



PHOTO: KEVIN MASON

## *In the Light of Yoga*

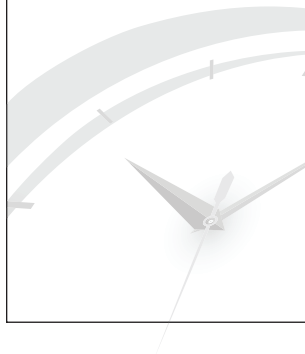
Anniversary Celebration of B.K.S. Iyengar's Birthday

December 14, 2018, 4:00 – 7:00 pm

Come celebrate the anniversary of Guruji's birth with a special class, demonstration, readings, and reflections. Tea and birthday cake to be served.

All are welcome at this free event.

Iyengar Yoga Centre of Victoria,  
202-919 Fort Street, Victoria, B.C. V8V 3K3  
250-386-YOGA (9642) [www.iyengaryogacentre.ca](http://www.iyengaryogacentre.ca)



**NEW YEAR'S DAY**

## Timed Practice

**With Ty Chandler**

**ALL LEVELS**

**January 1, 2019  
2:00 pm - 4:00 pm**

**2019 IYCV members: Free**

**Non-members: \$40 + GST for**

**Not recommended for beginners**

*Become a 2019 member or renew your membership by Friday, December 21, and register for this 2 hour All Levels Timed Practice with Ty Chandler for FREE!*

To register, drop in or call  
Iyengar Yoga Centre of Victoria  
250-386-YOGA (9642)

Iyengar Yoga Centre of Victoria Presents

## *the Heart of Yoga*

**February 23-24, 2019**

Join Ann Kilbertus for an ALL LEVELS weekend workshop. Take the time and space to refine your practice and contemplate what lies at the heart of yoga for you in the New Year. Steady in shoulder stand and ready to learn headstand? This workshop is for you!

Feb 23, 10:30 am - 1:30 pm  
and 3:30 pm - 5:30 pm  
Sunday Feb 24, 12 - 3 pm

REGISTRATION OPENS: OCTOBER 12, 2018

Fees: \$175 + GST members  
\$195 + GST non-members

Refunds will be offered only if your space can be filled and are subject to a \$50.00 cancellation fee.



To register, drop in to or phone  
Iyengar Yoga Centre of Victoria  
202-919 Fort Street, Victoria, B.C. V8V 3K3  
250-386-YOGA (9642)  
[www.iyengaryogacentre.ca](http://www.iyengaryogacentre.ca)



## IMPORTANT NOTICE TO ALL MEMBERS

### The Annual General Meeting of the Iyengar Yoga Centre of Victoria will be held February 10, 2019 at 202-919 Fort Street, Victoria, B.C.

As a non-profit society, we meet annually to appreciate our Board and volunteers for all the work that they do. All members have a voice and are welcome to attend. Business will include the election of board members and the review of annual reports. The past year's financial statement and reports will be available at the front desk prior to the meeting.



## Congratulations!

The following candidates achieved  
Introductory II certification at the  
September 14-16 assessment in  
Calgary:

Nicole Arendt, Nanaimo, BC  
Erin Houston, Victoria, BC  
Jessica Lowry, Nanaimo, BC  
Cheryl Martin, Winnipeg, MB  
Vaughn Barkman, Erickson, MB  
Lenore Koreen Lindeman, Lethbridge, AB  
Santiago Arribas Picon, Calgary, AB  
Karina Berrade, Carstairs, AB

### Celebrate B.K.S. Iyengar's 100 years with these free classes

Saturday, November 3  
12:00 - 1 pm with Leslie Hogya

Saturday, December 1  
11 am -12:00 pm with Jayne Jonas

## IYCV Calendar

### November

- 3 100th Birthday Special Practice
- 23 Practice Enrichment
- 24 Professional Development

### December

- 1 100th Birthday Special Practice
- 14 In the Light of Yoga, Guruji's Birthday
- 20-21 Winter Solstice Workshop

### January

- 1 New Years Day Timed Practice
- 25 Practice Enrichment
- 26 Professional Development

### February

- 10 Annual General Meeting
- 23-24 Heart of Yoga Workshop

### March

- 21 High Tea Fundraiser

### Winter Solstice Workshop With Ty Chandler

**December 20-21, 2018**  
**6:00 - 8:00 pm**

FIRST NIGHT:  
forward bend practice  
with inversions.

SECOND NIGHT:  
backbend practice  
with inversions.

Not recommended for beginners.

#### Fees:

One night:

\$32 + GST IYCV members,  
\$36 + GST non-members;

Both nights:

\$60 + GST IYCV members,  
\$66 + GST non-members

To register, drop in or call  
Iyengar Yoga Centre of Victoria,  
250-386-YOGA (9642)

Refund offered only if your space can  
be filled and subject to a \$15 fee.

## Professional Development Series for Iyengar Yoga Teachers and Trainees

Commit to this series to refine your skills as a teacher and to deepen your understanding of Iyengar Yoga with some of the country's most experienced and respected teachers. Sessions will include teaching enrichment opportunities as well as a wide variety of current and relevant PD topics for certified Iyengar Yoga teachers and trainees.

**Saturdays 10:30 am - 1:45 pm**

**October 27, 2018; November 24, 2018  
January 26, 2019; March 30, 2019**

**\$50 + GST each session**



## Practice Enrichment Series

**October 26, 2018, November 23, 2018  
January 25, 2019, March 29, 2019**

The Iyengar Yoga Centre is the place. Give yourself the extra time and space to join Ann Kilbertus and Ty Chandler in this series of sessions for your own enrichment on the path of Yoga. Asana and Pranayama will be taught to invite the practitioner in finding what Gururji calls "the work of devoted practice". All Level 2, 3 and 4 students welcome.

**With Ann Kilbertus and Ty Chandler**

**\$48+ GST each session**

## Scholarships & Bursaries

**Heart of Yoga, February 23-24,  
deadline February 1**

Bursaries are available to all students presently enrolled in classes. To subsidize your term fees, please apply four weeks prior to term.

Applications for both are available at the reception desk.

Iyengar Yoga Centre of Victoria. 202-919 Fort Street,  
Victoria, B.C. V8V 3K3, 250-386-YOGA (9642)

## Interim Classes during Winter Break

Watch the front desk for classes and closures during the winter break.



## Twelfth Annual High Tea Fundraiser

Hosted by Students from the Special Needs Class  
Thursday, March 21, 2019, 3:00 pm - 4:30 pm

\$20 per person  
Free for children

*Please note: Payment of the ticket price does not qualify as a donation. Tax receipts will be issued for donations of \$20 or more.*

Enjoy a variety of delectable teas, scrumptious, homemade sweets and savories. Win something amazing at our silent auction and draw. Feel free to wear your favorite hat!

Proceeds will assist the purchase of new props, the replacement of old props, and fund bursaries for Special Needs classes.

## Members' Practice

All current members of the Iyengar Yoga Centre of Victoria who attend a regular class or have received permission from the practice monitor are welcome to participate in an open practice every Sunday afternoon from 12:30 - 3:30 pm. There is no instruction given in this self-directed practice session. Props, books and other resources are available for the use of anyone who attends. Come for 20 minutes or stay for three hours!



## 2018 IYAC/ACYI ASSESSMENT DATES

**November 2-4,  
Introductory II,  
Fredericton, NB**

**November 9-11,  
Introductory II,  
London, ON**

**March 1-3, 2019,  
Intermediate Junior 1,  
Toronto, ON**

## Thank you to...

- Ingrid Stephen for donating 1 chair, 2 bolsters, 3 wood blocks, and 2 foam blocks.
- Adia Kapoor for many years of collecting the newsletters from the printers and to Laure Newnham for taking over this task.
- Jim Bratvold for his donation of *Props for Yoga* Volume 2 (Sitting Asanas and Forward Extension) and Volume 3 (Inverted Asanas) by Eyal Shifroni, as well as *Yoga for Back Pain* by Loren Fishman, MD.
- Catherine Langpap and Leslie Hogya for their donations to the library.
- Derek Doyle for donating the *Bhagavad Gita* and *Light on the Yoga Sutras of Patanjali* to the library.
- Laine Canivet and Board for your efforts in getting the interview in the Victoria News! And Ann for being the interviewee! It is a great piece on the front page, and the video is excellent!!
- Jennifer Rischmiller for her assistance in finding copies of the newsletter from the 80s.
- Jane McFarlane for donating a Dyson Cyclone v10 vacuum cleaner.

### *For the 34th Annual Salt Spring Retreat:*

- The dynamic duo of Leslie Hogya and Wendy Boyer for leading this retreat.
- Sheila Redhead, Annie Kitchen and Nigel Sinclair for transporting props, and to the students of the Thursday Level 3 class for helping to load the cars.
- Janine Bandcroft for taking memorable photos.
- The Salt Spring Centre of Yoga for providing garden-fresh, delicious meals and an enjoyable environment for practice and reflection.

### *For cleaning blankets, mats and straps on the Canada Day holiday weekend:*

- Jane McFarlane for coordinating this project.
- Bruce Cox for being a big help on Friday – bundling blankets and carrying them to Jane's car, along with many mats. After the post-natal class, Lauren Cox and her daughter-in law, Eva Stumpf, pitched in, along with students from the Friday evening restorative class.
- Johanna Godliman, for helping to set out the wet mats plus fold blankets with Jane at Scrubby's.

- Vicki and Anil Kapoor for transporting a second load to and from the laundromat, and for bringing blankets back upstairs and onto shelves... thanks also to their visiting guests and Adia Kapoor... they helped, too!
- Jim Bratvold, Lesley Field, Ruby Smyth, Gregg Stewart, and Britta Poisson for returning everything from the drying racks set up in the middle of the studio and on the rope wall to their respective homes.
- Lucie Guidon and Jim Bratvold for helping to upgrade some of the rope wall attachments in the studios.

## Save the Dates!

### GUEST SPEAKER FROM INDIA

coming May 17-20, 2019

Watch for details  
at the IYCV front desk.



## All memberships expire December 31st. IT'S TIME TO RENEW!

Become a member of the Iyengar Yoga Centre of Victoria and enjoy:

- Discounts on classes and workshops
- Early registration for classes and workshops
- Scholarship eligibility for various workshops
- Library borrowing privileges
- Free practice space on Sunday afternoons
- Opportunities for members to contribute insights and apply to sit on the board of directors

**One-year membership fee: \$42 CDN (\$40 + GST), renewable each January.**

### Membership PLUS

The Iyengar Yoga Centre of Victoria is offering a second membership option, Membership PLUS.

Receive all the benefits of an annual membership, PLUS six copies of the newsletter. Ideal for teachers with their own studio!

**This membership is available within Canada for \$57.75 (\$55 +GST)**

Please complete this form and mail or drop it off at our office with your cheque or money order to:

Iyengar Yoga Centre  
of Victoria Society  
c/o Hilary McPhail  
202-919 Fort Street  
Victoria BC V8V 3K3 Canada

☐ **One-year: \$42**   ☐ **Membership Plus \$57.75**

☐ **Add \$8 to have newsletter mailed to you**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

PROV/ STATE: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

COUNTRY: \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

☐ Please mail my newsletter

☐ Please email me the link to the web newsletter.

☐ Sign me up for monthly yog-e email news

☐ Receipt required