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# International Light

OFFICIAL JOURNAL OF THE INTERNATIONAL YOGA TEACHERS ASSOCIATION

DECEMBER 2019

## YOUR GUIDE TO RUNNING A RETREAT

*Yoga for  
amputees*

**Beat  
the heat  
with our  
summer  
sequence**

**PLUS:**

**FREE postcard inside,  
relaxation script and  
our tribute to Moina**



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**FRONT COVER** Image of one of Lyn's retreats at  
la Selva Yoga Centre, near Positano, Italy



# editorial

**WELCOME** to our last issue of International Light for the year. It's hard to believe it's nearly the end of the year already.

For me, one of the many advantages of yoga is how it enables us to press the pause button on our increasingly busy lives. Yoga and meditation help us to stay in the moment and when we do this, we can truly value our time and make every moment count.

There were lots of special moments at the recent IYTA retreat and AGM at the Brahma Kumaris Centre at Wilton – over the page you'll see some photos of our time there.

On pages 10-11 we have a tribute to Moina Bower. Many of you will remember Moina as she spent 17 years as the Co-ordinator of the IYTA's Diploma of Yoga Teaching Course and President. Moina was one of my first yoga teachers and I remember her being so proud of the IYTA and all it stood for. She was extremely professional and she was a stickler for time keeping! I remember her ringing the bell for us to all be on time for lectures. She was also very caring with a good sense of humour. She will be greatly missed.

Thanks to all the contributors for this issue – there's the warm and uplifting account of Betsy Williams' classes at an Aboriginal Clinic, Lyn Thomas has kindly shared her knowledge and experience in her Guide to Running a Retreat, we have a free postcard for you to share, as well as a reflection on the Kriya Yoga of Patanjali, a relaxation and Marsha Danzig's inspiring story about how she created Yoga for Amputees.

So make sure you take some time out and enjoy.  
Please send in your stories for next year's issues to [editor@iyta.com.au](mailto:editor@iyta.com.au)

*Thank you!*

*Katie Brown*

Editor,  
the *International Light*



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# greetings

FROM THE PRESIDENT

*Namaste*

**WELCOME EVERYONE** to this edition of International Light. I write this after attending the Annual General Meeting at our NSW Retreat with Presenter Robyn Lynch on the subject of Your Health in Your Hands. Robyn, an IYTA course lecturer, gave us a greater understanding of Ayurvedic principles and how to apply them to your daily life. It was a lovely Retreat at the Brahma Kumaris Centre in Wilton and I highly recommend it as a place to stay. We hope to use the space next year for our AGM.

**Here are the election outcomes from our AGM:**

- President –** Astrid Pickup
- Vice President –** still vacant. This needs to be filled by a Full member, Sydney based and computer literate, with the understanding that future President role is on the cards
- Secretary –** Hedy Stahel
- Treasurer –** Julie Bridgfoot
- Board Members:** Katie Brown, Alex Cogley, Gary Drummond, Olivia Hammerschmidt, Amy Seal

A huge thank you to Rosemary Pearson and Deidre Gomez who served on the Board in the past year.

Along with our COM we have our excellent support team of Amber Phipps (Membership Secretary), Amy Seal (DYT Course Coordinator),

Olivia Hammerschmidt and Gary Drummond (Advanced Course Coordinators), Katie Brown (Editor of E-news and now IL), Katie and Olivia also for (Marketing/Social Media), State Reps: Alexi Pallpratt (NSW), Martha Luksza (ACT), Lesleigh Camm (QLD), Pam Williams (WA), Kathryn Chambers (SA). Rosemary Pearson will still be in the background coordinating local Sangha groups. I can't thank you all enough for the support over the last year and going forward to 2020.

Our brief financial statements are presented in this issue. You will see that although IYTA made a loss last financial year we are still in a very healthy position to move forward with technical upgrades to stay market relevant. In my report at the AGM I noted that Yoga Schools in general have found the last year very tough financially, in part due to a flood in teacher training schools and also the Australian economic climate. One of those casualties has been Manly Yoga, which sadly closed down in October after 43 years of service to the yoga community in Sydney. Many IYTA teachers have taught there and we are sad to see it close.

We are now in the testing phase of our new website and database. Hopefully in the new year when we change over you will notice no difference but there will be a big difference for the admin people in the back end.

*Namaste,  
Astrid Pickup*

*Here is a selection of photos from our recent IYTA annual retreat and AGM*







## YOGA *in the shed!*

This is yoga without the frills - but just as rich as any boutique city-based class



The beauty of yoga is that it is not a one-size-fits-all practice – and as teachers our experience can vary from practising in stylish and well-equipped studios to squeezing in a class at a clinic waiting room.

This is Betsy Williams' experience. Betsy, of South Australia, has been teaching for 12 years after graduating from the IYTA Yoga Diploma course in 2007.

She teaches two classes a week including one at a Well Woman's Clinic in rural South Australia, which she has been teaching for more than two years. Sometimes the session is held in the waiting room

and at other times the women might venture into the shed "out back." But either way it's not the venue that matters, it is what's going on that is the real gift.

## BETSY'S STORY:

"My yoga classes are very different from how I learned at IYTA. My 'students' are all women over 100 kilos in weight with multiple health problems, ranging from chronic diabetes to heart disease, kidney disease and some are dealing with alcohol and drug issues and domestic violence.

Many of the women are single mothers struggling to manage four or five kids on Centrelink allowances. Some are older women. Only a few of them can sit on the floor or touch their knees, much less their toes

But none of that is important as I often remind them: 'Anyone who can breathe can do yoga'.

In a typical session they begin with Tadasana and simple side stretches with full breaths and a few gentle twists.

There is continuous talk and laughter and commentary throughout the session which may eventually advance to a triangle or warrior pose. Lots more laughter and giggling as the women find their own unique adaptations to these postures.

Sitting poses are done on the chair with simple leg lifts and forward bends and twists holding the back of the chair.

We end with a few moments of sitting quietly following our breath, still including whispered comments and laughter.

Sometimes a woman may quietly describe a place in country that is special to her. We may then be visualising clouds or eagles or red earth, or a waterhole with a few mulga trees.

The women really enjoy the sessions which on average only last around 20 minutes.

Recently I asked them what they like about yoga: 'It's fun, it gives you energy, it makes you feel good, it makes you more relaxed,' were the replies.





*“But none of that is important as I often remind them:  
“Anyone who can breathe can do yoga.”*

“The women say that they also enjoy exercising with other women and having a bit of ‘me’ time. None of the women practise at home, although a couple of them do some seated stretches at their desk.

Most of these women are responsible for an extended family, (including more extended family members than we would include in mainstream culture—children, nieces, nephews, grandchildren, aunts, older parents or other extended family members, a number of these women have full-time jobs as health workers, teachers aides, or work for a variety of help agencies in town. Quite a number of women are struggling to live on a Newstart allowance or family allowance, often expected to apply for 20 jobs a month around child care and home responsibilities. Many of the women experience repeated grief, loss of family members, close friends and partners to premature heart disease, diabetes, motor vehicle accidents and suicide.

We have been having these sessions most weeks for years and I can see changes: more body awareness, a willingness to try new postures, perhaps a greater sense of sisterhood and empowerment.”

**Thank you IYTA  
from all of us!**

*\* Photos are of a typical weekly session which took place in the waiting area of the women’s clinic, which is in an older house. It is much more welcoming than a traditional medical clinic. Many of the women consider our clinic as a “safe house” and come to be with us, not just for their appointments.*





# MOINA BOWER

## *a tribute*



Few people have worked as tirelessly for the IYTA as **Moina Bower**. Moina was a former President and Course Co-ordinator of the Yoga Teaching Diploma. Sadly, Moina passed away in July.

### HERE WE REMEMBER ONE OF THE IYTA'S LEADING LIGHTS

Moina was devoted to her husband, Bill, her children Belinda and David, grandchildren Susannah and Elliot, and of course to her yoga. She was born in Dubbo in 1932 and from there the family moved to Walgett in North West NSW. She attended Hornsby Girls High School and met Bill in 1954.

While Moina was working as a secretary she discovered yoga and was introduced to the IYTA. Knowing it was the best training on offer, she enrolled in the Teacher Training Course and graduated with her IYTA Teaching Diploma. Before the ink was dried on her certificate, she put up her hand to help out.

That led to an amazing 24 years of service to the IYTA – including a decade as President and 17 years as the Teacher Training Co-ordinator from around 1989 to around 2006.

It was during Moina's tenure as President that the IYTA embraced the digital age and updated the Asana Handbook and turned the lecture notes into comprehensive course manuals. She was also involved in recording lectures and sending them to the correspondence students.

Bill remembers Moina's dedication to the IYTA. She'd often worked late into the evening marking assignments and organising study weekends.

She also loved to attend the IYTA conventions – travelling to Spain, Singapore and Uluru as well as India on a Yoga for Health tour with Howard Kent, and regularly ran her own yoga retreats at Hartzer Park in Bowral.

Moina also taught from home. From time-to-time, Bill would attend her classes. "The sessions would run for an hour and a half, and for the last half hour we'd turn the lights down and finish with a meditation. For the last class of the term she would teach a floor-based class," he says.

Moina continued to teach from home until 2015, when she had a fall. After the fall she was unable to continue teaching and began to show signs of dementia.

Sadly Moina's health deteriorated rapidly and she passed away in July, shortly after her 87th birthday. She will be greatly missed by her family, friends and the entire IYTA community.





## REMEMBERING MOINA

*I have known Moina for almost as long as I have been a yoga teacher. She was the essence of selfless service. Always the first to offer help or to take on another job, always ably supported by her husband Bill.*

While she had many hats within the IYTA, her greatest love was for the Teacher Training Course and the TTC students. Always offering extra help and encouragement to those who may have come late to study or unsure of their way. She had an amazing memory for students and teachers. She brought a new professionalism to the course after taking over half way through the course after mine. She computerised the TTC and the IYTA membership, teaching herself as she went. She introduced the first Back Care course with Pamela Brown. She was meticulous in everything she did.

Her retreats at Hartzler Park at Bowral were always special and highly valued by many teachers. I am continually surprised at how many in number these were.

She would reminisce fondly about the IYTA conferences and conventions she went to, often speaking of Robertson, Cairns, Spain, Uluru and Singapore and of her yoga pilgrimage to India with Yoga for Health and Howard Kent, whom she held in the highest esteem.

She taught many classes a week from her studio at home, students often commenting on what a good cook Bill was, with wonderful cooking smells coming from the kitchen. One of her favourite classes was one with students with special needs.

**Jo Blackman**

Moina worked tirelessly in her roles of President, Teacher Training Co-ordinator and Membership Secretary. She spent many long hours working on administration and liaising with students and committees in the service of the IYTA.

Moina suffered back and shoulder pain for most of her adult life, and she was told as a young woman that her back would continue to deteriorate and she would probably need a wheelchair. Moina was determined to keep active and independent through her yoga practice. She believed that yoga asanas and meditation, as well as teaching yoga in her home studio kept her as healthy as possible, and helped her overcome her physical challenges.

**Rosemary Pearson**



Moina Bower was widely known for her utmost dedication and sense of purpose in the discharge of her key roles and responsibilities in International Affairs, Teacher Training Administration and ultimately as Association President.

At all times she championed the integrity, authenticity and pre-eminence of the IYTA. Amongst her various contributions was the re-formulation, resourcing and delivery of yoga teacher training, bringing it to a new level for that era of internationally recognised, comprehensive yoga teacher education.

Moina was very generous in the time she devoted to assisting trainee teachers throughout their courses and beyond. Her caring nature was frequently evidenced in the assistance she provided to her students in any matters of personal welfare. A gracious woman of gravitas indeed!

**Maurie Earls**

I first met Moina when I took my children to her for Yoga in 1994. She was kind and funny with them. I then took up Yoga myself. I remember arriving to her classes, walking into the serenity of her garden and home, full of joy for the humour, comfort and the simple instructions she gave. Some weeks I would just collapse on the floor and that was ok with her. I loved her retreats in Bowral and brought many friends there and made many friends there. She included Yoga with jigsaw puzzles, chanting, laughter and cakes, everyone was accepted and welcomed into the family of Yoga! Eventually I decided to train at IYTA myself and teach Yoga too. Having the good fortune to have stumbled upon Moina, her good nature, kindness, her vast knowledge and her humour makes me so thankful, she set me upon this road of discovery, for which I am eternally grateful.

**Shelagh Hayman**





# PLANNING A RETREAT?

## *Read this first!*

IYTA yoga teacher Lyn Thomas has been running retreats around Australia and the world for more than 20 years – here's her guide on what to do (and what not to do!)...

*During the past 23 years of running national and international yoga retreats and holidays, I have experienced incredible joy on one hand and stress and disappointment on the other.*

*Exactly the same as life – contrasts.*

*I do believe that it is contrasts that bring growth, movement, expansion, learning and for me, a desire for more.*

*Having run yoga classes for many years, part-time, it wasn't until 1996 that my passion turned into a full-time small business. This is when Sunshine Yoga & Health was registered and I opened the doors to expanding from eight weekly yoga classes to specialised yoga retreats, holidays and workshops.*

*My love of yoga, travel, adventure, nature and photography has been the driving force in blending my passions into my business.*

*The one downfall, I must say, is that I have always been a sole operator.*

*In 2012 I literally burned myself out.*

*It was a wake-up call and the comments:*

*"But you can't be sick you are a yogi,"*

*really hit home. My reply always was:*

*"I am a human being first!" and then*

*got on with it, making the necessary*

*changes in order to get better. Let's*

*face it, a burnt-out yogi is no good to anyone, including myself!!*

## Lyn's five essential tips for running a retreat:

### 1: MOTIVATION

Ask yourself honestly: Is this what I really want to do? Do I have a deep sense of passion for sharing my yoga with others? Am I prepared to deal with stress and anxiety? If the answer is 'Yes', then go forward and enjoy the journey.

**TIP: LIVE YOUR PASSION!**

### 2: LOCATION and VENUE

For me, some of the key factors are:

1. 'Dorm' style venues. As much as this style of accommodation is just fine, it has never been my style. I envisioned something different for Sunshine Yoga's brand.
2. 'Single' room accommodation is the ultimate, however, it is like finding a needle in a haystack.
3. 'Twin' room accommodation is ideal.
4. Don't forget to check that the area provided for yoga practice is appropriate for your needs.
5. Locations have always been important to me and mostly I choose venues that are surrounded by nature and are quiet. A venue and location that 'feels good to you' is your best indicator that it is the right place.
6. Don't forget to leave yourself open to the possibilities that the 'venue will find you!'

**TIP: IF YOU LOVE WHAT YOU DO AND REMAIN TRUE TO YOURSELF, A NATURAL FLOW AND RHYTHM ENSUE.**





### 3: CATERING

I have mostly self-catered. However, I don't recommend it, especially if you are the organiser, facilitator and teacher as well. Intricate organisation is required and it can be quite stressful, to say the least.

1. Seek out a caterer that will cook and present as you like it to be. For me the focus is always on nutrition.
2. It seems to be a standard belief that people who practice yoga are vegetarian. In my experience this is not the case, in fact it is a very small percentage who are. Therefore it is best to focus on providing nutritious, fresh-made, tasty, simple and wholefood meals, vegetarian or otherwise.
3. I provide mostly gluten-free and dairy-free so it covers everyone, and avoids having to cook separate meals for gluten and dairy intolerant clients.

**TIP: REMEMBER THAT FOOD IS EATEN WITH YOUR EYES AND YOUR NOSE, AS WELL AS YOUR MOUTH!**

### 4: PLANNING YOUR PROGRAM

A program is essential, however I very seldom follow it. If you are just starting out, set out your program well, as it will be less stressful.

1. Variety, I believe, is important. I offer yoga, qigong, a lot of breath work, relaxation, meditation, energy and release work. Present what you are confident with.
2. My yoga retreat and yoga holiday programs are very different. Retreats are totally focused on of yoga. Holidays are focussed on the adventures, culture, tours and fun with yoga included a little each day – or most days.
3. Keep your content simple, interesting and genuine.

4. Your clients have come for a yoga retreat therefore be mindful that this is what you offer them. It is important however to allow some free time. What works well for my clients is having lunch at 12 or so, with free time until 3.30 to 4.00. You then have time for more sessions prior to dinner.
5. Creating some activity after dinner has never worked for my groups – after dinner they want to go to their rooms, which I realised very early in the piece provides the 'me' time that most of them come to the retreat for.

**TIP: BE COMFORTABLE AND FAMILIAR WITH THE CONTENT YOU ARE PRESENTING – YOU NEED TO BE RELAXED TO CONNECT WITH YOUR GROUP**

### 5: MARKETING

Marketing is very different today to what it was when I began my journey. Firstly in 1997 there were very few yoga retreats and holidays offered. These days to get your piece of the pie it takes constant input, output and effort. Marketing is a huge subject and really it is a matter of trial and error and your own experimentation as to what works best for you. If you are looking for long term involvement then these few suggestions may be helpful.

1. A website is your first port of call
2. Whether we like it or not, social media is a necessity, if you are looking for long-term business.
3. Word-of-mouth is still the most efficient, the cheapest and the easiest way to fill your retreats.
4. I created a database (ACT) in 1997 which has been my most precious and valuable asset.
5. Be involved with yoga organisations and networks.

**TIP: DO WHAT YOU LOVE AND YOU WILL NEVER HAVE TO WORK ANOTHER DAY**





## Q&A with Lyn

### **Q: Do you have family members at home - if so do they mind you heading off on these trips**

**A:** Yes, I live with my daughter and two granddaughters, in my own little granny flat. I am part of this little family and help on a daily basis. So yes, I do consider the impact my being away creates. However, they would never hold me back and they appreciate that what I do makes me happy, which makes them happy. And we all just do what we need to do to make it OK for everyone.

### **Q: Do they ever come with you?**

**A:** Infrequently, however my two granddaughters have indicated a real interest in travelling with me in the future.

### **Q: How did you juggle running a home/family with doing the retreats?**

**A:** When I began teaching in 1980 and was a full-time mum it was easy to fit the classes around my home/family. It wasn't until the children were grown up that I began my journey with retreats and holidays. The juggling was more about me! Juggling my time and energy when I constantly over-scheduled the events and ended up stretching myself way too far. This is what happens when you love what you do!

### **Q: What was the best memory of your retreats/holidays or a couple of really poignant 'pinch yourself moments'?**

**A:** (Retreat) Welcoming a very stressed, anxious and depressed young client who had no eye contact.... and farewelling her with strong eye contact, a smile and a warm hug. (Holiday) Trekking in Nepal and using my camera to connect with very poor, but very rich souls who

live in humpies on the track and have so very little. The language barrier means no verbal communication. However meeting the eyes through the lens and really 'seeing' them, and then the smile, which means they are seeing me too. That is priceless.

Over 20 years of travelling with groups, there are so, so many wonderful precious memories – where do I start? Nature and people continually unfold in front of my eyes. It is a constant and has no end!

### **Q: What was the most embarrassing or worst moment!?**

**A:** Falling two metres down a sharp volcanic escarpment in an isolated spot at Lord Howe Island. This was a special tour for just three clients who were friends, one of whom was diagnosed with an incurable cancer. This was their special time together. Plus we had a last minute booking which included an incredibly stressed doctor who said she 'had to come'. At the time I thought it would be good to have the doctor for my client with cancer, but it turned out it was me who needed the doctor! In the fall, I gashed open my scalp requiring 30 stitches and discovered a month later that two vertebrae were fractured. Anyhow, I convinced the local doctor I didn't need to be airlifted back to Sydney and even managed to finish the tour!

**Lyn Thomas is the Director of Sunshine Yoga and Health based in Nundah, QLD. Contact her at: [lyn@sunshineyoga.com.au](mailto:lyn@sunshineyoga.com.au) or visit: [www.sunshineyoga.com.au](http://www.sunshineyoga.com.au)**

**Check out our  
Yoga Happenings section on  
page 34-5 for details of  
Lyn's upcoming retreats**

# Yoga for Amputees

How Saying YES to the Unknown has Created a Global Yoga Movement for Marsha Therese Danzig



"I was diagnosed with bone cancer a second time when I was 13 years old. In order to save my life, my left leg, below the knee, had to be amputated. At the time, I was a gymnast, swimmer and ballerina who was just beginning to notice the opposite sex. The last thing I wanted was to be a sick, amputated girl without hair due to chemotherapy, but that's exactly what I was for more than four years. I recovered, but the desire to feel and look normal never left me. Even when I felt a spiritual calling to become a yoga teacher, I 'hid' my story, and my amputation, as much as possible.

By the time I began my yoga training, I had a fantastic prosthetic leg that was relatively easy to use for yoga practice. I focused on the yoga, and energetically shrunk from the very clear and obvious prosthetic foot I wore. It took a while for me to fully acknowledge myself as an amputee. Yoga had everything to do with that. As I grew in my comfort as a yoga professional, I grew in my desire to share my story, to be up front about the tremendous journey I had overcome. Not only did I survive a bone cancer that had a 20% survival rate, I also endured a failed bladder, a complete rewiring of my urinary system, kidney failure, congestive heart failure, a divorce, eleven years on dialysis AS a yoga teacher, and a kidney transplant! It was always the yoga that kept me sane and relatively serene with so much upheaval.

Because my health crisis began at such a young age, my resilience was strong, and habitual.

I learned long ago that closed doors and "Noes" were "Yesses" in disguise, if I remained opened to the new. Adaptation was my thing. It was what I did, day in and day out, with so many physical and emotional challenges to balance.



When I taught yoga, I would casually mention to my students that I had a prosthetic leg. Then, we did yoga. My openness gave my students permission to show up with physical differences, injuries, illnesses, vulnerabilities and tears. But the real ownership of me, as an amputee, rather than just a yogi with a prosthetic limb, took some coaxing. Healing is a process.

About ten years into my teaching, my classes started to decline. At the same time, I began to receive emails and calls from amputees wanting yoga. The business owner in me was concerned about my diminishing class size, but I knew something was up. I pushed and struggled trying to grow my classes, but after a while, the demand for yoga for amputees was palpable. I offered my first workshop, and the rest, is history. Eleven years later, I have a team of dedicated yoga teachers across the globe, an international yoga program with online and live trainings, a new book, a very active YouTube site, a community of people I love to serve and the privilege of fully owning my limb loss as a yogi. Saying yes to the unknown when new opportunities emerge, I feel, is true union with the divine.

**Marsha Therese Danzig is the founder of Yoga for Amputees, an international yoga program helping amputees reclaim their wholeness through the healing power of yoga. She is the author of *Yoga for Amputees: The Essential Guide to Finding Wholeness After Limb Loss*. Her website is [www.yogaforamputees.com](http://www.yogaforamputees.com)**





# CONNECTING TO COUNTRY AND CULTURE

This postcard is to Acknowledge Country and Australia's first peoples Aboriginal people as the rightful custodians of our land – it was created by Cate Peterson. We sat down for a chat with Cate to ask all about this initiative...

## Q: HOW AND WHY DID YOU COME UP WITH THE IDEA OF THE POSTCARD?

The postcard you see here was initially printed for Off the Mat, Into the World Australia. The intention was to produce a calling card for a larger initiative that has been endorsed by both IYTA and also Yoga Australia, the Reciprocity Action Plan. Acknowledging Country prior to class helps to bring students into a reverent and respectful place that will support their practice, connecting to Country and Culture and our place in the scheme of things. When spoken from the heart in a teacher's own words it has the capacity to ground students prior to their practice. Many of us have been subjected to a hastily expressed box-ticking Acknowledgement. As yogis this is not what we are suggesting. Wording, consciously thought about, perhaps based on the history and culture of the land in which the class is taking place, with the blessing of local elders and a strong personal intention is what serves best.

To date over 2000 of these postcards have been handed out around Australia and both Shiva Rea and Ana Forrest acknowledge no matter where they are in the world!

## Q: HOW DID YOU MAKE IT HAPPEN? WAS IT EASY TO CREATE?

The words on the Acknowledgement postcard are intended as a suggestion rather than a formulaic statement. They have evolved from print run to print run and were fine-tuned by Ros Fogg, a proud Darug woman and IYTA senior member who many of you know, particularly if you were lucky enough to be Welcomed to Country at the IYTA 50th Anniversary in Sydney Town Hall. The map of countries in Australia is a generic one made more beautiful with the graphic genius of Stefan Blauraum of [www.blauraum.com](http://www.blauraum.com). The map that gives really amazing insight into the diversity of languages and kinships in this country is Gambay: a map of Australia's First

Languages <https://www.abc.net.au/indigenous/features/gambay-languages-map/> and it is well worth diving into. Ros is part of a Yarn Circle of people who are yoga teachers and also Aboriginal. Their role will be to inform and guide the Reciprocity Action Plan as it unfolds across Australia.

## Q: WHAT HAS HAPPENED SO FAR WITH THE POSTCARDS?

The postcards have had a growing impact. Along with the explanation of Acknowledgement/ Welcoming and Smoking Ceremonies they are now given to each person joining Yoga Australia. Taryn Siriani from Yoga Desire up in the Kimberleys in Derby ran a weekend for remote and regional yoga teachers this July which started with attendance at the Mowanjum Festival and said she had been inspired by the initiative. Sara wrote a brilliant article for Yoga Today about Wayapa, the yoga/tai chi like practice of connecting to country <https://wayapa.com/>. Rachael O'Connor, a dedicated yoga teacher has been very much part of the initiative and it has added to her fantastic Canberra-based yearly event: Awakening Ancient Futures : Celebrating Country, Culture and Community. Cynthia Scibberas of Yoke Magazine has brought together an examination of how we, as yogis, might open our ears and listen to this land.

Not all feedback has been positive... This country has a devious and trauma-filled past as we hopefully all understand now. One wonderful committed teacher rang me to debrief her first experience of Acknowledging Country prior to class in the western suburbs of Sydney. The immediate response of one of her students was to sit bolt upright and insist that she'd had 'enough of this BS' and that Aboriginal people had had it far too easy for far too long... that they were bludgers and rude to her in public places and she saw no place for Acknowledgement. You can imagine



how disruptive this might have been. Luckily the teacher involved is very experienced and was able to swing the class to include a strong engagement with the Yamas and oneness and provide space for this student to debrief after class.

#### **Q: WHAT ARE YOUR PLANS FOR THE POSTCARD?**

Off the Mat, Into the World was a precursor to the Not for Profit co-op for yoga teachers here in Australia called Get Off Your Asana. This is a very Australian version of Off the Mat and is designed to support yoga teachers in their provision of positive social change initiatives in this country. Australia has innumerable health challenges, mental, physical and spiritual and these are very specific to this country. One of our most incredible assets here though is that we are teaching on Aboriginal land, the oldest continual culture in the world. Aboriginal culture has strong practices that are in keeping with the more Indian precepts of yoga, that we, as yoga teachers have been privileged to grow with. These include a deep understanding of oneness, a culture based

on compassion and belonging, physical body movements that connect us to the here and now, chanting, pranayama, ascetic practices, seasonally appropriate dietary practices, yama and many other ways to bring us back to our original selves and prepare us for a purposeful life of service.

To quote Angie Abdalla, the CEO of Old Ways New an organisation that uses traditional methodology to work towards contemporary goals: "One thing is clear: Australia is missing out on our home grown knowledge potential and thought leaders should be looking closer to home for the ideas and wisdom that will inform the next wave of policy thinking and ingenuity."

This is true in many fields of endeavour and perhaps even more true in yoga.

#### **Q: HOW CAN PEOPLE USE THE POSTCARDS IN THEIR YOGA BUSINESS AND YOGA CLASSES?**

I think the first step to take, if not already taken, is to head to the local Culture centre and work on developing relationships with the Traditional



Suggested Acknowledgment  
of the Custodians of Country  
before class:

“ I acknowledge Aboriginal peoples as the first peoples of this nation and respectfully acknowledge the [insert local custodians] peoples of the land on which we meet today. I pay tribute to Elders past and present and hope that in some small way my teachings support their custodianship of this land. It is a great privilege to be standing on Country.”



Owners where you teach. This will look different depending on where you work in this country. The main thing is to start a dialogue primarily based on learning and listening. Speaking personally this has been the richest line of enquiry I have ever taken and has increased my focus and intention within my practice in manifold ways. Learning in Aboriginal culture is relationship-based and those relationships develop in time as respect and reciprocity grow. The postcard is a baby step towards this possibility.

**Q: HOW CAN PEOPLE FIND OUT  
MORE OR ORDER MORE?**

It would be our deepest pleasure to provide postcards to any yoga teachers out there who might consider using them and distributing to fellow yoga teachers. It would also be a great thing to think about following other's footsteps and including an abbreviated Acknowledgement on websites or email stationary...its all about sparking the conversation!

**FOR MORE INFORMATION CONTACT:  
ACT@GETOFFYOURASANA.COM.AU  
OR CALL: 1300787234**

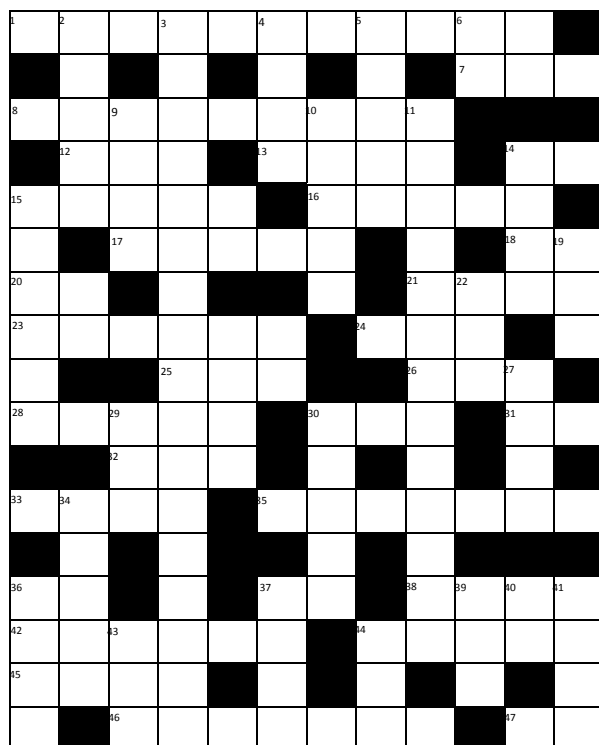
**YOU CAN CUT OUT (AND POSSIBLY LAMINATE)  
THIS POSTCARD AND USE IT FOR YOUR CLASSES**



# YOGA CROSSWORD

## BY HEDY STAHEL

*the answers for the crossword are on page 33*



### Across

- 1 Hip Stretch Posture/Swaying Palm tree (11)
- 7 Span of time, epoch (3)
- 8 Plan or scheme (9)
- 12 Hearing organ (3)
- 13 A fish (4)
- 14 Denial (2)
- 15 Prefix meaning "across" (5)
- 16 Awareness (5)
- 17 Persian (language) (5)
- 18 Thank you (colloquial) (2)
- 20 Opposite of 46 across (2)
- 21 Ahimsa encourages us to avoid this (4)
- 23 National song (6)
- 24 Scour (3)
- 25 Yes vote (3)
- 26 Injury from repetitive movement (abbr) (3)
- 28 Without company (5)
- 30 Curve (3)
- 31 In such a condition (2)
- 32 Undeveloped flower, blossom (3)
- 33 Expo (4)
- 35 Cat (Sanskrit) (7)
- 36 Expression of triumph (2)
- 37 5th letter of the Hebrew alphabet; male person (2)
- 38 See-saw
- 42 Natural, inherent (6)
- 44 Ailuro-poda (4)
- 45 To make sign of cross (ecclesiastical term) (4)

### Down

- 2 Bury (5)
- 3 The Archer Pose (6, 11)
- 4 Sanskrit Naav in English (4)
- 5 Panorama (5)
- 6 Born (2)
- 9 Airforce (abbr) (4)
- 10 Hip Hop Artist (5)
- 11 Centre of vitality (7, 6)
- 14 Nasal cleansing pot
- 15 Demoness - mother of Maricha and Subahu (6)
- 19 Also (3)
- 22 Abdominal muscle (abbr) (3)
- 27 Sadhguru - Comprehensive yogic system (4)
- 29 Sash
- 30 Obey; observe (5)
- 34 Downward-flowing Vayu (5)
- 36 Sound of an angry 35 across (4)
- 37 Fibre (4)
- 39 A number (3)
- 40 Symbol for Cadmium (2)
- 41 A super food (4)
- 43 Sucking louse (3)



## INNER SEEING

by Sabrina David

*You came from the sky  
Spreading your wings;  
Touching the highs  
And the lows that surround  
Us in each moment of  
day and night.*

*Then in that moment  
Wrapped in your kindness  
I suddenly opened  
My eyes at last.*

*I saw stillness and calmness  
In front of me  
Calling me gently  
To let myself go.*

**Check out the next issue of  
International Light for another  
of Sabrina's poems and the chance  
to win a copy of her book.**

**You can discover more of  
Sabrina's poetry here:  
[www.malaofwords.com](http://www.malaofwords.com)**

# CONCISE FINANCIAL STATEMENT

for the financial year 2018-2019

## TREASURER REPORT - AGM 2019 JULIE BRIDGFOOT - TREASURER

**Presented are the audited IYTA accounts for the financial year of 2018-19.  
(Copies circulated at the AGM)**

For the year ended 30 June 2019 there is a loss of \$50,061 after a profit of \$120,277 from the previous year.

**Total current assets** held are \$414,631 less our liabilities of \$2,473 (GST owed), leaving IYTA with a total equity of \$412,158 for this financial year.

**Income** - Our main sources of income for 2018/19 are our teacher training course, post graduate courses and membership base.

### **A rough breakdown of our income:**

<b>Teacher Training</b>	<b>143,702</b>
<b>Post Grad Pre/Post Natal</b>	<b>4,223</b>
<b>Post Grad Yin</b>	<b>18,291</b>
<b>Post Grad Seniors Chair Yoga</b>	<b>26,845</b>
<b>Post Grad Pranayama &amp; Meditation</b>	<b>11,525</b>
<b>Membership</b>	<b>62,687</b>

### **A rough breakdown of our expenses:**

<b>Course running costs</b>	<b>104,096</b>
<b>COM Administration</b>	<b>99,466</b>
<b>Advertising</b>	<b>24,243</b>
<b>International Light Magazine</b>	<b>18,727</b>

The substantial loss from the previous years profit is due to a decrease in numbers for our Teacher Training Course and an increase in administrative staff.

In addition the large profit from the previous year was due to holding the 50th year Anniversary conference.

# NOTES TO THE FINANCIAL STATEMENTS AS AT 30 JUNE 2019

	2019 \$	2018 \$
<b>Cash and Cash Equivalents</b>		
Cash at Bank – General	1,869	1,444
Cash at Bank – Clearing	19,614	6,812
Cash at Bank – Cash Reserve	186,275	257,212
Cash at Bank – Term Deposit	187,580	185,199
Cast at Bank – IYTA Debit Card	835	534
Cast at Bank – Paypal	337	1,386
Credit Card Clearing A/C's	(5)	(5)
	396,505	452,582
<b>Other Current Assets</b>		
Current		
Prepayments	0	1,853
Accounts Receivable	15,626	13,740
	15,626	15,593
<b>Other Liabilities</b>		
Current		
GST Payable	2,473	955
	2,473	955
<b>Income in Advance</b>		
Teacher Training Course Fees	0	0
Correspondence Course Fees	0	0
Membership	0	0
<b>Retained Earnings</b>		
Retained earnings at the beginning of the financial year	467,219	346,942
Net profit attributable to the association	(55,061)	120,277
Retained earnings at the end of the financial year	412,158	467,219



# THE KRIYA-YOGA OF PATANJALI

The Yogasutra of Patanjali might be an ancient text, but it is still relevant today. Here **Paula Carey** explains how the concepts can offer deep insights for positive self-transformation

**WHEN WE BEGIN** practising yoga, the first thing we need, according to Patanjali, is *tapas*. Why? Because when we start to make positive changes, we naturally experience some discomfort as our past habits (*samskaras*) resist change. Our effort to overcome that discomfort is *tapas*, the first word in the first sutra of the second chapter. But why start at Chapter II?

Patanjali's Yogasutra is a treatise on *Samkhya-yoga* philosophy, presented in 195 concise sutras contained in four chapters. The *Samkhya Karika* tells us 'what' and 'why', and the Yogasutra tells us 'how'.

Although the yogasutras are concise to enable memorisation and oral transmission, they are fully explained in the main commentary of Vyasa.

Subsequent to Vyasa's commentary, there are some early sub-commentaries (e.g. from the 9th and 15th centuries), and then dozens of modern-day interpretations. Some commentators have attempted to align the sutras with their own philosophies; however, the Yogasutra is inseparable from *Samkhya* philosophy, just as the commentary of Vyasa is considered inseparable from the Yogasutra. Vyasa's commentary is as close to the source as it gets, thereby preserving accuracy and authenticity.

The heart of the Yogasutras is the thought-and-latent impression (*vrutti-samskara*) cycle. The practice of *Kriya-yoga* enables this compulsive thinking cycle to be modified, paving the way to the state of yoga (*citta vrtti nirodha* - the stilling of mental fluctuations). Through *Kriya-yoga*, says Vyasa, the principles of *Samkhya* philosophy can be realised.

*Samkhya* proposes the two realities of Consciousness and Matter (*purusa* and *prakrti*), and the mechanism of the *gunas* (*rajas*, *tamas* and *sattva*).

The primary purpose of *Kriya-yoga* is to reduce *rajas* and *tamas* (restlessness and dullness) and maximise *sattva* (calmness and clarity). To attain

yoga, the mind must first settle predominantly in *sattva*, and ultimately go beyond the sway of the *gunas* altogether.

*Kriya-yoga* is introduced at the beginning of the second chapter, because Chapter I was applicable for those with an already concentrated mind. Chapter II describes what an everyday person with a restless mind can do to achieve success in yoga.

Which bring us to the question of: **what is yoga?**

Vyasa defines yoga in Chapter I, along with how to achieve it. While there are two roots for the word yoga - *yujir yoge* (union) and *yuja samadhau* (*samadhi*), Vyasa states clearly that yoga is *samadhi* (a particular type of concentration). It is through *samadhi* that one can attain the goal of yoga, i.e. perpetual peace of mind (*kaivalya*).

So, for the everyday person, sutra II.1 introduces *Kriya-yoga*. *Kriya* means action and in this framework refers to actions that will help us bring about a steady mind. It does not mean the *kriyas* spoken about in the Hatha Yoga texts. *Kriya-yoga* is a set of three practices that are most useful to take us from activity to stillness; these are: *tapas*, *svadhyaya* and *isvara-pranidhana*.

These are not esoteric concepts, although a literal translation might leave us confused as to the relevance to an ordinary person. This is why, rather than direct translation, the explanation of a wise and clear teacher is necessary for the sutras to be of practical use.

Commonly, *tapas* is translated as discipline or austerity; *svadhyaya* as self-study or self-reflection; and, *isvara-pranidhana* as surrender to God. There appears to be little relationship between them. In fact, they progressively lead from gross to subtle - *tapas* is principally discipline of the body, *svadhyaya* is control over speech, and *isvara-pranidhana* is control over the mind. These three practices help us move from our current state towards stillness.

You've probably heard yoga practitioners say that they're practising *tapas* when pushing through

pain in asana. There is no clarity in pushing through pain – *tapas* requires correct knowledge and clear understanding. In the context of the Yogasutras, *tapas* means putting up with the discomfort of changing old patterns, as we gradually modify habits around our actions, food, breath and speech. Rather than forcing change, Vyasa advises cultivating will-power and endurance without excessive disturbance.

*Svadyaya*, in this context, is repetition of a mantra (*mantra japa*) and study of the scriptures (those concerned with the path to *kaivalya*).

Why then is *svadyaya* popularly described as self-study? In Sanskrit, *sva* = self; *adhyayanam* = study. Put another way, *sva* = self; *adhi* = near/toward; *ayanam* = to go. *Svadyaya* suggests a means to go near one's own self. Through correct knowledge and appropriate *mantra japa* meditation, we gain control over our external speech and internal chatter (thoughts), bringing about greater self-awareness. *Mantra japa* is the direct means to change the *vrutti-samskara* cycle.

*Isvara-pranidhana* literally means to surrender/place before/in front of *isvara*, however *isvara* does not mean God as generally understood in the West. Vyasa says that *isvara* is a special consciousness that is not, and has never been, affected by the mental obstacles (*klesas*), their consequences (*karma*), or the impressions they leave behind (*samskaras*).

Unlike those who have attained *kaivalya* (either spontaneously like Ramana Maharshi or through their own efforts like the Buddha), *isvara* has never been bound and represents the unknown expanse that currently lies beyond our reach. In practical terms, *isvara-pranidhana* means that by realising not everything is in our control, we surrender our expectations and accept what we cannot change.

The three practices of *Kriya-yoga* are re-iterated in sutra II.32 (*niyamas*) as an external limb of *Astanga-yoga* (eight limbs of yoga). The first five limbs (*yama, niyama, asana, pranayama, pratyahara*) are considered external, and the last three internal as they involve only the mind (*dharana, dhyana* and *samadhi*). The external practice prepares us for the internal practice, and our first step is *Kriya-yoga* (note that *yamas* are non-actions – we refrain from doing something). Is this relevant to us today? Perhaps *kaivalya* is not our goal. But we've all stayed with yoga for a reason – it has helped us reduce our suffering in some way. Therefore, no step on the path to yoga is a waste of time.



## REFERENCES:

Hariharananda Aranya, Swami (2012). *Yoga Philosophy of Patanjali with bhasvati* (4<sup>th</sup> ed.). Calcutta University Press.  
Studies with A. G. Mohan, Indra Mohan and Dr. Ganesh Mohan, Svastha Yoga & Ayurveda.



**Paula Carey** has been practising yoga since 1993 and teaching since 2000 (IYTA) on Australia's Gold Coast. She has been a dedicated student of A. G. Mohan and Indra Mohan since 2013 and, with their blessings, guides teacher training integrating the teachings of Sri T. Krishnamacharya with modern science and practical application. Paula also teaches general classes, Sanskrit recitation and chanting, and short courses in yoga and Ayurveda as prevention and therapy. She can be found at [www.svasthagoldcoast.com](http://www.svasthagoldcoast.com).

# Meet DOROTHY FIZZELL

## *our IYTA rep in Canada*



"Yoga has been a large part of my life for several decades and I have years of experience teaching various ages and am flexible in who and what I teach.

I am on faculty with the South Okanagan Yoga

Academy in Vancouver, British Columbia and have been part of certifying many yoga teachers.

In 1995, I became one of the first students of the then 2.5 year yoga teacher training program, meeting once a month for the studies. I had been taking yoga classes from Mugs McConnell for many years when she suggested I take this new training, and this decision changed my life!

After graduating, I assisted Mugs and Dariel Vogel with the teacher training program in Penticton, BC, from 2002 to 2005, then I, along with two other teachers started the Vancouver 500-hour program.

We taught this program until the end of 2012. In the fall of 2015 until the present, Jools Andres and I have taught the 200-hour program once a year, with plans to teach the 300-hour upgrade this fall, 2019.

Since 2001, I have been registered with IYTA, and have attended three conferences: 1997 at Uluru, Australia, 2005 in Barcelona, Spain and 2017 in Sydney, Australia.

I am also registered with Yoga Alliance USA, since 2004. There is an annual SOYA retreat in British Columbia, which I have attended since they began, and I have been exposed to many different yoga leaders, including Erich Schiffman, Doug Keller, Rod Stryker, Dr Ananda Balayogi Bhavanani, and Brenda Feuerstein, among others. I have also taken some Okido yoga teacher training from Freidel Khattab.

I have taught yoga in the recreation centre environment, as well as in studios, workplace sites and private homes, child care facilities and outdoors. My classes have been various ages, from preschool up through high school, and adults up to seniors in wheelchairs. I have taught traditional Hatha Yoga, yoga for children, yoga for athletes, and classes incorporating more of the philosophy of yoga, such as chakras, and yamas and niyamas.

In addition to yoga, I am an Early Childhood Educator, working in the field since 1982, though I am mostly retired now. I have also been practicing Chito Ryu karate since 1995, and am a Shodan (first) level black belt. These have both influenced my yoga teaching, and yoga has influenced both the early childhood and karate aspects of me.

Life is busy, and yoga has influenced my choices, my perspectives, my way of living, as well as contributing to my health, both physical and mentally."

*Dorothy and our President, Astrid both have black belts in karate – in the next issue of IL you can read all about the similarities of this martial art and yoga!*



**DID YOU KNOW WE  
HAVE 18 CANADIAN  
IYTA MEMBERS?**









# SUMMER

## RESTORATIVE SEQUENCE

Summer, Christmas, New Year... this is the season we need a restorative practice more than ever, so make time for this cooling and calming routine to stay recharged and refreshed

**THERE'S SO MUCH** to celebrate and enjoy in summer, especially in the Southern hemisphere which coincides with Christmas, New Year festivities and the end of the academic year. It is a time of activity, parties and celebrations. But it can be easy to become caught up in that frenzy of events, for that spark to ignite and burn out - leaving us feeling depleted and frazzled.

The answer is to balance our energy which is why a restorative yoga practice is so beneficial at this time.

Summer is yang and restorative is yin (not to be confused with yin yoga\*). Restorative is supportive, quiet, reflective, passive and deeply relaxing. Inviting the body to come into particular shapes or asanas which are fully supported by the earth and props such as bolsters, blankets and blocks – so the position is held with no effort and no edge. Each pose is held for around three to five minutes and sometimes up to 20 minutes as the body and mind is given the space, time and the security and safety to unravel and replenish.

A restorative practice doesn't need to take a long time (although 90 minutes is the ideal) but if you just have ten or twenty minutes that can be enough to press the pause button on your day and recharge.

Try the following asanas which encourage an opening of the heart and calming of the mind and nervous system.





## 1: RECLINING OPEN HEART – WITH COOLING BREATH

*This pose does require a number of props, but can still be done with towels and pillows. Ideally you will need two bolsters, 1 blanket, 2 blocks, an eye pillow and wheat bag (or similar)*

This pose helps us to sink into the earth and is great as a starting pose in your restorative yoga sequence. It will gently encourage the breath to lengthen and the shoulders to soften.

**SET UP:** place two blocks under the bolster and a folded blanket (for the head), then slide a second bolster under the knees. Eye pillow for eyes and wheat bag across chest.

Lie back over the bolster and ensure you are completely comfortable with every body part supported.

Invite the body to surrender into the pose, paying attention to any sensations in the chest, arms, shoulders, hands, legs, feet, hips, belly and face.

Breathe in through both nostrils and then allow the exhalation to release slowly as if you are saying SSHHH – this should create a soothing sounds, like a soft wave in the ocean.

**Hold for at least five minutes**



## 2: SUPPORTED CHILD'S POSE

*This is a deeply calming pose – to help you switch from the sympathetic to the parasympathetic nervous system.... Try to let go of the “to do list” as you ease yourself into supported child.*

**SET UP:** keep blocks stacked on top of one another and bolster as in pose #1, take knees wide apart, if knee issues, then place a blanket between calves and thighs, lie chest over bolster and wrap arms underneath. Turn head to one side.

Hold on one side for around 2-3 minutes and then turn to other side.

Feel breath flow up and down spine – imagine a pure blue light, you may wish to adopt a gentle Ujjayi breath – sensing thoughts drifting away like cotton wool clouds across an expanse of cobalt blue sky...

**Hold for at least five minutes**



### 3: SUPPORTED VIPARITA KARANI

*Legs can get tired standing up all day and ankles can feel puffy with fluid retention. Ease off the legs and help rejuvenate the heart with this delicious version of legs up the wall...*

**SET UP:** folded blanket (two or three fold) placed under sacrum and a small rolled-up hand towel under neck. Optional second blanket can wrap around feet and lower legs and eye pillow.

Take care easing yourself into this pose. Once in the pose, you may wish to practise Sitali (cooling) breath, either curl up the edges of the tongue or imagine you are sipping through an imaginary straw. Notice the temperature of the inhaled breath and feel this cooling the entire body. To exhale, close the lips and breathe out softly through the nose, noticing the warmer temperature of the exhalation.



### 4: TIRED OUT T-POSE – ON TWO BOLSTERS

*I call this T pose and love it for when I feel tired out! It is a deeply surrendering pose which is good for the end of your practise. You can either lie on two bolsters placed end to end, or on folded blankets. It is good to use a strap to keep the legs together which can help stabilise the pelvis and create a sensation of feeling secure.*

**SET UP:** place a block on the lowest setting on the mat and then a folded blanket on top of the block – you may also like to use a small rolled hand towel for extra support for the neck. Ease yourself over the bolsters and then strap the thighs and place eye pillows over the base of the legs and eyes. Take arms to side and rest forearms and hands on blocks if needed.

This is a pose to simply let go – have a sense of “unpacking” all your thoughts and to do lists... continue to unpack everything you have been holding on to and feel how the body responds... you may find it is not just your Christmas list you’ve been holding on to!

Once you feel you have unpacked simply marinate in the space and the void that may or may not arise... remember no expectations and no judgments with your practise – simply be an observer – a witness to what evolves. ***Stay here as long as you can or would like.***

***Restorative and Yin yoga are similar in that both are slow, passive and reflective, but with Yin the practitioner is aiming to feel an edge within the pose, whereas in Restorative there is no edge...***

**Katie** is running an IYTA 2-day Restorative Yoga Training on February 22-23 in Crows Nest, NSW. To book or enquire please email: [postgrad@iyta.com.au](mailto:postgrad@iyta.com.au) Or visit the IYTA website: [www.iyta.com.au](http://www.iyta.com.au)

# Journey

## THROUGH THE KOSHAS

This issue's relaxation script has been written by the  
IYTA's Rosemary Pearson who has been teaching for 27 years

Be comfortable in Savasana.

Take your attention to the feet, soles and arches.  
Allow all to soften.

Notice any tension in ankles and lower legs and  
release.

Let go of knees, thighs, buttocks and hip joints.

Move your mind up the spine. Tailbone, sacrum,  
lumbar spine, thoracic spine through the ribcage,  
cervical vertebrae through the neck.

Allow the free flow of energy to move up and  
down the spine with the breath.

Release the jaw, lips, tongue and cheeks, back  
teeth slightly apart.

Allow the eyeballs to be supported by the sockets  
with the lids gently closed.

Release the forehead.

Allow all the small muscles of the scalp to release.

Concentrate on the breath. Feel the soft relaxed  
rhythm of the breath as it enters and leaves  
the nostrils in tune with the movement of the  
diaphragm and lungs.

Take your attention to the heart beat. Notice the  
quiet movement of heart and blood through the  
body - *pause*

Move in from your physical layer, Annamaya  
Kosha to Pranamaya Kosha your energy layer.

Intuit the movement in the fluid of the body.  
Allow the breath, blood and lymph to move,  
cleanse and purify the system.

Let it come to you.

Watch the subtle body's rhythm within - *pause*

Rest in Manomaya Kosha, your mind layer. Be  
lulled by the internal movement of the subtle  
body.

Allow the sounds, tastes and smells of the  
working of the inner body be there for you.

Remain focused on the internal rhythms - *pause*

Allow Vijnanamaya Kosha, the discernment layer  
to discriminate the real from the unreal in your  
present sensations.

Accept this is your inner self-seeking peace and  
harmony - *pause*

Allow the bliss body, Anandamaya Kosha, to take  
over your being - *pause*





*Rosemary has been teaching Yoga since completing the IYTA course in 1992. While taking this course, she was also studying to be a Teacher of the Alexander Technique and has since studied to become a CranioSacral Therapist. Rosemary has been involved over many years with the Committee of Management; she has also been working with the organisation of the Teacher Training Course. IYTA has become a central interest and lifelong endeavour.*



*With students who were enrolled in the IYTA course and attending her classes, it became clear that the concept of the Koshas was a little hard for some to grasp. So writing this relaxation became a tool to clarify the deeper application of these teachings to the individual*

Begin to move awareness outwards through the Koshas back to Annamaya - pause

Observe your body lying on your mat.  
Feel the contact.

Let your breath slowly deepen and allow outer sounds to filter in.

Begin to make small movements with hands and feet.

When you are ready, stretch your arms over your head and lengthen the feet away.

Bring knees towards chest and roll over to your right side and when you are ready come into sitting.

Hari Om Tat Sat

## ANSWERS TO CROSSWORD

page 21

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## To come in 2020: *Seniors, yin yoga, yoga nidra and more!*

For enquiries please email: [postgrad@iyta.com.au](mailto:postgrad@iyta.com.au)

### NSW

#### Restorative Yoga Teacher Training

**When:** Saturday, February 22 –  
Sunday February 23  
**Time:** 9am – 5pm  
**Where:** Crows Nest Centre  
**Cost:** Member's Price: \$295  
Non-members: \$395

#### Meditation and Pranayama – complete course

**When:** March 15, May 23 and August 25  
**Where:** Crows Nest Centre  
**Cost:** Member's Price: \$597  
Non-members: \$647

### ACT

#### Introduction to Trauma Informed Yoga Teaching

**When:** Sunday, March 1  
**Time:** 9.30am – 4.30pm  
**Where:** McKillop House, Archibald Street,  
Lyneham  
**Cost:** Early bird for members:  
\$100 until Feb 10, 2020  
Member's Price: \$115  
Non-members: \$125

#### A yogic perspective on breathing and thinking, the how and the why of pranayama and meditation.

##### Presented by David Burgess

**When:** Saturday May 16  
**Time:** 9.30am – 4.30pm  
**Where:** McKillop House, Archibald Street,  
Lyneham, Canberra  
**Cost:** Early bird for members:  
\$100 until March 10, 2020  
Member's Price: \$115  
Non-members: \$125

**BYO Lunch. Morning Tea provided**

#### Achieving Mind and Body Harmony through Yoga and Sleep Presented by Jennie Blevins and Dr Carmel Harrington

**When:** Saturday and Sunday 8 and 9th August  
**Time:** 9.30am – 4.30pm  
**Where:** McKillop House, Archibald Street,  
Lyneham, Canberra  
**Cost:** \$400  
**BYO Lunch. Morning Tea provided**

In the 2 day workshop the yoga sessions cover:

- specific yoga asanas & pranayama for PNS-activation to reduce anxiety & counteract the stress response
- yoga practices to support the sleep/wake cycle - when and how to use both energising and calming practices
- breathing techniques to prepare for sleep
- yoga psychology & meditation to address anxiety about sleep
- yoga nidra each day

**Our popular Sunday Sanghas will be held on 5th April and 7th June more details to follow closer to the time.**

### QLD

#### Sangha (topic TBC) with decadent afternoon tea!

**When:** March 21  
**Where:** Margo Hutchison's studio in Hendra  
**Bookings:** email: [lesyoga@icr.com.au](mailto:lesyoga@icr.com.au)

#### Yoga & Somatics with Katrina Hinton

**When:** July 25, 2020  
**Details are on the website**

**All details and bookings can be made  
through the [iyta.com.au](http://iyta.com.au) website.**

## IYTA MEMBER EVENTS:

### SUNSHINE YOGA & HEALTH RETREATS AND HOLIDAYS

#### Nth Stradbroke Island Yoga & Relaxation Retreat

Couples and singles welcome

*Islands open us to a sense of isolation, connection. Surrounded by sea, sand and pure air. We breathe deeply and rejuvenate the body.*

**When:** 26-29 March 2020 (3 nights)  
Luxury apartments, by the sea,  
lovely walks, nature, massage,  
nutritious food, small group

**All inclusive. Limited space. Book early.**

**From \$990 all inclusive except ferry and bus transfer**

#### Sunshine Yoga Sanctuary 'Time Out' Day

*A day to relax and connect with your inner being.*

**When:** Sunday, 24 May 2020

**Time:** 9.30am to 3.30pm

Slow and gentle yoga sessions, qigong, energisation, meditation and guided relaxations. A day of 'time out' just for you.

**Limited space. Book early.**

**From \$95 with nutritious lunch.**

#### Woodford Yoga & Relaxation Retreat

*Just an hour from Brisbane, Uluramaya is an isolated little pocket of magic, looking directly out to the amazing Glasshouse Mountains. A place to recharge and rejuvenate our whole being.*

**When:** 24-28 September 2020 & 22-28 September (3 & 5 nights)

Isolated, luxury cabins with a view, walks, nature, massage, nutritious food, small group

**All inclusive. Limited space. Book early.**

**From \$885 (3nights) all inclusive**

#### New Zealand Yoga & Adventure Holiday, North Island

*See the North Island like you have never seen before. Exploring this lush and picturesque island with off-the-beaten-track experiences.*

**When:** 3-19 November 2020 (16 nights)

We encompass authentic Maori culture, beautiful landscapes with beaches, farmland, mountains, native bush, natural phenomenon's and geothermal wonders. Includes hiking and daily yoga practice. Unique locations and tours. Small group, limited space. Book early.

**From \$5995 (tbc) all-inclusive except air and some meals**

### BOOKINGS: Sunshine Yoga & Health

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See next issue for more of Carl's work!  
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