



Oxford and Region Iyengar Yoga Institute

Welcome to the summer 2014 edition of our e-newsletter.

[www.oriyi.org.uk](http://www.oriyi.org.uk)

Dear Members,

The newsletter seems to come round with increasing speed – where does the time go?

This edition contains some great material contributed by members – I hope you all enjoy it. First a message from Guruji himself on his 95<sup>th</sup> birthday – reprinted with permission from *Yoga Rahasya VOL.21 NO1, 2014*. Then a ‘Farewell to SARVA’ by Evelyn Crosskey – it’s such a shame to see SARVA close after over a decade of wonderful yoga but as Evelyn so eloquently says, ‘As one door closes another one opens!’

I’ve also included the answer to the question ‘Why are we not allowed to drink water during a yoga class?’ It seems appropriate to address this issue as we practice our yoga and attend classes in the heat of summer. If members have any other questions they would like answered in future editions get in touch - I’m sure our senior teachers would be happy to provide the answers (and it makes interesting reading for us all)

As usual I have included a few photos from the latest ORIYI event with Nathalie Blondel that took place in early June. The various reports and minutes of the AGM that took place after the event are on the website.

And finally the recipe – this time a really yummy and very easy lemon cheesecake.

Enjoy the rest of the summer and your own home yoga practice. (Remember there is a very useful article on home practice by Judith Jones in the Easter 13 edition available on the ORIYI website)

Best wishes

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## **Guruji's message on his 95<sup>th</sup> birthday**

My children, grandchildren and great grandchildren in the field of yoga, I do not know how to thank my children and grandchildren; though we know how to thank our parents. I am touched by your love and affection that so many people, so many students are here today to celebrate my 95<sup>th</sup> birthday.

Actually, in my early days, I don't think I remember to have celebrated birthdays. The first one I celebrated was my 60<sup>th</sup> birthday and it is going on. What amazed me today was that my students who are very sincere, those who started with me in the 1950s used to address B.K.S. as one who beats, kicks and shouts. And today on the platform I heard the younger generation from various countries; the younger generation stated that B.K.S. stands for beauty, knowledge and serenity. What a transformation!

Even in the papers they had written that B.K.S. stands for beating kicking and shouting. And today, the same B.K.S.'s work has been appreciated, which has transpired and transformed millions and millions of people all over the world. I was suffering from various illnesses from childhood. I took yoga just to improve my health, and I never thought the seed of yoga, which was planted in me by my Guru Sri T. Krishnamacharya, would make me to become a missionary in the field of yoga and take this subject in all the six continents of the world.

I am grateful to my students and children who are responsible to make this yoga popular today. At this age admiration does not have any weight on me. I am still a student of yoga. God has made me to reach a certain stage in the field of yoga and that has kept me alive, alert and active.

We can see death but we cannot experience death. We can experience time but we cannot see time.

Similarly, those who call my system physical yoga do not know anything as they can see it but have no experience of it.

You have also reached a certain level in the fineness in the art of presentation; now I want to tell you that all our attention up to now was on

how to spread, extend and expand the inner layer where we use our mind, intelligence for the body to expand and extend. Today, I request you that when you are practicing you should not think of the extension and expansion of the body; the extension and expansion of your intelligence and consciousness; you should make your body to spread more than what it is spreading now.

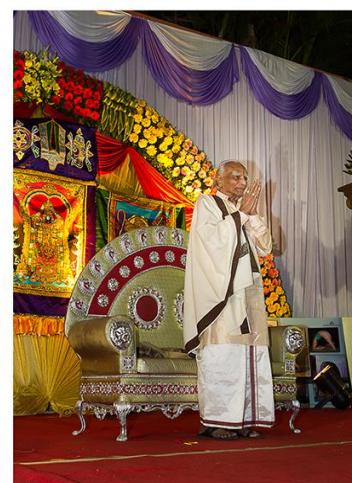
So use your consciousness, use your intelligence and see that these two inner vehicles of the soul makes the fibres, the cells of the body to feel the existence to live intellectually, consciously and conscientiously. I am sure that if you use your intelligence as an actor, as an instrument to make the body spread; you are at one with God; you are at one with your soul; you are at one with your body.

Body is a support of the self. Body is the prop of the Self. So if the prop is not there you and I cannot communicate at all or commune with each other. So the body being the support of the self, it is the duty of each and everyone; morality has to begin there where you have to keep the body in a stable and sound health so that the inner mind, the inner consciousness, the inner intelligence and the inner self moves freely by detaching itself from the attachment of the body so it moves towards the attachment of the soul.

This is my message to you all and may God bless you all.

I revere you all so you need not come individually to express your reverence. I love you all. I have got reverence to you all as you have reverence to me. I am devoted to you as you are devoted to me. So please all of you accept that you and me, I and you are all one 'We'.

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### FAREWELL TO SARVA by Evelyn Crosskey



On the 27<sup>th</sup> July 2014 the doors will close after the last workshop is taught at the Sarva Institute in High Wycombe. (Regular classes finish on Friday 18th July). So it is appropriate that we say a fond farewell to a place where yoga has been nurtured for over a decade. Many

seasoned yoga practitioners have found Sarva to be an oasis of calm wherein to develop and study. There must be hundreds who have entered its doors as students and left as teachers. Many more have left with the light of Iyengar yoga safely shining within them.

In addition to the many regular weekly classes and monthly training courses there have always been a wealth of extra workshops on offer. Sarva-goers have had the benefit of receiving teaching from some of the most senior and experienced teachers in the UK and also from Pune, France and the US. Stephanie Quirk held her six part remedial courses for teachers at Sarva twice. Uday Bhosale took it one step further and was in residence as a teacher for over a year!



Sarva has also been a key venue for the work of the Association, hosting assessments of all levels at various times and the Professional Development days for the South Central region for the last seven years.

It has certainly been a place of dedicated practice and learning but also a place of light and laughter (and flapjacks). There have been Red Nose days and pantomimes and with the help of Judith Jones and Tessa Martin there was even a visiting elephant to Gurjui's birthday celebrations last year...



I'm sure you share my feelings of gratitude to Sheila Haswell and Ally Hill for their dedication and unceasing hard work in creating and running the Institute for so long. We have truly been blessed to have had the benefit of such a wonderful yoga home in our ORIYI area.

I have been reassured to hear that the teaching will go on as both Sheila and Ally are in the process of finding new locations to continue their work. I'm sure I am not alone in wishing them well in their searches. So, as one set of doors close others are just opening.



## Why are we not allowed to drink water during a yoga class?



If you have ever tried drinking water and then done inversions or arm balances your question would be answered.

It isn't necessary to drink water because Iyengar yoga should not make you sweat. If it does it is because your body needs to get rid of toxins and/or the air around is very hot and humid. Obviously no-one should get dehydrated but yoga isn't aerobics so you shouldn't need to keep sipping water.

If you get thirsty just go out of the class and swish some water round your mouth but don't drink it as it fills the stomach and then it's uncomfortable and also it kicks in the digestive process. If your mouth feels dry during a yoga class curl the tongue towards the throat and the salivary glands will be activated which will wet the mouth. If necessary drink at the end of the class, but juice is better than water because it replaces lost body salts and sugars.

Don't have water bottles on the floor in class. Keep them outside or in your bag.

The only exception to this is someone who is diabetic who needs to watch their blood sugar levels. Again fruit juice is good for this.

Based on a piece in the IY News No. 12 – Spring 2008 edited by Elaine Pigeon and Judith Jones

## ORIYI Yoga Workshop with Nathalie Blondel



A great morning of yoga was had by all with Nathalie Blondel on 7th June. With lots of work locating the dorsal area !



Details of the next event will be published once the committee has met in September.





### Lemon Cheesecake

6oz biscuits ( I use gingernuts/ digestives 50:50)  
3 oz butter  
3/4 pint double cream  
14 oz condensed milk  
3 lemons - zest & juice

Melt butter and stir into crushed biscuits. Press down into 9/10" flan dish. Leave in the fridge to set.

Whip all the remaining ingredients together at same time including the zest and juice of the 3 large lemons, until stiff. Spread over cooled crumb base. Leave to set in fridge overnight.  
Decorate with fresh fruit – ( but it is delicious by itself)  
Can be made several days ahead and kept covered in fridge.

**And finally the latest holiday photo from Paxos.**

