



Oxford and Region Iyengar Yoga Institute

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

www.oriyi.org.uk

Dear Members,

This is our first newsletter since the death of our beloved Guruji in the summer. As you will all have seen his death was marked by extensive media coverage both in the UK and around the world – a very fitting tribute to a man who gave so much.

I was particularly touched by the tribute edition of Iyengar Yoga News. The various articles and photographs really captured the essence of Guruji's life, his beliefs and unshakable determination to bring yoga to the people while maintaining deep humility as well as what was described as a mischievous sense of humour. Although I am sure you will all have read it several times I feel the final quote made in Natalie Blondel and Penny Chaplin's obituary really define the man himself. When asked to describe the characteristics of a Yogi Guriji said,

'Even though he possesses an inner knowledge of such depth and subtlety that he lives in a state of exalted wisdom, he also visibly lives with his feet firmly planted on the ground. He is practical and deals with people and their problems as and where they are.'

Much of the rest of this newsletter covers the various tribute events held on December 6th (Geeta's 70th birthday). Many thanks to the teachers who organized and ran these events - just about £1,000 was raised for Bellur.

And finally the recipe – this time lemon posset- it makes a refreshing addition to the Christmas banquet.

Enjoy the Christmas and New Year celebrations and try to squeeze in some home yoga practice. (You can find some great practice sheets on the ORIYI website under **info** - very kindly supplied by Bobbie Clennell and the New York Iyengar Yoga Institute.

Best wishes

Mary

ORIYI Chair and Events Secretary

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Tribute event for Guruji

At the last committee meeting in September we decided to run a special 2 hour led practice in four locations in our area to commemorate and celebrate BKS Iyengar's life. So after much discussion and planning it finally took place on Saturday 6th at 10am in Cirencester, Marlow, Newbury and Oxford with over 100 students and teachers taking part.

Many thanks to all who made this happen. Some brief comments and photos follow.

Cirencester - led by Lucy and Toby Willis

Our event went very well on Saturday. The led practice was excellent, whilst at first not teaching felt strange after a short while we were all able to 'go inside' and reflect on our practice, what Mr Iyengar has given to us and on Guruji himself. It was also educational for us all to observe our own practice in one room with others to a shared timing and pace.

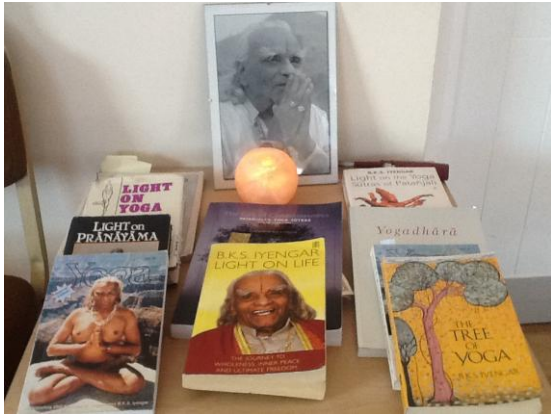


Marlow – led by Margaret Rawlinson

We had a truly fitting tribute day and did the 95 asanas as we did for Guruji's 95th Birthday. I included some readings - a précis of his life, which I had put together for those who might not have been familiar with his amazing story, a reading from Light on Yoga, the introduction and the end passage of Light on life - which had many of us (mainly me) in tears.

There were 25 who came to the day and a couple who contributed and who couldn't come making £229 for the Bellur Trust.

It was a privilege to lead the day and very emotional for me.



Oxford – led by Evelyn Crosskey

Photos below show our picture of Guruji (and garland), one of everybody in action. It was a lovely morning and we were blest with golden sunshine streaming into the room and we all got very warm! Not bad for a December day. Emma Pinchin (IY Chair) did a short welcome which was good as we had people attending from outside the Iyengar community and also some that had never done any yoga before. Students of every age attended, the youngest being 10 years.



We all agreed we should do something similar again. All of the attendees appreciated attending the dedication to Guruji and thought the venue was fabulous. They were particularly complimentary of the delightful organic refreshments prepared by Evelyn and enjoyed the juicy satsumas and interesting choice of Pukka herbal teas, organic coffees served with fresh organic milk and of course the scrumptious mince pies, all beautifully

presented with brightly coloured flowers, which reminded them of trips to Pune.

We took money from 33 people in the end (a few didn't show on the day) and raised £159 in profit for Bellur.



Newbury – led by Tessa Martin

34 students and teachers attended this tribute event in Newbury with many saying how much they would like to do it again - so perhaps this needs to become an annual event! Julia Hardy enabled us to have the hall free of charge so we were able to contribute over £300 to the Bellur Trust. The session ended with Judith Jones leading us in part of the prayers of Guru .

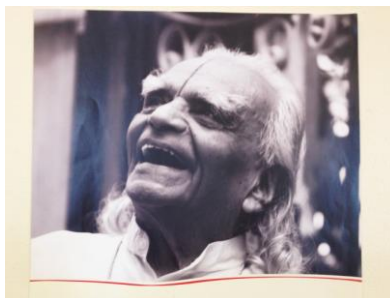
Gurur Brahma Gurur Vishnu

Gurur Devo Mahesvarah

Gurur Shakshat Param Brahma

Tasmai Sri Gurave Namah

Brahma - the supreme creator (the universal energy), Visnu - the preserver (of life, of health), Siva - the destroyer (of obstacles which hinder the spiritual journey).



Traditionally students of yoga may chant the Invocation to the sage Patanjali before yoga practice to pay respect for the guidance and teachings found in his Yoga Sutras, and to become humble inside. So too they can recite a chant to pay respect to the guru who lights a path to spiritual fulfilment.



The tradition of the 'guru' (master), and the 'yogi' (disciple, the student of yoga), is an ancient one. All learning from generation to generation has been handed down this way. The guru must be compassionate, yet exacting. The yogi must be sincere and dedicated. 'Gu' means 'darkness' and 'ru' means 'light', therefore a guru is one who leads the disciple from darkness to light. Although the 'sadhaka' or seeker has to tread the spiritual path to self-realisation alone, the guru's guidance is essential to show the right path and to safeguard the yogi who decides to follow it. The guru opens the eyes of the 'sishya', or disciple, to awareness. Knowledge exists but ignorance veils it and it is the guru who removes the veil from the intellect of the disciple. The guru is the guide who opens the gate of the student's dormant faculties and awakens the latent energy within. The clarity and creativity of the guru's teaching should reflect devotion and dedication to the subject - in our Guruji's case the complexities and subtleties of yoga.

Yoga is a discipline and without discipline nothing can be achieved. The guru doesn't enforce discipline on the disciple but motivates through example. The guru works to mould the student into the perfect shape physically, mentally and spiritually and helps the student develop the willpower to face all circumstances with equanimity.

from :

Yoga The Path to Holistic Health - BKS Iyengar

Texts for Chanting, European Iyengar Yoga Convention Koln 2009.

News from the committee

ORIYI t-shirt

Lin and Nick Hooper (www.nickhooperdesign.co.uk) have designed a lovely ORIYI t-shirt see below.

It is available in cream and charcoal at £13 but is selling fast – we have already run out of some of the most popular sizes. Contact Mary if you would like one.

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ORIYI DVD library for members

Tessa Martin tessa@newburyyoga.co.uk has offered to organize and manage a library of interesting yoga DVDs for members. She will be trialing it for the next year to see if it is a workable option. More information about the DVDs and how to borrow them will be circulated in the New Year. For now here is a list of some of the DVDs she holds. Tessa would be interested to hear suggestions of other DVDs you might like to see included in this list.

Leap of Faith – Mr. Iyengar's life story

Breath of the Gods – a documentary about Pattabhi Jois, Mr. Iyengar and their root guru Krishnamacharya.

Dr. Geeta Iyengar – 12 disc "On Pranayama"

Dr. Geeta Iyengar – "Basic Actions in Asanas" Part 1, 2 and 3 - June 2011

Dr. Geeta Iyengar – "Asana/Pranayama" - Jan 2010

Dr. Geeta Iyengar – "Chest and back leg opening" - Feb 2009

Dr. Geeta Iyengar – "Groin Opening" - Nov 2009

Events

There are no ORIYI yoga events booked into the calendar for 2015 yet, however an event will be arranged as soon as we can in the New Year.

Teachers and students please let us know what you would like!

We would like to know where you would like an event to take place, Newbury, Oxford, Marlow or somewhere else, whether you would like a morning or whole day, which teachers you would like to run it – senior teachers are extremely busy, often booked up years in advance so it is important to give them as much notice as possible. Please get involved so we can provide the events you want.

And finally

Lemon Posset (A very easy recipe)



Ingredients

300ml double cream

70 gm caster sugar

1 lemon (zest and juice)

Method

Place the double cream and the sugar into a large pan over a low heat and bring to the boil slowly. Boil for three minutes, then remove from the heat and allow to cool a little.

Add the lemon juice and zest and whisk well and pour into shot glasses (this quantity makes 8 little glasses) Goes well with some homemade shortbread.