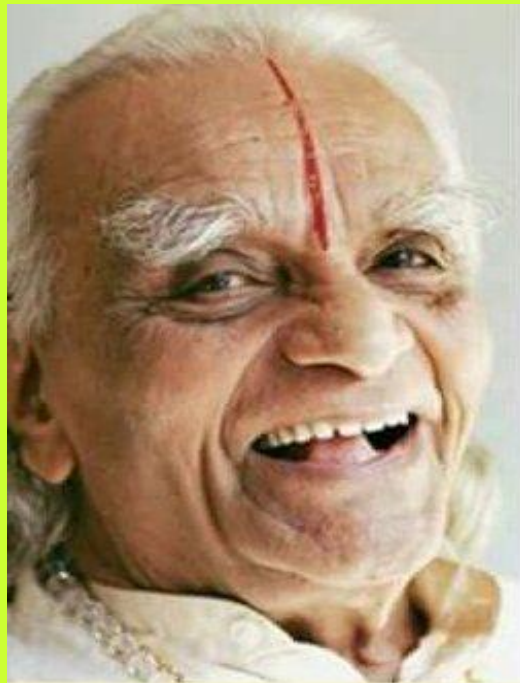


Manchester and District Institute of
Iyengar
Yoga



YOGACHARYA
B.K.S.
IYENGAR 100
CELEBRATION YEAR 2018

JOURNAL
MARCH 2018

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Thanks also to Susie Murray for proof reading.

YOGACHARYA

B.K.S.
IYENGAR



Our Honorary Presidents, Prashant and Geeta Iyengar with their father Guruji.

Yoga is a light
which once lit will
never dim, the
better your practice
the brighter your
flame

B.K.S. Iyengar

Chair's Address Charlotte Everitt

2018 is a big year for us – the centenary of our Guruji's birth. Without him, none of us



would be turning up in all weathers to practise yoga; even if you never got to meet him personally, he has influenced your life. It's also the 50th anniversary of his first demonstration in Manchester in 1968 – invited by some of the students who, three years later, would agree to found the world's first Institute of Iyengar Yoga. We'll be celebrating the anniversary of his birth in December but, of course, each of us is celebrating every time we get on our mat.

From its foundation, Manchester became a hub for Iyengar Yoga in the UK, with some of the most senior teachers in the country regularly travelling long distances to classes with Jeanne Maslen. From there it's snowballed – still member-owned, and member-led, we continue to thrive with regular classes; with events from teachers both home-grown and travelling across the world to teach us; and providing a support network for teachers and students alike.

Despite becoming Chair last year, I still often look round and wonder how that happened! In 2007, I had started my teacher training while living in Leeds but got a new job and was going to move over to Chester. I remember my teacher trainer, Liz, suggesting that I should come to classes at MDIY and I thought, "I don't think that's going to happen." I also remember my teacher Debbie telling me that there was a vacancy on the committee and thinking, "They won't want me..." Hindsight's a wonderful thing, but I never thought I'd end up studying here, teaching here, and helping to run the Centre – thank you for the opportunity.

Charlotte Everitt

Editorial Joan Abrams and Lynda Ogle

Welcome to your new MDIY Journal! This year we celebrate the centenary of our esteemed BKS Iyengar with a time line of Guruji's many visits to Manchester.

The lead article, 'Facing Traumatic Situations', appeared in Yoga Rahasya after the Mumbai attacks. We thought it suitable to reproduce this article in light of the Manchester bombings. You will see that the MDIY has been busy as ever with classes, events and welcoming national and international teachers.

We have students' thoughts on their yoga as well as a tribute to a dear friend.

We would like to express our thanks to all our contributors.

Joan Abrams and Lynda Ogle

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Facing Traumatic Situations

Decisions are always difficult when there is a dispute between the head and heart.'

Just two weeks before the commencement of Guruji's 90th birthday celebrations, terror struck Mumbai with an attack on its prestigious hotels, hospital and railways station. Many foreign students who were busy packing to make this memorable trip to India were in a dilemma. Their hearts wanted them to be present for these celebrations but was it safe? To add on, many governments had given a directive to their nationals – not to travel to India, especially Mumbai and Bangalore, unless absolutely essential and not to visit any places where there would be a large gathering of foreign nationals.

E-mails started pouring in inquiring with us on what they should do? Decisions are always difficult when there is a dispute between the head and the heart. More than 100 people, who had a desire to participate, had to change their plans – either due to economic slowdown, some because of the terror strike and some because of personal tragedies.

Disasters either man-made like the Mumbai attacks, wars, or natural disasters like the tsunamis and earthquakes, can strike any place at any time. The scars that they leave behind form solid lines which have led the medical fraternity to coin a term for it called as post-traumatic stress disorder. Symptoms range from recollection of these events, phobia of the place and people associated with events and chronic emotional and mental disturbances like sleep problems, irritability, anger, poor concentration, blackouts or difficulty remembering things, increased tendency and reaction to being startled, and hypervigilance to threat.

Can practice of yoga help people who witnessed such distressing situations in life? Can something be done so that one does not develop a full-fledged disorder? It is easy to advise that we need to learn to cope with these situations but the question is how? These were some of the questions that were being asked.

The answers for these have been practically provided by Guruji as long ago as in 2001. The residents of Gujarat, the western state of India were hit by a massive earthquake. A group of 20 teachers were deputed over a period of 5 weeks to guide the victims. An old lady who attended all the classes made a very poignant statement: 'Many doctors and counsellors have come and lectured us that we have to cope with this situation. We know that we have to cope. We have to endure our grief; nobody can take it away from us. You are the first group who has taught us how!' Reports on this experience have been published in Yoga Rahasya, 2001).

A few months later, when New York was hit by the suicidal air attacks, our concern made us inquire about the safety of our fellow students in New York. Bobby Clennell, a teacher in New York responded on how people were traumatised and fearful after the attacks. I promptly

sent her the sequence of asanas and the advice that Gurujji had given us before we went to Gujarat. After all, the impact of both the disasters was the same although one was natural and the other man-made.

When Bobby decided to pass this sequence on to all the yoga teachers in New York, we felt that it was prudent to get some more advice from Gurujji. There was a practical difference between the Indian and American situations. In India, we were to teach in relief camps where we did not have an access to props; we had to win over the members of the camp to 'try and experience' yoga as they were still struggling to meet their daily needs of food and shelter! While in New York, the people had an access to a yoga class and many were regular practitioners. One could do much more justice to them. I took Gurujji's advice and the sequence of asanas that Gurujji gave spread all over the USA within days with the courtesy of the electronic mails. Responses started pouring in and the impact that it created was phenomenal. Before we realised it, a chance correspondence gave much solace and support to hundreds.

Very soon, I started giving this 'sequence' to individuals in the grip of personal tragedies. One incident that comes to mind is that of an Israeli woman who had lost her young son and was finding it very difficult to come to terms with her grief.

After the Mumbai attacks, we were once again asked whether yoga could help overcome the trauma of such disasters. We were also approached by scientists who are attempting to study the impact of yoga on war veterans suffering from post-traumatic stress disorder looking for 'material' on this subject. The American military has unveiled a 4 million dollar programme to investigate alternative (to conventional medicine) modality of treatment for its troops returning home from war torn regions.

We felt that it is time to make this advice of Gurujji public through Yoga Rahasya. In any case, it had been made public through extensive private circulation!

LIST OF ASANAS TO COPE WITH TRAUMATIC SITUATIONS:

- Savasana
- Supta Baddhakonasana (with support for the spine)
- Supta Virasana (with support for the spine)
- Prasaritha Padottanasana (with head support)
- Uttanasana (with head support and legs spread apart)
- Adhomukhasvanasana (with head support)
- Viparita Dandasana Chair (with head support)
- Sirsasana – Viparita karani
- Setubandha Sarvangasana
- Sarvangasana – Viparita karani
- Pranayama – with a very short kumbaka after the inhalation

As Guruji has clearly said, asanas are not prescriptions but descriptions. Here are some hints for the teachers on how to progress with this sequence.

- The emotional strength in these students needs to be built up and that is what we need to work at
- Do not make them do standing asanas or backward bending asanas in this state.
- All asanas (including savasana) should be done with eyes open. They can focus their eyes at any point in front or on the ceiling. They tend to relive the terrible memories when they are asked to close the eyes.
- Ask the students to imagine as if their eyes are located at the temples and ask them to 'open' these eyes.
- Do not insist on a perfect asana in the current situation. What is important is that they do the asana and stay in it as long as they can.
- While breathing in any asana (especially supine) – ask them to breathe in such a manner that the breath touches the lateral side of the chest during inhalation.

As much as we hope that nobody should face such traumatic situations in their lives, we do know that it is not possible. In the current scenario, this is bound to happen somewhere, sometime and we do hope that this article helps people cope with the trauma that awaits

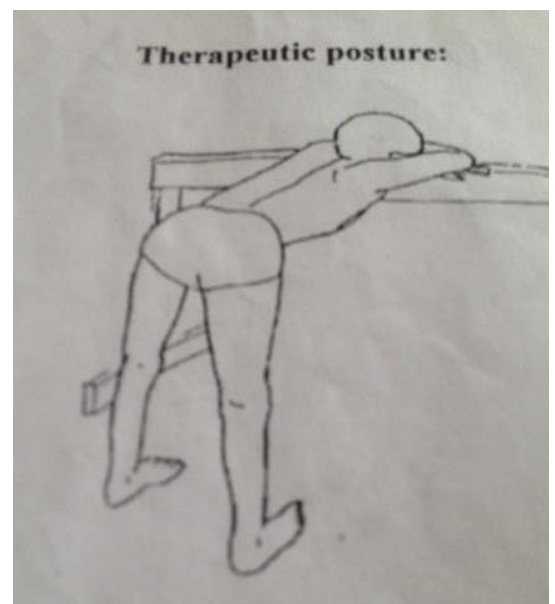
(from Yoga Rahasya) – Rajvi. H. Mehta

Defy the Day: hip replacement

The title of this piece was coined by Sarah Key, a physiotherapist and writer on the subject. She endorses Iyengar Yoga and advises yoga type exercise for keeping the joints 'juicy'. For me, 2007 was full of health problems. A diagnosis and treatment for breast cancer, followed by a stiff and painful left hip which an x-ray revealed was osteoarthritis. A date was arranged for a hip replacement operation.

It was no surprise as my mother and three sisters all have the same problem; when one sister was having a bad day she instinctively rested in Supta Baddha Konasana, which gave some relief.

I started to think, if I looked into my yoga practice, how it could help me. Needing time, I cancelled the appointment. It wasn't as if I hadn't been told by my very good teacher, Jeanne Maslen, that the left knee, the whole of the left side was not working like the right; one side overworking while the other underworked. Now, pain was the constant reminder!



Recently, while chatting to Judi Soffa, she asked what had helped to avoid an operation. The following is my response to her question:

- Working to the CD from classes in Pune in 2006, Geetaji's description of Supta Tadasana and Supta Padangusthasana 1 & 2 were a great help. The details: keeping the feet in line with the outer hips, aligning the inner and outer knees, the head of the femur into the socket; the pelvic bone broad with broad hips, buttock flesh spread sideways.

- Turning to Dr Krishna Raman's book, 'A Matter of Health' for advice on arthritis, he equates hip problems with shoulder problems. Knowing that radiotherapy to the breast area had caused tissue damage to the shoulder blade, I started to work on the recommended standing poses, with focus on shoulder girdle action; this benefitted the hips.

- Another help came in the form of a notebook written by Kevin Durkin, compiled from a 5 day workshop given by Dr Geeta Iyengar for Iyengar Yoga teachers in America. These notes were passed to the Friday teachers' class by Jeanne. The following is a quote related to the head of the femur bone in Uttanasana: 'Maintaining the opening of the backs of the legs, release the head of the femur bones so they move into the sockets.' Another quote: 'The greater the problem with the hip joints and sciatica, the wider the feet should be apart and the more the feet should turn in (from the head of the femur) so that the inner thighs ascend.'

- In Iyengar Yoga News, Issue No.8, Spring 2006 - an article by Brigid Philip entitled, Tailbone: the secret ingredient. The article is about how Guruji worked with a student with a bad hip problem. Brigid was helping because of her own, similar problem. She gives clear instructions on how to bring awareness to the tailbone, with reference to the sides, top and bottom and the front and back of it. Following these instructions, given by Guruji in Trikonasana and Parsvottanasana, has given light to the fact that the side of tailbone on my bad side is less defined.

With these four insights in my practice there has been a change over time: pain as a guide rather than a constant reminder. The learning will be ongoing, no room for complacency. I just have to remember not to teach my students as if they have a problem. However they must surely benefit from my experience. Finally, I'd like to express my heartfelt thanks to Jeanne, Geetaji and Guruji for all this help.

Lynda Ogle

The best thing about Yoga is

We asked you the students and here are a selection of your replies. Thanks!

...is **freedom** to go running or do heavy jobs substantially free of the back problems which plagued me...It means stretches and "dog down" every morning with teacher Jacky's voice in my head asking "are you breathing?" It means probably being a perennial 'beginner' at the age of 61. So thank you. John

...**stretching** my muscles. Building strength in my hips, giving me more stability in my body due to hip replacement and not having same mobility. The Monday night class is great as I can have yoga alterations to hold me up. Kathryn

...it **restores** me to balance – physically and emotionally. Angela

...the postures can be adapted to meet the changes our bodies encounter as we get older! Yet the benefits can still be experienced. M. Whitehead

...keeping me **supple** and keeping my body in shape. Even after 30 years I'm still going every week. It might be weaker in some areas of my body, and I cannot do some of the postures but I do others which I can. It has helped me get over injuries over the years and the menopause wasn't as bad as I expected. I hope to continue a little longer. I'm 67 now so who knows?

...it provides time to **unwind** and forget daily stresses. Being taught by an experienced teacher who meets the needs of each student – providing the right amount of challenge so that when I leave I have a sense of achievement, feel refreshed and prepared for a good night's rest. Gillian

...it makes me feel **calm** and relaxed. I always have the best night's sleep after yoga. Anna Maria

...It helps me **relax** and sleep well.

...the night's sleep I get after the class – best sleep of the week! Anika

...that yoga is '**the best**' – just wish that I had started years ago. The Foundation Course has been invaluable (Thanks Charlotte). And the slower pace class is tailored to each person's needs (Thanks Julia). Joyce

...that when my daughter died very suddenly aged 19 yoga helped my mind and body to cope.

...making great new friends. Getting some 'me time' and keeping my **mind focussed**. Karen



...no matter how bad a day you've had, no matter if you're feeling a bit low or unwell, once you've made the effort to get to class, you always feel **better** afterwards. I'd been ill for over 2 weeks and felt really washed out. I made the effort to go to class and afterwards I had the best night's sleep for over 2 weeks. And that's only one benefit of yoga. Elaine

...the **long term benefits** our weekly classes will hopefully promote. Peter
...it makes me feel **6 ft. tall** (normally 5' 4").

...it **helps** me both physically and mentally. Physically because it helps my frozen shoulder and stops it from hurting. Mentally because yoga helps me to relax in certain situations, such as in the dentist's chair where I will think of my breath and relaxation. Yoga has changed my life for the better and I believe everyone should practice it. Jenny

...there are various poses that suit all ages, health issues and varying degrees of experience. It helps as an exercise **available to all**.

...helping me to relax, **unwind** and leave the stresses of the day behind. Victoria

...it relaxes me and **relieves stress**. Time for me! Deb

...it helps you to understand and **connect** better with your body and all its idiosyncracies! It promotes calm and serenity (I always feel great after yoga). It's challenging, so small achievements make you feel proud. Carole

...it is an oasis of **calm** in the chaos which is so often my life. Time to just be.

...it helps me **stay fit** enough to deal with everyday life. Jean

...it fixes my body so I can run. Katherine

...it makes me **feel happy** and helps me stay calm when life is like a whirlwind.

...that I am able to **care for myself** when suffering from both physical and mental problems. I have learned a **deeper reverence** for all life through yoga. It is hard when feeling mentally dejected to practise but there is always something I can do to lift myself.

Connecting the Dots

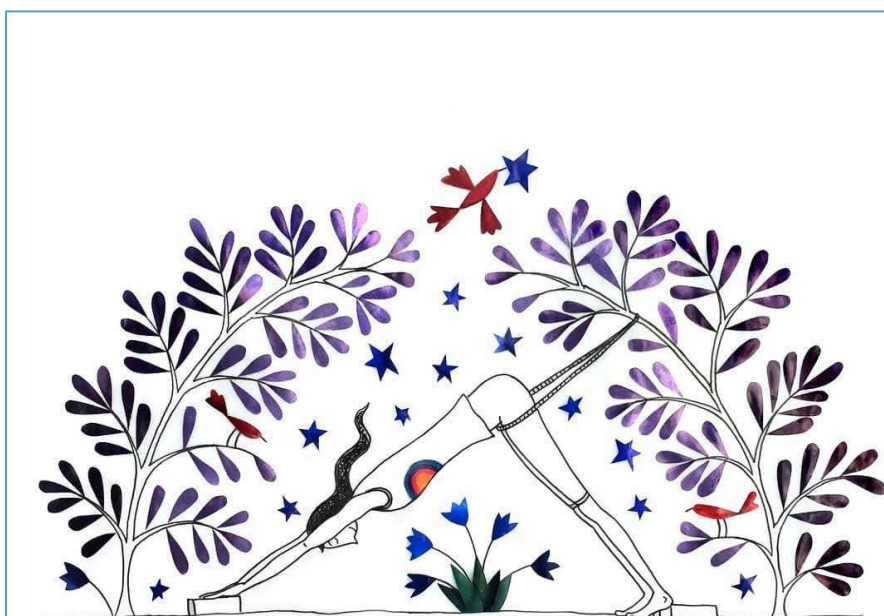
As any committed yogi will know, there is no such thing as an easy pose—think of Savasana—and those called ‘basic’ still offer a lot to explore, even after years of practice.

Take Tadasana, for example: this is the reference point for standing poses, so one we come back to again and again. And, though I know that repetition is key to learning, I confess to the odd—hopefully not outwardly detectable!—eye roll when a teacher had us ‘work on Tadasana’. Along with Savasana, this is one of the āsanās that is least satisfying for the ego: “I’m not doing anything, I’m just standing there!” goes the monkey-mind. There is certainly not a lot going on in this pose in terms of movement or fancy shape. What we practice when we stand in Tadasana is Samasthiti (Equal Standing), which is another name for this āsana. We move inwards and focus on feeling, rather than outwardly doing: is my weight evenly distributed on both feet? Am I slouching? What does my posture look like from where my teacher is standing?

This self-reflection is part and parcel of the practice, but it cannot go without what the teacher reflects back to the student: until we manage to bring awareness to the whole body, we will need the teacher to point out the areas that are dull and not yet responding as well as we’d like them to.

Overtime, what we improve in our posture(s) is not only the shape of the pose, but the quality

of our attention: the focus becomes sharper, we notice ever more minute differences in how we distribute our efforts, and are thus able to make increasingly subtle adjustments. So we start by paying attention to our feet, and the awareness that is honed while working with the body starts transferring to areas of our life beyond the āsana practice. Some people say yoga has changed their life, without necessarily being able to explain how. Indeed, ‘words cannot convey the value of yoga – it has to be experienced.’ BKS Iyengar. A tall order; metaphors be with me!



*“Inside us there is a universe.
Outside there is just a world.”*

PRASHANT IYENGAR

Jokes aside, yoga is indeed an experiential practice: rather than our brain snapping “I could never do this!” we wonder “what would it take for me to get there?” This is why we start our practice by ‘surrendering the head to the heart’: to leave our thinking brain aside for a while, in order to cultivate feelings of gratitude, curiosity and courage. (Note that ‘courage’ comes from the French word for heart!). Such virtues stand us in good stead as we explore the range of our possibilities, striking a balance between aspirations and limitations, shining a light on as yet unexamined corners of our being.

Yoga can also be described as an embodied philosophy. Most western practitioners will come to yoga through asana practice, which is number three of the eight limbs (ashta (8), anga (limbs)) of yoga. A continued asana practice will usually lead to questioning what the remaining limbs are, especially the first two, which we seemingly bypass completely! The Yamas and Niyamas - respectively limb no.1 and no.2 - are traditionally viewed as prerequisites to a physical practice. Which makes a lot of sense: disregarding Ahimsa, the utmost moral injunction to practise non-violence and self-compassion, can have adverse effects on both our personal practice and our teaching.

Making time to practise means creating space for benevolent enquiry; it is a chance to experience what being ‘here and now’ feels like, rather than ruminating over what once was, what might have been and what may yet come to pass. Simple, really, and still so difficult! But each breath, unfolding in the stillness, helps bring our attention back to what is. In such a space, where we strive to look inward and connect with our deeper self, there is no right or wrong. Even discomfort (bodily or emotional) can help us along on this path of self-discovery, if we can but train our attention on it rather than attempt to make it disappear. “Pain is the best instructor, but no one wants to go to his class.” said Choi Hong Hi, probably with a twinkle in his eye.

Involving the whole of ourselves (body, breath and mind) is what makes a practice ‘holistic’. With continued practice, we are made to feel whole.

‘Whole’, ‘holy’, ‘heal’—different words, same root. If you feel whole, you are essentially healed, although you may not be cured of what ails you! Connecting to our breath is crucial: no wonder that pranayama, the fourth limb of yoga, bridges physical and contemplative practices.

The yogic journey starts with the body and, if we allow, brings us home to our soul. For we are souls made flesh (incarnation is the name of the mystery) or in the words of the guru, ‘It is through your body that you realize you are a spark of divinity.’ BKS Iyengar.

Laura Dias de Almeida

IYA Convention with Jawahar Bangara - 2017

In May 2017 the IYA convention was held in the Birmingham Convention Centre, an excellent venue where Jawahar taught us throughout the weekend. The Convention was very well organised and ran smoothly throughout. There was plenty of space in the hall and the outer areas, and the audio-visual system in the hall worked very well.

It was a pleasure and a privilege to be instructed through those hours by a veteran of the Iyengar school of yoga, a longstanding student of Guruji, a dedicated practitioner and an inspirational teacher.

Jawahar taught through the basic standing, seated and back extension asanas. I say taught through, rather than instructed us how to do the asanas, as what he taught was uncomplicated yet profound. Through the basic postures, beginning with Tadasana, we strove to move forward to an understanding for the essence of Yoga taught the Iyengar way.

The Organs of Action:

Using our arms and legs in Tadasana, Trikonasana, Parsvakonasana, Parsvottanasana and Virabradrasana I we worked to bring stability, compactness and firmness in the body in order TO OPEN THE CHEST. All these actions in the standing asanas render the body fit for the practice of Pranayama.

We attempted to be with our sub-conscious in control of the back leg in the standing asanas, using props to “sharpen our intelligence.”

In Monday’s class we worked the ‘organs of action’, the arms and legs, to extend the spine and open the chest in backward extensions. For example in Urdvha Dhanurasana, using the legs correctly and strongly to lift the hips, bringing the arms straight and perpendicular to open the chest, and sucking the thigh and upper arm bones back into their respective sockets to bring compactness and stability to the pose.

Details and self-study:

As always in a practice of Yoga the Iyengar way there are the details in each Asana. For instance, these are the details I remembered from Jawahar’s teaching of Sirsasana on Sunday morning:

- Keep the elbows narrow and be on the inner elbows
- Lift the deltoids
- Make space between the inner elbow and the start of the bicep
- Roll the upper arms inside out
- Press the middle lower arm down onto the mat
- Press the wrist bones equally on both sides
- Keep the back of the skull long
- Keep the top thighs back



- Keep the sacrum in.
- Legs are gripped together. Be compact.
- Open out the feet all ways.

I am sure others will have more points to add to this list!

Jawahar's teaching made them not just parts of a "to do" list. I took from the experience the clarity of his message that we need to be involved in the process of self study in each asana, however simple that asana seems to us on a physical level, and that we should approach our practice with alertness and awareness so we can understand the links between the asanas and the actions required to improve them.

Throughout the weekend we watched the skin in the asanas and in pranayama to avoid creating hardness in the body. Where the skin becomes hard, there is violence. Our practice instead should reflect our following of the path of Ahimsa, or non-violence. This level of self-study in practice is essential for our development and progression in the understanding of what we are doing when we roll out our mats.

Philosophy:

For me Jawahar's teaching through asana and pranayama throughout the weekend made a clear bridge between the actions of the body and the reasons we continually struggle to perform them and improve. To quote Guruji's interpretation of the Yoga Sutra 11.46, 'sthira sukham asanam.'... 'whatever asana is performed, it should be done with a feeling of firmness, steadiness and endurance in the body; goodwill in the intelligence of the head, and awareness and delight in the intelligence of the heart. This is how each asana should be practised and experienced. Performance of asana should be nourishing and illuminative.' This way, our 'long, uninterrupted, alert practice' becomes a firm foundation for understanding the definition of yoga in the Sutras, 'the cessation of movements in the consciousness.' (Sutra 1.2 'yogah cittavrtti nirodhah').

Liz Knowles



An Interview with Janice Yates our MDIY Hon. Secretary

Janice is well-known to most of us, and no wonder. She has been our Hon. Secretary since quite soon after we became an Institute, and recently 'retired' after nearly 10 years as our first Centre Manager. We have a lot to thank her for! I met her one afternoon after class.

Joan: *What was your background to become the MDIY's first secretary and then Centre Manager?*

Janice: Well I was a PA/Secretary at the Council in Stockport and all my working life has been dealing with secretarial work. I was Hon. Sec. early on for the MDIY and years ago we also had a small Tameside Group – so I've always been part of the MDIY. It was a natural progression. When I gave up my job, Tricia Booth said 'quick, get her before she gets another job.' That was in 2008 but prior to that in 1985 – 2018 (33 years) I've been the Hon. Secretary of the MDIY.



What do you think are the basic duties of the job – a long way back to think?

It has evolved and it's evolving. At one time it was to organise monthly events, but now we have the Indian teachers coming and things have expanded since I began.

How do you fit this into your hours?

Well, I never really had any hours. I can sit with my laptop on my lap – it couldn't possibly be a 9-5 thing. It's more like 9 – 9 at night – it's a bit

tricky to fit in.

Can you think of any memorable events?

Of course when Mr. Iyengar came, and it was my job to put the garland round his neck, and with all the speeches I never got the chance – Trisha kept holding me back, and then I finally did. Then there was Birjoo and Jawahar and all the arrangements. It's more like a family.

Did you have to do all the arrangements for staying and eating?

In the early days, Guruji stayed with Jeanne Maslen in South Manchester, but when they came here it was sorting out hotels, collecting them, bringing them back. It was a big job. Now we have the cottage it makes it a bit easier. When we only had the one hall it was more difficult – now we can do a variety of things. For the teaching Assessments we have room for the Assessors to mark the papers. That is a big thing to organise, but now we have a few more volunteers. I used to be here all the time.

Are there many things that went wrong?

Oh, there's always things going wrong. The heating going off – that was the biggest bone of contention until we got the new boilers. My mother Marjorie when she was teaching would come home teeth chattering because the heating failed.

Is it a challenge to keep this building going?

As it's such a large, old building, there's always something breaking or packing in. I came in yesterday and a coat hook was pulled out of the wall. And the alarm system is always playing up and we have power cuts, but we get there in the end.

What about the cellar? Not many of our members know we have one?

Well, we have the Archives down there for our Institute, and the National Archives are up in the kitchen area. We tidy it up regularly and it could do with a lick of paint, but things get put away down there. It's a big, big area and could be made a bit better, but not into a yoga studio.

Over nearly 10 years, but 33 really as Secretary of this organisation, what have you really enjoyed about the job?

Well, I always enjoyed it from day one just taking the minutes, and then it evolved. It is nice to have a job that you enjoy, like yoga teaching, the next best thing is talking about it.

Has it been the biggest part of your life?

Yes. When I was at work, work always came second. 'Can you stay late Janice?'- 'No, I've got to get to class.'

How do you see the future of the Institute?

It's expanding, there are more people coming. With the teacher assessments nearly everyone from all over the country come to do these so they all see this building. There is a comments book and people say some lovely things. With social media we can do lots more now.

Do you think it would be more students, or different types of yoga in the future?

As we're in an outskirts area we don't attract as many as we'd like to – despite advertising and the banners, but people only see it when they want to see it. So our main areas are bringing on our teachers, through teacher training and Saturday workshops. And when we have smaller classes they are subsidised by our larger classes.

Were you regretful when you had to say goodbye?

No, not really, but it was difficult letting go as I'm still being called up. Clare's taken over now, but I'll probably be in the background for a bit longer.



Thanks Janice for all your hard work over the years – it's so much appreciated. And welcome to your successor as Centre Administrator - Clare Tunstall.

A weekend in the company of....Professor Edwin Bryant

We are fortunate at the Manchester and District Institute of Iyengar Yoga to host international teachers who help us deepen our practice and understanding of āsana.

That weekend in August, though, was more about stretching our brains than our limbs. Professor Edwin Bryant, a specialist of Hindu philosophy and religion, is currently offering workshops at yoga studios across the USA and Europe, also as part of teacher training courses. On this occasion, he came to talk to us about the Yoga Sutras of Patanjali. An opportunity not to be missed, surely! Although to be honest, I did hesitate to book my place. First, this meant sitting in a room for several hours on end—a total of 12, spread over the weekend—while getting to grips with aphorisms that are renowned for their opacity. Second, this would take place a mere couple of days after my return from High Wycombe, where I had spent four days in Sheila Haswell’s Yoga Shala for the third module of her “Sutra course” with Gitte Bechsgaard. Talk about full immersion!

But then again, I was eager to discover another teacher’s perspective on this piece of scripture. It’s the same as with āsana practice: different teachers offer different takes on a posture, all of which resonate differently and uncover new possibilities. And by definition, sacred texts lend themselves to an unlimited number of readings and interpretations, each new voice colouring them with fresh nuances of meaning.

Indeed, one of the first points that Professor Bryant brought home for us is that the Sutras of Patanjali cannot be read in isolation; one must read them in the light of the classic commentaries such as those of Vyasa and Vācaspati Miśra, amongst others. In his Yoga Sutras book, Professor Bryant offers a new translation of the sutras, along with explanations that incorporate the classical commentaries. This, along with the fact that the book is written with non-specialists in mind, makes for an illuminating read. Using the book as a reference, Edwin led us through three chapters of the sutras.



Professor Bryant middle 2nd row

I have sat through a good few lectures in my time, and these are firmly amongst the most stimulating: time flew by, and I was buzzing with elation every time I made my way out of the Maslen hall.

As well-written and engaging as a book can be, it is no substitute for the author's actual voice as they guide you through the material, removing a niggling doubt here and elucidating a particularly obscure passage there. As Edwin said at one point, what good is lecturing if what you say just goes over students' heads? Of course, if teaching is to make for a nice ego massage, then by all means, do spew jargon galore! If students don't understand, let it be their problem, not your responsibility; after all, you know what you're talking about.

But if the point is to share a message, you have to adapt your delivery to your audience. Expressing complex philosophical concepts in a simple and intelligible manner is quite a feat, for which Professor Bryant seems to have a natural knack—or years of practice!

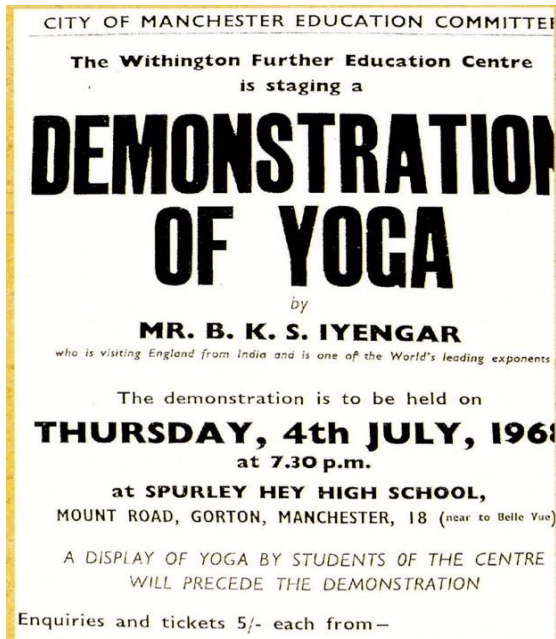
No wonder these workshops are hugely popular amongst the yogic community: being a long-time practitioner himself, Edwin is well-placed for reflecting yogic philosophy in the practice of āsana. This is highly relevant, in particular for practitioners of the Iyengar method. We start most of our classes by invoking the protection of the Lord Patanjali. What does it mean to place oneself within this particular lineage? What bearing has our intention on our practice? The word “philosophy” may be off-putting to some, conjuring images of robed academics who enjoy the sound of their own voice. But it simply means “to delight in wisdom”. In practice, it has far more to do with finding wise questions rather than definitive answers. Like any exploration, it should be fresh and exciting. If you've ever thought “Who am I?” “Where do I come from?” and “Where am I going?”—welcome to Philosophers Anonymous!

One of the reasons I love etymology is that it opens up new realms of meaning; tracing back a word to its roots, one discovers what ideas it stood for over time. Some words even make a complete reversal, signifying the exact opposite of what they started off describing.

The Sanskrit word “Upanishads” refers to the founding scriptures of Hindu philosophy. In essence, it means “sitting down near”, harking back to when knowledge was passed down orally. I'm looking forward to our next “upanishad” with Edwin Bryant, who will tell us of Bhakti Yoga, the yoga of devotion. For some of us, these teachings might be more engaging than Patanjali's Sutras; as Edwin aptly pointed out, Patanjali and his followers were renunciates, who turned their backs to the world and spent time hanging from a tree. I, for one, feel closer to Arjuna, who grapples with the same existential questions while remaining firmly anchored in the world. Namaste!

Laura Dias de Almeida

A TIMELINE OF GURUJI'S VISITS TO MANCHESTER



1968

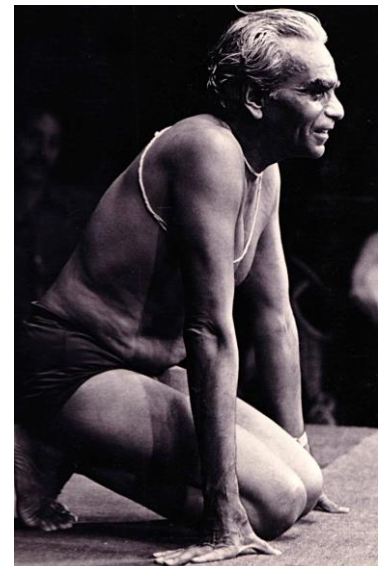
Guruji's first visit to Manchester was to give a demonstration at Spurley Hey High School in July 1968

Guruji also visited Cheadle Hulme School and St Chad's, Withington, Manchester, in the early years.

In July 1972 Guruji gave a demonstration in the Renold Building, UMIST (The University of Manchester).

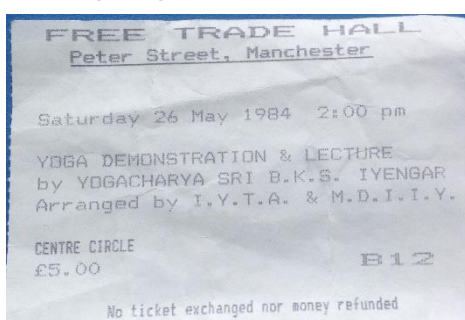
Also at the Rex Theatre, Wilmslow, Manchester, May 1976.

1972



There was the visit to the Free Trade Hall and the Refuge Building (now The Palace Hotel), Manchester, May 1984 for a Question and Answer session and demonstration. 2000 people attended.

1984



1986

A visit to Wythenshawe Forum in April 1986

1988

UMIST (The University of Manchester), August 1988

1990

The Free Trade Hall, Manchester, July 1990

1993

Guruji blessed the newly acquired MDIY Institute building in September 1993.



1997

GURUJI'S MESSAGE

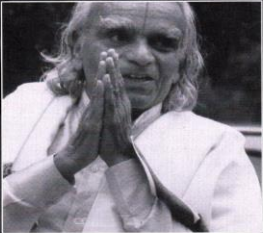
In my 60 years of teaching Yoga, today I am in great joy that you are all celebrating the Silver Jubilee function of the Manchester and District Institute of Iyengar Yoga, which is completing 25 years.

Since the 1st day of its inception, I am in close touch with this Institute, and the heartening feeling is that almost all my senior students from day one, worked with zeal and dedication that made this Institute grow from strength to strength to celebrate this great function.

I am grateful to all of them and I send my good wishes to the younger generation who have taken the mantle of running the Institute with their heart and soul in building-up this Institute still further to become a temple of physical and mental health.

I wish the Institute all success and pray the Lord at the same time for it to celebrate the Golden Jubilee with grandeur and eclat, when that time arrives.

May Yoga spread and become more popular in U.K. through this oldest Iyengar Yoga Institute of U.K.



B.K.S. Iyengar

B.K.S. Iyengar

Guruji visited the MDIY for the Silver Jubilee celebrations, November 1997

CHRISTMAS PARTY 2017



Paravrttaikapada Sirsasana

A rapt audience



The 'Snowmen' in tandem Vrksasana



Kurmasana



Uday Bhosale's visit to MDIY 23-25 February 2018

What a delight it was to welcome Uday back to the MDIY for his annual visit to the Institute. This was his fifth visit, his first being back in January 2012. Over the weekend Uday injected some 'Pune style' energy and light on Iyengar yoga into us in his generous, modest and humble way. Acknowledging that everything he shares is with thanks to Guruji, Geetaji and Prashantji.

Uday began learning directly with the Iyengars in 1999 and during his many years at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) he conducted classes for children (7-15 years), intermediate and beginner students. Uday was also a regular assistant in the medical (therapeutic) classes at RIMYI. Uday is currently based in Reading and travels around Europe conducting workshops and retreats. He was the guest teacher at the 21st French Iyengar Yoga National Convention in 2015 and one of the teachers sent by the government of India to China on International Yoga day 2016 on behalf of RIMYI, Pune.



Each day of Uday's visit to the MDIY over the weekend brought something amazing. The classes were wonderfully sequenced and clear. Uday paced all the sessions with appropriate care and gave us time to explore the theme and reflect during and at the end of each session.

In the Friday afternoon teachers' and trainees' class we prepared for and moved into twisting asanas. The preparation started at the very beginning when we sat in Virasana for the invocation to Patanjali and the Guru chant. In Virasana, and all the subsequent seated twists, we

kept the sitting bones level and from that sharp, fixed point we lifted and extend the trunk, particularly around the sides of the waist, and revolved around a central axis. Then came the standing twists with precision but also with mobility. The finale came when we moved from Pasasana to Eka Pada Koundinyasana.

The Saturday morning beginners' class was filled with simple, sharp instructions to get us working hard in the standing asanas to build strength. Uday was carefully noting our energy levels and attention so as not to 'shock' and scare us away. For me the class was invigorating and created a lightness in the body.

In the Saturday afternoon general class we started in supine asanas. In Supta Baddha Konasana Uday encouraged us to inhale into the chest and exhale in the abdomen allowing us to soften the abdomen. Exploring Supta Padangusthasana and Urdhva Prasarita Padasana with a looped

belt helped to keep length in the lower back and a strong extension in the back of the legs. It also helped to get a firm connection in the hips which was then transferred into the inversions.

The Sunday morning class started with a bang as the intermediate group were put through their paces alongside the children. Uday had us all jumping and moving so quickly, in what seemed like hundreds of asanas repeated many times, the whole room lit up with excitement and beaming happy faces. After the children left, the group now with a sharp focus, worked on how to stabilise the shoulders and create maximum space and freedom in the neck. Again with attention and careful sequencing Uday took the group towards Vasisthasana and then through a series of seated twists to keep further freedom in the neck.

The focus in the Sunday afternoon class stayed on giving a firm support of the shoulders in Supta Baddha Konasana and Supta Virasana. This attention then helped as the class progressed into standing and seated forward bending asanas allowing the back to lengthen and spread where we also explored the use of the rolled blanket into the abdominal area. The seated twists Bharadvajasana and Marichyasana were used to release and then brick Setu Bandha brought quietness. The final Savasana after the back muscles had settled and released brought further quietness and calm at the end of an inspiring weekend of Iyengar yoga with Uday.

Many thanks to Uday Bhosale for sharing his knowledge and to the MDIY for hosting a wonderful weekend of Iyengar yoga.

Jacky Taylor



Reflections on Grief

My husband was diagnosed with a terminal illness in 2016 after a long period of uncertainty. As a GP I knew what to expect, and with supportive colleagues I was able to have prolonged leave to care for him. In fact we cared for each other, with lots of support from family and friends.

One of the things that helped me most during that time and afterwards has been yoga. I'd been attending an Iyengar class regularly for 13 years, and over the previous 18 months had found and loved an intermediate class and started to attend workshops, which had given me the confidence to develop my home practice.

I let my teacher know what was happening - she knew Mike had been ill, and I really appreciated her support and compassion. I was able to keep attending my regular evening class near my work until Mike became too ill to leave. I'd also started attending some workshops in Buxton which was closer to home. I was able to get there for occasional classes. It was a big help being able to email both teachers to explain what was happening, and I was very moved and helped by their support.

As Mike got weaker, the only times I left him were to go to yoga or for a walk - a close friend would come and stay with him to enable me to attend classes. Initially I practised my yoga at home each morning, though as Mike became more unwell I fitted it in as the days allowed - sometimes just doing Dandasana or Baddha Konasana as I sat by his side. I tried to do a headstand and shoulder stand most days, and recognised the huge benefit that gave me.

I didn't want to leave Mike though being able to go to yoga was in another league - I felt so much better, and found being part of a class very supportive. There was only one occasion when I felt I shouldn't have gone - and worried that Mike was ok - I asked to leave early to get back, and appreciated the suggestion to do a short Savasana before I left.

Mike died at the beginning of September 2016 and returning to regular classes was a huge help for me. Classes gave me structure to days, especially the evenings as I found my way.

Ever since I started yoga I've found it hard to quantify the continual benefit that it gives me, and this increased the more I did. I benefitted initially from a set of poses I found called "yoga for grief" - they gave me a simple structure at my most vulnerable. I often cried silently in Savasana, in a way that was helpful. The poses were:

Virasana forward bend, Bhujangasana, Matsyasana with straight legs, Viparita Karani, Savasana

I read Light on Yoga, and was humbled by Guruji's reflection on the death of his wife. I couldn't have been happier than I was with Mike, though I knew that yoga was a path forward for me. It's felt like going through a door that I didn't want - though having done it I've looked about and seen things that I'm excited to do.

I was fortunate to be able to reduce my work to half time, allowing me more time for yoga, and I have loved being able to go to workshops, weekends and holidays. The people I've met have been lovely, and it's felt like a community of compassion. In particular the support from teachers Carolyn Ferguson and Sue Lovell has been outstanding. I've lots of things booked, and planning to embark on my teacher training this year. Not without trepidation, though looking forward to the challenge.

Our events on National Iyengar Yoga Day – January 13th 2018

Our trainee teachers giving a demonstration, and Charlotte teaching a class in Booth Hall.



National Iyengar Yoga Day takes place every January – it gives us the opportunity to offer free classes and ‘showcase’ our wonderful yoga spaces.



Restorative Yoga – useful books



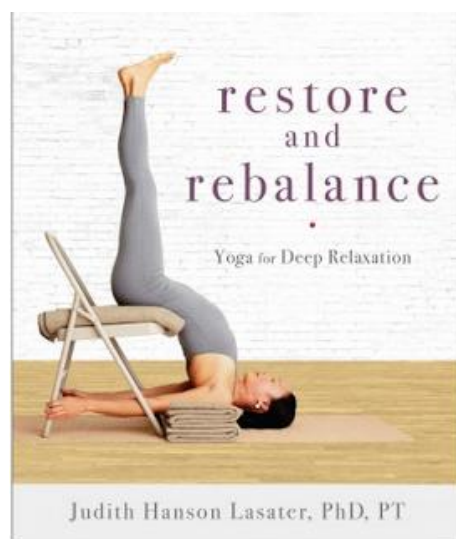
Relax and Renew

If you want some further incentive to begin or continue your own restorative practice, or teaching points for your students or classes, then these two books by Judith Lasater give plenty of quiet inspiration. Influenced by Mr. Iyengar's teaching, she wrote her first book on restorative yoga ('Relax and Renew') in 1995 when this approach to yoga was little known. However, as she says, it was warmly received, and had a 2nd edition in 2011. I have had this book for a few years now and refer to its detailed approach often. Many of the poses are now well known to teachers and students – Viparita Karani (the lake posture); Adho Mukha Svanasana (dog down) on wall ropes; supported Adho Mukha Vrasana (child pose over a bolster); Supta Baddha Konasana (supine cobbler's pose) and supported bridge pose on bolsters (Setu Bhandha). What really helps, of course, is the careful description of the supports needed, how to rest in the poses, and specific benefits. The 'added extra' in this book is the 'slowed down' style of writing and content – absolutely essential to any calming and cooling of the system.

Her latest (2017) book, 'Restore and Rebalance', goes further, emphasising that restorative yoga is about 'opening, not stretching' and also 'it is not just not an adjunct to the well-known practice of postures. Restorative yoga is a practice in and of itself for people of all ages, at all levels of yoga experience, and in all states of health.'

The poses are similar (and fewer), but more props are used with the purpose of complete relaxation. She emphasises the setting up, being in the pose and coming out of the pose, in a class or in your own practice. A question: 'How can I get myself in the mood for practising restorative yoga?' is answered: 'One way is to gather your props and keep them neatly arranged and available in the same place in your house. Make a ritual of your practice by trying to do it every day at the same time and place.' Simple, but useful points abound.

Her quiet comments are for students: 'Take several long breaths and sink into the floor. Accept the firm support of the blankets as they hold you still. In an active asana practice you are the actor and the pose is the receiver. But in restorative yoga, it is the opposite. Here, the pose is acting and you are receiving. The 'work' is done by the props'. There is a section for teachers alongside every posture giving useful advice. Take 'time out' with one or both of these books for your restorative yoga practice.



How does the Committee plan our Yoga programme?

If you are a new member of the MDIY or even someone who has been a member for quite some time, you may not be aware that there are two committees taking care of the upkeep and activities of our wonderful Institute. The Executive Committee (EC) who look after the day-to-day running of the centre and the Classes & Events Working Group (C & E) who are concerned with the reason for our existence which is, of course, the practice of Iyengar Yoga.

Some time ago, all these matters were dealt with by the main EC Committee but there wasn't enough time for the main committee to get through the many topics to be discussed at one meeting. It was therefore decided to appoint a second group to deal with the more yogic side of things - and the C & E Working Group was formed, the minutes of their meetings being passed to the EC for information and any further action needed. A few of the members are on both groups; both are made up of a mix of teacher members and non-teacher members of MDIY.

The C & E Working Group can make various decisions on the types of classes we offer alongside maintaining our busy timetable and, of course, keeping our enthusiastic teachers as happy and contented as possible. Our teachers do have their own regular meetings as well and matters that need further discussion, such as suggesting new classes, can be passed on to the C & E group. The C & E also invite experienced Iyengar Yoga teachers from the U.K. & Europe as well as well-known Indian teachers who work alongside the Iyengar family in Pune. Indeed, they sometimes approach us if they are going to be in the UK. These are popular teachers and lots of notice is usually needed to make sure they visit the MDIY.

The C & E Working Group appreciate your feedback and suggestions. Please let us know your ideas and they will all be considered.

Margaret Ellison

STOP PRESS!!

**Dates for your diary: MANCHESTER OM YOGA SHOW (the MDIY have stall 7A)
20 – 22 April 2018 at Event City (near Trafford Centre)
All details: <https://manchester.omyogashow.com>**

During the week of 14 December 2018 (Guruji's 100 year Anniversary) – there will be a number of events at the MDIY to mark this wonderful occasion.

The garden at MDIY



The Hatha Yoga Pradipika says that the yogi should practise in a matha or monastery without any windows. My understanding is that this is so that the practitioner is able to maintain attention on practice rather than gazing out of the window. This is yet another aspect of yoga which will be a lifelong 'work in progress' for me as I often find

myself looking out of the window at the trees and birds in the park or at the garden if I am in a class in Booth hall downstairs. Apologies to all teachers whose classes I have attended! I have a butterfly brain so this is no reflection on your teaching.

One of the commentators on the Hatha Yoga Pradipika, Nandikesvara says 'the monastery should be surrounded by flower gardens and groves so that the eye of the yogin resting upon them might remain calm.' For many people attending classes in the evening, especially in the winter months, visiting our garden isn't an option. But we do hope you will attend a daytime class or event one day and take the opportunity to sit out there. It is so lovely to just sit there and watch all the comings and goings.

I have kept a record of sightings in the garden. Here is a selection:

Sparrows are the most frequently seen birds and we have seen them flying from the wall and having a bath. A nuthatch was seen on the feeder and one day a woodpecker. A wren, and a robin have been seen and there are also pigeons and squirrels who visit. A very enterprising squirrel managed to get inside our plastic storage box to eat some bird food. A black and white cat, rehomed to Cecil Street by one of our members, often visits. Bumblebees and butterflies are seen in summer. We do not use any chemicals in the garden, in keeping with ahimsa (non-harming) and we compost fruit peelings and tea bags. This year we have been able to harvest some of our own compost to improve and replenish the garden soil.

Our garden has been created and maintained over the years by the hard work of many volunteers and with the financial support of the committee. Our next project is to transform the area in front of the cottage. The front garden also will need some attention this year. There will be some garden get-togethers over the coming months, the first on Friday 13th April 3 to 5pm. If you would like to contribute advice, time or money to our garden or send us your sightings you can email kimski@btinternet.com or text me on 07821 851912.



Blooming in early Spring – Viburnum Bodnantense

Robert Leyland

Robert, a Junior Intermediate 1 teacher at the MDIY, sadly died in August 2017. Below are two tributes – the first was composed and read by Karen Brindle at his funeral. The second is from his long-time teacher and friend Marios Argiros.

‘Robert Leyland was one of a kind. He was thoughtful, caring and supportive and was an inspiration in so many ways to myself and others. He was a shining light who always took the centre back position at Knutsford Iyengar Yoga Centre for the intermediate class on Thursday mornings – radiating warmth and love to those around him. Knowing how much he loved his football I decided to look up the qualities of a ‘centre back’ and this is what I found:



‘A mixture of impressive technique, intelligence and strength. Is remarkably calm under pressure and is utterly majestic’. Pretty much sums Robert up don’t you think?

Robert was a great support to me, Richard and others during our teacher training and I was truly grateful for this. He helped us with the asanas we struggled with; particularly Parivrtta Parsvakonasana, in my case, where his detailed methodology and considered approach helped me enormously. He showed understanding, patience and empathy during this challenging time of our lives and gave us some great advice and tips to help move us forward in our training and always with a knowing twinkle in his eyes.

‘As an Iyengar yoga teacher you have to be exemplary’ Jawahar said at the last Iyengar Yoga Convention and Robert was certainly this.

I also remember casually asking Robert’s advice on purchasing some ropes and wall bars for my home practice and later on that day I received an email from him with details on: where to buy them from; the make; the price; the difference between the 14 bar and the 10 bar set; the height; the width; the difference between the gaps in the bars; the contact details; the assembly; the drilling details; the adhesive details; the type of rope including the diameter. Then he ended the email with ‘I hope this is of help!’ [Copies of this email available on request].

He was meticulous and thorough in his email and he was meticulous and thorough with his yoga practice, with his sequencing and planning and with his teaching. It was this kind of detail that reflected his devotion and dedication not only to his yoga but to his life.'

Karen Brindle



I first met Robert when he joined my new class on a Tuesday evening at MDIY. It was the year Jeanne Maslen stopped teaching her Tuesday evening class. David Reddican moved upstairs to continue the intermediate class and I took over downstairs. Robert was a complete beginner and he took to it straight away, although I suspect his wife Barbara, a senior teacher herself, had been encouraging him to

Barbara and Robert Leyland practising Bakasana

start for years! Within a short time he joined the Friday am class at Dukinfield, which was more intermediate. He then started teacher training in 2009 and used to practise teaching a pose every week in my class. He was completely dedicated to the practice and really kept me on my toes. He was a calm and peaceful student who had a very enquiring mind and, although he didn't ask questions very often, when he did they really got to the heart of the subject. I remember I once asked him to teach Supta Virasana and the class turned into a Supta Virasana workshop.

He attended most classes and workshops that I taught in the north. He was always there with Barbara and, in his retirement, really enjoyed being able to practise yoga together with her. When he became too ill to attend, we still talked on the phone, mostly something to do with yoga. "Have I understood this thing?" or "how do you use this prop?" I never ever heard him complain once. His practice wasn't only on the mat, it came into his life too. He was a true yogi in every sense of the word and I'm so grateful that our paths crossed. He is very much missed.

Marios Argiros

**MINUTES OF THE MDIY ANNUAL GENERAL MEETING HELD ON
SATURDAY 11 NOVEMBER 2017 AT 134 KING STREET, DUKINFIELD AT 10.00 AM**

There were 35 members present.

APOLOGIES: David Reddican, Rachel Preston, Susie Savage, Sharon Dawn Taylor, Julie Royle, Alison Wright, Lynne Clough

MINUTES OF THE 2016 AGM

The minutes from last year's AGM were printed in the 2017 Journal and were proposed as an accurate record by Joan Abrams and seconded by Jayne Wilson.

CHAIRMAN'S ADDRESS (Debbie Bartholomew)

Welcome everyone to the MDIY and this year's AGM, our 46th!

It has been a very busy year with lots of different classes and workshops. When I was working out what to say in my report I was looking through all the different things we have had running here and was amazed at the diversity of events and personnel. We had the yoga philosophy course run by Giite from Germany, Uday and Devki came to teach us, both from India. Then Christian Pisano from France, Garth McLean from Canada and Edwin Bryant flew in from the US (although he hails from the Isle of Wight). Then of course we have our very own teachers sharing their knowledge. We are grateful to them all. Iyengar yoga has truly spread throughout the world.

We have also had teacher training at all the levels, Introductory, Junior and Senior. The childrens' class is growing so our lovely yoga pips are learning the art of yoga too.

The cottage has at last been completed and has proved to be very successful, with teachers and students able to stay over. A big thank you to all those who helped create this beautiful space.

Our thoughts and thanks especially go to Barbara and Robert Leyland. Robert was a key figure in the conveyancing and refurbishment of the cottage. I am sure he would be very pleased with how things have turned out with it. Sadly Robert passed away this year. His students and MDIY members have created a fund and we will buy a garden bench and a "good quality" rose to commemorate him.

We have 3 new teachers, Faye Anderson, Alice Cutteridge and Alison Wright.

Successful candidates at Intermediate Junior were:

Level One Vanita Mistry, Sacha Cash, Sue Savage

Level Two Janine Noblett, Julie Donohue

Level Three Deborah Wilkinson, Tracey Evans, Sharon Dawn Taylor, Kate Woodcock and Jo Lovell.

We are full of admiration for your dedication and hard work.

Thanks also to our teacher trainers - they, and MDIY, couldn't do it without you!

Commiserations to those who were not successful this time. You are part of our yoga family and we are all here to help and support you.

One of our founder members has retired from teaching this year. Margaret Ellison has been a key part of the MDIY ever since its conception, she found our building. She is still very much involved behind the scenes with the Institute but has now hung up her teaching shoes. Thank you for all you do Margaret. Enjoy your retirement.

We have three people retiring from our committee, Susie Murray, membership secretary, Janet Beswick who keeps the MDIY spick and span, and Julie Howarth who helps out so much with the practical

running of the Institute. Many thanks for all your help and hard work.

If anyone wants to help in any way, shape or form, even if it is only one little aspect, for one event, offering advice etc. please do mention it to one of us. We are grateful for any help.

I am stepping down as Chairman. It is only as Chair that I have realised how very hard your committee works on behalf of us all. How they and our volunteers help selflessly to keep the MDIY running as it does. Things do go a bit wrong sometimes but they work their socks off rectifying things, coming up with new ideas etc. I cannot thank or applaud them loudly enough. BKS Iyengar and the Iyengar family would be very proud of you.

SECRETARY'S REPORT (Janice Yates)

Thanks Debbie and many thanks for all your patience in your role of Chair, securing all those visiting teachers, is not an easy task!

We have lots of events planned for next year too including Julie Brown in January, Uday Bhosale in February, Firooza Ali, Dr. Rajlaxmi, Garth McLean, Edwin Bryant, Jayne Orton to name just a few.

National Iyengar yoga day next year will be held on the 13 January.

There have been four meetings since our last AGM. We have 564 members. The committee works very hard to maintain the smooth running and I would like to thank them all for their hard work. Charlotte has done some sterling work with endless list making, sending electronic Newsletters to our membership and working tirelessly with Stewart to keep the Website updated.

We have a group doing publicity on social media sites, so when you see these posts, please "share, like and retweet" to increase awareness.

Along with PD days and first aid courses, our volunteer helpers who are not committee members also get involved and we are grateful for this extra help.

May I also thank our editors of the MDIY's annual Journal, Joan and Lynda for the excellent edition.

Online booking is now open for our Xmas party on the 17 December, this year we are having, not two, but three yoga demonstrations, as well as our tombola and delicious food from Lily's.

TREASURER'S REPORT (Kathryn Duffy)

These accounts are to our year end 31st July 2017 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 £20557.

The figures are fairly self-explanatory and show that both general classes and events have provided healthy returns without increasing charges to students.

Teaching Fees were increased during the year by £3/hour

The Institute's running reflects the money spent on the final refurb. of the cottage next door.

Also final work done on the exterior of the main building, repairs and repointing of the building façade to prevent water ingress.

The balance sheet reflects the MDIY repayment of £10K of the loan initially taken out to purchase the cottage the balance outstanding is now reduced to a figure of £21K which we aim to repay over the next two years, finances permitting.

Once again we have had a successful year. This wouldn't be possible without the hard work of Classes and Events working group, along with the Executive committee.

A lot of work goes into the planning and monitoring of the class schedule appointing teachers and introducing new classes where appropriate; forward planning and promotion of events and workshops and organisation of regional assessments and the general organisation and maintenance of the institute.

MEMBERSHIP SECRETARY'S REPORT (Susie Murray)

The current membership figure is 564 of which 81% joined on line. Susie reported that the role of Membership Secretary had been handed over to Julia Mitchell on the 11 October 2017.

A thank you from the floor from Julie Brown and seconded by Jill Johnson for Susie's excellent work as Membership Secretary.

ELECTION OF OFFICERS

The Chairman retires and does not seek re-election. The Secretary and Treasurer retire and are willing to stand again. Charlotte Everitt is willing to stand as Chairman

	<u>Proposer</u>	<u>Seconder</u>
Charlotte Everitt (Chairman)	Debbie Bartholomew	Margaret Ellison
Janice Yates (Secretary)	Janet Beswick	Laura Dias de Almeida
Kathryn Duffy (Treasurer)	Susie Murray	Susan Halliwell

The officers were unanimously elected.

ELECTION OF MEMBERS

In accordance with our Constitution, three members retire annually. Julie Howarth, Susie Murray and Janet Beswick retire and do not seek re-election. The following members wish to stand for election.

	<u>Proposer</u>	<u>Seconder</u>
Nicky Wright	Kim Skinner	Julia Mitchell
Sacha Cash	Kathryn Duffy	Clare Tunstall
Jayne Wilson	Julie Howarth	Janice Yates

The members were unanimously elected.

ANY OTHER BUSINESS: There was no other business and the meeting closed at 10.25 am

MANCHESTER & DISTRICT INSTITUTE OF IYENGAR YOGA **Income and Expenditure Account for the year ended 31 July 2017**

2016		2017
£	<u>INCOME</u>	£
9,135	Subscriptions	8,520
11,752	Net proceeds from events	6,672
31,164	Net proceeds from classes	35,836
6,989	Rental income	11,005
757	Net sale of publications and goods	1,087
-	Donations	<u>425</u>
59,797		63,545
<u>33</u>	Bank interest	<u>11</u>
59,830		63,556

<u>LESS EXPENDITURE</u>		
14,419	Administration expenses	11,072
12,210	Institute running cost	16,328
-	Professional fees	5,788
204	Donations	477
1,962	Purchase of yoga equipment	2,255
<u>3,607</u>	IYA Subscription	<u>4,785</u>
32,402		40,705
1,136	Corporation tax	1,227
1,467	Interest on bank loan	924
<u>111</u>	Paypal fees (on memberships only)	<u>143</u>
35,116		<u>42,999</u>
<u>£ 24,714</u>	Surplus for the year	<u>£ 20,557</u>

Balance Sheet as at 31 July 2017

<u>GENERAL FUND</u>		
22,497	Balance brought forward at 1st August	27,211
<u>24,714</u>	Surplus for the year	<u>20,557</u>
47,211		47,768
<u>20,000</u>	Less Transfer to Building Fund	<u>20,000</u>
27,211		27,768
<u>BUILDING FUND</u>		
243,100	Balance brought forward at 1st August	263,100
<u>20,000</u>	Transfer from General Fund	<u>20,000</u>
263,100		283,100
<u>12,848</u>	Creditors	<u>8,861</u>
<u>303,159</u>		<u>319,729</u>

<u>Represented by:</u>		
59,356	Bank Accounts	54,078
2,020	Stock of goods held for resale	5,044
276,909	Property at 134 King Street and Cottage at cost	282,311
<u>(35,126)</u>	Bank Loan for purchase of cottage	<u>(21,704)</u>
<u>303,159</u>		<u>319,729</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
5th November 2017

Equipment for sale at the MDIY

Equip-ment		
	Mats (blue)	£15.00
	Tree mats	£30.00
	Blankets (cotton)	£18.00
	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	£12.00
	Yoga – A Gem for Women	£12.00
	Illustrated Light on Yoga	£12.00
	Alpha & Omega of Trikonasana	£12.00
	Tuesdays with Prashant	£12.00
	Women’s Yoga Book	£14.99
	Teachers of Yoga (available for teachers & trainees)	£14.00
	Yoga in Action (Prelim.)	£10.00
	Yoga in Action (Intermediate)	£10.00
	Yoga for Children	£14.00
	Astadala Yoga Mala (each volume)	£2.00
	Practice & Enjoy (Julie Brown) – tape or dvd	£13.00
	Geetaji’s visit to MDIY – dvd	£10.00
	Mr. Iyengar interview - tape	£2.00



ALL AVAILABLE FROM THE INSTITUTE or via www.mdiy.org.uk

Forthcoming Events at the MDIY

2018	
13 – 15 April	Devki Desai
4 – 6 May	Dr. Rajlaxmi
11 – 13 May	Firooza Ali
8 – 10 June	Garth McLean
Thursday 21 June	International Yoga Day
Saturday 21 July	Clare Tunstall
10 – 12 August	Summer School – Debbie Bartholomew
24 – 26 August	Edwin Bryant & Julie Brown – Philosophy weekend
15 – 17 September	IY (UK) Convention - Harrogate
Saturday 13 October	Alan Brown
16 – 18 November	Jayne Orton
17 November	AGM
Friday 14 December	100 th Anniversary of Guruji's birth
2019	
Saturday 5 January	Julie Brown
Saturday 17 January	National Iyengar Yoga Day
22 – 24 February	Uday Bhosale
March	Intermediate Assessments
10 – 12 May	Marios Argiros
June	Introductory Assessments
Friday 21 June	International Yoga Day
28 – 30 June	Carrie Owerko
13 – 14 September	Margaret Austin
Friday 14 December	Anniversary of Guruji's birth

ALSO: For teachers (2018):

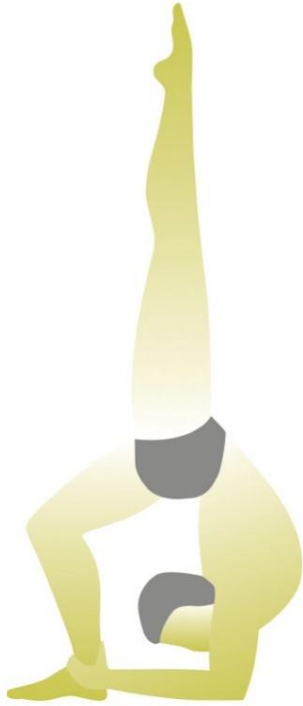
Intermediate Junior Workshop	10 Nov, 1 Dec.
Intermediate Senior Workshops	7 July, 8 Sept, 27 Oct.
Advanced Level Workshop	8 Dec.
PROFESSIONAL DEVELOPMENT DAY	28 April (Diane Coats)
PROFESSIONAL DEVELOPMENT DAY	20 October (Sheila Haswell)

MDIY TIMETABLE OF CLASSES

(Current March 2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GENERAL 10:15 - 11:45 Margaret Walker	PRANAYAMA 7:00 - 8:30 Sharon Dawn Taylor	INTERMEDIATE 9:45 - 11:45 Maureen Wray	SLOWER PACED 13:15 - 14:30 Joan Abrams	GENERAL 10:00 - 12:00 Julie Howarth	CHILDREN 10:00 - 10:45 Sacha Cash
TEACHERS 11:45 - 13.45 Julie Brown	GENERAL 10:30 - 12:00 Nicky Wright	50+ 10:30 - 12:00 Kim Skinner	GENERAL 18:30 - 20:00 Julie Royle	GENERAL 10:00 - 12:00 Sarah Barber	
BEGINNERS 17:30 - 18:50 Jacky Taylor	GENERAL 13:00 - 14:30 Nicky Wright	BEGINNERS 17:30 - 19:00 Julie Howarth	FOUNDATION 19:00 - 20:30 Susan Savage	TEACHERS (IJ3 +) 12:30 - 14:30 Senior Teachers	
FOUNDATION 17:30 - 18:50 Lynne Clough	REMEDIAL 13:00 - 14:30 Debbie Bartholomew	GENERAL 19:15 - 21:00 Julie Howarth	TEACHER TRAINING 19:00 - 21:00 Teacher Trainers	RELAXATION CLASS Monthly 18:00-19:15 (2 nd Friday) Joan Abrams	
GENERAL 18:30 - 19:55 Sacha Cash	GENTLE CLASS 17:30 - 18:45 John Aplin	FOUNDATION 19:30 - 21:00 Rachel Preston			
BEGINNERS 19:00 - 20:30 Vanita Mistry	BEGINNERS 18:00 - 19:20 Sacha Cash	GENERAL 20:00 - 21:30 Charlotte Everitt			
INTERMEDIATE 19:00 - 21:00 Debbie Bartholomew	INTERMEDIATE 18:45 - 20:45 David Reddican				
SLOWER PACED 20:05 - 21.30 Julia Mitchell	FOUNDATION 19:00 - 20:30 Alison Wright				

Classes	Members	Non-members	Block booking
1 ½ hour class	£6.00	£6.50	£40.00 (10 weeks)
1 ¾ hour class	£6.00	£6.50	£42.50 (10 weeks)
2 hour general class	£6.50	£7.00	£45 (10 weeks)
2 hour intermediate class	£7.00	£7.50	£50 (10 weeks)
Pranayama classes	£7.00	£7.50	£30 (6 weeks)
Foundation classes for absolute beginners	-	-	£50 (10 weeks)
Teacher training	£10.00	-	
Monday teachers	£8.00	£9.00	£60 (10 weeks)
Friday teachers	£9.00	£10.00	£65 (10 weeks)
Childrens' class (6 years and upwards)	-	£3.00	-
Slower paced class suitable for ME/ CF	£6.50	-	£25 (4 weeks)
Remedial class 1 ½ hour class	-	-	£64.00 (8 weeks)
Gentle class suitable for back problems	Please email classes@mdiyy.org.uk for info		



MDIY
established 1972