



IYENGAR YOGA
CENTRE of VICTORIA



Gurji sailing by private yacht from Vancouver to Victoria in 1984

**Student
Intensive**



With Lauren Cox and Ty Chandler

August 27 - 31, 2018

9:30 am - 12:30 pm

Each day there will be an introduction to pranayama along with philosophical and spiritual discussions. Two hours of yoga asanas, including a timed practice, yoga kurunta work, restorative poses, and inversions follow.

Fees: \$250 CDN +GST IYCV Members
\$275 CDN +GST IYCV Non-Members

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

Refund will be offered only if your space can be filled, and is subject to a \$50 cancellation fee.

*All Levels
Workshop
with Chris Saudek*

September 7-9, 2018

This workshop is for All Levels. Pre-requisite is ability to do *sarvangasana*. Ask your teacher if you have questions about attending.

GENERAL WORKSHOP SEPTEMBER 7-9

Friday, September 7, 5:00-7:00 pm

Saturday, September 8, 10:30 am-1:30 pm, 4:00-6:00 pm

Sunday, September 9, 10:30 am-1:30 pm, 4:00-6:00 pm

EXTENDED INTERMEDIATE AND ADVANCED CLASS

Monday, September 10, 5:30 - 8:30 pm

To register, drop in or phone:
Iyengar Yoga Centre of Victoria,
202-919 Fort Street,
Victoria, B.C. V8V 3K3
250-386-YOGA (9642)

REGISTRATION OPENS JUNE 7

\$312 + GST IYCV Members

\$332 + GST IYCV Non-Members

Monday class cost TBA

Refund will be offered only if your space can be filled, and is subject to a \$50 cancellation fee.

**IYENGAR YOGA CENTRE OF VICTORIA
NEWSLETTER**

**Submission Deadline for next issue:
OCTOBER 1, 2018**

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**IYENGAR YOGA CENTRE
OF VICTORIA SOCIETY**

is a non-profit society incorporated under the
Society Act of the Province of B.C., whose
purpose is "to encourage the physical, mental,
and spiritual growth of its members and other
interested persons of the society at large by the
study and discipline of Yoga." The Society owes
its inspiration to Mr. B.K.S. Iyengar.

The Newsletter, published regularly by the Iyengar
Yoga Centre of Victoria Society, provides current
information on events concerning Iyengar yoga in
the Victoria area.

Send contributions, articles, photographs
(high resolution), drawings, information or
suggestions to: the Iyengar Yoga Centre of
Victoria Newsletter, 202-919 Fort Street,
Victoria BC V8V 3K3.

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The editor/newsletter committee holds the right
to publish or edit all articles at its discretion.

Newsletter Advertising Policy

1. Advertisements must not conflict with the
aims of the newsletter of the IYCV.
2. Advertisements must be only for Iyengar yoga.
3. Priority will be given to advertisements
regarding IYCV events, IYCV-sponsored
events, and IYAC-ACYI events.

REGISTRATION

Please visit our website:

www.iyengaryogacentre.ca for full information
on classes and workshops.

Drop in: 202-919 Fort Street,
Victoria, B.C. V8V 3K3

Phone: (250) 386-YOGA (9642)

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We regret we cannot accept past issues of the *IYCV Newsletter, Yoga Journal,*
etc., due to space limitations.



Reflections

By Shirley Daventry French

In September 1984 B.K.S. Iyengar made a whirlwind trip to Canada where he visited three Western Canadian cities with burgeoning Iyengar Yoga communities: Vancouver, Victoria and Edmonton. He came here directly from an International Iyengar Yoga convention in San Francisco which itself had been preceded by a rapid tour of centres of Iyengar Yoga in the United States.

While in the United States he had also done a lot of travelling and, of course, had travelled a long way to get to North America from India. After all this travel plus a major convention, public talks and personal yoga demonstrations, we expected him to be exhausted. Derek and I were tired from our own journey to San Francisco and participation in this conference. However, the brilliance of B.K.S. Iyengar's teaching and inspiration of his presence invigorated us too. We were determined not to waste a minute of our time with him.

We addressed him as Sir or Mr. Iyengar in those days: the honorific Gururji was to come later and at that time was used primarily by his Indian disciples. They also showed their respect by touching his feet: another tradition which came later to his North American pupils.

Although he arrived in the midst of pouring rain and fierce winds of one of our famed North Pacific storms, Gururji did not appear to be fazed by this nor to be tired. On the private boat which conveyed him from Vancouver to Victoria, in addition to enjoying the pristine beauty of the passage between the mainland and Vancouver Island, he taught an impromptu yoga class. He had implicitly told us that although he would like to visit Canada we must be quite clear that he did

not intend to teach—concerned no doubt to know what on earth was going on in his name, he wanted to see our teachers teaching and offer correction and guidance. Despite this, in each of the cities comprising his Canadian visit, he went back on his own words and after viewing some teachers brought us all together and taught a mega-class!

Gururji had done a similar 'walkabout' in San Francisco. It was a huge convention and there were so many simultaneous classes he could not possibly attend all of them.

Om, and although both Derek and I were on the faculty he did not get to see my teaching there. That was to happen the following week in Victoria! He did, however, attend a presentation on Back Problems which Derek gave to the full convention. This was part of a Medical Panel which included three other physician/Iyengar practitioners.¹

Always eager to learn from anyone who had done some original thinking, Gururji followed this up with Derek at a special dinner for teachers the following day, as well as later during his stay in our home. Derek's own back injury was the impetus to take up yoga as he observed me practising and decided this might be good for him too: thus entering a new era where he not only healed himself but helped many patients after employing that most yogic of concepts: finding out for himself!

In addition to Gururji, we have also been honoured to welcome Geeta Iyengar and Swami Radha as guests in our home. Throughout each visit not a moment was

wasted. Conversation around the dinner table was lively and fascinating as they plied us with stories and insights from their own vast experience at the same time as learning from any expertise we had acquired. There were many lively discussions peppered with challenges to deepen our own practice and refine our thinking about yoga. Despite the serious nature of the pursuit of yoga and its elusive goal of self-realisation and freedom from all limitations, these conversations were punctuated by peals of laughter—physical and mental fatigue melted away. The greatest of teachers learn everywhere and from everyone!

Naturally when our energy has been expended it has to be replenished and this is where recuperative or restorative yoga has its role. I began to notice something interesting about these master teachers. They had become channels for spiritual energy or light and as long as they remained open to this flow they were able to maintain their focus. Body, mind and breath have to remain interactive. Even the greatest minds need a body to function here on earth and this body needs energy and has to be refueled from time to time. Wise teachers recognize when it is diminishing and yoga had taught them how to replenish themselves in all of life's contingencies. For instance, even in the midst of a full convention Gururji would take time out when he needed to and seek a spot to lie down in *savasana*. His many years of repeated practice of this rejuvenating *asana* meant that the moment he lay down its imprint was so familiar to him that the recovery process began instantly. The idea that there was not enough time did not occur to him. He did what he needed to do and carried on! Sometimes,

¹ Medical Panel at 1984 San Francisco International Convention consisted of Dr. S. V. Karandikar from Pune, Dr. Mary Schatz from Nashville, Tennessee, the late Dr. Bruce Carruthers from Vancouver and Dr. Derek French from Victoria.

after a gruelling day he would ask us to find a place where he could lie down, be quiet, reappearing after just a few minutes to carry on. The fruits of his practice were self-evident!

One of Gururji's maxims is to *Love, Labour and Laugh*, and he was one of those rare individuals who exemplified these qualities in abundance, never wasting one moment of his life or neglecting any opportunity to expand his font of knowledge.

On a walkabout of central London you will often see plaques with the name and accomplishments of some famous person noting that they were born or lived here or perhaps the date when they achieved whatever it is that made them famous! I have often thought my home in Victoria should have a plaque saying that B.K.S. Iyengar stayed here! As I live in a rural area and not in the heart of a big city, few people would see it and, after all, it would be superfluous because Derek and I know he stayed here and how much he has taught us, and it is knowledge which is important.

Another of the seminal lessons I learned from Gururji from my very first class with him is that in the spiritual sphere no knowledge we acquire is ours alone: it does not belong to me and there is no particular merit in having acquired this knowledge unless I make use of it in my life. If any truth can be understood by me it is also possible for others to acquire it. In the words of another sage whom I have never met because he died many years before my birth but for whom I have deep respect, Swami Vivekananda: *If there has been one experience in this world in any particular branch of knowledge, it absolutely follows that that experience has been possible millions of times before and will be repeated eternally.*

In Victoria in 1984, those few days with Gururji also involved another pivotal act in my life. It was the first time Gururji saw me teach and the word whirlwind again comes to mind as I recall his entering the room and taking over my class. Everything speeded up.

Not a mind wandered for a second while he was there. In this and every other class he entered he was determined to convey as much as was possible in a very short time. As far as he knew he might not see any of us again and it was imperative to make the most of this opportunity and pass on as many teachings as he could. In each class there was collective exhalation when he left, indicating that this was enough for those people for today; it was time to move on to another class another teacher. Not always sure about what had exactly had happened, there were no dead and miserable faces: everyone was smiling, vibrant and alive!

I have never experienced a whirlwind or tornado but I have been told about the stillness at the eye which lies at the centre of this vortex of energy. This was the experience of working with B.K.S. Iyengar, in Victoria, in Europe, in the United States and particularly in Pune at the source of these teachings.

Out of these energy-charged few days with Gururji in Victoria came another turning point for me when he was honoured by Swami Radha at a private luncheon at one of her teaching centres. She had come to Victoria especially to meet Mr. Iyengar. Most notable was that the two of them hardly paused in their conversation intent on each other's words in this meeting of great and questioning minds.

Swami Radha had established a publishing company called *Timeless Books* which published yoga and other spiritual books. On Mr. Iyengar's 60th birthday a book had been published in India with essays from him and some of his pupils presenting aspects of his work. It was no longer in print and an offer was made from Swami Radha to publish a new edition of this book, to which Gururji agreed as long as some of the material was updated and some new writing and insights included. The publisher at *Timeless Books*, Terence Buie attended this luncheon, he knew my writing and editing experience and

asked me if I would be its editor. Gururji and Swami Radha were also familiar with my writing from our newsletter as well as personal work I had done with them.

My work in yoga took on another level as I did this work. The new expanded and updated edition of *Body the Shrine, Yoga thy Light* was published in 1987 as *Iyengar: His Life and Work*. This started me on another branch of my yoga path in writing and editing on behalf of Mr. Iyengar. It gave me the opportunity to write to him, discuss issues on the telephone and spend many an hour with Gururji in the library in Pune writing, researching and benefiting from impromptu philosophical, psychological, spiritual discourses plus the chance to research old letters and articles written by or about him along with many other aspects of his life and work and yoga in general.

Truly, I was blessed to have this opportunity. Gururji was not only a wise man and a great Guru: he was an accessible and generous man.

As we move closer to the celebration of the Centenary of B.K.S. Iyengar's birth, all over the globe his pupils are reflecting on the breadth and strength of the practice, teaching and learning of this incomparable teacher. ॐ

JUMP INTO SUMMER

Come jump-start and build your practice for five mornings with Lauren Cox. Sanding, twisting, inverting, back bends, and seated poses will be explored during this morning series.

Monday to Friday, June 25-29, 2018, 7:00-8:00 am

Members \$55, Non-Members \$60

Registration opens April 1, 2018

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

Calling all Writers

By Jane McFarlane

This fall we will be celebrating Guruji's centenary birthday and there will be many initiatives to honour the work and memory of our guru. The IYCV Newsletter is calling for submissions that are 100 syllables long (100 syllables, not 100 words) for the upcoming special edition, that will join the worldwide celebration.

Deadline for submissions is October 1.

The Institute in India has suggested that you can

1. Share tributes, memories of Guruji
2. Talk about how he impacted you
3. Talk about how his method has shaped you and your world.

Sample:

Dear Guruji

I offer you one hundred syllables,
Multiplied by hundreds of hundreds more
Ringing out from the cells of my body
From bottom to top and topsy-turvy
Side to side, back to front and inside-out,
I sing praise to your grammar of posture
That disciplines, purifies, strengthens and
harmonizes us around the whole world
So we might keep the universal vows
That will free us from blind conditioning

I salute you. ॐ

Practice Enrichment Series

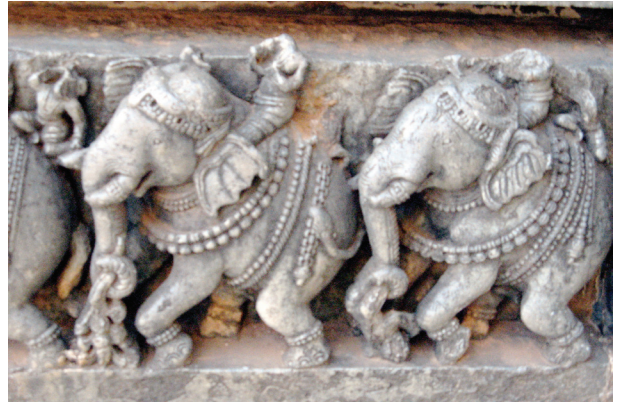
October 26, 2018, 2-5 pm, November 23, 2018
January 25, 2019, 2-5 pm, March 29, 2019

Commit to this series to advance your personal practice of *asana* and *pranayama*. The series is designed for serious intermediate and advanced students in the Iyengar Yoga tradition. Students will be guided in a strong practice over each three-hour session. Each month will build upon the previous month's work to unlock individual challenges.

With Ann Kilbertus and Ty Chandler

Note: Instructor permission is required to attend.

\$35 + GST each session



RIMYI – A Place to Change Your Life

The Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, India, was listed in a special edition of *National Geographic 100 Places That Will Change Your Life*. This glossy magazine, full of wonders in the world, lists the institute on page 59. (Thanks to Ty Chandler for sharing copies of this magazine at the Centre.)



International Day of Yoga

Join us for the 4th Annual International Day of Yoga on Thursday, June 21

Join us for one or both of the following free, All Level classes:
10 to 11:30 am with Leslie Hogya, 7 to 8 pm with Adia Kapoor

Celebrate with yogis around the world.

This class is FREE and open to the public.

The United Nations has declared June 21st International Day of Yoga. Come be a part of this global celebration at the Iyengar Yoga Centre of Victoria.

On the Sutras and Asana

QUOTES FROM JAWAHAR BANGHERA 2018, TRANSCRIBED BY GARY WONG
FROM AN AUDIO RECORDING OF A PHILOSOPHY TALK GIVEN BY JAWAHAR

“Our practice will not have any meaning if there is no understanding of the background, the *Yoga Sutras*. So it is incumbent upon all students, at one time or another, to go through the book. It is not something that can be understood in one reading. This is something that you’ll read, and have to re-read and re-re-read and so on and so forth ad infinitum.”

“Technically in a yoga class I am involving myself in all eight aspects of the subject.”

“There are important principles that one has to follow before one qualifies to be a student. If these were NOT important, then Patanjali would not have put *yama* and *niyama* first. Otherwise he would have started the exposition directly with *asana*.”

“The practices of *yama*, (these) you have to practice for the benefit of society. It’s not something you do for yourself; it is something you do for others. The next 5 principles, *niyama*, are individual practices...that is what you do for yourself. These two have to be combined to make you qualified for the third limb, which is *asana*.”

“However, the subject being one of compassion, it allows the student to come into the class. Gradually as the student becomes adept, it is explained to the student that the qualities of *yama* and *niyama* are also available in your *asana* practice.”

“So all these principles are hidden in your *asana* practice and also your *pranayama*. So though we may not insist on you being a qualified student, gradually we do bring you to that state. You are made to practice the *yama* and *niyama*.”

“Patanjali says that there are five causes that allow our consciousness to remain unstable. The five causes are demarcated for ease of understanding; it is not that only one affects you. All five affect you at one time in varying degrees. The five *vrttis* are correct knowledge, false knowledge, imagination, sleep and memory. “

“There are just three *sutras* on *asana*. The first one is: be in a position that is stable and the comfort will come. The second one is: your effort should steadily become effortless so that the infiniteness of the soul is recognized. The third one is: you are now in a non-dual state.” ॐ



100th Birthday Special Practice

Mark December 1st
on your calendar for a
special practice as part of
the 100 days leading up
to Guruji’s centenary.

CENTRE CLOSED

During the summer intensives, some classes are not scheduled; others are in Birch studio. To confirm your class is running, consult dates on the schedule.

We are closed for the statutory holidays:

June 30, July 1, 2,
August 6, and
September 1, 2, 3.

Congratulations!

The following candidates achieved Introductory II certification at the March 16-18 assessment in Kelowna:

Angela Grace, Calgary, AB

Janet Harvie, Calgary, AB

Jennifer Krake, Kelowna, BC

Dianne Noort, Horsefly, BC

Marie Landry, Bowser, BC

Soodabeh Seyed-Fathi, Toronto, ON

Maria Stella Patera, Whitehorse, YT

Alison Sisson, Whitehorse, YT



Report from the General Manager

By Wendy Boyer

The Centre had one of its busiest years in 2017, with class revenue, workshops with Chris Saudek and Jawahar Banghera, the teacher and student intensives as well as the Salt Spring retreat being the largest sources of income. We finished 2017 with a deficit because of an increase in all areas of expenditure: for example, rent increased 8%; hydro increased 4%; printing increased 4%; and teacher costs increased because of increased certification levels. Correspondingly, the Centre had not increased prices for three years. In 2018, the Centre raised class and workshop prices by 8%.

In 2017 the best marketing tool has been reducing the cost of the entry-level classes. The result was a spike in introductory students attending classes and a small increase in revenue. The passes are still popular, particularly the Unlimited pass, offering students any class at their level, anytime. Om Passes for six hours of classes allow a lot of flexibility.

In 2017 the Centre added a video to our excellent website, designed by Peggy Cady. Thank you to Laine and Ty and the folks at Kingtide Films for the successful video that promotes who we are and what we do. Thank you to Shirley Daventry French for her column published four times per year in the newsletter, and to Roger Champagne for his editing acumen. Thank you to Johanna Godliman who distributed posters and schedules throughout the year. Paid print advertising ran bi-monthly in *Focus* and *Monday* magazines. Britta sent monthly e-marketing updates; Ty posted on Facebook; and the Centre continued the first-class-free offer to welcome new students. Three complimentary classes were available in 2017: an all levels on Friday mornings as well as teen, prenatal and family classes.

The September 16-17 Open House, attracted far fewer people than in past years attended because it ran concurrent with another big event in town. On Saturday September 16th we offered three yoga classes, plus a ropes class and Kirtan with Bhavantu Sound. On Sunday, we ran a free workshop with Gary Wong. Thank you to the board and Johanna who prepared, hosted, and cleaned up; our generous bakers who made tasty treats and savories; and to Jane McFarlane who brewed amazing chai. The Centre will hold the 2018 Open House in late October.

In 2017 we gathered as a community for several well attended events: the New Year's Day Practice in January, the 3rd Annual

International Day of Yoga in June, Toonie Movie nights in January and October, and a celebration of B.K.S. Iyengar's birthday in December.

The Centre had 310 members in 2017, 39 of whom are life members, 8 of whom are international members, and 21 of whom reside outside of BC but within Canada. We mail 92 individual newsletters, but encourage students to read the newsletter on the website or, for local students, to pick up the newsletter at the Centre.

The largest cost saving in 2017 came from our committed volunteer, Theron Morgan, our bookkeeper, who contributed countless hours keeping the finances in order. Jennifer Rischmiller saved the Centre a significant cost in 2017 by volunteering to do the maintenance for the Centre. Thank you to Jane McFarlane and Adia, Vicky and Anil Kapoor for cleaning the props and blankets regularly. We salute all of you!

Many people contributed items to the Tea Fundraiser - special thanks to Robin Cantor and Annie Kitchen for their energy and commitment. We are grateful to Sandra Harper, who donated the photocopier that continues to reduce our printing expenses. Thank you to Linda Ellen Bosela for managing the Thrifty's Smile card program. Laine Canivet produced a beautiful fundraising calendar based on photographs she took in India. Donations to the annual appeal and the tea were up in 2017. Thank you to all who contributed to our fundraising events.

Staff provides administrative support for the Centre's many activities. Specifically, thank you to Britta Poisson who manages the office; Jennifer Rischmiller who assists with donations to the annual appeal, the spring tea and donation requests from local organizations; Bruce Cox who maintains the website; Hilary McPhail who handles membership registration; Bob Maher who coordinates storage of waivers and provides desk support for staff vacations; and to Jane McFarlane who creates eye-catching bulletin boards and provides casual desk support. Thank you to Leslie Hogya for managing the class schedule and the teachers. My time as general manager is spent administering the overall operation of our very busy Centre.

Thanks to the board for supporting the Centre, especially for stepping up to assist with the maintenance for special events. Special thanks to our president, Laine Canivet, whose commitment, creative leadership and friendly camaraderie we appreciate. Kudos to continuing board members in 2017: Bev Kallstrom, Amanda Mills, Carole Miller, Sheila Redhead, Stacey Frank, Ann Kilbertus, and Annie Kitchen. Thank you to Jim Bratvold and Roger Champagne who joined the board. Big thanks to Bev,

an excellent, committed volunteer and strong supporter of the Centre in every way, particularly for her work as treasurer over the past six years.

As with any registered charity, the Centre has dedicated volunteers. I can mention but a few here. Thanks to Shirley for her ongoing leadership, the teachers at the open houses, the workshop coordinators and the programming and newsletter committees. Kudos to Adia Kapoor for managing the programming document which is the hub of our programming wheel and to Lucie Guindon for proofing the many spokes in that wheel including the website, newsletter, flyers and Yog-e news. Thanks to Gary for supervising the members' practice; to Lucie for coordinating billets; to Linda Poole and her crew for making bolsters; to Ty who posts to Facebook; to Patty Rivard, our librarian; and to Leslie Hoga and Lucie Guindon for donating time to teach short workshops. We thank you all so very much. ॐ

President's Report

By Laine Canivet

I wondered how our centre was doing compared to other non-profit, charitable organizations so I asked Mr. Google what other non-profits find most challenging. I'm not sure what I was expecting to find, but it was certainly interesting. Three issues are mentioned repeatedly. The number one issue is "finding the money to accomplish our mission". The second is "finding the right people" to manage the daily responsibilities as well as moving the organization forward. The last is "communications".

Finding the Money: The biggest challenge is having sufficient funds to remain vital while working towards a stable future. Yes, we have that challenge, too. 2017 was an especially frustrating year. We kept our costs under close scrutiny; we were fiscally responsible in all of our expenditures and yet, when costs go up we fall behind. How many ways can we ask for dollars from our generous members, students and teachers? There are so many worthy groups competing for everyone's available dollars. Yes, this year we had to dip into our savings to cover the shortfall. Luckily, we have a cushion. In addition to tucking away some cash during our more flush years, a couple of years ago we inherited some of our financial cushion from the estate of a student. I guess one must remember that success isn't always measured in money. Being successful in the non-profit world often means breaking even or worse - being in the red. However, transforming lives transcends profits when you are truly engaged in charitable non-profit work!

Finding the Right People: An apparently wide-spread issue for non-profits is finding capable Board members with relevant

expertise and/or getting them to attend meetings and to do what they committed to do. Many organizations have trouble finding enough people to do what needs to be done or burning out the ones who do pitch in. And finally, the two big personnel issues are finding the leadership expertise needed to ensure the organization thrives as well as finding and keeping good employees.

We are extremely lucky in this area. We have a talented and dedicated Board. They all seem to enjoy coming to the monthly meetings even though we don't even serve chocolate! Without exception, they offer to help and lend their individual talent and energies as they can. Meanwhile, Wendy provides the skillful leadership expertise and she does an amazing job of keeping this busy centre operating effectively and at full tilt. The staff is dedicated, enthusiastic and reliable. They are the 'face' of the centre, welcoming people and making everyone feel like they belong.

Communications: This covers marketing and getting the 'correct' word out. Many of the organizations I read about don't spend money on advertising, specifically digital advertising. In this day and age, having an effective website to communicate an organization's philosophy, programs and business to potential members, donors and friends is mandatory. But because it takes money, expertise and a long-term plan, many non-profits skimp on this aspect. We do fairly well in this area. We have a great website, a monthly electronic newsletter and we post regularly to Facebook. In addition to electronic communication we have our quarterly newsletter which has a stellar reputation, and it is mailed to several countries around the world, as well as being available on the website. We have a marketing plan that was updated this year and we use our Open Houses to communicate our mission and methods to inquiring people.

On closer examination of and comparison to other charitable, non-profit organizations, I'm happy to report we are doing many things right.

Once again, I must say that it has been a pleasure to work with this year's Board and everyone else at the Centre. ॐ



2018 IYAC/ACYI ASSESSMENT DATES

September 14-16, Introductory II, Calgary, AB

September 28-30, Intermediate Junior I, Winnipeg, MB

November 2-4, Introductory II, Fredericton, NB

November 9-11, Introductory II, London, ON

Treasurer's Report

Year ending October 31, 2017

By **Bev Kallstrom**

Our year end financial statements were prepared by the firm of Stirling Stanford and were signed off by the IYCV president, Laine Canivet and treasurer, Bev Kallstrom on December 21, 2017. The IYCV Society is dedicated to encouraging the physical, mental, and spiritual growth of our members through the study and discipline of Iyengar Yoga.

Our annual budget is based on the actual revenue and expenditures of the previous fiscal year and projected changes, with a goal to contain expenses and maintain our revenue through student enrolment in classes, workshops, merchandise sales and donations. This year, we ended the year with a shortfall of \$10,073.00.

Revenue

Total revenue for 2017 was \$407,631 including gains on investments and foreign exchange. The majority of the revenue is from yoga classes followed by workshops, annual appeal, merchandise and memberships as detailed in the statements. This was comparable to last year, although we experienced a slight drop in merchandise sales, memberships, donations and the annual appeal.

A comparison to previous years' revenue follows:

2017 - \$407,631
2016 - \$407,111
2015 - \$377,218
2014 - \$391,446
2013 - \$371,324

Expenses

Total expenses for 2017 were \$417,780. Increased costs that impacted our bottom line, detailed in the statements, include wages and benefits, utilities and rental expenses.

Comparative expenses to previous years follows:

2017 - \$417,780
2016 - \$407,901
2015 - \$378,689
2014 - \$375,706
2013 - \$372,278

Statement of Financial Position

The Statement of Financial Position documents our assets and liabilities as of October 31, 2017. At year end our short-term funds invested in GIC's were \$104,877 expiring January 22, 2018 and November 2018. Our Marketable Securities account is readily available if required.

The Iyengar Yoga Centre is being carefully managed and efforts are being made to curtail costs and increase fundraising and donations to ensure the financial health of our centre remains strong.

I have served six years on the Board and want to thank the members of the Board for their support as my term ends. Serving on the board was enjoyable and a great opportunity for personal growth. I must acknowledge Wendy Boyer, our General Manager, staff and volunteers, (especially Theron Morgan) for all their efforts.

Finally, thank you to this great community of people – our teachers for their inspiration, work, and contributions and to our members and students who support our centre. ॐ

Scholarships & Bursaries

Certified Teacher Intensive,
August 13-17, deadline June 29

Student Intensive,
August 27-31, deadline August 3

Workshop with Chris Saudek,
September 7-9, deadline August 16

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

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Annual High Tea

By Ann Kilbertus

The Victoria Iyengar Yoga Centre held a delightful and lovely 11th Annual High Tea Fundraiser on March 22. Each year, our collective efforts help the Centre not only financially but in community spirit. The goodwill, camaraderie, and all around support are very present at this event. Thank you for your extraordinary effort!

Robin Cantor absolutely outdid herself presenting her Tea Pose in *hanumanasana* – while serving tea! Thanks to Jim, Robin's husband, for assisting Robin.

Thank you Robin, for the overall organization of the tea – a job that begins months in advance of the event – coordinating a team of volunteers, organizing the food and entertainment, fundraising in your home studio – and picking all the flowers!

Organizing the Silent Auction is a huge job. Many thanks to Annie Kitchen for keeping the treasures and services coming! Thank you Annie for talking up the tea so enthusiastically at every class! It really made a difference to attendance & to the huge increase in the amount raised. Thanks also to Bev Kallstrom for assisting.

Thanks to Jaya Malaviarachchi for organizing the draw and bringing her artistic talent to displaying the draw donations.

Thanks to Dawn Cox for her role as backstage coordinator, orchestrating the volunteers for set up, take down, serving & clean up: Jane McFarlane, Laine Canivet, Melissa Hadley, Jim Bratvold, Jaya Malaviarachchi, Laura Johnston, Wendy Wimbush, Jill Williams, Johanna Godliman, Alejandra Flores, Avalon (Boni Hoy's granddaughter). The kitchen was so packed with people, food and dishes. It felt like a big family gathering!

The food was wonderful! Thanks to all of you who generously brought sweets, fruit, cheeses & savouries: Jaime Caldwell, Melissa Hadley, Patty Kallio, Joy Illington, Patricia Hofstrand, Ruby Smyth, Penny Draper, Jaya Malaviarachchi, Ginger Mason, Barbara Preston, Lois Badenhorst, Jill Williams, Leslie Hogya, Esther Silver, Linda Benn, Dorothy Liedke, Karin Dayton, Lorna Sandler, Anthea Browne, Billie Essa, Laine Canivet, Boni Hoy, Dave Skilling, Alejandra Flores, Annie Kitchen.

Also, thanks to Melissa Hadley's husband, Doug, for picking up the tea; Laura Johnston for flower arranging; Patty Kallio for meeting and greeting guests.

Thank you Carole Miller for doing a superb job as M.C.

Mae Browne, a student in the Remedial Class, entertained the crowd singing two songs with her daughter Anthea on the uke and her son Murray on the guitar. The Browne family had audience members dancing and singing along with them. Anne Glover, a master storyteller, treated us to a wonderfully animated tale. Diego Fabian Flores played music throughout and performed two exquisite songs along with his family.

Jane McFarlane created eye-catching posters and took great photos. Thanks to Johanna Godliman for posting festive, colourful teapots throughout the Centre.

Thanks to Krysia Strawczynski, Robert Beckett, and Billie Essa for loaning tables, and to Jim Bratvold again, for carrying those tables!

Thank you to Britta Poisson for the flyer. Thank you to Bruce Cox and Jennifer Rischmiller for tallying the proceeds.

Thanks to Darwin Miller of the Renaissance Retirement Residence for supplying the table linens. Thanks to Robin's husband Jim Pask for picking these up, setting up, laundering the cloths and returning them to the Renaissance.



A big thanks to Silk Road Tea for their annual contribution of tea kegs for our fundraiser.

Thanks to Linda Benn and Marlene Miller and the many volunteers who teach the Remedial Class each week and to the students who attend.

With much appreciation to one and all for such a wonderful expression of community spirit in the Light of Yoga. ॐ

Gather Fruit, Scatter Seeds

Part 1 of an interview with Chris Saudek conducted and transcribed by Ann Kilbertus and Leslie Hogle.

Chris Saudek has had strong links with the Iyengar family and will be part of our celebration for Guruji's centenary year. She was granted an Advanced Junior Certificate by Geeta Iyengar. Chris will teach a workshop at the Centre September 7-9. She will also teach an extended Monday evening class September 10 from 5:30-8:30 pm.



CHRIS SAUDEK (C), ANN KILBERTUS (A), LESLIE HOGYA (L)

A: I know that you have lived in India a number of times, for long periods, and I wonder if you could describe what that was like?

C: The first time I went to India was in 1980 and I went for about two months and at that time you could stay right in the Institute. They had rooms downstairs and you could rent a room for a small fee.

A: That was your first trip?

C: Yes, I had travelled before, in the Peace Corps and elsewhere, but I still was not prepared for what things were like in India in those days. Nothing was regulated at all at the airport, and the moment you landed people just started grabbing your stuff. Fortunately I knew Mr. Taraporewala, (who had just been in the USA), and he met me at the airport and took me to his home where he lived with his two daughters and his most wonderful wife. Even to this day when I go to Bombay I stay with his daughter. So I rested a couple of days with them and recovered, and it helped a great deal with my introduction to India.

A: How long had you been practicing yoga at this point?

C: Two years. I had started in 1978. I actually started yoga in 1976 but it was not Iyengar. And in 1978 I was taking yoga with a woman who was teaching out of *Light on Yoga* but who really didn't know Iyengar Yoga. She would open the book and have us all try a pose. But my friend from college, Sally Rutzky, talked me into going to a camp sponsored by the Ann Arbor Y. I think I showed her *virabhadrasana II* and I know my form was terrible. She was very polite and non-judgmental but said she thought I would benefit from the yoga camp.

I went to the camp with Sally and thought I was an advanced student because I'd been taking yoga for a while—not Iyengar, but some yoga. So I went to all the classes, both beginner's and advanced. I have always had scoliosis and an achy back but I still

tried to do everything. After two days I could hardly get out of bed. But it was my arms and legs, not my back that hurt—my back actually felt pretty good! And that was when I started searching for a teacher, because I was living in the middle of nowhere, where there were no teachers. I found one, 93 miles from my home!

It really all began because Sally had suggested that I go to the yoga camp. There were many Iyengar teachers there: Mary Dunn, Priscilla Neil, and Mary Palmer. We had a preliminary meeting before starting and there was Mary Dunn with her two small children around sitting in *upavistha konasana* for half an hour. I thought who could ever do that? She's sitting up straight! I thought I'd never do that.

A: That's often the way you first see it, from afar.

C: Yes, that's right. I ended up going back to the yoga camp and eventually taught there, years down the line. Before I went to India in 1980, I went back to Ann Arbor because that was where the really good yoga teachers were. I think Iyengar yoga started there around 1974. Looking back, who knows what it is that leads one to something. Why did I start yoga? I don't know. Out of curiosity? Maybe. Someone did say it might help you relax. But why did I stick with it? I don't know, but sometimes I really think there are some imprints there, you have a certain *karma* that leads you to where you end up. When I started I was sort of a fanatic. For a while I drove 93 miles, one way, and after that I would drive 100 miles, another way, just to do yoga, and sometimes twice a week!

A: So we can't really complain!

C: In 1980, my teacher at the time told me that there was a group of people from Manchester, England going to India, and so I joined them. I arrived a couple of weeks before the intensive, took the intensive, and then stayed for a couple of weeks after. That was the first time, and I stayed two months. It was perfect. The Institute was much different then. There were only about 35 or 40 people in our intensive. It was just fantastic. Because I was staying right in the Institute I could go upstairs any time, day or night. I only had to be in the Institute by 9 pm when the front gate was closed.

A: Were there other students staying in the Institute at that time?

C: I really can't remember. There may have been a couple of Japanese women, but I can't recall now whether that was 1980 or 1982. In 1982 I remember Mira Metha was staying there, and a woman from South Africa, but some of the time I was there

just by myself. In 1982 I went again by myself, and again for two months.

A: Great!

C: In 1983, when my husband was on sabbatical, we met in Japan and then went on to India and stayed a month.

A: Were medical classes going at this time?

C: Oh yes. This was what was so fantastic about living just downstairs in the Institute. I was able to go to everything.

A: Kid's classes too?

C: Oh yes. Kid's classes...I went to everything. I would either attend class or take notes. I was also able to help in medical classes, which were not nearly as full as now. I learned an awful lot then. Those first two trips, in 1980 and 1982, were really amongst the best. Guruji was still teaching then, even in 1983. He was so nice with my husband, I remember, because my husband has to be the stiffest person in the world.

A: No, no, I think mine is. (Laughter)

C: Because my husband was in chemistry, Guruji would make these analogies about flowing like mercury and things like that. He really did try very hard to relate, especially when someone was a guest professor like my husband.

I had a daughter in 1985, and my next trip to India was in 1987. We were there for five months. That was really a nice time for us as a family. My husband was at Pune University and I really enjoyed studying at the Institute and just living there as a family for the five months and being able to settle in. My daughter was two years old. I used to ride a bike with her sitting on the little seat right in front of the handlebars and we sometimes rode down the MG Road. I can't even imagine trying to do that now because the traffic is so bad. Pune has changed a lot.

The next time we stayed for a long time was in 1995. Then I had two daughters, one in first grade, one in fifth grade, and we just took the kids. We just decided we were going, and only then did we start to try and figure out what we were going to do with our house. People asked how we were going to handle all the details, but it seemed that once we had decided to go it just happened and things worked themselves out. There was a problem of getting the kids into the right schools, but once that was settled I was pretty much at the Institute every day. I either took classes or helped in the classes. You know, when you're there for a longer time they don't want you taking classes every day, so I helped on those days and took notes. I took classes about three days a week. Again, it was a very nice time for our family.

A: So Pune has really been the source of inspiration for your practice?

C: Yes, very much so, and those early years were just fantastic. I've of course been back many times since then—I can't even count the times. But those early years were just so good. Guruji was teaching, classes were smaller, and the people who were helping gave you a lot of individual attention. This is not to say that it isn't wonderful now, but for me it was just so special then, especially being able to stay in the Institute and getting to know the Iyengar family. I spent a lot of time talking to Savita, Mr. Iyengar's youngest daughter, who was still at home and not married...I would sit with her in the garden and also with Vanita, another of Mr. Iyengar's daughters and her two children, Kaushik and Shrinit. In fact, '87 was when Savita got married. We have a wonderful picture of my daughter, Clare, who was two years old, in a sari with the *bhindi* dot, and we went to the wedding. For me, those were really the best times. Just as I got to know everyone there, they all knew who I was.

A: Were you a physiotherapist at that time?

C: Yes, in 1983. I wasn't on the first two visits. It was yoga that actually got me into physical therapy. I have a Master's degree in math and I was teaching math and for some reason I just got more and more interested in anatomy. Although I loved math, I really didn't want to go on any further. At that time (around 1980), I wasn't married, and I was trying to figure out what I wanted to do with my life. And yoga was so interesting to me. I was lucky, because the job I had teaching math was at a small university and I had Thursdays off, which was when my two yoga teachers taught, as well as on the weekend. So I would often go to yoga class on Thursday and go back on Saturday. It was just fortuitous that they taught on Thursday and that was the day I had off.

I never thought I would be a yoga teacher, but I did think I might go back to school and study physical therapy. And then when I went back to school in physical therapy (1981), first of all I met my husband, and then I was asked by the person who ran the continuing education program to teach yoga. They had been getting calls for a yoga class and they had heard that I did yoga. Would I be interested? And that was how I started teaching yoga.

And I met my husband because he is also a wonderful wood-worker and I wanted a back-bender built! So my life is really all built around yoga! (Much laughter.)

I got my physical therapy degree in 1983, and I had been teaching yoga, and had gone to India twice. When I got back from India in '83 I was teaching one yoga class in the continuing education program, working in an orthopedic clinic as a physical therapist, and also editing an orthopedic journal.

And then what happened is that I taught one class of yoga, then two classes, then three classes...

A: And the subject drew you in!

C: Yes, and then in '83 a couple of my friends went to India with me, one of whom was one of my first students. She said to me, "Why don't we start something?" And so we did. We started the centre, really just to support our interest in yoga, supporting our hobby, with never any idea that it would become self-supporting. We just thought that since we were studying yoga, going to workshops, and going to India, we could find a way to support this hobby of ours. So we started with three classes in what was pretty much a dump of a place that we renovated and tried to make into a nice place.

A: The same place you're in today?

C: No, no it was a different place. It was a tile floor and I really wanted wood, and they told me there was nice wood under the

tile. So, I decided to tear up the tile and my husband asked me whether I would be content with a different tile if the wood turned out to be not so good, and I said sure. Well, the wood was horrible and I was not content with the idea of anything other than a proper wood floor. I phoned up some people who did wood flooring and asked if they had any used wood and they said no. Then one of them said a lady had called who had a big old building that had been a roller rink, and then a feed store, and she wanted the wood floor taken up and a concrete one put down. So I called the woman and she told me the wood was mine for the taking. So off we went with hammers and crowbars. It was beautiful wood, but you have to remember it had been a farm feed store and so it smelled a bit like fertilizer and there was feed residue in all the cracks so we had to sweep each piece. It really was a labor of love! In the end, we were able to put down



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a nice wood floor in our new studio. We were there from 1988 to 1998. Eventually our number of classes grew and I was able to find a new place, actually through my dentist, with a nice wood floor already in place!

A: So it sounds as though you had these two parallel careers, the yoga teaching and being a physiotherapist, but it seems that they did not overlap?

C: That's right, and I don't practice physical therapy very much anymore. Why? Well, as soon as I started to practice physical therapy I realized that yoga was just so much more effective in that it works with the whole person and it looks at issues completely differently.

The observation skills that yoga teachers have to develop are so much finer than what you normally develop as a physical therapist. Plus, in this day and age you can't spend very much time with somebody as a physical therapist, maybe ten or fifteen minutes per session. When I had this recent shoulder injury I went to the physical therapist and although she could see some of what was injured, she had no idea what to do with me! So, back to your question. If I did anything, I used yoga in physical therapy, not the other way around. In my own practice, my knowledge of physical therapy and anatomy is very helpful because I do think it is very important to be able to visualize internally. Being able to go a little bit deeper into the internal organs brings a deeper understanding and practice. So, I do think the physical therapy knowledge I acquired has helped me in my yoga practice and teaching. But yoga is so much more, so much fuller and more advanced.

Once I had to do a workshop on the anatomy of the upper quarter with emphasis on inversions and arm balances. I know anatomy but in yoga it is completely different. In physical therapy we normally do what are known as "open chain"

exercises, (e.g., raising the arm up), whereas in yoga we're fixing the arm, then moving over the arm, and asking, "how did that work," and those sorts of things. So I hired a physical therapist to try and help me figure this all out. What was very interesting about all this was that he was fascinated because the newest research that was coming out was all about "closed chain" rehabilitation...and that's really what yoga is!

A: Like dog pose, weight bearing...

C: That's right. When I showed him how we did *pincha mayurasana*, where we put a block between our hands, he found it very, very interesting. I said, "You know the internal rotators are so much stronger than the external rotators and you want to create balance and so we use the blocks." And he was fascinated by that. And then he asked, "So what if someone had broader shoulders?" And I said, "Oh, well we just have this bigger block!" He laughed and said, "Oh, you've thought of everything." So, I honestly feel that yoga is just so much more advanced. And you are dealing with people, not just a shoulder.

Now, I really am not interested in having to convince people of the value of yoga. I really am not. I feel that if people come to class and they participate and they find yoga very useful for them then that is wonderful. I'm very much a person who doesn't proselytize.

But back to scientific studies, I am involved in one. There is a back study going on in West Virginia, and I am involved, but as a consultant. I don't have to try and set up the study and figure out how to control all the variables or interview people. I'm looked at as an expert in yoga, not someone doing a scientific study. I really just want to teach yoga as yoga, which means that it is all entwined...the physical, the mental, the spiritual. I do know that Gurujii really wants us to do scientific studies and maybe I will, sometime in the future. ॐ

Smile! It All Helps

Our Centre is a nonprofit and as such can benefit from a partnership with Thrifty Foods. Thrifty Foods will donate an amount equal to 5% of the dollars you load to your pre-assigned Smile Card. We are eligible to earn up to \$2500 this term, which began April 29, and will support our programming.

Please check with the Front Desk to obtain a card or start using or keep using the Smile Card you have.

IYCV Calendar

June

8-10 Salt Spring Retreat
21 International Day of Yoga
25-29 Jump into Summer

July

4-6 Intro Teacher Training Intensive

August

13-17 Certified Teacher Intensive
27-31 Student Intensive

September

7-9 Chris Saudek Workshop

October

11-15 IYAC Conference, Ottawa
26 Practice Enrichment
27 Professional Development

November

1-2 Open House
23 Practice Enrichment
24 Professional Development

December

1 100th Birthday Special Practice
14 In the Light of Yoga, Gurujii's Birthday

Thank you to...

- Giles Hogya for his design consulting on the office lights. He helped choose the pendant lights and strip light at the desk and solve various technical issues.
- Laine Canivet for her work with having the rope wall inspected and Wendy Boyer, Lucie Guindon, and Leslie Hogya for their input.
- Jayne Jonas for her donation to the library giving us now a circulating copy of the beautiful tribute book called *Beloved Guruji*. (Note: Jayne carried this copy all the way from India.)
- Adia Kapoor for her ongoing work of the program committee, keeping events updated.
- Thrifty Foods and everyone who participated in our spring Smile Card fundraiser. It was a great success and we reached our goal of \$2,500. The money will help support our programming.
- The attendees for our May Bolster Bee: Jane McFarlane, Wendy Boyer, Linda Poole, Lisa Grebinski, Johanna Godliman, Annie Kitchen, Krysia Strawczynski, and Bev Kallstrom.

- All who contributed to the recently updated Chart IYAC/ACYI Syllabi of asanas and pranayama:
 - Bob Maher who corrected typos in the pranayama section.
 - Janice Loukras in Kelowna for making the revisions happen.
 - Marlene Miller and Ann Kilbertus who reviewed and gave input to Janice and later to Bob.
 - Marlene Miller for helping with the changes and proofing and for starting the ball rolling a long time ago with Corrine Lowen.
- Catherine Langpap for donating 4 green foam blocks; 8 cotton blankets; 2 never used pink head bandages; and a wooden meditation bench.
- Hilary McPhail for tracking the people to thank in this column.
- Jane McFarlane for all her creative posters.
- Britta Poisson for the in-house brochures she makes to promote workshops, special events, and the weekly schedule of classes.

Those who helped with guest lecturer Jawahar Banger's visit:

- Leslie Hogya for hosting and organizing his trip.
- Jim Bratvold for Jawahar's pick-up from the airport, especially as his flight was 6 hours late!
- Jane McFarlane, Jim Bratvold, Gary Wong, and crew for keeping the centre tidy and moving props.
- Linda Benn, Brandy Baybutt, Victor Cummings, and all who helped move props around after the intensive finished on Sunday.
- Adia Kapoor and Ann Kilbertus for driving and preparing food.
- Lucie Guindon for coordinating billeting; Laine Canivet and Bev Kallstrom for providing billeting.
- Britta Poisson for all the behind-the-scenes support.
- All the front desk staff for their support: Bob Maher, Jennifer Rischmiller, Hilary McPhail, Bruce Cox.



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