time next year we may well have some new teacher's, good luck to all those hoping to enter an assessment in the next 12 months.

And we're keen to build both new and old friendships with more social events and fundraisers like the sponsored headstand, from our upcoming Christmas social to just grabbing a cuppa after class.

Susie has announced that she is looking to hand over as membership secretary, so if you're interested in getting to know all our members a bit better – please do have chat with her about what that role involves. Speaking of membership, I do need to explain that we will need to increase our membership fee from the next renewal, to allow us to cover the increased membership fee we pay for each of our members to Iyengar Yoga UK. Our membership fee for next year will therefore be £25 – which gets you not just membership of the national association, but also access to our classes and also ownership of all our assets, our members own our building, equipment and reserves.

Bearing in mind that you literally own MDIY – key to our future plans is your feedback. We have our post-event feedback surveys but you don't need to wait to be asked - tell us what you think!

Finally, a big thanks to all our teachers' and volunteers, especially the Classes and Events group, and our Executive Committee, for their energy and activity throughout the year.

Secretary's Report (Tracey Ashton)

One of our teachers at the MDIY, Joan Abrams, wrote an article for the latest IY (UK) magazine about the MDIY and I begin with a quote from this article. "Fifty years of Manchester and District Iyengar Yoga (MDIY) began with an inaugural meeting in 1971 and the formation of the institute in 1972. But there is a story before that. Here in Manchester, three women met, made friends, pursued yoga, found Mr Iyengar – by chance – invited him up to Manchester, and classes began." In 1993 the building was found and the rest as they say is history! So this year the MDIY celebrates its 50th year in existence.

A group of MDIY members were formed and they were in charge of the Jubilee Celebrations. They worked hard to organise a spectacular year with well-known teachers being invited to teach during our anniversary year.

The centenary year started with a fantastic workshop by our very own Julie Brown. The workshop was held online and in-person. Offering classes and workshops in different formats are allowing more students to access classes and indeed we have a member in Japan!

Some of our favourite teachers such as Judi, Tig and Sheila Haswell all returned during the first part of the year and offered us wonderful teaching and helped us to celebrate our special birthday in style.

Then, on a warm sunny weekend in June we held our Jubilee Weekend. The weekend began with classes taught by Jawahar. Over 100 people joined us at our celebration on Saturday. Marion Kilburn led a team in organising an evening extravaganza, aptly entitled

‘Yogis got Talent!’ There were delights galore with live dance, music, delicious food from our caterers (Lily’s) and of course a beautiful demonstration organised by Julie Brown. The demonstration offered post COVID challenges as the team rarely met as a whole group. Julie however managed to co-ordinate the participants through several emails and the wonders of modern technology! The weekend ended with a very special class taught by Abhijata Iyengar.

A huge thank you has to go to all the people who volunteered their time so generously and who worked tirelessly to make this event so special.

As the year rolled on Penny Chaplin and Jayne Orton also came in person to teach at the centre and both offered us dynamic and varied programmes.

Now, as the year draws to a close we are excited to welcome Tricia Booth today and Margaret Austin next month. In another first for the MDIY, our famous Summer school, hosted by our very own Debbie Bartholomew, will become a winter school. It will certainly warm us during the colder weather.

I would also like to take this opportunity to thank Susie Savage. Susie is stepping down from her role as Membership Secretary. We would like to thank them for their hard work and giving their time so kindly to support the MDIY.

So, what does the future hold for the MDIY? COVID-19 is undoubtedly still having an impact on society as a whole, with many sectors facing a future that is markedly different to life prior to the pandemic. As we work through the ‘roadmap to recovery’, we continue to place an emphasis on a collaborative, community-based approach where we share the benefits of Iyengar Yoga. This approach is what makes the MDIY so special.

50 years ago three women met, made friends and pursued yoga. These people with great passion for Iyengar yoga made impossible things happen. Who knows what the next 50 years will hold for the MDIY but I am sure that it will continue to be remarkable journey.

Treasurer’s Report (Kathryn Duffy) Read by Charlotte Everitt

Subscriptions have seen a slight increase, from 384 to 428; this is potentially as a result of the increased timetable offerings.

Net income from events has also seen a slight increase compared to 2021;

Year	2022	2021	2020	2019
Income	16,518	30,355	30,606	50,625
Cost	(11,021)	(25,308)	(26,096)	(37,593)
Profit	5,497	5,047	4,510	13,032

Net income from classes has seen an increase. Almost returning to pre-pandemic figures. Online and hybrid classes continue to be well attended.

Year	2022	2021	2020	2019
Income	63,543	48,116	66,334	95,275
Cost	(45,782)	(32,962)	(48,996)	(65,844)
Profit	17,761	15,154	17,338	29,431

Merchandise sales were c£4.8k, of which c£3.4k was generated by selling the 50th birthday Jubilee specific products.

Rental income from the IY (UK) is lower due to only one face to face assessments taking place in the year. £600 of this rental income is annual and relates to the archive storage.

Donations income includes fees payable to teachers for the delivery of events/classes which they have kindly donated back to the MDIY.

The grant income last year related to a receipt from the Tameside Borough Council, this was following a successful grant application due to the pandemic situation and has not been available this year.

Administration costs have increased slightly this year. The main areas of increased spend are cleaning, management costs, advertising and bank charges. It is worth noting that costs for 2021 were unusually low due to half the year being affected by the impact of lockdown. Property costs show a significant increase c£5.5k, returning to costs in line with pre-pandemic. This is to be expected as the building has now fully re-opened.

Although the results for the year show a small deficit, the MDIY is in a healthy financial position.

The balance sheet is showing a healthy asset position of £351,482, very little change to last year, including £50k held at the bank.

Membership Secretary's Report (Susie Savage) Read by Clare Tunstall

We currently have 536 members.

Membership makes you a part of our community both locally and nationally. You become part of this wonderful building and you support all we do here. Members can access huge discounts on classes taught by our highly experienced teachers. Teachers who have undertaken years of rigorous training and assessments. We strive to keep our classes and events affordable so everyone in our community can access classes and events. Members can access a bursary, all our facilities and we continue to communicate all we do with members in a variety of ways. So please look out for our regular newsletters, our annual journal, our posters, and social media interactions. And please join in with our activities. We always need more membership involvement with our committees, journal,

garden, website and much, much more. Perhaps you have a speciality which could help us. Please join in. Thank you for your continued support.

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>Seconder</u>
Charlotte Everitt (Chairman)	Kim Skinner	Andrea Bennett
Tracey Ashton (Secretary)	Jayne Wilson	Valerie Judge
Kathryn Duffy (Treasurer)	Verena Huber	Susan Halliwell

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>Seconder</u>
Verena Huber	Tracey Ashton	Clare Tunstall
Susan Halliwell	Janice Yates	Kathryn Duffy

Liz Pickford stands for election for one of the vacancies on the Executive Committee.

	<u>Proposer</u>	<u>Seconder</u>
Liz Pickford	Joan Abrams	Marian Penney

The members were unanimously elected.

Any other Business

Julie Brown expressed her thanks to the members of the Committee for all their hard work and enthusiasm. Joan Abrams also thanked the Committee for lifting everyone's spirits with the events organised this year for the Jubilee celebrations.

There was no other business and the meeting closed at 10:20am.

MANCHESTER & DISTRICT IYENGAR YOGA
Income and Expenditure Account for the year ended 31 July 2022

	2021		2022
£		<u>INCOME</u>	£
	7,033	Subscriptions	8,560
	5,047	Net proceeds from events	5,497
	15,154	Net proceeds from classes	17,761
	1,005	Rental income	960
	110	Net sale of publications and goods	124
	2,747	Donations	453
	11,100	Grants	-
	<u>42,196</u>		<u>33,355</u>
	5	Bank interest	129
	<u>42,201</u>		<u>33,484</u>
		<u>LESS EXPENDITURE</u>	
	14,226	Administration expenses	15,011
	9,624	Property running cost	15,222
	880	Donations	-
	700	Purchase of yoga equipment	25
	6,224	IYA Subscription	5,029
	<u>31,654</u>		<u>35,287</u>
	(177)	Corporation tax	-
	318	PayPal fees (on memberships only)	378
	<u>31,795</u>		<u>35,665</u>
	<u>10,406</u>	(Deficit)/surplus for the year	<u>(2,181)</u>

Balance Sheet as at 31 July 2022

	<u>GENERAL FUND</u>		
	10,157	Balance brought forward at 1st August	10,563
	<u>10,406</u>	(Deficit)/surplus for the year	<u>(2,181)</u>
	20,563		8,382
	10,000	Less Transfer to Building Fund	-
	<u>10,563</u>		<u>8,382</u>
		<u>BUILDING FUND</u>	
	333,100	Balance brought forward at 1st August	343,100
	<u>10,000</u>	Transfer from General Fund	-
	<u>343,100</u>		<u>343,100</u>
	<u>(1,113)</u>	Creditors	-
	<u>352,550</u>		<u>351,482</u>
		<u>Represented by:</u>	
	55,690	Bank Accounts	50,064
	1,940	Stock of goods held for resale	3,207
	294,920	Property at 134 King Street and Cottage at cost	298,211
	<u>352,550</u>		<u>351,482</u>

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

Mrs Kathryn Duffy
Hon. Treasurer

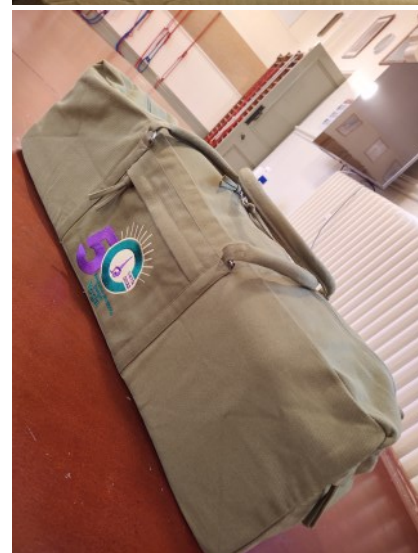
M. A. Pendergast (FCCA) Chartered Certified Accountant
6th November 2022

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@mdiy.org.uk or 0161 339 0748

	£
Equipment	
Belts	6.00
Blocks – blue EVA	6.00
Bricks – cork	10.00
Bricks – blue EVA	6.00
Blankets – cotton	20.00
Mats – 4 mm sticky in burgundy, green, black, and purple	15.00
Posture Sheets	0.50
50th Birthday Yoga Kit Bag – limited edition	20.00
Books and DVDs	
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
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
A Quest for Clarity – John Claxton	20.00
Elements of the subtle body – John Claxton	10.00
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



Upcoming Events

7th May – Peer Group Mentoring

All Teachers workshop level 1,2&3 with Julie Brown in person and online – May 2023 –
13/05/2023 – 10:00 am – 1:00 pm

4th June – Peer Group Mentoring

All Teachers workshop level 1,2&3 with Jill Johnson in person – June 2023 –
10/06/2023 – 10:00 am – 1:00 pm

23rd – 25th Garth McLean live

1st July – Student only workshop with Debbie Wilkinson

2nd July Peer Mentoring

11th – 13th August – Summer School with Devki Desai live

3rd September – Peer Mentoring

9th September AED First Aid Course (half day)

9th September 10am Saturday Morning Yoga for students with Nicky Wright

16th September – All Teachers Workshop Level 4 with Julie Brown

22nd & 23rd September – Sheila Haswell live

All Teachers Workshops Level 1 & 2 with Marion Kilburn – September 2023 –
30/09/2023 – 10:00 am – 1:00 pm

1st October – Peer Mentoring

All Teachers workshop level 1,2&3 with Jill Johnson in person – October 2023 –
07/10/2023 – 10:00 am – 1:00 pm

13th & 14th October – Jayne Orton live

All Teachers Workshops Level 1 & 2 with Marion Kilburn – October 2023 –
21/10/2023 – 10:00 am – 1:00 pm

4th November – Student only workshop with Julie Howarth

5th November – Peer Mentoring

11th November – AGM and workshop with Tricia Booth

All Teachers workshop level 1,2&3 with Jill Johnson in person – November 2023 –
18/11/2023 – 10:00 am – 1:00 pm

All Teachers Workshops Level 1 & 2 with Marion Kilburn – November 2023 –
25/11/2023 – 10:00 am – 1:00 pm

1st – 3rd December – Winter School with Debbie Bartholomew

3rd December – Peer Mentoring

10th December – Save the Date for celebrations.