



# ORIYI

Oxford and Region Iyengar Yoga Institute

Welcome to the Summer 2012 edition of our e-newsletter.

Dear Members,

We held our AGM on Saturday 23<sup>rd</sup> June and appointed the committee for another year. I am delighted to be handing the post of Membership Secretary to Deborah Phillips who has very kindly agreed to take on the responsibility for this work. Lin Hooper replaces Karen Barraclough as ORIYI Secretary and has made a superb start by getting the AGM minutes finalised ready for circulation within a few days. I'd like to thank Karen for all the work she has done for ORIYI over the last few years – she has done a great job (whatever she says) keeping the records up to date as well as allowing us to use her home for a number of meetings and events – she remains on the committee without portfolio. Full details of the new appointments can be found below. Also included in this newsletter is an informative report on IYA business from our IYA Representative.

ORIYI membership is increasing due, I'm sure, to our greatly improved website. Do make sure you have a look at <http://www.oriyi.org.uk/>

Yet again I was fortunate go to Paxos at the end of May with Judith Jones - a few photos are included courtesy of Sheena Sutton and Sussie Bell. Do send me photos of other yoga holidays for inclusion in future newsletters.

Finally, I really recommend you visit the IYA website and take a look at the photos of this year's Convention – they provide a wonderful record of the event <https://www.iyengaryoga.org.uk/news/convention-2012-photos> Tessa Martin provides a brief report.

Best wishes and enjoy the sun.

Mary

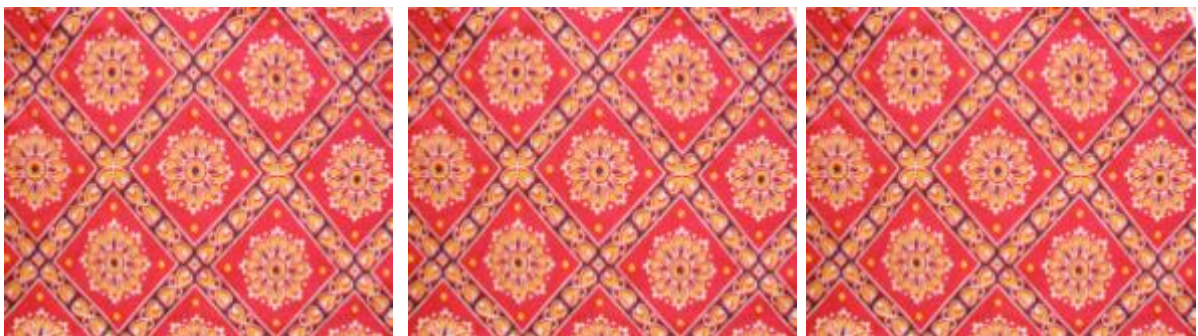
Chair and Newsletter Editor.

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## The ORIYI Committee 2012/13

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### **Reports on Yoga events held since the last newsletter.**

Unfortunately we were forced to cancel the event with Kirsten Agar Ward due to a lack of interest – we hope to re-schedule this in the autumn term.

Future Yoga Events will be advertised when the dates are finalised – contact any member of the committee and let us know what kind of yoga events you would like.



## **Report on the 2012 IY(UK) Convention by Tessa Martin**

It was a rather late decision of mine to attend the IYA Convention 2012 at Brunel University this year however, how glad am I that I made the correct decision and went. The convention has been held at Brunel on a number of occasions now and it really is an excellent venue, able to accommodate the nearly 300 participants in one huge sports hall.

Zubin Zarthoshtimanesh from Mumbai was our teacher for this three day event, and what an impact he had on us all. Not only was his yoga and instruction impeccable, he had an extremely warm personality and great sense of humour. It was a pure delight to be present; his obvious passion for the subject was really infectious.



Iyengar's own continued devotion and practice.

If I had to pin down three points from the weekend that have stayed with me they are:

1. The need to practice a variety of poses. Being a holistic system it is a mistake to narrow down our practice to either our favourite poses or the ones we find easiest. All the poses influence our ability in other poses and are interconnected.
2. Our legs don't stop at groin level they go on up, lift up!
3. How Iyengar yoga has evolved through Mr.

If I get any opportunities to go to Zubin again I will certainly take them every time. His teaching has given me the impetus to finally make the decision to go to Pune, which I hope to do in 2014.

## **Report by Clare Bingham, representative for ORIYI, from:**

**IYA Executive meeting York - 12<sup>th</sup> May 2012 and the Annual General Meeting IY (UK) Brunel University – 10<sup>th</sup> June 2012 (IY UK convention)**



### **Yoga Classes for Children:**

It was agreed that the IYA strongly recommend, encourage and can facilitate all teachers who teach children to have a CRB check.

### **Discounted Hotel rates in High Wycombe:**

Sheila Haswell reported that the Premier Inn Central Hotel in High Wycombe gives discounted rates on rooms booked in advance. The Travel Lodge Central will also be opening shortly and will also give discounts. This will benefit any yoga students wishing to stay overnight for any workshops held at the Sarva Centre.

### **Refunds for cancelled assessments**

Once an assessment has been paid for, it will not be possible to obtain a refund at a later date due to cancellation or non-attendance. This is due to the funds that have already been committed and the administration costs that would be involved.

### **Membership Report**

Further to discussion on how to increase membership it has been agreed to set up a working group to increase the number of non-teacher members of the IYA.

### **Yoga for Healthy Lower Backs (YHLB)**

There was a considerable, lengthy and fair discussion around 'Yoga for Healthy Lower Backs' (YHLB) with many views exchanged. Although not formally involved itself, the IYA had agreed that Iyengar Yoga teachers could take part in the research for 'Yoga for Healthy Lower Backs' along with teachers from the British Wheel of Yoga, in association with the research trial team at the York Trials Unit at The University of York and the charity, Arthritis Research Campaign (who have since been renamed, Arthritis Research UK). The research was funded by the Arthritis Research Campaign from 2007-2010. As part of the research a 12-week course was developed and called the 'Yoga for Healthy Lower Backs' programme involving 10 Iyengar Yoga teachers and 10 British Wheel of Yoga teachers using a Teachers Manual with 12 class plans developed specifically for the programme.

Further to the trials, Alison Trehwela, heading up the programme, wanted to market the 'Yoga for Healthy Lower Backs' 12 week course and make it available to all Iyengar Yoga teachers. This would involve Iyengar Yoga teachers having to pay for the training in order to teach the course. It would only be applicable to senior level teachers. The IYA have formally consulted with Guruji and further to his advice the Ethics Committee have stipulated that no Iyengar Yoga teachers can teach the YHLB course and maintain their Iyengar Yoga teaching status, although they are permitted to attend the course. The Ethics Committee supported by the IYA have made this ruling because the YHLB course is mixing methods and it is not in line with Guruji's ethos that yoga is to treat the whole and not individual parts of the body.

A vote was taken at the EX meeting held in York on 12<sup>th</sup> May 2012, on the motion 'The EX supports the position taken by the Ethics Committee'. The result was in favour of the motion.

It was decided that to ensure that Iyengar Yoga teachers of all levels are able to deal with mild lower back pain in general classes, this year's Professional Development Day will be themed around the lower back. This was also the theme at this year's annual convention held at Brunel University in early June.

A few individuals not accepting the vote at the EX meeting on 12<sup>th</sup> May in favour of the motion 'The EX supports the position taken by the Ethics Committee', submitted a motion for discussion at the AGM on Sunday 10<sup>th</sup> June in Brunel University, *'The IYA Letter to all teachers of 4 April this year should be withdrawn. Iyengar Yoga teachers wishing to undertake Yoga for Healthy Lower Backs training should be free to do so and to teach the course as presented without risk to their IYA certification.'* The Chair Philippe Harari considered the motion out of order on the grounds that the motion was asking the Association to act against Mr Iyengar's wishes. The Chair explained the background to the AGM and after much discussion it was agreed at the AGM to support the Chair's ruling in line with Mr Iyengar's wishes, that the IYA would not adopt the YHLB course.

### **New Association Name**

It was agreed at last year's AGM that IYA would become a not-for-profit company limited by guarantee and the application to Companies house has been successful. The IYA is now officially known as Iyengar Yoga (UK) Ltd or IY (UK) Ltd for short. This has meant reviewing the old constitution and standing orders which is also necessary as a result of the application to Ofqual to become an Awarding Organisation.

### **Ofqual application – Accreditation of Iyengar teachers**

In order for Iyengar yoga teachers certificate to be recognised nationally the IY (UK) is submitting an application to Ofqual. The application is work in progress and is progressing well. It is an immense task and once finalised the Standing Orders will be amended to reflect the work and changes required by Ofqual. The new Standing Orders will be presented to an Extraordinary General Meeting (EGM) in the autumn after they have been approved by the EX in September. Obtaining recognition by Ofqual will enable the IY (UK) to become an official Awarding Organisation able to issue its own nationally recognised teaching qualifications.

### **Website and PR**

Convention bookings can now be taken online via the website. Contributions to the Bellur Trust can also be made online via the website.

A small PR Committee has been set up to respond to articles in the press about yoga and to send out its own press releases.

Further to the success of last year's Yoga Show, plans are being made for this year's show in London during October.

### **Convention 2013**

Next year's main convention will be held in the Guildhall in Cambridge, with accommodation at one of the colleges and the Gala dinner to be held in Kings College. The Guildhall is a lovely old building in the centre of the market place in the heart of Cambridge. The convention will be taught by Rajvi Mehta. The dates proposed are the second week of April 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> 2013 (slightly earlier in the year than is usual in order for the University to facilitate the convention out of term time).



## New Chair

This year's AGM was Philippe Harari's last. He is to be replaced by Emma Pinchin and will stand as Vice-Chair to support Emma whilst she becomes familiar with her new role. Emma lives near Oxford and is a member of ORIYI - Congratulations Emma. Philippe will also remain involved with the IY (UK) as Chair of the Communications and PR Committee.

## Iyengar Yoga in Paxos with Judith Jones 2012

