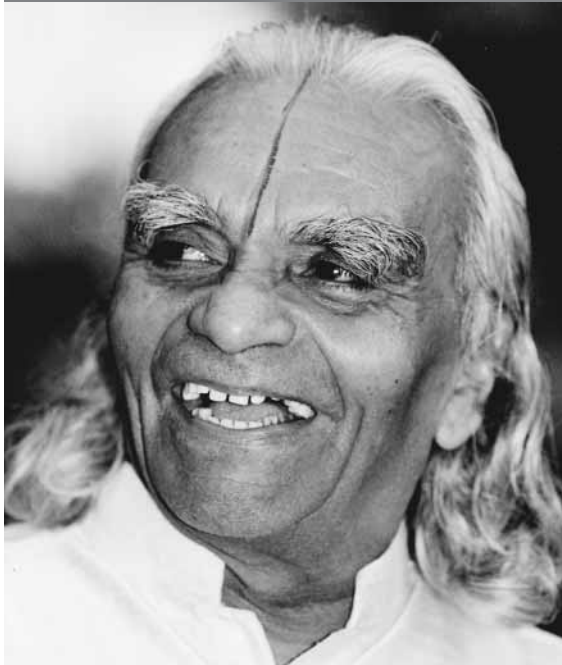


# Yoga Vancouver

Iyengar Yoga Vancouver Newsletter

AUGUST 2004

## MR IYENGAR NAMED AS ONE OF TIME MAGAZINE'S 100 MOST INFLUENTIAL PEOPLE



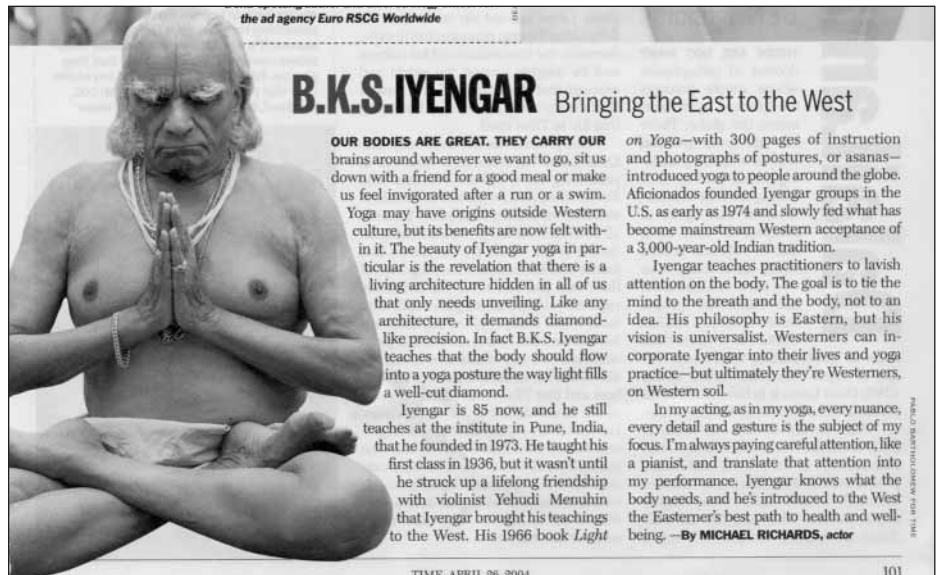
*Yoga is the art of getting rid of borders. Do not cut yourself off from the Infinite with too short ideas. Let there always be the possibility to say "I shall try," "I shall see." Create in the Infinite, do not be limited beings.*

B.K.S. Iyengar



B.K.S. Iyengar  
Yoga Association

Yoga Vancouver is distributed to members, associate members and other subscribers. For information on membership, or to contact the Board of Directors, write to: B.K.S. Iyengar Yoga Association P.O. Box 48253 Bentall Centre Vancouver, B.C. V7X 1A1 For more information, call 604-980-5775.



The April Issue of Time Magazine was devoted to "The Time 100" — a list of the 100 most influential people in the world, each written about by someone of distinction, celebrity, or both.

Mr. Iyengar appeared in the Heroes & Icons category, with an appreciation penned by actor Michael Richards (Kramer in Seinfeld), in the company of the Dalai Lama, Nelson Mandela, Tiger Woods, David Beckham and philanthropic rock star Bono.

"The beauty of Iyengar yoga in particular is the revelation that there is a living architecture hidden in all of us that only needs unveiling," Richards wrote.

"Like any architecture, it demands diamond-like precision. In fact B.K.S. Iyengar teaches that the body should flow into a yoga posture the way light fills a well-cut diamond."

Richards goes on to note that Gurujī's classic book, *Light on Yoga*, first published in 1966, is responsible for introducing yoga to people all around the world, and for creating "mainstream Western acceptance of a 3,000-year-old Indian tradition."

Mainstream Western acceptance has come with a few accessories, including yoga fashions, exercise hybrids like "spinning" (asanas combined with a vigorous workout on stationary bicycles), and a group of mostly female yoga models who pop up in ads looking thin and serene, eating yogurt and buying garden supplies between poses.

But it has also meant that yogic values and yogic ideas of health are beginning to permeate Western culture. Gurujī, and the students who have spread his work all over the world, are largely responsible. No matter how far some of its fringe elements may stray from his teachings, all yoga in North America can be called "Iyengar influenced," simply because he created the context.

In doing so he has given millions of people the key to finding the intelligence of their own bodies, and shown us how we might move through body to spirit.

Our congratulations go to Gurujī, and our gratitude.

## Yoga Philosophy: *Ingelise Nherlan continues her series of articles on the yamas, or ethical precepts. The last in traditional order of the five yamas is Aparigraha, non-hoarding, non-grasping, non-covetousness – in short, the importance of releasing the grasping little fist of the mind.*

B.K.S. Iyengar in his interpretation says: "aparigraha is the subtlest aspect of the yamas and difficult to master."

The dictionary explains avarice as: extreme greed for gain. But aparigraha warns not only against hoarding or having in excess, but also about having obtained something **for the wrong reason**, which would carry with it a burden rather than a blessing.

Every action creates a reaction, which in turn bears fruit - bitter or sweet. There are no free lunches it would appear.

Even gifts, which in Western society we see as mostly harmless, can lead us away from aparigraha. When we attain things for the wrong reason – our gifts to ourselves, or other's gifts to us, we become bound to things we like, but don't need as a bare necessity.

Many gifts and many a helping hand has been given and received by all of us as most loving and selfless. But many other gifts set up a subtle indebtedness. As you owe so are you owned.

Patanjali's point I think is just: Beware. Observe. Discriminate. Watch your own and other's weaknesses. Rise from the temptations we all know so well and need to leave behind us through yogic practices.

So strongly did Patanjali consider indebtedness that this concept stands shoulder to shoulder with: do no harm, do not lie and do not abuse that which is sacred in you.

Patanjali in his infinitely practical approach to human growth has no time for anything other than giving us the fastest road for removing obstacles, so back to our sticky mats,

onwards and upwards armed with the sutras, our passion for learning through yoga and our brilliant teacher B.K.S. Iyengar.

I remember in class once when the teacher said: "Take a blanket if you **need** one. Don't take a blanket if you **want** one." Maybe if we translate these words into situations we come across on our way through life - maybe then we would find the freedom and peace that comes from this saying: "**first deserve - then desire.**"

So much to learn - so little time.

Thank you to all the teachers in my life for being catalysts to me for this valuable learning. *Ingelise Nherlan teaches in West Vancouver. You can reach her at [ingelise@shaw.ca](mailto:ingelise@shaw.ca) or at Room for Yoga, 604-926-6985.*

## Student Profile:



*Have you ever looked around a yoga class and wondered who these people are and what part yoga plays in their lives outside of class?*

*Andreas Hesse used to work in human resources, dealing with collective bargaining, grievances and terminations. Now he's a personal coach, whose website, [www.thetipoftheiceberg.com](http://www.thetipoftheiceberg.com), explores his philosophy that "our lives are like icebergs. 10 per cent is visible, but our vast potential is hidden beneath the surface."*

*Andreas studies with Claudia MacDonald at the Roundhouse.*

I've been doing yoga since 2001, and studying with Claudia since April. I have a herniated disk in my lower back that makes forward bending difficult.

The biggest benefit of yoga in my life is the inner focus. It helps me be clear and relax my mind, almost like a decluttering of the day's issues and to-do lists and all that kind of stuff.

I used to do power yoga at the gym, a very, very different style of yoga. The class sizes were much bigger, and there was no individual attention. I'm almost sure that's how I injured my back, through over-exertion and not always making sure that I was in the proper position. I was pushing myself, and going too far, beyond what was a good stretch into pain and injury.

I used to really want to be able to do the pose perfectly and look like Rodney Yee – to be that flexible. I've realized that isn't really what yoga is about. Now I do yoga for my health and wellness. I want my body to be pain free, loose and limber. I'm more interested in being aware of the energy flow in my body and in calming my mind.

My favorite pose is savasana, for the relaxation, and for getting into a peaceful meditation and focusing on the breath.

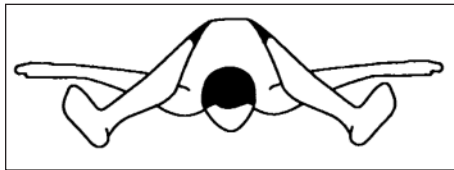
Right now I don't have a daily practice. I like the fact that when I come to class, Claudia is there guiding me to make sure I don't do any damage - coaching me along.



Andreas in savasana

# What's in a name?

By Maria Marlow



Kurmasana

In the most practical sense, a family name is simply a means of identification, a way to differentiate one person from another. While some of us love our names and wear our individual monikers as a badge of pride or heritage, others silently rue the day their parents labeled them with a motto of embarrassment that subliminally screams "Kick Me". However, on a rare occasion, a name is so appropriate, so perfectly embodied by the owner, we can't help but think that particular name had to be divinely inspired.

Such is the case with visiting teacher, Gabriella Giubilaro.

According to my trusty Webster's, Gabriella's namesake, the archangel Gabriel, was the Biblical herald of good news; while Giubilaro (I'm assuming) comes from the Italian verb to rejoice. If, like myself, you had the good fortune to attend her workshop, then you know what I mean; yoga is good news, first channelled through Patanjali, and now brought directly to us in the heraldic guise of Ms. Giubilaro.

Her instruction was so clear and concise, her laughter and humor so contagious, and her knowledge so open and forthcoming, that even through the hard work, pain and sweat, those five days felt more like a festival of rejoicing. She gave us the tools to improve all our poses, inversions, backbends and some whacky position I'd never seen before, where everybody looked like hermit crabs stuck in the sand.

My wish is that we can entice Ms. Giubilaro to return to Vancouver in the not so distant future, thereby giving all Iyengar devotees the opportunity to experience her beneficent instruction. In the meantime though, just visit a favorite yoga teacher near you, who will undoubtedly be bringing the highlights of Gabriella's greatest moments to class. Or, ask a fellow student like myself, who will proudly proclaim in our best Italian accent, "Mama Mia! Lefst your kneecaps!"

## Workshop report: Gabriella Giubilaro Five-day yoga intensive, March 2004 at The Yoga Space.

By Bridget Donald

Gabriella Giubilaro, who is a senior teacher and the Director of the Iyengar Yoga Centre in Florence, was in Vancouver in March to teach a five-day yoga intensive. On the first morning, before the start time, the yoga studio was buzzing with the usual pre-workshop currents: the noise of forty or so people catching up on one another's news and, underneath

that, a layer of nervous wondering about the teacher and the regime she would impose. If there were fears, I think they must have been put to rest immediately. After Gabriella was introduced, she led the group in the chanting of Oms. Then, pleased to be able to dispense with the formalities, she looked around, smiled, and with the hint of a shrug said, "Well. I hope you will like this workshop."

Gabriella's teaching style is clear-headed and democratic, indicative of someone deeply at ease with herself and her subject. She has studied with the Iyengars in Pune nearly every year for the past twenty years. Her yoga history goes even further back, to 1973, when she began studying with Dona Holleman. In 1977, shortly after completing her doctorate in Physics at the University of Florence, Gabriella decided to study and teach yoga full-time. The leap from physics to yoga wasn't as great as it might first appear — after all, both subjects deal with the interactions between matter and energy—and Gabriella has made good use of her scientific training. Her teaching shows a scientist's love for her subject: She breaks the material down, presents it clearly, and then lets the work speak for itself.

We began the first session standing in *tadasana*, lifting our arms overhead into *urdhva hastasana*. What Gabriella observed about our arms (biceps side dull) and legs (front groins needing to recede more while the tail-



bone moves down) provided the work of the next couple of hours. And so it went, from the standing work of the first two days through the backbends on day four and seated poses on day five. Her teaching philosophy, she said, was to give instructions that were applicable to all poses, so that we could learn a few basic principles instead of memorizing lists of

points for each pose.

A comment that Gabriella made near the end of the workshop struck me as just as integral to her philosophy as the applicability of *asana* instructions. She had just finished giving an explanation to a small group of students working together, probably in response to a request for clarification. Then she added, raising her voice so that everyone in the room could hear, "But don't believe what any teacher tells you -- not even if her name is Gabriella!" In other words: find out for yourselves whether this information is valuable; test it and make it your own.

I came across something recently that reminded me of Gabriella and the nudge she gave us toward our inner teachers. Adam Gopnik, writing in the *New Yorker* about a beloved friend who was a talented teacher, distinguished between a guru (whose charisma, Gopnik thinks, is key), and a great teacher, who may be charismatic, but whose main role is to demystify. "A guru gives us himself and then his system," he wrote, "[While] a teacher gives us his subject, and then ourselves."

Gabriella will return to Vancouver to teach a workshop in March 2005. She will also be teaching this summer at Yoga Northwest in Bellingham, September 3-5.

*Bridget Donald studies and teaches Iyengar Yoga in Vancouver.*

# From a Workshop: A Practice for abdominal health.

Text by Louie Ettling.

Photos by Gabriella Giubilaro (and two by Louie Ettling).

On one memorable lunch break during her March workshop at The Yoga Space in Vancouver, Gabriella demonstrated this practice. The specific question that prompted it was from a student with fibroids. But the practice is also suitable for conditions including pregnancy, complications arising after cesarean delivery, too heavy or too light menstruation and painful menstrual cycles. It could also be useful for both men and women before and after abdominal operations.

Practicing in this way is both preventative and curative, as it helps to maintain the health

of the lower abdominal area.

Gabriella credits the work done by B.K.S. Iyengar and by Geeta Iyengar at the Ramamani Iyengar Memorial Institute in Pune for this sequence.

The Vancouver Iyengar community would like to thank Gabriella for passing it on with striking clarity.

**Note:** that these specific props are guidelines. Depending on what one has available they could be interchanged with others, as

long as the intent and effect is clearly understood. There are variations possible in terms of the position of arms/height of torso etc.

Set-ups do change depending on a particular body and its needs. Therefore it is important that students work under the guidance of an experienced teacher.

**Note:** Lois Steinberg, the model in the photos taken by Gabriella, is a senior American Iyengar teacher. Lois is in the final stages of producing a new, richly illustrated book, *The Iyengar Guide to a Woman's Yoga Practice*.

## SECTION A: Over two crossed bolsters.

- 1) Torso over crossed bolsters. The bolsters are supported by bricks as in #1, or by blankets, as in #2, to make them more stable.

Legs wide and strapped at feet  
(or at big toes)

Heels supported.

Feet higher than pelvis.

Head supported.

Bolster or other height for arms overhead.

A strap could be used at knee level to give legs support and therefore to soften the groins and abdomen.



- 2) The same set-up as in #1, but now in Baddakonasana. Again feet higher than pelvis. Block between feet. Thighs supported.



## SECTION B: Over a backbender.

- 3) Feet on chairs (against a wall). Arms overhead. Strap between big toes.



- 4) As #3. Again the only change is in the legs now being in Baddakonasana. Thighs and elbows are supported. **Note:** two straps are used, one tying together the right upper and lower leg, the other tying together the left. Block under and between feet.



- 5) Sit in front of the backbender, legs in Upavista Konasana. Strap could be around big toe, as demonstrated in #3, or around feet, as demonstrated in #7. Elbows over bolster as shown. Head could be supported.



- 6) Same set-up as in #5. Feet in Baddakonasana. Feet are not raised. Arms up and over.

### SECTION C: Over Setu Banda bench.



7) Upavista Konasana legs on chairs. Toes strapped. Arms over. Chest over edge of bench and supported.

8) As in #7, but legs in Baddakonasana and feet on height on bench. There is a strap around each leg. Block between feet. Feet higher than pelvis.



### SECTION D: Savasana

9) Calves on two chairs or benches. Spine on floor on a blanket. Strap around knees. A "cone" may be used for the tailbone. (A cone is some cloth, maybe a small towel, rolled in the shape of a cone and placed in such a way that the tailbone is more supported – more tucked into the body. As always, this is not for everybody).



## Workshop News:



Ingela Abbot

Bringing Iyengar yoga teachers to Vancouver to enrich our understanding of yogic practice is one of the most important, rewarding and labor-intensive parts of the Association's work. Workshop committee members Susan Bull and Louie Ettling plan years in advance. You can read about the workshops already slated for 2005 below. Here's a list of teachers who have been invited to teach in Vancouver in 2006: Gabriella Giubilaro, Donald Moyer, Bev Windsor, Ingela Abbot, John Schumacher and Patricia Walden.

As a BKS Iyengar Yoga Association member, you receive a discount on workshops and three weeks advance notice before registration is opened to the wider yoga community. Some financial assistance is available for association-sponsored workshops. Check with your teacher for details.

### ASSOCIATION-SPONSORED WORKSHOPS:

**MAHYAR RAZ-KHORZAD** will teach in Vancouver September 10 - 12, 2004. Mahyar has studied with Mr. Iyengar and Geeta every year for many years and has been awarded a Senior Intermediate III, by Mr. Iyengar.

As a result of her studies with the Iyengar family and her work at the Gupta Yoga Hospital in Lonavla, India (not far from Pune), she is an expert in medical yoga.

Mayhar interprets the Iyengar's work with artistic flair in a charming and challenging manner. Her students describe her as a dedicated, committed and creative teacher. Originally from Iran, Mahyar is the founder of the Iyengar Yoga Institute in Tehran. She now directs a yoga studio in Toronto.

Contact Louie Ettling, 604- 876-9600 for more information. Cost: \$160 for members, \$190 for non-members.

**AADIL PALKHIVALA** will teach a four-day workshop, November 25 to 27, 2004, on "Living the Eight Limbs of Yoga." Aadil is a senior Iyengar teacher, who holds an Advanced Certificate. He started studying with Guruji at the tender age of seven, and is the founder and director of Yoga Centers in Bellevue, Washington. The workshop will be held at The Yoga Space.

For more information, phone Susan Bull, at 604-985-1994.

**MARGOT KITCHEN** will teach a weekend workshop on the theme of balance - Sthira Sukha Asanam - on January 28, 29 and 30, 2005. Margot has been studying and teaching yoga since the early 1970s. She began in the tradition of Sivananda and then experimented with Kundalini Yoga in 3HO before discovering the Iyengar method in 1978. Certified most recently by Guruji at the Senior Intermediate Level, she is a teacher trainer, an assessor, and a member of the board of the Iyengar Yoga Association of Canada.

Margot writes, "We all lead very busy lives and consequently are looking for balance - physically, mentally and spiritually - between commitment to work, our families and ourselves - between our outer worlds and our commitment to spirit- between the body and the mind. Yoga gives us a powerful tool to begin to find this balance and we start with our bodies." The workshop will be held at Yoga Tree Centres, New Westminster.

Call Heather Graham, 604. 515-9209, or email [yogatreecentres@shaw.ca](mailto:yogatreecentres@shaw.ca).



**GABRIELLA GIUBILARO** will return to Vancouver to teach a seven-day workshop, March 7 - 13, 2005. For some idea of the flavor

of her work, check the report on pages 3 to 5 of her workshop this spring in Vancouver.

Gabriella has asked that participants have eight years of Iyengar experience, and that they be currently studying with a certified teacher. The workshop will be held at The Yoga Space, 1715 Cook Street, in Vancouver.

Contact: Louie Ettling, 604-876-9600 email: [louie5@direct.ca](mailto:louie5@direct.ca)

**JOAN WHITE** has achieved the highest level of certification in the Iyengar system, and has traveled to Pune frequently. Based in Philadelphia, she came to yoga following a severe back injury and is particularly known for her knowledge of therapeutic yoga. She will teach a weekend workshop in Vancouver in May 2005. Further details to be announced. For more information, contact Susan Bull, at 604-985-1994.

**ANN KILBERTUS** lives and teaches in Victoria, BC. Ann has visited the Iyengar Institute in India eight times and is one of the Canadian assessors. What makes Ann's teaching unique is her clear simplicity and the gentle and lighthearted spirit she brings to serious work. September 9 - 11, 2005 at The Yoga Space. Contact: Louie Ettling, 604 876-9600. email: [louie5@direct.ca](mailto:louie5@direct.ca).

### WORKSHOP ORGANIZED BY BARBARA YATES, ABBOTSFORD:

**GLORIA GOLDBERG** will conduct a residential intensive for Iyengar teachers and students at the Edenvale Retreat and Conference Centre in rural Mount Lehman, B.C., September 1 to 7, 2004.

Gloria has taught Iyengar yoga since 1980 and has been a certified Iyengar teacher since 1987. She founded the teacher-training program at the BKS Iyengar Yoga Institute in Los Angeles in 1992. She remains its director and co-curriculum coordinator, and was the founding president of the U.S. national Iyengar Yoga association (IYNAUS). She continues to work closely with the Iyengars.

For further details and registration, contact Barbara Yates at 604-856-7758, or [RNBYATES@direct.ca](mailto:RNBYATES@direct.ca).



D.K.S. Iyengar  
Yoga Association

# Yoga in Mexico

By Henriette Orth and Cindy Onstad

In March 2003, we went to our first Iyengar Yoga Workshop at Casa Dulce Vida in Puerto Vallarta, Mexico. We had no idea what to expect. Would we be able to do that much yoga each day? What would the group be like, the food, the accommodation?

But both of us had worked with Heather Graham and Maureen Carruthers before. We saw this as an opportunity to work more assertively on the asanas with these two great teachers who were working cooperatively, sharing their experience and giving much individual attention.

The week was magnificent. It was well beyond our expectations. The yoga was excellent, the food marvellous and the group caring and supportive. We decided we wanted to repeat the experience and immediately signed up for the next workshop in 2004. Now, we're ready to make Casa Dulce Vida an annual experience with, yes, our third workshop, in March 2005.

Days start with sunrise pranayama practice followed by breakfast and the morning yoga session. After lunch there's free time for a siesta, pool lolling, massage or strolling through the streets of Puerto Vallarta. The two-hour



afternoon yoga session ends before supper. Then follows satsang. We gather to discuss the day's work and the insights it had provided, and to share inspirational literature and experiences. One evening, by popular demand, one of the participants led a dream workshop that had been very successful the year before.

Casa Dulce Vida indeed exemplifies the sweet life with its panoramic view of the bay, beautifully kept gardens and invitingly private sitting places. The red mosaic pool is a gathering and cooling-off place.

The food prepared by Nina is local, simple, fresh, mostly vegetarian, and never anything

but delicious. Nina herself is enthusiastic, especially with her singing. She can belt out a bilingual "Happy Birthday" whenever the occasion arises.

Our time in Mexico has been very important for each of us. We made significant improvement in our asanas. We made new friends. We left with insight, contentment and anticipation for the workshop in 2005. Heather Graham and Sarah Godfrey will co-teach a workshop at Casa Dulce Vida from March 12 to 19, 2005. For more information, email Heather at [yogatrecentres@shaw.ca](mailto:yogatrecentres@shaw.ca) or call her at 604-515-9201.

## Letters:

*The B.K.S. Iyengar Association offers financial assistance to students and teachers who otherwise would not be able to attend workshops.*

To the Members of the Board,

I would like to express my heartfelt thanks to each and every one of you for granting me the opportunity to attend Gabriella's workshop this past week. From the moment Louie told me I had received the bursary, I knew that a great gift had been bestowed upon me, and my belief that yoga is a blessing was once again affirmed. Were I to measure the value of your unconditional kindness and my depth of experience at this workshop, I would have to say here and now that I am filled with riches beyond my wildest dreams.

In return, if the association is ever in need of any volunteer services, please do not hesitate to call me. I am most available on weekdays. With sincerest gratitude.

(Name withheld by request)

## News and Notes:

### Congratulations

In June, Val Speidel, Bridget Donald and Corrie Vorlauffer went for Iyengar Yoga Association of Canada assessment at the Introductory I and II level. Val and Bridget received Introductory I and II certificates, Corrie was awarded Introductory I.

Certification is a long, arduous and ultimately rewarding process. We'd like to congratulate these teachers for their achievements and thank them for undertaking the hard work of preparing for assessment.

### Yoga on the Web

**The B.K.S. Iyengar Association will soon have an internet presence, at [iyengaryogavancouver.com](http://iyengaryogavancouver.com).**

Along with an explanation of what Iyengar yoga is, and biographical information on Mr. Iyengar, the site will provide easy access to information about the Iyengar community in the Lower Mainland, and about association members in other parts of Canada. It will include a list of certified teachers, a full schedule of Iyengar classes, links to other Iyengar

sites, news, upcoming workshops, an archive of newsletters, a photo gallery, and information about teachers and teacher training.

The website project began two years ago, with an initial design produced by Maureen Malanchuk and graphic designer Sonia Schneider. Then it languished, until, in February of this year, Val Speidel volunteered to bring the project to completion. Sonia refined her design, the board approved it, and now Val and Bridget Donald are writing the content for the site. Once that phase is complete, Clive Goodmison will do the web programming. We hope to be up and running sometime this fall.

### B.K.S. Iyengar Yoga Association of Vancouver Board of Directors, 2004

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Vice-President:	Sarah Godfrey
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Teacher's Representative:	Claudia MacDonald
Membership Secretary:	Gerie Primerano
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