



# ORIYI

Oxford and Region Iyengar Yoga Institute

Welcome to the Winter 2013/14 edition of our e-newsletter. [www.oriyi.org.uk](http://www.oriyi.org.uk)

Dear Members,

December has been so busy I'm afraid this newsletter won't reach you till early in 2014.

The main focus for ORIYI was of course the spectacular event at Sarva to celebrate Guruji's 95<sup>th</sup> birthday on the 14<sup>th</sup> December. Doors opened at 9.30am giving people time to get ready for the class of 95 poses led by Sheila Haswell, with Sheila & Judith Jones demonstrating the asanas. (The 95 poses are included in this newsletter) A delicious lunch of vegetarian chilli (recipe also included) was provided by Liz MacDonald and her team – followed by an opportunity to do some shopping at the various stalls then enjoy the entertainment- the Story of Six Blind Men and the Elephant finishing with the raffle. Judith Jones as the front end of the elephant with Tessa Martin as the back end did a superb job moving in harmony assisted by the child actors as the blind men. The elephant made its debut at the 90th birthday celebration - then just a front end pulling Cinderella's carriage. This year it has grown a back end - both ends beautifully crafted by me! It's now in store in my attic waiting for the 100th birthday. The elephant story originated in India and illustrates the principle of living in harmony with other people who have different concepts about what is right and what is Truth, and the importance of considering all viewpoints to obtain a fuller picture. It is told in many religious traditions - Hindu, Jain, Buddhist, Sufi Muslim, and has spread widely geographically, so there are variations in the details but the moral remains the same. In Europe one of the most famous versions is by the 19<sup>th</sup> century poet John Godfrey Saxe - we presented an adapted version of his poem.

A beautiful T-shirt was designed by Judith Jones to commemorate the day and is still available in a few sizes at the cut price sum of £10 – contact me if you would like one.

Finally I'd like to thank everyone who worked so hard to make this such a very special day.

Wishing you all a very happy and prosperous New Year

Best wishes

Mary

Chair, Events Secretary and Newsletter Editor.

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## Yoga events

### A yoga workshop with Judi Sweeting and Tig Whattler

Saturday 8th February 2014 - 10:00am 3:00pm

**Venue: St Nicholas School. Link Road, Newbury RG14 7LU**

(3 minutes from Newbury Railway Station) Some parking available.

**Cost: Morning Only 10:00am –12.30pm- ORIYI members £15 (Non ORIYI Members £20)**

**Full Day 10:00am 3:00pm members £25 (Non ORIYI Members £35)**



For further information about this or future ORIYI events email [Maryfitzpatrick@ntlworld.com](mailto:Maryfitzpatrick@ntlworld.com) or download the booking form from the ORIYI website [www.oriyi.org.uk](http://www.oriyi.org.uk)

## The 95 Asanas – 14<sup>th</sup> December 2013

### Start with Invocation to Patanjali & Guru Vandanam

|                              |                                      |                                       |
|------------------------------|--------------------------------------|---------------------------------------|
| (Standing)                   | 11. Adho Mukha Svanasana             | 20. Utthita Hasta Padangusthasana III |
| 1. Tadasana                  | 12. Parsvottanasana                  | 21. Utthita Trikonasana               |
| 2. Urdhva Hastasana          | 13. Urdhva Prasarita Eka Padasana    | 22. Virabhadrasana II                 |
| 3. Urdhva Baddhangullysana   | 14. Utthita Akunchanasana            | 23. Utthita Parsvakonasana            |
| 4. Urdhva Namaskarasana      | 15. Utthita Eka Pada Bhekasana       | 24. Ardha Chandrasana                 |
| 5. Utkatasana                | 16. Utthita Eka Pada Padmasana       | 25. Virabhadrasana I                  |
| 6. Paschima Baddhangullysana | 17. Ardha Baddha Padmottanasana      | 26. Virabhadrasana III                |
| 7. Gomukhasana (arms)        | 18. Utthita Hasta Padangusthasana I  | 27. Parivrtta Trikonasana             |
| 8. Paschima Namaskarasana    | 19. Utthita Hasta Padangusthasana II | 28. Parivrtta Parsvakonasana          |
| 9. Garudasana                |                                      | 29. Parivrtta Ardha Chandrasana       |
| 10. Uttanasana               |                                      | 30. Prasarita Padottanasana           |



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| <p>(Preparation for Sirsasana &amp; Variations)Adho Mukha</p> <p>31. Vrksasana</p> <p>32. Pincha Mayurasana</p> <p>33. Salamba Sirsasana II</p> <p>34. Salamba Sirsasana I</p> <p>35. Parsva Sirsasana</p> <p>36. Eka Pada Sirsasana</p> <p>37. Parsva Eka Pada Sirsasana</p> <p>38. Parivrittaika Pada Sirsasana</p> <p>39. Urdhva Dandasana</p> <p>(Sitting)</p> <p>40. Dandasana</p> <p>41. Swastikasana</p> <p>42. Baddha Konasana</p> | <p>43. Padmasana</p> <p>44. Simhasana 2</p> <p>45. Matsyasana</p> <p>46. Virasana</p> <p>47. Malasana</p> <p>48. Paripurna Navasana</p> <p>49. Ardha Navasana</p> <p>50. Urdhva Prasarita Padasana</p> <p>51. Supta Padangusthasana I</p> <p>52. Supta Padangusthasana II</p> <p>53. Supta Padangusthasana III</p> <p>54. Parivrtta Supta Padangusthasana</p> <p>55. Anantasana</p> | <p>(Forward Extensions)</p> <p>56. Janu Sirsasana</p> <p>57. Ardha Baddha Padma Paschimottanasana</p> <p>58. Traing Mukhaikapada Paschimottanasana</p> <p>59. Marichyasana I</p> <p>60. Marichyasana II</p> <p>61. Akarna Dhanurasana</p> <p>62. Krounchasana</p> <p>63. Parivrtta Janu Sirsasana</p> <p>64. Paschimottanasana</p> <p>65. Ubhaya Padangusthasana</p> <p>66. Upavista Konasana</p> |
|--|---|---|



|   |   |   |
|---|---|---|
| <p>(Twisting's)</p> <p>67. Bharadvajasana I</p> <p>68. Bharadvajasana II</p> <p>69. Marichyasana III</p> <p>70. Ardha Matsyendrasana</p> <p>71. Pasasana</p> <p>(Arm Work)</p> <p>72. Chaturanga Dandasana</p> <p>73. Eka Hasta Bhujasana</p> <p>74. Bhujapidasana</p> <p>75. Bakasana</p> <p>76. Parsva Bakasana</p> | <p>(Supine)</p> <p>77. Supta Baddha Konasana</p> <p>78. Virasana</p> <p>(Back Bends)</p> <p>79. Purvottanasana</p> <p>80. Salabhasana</p> <p>81. Bhujangasana</p> <p>82. Urdhva Mukha Svanasana</p> <p>83. Dhanurasana</p> <p>84. Parsva Dhanurasana</p> <p>85. Ustrasana</p> <p>86. Urdhva Dhanurasana</p> | <p>87. Dwi Pada Viparita Dandasana</p> <p>88. Eka Pada Viparita Dandasana I</p> <p>(Sarvangasana &amp; Variations)</p> <p>89. Chatushpadasana</p> <p>90. Sarvangasana</p> <p>91. Eka Pada Sarvangasana</p> <p>92. Parsva Eka Pada Sarvangasana</p> <p>93. Halasana</p> <p>94. Supta Konasana</p> <p>95. Setubandha Sarvangasana</p> <p>96. Savasana</p> |
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## **In order, here are the raffle winners**

**1st Prize** Jill Webb (£50 cash)

**2nd Prize** Lorraine Squire (birthday t-shirt)

**3rd Prize** Jennie Wood (blanket, 4 blocks & belt)

### **Other prizes:**

Andrea Crichton

Anne Gurney

Tig Whattler

Cath Barnes-Holt

Geeta Wynne

Santosh Rai

Charlotte Gantlett

Lally

Pauline Wilkinson

Lou Kirby

Sue Taylor

Janet Leys

L.Goodwill

Lydia Holmes



## **Liz's Vegetarian Chilli (Serves 6)**

### **Ingredients**

600 gm mixture of any dried beans eg black, kidney, haricot, butter beans

2 onions roughly chopped

4 sticks celery chopped

3 cloves garlic chopped

4fl oz sunflower oil

Chilli powder

3 teasp ground cumin

3 teasp coriander

1 tablesp paprika

1x400gm tin of chopped tomatoes

300ml vegetable stock

1 teasp mixed herbs

1 red pepper and 1yellow pepper chopped roughly

Salt and pepper to taste



## Method

Soak the beans overnight and then boil vigorously for 10 minutes in plenty of water until soft.

Sauté the onions in oil till soft and coloured. Add the garlic, peppers and celery with the cumin, coriander, and paprika. Cook for further 10 mins.

Add chilli powder, about half a teaspoon as it depends how hot you like things !!

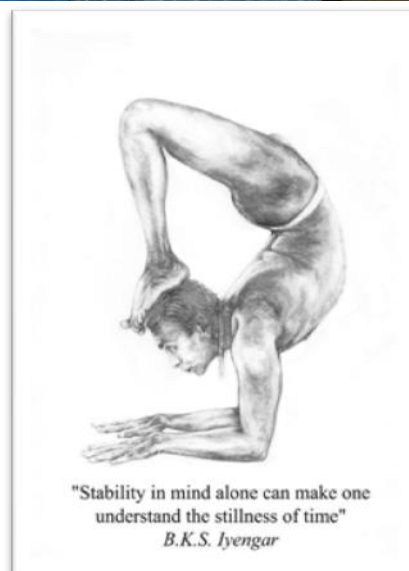
Add the tomatoes, stock, mixed herbs and then simmer for 30 mins.

Taste and season. The sauce should be reduced and quite thick by now. Add more stock if it is too thick for your taste.

Now add the cooked beans and simmer gently for about 15 mins.

Remember that once you have added chilli you can't take it away!

Enjoy.



And finally the T-shirt design