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International Light

OFFICIAL JOURNAL OF THE INTERNATIONAL YOGA TEACHERS ASSOCIATION

MARCH 2020



**THE MAGIC
OF MANTRA**

POSTCARD FROM

Denmark



International
Yoga
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YOGA TEACHER TRAINING

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a Yoga
Poetry book

PLUS:

THE POSITIVE
PSYCHOLOGY
OF PATAÑJALI

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FRONT COVER IYTA yoga teacher Natalie Casey in Denmark

editorial

WELCOME to another packed issue of the *International Light*.

And a huge thank you to our contributors – we have a range of articles written by IYTA members – there's Natalie Casey who emigrated from Sydney to Denmark three years ago. When she moved she'd recently graduated from the IYTA's Teaching Diploma and her passion for yoga has helped her forge a career and create a wonderful life for herself and young family in this stunning Scandinavian country.

We've also got fabulous tips and information from past President, Patricia Wigley who has crafted a helpful guide on choosing a theme for your yoga class, Liz Kraefft gives us some valuable ideas for relaxations and Paula Carey explains how Patanjali's teachings can help create a positive mindset.

If you're feeling a little more active, then check out Sarah Manning's Yin Yoga class for autumn and our proof reader, Tessa Hoffman explores the magic of mantras on page 14.

We've also had conversations with Astrid and Dorothy Frizzell on how they combine their passions of yoga and karate, and there's our crossword - compiled by IYTA Secretary, Hedy Stahel.

Our amazing IYTA community don't just teach yoga – they create amazing yoga products too.

As a reader of the *International Light*, you are probably aware of the stunning art work of Carl Estella. If you flick to the back cover, you'll see Carl's latest creation - *Parvati spreading cosmic OM's*.

And turn to page 18 for your chance to win one of three poetry books written by Sabrina David. You can read how Sabrina integrates poetry into her yoga classes.

If you'd like to showcase some of your products, ideas and passions or submit an article and I'd love to create a letters page – so please drop us a line!

Please email me at editor@iyta.com.au

Enjoy the issue!

Katie Brown

Editor,
the *International Light*

Please check the home page of the IYTA website (iyta.com.au) for the latest recommendations for yoga teachers with regards to COVID-19



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greetings

FROM THE PRESIDENT

Namaste

WELCOME to our first edition for 2020 and what an interesting start to the decade we have had here in Australia. The bushfires were in full swing with all of our Australian community affected in some way. Some of our members have been offering free yoga classes to their communities and students who were drastically affected either in the mountains or on the coast from the fires. With fortunate timing Marg Riley gave a workshop on 1st March on Trauma Informed Yoga Teaching in the ACT and Katie Brown delivered the first Restorative Yoga training in Sydney – both of which are sorely needed for many of us at the moment.

We were all grateful to receive the rain in February after the long hot smoky summer but some areas received so much there was then flooding to contend with. Now we have the Coronavirus about to impact the whole world. These are very interesting times we are living in and our yoga practice and sharing of those practices with our students can give people coping strategies through these difficult times. For those who have lost their homes and livelihoods, my sincere condolences.

On a brighter note, halfway through January I had the pleasure of attending in Nelson, New Zealand the IYTA NZ 50th Anniversary Conference. They celebrated 50 years as an Association with the theme of Connection. I felt privileged to share in their celebrations and connect with Nicole Busbridge their new President and New Zealand members I had met on previous occasions. There was a vibrant sharing of yoga and well done to the Nelson yogis who hosted the event.

Whilst in New Zealand I received an email from our Spanish IYTA representative informing me that their Committee has made the decision to wind down their Association after 45 years of service and having trained over 350 teachers in that time. Sadly, they could no longer form a functioning committee due to a lack of support from their membership base. Last year saw many yoga centres closing down in Australia and I was saddened to hear that one of ours has also had to close their doors.

Victoria now has an official State Representative with Narelle Lockwood taking on the role and helping us to bring workshops to the state. Narelle has been doing this for the past year unofficially and I am so glad to recognise her efforts in Victoria. Kathryn Chambers in South Australia is also keen to bring some workshop activity to the fore so please help your State Reps if you know of venues and presenters that you would like to have in your area. They can be contacted on vic@iyta.com.au and sa@iyta.com.au.

Queensland also has some events happening with Sanghas in Brisbane and Perth is holding a fundraiser Bush Fire Relief class on 12th March, with other events later in the year. ACT is also busy holding two new workshops so remember to check the website for details and bookings.

Take care of yourselves,

*Namaste,
Astrid Pickup*



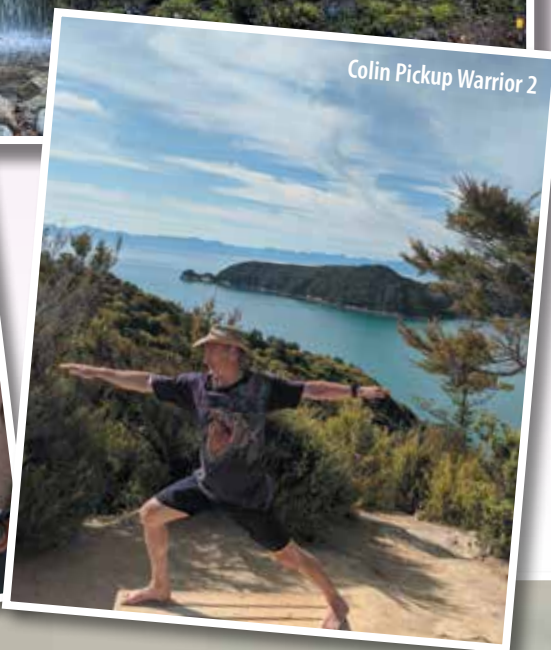
Astrid at the waterfall



IYTA Presidents
Nicole Busbridge Astrid Pickup



Jeanette Ida, Astrid Pickup &
Michelle Clark



Colin Pickup Warrior 2



NZ Conference - cutting the cake for 50 year Anniversary



iRest coming to IYTA

Our annual retreat in October will feature Fuyuko Sawamura-Toyota, Director of Australasia - Integrative Restoration Institute.

iRest is a meditation practice based on the ancient teachings of Yoga Nidra and presented in a form made accessible for modern day living. Numerous studies have shown iRest can help with a range of conditions from depression to sleep issues and post-traumatic stress disorder (PTSD).

It was developed by Richard Miller - a spiritual teacher and clinical psychologist, who has combined traditional yogic practice with Western psychology and neuroscience.

Fuyuko graduated from IYTA Teacher Training in 2001 and has continued learning from amazing teachers like T.K.V. Desikachar, Donna Farhi, Judith Hanson Lasater and Adyashanti. She discovered iRest® Yoga Nidra Meditation in 2006. Fuyuko teaches in her home town on the Gold Coast and internationally. The IYTA retreat: Transformational Rest – Ease of Being will be a blend of gentle Hatha Yoga, iRest Yoga Nidra, Breath and Body-Sensing Meditation in movement, Meditation in Nature, a talk and practice of wonderful ancient wisdom Kanchukas (five pointers).

During the three-day retreat from Friday, October 16 - Sunday, October 18, members will enjoy feeling deeply relaxed, rejuvenated while they rediscover their inherent wholeness of being. More information and how to book details in our next e-newsletter.

Discover more about Fuyuko here: www.premayoga.com.au

This year's retreat will be at Swami's Yoga Retreat in NSW Kenthurst (only 1 hour max from Sydney CBD) – limited to 30 attendees only – twin share rooms! So keep the date free!



Two talented IYTA members



Carl Estella

One of Carl's greatest inspirations for his art work is Patanjali. Carl says: "The opening chant of Ashtanga yoga is dedicated to Patanjali...I have chanted it for many years and I feel that Patanjali has become a part of my yoga journey.

He is normally seen in statue form, I wanted to try and bring him to life through my art.

Drawing is a part of my meditation practice, I chant and practice pranayama at my drawing desk.. funny how yoga becomes a part of your life in many ways.."

Check out Carl's work at online site Red Bubble and via his website: www.carlestellaartistyogi.com.au

Shannon Herps

Recent IYTA graduate, Shannon discovered a new passion after asking her mum to make a set of lavender eye pillows for her yoga practice. Her mum, an expert seamstress, was more than happy to help out and the duo now sell these beautiful eye pillows filled with organic flaxseed and Victorian lavender.

They have removable, washable external pillowslips and the gentle weight of the pillow helps to stimulate acupressure points on the eyelids and forehead to promote relaxation and sleep as well as the vagus nerve and parasympathetic nervous system, promoting feelings of relaxation and peace.

Shannon says: "The benefits of lavender have long been known to promote relaxation, reduce agitation, anger and restlessness as well as lower blood pressure and bring on sleep through the interaction with neurotransmitters."

You can find out more or order via Shannon's email address: shannon@littlelotusstudio.com.au

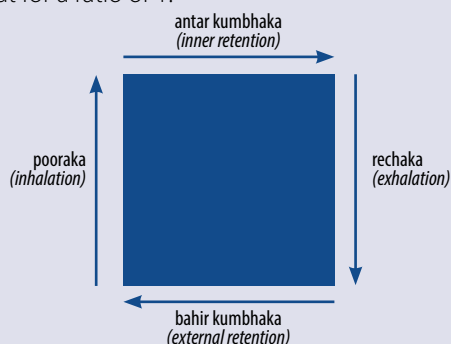


Take a (square) breath!

This practice is known as Samavritti: sama means equal or perfect and vritti literally means movement or action. It is often referred to as **Square** or **Equalizing breath** and is a wonderful practice to assist with those anxious moments or if you are feeling quite nervous about doing something, such as presenting a speech.

With Samavritti Pranayama the ratio is 1:1:1:1. and a good way to practice is to visualise a **Square** as shown below.

To start, you inhale for the ratio of 1, hold in for the ratio of 1, exhale for a ratio of 1 and hold out for a ratio of 1.



LET'S BEGIN

- The practice can be performed in a comfortable seated position or in Shavasana
- Gently close your eyes and focus on the natural breath for a minute or so
- When the breath starts to become regular start to inhale slowly through the nose to a count of say 3 - 4

- When you reach the top of your breath hold the breath in for a count of 3 - 4
- Now exhale through the nose for a count of 3 - 4
- Hold the breath out for a count of 3- 4
- Continue on in this way for several minutes and if the mind wanders bring your focus back to the practice and to your breath

Remember with all pranayama practices if it doesn't feel right then come back to the natural breath or maybe reduce to a 1-2 count.

From a teacher's perspective this practice offers several benefits to your students.

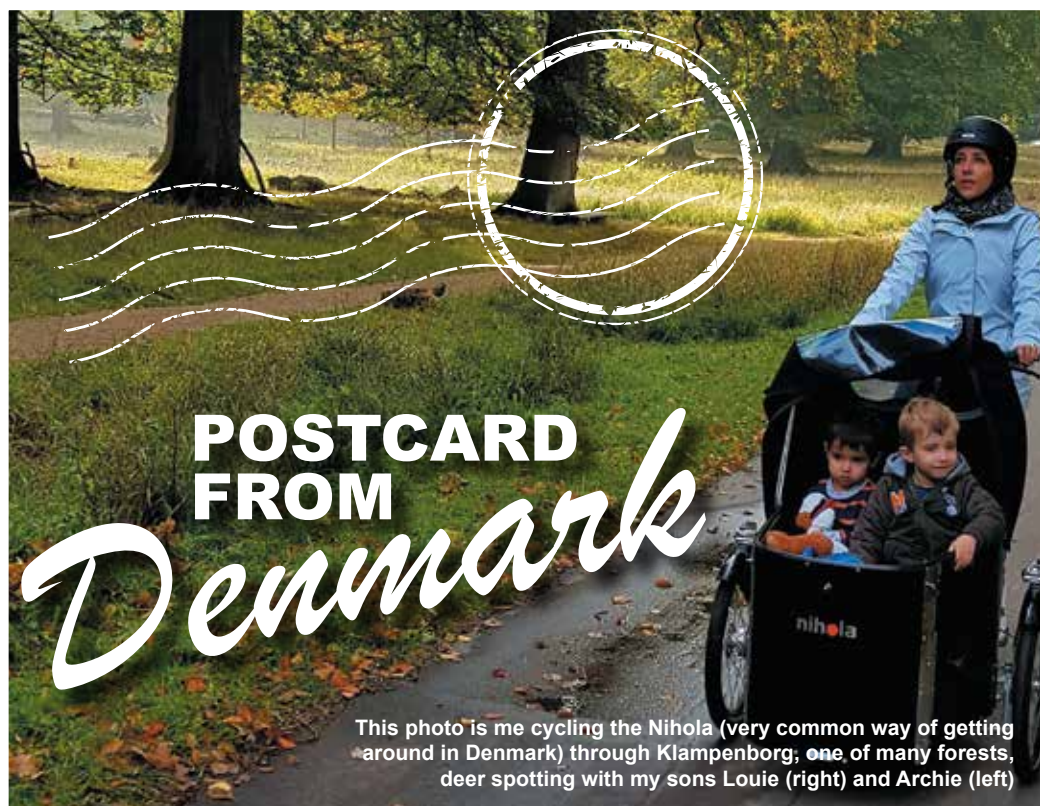
- It helps develop breath awareness and breath control
- With ongoing practice and familiarity the count may be increased, and breath capacity will be expanded
- It is a gentle way to introduce and/or develop kumbhaka
- If a student cannot maintain an equal ratio they can reduce the count in the stressful component e.g. instead of say 4:4:4:4 it could be 4:4:4:2 and over time work on moving to 4:4:4:3....
- Samavritti is best introduced after Viloma has been developed

To learn more about this and other Pranayama practices. Check out the IYTA's Meditation and Pranayama course. Details on the IYTA website: iyta.com.au



#1 REASON WHY PEOPLE VISIT THEIR GP? MENTAL HEALTH ISSUES...

Mental health concerns are the number one reason why people visit their GP. A survey of 1,200 GPs published in the Royal Australian College of General Practitioners found that two in three doctors state "psychological issues" as the most common ailment they treat.



Natalie Casey discovered yoga in the UK, studied yoga in Sydney and is now teaching in Denmark. Read her account of how yoga has supported her life journey...

"I started practicing yoga in my late teens, as a student in University in the UK, where I am originally from. However, it wasn't until I had moved to Sydney that I began to be a regular yoga goer. I had a fast-paced job in digital advertising, working long hours, in a very social industry. I did enjoy it but really needed balance. This was when the practice of yoga really came into my life. I loved the sense of lightness and clarity that I got after a class.

When both boys (Louie and Archie) were still under two, I felt the pull to deepen my practice and it felt the right time to take up teacher training - something I had always wanted to do. I decided to do a one year 460-hour yoga diploma with IYTA. And I loved it. The course meant no

travel overseas and I had the option to do it online, which worked so well with a young family. Even though my life was busy, with a nine-month-old and nearly two-year-old, as a new mum I still found the energy to study, as it brought a sense of calm and opened my perspective. Learning the ancient practice, the philosophy and meditations gave me a deeper connection to myself, which enabled me to connect and appreciate my family and life in general much more, which I am now so grateful for.

In 2017 my husband, Jimmy, got offered a job in Copenhagen. We had been planning on moving back closer to Europe, where our support network of family and friends lived. As unexpected as it was, we figured Denmark was close enough.

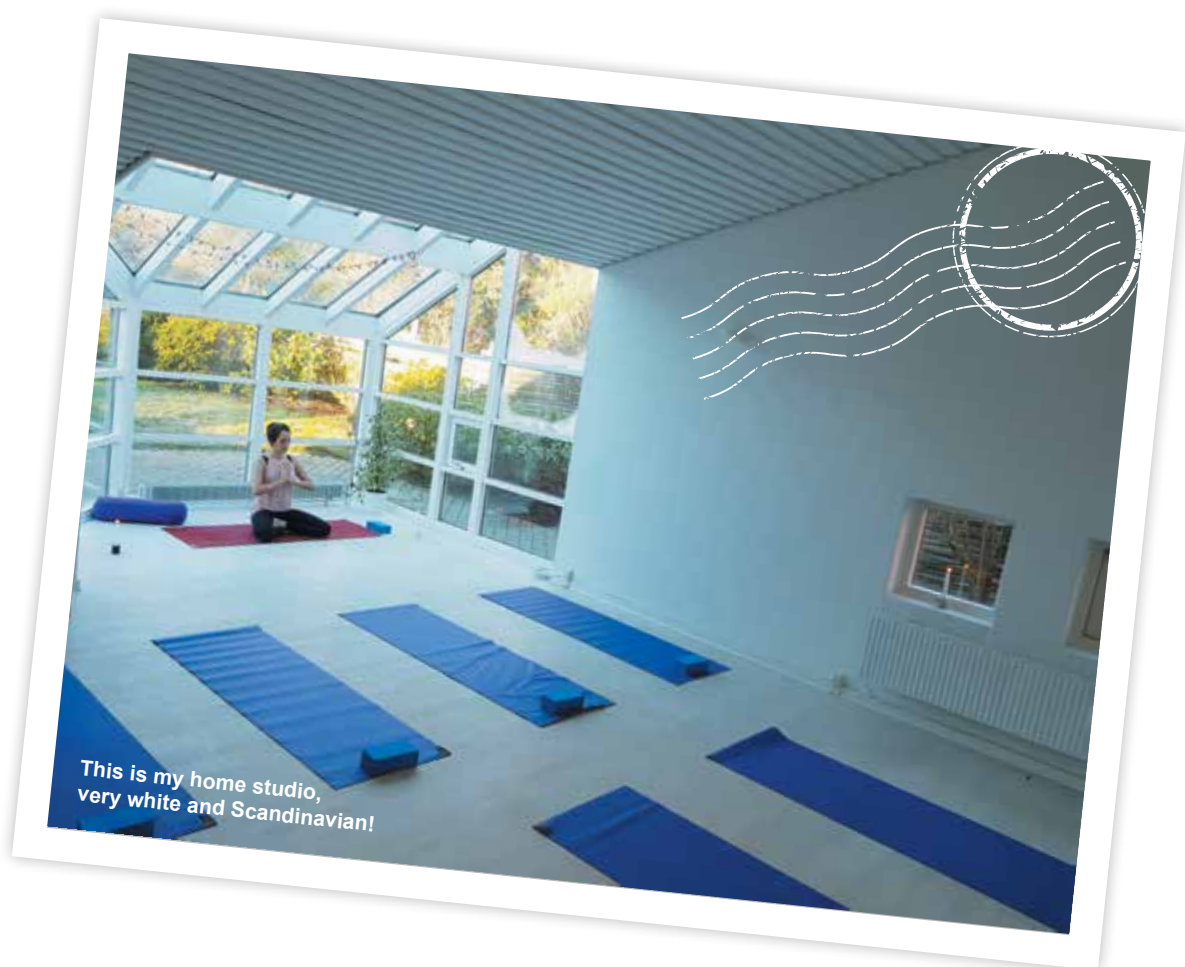
I had just finished my IYTA course before we flew out but had to submit a one hour video of me teaching a group of people. So, there I was in a new country, didn't speak Danish and knew no one. I joined an expats Facebook group and asked if anyone would participate. Six people turned up at my home and I managed to teach my first yoga class. It was nerve-wracking but a very special moment, with a lovely group of people. The yoga scene in Denmark is BIG, with lots of studios and many different styles of yoga. I found a local yoga studio which I loved. After a couple of months of settling in, and having got my IYTA diploma, I knew I wanted to try teaching. I decided to ask my local studio if they had any yoga teaching roles available... it was a long shot being newly qualified, new to the country and having only one class under my belt. I showed the owner my IYTA video, which she liked and offered me two classes a week to teach Hatha. I felt very lucky - and nervous!



This is a picture on a giant hunt (there are 6 in total) around Copenhagen nature countryside - lakes, forests, made from recycled wood by Thomas Dambo.



This is Louie, my son and I cruising through the canals in the city of Copenhagen, past the famous Nyhavn (coloured buildings)



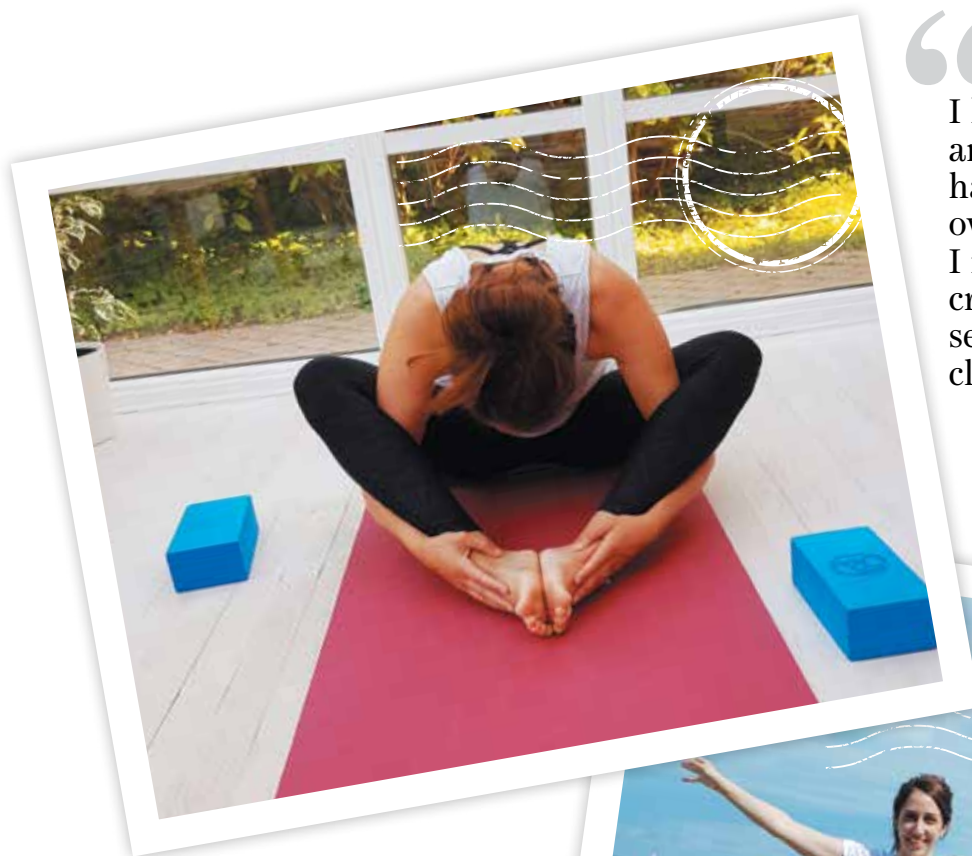
This is my home studio,
very white and Scandinavian!

In conjunction with teaching at the yoga studio, I started teaching a regular group of mums at my sons' school, which gave me the courage to open my home studio. I have a website: hellerupyoga.com and now do a few classes a week, teaching Hatha flow and Yin classes. I have a group of wonderful regulars that come to class. There is a mix of International and Danish, who I am so grateful to each of them for their positivity and heart they bring to class. It has become a great way to form connections and a community here as a foreigner.

I love the freedom and lessons that has come with doing my own yoga studio. I really enjoy being creative with the seasons in my classes. For example, in winter, I plan winter sequencing asanas and warming meditations and creating a warm cosy feel the Danish way, by embracing hygge, using candles etc. In contrast, during summer, I plan summer sequencing classes with cooling breathing exercises (pranayama) and

meditations. Also having the option of being close to the earth by the ocean or outdoors in nature, embracing the Danish outdoors way of life, with the added benefit of historic castles in the background.

At this stage I knew in my heart that I was unlikely to return to corporate life for a few years, enjoying my time with my sons, while they were young, and exploring beautiful Copenhagen. My interest in yoga and wellbeing in general continued to grow, so much so that I decided to do a diploma in nutrition and study neuroscience. I now run regular wellbeing workshops, which include Yoga, Mindfulness and Nutrition. I find it very rewarding. I am currently studying Cognitive Behavioural Therapy, which complements and enhances Yoga and Nutrition, aligning with the whole health concept. I am very appreciative of the opportunity that yoga has given me and the many avenues and lifelong learnings.



“

I love the freedom and lessons that has come doing my own Yoga studio. I really enjoy being creative with the seasons in my classes.

”

While I live in Denmark, Copenhagen, I am originally from London, UK and have lived in Sydney, Australia for ten years. I have learnt that through Yoga, Union or Connection can be found anywhere in world with anyone, regardless of language, culture, age, gender, shape or size. It is universal and open to everyone. The ancient philosophy and meditations I have learnt has led me to a more meaningful and compassionate way of life. It is that place and connection within that we all share, regardless of labels.”

Check out Natalie's website:
www.hellerupyoga.com



This is me by the ocean,
which is one block
from our home



KARMA KARATE

Our IYTA president, **Astrid Pickup** is a black belt in karate! And it seems the two disciplines are more similar than you may think...



How and when you began yoga?

A: I started my yoga journey in 1999 after my third child, attending classes at the local gym at the suggestion of my mum. By 2004 I decided to become a yoga teacher and finished my training with IYTA in 2005. Ten years later I joined the IYTA Asana Team and became a lecturer on the DYT Course as well as being involved over many years prior with the NSW State Committee and then the Committee of Management to becoming President in 2017.

How and when you started karate?

A: My karate journey also began in 2004 when my children decided to take up a martial art and I thought rather than sit on the sidelines I would join them. Back then I had no idea I would end up achieving my black belt and becoming a Sensei running the classes where I first began.

Are there similarities? What are they and what are the differences?

A: I find yoga and karate complement each other very nicely. In hatha yoga we often hold the postures statically, keep the mind focussed on the body, breath and mental fluctuations. With karate we are more dynamic in our movements and again very focused on how the body is moving through space, keeping the breath under control and not losing the concentration.

Karate training works on stamina and pushing the edges of physical exertion which in yoga I equate to tapas. Without my breath awareness and training in pranayama I would find it hard to keep my breathing relaxed through sparring and kata practice.

Both require mental focus in their applications.

Did you find your yoga and karate practices improved as a result of training?

A: The karate training has given me more awareness of my limits in stamina and applying the strength of mind to stay with a yoga pose longer than I might otherwise do. It is always the mind that wants to give up before the body needs to stop. Yoga gives you the discrimination to judge when the body needs to be listened to or the mind. I would say that I could not do my karate practice without having my yoga practice. However I could do my yoga practice without having my karate.

What can we learn from martial arts to help our yoga practice?

A: Discipline! Never give up or find a solution that works for you is what I have learnt from karate. We are much stronger than we give ourselves credit for and unless we find those limits by pushing them under trying conditions we will not know our potential. At the same time yoga teaches me to accept my ageing body and that it's OK to modify my karate practice when there is no other option. Self preservation first or ahimsa in yoga terms. Ideally in martial arts if we avoid a fight in the first place that is so much better than putting yourself in danger.

What reaction do you get when people discover you are a black belt in karate AND a yoga teacher?

A: Some people are surprised that the two are combined but many martial artists are not so surprised and do practice both.

Any funny incidents etc..?

A: Many years ago I attended a workshop with Saraswathi Vasudevan from India on Pranayama and Meditation and she took us through a moving meditation sequence with the breath. As we were going through the movements I realised that this was exactly the same as a practice we do in karate. I found that fascinating and now teach it in my yoga classes. Both the karate and yoga students struggle to learn the pattern but once you do it is a lovely combination of breath, movement and concentration.

Dorothy Fizzell is the Canadian rep for IYTA and is ALSO a black belt and assistant karate teacher

Like Astrid, Dorothy started practising karate with her son. The training began the same month as her S.O.Y.A. yoga teacher training with Mugs McConnell in 1995.

Dorothy found both practices help with strengthening, flexibility, efficient movement, coordination and body awareness.

The style Dorothy follows is Chito Ryu - which focuses on the Self with an ethos of being compassionate to those around you and the practice includes meditation before and after class.

There are also similarities in the philosophy of the two practices.

Dorothy says: "We have a mantra which we say out loud in Japanese every karate class which states that we will reach our goals with peace, perseverance and hard work."

Dorothy has found both practices can assist the other as they promote connection with the body, mind and spirit.

She says: "I am not sure we can draw a clear line between the lineages of yoga and those of martial arts; it is more like a tapestry of styles and ideas that come together in beautiful patterns and colours."





The Magic **OF MANTRA**

Discover how Mantra can help still a busy mind,
induce relaxation and prepare for meditation



BY TESSA HOFFMAN

The word mantra comes from the Sanskrit man (mind) and trayate (to protect, to liberate).

A mantra contains a vibration. When these vibrations pierce the body and mind, they can induce feelings of wellbeing and the type of concentration (dharana) conducive to meditation.

The repetition of a mantra (japa) is recommended by the great sage Patanjali to still the mind – and is also utilized in other Eastern and Western traditions.

Mantras have the capacity to influence us deeply at the level of the body, breath, mind, personality and emotions, and have been described as “the language of the heart”.

Since my first experience with japa I have been impressed by how fast it can bring my unruly mind to heel. Today it is my preferred meditation tool.

Chanting mantra is also a very accessible practice available to just about anyone.

The effects of mantra meditation have been documented by science.

In the 1960s Harvard cardiologist Dr Herbert Benson demonstrated how repeating a sound, word or phrase while setting aside intruding thoughts could induce a state he called the 'relaxation response'. In this state, the rate of breathing, heart rate, brain activity and metabolism drops counteracting stress in the body.

Swami Dayasagar Saraswati, a senior yoga teacher in the Satyananda tradition from the central coast of NSW, has been working with mantra for decades.

She says one reason mantra repetition is so effective is that it gives the mind's awareness an alternative focus to its ceaseless everyday chatter.

"The mind's job is to think so the awareness becomes entangled in the thinking process and identifies with the thoughts," she says.

"The mantra creates another focus for the awareness, and it is able to disentangle itself."

Mantra also works on the subtle and subconscious levels of the mind, emotions and personality.

"Mantra is not an intellectual language," she explains. "Swami Niranjan describes them as being the 'unspoken language of the heart'."

As a craniosacral therapist, Dayasagar is also interested in the idea that the sound vibrations generated by chanting mantra may affect the body at a grosser level, by traveling through the body's fascia - the network of connective tissue which wraps around the muscles and organs.

"It's like dropping a pebble into a pond, the ripples go to every corner of it."

Mantra can be an instant love story for some. But for other people it may be an acquired taste, while some may never gel with the practice.

Hearing your voice out loud can be confronting, and some people may feel uncomfortable with the Sanskrit language or certain religious overtones.

The yoga tradition has a massive repertoire of

mantras, each with its own unique vibration.

There are mantras which aim to induce healing and purification, mantras to venerate deities and even mantras designed to attract worldly goods or cure snake bites.

Traditionally, a teacher provided their student with a personal mantra, suited to their unique constitution and personality, to be chanted daily.

While this practice, known as mantra diksha, is still done today in and outside of India, it may not be accessible or appropriate for many modern yoga practitioners.

There is also Vedic chanting, a specialised area of yoga which involves serious and dedicated study which is only taught by a handful of teachers in Australia.

However, there are mantras that can be incorporated safely without expert guidance.

Chanting the pranava (universal sound) 'Om' or the Gayatri - considered a 'universal' mantra - are ideal for this purpose.

Likewise, Ajapa Japa meditation - the mental repetition of the mantra such as So-Ham timed with the breath - is a good starting point.

Mantra can also be combined with asana, a practice utilised in the style of yoga taught by TKV Desikachar.

This involves chanting a mantra like 'Ma' or a longer one such as 'Om namaha' while exhaling during the flowing movements of a seated or standing posture.

This practice has many benefits explains Patricia Wigley, a senior yoga therapist and past IYTA president.

Mantra is a perfect complement to pranayama by lengthening the breath.

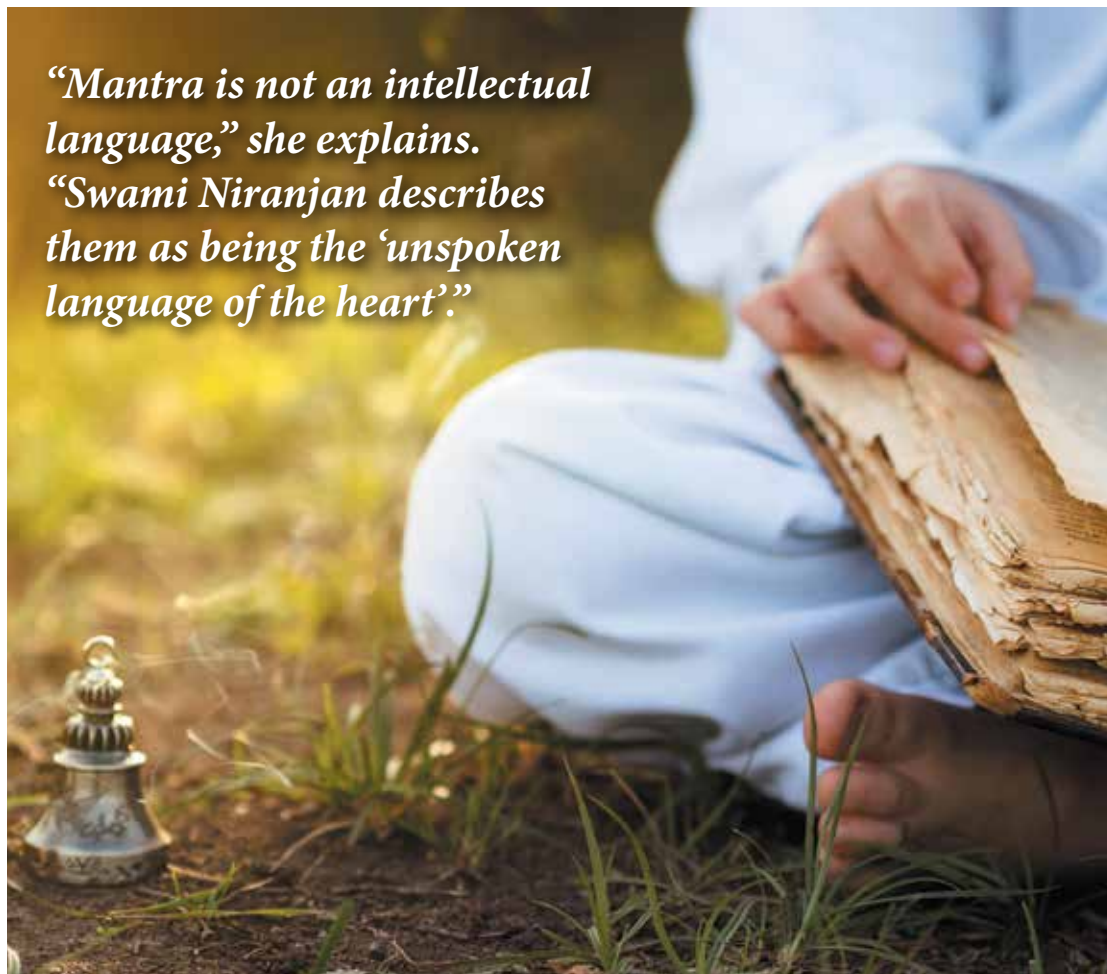
In fact, traditionally, yogis used mantra to measure the length of their breath during pranayama and asana.

"Chanting a simple sound like 'Ma' helps to lengthen the breath, so it is useful for people who find it hard to fit the movement into the breath," Patricia says.

"If you are chanting as you exhale, the inhale comes in more fully and there is no forcing or straining.

"You can use simple sounds like 'Ma' a root word meaning mother together with 'Ah-ham' - that which is always there. You can use English words as well, like 'Peace' or 'Serenity' -

“Mantra is not an intellectual language,” she explains. “Swami Niranjan describes them as being the ‘unspoken language of the heart’.”



whatever appeals to the person.”

It is also an excellent precursor to meditation, helping to prepare the mind for a period of sitting quietly.

Japa is especially suitable for people with very busy minds, she says.

“It is very soothing”.

Mantra “works on a level which is beyond the mind”, she says.

But it is important to choose a sound that is fit for purpose.

“Sounds are calming if chanted slowly or softly and energising if repeated fast, or loud or with a higher pitch”.

“You can do chanting seated with movement and breath or as a simple ritual by lighting a candle and chanting some simple sounds then go into your meditation”.

“This brings you to that very deep inner part of ourselves.”

Using sound can be a wonderful addition to your personal sadhana and your teaching, she says.

“I would encourage yoga teachers to experience it for themselves, then pass it on in their classes.”

Tessa Hoffman is a lecturer in philosophy on the IYTA's Diploma of Yoga Teaching

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Peace THROUGH POETRY

IYTA Yoga teacher Sabrina David has combined her many talents to produce a poetry book aimed at self-reflection, here she tells us why she wrote the book

WHERE ARE YOU FROM? I live in Perth now and grew up in Australia and Vanuatu, where I developed a strong affinity to living in harmony with nature and culture.

WHEN DID YOU START PRACTISING YOGA?

I started doing yoga as a child with my mother, (who remains my most influential teacher both in my yoga journey and my journey to healthy living). My mum is a retired yoga teacher who also completed her teacher training with IYTA. Her style of teaching has been greatly influenced by the works of B.K.S. Iyengar.

WHEN DID YOU STUDY TO BECOME A YOGA TEACHER?

I completed my IYTA teacher training in 2017. I specialising in working one-on-one with people and delivering group sessions in healthcare settings who are recovering from physical and mental illness or wanting to make changes to their lifestyle. I combine my training in nursing and counselling along with therapeutic elements of hatha and ashtanga yoga to develop appropriate plans of care.

TELL US A BIT ABOUT YOUR

BACKGROUND: I'm a registered nurse, mental health nurse and yoga instructor and work with youth, adults and older adults living with mental and physical illnesses. I combine my skills and expertise in counselling, general health planning and yoga instruction to work alongside each person towards recovery. Over the years, I've worked with people from various cultural backgrounds, who have had to overcome many of life's challenges on their journey to recovery.

ANY AREAS OF INTEREST? I am particularly interested in the effect that language (words and sounds) have on the physical, emotional and

mental wellbeing of each person, and how writing can be used as therapy.

WHY DID YOU DECIDE TO WRITE THIS POETRY BOOK?

To offer written works that would provide an opportunity for self-reflection. Each poem focuses on a theme using metaphor and storytelling through everyday life events. This in turn allows the unconscious mind to reveal what is ready to come to the fore to be explored. This is how I work with clients one-on-one to promote change in a safe and gentle manner. In publishing this book, I am making this type of work accessible to more people.

WHAT ARE YOU CURRENTLY WORKING ON?

I am a fourth year Sanskrit student at the Australian National University and am currently completing postgraduate studies in creative arts therapies at Murdoch University. I have finished writing Volume 2 of Mala of Words, and am currently working on the artworks that will illustrate this second book. Stay tuned for details of its release in the near future.

HOW DO YOU INCORPORATE POETRY IN YOUR YOGA CLASSES?

I use poetry in my own yoga classes at the start to allow for settling into the present moment and to introduce a theme that I will continue to explore throughout the class. It is also a great way to invite students to embody the words that they hear and to allow their movements and postures to evolve from within, allowing their body to "speak" the insights that arise. I might also conclude the class by re-reading a single paragraph from a poem to re-emphasise what has been explored.



DOWN BY THE LAKE

Down by the lake
where the kookaburras sing,
the cicadas' melody strong,
and the minor birds chant.

The wind laps the water fresh,
with fish dancing to the rhythm.
A myriad birds in branches high,
not in sight, but heard for sure.

Drifting off to this enchanting song
of bird, of insect, of water and air.
Even the flies, which once a nuisance
now blend, sublime, with their buzz.

As one sound recedes
another enhances,
and then a new one caught
by my ears wide open.

Allowing to float on this
chime of melody
following one then the other
with ears alone.

Drifting further as the wind picks up
joining forces with the winged
speaking song to my ears,
then suddenly.... silence.

But all for a pause only
to enhance the sweetness
of this symphony of nature
broken by nothing but peace.

Take a moment
when you next walk
to sit down by the lake
in a place to call yours.

Experience the sounds
once blocked out by the noise
from everyday life
that is urging to quiet.

Sit, and listen.
Close your eyes if you wish.
Allow the symphony of nature
to guide you to peace.

ANY OTHER IDEAS FOR HOW TO INCORPORATE POETRY INTO A YOGA CLASS?

I would suggest yoga teachers use this book as part of their own self-reflection process, and to inspire them to develop a class plan which focuses on a specific yogic principle that they wish to weave into the session. Each poem within the book can be used either in its entirety, or by using individual paragraphs, to open and close a class, to use as a guided meditation/relaxation or to invite the students to their own reflections. For teachers that invite discussions at the conclusion of a class, the poems in this book might be used for contemplation and sharing of insights. Poems are a great way to promote more mindfulness of body sensations and to cultivate the quality of silent observer.

TELL US ABOUT OUR FEATURED POEM:

Down by the Lake:

THE POEM: Down by the Lake is an invitation to become more aware of our own pace in life and how we structure ourselves to either speed up or slow down. Questions for reflection might involve ones that relate to patterns that we hold in wanting to get too much done, taking time out and what our embodiment of the notion of finding peace might look like. I wrote this poem whilst sitting along the shores of Lake Weyba on the Sunshine Coast in Queensland, Australia.

HOW TO ORDER:

If you would like to purchase a signed copy of Sabrina's book: **Mala of Words: Volume 1: Poems for self-reflection, healing & growth** please email your order request, including quantity required and delivery address to sabrinayogawellbeing@gmail.com Alternatively, books can be ordered online through major online stores. Visit www.malaofwords.com

GIVEAWAY!

For your chance to receive 1 of 3 giveaway signed books, please send an email to editor@iyta.com.au with your own short poem entitled: **Peace** (maximum 12 lines).

The names of the three winners will be printed in the next issue of *International Light*.

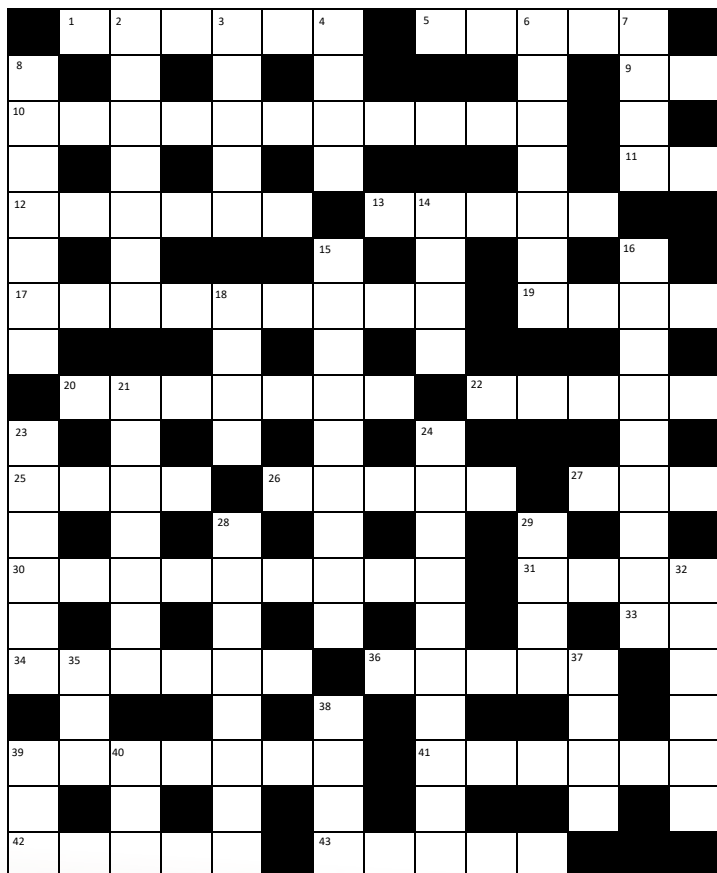
Sabrina will be a regular contributor to International Light – so stayed tuned for more of her insightful poetry.



YOGA CROSSWORD

BY HEDY STAHEL

the answers for the crossword are on page 33



Across

- 1 Foul-smelling (5)
- 5 Amusement, laughter (5)
- 9 In use (2)
- 10 Lightning, also a kneeling pose (11)
- 11 Informal you (French) (2)
- 12 Dealer (6)
- 13 Tender (5)
- 17 Make too expensive (4-5) Domesticated (4)
- 20 Spotty (7)
- 22 Occurrence (5)
- 25 Unightly (4)
- 26 Drop in (5)
- 27 Mischievous sprite (3)
- 30 Capable (9)
- 31 Man (4)
- 33 Opposite of from (2)
- 34 Repeat from memory (6)
- 36 Even-toed ungulate; Ustra (Sanskrit) (5)
- 39 Type of rice (7)
- 41 Cover against loss (6)
- 42 Diaper (5)
- 43 Highest natural male singing voice (5)

Down

- 2 Howl, wail (7)
- 3 Arête (5)
- 4 Missile (4)
- 6 Withdraw (7)
- 7 Multitude (4)
- 8 Type of hat (7)
- 14 Sense (4)
- 15 Led astray (9)
- 16 Alteration (9)
- 18 Needy; destitute (4)
- 21 Strong verbal/written attack (7)
- 23 Kitchen appliance (6)
- 24 Percolation (10)
- 28 Third (8)
- 29 Fever (4)
- 32 1,000 kgs (plural) (6)
- 35 Epoch (3)
- 37 Ruffian (4)
- 38 Herb (4)
- 39 Container usually with a lid (3)
- 40 Small drink (3)

THE POSITIVE PSYCHOLOGY OF PATAÑJALI

The original intention of yoga is not to do the perfect handstand, but to be permanently free of suffering. The good news is any step towards this goal can improve our life...

BY PAULA CAREY

As we strive towards this ultimate goal of relinquishing suffering, it is important our steps are based in correct knowledge and understanding, together with reflection and feedback.

Patañjali's sutras are about how to attain this goal and the frameworks of the sutras are predominantly concerned with the mind: how it works; its different levels and modes; and, its role in the journey towards this peaceful freedom. In life, we may be able to escape or avoid an external situation, but we can't escape the effects of our own thinking. So, we must carefully tend the garden of our own thoughts. Learning a few key sūtra-s is a great way to help us progress, as they can be a tool for reflection as well as for practice. One important sūtra concerned with emotional well-being through positive psychology practices is sūtra 33 of **Samādhi pādaḥ** (the chapter on concentration). It states: **maitrīkaruṇāmuditopekṣāṇāṁ sukhaduḥkha puṇyāpuṇyaviṣayāṇāṁ bhāvanātaścittaprasādanam**. "The mind becomes purified (**citta prasādanam**) by cultivation of the attitude of (**bhāvanātaḥ**) friendship (**maitrī**) towards those (**viṣayāṇāṁ**) who are happy (**sukha**), compassion (**karuṇā**) towards those who are suffering (**duḥkha**), goodwill (**muditā**) towards those who are virtuous (**puṇya**), and indifference (**upekṣā**) towards those who are non-virtuous (**apuṇya**)."



FURTHER INFO ON THE ADVANCED YOGA STUDIES & PRACTICE PROGRAM:

This flexible program provides for yoga teacher training, continuing professional development and education in the practice, philosophy, psychology and therapeutics of yoga and ayurveda. You can request a prospectus at <https://www.svas-thagoldcoast.com/teacher-training>.

The practice of these four bhāvana-s is a prerequisite to mental steadiness, as these practices help us avoid the mental turmoil resulting from our negative responses. Bhāva refers to our inner mental attitude, which influences our external behaviour, and so the right bhāvana is crucial. Bhāvana is demonstrated beautifully in Ayurveda, where it refers to the soaking of an item in a liquid, over and over again, to produce a concentrated, effective product. We can liken the practice of these four bhāvana-s to soaking the mind in a carefully-chosen, positive thought.

Although external behaviours are important, this sūtra is about our mental actions. Although it's a good idea to aim at being a generally nicer person, these four bhāvana-s are not proposed as an ethical or moral guide, but as a method to make the mind tranquil. In his expansion on Vyāsa's original commentary to the Yogasūtra, Swāmī Hariharānanda explains which specific

negative tendencies of the mind will be lessened by practising these four bhāvana-s: friendliness will counter jealousy; compassion will oppose harshness; goodwill/joy will reduce envy; and equanimity/indifference will minimise condemnation.

But how can we be friendly towards someone who is happy, if that person is our enemy or someone we dislike? Swāmī Hariharānanda suggests that we recall how we would feel if a close friend experienced happiness, and then cultivate that feeling towards others who are happy, particularly when we notice a tendency towards jealousy. Likewise, when people we dislike suffer and we feel a little smug – that initial thought “they got what they deserved!” – recall the compassion we would feel towards a close friend who suffers.

The example used to describe envy is to notice our mental inclination when a person achieves



Paula Carey

has been practising Yoga since 1993 and teaching on Australia's Gold Coast since 2000. Since 2013 she has been a dedicated student of A. G. Mohan (long-term personal student of Krishnamacharya) and his wife Indra Mohan. With their blessings and continued guidance, Paula shares the wisdom teachings of yoga in the Advanced Yoga Studies & Practice program, as well as teaching general classes, Sanskrit recitation; and self-care through Yoga & Ayurveda.



fame for doing good deeds. We might initially feel a desire to put that person down, especially if they are of a different persuasion to us. We are reminded to recall the joy and goodwill we would naturally feel if that person was in our close circle. This practice of recall helps us embody the bhāvana that is to be cultivated towards others.

Finally, **upekṣā** (indifference or non-judgment) is not exactly a bhāvana; it is a restraint. It means to refrain from dwelling on the bad behaviour of others. It is not that we shouldn't take steps to prevent their bad behaviour – if it's possible we should try. But often, the injustices we hear about are beyond our control. At these times, our best response is to refrain from passing a mental judgement, because harbouring condemnation is a disturbance to our own mind.

As with anything that we practise over and over again, we become much better at it. When we practise these bhāvana-s often enough with commitment and enthusiasm, they will more

naturally become our default position. The result is a more serene inner experience, better relationships and an improved quality of life. Without this experience of sattva, there will be no inclination to continue along the path towards permanent peace.

References:

Hariharānanda Āraṇya, Swāmī (2012). Yoga Philosophy of Patañjali with bhāsvatī (4th ed.). Calcutta University Press.

Studies and practice with A. G. Mohan, Indra Mohan, Nitya Mohan and Dr. Ganesh Mohan, Svastha Yoga & Ayurveda.

Turn over for Patricia Wigley's guide on creating themes and discover ways to integrate this intention into your yoga classes



CREATING A THEME FOR YOUR YOGA CLASS

Check out Patricia Wigley's guide on how to transform your students' practice physically, emotionally and spiritually



BY PATRICIA WIGLEY

The connection with our inner self through yoga and meditation is according to Ayurveda the basis of true health, a dynamic state of health and wellbeing. It is the path to *sukham* – ease, happiness, the opposite of *duhkham* – suffering.

The Tattva Upanishad says:

"Suffering is due to ignorance.

Spiritual knowledge frees you from suffering. And that knowledge is to discover the true divine nature of your own consciousness."

Constructing a class with a well-chosen and applied theme can strengthen the embodied relationship of yoga practice with the whole of life.

Themes create a cohesive, energetic field throughout the practice, they provide an anchor of meaning. With skilful theming, the teacher weaves insight and wisdom into the flow of the class.

Bring your authentic self to class and teach what you know. TKV Desikachar said that what you bring to your class is who you are. You cannot teach what you do not know.

Here are a few suggestions.

THEMES TO INSPIRE

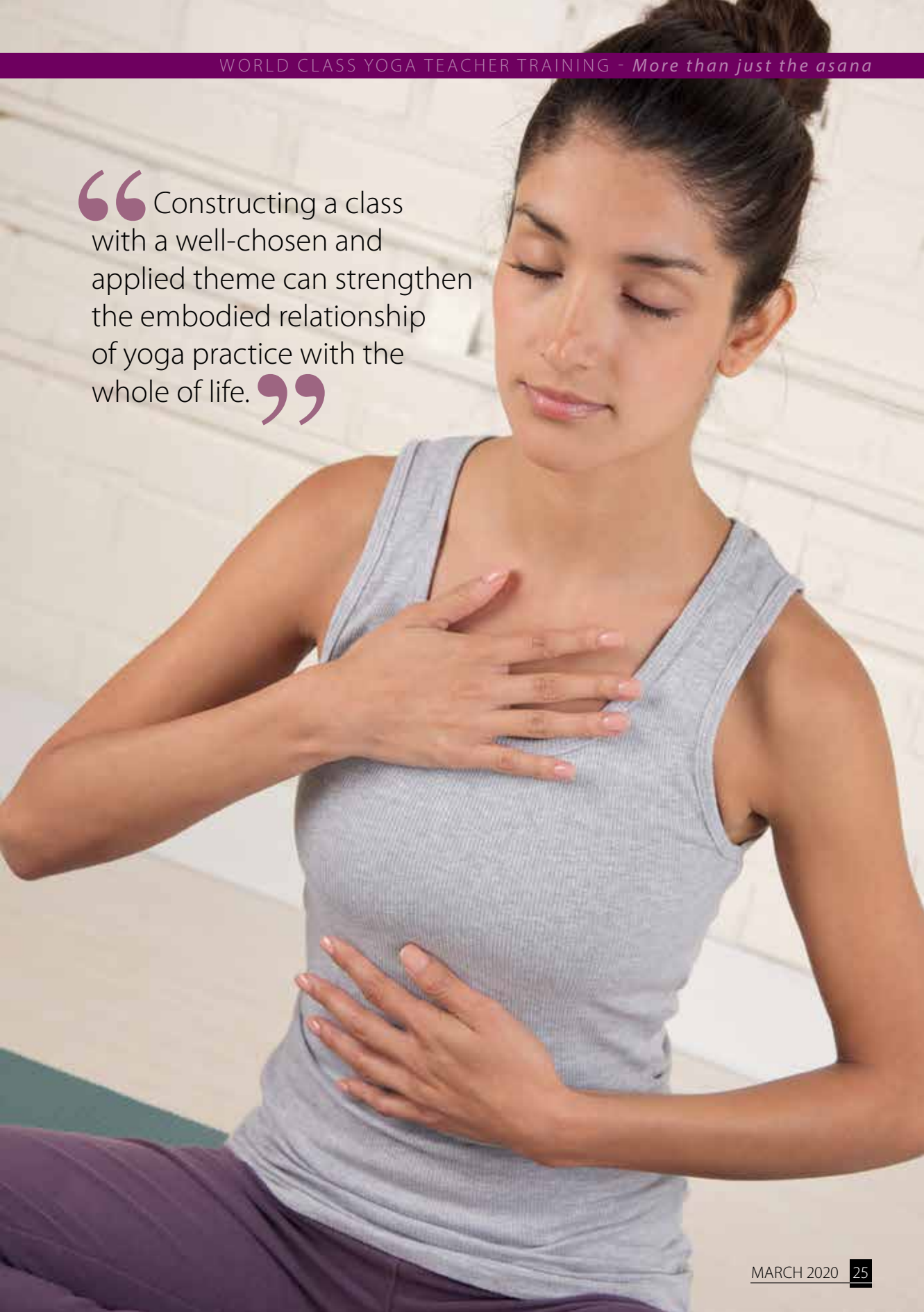
- **A class can be a journey through the five *mayas*** (as they are known in the Desikachar tradition, also referred to as *koshas*), (*anna maya*, *prana maya*, *mano maya*, *vignana maya* and *ananda maya*) so that we connect with every level and aspect of our being.

- **Physical focus** *anna maya* working with limbering and postures.
- **Energy change through practice** – **uplifting, calming, stimulating, balancing.** We link movement with the breath and we are working with the *prana maya*.
- **Mind** – Use mantra or link the awareness with our breath and movement, *mano maya*.
- **Personality/wisdom body** - *vignana maya* – the layer of our personality. What do we observe as we practice. What experience are we having how does this link with our intention for the session?
- **Ananda – bliss connection with all life** – Yoga practice holds the promise of bliss and ecstasy. The ancient Rishis sought enlightenment by exploring within their bodies and minds to discover the supreme divinity hidden deep inside. *Ananda maya* underlying our physical form and our connection with all life, with all there is.

- **Connection to eight steps of Patanjali.**

From the above template of the *mayas* you can see also how the eight steps of yoga, as seen in Patanjali's sutras, can also emerge as a blueprint for the structure of a class. Taking a precept from the *yamas* and *niyamas* can be used as the focus of the practice before working through the others. For example '*ahimsa*' non-harm/ non-violence - how does this apply to how we are in our yoga session? Are we being compassionate and kind to our bodies? How can we apply this in our daily lives? This is followed by *asana*, and *pranayama*. As we engage with the more internal practices of yoga such as *pratyahara*, *dharana*, *dhyana*, leading to *samadhi*.

“Constructing a class with a well-chosen and applied theme can strengthen the embodied relationship of yoga practice with the whole of life.”



- **Relationship and Connection with Nature and the Rhythm of the Seasons** - use this connection to orientate the practice for the day to create balance in our systems, for example: on a hot summer day we practise in a different way to how we would in the middle of winter.
- **Be Creative** - themes can be developed from yogic philosophy; your own personal experience; archetypes suggested by the symbology of the asana names; mythology; the chakras; workshoping specific asanas or asana families. Use the tools of yoga to purify, heal, to see, discern, to rise into your knowingness, to reinforce sattva.

TEACHING POINTS

- **First invitation - come to the present moment** The starting point of every journey is where you are now. Bringing the awareness to

the body and physical state, thoughts that may be uppermost in the mind and any emotions that may be present...

- **Set an Intention/ reference point/theme/ reflection to return to.** Introduce an aspect of yoga around which you intend to focus the practice that day. Choose one that speaks to you and which is appropriate for your students in this moment. For example:

‘YOGA IS MOVEMENT INTO STILLNESS’

- Refer back to it and develop it further. Rest and action – balance between the two, on the physical level the pause between postures or sequences – time to connect and experience the effects and come to stillness within the class. Refer to the calming effects of the practice and how it affects the body physically, mentally,



emotionally. In the stillness experience the connection with the source of stillness – the Divine within yourself, all living beings and all creation. Experience the expansion of the peace of mind that comes from knowing your true nature. **(This is my own take on this theme, feel free to work it any way that is right for you!)**

- **Come well prepared - but leave space** for any teaching which may come through you in the session. Open to your intuition - a level of being beyond the mind.
- **Connect heart to heart** – Speak from your heart, feel your words, and be true to you.

Let go of the outcome. Know where you are leading your students in the practice and then let go of any expectations.

Be yourself and enjoy.

Patricia Wigley

is a past President of IYTA.

After qualifying in Yoga Therapy some years ago this now forms a major part of Patricia's focus whether it is in small groups, workshops, classes or individual sessions. Ayurveda is also integral to her teaching. Patricia gratefully acknowledges all her past teachers who have inspired her on the Yoga path, especially those from the Desikachar tradition, and her students from whom she learns every day.

To find out more or attend Patricia's workshops and classes please visit:
www.easyyoga.com.au





YIN YOGA FOR AUTUMN

This season the focus is on the Lung and Large Intestine meridians and the element Metal. Read Sarah's guide to yin postures for this time of year



BY SARAH MANNING

CREATING A CLASS PLAN with a focus on the meridians of Metal, means we are focused on the arms and chest – Lung and Large Intestine.

We will use yin postures to pressure along the meridian lines and the theme to guide the breathing and meditations.

Let's start by centring and getting a feel for what this season brings. Kneeling or sitting, ask yourself what resonates for you today and set the intention for your practice.

1. Autumn is a season of harvest – where we draw in and consolidate our efforts of the year. It is a time of plenty, discriminating between what to keep and what to let go. A good time for a clear out – of things, of toxins and habits. Within the system of Traditional Chinese Medicine, the Large Intestine is responsible for making distinctions between harmless and harmful elements, and what the body needs and what it must eliminate.

2. It's a time of condensing, drawing in energy and storing it. Reflecting on what matters to you and focusing on that. Traditional Chinese Medicine says that this is the time of year when spirit is more accessible.

3. It's a time when we return to our essence. We see again what is most precious in our lives. Time to reflect, give thanks for our blessings and fill our hearts with gratitude.



1 WIDE KNEE CHILD POSE WITH TWIST

Coming onto your knees, big toes together and knees wide. Reaching the arms forwards opening the armpit or an option for an upper body twist, sliding one arm sideways and resting on the shoulder and the upper arm reaching up and back, folding around your back. Repeat the other twist. Hold for up to 5 minutes.

BREATH: The whispered "Ahhhhhh," is an exercise created by F.M. Alexander, the creator of the Alexander Technique. He believed that we can re-establish a natural breathing rhythm when we focus our attention on exhalation. Allow a subtle sigh of "Ahhhhhh" to escape your lips, until your exhale is complete and watch the passive inhalation. Continue.

PAUSE: sit back on heels and feel changes in your breathing (pace, depth, flow and part of the lungs welcoming your breath).



2 ANAHATA

Sliding forwards bringing hips above the knees reach forwards with the arms. Forehead to floor and progressively ease the chest down. Feeling pressure in the upper back and shoulders. Option for a bolster under the chest for a longer hold or discomfort.

Hold for up to 5 minutes.

PRECAUTION: Not for high blood pressure or if tingling in fingers/ pressure to the brachial nerve plexus. Neck issues – keep arms folded, neck neutral with forehead to floor – or turned to the side.

BREATH: Golden Thread – passive in through the mouth and exhale through pursed lips the longest, slowest, smoothest breath. Feeling the body sink down as you exhale, opening the armpits and chest.

PAUSE: Sit back on heels and feel the lightness in your shoulders and head. Feeling unburdened and freer.



3 DRAGON

Come onto hands and knees and slide left foot to left wrist and right knee back to a comfortable compression to left groin and opening to right groin. Rest left shoulder against the left thigh, hands to floor or blocks.

Let head hang, opening into the back of the neck. Hold for up to 3 minutes, pause (see below). Repeat the other side.

PRECAUTION: Neck issues – lengthen in direction of spine. Padding to back knee if needed. SI joint issues - back off from full range of motion (including pregnancy/ postnatal).

BREATH: Practice Letting Go: Autumn is the season to unburden ourselves of old hurts and resentments. Use your breath to release these into the floor.

PAUSE: Lie on your back and use the breath to explore the energy flow in the body. As you relax and take a deep breath in - feeling the legs – does one feel longer/ fatter/ heavier than the other? And the groin? And the side body? The arms? The face?



4. GARUDASANA ARMS

Sitting in Shoelace – knees stacked and feet wide. Possibly with a support under the buttocks for ease in the knees and hips.

Fold into Garudasana arms, lean forwards onto the knee or block. Hold for three minutes and repeat other side – legs and arms.

PRECAUTION: Back issues/ pregnancy -stay sitting upright, pelvis grounded and spine aligned and lengthening. Knee issues – sit cross legged.

BREATH: The qigong Metal Element - Fu Breath: tip of the tongue to the upper jaw, breathing in and out through the nose. Focus the mind on the tip of the nose and watch the breath entering and leaving – cool and warm.

PAUSE: Sit back with bent knees, feet flat to the floor, arms behind supporting the back and Windshield Wipe the knees from side to side with a dynamic movement to release the hips.



5 CATERPILLAR

Extend legs forwards and forward fold releasing all muscle tension in the back body and legs. Optional support of bolster under knees and chest for long holds.

PRECAUTION: Pelvis needs to tilt forwards naturally – may need to sit on a cushion and bend knees. Support under knees – noodle, blanket or bolster. Back, neck and prenatal issues – remain upright, supported by arms behind, pelvis grounded and spine aligned and lengthened.

MEDITATION: “Release and let go of the old, to allow for rebirth of new”: Use Nature as your guide. The trees do not hang onto their leaves because they might potentially need them to photosynthesize next year. In our own lives, how often do we hold onto old “stuff” whether it is self-image, things, relationships or responses? If the “stuff” no longer serves you any longer, it is time to let it go so that you can have the space for renewal. Instead of hanging onto their leaves, trees will shed them. The leaves will then fertilize the soil for the next year. When you shed the things in your life that no longer serve you, reflect on how that energy and experience could serve you in the future.

PAUSE: Release for spine – lie back on to the floor, feet flat, knees bent - dynamic twist with breath: exhale – one knee at a time falls to the side; inhale return one knee at a time to centre; repeat to other side and continue.

Sarah Manning is a Senior yoga teacher and lecturer with the IYTA. Sarah is based in Singapore but will be lecturing on the IYTA Yin courses later this year. For more information visit our IYTA website or contact Yin Course Manager Olivia Hammerschmidt at: olivia@iyta.com.au



6 RECLINING TWIST - ARM UP

Starting with arms wide, left knee at right angles, right leg straight and roll over to the right. Slowly open the left armpit reaching arm upwards, shoulder stays on the ground.

VISUALISATION: The heart is open, so with gratitude – acknowledging what is pure and true in your life.

7 SAVASANA

Lie back arms to the side, taking care to align the body on the floor. Rest in quiet.

CLOSE: As Nature moves into a period of rest, we too must be cautious not to overexert. The time for “putting it all out there” - the summer - has passed. Now is the time to contain ourselves, acting and speaking only when necessary, behaving with economy, exerting our will quietly and calmly. Those of us in the “autumn of our lives” must protect ourselves from the extremes of hot and cold within this season.

RECONNECT:

Slowly bring your awareness back to your space, use your breath to rekindle the energy of the body – with some deeper and deeper breaths.

Reminder: After a Yin Class, and especially in autumn, drink plenty of water: As autumn is associated with dryness, it is very important to hydrate by drinking at least 8 to 10 glasses of fresh water daily. Water also bulks the foods in our Large Intestine and promotes healthier bowel movements.

TRANSITION TO AUTUMN...

“Autumn is a time of transition. It is the juiciest season for self-examination for many because it is the time when everything is laid bare. We cannot hide behind the bright foliage of springtime, the busyness of summer or the blanket of snow in winter. Because the outward expansive energy of spring and summer is pivoting to a turning inward as the Earth readies itself for winter, it is hard to avoid the introspective energy of this season.”

TCM practitioner Kathleen Lee R.TCM.P, L.Ac, FABORM, MTCM, B.Sc

CONNECTION AND CHANGE WITH LIZ KRAEFFT

In every issue of *International Light*, we feature a relaxation. Here, Liz Kraefft guides us through a practice which she includes in her Slow Yoga one-hour classes



FEELING CONNECTIONS WHILE OBSERVING CHANGE – A GUIDED RELAXATION WITH YOGA NIDRA.

Make yourself comfortable in savasana. Let's ensure that the body is aligned with head placed in the midline of the body, support for the back of the head and behind the knees. Allow your whole back to feel the support you are offering it. Do not resist!

Allow your legs and feet to be a little apart, arms alongside the body with a little space under the armpits, rest your hands and fingers. Take the time to really feel at ease.

Get cosy, be warm... How can you make yourself just a little more at ease?

Close your eyes. Simply take the attention to your gentle, natural breath...

As we begin this practice notice everything that passes by your attention..... sounds, your breath, any physical discomfort or other distractions and then: "can you let them all go"?

Have no expectations or strive for any result as an outcome for this practice, simply let it evolve... accept... trust...

The simple meaning of the word yoga is "to yoke", to join together, to unify. This speaks to the ability we all have to **connect**.

We can connect with others, the people we work with, spend time with – family, friends, loved ones, even our pets.

But we must learn to **connect with ourselves**.

Awaken the awareness of who we are and how we feel.....(pause)

How do you feel at this time? Become the observer of yourself lying on your mat....(pause)

Become aware of your....

Physical connection: your body awareness

Energetic connection: Your energy awareness

Emotional connection: Your inner awareness ...

Breath in and out... Stay focused on the subtle movement of the air in the nose as we breath. Pause.

Observe the subtle shifts

Use all senses to observe

Your sense of touch – body and the floor, clothes on skin, feet on the earth

Your sense of smell – breath in-out

Your sense of sight – What do you see as you turn your gaze inwards?

Your sense of taste – taste the flavours of life as well as that of your palate.

We make connections to the body, breath, mind and our true nature – our consciousness.

Let the practice of Yoga Nidra now provide you with an opportunity to transition toward stillness and inner calm and allow yourself to transform toward peacefulness....(our natural state)

THE PRACTICE OF YOGA NIDRA BEGINS NOW!

“Stay awake and aware, stay connected to my voice, do not sleep”!

(I then use one of the Yoga Nidra Texts from the Satyananda Yoga Nidra Book.... I read it so I stay on track)

In summary a suggested sequence might be like this:

Sankalpa / Resolve

Statement silently stated in a positive frame as if it is already happening.... of your 'heart felt desire' eg., I am peaceful, I am healthy and well,

I feel at home in my body....

Awareness of the body and the floor.

Rotation of Consciousness around the physical body.

Sensations - Feeling grounded and heavy, feeling spacious and light, hot and cold.

Visualisations – all kinds... Body floating, oceans, mountains (you can choose anything you desire)

Awareness of Breath

Counting backwards from 54 – 1 or 27-1

NB: there are a number of variables here to guide your students.

Lead out text / final words to encourage the student to transform and transition.

- Become aware of your body back in the room, aware of the subtle sound of your soft breath, aware of the sounds in the room and beyond the room.

- Repeating your sankalpa, encourage body movements... slow, mindful and gentle.
- Slowly bringing yourself back up to seated.
- Observe the connection you have with your whole self, notice how you feel.

During any transition and transformation we must be gentle with ourselves – accept (santosha).

Become the tree shedding its leaves.

Watch the leaves dry, change colour and then let them drop!

Let the leaves softly float to the earth!

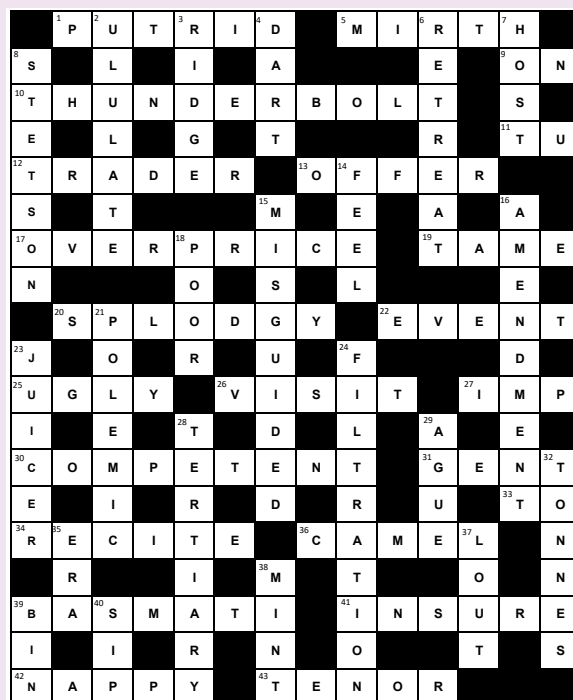
Let go!

We then evolve towards something new and fresh.....”

Namaste

ANSWERS TO CROSSWORD

page 21



What's on in 2020

For enquiries please email: postgrad@iyta.com.au

NSW

RESTORATIVE YOGA TEACHING



When: Sat, April 4 – Sunday, April 5
Where: Sydney, NSW
Cost: Member's Price: \$295
 Non-members: \$395

MEDITATION AND PRANAYAMA – COMPLETE COURSE



When: March 15, and August 22
Where: Crows Nest Centre
Cost: Member's Price: \$597
 Non-members: \$647
When: May 23 - Second part of course
Cost: Lecture - Member's Price: \$50
 Non-members: \$75 - no course work

YIN YOGA FOUNDATIONS:

When: Sat, Aug 15 & Sun Aug 16
Where: Sydney, NSW
Cost: Member's price: \$295
 Non-members: \$395

YIN: FLOW, THEMES AND PRE-EXISTING CONDITIONS

When: Thursday, Oct 15 & Friday Oct 16
Where: Sydney, NSW
Cost: Member's price: \$295
 Non-members: \$395

YIN: ORIENTAL BODY MAP

When: Sat, Nov 7 & Sun Nov 8
Where: Sydney, NSW
Cost: Member's price: \$295
 Non-members: \$395

PRE AND POST NATAL YOGA



When: Sat May 10 & Sun May 11
Where: Sydney, NSW
Cost: Member's price: \$295
 Non-members: \$395

SAVE THE DATE!

IYTA ANNUAL RETREAT 16, 17 & 18 OCTOBER

All details and bookings can be made through the iyta.com.au website.

ACT

Achieving Mind and Body Harmony through Yoga and Sleep

When: Sat Aug 8 & Sun Aug 9

Where: Braddon, ACT

Cost: Member's price: \$295
Non-members: \$320

VIC

Restorative Yoga

When: Sat, May 16 and Sunday, May 17

Where: Green Monday Studio, Carlton, Vic

Cost: Member's price: \$295
Non-members: \$395

QLD

Somatic Yoga Workshop - Finding Ease and Comfort in Your Life

When: Sat, July 25

Where: Toowoomba, Qld

Cost: Member's price: \$140
Non-member's price: \$160

IYTA MEMBER EVENTS:

Stradbroke Island Yoga & Relaxation Retreat

When: 4-6 or 4-9 September 2020
(2 or 5 nights)

Nepal Yoga, Detox & Adventure Holiday

When: 4-22 October 2020 (17 nights)
Only 3 places remain.

Lord Howe Island Yoga & Relaxation Luxury Holiday

When: 21-28 or 21-29 November 2020
(7 or 8 nights)
Only 4 places remain. Booking now is essential.

BOOKINGS:

Lyn Thomas, Sunshine Yoga & Health
E. lyn@sunshineyoga.com.au
M. +61 (0)422 526 560

If you are a full IYTA member and would like to advertise your yoga event then please submit the details to: editor@iyta.com.au for the next issue we will need submissions by June 1, 2020

We cannot guarantee we will be able to publish your item, but will do our best (space permitting).

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*Photo: Parvati spreading cosmic OMs.
By Carl Estella*



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