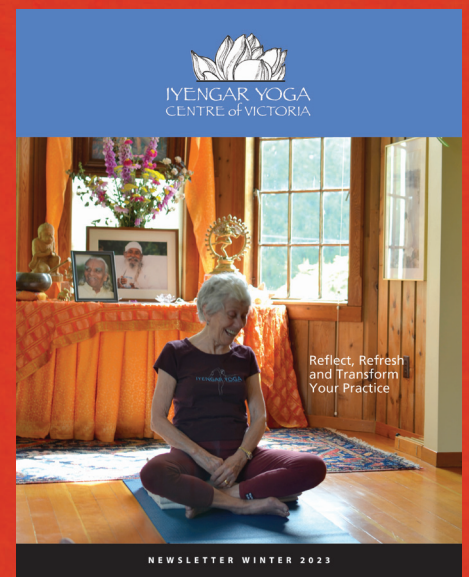
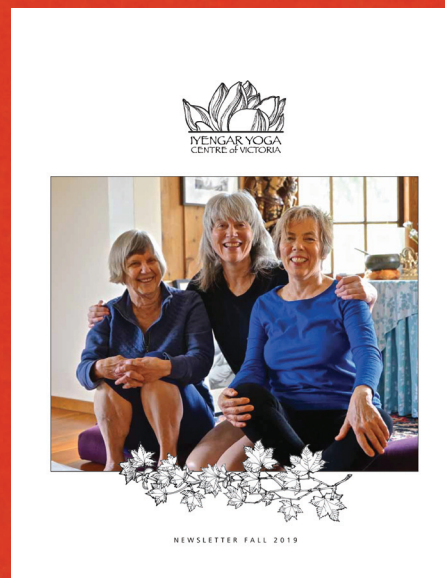
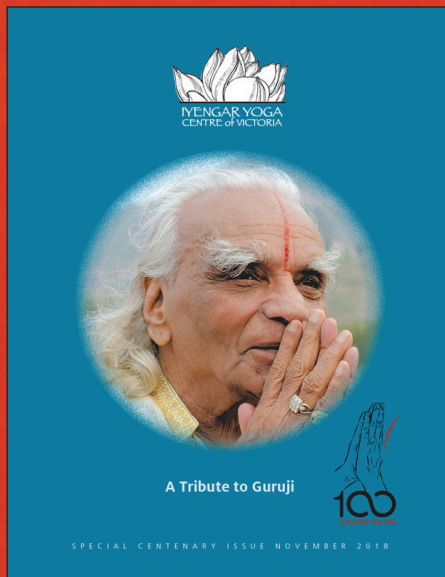
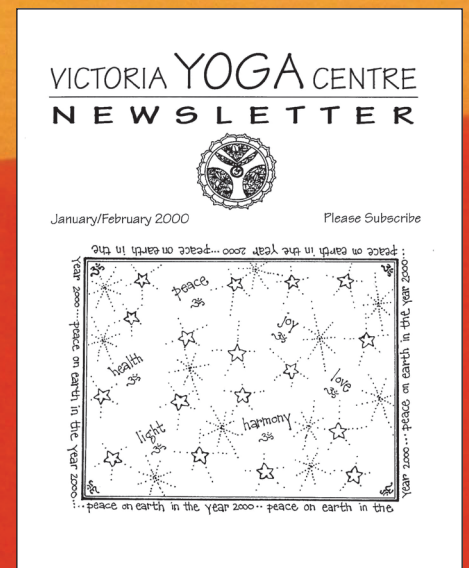
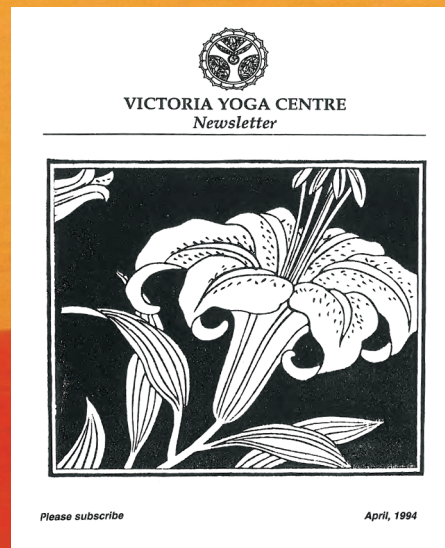
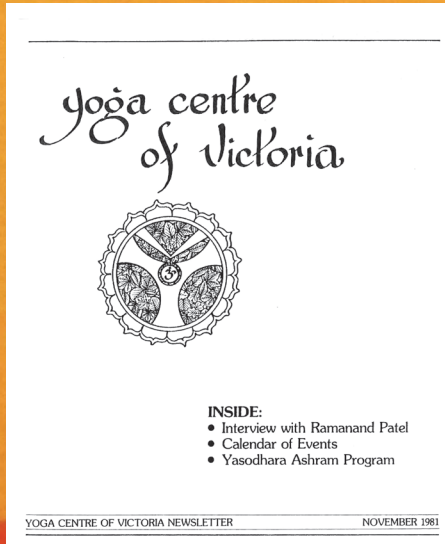
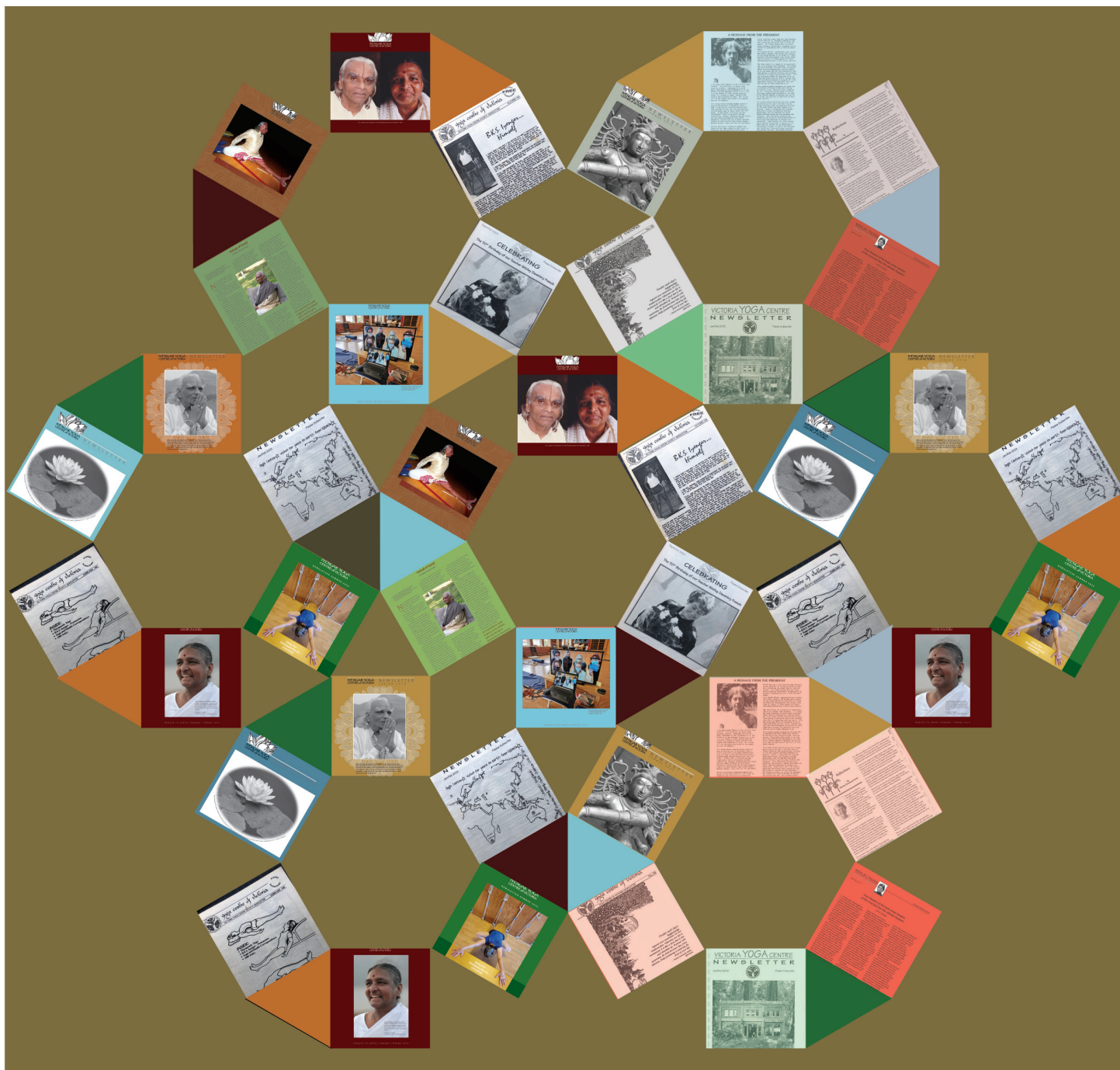




IYENGAR YOGA CENTRE of VICTORIA



THE LAST NEWSLETTER - FALL 2023



Reflections

JANE MCFARLANE'S INSPIRED QUILT OF PAST NEWSLETTER
COVERS IN HONOUR OF THIS FINAL ISSUE

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Holiday Closure

The Centre will be closed
Saturday, December 23
through Monday, January 1.

There will be no interim classes.

See ad on back page for
the New Year's Day Practice.

The first day of the new term
is Tuesday, January 2.

IYENGAR YOGA CENTRE OF VICTORIA NEWSLETTER

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Hilary McPhail

**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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1. Advertisements must not conflict with
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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.

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Please visit our website:

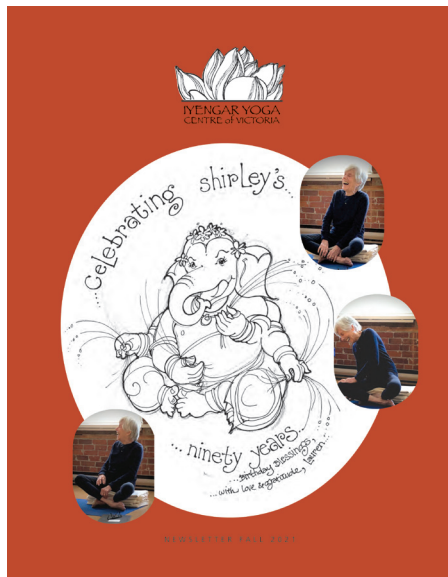
www.iyengaryogacentre.ca for full
information on classes and workshops.
202-919 Fort Street, Victoria, B.C. V8V 3K3
Phone: (250) 386-YOGA (9642)

Always a Contributor, Never an Editor

by Leslie Hogya

I foolishly thought I could put together a short two-page version of the newsletter as a kind of summing up of an important aspect of our Iyengar Yoga Centre Society.

This project grew, and with Peggy Cady's encouragement and editing, it grew some more. I now have even more appreciation for all the work that this job requires. And I can't thank Peggy enough for filling in gaps for me. My emails got more cryptic as I sent her unfinished pieces or ideas, which she helped finalize.



Looking at the success of past newsletter committees, I realize that some very important elements have been missing since Covid arrived – and that is laughter and FOOD! Many editors recount sitting around meetings laughing and eating together. I was actually never part of those meetings and wasn't an official member of the newsletter committee except as a consultant. I wasn't included when those sushi platters arrived at the library door some years back. Hmm, if we re launch the newsletter, let's not neglect this element!

In preparing this issue I delved into our archives. I have still a collection of old newsletters in my home, but the really old hand-typed ones before everyone had a home computer from the 80s are now digitalized on the web site. I invite you to jump into the site and pick a year. See what was happening and read some of the old articles. I was reminded of our adventurous undertakings like the Yoga and Health Conference.

Also, I was humbled by the listings of many more people who were editors, typists, photographers, distributors, etc., than have been mentioned in my brief history article. I'm sorry I couldn't research you all.



Editor for this special issue, Leslie Hogya

One name I was reminded of was Dave Rocklyn, who would take on the task of making an index of all the articles written in the previous year. (To see an example, look for February 1987 edition.)

A last thanks go to our volunteer board who supported the newsletter in many ways. I especially want to recognize and express my deep appreciation to Shirley Daventry French for being the torch bearer for our community and the newsletter and who has written a column in every issue. And finally, gratitude to B.K.S. Iyengar and family for the never-ending inspiration of yoga to keep us on our toes. ॐ

Sign up for Yog-e News

Get all the current news from the Centre in our weekly email, the Yog-e News.

Scroll to the bottom at www.iyengaryogacentre.ca enter your email address, and click "Sign up".



10-12 AM, SUNDAY, 21 JANUARY 2024

Renew
Recharge
Re-energize

All Levels Workshop
with Leslie Hogya and Adia Kapoor
In studio or online | \$40.00 plus tax



Reflections

by Shirley Daventry French

News of the death of longtime friend and gurubhai Khairoon Quadir brought up many memories along with reflection and gratitude for the lessons learned from her companionship on the path of yoga.

I first met Khairoon when she was cooking for B.K.S. Iyengar (my teacher and her teacher) at a convention in Edmonton. My husband and I were fortunate enough to be invited to dine with Guruji and his Indian entourage. Khairoon was very focused on the preparation and serving of a delicious meal. We had been working intensively in classes taught by Guruji and had worked up an appetite. It was a delicious meal; and we had the good fortune to repeat this experience many times in a variety of places throughout Canada. Khairoon was fully absorbed in the task at hand and had little time to visit with us.

In the ensuing years I got to know Khairoon personally. I have stayed many times in her Vancouver home when we were both attending classes as students. We worked up good appetites from the hard work in classes and relished the meals Khairoon served. It was not just the food but the small and eclectic group of people who had come together in a spirit of acceptance and welcome. There was always room for one more: food was never in short supply and space would be found at the table or to sit cross-legged around a cloth spread out on the floor.

One year Geetaji was on an extended visit to North America teaching at several venues in Canada. Between commitments she was going to spend a week's respite at my home in Victoria. Guruji had stayed there during his North American visit in 1984 and

spoken to Geeta of the fresh ocean air, space and beauty. An ideal place for a respite from duty.

Although I do cook Indian food from time-to-time I am by no means a master of this task. Khairoon immediately came into my mind. Would she consider staying here for the weeklong duration of Geeta's visit and taking on responsibility for Geeta's meals. To my delight, she agreed and came for the week.

Never one to stint her duty, Khairoon served nutritious meals which nourished not only Geeta and her small (by Indian standards) entourage but a variety of yoga students and teachers who had cause to drop by and always received an invitation to stay for dinner. Rarely knowing the exact number to be fed that day, Khairoon always made sure that no-one went away hungry.

There was never a shortage of kitchen workers and one day we were downstairs in our yoga room practising with Geeta and her entourage when there was a loud crash from above. The yoga room is directly below the kitchen and my husband Derek said: "One of Khairoon's helpers has probably spilled something!", and we all laughed.

In contrast to this disturbance, the dinner table each evening was an oasis of love and laughter imbued with the spirit of Yoga emanating from our honoured guest Geeta and her handmaiden Khairoon.

With gratitude for Khairoon Quadir and a life well lived in the spirit of *Bhakti* and *Karma Yoga*,

— Shirley Daventry French ॐ



Khairoon Quadir

VICTORIA YOGA CENTRE NEWSLETTER

Sept/Oct 2001

Please Subscribe

CELEBRATING

The 70th Birthday of our Teacher Shirley Daventry French



Shirley Daventry French receives Distinguished Teacher Award at Victoria Yoga Conference, February 8, 2018.

NEWSLETTER SPRING 2018

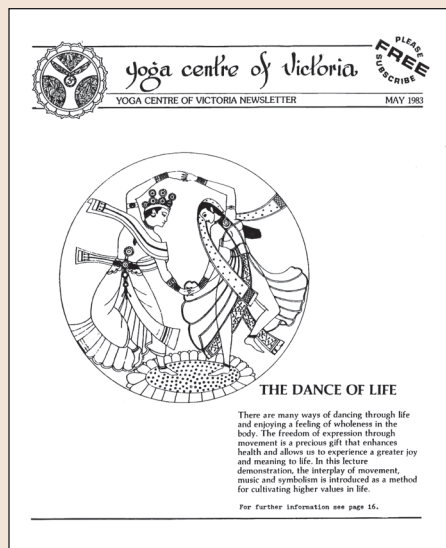
A Brief History of the IYCV Newsletter

by Leslie Hogya

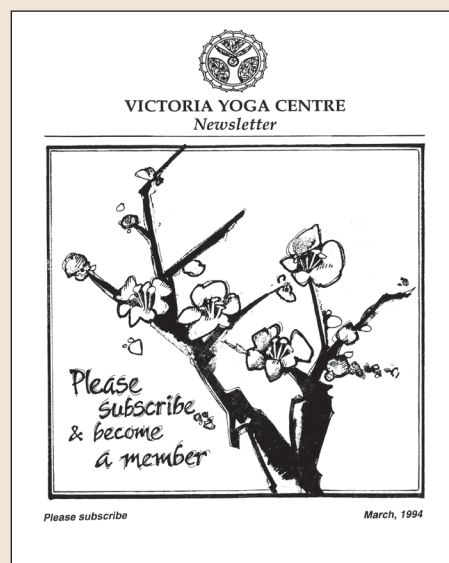
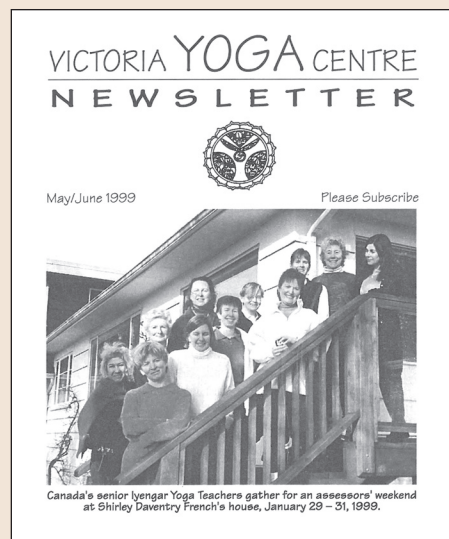
The Victoria Iyengar Yoga Newsletter has been published since the 1980s. For a while, we published a new edition every month. Lately there has been an issue three times per year.

Our most recent editor, Roger Champagne did this task for 15 years! All our editors were volunteers. They solicited articles, collected articles from other sources, found photos, scoured up the latest program information, and did the actual editing for spelling and grammar. All the past issues are available on our web site.

But, as the world changed and is still changing, the Yoga Centre Society is seeing that the end of the newsletter in its present form is nigh. This institution of the Yoga Newsletter has been at the heart of our work. It has been a way to stay connected to each other and to the teachings of B.K.S. Iyengar and his family. We sent our copies of the Newsletter to the Ramamani Iyengar Yoga Institute in Pune. Now, they have been digitized there. We connected through these newsletters with teachers and yoga students around the world. I often carried copies with me to India or conferences where people were eager to take and read them.

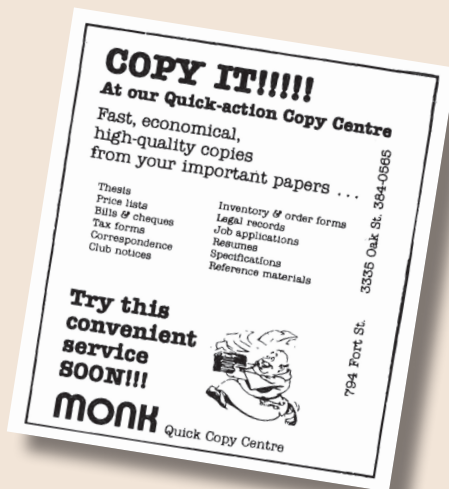


Early issues were put together by hand. We had to type our articles in strict column sizes. Once in a while the last letter or two of a word got chopped off if the column margins were exceeded. The articles were then put on boards and copied onto 12" x 18" sheets of paper, then collated, folded and hand-stapled. We had gatherings where volunteers and our kids did this work. Sometimes the pages were turned upside down, or in the wrong order! The ads and covers were often hand-drawn art work. In those early editions you will see paid advertising which helped defray the cost



**WITH THIS FALL ISSUE,
WE END THE NEWSLETTER
IN ITS CURRENT FORM.**

**Do you have the skills, interest,
and commitment to create a new vision
for an annual publication?
Please write to leslie.hogya@gmail.com.**



of printing. For a business card size ad, the cost was \$8.00 in 1987.

The logo changed over time, from the early editions (shown above). Ann Rosemary Conway designed our original Victoria Centre logo, then Charles Campbell and Lauren Cox designed the most recent one (below).



The number of volunteer hours and commitment that has gone into producing these newsletters is absolutely countless. Looking at early editions one can trace the history of our centre. So many volunteers' names appear on the credits page, but now, there are just a few stalwarts left. It would be impossible to thank all the people involved. Some of the many editors and contributors were Shirley Daventry French, Derek French, Bill and Trish Graham, Nance Thacker, Jim and Jennifer Rischmiller, Norman McKenzie, Caren Liedtke, Neil McKinley, Greg Sly, Linda Benn, Jane Munro, Lauren Cox, Carole Miller, Gwynneth Powell, Melissa Worth, Ty Chandler, Robin Cantor, Jane McFarlane, Johanna Godliman, Leslie Hoga, Linda Shevloff, and countless more. Apologies to those who are not mentioned.

When the studio shut down in 2020 due to the pandemic, we could no longer make printed editions and the newsletter had to go online. People weren't physically at the centre to pick up "hard" copies. With people not being at the centre, we couldn't rely on posters to alert people to events or make announcements. The Yog-e news began to appear, and is now sent out weekly to

members for up to date announcements, and shorter articles. Please make sure you are on the distribution list. Write to iyoga@telus.net if you do not receive it.

At this juncture, we are envisioning a new form of the newsletter. Perhaps a once-a-year edition with longer articles. In the meantime, we are putting things on pause. Please contact leslie.hoyga@gmail.com if you are interested in helping in the future. ॐ

A Large Part of my Life

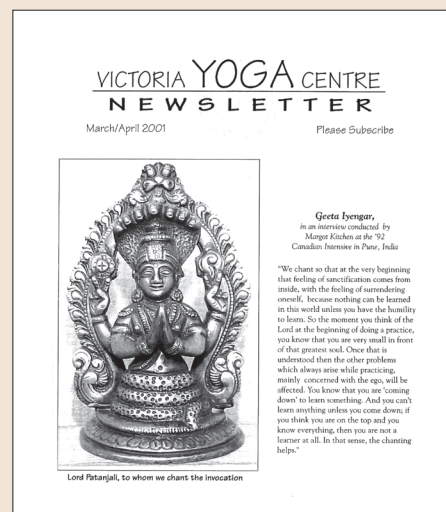
by Jennifer Rischmiller

The Yoga Newsletter has been a large part of my life, especially during the decade that I was named editor! It was a joy and a privilege to be part of the newsletter committee and, of course, to be a student at the Iyengar Yoga Centre. It was an honour to publish articles from students who passed on their experiences of Iyengar Yoga, and Shirley's Reflections have inspired me each time I read them.

The learning during those years has given me support on my life's journey and is especially helpful at this time. I am grateful to the teachers and students at the Yoga Centre for passing on their wisdom and knowledge so I can benefit. I am, of course, sad that it won't

be passed on through the Newsletter, though grateful that the teaching will continue through the Iyengar Yoga Centre. ॐ

JENNIFER RISCHMILLER WAS THE NEWSLETTER EDITOR IN THE 80S TO EARLY 90S.



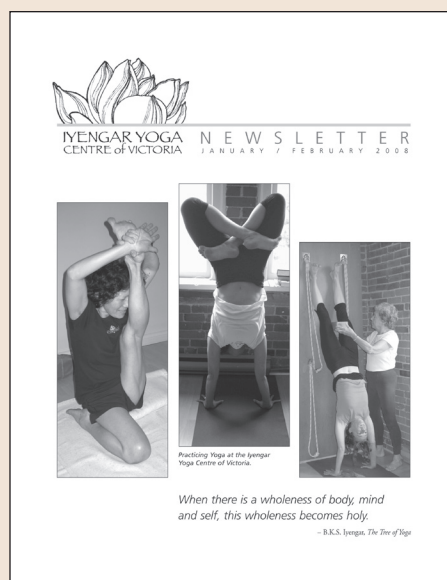
Newsletter Thoughts

by Jane Munro

The Yoga Newsletter has indeed been at the heart of the Centre's work – for many years. It's had legs. Many people in many places have read articles in it and contributed to it. I'm sorry to see it come to an end.

Roger Champagne has been a wonderful and dedicated editor. The chance to do that enriched my life for the years – several, I think – that I edited it. I enjoyed working with all the people involved in making those issues happen. It was known and respected. Even B.K.S. Iyengar granted me an interview in response to Shirley's letter asking him to do this for our newsletter. But, yes, technology has moved on. I am glad the IYCV has an archive. There is a wealth of material in those decades of newsletters. ॐ

JANE MUNRO IS A POET, WINNER OF THE GRIFFIN POETRY PRIZE, AND AUTHOR OF MANY BOOKS INCLUDING FALSE CREEK AND GLASS FLOAT. SHE WAS THE NEWSLETTER EDITOR IN 2007.



Thoughts on Impermanence and My Time on the Newsletter Committee

by Caren Liedtke

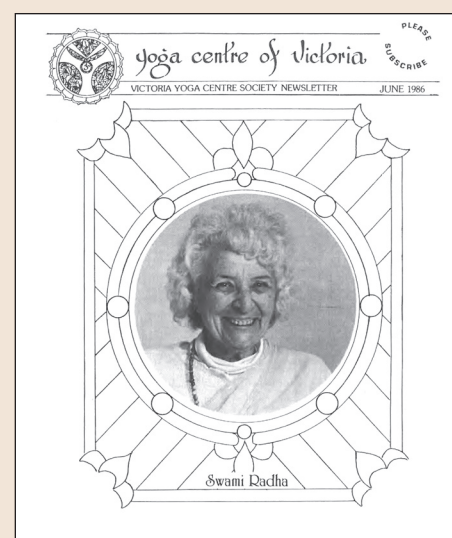
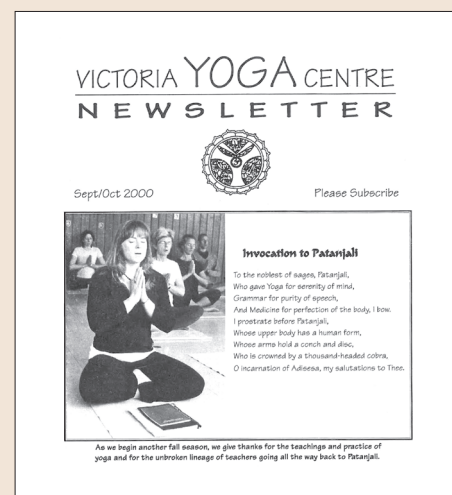
My tenure on the Editorial Committee of the Yoga Newsletter started as many things did in the Yoga Centre realm, with Shirley Daventry-French. I had written a few articles for the newsletter, and one day, Shirley invited me to join the committee. “Who me?” I said, looking to my left and my right to see who she was actually talking to. I was relatively new to the scene and nowhere near what I perceived to be the upper echelon of the Centre social stratum and thus, in my mind, not qualified. But Shirley, who seemed to be sitting at the top of the hierarchy had suggested it, so I guessed it must be okay. Who says ‘no’ to Shirley? Not me. I agreed to join. My husband, Neil McKinlay, was similarly invited, and so our sojourn on the committee began.

When we joined, Jennifer Rischmiller was the longstanding and solo editor. In addition to her, the committee consisted of Shirley Daventry-French, Lauren Cox, Neil, and me. Shortly after we came on board, Jennifer stepped down as editor. Seeing the amount of work required, no one

wanted to take on being editor full time, so we moved to a rotating system. Each person would take a turn editing an issue, except for Shirley, who had more than done her time. She took on an advisory role. A year later, Gwyneth Powell and Greg Sly joined. It was this group that lay at the core of my experience and my memories of the five years I spent working on the newsletter.

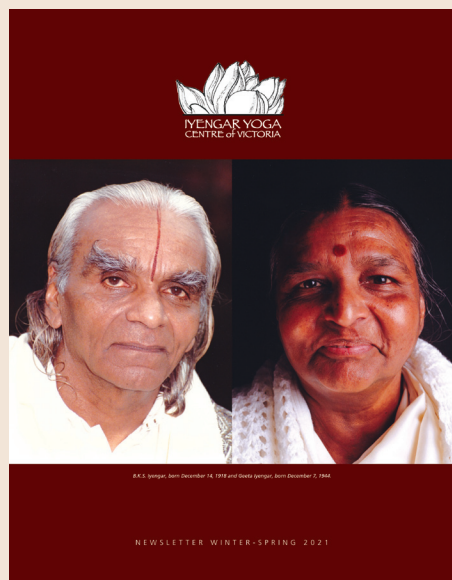
My memories of this time are very fond. Before we got our own space on Fort Street, the committee sometimes met at the Y, and sometimes at someone’s home, usually Lauren’s. Together we shared time, space, food, and ideas. We teased and joked and laughed and worked hard. I enjoyed the work. We brainstormed ideas for articles, then solicited them from members, edited, wrote articles ourselves, interviewed teachers and practitioners, and took pictures. It felt good to dig into the practice of yoga and how it was expressing itself in our local Victoria group and the larger Iyengar community in Canada and around the world. With Shirley’s frequent reminder, we always came back to the source, the Iyengars, and strove to include their words and photos in every issue. Sequencing an issue was like putting a puzzle together, and I felt a sense of satisfaction when all the pieces of an issue clicked into place. During my time, our group took on the epic tasks of producing special issues for Mr. Iyengar’s 80th birthday, Geeta’s visit to Vancouver, and Shirley’s 70th birthday. I think we all felt proud of the final results.

As they say, the days go slowly, but the years fly by. My time on the committee came to an end when my daughter was born. Almost twenty-one years have elapsed since then.



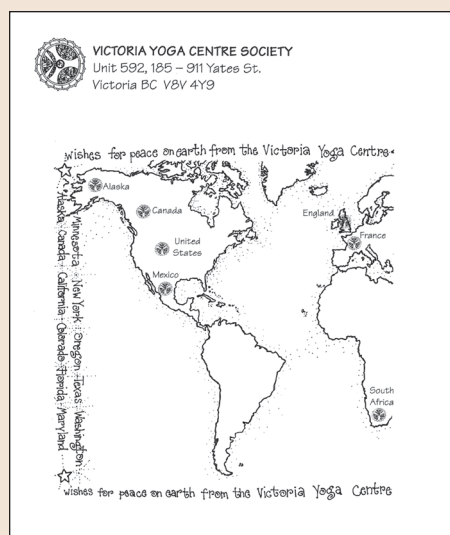
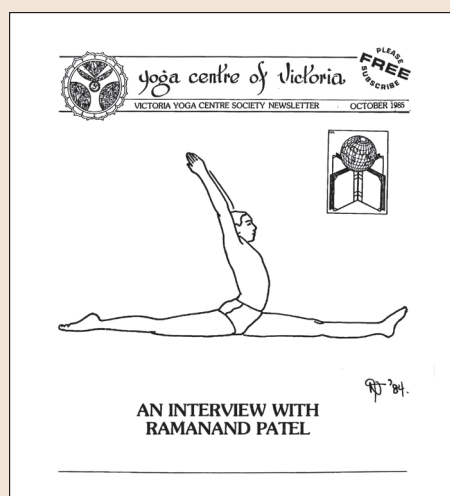
My dad died recently, in February of this year. In the six months before his passing, his health was failing, and he was in and out of hospital. We knew the end was near. I tried to spend as much time with him as possible, but it was never enough. I agonized to my husband many times, “I won’t know if it’s my last visit with him until it’s behind me.” It was like trying to hold onto water.

All things must pass. Even things that seem so important, solid and enduring, like fathers or yoga centre newsletters. I’m looking at my time on the committee now in the rearview mirror. Did I appreciate its preciousness while I was in it? Did I fully enjoy the company of my compatriots when we were together? I hope so. Remembering



my experiences on the committee is a good but bittersweet reminder that life is always fleeting, fleeting, fleeting. Wake up! Be fully present to the circumstances and people around you. This moment won't come by again. You can't hold onto water.

To Shirley, thanks for inviting me to join the committee. I aspire to be as bold and inclusive as you are. To Jennifer, Shirley, Lauren, Neil, Gwyneth, and Greg, thanks for the time we shared. I loved it. I miss you, and I hope you are well. To the people who read the newsletters we produced, I hope they brought something worthwhile to you. ॐ



It Was Really Good

by Neil W. McKinlay

I don't remember much about my time on the newsletter committee. This might seem a strange thing to admit as this venerable institution readies to fade away. It's true, however. Though I served as rotating editor with a small host of others for five years – and wrote for the publication even longer – I do not recall much of my time there.

I had a nervous breakdown last spring and this has become a fairly familiar part of my life these days. As recovery slowly progresses, cognitive functioning lingers a little behind a host of other capacities. As a result, it's common for me to find memories resting just out of reach, like tins of soup on a shelf that rises just beyond stretching fingertips.

"... it's common for me to find memories resting just out of reach, like tins of soup on a shelf that rises just beyond stretching fingertips."

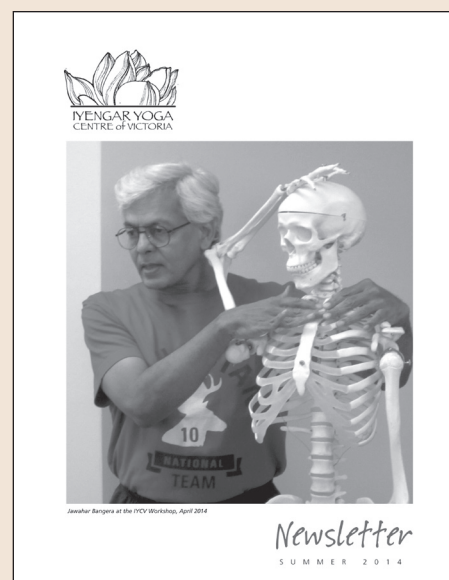
Since word reached my ear that the Yoga Centre Newsletter would soon be no more, there's been a considerable number of tins teasing me from up there. Vague recollections of a colourful dinner in somebody's kitchen. An impromptu meeting in the Y cafeteria to discuss the placement of commas and quotation marks. Our entire living room a sea of white paper, having been given over to the sequencing of another issue's dozen or so articles.

I wish I could reach just one of these memories right now, turn it over in my hand, and describe the story that unfolds. But, alas, I can't. Which may fbe is just as well. Because in the absence



of a concrete tale to tell in the marking of this occasion, I'm left with the feelings that arose immediately upon receiving this news.

There was sadness, of course. Then warm feelings of good people and good work and a good community at the heart of it all. Which perhaps well expresses my take away from the half-decade I spent preparing the newsletter with Shirley Daventry-French and Lauren Cox and Caren Liedtke and Gwynneth Powell and Greg Sly. In the end, it was about the people and the work and the community for me. And it was good. In truth, it was really, really good. ॐ



Thanks from the Designer

by Peggy Cady

The Yoga Newsletter has a special place in my heart, in part from the enjoyment I've had in the past from taking yoga classes, meeting teachers and volunteers, and making friends with other students. I've also enjoyed working with various editors over the years. Since 2004 the news has been a regular part of my work portfolio.



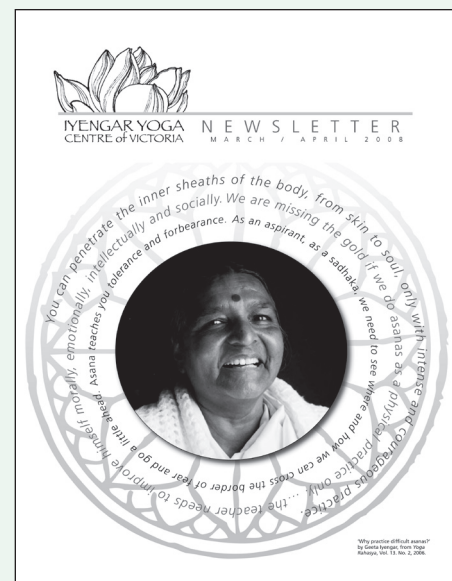
Left: Peggy Cady when she started working on the Yoga Newsletter. Right: still smiling today.

I've also gained a relationship of sorts with all the regular writers and contributors after so many articles have flowed into the pages of the news, which I examined closely for typos, italics, double spaces, punctuation, line breaks, and grammar, along with adjusting the photos and drawings.

In a nutshell, my job was to design and produce the Newsletter. I took all the articles, ads and images provided by the editor, and made them fit into the allotted number of pages, while making it all readable and engaging. (OK, there's much more to it than that, but that's for another conversation!) When we actually printed the news, after several rounds of proofreading, I sent the files to Hillside Printers, and later went there to anxiously check press proofs – babying each issue along. It was printed in black ink, but we had a few exciting colour issues along the way. It was always a pleasure to see it come together, and to hold that final version in my hands. When we changed to producing only digital versions for the web, we lost that tactile experience but gained the advantage of using of full colour, with more design options.

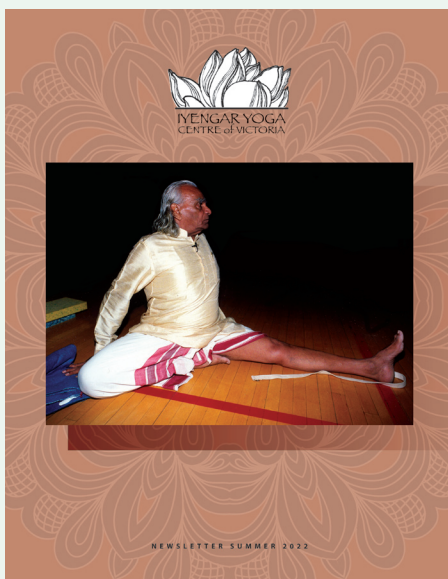
You'll find past Newsletter covers throughout this issue, reflecting the vitality and longevity of the Centre. The history of any organization can easily be lost if they rely solely on ever-changing websites, fast-paced social media and e-news notes. The Centre's online newsletter archive is a valuable historical record of years of important work by the Iyengar Yoga Centre of Victoria Society, and articles by major figures in Iyengar Yoga teaching.

What has been meaningful to me is that people in other parts of the world, as well as members, looked forward to the publication. In that way, it was more than a newsletter. It built an understanding of yoga that people craved, gave it deeper meaning and a personal connection. And, most importantly, it kept the spark of the Centre itself alive and present in people's hearts and minds.



It has been my great pleasure to work with the dedicated newsletter teams at the Centre for these many years. I've loved the job! Thank you for the opportunity to use my skills, and experience the joy of designing the Yoga Newsletter. ॐ

PEGGY CADY IS A FELLOW OF THE DESIGN PROFESSIONALS OF CANADA AND FORMER NATIONAL PRESIDENT OF THE GRAPHIC DESIGNERS OF CANADA. SHE FOUNDED AND CHAIRED THE GDC FOUNDATION (NOW DES-CAN FOUNDATION) 2010-2022 TO SUPPORT THE DESIGN PROFESSION WITH SCHOLARSHIPS, GRANTS AND A BENEVOLENT FUND.



Reflections on 15 Years of Editing

by Roger Champagne

Roger Champagne has stepped down as editor of our newsletter after 15 years. He helped produce a world class Yoga Newsletter. Three to four issues a year were beautifully put together, with interesting articles, updates, photos and reminders of events around our centre. It has been part of the heart of our studio. With this fall issue, we end the newsletter in its current form. We hope to find someone to organize a yearly publication of articles. Do you have the skills, interest, commitment to create a new vision? Please write to leslie.hogya@gmail.com. Below are Roger's reflections on his years as editor.

About 17 years ago, shortly after arriving in Victoria, my wife Glenda Balkan and I joined the Iyengar Yoga Centre. Around that time, I was approached by Shirley Daventry French, who very directly suggested that with my background in teaching and an English degree, I would be a perfect fit to take up editing the Yoga Newsletter. I could feel Shirley's strength of conviction in the work of promoting Iyengar's vision, and readily agreed to take it on.

The opportunity to meet and communicate with writers and teachers around the world has been very gratifying. A high point was going to Pune, studying with the Indian teachers and having an extended conversation with B.K.S. Iyengar. None of this would have been possible without Shirley's support and direct involvement, and I am grateful for her seeing something in me and scooping me up.

Putting out a regular newsletter has allowed me to develop strong ties with other Yoga newsletters around the world. We shared and reprinted many articles over the years. We had a particularly rich connection with *Yoga Rahasya*, edited by Rajvi Mehta who gave us carte blanche to reprint their articles and we regularly did so.

I thank the board for its support over the years. Also, Wendy Boyer, Britta Poisson and the office staff who were often asked to help move the newsletter along. The Newsletter committee were invaluable in fact-checking, spell-checking and maintaining a high level of accuracy. Hilary McPhail did a wonderful job of shepherding the ads for the newsletter. Lauren Cox, Ann Kilbertus and Leslie Hogya were constant and positive contributors to the newsletter. Johanna Godliman was a stalwart proofreader from the very beginning. Peggy Cady designed the newsletter for 20 years and was a huge part of the success of our newsletter. She patiently tutored us and regularly transformed our package of stories and pictures into a world-class newsletter.



PHOTO: GLENDA BALKAN CHAMPAGNE

Newsletter editor Roger Champagne and his faithful friend Rufus, who is over 14 years old and accompanied him during all of his time working on the newsletter.

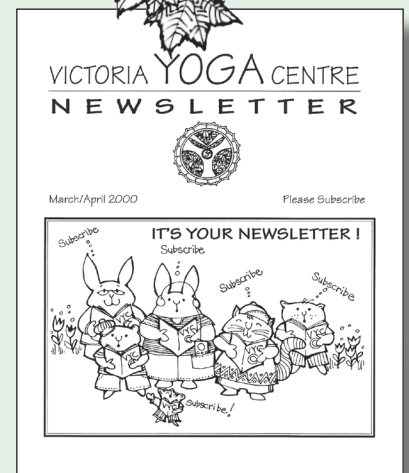
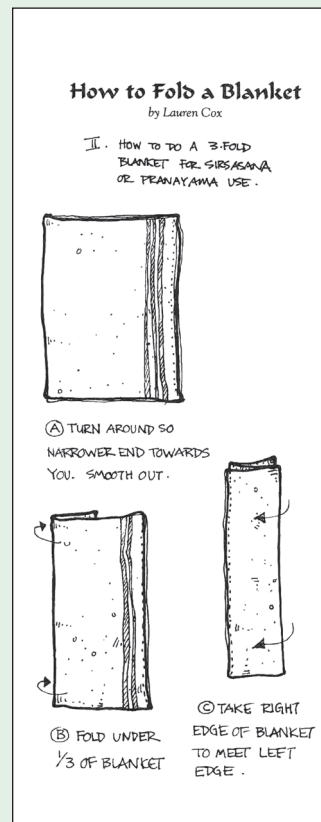
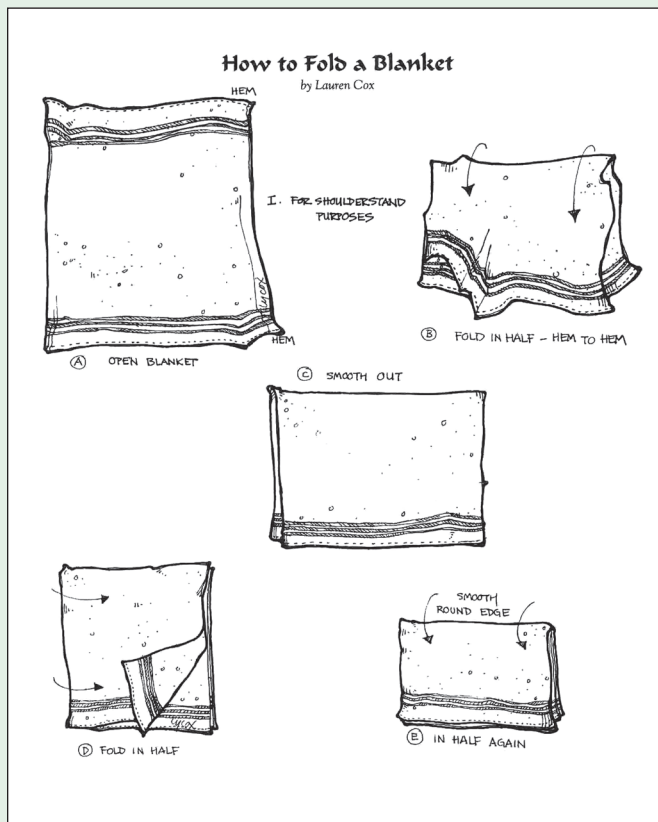
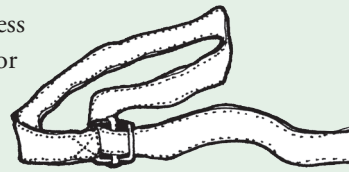
The Iyengar Yoga Centre Newsletter has been a very meaningful project in my life. I am grateful to have been part of the Newsletter team. ॐ



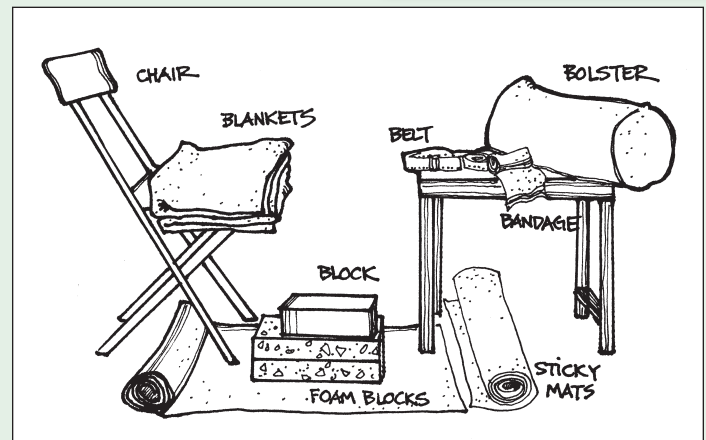
Newsletter Illustrator (and Teacher)

The drawings of Lauren Cox

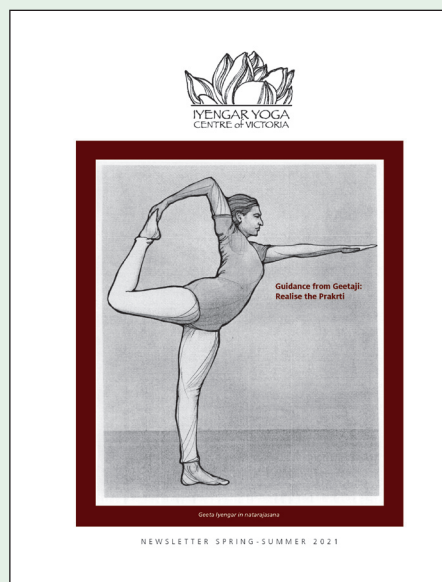
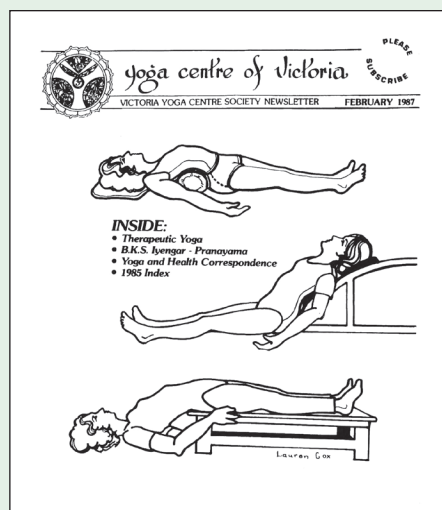
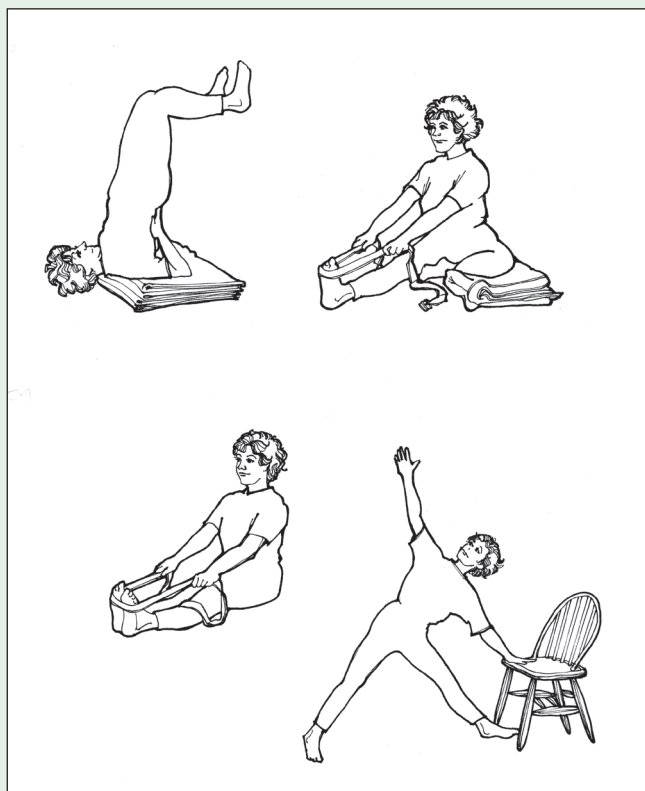
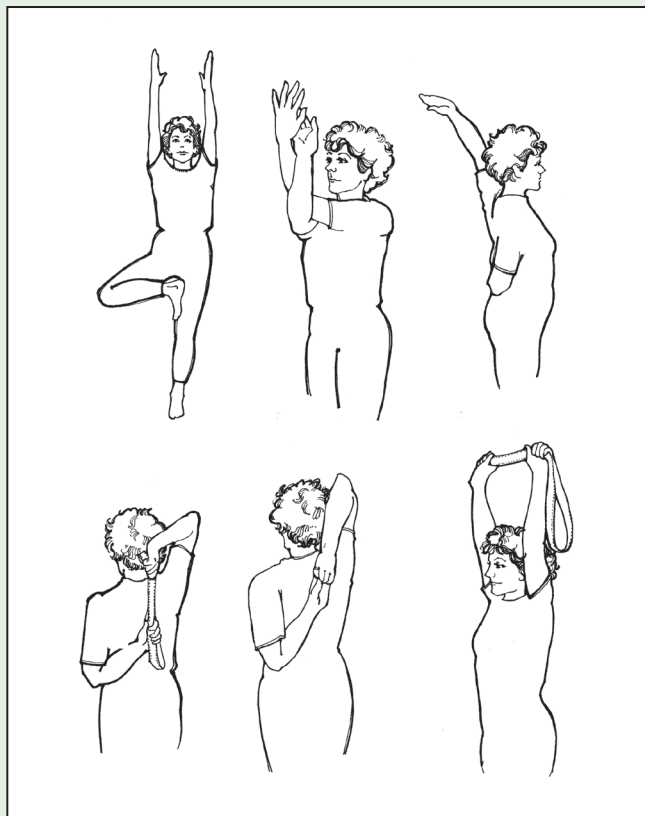
Lauren Cox, besides being a teacher at the Centre for countless years, is also a talented artist who drew many illustrations for the newsletter. "How to Fold a Blanket" is from the 1998, March April issue. The editors continued to use her wonderful images of yoga poses often over the years to illustrate articles. ॐ



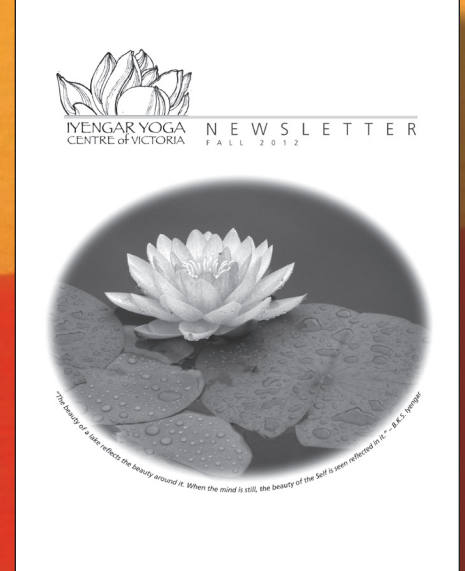
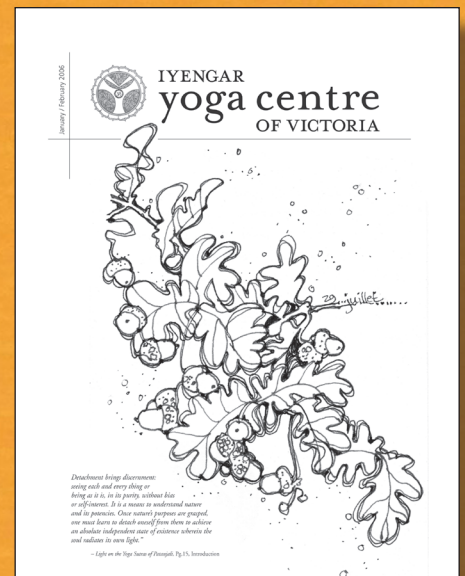
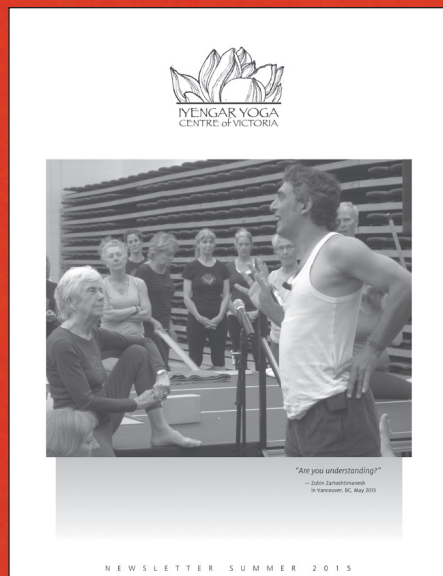
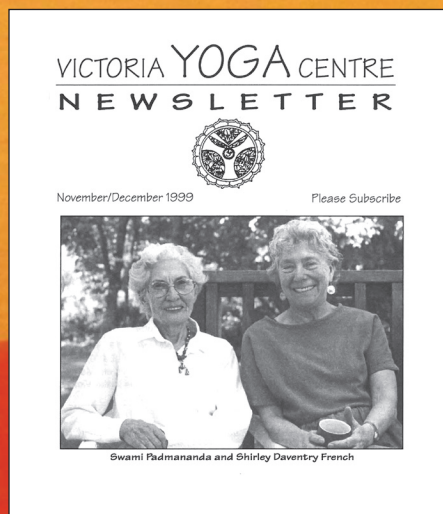
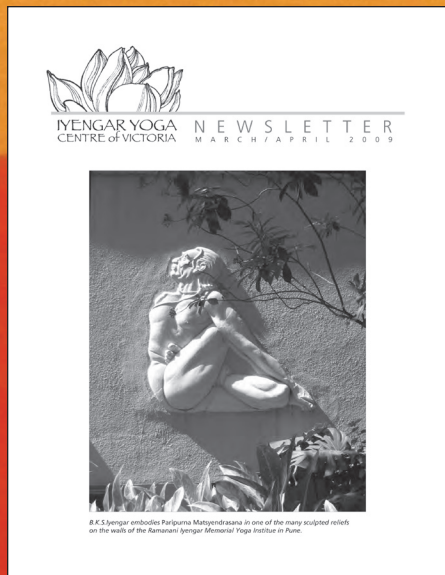
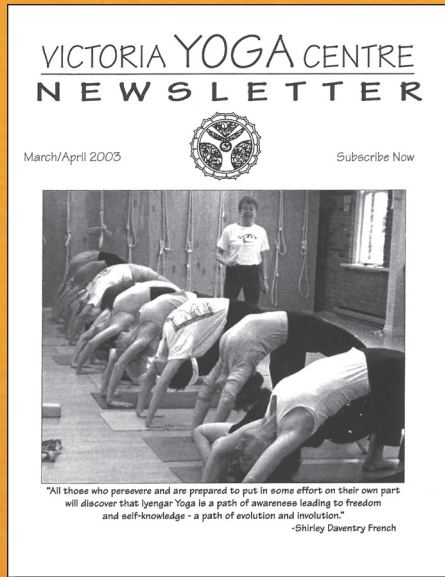
From the September 1998 issue, for the article "Light on Cycling" by Bill Wilson.



Below: some of Lauren's many illustrations of poses.
 Top right: Fall 2021 cover illustration for Shirley's ninetieth birthday.
 Below right: 1987 and 2001 cover illustrations.



The IYCV Newsletters reflect the Centre's rich history, the interests and involvement of members, the varied experiences of teachers and students, and valuable teachings of the Iyengar community.





Britta Peterson in ardha supha virasana

NEWSLETTER SPRING 2016



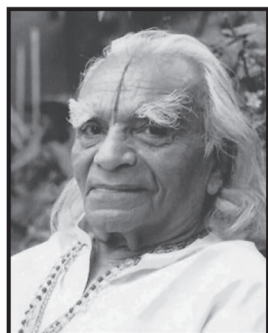
VICTORIA **yoga centre**
NEWSLETTER



Self-study is a fundamental part of yoga which, like all yogic practices, gradually removes ignorance and clears a path to knowledge, so that we know when to act and when not to.
— Shrikey Davenport French



Sri Beilur Krishnamachar Sundararaja Iyengar, yoga master,
born 14 December 1918, died 20 August 2014



It is my profound hope that my end can be your beginning.
— B.K.S. Iyengar

NEWSLETTER FALL 2014

In the Light of Yoga

**A Celebration of
B.K.S. Iyengar's Birthday**

Sunday December 10, 2023

1:00 -3:00 pm

Join Ty Chandler and De Orrell
online for this free, all levels practice.

Fresh from Pune, they will share insights,
stories, and photos from their journey!



Iyengar Yoga Centre of Victoria Presents

Rajvi Mehta

February 9-10, 2024, 5:00-7:00 pm



WORKSHOP FOR ALL LEVELS

Rajvi has studied directly with B.K.S. Iyengar since 1979. She has been teaching for the Light on Yoga Research Trust in Mumbai since 1987 and is the editor for *Yoga Rahasya*.

\$108 +GST Registration is now open.

Zoom recordings will be available for one week.

For more information, watch our website and check your Yog-e News.

B.K.S. Himself

Original article by Bill Graham

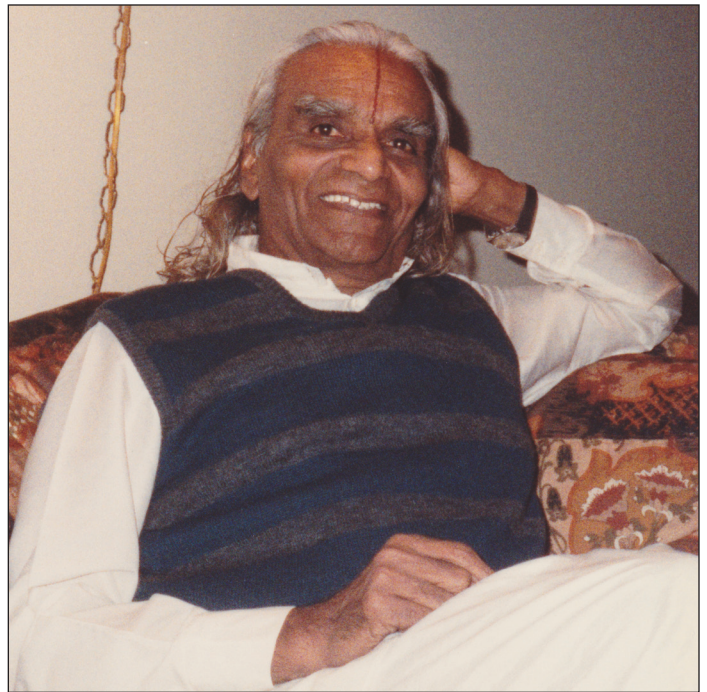
REPRINTED FROM VICTORIA YOGA CENTRE SOCIETY NEWSLETTER, OCTOBER 1984.
EDITED BY LESLIE HOGYA.

I really didn't know what I was getting into when I volunteered to report on B.K.S. Iyengar's visit to Victoria. I thought at the time that it was going to be a fairly normal sort of event to describe. I would take pictures of the three morning *asana* classes at the YM-YWCA* and try to build up a general set of impressions of Iyengar, the man and the teacher as he checked the quality of Yoga teaching done in his name.

I did not, however, come prepared to experience the whirlwind that is Mr. Iyengar. This whirlwind quality is giving me problems now, as I try to describe that very busy first day. There has been a flurry of activity in our community over the past six months. First there was information about the First International Iyengar Yoga Convention to take place in San Francisco. Then rumours that Mr. Iyengar would use his North American visit to travel and see whether or not teachers using his name were honestly working in a way he approved of. The rumours became plans. Iyengar himself would come to Canada



B.K.S. teaching a point to Shirley, with Leslie Hogya on the floor.



B.K.S. Iyengar in Canada, at the French home.

PHOTO: DEREK FRENCH

and start in Vancouver...then perhaps...then definitely in Victoria. It was some time before the details of dates, times, possibilities could be settled, but preparations got underway. Teachers began to work together and in groups to refine their skills in case they were the one checked by the master. Committees formed, fund raising events were planned and executed. The result was an emotional rollercoaster of a summer for many of our most active members. The fundraising dance had to be cancelled. Not enough people were willing to commit themselves to buying a ticket in advance to warrant all the preparations that would be required. Then there were doubts about all the preparations. Did our group have enough energy to make his visit a success? The activity continued through this past summer (1984), with large groups of people involving themselves in planning for the *asana* classes at the YM-YWCA, for the dinner and celebration in honour of Mr. Iyengar, for billeting all of our visitors, providing transportation, making sure that everyone would be well cared for.

Finally, and almost by surprise, the visit was upon us. Most of the planning had been done in advance, there was a slight lull as many of our members went to the Yoga Convention in San Francisco. Shirley French was called upon to teach there,

I did not, however, come prepared to experience the whirlwind that is Mr. Iyengar. This whirlwind quality is giving me problems now, as I try to describe that very busy first day.

and Dr. Derek French was part of a medical panel. Then all at once it was September 6th.

Down at the “Y” there were lists of which students were to be in what rooms, everyone classified by level, which teachers were to be where? There was a flurry of confusion. But classes began. Mr. Iyengar nor Shirley were yet to arrive, nor any of the entourage staying in the French home, but the students were waiting. I stayed in the large gym, preparing to use extra cameras I had borrowed, and generally tying up odds and ends.

When Mr. Iyengar finally arrived, it was incredible. He is a vortex of energy. Perhaps he was irritated at having been late, or perhaps he always moves at that speed, but he was ready to go!

The next three hours were extraordinary. I followed him from class to class watching, taking photographs, and staying out of the way. Frankly, I am at a loss to describe what happened. First of all, I think it is unfair for a non-participant to attempt to present what passed between Mr. Iyengar and his teachers. Immediately on entering the first room he began to offer suggestions, to criticize, to question. To one on the outside, some of these comments seemed to come from nowhere. He did not seem to have the time to judge what ought to be said. Still, I have talked with many of the teachers with whom he worked, and they agreed that what he said to

When Mr. Iyengar finally arrived, it was incredible. He is a vortex of energy. Perhaps he was irritated at having been late, or perhaps he always moves at that speed, but he was ready to go!

them was apt, and what was needed, though perhaps not what was wanted.

The students in the sessions were interesting to observe, too. Reactions were very mixed. Some were shocked and confused. Mr. Iyengar’s piercing vision brought many suggestions and questions about their ways of working. His assumptions were often dead on. Some were protective of their teachers. ‘These are our teachers, and they are good teachers,’ they said. The criticism was too harsh, or too strange. There was some indignation and some surprise. There was also a very highly charged atmosphere, and some serious work.

Iyengar moved through the three rooms which held the classes. With each teacher he was different. Those moving around to the different spaces with him were privileged to



- Brandy Baybutt, Adia Kapoor, and Ann Kilbertus for teaching the International Yoga Day practice.
- Annie Kitchen and Caroline Meggison for cleaning Studio B in anticipation of fall hybrid classes.
- Johanna Godliman, Anne Glover, Karin Dayton, and Simon Ainsworth for distributing flyers to promote the Centre’s fall classes.

Chris Saudek Workshop

Join Chris Saudek for this online, all levels workshop!

**Saturday & Sunday,
October 28 & 29, 2023**

10:00 am – 12:30 each day

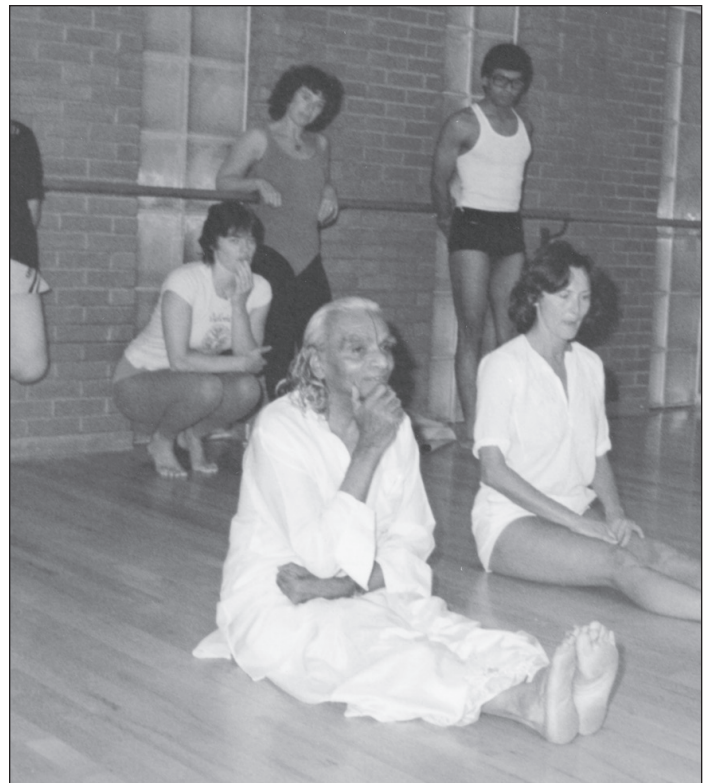
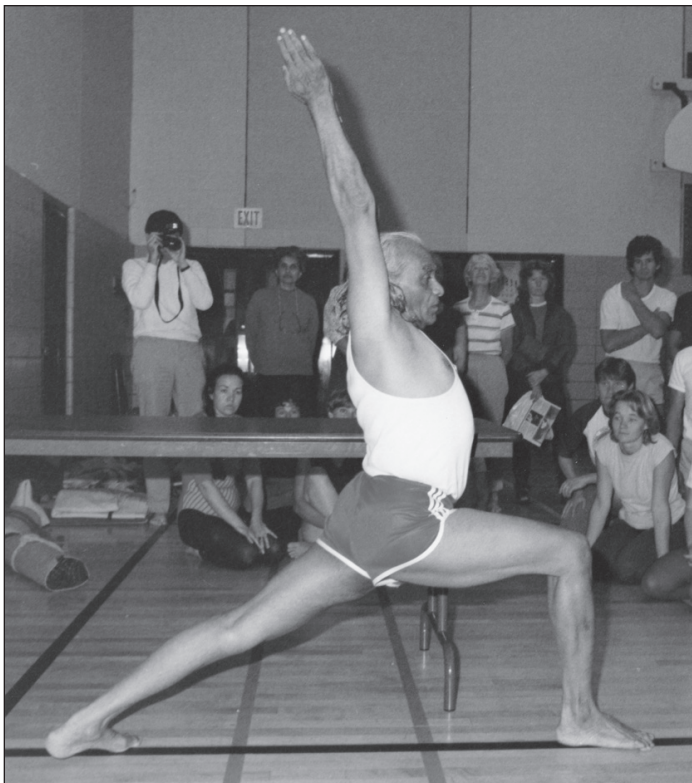
Cost \$139 + GST

Register now

For more information,
watch our website
and check your Yog-e News.



PHOTO: THE YOGA PLACE, LA CROSSE, WI



see many different men in one man. In some cases, he was the lion which is so often reported on. With other teachers he was the mentor, gently but firmly guiding toward deeper understanding. With others we saw an impishness and a playfulness which surprised me. In all circumstances, we saw love. Iyengar has the most incisive vision that I have ever witnessed. He sees beyond all of us. He sees them quickly. Above all, he really cares. His approach to several students from the most senior to relatively junior was to take them back from the levels to which they aspired, suggesting ways of using furniture and props to release tight areas, to ease pain, to get the

full benefit of their *asanas*. Often his suggestion was harder work. He pointed out how we are afraid to work hard enough to pass through our limitations and pain into a true understanding of yoga.

For the last hour of the session, all three groups joined together in the gym

In all circumstances, we saw love. Iyengar has the most incisive vision that I have ever witnessed. He sees beyond all of us. He sees them quickly. Above all, he really cares.

for one huge class. Mr. Iyengar himself taught. “You are lucky I am teaching,” he said, “I have broken my promise.” We were lucky. I certainly ached to join in the class. It was very, very difficult to stay on the sidelines. But, from what I witnessed the most remarkable yoga class took place that I have ever seen. The group moved from complete concentration one minute to chaos as everyone crowded to the front to watch a point being demonstrated, and back to the utter one-pointedness as Iyengar led them through a series of standing poses. The 75 people truly were lucky. We may never have an opportunity like that in Victoria again.

And then it was over. ॐ

* NOTE: IN THE EARLY YEARS THE VICTORIA YOGA CENTRE SOCIETY TAUGHT MOST OF ITS CLASSES AT THE YM-YWCA IN DOWNTOWN VICTORIA B.C.

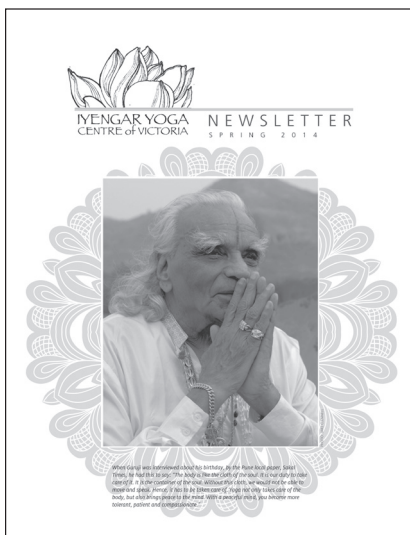




PHOTO: TIMES COLONIST / DEBRA BRASH

Yoga Kurunta or, Using Wall Ropes

by Geeta Iyengar

Hanging upside down in ropes or a sling is exciting and dramatic. Using ropes can help students sustain and explore poses in new ways. The ropes can hold the hips in one line for an extended dog pose. Holding dog pose, when recovering from a virus can help stimulate healing. Just holding onto a rope in a standing pose can help a student gain confidence and steadiness.

Guruji began to use ropes as he read that historically yogis practiced using trees to hang upside down. About using ropes, he explains they were developed to help students do more difficult poses, build confidence be able to stay in poses longer." One learns to do the poses fearlessly." They confirm the right action and alignment. While hanging in

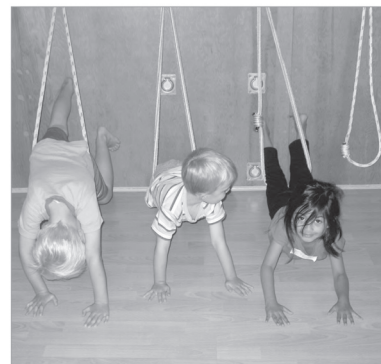
headstand the diaphragm becomes soft and elastic. ॐ

– From *70 Glorious Years of Yogacharya*
B.K.S. Iyengar

LOOK ONLINE FOR THE YOUTUBE VIDEO OF
GEETA SPEAKING ABOUT THE USE OF ROPES:
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=NVV8AD-1178](https://www.youtube.com/watch?v=NVV8AD-1178)



IYENGAR YOGA NEWSLETTER
CENTRE OF VICTORIA FALL 2009



Family Yoga at the Iyengar Yoga Centre of Victoria



Summer Enrichment Workshop

with Ann Kilbertus and Brandy Baybutt

by Karin Dayton

Entering the studio on Monday, June 19th, I felt an electricity in the air as people were setting up mat to mat. I experienced a sense of time warp as Ann and Brandy took their seats at the front of the room. I wondered, “Can it really have been more than three years? Three years since we all met in person in the studio?” The voices joined and we began the invocation, generating a sense of continuity, community and connection. After the upheaval of the pandemic, and the separation that this has meant for us all, at last here we were finally back at the centre sitting close on our mats.

Ann began the week’s proceedings with a poem by Rabindrinath Tagore:

*Where the mind is without fear and the
head is held high;
Where knowledge is free;
Where the world has not been broken up
into fragments by narrow domestic walls;
Where words come out from the depth of
truth;
Where tireless striving stretches its arms
towards perfection;
Where the clear stream of reason has not
lost its way
into the dreary desert sand of dead habit...*

Then Ann lead us in a call and response of Patanjali’s Yoga *sutra* in Chapter 1 verse 6. (I.6) *pramana* (true knowledge) *viparaya* (false knowledge) *vikalpa* (imagination) *nidra* (sleep) *smrtayah* (memory). After Ann further elaborated on their meanings, there was an explanation of the *vrittis* (mental disturbances) and *pramana* (correct knowledge). Brandy expanded the discussion the following day by drawing our attention to *sutra* 1.5 where Patanjali explicitly lays out the five movements of consciousness. The yoga practitioner is



PHOTO: ADIA KAPOOR

Happy yogis Brandy Baybutt and Ann Kilbertus at the Summer Enrichment Workshop in June.

The word ‘kindness’ has a special resonance for many British Columbians from the beginning of the pandemic, when our medical health officer Dr. Bonnie Henry encouraged us to ‘be kind, be calm, be safe’. This became a mantra for many and at first held us up collectively. It fostered our determination.

encouraged to study and observe these concepts within themselves. These concepts were woven into the *asana* classes and gave us much to contemplate. It was for me, at times, seemingly complex. Then in midweek Ann added just one word: *maitri* / kindness, or friendliness into the mix. Adding friendliness into practice is more complex than it might at first seem. The word ‘kindness’ has a special resonance for many British Columbians from the beginning of the pandemic, when our medical health officer Dr. Bonnie

Henry encouraged us to ‘be kind, be calm, be safe’. This became a mantra for many and at first held us up collectively. It fostered our determination. But as the pandemic continued and continued, some wearied, and the practice of “kindness” was not always remembered. It all became more complex.

The other reminder of the pandemic for me was the presence of our fellow online Zoom students. They were attended to via a large monitor throughout the week by both Ann and Brandy. I have been very grateful for

the availability of online Zoom classes these past three plus years. I had never seen the teaching from this perspective. It reaffirmed for me how lucky we IYVC students are to have been able to maintain our connection to our teachers, classmates, and centre through this technology. I cannot imagine, in the least, getting through these past years without the wherewithal of our 'centre' to be able to offer online classes.

It was fascinating to witness the acute observation required to teach online students all the while teaching an in-person group. I marveled at the skills of our teachers. Ann and Brandy as a team skillfully wove their shared love of gardening, poetry, Patanjali, and Iyengar yoga throughout our very special five days together. We were encouraged to dive deep into the *sutras* and were challenged by the *asana* work culminating finally with Brandy's fiery teaching of *virabradasana* 1. This helped lead me to well understand for several days after the term 'embodied understanding.' But *asana* work and *sutras* notwithstanding, the communal effect of experiencing the in-person class fostered a sense of joy in me. I am sure Ann and Brandy felt this as well, that we were finally back together at the centre mat to mat. As Ann had opened the intensive with words of the great Bengali poet Rabindrinath Tagore, Brandy closed proceedings with the words of the great Persian poet Hafiz, comparing his poem to the work and life of B.K.S. Iyengar:

*Even after all this time
The Sun never says to the Earth,
"You owe me."
Look what happens with a love like that,
It lights the whole sky. ॐ*

June 19-23 Yoga Week

by Laura Johnston

Day 1 Even out the hips and lift the pelvis.

Day 2 Bend from the hips and lift the chest.

Day 3 Timed practice: Take what we have learned and using our own perception, put it into practice.

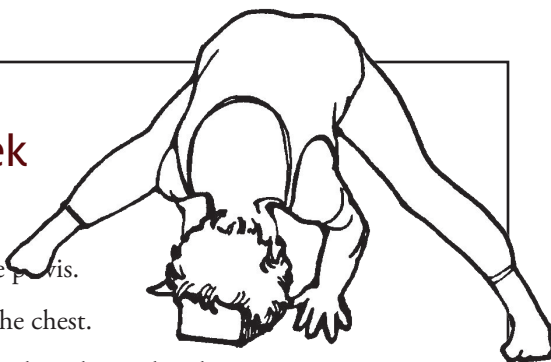
Day 4 Restorative, make room around the collar bones and lengthen the neck, place the arms wherever this is assisted.

Day 5 Active practice, backbends, do not clench the buttocks.

On walking to the centre each day one could feel the tension in our bodies, on the way home so calm and relaxed. By day two I felt so much more alive.

Am now going to do my home practice between 2-4. What I have learned is written down.

Such a beautiful week, all together, the learning got ingrained. My eyes well up in gratitude because I really did learn to observe my body, the words in *Light on Life* about seeing with our skin cells came alive for me. ॐ



Introduction to Iyengar Yoga

with Adia Kapoor

Never done yoga, or hesitant about joining a class? This introduction to Iyengar yoga is the perfect choice!

Join Adia for a free IN PERSON series to learn the Iyengar method – a methodical but dynamic style of yoga ideal for those who are new to the practice, curious about yoga, feeling stiff or just skeptical!

**Saturdays from 9:00 am to 10:00 am
Come for one class or all!**

November 4 and 18, 2023
January 6 and 13, 2024

Free or by donation
Pre-registration required



Yoga
that is dynamic,
methodic, energizing
and calming

Thoughts on Teaching *Pranayama*

by Leslie Hogg

I am teaching short sessions on *pranayama* this fall and always find inspiration in the writings of B.K.S. Iyengar and Geeta Iyengar. *Prana* can be defined as life force. We use the breath as it is more available as a helper to find *prana* within. Gururji said in his book *Light on Pranayama*: “When breath and *prana* are still, the mind / *chitta* becomes focused.” The goal of yoga is to still the fluctuations of consciousness, so we can see *pranayama* as an important tool in that quest.

Geeta says in her booklet for beginners: “*Pranayama* should not be done hurriedly. The technique or procedure of *pranayama* has to be conceived in the mind, with awareness.”

Sukshma is a most important idea to contemplate. It means soft, subtle, fine, minute – exquisite! Breath control does not mean just taking longer breaths, but more subtle ones. (LOYS II. 50.)

Studying the inhalation, exhalation and pauses or *kumbhaka*. *Kumbhaka* is defined in some places as holding the breath. But it is more like a pause to allow the breath to seep into far corners of the lungs for more absorption.

Exhaling (*rechaka*) is releasing of breath. It can be compared to how water evaporates and becomes cloud – *sukshma*, again.

Breath and mind are like twins connected by the diaphragm. Fear affects the diaphragm first and then the brain.

Pranayama brings mobility and elasticity to the diaphragm; and helps builds confidence in us. The diaphragm acts like a bridge to cross from the physical body towards the spiritual.

“Yoga is the golden key that unlocks the door of peace, tranquility, and joy.”



ILLUSTRATION: LAUREN COX

“Pranayama should not be done hurriedly. The technique or procedure of pranayama has to be conceived in mind, with awareness.”

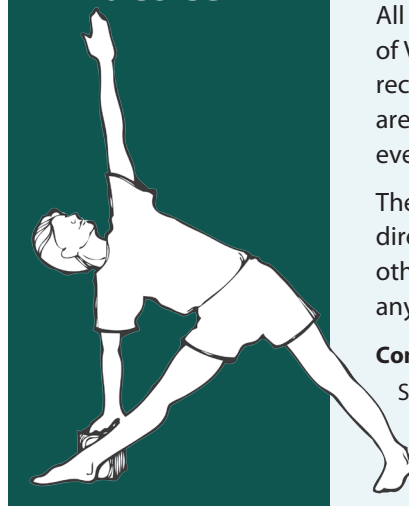
In the *Light on Pranayama* there is a whole chapter on the art of sitting. This further reinforces the idea that *asana* needs to be learned first. When sitting, the lower spine should be lifted, the pubic bone should be lifted. As one inhales, the side ribs are coiling. Top sternum comes forward to be aligned with bottom. Patanjali says we must first master the *asanas* before practicing *pranayama*. The body is our instrument, and we need to bring the body under control. The practice of *asana* helps to bring firmness to the spine and calmness to the nerves. While practicing *asanas* Gururji tells us to study the flow of the in

and out breath. Each *asana* will have a different effect.

Inspiring quotes from B.K.S. Iyengar:

“*Prana* exists in each of us in a dormant state and reveals itself in numerous ways: in valour demonstrated when under duress, in courage shown in the face of terror, in mental enthusiasm, in physical strength, and in creative and intellectual pursuits. The *pranic* energy controls every cell, every organ, every heartbeat, every action, and every function of the body.”
(*Arogya Yoga* p. 323)

Members' Practice



All 2023 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 1:00 - 3:00 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 two hours!

Same protocols as for studio classes.

The only prop you need to bring is your mat.

Free for all 2023 members

“Yoga is the golden key that unlocks the door of peace, tranquility, and joy.”

“Breath is life, the art of judicious, thoughtful, ungreedy breathing is a prayer of gratitude we offer to life itself.” (LOL) ॐ

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Iyengar, B.K.S.:

Light on the Yoga Sutras of Patanjali.

Arogya Yoga, Yoga for Health and Well Being (2019).

Light on Pranayama.

Astadala Yogamala, Vol 3, p. 32.

Light on Life, p. 72.

Yoga Rahasya, Vol 23, No. 1, 2016.

Pranayama for Beginners, transcript of Geeta Iyengar classes published 2019.

New Year's Day Practice

With Ty Chandler

All levels welcome

January 1, 2024, 2:00 pm - 4:00 pm

Offered online – (in studio TBA).

Registration opens Nov. 13, 2023

Become a member or renew your membership by Friday, December 22 and register for this online practice for free. If you are unable to purchase a membership at this time, as a member of our community we welcome you to join us at no charge. For more information, watch our website and check your Yog-e news.

The Art of Restoration

All Levels Online Workshop
with Britta Poisson

Saturday, November 25, 2023
1:00 – 3:00 pm

\$40 +GST Registration opens October 1, 2023

Soften your edges and sharpen your awareness. Using bolsters, blankets, and other props to support a prolonged stay in the yoga postures helps you to gently release tension, move with ease, and restore the natural rhythm of your breath.

Join Britta to explore all categories of the yoga postures: standing, seated, twists, forward extensions, backward extensions, and inversions, as seen through the lens of a restorative practice.



Winter Solstice Workshop

with Ty Chandler

Online December 20-21, 2023

5:00 - 7:00 pm

Registration opens November 1

\$40 +GST per night

Two evenings of Iyengar yoga (asana and pranayama) as we mark the end of the year, the coming of the new, and the rebirth of the light.

We will restore in quiet reflection and forward bends on the first night, and celebrate the earth's pause and shift towards the new year with back extensions on night two. This workshop is a great antidote for the busyness of the holiday season.



Support the Iyengar Yoga Centre

Become a member and enjoy:

- Free practice space on Sunday afternoons
- Opportunities to contribute insights and apply to sit on the board of directors.

Annual membership fee: \$42 CDN (\$40+\$2 GST)

HOW DO I PAY?

1. Call (250) 386-9642 during office hours
2. Mail a cheque and the form below to: Iyengar Yoga Centre of Victoria Society, 202-919 Fort Street, Victoria BC V8V 3K3 Canada

NAME: _____

ADDRESS: _____

CITY: _____

PROV/STATE: _____

POSTAL CODE: _____

COUNTRY: _____

PHONE: _____

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- ☐ Sign me up to receive the weekly Yog-e News by email.
- ☐ Unsubscribe from Yog-e News.
- ☐ Receipt required.

Ph: 250-386-YOGA (9642) | E: iyoga@telus.net
www.iyengaryogacentre.ca

IYCV calendar

OCTOBER

28-29 Chris Saudek Workshop

NOVEMBER

- 4 Introduction to Iyengar Yoga with Adia Kapoor
- 18 Introduction to Iyengar Yoga with Adia Kapoor
- 25 Art of Restoration with Britta Poisson

DECEMBER

- 10 B.K.S. Iyengar Birthday Celebration
- 20-21 Winter Solstice Workshop with Ty Chandler
- 22 Last day of term
- 23-31 CENTRE CLOSED

JANUARY

- 1 New Year's Day Practice with Ty Chandler
- 2 NEW TERM BEGINS
- 6 Introduction to Iyengar Yoga with Adia Kapoor
- 13 Introduction to Iyengar Yoga with Adia Kapoor
- 21 Renew, Restore, Recharge with Leslie Hogya & Aida Kapoor

FEBRUARY

- 9-10 Rajvi Mehta Workshop for all levels