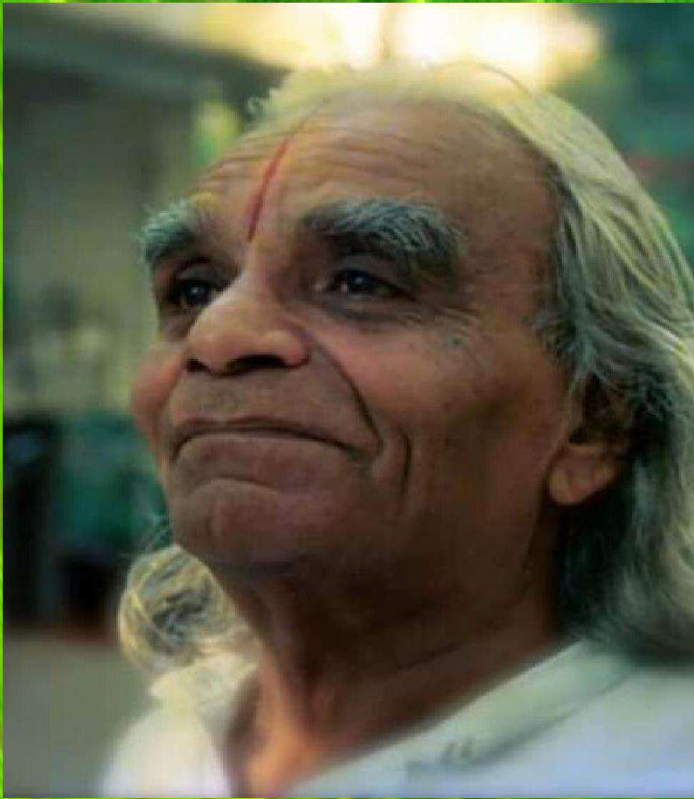


Manchester and District
Iyengar
Yogga



MAGAZINE 2020

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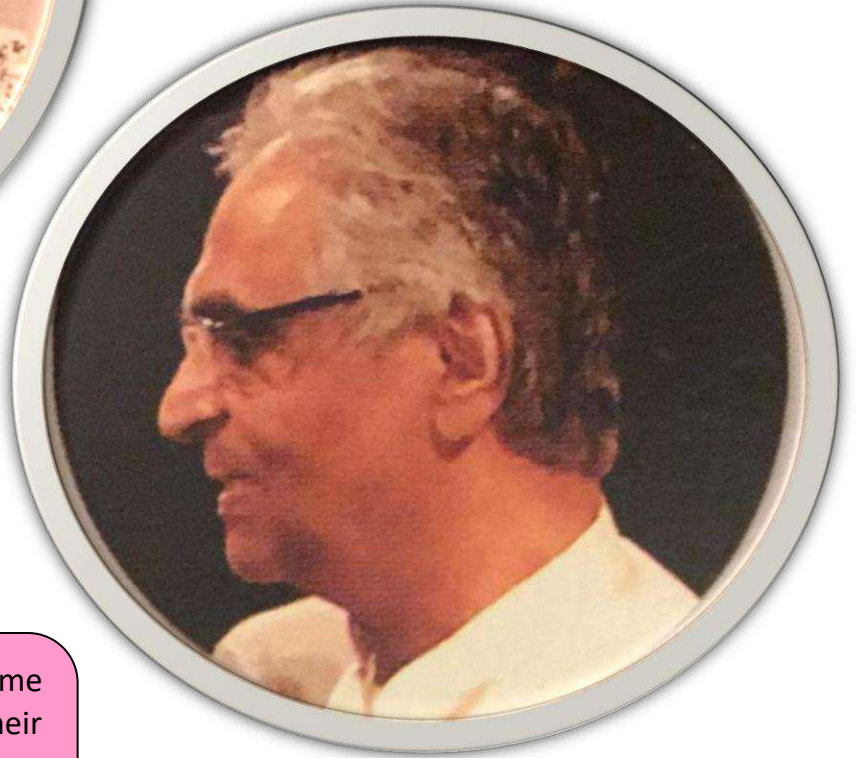
Tracey Ashton, Susan Halliwell, Verena Huber, Jayne Wilson, Kathryn Duffy, Charlotte Everitt, Janice Yates.

Photo by Clare Tunstall. (Sacha Cash, Nicky Wright and Margaret Ellison not in photo).





We are one.
There is no question of loving or not
loving one country over the other.
But we should not be enemies.



If you don't study yourself then you become
a study material for somebody else and their
impressions matter to you.
If you have studied yourself then the
imprints and impressions of others do not
matter to you.

Geeta and Prashant Iyengar are Honorary Presidents of the MDIY

CHAIR'S REMARKS – Charlotte Everitt

Looking at our fantastic journal for another year, it's a big thank you to all our contributors and especially to our editors. The aspect of MDIY that I particularly admire is the willingness of our members to get involved. Life today means that typically our time is worth more than our money. It seems easier to donate our money to organisations rather than our time, so when our members get involved in so many ways it is a great reflection of how much we all value our community. **Thank you!**

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Welcome to our new MDIY Journal. This year we have an opportunity to pay a full tribute to Jeanne Maslen who, sadly, died in March last year.

So much of what we now enjoy at the Centre is because of our founding members, and Jeanne was a leading figure. Up and down the country senior teachers have generously written about how Jeanne helped them.

Last year's leading article was on how Geetaji had been inspired by her father, BKS Iyengar; this year's is Guruji writing about his daughter, Geetaji. and on 'Yoga: A Gem for Women'. Other interesting articles include a lovely report by Kim on the Pranayama Convention and help for an understanding of chronic fatigue by Joan.

Children's yoga features strongly with Debbie and Cassie's month in Pune and lively drawings from members of the Saturday children's class.

Thanks to John Aplin for his tribute to the late Carole Lawrence, and to Nicky Wright for writing about her friend Jo Smith.

Many thanks to all who have contributed to this magazine - we hope you also like the new style cover! Contributions are welcome at any time. **Lynda Ogle and Joan Abrams**

Thanks to Susie Murray for her proof reading, and to our contributors – Joan Abrams, John Aplin, Sheila Haswell, Jayne Orton, Elaine Pidgeon, Marion Rubins, Kim Skinner, Moira Speechley, Judi Sweeting, Debby and Cissy Wilkinson, Nicky Wright.

GURUJI on GEETAJI and on 'YOGA: A GEM FOR WOMEN'

I was in two minds when both the publisher and the author insisted that only I should write the foreword to this book. The author, Ms Geeta S Iyengar, is first my daughter, and secondly my pupil. Her filial piety naturally persuaded her to seek the blessings of her parent and even more of her preceptor. Then, the director of the publishing company is my friend as well as my pupil. I could not but accept and write the foreword so as not to sunder the bond between us.

Though I am filled with joy that my daughter has made a maiden attempt to write the disciplines and practices of Yoga for the benefit of her sisters, I have to assess her work in its true perspective, lest what I say may be misconstrued as an explanation of my daughter's work rather than a dispassionate review and appraisal of its merits. No doubt Yoga is my very breath. My life and my very Being are soaked in its art, science and philosophy.

Although Geeta observed my practices and my teaching of Yoga, she showed no inclination or desire to make a beginning. Her interest arose when she was struck with nephritis. Her ailment became almost fatal; medical treatment produced no signs of progress. As a hapless parent, I could see no way to pay for the inexhaustible list of medicines with my meagre finances. Then I placed a choice before her: either to embrace yoga, the only panacea for her, or to live until her disease took its toll. Though young in age – barely ten years – she understood my ultimatum and made up her mind to take to Yoga. She gained confidence in herself and dedicated her life to the practice of yoga. Since then she has undergone rigorous training and has mastered this difficult art. A devoted student, she diligently practised day and night with attention and has been teaching others since 1961. This book is the outcome of her training and experience.

Yoga has a unique place in the search for Self-realisation and through it, God-realisation. Our body is a repository of the faculties of the mind, the intelligence and the soul. In order to extricate the body from the tangle of diseases, the emotional disturbances of the mind and the ruffled intellect need to be transformed to the level of the perfect consciousness devoid of prejudices and dualities. Then only the body and the practitioner become a worthy abode for that pure consciousness to dwell in. This is the aim of the book. Having mastered the subtle techniques of this art, Geeta has presented it, highlighting the role of yoga in a woman's life and giving a variety of asanas with those physical and curative values, pranayama with its bandhas and Dhyana – meditation. Their practice will enable the aspirants to lead a peaceful and contented life. Very few women have obtained proficiency



in yoga. Geeta occupies a unique space and is recognised for her knowledge of the art and for her skilled performance. She is a source of inspiration for others to emulate.

Her contributions in yoga for girls and women lies in the lucid explanations of the terse movements in a lucid style. The asanas involving subtle movements and pranayama regularising the flow of energy, act rhythmically on the anatomical, physiological and spiritual functions of the human body. She is able to guide students from her knowledge of Ayurveda blended with her knowledge of yoga.

She has given practical steps for advancing from a purely physical plane to a higher level of consciousness. Even from a material standpoint the book aims TO HELP WOMEN WHO ARE UNDER PHYSICAL AND MENTAL PRESSURE AND WORKING FOR THEIR LIVING. They may be busy housewives or mothers who have to look after their home when they return from their office or factory. In this age of economic pressures and rapid social and cultural changes, women have to play a very difficult and arduous role. Exposure to the constant stresses and strains of modern life jeopardises their health and mental peace; this play a decisive role in determining the quality of their children, as the role of the mother is so important. This peace and health can be achieved without the aid of drugs and tonics but through yoga. It is the answer to health, calmness of nerves and alertness of mind and ultimately of spiritual repose. The author has divided the asanas into various sections dealing with simple standing positions, forward bends, lateral movements, backward extension of the spine, correct breathing techniques during the performance of the asanas and giving the effects of the asanas on the body, nerves and the mind. This guides the read step by step in the practice of yoga. Almost all the illustrations in the book are her own.

The author has explained how yoga can be practised in the absence of a teacher. In the section on Yoga Kurunta, she has explained with illustrations the various techniques for correct practice in order to help women who cannot attend classes. The devices are very simple: a rope, the support of a wall and a low-level stool or bench.

It is also interesting to see that she had introduced about twenty illustrations of her sister Vanita Sridharan. They were taken during advanced pregnancy in order to instil confidence among women to practise yoga even while pregnant. She has also included illustrations of a few complicated asanas to show that women can do them without suffering any adverse effects.

The general notion is that yoga is not intended for women. It is fallacious and it underrates the moral, intellectual and spiritual legacies to which women are entitled as much as men. The author has shown that yoga can be taken up by women, in the manner in which other subjects, such as Law, History, Philosophy, Science, Engineering, Medicine, etc. are offered by Universities. Multitudes of women are seen nowadays who equal and excel men in every faculty. More women can now come forward and strive to attain new heights to enrich yoga, which is one of our ancient heritage.

I shall feel amply rewarded if this book is well received by all and particularly by women for whom it is written.

B K S IYENGAR

(This foreword was written by Guruji for 'Yoga a Gem for Women' in 1983.)

WORDS OF WISDOM FROM GEETAJI

Knowledge has a beginning but no end.

Yoga is the study of the functioning of the body, the mind and the intellect in the process of attaining freedom.

When this body has been so magnificently and artistically created by God, it is only fitting that we should maintain it in good health and harmony by the most excellent and artistic science of Yoga.

If you don't want the experience of stress, turmoil, then don't get involved with it. Turn the senses inwards. Control what you can control.

If the mind is wandering while practising, then one is not fully present, and there can be no union.

In an **asana**, the mind has to reach inside the body to find a quiet space until a point comes where perfect balance is felt.

It is part of **tapas** (discipline) to achieve the depth of **asana-s** and to feel the vitality and transformation that it brings along with it.

Doing **asana-s** is not intellectual work, it is about witnessing.

Asana-s are involution with the eyes open. **Pranayama** is involution with the eyes closed.

If the body is stiff that is understandable. But if the mind is also stiff then you can't get anywhere. The mind has to become flexible.

Whenever we find stiffness in the body, our mind should be especially supple. It is never the stiffness in our bodies that limits our practice, it is always the stiffness of our mind.

Any challenging **asana** should be done with the proper preparation, so that there is no risk of injury or distortion. This is our duty when we practise and when we teach.

It is important to have honesty and integrity in your practice. It is not good masking a difficulty and carrying on regardless. If you have a problem, you need to investigate the cause and sort it out.

Yoga is not about being in a race with other people. It is up to facing yourself.

Everyone is interested in upgrading. It is easier to upgrade the exterior than the interior.
Yoga is about upgrading the interior.

Involvement, interpenetration and insight are the required qualities for the practitioner.

A disciple is one who applies discipline.

Doing what you fancy is not good. You must explore what needs to be done and do it. This requires discipline.

We live our lives as though we are going to be here forever. We must learn to let go. You should not even hold on to your achievements. You did something – it has benefitted someone else. That is all.



Let go!

With thanks to Yoga Rahasya Vol 26/1 2019

DID YOU KNOW? You can sit in our peaceful garden whenever you are visiting us? We have a gardening group which you can join and volunteer for.

DID YOU KNOW? 2255 people follow us on Twitter@mdiy. And 1523 follow us on Instagram@iyengaryogamanchester.

PRANAYAMA CONVENTION May 2019 with Navaz Kamdin at the Orchard Hotel in Nottingham

Standing amidst majestic old trees the hotel was light and spacious, well chosen for the first ever convention organised in the UK for the study of pranayama. We wore T shirts with BKS Iyengar's words: 'As leaves move in the wind, the mind moves with the breath.'

The organisers thought that a national convention on Pranayama would not sell as well as previous conventions but they soon went and all places were sold. The e groundwork had been done - even special IYA flip flops purchased for wearing on visits to the WC.

How wonderful it felt now to look forward to the weekend with Navaz who had studied with



BKS Iyengar and worked closely with Geeta since the 1960s. Her depth of knowledge and experience was apparent at all times.

'My bosses are up there watching me' she said, with a laugh, as she insisted on precision in placing both the body and the props and that blankets were not to be used like duvets, 'you are not here to sleep'. Her teaching was authoritative but definitely coming from a very warm heart. She often began her instructions with the words 'my friends' which served to both call for our

attention and establish a sense of being with a friendly guide.

We started with asana – because 'the body is foolish' - and worked on moving the dorsal in. We then lay over a vertical bolster and progressed through the three expansions of the trunk, vertical, horizontal and circumferential. This was a process which continued throughout the three sessions on Saturday. We were to be a 'witness' to the breath and to practise with gratitude for 'this breath which comes to us from an unknown energy source'.

I wrote in my notes in capital letters 'UJJAYI MUST BE PRACTISED FOR YEARS AND YEARS'.

This seemed to me to be very significant coming from someone like Navaz who has worked for decades alongside the Iyengar family. Perhaps I found it so because it accorded with my

experience. I always want to go back to Ujjayi

because it seems there is so much depth there

to be explored. 'Teachers cannot see within'

and so we were to be vigilant in our work.

Instructions were often memorable because of

metaphors from everyday life such as 'the

head/brain is not a football, do not inflate it',

this related to the in-breath. Whereas the

exhalation 'can reach everywhere'. We ended

day one with seated Ujjayi. Day two began

again with asana to move the dorsal in and we then worked on Maha mudra and Sanmukhi

Mudra and the importance of the Bandhas for more advanced work was pointed out. If you

are thinking of going to the Convention this year to study with Jawahar Bhangera, I hope this

will encourage you to attend. Jawahar is another of BKS Iyengar's longstanding students; he

too is a very compassionate but authoritative teacher.



Kim Skinner

OUR MDIY TEACHERS – come from a variety of backgrounds and routes to yoga. Here are a few of their stories:

Lynda Ogle – born in Llandudno. Studied ballet at Arts Educational Trust, London. Three years professional dancer. Married John and first taste of Iyengar Yoga in Christchurch, NZ. Moved to Manchester in 1977, qualified to teach in 1981. Now live in Shrewsbury and teach yoga with Liz Knowles.



Jacky Taylor – Iyengar yoga is a huge part of my life and teaching the Monday evening beginners' in Maslen Hall is one of the highlights of my week. I've always been interested in sports, from being on my school netball team to captain of my university squash team. After supporting my husband in triathlon activities for many years, I finally decided to give it a go and I can now call myself a triathlete, having taken part in a number of sprint distance triathlon races.



John Aplin – I'm a lover of the great outdoors and like nothing better than being in the mountains with my two grown-up sons, on a mountain bike, or in our garden on the slopes of the Brecon Beacons. I like music, especially improvised forms.



Kim Skinner – Born in Dover, did a degree in French and then lived in France for 2 years. Worked in community work, Women's Aid, Youth Justice and Public Health. I love being outdoors, walking with our dog or working in the garden.



Alison Wright – when not on my mat I can be found stomping around the Saddleworth Moors with my rescue greyhound. I love to cook and eat tasty wholefood dishes for friends and family – my latest project is building some raised veg beds – so any tips gratefully received.



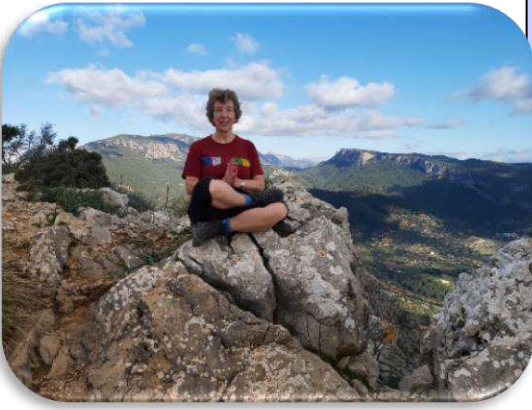
Susie Savage - Apart from an overwhelming passion for yoga, other interests make me, Me, one of which includes dance. A weekend can be taken up with 1940s style events, with a mix of genres -Jitterbug/Lindyhop/Charleston/ Jive/Stroll. I also enjoy country and circle dancing and can also immerse myself in dressmaking, I join early morning swims at the local baths, walk the hills and moors, love camping and yoga holidays, and family get-togethers. I enjoy using my camera (and passed an A level in the subject a few years ago).



Lynne Clough – Born, lived and worked in and around Greater Manchester area. Previously worked 30 years in NHS as nurse and manager before leaving to teach Yoga.

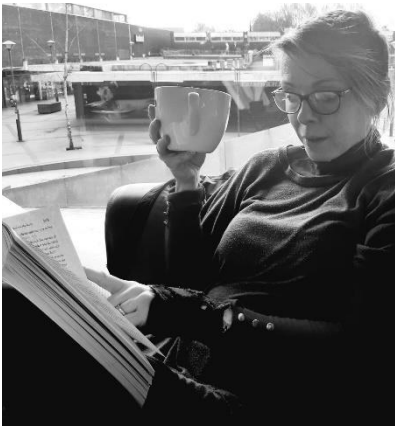
Clare Tunstall - I grow my own veg and have a huge allotment, I try and be as self-sufficient as possible, making my own compost for each years seeds. I have yoga space on my allotment and weather permitting I am really inspired about practising outdoors. I love bird and otter watching and disappear to Scotland whenever I can.





Julie Royle – started yoga as a student in York. Found Iyengar yoga when moved to work in the NHS in Manchester. Inspired by Jeanne Maslen’s Tuesday night classes. Recently taken early retirement from Paediatrics and now I am able to do some local conservation work. Enjoy the great outdoors whether it be walking, cycling or a spot of birdwatching, especially if a puffin is in sight!

Joan Abrams – born in London, secretary for a while, then went abroad volunteering. Studied English in London, came up to Broadbottom and taught in colleges. Teacher training with Jeanne Maslen and qualified in 1977. Managed a wholefood veggie restaurant in Glossop, then back to teaching, retirement and now enjoy teaching mainly recuperative yoga.



When she’s not in her preferred habitat of MDIY **Rachel Preston** is a naturally laid-back creature. Hibernating with a brew and a paperback is her idea of heaven and the ideal antidote to a busy day job of secondary school English teaching. She’s been doing yoga since 2000 and loves teaching beginners’ classes.

Julie Brown – with her two UK mentors, Jeanne Maslen and Josette Ridley, under close supervision from Mr. Iyengar (Jeanne L, Julie and Josette R).



MEMORIES OF JEANNE MASLEN

To honour the memory of our own Advanced teacher, Jeanne Maslen, who died last year, we asked senior teachers from different areas of the UK for their memories of Jeanne and in the development of Iyengar Yoga in the UK and wider afield.

Elaine Pidgeon, Scotland

It is difficult to write about Jeanne's influence in Scotland, strangely enough because it was so much more than just important. She was one of the chief pillars of our practice here. First she visited often and taught here frequently, especially after our own senior teachers moved. Another senior teacher says she remembers Jeanne's amazing yoga legs in the Pune pants she always wore for teaching, despite chilly Scottish weather. No-one outside of Pune could show the asanas so well. She brought Guruji's teaching alive by showing us her own beautiful practice as well as faithfully passing on his instructions.

I can't remember when I first met Jeanne but she helped our teacher, Bob Welham, set up the Introductory Assessment I took in Edinburgh with trainees from Edinburgh, Glasgow and Dundee in 1980. I remember her warm and steady presence, wise advice and encouragement. Later I realised that Jeanne was one of the principal architects, following Guruji's instructions, of our whole assessment system.

Much later she asked me and a Glasgow teacher, Tom Yeudall, to join the first group of teachers to be assessed in the UK for Intermediate Senior certificates. She gave a series of classes covering the syllabus for each level in her famous 12.00 pm teachers' class in Manchester. I went as often as I could and I still have the typed notes she gave us with the odd bits of information added and always signed "lots of love" in her neat handwriting. Tom dropped out due to a back injury, but eight of us



Jeanne, Pat Tuersley, Guruji, Elaine

completed the course: people you all know who have added much to our Yoga community and still do. Jeanne always kept places for us outliers when she took groups to Pune intensives. Most of us stayed in rooms organised by Jeanne at the Ajit Hotel in Deccan

Gymkhana. It was a basic Indian hotel, not luxurious, but the cockroaches were kept at bay by mothballs and the owners would do anything for Jeanne. She kept an eye on our welfare.



A friend remembers receiving such a strong correction from Geetaji that in the end she fell over. Later when Jeanne went past she lightly touched her and whispered 'Are you OK?'

Jeanne's garden: Elaine front R. Jody Higgs on John's trestler

Jeanne was generous. When Guruji came to Manchester she opened her house to students with health problems. I have photographs of Guruji at the back of Jeanne's house helping Jodi Higgs on the trestler (made by John). Jeanne invited a group of us from Scotland to your Silver Jubilee celebrations when Guruji was the guest of honour. The young men who accompanied him then are now our most esteemed Indian teachers. She encouraged people like me to get involved in the business of the Teachers' Association and, for my sins, I did.

Jeanne stayed with me several times, once when my aged cat died and another time when my teenage son and his friends were up to no good (smoking). Jeanne gave sympathy and just laughed, in that order. We grew up in the same place and went to the same school — she must have left the year I started. But always at the centre of everything Jeanne did was the practice of Yoga as taught by Yogacharya BKS Iyengar. The last time she was in Scotland she came to teach, not just the seniors, but all of us who wanted to learn. That was Jeanne - a great teacher, a warm and generous person who spread Guruji's work without looking for a reward other than our learning.

Elaine Pidgeon

Judi Sweeting – the Cotswolds.

I don't remember exactly when I first met Jeanne Maslen. My original Iyengar teacher was Kofi Busia and he often spoke of her.

I remember Jeanne was famous for 'the legs'! We saw this statuesque woman with great posture and beautiful long tanned and yoga-toned legs.

Gradually, after becoming an Iyengar teacher I attended workshops and classes with Jeanne. I failed the last of the intermediate assessments (all levels in one go) at Maida Vale, Jeanne was the moderator and I realised this was the person who I wanted to be taught by. I decided to travel to Birmingham monthly where Jeanne was teaching workshops. I did this for three years to repeat all the levels. Then off up to Manchester for another 5 years for all the senior levels. The MDIY became a second home!

Jeanne was pivotal to my Iyengar yoga life. I made many trips to Pune to 'the source' - always very proud and relieved to be a student of Jeanne and safe in the knowledge I had

been taught Guruji's work with full understanding. I have been in Pune with Jeanne and Guruji often used her to demonstrate an asana which involved being held in the pose for some time, moulded by his adjustments and snappy instructions!

Elaine Pidgeon, Judi Sweeting, Jeanne, Govinda Gardens



I was so proud of her - she was calm and at one with her Guru.

For a time Tig and I were lucky enough to have Jeanne (and sometimes John) to stay with us at The Cotswold Iyengar Yoga Centre. Jeanne was teaching and encouraging a group of us to work on the Advanced syllabus which we absolutely loved.

I sincerely believe that I have been 'mentored' by the best. I miss Jeanne. In and out of class she shared her memories of many years practising, teaching and travelling for Iyengar Yoga - it was special. Jeanne had a lovely sense of humour and was a generous warm woman - I will always be grateful I had the good fortune to meet her.

Jeanne told me I must introduce my daughter Lucy to Guruji. She was a newly qualified teacher, so with quaking legs we paid our respects. To my surprise Guruji looked her over and just said 'Ahh yes.' I think he saw another generation ready to carry on the great subject of Iyengar Yoga.

I have to add that when talking about Jeanne I also think of dear Lilian Biggs - they were a wonderful pair.

Judi Sweeting

Sheila Haswell - Buckinghamshire



I was wondering how long I have known Jeanne. She was in my life before ever I met her as she was my mum's [Lilian Biggs] friend and teacher. I had heard much of Jeanne before we became teacher and student, and then friends. Lilian and Jeanne shared a lot about their trips to Pune from the 70's and 80's. Jeanne was my moderator when I took my first assessment in 1980 in London - probably when we actually met for the first time. She was also the moderator for all my Junior assessments in 1989, 1990 & 1991. I remember clearly sitting in front of her for the feedback after each assessment.

I got to know Jeanne better when we were preparing for the huge Euro-Yoga

Jeanne's husband, John, Jeanne, Sheila Haswell and Lilian Biggs in India

Convention in Crystal Palace, London in 1993, and then I travelled to Pune with Jeanne's Manchester group in 1994. From that time Jeanne has been behind me urging me forward on my yoga journey. I have always said my mum was my teacher: I then had two teachers in mum and Jeanne :-). Together they were quite a force. They travelled together, taught workshops together as well as being their own individual teachers in their respective areas, east and west of the Pennines. It was Jeanne who encouraged me to become an Assessor, then a Teacher Trainer, and to work for my Senior level Assessment. Mum was my teacher, and she encouraged me but sometimes you take the nudge from another. Together they watched over my progress.

Jeanne said to our whole Senior training group after the Senior 3 Assessments in 2000 – 'now you are seniors you have to take on a job'. The job she assigned to me was to take over from her in the running of the UK assessments (Introductory Level). I was surprised how much work there was, but I realised just how much Jeanne had been doing for the BKSiyTA (as IY(UK) was then known). After this, we worked and travelled together a lot - to Pune - of course! There were a lot of laughs when she was with my mum. They worked hard, laughed a lot and gave much back to the yoga community. I have benefitted so much from her directions over all the years. I miss Jeanne but I am so very glad she was in my life. I owe her a lot and I believe that Iyengar Yoga in the UK, and in northern Europe, has benefitted from all that Jeanne shared. She was generous, fair, hard-working and honest. All good yoga qualities.

Sheila Haswell

Jayne Orton - Birmingham

As one of the first Iyengar students in Birmingham I can say our group were very keen on Gururji's method and we used to get together regularly to practise from



Gururji & Jeanne at Euro-Yoga 1993

Edgbaston) - and then those who were interested in training to teach (10 of us) had to teach in front of him. I remember I taught a very shaky Ardha Chandrasana on a platform with Gururji standing next to me!

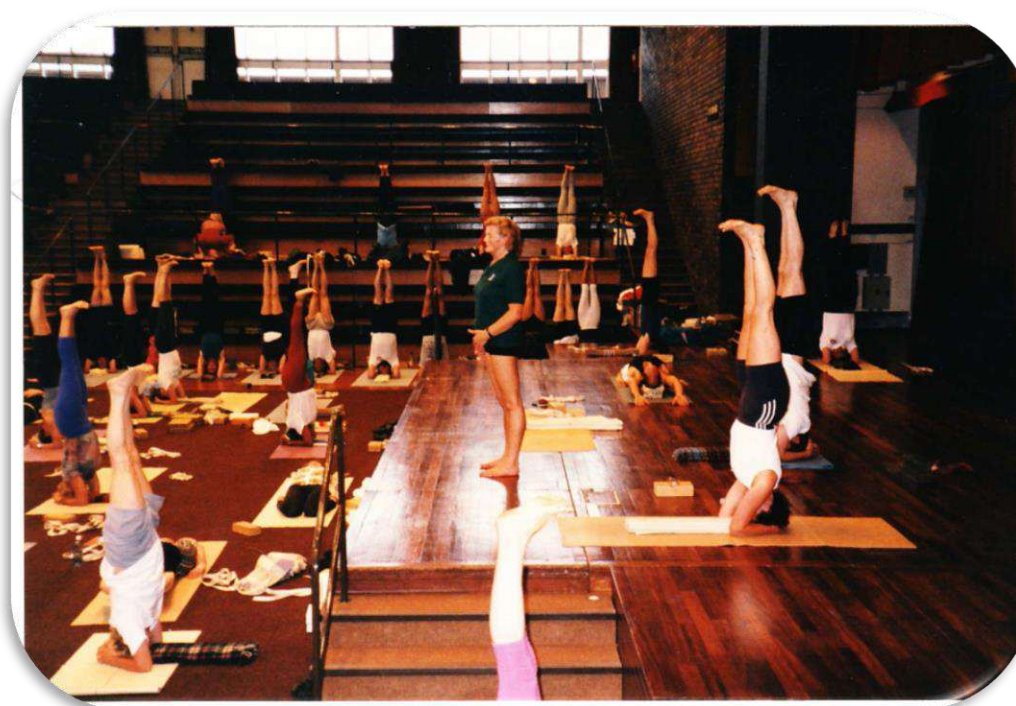
He actually was very kind to us and said we were 'OK' - but now we had to learn how to teach his method 'properly'. So, his plan was; he was going to send Jeanne

Light on Yoga and have a go at teaching each other. One of our group - Liz Keeble (who incidentally is 100 years young this June) arranged for BKS Iyengar to come to Birmingham in the very early eighties as part of his world tour. The plan was for him to teach a Master Class for all interested (several hundred people turned up at the Midlands Arts Centre in

Maslen to us from Manchester. We had no idea who this lady was, being in our Birmingham Iyengar cocoon - but of course after the first workshop/training with her we soon found out! Like many others I remember that first training day very clearly and I, like so many others, remember 'the legs' and the very best standing poses!

Jeanne came regularly to Birmingham for many years to train us for the Introductory assessment and Intermediate training. Jeanne became my 'Mentor' in the truest sense of the word. If ever we needed to know the meaning of the now infamous 'Mentor' word - Jeanne was the epitome of it! We in Birmingham are forever grateful to Manchester to lending us Jeanne Maslen!

Jayne Orton



And from John Aplin, once Jeanne's student, now a teacher:

I started classes with Jeanne in Withington on Tuesday evenings in the late 80s when football was my main sporting activity. Often I had some minor injury from the weekend and yoga helped me manage it so I could train again. So I didn't progress very fast until I stopped football, a move

Jeanne would never have directly suggested. Rather it came indirectly with the realisation that I would need healthy knees in future.

Sometime later Jeanne surprised me by asking if I had thought about teacher training. I had no intention of becoming a yoga teacher so I was reluctant, but thought it might help open up my hamstrings. How I remember her telling me severely not to grimace in Uttanasana! Gradually it came to me that I might be able to teach – something I suppose Jeanne must have seen long before I did. It's what we all need from our mentor!

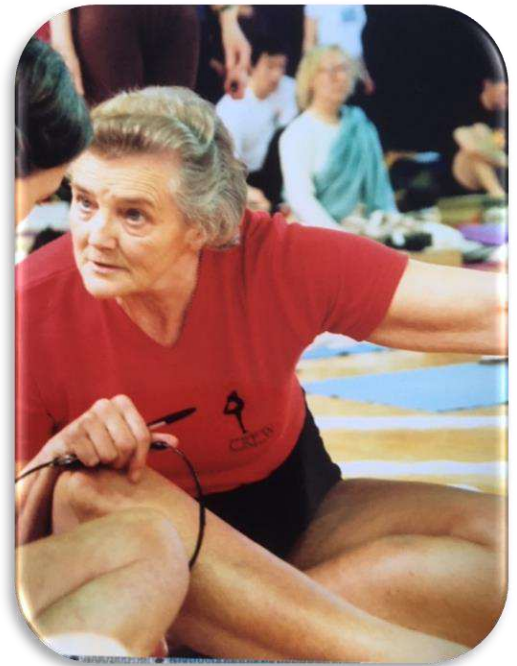
After her Tuesday classes moved to the MDIY I continued as a devoted student – all the way to the last. She would return from India and we'd be straight back to hard work on the basics. 'Don't worry about bandhas and kriyas! Spread the soles of your feet!'

In the mid 90s I had a serious fall, ended up with multiple fractures and a pneumothorax and had to lie on my back for 6 weeks. Soon after I came out of intensive care Jeanne came to visit in the hospital – with me connected to multiple tubes, bottles, syringes and wires. As soon as she sat down I said 'Jeanne, I am coming back to your class!' She was normally

imperturbable, not wont to display an emotion such as alarm, but I noticed a subtle change in her colour. She said that I must take the doctor's advice! She was on her way to Pune the next week, and for a list of my injuries and would ask Mr Iyengar for advice. Two weeks later a message arrived to the effect that as soon as I got out of hospital I should get photographs made of my trunk, arms, hands, back and stance. Mr Iyengar prepared a programme for me in the remedial class at MDIY. A few weeks after getting out of hospital I told her I had the permission of the orthopaedic specialist to join the class.

Embarrassed by my outburst in the hospital, and the responsibility she must have felt, I knew that in the class I must do exactly as Jeanne instructed. It all went remarkably well. In time I returned to her regular class and then, about 6 months after the fall, to teaching. I will be forever grateful for the truly fabulous support and help she provided, including the connection to Pune. She guided me through the three junior intermediate levels, and as far as I remember, in all those years she never missed a class, though once she lost her voice and we had to mirror her postures. There were occasional flashes of humour (and surprise on my part), as when she mentioned her previous life as a tearaway biker. She was an iconoclast – once on a train back from a convention she said 'yoga isn't for everyone'. I pinched myself – did Jeanne really say that? A great teacher and practitioner, she never ceased to challenge her students. Coasting through a class was not an option. She had a remarkable ability to make herself visible – when teaching she seemed to gain twice human height – but in other settings she would avoid attention. She rarely revealed her own struggles, but at the time of my injury she told me that she once travelled to Pune soon after an abdominal operation and actually started classes before realising she should tell Mr Iyengar, at which point she was transferred to the mentored.

John Aplin



DID YOU KNOW? That our three studios are named after three of our senior teachers who were instrumental in bringing Iyengar Yoga to Manchester – Maslen Hall, Booth Hall, and Reed Studio.

DID YOU KNOW? 27 permanent teachers teach 33 classes per week at our Centre.

CHRISTMAS PARTY 2019

As ever, our Xmas party was held on the Sunday nearest to Guruji's birthday (14TH December), and Christmas.

We come to celebrate our yoga life together, meet old and new friends, try our luck at the tombola, watch with awe the teachers' yoga demonstration (and the childrens') and then feast on Lily's of Ashton's delicious food.

Our teachers this year in the demo were:
Sarah Barber, Natasha Beech, Julie Brown,
Sacha Cash, Iona Hindley, Susie Savage, Debbie
Wilkinson.





TEACHER GOES TO PUNE (with 10 year-old daughter)

We heard that Debbie Wilkinson and her daughter, Cissy, went to India in summer 2019 and we wanted to know how it came about and how it went. Joan listened to the story....

Debbie has been to Pune twice, but to India 4 times. At first in her 20s back-packing, and then taking her older daughter for a break when she was 6. And with Cissy, twice, aged 8 (with husband in tow) and 10, with a short holiday before to settle her into India before Pune. This time, Debbie went alone, since there's not much for a partner to do in Pune. The first time with Cissy aged 8, they practised with her being at the back of the class, and it went fine. Cissy particularly loved joining in 'self-practice' [a 'free' period after taught classes when you practice for up to 3 hours on your own in the main hall of the Institute]. Cissy preferred that to the actual 'children's classes' on offer – she enjoyed being in the multi-national atmosphere.

I asked 'What is India really like? 'It is really busy and seems chaotic, but it's a different chaos than we're used to. Even walking down the street, they don't waste any space. Every car or motorbike fills a space. They don't leave gaps like we do. If you live there it's not chaotic. Little things like stepping out to cross the road, the drivers know to go round you, and it doesn't seem ordered – but if you're there it's a different order to the order we're comfortable with and its adapting to that change.

As for the smells and colours – when you're in India you're tempted to buy all the lovely colours. It's all so gorgeous and lovely, but when you bring that bright orange and pink and red back home you wonder where you could wear it amongst all the dark colours. The smells, the heat and dust. It's just different. Our dampness and rain here would be a different smell. I just find it different, not offensive. And that's what's exciting, the difference.



Cissy with Zerha in rope Sirsasana at the Institute, Pune

DID YOU KNOW? The MDIY own the cottage next door which members can book for £50 per night. Handy if you are coming for a workshop.

When I first qualified and other people I'd qualified with were going to India, I was going to Jeanne Maslen and Lilian Biggs as teachers, and I thought with the Indian teachers at the Conventions I didn't seem to understand and I needed the senior teachers to interpret it for me. When I was further on in my practice and with more Intermediate qualifications. I then did understand what was being asked of me, and earlier on I wouldn't have been able to do that.

I wanted to go back then, and now I've already booked for 2021.

Doing 5 hours practice might seem long doing yoga, but it's not daunting because you don't have to. You've got 2 hours of class and 3 hours of self-practice, but you can choose what practice you feel is appropriate to you. It's not something to be frightened of. If you feel, oh I'm tired today, then you can just alter your practice, so it feels more organic and how we should be practising really, with that awareness of how we are, but also you haven't got all the other things of life getting in the way. You might start your practice in one way and by the time the 3 hours is over you might have completely come around to something different anyway, but it just flows into that. With your own enquiring mind, you can ask what's happening there, I'd like to work that out a little bit more. You haven't got the parental or other things going on in your life, so it's quite consuming to what you're doing there.

We'd been recommended an apartment for the first time, and we went back to same one. They're different from here, but not so basic. There are differences – bedrooms and living rooms are no different, but the kitchen and the bathroom. The kitchen is more like a two-ring camping stove, but we had someone to cook our lunch for us, especially if you've been to Prashant's class from 7 am – 9 am and then self-practice till 12, then it's nice to get your drink of a coconut from the stall outside the Institute, and then go back to an already cooked lunch. You really need that. At first I felt 'oh someone cooking for me?' – but it was really nice. We did cook some things. Cissy likes tofu and stir-fry and noodles, and those we could cook, things that we would miss. She also loves pizza and we found at the Marriott Hotel we could get pizza there, and in another shopping centre. On a Sunday it was treat day, so she could have pizza then.

Everyone around reacted positively to having Cissy at the Institute. And one of the messages afterwards said how she'd kept them all young because she was so enthusiastic and threw herself into it. She hardly practised with me because other people would ask her to practise with them. In those 3 hours of self-practice, rarely would she actually practise with me. That was really nice. She made it a nicer experience for me as she'd sit at the back of the class, chatting to them a bit, and then we'd have new friends to go



At Elefantastic

out for evening food with, which she'd instigated rather than me. I don't think I'd have met so many people if she hadn't been with me.

This time we went to Delhi, Agra and Jaipur and people there wanted to take pictures of her, but once we got to Pune that rarely happened and people were pretty cool about having a child there.

Certainly around the Institute people are much more used to it. I as a parent guiding a child, we were lucky and privileged to be there, and even if she didn't want the photographs to happen, then I encouraged her to be polite, and accept the attention, because even though you don't want people to bother you, being kind and polite is a good life skill to have.

Having travelled around India since my 20s I don't feel daunted by travelling in India. It's just adapting to a different way of how people are. Even now, I find myself putting up a little barrier at first, maybe of my worry, but the more you can get rid of that then people are very generous and they want to help. The more you can lose your barrier of not wanting that engagement, then people respond.

However, in the first few days, we were in Delhi, and had been to the Red Fort and wanted to go to The Lanes in the old town. You come out of the Red Fort and the road in front of you is a road with 3 busy lanes each way, and I said we couldn't possibly cross that road, so we got a rickshaw just to get to the other side. Somehow you have to get rid of your independence that you could easily cross a road, but as we'd just arrived, it was the only thing to do.

In the last week, this time, Cissy got ill. We thought it was probably Dengue fever, and at one point with a test from a children's thermometer it had gone over 40. I had a moment, on my own, when I could have panicked, but I got hold of paracetamol and the temperature did come down. I got on the internet to check what to do, and nearby was a rickshaw driver called Amin, who was outside dropping someone off, and I knew him from the Institute, and he drove us a small distance to one of the market stalls to get the paracetamol. Two ladies from Singapore looked after her that evening and spoiled her whilst I could go to class.

The absolute best is being around people from all around the world at the Institute, and how you all come together in this one subject. From that, you've probably got so many differences, the world seems to want to focus on difference, and they're all there to focus on that one thing and to get the best, you can enjoy that and it's a lovely thing to be doing.

A final point is that the first time I took Cissy when she was 8 I took her out of school. What people usually think of that is, you hear in the media about school fines. I made an appointment with the Head of the school, and I had all my reasons ready. Quite the opposite to what I expected, I got a positive response from the school. She was marked as though she was in school because the whole trip was educational. The Head felt that it was covering religion, geography, another language, there was so much it was covering for her.'

DID YOU KNOW? We have classes for 6 years and upwards and our oldest student is in her 90s.

Debbie talked to Joan, but Debbie and Cissy had a Q & A of their own – here it is:

D: What's it like when you first arrive in India?

C: Busy and hot. Exciting and thrilling.

D: At the Institute:

C: Easy-relaxed. No rushing. Calmness. I like joining in with self-practice and observing and taking notes. It's easy to meet people from other countries because they're also there for the yoga. At the Institute you're not alone at all because everyone is so friendly.

D: How about the food?

C: It's a little spicy. I miss the food from home, but when she's home she misses cheese sada dhsa.

D: How about free time?

C: Swimming at the Marriott Hotel and going to watch a Bollywood film at the cinema, and of course, shopping. The British Council Library has been brilliant as I'm a non-stop reader.

Cissy's questions to Debbie:

C: Are you happy in India?

D: Yes, most definitely. I've got the opportunity to be at home with you all the time in India. Everyone is so friendly towards you.

C: What is your favourite part about being in India?

D: Doing yoga and being part of the world-wide community all coming together. Inspirational teaching.

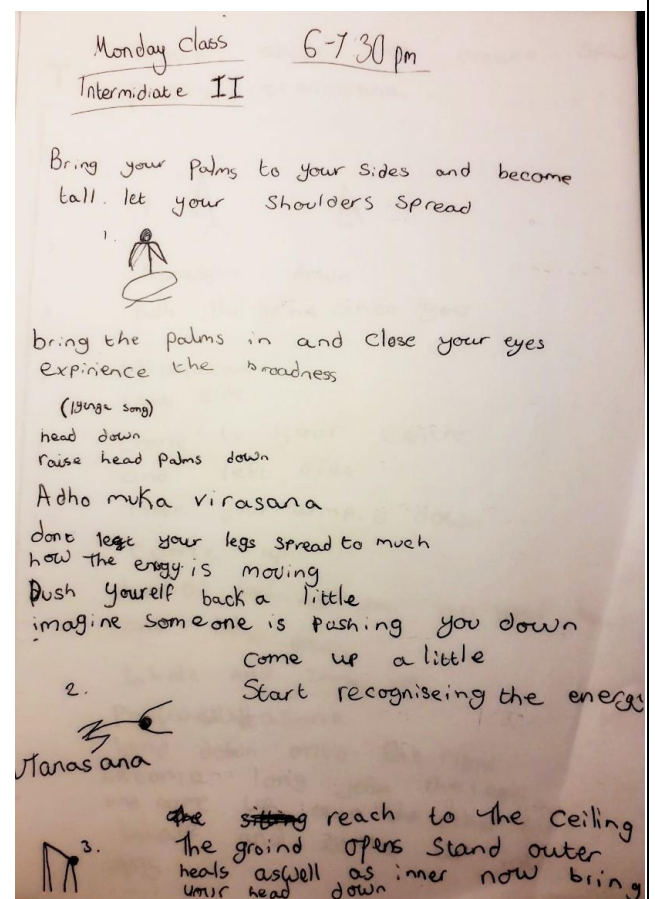
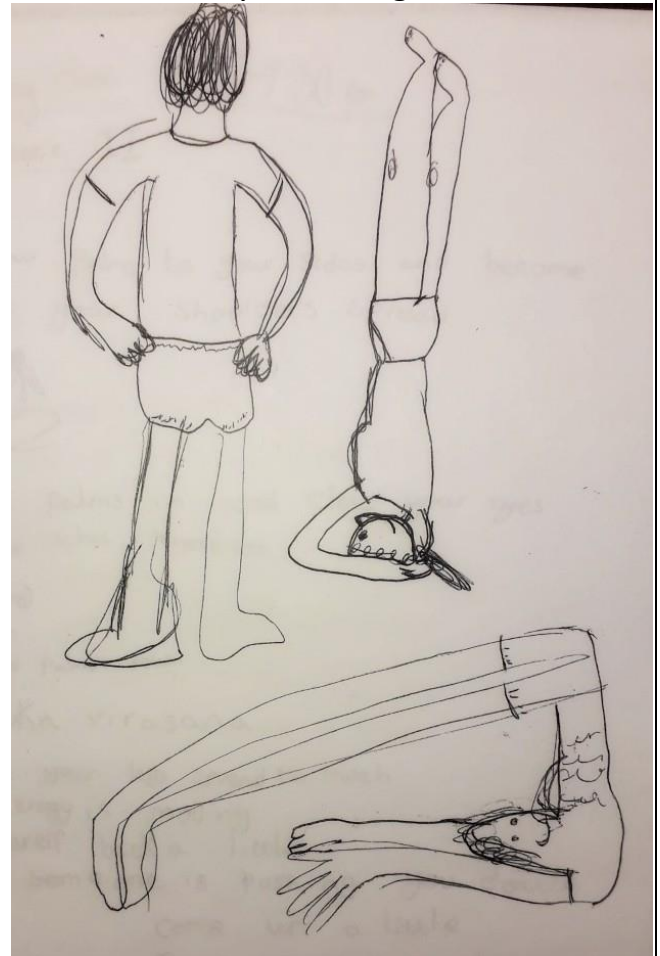
C: Any other recommendations on being in India?

D: Be open-minded, enjoy the experience/difference. Don't do too much.

C: Is there anything you enjoy that you can't get at home?

D: Fresh coconut after class. Savasana after Raya's class. Nothing could ever feel so nice!!! The luxury of so much yoga every day.

Some of Cissy's drawings & notes



YOGA AND ME

ME/Chronic Fatigue is a chronic (long-lasting) disorder of the nervous system (not a mental condition) affecting 250,000 people in the UK of all ages (but mainly female) and many more elsewhere in the world. A quarter of these are bed or house bound. It's a condition that differs in its causes and effects and in the attitude and understanding of the medical profession, as well as family and friends. So, not much hope there then, especially as there is no 'cure', but some do recover.

How does it come about? The immune system which we all take for granted to protect our bodies from attack by disease or bacteria becomes 'overloaded', and instead of doing its work quietly in the background, it over-responds to danger and gives out signals – debilitating fatigue with no other underlying reason, which rest does little to relieve; sore glands; undiagnosed headaches, 'brain fog', disturbed sleep and an over-adrenalized nervous system. Normal restful sleep is affected, so that needs a positive, calm approach as sleep is essential to any semblance of recovery.

Many people live and work hard don't they – why do some people get this and others not? Good question – some through long-time stress, over-work, others after serious infection such as glandular fever. Some people lose their jobs; children can't continue to study; others cut back on social lives and 'normal' activities as doing so just leads to the terror of a 'crash' back to bed and waiting and resting for some energy to return. A friend said she tells her friends that if she's with them, then she's decided to use one of the few 'spoonfuls' of the

day's energy, making a choice that a 'normal' person would take for granted. That's the difficult part over. There is some help and advice out there, but not much from the general medical profession – it's a silent, unseen condition which (understandably) does confound many. There are NICE guidelines (recently dramatically changed to delete 'Graded Exercise Therapy') to procedures that cost, such as brain reprogramming, nutrition and lifestyle advice, and mindfulness (that on the NHS).

As everyone's experience and attitude to any illness is different, so it is with ME. Sadly, depression happens with many when symptoms don't go away easily or they lose a career and spend hours with medical professionals who debate their diagnosis, thus losing them state support. Some will take help from groups, others, of course, from the web. I certainly found two friends, one still in recovery and another 'cured' who talked me through the early learning stages. Once through the 'why me?' stage, there's 'acceptance' and the moving on. We all have to find our individual way through: acupuncture, lymphatic drainage; the 'stone age diet', vitamin supplements; ways of planning our days and weeks so that we don't 'overdo';



explaining to friends and family; using therapy of various kinds. Research is being done continually.

I haven't mentioned yoga yet, but I will now!



Along with many other conditions that cause fatigue, ME responds to the body knowing its extent and limitations. We 'listen to our body' in yoga by not overdoing (we all know the mantra of 'effortless effort'). For anyone with ME – standing, extending the arms and legs overuses energy, so recuperative postures, where all the variety of yoga poses are practised, but with support, are ideal.

Also, these poses (most of which are supine/lying down) help to 'cool' the nervous system which is overactive. Restorative poses increase circulation and oxygen flow—keys to healing—without

irritating the body. A psychological aspect, of course, is that we feel we are able to 'do something' positive, apart from the ever present 'resting'.

A 'non-scientific' poll of 'favourite' poses for rest found that Viparita Karani - legs against the wall (no bolster), back on the floor, with legs wide in upavista (using a belt on the feet) came top. Whenever the legs are raised and rested in this way, the central nervous system automatically changes to parasympathetic mode (not fight/flight, but relaxation mode) and the brain quiets, blood pressure is lowered and heart rate slowed.

With CFS/ME, standing can be tiring as that brings on postural hypotension (low blood pressure) and tiredness. All yoga poses can be done with support, including inverteds. Supported forward bends increase oxygen to the heart and head; lying over cross-bolsters in Setu Bandha can help stimulate the nervous system in a quiet way and increase circulation to the adrenals, thyroid and kidneys, which are a storehouse of energy. Often, with ME, we have been out of touch with our natural human rhythms. We moved too fast, did too much, and our bodies ran down. Yoga helps us learn balance. Yoga was already in my life (even though it seems I wasn't listening too well...) – and my understanding of it continues to develop, helping myself enormously and, hopefully, others.

Joan Abrams

DID YOU KNOW? Our block-booking system enables members' discounts and encourages class participation, but you can attend classes at any time throughout the year, not just when a new block starts...

You spoke and we listened: what has changed since you spoke!

For the last 6 months your Committee have been sending out an electronic survey after every visiting teacher event. Based on your feedback we have introduced some changes.

What we did.....

Teacher trainees and teachers said they couldn't get to any of our visiting teachers when a Friday session started at 12.30, so we changed the slots until later in the afternoon and added more. We've had a mix of feedback about these timings – some people like to start later and/or finish earlier; or have a shorter or longer break between classes. We will organise a mix of times so some classes will be at 12.30, some later.

You told us you would like snacks at longer workshops, so we have started selling flapjacks for 50p.

You said that there were too many teachers at workshops. We introduced a Student Only Workshop which Clare Tunstall is delighted to teach on 17th October, from 10.00 – 1.00 pm.

OTHER CHANGES

You said you weren't sure where to go for an event, or what to bring. We now send out pre-event welcome emails with thorough information on.

You asked for a workshop on Women's Health. We are holding one with Dr. Rajlaxmi on Sunday 3rd May from 10 am to 1 pm. Book here: <https://www.manchesteriyengaryoga.org.uk/events/dr.rajlaxmi-weekend-sunday-am-womens-health/>

Dr. Rajlaxmi



As well as filling in post-event surveys, you can always contact our Classes & Events Committee at any time of year with your suggestions; or, as a member, you can even join!

PRANAYAMA AT THE MDIY

Of the eight limbs of yoga, we know that Asana is 3rd and Pranayama is 4th on the way to Samadhi. Our postures prepare us, mind and body, for concentrating even further into ourselves and understanding our breath. Fortunately, at MDIY we have a teacher (Sharon Dawn Taylor) who comes from York on Tuesdays (in 6-week blocks) to teach this specialist class and then assisting in the Therapy class which follows. The class begins with preparatory poses, goes on to a range of inverted, and then we practise both seated and supine breathing.

We hope that the comments from the students, and the photographs of preparation postures and seated pranayama will give you some idea of a class that gives us all an opportunity to learn and practise 'Light on Pranayama'.

'I come to Pranayama class as I think there is a big emphasis on asana classes, and breathing is so important in Yoga. It makes me feel calm and peaceful.'

Sharapanjarasana



Setu Bandha Dandasana

'I go to Pranayama classes because I wanted to develop further my yoga practice. I gain a lot from the classes, not only because I am learning a good variety of pranayama from a very experienced teacher but also because of the effect it has and the benefits I receive. It enhances and takes further my asana practice and I feel cleansed from the inside out. Directly after class I feel the intended effects of the particular Pranayama we have been practising.

My overall health is better and my path along the yogic journey is much improved as a result. It's very subtle and takes a while before you notice any changes. When you do they are hard to put into words but you know quietly inside yourself it is of benefit (even if in ways you don't know yet).

The Tuesday class has a lovely atmosphere; a nice group of people who feel comfortable together. This is a result of Sharon's teaching and the way she runs the class - she is very caring. She has a great knowledge and experience which you feel and benefit from during her teaching.'



Variations on Rope Sirsasana

'I have been coming to the class for around 2 years now. I enjoy the preparation stage, ie before we do the Pranayama where we stay in the Asanas for 5 minutes (especially Rope Sirsasana) as this brings stillness to the body and mind. Observing the breath brings you closer to the soul. It gives you more space. Pranayama, when we control the breath, brings you even more into a meditative state and afterwards I am very chilled indeed. In my daily life I also use some of the techniques, for example to get more energy or to help me go to sleep, when the mind is too active. I really enjoy the classes. Sharon gives us clear instructions and makes sure that we are very comfortable in the preparatory Asanas. I look forward to every class!'

CAROLE LAWRENCE

Carole, who died on 28th January 2019, was a long-time yoga teacher, with Manchester, classes at such places as the BBC, Fielden Park College and (spectacularly) on the 27th floor of the Plaza building at Piccadilly. Two people who knew her well have written their thoughts.

Carole was almost my first yoga teacher, certainly the first regular one. I joined her class at Fielden Park College in the early 80s. She would arrive with an estate car full of equipment and we'd all help her lift it into the gym. Once set up she would tell one or two stories about her daughters or her yoga life. The class always started late, but no one minded because she was interested in everyone, and you felt part of her extended family. At the time I was



volunteering for Amnesty International and she took a strong interest in that and other aspects of human rights. She was kind-hearted and warm, very knowledgeable about yoga and always had time to help. She was someone you could talk to when teacher training got rough. After I qualified, she followed my teaching activities keenly.

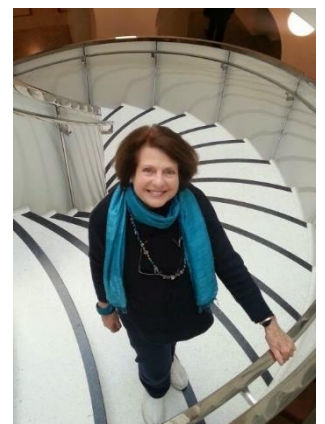
In the early days Ash, her much-loved husband, would play his guitar and sing at MDIY events, and I got to know him a little. He was suffering back pain and though he was not a regular yoga practitioner, she took him to Pune. Ash died

Early days in Pune (with Guruji and Jeanne) tragically young, but years later on a visit to Carole in Didsbury she produced a book of photographs of him being adjusted by Mr Iyengar. I have the images in my computer and still study them today.

My last memory of Carole is perhaps not much more than a year before she died. She had had some health problems including the need for 2 hip replacements. I was teaching at iyoga in Heaton Mersey. To my amazement she appeared, stationed herself in the back corner of the room with a pile of equipment and set to working on standing postures and preparation for Pinchur Mayurasana. She taught me that yoga is for always.

John Aplin

I first practised Iyengar yoga with David Reddican at The Village in Prestwich way back, and he inspired me to believe it simply is the best type of yoga practice. To my delight, soon after, I met Carole at family gatherings. Carole was a cousin by marriage and every time we met we would discuss asana and pranayama practice. Carole's ability to pronounce the Sanskrit names helped me understand how the postures and class plans came about. She was funny, warm and intelligent with a zest for life, conversation and yoga. This continued around my cousin's dining table right up until just before Carol passed away. She was an inspiration to me on a yoga level. Due to a shoulder accident in 2012 I was unable to embark on Iyengar teacher training, but Carole encouraged me to carry on teaching. I believe my Iyengar practice will be embedded in my teaching for all time. You can take the girl out of Iyengar but you can't take Iyengar out of the girl! Thankyou Carole for all the pep talks and for sharing your wisdom. We all miss you. Namaste.



Marion Rubins

Carole's 3 children have kindly donated her yoga books to the MDIY to add to our Library.

OM MANCHESTER YOGA SHOW 2019

Held annually at Stretford In April, we had a professionally set up stand, a rota of willing volunteers and teachers taking open classes over the 2 days. It's always exciting to be 'out there' with all other styles of yoga. Spot our yellow t-shirts!



Spot our yellow t-shirts!



This year, however, we are changing our approach, and will be a presence at the Show, but without the stand. We have specially prepared leaflets and are asking for volunteers to come and help with spreading the word of Iyengar Yoga.

OM Yoga Show 24 – 26 April 2020 at

**Event City
Barton Dock Road
Manchester
M41 7TB**

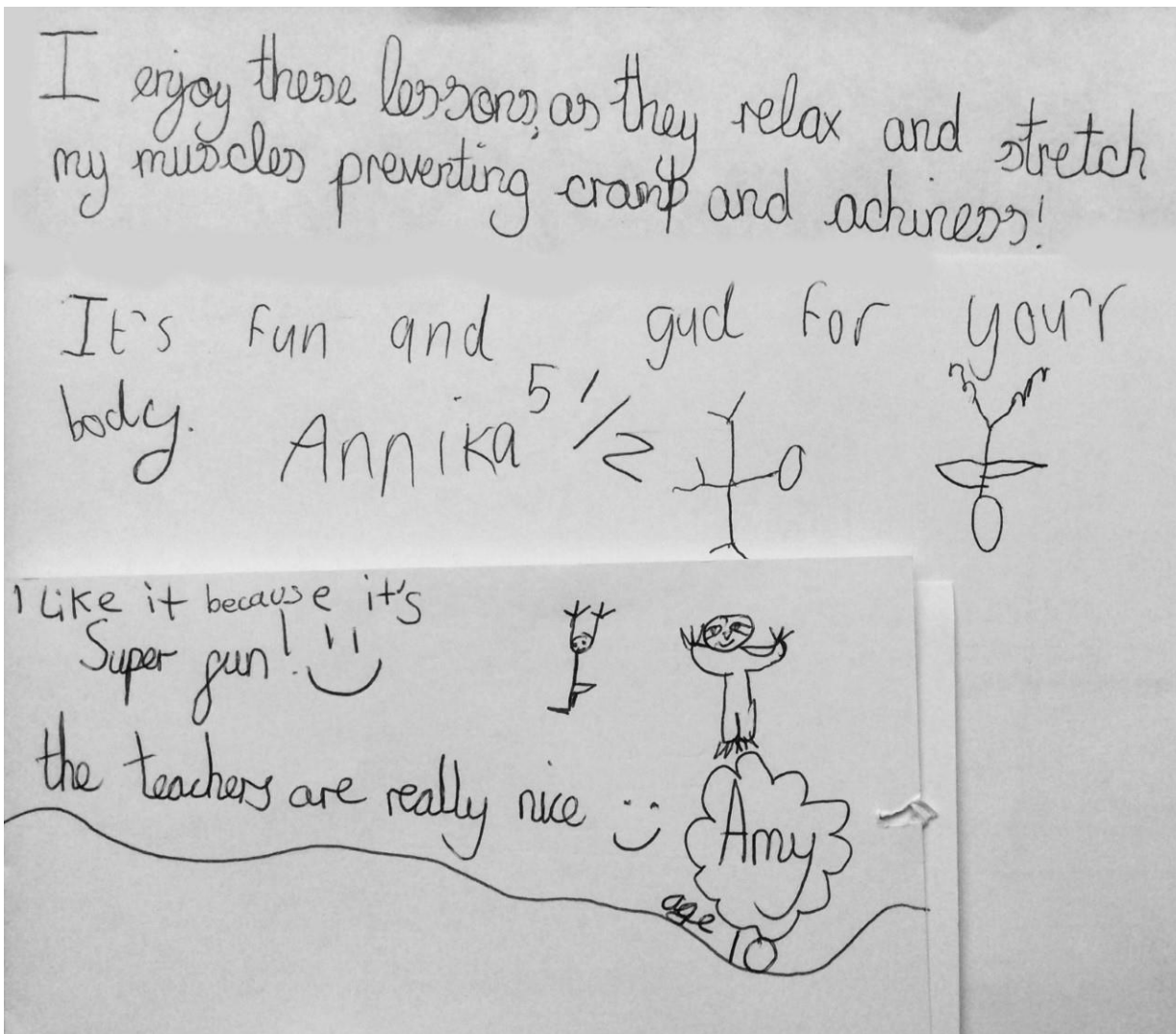
<https://manchester.omyogashow.com>

(METROLINK now goes to the Trafford Centre, which is opposite Event City)



CHILDREN'S PAGE

Our Saturday children's class is (as you can see below) very popular. A number of our teachers join in to teach our enthusiastic youngsters. Here's what some of the children say – and also a photo of part of their demonstration at the Christmas Party in December.



JO SMITH

I met Jo Smith through my friend, Acharashraddha (Judith Tomlinson) when we used to travel to Julie Brown's class on a Monday afternoon. As soon as I met

Jo, she made me feel like her best friend; that was the way Jo made everybody feel, she had such warmth, kindness and a passion for life that was really special.

Times spent with Jo were always spontaneous. We met numerous people in queues, in the airport, on holiday, at concerts, on walks – she would tell everyone how special Iyengar yoga is, how it would change their life, and what an amazing yoga centre there is at Dukinfield.



During her battle with cancer and her recovery she organised a retreat at Rookhow in the Lakes, and I taught yoga to her friends, Acharashraddha taught meditation and Sandra, Jo's friend, cooked wonderful vegetarian meals. We walked in the beautiful woodlands and danced in the sunshine at a stone circle (inspired by Marion Kilburn). We also organised for some friends to perform on their violins as Jo loved to hear live music. She regularly returned to Rookhow to teach her students.

Travelling to Pune with Jo was a real ADVENTURE. She loved Prashant's classes and he even rescued her from slipping out of the ceiling ropes! One day

Jo spent quite some time in conversation with Prashant, a special and memorable moment shared. Jo brought her daughter to MDIY when she was visiting from London; she was overjoyed that Leah took up yoga after many years of hoping she would.

Recently, Jo became ill again, but she continued to keep her connection to MDIY. Jo regularly sang with the Halle Ancoats Community Choir, so when Debbie Bartholomew asked her to join the MDIY choir to perform a yogic rendition of Bohemian Rhapsody (at the 2018 Xmas party) she was delighted to 'rock out' Maslen Hall with her beautiful voice and lots of laughter.



In January 2020, Jo shared her 57th birthday at home with family and friends, but sadly her ongoing battle with cancer ended on February 1st this year. So many people's lives were touched by Jo. She was openhearted, kind, loyal, scatter-brained, warm, generous, enthusiastic, and really lived life to the full. She was a true friend and a true yogi.

Nicky Wright

I first met Jo after seeing a photo on Facebook advertising Yoga on the Farm. I had never done yoga and was in my late 40s. Jo was so kind and encouraging – I went to all those farm sessions. I joined her regular class where my yoga and our friendship grew. An opportunity arose to go

on a Yoga holiday in Turkey...I wasn't sure I was ready to mix with a well-practised yoga group, but Jo convinced me I would be able to follow it. This was a turning point: I did struggle a bit but by the end of the week I had achieved so much in my yoga, and made lifelong friends. Jo also hosted beautiful weekends at Rookhow, where we were immersed in yoga and nature with wholesome food. Jo's last teaching venture at the farm was in the new building overlooking the Rossendale hills...warmer than the original barn, but the teaching still as warm and enthusiastic as ever.

Moira Speechley

**MINUTES OF THE MDIY ANNUAL GENERAL MEETING OF MDIY HELD ON SATURDAY 16
NOVEMBER 2019 AT 134 KING STREET, DUKINFIELD AT 10.00 AM**

There were 45 members present.

APOLOGIES: Tricia Booth, Margaret Ellison, Nicky Wright, Deborah Wilkinson.

MINUTES OF THE 2018 AGM The minutes from last year's AGM were printed in the 2019 Journal and were proposed as an accurate record by Joan Abrams and seconded by Jill Johnson

CHAIR'S ADDRESS (Charlotte Everitt)

Welcome once again to the Annual General Meeting of Manchester & District Iyengar Yoga. It's been another successful year with our ongoing programme of classes, with our own teachers, with "friends of MDIY" from around the UK, international and Indian teachers. That's on top of our full and busy class timetable, and alongside social events such as our yoga bring and buy sale, National Iyengar Yoga Day, and the celebrations of Guruji's centenary last December. These have all been organised and run by our volunteers, for the most part – so thanks to all those who have contributed. We have some new teachers joining our timetable, as well as Sarah Franklin taking over the Tuesday night Beginners, the children's class is now being taught on a rota by Sacha, Alice, Rachel, Rita, Faye and Tracey. In particular I'd like to thank our Executive Committee, especially Secretary Janice and Treasurer Kathryn, as well as our outgoing Membership Secretary Julia Mitchell. Julia's been in charge of membership for the last three years and is now handing over to Susie Savage with support from Verena Huber, so thanks to all of you. Julia will still be a familiar face and another familiar face to point out is Clare, in case anyone doesn't know, as our Administrator she's the "public face" of MDIY so make sure you can recognise her! Another person stepping down is Lauren Currie, who has represented MDIY on the national Executive Committee of Iyengar Yoga UK for the last three years, as well as being on the PR & Communications committee of IY (UK) – thanks to her for representing us. This means we have a vacancy, if anyone is interested in getting involved with our national association and meeting other yoga students from across the country representing their local groups, please do let us know.

You will be aware that there have been some changes to teacher training – nationally and internationally – that have come into effect this year. A couple of years ago, RIMYI stated that all national associations must review the way they go about training new teachers, in order to ensure that these are based on a close mentoring relationship with a senior teacher. The new intake of trainees is now working alongside our existing trainees, with our teacher trainers, Tricia, Marion, Julie and Jill. On which note, congratulations to our newly qualified teachers: Iona Limond Hindley; Sylvia Dalla; Julie Ashworth; Sheila Reilly Evans; Natasha Beech; Julie Blackmore; and Caroline Dayle; and those successful in Intermediate assessments: Susie Savage; Sacha Cash; Andrea Haywood; Carrie Stretch (and anyone I don't know about!).

That leads me on to looking back at where teacher training started. I have here our very first minutes book, written by Pen Reed and dated 28th June 1971 when Mr Bowen made a speech and proposed a motion (I quote): 'That this meeting considers an Institute of Yoga should be formed for the purpose of promoting and furthering the aims of Hatha Yoga'. In a sign that some things never change, while the founders agreed that they wanted 8

committee members, only 5 people volunteered... but on 5th January 1972, the Executive Committee of the Manchester and District Institute of Yoga met for the first time. In 1975, the Chairman Mr Bowen reported that members had requested that Guruji's name should be included in our name and the name was changed to the Manchester and District Institute of Iyengar Yoga. RIMYI opened in Pune in January 1975, so that means that Manchester was the oldest Institute anywhere and set the blueprint for what an Iyengar yoga institute would be and do. We have led the way with our membership model, which is now used for Member Groups across the UK; one of the first places in the UK to offer teacher training, and our own Jeanne Maslen drove the launch of the BKS Iyengar Yoga Teachers' Association in 1977 to ensure the high standards we all still benefit from; and helped to create the community we are part of nationally.

Those of you who are good at maths will recognise that we're fast approaching our half-century. At our Silver Jubilee in 1997 – some of you may have attended our celebrations then – Guruji visited and hoped that we would celebrate our Golden Jubilee with 'grandeur and éclat' – so I am asking what that means to you, and inviting you to share ideas and get involved in organising our celebrations.

Looking to the future, you'll see in our financial report that we're maintaining our income year on year but our costs are on the increase. So the Executive Committee has agreed that it is time for us to increase our membership and our class fees. To put this into context, we've looked at how much other yoga centres charge locally, and we are at the lower end. Our aim is to keep prices low to ensure that we're accessible to as many students as possible; but we need to balance that against the need to have income and maintain our bank balance so we can cover our everyday costs, pay our unexpected bills, and invest in our future. From the next class block, starting in February, class prices will rise by broadly £1 per class (or £10 per block of 10). Membership for the next membership year, starting 1st April, will increase from £18 to £20. Members will still save at least £20 on each block they book, so regular attendees will save more. And we want to encourage membership, so the drop-in price for non-members will increase to a flat £10 per class. It is some years since we've increased class fees so we hope our members consider this reasonable – we will remain at the lower end compared to other yoga centres, and we are committed to staying accessible. Now is your chance to ask any questions or make any comments about any aspect of the workings of MDIY so I'd like to invite any questions or feedback, before I close.

SECRETARY'S REPORT (Janice Yates) There have been four committee meetings since last year's AGM. Various maintenance works have been completed to the roof repair, to the painting and fixing of draughty windows in Booth Hall and skirting boards in Reed studio. Thank you, Charlotte for doing an excellent job as our Chair. To Debbie B for continuing to organise our visiting teachers. We can 'count' on Kathryn for keeping our accounts on track. To Janet for keeping the building pristine. To Kim and our gardening team. To Susan for 'beaver-ing' away tirelessly, as always, in the background. A big thank you to Clare for her hard work managing the attendees and volunteers when MDIY hosted the recent assessments and for all her work behind the scenes. Margaret Ellison hasn't been too well this year so we are sending our best wishes for a full recovery. Lastly, on a personal note, I have decided 2020 will be my last year as Secretary. After 35 years on the committee, I will be hanging up my

pencil and pad. I hope we will have a volunteer to take over, so please have a think about standing as secretary from next year's AGM, or even sooner if you can't wait until then.

TREASURER'S REPORT (Kathryn Duffy)

These accounts are to our year end 31st July 2019 and have been audited by Michelle Pendergast, (FCCA) Chartered Certified Accountant who has the committee's thanks. The figures this year show a running profit for the year of £7610. The figures are fairly self-explanatory and show that both general classes and events have provided profitable returns but the expenditure has risen somewhat confirming the need to increase charges next calendar year. The running costs have increased due to over £5k spent on roof repairs and increased heating bills for the main building and cottage. Management charges are also up £3k thanks to Clare whose efforts and hard work has been greatly appreciated. The balance sheet reflects the MDIY final repayment of just under £10K of the loan initially taken out to purchase the cottage. Once again we have had a successful year thanks to the hard work of classes and events committee along with the general committee, the teachers and of course students. A lot of work goes into the planning and monitoring of the class schedule appointing suitable teachers and introducing new classes where appropriate. The forward planning and promotion of events, workshops and organisation of regional assessments. Finally the general organisation and maintenance of MDIY.

MEMBERSHIP SECRETARY'S REPORT (Julia Mitchell)

The current membership figure is 608 of which teacher members totalled 156 and Honorary members total 8. 440 members renewed online. Julia asked if people would join online as it was so much easier and quicker to administer.

ELECTION OF OFFICERS:

The Chairman, Secretary and Treasurer retire and are willing to stand again. Proposer Secunder Charlotte Everitt (Chair) Julie Howarth Deborah Bartholomew Janice Yates (Secretary) Marion Kilburn Julie Brown Kathryn Duffy (Treasurer) Julia Mitchell Rita Mori.

ELECTION OF MEMBERS In accordance with our Constitution, three members retire annually. Jayne Wilson and Sacha Cash are willing to stand for re-election and Verena Huber, who was co-opted onto the Committee earlier in the year, stands for election.

Proposer Secunder Jayne Wilson Susan Halliwell Deborah Wilkinson Sacha Cash Janice Yates Susie Savage Verena Huber Nicky Wright Tracey Ashton

ANY OTHER BUSINESS Julie Brown praised the hosts at our recent assessments and, in particular, Clare for looking after the Moderators, Assessors and all the candidates and volunteers. Joan Abrams expressed a thank you to the Executive Committee. There was no other business and the meeting closed at 10.25 am

DID YOU KNOW? We have 2255 people following us on Twitter@mdiy. 1523 follow us on Instagram@iyengaryogamanchester.

MANCHESTER & DISTRICT IYENGAR YOGA

Income and Expenditure Account for the year ended 31 July 2019

2018		2019
£	<u>INCOME</u>	£
9,342	Subscriptions	10,044
14,428	Net proceeds from events	13,032
25,621	Net proceeds from classes	29,431
7,220	Rental income	4,235
625	Net sale of publications and goods	675
91	Donations	20
<u>57,327</u>		<u>57,437</u>
17	Bank interest	80
<u>57,344</u>		57,517
	 <u>LESS EXPENDITURE</u>	
16,040	Administration expenses	20,754
13,289	Property running cost	19,507
438	Donations	842
361	Purchase of yoga equipment	310
5,216	IYA Subscription	6,768
<u>35,344</u>		<u>48,181</u>
2,021	Corporation tax	1,155
1,100	Interest on bank loan	185
293	Paypal fees (on memberships only)	386
<u>38,758</u>		<u>49,907</u>
 <u>£ 18,586</u>	 Surplus for the year	 <u>£ 7,610</u>

Balance Sheet as at 31 July 2019

	<u>GENERAL FUND</u>	
27,767	Balance brought forward at 1st August	26,352
18,586	Surplus for the year	7,610
<u>46,353</u>		<u>33,962</u>
20,000	Less Transfer to Building Fund	20,000
<u>26,353</u>		<u>13,962</u>
	 <u>BUILDING FUND</u>	
283,100	Balance brought forward at 1st August	303,100
20,000	Transfer from General Fund	20,000
<u>303,100</u>		<u>323,100</u>
 <u>11,497</u>	 Creditors	 <u>6,717</u>
 <u>340,950</u>		 <u>343,779</u>
	 <u>Represented by:</u>	
59,217	Bank Accounts	47,178
3,433	Stock of goods held for resale	1,763
288,007	Property at 134 King Street and Cottage at cost	294,838
(9,707)	Bank Loan for purchase of cottage	0
<u>340,950</u>		<u>343,779</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
7th November 2019

EQUIPMENT & BOOKS FOR SALE at MDIY

EQUIPMENT

Mats (blue)	£15.00
Tree mats	£30.00
Blankets (cotton)	£20.00
Bricks (cork)	£10.00
Bricks (purple EVA)	£5.00
Bricks (blue EVA)	£4.50
EXTRAS	
Posture sheets	.50
Practice Memo	£1.50
Cards	£1.00 (5 for £4.50)
Car stickers	.50
Invocation	£2.00

BOOKS, TAPES, DVDs

Light on Yoga	£15.00
Light on Pranayama	£12.00
Light on the Yoga Sutras of Patanjali	£15.00
Light on Life (Out of stock)	£12.00
Yoga – A Gem for Women	£12.00
A Quest for Clarity	£20.00
Alpha & Omega of Trikonasana	£12.00
Tuesdays with Prashant	£13.00
Women's Yoga Book	£14.99
Teachers of Yoga (available for teachers & trainees from Julie Brown)	£14.00
Yoga in Action (Preliminary)	£10.00
Yoga in Action (Intermediate)	£10.00
Yoga for Children	£14.00
Astadala Yoga Mala (Vol. 1)	£12.00
Practice & Enjoy (Julie Brown) – tape or dvd	£13.00
Geetaji's visit to MDIY – dvd	£10.00
Elements of the Subtle Body	£10.00
Yoga Wisdom and Practice	£15.00
Yoga and MS – A Practice Guideline	
Garth McLean	£27.00
Yoga for Sports	£29.00



We have equipment and books for sale, which will save you time and postage. Ask your teacher and follow the instructions on our new cupboards.

MDIY UPCOMING EVENTS

Senior Workshops for teachers	25 April	10 – 2.00 pm
Workshop for teachers	26 April	10 – 2.00 pm
Dr Rajlaxmi, Teachers & Trainees	1 May	3.30 – 5.30 pm
Dr. Rajlaxmi Weekend Sat. am	2 May	10. – 1.00 pm
Dr. Rajlaxmi Weekend Sat. pm	2 May	2 - 4.00 pm
Dr. Rajlaxmi Weekend Sun. am (Women's Health)	3 May	10 - 1.00 pm
Dr. Rajlaxmi Weekend Sun. pm	3 May	2 - 4.00 pm
IY (UK) Convention (Birmingham)	23 May- 25 May	All day
Personal Practice Session	30 May	10 – 1pm
Garth McLean		
Friday Teachers and Trainees' class	26 June	12.30 – 2.30 pm
Friday Restorative Class	26 June	6.30 – 8.00 pm
Saturday morning	27 June	10.00 – 1.00 pm
Saturday afternoon	27 June	2.00 – 4.00 pm
Sunday morning	28 June	10.00 – 1.00 pm
Sunday afternoon	28 June	2.00 - 4.00 pm
Workshop for teachers	2 July	10.00 – 2.00 pm
Jacky Taylor	18 July	10.00 – 1.00 pm
Personal Practice Session	9 Aug.	10.00 – 1.00pm
Senior Workshop for Teachers	25 July	12.00 – 5.00 pm
Workshop for Teachers	5 Sept.	10.00 – 2.00 pm
Professional Development Day	19 Sept.	10.00 – 4.00 pm
Senior Workshop for Teachers	20 Sept.	12.00 – 5.00 pm
Jayne Orton Weekend	25 Sept.	All day
Jayne Orton	26 Sept.	All day
The Ramayana – with Emily Hennessey & Sheema Mukherjee	10 Oct.	All day
Yoga Workshop for Students	17 Oct.	10.00 – 1.00 pm
Props Workshop – Debbie Bartholomew	31 Oct.	10.00 – 2.00 pm
AGM & Workshop – Tricia Booth	21 Nov.	All day
Christian Pisano – Friday	27 Nov.	All day
Saturday	28 Nov.	All day
Sunday	29 Nov.	All day
Personal Practice Session	6 Dec.	10.00 – 1.00 pm
CHRISTMAS PARTY	13 Dec.	3.00 - 7.00 pm



MDIY

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